**NYQM October Newsletter**

**Part 1: Upcoming Workshop: All You Need to Know About Medicare Open Enrollment**

Date: Wednesday, October 22, 2025  
Time: 3:00 PM – 4:00 PM

Our next virtual workshop, *All You Need to Know About Medicare Open Enrollment*, will be held on Wednesday, October 22 at 3:00 PM via Zoom.

We’re pleased to welcome Christine Lawson from the NYC Department for the Aging. It is crucial to get ready for the upcoming Medicare Open Enrollment period (11/1/2025-1/15/2026), since this is the ONLY time of the year you can make changes to your plan. The speaker will coach you on how to review, compare, and plan changes for your Medicare to ensure your coverage works for you in 2026. Family members and caregivers are welcome to attend.

Join us on Zoom here: <https://us02web.zoom.us/j/2124750150?omn=87400260730>.

**Part 2: What’s Good to Know — HEAP (Home Energy Assistance Program)**

As the weather gets colder, the *Home Energy Assistance Program (HEAP)* can help eligible households with heating costs. If you qualify, HEAP may make a one-time payment directly to your heating company. You may be eligible if your income is below a certain limit, or if you already receive SNAP, SSI, or Temporary Assistance. Applications usually open in early November, so it’s a good time to get ready. If you’d like more information or help applying, please reach out to us. We’re happy to assist.

If you would like a consultation on Medicare, Medicaid, social services, or any other social service issues, please email us at **communitywellness@nycquakers.org**