

SAVE THE DATE

- June 21** Father's Day
Summer Begins
- July 4** Independence Day
- Aug 21** Senior Citizen's Day
- Sep 7** Labor Day
- Sep 11** Patriot Day
- Sep 13** Grandparents' Day
- Sep 22** Summer Ends

MY ROLE AS YOUR AGENT IS TO BE YOUR INSURANCE RESOURCE.

If you have questions on claims,
billing, coverage, or changes
please reach out!



ARE YOU AT RISK OF ALZHEIMER'S OR DEMENTIA?

With June being Alzheimer's and Brain Awareness month, this summer is the perfect time to discuss a cognitive assessment with your provider. Medicare will cover a separate visit with a doctor or health care provider to do a full review of your cognitive function, establish or confirm a diagnosis like dementia or Alzheimer's disease, and develop a care plan. The Part B deductible and coinsurance apply.

If you have any of the following symptoms, contact your provider.

- Challenges in planning or solving problems.
- Difficulty completing familiar tasks.
- Confusion with time or place.
- Misplacing things, with inability to retrace your steps.
- Withdrawal from work or social activities.

For more early signs and symptoms of Alzheimer's and dementia, please visit alz.org/alzheimers-dementia/10_signs.

Some people living with dementia and their unpaid caregivers may be able to get additional support through the "Guiding an Improved Dementia Experience Model" without paying coinsurance. Talk to your provider for more information and to find out if you can participate.

For more information on covered treatments for Alzheimer's disease, please visit [Medicare.gov](https://www.medicare.gov).



PINEAPPLE POPSICLES

INGREDIENTS

- 1 1/2 cups (12 oz) canned 100% pineapple juice
- 6 tbsp granulated sugar

DIRECTIONS

Whisk together juice and sugar. Transfer to popsicle molds or paper cups, then insert popsicle sticks. Freeze until firm, roughly 4 hours but preferably overnight. To store, once unmolded, place the popsicles in a single layer on wax or parchment paper and place them in a freezer-safe container. Eat within a week. For longer storage that lasts for a month, wrap each popsicle in plastic wrap before placing it in a bag or container.



A HEALTHY SMILE CAN MEAN A HEALTHY LIFE

Poor oral health can have a big impact on your overall health. Gum inflammation raises your risk for heart disease, lung disease, blood vessel blockages, and even stroke. And tooth loss may even raise your risk of dementia.* In most cases, Medicare doesn't cover dental services like routine cleanings, fillings, or dentures. If you're used to having this coverage prior to enrolling in Medicare, please reach out to discuss options! *according to [mayoclinic.org](https://www.mayoclinic.org)

SUMMER ACTIVITIES FOR THE GRANDKIDS THAT WON'T BREAK THE BANK

Struggling to keep the grandkids entertained this summer? Why not try one of these budget-friendly ideas?

- Make your own sidewalk chalk paint using: 1/2 cup cornstarch, 1/2 cup of water, and liquid food coloring.
- Do a nature scavenger hunt in the backyard or go to a local park.
- Have a hopscotch tournament.
- Blow bubbles.
- Paint rocks and hide them in your area for others to find.
- Make your own popsicles (see our recipe above!)



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