

## PNN NEWSLETTER - NOVEMBER 2024

*As promised at the meeting this week, here are some quick notes that may be of interest! Chris*

To contact PNN, or stay up to date on PNN and other local, state and national PD news...

### **Parkinsons Network North now has 3 methods of contact:**

- **Webpage** – [pnntc.org](http://pnntc.org)
- **Facebook** – [parkinsonsnetworknorth](https://www.facebook.com/parkinsonsnetworknorth) – new! PLEASE TAKE A MINUTE TO GO TO THIS PAGE AND “LIKE” US! Thanks to Niki Dunwiddie for posting!
- **E-mail** - [pnntcmi@gmail.com](mailto:pnntcmi@gmail.com)

Thanks to Fred Goldenberg, Senior Benefit Solutions, for sharing Medicare 2025 details at our Nov 12 meeting. Key points are below:

- Open enrollment ends on Dec 7.
- Medigap plans and “Stand Alone” coverage will be most impacted by the 2025 changes.
- \$2000 is the new limit on out-of-pocket medication expense.
- The insulin provision remains in place next year.
- There will be a Medicare prescription payment plan through your pharmacist to spread out payments for expensive meds. Ask your pharmacist.
- There is a Federal Program for extra help with med costs if you meet the low income limit. Check with your insurance provider.
- Look at the drug formulary for 2025 to be sure your meds are still in the same payment tier; several have changed.
- Medigap is rated individually; it doesn’t need to be the same for both persons on a policy (couple).

Thanks to Ruth Ann Segovia & Kaitlyn Malaski for leading the 2 breakout groups – great conversation in both!

- “Portable Car Assist Door Handle” is the name of the assistive device discussed to aid in getting into and out of your car seat.

- DO YOU HAVE IDEAS FOR FUTURE GROUP MEETINGS? READY TO SHARE YOUR TIME OR TALENTS? COME, JOIN THE CONVERSATION!!!

**SUPPORT GROUP FUTURE PLANNING SESSION** - MONDAY, DEC 2,  
11am AT MUNDOS COFFEE SHOP, 1238 S. GARFIELD, TC. (1 HR)

December 10 - PNN Holiday Gathering – featuring Lisa Hawkins & Ageless Grace (chair) movement!

Suggested: Bring holiday cookies or a healthy snack to share – PNN will provide fruit bowl and cheeses. Bring a wrapped “white elephant” gift. (something that’s in great shape, but you just don’t seem to use!). No gift...no problem...we’ll have extras!

### **COMING EVENTS:**

Nov. 20 - PNN Evening Support Group, 6:30, Foster Family Community Health Center at 550 Munson Ave., Rooms A& B.

Nov. 15 & 22 - Ageless Grace for Parkinson’s, 1:30, West YMCA on Silver Lake Rd - every Friday – free for everyone!

Nov.19 & 26 - PWR Class for Parkinson’s, 4:00, TADL on Woodmere – Free every Tuesday!

Dec.2 - PNN Support Group Planning, 11:00, Mundos on Garfield Ave at Boon St.

Dec. 3 - Wall Climb at Elev8, noon, register with Torrey Davenport, MI Parkinson’s Foundation by Nov. 27.

### **A Thanksgiving Poem...**

"A generous cup of blessings,  
A tablespoon of reflection,  
A handful of memories together,  
A good helping of hugs & laughter,  
A pint of time with friends & family,  
Mix with love & forgiveness."  
**HAPPY THANKSGIVING!**