

1941 SOUTH 42ND STREET  
SUITE 502  
OMAHA, NEBRASKA 68105

### STAFF

Sue Fredricks .....Executive Director  
Nicole Meyer.....Program Coordinator  
Rachel Schlesselman .....Client Resource  
Coordinator  
Deb Stortvedt.....Administrative  
Assistant  
Linda Houghtaling .....Receptionist

### BOARD OF DIRECTORS

#### OFFICERS

Rick Scofield .....President  
Marian Freberg .....Vice President  
Rissa Conner.....Secretary  
Charlie Graham.....Treasurer

#### DIRECTORS

Carolyn Anderson    Gerry Rathouz  
Deb Daley    Vanessa Warren  
Dick Mitchell    Cathy Wyatt

### HOURS

MONDAY-FRIDAY 8:30-4:30

### OUR MISSION

TO SIMPLIFY THE LIVES OF  
SENIORS BY ENABLING THEM TO  
MAKE INFORMED DECISIONS  
REGARDING THEIR BENEFITS



— VOLUNTEERS —  
ASSISTING SENIORS

VOLUME I  
EDITION 5

NOVEMBER 2009

## First Annual Fundraising Campaign Launched by Sue Fredricks

Approximately 85% of all funding for non-profits comes from individual donations, according to Linda Lysakowski, ACFRE Capital Venture CEO/President. The remaining 15% comes from foundations and corporations. VAS currently relies on grant funding and government contracts for approximately 90% of our income, with individual donations comprising only 6%. In light of the current recession, VAS has been working to develop a fundraising strategy that diversifies our revenue streams to ensure that we remain fiscally sound. In other words, we don't want to put all our eggs in one basket.

While continuing to seek grant funding, the VAS

fundraising committee is working to increase our individual donor base by launching our first annual

individual donors by raising awareness of the services an organization provides.

In late October, the first phase of our annual fundraising campaign was launched with a board appeal headed by Rick Scofield. We are hoping for 100% participation by the board and to date, we have had participation from 70% of our board members. We hope to

close this phase of the campaign by November 15<sup>th</sup>. The second phase of our annual campaign will kick off in the next few weeks and will consist of a mail appeal to clients, prospective new donors, past donors, friends and VAS members. To date, we have received \$2,700 with an additional \$4,000 in pledges towards our \$25,000 goal.





## Fighting Medicare Fraud by Sue Fredricks

One way to fund health care reform is to crack down on Medicare fraud. Simply put, in order to afford the reforms proposed for our health care system, unnecessary spending and waste must be eliminated. The Office of the Inspector General estimates that Medicare loses billions of dollars each year through fraud, waste and abuse.

The SMP program is a government led effort to fight fraud and abuse in the Medicare and Medicaid programs. The goal of the program is to empower

seniors to prevent health care fraud through outreach and education. As part of our contract services through the Eastern Nebraska Office on Aging, VAS provides training and volunteers to participate in the SMP program. Through presentations and counseling, SMP volunteers educate seniors on their rights and benefits under Medicare, help to identify fraud and waste and report any issues that might warrant further investigation. The SMP Resource Center, under the guidance of the Administration on Aging, will

be implementing a new volunteer training curriculum. VAS will be conducting the new 14 hour training class this spring. All current SMP volunteers will be required to take the course (SHIP volunteers will only need to participate in 10 hours of the new training) to retain their SMP volunteer status. The course will provide a solid foundation of knowledge about the SMP program. Please stay tuned for more information on the SMP Volunteer Foundations training.

*“Sure I’m for helping the elderly. I’m going to be old myself someday.”*  
-Lillian Carter, Jimmy Carter’s mother at age 85

## AmeriCorps Group Returns to Omaha

Volunteers Assisting Seniors will again be host to 11 AmeriCorps members. These members serve the community in various capacities and will earn an educational award to pay for college, graduate school, or to pay back qualified student loans.

Volunteer Assisting Seniors

will be sharing the members with another nonprofit, Habitat for Humanity. The members are due to arrive on November 14 and will depart on December 14.

Habitat for Humanity has arranged for the members to stay in base housing in Bellevue. ReStore, a Habitat for Humanity store has

furnished the house with lamps, tables and a television, but they are still in need of papertowels, toilet paper, trashcans, trash can liners, window coverings (old sheets and tension rods), and non-perishable food (cereals and canned goods).

