



Spanish Fork Senior Center
167 West Center

“Surround yourself with People who care”

As the holidays approach and the year is quickly fading away, our hearts are drawn out in fond loving memories of all of our beloved friends at the senior center. What a blessing, that this year has gone by fast, for some... and not fast enough for others. We've all missed not being together and sharing joyous laughter, not to mention the wonderful food and treasured time together. Let's all be ever mindful of others around us and their happiness and needs. Many are needing a loving kind act of "Secret Santa," or a note just to remind them that they are loved and treasured or even a service of a box of "goodies." The simplest gestures, extended in genuine kindness, no matter how insignificant we may think...usually is just the thing that warms the heart, melts our discouragement and softens a soul. The holidays are the time of giving to others in genuine, "intent." At our age our needs, wants and expectations are of the most elementary. The old saying of "all I want for Christmas, is my family to be healthy and happy,," is very real and dear to our hearts. As our family from the senior center, we send out loving prayers of sincere "Happy Holiday" cheer! Please let us know if you are in any kind of need... We are always here. From the deepest part of our hearts we truly and sincerely want you to know that our senior center family, will forever be there to

“Surround you with people who Care”

Our meals are provided by Mountainland Associations of Governments. Like any program, they depend on the suggested donations they receive, in order to continue to provide meals for seniors in Utah County. All donations are greatly appreciated, whatever amount people have the means to donate. Each of these healthy, well-balanced meals cost approximately, \$6 a meal. The meal is provided to seniors 60 years of age or older and/or the spouse of someone 60 years of age and older for a suggested donation of \$3.00, each. The donation can be mailed back to the Mountainland Dept. of Aging office. All donations received help Mountainland Dept. of Aging, extend nutritional benefits to as many local seniors as possible. Please make checks payable to: Mountainland Dept. of Aging 586 East 800 North Orem, UT 84097. Any further questions related to seniors, contact information: 801.229.3804

A reservation will be required, Monday thru Thursday. "Pick-up" times are from 11:30am-12:30pm.

**PLEASE KEEP IN MIND TO CALL THE CENTER SOON, WITH YOUR
RESERVATIONS FOR THE WEEK OF JANUARY 4TH 2021**

Reservations need to be made by 12:00 (noon) for the following day.

To place a reservation please call..801.798.5015

A reservation for Monday's meal, will need to be made Thursday by noon

We will offer this service as of now. Ensure will be available on Wednesday's. 9am- 12:00 noon.

Round the World

Robert Stockton

ACROSS

- 1. It's green in your garden?
- 5. Fit
- 10. Part of a Hawaiian feast?
- 14. "___ Plata," Montana motto
- 15. Swung like a sail
- 16. Spanish nuts?
- 17. Kitty Litter tycoon Edward
- 18. Karmic Sitcom set in Camden County
- 20. Put on a throne
- 21. Poses
- 22. Trouble
- 23. Famous musical trio
- 25. Part of a Hawaiian feast
- 27. Greens from the garden
- 30. Says without sound
- 34. 1986 Janet Jackson gold record
- 37. Gold records, e.g.
- 39. Spree
- 40. Word with blond or wood
- 41. "The Honeymooners" duration as a TV series
- 44. Deli selection
- 45. The fellow in front of the keyboard
- 47. Trans-Siberian Railroad stop
- 48. Award earned by 50 across for "Milk"
- 50. See 48 across
- 52. Follower of Kafka?
- 54. Matches or catches
- 56. Reveal
- 60. Zulu or Xhosa
- 63. Opening for Romeo
- 66. Wells' Weena, for one
- 67. Nurture the next generation

1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
17					18					19				
20					21					22				
23				24				25	26					
			27			28	29		30			31	32	33
34	35	36				37		38			39			
40				41	42					43		44		
45			46		47					48	49			
50				51			52		53					
			54			55			56			57	58	59
60	61	62				63	64	65			66			
67						68					69			
70						71					72			
73						74					75			

