

# *High Country RSVP*

## *Welcome to Winter 2017–2018*

*Thank you for all you do to connect and contribute!*

2017 has been another great year for RSVP!

Some of your accomplishments include:

- \* 180 senior volunteers donated over 17,000 volunteer hours!
- \* RSVP partnered with 39 other non-profit agencies that rely on volunteers to meet their missions! (See page 5 of the newsletter) RSVP volunteers through these organizations helped thousands of people!
- \* RSVP Medicare counselors helped just over 400 people with their Medicare!
- \* Helping Hands for Seniors and Senior Navigators helped over 35 people with maintenance, snow shoveling, and finding services!
- \* RSVP Tax volunteers helped prepare for just over 400 people!
- \* RSVP volunteers taught classes to just over 230 seniors

Sadly, we also lost some amazing volunteers this year. One of those volunteers was Lorena Nadon. Lorena volunteered with RSVP from 1992 until 2014 and was involved in the following volunteer activities: the RSVP Advisory Council, Frontier Historical Society, St. Stephens Catholic Church, the Senior Link, Valley View Hospital, the Senior Nutrition Program (Glenwood Springs Chat and Chew), RSVP Mailings and Greeting Cards, Alpine Legal Services, Senior Transportation Program. In her volunteer “career” with RSVP, Lorena volunteered over 6,500 hours! It is always sad when such wonderful people “move on”.

Speaking of moving on, RSVP’s Volunteer Manager, Elisabeth, will be joining her husband in retirement after the first of the year. She will be greatly missed but we know the only thing constant is change! Here’s to an exciting, prosperous, and memorable 2018!

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## High Country RSVP

Serving Garfield County  
Residents since 1973

A Sponsored Program  
of CMC since 1978

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pdaniells@coloradomtn.edu

Elisabeth Worrell  
Volunteer Manager  
970-947-8462  
eworrell@coloradomnt.edu

1402 Blake Avenue Glenwood  
Springs, CO 81601

## Useful New Website

We have been made aware of an interesting new website geared to help find answers or guidance to legal questions that may come up from time to time. It seems user friendly and easy to navigate.

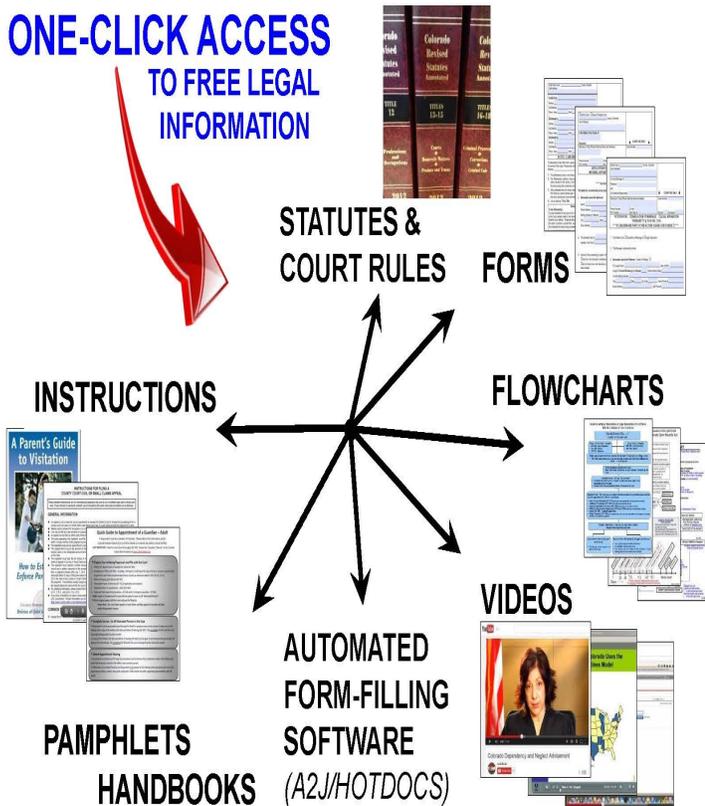
[www.checkerboard.co](http://www.checkerboard.co)



**ALL FREE!!**

The CHECKERBOARD WEB SITE is a single point-of-entry web site providing free, 24/7 "one-click" public access for all forms, statutes, rules, instructions, flowcharts, and videos for each of over 50 different types of Colorado civil cases. The CHECKERBOARD seamlessly connects users with free access to over 160 different web sites, ranging from the Colorado's state judicial web site, to Colorado Legal Services, to the Law Library of the Library of Congress. In some areas, the CHECKERBOARD includes automated form-filling software (A2J/HOTDOCS), and will eventually accommodate electronic filing of court documents by the public when that becomes available in Colorado.

