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OR, AR, KS, AK, OH, WA

Helena Foutz, California License #0M50453
(714) 657-6355, direct line
(562) 471-6723, recorded line
Email: Helena@GetGreatPlans.com
www.GetGreatPlans.com

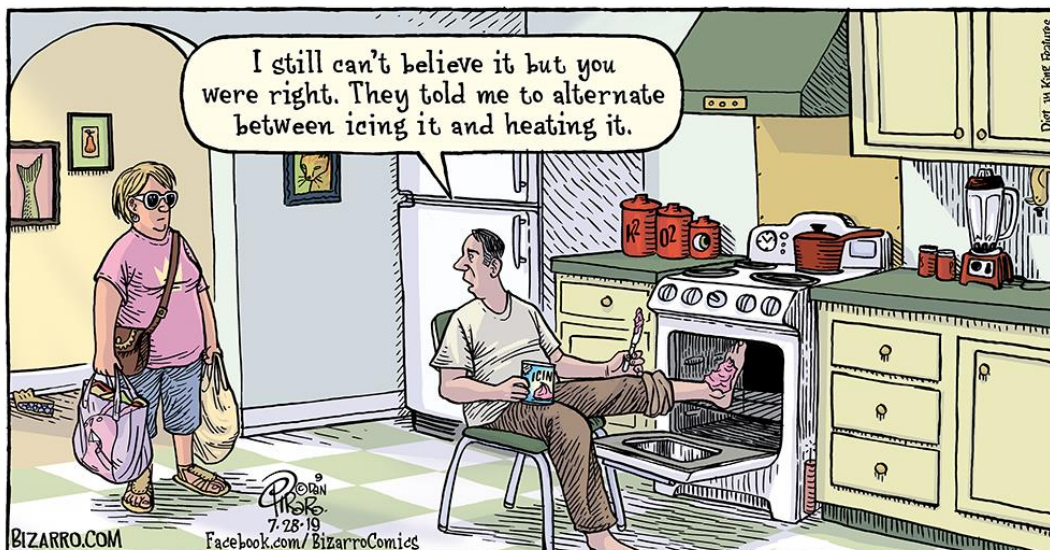


I'm a Proud Mama!

Meet my daughter, Sarah Foutz, recent graduate of CSULB with her Bachelor of Arts degree in Family and Consumer Sciences – Child Development and Family Studies. (I promised her if she graduated I'd mention her in my newsletter – and she reminded me of that!)

Out and About This Summer

Want to see me in person? Here are some places to find me: I am at the **Los Alamitos Optum** on Katella Avenue every other Friday from 9 to 12, and the **Huntington Beach Optum** on Magnolia every other Thursday from 1 to 3. On August 8 from 5 to 7 I'll be with **Providence Medicare** at the **San Clemente Village** fundraiser at the photo booth. You can also see me at the **Aloha Celebration** at the **Orange Senior Center** on August 16 from 10 to 12, at the **Buena Park Super Senior Saturday** on August 17 from 9-12. I will be at the **Huntington Beach Active Living Expo** with **RegalMed** on September 14 from 10 go 1, the **Santa Ana Senior Center Health Fair** on September 27 from 9 to 12, and last but not least, the **Westminster Embrace Aging** event on September 28 from 1-5. I'll also be at the **Huntington Beach CVS** on Edinger most Monday mornings between 10 and 12. Whew!



About Your Pain

Are you a weekend warrior? Or have you started noticing that everything hurts, all the time? Occasional pain is a bother, but chronic pain is a life-changer! When you get to the point that you're going to Costco to buy ibuprofen by the handy 1,000-pack, you need to consider at your options!



Over-the-counter anti-inflammatories like ibuprofen have certain risks, like stomach problems, internal bleeding, hearing loss, and kidney damage, just to name a few! I mentioned those injuries because I personally know those who've experienced all of these from merely taking too many anti-inflammatories! But what can you do instead?

Here's an idea – try some physical therapy! If you're on an HMO plan, then you'll have to go to your primary care physician. Your doctor may take an x-ray or start with the small stuff, like giving you a brace if you haven't already tried one, or even a cortisone shot. If your doctor recommends pain management before even sending you to physical therapy, tell them you want to try physical therapy first! (Yup, happened to my husband.) That's the first place to start. If you're on a **non-Medicare PPO** plan, then you can skip the primary care physician and just see a physical therapist who's in network with your plan, super easy!



People on **Original Medicare** with a Medicare Supplement will also need to get a physical therapy referral, but then they can go to any physical therapist who accepts Medicare. **Medicare Advantage** members also need to see a primary, even if they're on a **Medicare PPO** (yes, we have them!). **Advantage** members need to seek a therapist in their network in this case or pay out of pocket.



But what if physical therapy isn't cutting it? Try acupuncture. I used to work for a pain management doctor, and he recommended it. If you're imagining yourself like a pincushion stabbed all over with sewing needles, don't worry! Acupuncturists use hair-thin disposable needles, and you literally don't feel them! And most of the ones I've visited don't use more than 10 needles. In California even our "Obamacare" plans cover acupuncture. **Original Medicare** only covers

acupuncture for low back pain, but some **Advantage** plans will give you 20 visits for pain anywhere. (In SoCal, there are plans with "Traditional Chinese Medicine" and give you many visits.)

What about chiropractic? In California, "**Obamacare**" plans don't cover it, but some group plans do. (Good news for y'all in Oregon and other states – your state-based **Obamacare** DOES cover chiro!) Most **Medicare Advantage** plans will give 20 visits to a chiropractor in network.

Last (but this one isn't covered by insurance), consider stem cells. My husband, Bob, once had to constantly wear a strong knee brace because of a torn medial meniscus, chondromalacia, osteoarthritis, and a torn ligament in the same knee! He really suffered. One of my clients is an M.D. and injected stem cells into Bob's knee, followed by platelet-rich plasma the next week. Bob was pain-free for several years afterwards, until he reinjured that knee. I wish you a great, pain-free summer!



Super Easy Pulled Pork! For Those Days When You Don't Want to Cook

1 3-lb. boneless pork shoulder, skin and excess fat removed

1 onion, chopped

1/2 cup chicken broth or water

2 cups BBQ sauce

2 TBSP mustard (we like the spicy brown)

2 TBSP honey

1 TBSP soy sauce, and pork liquid, skimmed.

Scatter the onion on the bottom of your crockpot, put the pork on top and add liquid. Cook 8 hours, remove meat and cool. When it's cool enough to handle, shred meat, removing all fat and gristle. Skim fat from liquid in crockpot. Return the meat to the crockpot, add the BBQ sauce, mustard, honey, soy sauce, and enough skimmed liquid to moisten the meat. Cook 1 hour more on low. Serve on Hawaiian rolls.

(Don't do pork? Substitute boneless, skinless chicken breasts, but add the sauce ingredients before cooking, covering the chicken well. Cook on low.)

Required Disclaimer: "We do not offer every plan available in your area. Currently we represent 0 to 70 organizations that offer 0 to 70 or more products in your area. Please contact Medicare.gov, 1-800-MEDICARE, or your local State Health Insurance Program to get information on all of your options." So there.