



Field★Post

LOUISIANA SENIOR OLYMPIC GAMES

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To: Members, Friends and Supporters of the Louisiana Senior Olympic Games (LSOG)
From: Mark Rayner – LSOG Executive Director

Membership Renewals Approaching

Before you know it, we'll be focusing on the **2006 District and State Games**. Along with the New Year will come the time to pay your **LSOG membership dues**. Dues will **remain \$10** for calendar year 2006. We've worked very hard over the years to keep dues at a minimum due to the **generosity of our sponsors**, and **additional donations** from many of our members.

It's very important we receive dues and additional donations at the beginning of the year for planning purposes. Beginning early next year, we'll start something new by sending everyone an **invoice** for dues. We hope the **dues invoice** will be helpful to remind you of the deadline and help us reach our **goal to surpass 2,000 members by March 31**. Help us set new membership records in 2006!

Medicare Prescription Benefit

Beginning **January 1, 2006** everyone with **Medicare**, regardless of income, health status or prescription drug usage will have access to prescription drug coverage. **Enrollment for the plan begins November 15**. You should already have received your **Medicare and You 2006** handbook that explains the prescription drug coverage program and what it means to you. Insurance companies and other private companies will work with Medicare to offer the plans. The following links can provide helpful information about the Medicare Prescription drug plan.

Medicare Web Site <http://www.medicare.gov/medicarerreform/drugbenefit.asp>

What Medicare Prescription Drug Coverage Means to You – A Guide to Getting Started
<http://www.medicare.gov/Publications/Pubs/pdf/11146.pdf>

Centers for Medicare and Medicaid Services <http://www.cms.hhs.gov/map/map.asp>

Medicare Access for Patients Rx (MapRx) <http://www.maprx.info/>

Medicare Prescription Drug Plan Cost Estimator
http://www.medicare.gov/medicarerreform/MPDP_Cost_Estimator.asp

Other Prescription Drug Resources <http://www.louisianaseniorx.org/>

National Senior Games – The Senior Olympics Update

LSOG has just received word from the National Senior Games Association – The Senior Olympics, that participants no longer have to pay the required \$25 NSGA Membership Fee in order to compete in the National Games. Everyone is encouraged to continue making tax free contributions to the NSGA Foundation. 2006 is the qualifying year for the 2007 National Games. Participants hoping to go to the National Senior Games in Louisville, KY in 2007 must compete and qualify at a State Games in 2006. More qualifying information will follow.

Upcoming Events

District Games

We're beginning to receive dates from **District Coordinators** for their **2006 District Games**. Check our web site often for updates to the districts schedules and start planning your schedules to attend them all! <http://www.lsoq.net/District%20Games.htm>

2006 Mardi Gras Mambo 10K - Feb. 18, 2006

The event is organized by the **Baton Rouge Area Sports Foundation (BRASF)** and the **LSOG** will again be partnering with the event. This will be the 2006 qualifying event for the 2007 National Games. We'll keep you posted as details and applications become available.

2006 Red Stick Classic

The **LSOG's Red Stick Classic** softball tournament will be held **April 28-30 in Baton Rouge**. This is a **Softball Players Association sanctioned tournament** and will be held at **BREC's Baton Rouge Oak Villa Softball Complex**. Get your team together and join the fun!

Photos from last year's tournament are on the **LSOG web site**:

<http://www.lsoq.net/LSOG%20RSC/index.htm>

For more information about the **Softball Players Association**, visit their web site:

<http://www.softballplayersassoc.com/SPA.nsf/?Open>

Stay Active and Healthy!

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