SENIOR SENTINEL

October 2026

RALEIGH COUNTY COMMISSION ON AGING, INC.

From the Director

October 1, 2026

The twenty-year celebration event we held here last Friday was another effective way of telling our story. It is not often that we write about things that have already happened. Normally we are looking to the future and where we want to go as opposed to where we have been. But this was a special opportunity to remind ourselves of where we have been and what it took to get where we are today. Not to be repetitious, but I want to recognize and build on the things that worked. First it took creativeness to recognize where we were and what we wanted/needed. Then it took courage to take the risks that accompanies any new venture. Of course there is luck, good and bad, that is always a part of any project you start. Most of all, to finish the construction of this senior center, what made it happen was "hard work". The leadership of our volunteer Board of Directors spent countless hours reviewing and making decisions on budgets and priorities. The management staff of the agency helped design the building and were the primary consultants on what was needed and how their program was interfaced with the other services that we provide. Our managers were the individuals who knew what would work and what would not. They were essential to the successful completion of this senior center.

The celebration event was an opportunity to hesitate a moment to reflect on the circumstances and the individuals who brought this project to conclusion. We felt that we needed to thank so many people who have played a large part of our journey. Without our community, our city and county leaders, our sister agencies, our community groups, we would not have realized this success. Of course, we would never fail to leave out our Bureau of Seniors Services and our AAA Office staff. We depend so much on our funding to be able to provide the programs and services we provide for our seniors.

Our office operates with over 250+ staff members and countless volunteers who love our seniors and are committed to providing care and compassion for what they do.

Our Board of Directors are a large part of the operation of this Center in making sure we are following policy and seeing every dollar spent is for the benefit of our seniors.

We have grown so much here at the Center that we have had to add 5,000 sq. ft. of space to accommodate our staff and our programs. Securing land and expanding in our current location brought its share of difficulties, but dedicated individuals like Jack Roop, Danny Moore, and Robert Sayre stepped up. Thanks to their efforts, we were not only able to build this facility but also acquire additional parking lots and the majority of our block on Kanawha Street. A major contributor to this facility was Speaker of the House, Robert S. Kiss. He secured funding to begin the payoff of this facility. Speaker Kiss was not only a leader in our County but a very dear friend to the seniors in Raleigh County.

Of course, we do not want to leave out our seniors who have supported this Center from day one. We want our seniors to know they are what makes this Center successful. We hope they all feel like this is their second home.

It has been a pleasure being a part of this Center and we look forward to our future growth.

Jack Tanner, Executive Director and Tammy Trent, Assistant Executive Director

The Rise and Fall of Pumkin Spice: Love it, or Hate it, it's Here to Stay

Few seasonal flavors inspire such heated love or hate as pumpkin spice. What was once a Starbucks-side experiment has become a cultural phenomenon. If you're a fan of the autumn-favorite, or you want it to be a thing of the past, you've got to admit: Pumpkin spice is here to stay in the coffee world.

Pumpkin spice really exploded in popularity in the early aughts, though. That's when Starbucks first added Pumpkin Spice Latte, or PSL, to its lineup in 2003. Fans of the mix of cinnamon, nutmeg, cloves, and pumpkin puree were in love. They've been coming back for the seasonal drink every year since.

The flavor's explosion in popularity has reached well beyond coffee. Pumpkin spice can now be found in everything from breakfast cereals and baked goods to candles and air fresheners. But it's in the coffee world where pumpkin spice truly reigns supreme. Today, it's almost impossible to walk into a coffee shop during the fall without seeing some version of a pumpkin spice drink on the menu.

Part of the reason for its staying power is the way pumpkin spice taps into our nostalgia and love for the fall season. The warm, comforting spices evoke memories of cozy sweaters, cool weather, and the anticipation of holidays just around the corner. It's a sensory experience that goes beyond taste, appealing to the emotions as much as the palate.

