

BENEFITS & BEYOND

Social Security Disability

THE
JAN DILS
FOUNDATION

NOVEMBER 2022

Great News for Social Security Recipients



In This Issue

**Great News for Social
Security Recipients**

**National Diabetes
Month 2022**

**What's Cooking?
Fruit Pizza**

Social Security and Supplemental Security Income (SSI) benefits for approximately 70 million Americans are set to rise by 8.7% next year — the fourth-biggest increase since automatic inflation adjustments were introduced in 1975.

This cost-of-living adjustment, or COLA, will boost the average monthly Social Security check by \$146 to \$1,827, effective in January 2023. That builds on last year's 5.9% COLA increase, which was the largest bump since 1982. Before then, COLA increased by an average of 1.7% annually from 2010 to 2020.

The government bases its COLA adjustment on average annual increases in the consumer price index for urban wage earners and clerical workers, from July through September. That index largely reflects the broad Consumer Price Index (CPI) that the Labor Department releases each month. The index rose to 8.5% in September.

More good news: Medicare Part B premiums, which are automatically deducted from monthly Social Security checks, are going down by \$5.20 a month to \$164.90 in 2023.

“Medicare premiums are going down and Social Security benefits are going up in 2023, which will give seniors more peace of mind and breathing room. This year's substantial Social Security cost-of-living adjustment is the first time in over a decade that Medicare premiums

are not rising and shows that we can provide more support to older Americans who count on the benefits they have earned,” Acting Social Security Commissioner Kijakazi said.

Notices informing Social Security and SSI beneficiaries of their new benefit amounts normally go out in early December. The fastest way to find out your new benefit amount is to access your personal *My Social Security* account to view the COLA notice online. It's secure, easy, and you will find out before the mail arrives. You can also opt to receive a text or email alert when there is a new message from Social Security — such as your COLA notice — waiting for you, rather than receiving a letter in the mail. You can create or access your *My Social Security* account online at www.ssa.gov/myaccount.

Information about Medicare changes for 2023 is available at www.medicare.gov. For Social Security beneficiaries enrolled in Medicare, your new higher 2023 benefit amount will be available in December through the mailed COLA notice and *My Social Security's* Message Center.

At the Jan Dils Foundation, we strive to keep you up to date on the latest developments. If you need assistance with obtaining Social Security or Veterans disability benefits, don't hesitate to call us at **833.534.3577** or contact us online at JanDilsFoundation.org. You deserve these benefits — we can help you get them.



Letter From Jan

I love being the bearer of good news: Social Security and Supplemental Security Income (SSI) benefits for approximately 70 million Americans will rise by 8.7% next year — and Medicare Part B premiums are going down by \$5.20 a month, to \$164.90 in 2023.

Around half of Americans who are 65 and older live in households where Social Security benefits account for 50% of their income, according to multiple surveys conducted by the Census Bureau. This increase is probably not going to be a game changer for most people, but

it will certainly help the millions of Americans who depend on Social Security.

November is National Diabetes month. The number of people who have this deadly disease has skyrocketed in recent years, and 27.3 million Americans — about 1 in 10 — have it. Even more have prediabetes and don't know they have it. If you or someone you love is suffering any of the symptoms mentioned in this newsletter, please see your doctor immediately. It could be a matter of life or death.

November is also a time to give thanks. We at Jan Dils, Attorneys at Law, are thankful for you and wish you and your families a wonderful Thanksgiving!

EMPLOYEE SPOTLIGHT

Garrett Hoffman

VA Briefing Specialist Garrett Hofmann has been with the firm for a little over three years. When asked who he most admires, he first thought of his sister, Hannah. He says, "As Air Force brats, we developed a very close relationship. She was a very dedicated nurse during the COVID pandemic, and is still working in that field. Her commitment to nursing, and to anything she wants to do, is always a source of inspiration."

Another source of inspiration for Garrett is his friend Brayden, whom he's known since



middle school. Brayden wanted to work at a think tank, so he did what he needed to do to get into a prestigious one. He wanted to be on Jeopardy!, so he went through the application process for years before he eventually got on the show. That takes dedication.

A devoted movie fan, Garrett says one of his bucket list items is watching every film on the National Film Registry. Also on the list are visiting every presidential library and being present at the Supreme Court during the June reading of opinions for the SCOTUS session.

In addition to watching movies, Garrett's favorite things to do in his off-hours are reading nonfiction books and playing with his 10-month-old nephew.

Community Corner

Jan Dils Golden Apple Award

Martin Elementary School second grade teacher **Sherry Morris** received the Jan Dils Golden Apple award for September. A teacher for 37 years, Morris has been at Martin Elementary since its doors opened in the fall of 1994.

Morris is known for teaching from the heart — her former students have even requested that their own children be assigned to her class. She gives her students love, structure, and plenty of encouragement.

She sets goals for her students and rewards their achievement — for example, a student who meets a goal is allowed to put a blanket over their desk and sit in a "tent" all day.



