

Preparing for 2023

Open enrollment for Medicare is October 15th – December 7th. This is the time to review your current enrollment to make sure you are on the most cost-efficient plan.

Open enrollment for Marketplace - Affordable Care Act will be available November 1st – January 15th. This is the opportunity to find affordable insurance for individuals who are not covered by another insurance plan. This will also be the time to switch plans if you already have it.

Aging Best's Specialists can answer the questions you may have and provide guidance during the process. Knowing what is available, application deadlines and the specifics of each program is necessary to get the maximum benefits. Formularies on medications can

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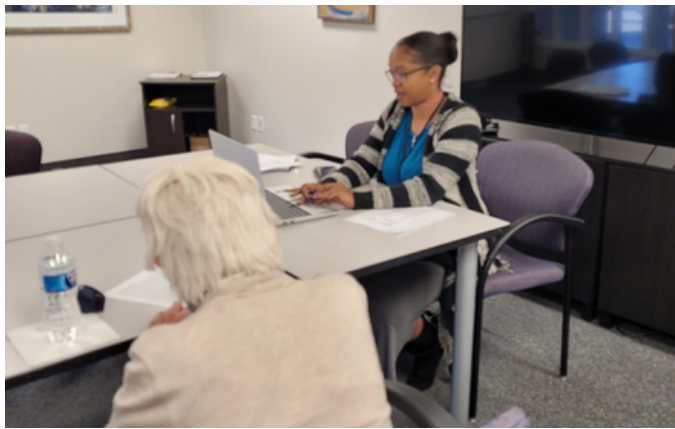
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change. Co-pays and health care coverage can also change. Speaking with someone who is knowledgeable and well-connected can often provide considerable savings for the coming year. Our Specialists are unbiased and do not work for or represent any insurance company. Our goal is to find the best possible plan for your individual needs.

In addition to application assistance, we will be checking your eligibility for SNAP (Food Stamps), energy assistance and other savings programs. This is a great time to explore all possible savings for the coming year.



Shadaryl Bassett, Client Care Specialist, assists a client in finding the best plan for 2023.

Appointments are available and can be scheduled by calling Aging Best at 800-369-5211. You will be connected to a Specialist in your area who can schedule a time to speak with you about your options for 2023. We are here to help you prepare and look forward to hearing from you.

Jiffy Lube Drive to Do More



As part of their Drive to Do More commitment to support charities and volunteers nationwide, Jiffy Lube is collaborating with Meals On Wheels to raise funds and awareness that will help our seniors stay nourished. We're excited to invite Jiffy Lube customers to join the effort.

From October 1st - October 31st, customers who receive oil changes, tire rotations or other vehicle maintenance will be able to donate \$3 to Meals on Wheels at checkout. Funds raised in our local community will be used to support our efforts at Aging Best! Learn more about the partnership and find a Jiffy Lube location for your next car service at www.jiffylube.com.

Did you know?

Most of us automatically associate pumpkins with this time of year but are unfamiliar with how they became such a

popular item. The story of the pumpkin began in North America, where the vegetable was first cultivated thousands of years ago.



For the most part, pumpkins were used to make savory dishes such as hearty soups. It grew well and was often used as a main course.

Moving into the 19th century, the country experienced an expansion of agriculture and no longer needed to rely on pumpkins for nutrition. As many moved to industrialized cities, they began to miss farm life. The pumpkin became a celebrated symbol of the harvest they fondly remembered. With access to more additives, pumpkins were turned into pies and cookies.

Widely used throughout the world today, pumpkins are rich in vitamins, minerals and antioxidants which may boost immune health. As we carve, paint or cook with pumpkins this year, let's celebrate their history and the creativity of our amazing ancestors.

Ombudsman Volunteers

The Long-Term Care Ombudsman Program would like to introduce four of our new Volunteer Ombudsmen. They have each shadowed two hours and will complete the virtual designation training with the State Ombudsmen October 31 – November 10. During this time they are also able to attend any continued education presentations that may be available



Reza Aghael
Boone County



Suzanne Chappell
Boone County



Kay Payne
Cole County



Cannie Brisco
Boone County

October is also an important month for the Ombudsman team as it is observed

nationally as Residents' Rights Month. The annual event is organized by the National Consumer Voice for Quality Long-Term Care (Consumer Voice) to celebrate and focus on awareness of dignity, respect, and the value of long-term care residents.

Throughout the pandemic, many residents of long-term care facilities were disconnected from friends and staff within their facilities, and group activities and dining together was limited. Residents were also disconnected from the broader local community when visitation was restricted, and many residents were unable to leave their facilities to participate in outside activities.

This year's Residents' Rights Month theme - Inspiring Unity Within Our Community - emphasizes the importance of fostering meaningful community within the facility and encouraging residents' connection to their local community.

Ombudsman volunteers connect with residents and have an amazing impact on their lives. If you are interested in learning more about the program or becoming a volunteer please contact Ronda Giger, Regional Ombudsman Director, at 573-476-5746 or email rgiger@agingbest.org.



Fall in Missouri can bring beautiful weather and even more beautiful scenery. It's the favorite season of many. Unfortunately, Fall can bring some potential safety hazards. A few tips for keeping ourselves safer are:

- Watch for falling leaves. Leaves can become slippery when wet, and blowing leaves can reduce visibility.
- Be mindful of the time. Darkness arrives earlier. Watch the time to avoid driving or walking after dark.
- Watch for patches of ice. Conditions can change quickly. Be on the lookout for ice beneath the leaves.
- Watch for deer when driving. Many accidents happen during deer season. Be alert and reduce speed.
- Prepare for cold weather. Have blankets, flashlights and food on hand. Make sure your heating system is in good working order.

Fall is a wonderful time to get out and enjoy the beauty as we begin to prepare for colder temperatures, snow and holiday festivities. Stay safe, and take in some of the most beautiful scenery Missouri has to offer!