

## **MEDICARE PART D OPEN ENROLLMENT IS OCT. 15 THROUGH DEC. 7**

For 2020 Medicare coverage, open enrollment is in the fall of 2020, from **October 15 to December 7**. During this annual enrollment period (AEP) you can make changes to various aspects of your coverage.

- You can switch from one Medicare Part D (prescription drug) plan to another
- You can switch from Original Medicare to Medicare Advantage, or vice versa
- You can also switch from one Medicare Advantage plan to another
- And if you didn't enroll in a Medicare Part D plan when you were first eligible, you can do so during the general open enrollment, although a late enrollment penalty may apply.

It is important, especially if you take several medications, to have this reviewed each year.

You may get help with your review by calling Aging Matter at 573-335-3331, Exts. 104, 114 or 113.

Or, you may call the APPLE Project Paperwork Service at 573-651-5467, leave a message and they will return your call.

You will need your Medicare card, a list of all medications you take and include how often or when you take them and the strength of dose.

There is no cost for this service.

The review will tell you which type of plan is best for you to help you save money. This is a wonderful service, so take advantage of it during this open enrollment period.

## **FLU SEASON IS HERE.... GET YOUR VACCINATION TODAY!**

FLU season is upon us and it is not too early to get your FLU shot! The vaccine is for INFLUENZA which is a respiratory condition (not vomiting and diarrhea symptoms that some people often refer to as the flu).

This FLU or Influenza can often result in hospitalization and long term breathing problems.

Protect yourself by getting your FLU shot now!

## **THE ACTUAL COST OF OUR MEAL IS ABOUT \$6.70, YOUR SUGGESTED CONTRIBUTION IS AT LEAST \$3 TOWARD THE ACTUAL COST OF THE MEAL**

Just a reminder that the actual cost of our meal is about \$6.70 per meal. To keep your part as affordable as possible, we ask that you contribute at least \$3.00 toward the actual cost of the meal. The center depends on your part to keep the cost affordable for all and to continue to provide this service.

Some clients who love our center and our program and appreciate what we do choose to contribute more toward the cost of the meal.... THANK YOU!!!! When everyone does their part it makes it wonderful for all involved!

## **MEMORIAL GIFTS GIVEN TO OUR SENIOR CENTER'S FOUNDATION**

A memorial gift was given in memory of Wayne Ewbank by Calvin and Carol Wells.

## **DO YOU KNOW ANYONE WHO MIGHT BE ABLE AND WILLING TO VOLUNTEER OR SUBSTITUTE COOK?**

We all are experiencing times like no other in our recent history. Challenges are all around us, and the senior center's most urgent need is human manpower... volunteers!

Do you know anyone from your family, your neighbors, your church, an organization you belong to.... ANYONE who could volunteer.

Help is urgently needed to assist in cupping the food to be delivered and serving food on the serving line, and to help deliver the meals in the vans that we provide. This is all a minimal time commitment and could help so many senior adults in our community.

Another area of great need is paid SUBSTITUTE COOKS. Our regular paid staff need some time off occasionally, and substitute cooks are needed to step in for a day or two here and there to help cook. Do you know of anyone from your church or service club or organization who knows how to cook and could help from time to time. This is a paid position and is not a steady or full time commitment. BE OUR WORD OF MOUTH and an ambassador for your senior center to help us find people!!!

The Senior Center is always in need of your time and resources.  
Please remember your Senior Center when making your final arrangements.