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From the Service Coordinator's Office



Closing the Coverage Gap—

Medicare Prescription Drugs Are Becoming More Affordable

The Affordable Care Act (so called "Obama Care"), includes benefits to make your Medicare prescription drug coverage (Part D) more affordable. When you're in the coverage gap (also called the "donut hole") in your Medicare prescription drug coverage, you'll get the following:

- A discount on covered brand-name drugs when you buy them at a pharmacy or order them through the mail.

- Some coverage for generic and brand-name drugs.

- You can expect additional savings on your brand-name and generic drugs during the coverage gap over the next several years until it's closed in 2020.

- The coverage gap closes by maintaining the 50% discount the manufacturers offer and increasing what Medicare drug plans cover.

Who can get the savings while in the coverage gap? You can get the savings if all of the following are true:

- You're currently enrolled in a Medicare Prescription Drug Plan (including employer group health and waiver plans) or a Medicare Advantage Plan (like an HMO or PPO) that includes prescription drug coverage.

- You don't get Extra Help (a Medicare program that helps people with limited income and resources pay Medicare prescription drug costs).

- You've reached the coverage gap.

More questions? Senior Health Insurance Benefits Assistance (SHIBA)

Please feel free to call them at: Friendly House located at 1737 NW 26th Ave.

Call 503-224-2640 ask for a "SHIBA Appointment".

November

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Dance, Yoga, Move w/Becky 10-11 am ESL 2-4 Painting with Lu 3-4:30 Tai Chi 7 pm Nightly Exercise 7:30 pm	2 Movie Night 6:30 pm Tai Chi 7 pm Exercise 7:30 pm
3 Tai Chi 7 pm Nightly Exercise 7:30	4 Knit Wits 3pm Tai Chi 7 pm Nightly Exercise 7:30	5 Stretch/Flex Becky 10-11 Conversation Partners 11 Visiting Library 1:15 Tai Chi 7 pm Exercise 7:30	6 Classical Club 2-3:30 ESL 2-4 Tai Chi 7 pm Exercise 7:30	7 Stretch/Flex w/Becky 10-11 Trip to WinCo & Dollar Tree 10:30-2 Tai Chi 7 pm Exercise 7:30	8 Dance, Yoga, Move w/Becky 10-11 am ESL 2-4 Painting with Lu 3-4:30 Tai Chi 7 pm Nightly Exercise 7:30 pm	9 Movie Night 6:30 pm Tai Chi 7 pm Exercise 7:30 pm
10 Tai Chi 7 pm Nightly Exercise 7:30	11 Knit Wits 3pm Tai Chi 7 pm Nightly Exercise 7:30	12 Stretch/Flex Becky 10-11 Conversation Partners 11 Tai Chi 7 pm Exercise 7:30	13 Classical Club 2-3:30 ESL 2-4 Tai Chi 7 pm Exercise 7:30	14 Stretch/Flex w/Becky 10-11 Trip to Beaverton Town Center 10:30-2 Tai Chi 7 pm Exercise 7:30	15 Dance, Yoga, Move w/Becky 10-11 am ESL 2-4 Painting with Lu 3-4:30 Tai Chi 7 pm Nightly Exercise 7:30 pm	16 Movie Night 6:30 pm Tai Chi 7 pm Exercise 7:30 pm
17 Tai Chi 7 pm Nightly Exercise 7:30	18 Knit Wits 3pm Tai Chi 7 pm Nightly Exercise 7:30	19 Stretch/Flex Becky 10-11 Conversation Partners 11 Tai Chi 7 pm Exercise 7:30	20 Classical Club 2-3:30 ESL 2-4 Tai Chi 7 pm Exercise 7:30	21 Stretch/Flex w/Becky 10-11 Trip to Fubon & WalMart 10-2 Tai Chi 7 pm Exercise 7:30	22 Dance, Yoga, Move 10-11 am ESL 2-4 Thanksgiving Meal 3pm Tai Chi 7 pm Nightly Exercise 7:30 pm	23 Movie Night 6:30 pm Tai Chi 7 pm Nightly Exercise 7:30 pm
24 Tai Chi 7 pm Nightly Exercise 7:30	25 Knit Wits 3pm Tai Chi 7 pm Nightly Exercise 7:30	26 Stretch/Flex Becky 10-11 Tai Chi 7 pm Exercise 7:30	27 Classical Club 2-3:30 ESL 2-4 Community Meeting 3:30 Tai Chi 7 pm Exercise 7:30	28 <i>Thanksgiving Day</i> 	29 Dance, Yoga, Move 10-11 am ESL 2-4 Tai Chi 7 pm Nightly Exercise 7:30 pm	30 Movie Night 6:30 pm Tai Chi 7 pm Nightly Exercise 7:30 pm

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Why Do We Have Daylight Savings?

