

MEDICARE OPEN ENROLLMENT

SHINE can help! Call soon to schedule your appointment for October 15 through December 7. Medicare Open Enrollment is quickly approaching. Premiums, deductibles, co-pays, and the drugs covered by your plan can change significantly every year! If you are enrolled in a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO/ PPO), come meet with our SHINE counselors on Monday, Wednesday or Thursday to go over any changes and make sure you're in the right plan for 2026.

Call the Senior Center at 508-229-4453 to make an appointment. When you call, wait for the prompt to leave a message on the dedicated open Enrollment Line. Please speak clearly and slowly. **Appointments fill up fast, don't delay!**

HEALTHBEAT

Nurses Clinic: Fridays 10:00AM –3:00PM (Friday, October 3rd 10:00-1:30 PM)

Colonial Gardens Clinic: Friday, October 3rd 2:00-3:00 PM

Please see below for details on the flu clinic, it's important everyone gets their flu shot!

See you soon, Leslie

FLU CLINIC *Southborough Residents Only* Wednesday, October 8th, 10:00AM-12:30PM

Join us for the Southborough Health Department's annual FLU CLINIC hosted in the Senior Center!

CDC and ACIP preferentially recommend the use of higher-dose flu vaccines over standard-dose flu vaccines for people 65 years and older. This recommendation is based on a review of available studies which suggests that, in this age group, these vaccines are potentially more effective than standard dose flu vaccines. As we age our immune system weakens, and the high dose flu vaccine increases our immune response when 65+ individuals encounter the influenza virus. The flu virus can lead to significant complications such as pneumonia, but complications increase even more for seniors and children. If you have any questions or concerns regarding influenza or the flu vaccine you can contact the Health Department at 508-281-8983 or Nurse Leslie during her office hours on Fridays.

The form to fill out for the clinic this year will be in the Senior Center Kitchen, Senior Center Front Desk & Health Department; please fill out and return to Health Department.

Please provide a front and back copy of your primary insurance & secondary insurance cards, with annotation on which is your primary insurance card. You can also go online to register, at <https://tinyurl.com/southborofluclinic>. The time on your registration is the time of your appointment, there will be no walk-in appointments available at this time. If you fill out the form, the Health Department will call to schedule a time with you.

This flu clinic is for Southborough Residents Only.