**ONE-CLICK ACCESS TO FREE LEGAL INFORMATION**



## NEW VOLUNTEER OPPORTUNITIES

**Mesa Vista Assisted Living** is looking for a volunteer to lead their craft workshops and another volunteer to lead their art workshop. Michael Farrell is the Activity Director and the Adult Day Program Director.

**Alpine Legal** is looking for volunteers to commit to meeting with clients and listening to their stories and legal issues. The volunteer would take the information received and discuss it with an attorney who would then meet with the client to provide legal advice. Generally, volunteers would be expected to commit to doing this one-time per week for 3 hours in the Glenwood Springs office.

**Literacy Outreach** needs adult tutoring volunteers to tutor adults learning basic literacy skills. Some struggle to read and write. Some struggle to improve their oral English skills. No special skills are required. You do not need to speak a foreign language. If you can read this, you can help!

**Grand River Hospital District** needs more Meals on Wheels drivers that can service the Silt, New Castle, and Parachute areas.

**Garfield County Library District** is currently working on inventory at the Glenwood Springs Branch. They would love up to 4 people to help with this task. It involves using a laptop and scanner to scan each book on their shelves. The volunteers would need to feel somewhat comfortable with a computer as the screen will need to be watched and handle the occasional message. It is repetitive but necessary work. They will welcome anyone willing to give it a shot!

**For more information or to volunteer please contact Elisabeth Worrell at [eworrell@coloradomtn.edu](mailto:eworrell@coloradomtn.edu)**

## **UPCOMING ADULT SENIOR CLASSES**

### **Tax Preparation for the Layman**

**Wednesday, January 24, 2018**

**9:00am – 12:00pm**

Learn tax preparation with RSVP's Basic Tax Course. In this beginner to immediate tax preparation course, you will learn to prepare tax returns and research tax issues for most Form 1040 individual, non-business taxpayers, and small business taxpayers (self-employed/Schedule C).

This class also teaches you the basic fundamentals of federal tax law based on real-life scenarios and enables you to internalize the knowledge that gives you a solid foundation you can continue to build on. By preparing practice tax returns manually instead of having tax software do it for you, you will learn the tax laws and be prepared to correctly prepare basic tax returns. There is a \$5.00 requested donation for printed materials.

### **Medicare 101 and Navigating the Medicare.gov Website**

**Tuesday, April 24, 2018**

**9:00am – 12:00pm**

Do you have questions about Medicare? How do I enroll; when can I sign up; what if I am still working; what does Medicare cost; do I need additional coverage; what is a Medicare Savings Program and do I qualify; when can I sign up for Medicare D (prescription drug coverage); what is the 2018 Standard Drug Benefit; what is the 2018 Gap Benefit; and how do I get Extra Help (LIS)? Get the answers you need! Also, learn how to navigate the Medicare.gov website on a computer in one of our computer labs or your own personal computer or tablet. This will enable you to make changes to your coverage as needed and utilize the resources available to you. This information will be presented by High Country RSVP (Retired Senior Volunteer Program) Volunteer Medicare Counselors and will not be represented by any insurance brokers. The class is free but there is a \$5.00 requested donation for copied materials.

### **AARP Driver Safety for 50+**

**Saturday, April 21, 2018**

**9:00am – 1:00pm**

**Thursday, April 26, 2018**

**9:00am – 1:00pm**

The AARP Driver Safety Class is directed towards drivers 50 and over. The class covers the following driving topics: how to compensate for changes in vision, hearing, and reaction time; how to handle problem situations such as left turns, right of way, freeway traffic, trucks, and blind spots while driving; what to do if confronted by an aggressive driver; how medications may affect driving; how to properly use anti-lock brakes, air bags, and safety belts; and how to assess your own and others' driving abilities with a Personal Driving Capability Index.