© 2009

- 69. Google heading
- 70. Fleming and Thorpe
- 71. Amber alternative
- 72. "Under Siege" star
- 73. He and she
- 74. Fashion
- 75. The last word of the year, perhaps

DOWN

- 1. Pierced
- 2. Maine college town
- 3. Pitiful source for a silk purse
- 4. It checks whether you look right
- 5. Deliveries protected by the Federal Gov.
- 6. Some mattresses
- 7. Place for a mattress
- 8. Superlatively slight
- 9. Home of N. Amer.'s largest mall

- 10. Begin an elopement
- 11. Sit for a fake photo?
- 12. Part of a plot
- 13. Shed
- 19. Prefix with vision or pop
- 24. Deli choice
- 26. Childish retort
- 28. Lecturer's sound
- 29. Malady
- 31. Iron age adornment
- 32. Georgetown player
- 33. Pun follower
- 34. Result of rocking and rolling
- 35. AARP part
- 36. George's great big peanut-loving poochie
- 38. Lecturer's sounds?
- 42. Bar ___
- 43. Part of speech for 43 down

- 46. Has a great mattress?
- 49. Famous waterways hidden within this puzzle
- 51. 62 down, in Dijon
- 53. Veep famous slipping on a potatoe?
- 55. Neighbor of Fiji
- 57. Poem of lament
- 58. James T. Kirk, for one
- 59. Two-ply cotton thread
- 60. Lad from Liverpool
- 61. How you might spell relief
- 62. Yellow-striped billiards ball
- 64. "Rocky Horror Picture Show" icon
- 65. Digs for 60 down
- 68. A fifth of "Hamlet"

This puzzle was created using CrossFire (<http://beekeeperlabs.com/crossfire>)

Are you a Senior who needs help. . .



Shopping?

Getting to the Doctor?

Writing Letters?

Reading Mail?



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- ◆ Be age 55 or older
- ◆ Commit to serving 15+ hours per week
- ◆ Be income eligible

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Spanish Fork Senior Center, Spanish Fork, UT

A 4C 05-1083

A RIVER RUNS THROUGH IT

Jan Carlisle



There is a river that runs through each of us no matter where we came from. It is the river of the heart, the heart's memories, desires, hopes and dreams; of what has passed and what we hope for the future. It is like a ribbon unfolding from swirls of events that binds us to the past and gives such promise for the future.

For me, one of those rivers is Christmas; a time of love and yes, memories. It is but one stream of the river of life but it threads through the years with laughter and tears. Thinking of past Christmases is like marking time as we recall the years that have flown by like the rushing waters of a stream. When we were young and surrounded by siblings, parents, grandparents, uncles, aunts and cousins, the chaos of Christmas Eve or Christmas Day was magical. We were surrounded by all of those who meant so much to us and who we imagined, in our arrogant youth, would always be with us. Later, when we became parents and began our own traditions of the holidays, wasn't it only yesterday that little hands reached to snatch a cookie from a place before dashing away with peals of giggles?

Our families change over the years; some new members are added and others passed from this home to another but the memories remain. The laughter, the faces, the stories told and retold when we gather together as a family, especially during the Christmas Season are an integral part of our lives. They never get old and they keep the memories of those who are no longer with us, alive and it continues to pass our family history down to the next generation, where the river continues to flow through the years.

Perhaps no other holiday binds us together as much as the Season of Christmas because those happy or sad times are part of what we are. Those memories, those small streams merge into the memories of others and flow into a larger and larger river that marks the passage of time.

They are there, those memories and it only takes the first whiff of cinnamon and other spices to bring them all rising to the surface of our minds. Favorite recipes and whispered secrets are passed between us and a sense of anticipation is in the air, especially for the young and the young at heart. I can still hear the voice of my grandmother who would share the tales from her youth of how simple the gifts were when she was a child. I hope my great grandchildren will one day recall my stories and cherish them as I do those told to me by generations past. Their words are remembered which I'm sure would surprise them.

