

SENIOR NUGGETS - AUGUST 2014

GUIDE TO SEASONAL SALES



- JAN Holiday cards, paper, calendars, appliances and furniture. Inventory sales on cars and clothing.
- FEB President's Day sales and clothes, catalog closeouts
- MARCH Winter clothes clearance and spring goods, garden tools, lawn care items, air conditioners etc.
- APRIL Spring/summer clothes, Easter and Mother Day sales
- MAY Travel deals, luggage, gardening supplies, outdoor furniture, and mattresses
- JUNE Father's Day sales (clothes), knick-knacks
- JULY Great 4th July sales, tires, appliances, electronics, Swimwear, summer clearance sales, and furniture
- AUG Back to school sales (Christmas cards/wrapping paper)
- SEPT Travel bargains, new cars, and Labor Day sales on warm clothes and shoes, outdoor items, kitchenware, and tires
- OCT Snow blowers, generators, year-end car deals
- NOV Holiday specials, clothing
- DEC Free calendars, planners, candles, 50% off holiday lights, decorations, "discounted after-Christmas sales"

Best wishes to all having a birthday in August. View your birth verse: www.birthverse.com



SENIOR NUGGET - AUGUST 2014

SAVE THE DATE: OCT 25th - Third Senior Day - more later

Comments/suggestions for future Senior Nuggets topics are welcome.
Nuggets are also posted on Atholton's Church Website

COMMON SERVICES COVERED BY MEDICARE

* Certain requirements must be met

** Medicare Begins at age 65

<u>WHAT DO I NEED?</u>	<u>HOW OFTEN DOES MEDICARE** COVER IT?</u>
Welcome to Medicare visit	One time
Annual Wellness visit	Yearly
Abdominal aortic aneurysm screen*	One time
Alcohol misuse screen and counseling*	Yearly
Barium Enema	Every four years
Bone Density Measurement*	Every two years
Cardiovascular Disease Risk Reduction Visit	Yearly
Cervical and vaginal cancer screening	Every two years
Colon/rectal cancer screen	Every ten years
- colonoscopy	Yearly
- fecal occult blood test	Every four years
- flexible sigmoidoscopy	
Depression screening	Yearly
Diabetes screening*	One or two a year
Diabetes self-management training*	Ten to twelve hours of training
Flu Shot	Yearly
Glaucoma Test	Yearly
Hepatitis B Vaccine*	One time
HIV Screening	Yearly
Obesity Screening and Counseling*	As needed with BMI of 30 or more
Pneumococcal Vaccine	One time
Prostate Cancer Screening - exam and PSA	Yearly
Sexually Transmitted Disease Screening and Counseling*	Yearly
Shingles Vaccine	One time
Smoking Cessation Counseling	Eight in 1 year

**Comments/suggestions for future Senior Nuggets topics are welcome.
Nuggets are also posted on Atholton's Church Website**