

GRAND VALLEY SENIOR BENEFITS

SPRING NEWSLETTER

SAVE THE DATE

- Mar 10** Daylight Saving Time
- Mar 17** St. Patrick's Day
- Mar 19** Spring Begins
- Mar 31** Easter Sunday
- April 15** Tax Deadline
- April 19** Arbor Day
- May 5** Cinco de Mayo
- May 12** Mother's Day
- May 27** Memorial Day

DID YOU KNOW?

The standard Part B premium amount in 2024 is \$174.70 or higher depending on your income and the annual deductible for all Medicare Part B beneficiaries is \$240.

SPRING CLEANING MEDICINE CABINET

The best way to safely dispose of most types of old, unused, unwanted, or expired medicines (both prescription and over the counter) is to drop off the medicine at a drug take back site, location, or program immediately.

The next National Prescription Drug Take Back Day is April 27th, 2024 - 10AM to 2PM, learn more here: https://www.deadiversion.usdoj.gov/drug_disposal/takeback/takeback.html

HEARD ABOUT THE NEW PRESCRIPTION DRUG LAW?

A new prescription drug law went into effect January 2023. This law improves access to affordable treatments and strengthens the Medicare program. Here's what the law means for you:

- More vaccines are covered.
- Lower costs for insulin.
- Lower out-of-pocket drug costs.

Medicare will negotiate to get you lower drug prices. If you have drug costs high enough to reach the catastrophic coverage phase in your Medicare drug coverage, you won't have to pay a copayment or coinsurance, starting in 2024. **Learn more at:** <https://www.medicare.gov/about-us/prescription-drug-law>

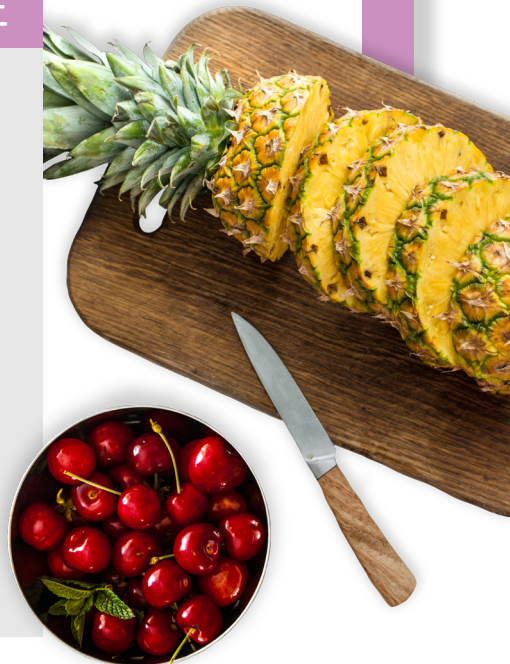
PINEAPPLE UPSIDE DOWN DUMP CAKE

INGREDIENTS

- 2 (20 oz.) cans diced pineapple, drained
- 1 box yellow cake mix
- 1 (10 oz.) jar Marachino cherries, drained
- 3/4 cup butter, sliced
- 1/2 cup brown sugar

DIRECTIONS

Preheat oven to 350°F. Lightly spray a 9×13-inch pan with cooking spray. Pour drained pineapple and cherries into the pan, sprinkle with brown sugar. Sprinkle dry cake mix evenly over pineapple. Cover cake mix with butter pieces. Bake for 25 to 30 minutes.



TIPS FOR GROWING AN HERB GARDEN INDOORS

1. If your indoor herb garden will have partial shade, consider growing chervil, cilantro, mint, parsley, tarragon, and thyme.
2. If your indoor herb garden is in a sunny spot or you have an artificial light set up, choose basil, oregano, and rosemary.
3. Keep plants in a well-draining container and make sure to monitor the soil's moisture often. Allow the top 1 to 2 inches of the soil to dry out before watering.
4. Make sure your herbs are consistently getting 4 to 6 hours of sunlight.
5. Rotate your plants every couple of days so that the leaves receive light evenly.
6. Harvest frequently to encourage your herbs to produce more leaves for you.



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