



## MEDICARE OPEN ENROLLMENT: NOW TO DECEMBER 7

During this enrollment period, you can...

- Change from Original Medicare (with or without a Medicare drug plan) to a Medicare Advantage Plan.
- Change from a Medicare Advantage Plan back to Original Medicare (with or without a Medicare drug plan).
- Switch from one Medicare Advantage Plan to another Medicare Advantage Plan.
- Switch from a Medicare Advantage Plan that doesn't offer drug coverage to a Medicare Advantage Plan that offers drug coverage.
- Switch from a Medicare Advantage Plan that offers drug coverage to a Medicare Advantage Plan that doesn't offer drug coverage.
- Join a Medicare drug plan.
- Switch from one Medicare drug plan to another Medicare drug plan.
- Drop your Medicare drug coverage completely.



## EVENTS:

### PEER SUPPORT AND INDEPENDENT LIVING SKILLS:

- **Cooking Class & Healthy Living:** Happening the 1st Monday of the Month at 10 am. Are you looking to develop your cooking skills and incorporate healthy living? Plan on attending our Cooking and Healthy Living Class! Join us for our cooking class with our Chef Adonis while learning tips for healthy living from our health advocate, Brina. Our class will involve hands on learning with affordable, nutritious, easy to do meals. Join us for a culinary experience.
- **Stretch and balance class:** Happening Wednesdays at 11:30 AM. This is for all levels and abilities. The class will include both seated and standing stretches. Health benefits of this class:
  - Breathing practices to reduce stress
  - Balancing techniques to keep us steadier and stronger on our feet

Please call the center to reserve your seat at (305) 453-3491



## HELPFUL ORGANIZATION AND RESOURCES IN THE COMMUNITY

For free and Unbiased information about Medicare please contact:  
SHINE (Serving Health Insurance Needs of Elders)

This free program is offered by the Florida Department of Elder Affairs and the Alliance for Aging. Specially trained volunteers in Miami-Dade and Monroe counties can assist you with your Medicare, Medicaid and health insurance questions by providing one-on-one counseling and information. SHINE services are free, unbiased and confidential.

To find out more information about this program, please contact the Alliance for Aging:

English: 305-670-6500, extension 11256 | Español: 305-670-6500, extension 11276.

<https://allianceforaging.org/consumers/shine-resources?fbclid=IwAR0YtkkdCGMbdu4miovEJx7zZyaINVdKwzB5MFeZOx5jAdBcGGgj0hISPz0>

you can also call our local SHINE volunteers in our Center at (305)453 3491

Find your local food bank at [feedingamerica.org/find-your-local-foodbank](https://feedingamerica.org/find-your-local-foodbank).

Different food banks have different procedures. Call first to check your food bank's requirements

Call 211 for community resources and referrals.

Or visit the national [211 Call Center Search website](https://www.211.org/) to find the 211 information and referral center nearest you

Visit [auntbertha.com](https://www.auntbertha.com) for other local resources.

Search for free or reduced cost services like medical care, food, job training, and more.

## Employment Service + Support

Self-Advocacy

- Gain communication skills to advocate
- Increase knowledge of your rights, understanding employment policies/rights and responsibilities
- Setting career goals
- Career exploration
- Resume building
- Job search
- Referrals to employment support
- Job interview skills
- Partnership with vocational rehabilitation and other employment supports
- SSA Benefits Counseling and Ticket To Work Orientation (WIPA services, Community based program from SSA)
- Personalized benefits counseling
  - Computer classes
  - Cooking classes
  - Accommodations
  - Assistive Technology, devices, Loan wheelchairs and other equipment
- Orientation about benefits and programs such as: TTW, SSDI, SSI, Medicare, Medicaid etc.
- Help identify needs & make referrals to explore employment options, identify local service providers and access community resources

### Contact Us:

Keys Advocacy Center d/b/a Center for Independent Living of the Keys

**Mail:** 103400 Overseas Hwy Ste 243  
Key Largo FL 33037

**Office:** 305 453 3491

**Cellphone/text:** 786 377 4001

**Fax:** 305 453 3488

**Email:** [cilk@cilofthekeys.org](mailto:cilk@cilofthekeys.org)

**Website:** [www.cilofthekeys.org](http://www.cilofthekeys.org)  
(contact form)

**Messenger:** Like us on Facebook