

2019 Art of Healthy Aging Forum and Expo

Virginia Beach Convention Center
Thursday, Nov. 14 9:00 am-2:30 pm

Senior Services of Southeastern Virginia, our Area Agency on Aging,



is continuing the theme of "Aging Out Loud" for this sixth annual Art of Healthy Aging event, sponsored by Optima Health and Sentara Senior Life Care, featuring the musical styling of The Becky Livas Group. We are pleased to welcome back Mistress of Ceremonies News 3's Barbara Ciara. New this year, a panel discussion designed to address concerns and resources to help you determine your best intentions for independent aging. Attendees will have access to 50+ exhibitors, health screenings, wellness activities, a hot lunch and more! Last year's event sold out, so purchase your tickets today!

Tickets are \$20 each. Call Senior Services at 461-9481, ext. 525 or go online at www.sseva.org. The Convention Center is located at 1000 19th Street, Virginia Beach 23451

Daylight Savings Time Ends Sunday, Nov. 3 at 2 a.m.

Oh, no! It's that time of the year again! Don't forget to set your clocks back one hour when you go to bed Sat. night, Nov. 2, as Eastern Standard Time will resume early the morning of Nov. 3rd. We've already been noticing the shorter days, but now it will feel like we should be putting our jammies on at 7 p.m.



Medicare Open Enrollment Period Ends Dec. 7 Free Counseling Available

If you have Medicare A and B, you have until Dec. 7th to make changes in your coverage for 2020.

During the Medicare Open Enrollment Period you can:

- Change from Original Medicare to Medicare Advantage, or vice versa
- Choose a different Medicare Advantage plan
- Make changes to your current Part D coverage
- Change your Medicare supplement coverage

You May Want to Change Your Plan If:

- Significant premium increase
- Doctor no longer in your Medicare Advantage plan network
- Medications are no longer covered

For free help in this process, you can call the Center at 385-2175 to make an appointment with Senior Services' rep Bonnie Dozier for a 1:1 session on Wed., Nov. 20, from 1- 4 p.m. She can assist you in evaluating what may be best for you. Take advantage of this convenient and beneficial service.

AARP/ Senior Resource Center Walking Club Wants You

AARP would like to partner with the Senior Resource Center to start a walking club. We all probably are aware that walking is one of the simplest ways to stay active and achieve a healthier lifestyle. Research has shown that walking can have a significant impact on your health by lowering your chance of heart