That being said, pumpkin spice's ascent to omnipresence hasn't been completely smooth. For every pumpkin spice fan, there's one ready to roll their eyes and call the flavor a cliché. The PSL's yearly return has been marked by Instagram rants about pumpkin spice everything for a while now.
To some critics, the pumpkin spice movement is indicative of capitalism run amok, a sham trend that preys on our emotions at the most convenient times of the year. Some people, meanwhile, just don't like how it tastes. It's too sugary. It's too synthetic. It tastes like a pumpkin spice candle. Love it or hate it, however, it's indisputably one of coffee shops' best-selling items every autumn.

So, what makes pumpkin spice so different from all other seasonal flavors that have come and gone before? The answer is: rituals. It's like a constant in an ever-changing world to many people; the appearance of the first pumpkin spice latte means fall has arrived.

People bond over the flavor, they discuss it, they make social media posts about it, they might argue about it in good humor, and then go for another sip. Pumpkin spice has ritualized the coffee-drinking process by giving people an easy and reliable excuse to start conversations.

On top of that, coffee shop owners have also perfected the limited-time sale strategy; in all fairness, they probably perfected it in general, period. It is impossible not to buy a pumpkin spice drink if you are trying to get it before it is gone.

There's no denying the phenomenon that is pumpkin spice, but whether you love it or hate it, there is one fact that remains true. As long as there is fall, pumpkin spice coffee will forever be ingrained in our coffee culture. There is one thing that is certain, no matter if you're on Team Pumpkin Spice or against it: pumpkin spice is here to stay, and is only becoming more popular as time goes on.

The Rise of Pumpkin Spice: Love It or Hate It, It's Here to Stay - Cupa Cabana

What's Happening?

Every Tuesday and Thursday we have line dancing from 12 to 1pm. If dancing isn't up your alley then you may want to take part in some of our exercise classes. We have one very active exercise class that meets every Tuesday and Thursday from 10 to 11 am. If you have more limited mobility but still want to do some exercise then Fitness Zone may be something you would enjoy. Come out every Wednesday starting at 10:15 to try it out. Or try Tai Chi on. Check the calendar for Bingo this month! Bible study is held every Wednesday at 11am with various people teaching each week. We have history class every Monday with Dave Wynne.

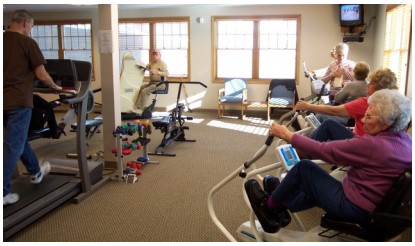
So hard to believe it's already October! Time flies when your having fun! We will start off the month with our ARH Stroke Support Group. They will be joined by Garrett form Hospice House. Amanda will follow with some lovely lunch time music! Do you like saving energy and money? Then don't miss Lori Stacy on October 5th, she will be here to assist with Energy Rebate Applications. We will take a trip back in time on the 6th as we visit Route 66 and other destinations. Sean is back on the 8th for Miedicare and Muffins. Paint class is back on Friday the 9th, followed by Pop Corn Bingo! We will be closed on the 12th in observance of Columbus Day. Jan-Care will be providing free donuts on the 13th, and you can get creative with your coffee!! Amanda is back on the 15th, and she wants you to sing-a-long!

Start the week off with some fun on the19th, it's Game Time with Yvonne, from Beckley Healthcare Center. What is Jamie cooking up? You'll have to be here on the 22nd to find out at the Southern Food Heritage Tasting. Followed by music with Amanda! Painting and crafting is on the the calendar for the 26th, and we will welcome back DJ Steve for music bingo. We will end October with our Costume Party and Birthday Bash, just don't come in your birthday suit!! That will happen on October 30th with music from Dave Runion and the cake will be provided by Melton Mortuary.

Do you need a place to work out?

If you are a senior 60 years of age or older or you are a member of Senior Friends, you have to opportunity to use our exercise facility free of charge!

