

STROKE SURVIVOR

Support Group

Join our support group for information and help in coping with the effects of a stroke.

Next Meeting Tuesday, Sept. 9

Speaker:
Crystal Shirley
Long-Term Care
Ombudsman

Topic:
An Ombudsman's Role
in Long-Term Care

When:
11:30 a.m. to 12:30 p.m

Where:
Medical Plaza South
Conference Room 1
(across from the Community Pharmacy)

If you can't make it in person next month, join the Stroke Support Group by listening on your phone or by downloading the Zoom Meeting app onto your phone or computer. <https://www.zoom.us/download>

Join Zoom meeting
<https://RNHN.zoom.us/j/92721301514?pwd=suBS9p9eZjrgy2MP9yCxxMn4tzqiaa.1>

Meeting ID: 927 2130 1514
Passcode: 244660

Recap of August meeting

Help for Medicare-eligible individuals through SHIP

Our speaker was Caryn Long from the Nebraska State Health Insurance Assistance Program (SHIP). She spoke about programs that help Medicare-eligible individuals, their families, and caregivers make informed health insurance decisions.

Caryn discussed how this program is federally funded and available in all 50 states. She and her team assist people by providing free, confidential and unbiased assistance about original Medicare, supplemental Medi GAP insurance programs, Part D: prescription drug plans, and Medicare Advantage (Part C) plans.

Her team also assists people in preventing, detecting, and reporting healthcare fraud. Medicare fraud is estimated to cost taxpayers \$60 billion annually.

Medicare Open Enrollment for 2025 is from Oct. 15 through Dec. 7. To contact our local Nebraska SHIP office, call 1-800-234-7119 or reach them by mail at:

Nebraska State Health Insurance Assistance Program
1930 East 20th Place, Suite 200B
Scottsbluff, NE 69361

Meetings are by appointment only.

Questions? Contact Gene McDowell at 308-630-1440 or Gene.Mcdowell@rwhs.org.



4021 Avenue B | Scottsbluff, NE 69361
308-635-3711 | RWHS.org