



Schnepp Health Care Center *Happenings*

www.schnepp.net

As summer comes to a close, we can begin to look forward to the brilliant colors of fall and the cooler weather here in Michigan. For our family, it also means the start of school and soccer with the kids and everything that comes around each year at this time.

Over the past few days I have been thinking about what this fall will mean for all the people that have been affected by Hurricane Katrina. Many families will not be sending their kids back to school and starting fall sports or enjoying the changing seasons. The complete devastation has left them with nothing but the unknown.

As we sit her hundreds of miles away, it is hard to fully appreciate what the people touched by the hurricane are going through right now. And again, as it was after Sept. 11, 2001, the question is, "What can we do to help."

After Sept. 11, many people here in mid-Michigan gave of their money and time to help those affected by that tragedy. Once again, the generous people of mid-Michigan are stepping up to the plate and finding ways to help.

Our residents, here at Schnepp Health Care Center, have come up with their own plan of how to help the victims of this tragedy. They have planned a fund raiser and hope that all of our family, friends and community will help (see page 3 for details). I am so pleased that the residents chose to spearhead such an effort and I hope that everyone who is able will do what they can to help.

Enjoy the last bits of summer and be thankful for what you have.

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Resident Birthday

M. Ruth Eichorn 9/3
Frances Nizinski 9/3
Genevieve Vaughn 9/5
Lawrence Violette 9/7
Kenneth Barnum 9/8
Carlton Jones 9/9
Marjorie Muir 9/11
Hans Christensen 9/12
Shirley Smith 9/13
Leota Lorenzen 9/19
Betty Rich 9/19
Lawrence Elliott 9/30

Employee Birthday

Deb Wheeler 9/1
Carrie Hill 9/2
Kathy Hopkins 9/6
Dorothy McDonald 9/9
Marilyn Roberts 9/12
Kelly Watson 9/15
Pam Denter 9/18
Aaron Tennant 9/23
Deborah Trim 9/28
Vanessa Castillo 8/31



Dr. T's Corner

Dr. Wm. C. Thiemkey has been Medical Director for Schnepf Health Care Center for nearly 20 years. He will review some pertinent medical articles and summarize them in each issue of the newsletter.

Ovarian Cancer: The Silent Killer

September is Ovarian Cancer Awareness Month. Ovarian cancer is the deadliest of gynecological cancers and the fourth-leading cause of cancer death among American women. In 2005, it is estimated that over 22,000 women will be diagnosed with the disease and more than 16,000 will lose their lives to it. Although ovarian cancer is most common in women over the age of 50, it can affect women of any age.

With no effective, easy-to-use means of early detection available, many women may miss the subtle and vague symptoms. Symptoms may include pelvic and/or abdominal discomfort or pain; vague but persistent gastrointestinal complaints such as gas, nausea, and indigestion; unexplained changes in bowel habits, frequency and/or urgency of urination; weight loss and ongoing fatigue.

Because of this, 75 percent of cases are detected at a late stage. As a result, approximately 50 percent of all patients are alive and disease-free five years after diagnosis. However, if caught and treated early, the five-year survival rate can jump to over 90 percent.

Fortunately, clinically important advances in diagnosis and treatment are being made every day. The Ovarian Cancer Research Fund (OCRF) is making a tremendous impact on the world of ovarian cancer research, having funded numerous cutting-edge research projects across the country.

Courtesy of ARA Content

Welcome to Schnepf's:

- Leah Wolfgang
- Miriam Trew
- Alice Barnes
- Helen Vautrin
- Sidney "Earle" Trudgen
- Retta Vedrode
- Ernest Vedrode
- Irma Weelock
- John Dehart
- Joann Robinson

You Will Be Missed

- Basil Sterling
- Ruth Sheets

Let's Go Lugnuts!

Fun was had by all Wednesday night at the Lansing Lugnuts baseball game. A small group of SHCC residents enjoyed popcorn, hot-dogs and pop while watching a double header. Our very own Bob Cole received a foul ball from the game. A great big thank you to staff members Melissa Suminski, Matt Johnson, Dewayne Walker and Dewayne's grandson Jonathon for volunteering their time to help make this trip happen. What a wonderful night to sing, "Take Me Out To The Ball Game."

