

## NYQM September 2025 Newsletter

### **Part 1 – Upcoming Workshop: *Fundamentals of Social Security Retirement Benefits***

Date: Wednesday, September 17, 2025

Time: 3:00 – 4:00 PM (virtually via Zoom)

In this session we will give an overview of Social Security retirement, spousal, child, and survivor benefits. We will also cover how to qualify, when to apply, online services, scam awareness, and working while receiving benefits. The workshop will be led by Ravi Gopaul, Public Affairs Specialist with the Social Security Administration.

We hope you can join us for this month's workshop and find the information helpful!

### **Part 2 – Question of the Month**

**Question:** What is Medicare Open Enrollment, and when does it take place?

**Answer:** Medicare Open Enrollment is from October 15 to December 7 each year. This is the time to review your current Medicare coverage and make changes if needed, such as switching plans or adding prescription drug coverage. It's a good chance to compare options and make sure your plan still fits your needs.

### **Part 3: We'd Love Your Feedback!**

We're planning more virtual workshops for our friends at NYQM and would love to hear your thoughts.

Have you attended any of our past sessions? Are there topics you'd like to see in the future? Your feedback will help us shape workshops that are helpful and meaningful to you.

You can fill out a short survey here: <https://forms.office.com/r/jdU8MueHhM>

Thank you for being part of our community — we really appreciate your input!

Please email [communitywellness@nycquakers.org](mailto:communitywellness@nycquakers.org) for more information.