

SPRING NEWSLETTER

SAVE THE DATE

- Mar 8** Daylight Saving Time
- Mar 17** St. Patrick's Day
- Mar 20** Spring Begins
- Apr 5** Easter Sunday
- Apr 15** Tax Deadline
- Apr 22** Earth Day
- May 5** Cinco de Mayo
- May 10** Mother's Day
- May 25** Memorial Day

DID YOU KNOW?

The Standard Part B premium in 2026 is \$202.90 or higher depending on your income. The annual deductible for all Medicare Part B beneficiaries is \$283.

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THE IMPORTANCE OF CANCER INSURANCE

According to the [American Cancer Society](#), 1 in 2 men and 1 in 3 women will be diagnosed with cancer in their lifetime. The risk is even greater for those who are 65 and older. AARP has stated that the average cost of cancer treatment is around \$150,000. To prepare for the worst-case scenario, finding a cancer insurance plan can greatly benefit you.

Getting a cancer insurance plan covers the gaps that aren't covered by Original Medicare. Certain plans will pay a lump sum benefit to be used however you wish, so long as there is satisfactory written proof of your first diagnosis. That can make a world of difference. Without the worry of how you will afford care, you can focus on what really matters—your recovery.

Below are two programs that can help you or someone you know with a cancer diagnosis:

- [American Cancer Society](#) – Free rides to your cancer appointments, lodging if you need to travel, and more.
- [Cancer Care](#) – Counseling, education, support, financial and co-pay assistance, specialized programs, and more.

SPRING GREEN SMOOTHIE

INGREDIENTS

- 1 ripe banana (frozen adds creaminess)
- 1 cup fresh spinach
- 1/2 cup almond milk (or preferred milk)
- 1/2 cup frozen pineapple chunks

DIRECTIONS

Combine spinach and chosen milk in a blender first to avoid chunks. Then add the banana and frozen pineapple and blend until smooth and creamy. If your smoothie is too thick, add a splash of milk. If too thin, add some ice cubes. Pour into your favorite glass and enjoy!



DRUG COVERAGE IN 2026

In 2026, your out-of-pocket costs for covered drugs are capped at \$2,100. The cap only applies to drugs covered by your Part D plan, so it's important to review your plan to ensure all your prescriptions are covered.

PLANNING YOUR SPRING PICNIC

With Spring's arrival, it's time to get outside and enjoy the nice weather. What better way to enjoy it than by having a picnic? Here's a few tips for planning your own.

- **Select the Perfect Venue** – Be sure to pick a location that is both beautiful and accessible. Many locations will have wheelchair-friendly pathing if you need it!
- **Bring Easy-to-Eat, Healthy Foods** – Sandwiches with lean proteins, fresh fruits and veggies, and low-sugar desserts are excellent choices. Don't forget to bring extra water to stay hydrated!
- **Keep Safe and Comfortable** – Watch the weather when selecting a date for your outing. Pack your sunglasses, a sunhat, and your favorite sun block. You should also always prepare for a possible injury by bringing a well-stocked first-aid kit. To be maximize comfort, bring your best picnic blanket and some cushions to sit on. Enjoy your picnic without worry!



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