



Hello Paul,

Happy Open Enrollment!! Doesn't really roll off tongue or make one perk up, does it? Nonetheless, October 15th through December 7th is an important season for those on Medicare. It's the time when individuals are able to change their coverages to suit their changing needs.

Now, there likely isn't a reason to change your coverage very often, but making it an annual habit to compare the offerings with your needs is a good idea. As your medical needs change across the years, you'll want to make sure that the coverage you have is best suited for your current needs. What you needed at 65 may not be what is best for your 85 year old self.

The Medicare Website has [a tool for comparing your current coverage](#) whether it be Original Medicare, Medicare Advantage or a Medigap plan with other available coverage.

The Westchester Library System offers Senior Benefits Individual Counseling in the form of [online resources](#) and SBIC centers at several of the system's larger branches.

In Fairfield County you can find help through Connecticut's Health Outreach, Information, Counseling, Eligibility Screening or, [CHOICES program](#).

The Difference Between Medicare, Medigap, and Medicare Advantage

Taking care of an aging family member is a job that can take a toll on your finances. This is why

some 63 million Americans rely on Medicare to afford senior healthcare.

However, there is a lot of confusion associated with signing up for Medicare. What part of Medicare covers outpatient medical care? Should you use Medigap to supplement your Medicare plan, or should you just choose Medicare Advantage instead?



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Dementia vs. Alzheimer's Disease: What is the Difference?

Dementia is a general term for a decline in mental ability severe enough to interfere with daily life, while Alzheimer's is a specific disease. Alzheimer's is the most common cause of dementia.

DEMENTIA

Dementia describes a group of **symptoms** associated with a decline in memory, reasoning, or other thinking skills. Many different **types of dementia** exist, and many conditions cause it. Dementia is not a normal part of aging. It is caused by damage to brain cells that affects their ability to communicate, which can affect thinking, behavior, and feelings.

ALZHEIMER'S

Alzheimer's is a degenerative brain disease that is caused by **complex brain changes** following cell damage. It leads to dementia symptoms that gradually worsen over time. The most common **early symptom of Alzheimer's** is trouble remembering new information because the disease typically impacts the part of the brain associated with learning first. As Alzheimer's advances, symptoms get more severe and include disorientation, confusion, and behavior changes. Eventually, speaking, swallowing, and walking become difficult.



Cooking for one or two?

Here's an idea from Susan's "The Downsized Gourmet"

Butternut Squash Soup



Ingredients

- 1 large butternut squash, about 3 lbs., halved vertically and seeds removed
- 1 T. olive oil
- ½ c. chopped shallot (about 1 large bulb)
- 1 tsp. salt
- 4 garlic cloves, pressed or minced
- 1 tsp. maple syrup
- 1/8 tsp. ground nutmeg
- Freshly ground black pepper, to taste
- 3-4 c. vegetable or chicken broth
- 1-2 T. butter, to taste

Instructions

- Preheat oven to 425 degrees and line a rimmed baking dish with parchment paper. Place squash on the pan and drizzle each half with just enough oil to lightly coat the squash on the inside. Rub oil over the inside of the squash and sprinkle with salt and pepper.
- Turn squash face down and roast until tender and completely cooked through, about 40-50 min. Set squash aside until it's cool enough to handle (about 10 minutes).
- In a large soup pot, warm 1 T. oil over medium heat until shimmering. Add the chopped shallot and 1 tsp. salt. Cook stirring often, until the shallot is starting to turn golden on the edges, about 3-4 minutes.
- Add the garlic and cook until fragrant, about 1 minute, stirring frequently.
- Scoop the butternut squash out of the skin and discard the skin.
- Add to the pot the squash, 4 cups broth, maple syrup, nutmeg, and a few twists of black pepper.
- Bring mixture to a simmer and cook, stirring occasionally for 15-20 minutes so the flavors can meld.
- Use immersion blender to blend soup completely then add 1-2 T. butter or olive oil and blend again. If you do not have an immersion blender, let soup cool and use traditional blender.

Serve with crusty bread or a salad.

Freeze leftovers in storage containers for up to 2 months.

[CLICK HERE TO WATCH THE VIDEO](#)

Oasis Senior Advisors is dedicated to assisting seniors and their families in exploring local senior living options. Our service is FREE for seniors and their families.

Respectfully yours,
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