Congratulations, Sherry!



National Diabetes Month 2022

NOVEMBER IS National Diabetes Month, a time when communities across the country team up to bring attention to diabetes. One focus of Diabetes Month is on prediabetes and diabetes prevention.

Prediabetes is a serious health condition where blood sugar levels are higher than normal, but not yet high enough to be diagnosed as type 2 diabetes. According to the CDC, more than 1 in 3 U.S. adults have prediabetes — that’s 88 million people — but most don’t know they have it.

Diabetes is a disease that affects how the body uses blood sugar (glucose) — an important source of energy for the cells that make up the muscles and tissues. It’s also the brain’s main source of fuel. While the main cause of diabetes varies by type (1 or 2), either type can lead to excess sugar in the blood — which in turn can lead to serious health problems.

Type 1 Diabetes

When you eat carbohydrates, your body breaks them down into the glucose (blood sugar) it uses

for energy. To get glucose from the bloodstream into the cells, your body relies on a hormone called insulin – but in type 1 diabetes, the body does not produce insulin. Type 1 diabetes is treated with the help of insulin therapy.

According to the CDC, more than 1 in 3 U.S. adults have prediabetes — that’s 88 million people — but most don’t know they have it.

Type 2 Diabetes

In Type 2 diabetes — the most common form — your body doesn’t use insulin properly. Some people can control their blood glucose levels with healthy eating and exercise, while others need medication or insulin to do so.

Symptoms

Diabetes symptoms depend on how high your blood sugar is. Some people, especially those with prediabetes or type 2 diabetes, may not

Continues on back page >>

What's Cooking?

FRUIT PIZZA



This recipe comes from our Hearing Clerk, **Jolene Reeder**.

INGREDIENTS

1 roll sugar cookie dough, pressed flat on a cookie sheet or pizza pan and baked according to package directions. Let cool.

1-8 oz. block cream cheese, softened

1/3 cup sugar (I use stevia, a sugar substitute, but regular sugar works well, too)

½ tsp. vanilla extract



DIRECTIONS: Blend all three of the above ingredients until smooth.

Once the cookie crust has cooled, spread the cream cheese mixture evenly on top of the baked cookie, and top with your choice of mixed fruits. Refrigerate at least an hour before serving.

IT'S GAME TIME

COMMONYMS

What’s a commonym, you ask?

A commonym is a group of words that have a common trait in the three words/items listed. For example, the words: A car - A tree - An elephant... they all have trunks. These will make you think!

1. Bird - Board - Berry
2. A Basketball Player - A Baby - A Soccer Player
3. A Rock Band - Traffic - A Copy Machine
4. A Pirate Ship - A Mailbox - A School
5. A Bomb - A Kiss - A Flower
6. A Waitress - An Iceberg - A Tongue
7. A Potato - A Storm - A Needle
8. Steam - Bird - Bubble
9. Brick - Swiss - Blue
10. Rubber - Gum - Cork

Answers: 1. All can be described with "black"; 2. They all drabble. 3. They all jam. 4. They all have flags. 5. They are all planted. 6. They all have tips. 7. They all have eyes. 8. Baths. 9. Types of cheese. 10. Trees.

NOVEMBER 2022

P.O. Box 112
Parkersburg, WV 26102

PERSONAL INJURY / VETERANS DISABILITY / SOCIAL SECURITY DISABILITY

Want to keep up with all the latest news or get to know us better? Like us on Facebook!



Connect with us on our social networks!



Continued from inside page >>

have symptoms.

Some symptoms common to both type 1 diabetes and type 2 diabetes are:

- Feeling more thirsty than usual
- Urinating often
- Losing weight without trying
- Feeling tired and weak
- Feeling irritable or experiencing other mood changes
- Having blurry vision
- Having slow-healing sores
- Getting frequent infections, such as gum, skin and vaginal infections

In the last few decades, the number of people with diabetes has skyrocketed. This has resulted in a flurry of new diabetes treatments, many of which have been aggressively promoted by their manufacturers. Most of these new diabetes drugs are used to treat type 2 diabetes. Though many patients have been successfully treated with the newer diabetes

drugs, some of these drugs have been known to cause serious side effects, such as:

- Ketoacidosis
- Lactacidosis
- Severe urinary tract infection
- Kidney failure
- Pancreatic cancer
- Liver cancer
- Heart failure
- Heart attack
- Liver failure
- Bone fracture
- Amputation
- Dialysis
- Death

If you are experiencing any of these symptoms, it's important to seek medical treatment. If diabetes prevents you from working, consulting an experienced attorney could be an important next step. Call us at **833.534.3577** or contact us online at **JanDilsFoundation.org**. We are here to help.



Sources: <https://www.mayoclinic.org/diseases-conditions/diabetes/symptoms-causes/syc-20371444>
<https://www.cdc.gov/diabetes/data/statistics-report/index.html>