



FALL NEWSLETTER

— 2023 —

It's Scam Season!

Google announced a change to its inactive account policies. Starting in December 2023, accounts that have been inactive for two or more years will start to get deleted. While this policy is meant to enhance security, cybercriminals could use this news for their phishing scams.

2 tips you need to know to avoid scams:

- Think before you click. Cyberattacks are designed to catch you off guard and trigger you to click impulsively.
- Be cautious before logging in to accounts through an email link. Instead, navigate to the organization's official website to log in.

Tips for Fall Proofing Your Home

Falls are the leading cause of fatal and nonfatal injuries among older adults. Take precautions now to help prevent accidents that could sweep you off your feet!

- Use rubber backed rugs or add rug grips to regular rugs.
- Keep your stairs clutter free.
- Make sure stairs have a light at the top and bottom.
- Have a non-slip rubber mat in the shower/tub.
- Consider using a shower stool to sit while using the shower.
- Use night lights to avoid late-night falls.

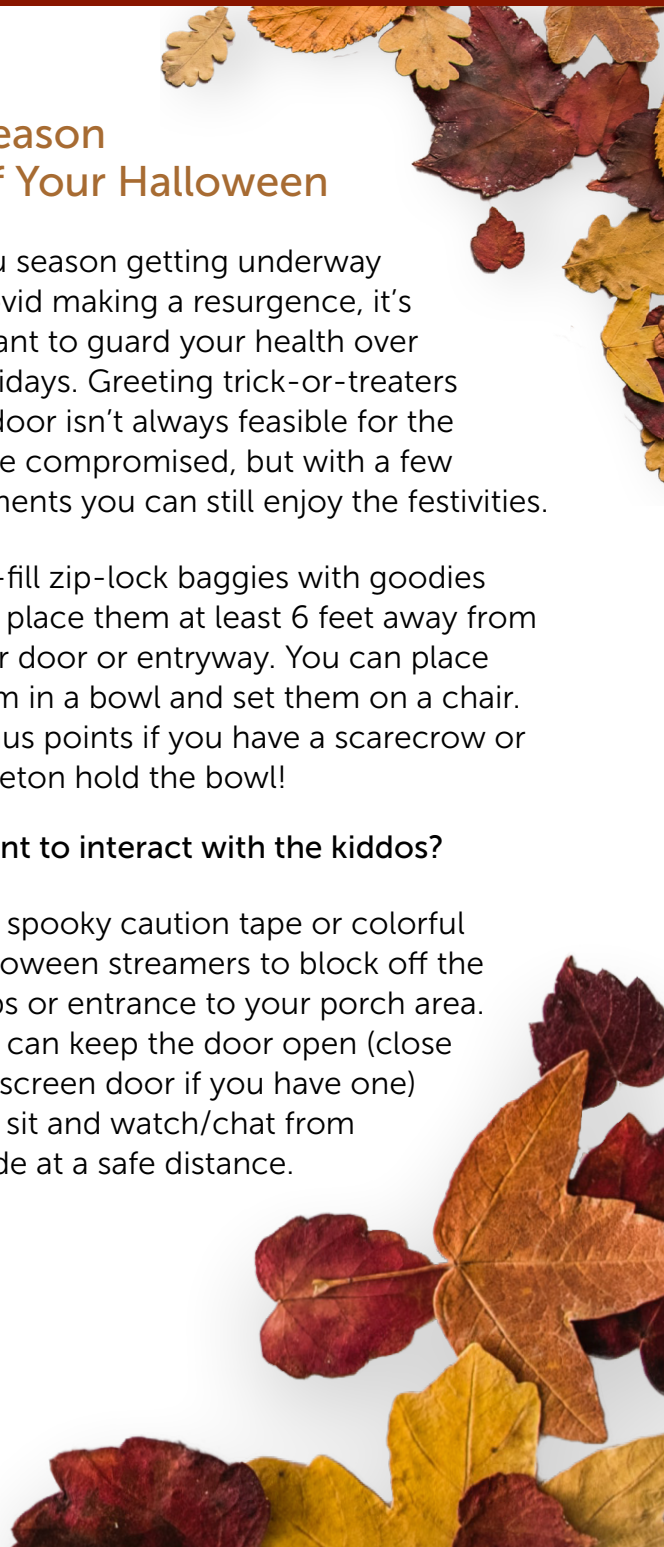
Flu Season Proof Your Halloween

With flu season getting underway and Covid making a resurgence, it's important to guard your health over the holidays. Greeting trick-or-treaters at the door isn't always feasible for the immune compromised, but with a few adjustments you can still enjoy the festivities.

- Pre-fill zip-lock baggies with goodies and place them at least 6 feet away from your door or entryway. You can place them in a bowl and set them on a chair. Bonus points if you have a scarecrow or skeleton hold the bowl!

Still want to interact with the kiddos?

- Use spooky caution tape or colorful Halloween streamers to block off the steps or entrance to your porch area. You can keep the door open (close the screen door if you have one) and sit and watch/chat from inside at a safe distance.



