

YOUR ENROLLMENT CONNECTION

Spring 2026

Edition 4

Keep your mind, body, finances and health in check all year. Here you will find tips and ideas for you to follow for a healthy lifestyle from year to year.



Benefits of Gratitude

Research shows that gratitude can do more than lift your mood - it may also support heart health, strengthen the immune system, improve sleep, and reduce stress. Studies link thankful thinking to greater happiness, optimism, and stronger relationships. Grateful people often take better care of themselves, staying active, eating well, and keeping up with regular medical visits. While aging can bring challenges, focusing on small daily blessings - a kind gesture, a sunny afternoon, time with family - can improve overall well-being. Simple habits like keeping a gratitude journal, thanking others, praying or meditating, or reflecting on positive memories can make a meaningful difference in both emotional and physical health.

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Why Seniors Vote

Older adults consistently vote at higher rates than younger age groups. Many are motivated by the desire to protect important programs like Social Security and Medicare, which directly impact their daily lives. Having lived in their communities for years, they're familiar with the voting process and often feel a strong sense of civic responsibility. With more time to stay informed and get involved, many seniors view voting as both a right and a meaningful way to stay engaged in their communities. For many, it's also an opportunity to have their voices heard on issues that affect not only their own futures, but the well-being of their families and the generations that follow.



Self-Driving Cars

Self-driving cars were once expected to be on the road by now, but the timeline has been pushed back as companies continue testing and refining the technology. Safety concerns, regulatory approvals, and the complexity of real-world driving have slowed progress. While fully autonomous personal vehicles may still be years away, experts expect limited rollouts of driverless ride services and delivery vehicles in select areas first. For now, the future of hands-free travel is coming - just more gradually than originally promised.

Dehydration Risks in Nursing Homes

Dehydration is a serious and often overlooked risk for nursing home residents, especially those who are frail or unable to access fluids on their own. Studies have found that many residents do not receive adequate hydration due to staffing challenges, lack of proper equipment, or limited supervision. Families can play an important role by ensuring their loved one has easy access to fluids and by communicating any special needs, such as vision issues or requirements for thickened liquids. Staying proactive can help prevent avoidable health complications.

Celebrate

There is a lot to celebrate this Spring! Here are just a few fun holidays to celebrate:

April 1.....April Fool's Day

April 7.....National Beer Day

April 22.....Earth Day

May 10.....Mother's Day

May 6.....National Nurse's Day

May 25.....Memorial Day

Small Pharmacy Wins

A small Connecticut-based pharmacy gained national attention after identifying a potential cancer-causing impurity in certain heartburn medications, prompting recalls and renewed scrutiny of drug manufacturing standards. While federal regulators continue monitoring drug safety, the situation has sparked ongoing discussion about transparency and testing in the pharmaceutical industry.

Looking Your Best

More adults over 55 are exploring cosmetic treatments to refresh their appearance and boost confidence. As skin naturally loses elasticity and shows signs of aging, options like Botox, fillers, laser treatments, and surgical lifts can help soften wrinkles and restore volume. Experts note that overall health matters most when considering procedures, and realistic expectations are important. While healthy habits remain the foundation for aging well, today's treatments offer additional ways to feel confident and comfortable in your own skin.

Common “Hidden” Retirement Expenses

Retirement brings surprises — planning ahead protects your finances.

1. **Major home repairs:** Roofs, furnaces, and appliances eventually need replacement.
2. **Dental, vision, and hearing care:** Many services are not covered by Medicare.
3. **Long-term care:** Extended care services are generally not covered by Medicare.
4. **Replacement costs:** From a lawnmower to a vehicle, large purchases can arise unexpectedly.

Sudoku Puzzle

Fill in the blanks so that each row, each column, and each of the nine 3x3 grids contain one instance of each of the numbers 1 through 9.

8			6	3	4		7	9
1		6			8			2
4			1		9		5	
2	1		3	5	6	8	9	
		7	8		1	2		
			2			3	1	5
	3	1	7			9		
7		2				5		1
	6		4			7		3

“ Though no one can go back and make a brand new start, anyone can start from now and make a brand new ending. ”

— Carl Bard



Tzatziki Dip

1. Place the cucumber on a towel and gently squeeze out a bit of the excess water.
2. In a medium bowl, combine the cucumber, yogurt, lemon juice, olive oil, garlic, salt, dill, and mint, if using. Chill until ready to use.

- ½ cup grated cucumber
- 1 cup Greek yogurt
- 1 Tbsp fresh lemon juice
- ½ Tbsp extra-virgin olive oil
- 1 garlic clove, grated
- ¼ tsp sea salt
- 1 Tbsp chopped fresh dill
- Dippers such as veggies or pita

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Dear Kurt: Medicare Questions

Q: Can I use Good Rx to fill my prescriptions?

A: Yes! However, the prescription cost does not count towards your plan's deductible or max out of pocket of \$2,100 on Part D for 2026. Good Rx is not insurance and you need to make a decision on what works best for you.



Spring Word Search

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E Y K M M R M K S P K N F V L X K
I G B U M B L E B E E J C N J U Y
J S U N S H I N E P U Y O S O C M
E F T H U K V M M H G L T Y R Q R
Q Y T N E B P L L A D Y B U G G C
E S E H J D F B M A P R I L L V T
L B R A I N C O A T G X P Y E I Y
E L F Q X S B U M B R E L L A R P
G O L L I R O J S H O W E R S A X
G O Y J O C A R S P R I N G T I G
H M N E J W R N W L P L W J E N A
U C A G M V E T A R F U P E R B B
N P T R N G H R T O X C D Y Y O J
T M V H C Z W X S B H S M D B W U
F P A T R H J S O I O Z O W L A N
F I X Y N M Z R Q N C Y I M X E N
A O R V H O S B U N N Y X G B F A

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|-----------|---------|----------|-----------|
| BLOOM | FLOWERS | PUDDLE | BUMBLEBEE |
| BUNNY | MARCH | TULIP | UMBRELLA |
| SPRING | APRIL | ROBIN | SUNSHINE |
| BUTTERFLY | MAY | LADYBUG | SHOWERS |
| EASTER | RAINBOW | RAINCOAT | EGGHUNT |



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