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Jacks & Jills Social Club

YOU are invited to: **Our
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Sat. Nov. 29th, 2014
 Time: 9pm – 2am

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 11am-8pm
 Sunday Brunch
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HEALTH



Dental Care for the Disadvantaged

Representatives of the Free Clinic of Southwest Washington accept a donation of \$50,000 from Walmart as a group of associates from the company volunteered last Friday helping patients and providers. "This grant allows us to continue providing dental care to the low-income, uninsured and under-insured people in our community," said Free Clinic Dental Program Manager Carolyn Noack. "We are extremely grateful."

Reviewing Medicare Choices

What will you find during open enrollment?

Your health needs change from year to year. And, your health plan may change the benefits and costs each year too. That's why the U.S. Dept. of Health and Human services says it's important to review your Medicare choices each fall.

Compare your current plan to new options and see if you can lower some costs or to find a plan that better suit your needs. Open Enrollment is the one time of year when all people with Medicare can see what new benefits Medicare has to offer and make changes to

their coverage.

Whether you have Original Medicare or a Medicare Advantage plan, you'll still have certain preventive benefits – including cancer screenings – that are available at no cost to you when provided by qualified and participating health professionals. The annual wellness visit lets you sit down with your doctor and discuss your health care needs and the best ways to stay healthy.

In 2015, if you reach the "donut hole" in Medicare's prescription drug benefit, you'll get a 55 percent discount on covered brand name drugs and see increased savings on generic drugs.

It's worth it to take the time to review and compare, but you don't have to do it alone. Medicare is

available to help.

Visit Medicare.gov/find-a-plan to compare your current coverage with all of the options that are available in your area, and enroll in a new plan if you decide to make a change. You can also call 1-800-633-4227 24-hours a day and 7 days a week to find out more about your coverage

If you have limited income and resources, you may be able to get extra help paying your prescription drug coverage costs. For more information, visit socialsecurity.gov/i1020 or call Social Security at 1-800-772-1213.

To get one-on-one help from your State Health Insurance Assistance Program (SHIP), visit Medicare.gov/contacts or call 1-800-MEDICARE to get the phone number.

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