

**From:** Ed Palmer edwardgpalmer@mplsvocational.com  
**Subject:** [List] Vocational Alumni Newsletter - November 6, 2023  
**Date:** November 6, 2023 at 1:46 PM  
**To:** Ed ICN-Testing icnewswire@gmail.com



Greetings Ed,

I have several things to update you on about Vocational. However, I have not had the time to write a regular newsletter. I am busy writing an eBook titled "Healing Self-Care." It will be around 60 pages when I am done, and I will make it available free online for my author newsletter subscribers and for only \$.99 as a Kindle or ePub. It will begin my marketing efforts for the books I've written. I'll let you know when it is available.

However, as I was writing last night, I discovered a rather disturbing Senate hearing YouTube video. It has testimony on how Medicare Advantage Plans are denying or restricting healthcare to seniors. The plans deny healthcare that would otherwise be provided and approved by regular Medicare Parts A and B. If you are like many of my senior friends, it is a good bet you have a medicare advantage plan. This Senate hearing indicates you may be worse off with a medicare advantage plan. It doesn't make much sense to me, but that is the testimony.

<https://www.youtube.com/watch?v=4PvqksIEN-M>

Take some time to view this Senate testimony concerning Medicare Advantage Plans. If you really need significant healthcare, these plans have been denying and restricting coverage that would otherwise be available to you under regular Medicare Parts A and B. It is an alarming healthcare issue, and I thought you and all Vocational alums on my newsletter email list should know.

May God Bless your continued health,

/Ed Palmer/

Ed Palmer, Webmaster

edwardgpalmer@mplsvocational.com  
(763) 370-8227 Cell

**MAILING ADDRESS**

=====

13570 Grove Drive #361  
Maple Grove MN 55311

Minneapolis Vocational High School All Alumni Web Site  
<http://www.mplsvocational.com>

**Author Website**

"I shed light on alternative health practices  
and biblical wisdom through my writing."  
<http://www.edwardgpalmer.com>

**ANTI-SPAM NOTICE**

=====

I sent this email to Ed ICN-Testing at the email address of icnewswire@gmail.com. Our all-alumni newsletter list indicates that you were in or are associated with the Minneapolis

Vocational's Class of 1964. To get removed from Vocational's All-Alumni Email List, respond with remove in the subject line. Alternatively, call my cell phone and let me know you want to get removed from this email list. No action is required if you wish to remain on Vocational's all-alumni newsletter list. If your name or class-year is incorrect, please email me the correct information.