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I am pursuing a new caterer for the spring, one recently approved by the Alumni Center. My current plans are to continue rotating between Klein’s Catering, Mexico Joe’s, and Celebrations Catering at the Alumni Center, and meeting at Meditations for the Christmas dinner and joint meeting with OLLI.

Your suggestions and feedback are welcomed. Clem Ward

November 1 - 16 will be the annual benefits enrollment for under 65 retirees health; and dental and vision benefits. Watch your mail for a letter with specific details. There will be no increase in premiums for under 65 medical insurance nor the vision insurance. There will be an increase in the dental premium.

For those retirees age 65 or older, Part D Medicare prescription insurance enrollment period is October 15 through December 7. This date is set by the federal government for all Medicare persons. The Medicare supplement plan allows for plan changes at any time. As a reminder, the plan premiums for the supplement plan are renewed in the spring. BlueCross BlueShield will notify retirees directly of any premium changes for the supplemental plan, typically in March. Watch your mail for additional information.

The OSU Benefits Fair will be held Tuesday, October 16 from 9:30 am – 1:00 pm, Engineering South Lawn. Retirees are welcome to attend.

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Aging Advocates Program on October 4 Focuses on Caregiving

On Thursday, October 4, Aging Advocates, a Stillwater group, will be sponsoring a free event from 6-8 pm at Stillwater’s First Christian Church, 411 West Mathews Ave. A light supper is included as part of the program as well as care services for those who might need to take a care recipient with them. The discussion topic for the workshop is “Mindfulness: Supporting Your Family.”

Mindfulness focuses on the caregivers’ thoughts and feelings in response to their caregiving situation. The goal of the Aging Advocates is to provide information and help finding resources for caregivers in Stillwater. Registration for the program is encouraged and can be done by calling the LIFE Center at 405-377-0978.

Making the Most of Retirement

The October 17th Making the Most of Retirement session will be the first moderated discussion group, “Estate Planning Tips.” The session is from 1:30 – 2:30, held in the 3rd Floor Reception Area at the Stillwater Public Library. Individuals who wish to do some reading before are directed to the following Internet-based articles:

3 “The Benefits of a Revocable Living Trust vs. a Will” at https://www.thebalance.com/the-benefits-of-a-revocable-living-trust-vs-a-will-3505405