Most Colorado auto insurance companies offer discounts to those who complete the course. There is a \$15 fee for AARP members and a \$20 fee for non-members for the workbook and handouts payable to the instructor. AARP Driver Safety Classes are sponsored by High Country RSVP and taught by RSVP volunteers.

**All classes are being taught at the CMC Glenwood Center, 1402 Blake Avenue.**

**To register call 970-945-7486 or register online at [www.coloradomtn.edu/classes](http://www.coloradomtn.edu/classes)**



# HAPPY FALL AND WINTER BIRTHDAYS!



## **AUGUST**

Zona Hays  
 Marcella Ach  
 John Breckinridge  
 Merle Brown  
 Alice Brouhard  
 Dave Devanney  
 Amy Dunkelberg  
 James Gisburne  
 Dallas Groves  
 Jim Meeker  
 Joan Morse  
 Nancy Nordell  
 Sandy Yost

## **SEPTEMBER**

Connie Castine  
 Alice Davenport  
 Sunny Dunn-Linn  
 Pat Graddis  
 Alice Hafner  
 Nancy Helser  
 June Herrell  
 Betty Jones  
 Evelyn McGill  
 Mildred Meeker  
 Jan Miller  
 Debbie Newland  
 Lynda Prendergast  
 Julia Shoemaker

## **OCTOBER**

Anita Bishop  
 Emil Cima  
 Linda Devanney  
 Ted Doll  
 Mary Elder  
 Judy Elzinga  
 Joe Erickson  
 Marcia Golden  
 Barbara McGinnis  
 Tresa Moon  
 Ann Nicholson  
 Joe O'Donnell  
 Sharon Pennington  
 Hope Perrine  
 Peter Rulison  
 Kathy Spink

## **NOVEMBER**

Doug Britton  
 Mike Bunn  
 Cathy Carlson  
 Don Chance  
 Betty Clifford  
 Sheryl Doll  
 Linda Jean Ford  
 Cricket Goodsell  
 Judith Mendoza

Woodra Morgan  
 Jean Mullenax  
 Kay Robinson  
 Cheryl Pickett  
 Sandy Sekeres  
 Roseanna Shelton  
 Glenna West

## **DECEMBER**

Carol Abbott  
 Mimi Baldwin  
 Bobbie Barker  
 Gini Christensen  
 Jo Ann Duffy  
 Parvin Erlandsen  
 Eva Fitzwater  
 Ronald Jensen  
 Victoria Kesler  
 Mary Kopf  
 Judy Oakes  
 Barbara Thomas

## **JANUARY**

Mildred Alsdorf  
 Michelle Ballinger  
 Debra Callies  
 Steven Deliyianis  
 Joseph Hawkins  
 Paulette Johnston

Ron Kokish  
 Lois Scriptor  
 Robert Spuhler

## **FEBRUARY**

William Daniells  
 Bobbie Dungan  
 Judith Hayward  
 Jan Kaufman  
 Valentina Meyer  
 Marcia Provost  
 Helen Smith  
 Sharon Taylor  
 Roger Yost

## **WELCOME NEW RSVP VOLUNTEERS!**

Jeri Durnan  
 Earl Glenwright  
 Joyce Jenkins  
 Cher Cervantes McAlary  
 Everett MacAlary  
 Ferd Meyer  
 Valentina Myer  
 Woodra Morgan  
 Ann Nicholson  
 Barbara Thomas

