

TOP THREE

OCTOBER 2023

Area Agency on Aging District 7



Welcome to our October 2023 news e-blast - sharing our "Top Three" focus items for this month. As always, reach out to us with any questions and follow us on our social media platforms!

1 41st Annual Art Show

Our 41st Annual Senior Citizens Art Exhibit, held the week of October 16th - 20th, is a time to showcase the talents of local seniors! Thanks to our host this year, Bristol Village in Waverly, the exhibit is located at the Glenn Activity Center. The community is welcome to view the artwork during that week Monday through Friday from 9:00 am until 4:00 pm, and Friday, October 20th from 9:00 am until 2:00 pm. The community is also invited to attend the Art Show's Reception Tea that will be held Friday, October 20th at 2:00 pm at the Glenn Center. Here, you can meet the artists in attendance and learn who the winners are for this year! Thank You to all of our participants this year who submitted artwork and written pieces. We are delighted to be back in person this year and looking forward to more fun years ahead. If you have questions about the Art Show, please call us at 1-800-582-7277 or e-mail info@aaa7.org



2 Medicare Open Enrollment October 15th - December 7th

Medicare Open Enrollment is the time of the year when changes can be made in the plans and providers you've chose for your Medicare Part D prescription drug coverage and/or Medicare Advantage option. If you wish to make changes, you can only do so until December 7th. Open Enrollment is also a good time to run drug comparisons to make sure the Medicare Part D plan you are on is still your best option as Medicare Part D plans do change from year to year. Locally, the AAA7 is available as a resource to those in its ten-county district who would like assistance with Medicare or Open Enrollment. Medicare Check-Up counseling is by appointment only. Please call 1-800-582-7277, ext. 250, or e-mail info@aaa7.org for more information.

3 Vaccine Opportunities

It's Fall and time for your seasonal flu (influenza) vaccine! You should receive your influenza vaccine by the end of October, or soon after, every year. In addition, if you have not received a COVID-19 vaccine since last Fall, you should get one now. The vaccine has been updated to protect against newer strains of the virus. Talk with a trusted healthcare professional or pharmacist with any questions. Getting vaccinated is the best way to prevent serious illness from flu and COVID-19. Strengthen your defense...vaccinate! For more information about vaccine opportunities in your area, stay tuned to our Facebook page.