Members will be assisting VAS at Medicare Part D enrollment events.

## Ask the SHIP Experts by Sue Fredricks



*Q: I had chickenpox as a child, and now I’m worried about getting shingles. Does Medicare cover the shingles vaccine?*

**A:** Yes, if you have Medicare Part D—the Medicare prescription drug benefit available only through private plans—you can get the

shingles (herpes zoster) vaccine. Part D plans must cover all types of commercially available vaccines that are not covered by Part B, including the vaccine for shingles. However, you will need to make sure you follow your particular plan’s coverage rules and find out from your Part D plan how much the

shot will cost.

Medicare Part B (outpatient benefits) covers your seasonal flu shot, as well as vaccinations to prevent pneumonia and hepatitis B. Part B also covers other immunizations if you have been exposed to a disease or condition (like a tetanus shot if you step on a rusty nail or rabies shot if you are bitten by a dog).



Gerry Freberg and Rachel Schlesselman at Medicare at the Movies

**A TRIBUTE TO VOLUNTEERS**  
*—(Author Unknown)*

*V*aluable is the work you do,  
*O*utstanding in how you always come through.  
*L*oyal, sincere and full of good cheer,  
*U*ntiring in your efforts throughout the year.  
*N*otable are the contributions you make,  
*T*rustworthy in every project you take.  
*E*ager to reach your every goal,  
*E*ffective in the way you fulfill your role.  
*R*eady with a smile like a shining star,  
*S*pecial and wonderful - that's what you are!

## Medicare at the Movies by Nicole Meyer

Thank you to all the volunteers who came out to the Great Escapes Theater on October 21 for Medicare at the Movies. We had an overwhelming response from the public. Seniors who came to the event were able to visit booths from VAS, AARP, Eastern Nebraska Office on Aging, Social Security, and Walgreens. Walgreen's provided flu shots for those that wanted



one. Participants listened to Rachel Schlesselman present on the

changes in Medicare for 2010 and a pharmacist from Walgreens answered questions from the audience and AARP provided a video on the safe use of medications.

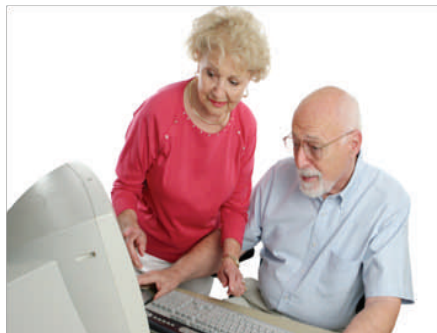
All those in attendance received complimentary popcorn, soda coffee, and freebies from the booths.

***"Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has."***  
***-Margaret Mead***

## SHIP Training Update

SHIP update training will be on Friday, November 6 at Metropolitan Community College's Sarpy campus. Update training is required for all SHIP volunteers in order to continue counseling.

Please contact Rachel or Nicole at 444-6617 if you would like to register for this class.



## Notes

VAS will be closed on Wednesday, November 11 in observance of Veteran's Day.

## Volunteers Assisting Seniors

The Center Mall  
 1941 South 42nd Street  
 Suite 502  
 Omaha, NE 68105  
 Phone: 402-444-6617  
 Fax: 402-546-0886  
 E-mail: nmeyer@vie.omhcoxmail.com

## Retirees Sharing the Experiences of a Lifetime

# NOVEMBER 2009

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>2</b> 11:45 Conservator Meeting 1-3 General Meeting (Countryside Church)	<b>3</b>	<b>4</b> 6-8:30pm Guard/Conservator Class (New Cassel)	<b>5</b>	<b>6</b> 8-4:30 SHIP Update Training (MCC Sarpy)	<b>7</b>
<b>9</b>	<b>10</b>	<b>11</b>  Veteran's Day	<b>12</b>	<b>13</b>	<b>14</b>
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b> 11:30-2:30 Ask An Attorney (VAS)	<b>21</b>
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b> HAPPY THANKSGIVING! 	<b>27</b> <b>VAS CLOSED</b>	<b>28</b>
<b>30</b>					