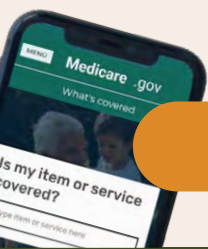


NEWSLETTER

FALL | 2021

NEED YOUR FLU SHOT?

Did you know that Medicare covers a lot of preventative services like flu shots and annual wellness exams? With flu season upon us, the Medicare "Whats Covered" app can help you determine if Medicare covers services.



LEARN MORE AT
MEDICARE.GOV

REVIEW YOUR PLAN

Each year, there are new health plan and prescription drug coverage choices. Review your current health and prescription drug coverage each fall, and make sure your plan is still right for you.

LEARN MORE AT
MEDICARE.GOV

Call to schedule a plan review today!

A FRESH FALL BUCKET LIST 5 SIMPLE JOYS THIS FALL

Let's all take some time this fall to appreciate the simple joys of the season. Breathe in that crisp air and snuggle up with your fuzzy socks. Feel free to check off each activity as you complete it.

- Gather Leaves:** Red, orange, yellow, and brown - fall brings with it some of the most beautiful colors nature has to offer. Pick up some unique leaves and string them together into a fall garland!
- Have Some Cider:** Whether homemade or store bought, some hot apple cider is sure to warm your mind body and soul!
- Roast Pumpkin Seeds:** Enjoy this tasty homemade treat lightly salted. Or get creative in the spice cabinet and see what great combinations you can discover!
- Have a Picnic:** Whether in your own backyard or at a local park, having a picnic is a great way to enjoy the crisp fall air.
- Pick Apples:** Going to an apple orchard is a unique fall experience. Pick some delicious apples, enjoy the cool weather, and cherish the great outdoors!



By responding to this advertisement, I understand a sales agent may contact me by telephone, email or mail to discuss Medicare Advantage plans and Prescription Drug plans, and Medicare Supplement Insurance plans.

FALL CALENDAR

SEPTEMBER

- 07 Labor Day
- 11 Patriot Day (9/11 Remembrance)
- 11 Assisted Living Week Starts
- 15 Medicare Education Week Starts
- 22 Centenarian's Day

OCTOBER

- 04 Active Aging Week Starts
- 12 Columbus Day
- 15 Annual Enrollment Period Begins
- 31 Halloween

October is Breast Cancer Awareness Month

You can help increase awareness through donations, education, volunteering, providing support or sharing a story of hope about how you or a loved one have been affected by breast cancer.

LEARN MORE AT
NATIONALBREASTCANCER.ORG

NOVEMBER

- 07 Daylight Saving Time Ends (Fall Back)
- 02 Election Day
- 11 Veteran's Day
- 25 Thanksgiving
- 28 Hanukkah

CLASSIC GREEN BEAN CASSEROLE

INGREDIENTS:

- 2 cups of cooked cut green beans
- 1 can of cream of mushroom soup
- 1/2 cup of milk
- 1 tsp. of soy sauce
- 1 1/3 cups of french fried onions
- salt to taste
- pepper to taste

DIRECTIONS:

Preheat the oven to 350°F.
In a medium casserole dish, stir together the soup, milk, soy sauce, green beans and 2/3 cup of the french fried onions. Season with salt and pepper to desired taste.

Bake the casserole for 25 minutes. Remove from the oven and stir the mixture. Spread the remaining 2/3 cup of french fried onions over the top of the casserole.

Place in the oven again and bake for an additional 5 minutes or until the onions are golden brown.

CONTACT US

Licensed Sales Agent

Thank you for choosing to work with a local business.
We appreciate you!

