



BREAST CANCER AWARENESS MONTH

BREAST CANCER IS THE MOST COMMON CANCER DIAGNOSED AMONG WOMEN WORLDWIDE AND MORE THAN HALF ARE DIAGNOSED ABOVE THE AGE OF 60 YEARS



By following these three steps, you will help increase your chance of detecting breast cancer early.

1. **BREAST SELF-AWARENESS.** Awareness can help you become familiar with how your breasts normally look and feel. Knowing this will help you identify any changes in your breasts that should be reported to your health care professional promptly.
2. **WELL-WOMAN EXAM:** It is recommended that women visit their family physician or gynecologist each year for a Well-Woman Exam. In addition to a routine pelvic exam and pap smear, the doctor may perform a brief breast exam to check for abnormalities.
3. **MAMMOGRAM:** Women ages 40 and older get a mammogram every year. It is a safe way to detect cancerous tumors and other abnormal breast conditions, and women who have screening mammograms have a lower chance of dying from breast cancer than women who do not have screening mammogram.



Open Enrollment is Almost Here! Schedule an appointment with one of our counselors, or join our virtual workshop on October 16th!



Medicare Annual Open Enrollment Period October 15 - December 7, 2025

Plans Change Every Year, So Can Your Health!

Even if you're satisfied with your Medicare Plan(s), it's wise to reassess whether it still meets your needs in 2026.

What Can Change?

- Formulary
- Premium(s)
- Deductible(s)
- Network of healthcare providers
- "Extra benefits" such as dental, vision, and hearing
- And more

Medicare Savings Programs
Are you looking to reduce Medicare costs? You could save over \$2,000 annually on premiums and decrease your prescription drug expenses. Check your eligibility for the Medicare Savings Programs!

CHOICES/SHIP offers free, impartial information and does not engage in the sale of insurance.

This flyer is supported by the Administration for Community Living (ACL), U.S. Department of Health and Human Services (HHS) as part of 2 financial assistance awards totaling \$1,000,000 with 500 percent funding by ACL/HHS. Approximately 60% (\$600,000 MRP). The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by ACL/HHS, or the U.S. Government.

Need Medicare help? Call CHOICES!

CHOICES Counselors are here to help you navigate your Medicare options for 2026.

To schedule your appointment, please contact Senior Resources at (860) 887-3561, extension 202.



Do You Have Medicare?

The countdown to the Annual Enrollment Period has officially started!

Join Our Virtual Medicare Open Enrollment Workshop

Plans change every year, so can your health!

Even if you're happy with your Medicare Plan(s), check to see if yours is still the right fit for 2026!

The workshop will provide an overview of:

- Medicare updates
- Types of notices from the Medicare plans
- Questions to consider before changing plans
- How to make Medicare affordable through the Medicare Savings Programs

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October 16, 2025

1:00 - 2:30 p.m.

Scan QR Code to Register:



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Senior Resources 860-887-3561 ext. 202



Easy Fall Crafts for Seniors: Safe, Fun Projects That Boost Joy and Connection:



- Arthritis-Friendly Builds: No-sew pumpkins, button art, and peel-and-stick crafts are safe and low-strain.
- Dementia-Friendly Steps: Short, repetitive motions like sorting, tying, or placing calm and engage.
- Low-Vision Projects: Bold stencils, large-print templates, and high-contrast color palettes reduce stress.
- Nature-Inspired Crafts: Pressed leaves, pinecones, and acorns add texture and outdoor connection.
- Holiday Tie-Ins: Gratitude trees for Thanksgiving and LED Halloween lanterns bring festive spirit.
- Therapeutic Value: Crafts support fine-motor skills, memory recall, and social interaction.

Why Do Fall Crafts Matter for Seniors? Fall crafts matter because they connect seniors to the season, spark joyful memories, and keep hands and minds active. The colors of mustard, rust, and cream, the scent of cinnamon, and the feel of fabric or foam shapes create sensory experiences that reduce stress.



- Esther C. Kane, CAPS, C.D.S. <https://seniorsafetyadvice.com/>