- Hours of operation are 8am to 3pm M– F
- Very little paperwork to get started
- Continue with Physical Therapy exercises after therapy has ended
- Make some new friends or workout partners



Commission on Aging
Raleigh County

304-255-1397

Fall Into Healthy Eating: Nutrient-Rich Foods for October

As the leaves change and the air turns crisp, October welcomes us with a bounty of delicious and nutritious foods. Embracing the flavors and produce of the season can be a fantastic way to nourish your body. In this blog post, we'll explore some of the best foods to incorporate into your diet this October for a healthy and satisfying autumn.

Pumpkin: The Ultimate Fall Superfood When you think of October, pumpkins probably come to mind. Not only are they great for carving spooky jack-o'-lanterns, but they're also a nutritional powerhouse. Pumpkins are rich in vitamin A, fiber, and antioxidants. You can use pumpkin puree in smoothies, soups, or even as a base for healthier desserts like pumpkin muffins.

Apples: A Crisp and Juicy Delight October is prime apple-picking season in many regions. Apples are not only delicious but also packed with fiber and essential vitamins. Try adding sliced apples to your oatmeal, making homemade applesauce, or enjoying a crunchy apple as a healthy snack.

Sweet Potatoes: Fall's Orange Gem Sweet potatoes are a fall staple that provides an excellent source of vitamin A, fiber, and antioxidants. Roast them with a drizzle of olive oil and a pinch of cinnamon for a sweet and savory side dish.

Brussels Sprouts: Tiny Cabbages with a Big Nutritional Punch These miniature cabbages are at their peak in October. They're low in calories but high in vitamins K and C, as well as fiber. Roast them with a bit of balsamic glaze or add them to a hearty fall salad.

Cranberries: Tart and Tangy Seasonal Delight Cranberries are a quintessential fall berry. They're rich in vitamin C and antioxidants. Try incorporating fresh cranberries into your breakfast oatmeal or making a homemade cranberry sauce with less added sugar for Thanksgiving.

Butternut Squash: Creamy and Nutrient-Packed Butternut squash is a versatile vegetable that can be used in soups, risotto, or as a side dish. It's a great source of vitamins A and C, as well as fiber. Roasting or pureeing it can bring out its natural sweetness.

This October, embrace the season's bounty and nourish your body with these nutrient-rich, autumnal foods. Whether you're biting into a crunchy red delicious apple or enjoying a roasted sweet potato, these foods can help keep you healthy and satisfied throughout the fall season. Happy, healthy eating!

Remember to consult with a healthcare professional or registered dietitian before making significant changes to your diet, especially if you have specific dietary needs or health concerns.

Fall into Healthy Eating: Nutrient-Rich Foods for October | LWell

Easy Butternut Squash Soup

½ Tbsp. olive oil
2 garlic cloves minced
1 onion diced
1 butternut squash peeled and diced into cubes
32 ounces vegetable broth
1-2 tsp. salt

Directions:

In a dutch oven or heavy pot, heat olive oil over medium heat. Add onion and garlic, cook until softened, about five minutes.

Add cut up butternut squash and vegetable broth. Bring to a boil then cover and simmer for 15-20 minutes until squash is softened.

Carefully pour entire contens of pot into blender . Add salt.

Carefully blend until smooth. Serve in bowls with thyme if desired. Enjoy!

Recipe courtesy of Yummy Healthy Easy

Thank you to Our Gold Sponsors of the Elder Abuse Conference

Genesis

ARH®

Appalachian Regional Healthcare

Yoga Classes

Raleigh General Senior Friends holds a free yoga class each Tuesday and Thursday here at the center. Tuesday 4-5PM, Thursday 5-6PM It is free to attend and you do not have to be a member of Senior Friends. Anyone that is a Senior Friend is of course welcome, but also anyone 60 or over may also come! Leslie Baker teaches the class each week.

Are you caring for a family member with dementia, who can't be left home alone? Do you need to work, take care of business, see the doctor, or just get out of the house? Call us and we can help. Our Adult Day Program staff provide a safe environment where your loved can enjoy socialization and activities while you get some of your life back.

Commission on Aging
Raleigh County

Contact Crystal Foley at (304) 255-1397 for more information!

