


Sue and Mike Smith

Grand Rapids, Michigan

"Turning 60 was a huge milestone in our lives. If we wanted to continue living each day to the fullest, we needed to make health and exercise a priority. We try to incorporate more fresh fruits and vegetables into our diet and have instituted a regular exercise regimen, like hiking.

Cooking always brought such joy to our lives and now it is a way to give back to our community. We recently began volunteering to cook at the YWCA for families in need. We've taken what we've learned about healthy cooking and helped introduce more nutritious options to their menu. It's wonderful to see families eating healthy and we're glad to make a difference in their lives."



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				October is Fall Festival Month! Check out MichiganTraveler.com for festivals around the state		1 Check out the Farmers Market for great local produce
	If you are turning 65, you have from three months prior to your 65th birthday, including your birth month, to three months after your birth month to select your initial Medicare coverage. If you have questions or need complimentary assistance, you can email a LiveWell Senior Care Advantage Advisor: MedicareInfo@AnswerHealthSCA.com .					
2	3	4	5 October: Breast Cancer Awareness Month: Book your annual mammogram with your Answer Health SCA physician	6 National Depression Screening Day - With the changing seasons and days getting shorter, you might be feeling down. Talk to your Answer Health SCA physician today	7	8
9 Take a walk the Botanical Gardens , the best place to enjoy the fall colors	10 Medicare Annual Election Period begins Oct 15 and continues through Dec 7	11	12	13	14 Get Your Medicare questions answered during Medicare 101 . 7-8pm	15
16	17	18	19 Visit health plan representatives and insurance agents at the Answer Health Senior Care Advantage Medicare Health Fair to select your Medicare coverage	20	21	22
23	24	25	26	27	28	29
30	31					

Breast cancer risk increases with age. Therefore, it's especially important for you to get an annual mammogram and doctor's breast exam. A mammogram is recommended every two years starting at age 40 or 50. Contact your Answer Health SCA physician to book your mammogram today.

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