



## **STAYING HEALTHY RECOMMENDATIONS & RELATED NEWS**

### **October Observances:**

Utility Assistance Week (10/18-22) **See attached**  
Breast Cancer Awareness Month [LINK](#)  
Emotional Wellness Month [LINK](#)  
Domestic Violence Awareness Month [LINK](#)

Financial Planning Month [LINK](#)  
Fire Prevention Week [LINK](#)  
Malnutrition Awareness Week [LINK](#)  
Long-Term Care Planning Month [LINK](#)

### **Additional Links:**

CDC Breast Cancer Awareness & Resources [LINK](#)  
NIH Emotional Wellness Toolkit & Strategies [LINK](#)  
NJ Domestic Violence Resources [LINK](#)

A Guide to Finance for Seniors [LINK](#)  
Home Fire Prevention and Safety Tips [LINK](#)  
NIA Guide to Long-Term Care [LINK](#)

### **Medicare Open Enrollment Period: October 15—December 7th**

During this time Medicare beneficiaries should review their Part D Drug Plan and Medicare Advantage Health Plan. Every year, these plans change cost and coverage, so comparing plans can ensure the consumer is enrolled in a plan offering the best coverage and cost savings for their situation. The [Medicare Plan Finder](#) is a tool for plan comparison.

The NJ Senior Health Insurance Assistance Program (SHIP) posts charts of available Medicare plans on their [website](#). SHIP certified counselors are available in [local SHIP office](#) to provide one-on-one assistance to beneficiaries via phone or virtually in reviewing plans.

### **Upcoming Training Opportunity**

NORWESCAP is sponsoring a Project Healthy Bones (PHB) Peer Leader Training for their staff and volunteers and, since it is being conducted via ZOOM, have graciously opened the training to others throughout the state who may be interested in moving up to Peer Leader status. The training will be held the afternoons of October 25 and November 1. **See attached** flyer for registration information.

### **State Prescription Assistance Program Eligibility Expanded**

Governor Murphy's Fiscal Year 2022 Budget has raised the annual income limits of two state-funded prescription drug benefit programs by \$10,000. The new limits for the Pharmaceutical Assistance to the Aged and Disabled Program (PAAD) are \$38,769 if single and \$45,270 if married. For the Senior Gold Prescription Discount Program they are \$48,769 and \$55,270, respectively. Both programs are for NJ residents age 65+ and individuals with disabilities. PAAD cuts drug prices to \$5 for covered generic and \$7 for covered name brands. Senior Gold cuts prices in half after a \$15 copay for covered prescriptions. Apply through the [NJSave online application](#) or ask for a paper application by calling 1-800-792-9745.

### **Emergency Broadband Benefit/Lifeline Communications**

The Lifeline program and the Emergency Broadband Benefit program help make phone and internet service more affordable for low-income individuals. Eligible individuals also qualify for a free smartphone through the Lifeline program. For more information on these benefits follow this [link](#).



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