Silent Night and O Holy Night drifts on the chilled air along with *Rockin' around the Christmas Tree* as the generations gather to celebrate Love; the love of our beliefs, the love of one another, the love for our families and friends and our hope for the future. It is the time of year that we pause and reflect on what is important in our lives and how best to keep the years that have passed alive for the next generation.

One of my all time favorite movies is *A RIVER RUNS THROUGH IT*, so I will leave you with a quote from the movie and I wish all of you a wonderful Christmas and may each of you be surrounded with love.

"Eventually, all things merge into one, and a river runs through it. The river was cut by the world's great flood and runs over rocks from the basement of time. On some of those rocks are timeless raindrops. Under the rocks are the words, and some of the words are theirs. I am haunted by these waters."



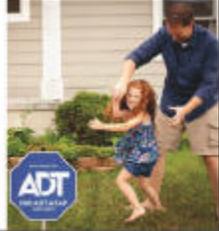
Give Yourself Peace of Mind with an Advance Health Care Directive

Life is full of surprises. Some are wonderful, like an unexpected phone call from a long-lost friend. Other surprises though, like a sudden illness or a pandemic, can be cause for worry. One way to ease these worries is to make sure we are prepared for what comes our way. Having an advance health care directive is a great way to make sure you are prepared for illness or incapacity. A health care directive is a document that allows you to nominate an agent to make health care decisions on your behalf in the event you are unable to make them for yourself. There are many benefits to having a health care directive, including:

- Choosing your decision maker and specifying what decisions they can make for you;
- Expressing your wishes for end-of-life care; and
- Avoiding a guardianship proceeding.

Make sure you select someone you trust as your agent, and discuss your wishes and preferences with them in advance. Also, be sure to give a copy of your directive to your healthcare providers so they are aware of your wishes. You are free to revoke or change your directive at any time if your preferences change.

You can get started on your healthcare directive by visiting <https://ucoa.utah.edu/directives/> for a copy of the health care directive form as well as additional information on filling it out. Remember, a health care directive is not a Do Not Resuscitate (or POLST) order. Give yourself peace of mind, and complete your advance health care directive today.

	 <p>“Honoring Lives, Cherishing Memories”</p> <p>Compassionate Service, Care & Love ...When It Matters Most</p> <p>“Your Hometown, Family Owned, Full Service Funeral Home”</p> <p>187 S Main Spanish • Fork, UT • 801-798-2169 587 South 100 West • Payson, UT • 801-465-3846</p> <p>www.walkermemorials.com</p> <p>Stop by to pick up your FREE Planning Guide!</p> 	 <p>“OUR BUSINESS IS GOING PLACES”</p> <p>801-465-3645 801-754-5409</p> <p>UPCOMING TOURS:</p> <p>ALASKA CRUISE 2020 BRANSON 2020 2021 EASTERN FALL FOLIAGE CRUISE CALL FOR BROCHURE 801-465-3645 TOURS OPEN TO ALL SENIORS AND FRIENDS</p>
	<p>SPREAD THE WORD A Thriving, Vibrant Community Matters</p>  <p>SUPPORT OUR ADVERTISERS</p>	<p>ADT-Monitored Home Security</p> <p>Get 24-Hour Protection From a Name You Can Trust</p> <ul style="list-style-type: none">• Burglary• Fire Safety• Flood Detection• Carbon Monoxide   <p>ADT Authorized Provider SafeStreets 1-855-225-4251</p>



