

AOASCC News & Notes



Independence

December 2015

#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. With your help, we are making a difference in thousands of lives every year. Betty is one of these individuals. Betty was 66, independent and active, when she had a severe stroke.

[Click here to read the rest of Betty's story & to join us in making a difference.](#)

STOP AGEISM NOW

The Agency on Aging of South Central Connecticut is not the only organization taking a strong look at the negative effects of ageism. In September, the [World Health Organization's World Report on Ageing and Health](#) emphasizes that as the population ages, it is crucial to start fighting our negative assumptions about aging and embrace person-centered health care decisions.



Featuring Yale's Dr. Becca Levy and a host of other experts on aging and ageism, the World Report on Ageing and Health redefines "healthy aging" as not just living longer but "being able to do the things we value as long as possible." It also challenges the myth that older adults drive up healthcare costs, instead stating that health care for older adults should be seen as an investment. For example, when looking at healthcare costs vs. contributions made by older adults in the United Kingdom in 2010, older people were estimated to make a net contribution to society of nearly £40 billion and rising.

The report is a treasure trove of information on the enormous impact ageism is having on our health and strategies to turn things around. When you are done reading it through, be sure to visit us

Volunteer Spotlight

Why did Eleazar Lanzot join the PAVE New Haven AmeriCorps VISTA project, committing a year of his life to work full-time for less than \$15,000 a year?

As he states: "Having fine clothes, eating at nice restaurants and driving around in the best car are all impermanent. Having a positive and active participation in others' lives can live on for generations. True acts of kindness and sincerity can motivate people to do better for themselves and others. This is the reason why I want to join AmeriCorps, It's a cycle of positivity that I can believe in and want to take an active part in."

This month we are excited to welcome Eleazar along with four other new AmeriCorps VISTA members from across the country and across generations who share that sentiment. Over the next year they will each serve full-time at one of our partner organizations to increase and improve services for New Haven students and families. Their roles will range from building a better alumni system at Common Ground High School to supporting New Haven Public Schools and the United Way of Greater New Haven as they address our most at-risk students through the New Haven Trauma Coalition.

And where will Eleazar be spending his time? Right here in the Agency on Aging's Volunteer and Training Department! Here he will be working to expand the volunteer base of our intergenerational service programs - AARP Experience Corps, RSVP, and Foster Grandparents. With his help, we will be reaching more people who want to volunteer and connecting them with youth who need caring older adults.



Find out more about the opportunities you have to get involved in your community through the Volunteer and Training

Department. [Visit our website.](#)

CHOICES Corner

The Centers for Medicare & Medicaid announced increases to consumers for 2016. The Medicare Part B premium will be \$121.80 per month for individuals who are not held harmless from this increase. People who are held harmless are those who are currently on Medicare B and have their Medicare B premium deducted from their Social Security check each month. Anyone who is new to Medicare will pay the new,

Caregiver Corner

Every year the National Association of Agencies on Aging reminds families that the holiday season is a time to sit together and review the needs of older adults in their families. Holidays offer many people the opportunity to spend time with relatives whom we see infrequently. As they age, there may be a decrease in their functional or cognitive abilities that go unnoticed in brief telephone contacts. Spending time over a holiday meal sometimes alerts us to the fact that there is need for more support if our family member is to remain living independently in the community.

Make time this year to review the needs of your family. Do you know how they get their food shopping done? Are they preparing meals or relying on rolls and crackers to satisfy hunger? How do they get their medications? Do they take their medications accurately? Do they go to their doctor appointments alone? Who rakes the leaves and shovels the snow? Are they keeping their check book up to date? It is very easy to miss

higher premium.

Individuals currently on Medicare B, paying \$104.90 per month will continue at the same premium rate.

The Part B annual deductible will be \$166.00 in 2016. This is an increase from the \$147 deductible of 2015. Part A deductible will be \$1288, up from \$1260.

If you are having difficulty paying premiums and deductibles for Medicare, you may be eligible for the Medicare Savings Plan. If your income is below \$2,266 per month (\$3067, for a couple), you can qualify for Medicare without paying premiums. Contact the Agency on Aging and ask to speak with a CHOICES counselor about this program, 203 785-8533.

Upcoming Events

[View our full calendar here.](#)



Interagency Council - December 17

"New to Medicare" Seminar

Targeted to those who want an introduction to the complex topic of Medicare. Several dates are scheduled, preregistration is required.

Ambassador Meeting - December 1 at 9:30 a.m.

Our ambassadors will celebrate "Giving Tuesday" by filling a box with socks, gloves, mittens and scarves to help those we serve stay warm during the winter cold.

What is the Ambassador Program? [Click here & find out!](#)

the signs that someone needs help to remain at home. It isn't always cognitive deficits that lead to problems for older adults. Many times it's aches and pains and difficulty walking that leads them to reduce their activities. Walking around large super markets can be daunting. Waiting alone in a doctor's office can seem more trouble than it's worth, so people start skipping appointments.

It is easier to step in and help make a plan for the tasks of life someone needs help with than it is to face the crisis of having to place someone in a nursing home because they can't live at home safely any longer. Talk with your family this season. If you need help finding resources to help an older adult in your family, contact the closest agency on aging in CT 800-994-9422.

Best Wishes
for this
Holiday Season



Did You Know?

#GivingTuesday was created to be a platform encouraging the donation of time, resources and talents to address local challenges.

Consider these findings from a report published by [Point of Light](#) released about the **impact of volunteering on our communities.**



- Volunteering makes a significant contribution to the global economy
- Volunteering enhances the social connections between different sectors, building bridges between governments, enterprises and employees
- Volunteering helps build a more cohesive, safer, stronger community, increasing the social network between communities and neighborhood
- Volunteering promotes people to be more active in civic engagement
- Volunteering delivers vital public services, engaging more people in services to the community, helping raise the educational performance of youth and leading the environmental movement
- Volunteering also has positive effects on volunteers as individuals, increasing their self esteem, enhancing various skills and capacities, expanding career paths and helping them be physically and mentally healthier

The Corporation for National and Community Services reported that in 2014:



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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