

# DEAR MAC MEMBERS

Fall is in the air! Crisp morning temps, falling leaves, and candy displays for Halloween! I've even seen Christmas displays out and ready to go! Don't you wish you could just slow life down a bit? It seems we are constantly running from place to place, appointment to appointment, meeting to meeting. Fall is the perfect time to slow down, sip a cup of tea or cider, cozy up with your throw in a comfortable chair with your favorite book or bible study. Take some time for you!! I think you will enjoy reading this edition of the MAC Newsletter. It includes information on upcoming meetings and events, fun thoughts from our members, and a MAC spotlight!

At our November MAC on Monday meeting, we will discuss Medicare...the Good...the Bad...the Ugly. Make plans now to attend the meeting as you prepare for reenroll. I would also direct you to the following website for assistance and direction in making selections concerning your Medicare enroll and reenroll. It is [www.medicaremadeeasytn.com](http://www.medicaremadeeasytn.com). The sight will provide information in a simply, easy to understand format. I would also suggest your taking advantage of the SHIP program. It is a wonderful free service provided by our state. The SHIP program can direct you in locating the best supplemental insurance for your needs. Our November program will feature information on these programs as well. You may visit <https://www.tn.gov/disability-and-aging/disability-aging-programs/tn-ship.html> for more information.

Make your plans now to attend the Annual Christmas Party and Preview Meeting! Both are special times to see old friends and make new ones! I hope to see you there!



See you soon,  
*Regina Smith*

Guest and Senior Services Manager  
West Tennessee Healthcare

*Join us for a MAC*

## Christmas PARTY

DECEMBER | **15** | AT 10:30 AM  
UNION UNIVERSITY'S GRANT CENTER

*Make plans now to join us  
as we celebrate Christmas  
with our MAC Family!*

*Make your reservations  
now by mailing your  
check for \$20 to the MAC  
office, 620 Skyline Drive,  
Jackson, TN 38301.*

## SUPPORT GROUPS



**Alzheimer's Caregivers Support Group**  
**Meeting November 6, December 4**  
**5:30 p.m.**

Meetings are held at the Pat Summitt Resource Center, located inside the Senior Services Department, 569 Skyline Drive, Suite 201 (upstairs). Reservations encouraged but not required. Please call 731-541-8757 for more information.

**Bolivar General Hospital Alzheimer's Support Group**  
**November 19, December 17, January 21**  
**5:00 p.m.**

Meetings are held at the hospital. For more information, please contact the Bolivar Hospital.

**Pat Summitt Resource Center – providing information for families facing the journey of Alzheimer's Disease and other Dementias.**

## DAYTRIPPIN' 2025

**SOLD OUT**

**Saturday, November 15**

Remembering the Legends... Elvis, Conway, Loretta

The Badgett Theater, Grand Rivers, KY.

\$100 per person – includes charter bus and reserved seating.

**Saturday, December 13th**

Vince Gill and Amy Grant Christmas Concert

This the daytrip nobody wants to miss!! We have a few seats remaining for this MAC tradition!

\$140 includes your concert ticket and charter bus transportation. We will enjoy a dutch treat dinner along the way!



## MAC ON MONDAY



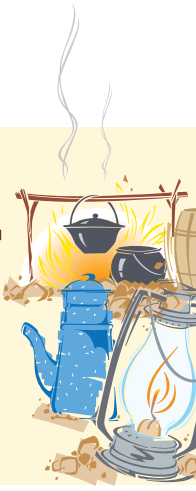
**Monday, November 10th at 9:30 am**  
**Jackson Madison County General Hospital**  
**Medical Founders Room A/B**  
**The Good, The Bad & The Ugly**  
 Refreshments will be served!



### The Good, The Bad and The Ugly

Campfire talks about Medicare and Medicare Advantage Plans

**FOR MORE INFORMATION**  
**CALL 731-541-8757**



**Monday, January 26, 2026 at 9:30 am**  
**Mac Preview Meeting**

Plans for 2026 will be discussed, trip information will be shared, and more! Travel representatives will be present.

