



## ACCC 4th Quarter Newsletter October 2019

### ACCC MISSION

The mission of the Aaron Community Cultural Center is to provide education, social skills, employment training, and family system programs from birth to death. This mission will occur face to face and in a cyber environment.

## What's new at ACCC?

### Programs Projects Update:

#### **Food Bank**

Aaron Community Cultural Center has a new Food Bank location that continues to operate on Monday mornings at 10:00 am weekly.



#### **Pop Up Shop**

ACCC had a fantastic Volunteers Day on June 12, 2019. Volunteers sorted clothing, cleared and built shelving, and prepared to house food storage areas.

Thank You Volunteers and a Special Thank You To Freda Trahan

#### **Employee Media Training**

ACCC has made progress on the Employee Media Training Center. The center received a big screen TV to assist with job classes. The final step is the cable and computer connection.



*Holiday Shopping Party Monday December 16, 2019*

### Simple Ways to Get Involved!



#### Ralph's

Go to Ralph's website

1. Log into your Ralph's account
2. Click on My Account
3. Click on Community Rewards
4. Type in:  
"Aaron Community Cultural Center"
5. Click on [Enroll Now](#)

This simply allows Ralph's to donate to ACCC every time you shop.

Ralph's



#### Amazon Smile

Click on Amazon Smile

Type in:  
" Aaron Community Cultural Center "

You only have to do it once, and Amazon will donate every time you shop!!!

Amazon

## Community Out Reach

### 200 Back Packs Donated!!!

This Summer, Aaron Community Cultural Center, Village Health Foundation and Fly Gurls Donated 200 Hundred backpacks to children in Riverside County, CA to begin the 2019/2020 school year.



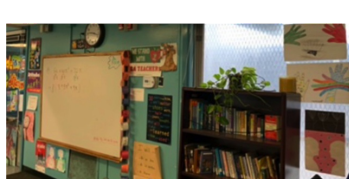
### Proposed Fundraising Events

- Pop up store Fashion Show
- Black History Dinner With a Chef      Limited Space  
- Cost 125.00 per plate.

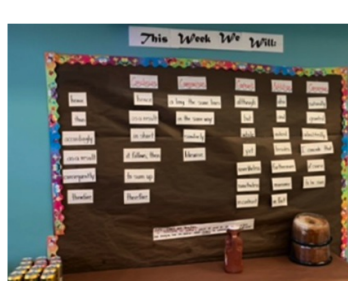
( Volunteers Opportunities Available)

These are elegant evenings with high end Food, Music, and Entertainment.

\* these events may be combined \*



**Aaron Community  
Cultural Center Youth  
Academy Central  
High School**



Aaron Community Cultural Center is proud to announce our partnership with Central High School for the School Year 2019-2020

Aaron Community Cultural Center will focus on life



skills. We are in coloration with the Village Health Foundation to teach Yoga and Mindfulness, Soke Johnny who will teach Marshal Arts, and Fly Gurls will focus on Social Skill and Cultural awareness



If you want to donate to PayPa's Friends and Family email fund, go to [WWW.PAYPAL.COM](http://WWW.PAYPAL.COM)  
[ddavisonbreath@gmail.com](mailto:ddavisonbreath@gmail.com)

## Aaron Community Cultural Center & Seymour Insurance Services

HEALTH INSURANCE MEDICARE OPEN SEASON  
October 01 - December 15, 2019

### MEDICARE NEWSLETTER AUGUST 2019

#### MEDIGAPS

Medigaps are health insurance policies that offer standardized benefits to work with Original Medicare (not Medicare Advantage). They are sold by private insurance companies. If you have a Medigap, it pays part or all of certain remaining costs after Original Medicare pays first. Medigaps may also cover health care costs that Medicare does not cover at all, like care received when traveling abroad.

Remember, Medigaps only work with Original Medicare. If you have a Medicare Advantage Plan, you cannot buy a Medigap.

#### CHOOSING A MEDIGAP PLAN

Depending on where you live, you have up to 10 different Medigap policies to choose from: A, B, C, D, F, G, K, L, M and N. Four other plans (E, H, I and J) stopped being sold to new members in 2010, but some people still have these plans. Each lettered plan pays for a certain set of benefits. The benefits are the same no matter which company sells the plan.

Listed below are things you should consider when choosing a Medigap plan. Make sure to review the Medigap plan benefits chart for additional information. **Note:** Massachusetts, Minnesota, and Wisconsin have different Medigap plans.

- **Plan A offers the most basic coverage, covering a core set of coverage gaps.**
- **Plan F is the most comprehensive Medigap.** Plan F covers all Medigap benefits. Plans C and G are also very comprehensive.
- **Plans K and L only cover part of your Part B coinsurance.** Both plans pay 100% of your coinsurance after you reach an out-of-pocket maximum.
- **Medigap plans are guaranteed renewable.** That means that as long as you pay the premium, you can keep your plan. However, premiums may change yearly.
- **Shop around.** Different insurance companies charge different premiums for the exact same plan.

