

# NEWSLETTER

WINTER | 2019

## FREE 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 giving the shot.

*Source: [www.medicare.gov/coverage/flu-shots](http://www.medicare.gov/coverage/flu-shots)*



## COLD TEMPERATURES CAN CAUSE . . .

*frostbite and hypothermia.* According to The Centers for Disease Control, hypothermia can occur indoors if the air temperature in the home isn't warm enough, so be sure to keep your thermostat above 65 degrees and seek assistance if you lose heating in an emergency.

## MEALS ON WHEELS . . .

is a great way to have food delivered to seniors who are unable or too afraid to get out during the cold winter months. To learn more, or if you would like to volunteer to help prepare, deliver meals or make a donation, visit [mealsonwheelsamerica.org](http://mealsonwheelsamerica.org).

## LEARN THE BASICS . . .

of Medicare including what Medicare *does* and *does not* cover, who can get Medicare, and the difference between Medicare vs Medicaid and more. Boost your Medicare knowledge and make informed decisions with confidence at [MedicareMadeClear.com](http://MedicareMadeClear.com).



*\*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.*

# CHEESY POTATO CASSEROLE

## INGREDIENTS

- 1 10.5 oz can cream of chicken soup
- 2 cups sour cream
- 2 cups shredded cheddar cheese
- 1 teaspoon salt
- 1 (30 ounce) package hash browns
- 1/4 teaspoon pepper
- 1/3 cup diced white onions
- 2 cups crushed Corn Flakes
- 1/4 cup melted butter

## DIRECTIONS

1. Preheat oven to 350 degrees
2. Grease 9x13 baking dish
3. In a large bowl, whisk together soup, sour cream, salt and pepper.
4. Stir in cheese, onion and hash browns until well mixed. Spoon evenly into baking dish.

5. In a medium bowl, mix together cereal and butter. Sprinkle evenly on top of hash brown mixture.
6. Bake uncovered for 45 to 50 minutes, or until hot and bubbly.
7. Allow to rest for 5 minutes before serving.

*Recipe by: Ore-Ida*

## SAVE THE DATE

DECEMBER

07

ANNUAL MEDICARE  
ENROLLMENT CLOSED

21

WINTER BEGINS

25

CHRISTMAS DAY

JANUARY

01

NEW YEAR'S DAY  
AEP PLANS BEGIN

FEBRUARY

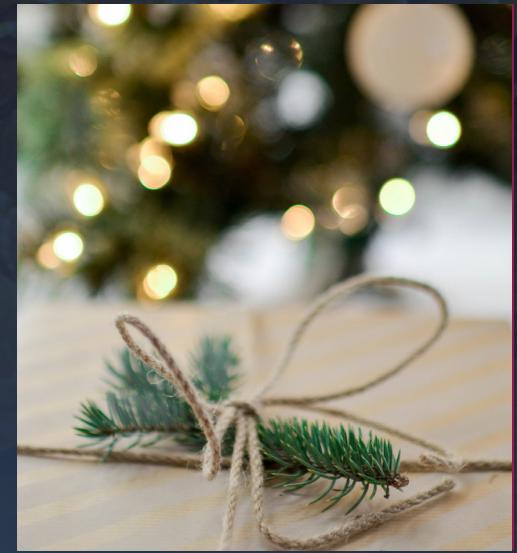
14

VALENTINE'S DAY

MARCH

08

DAYLIGHT SAVING



## DID YOU KNOW?

squirrels lose **25%** of their buried food to birds and other squirrels. Some squirrels pretend to bury a nut just to throw off potential thieves. Instead of guarding your bird feeders from squirrels this winter, consider **adding** some squirrel feeders instead.

*Source: <https://sciencing.com/feed-wild-squirrels-8666816.html>*



## CONTACT US

Licensed Sales Agent