

NEWSLETTER

October, 2025



Better My Meds
Medication
Management Services

At **Better My Meds** we don't let politics get in the way of providing accurate information about medications. These days it seems awfully easy to turn any conversation into a political debate. But in my view, politics end where healthcare starts. You can be sure of this: we will always side with science.

Changes in medical practice are nothing new. Medicines that were used routinely may go by the wayside, vaccine guidelines might change, new ways to monitor chronic disease may be adopted. Change happens when medical professionals learn new and important information from research. But some of the current changes to healthcare recommended by the Dept of Health and Human Services have **not** been supported by new information. So many medical groups, health departments, and insurers are following other guidelines.

You can count on us to use expert information, based in science, to guide you on medication use. Please [contact us](#) if you have any questions about the information we share.

News You Can Use

Covid vaccination guidelines are final

CDC published [guidelines for 2025/26 Covid immunization](#). Instead of firm recommendations for everyone 6 months and older to be vaccinated, the only firm recommendation is for those who are 65 and older. Everyone else is eligible based on ["individual-based decision-making"](#).

Medical professionals generally still believe that the benefits of vaccination outweigh the risks for most people. But if you're not sure for yourself or your loved ones, talk it over with your doctor or pharmacist. As far as I've heard thus far there haven't been any big problems with insurance coverage of the vaccine.

Medicare Open Enrollment starts October 15

Are you sure your Prescription Drug Plan will work for you in 2026? Plans can change deductibles, copays, and what drugs are covered. Go to [Medicare.gov](https://www.medicare.gov) to look at alternative plans and make sure you're set for a good 2026. You have until December 7. The government shutdown might make things slower, so start looking now!

Upcoming Events

Turner Senior Wellness Program
11/5, 10:00 am

"Take Charge of Your Health and Medication Use: – How to Play a More Active Role on your Healthcare Team"

With our big health systems, multiple doctors, and overwhelming use of medications, it can be hard to feel like we're in charge of our own health. Join Betty Chaffee, PharmD, of Better My Meds to talk about why taking charge is important to our well-being, and what steps you can take to make it happen.

Milan Seniors for Healthy Living
11/10, 11:00 am
AND
Saline Area Senior Center
11/18, 10:00 am

Medications and fall risk: As we get older the risk of injury from a fall increases. One of the many things we can do to prevent falls is to know how medications increase the risk. Join Betty Chaffee, PharmD, of Better My Meds to talk about meds that increase fall risk, and what to do if you're taking one of them.

Chelsea Senior Center
11/12, 11:15 am

Heart Health - Nutrition and Medications for Hypertension and Cholesterol:

Join Sophia Speroff, RD, MPH, and Betty Chaffee, PharmD, to discover how diet and medications work together to manage blood pressure and cholesterol for a healthier heart.