



AMERICAN CENTRAL INSURANCE NEWSLETTER

WINTER | 2020

FLU SHOTS

Medicare Part B (Medical Insurance) covers one flu shot per flu season. You pay nothing for a flu shot if the doctor or other qualified health care provider accepts assignment for giving the shot. You can get the flu shot many places, including your doctor's office and your local pharmacy. If you have a Medicare Advantage Plan, contact your plan. Most places accept Medicare Advantage Plans.

Source: <https://www.medicare.gov/coverage/flu-shots>



MEALS ON WHEELS:

is a great way to have meals delivered to your door when it's difficult to get out on your own. If you are looking for ways to give back in your community, volunteers and donations are always needed, especially during COVID-19 and the winter months. Visit mealsonwheelsamerica.org for more information.

NEW MEDICARE PART B PREMIUMS & DEDUCTIBLES IN 2021:

The standard Part B premium amount will be \$148.50 (or more depending on your income) and the Part B deductible and coinsurance will be \$203.

Source: <https://www.medicare.gov/your-medicare-costs/medicare-costs-at-a-glance>

*We appreciate you and are always
happy to help!*



**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.*

SAVE THE DATE

MOM'S MEATLOAF

INGREDIENTS

1 package ground beef
1 package onion soup mix
1 egg
5-6 slices of bread
1/2 tbsp milk
1/4 c ketchup
Salt and pepper to taste

DIRECTIONS

Mix ingredients together and put in greased loaf pan. Drizzle ketchup over the top. Bake at 350 degrees for 1 hour.

DECEMBER

07 ANNUAL MEDICARE ENROLLMENT CLOSES
10 FIRST DAY OF HANUKKAH
21 WINTER BEGINS
25 CHRISTMAS DAY
26 FIRST DAY OF KWANZAA

JANUARY

01 NEW YEAR'S DAY
2021 PLANS BEGIN

FEBRUARY

12 LUNAR NEW YEAR
14 VALENTINE'S DAY

MARCH

14 DAYLIGHT SAVINGS



DID YOU KNOW?

Hypothermia can occur indoors if the air temperature in the home isn't warm enough. Keep your thermostats above 65 degrees, and seek assistance if you lose heat in an emergency.

Source: <https://www.nia.nih.gov/health/cold-weather-safety-older-adults>

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