

Did You Know?

(NAPS)—It's never too early—or late—to start planning for retirement. Including life insurance to supplement your savings can provide peace of mind for you and your loved ones. Learn more from the experts at Bankers Life Insurance at www.bankerslife.com.

If the cost of an eye exam is a concern, the American Academy of Ophthalmology's EyeCare America program may be able to provide care for seniors and others at risk for eye disease, mostly at no out-of-pocket cost. Learn more at www.aao.org/eyecare-america.

Treehouse is a nonprofit committed to youth in foster care achieving a degree or other career credential, living-wage job and stable housing. The organization partners with thousands of youth to provide access to childhood experiences and critical resources as they plan for the future. Learn how you can get involved during the holidays at www.treehouseforkids.org.

Outdoor learning experiences, stewardship of green spaces, and care for all living landscapes, is the aim of the TurfMutt Foundation, according to Kris Kiser, the Foundation's President and President & CEO of the Outdoor Power Equipment Institute (OPEI). Learn more at www.TurfMutt.com.

Approximately 23 million women balance caring for an aging parent with going to work and, often, raising children of their own. When businesses support these working daughters, it's good for them, their parents and the companies themselves. Learn more at www.workingdaughter.com.

Choosing a Medicare plan can seem complicated but help is available, in person and online. For example, you can check out www.myHealthpolicy.com, a new online health insurance marketplace, to help potential beneficiaries learn about and enroll in Medicare Advantage and prescription drug plans.

You can get text messages with up-to-



date information about Social Security's Ticket to Work program that supports career development for people who get Social Security disability benefits and want to work. Learn more at choosework.ssa.gov or call 1-866-968-7842 or 1-866-833-2967 (TTY).

If your family is spending more time at home, ENERGY STAR can help you tackle increased utility costs. The typical household spends about \$2,000 a year on energy bills. With ENERGY STAR, you can save 30% and reduce your carbon footprint. Learn more at www.energystar.gov/saveforgood.

Social Security's Ticket to Work Program helps Social Security disability beneficiaries achieve financial independence. The program connects you with free, individualized employment services to prepare for the workforce, search for a job and stay employed. Learn more at 1-866-968-7842 and choosework.ssa.gov.

For 20 years, the Ticket Program has helped thousands of people find their path to a better future. Explore your employment options with the Ticket to Work Help Line 1-866-968-7842 or 1-866-833-2967 (TTY) and choosework.ssa.gov.

Peanuts are good for your health, tasty and can be enjoyed in a variety of delicious dishes that are easy enough to make any day but special enough for the holidays. For recipes and more from the experts at The Peanut Institute, visit <https://peanut-institute.com/recipes/>.