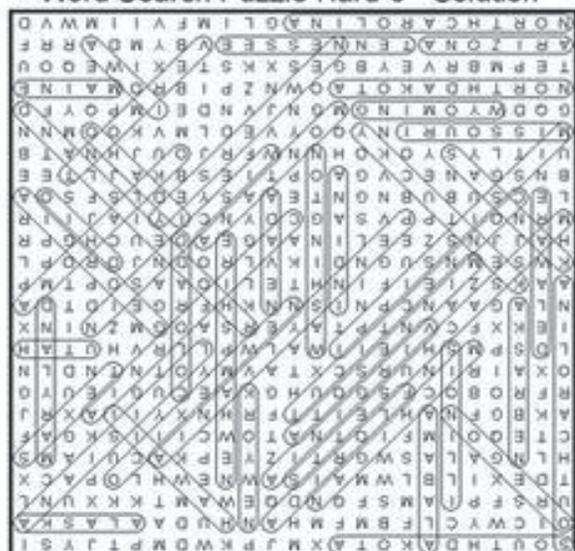
Word Search Puzzle Hard-5



Word List - "US States"

- | | | |
|-------------|----------------|----------------|
| Alabama | Louisiana | North Dakota |
| Alaska | Maine | Ohio |
| Arizona | Maryland | Oklahoma |
| California | Massachusetts | Oregon |
| Colorado | Michigan | Pennsylvania |
| Connecticut | Minnesota | Rhode Island |
| Delaware | Mississippi | South Carolina |
| Florida | Missouri | South Dakota |
| Georgia | Montana | Tennessee |
| Hawaii | Nebraska | Texas |
| Idaho | Nevada | Utah |
| Illinois | New Hampshire | Vermont |
| Indiana | New Jersey | Virginia |
| Iowa | New Mexico | Washington |
| Kansas | New York | Wisconsin |
| Kentucky | North Carolina | Wyoming |

Word Search Puzzle Hard-5 - Solution



www.freepuzzles.ws

Recipe of the Month

Merry Christmas Holiday Cheer

Yummy Cheeseball

1-50z. jar Kraft Roka Blue Cheese
 2-5oz. jars Old English Sharp cheese
 4-3oz. pkgs cream cheese 2 T. grated onion
 1 teas. Worcestershire sauce
 Mix well in a electric mixer. Chill, until firm.
 Next, form into 2 small balls
 or logs. Finely chop up parsley or pecans (your preference).
 Sprinkle on a sheet of wax paper, then put the log/ball
 in the middle.
 Using the edges of the wax paper,
 roll the cheese around, until cheese
 is lightly covered. Chill until served.



Green Onion Cheeseball

1-16oz. Cream Cheese softened
 2 C freshly grated sharp cheddar cheese
 1 teas. Worcestershire sauce
 1 teas. hot pepper sauce
 1 teas. dried parsley flakes
 1/2 teas. garlic powder
 1/2 teas. dried oregano leaves
 Dash freshly ground pepper
 2/3 C pecans, finely chopped
 Mix all ingredients except, pecans.
 Chill, then form into shape you desire.
 Roll in pecans, chill. ENJOY!!



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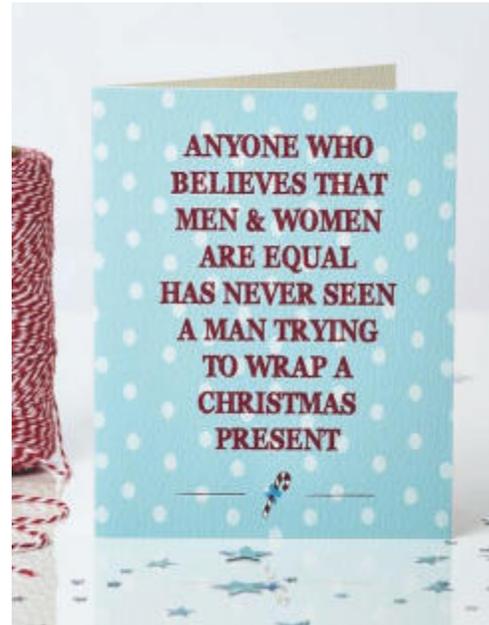
Forgiveness Flour

