

**“The Basics  
of Medicare”  
10 a.m. - 12 p.m.**

We know that you have many questions when it comes to your Medicare benefits. This seminar, presented by the Senior Health Insurance Counseling Program (SHIP) at LIFE Senior Services, can help answer your questions. The seminar will cover the basics of Medicare, explain what you need to know about Medicare’s different parts and give you the information you need to make an informed decision about your coverage options.

**Wed., Jan. 11  
Wed., Feb. 15  
Wed., Mar. 14  
Wed., Apr. 11  
Wed., May 9**

**Wed., Jun. 13  
Wed., Jul. 11  
Wed., Aug. 15  
Wed., Sept. 12**

**“The Social Security  
Administration 101”  
1:30 p.m. - 3 p.m.**

What does the Social Security Administration do and how does it affect you? Vicky Watkins, Public Affairs Specialist from the Social Security Administration, will provide information on programs, eligibility, documents and more to help anyone navigate the processes of the Social Security Administration.

**Wed., Mar. 14  
Wed., Jun. 13  
Wed., Sept. 12**



**Call to sign up for one  
of these FREE seminars  
(918) 664-9000, ext. 245**

**LIFE Senior Services  
5950 East 31st Street  
Tulsa, Oklahoma**

Look for news about Medicare updates each month in LIFE’s Vintage Newsmagazine.





## For More Information

For accurate and objective information, counseling and assistance related to Medicare, annual review of Medicare Part D coverage, the low-income subsidy, Medicare supplements, Medicare Advantage, long-term care, and other related health coverage plans for Medicare beneficiaries, their representatives, or persons soon to be eligible for Medicare, contact:

Senior Health Insurance Counseling Program (SHIP) at LIFE Senior Services  
*sponsored by the Oklahoma Insurance Department*

**(918) 664-9000, ext 245**

**(866) 664-9009**

**[www.ship.oid.ok.gov](http://www.ship.oid.ok.gov)**

**[www.LIFEseniorservices.org](http://www.LIFEseniorservices.org)**

## Programs & Services provided by LIFE Senior Services

Adult Day Services  
*3 locations in Tulsa & Broken Arrow*

Caregiver Support Services

Case Management Services

Community Education

Senior Centers

*2 locations in Tulsa*

Senior Companion Program

SeniorLine Information & Assistance

Senior Health Insurance Counseling Program  
*Sponsored by the Oklahoma Insurance Department*

Vintage Housing

*Vintage Guide  
to Housing and Services*

*Vintage Newsmagazine*



**[www.LIFEseniorservices.org](http://www.LIFEseniorservices.org)**  
**(918) 664-9000**

## Understanding Your Medicare and Social Security Benefits



**“The Basics of Medicare”**

**“The Social Security  
Administration 101”**

