

To YOUR HEALTH



LEFT: Thom Pollard presents with his climbing gear and in photo on Everest as he summits. ABOVE: Thom Pollard with Nima Sherpa, Fryeburg Academy senior from Katmandu. (RACHEL ANDREWS DAMON PHOTOS)

Pollard talk on Everest draws crowd at hospital benefit

By RACHEL ANDREWS DAMON
SPECIAL TO THE CONWAY DAILY SUN

Thom Pollard of Jackson presented his show “The Path is the Destination” to a sold-out crowd at a recent benefit for Memorial Hospital on Oct. 20.

Pollard, an accomplished photographer, videographer and elite climber, has worked with PBS and National Geographic on several documentaries.

With his Everest tent, Nepalese prayer flags and climbing gear set up on stage at Fryeburg Academy’s Leura Hill Eastman Performing Arts Center, Pollard thoughtfully told of his high-risk, life-altering endeavors on Mount Everest.

Along with his amazing visual photography, it was a rare opportunity for audience members to hear a first-person accounting of the critical dangers and risks of summiting the highest and most dangerous peak on the planet.

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Thom Pollard with Nick and Paul Doucette. (RACHEL ANDREWS DAMON PHOTO)

What does the White House change to cost-sharing reductions mean

By BETH WHEATLEY DYSON
SPECIAL TO THE CONWAY DAILY SUN

CONWAY — On Friday, Oct. 13, the White House announced that the government would no longer pay health insurance companies to cover the cost of the Cost Sharing Reductions (CSRs). What does this mean for the consumer here in New Hampshire?

First, the policy change will not impact people with health insurance coverage through their employers. This will not impact people covered through Medicaid, Medicare, or the expanded Medicaid program. Consumers who purchase their insurance on Healthcare.gov and who currently receive the Premium Tax Credits to reduce their monthly premium pay-

ment will continue to receive this benefit, and will not see their coverage change or premiums go up due to this.

The CSRs enable consumers who earn too much to receive Medicaid but are still low income to have lower out-of-pockets costs, such as co-pays and deductibles. The difference in the reduction was paid for by the government to their insurance companies.

For example, a consumer who purchases a plan through the Marketplace and does not qualify for a CSR might have a deductible of \$3,500 before the plan covers the health care. Someone who does qualify for a CSR might only have a deductible of \$250 before the health insurance covers the health care.

Insurers are still required by the Affordable Care Act to provide CSRs, but the lost revenue will not be replaced by the government. It is likely that health insurance premiums for those who purchase insurance on the Marketplace but who do not qualify for premium assistance will see much higher rates than in previous years to make up the difference.

In anticipation of this, the three New Hampshire insurance providers, Anthem Blue Cross Blue Shield, Ambetter, and Harvard Pilgrim, all submitted two sets of proposed rates for 2018. One was assuming they would receive the CSR payments from the government, and the other assumed they would not.

After Nov. 1, consumers should log into

their HealthCare.gov account and update their application. White Mountain Community Health Center’s navigator, Beth Dyson, is available to assist New Hampshire residents. Appointments are free and take place at the health center, which is just north of Conway Village on Route 16. Call (603) 447-8900 or email edyson@whitemountainhealth.org to set up an appointment, or to contact Beth to get assistance over the phone or email.

Beth Wheatley Dyson, MEd., MDiv., is a health insurance navigator at White Mountain Community Health Center in Conway. For more information, call 603-447-8900 ext. 323 or email edyson@whitemountainhealth.org.

Presentations planned in North Conway on Medicare Part D

It is that time of year with all the TV commercials talking about the Medicare Open Enrollment Period which runs every year from Oct. 15 through Dec. 7. This is the time when people can check and or change their Part D Prescription Drug Plans and Part C Medicare Advantage Health and Drug Plans. This year, there are many changes and more

options, so if you have not checked in the past, it may be an even better year to see if you are getting the coverage that works for you.

There will be a series of community meetings coming up to help you know your rights and options.

These are public informal meetings where you can come get information, ask questions and head out,

as opposed to formal meetings, where you may sit for a presentation.

There are four events scheduled for the North Conway Community Center at 2628 White Mountain Highway in North Conway: 5:30-7:30 p.m., Thursday, Nov. 2; 1-3 p.m., Thursday, Nov. 16; 5:30-7:30 p.m. Sunday, Nov. 19; and 1-3 p.m. Thursday, Nov. 30.

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In 1999, Pollard was the high altitude cameraman for PBS and helped discover the bodies of George Mallory and Sandy Irvine, the first to attempt to climb Everest. Their bodies were found at 27,000 feet, 75 years after their 1924 attempt.

Pollard answered audience questions and was the guest of honor at a reception afterwards.

The Friday night event also unveiled Memorial Hospital's plans to fundraise for, and name, their new Sports Medicine Center which helps promote health and healing to the Mount Washington Valley's athletic community.

The day before Pollard's presentation, he spoke to the student body of Fryeburg Academy and met Nima Sherpa, a junior from Katmandu, the capital of Nepal.

Pollard rigorously encouraged the students to reach for all their want to achieve in life and to always be kind.

For more information about Memorial Hospital, contact Rachel Andrews Damon at rdamon@memorialhospitalnh.org.

Rachel Andrews Damon is the development manager Memorial Hospital in North Conway. For more information, email rdamon@memorialhospitalnh.org, go to www.memorialhospitalnh.org or call (603) 356-5461 ext. 2269



Memorial Hospital's Dr. James Glazer (left) and President Scott McKinnon with Olympic Skier Leanne Smith of North Conway. (RACHEL ANDREWS DAMON PHOTOS)



2017
Mt. Washington Valley
Housing & Economic Summit

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Staking Our Claim To Secure a Strong Housing & Economic Future

Thursday, November 16
Red Jacket Mountain View Resort
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Optional Lunch & Networking
11:30 – 12:30 PM
Sessions
12:30 -3:30 PM

Thank You to our Community Sponsors



Thank you to our funding partners: MWV Economic Council and MWV Housing Coalition

WHO SHOULD ATTEND THIS SUMMIT? ANYONE...

- who is having difficulty finding affordable housing!
- who owns a business!
- who wants to increase our business and work opportunities!
- who wants to LIVE and WORK in the Mt Washington Valley!

PRESENTERS

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 Taylor Caswell Commissioner NH Department of Business & Economic Affairs	 Ross Gittel Chancellor Community College System of New Hampshire	 Dean Christon Director New Hampshire Housing Finance Authority	 James Key-Wallace Executive Director New Hampshire Business Finance Authority

Space is Limited. Register <http://www.mwvrc.org/events>