By Marguerite Stewart

When I went to the door, at the
whisper of knocking, I saw

Simeon Gantner's daughter, Kathleen, standing there, in her shawl and her shame, sent to ask "Forgiveness Flour" for her bread. "Forgiveness Flour," we call in our corner. If one has erred, one is sent to ask for flour of his neighbor. If they loan it to him, that means he can stay, but if they refuse, he had best take himself off. I looked at Kathleen... What a jewel of a daughter, though not much like her father, more's the pity. "I'll give you flour," I said, and went to measure it. Measuring was the rub. If I gave too much, neighbors would think I made sin easy, but if I gave too little, they would label me "close." While I stood measuring, Joel my husband, came in from the mill, a great bag of flour on his shoulder, and seeing her there, shrinking in the doorway, he tossed the bag at her feet. "Here, take all of it." And so she had enough for many loaves, while I stood measuring.





All in fun... we all need a good laugh. MERRY CHRISTMAS!!

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Spanish Fork Senior Center, Spanish Fork, UT

D 4C 05-1083

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>DECEMBER 2020 Menu</i></p>	<p>1 Rigatoni Pasta with Meat Sauce (25) Fresh Baked Garlic Roll (15) Seasoned Green Beans (02) Fresh Baked Cookie (67) Fresh Local Apple (28)</p>	<p>2 Black Angus Meat Loaf (3) Garlic Mashed Potatoes & Gravy (27) Roasted Corn (14) Fresh Baked Roll (15) Orange (22)</p>	<p>3 Three Bean Beef Chili (3) Garden Green Salad (2) Corn Bread (28) Baked Fruit Crisp (67)</p>	
<p>7 Swedish Meatballs (39) Rice (21) Carrots (06) Pears (14) Fresh Baked Roll (16)</p>	<p>8 Corn Chowder (22) Green Beans (11) Cinnamon Apple Sauce (14) Fresh Baked Roll (16)</p>	<p>9 Homemade Chicken Pot Pie (14) Fresh Baked Biscuit (25) Garden Green Salad (02) Apple Crisp (28)</p>	<p>10 Sweet & Sour Chicken (30) Steamed White Rice (21) Stir Fried Vegetables (12) Fruit Cocktail (8) Fresh Baked Roll (15)</p>	
<p>14 Country Fried Steak (4) Mashed Potatoes & Gravy (27) Mixed Vegetables (12) Fresh Baked Roll (15) Cottage Cheese & Fruit (12)</p> <p><u>BE SURE TO CALL IN</u></p>	<p>15 Teriyaki Chicken Bowl (08) Steamed Brown Rice (21) Fresh Steamed Broccoli (04) Orange (22) Fresh Baked Roll (15)</p> <p><u>THIS WEEK FOR LUNCH</u></p>	<p>16 Cheesy Beef Pasta Bake (19) Seasoned Peas (02) Fresh Garlic Roll (15) Cinnamon Applesauce (14)</p> <p><u>RESERVATIONS</u></p>	<p>17 Hearty Beef and Vegetable Stew (14) Fresh Green salad (2) Fresh Cornbread(33) Fresh Local apple (28) Cookie Bar (67)</p> <p><u>FOR MON JAN 4TH 2021</u></p>	
<p>CLOSED ALL WEEK</p>				
<p>CLOSED ALL WEEK</p>				<p>Low fat milk (12) is provided with each meal</p> <p>Numbers in parentheses represent carbohydrate count</p>

