

# The Senior's Quarterly



**AzMEDICAREGUY.COM**  
YOUR LINK TO MEDICARE & RETIREMENT BENEFITS

## Do You Know When You Can Change Your Medicare Plans?

There are a few different times of the year that you are able to make changes to your Medicare plans in place. They are Annual Enrollment Period; Medicare Advantage Open Enrollment Period and Special Election Period.

The first of these 3 time frames is the Annual Enrollment Period. This is from October 15th thru December 7th each year. During this time frame you can make any changes to your current plan you choose and those changes take effect January 1st of the following year.

We will address the other 2 in the next couple of editions of our newsletters.



1. What does "www" stand for in a website browser?
2. Who named the Pacific Ocean?
3. Who was the first woman to win the Nobel Peace Prize in 1903?

(Answers on Back Page)

## Senior Referral Partners

I want to let you know that I have partnered with 8 other professionals in the Senior Care Industry. The mission of this group is to help our fellow professionals reach senior citizens in our community and offer sensible solutions to enhance the quality of their lives. These professions include:

1. Health Insurance for 55 to 65
2. Auto, Home / Rental & Umbrella Insurance
3. Senior Real Estate Specialist
4. Senior Financial Planning Specialist
5. Senior Non Medical Home Care Specialist
6. Senior Assisted Living Locators
7. Reverse Mortgage Specialist
8. Hospice Care Specialist

For info on any of these please call me at 480-551-7303 TTY 711.

## Inside Issue 3rd Quarter 2022

Plan Changes / Trivia

Senior Referral Partners

Joke of the Quarter

Still Bothered?

Improve Metabolism

Thank You Veterans

## Important Phone Numbers

Medicare 1-800-633-4227

Social Security 1-800-772-1213

AHCCCS 602-417-7100

Area Agency on Aging

602-264-2255

## JOKE Of The QUARTER



## **Still Bothered by Those Annoying Commercials?**

Are you confused and tired of ALL OF THE MEDICARE Commercials AND the In Bound Phone Calls? These ads make you CRAZY, Am I RIGHT? Please do not get caught up or suckered into these. If you answer or call them, you do not know who they are or where they are located. Wouldn't you rather talk to a local person and the SAME person each time you have a question? Anything Joe can do, I can do AND I'M LOCAL!! Confusion brings doubt! If your current plan is working, you really do not need to worry about making changes. If you feel you really need to talk to someone or feel you are missing out.....



**Please call me @ 480-551-7303 TTY 711**

**or Email**

**[DonRice@AzMedicareGuy.com](mailto:DonRice@AzMedicareGuy.com)**

**I AM LOCAL!**

## **How Can I Improve My Metabolism to Help with Weight Loss?**

The good news is that you can speed up your metabolism after 60 by making some simple lifestyle changes. And these habits will have other positive impacts on your health. Check out these tips to see how you can "trick" your body into having a faster metabolism:

1. **Take Up Strength Training**— Maintaining muscle tone is one of the most important things we can do to burn more calories.
2. **Add Movement Every Day**— Basic tasks and walks on a daily basis can definitely help.
3. **Eat Plenty of Protein**— Protein can help build muscle, especially lean protein.
4. **Get Enough Sleep** — Missing out or losing sleep can hinder your metabolism.
5. **Reduce Your Stress Levels**— Daily meditation can help with your metabolism.

## **Happy 4th Of July**

Hopefully all of you have a very safe and celebratory 4th of July! Also thank you to all of you who served in our Armed Forces and the families who served them! God Bless!

### **Answers to Trivia**

1. World Wide Web
2. Ferdinand Magellan
3. Marie Curie

### **Questions or Referrals, CALL**

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