

AOASCC News & Notes



Independence

November 2015

STOP AGEISM NOW

In 1968 Dr. Robert Butler coined the term "ageism" to describe the systematic discrimination against older people. He equated it to racism and sexism during the Civil Rights movement. It has been over 45 years since Dr. Butler raised this issue, yet our culture has not changed. The Agency on Aging is committed to taking up the baton, launching our multi-year Stop Ageism Now campaign during the TEARS conference on October 15.

Ageism occurs all around us. In the workplace people over 50 are seen as obsolete and un-hirable. In the hospital doctors all too often defer to someone's child for answers rather than consulting with their older adult patient directly. In the media we are constantly told that we should resist looking older at all costs. Policies are made that disproportionately affect older adults with little backlash - older people are seen as too incompetent to drive and too irrelevant to serve.

These policies and images affect not only our hearts but also our health. At our annual meeting on October 28 we were joined by Dr. Becca Levy, a tenured professor at the Yale School of Public Health and one of the leading experts on ageism. Dr. Levy shared her recent research which shows that older adults with a more positive view of aging perform significantly better on memory tests. This research confirms other studies which suggest that people who have more positive views on age live longer, happier lives.



We are committed to seeing this campaign through, but we need your help. Please visit StopAgeismNow.org to learn more about ageism, stay current on the issues, and share how you can help stop ageism in our communities.

Volunteer Spotlight



We extend our gratitude to the over 300 volunteers who provided over 225,800 hours of service to children and older adults in the New Haven area through AOASCC programs this past year.

Join us!



Caregiver Corner

Some people with dementia are agitated; some are withdrawn; some are difficult to stimulate, others difficult to calm. Music has been demonstrated to be an effective tool to help with both types of behavior. Music has the capacity to bring out emotions that trigger happy memories. Happy memories seem to have the ability to make

RSVP Volunteers were invited to attend our Annual Meeting in October as a show of appreciation for all the support they provided thought out the year. During this meeting, Patricia Younger-Carter, was awarded the Outstanding Volunteer Award, for her tireless efforts. Patricia helps with budgeting, applying for federal benefits, making phone calls, shopping, making and going to doctor appointments. Outside her "job description" she has painted a client's house and raked leaves. She has truly gone above and beyond. Her clients reported that they would be in nursing homes if it weren't for Patricia.

Each of our RSVP volunteers make a tremendous difference in the lives of the people and places they serve, including:

- The Woodbridge Craft ladies make handmade items, sell them at the annual fair and donate the money back to their town and/or senior center.
- The Bella Vista Knitters make and donate items to the families and children supported by the rkids program in New Haven.
- A new Pen Pal project that has brought together a group of 8th graders and volunteers who are writing, in cursive, to each other.
- Money Managers continue to lead the pack as far as workload as they help client manage monthly bills.
- Friendly Visitor and Respite providers share their time with individuals who have limited social outlets or who are there when a caregiver needs a break or needs to work.
- Volunteers support local libraries, senior centers and adult day facilities. If it weren't for them many services would not be offered and folks might go missing without the volunteers eagle eyes taking account of who shows up for lunch and who doesn't. They run Bingo and help folks engage in activities that they might miss out on if it were not for the volunteers services.

So many important tasks performed by so many wonderful people. I really feel proud of the program and its volunteers. My hat is off to each of you. Thank You!

Cherie Strucaly, RSVP Program Manager

Upcoming Events



M-Team - November 19th

[View Our Full Calendar](#)

Vendor Fair - November 18th

From 10 a.m.-12 noon vendors who provide Emergency Response Systems and Assistive Technology for the Connecticut Home Care Program will be on hand for a "vendor fair" with AOASCC staff. You are welcome to stop in, meet these providers, and find out about their services.

**NATIONAL
FAMILY CAREGIVERS
MONTH
November 2015**

**Say thank you
to a caregiver today.**

"Family members, friends, and neighbors devote countless hours to providing care to their relatives

people feel happy, calm and engaged.

Musical ability and appreciation for music remain as accessible memories long after people with dementia have forgotten almost everything else. When music that has meaning for a person is played, there is a flicker of awareness that appears in the eyes of the person and along with that a response to the music that is not only soothing but also energizing. People who usually sit quietly withdrawn from activities begin moving to the music. Music can help change moods and manage stress and seems to improve coordination so physical activity such as exercise is easier and more likely to happen.