Staying Healthy as the Weather Changes

As you prepare for the change in seasons, make sure you're thinking about your health and wellness, too! Too often, we get caught up in schedule changes, holiday plans, and end-of-year responsibilities, letting our health priorities fall to the bottom of our to-do list. Keep the following items in mind to help you thrive in every season this year

It can be tempting to let healthy habits slip as colder, holiday-filled months arrive. However, keeping them a priority will help you stay well and reach your goals year-round. The change in seasons and schedules serves as a reminder to reevaluate your approach. Are there any adjustments you need to make to stay successful? Consider swapping out meal prep recipes that include more seasonal produce. Alter your workouts to accommodate fewer daylight hours or different availability. Lasting habits are not kept by looking the same all year long. Instead, they can withstand the necessary changes and adaptations throughout every season of life. Stay healthy this winter by keeping your current habits and goals at the top of your priority list

Unmanaged stress can interfere with keeping healthy habits and suppresses the function of your immune system. While you may not be able to change or fix a stressful situation, learning how to manage your response to it can help you cope and find relief. Choose healthy strategies such as deep breathing, mindful meditation, stretching, or listening to calming music to promote relaxation. As you navigate the hustle and bustle of the season, take time out to acknowledge and manage any stressors along the way.

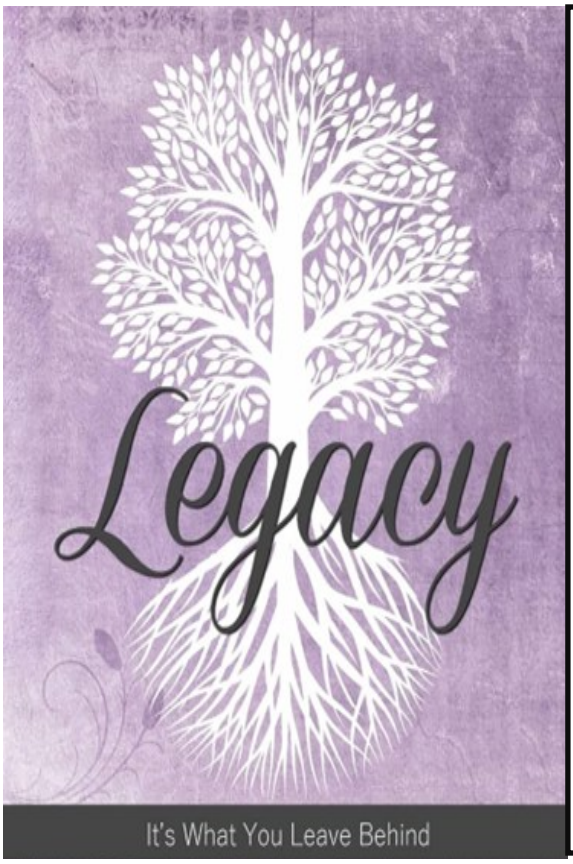
Many things can disrupt a good night's sleep this time of year. From holiday travel to earlier sunsets, it can be challenging to continue a solid sleep routine. Our bodies need adequate, restful sleep to help recover, renew, keep our immune system strong, and stay energized for tomorrow. Keep a consistent sleep schedule and consider establishing a bedtime routine. Your routine can begin around the same time each night and consist of relaxing, screen-free activities to help prepare your mind and body for sleep.

It might be tempting to think you're too busy for doctor appointments this season, but you should still keep them a priority. Whether you need an annual physical, preventive screening, or follow-up for an illness, don't put off routine or necessary healthcare. Keeping your appointments encourages continuity of care, early treatment, and healthier days all year.

