

# First Coast Post Polio

December

Northeast Florida Chapter  
Jacksonville, Florida

2005  
Vol: 8 No.7



Don't forget our Christmas Lunch on

Dec. 15th at Jacksonville Golf and Country Club 12 Noon

Your must make reservation and pre-pay \$16.00 per person **before December 1, 2005**

Please Call: 904-333-3457 and mail check to: FCPPSG  
13119 Blackhawk Tr Ct  
Jacksonville, FL 32225  
Make Checks payable to: First Coast Post Polio

**Next Meeting:** January 19, 2006 on Thursday

**Place: Perkins**

At the corner of Beach Blvd and San Pablo Rd (Go east on Beach past San Pablo Road, Restaurant on left with huge American Flag)

**Phone:** (904) 333-3457

**Time:** 12:00 Noon -till....

**THIS ISSUE:**

"Blue Jay with a hair cut"

## **FACT SHEET: MEDICARE MEDICAL PRESCRIPTION DRUG BENEFIT**

*By The Henry J. Kaiser Family Foundation: 1330 G Street, N.W., Washington, DC 20005 (202) 347-5270, Website: www.kff.org*

The Medicare Prescription Drug, Improvement, and Modernization Act of 2003 (MMA) added prescription drug coverage to Medicare, beginning on January 1, 2006. Medicare's elderly and disabled beneficiaries can enroll in private plans that contract with Medicare to provide the drug benefit. (HHS, February 2005).

### **MEDICARE PRESCRIPTION DRUG PLANS**

People on Medicare can obtain the Medicare drug benefit through two types of private plans. Beneficiaries can join a prescription drug plan (PDP) for drug coverage only and get their other Medicare benefits through the fee-for-service program, as the majority of people with Medicare currently do. Alternatively they can join a Medicare Advantage (MA) plan, such as an HMO or regional PPO that covers drugs and all other Medicare benefits. Private plans can operate in one or more of 34 PDP regions and 26 MA regions nationwide.

In addition to the monthly Part B premium, beneficiaries who join a Medicare drug plan will pay a monthly premium that is set to cover about 25% of the cost of the standard drug benefit (Figure 1). The average monthly beneficiary premium for 2006 is \$32.20, but this amount will vary across plans and regions.

***Sharing is a sign of caring.*** Share a little of your time with someone this Holiday Season. A simple card, telephone, e-mail, movie, gift or lunch can make a difference in some ones life.  
When was the last time you called that relative who never shows up at reunions or family dinners. I'll start it for you, "Hi, I've been thinking about you and how you are doing". That's all it takes!  
God Bless all of you this Holiday Season! My sharing is my praying for each and everyone of you daily.

Season's Greeting In His Name  
President, Janice Askwith  
(newly elected)



All Articles in this newsletter including those medically related are the opinions of the Editor or individuals contributing the article and are not an endorsement of the First Coast Post Polio News Group, Inc. To use articles from First Coast Post Polio News: please e-mail: jfcask@comcast.net or call: (904) 333-3457.

“BLUE JAY WITH A HAIR CUT”© Short story by Janice Askwith, President



While babysitting my granddaughter Peyton several years ago, she was two at the time. I recall a special story I would like to share with you. I always sat aside a time before breakfast to teach her the names of animals that frequently entered our yard to enjoy our garden pond. I have always pointed out the different kinds of birds to her. I recall how she would point and laugh at them taking a bath in the bird bath. This sunny and bright day was no different. I remember it was this time of year when the birds would come down from the north to avoid the cold. I left Peyton to watch for the birds and tell me the names of them as I fixed her favorite breakfast, scrambled eggs and cheese. She laughed out loud with excitement and shouted to me, "Grandma, come look at the Blue Jay with a hair cut!" Well I could not imagine what she was seeing, so I turned off the stove and went to my sliding glass door over looking the pond. What I saw made me question were the Blue Jay was. Peyton was watching a Cardinal in the bird bath. "Dollface (my pet name for her)", I asked, "where is the Blue Jay with a hair cut?" Peyton pointed to the Cardinal in the bath, "There, Grandma (still laughing with child like wonder), he combed his hair." I finally understood. The Cardinal's crown stood straight up while taking his bath and Peyton thought he had his hair styled. I laughed and continue to laugh today at the special times and things I remember sharing with my grandchildren.

Take a day to explore all the good and special times.

Remember to count your blessing

Always give God the praise. Have a Happy Holiday Season!

Janice Askwith  
President  
First Coast Post Polio

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### Contacting Medicare

Medicare is administered by a federal agency, the Centers for Medicare and Medicaid Services (CMS), which is part of the U.S. Department of Health and Human Services. To get answers to questions you may have about Medicare or to order official government publications, you can contact Medicare by telephone or online. **Telephone (toll free): 1-800-Medicare (1-800-633-4227) or 1-877-486-2048 TTY Website: [www.medicare.gov](http://www.medicare.gov)**

### What is the process for applying for Medicare for people under age 65 with disabilities?

The first step in establishing eligibility for Medicare for persons under age 65 is to apply for and receive Social Security Disability Insurance (SSDI). To do this, an individual should go to their nearest Social Security field office. SSDI provides monthly cash payments for individuals whose disabilities prevent them from working. Payments are based on the worker's contributions to Social Security through payroll tax deductions. People under age 65 must be certified to be disabled for five months before receiving SSDI payments. An individual becomes eligible for Medicare only after he or she has received SSDI for 24 months. Therefore, an individual must wait 29 months from first being determined to be disabled until he or she qualifies for Medicare.

