



5 ways to honor your grandparents

Grandparents hold a special place in the hearts of people all over the world. In many cultures, elders are revered and celebrated, and many people know their grandparents as fun-loving folks who sneak their grandchildren candy and let them get away with things when their parents aren't looking.

The American Grandparents Association says there are 70 million grandparents in the United States, and more than a million people become first-time grandparents every year. Many grandparents even serve as the primary caregivers for their grandchildren.

The roles grandparents play in the lives of their children and grandchildren are significant, and the following are some ways to honor the grandparents in your life.

- Create a customized brag book. Grandparents often enjoy sharing photos and stories of their family members with others. Thanks to user-friendly software, it is now easier than ever to design a brag book, photo album or even a photo calendar that grandparents can cherish. Rely on a photo-sharing site to get started. Remember to include special moments, such as family trips or milestone



occasions, that highlight what your grandparents mean to you.

- Develop a family history project. Forays into genealogy don't need to be limited to class assignments. Examining the family tree can be a unique way to spend more time with grandparents or other seniors in your life. Chronicle moments in your family history and compile a catalog of genealogical data. You never know which details of historical significance you may uncover when exploring your family history.
- Organize a special outing. Take an interest in a grandparent's hobby or occupation. Schedule a date when you spend time together exploring this interest, whether it be fishing, scrapbooking or taking in a sporting event. This will reinforce bonding time. On another day, reverse roles, inviting a grandparent or elderly relative to participate in an activity you enjoy.
- Travel together. Planning a vacation with a grandparent is an ideal way to see some



SENIOR NEWS LINE

by Matilda Charles

Medicare Open Enrollment

Mark this on your calendar: Oct. 15. That's the date that Medicare Open Enrollment begins, the period when you can make changes to your health and drug coverage. It runs through Dec. 7. It's during this period that you'll need to take a hard look at how well your plan has served you so far this year. If you decide that all is well, do nothing, whether you have the Original or an Advantage plan. Your current plan will roll over into

2016 when the new coverage starts Jan. 1. Consider your drugs. If you're on a new one and will likely stay on it, see whether your drug plan covers it. If not, you might look at other plans. Changing your mind: If you have a Medicare Advantage Plan, you can switch back to your original Medicare between Jan. 1 and Feb. 14. If you decide to switch back, you also can add a drug plan at that time. You can sign up on the phone (call the new plan or Medicare, if you're making a change) or online.

Medicare.gov has a section on signing up, and it can answer hundreds of questions, such as: I'm still working at age 65, with company insurance. If I don't sign up now for Part B, will I have to pay a penalty later? Can I have Medicare and Marketplace coverage at the same time? You also can find information on coverage for procedures, claims and appeals, plus doctors and plans in your area. Or you can call 1-800-MEDICARE (1-800-633-4227). It's staffed 24 hours a day, including weekends. For plan help, ask Medicare for the State Health Insurance Assistance Program (SHIP) in your state, or see www.shiptacenter.org.

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