

JUNE NEWSLETTER

Summer Starts Here: Tips, Health & Medicare News Just for You

5 SUMMER FOODS THAT SUPPORT BRAIN HEALTH

What you eat plays a big role in how your brain functions. Thankfully, many summer favorites—like blueberries and leafy greens—are also brain-boosting superfoods. Find out which tasty bites support cognitive health as you age.



TRAVELING THIS SUMMER? KNOW WHAT MEDICARE COVERS

Medicare coverage doesn't always go where you go. Before you hit the road or board a plane, take a moment to understand what's covered—especially if you have a Medicare Advantage plan. We've also included a handy travel checklist to help you prepare.



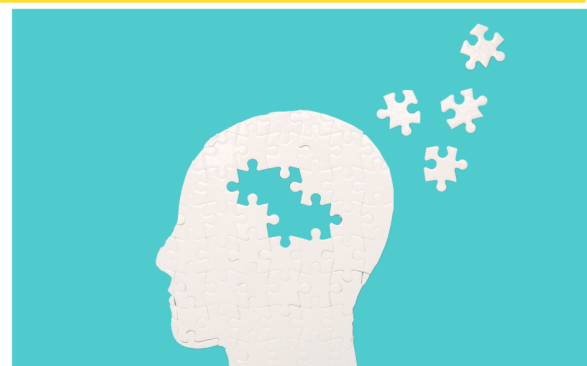
MEDICARE AND MEN'S HEALTH: WHAT'S COVERED?

June is Men's Health Month—an ideal time to focus on prevention. Medicare covers important screenings like prostate exams, heart health checks, and even mental health support. Make sure you or the men in your life are using these valuable benefits.



JUNE IS ALZHEIMER'S & BRAIN AWARENESS MONTH

Alzheimer's impacts millions of families—early detection can make a significant difference. Medicare covers important screenings and wellness visits that may help spot early signs of cognitive decline. Learn the symptoms to watch for and how to take action for yourself or a loved one.





HAPPY

Father's

DAY

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A Note from Me

Summer is here! I hope this season brings you sunshine, relaxation, and time with the people you love. Whether you're traveling, enjoying time outdoors, or simply taking it easy, it's a great time to focus on your health and well-being.

In this issue, you'll find helpful tips for staying safe in the heat, supporting brain health, and making the most of your Medicare benefits. If you ever have questions or need a second look at your coverage, I'm just a call away. And if you have friends or family who could use a little help navigating Medicare, I'd be honored to assist them too—your referrals mean the world to me and are the heart of how I grow my business.

Wishing you a joyful and healthy summer!





5 SUMMER FOODS THAT SUPPORT BRAIN HEALTH

What you eat can have a big impact on how your brain functions—especially as we age. The good news? Many delicious summer favorites are also brain-boosting superstars!

Here are five tasty ways to feed your mind this season:

1. Blueberries

These little berries pack a powerful punch! Rich in antioxidants, they help protect the brain from oxidative stress and may improve memory over time.

2. Leafy Greens

Spinach, kale, and arugula are full of folate and vitamin K, both linked to slower cognitive decline. Add a handful to smoothies or toss with olive oil and lemon for a light salad.

3. Walnuts

Walnuts are a great source of omega-3 fatty acids, which support brain function and may improve mood. Keep a small bag on hand for an easy snack.

4. Salmon (or Other Fatty Fish)

Grilled salmon is perfect for a summer meal and loaded with DHA, a type of omega-3 that's essential for brain health.


5. Green Tea (Iced!)

Swap sugary drinks for iced green tea. It contains L-theanine and a little caffeine, which together may improve focus and alertness.

QUICK BRAIN BOOST: 6 DAILY HABITS FOR A SHARP MIND

Give your brain a little love every day! These simple habits can help keep your memory and focus strong:

- ✓ Do a puzzle or word game
- ✓ Go for a short walk
- ✓ Eat leafy greens and berries
- ✓ Stay social—call a friend
- ✓ Drink water
- ✓ Get 7–8 hours of sleep

 **Tip:** Schedule your Medicare-covered wellness visit— it includes a cognitive health check!

SUMMER TRAVEL PLANS?


Know What Your Medicare Plan Covers Away From Home

Whether you're planning a road trip to see the grandkids or a weekend getaway to the beach, it's important to know how your Medicare coverage travels with you.

Here's a quick breakdown:


Original Medicare (Parts A & B)

Good news: Original Medicare covers you anywhere in the U.S. as long as the provider accepts Medicare. This includes all 50 states, D.C., and U.S. territories.

 **Tip:** Always ask if a provider accepts Medicare assignment before your visit to avoid surprise bills.

Medicare Advantage (Part C)

Coverage varies by plan. Many Medicare Advantage plans offer emergency and urgent care coverage anywhere in the U.S., but routine care is often limited to your plan's local network. Some plans offer travel benefits or a nationwide network—others don't.

 **Tip:** Call me before you travel to check what's covered and what's not.

What About International Travel?

Most Medicare plans don't cover care outside the U.S., but some Medigap (Medicare Supplement) plans offer limited emergency coverage abroad. A travel insurance policy might be a smart add-on if you're heading overseas.



MEDICARE TRAVEL CHECKLIST

What to Pack in Your Medicare Wallet

Before you hit the road this summer, make sure you have these essentials:

- ☐ Your Medicare card (and Medicare Advantage or Part D card, if applicable)
- ☐ Photo ID
- ☐ List of current medications (including dosages and why you take them)
- ☐ List of doctors and specialists
- ☐ Emergency contact information
- ☐ Health insurance customer service number
- ☐ Travel insurance details (if traveling internationally)
- ☐ Copy of your most recent medical records (optional, but helpful)



MEDICARE AND MEN'S HEALTH: WHAT'S COVERED?