**Check Our RSVP's New Website!**  
<http://highcountryrsvp.org/>  
 And let us know what you think!

# High Country RSVP Partner Stations

AARP Safe Driving	Mesa Vista Assisted Living
American Red Cross	Mountain Valley Developmental Services
Catholic Charities	P/BM Chamber of Commerce/Cabin
Children's Mini College	Rifle Chamber of Commerce/Info Cabin
Colorado Animal Rescue, Inc. (CARE)	Rifle Creek Museum/Rifle Heritage Center
Colorado Parks and Wildlife (DOW)	Rifle Senior Center
Colorado State VA Nursing Home	Rifle Thrift Shop
E Dene Moore Care Center	RSVP Helping Hands for Seniors
Garfield County Council On Aging	RSVP Classes for Older Adults
Garfield County Library System	RSVP Medicare
Garfield County Sheriff's Auxiliary	RSVP Tax Assistance
Grand River Health District	Salvation Army
Grand Valley Historical Society	Senior Matters
Grand Valley United Methodist Church	Senior Nutrition Program
Hospice of the Valley	UpRoot Colorado
Junior Achievement / Roaring Fork Valley	Valley Senior Center
Kiwanis of Grand Valley-Parachute	Valley View Hospital
LIFT-UP	Youth for Christ
Literacy Outreach	YouthZone
Medicare/SHIP Assistance Program	

## Can you believe it is almost tax time!

If you are a senior, veteran, have a disability, or your household income is less than \$50,000 per year, High Country RSVP (Retired Senior Volunteer Program) volunteers can prepare and electronically file your Federal and State Income Taxes FREE of charge!

RSVP volunteers can prepare returns that include: Form 1040; Schedules A, B, EIC (Earned Income Credit) and R; Child and Dependent Care Credits; and Education Credits. If you are a small business owner we can file Schedule C-EZ. (We cannot file Schedule C Profit or Loss from Business; Schedule E for rental properties; and advanced Schedule D for capital gains and losses.)

Starting February 1, appointments will be available Monday through Friday 9:00am—5:00pm at the CMC Glenwood Center and at the Rifle Library (days and times to be determined). 970-384-8740

## **Top 5 Most Common Healthcare Provider Fraud Activities**

**By Thomas Beaton**

***The most common healthcare provider fraud activities drain public payer finances and promote unsafe care conditions for beneficiaries.***

November 13, 2017 - Healthcare provider fraud is extraordinarily common and can be conducted at a shockingly large scale. The largest healthcare provider fraud takedown in US history was announced just recently, resulting charges against 400 defendants in 41 federal districts for schemes totaling \$1.3 billion, according to HHS and the Office of the Inspector General (OIG).

Providers involved in fraud relied on creative schemes such as forgery, bribes, fake patients, and falsified billings to financially benefit from administrative vulnerabilities in public programs such as Medicare and Medicaid.

Based on public data from the OIG and GAO, what are the most common healthcare provider fraud activities and how much of an impact can they have on patient safety and public welfare?

### **Billing for medically unnecessary services or services not performed**

Fraudulent provider billing, duplicate billing, and billing for services not medically needed accounted for 46 percent of provider fraud cases in 2016. Billing for services not performed is the most common provider fraud activity and defrauds millions from public and commercial insurers alike.

OIG found that in Westlake, OH, a provider fraudulently overbilled Medicare private payers for several unnecessary services. Unnecessary services completed by the provider included catheterizations, tests, stent insertions, and causing unnecessary coronary artery bypass surgeries. The fraudulent billings totaled \$29 million for Medicare. Commercial insurers overpaid by \$7.7 million.

In 2017, a Detroit-area provider was found guilty of a \$25 million Medicare defrauding scheme by billing for nerve-block injections he never provided to patients, the Department of Justice said.

### **Falsifying claims or diagnoses**

Falsified claims schemes accounted for 25.5 percent of provider fraud cases last year and usually involve the use of fake medical personas and identity theft.

From February to April 2016, a Medicare Strike Force Unit discovered an \$11 million fraud scheme between a biller and a physician that used unlicensed physicians to complete medical services. Licensed physicians were then brought in to sign forms suggesting that they completed the services.

In the same year, OIG found that another physician submitted \$2.4 million in falsified claims to Medicare and received payments of around \$1.2 million.

In October of 2015, an unlicensed nurse in Ohio used the identity of another nurse to receive over \$20 million in Medicare reimbursements.

*To be continued in our next newsletter...*