DECEMBER Birthdays

12/1 Lynn Jones	12/15 Shirley Oberg
12/1 Alberto Barragan	12/17 Beverly Schofield
12/3 Shelly Erickson	12/17 Jane Thorpe
12/3 Linda Ore	12/17 Ann Dart
12/4 Kathleen Andrus	12/ 17 Dawna Larson
12/4 Evelyn Odermatt	12/18 Lois Durfee
12/5 Janet Glazier	12/21 Lynn Odermatt
12/5 Tommy George	12/23 Lester Charlesworth
12/6 Bliss Moran	12/24 Glenda Lemon
12/6 Linda Turner	12/26 Lloyd Nilson
12/8 Jarit Pitochelli	12/27 Chad Argyle
12/10 Melba King	12/27 Neva Christensen
12/12 Jerry Hanson	12/28 Pam Watson
12/13 Anne Peterson	12/29 Kay Baker
12/13 Mechelle Wride	12/31 Joanne Burton

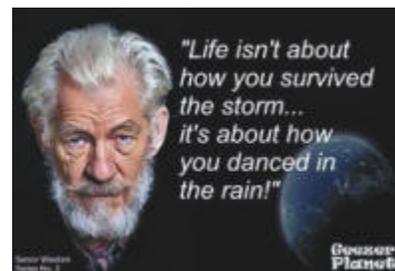
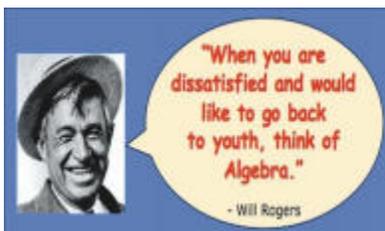


"The Old Days" Grandpa was telling his young grandson what life was like when he was a boy. "In the winter we'd ice skate on our pond. In the summer we could swim in the pond, and pick berries in the woods. We'd swing on an old tire my dad hung from a tree on a rope. And we had a pony we rode all over the farm." The little boy was amazed, and sat silently for a minute. Finally he said, "Granddad, I wish I'd gotten to know you a lot sooner!"

"Three Senior Pals" Three seniors are out for a stroll. One of them remarks, "It's windy." Another replies, "No way. It's Thursday." The last one says, "Me too. Let's have a soda."

"Hearing Better Now" An elderly man was having hearing problems and went to see a specialist. The doctor fitted him with some hearing aids that brought his hearing back to full strength. After a few weeks the man came back to make sure the new equipment was working properly, which it was. The hearing specialist said, "It all seems perfect. Your family should be delighted you can hear everything now." "Oh no, the man responded. "I haven't told any of them. I just sit quietly, listening carefully. I've changed my will four times."

"The Game" "On an overseas flight, a lawyer and an older man were in adjoining seats. The lawyer asked the senior if he'd like to play a little game. The older man was tired, and he told the lawyer he only wanted to sleep. But the lawyer insisted the game was a lot of fun. "Here's how it works," he said. "I'll ask you a question. If you can't come up with the answer, you have to give me a dollar. Then it's your turn to ask me one. But if I can't answer it, I have to give you \$20." The senior figured if he just got this over with, maybe he could get some sleep. So he agreed to play. The first question from the lawyer was "How far apart are the earth and the moon?" The senior stayed completely silent, reached for a dollar, and gave it to the lawyer. Then he said, "My turn. What walks upstairs backward and comes downstairs forward?" The lawyer was stumped. He thought and thought. He tried to remember all the riddles he knew. He searched every corner of his brain. He even cheated and asked the flight attendants and other passengers. Finally he gave up. He woke up the older man and gave him a twenty. The senior stuffed the twenty in his coat and went immediately back to sleep. The lawyer couldn't stand it. He woke up the older man and said, "I have to know. What walks upstairs backward and comes downstairs forward?" The senior got out his wallet, gave the lawyer a dollar, and went back to sleep.



Reporting fraud helps everyone – and now it’s easier to do

October 22, 2020

by Monica Vaca -Associate Director, Division of Consumer Response and Operations, FTC

You can help the FTC and its partners fight fraud in your community — and you don’t even need to wear a superhero cape (unless you want to). Your story is your superpower. When you tell the FTC about frauds, scams, and other kinds of bad business practices, you’re helping the FTC and our law enforcement partners spot and stop scams. To make it easier, the FTC just launched [ReportFraud.ftc.gov](https://www.reportfraud.ftc.gov) — a new version of the FTC’s consumer reporting website.

