

Grand Valley Senior Benefits



WINTER NEWSLETTER — 2022 —

Feeling sluggish and sad during winter months is very common. Here are a few tips to help you beat the winter blues:

- Do something creative. Pursue a new hobby or craft for a change of pace. Most senior centers offer various classes on similar topics and are a great way to learn new skills and connect with people.
- Turn off the news. There's nothing wrong with staying up-to-date with what's going on in the world, but make sure to give your brain, and your emotions, a break from negative news feeds once in a while. If you're a news junkie and can't stop watching, incorporate watching

Tips for using video chat with loved ones this winter.

If you have an iPhone FaceTime is one of the easier and quickest ways to video chat.

Google Duo is a great free alternative, you can even video chat with iPhone users from an android device.

Have someone internationally you're trying to connect with? Skype offers free international video meetings.

something positive into your routine.

- Learn how to video chat with your loved ones. Virtual communication is a great way to avoid illness and to stay connected. Read more about our tips for video chatting in this newsletter.
- Make a plan for Spring. Having an event or party on the horizon is sure to give you something to look forward to! It will also give you something to plan and occupy your time with. Bonus points if you include family or friends in the planning via video chat.
- Ask for help when you need it. If low winter moods turn into something more and become depression, seek help! There are many resources for seniors that are often free. Check with your local community or senior center for help. If you're experiencing thoughts of suicide, please call the Suicide & Crisis Lifeline at 988.



SAVE THE DATE

- Dec 21** Winter Begins
Dec 24 Christmas Eve
Dec 25 Christmas
Dec 31 New Year's Eve
2023 Plans Begin
OEP Begins
Jan 1 New Year's Day
Feb 2 Groundhog's Day
Feb 14 Valentine's Day

CHOCOLATE CAKE COOKIES

Ingredients

- 16 oz box of devil's food cake mix
- 1 tsp baking powder
- 1/3 cup vegetable oil
- 2 large eggs
- 2 tsp vanilla extract

Directions

Preheat oven to 350°
Whisk cake mix

and baking powder until blended

Add other ingredients and mix well to combine

Refrigerate dough for 30 min

Roll 2 tbsp of dough into ball and place on greased cookie sheet

Bake 10-12 min



Insulin Costs in 2023

Starting January 1, people enrolled in a Medicare prescription drug plan will not pay more than \$35 for a month's supply of each insulin that they take and is covered by their Medicare prescription drug plan and dispensed at a pharmacy or through a mail-order pharmacy. Also, Part D deductibles won't apply to the covered insulin product.

Did You Know?

In January all adult vaccines are going to be covered at no cost as part of the Inflation Reduction Act!



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