



*“O Lord my God, I cried to you for help, and you have healed me.”*

— Psalm 30:2

# Medicare Card Milestone Moment

In the United States when one turns 50 a card shows up in the mail one day from the American Association of Retired Persons (AARP) and you are in denial. You adjust to an aging process that you are part of and begin to realize you have come to a turning point in your life. But at age 65 when you receive a letter in the mail with your Medicare Card enclosed, you recognize a very pivotal moment has arrived concerning health insurance.

There are cases where certain people with disabilities under the age of 65 receive Medicare but this is not the norm. There are A, B, C, and D coverage plans. “Which one is right for you?”, “Do I need supplemental insurance?”, and “Can I keep my doctor?” are a few of the questions that arise as you settle into knowing you need to make choices. You are now enrolled in Medicare!

*“Today, Medicare provides health insurance to about 40 million seniors and disabled individuals each year. The number is only expected to grow as the baby boomers begin retiring.”* — Former U.S. Senator Jim Bunning

This is all the more reason to embrace this time in our lives as one of significant change. It is a memorable moment and God is in this moment. This Medicare Card Milestone Moment is designed to provide an opportunity to talk with family and friends. Some friends and family members may already receive assistance from Medicare. Conversations with them that include a time of prayer and blessings can make a big difference as you transition from an existing health insurance plan to enrollment in Medicare.

Who do you know that may benefit from this Milestone Moment?

The Medicare Card Milestone Moment incorporates a simple structure that includes naming, equipping, blessing, gifting, and reinforcing so that the Milestone Moment has a greater chance to take deeper root in lifelong faith formation. Moments that allow opportunities for family and friends to gather in the home are special and an important step along our faith journey.

**Naming** – It is important to recognize the reality of one’s feelings when turning 65 and a Medicare Card arrives in the mail. Naming this turning point can affirm and support the person receiving it and help them on their faith journey.

**Equipping** – Providing an opportunity to engage in caring conversations, devotions, service, and Christian rituals and traditions at this pivotal time is important. This Milestone Moment provides an outline to use when gathering with family and friends to talk about life transitions.

**Blessing** – Offering a prayer and a blessing reminds the family and the person now enrolling in Medicare of God’s presence in this moment.

**Gifting** – Providing an appropriate gift such as a gifting stone, prayer shawl, or a holding cross to use during times of healing for themselves and others is a reminder of this time together.

**Reinforcing** – One way to follow up after spending this Milestone Moment together, is to gather again for fellowship in the future and discuss what decisions have been made and what has changed about medical benefits since the person began using Medicare.

Four Key Faith Practices

- Caring Conversations
- Devotions
- Service
- Rituals and Traditions





# Medicare Card Milestone Moment

*For a Small Group or Family Gathering*



## *Growing People in Faith when at Home and Away*

*“and talk about them when you are at home and when away, when you lie down and when you rise.”*

*Deuteronomy 6:7b*

*Having ongoing conversations following the Medicare Card Milestone Moment can help reinforce the conversations had and provide a ritual and tradition to use during regular contact with the person who now is actively involved in making health insurance decisions.*

*An important step after experiencing the Milestone Moment is to continue using the Four Key Faith Practices (caring conversations, devotions, service, and rituals and traditions) on a regular basis. It helps to encourage people in their lifelong faith formation.*

*Other resources that can help support the continued journey of faith using the Four Key Faith Practices include the following:*

[Taking Faith Home](#)  
[Taking Faith Home Cards](#)

*Additional Milestone Modules and Moments can be found at: [www.milestonesministry.org](http://www.milestonesministry.org)*



info@milestonesministry.org  
304-300-0836

[www.milestonesministry.org](http://www.milestonesministry.org)

The Four Key Faith Practices listed below are central to every Milestone and offer a specific Christian spirituality that is simple, doable, and transformative. This Milestone Moment provides an opportunity for people to learn, experience, and grow in their faith together. The next page is a discussion guide handout to assist with the conversations.



As you gather together, begin by sharing a recent mountain high and/or valley low in your lives and then use the outline below to talk about faith and God’s presence in this moment.



### **Caring Conversations**

Invite everyone to take turns answering these questions:

- Do you have a favorite doctor? Why do you consider this doctor your favorite?
- How do think enrolling in Medicare will change your existing medical care?
- Who do you know that already is on Medicare and can answer questions you may have?



### **Devotions**

Read the following: *“Even to your old age I am he, even when you turn gray I will carry you. I have made, and I will bear; I will carry and will save.”* Isaiah 46:4 (NRSV)

- Think of a time in your life you felt you carried a heavy burden. Where was God in that moment?
- Whether we are young or old, God cares for us and carries us. How does knowing this help us as we grow older ?
- How does God save us when we are ill and during times of healing?



### **Service**

With the Baby Boomer generation now aging, the numbers enrolling in Medicare are skyrocketing. There will be greater needs for staff in assisted living facilities and in nursing homes. Taking time to volunteer time to play games with, sing to, or go on walks with the elderly can be very helpful to staff in these types of homes. Is there a local setting where you or someone in your family can volunteer?



### **Rituals and Traditions**

Turning 65 is a milestone as you begin Medicare and in many places of work 65 is retirement age. Our faith becomes stronger as we age and are more open to establishing regular faith practices in our daily lives. Incorporate the reciting of the Lord’s Prayer in your daily routine in the morning or in the evening so that it becomes a ritual and a way of life.

Close with this blessing and use it when leaving gatherings with friends and family: *May you know that God loves you and will care for you for the rest of your days.*



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# Medicare Card Discussion Guide



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