

SAVE THE DATE

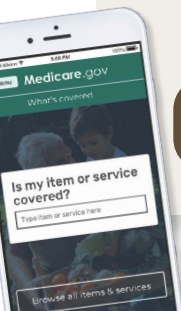
- Sep 1 Labor Day
- Sep 11 Patriot Day,
Honoring 9/11
- Oct 15 Annual Enrollment
Period Begins
- Oct 31 Halloween
- Nov 5 Election Day
- Nov 11 Veterans Day
- Nov 27 Thanksgiving Day

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 “What’s Covered” app can help you determine if Medicare covers certain services.

LEARN MORE AT
MEDICARE.GOV



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

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 list of preventative services that Part B covers, please visit the following link: <https://www.medicare.gov/coverage/preventive-screening-services>

Is Your Medicare Card Lost or Damaged?

If you need another Medicare card, log into (or create) your account at www.medicare.gov/account. You can print or order an official copy of your card here. You can also call 1-800-MEDICARE (1-800-633-4227) to order a replacement to be sent in the mail. TTY users can call 1-877-486-2048.



OLD-FASHIONED APPLE CRISP

INGREDIENTS

- 5 lbs. McIntosh or Macoun apples
- 1/2 cup granulated sugar
- Grated zest of 1 lemon
- 2tsp. ground cinnamon
- 2 tbsp. orange juice
- 1 tsp. ground nutmeg
- 2 tbsp. lemon juice

DIRECTIONS

Preheat oven to 350°F. Butter a 9x14x2-inch oval baking dish. Peel, core, and cut the apples into large wedges. Combine apples with zests, juices, sugar, and spices. Pour into dish. Topping: combine flour, sugars, salt, oatmeal, and cold butter. Mix until crumbly and butter is the size of peas. Scatter evenly over apples. Place on a sheet pan and bake for one hour until top is brown and apples are bubbly. Top with your favorite vanilla ice cream and enjoy!



Cancer Plans & Medicare Advantage

Medicare and most other coverages won't pay for "non-medical" costs that are part of a cancer diagnosis, including the following:

- Travel for treatment or for family visit
- Lodging if travel is required
- Extra help on the phone
- Time off of work for you or your family or friends assisting
- Alternative treatments

Beyond these non-medical costs, many Medicare Advantage plans may only cover chemotherapy at about 80%, leaving you to cover the remaining 20%. This can easily create a financial burden for you and your family. Ask me about how a cancer plan can protect you!

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