SAVE THE DATE

- Sep 4** Labor Day
- Sep 10** National Grandparents Day
- Sep 11** First Responders Day / Patriot Day
- Sep 15** National Medicare Education Week Begins
- Oct 15** Annual Enrollment Begins
- Oct 31** Halloween
- Nov 11** Veterans Day
- Nov 23** Thanksgiving

APPLE DUMP CAKE

- 2 (21 oz.) cans of apple pie filling
- 1 (15.25 oz.) French vanilla or yellow cake mix
- 1 tsp. apple pie spice, divided use
- 3/4 cup salted butter, melted

DIRECTIONS

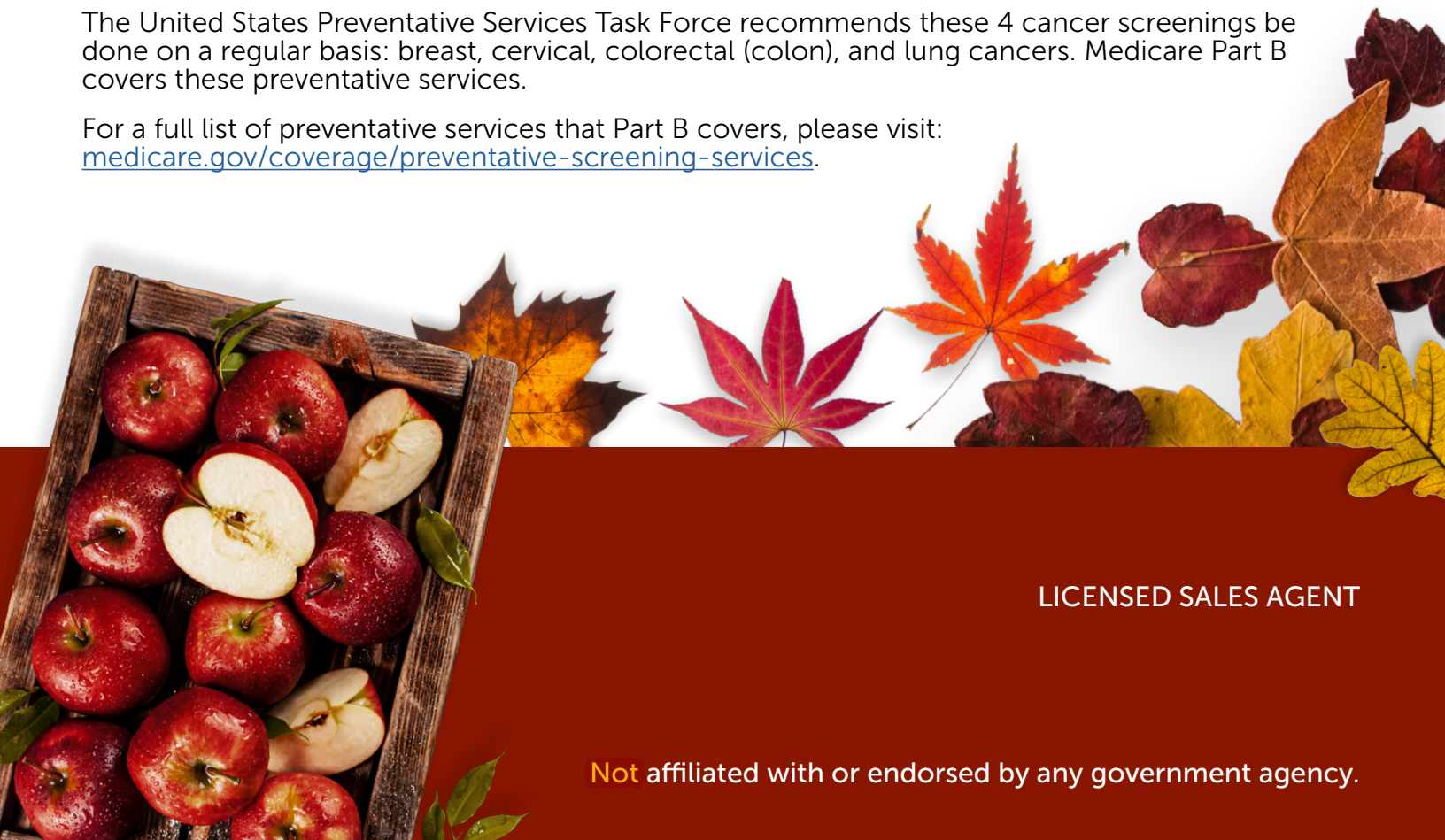
Preheat oven to 350°F. Spray a 9x13 in. pan with nonstick cooking spray. Spread apple pie filling evenly in bottom of prepared pan. Sprinkle apple pie filling with 1/2 tsp. apple pie spice and mix to combine. Evenly distribute the dry cake mix over the apple pie filling. Sprinkle the remaining 1/2 tsp. apple pie spice over the dry cake mix. Pour melted butter over the top, tilting pan to cover as much of the top with butter as possible. Bake in preheated oven for 45-50 minutes or until golden brown.



Cancer Screenings Can Save Your Life!

The United States Preventative Services Task Force recommends these 4 cancer screenings be done on a regular basis: breast, cervical, colorectal (colon), and lung cancers. Medicare Part B covers these preventative services.

For a full list of preventative services that Part B covers, please visit: [medicare.gov/coverage/preventative-screening-services](https://www.medicare.gov/coverage/preventative-screening-services).



LICENSED SALES AGENT

Not affiliated with or endorsed by any government agency.