By following a few short steps on [ReportFraud.ftc.gov](https://www.reportfraud.ftc.gov), your report is instantly available to more than 3,000 federal, state, and local law enforcers across the country. After you tell us what happened, you’ll get advice from [ReportFraud.ftc.gov](https://www.reportfraud.ftc.gov) on what you can do next to recover and protect yourself against fraud. Want to see how it works? Watch this “How To” video.

Why report fraud? Because your report can make a difference. We use reports like yours to investigate, bring law enforcement cases, and alert people about what frauds to be on the lookout for so they can protect themselves, their friends, and family. The FTC also uses reports to share data about what is happening in your community. You can check out what is going on in your state or metro area by visiting [ftc.gov/explore data](https://www.ftc.gov/explore/data).

Help us spread the word. By encouraging people to tell the FTC about their experience in English at [ReportFraud.ftc.gov](https://www.reportfraud.ftc.gov) and in Spanish at [ReporteFraude.ftc.gov](https://www.reportefraude.ftc.gov) you’re helping fight fraud in your community. Thank you — and keep up the good work, superheroes!

Dear Marci,

I hear that I can change my Part D prescription drug coverage this fall if I would like. My Part D plan has worked fine for me this past year, but I still want to look at my other options. How do I use the Medicare.gov Plan Finder tool to compare Part D plans? - Grace (Richmond, VA)

Dear Grace,

Yes, it is true that you can make changes to your coverage, including your [Part D plan](#), during [Fall Open Enrollment](#), which spans October 15 through December 7 of each year. Changes made during Fall Open Enrollment will be effective January 1 of the following year. Part D plans may change their costs and formularies (list of covered drugs) from year-to-year, so it is important to review your current plan and Annual Notice of Change to learn if your premium, deductible, or cost-sharing will change and whether your drugs will still be covered next year.

Medicare Plan Finder is an online tool at www.medicare.gov that can be used to compare stand-alone Part D plans or Medicare Advantage Plans. Plan Finder provides information about costs, which drugs are included on the plan’s formulary, and the [star rating](#) of the plan.

To use Plan Finder, follow these steps:

Go to www.medicare.gov and click on the button that says “Find 2021 Health and Drug Plans.”

You can do a general search by clicking the “Continue Without Logging In” button. If you wish to save your results and information, you can log in using your My Medicare account.

Next, you can choose whether you are looking for a Medicare Advantage or Part D plan and enter your zip code.

Then you can enter the drugs you take, choose the pharmacies you use, and indicate whether you are interested in a mail order option.

Plan Finder will display results for plans in your area. Note that a plan may not cover all of the drugs you take, but it may have alternatives on its formulary. Speak to your provider about whether these alternatives would be appropriate for you. Plan Finder also tells you if the plan has a deductible and how much the monthly premium is.

Initially, the plans will be sorted by “lowest drug + premium costs.” This is the closest estimate to what you may pay out of pocket for your Part D coverage for the year. You can select “Plan Details” to find out more specifics about coverage, including any [coverage restrictions](#) that might apply to your drugs.

Before enrolling, it is a good idea to call the plan directly to confirm any information you read on Plan Finder, as information may not be completely up-to-date. You can enroll in a plan online, by calling 1-800-MEDICARE, or by calling the plan directly.

You can make as many changes as you want between October 15 and December 7, but only the last change you make will take effect on January 1. If you choose a plan and realize that it is the wrong plan after Fall Open Enrollment is over, in most cases you will not be able to [change your coverage](#) until the next Fall Open Enrollment Period. For this reason, it is important to carefully consider all of your options and take the time to research each plan in order to make a decision that fits your health care needs. - Marci