**Monday, February 9th at 9:30 am**   
**My Sweet Valentine Brunch**

**Jackson Madison County General Hospital**  
**Medical Founders Room A/B**

Featuring a program on Healthy Hearts, presented by Emily Garner, MSN, APRN, AGACNP-BC, West Tennessee Medical Group - Cardiology

Call the MAC office at 731-541-8757 for reservations.

## LET'S TRAVEL 2025-2026

### Collette Tours

**December 2025** New York at Christmas

**March 2026** Tuscany (**waiting list only**)

**May 2026** Mackinac Island and the Grand Hotel

**September 2026** Alaska Land & Tour

**November 2026** Portugal

**December 2026** Southern Charm

### Simply Travel

**December 8-9, 2025** Opryland at Christmas, overnight and a show

# What i like about MAC!

Several MAC members were asked to share their thoughts about MAC travel opportunities. A special thanks to those who shared below!

I love the trips I have taken with MAC because they are so much fun and relaxing. All I have to do is pack my bags and be where I am supposed to be! I have made many friends and reconnected with some old friends!

**Deborah Curry, Jackson, TN**

There are many reasons we love to travel with MAC. All of the planning is done for us from transportation to hotel reservations and exciting places to go! Organization is exceptional! And – this is a friendly, fun-loving, caring group of great people!

**Linda and Currie Johnston, Jackson, TN**

I have loved traveling with MAC. Regina works with first class professionals and the trips are always well organized and fun. I have been to many interesting places I would not have gone on my own. My favorites include an Alaskan Cruise and Fall Foliage Bus Tour.

**Terrie Adkins, Selmer, TN**

My husband and I joined MAC when we retired because we were interested in travel opportunities. Although a little concerned about traveling with a group, we soon booked our first trip to Greece. We loved it and are hooked! Since then, we traveled with MAC to Ireland and have future trips to Italy and Portugal planned. We travel with the nicest, fun people. MAC partners with Collette Tours to create hassle-free travel that takes care of everything except packing and unpacking!

**Debbie Stockwell, Jackson, TN**

We like traveling with MAC for several reasons. It is hassle free. They take care of all the details and planning. Meeting people and make new friends.

**Judy and Garey Payton, Jackson, TN**

Scott and I have enjoyed traveling with MAC. Our first trip we didn't know anyone but quickly fell in love with the group and made lots of new friends. The trips are well organized, offer outstanding customer services and very knowledgeable tour guides. MAC is a true asset and a hidden gem for our community!

**Deena Kail, Gadsden, TN**



*Deborah Seward*

## MAC MEMBER SPOTLIGHT

### Day Trip Thoughts

Back in my teens and as a college coed, my love language was listening to tunes being belted out from groups like the Commodores and the Temptations. Those were the days when music was real, had true meaning, fostered social connection, and improved one's outlook on life. Just recently, I travel with MAC not once but twice to see concerts by two of my favorite groups and reminisce about days of long ago. Both of these concerts allowed me to travel with MAC members we not only had a fun night but created lasting memories especially when we were asked to stand up and dance to the music. It was a great concert which involved our cognitive functions and perception on thinking back and reminiscing.

### Volunteering Thoughts

During my professional career with the University of Tennessee Extension, I found out quickly that volunteers were vital to the organization. Upon retiring I made a promise that I would be of service to some organization as well. As a volunteer with MAC, it gives me a new sense of purpose, a social connection, a great learning experience as well as it helps improve my cognitive functions, and bring happiness since I know I have helped do something to help others.

### Conference Thoughts

I'm a lifelong learner and I enjoy attending the various conferences that the MAC Club offer, since they target older adult women, heart health, Medicare, and Alzheimer's. Just recently, I attended the 2025 Senior Women Health Conference and it didn't disappoint it offered a platform which allowed me to connect with other women with similar interests. The conference had a pajama party theme and was titled, "Girls Just Wanna Have Fun," this conference was a source of fun, educational information, laughter, inspiration, and support designed to help retired women stay engaged and connected. It was proof once again no matter the age, "Girls Just Wanna Have Fun."



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