

REACH Resident Resources

November 2021



HEALTH & WELLNESS

Medicare Open Enrollment

If you are age 65 or older, it's time to enroll in Medicare or potentially save money by reviewing your health care coverage. You should also enroll if you are three months away from turning 65. If you intend to enroll in Social Security, you are required to sign-up for Medicare part A. If you do not sign up for Medicare Part A within three months of turning 65 years, you risk being charged a fee.

The Open Enrollment period for 2022 is October 15, 2021 to December 7, 2021.

Receive enrollment assistance 24/7 by calling 1-800-medicare (1-800-633-4227) or TTY users can call 1-877-486-2048. You may also visit [medicare.gov](https://www.medicare.gov) to enroll and compare plans.

Yes, You Should Still Get a FLU Shot

The Centers for Disease Control provided new guidance to medical professionals in September. The vaccines for the FLU and COVID-19 can be administered during the same visit. In general, choosing to get both vaccines can reduce symptoms that might be confused with COVID-19 and may entirely prevent the flu.

Check your doctor or health insurance provider for the nearest locations to access flu shots.

REMINDER: Open Enrollment for 2022 Health Coverage

Open Enrollment starts Monday, November 1. Enroll by December 15, 2021 for coverage that starts January 1, 2022. Visit www.healthcare.gov for more information.

SENIOR RESOURCE HIGHLIGHT

Social Security Cost of Living Adjustments

In 2022, the Social Security Administration will increase social security benefits by 5.9%.

You are eligible for the increase if you currently get social security benefits.

The Social Security Administration will begin sending out notices in December to all who will be impacted.

You may also check www.ssa.gov/myaccount to view any changes to your benefits, beginning in December.

KIDS CORNER

FREE ONLINE LEARNING OPPORTUNITIES

Wide Open School —Wide Open School helps families and educators find trusted resources to enrich and support distance learning. Every day students can access free, high-quality learning activities across subjects, all in one place. Visit www.wideopenschool.org

Storytime Anytime – Don't you love a good story? Finding a resource like, Storytime Anytime, can transform how we spend our downtime. Check out their online YouTube channel to gain access to many different stories read aloud from “*Pete and the Cat*” to “*How to Catch a Turkey*.” Just search “Storytime Anytime” on YOUTUBE to get access.

GIVE BACK DURING BREAK SEASON

Volunteer in Your Local Community – Not sure what you are going to do during your Thanksgiving holiday? We know there are a lot of families in need, and you might consider using your time-off to give back. Check out, www.volunteermatch.org to find local opportunities.

TECHNOLOGY RESOURCE

SCRATCH -- With Scratch, you can program your own interactive stories, games, and animations — and share your creations with others in the online community. Scratch helps young people learn to think creatively, reason systematically, and work collaboratively — essential skills for life in the 21st century. Visit, scratch.mit.edu



Mental Health Apps for Children, Teens and Parents! - MindShift is an app designed to help teens and young adults cope with anxiety. It can help you change how you think about anxiety.

Resource Connections

Call 211 or visit 221.org

FindHelp.org