One of the biggest reasons we change our clocks to Daylight Saving Time (DST) is that it saves energy. Energy use and the demand for electricity for lighting our homes is directly connected to when we go to bed and when we get up. Bedtime for most of us is late evening through the year. When we go to bed, we turn off the lights and TV.



In the average home, 25 percent of all the electricity we use is for lighting and small appliances, most frequently used in the evening when families are home. By moving the clock ahead one hour, we can cut the amount of electricity we consume each day.

Studies done in the 1970s by the U.S. Department of Transportation show that we trim the entire country's electricity usage by about one percent EACH DAY with Daylight Saving Time.

We also use less electricity because we are home fewer hours during the "longer" days of spring and summer. Most people plan outdoor activities in the extra daylight hours. When we are not at home, we don't turn on the

appliances and lights. A poll done by the U.S. Department of Transportation indicated that Americans liked Daylight Saving Time because "there is more light in the evenings / can do more in the evenings."

While the amounts of energy saved per household are small...added up they can be very large.

In the winter, the afternoon Daylight Saving Time advantage is offset by the morning's need for more lighting. In spring and fall, the advantage is less than one hour. So, Daylight Saving Time saves energy for lighting in all seasons of the year except for the four darkest months of the year (November, December, January and February) when the afternoon advantage is offset by the need for lighting because of late sunrise.

In an effort to save even more energy, the Energy Policy Act of 2005 set new start and stop dates for Daylight Savings, extending it by one month. The change was effective in 2007. Daylight Savings now goes from 2:00am on the second Sunday in March to 2:00am on the first Sunday of November.

Remember to change your clocks **back** one hour at 2:00am on Sunday, November 3rd, as Daylight Savings draws to a close.

From the Kitchen: Leftover Turkey Cranberry Roll-Ups

Ingredients:

- 3 oz. white turkey meat
- 2 Tbsp. light cream cheese
- 2 Tbsp. cranberry sauce or relish
- ½ cup lettuce
- 1 whole wheat tortilla (burrito size)
- Candied walnuts (optional)

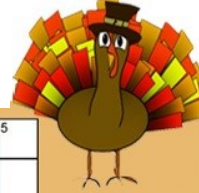
Instructions:

- Spread cream cheese, cranberry and walnuts (if desired) onto the tortilla
- Shred turkey into small pieces
- Add turkey to the tortilla
- Add lettuce onto the tortilla
- Roll tortilla up and slice into 1 - 1 ½ inch sections





Thanksgiving Crossword



Across

- 3. Guy who appears at the end of the Thanksgiving Parade
- 6. One way of preparing yams
- 8. A drink made from apples
- 11. Number of days the 1st feast lasted
- 13. Colony where the first Thanksgiving celebration took place.
- 15. Autumn vegetable
- 17. Another term for 1st settlers
- 18. What you feel like taking after the big feast
- 22. Thanksgiving gobbler
- 24. Words of gratitude at the dinner table
- 26. Horn of Plenty
- 28. Good luck part of the turkey
- 29. Something to count and be thankful for
- 30. A male turkey
- 32. Al burglar turkey says this instead of "gobble"
- 34. Macy's sponsors one of these annually

Down

- 1. To gather a mature crop from the fields
- 2. Mayflower Puritans loved this brew
- 4. The best place for the meat thermometer when cooking a turkey
- 5. The Pilgrims were originally known as this
- 7. Famous turkey brand
- 9. Weekday for Thanksgiving observance
- 10. Shopping after Thanksgiving: _____ Friday
- 12. Relatives who join the celebration
- 14. State of the first Thanksgiving celebration in 1621
- 16. _____ of Plenty
- 19. The nut of an oak
- 20. Traditional Thanksgiving pie

Down (cont.)

- 21. First local Indian tribe invited to Thanksgiving
- 23. Traditional pigskin sport
- 25. Type of bread used for stuffing
- 27. The delicious interior of a turkey
- 31. Best poured over turkey and mashed potatoes
- 33. 1st President to declare Thanksgiving a national holiday (2 words)
- 36. Sauce served alongside turkey
- 37. Also known as maize
- 39. In Canada Thanksgiving is held in this month
- 40. In 1817 this was the first state to officially adopt an annual Thanksgiving holiday (2 words)
- 44. Another name for sweet potatoes

- 35. First settlers were also known by this name
- 37. You do this to a turkey with a sharp knife
- 38. A favorite part of the turkey
- 41. Decorative pumpkin relative
- 42. Female turkey
- 43. Pilgrims' ship
- 45. A dizzy turkey says this instead of "gobble"
- 46. Word at the end of a prayer
- 47. Utensil that wasn't invented before the first Thanksgiving.