RESIDENT RIGHTS

#1. A patient or resident will not be denied appropriate care on the basis of race, religion, color, national origin, sex, age, handicap, marital status, sexual preference or source of payment.

SHCC Residents to aide Hurricane victims

The residents of Schnepf Health Care Center (SHCC) are planning a fund raiser, at their facility starting on Sept. 5, in order to help victims of Hurricane Katrina.

The fund raiser will take place at SHCC from Sept. 5-16. During this time, residents will be stationed in the lobby of Schnepf's taking donations from resident, staff and visitors. Anyone who donates at least \$1.00 will get their name in a drawing to win a quilt that was made by residents.

Anyone who would like to make a donation can stop by Schnepf Health Care Center at 427 E. Washington (M-46) in St. Louis. All of the money raised will be donated through the American Red Cross.

Boost Your Rx Plan IQ!

About 75 percent of all Americans already have some type of prescription drug plan. When the Medicare drug plan begins in 2006, millions more will receive a drug plan for the first time. How many answers do you know?

- What is a covered drug?

If a drug is "covered," that means the plan will pay a part of the cost.

- What's a co-payment?

A co-payment, or co-pay, is the amount of the drug cost that you pay for. A co-pay for a brand name drug may be \$15, \$25 or more. A co-pay for a generic drug may be as little as \$3.

- What's co-insurance?

Co-insurance works like a co-payment, but it's a percent of the drug cost instead of a set price. So, if a drug costs \$100 and you have 30 percent co-insurance, you pay \$30 and your plan pays \$70.

- What's a drug formulary?

The list of drugs covered by your drug plan is called a formulary (FOR-mew-lerr-ee). It's developed by medical and pharmacy experts. Ask your drug plan for a copy of their formulary, or the plan's

Web site address, and give that information to your doctor. If the drugs you take are not included in the formulary, ask your doctor or pharmacist about other choices.

- What's a tier?

Drugs on a formulary are usually divided into groups called tiers. Most plans have three tiers: generics, preferred and non-preferred. Your share of the cost varies depending upon which tier it's in. Usually, generics are the least expensive, and non-preferred drugs are the most expensive.

- What's a PBM or a PDP?

A "PBM" is a "Pharmacy Benefit Manager." A "PDP" is a "Prescription Drug Plan." These companies manage drug plans for the employer or government agency that pays for your plan. PBMs and PDPs provide many services, evaluating drugs, monitoring care and keeping expenses down to ensure drug costs stay affordable.

- What's a prior authorization (PA)?

Some prescription drugs are dangerous if taken by children, older people or pregnant women. Others require careful monitoring,

Potter's Park

On August 17, many of our residents went on a field trip to Potter's Park Zoo. While at the park we enjoyed a wonderful lunch under the pavilion provided by our kitchen staff. In addition to lunch everyone enjoyed touring the zoo and seeing all the exotic animals. A big thank you to Project Compassion Love Bus, Pastor John and his youth group from Church of Christ of Forrest Hill, and to staff members Kim, Teena, Justin, Jodi, Collette, and family members of Thelma Carroll and Kate Derry. This trip couldn't have happened without them.

are very expensive, or may have been prescribed for a purpose different than the purpose for which it has been approved. In any of these cases, your plan might require a PA to cover it.

- What's an exception?

If a drug your doctor prescribes is not in your plan's formulary, you or your doctor can ask for an exception, explaining that the drug is medically necessary for you.

- What's an appeal?

If your request for an exception or a PA is turned down, you have the right to appeal. An appeal is a formal process to determine whether or not the drug will be covered. If your plan won't cover the cost, that doesn't mean you can't get the drug -- it only means your plan won't pay for it.

If you knew the answers to these questions, you are well on your way to choosing and managing a drug plan wisely. If not, clip this column and keep it for handy reference.