June is Men's Health Month—a great reminder for men (and the women who love them) to take care of their bodies and minds. Many serious health issues that affect men—like heart disease, prostate cancer, and diabetes—can be caught early and managed with the right care.

The good news? Medicare covers many of the screenings and services men need to stay on top of their health. Here are a few key benefits:

Prostate Cancer Screenings

Medicare covers a PSA blood test and digital rectal exam once every 12 months for men over 50.

Cardiovascular Screenings

Stay ahead of heart disease with blood pressure checks and cholesterol tests—these are covered at no cost as preventive services.

Diabetes Screenings & Education

If you're at risk, Medicare covers up to two screenings per year—and if you're diagnosed, you may qualify for free diabetes self-management training.

Depression Screening

Mental health is just as important. Medicare covers one free screening each year during your Annual Wellness Visit.

Abdominal Aortic Aneurysm Screening

For men with a history of smoking, this one-time screening is also covered if recommended by your doctor.

KNOW THE SIGNS: EARLY WARNING SYMPTOMS OF ALZHEIMER'S

June is Alzheimer's & Brain Awareness Month—a good time to check in on your brain health and that of your loved ones. Alzheimer's disease affects millions of older adults, but recognizing the early warning signs can make a big difference in getting support and planning ahead.



Here are some common early signs to watch for:

- **Memory loss that disrupts daily life** – Forgetting recently learned information or important dates more often than before.
- **Difficulty planning or solving problems** – Trouble following a recipe or keeping track of bills.
- **Confusion with time or place** – Losing track of the date or forgetting how they got somewhere.
- **Misplacing items** – Putting things in unusual places and struggling to retrace steps.
- **Changes in mood or personality** – Becoming confused, suspicious, anxious, or easily upset.

It's normal to forget things from time to time, but if these changes feel new or persistent, it's worth talking with a healthcare provider. Medicare covers a free cognitive assessment as part of your Annual Wellness Visit.

 **Tip:** *Bring a friend or loved one to your appointment—two sets of eyes and ears are better than one.*

Early detection doesn't just give peace of mind—it opens the door to treatments, lifestyle changes, and support options that can truly help.



SIMPLE SALMON PATTIES

Packed with omega-3s, which support memory and brain function.

Ingredients:

- 1 can (5-6 oz) wild-caught salmon, drained
- 1 egg
- ¼ cup breadcrumbs or oats
- 1 tbsp olive oil for cooking
- Optional: 1 tbsp chopped onion or parsley

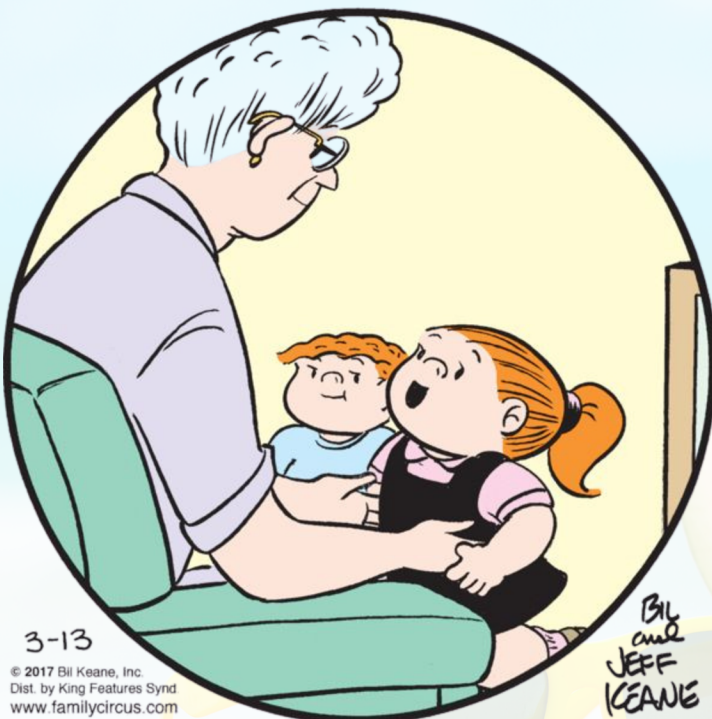
Instructions:

1. Mix salmon, egg, and breadcrumbs in a bowl.
2. Form into 2-3 small patties.
3. Heat oil in a skillet and cook patties over medium heat, 3-4 minutes per side.

LAUGHTER IS THE BEST MEDICINE: OUT OF THE MOUTHS OF BABES

"A day without laughter is a day wasted."

~ Charlie Chaplin



I was telling my little granddaughter what my childhood was like. "We used to skate outside on a pond. I had a swing made from a tire; it hung from a tree in our front yard. We rode our pony. We picked wild raspberries in the woods."

My granddaughter was wide-eyed, taking this all in. At last she said, "Grandma, I sure wish I'd gotten to know you sooner!"

A 6-year-old was asked where his grandpa lived. "Oh," he said, "he lives at the airport, and whenever we want to see him, we just go get him. Then, when we're done having him visit, we take him back to the airport."

A teacher asked her students to describe their grandparents. One student raised his hand and said, "My Grandparents are funny, when they bend over, you hear gas leaks and they blame their dog."

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"I don't think Mommy would mind if you wanted to spoil us, Grandma."