Pay attention to the forecast and dress accordingly. Wear layers so you can adjust to the temperatures. Choose moisture-wicking fabrics whenever you are active outdoors to keep sweat from pooling on the skin. Cover your extremities and keep them dry and warm. Wear shoes or boots with good tread and walk carefully to avoid slips on snow and ice. Have warm blankets and clothing on hand at home and in the car in case of an emergency

We may hear it all the time, but washing your hands thoroughly and regularly is one of the most effective ways to prevent the spread of germs. Keep an alcohol-based hand sanitizer handy for those times when soap and water are not available. Avoid touching your hair and face, and cover up your sneezes and coughs. Practice good hygiene habits to keep you and your loved ones safe and healthy this season.

https://www.bewellsolutions.com/staying-healthy-as-the-weather-



A legacy gift is a meaningful way to support the Senior Center for generations to come. By including the Senior Center in your estate plans, you help ensure that future seniors will continue to enjoy programs, services, friendships, and resources that enhance their quality of life. Your commitment not only has emotional rewards but may also offer immediate tax relief or tax relief for your heirs. No donation is too small to help our center. For example, in place of flowers, monetary donations could be made to the Raleigh County Commission on Aging. If we have provided services to you or a loved one, this is a great way to give back as a gesture of thanks. You will also feel the satisfaction of knowing your efforts are positively shaping your community. For more information, contact Ellen Crosier at 304-255-1397.

The Raleigh County Commission on Aging, Inc. (RCCOA) is a nonprofit organization that provides services and supports to seniors to help them maintain their independence to the fullest extent possible. The programs and services of the Raleigh County Commission on Aging, Inc are funded by the WV Bureau of Senior Services, Appalachian Area Agency on Aging, the State of WV, the United Way of Southern WV, and through donations from seniors and their families.

The RCCOA does not discriminate on the basis of race, gender, age, religion, physical or mental abilities, or national origin.

For more information about the programs and services of the RCCOA, please contact our office at 255-1397 or visit us at 1614 S Kanawha St in Beckley. Office hours are Monday through Friday, from 8 AM to 4 PM.

Raleigh County Commission on Aging Board of Directors

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Whether you need to go to the Doctor, do some grocery shopping or would like to see what's happening at the Raleigh County Senior Center, we can get you there. Call us Monday thru Friday at (304) 255-1397 to plan your next adventure!

Commission on Aging
Raleigh County

Where can we take you today?

FAMILY ALZHEIMER'S IN-HOME RESPITE (FAIR) PROGRAM

Caring for someone with Alzheimer's disease or a related dementia can be extremely stressful and family caregivers need a regular break from the demands of the job. To address this need, the FAIR Program was created, building on a similar respite program implemented in sixteen counties from 2002 – 2008 through an Administration on Aging Alzheimer's Disease Demonstration Grant. Funding for FAIR was proposed by Governor Joe Manchin III and passed by the 2006 Legislature. The program began July 1, 2006. FAIR is state-funded, administered by the West Virginia Bureau of Senior Services, and available in all fifty five counties. The respite service is delivered by county aging providers or senior centers.

This program is designed to provide a regular break for caregivers of individuals with Alzheimer's disease or a related dementia. The client in the FAIR program is the unpaid family caregiver. FAIR supplements but does not replace the care provided by the unpaid caregiver. The in-home respite service is provided by a specially trained worker employed by a county aging provider after the care receiver has been determined to be medically eligible. A written diagnosis of Alzheimer's disease or a related dementia from the doctor is required.

The FAIR program provides socialization and stimulation for the individual with dementia through an activity plan developed for that person based on his or her interests and abilities. There is no age requirement allowing services for those under 60. Although a maximum of 16 hours respite is allowed each week caregivers have found this to be extremely helpful.

If you are interested or know of someone who could use this Respite contact Crystal Foley or Jessica Dorsey for further information. It may be possible for you to use this program to help pay for our Adult Daycare Services as well, for more information on the Daycare Services contact Crystal Foley.

FALL WORD SEARCH

H J N I F I P J K R F H R E T
A D M B Z O R U E T F J E Y H
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ACORN
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CANDY
CIDER
FOOTBALL
HALLOWEEN
HARVEST
HAYRIDE
LEAVES
NOVEMBER
OCTOBER
PUMPKIN
RAKE
SCARECROW
SEPTEMBER
SUNFLOWER
SWEATER
THANKSGIVING
TURKEY

