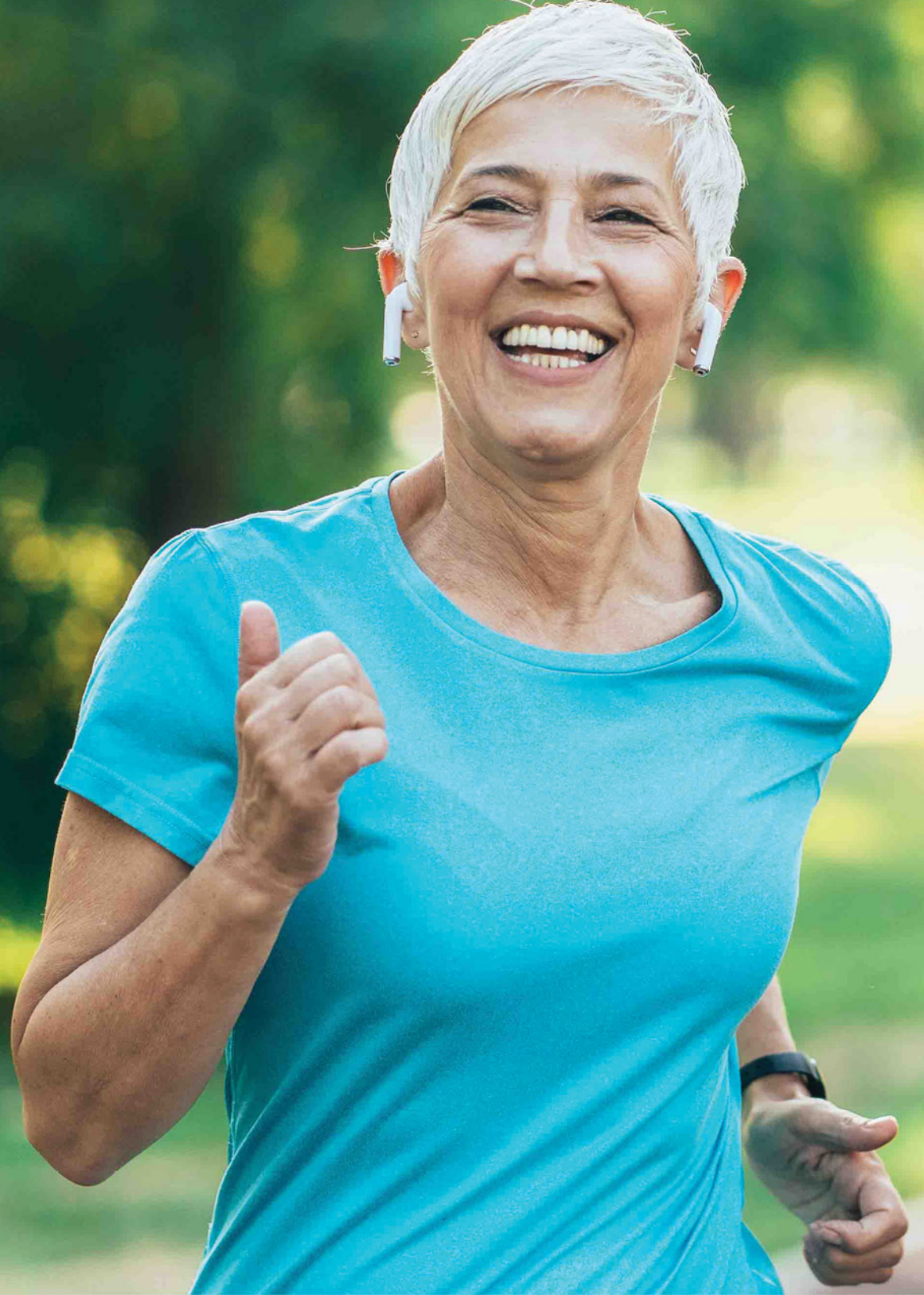



# Sue Smith

## Longview, TX

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

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



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>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: <a href="mailto:MedicareInfo@LivewellSCA.com">MedicareInfo@LivewellSCA.com</a>.</p>			<p><b>October is Fall Festival Month!</b> Check out <a href="http://TexasTraveler.com">TexasTraveler.com</a> for festivals around the state</p>		<p>1 Check out the <b>Farmers Market</b> for great local produce</p>
2	3	4	<p>5 <b>October: Breast Cancer Awareness Month:</b> Book your annual mammogram with your LiveWell SCA physician</p>	<p>6 <b>National Depression Screening Day</b> - With the changing seasons and days getting shorter, you might be feeling down. Now is the time to talk to your LiveWell SCA physician</p>	7	8
<p>9 Take a walk the <b>Botanical Gardens</b>, the best place to enjoy the fall colors</p>	<p>10 <b>Medicare Annual Election Period</b> begins Oct 15 and continues through Dec 7</p>	11	12	13	<p>14 Get Your Medicare questions answered during <b>Medicare 101</b>. 7-8pm</p>	15
16	17	18	<p>19 Visit health plan representatives and insurance agents at the <b>LiveWell Senior Care Advantage Medicare Health Fair</b> to select your Medicare coverage.</p>	20	21	22
23	24	25	26	27	28	29
30	31	<p><b>Breast cancer</b> 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 LiveWell SCA physician to book your mammogram today.</p>				

# October 2022