**To Your Health****Chiropractic is a Safe and Effective Treatment!****By John Davenport  
Contributing Writer**

Chiropractic brings relief to tens of millions of people suffering from the aches and pains of arthritis, migraine headaches, stress, sports injuries and many other conditions, including ear conditions, car accidents, and sciatica. *The American Medical Association was initially successful in its campaign against chiropractic. But on August 27, 1968, chiropractic was vindicated when the AMA was found guilty of lying to the public about chiropractic. The group was forced to pay millions in restitution and print in the Journal of the American Medical Association that it had changed its policy of preventing medical professionals and doctors of chiropractic from working together for the benefit of the patient.*

Chiropractic is both a science and an art. The science of chiropractic is the evaluation, diagnosis and decision making involved in the treatment of a patient's health problems. This is based as is orthodox medicine on current research and knowledge as it relates to the diagnosis and treatment of disease. The art of chiropractic is the specific adjustment techniques used by a skilled professional.

Joint manipulation itself is not a new concept. The first recorded manipulation of the spine and taught these beneficial techniques to his students. The term "chiropractic" means "done by hand."

On Sept. 11, 1895, Daniel David Palmer performed the first recorded chiropractic school. Today there are over 17 chiropractic colleges in America.

Like medical school, attaining a doctorate in chiropractic medicine requires a minimum of six years of college study. Studies are rigorous and include a minimum of a two-year internship. Chiropractic and medical training is very similar, but because of chiropractic focus on the body's nervous system, musculoskeletal system alternative approaches to health care, doctors of chiropractic require more training in gross anatomy, neurology, orthopedics, x-ray, rehabilitation, physiotherapy and nutrition as opposed to pharmacology and minor surgery.

A growing body of research supports chiropractic treatment. Prestigious groups and universities, such as the Rand Corporation, the Department of Health and Human Services, worker's compensation and Duke University show that chiropractic treatment is beneficial and many times is better than traditional treatments for certain conditions. Costs are low when compared to treatments that rely on drugs and surgery.

Chiropractic treatment is covered by federal programs, such as Medicare and Medicaid, and virtually every major insurance carrier and state worker's compensation plans cover chiropractic treatment. All 50 states have statutes recognizing the practice of chiropractic as an independent health service. Board certified and licensed chiropractors are entitled by law to use the title of physician or doctor of chiropractic medicine.

When it comes to safety, chiropractic has one of the best track records of any health profession. Studies have shown the risks of serious injury to be less than one in a million to one in 10 million. With over 30 million people treating with chiropractors each year, chiropractic has become the world's second largest health care profession. Chiropractors are considered specialists and in my opinion, do not treat chronic diseases, such as cancer or serious trauma, but rather educate people on the prevention of disease.

More and more chiropractors and medical doctors are enjoying good relationships and often work together. In the future, I envision all health care professions, as well as politicians and special interest groups, working together to improve the quality of health for all Americans, as well as improve the quality of care for all those who suffer.

*John Davenport, D.C. welcomes your questions. Please forward to Davenport Chiropractic, 2710 South Third St., Jacksonville Beach, FL 32250 or e-mail: <logwheat@aol.com>.*



GREAT JOB Dr. John Davenport!  
THANK YOU FOR CARING...  
YOUR FRIENDS AT  
FIRST COAST POST  
POLIO SUPPORT GROUP  
JACKSONVILLE, FL.

**We would like to thank the "March of Dimes" for providing the mailing of this news letter for First Coast Post Polio.**

**Thank you Janet for every thing you do.  
"Saving Babies, together!"**



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Dr. John Davenport  
Chiropractic Physician

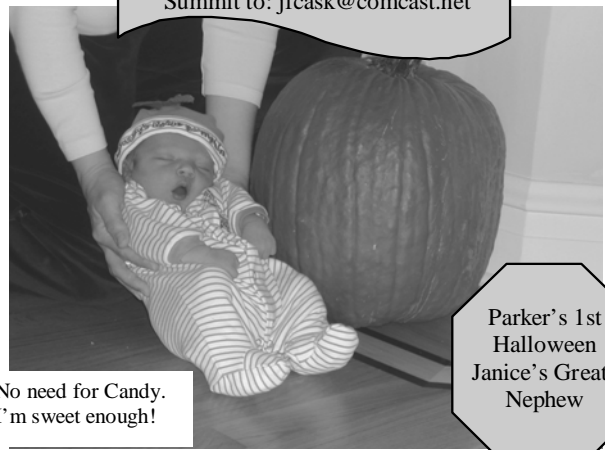
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**Photo of the Month Club!**  
Do you have a favorite photo?  
Summit to: [jfcask@comcast.net](mailto:jfcask@comcast.net)



No need for Candy.  
I'm sweet enough!

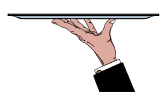
Parker's 1st  
Halloween  
Janice's Great-  
Nephew

**DO YOU HAVE A STORY TO SHARE?**



We here at First Coast Post Polio love hearing from you.  
Please e-mail your story to me at: [jfcask@comcast.net](mailto:jfcask@comcast.net)  
Or send to: FCPP, 13119 Blackhawk Tr Ct, Jacksonville, FL 32225

**Our Goal is to Serve  
and Support You!**



We need your help!

Please take a moment to share your story with us. It may seem small to you but to someone else you could be touching a need in them. We all have Post Polio Syndrome and if your wondering what you could add to the information that is already out there? Then just let me inform you that not everyone's story is the same and we would love to have the opportunity to hear yours as it could improve the quality of others.

***We have a new member:***

**Welcome Mr Robert Raeuber**

Robert is looking for information on PPS. We still have a lot of people out there who are uninformed.

What can you offer?