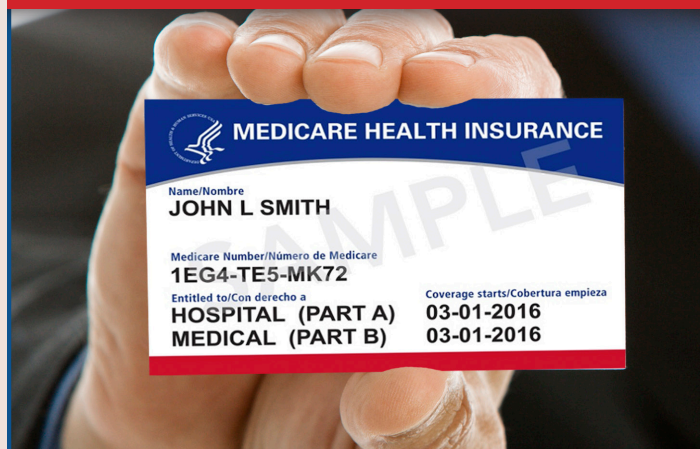


NO NEW MEDICARE CARD



Have you been told you need
a new Medicare card?

STOP! It's a scam

Here's the truth

- Medicare is NOT issuing plastic cards
- You do NOT need to 'update' your Medicare Card
- Medicare will NEVER call or text you asking for your Medicare number

Protect Yourself

- Never give out your Medicare number to unexpected callers
- Hang up on anyone asking for personal information
- Report suspicious calls to SMP



Preventing Medicare Fraud

SMPs are grant-funded projects of the federal U.S. Department of Health and Human Services (HHS),
U.S. Administration for Community Living (ACL).

Contact Senior Medicare Patrol

888-818-2611

www.smpwi.org

 **WisconsinSeniorMedicarePatrol**

4 Easy Steps to Protect Your Heart and Your Brain



*By Shelley Krupa, Business Operations Coordinator at
Lake Hallie Memory Care*

When we take care of our hearts, we take care of our brains at the same time. Yes – it's true! "What's good for the heart, is good for the brain."

It is easy to keep benefits flowing from our hearts to our brains by incorporating actions in our day-to-day lives.



How can we add more to our to-do lists when we've already got enough things to remember? It's easy – pop these four steps into our routines and we're well on our way to healthier hearts and brains.

1. **Exercise Daily** – 30 to 60 minutes, to music for an extra boost. Take a brisk walk, clean the house, or dance around the room. Move around, baby, move around. Anything we do to get our blood to pump will make our hearts and brains feel happy. Add a fun challenge – recall words to oldies but goodies songs while you're moving.
2. **Socialize** – Call a friend, play games with loved ones, or visit a friend in an assisted living home. While you're there, don't forget to share smiles with strangers or workers – everyone benefits from being kind and friendly to someone in need. It warms the heart and helps the body's endorphins flow into our brains in the process. Some studies say remaining socially active can reduce risks for dementia by 60 percent.
3. **Reduce Stress** – Not only can stress contribute to high blood pressure, but it impairs the brain's ability to retain or recall memories. Avoid multi-tasking, visit a park or nature conservatory, ask for help, play puzzles, daydream—we're never too old to dream.
4. **Sweet Dreams** – Protect your eight hours of dedicated sleep every night. Avoid daily naps, strenuous activity before retiring at night, consuming any liquids one to two hours before bed (especially alcohol or caffeine), and keep disruptions to your night-time routine to a minimum. Good sleep improves your memory and reduces chronic inflammation that causes your heart to work harder than it should have to.

Enjoy all the small moments of healthy living!