The key is to use music that has meaning for your loved one. Not any song will do. Playing the latest country hit for your mom probably won't make a difference but remembering that she used to love Patsy Cline and playing one of her oldies might put a smile on mom's face. So often, the music an older person is exposed to is determined by the preferences of the person controlling the music player. It isn't a sound that has any memories attached to it so there is no response from your loved one. You can create a collection of music with your relative's memories in mind and play them often. It may be the key to enjoying a tender moment with you.



or loved ones. During National Family Caregivers Month, we recognize and thank the humble heroes who do so much to keep our families and communities strong."

President Barack Obama, NFC Month Proclamation 2012

The [Caregiver Action Network](#) coordinates National Family Caregivers Month as a time to thank, support, educate and empower family caregivers.



Sponsored by AOASCC, this is a not to be missed conference on November

5th in Wallingford. [There is still time to register and it is free to caregivers!](#)

You will learn:

- * How to become a fearless member of your loved ones care team.
- * Tried and true "time-off techniques" for all caregivers.
- * Expert advice for beating stress and depression.
- * Hands-on advice from local caregiving experts.

WHAT IS #GIVINGTUESDAY?

We have a day for giving thanks. We have two for getting deals. Now, we have #GivingTuesday, a global day dedicated to giving back. We encourage you to be part of this celebration of generosity.

As you plan your giving, keep AOASCC in mind. Here's one snippet from our annual report: Ms. Goodwin is thankful she is able to maintain her independence. Without assistance she would be unable to remain safely at home in the community and enjoy the comforts of her home. Partnership from our donors helps us multiply Ms. Goodwin's story.

[Read our annual report](#) to discover more ways that AOASCC is making a difference.

Did You Know?

The theme for the 2015 National Caregiver Month is "Respite: Care for Caregivers."



While caregiving can be positive in many ways, "a substantial body of research shows that family members who provide care to individuals with chronic or disabling conditions are themselves at risk. Emotional, mental, and physical health problems arise from complex caregiving situations and the strains of caring for frail or disabled relatives." Risks include:

- Caregivers show higher levels of depression.
- Caregivers suffer from high levels of stress and frustration.
- Stressful caregiving situations may lead to harmful behaviors.
- Caregivers are in worse health.
- Caregivers have an increased risk of heart disease.
- Caregivers have lower levels of self-care.

[Family Caregiver Alliance](#)

Consider this "Respite is the key to your own well-being. Respite protects your own health, strengthens family relationships, prevents burn-out and allows your loved one to stay at home up to three times longer." Read more about taking care of yourself as a caregiver from [Caregiver Action Network](#).

CHOICES Corner

Medicare Open Enrollment began October 15 and continues through December 7. During open enrollment Medicare beneficiaries are asked to review their prescription drug needs and ensure they will be enrolled in a drug plan that meets their needs in 2016.

You can discover which of the many companies that sell Medicare prescription drug coverage are best for you by going to the Medicare website at medicare.gov. On the website you'll see a green box that says "Find drug & health plans". Click on that box. You'll be given the option of a general search or a personalized search. Simply enter your zip code in the General Search to begin, or answer a few questions about your Medicare coverage to begin the personalized search.

The next page will ask you to answer 2 questions: "How do you get your Medicare (Original Medicare or Medicare Advantage Plan)?" And, "Do you receive any help paying for Medicare?" Click on the appropriate response and you will go directly to a screen where you can enter your prescription drug list.

Make sure you have your medications with you at the computer so you can ensure correct spelling and doses for each medication. Enter the name of the first drug and you'll see a pop up screen where you click on the prescribed dosage. The drug is added to your list and you can enter the next one. Once all your drugs are entered, click on the icon at the bottom of the page that indicates your "Drug List is Complete". You'll see a list of the pharmacies in your area who carry your drugs. Select the one(s) you want to shop at.

The next page will ask you how you'd like to see the list of insurance plans that cover your drugs. The list could be very long, perhaps as many as 40 plans. You can narrow the list by indicating your preference from a list provided. The screen will then display all of the companies that meet your requirements with all the information you'll need to make a decision including premium costs, co-pays and deductibles.

Once you decide which is the most cost effective plan for you, you can enroll directly in the plan by clicking the enroll button. There's no need to call the insurance company directly. If you don't have access to a computer or feel you need help in enrolling in a plan you can call the Agency on Aging and we'll assist you 1-800-994-9422.



Care Network Link is a one-stop resource for aging in place, serving all towns in Connecticut and those above the eligibility thresholds for programs offered by AOASCC. This new non-profit business offers a wide range of services and ensures that all the companies in the network are trustworthy, quality focused with well-trained employees. Membership is free and entitles you to discounts from the providers in the network. Whether it is housekeeping, personal care, meal delivery, chores or modifications to make your home safer, Care Network Link has the trustworthy providers to take care of your needs. **Visit our website** & find out more.

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