

NEWSLETTER

September, 2026



Better My Meds
Medication
Management Services



Fall is officially upon us! Here in Michigan there's a bit of color in the trees, the air is cooler and the sun is still warm. Fall brings a lot of beauty, and with it the start of respiratory virus season.

The American Academy of Family Practice (AAFP) issued [vaccine guidelines](#) for 2026. Everyone over 6 months should get an updated flu and Covid-19 vaccine. Those over 65 should plan for a Covid booster 6 months later, and [immunocompromised folks](#) may want to get a 2nd Covid booster. The RSV vaccine is a once-and-done for anyone 75 or older (or 50 and older for those with underlying health concerns). If you're pregnant be sure to talk to your doctor about the RSV vaccine to protect your newborn.

News You Can Use

New Options for Flu and Covid Vaccines This Year

The influenza and Covid-19 vaccines are updated every year to account for changes in the virus. But this year there's also a completely new flu vaccine. mFlusiva is the first mRNA influenza vaccine, and is available for this season. It's specifically for older adults, and joins the high-dose, recombinant DNA, and adjuvanted formulations as one of the [preferred flu vaccines](#) for those who are 65 and older. They're all considered equally effective, so whatever your pharmacy or clinic has will be just fine.

There's also a new Covid-19 vaccine (mNexSpike). It's made with mRNA technology like the original Covid vaccines, but is formulated a little differently so that a lower dose can be used and still trigger a good immune response. It joins SpikeVax, Comirnaty, and Nuvaxovid as one of the four available Covid vaccines. AAFP considers the four vaccines equally effective.

Medicare Health and Prescription costs

If you're a Medicare beneficiary, don't forget that Medicare open enrollment will be available from October 15 through December 7. Be sure to watch for information from your current Part D Prescription plan or Medicare Advantage plan explaining the changes in coverage or costs they're planning for 2027. Use open enrollment to look for a new plan that may better meet your needs.

Upcoming Events

Saline Area Senior Center
10/2, 9am - noon

SASC Health Fair

Information from local professionals about healthcare, home safety, senior living, and more.

Washtenaw Community College
Morris Lawrence Building
10/10, 9 am – 1 pm

Senior Housing Bureau Expo

Many local organization that focus on the needs of older adults will provide information about the products and services they offer. Take advantage of free flu vaccines, health and hearing screenings and hearing aid cleanings!

Chelsea Senior Center
10/14, 11:15 am

Managing Side Effects of Medications with Diet

Join our Dietitian and Pharmacist to learn how dietary changes can ease medication side effects like nausea, diarrhea, constipation and many others. Don't miss these helpful tips!

Hillside Terrace Senior Living
10/16, 2:00 pm

Becoming a more Active Player on Your Healthcare Team

Long med lists and multiple doctors can make healthcare complicated. Learn how you can become more confident player on your healthcare team!

And as always, [contact us](#) at **Better My Meds** if you'd like more information. We love hearing from you!