

NEWSLETTER

August, 2026



Better My Meds
Medication
Management Services



There's still over a month of summer to enjoy, and I hope we're all able to make the best of it! But fall's right around the corner, and with it comes new opportunities to take care of our health. Fall vaccinations, insurance open enrollment, health resource fairs to attend. **Better My Meds** is grateful to be included in many of these events. Our goal is to provide information and a balanced perspective about medications so that you can be more comfortable taking charge of your health.

The September events listed here are just a few of the many offerings. Wherever you are, watch the community calendar and take advantage of the many resources available that can help us all stay healthy, active, and independent as we age.



View of Lake Michigan - Shutterstock

News You Can Use

Food and Dietary Supplement Safety

Last week the Secretary of Health and Human Services announced a [new proposal](#) to improve the safety of food ingredients. Interestingly, since dietary supplements are regulated as food by the FDA, this new rule could also affect those products.

The term "GRAS" refers to food and supplement ingredients that are "generally recognized as safe". Currently, food and supplement manufacturers essentially have an honor system to verify their ingredients are GRAS. This new rule would require them [to apply for FDA approval](#) when they want to use a new ingredient.

Dietary supplements are popular products, and most of us take at least one. But it's tough to know what supplements are safe, let alone beneficial, because FDA regulates them so loosely. This proposed new rule might be a small step forward for both food AND supplement safety.

Upcoming Events

First Presbyterian Church of Ann Arbor
September 10, 1 pm

Becoming a More Active Player on Your Healthcare Team – Long med lists and multiple doctors can make healthcare complicated. Sometimes it seems we're not in charge of our own health. Learn how to take a more active role, and why it matters

Milan Seniors for Healthy Living
September 14, 11 am

Saline Area Senior Center
September 14, 2 pm

Dexter Senior Center
September 15, 12:30 pm

Vaccine guidelines for the '26-'27 season -- Fall vaccine guidelines often change. Some changes are minor, others are big. What's in store for us for the upcoming fall and winter? Join us to hear the newest information about fall vaccines, and learn how to best protect yourself from fall and winter illnesses.

The Cedars of Dexter
September 16, 2 pm

Becoming a More Active Player on Your Healthcare Team – See description above

Chelsea Retirement Community
September 22, 1 pm

Medication and Fall Risk – The risk of falling increases as we age. Learn how medications can affect your fall risk during this workshop for CRC residents!

Chelsea Retirement Community
September 28, 1 pm – 4 pm

Health Resource Fair – This event will provide CRC residents with engaging opportunities to connect, learn and explore valuable resources that support all around health and wellness.

Chelsea Retirement Community
September 30, 3pm

Becoming a More Active Player on Your Healthcare Team – See description above

[Contact us](#) if you'd like more information!