



AMERICAN CENTRAL INSURANCE NEWSLETTER

SPRING | 2020

SPRING CLEANING MEDICINE CABINET REMINDER:

The best way to safely dispose of most types of old, unused, unwanted, or expired medicines (both prescription and over the counter) is to drop off the medicine at a **drug take back site, location, or program** immediately.

Check out the Medication Disposal Q&A for more information including how to dispose of needles and syringes at www.fda.gov.



IRS TAX TIP FOR SENIORS:

When preparing your return, be careful calculating the Taxable Amount of your Social Security Benefits. Use the Social Security benefits worksheet found in the instructions for IRS Form 1040 and Form 1040A, and then double-check it before you fill out your tax return. For more Tax Tips for Seniors visit: www.irs.gov/individuals/seniors-retirees/tips-for-seniors-in-preparing-their-taxes.

DENTAL & MEDICARE:

Medicare doesn't cover most dental care, dental procedures or supplies, like cleanings, dentures, dental plates, or other dental devices. Medicare Part A (Hospital Insurance) will pay for certain dental services you receive while in a hospital. Part A can pay for inpatient hospital care if you need to have emergency or complicated dental procedures, even though the dental care isn't covered. For more information, visit www.medicare.gov/coverage/dental-services.

TRAVEL & MEDICARE:

Medicare doesn't usually cover healthcare while you're traveling outside the U.S. There are exceptions, including some cases where Medicare Part B (Medical Insurance) may pay for services that you get onboard a ship within the territorial waters adjoining the land areas of the U.S. Learn more before you travel at medicare.gov/coverage/travel.

**By responding to this advertisement, I understand a sales agent may contact me by telephone, email or mail to discuss Medicare Advantage plans and Prescription Drug plans, and Medicare Supplement Insurance plans.*

AVOCADO CHICKEN SALAD

INGREDIENTS

Prep Time: Under 30 minutes
Servings: 4

- 1 avocado cubed
- ¼ c plain yogurt
- 1 tbs lime juice
- ½ tsp garlic powder
- ½ tsp black pepper
- 1 tsp salt
- ¼ c diced red onion
- ¼ c diced celery
- 1 tbs diced jalapeño
- 2 c cooked chicken chopped

DIRECTIONS

(Featured in Tasty: 11 Satisfying Salads For Avocado Lovers)

1. Combine avocado, yogurt, lime, garlic powder, black pepper, and salt in medium bowl.
2. Mash together to desired consistency.
3. Stir in onion, celery, jalapeño, and chicken.
4. Serve on toast with optional topping of sriracha and cilantro.

SAVE THE DATE

MARCH

08

DAYLIGHT SAVINGS

19

SPRING BEGINS

APRIL

01

APRIL FOOL'S DAY

12

EASTER SUNDAY

15

TAX DEADLINE

24

ARBOR DAY

MAY

10

MOTHER'S DAY

25

MEMORIAL DAY



FIND OUT HOW...

to apply for a **Veterans Burial Allowance** (sometimes called Veterans Death Benefits) to help cover burial, funeral, and transportation costs.

Visit www.va.gov/burials-memorials/veterans-burial-allowance.

CONTACT US

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