

December 1, 2015



INDEPENDENT AND ASSISTED LIVING

Red Oak Residence

Save Money on Medications

An AARP analysis of different Part D drug plans shows huge differences in costs for the same medications. The same medication, same name, same dosage, same pharmacy, same state can cost \$20.00 to \$500.00 more per month based on your plan coverage.

Under the law, Medicare's drug plans can change any of their charges (premiums, deductibles, and copays) every calendar year. This means that your costs will change every year and every time a prescription changes.

To save money, read the "Annual Notice of Change" that your current plan sent you in September. It tells you what the plan will charge next year for its premium, copays, and deductible. Use this to compare other plans. Pick a plan according to the specific drugs you take. It's the copays for the drugs you know you take that will most affect your out of pocket costs. Of course, if you don't take any drugs, then choose the plan with the lowest premium.

There are ways to compare plans:

1. Online— go to medicare.gov/find-a-plan/questions/home.aspx. Enter your zip code, names of your drugs, their dosages, and how often you take them. The program will automatically calculate which plan covers your drugs at the least out of pocket cost. — or —

2. Call Medicare at 800-633-4227 and request a customer service representative to do the above search for you.

Please request a copy of recent Medication Assistant Record if you are on Red Oak's medication Assistance Program. The MAR will have the name, dose, and times of all your medications.

Should you change plans, be sure to update our information at the front desk and with your pharmacy!

Door Decorating!

At Red Oak, we all enjoy the lovely door decorations for Christmas. Sometimes families will help decorate doors or sometimes you like decorating your own. If you need some help decorating your door, please let our staff know. We'd love to help your door look festive for Christmas!



Holiday Housekeeping

Please note that we will be adjusting the cleaning schedule for apartments during Christmas week. If your apartment is normally cleaned on Friday, it will be cleaned on a day other than Christmas. We appreciate your flexibility and the opportunity to help a staff person spend the holiday with family.

Going Out?

When family members take their loved ones out for a day or two, be sure to check out and in with the nurse as well as the front office. Sometimes there are medications that need to go with the resident if they are going to be out even a couple of hours. Thanks so much for help in keeping your loved ones happy and healthy. And please remember to sign out at the buffet by the front door. It helps us to NOT worry.

Holiday Greenery

Long before the spread of Christianity, pagans clung to that forests would turn green only if people paid homage to the evergreen throughout the winter.

To many people, the holidays just aren't the same without a brightly lit, colorfully decorated tree. It seems to serve as a beacon of holiday spirit. But before you unpack your lights and ornaments for this year's festivities, please remember that Red Oak does NOT allow live trees in resident's homes. This also applies to any live tree branches / boughs for wreaths, swags or garlands. Even if you take every precaution in caring for your live evergreens, the hazards are still there. We simply cannot afford the risk, so please choose an artificial tree instead. There are many different sizes available, and then next year when the

time comes to decorate, you'll be set!

Please unplug Christmas tree lights before leaving home or going to sleep. All holiday decorations should be non-flammable or flame retardant and placed away from baseboard heaters. A few precautions now will make the holidays safer for us all!



Winter Weather Safety



We had our emergency preparedness drill in October, and now winter has taken us by storm. It's always a good idea to stay ready for the next winter event!

Red Oak has a well-rehearsed procedure for power outages but we need your help to make nasty winter weather safer for us all.

- ☛ Make sure your flashlight works.
- ☛ Keep a supply of warm clothes handy.
- ☛ Keep furniture, fabrics and any combustibles at least 18 inches from baseboard heaters.
- ☛ Never use candles for light or warmth. Have you seen the battery operated candles? They give off light and ambience. Some styles even have a remote control!
- ☛ Wear a hat or head cover on cold,

windy days to prevent heat loss.

☛ Be very careful on sidewalks on icy mornings. Ask for an escort to the car if you are not sure of your footing. This will be a wonderful winter if everyone keeps an eye on each other and thinks **Safety First!**



Tipping Alert

Just a reminder the Red oak has a "No Tipping" policy for the staff. Tipping is considered money or other gratuity such a clothing or furniture. Receiving tips puts that employees job at risk. Generalized group gifts (like a tin of cookies) or a special request can be coordinated through the front office. We truly appreciate the sentiment. The policy exists to protect both clients and staff!

Beauty Salon Expanded Hours

You may have noticed that we now have both Candy McIntyre and Michelle Dunbar providing services at the Red Oak Beauty Salon. This allows for more Red Oak clients to enjoy the convenience of our in-house salon. Scheduling around the holidays may change the day and time of your appointment if you are regularly scheduled for services on a day the holiday falls on. Check with your stylist!