

# Daily Breeze

## Seniors health advice available on Net

By Heather Baer

It's a brand-new source of health information for seniors — straight from the Palos Verdes Peninsula.

Debuting today, the Internet radio station webcasts at [www.seniorinsuranceservices.org](http://www.seniorinsuranceservices.org) will focus on insurance coverage.

The show, produced by Senior Insurance Services, will offer eight topics to help seniors know which health plan is right for them. Issues include: 10 myths of senior insurance, tips and traps of Medicare, Alzheimer's disease and senior insurance.

"Seniors have been neglected by insurance companies except for the aggressive marketers," said Wayne Hall of Senior Insurance Services.

"Seniors like to research things slowly and don't need people rushing and pressuring them to make a choice."

The station does not endorse any particular insurance plan. Its purpose is to provide an academic setting where seniors can obtain all the information needed to make their own choices.

When deciding which plan to choose, Hall said there are factors that must be considered. First, insurance applicants need to have an idea of how frequently they visit their doctor, based on their physical health. Also, they must have an idea of the number of prescriptions they need and what they can afford.

Ted Vegvari, director of Palos Verdes on the Net, a community computer center, had the idea for the senior station.

"I think it's the first Internet station of its kind broadcast from The Hill," Vegvari said. "We have a huge base of senior visitors at the center who are interested in learning about health coverage, so this will be a great service to them."

The station provides the seniors with topics that are short and easy to understand but still give them the information they need, Vegvari said. The shows, broadcast each Tuesday for the next eight weeks, are about 15-20 minutes long.

To listen to the station one needs to have Real Player software.

Vegvari said any computer purchased within the past year should already have this software program installed on it.

If not, free Real Player software can be downloaded from [www.realnetworks.com](http://www.realnetworks.com).

Find out more For more information about the Internet radio station at [www.seniorinsuranceservices.org](http://www.seniorinsuranceservices.org) contact Wayne Hall at 310-544-5820.