October 2026

10am-11:30am History Class With Dave Wynne	Tues & Thurs 10am - 11am EXERCISE Class 12pm-1pm LINE Dancing	YOGA Class Tuesdays 4pm - 5pm Thursdays 5pm - 6pm	1 10am - 11am ARH Stroke Support Group & Garrett -Hospice Music with Amanda	2 10:45am Bingo Fun
5 10am Lori Stacy Home Energy Rebate Application	6 10:30am Back In My Day Route 66 & Other Destinations	7 10:15am Tai Chi 11:00am Bible Study w/ Pastor Eunice Jones	8 10:30am Medicare & Muffin Event With Sean	9 10am - 11am Paint Class 11:00am Pop Corn Day Bingo
12 CLOSED Due To Observance Of Columbus Day	13 10am - 11am Coffee Creations & Donuts By Jan Care 11:00am Surprise Bingo	14 10:15am Fitness Zone 11:00am Bible Study w/ Sandra Milam	15 10:45am Gospel Sing-a-longs With Amanda	1610:15am Tai Chi 11:00am Fall Harvest Bingo
19 Game Time With Yvonne Beckley Healthcare	20 10:45am Monster Mash Bingo	21 10:15am Fitness Zone 11:00am Bible Study w/ Haven & Dora Davis	22 10:15am Back In My Day Southern Food Heritage Tasting 11:00am Music w/Amanda	2310:15am Tai Chi 11:00am Campfire Songs Bingo
26 10am - 11am Paint Class 10:45am Crafty Corner	27 Halloween & Fall Music Bingo With D.J. Steve	28 10:15am Fitness Zone 11:00am Bible Study w/ Pastor Dwight Bright	29 10am - 11am ARH Diabetic Support Group 11am Gospel Music w/ Amanda	30 Costume Party & Birthday Bash Music by David Runion Cake By Melton Mortuary

October Menu 2026

S		Tue	Wed	Thu	Fri	Sat
Milk served with all meals. Menu subject to change due to the availability of foods. **Project Title: Commission on Aging Raleigh County** **Sites: Manor House, Wildwood House, Coal City & Sophia** **Approved by:**_____ (Assistant) Executive Director				1 Taco Soup Tortilla Chips Peas Pears Milk	2 Fish Nuggets Broccoli Carrots WW Bread Pears Milk	3
4	5 Hot Dog Baked Beans Cole Slaw Banana Milk	6 Pinto Beans Collard Greens Stewed Tomatoes Cornbread Mandarin Oranges Milk	7 Spaghetti Tossed Salad WW Bread Peaches Milk	8 Chicken &Dumplings Peas Carrots WW Bread Pears Milk	9 Crab Cakes Carrots Peas WW Bread Mixed Fruit Milk	10
11	12 CLOSED In Observance of Columbus Day	13 Pork BBQ Sandwich Cole Slaw Steak Fries Banana Milk	14 Lasagna Tossed Salad WW Bread Apple Juice Milk	15 Turkey & Dressing Mashed Potatoes Green Beans Roll Pears Milk	16 Chili Tossed Salad WW Bread Mixed Fruit Milk	17
18	19 Pepper Steak Rice Green Beans WW Bread Mandarin Oranges Milk	20 Baked Chicken Sweet Potatoes Peas WW Bread Applesauce Milk	21 Turkey & Cheese Sandwich W/Lettuce & Tomato Tomato Soup Pears Milk	22 Hamburger w/lettuce, Tomato & Onion Oven Roasted Potatoes WW Bun Grape Juice Milk	23 Pork Chop Broccoli Carrots WW Bread Mixed Fruit Milk	24
25	26 Chicken Alfredo Broccoli Carrots WW Bread Mixed Fruit Milk	27 Chef Salad Pears Pudding Milk	28 Pinto Beans Wing Dings Cornbread Coleslaw Peaches Milk	29 Roast Beef Mashed Potatoes Green Beans WW Bread Peach Crisp Milk	30 Salmon Patty Macaroni & Cheese Stewed Tomatoes Banana Milk	31

Commission on Aging
Raleigh County

Phone: 304-255-1397
raleighseniors.org

No eligible participant will be denied a service because of his/her inability or failure to contribute to the cost of a meal.

