

## SAVE THE DATE

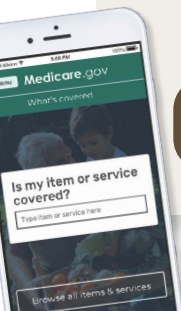
- Sep 1 Labor Day
- Sep 11 Patriot Day,  
Honoring 9/11
- Oct 15 Annual Enrollment  
Period Begins
- Oct 31 Halloween
- Nov 5 Election Day
- Nov 11 Veterans Day
- Nov 27 Thanksgiving Day

## 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](https://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!



## Review Your Prescription Drug Plan This Fall

Fall is the perfect time to review your Prescription Drug Plan. The Annual Enrollment Period runs from October 15 to December 7. Each year, formularies and costs can change, and the plan that fit your needs last year may not be the lowest-cost option this year.

To make the process easier, I've posted an instructional video on my website that shows you how to use the Medicare Plan Finder tool. If you'd like a hand reviewing your medications or find the process confusing, call or email me — I'm happy to help you compare your options and find the plan that makes the most sense for you.

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