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### MEDICARE NEWSLETTER AUGUST 2019

#### MEDIGAP PLAN BENEFITS (FOR PLANS SOLD ON OR AFTER JUNE 1, 2020)

	A	B	C	D	F*	G	K**	L**	M	N
<b>Hospital copayment</b> Copoly for days 61-90 (\$341) and days 91-150 (\$682) in hospital; Payment in full for 365 additional lifetime days	*	*	*	*	*	*	*	*	*	*
<b>Part B coinsurance</b> Coinsurance for Part B services, such as doctors' services, laboratory and x-ray services, durable medical equipment, and hospital outpatient services	*	*	*	*	*	*	50%	75%	*	Except \$20 for doctors visits and \$50 for emergency visits
<b>First three pints of blood</b>	*	*	*	*	*	*	50%	75%	*	*
<b>Hospital deductible</b> Covers \$1,364 in each benefit period		*	*	*	*	*	50%	75%	50%	*
<b>Skilled nursing facility (SNF) daily copay</b> Covers \$170.50 a day for days 21-100 each benefit period			*	*	*	*	50%	75%	*	*
<b>Part B annual deductible</b> Covers \$185 (Part B deductible)			*		*					
<b>Part B excess charges benefits</b> 100% of Part B excess charges. (Under federal law, the excess limit is 15% more than Medicare's approved charge when provider does not take assignment; under New York State law, the excess limit is 5% for most services)					*	*				
<b>Emergency care outside the U.S.</b> 80% of emergency care costs during the first 60 days of each trip, after an annual deductible of \$250, up to a maximum lifetime benefit of \$50,000.			*	*	*	*			*	*
<b>100% of coinsurance for Part B-covered preventive care services</b> after the Part B deductible has been paid	*	*	*	*	*	*	*	*	*	*
<b>Hospice care</b> Coinsurance for respite care and other Part A-covered services	*	*	*	*	*	*	50%	75%	*	*

\* Plan Falso offers a high-deductible option in which you pay a \$2,300 deductible in 2019 before Medigap coverage starts.

\*\* Plans K and L pay 100% of your Part A and Part B copays after you spend a certain amount out of pocket. The 2019 out-of-pocket maximum is \$5,560 for Plan K and \$2,780 for Plan L.

Note: Plans E, H, I and J stopped being sold June 1, 2010. If you bought a Medigap between July 31, 1992 and June 1, 2010, you can keep it even if it's not being sold anymore. Your benefits are different from what's on the chart above. This chart also doesn't apply to Massachusetts, Minnesota and Wisconsin. Those states have their own Medigap systems.

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If you or someone you know is a senior, look for SIS  
INSURANCE SERVICES at these locations:






October 01 - December  
15, 2019  
Monday, Wednesday &  
Friday  
1PM - 5 PM

October 01 - December  
15, 2019  
Tuesday, Wednesday &  
Saturday  
10 AM -12 PM

Ralph's 1413 Hawthorne  
Blvd Redondo Beach, C.A.  
90278 (800) 289-3851

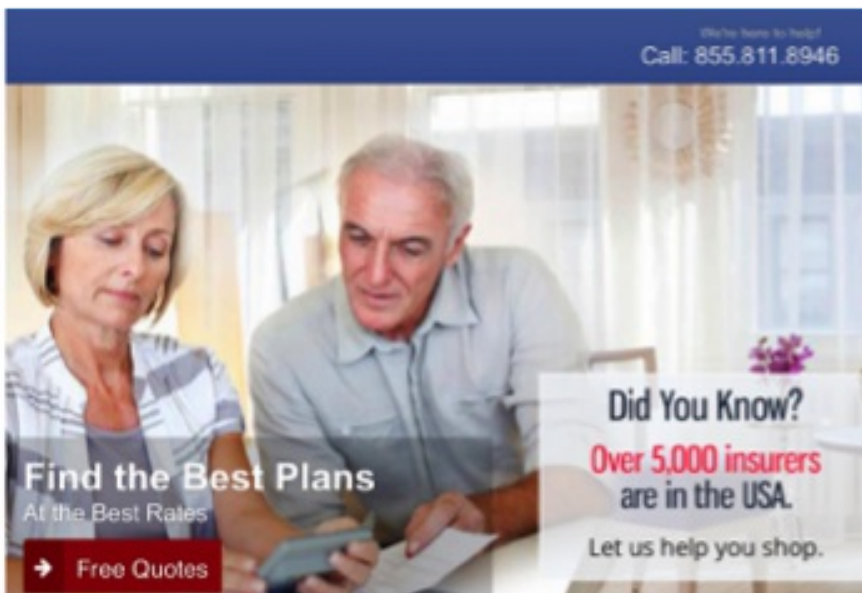
CVS 3880 Rosecrans  
Ave Hawthorne C.A. 90250  
(800) 289-3851



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Find the Best Plans  
At the Best Rates  
Free Quotes

Did You Know?  
Over 5,000 insurers  
are in the USA.  
Let us help you shop.

## Did you know...

Certain health plans allow seniors to participate in Silver Sneakers fitness classes and receive a gift card for participating?



Aaron Community Cultural Center is grateful to Ralph's Groceries Store who gave a \$1 Thousand Dollar Donation in gift cards.

These cards are being used for the Monday Food Bank Program, The Youth Academy Snacks, and annual Holiday Meal.

Aaron Community Cultural Center is gratefully for our board members, our house managers, program participants, volunteers, and each and ever single person who gives and keeps ACCC in their thoughts and prayers.

# Thank You so much!



Leonard H. Harlin, President



Sherrie Ross  
VP 1



Monica Ruelas  
VP2



Andrea Harlin, Secretary



Adrian B. Duncan, Treasurer



Dr. Jacqueline Nelson  
Community Recourse  
Committee



Sgt. Charles L. Davis,  
Ready For Life  
Academy



Arious Mc Michael  
Grant Committee



Linda Hollander  
Marketing Committee



Bejai Gihji  
Fundraising Committee



Denise Davis,  
Hospitality Committee



Geraldine Aaron,  
Hospitality Committee

**Sign Up to Volunteer Here!**