



SUMMER NEWSLETTER

— 2023 —

Are you Prepared?

Cancer screenings are covered by Medicare as a preventative service! Make sure to talk to your doctor about scheduling your screenings — and don't forget to ask your doctor to assess you for melanoma and skin cancer.

[medicare.gov](https://www.medicare.gov)

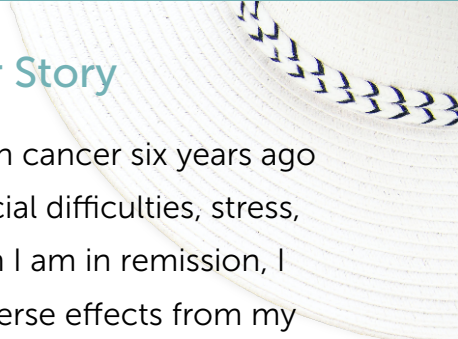
Cancer Expenses

- In 2016, there were 1,685,210 new cancer cases
- 60% of these cases were individuals aged 65+
- 85% of clients hit their maximum out-of-pocket when diagnosed with Cancer

For more information on Cancer and Cancer expenses, please visit

[cancer.org](https://www.cancer.org)

Cancer Survivor Story



"Being diagnosed with cancer six years ago has caused me financial difficulties, stress, and anxiety. Although I am in remission, I continue to have adverse effects from my treatment. I spend 2-4 days per week in a doctor's office and also had to be treated out of state twice in 2019. Each time I go out of state I am spending a minimum of \$1500. While we are fortunate my husband is well enough to work which helps pay for my medical bills and expenses, it's still a financial strain on us. I am still not able to return to work so we are a one-income family. I don't know how others who don't have a moderate salary are able to afford it. If the ACA (Affordable Care Act) goes away, I will likely be penalized for my preexisting conditions. I am so nervous that my medications, physical therapy, treatments, and diabetic supplies will not be covered.

~Leukemia Survivor,
Alaska

<https://www.fightcancer.org/sites/default/files/National%20Documents/Costs-of-Cancer-2020-10222020.pdf>



SAVE THE DATE

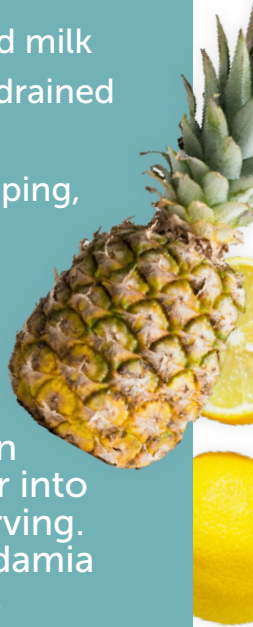
- June 18** Father's Day
- June 21** Summer Begins
- July 4** Independence Day
- Sep 4** Labor Day
- Sep 10** Grandparents' Day
- Sep 11** Patriot Day
- Sep 23** Summer Ends

CREAMY PINEAPPLE PIE

- 1 can (14 oz.) sweetened condensed milk
- 1 can (8 oz.) crushed pineapple, undrained
- 1/4 cup lemon juice
- 1 carton (8 oz.) frozen whipped topping, thawed
- 1 graham cracker crust (9 in.)

DIRECTIONS

Combine milk, pineapple and lemon juice; fold in whipped topping. Pour into prepared crust. Refrigerate until serving. If desired, serve with toasted macadamia nuts and crushed pineapple on top.



Did You Know?

The federal Low-Income Home Energy Assistance Program (LIHEAP) helps adults 65 and older who have limited incomes cover the cost of air conditioners and utility bills. To reach your state's LIHEAP program, call 1-866-674-6327. Read more by visiting the [Office of Community Services](#) website.

You can also see what other free or reduced cost benefits you may qualify for in your state by going to

benefitscheckup.org

Best Summer Veggies to Grow

Here are the best summer vegetables to grow, along with some tips to get you started!

1. Cucumbers - harvest these crunchy veggies frequently to encourage new growth.
2. Tomatoes - plants will do best when caged, staked, or trellised to support its fruit.
3. Peppers - whether spicy or mild, make sure to stake or cage these veggies to keep them from bending or breaking before you can harvest.
4. Green Beans - utilize the space-saving trellises or containers to maximize how many of these beauties you can grow.



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