1614 S. Kanawha St.
Beckley, WV 25801
PHONE: 304-255-1397
FAX: 304-252-9360
EMAIL: rccoa@raleighseniors.org

Commission on Aging
Raleigh County

HELPING SENIORS HOLD ON TO WHAT THEY VALUE MOST…THEIR INDEPENDENCE.

Medicare Corner: Reporting Medicare Fraud and Abuse

If you choose to get your Medicare coverage from a Medicare Advantage plan, it is important to compare your options and pick the right plan for your specific needs and preferences. Plans vary a lot and can change from year to year, so it's a choice you should make carefully and re-evaluate each year

Point 1: Understand how Medicare Advantage compares to Original Medicare.

Original Medicare is the traditional program through the federal government. Most doctors in the country take this insurance. Medicare Advantage plans work with the federal government to provide Medicare benefits.

Point 2: If Medicare Advantage is the right option for you, find a plan that meets your needs.

Ask questions about providers, like: Are my doctors in the plan's network? Which hospitals and nursing facilities by me are in the plan's network? If they are not in network, will the plan still cover me but at a higher cost? Do I need to get a referral from my primary care provider to see specialists?

Ask questions about costs, like: How much are the plan's premium, deductible, and copays? What is the plan's maximum out-of-pocket cost? How much will I pay if I see an out-of-network provider? How do these costs compare to Original Medicare?

Ask questions about prescriptions, like: Does the plan cover my medications? Are there coverage restrictions on those medications? How much will those drugs cost? Is my pharmacy in network?

Ask questions about supplemental benefits, like: Does the plan offer additional benefits not covered by Original Medicare? Are these extra benefits optional or mandatory? What are the costs associated with this benefit? Are there any restrictions or rules I need to follow for this coverage? Would these benefits support my ability to live independently at home and improve my health and wellbeing?

Point 3: Use Medicare's Plan Finder to compare plans and enroll.

Medicare Plan Finder is a tool on Medicare.gov that can be used to compare all Medicare Advantage plans or standalone Part D plans in your zip code. Plan Finder provides information about costs such as premiums and deductibles, drugs included on the plan's formulary, and the star rating of the plan. To use Plan Finder, you will need to go to Medicare.gov and click on the button that says, "Find Plans Now." You can do a general search by continuing without logging in. If you wish to save your results and information, you can log in using your Medicare account. Before enrolling, it's a good idea to call the plan directly to confirm any information you see on Plan Finder, as information may not be completely up to date. You should also contact your health care providers to confirm that they accept the plan.

You can enroll in a plan online on Plan Finder, by calling 1-800-MEDICARE (633-4227), or by calling the plan directly.

Point 4: Watch out for misleading marketing.

Health insurance companies try to reach people in various ways, like television commercials, radio ads, events, mailings, phone calls, and texts. Medicare has rules for companies selling private plans, which are Medicare Advantage or Part D plans. These rules protect people with Medicare from aggressive or misleading marketing. Before you enroll in a plan, make sure you understand its benefits and rules.

Health Insurance Assistance Program (SHIP) to confirm if the plan will cover certain services for you, and make sure that you get everything in writing. Remember that an agent or broker should never pressure or mislead you into joining a plan. They should also never offer gifts to sign up for a plan or say they were sent by Medicare or Social Security. If you feel an agent has pressured or misled you, save all the information, such as an agent's business card, messages, marketing handouts, or other contact details. You should report this to your local Senior Medicare Patrol (SMP) or SHIP. Your SMP or SHIP can help you review the concern and report it to CMS as a potential marketing violation.

Take Action:

Contact your State Health Insurance Assistance Program (SHIP) for help comparing Medicare coverage options in your area.

Contact a Medicare Advantage plan directly to confirm any information you learn from comparing plans. Ask questions about the plan's costs, coverage, and restrictions.

Use Medicare's Plan Finder or call 1-800-MEDICARE (633-4227) to compare plans or enroll in a plan.

Contact your Senior Medicare Patrol (SMP) if you think you have experienced misleading marketing or other violations.