Join AARTH and JR Gillespie for an informative discussion on health insurance enrollment. Medicare open enrollment began on October 15th, 2022 and ends on December 7th, 2022. JR will discuss Medicare enrollment deadlines, your ability to apply, or switch your insurance plan, and what plans may be available to you, and their benefits.

**Over The Counter Covid-19 Tests, Sanitizer & Clorox Wipes Available**
If you or your organization need any of these supplies, please contact renac@aarth.org and arrange a pick up time. We get new supplies regularly to share with the community. #TBYG - Test Before You Gather.

AARTH Offices will be closed December 19-31. Happy Holidays from our family to yours. See you in 2023!
Cooking with Chef Wayne
FRIDAY, DEC 2 | 12:30 PM ONLINE
Take a lunch break and cook with us! Join AARTH and Chef Wayne Johnson for a virtual cooking demonstration. Chef Wayne Johnson has 30+ years of culinary experience. He was the executive chef at Ray's Boathouse, Andaluca- at the Renaissance Park Hotel, and was on Iron Chef Season 9. You don't want to miss this!

Wellness Group with Rickey Leachman
SATURDAY, DEC 3
10:00-11:00 AM | ONLINE
Join AARTH and Rickey Leachman for group discussions on mental wealth. The groups will meet virtually once a month on Saturday's at 10 AM. During this final session, we will discuss self-care plans, and work with YOU to make your own self-care plan. The groups are geared toward unpaid caregivers, but all are welcome!

Community Listening Session
THURSDAY, DEC 8
12:00-1:00 PM | ONLINE
AARTH is interested in your feedback on our programs. What programs were most relevant for you? What went well, and what can we improve? We want to hear from you! Attendees who participate in the discussion will be entered in a raffle to receive a gift card.

Soulful Cooking with Chef Adunni
SATURDAY, DEC 10 | 10:00 AM | ONLINE
Join AARTH, and Chef Adunni as we prepare Clam Chowder. Chef Adunni Graduated from Johnson and Wales University with a degree in Science and Culinary Nutrition. She is also a Food Scientist, and business owner of Taste Tutor LLC.

Individual Medical Insurance Navigation Event
FRIDAY, DEC 16
3:00-4:00 PM | ONLINE
Join AARTH and JR Gillespie for an informative discussion on health insurance enrollment. Individual medical insurance open enrollment began on November 1st, 2022 and ends on January 15th, 2023. JR will discuss enrollment deadlines, your ability to apply, or switch your insurance plan, and what plans may be available to you, and their benefits.

AARTH Historical Project
In honor of AARTH’s 20 year celebration, we collaborated with AARTH Co-founder Rev. Mary Diggs Hobson to produced a series of vignettes that share AARTH’s history. View at www.aarth.org/historicalproject
Community Events!

CAMP LEJEUNE TOWN HALL MEETING
ROAD TO JUSTICE
TOXIC WATER & BRUNNIT EXPOSURE

please join us for this important presentation on the Camp Lejeune Justice Act and PACT Act. We will discuss critical details such as “How to File a Claim,” “Proof of Eligibility,” and “Proof of Exposure.”

Elks Lodge #174
2013 South Cedar St, Tacoma, WA 98405

For more information, please call (509) 203-3323 or email info@floydchamplinlaw.com

AARP Fraud Watch Network Helpline: 877-908-3360

A free resource with trained fraud specialists and volunteers fielding thousands of calls each month.

Common signs of a scam include:

- A phone call asking for money or personal information, such as your Social Security number.
- A request to buy gift cards to pay a purported debt or to send money to someone whom you’ve only met online.
- An unauthorized charge on your credit card.
- An email or call saying you’ve won a sweepstakes or lottery, though you don’t recall entering one.

OTHER DATES & LOCATIONS

Tue, Dec 13 | 1:00 PM | Bremerton
Elks Lodge #1181 - 4131 Pine Road NE, Bremerton 98310

Wed, Dec 14 | 1:00 PM | Olympia /Lacey and Tumwater
Hampton Inn & Suites
4310 Martin Way E., Olympia 98516

UNIVERSITY OF WASHINGTON
NEW STUDY OPPORTUNITY
SHINGLES VACCINE

One year study involving large volume blood draws, skin biopsies, and vaccination with FDA-approved Shingles vaccine.

To be Eligible for the study you must:

- Be 70 years of age or older
- Have not received the shingles vaccine

Receive up to $1100!

CONTACT US AT
The UW Virology Research Clinic - Harborview
(206) 520-4340
vrc@uw.edu

Join us on Social Media Please like/subscribe to our pages on social media.

REGISTER FOR ALL WORKSHOPS at www.aarth.org
Safety tips to keep in mind this holiday season:

In recent years, the U.S. Consumer Product Safety Commission (CPSC) has created a robust toy safety system, by requiring testing by independent, third party testing laboratories around the world. These efforts continue to foster the confidence of American families as they prepare to shop for toys this holiday season.

**Balloons**
- Children can choke or suffocate on deflated or broken balloons. Keep deflated balloons away from children younger than eight years old. Discard broken balloons immediately.
- Small balls and other toys with small parts
- For children younger than age three, avoid toys with small parts, which can cause choking.

**Scooters and other riding toys**
- Riding toys, skateboards and in-line skates go fast, and falls could be deadly. Helmets and safety gear should be worn properly at all times and they should be sized to fit.

**Magnets**
- High-powered magnet sets are dangerous and should be kept away from children. Whether marketed for children or adults, building and play sets with small magnets should also be kept away from small children.

Thank you to our Sponsors

AARTH is able to provide the workshops and classes for FREE thanks to grants and support from our sponsors.