

AOASCC News & Notes



Independence

July 2016



Did you know that discrimination against workers over 40 is handled under an entirely different set of rules than other cases of workplace discrimination by the Equal Employment Opportunity Commission?

It's true. While the Age Discrimination in Employment Act, or ADEA, was created to protect older adult workers, since its beginning it in fact only has served to codify age discrimination as a lesser civil rights issue. Unlike race or gender discrimination, which protects workers against impact and not just intent, the ADEA only protects workers against "arbitrary age discrimination," suggesting that there are times when, gee-whiz, maybe it does make sense to lay people off who have been hanging around a bit too long.

[Read more about the impact](http://StopAgeismNow.org) this has in workplace protections and what steps we need to take to fight back at StopAgeismNow.org.

Did You Know?



SHIP is on the chopping block.

SHIP, known as CHOICES in CT, provides a network of free, unbiased, reliable, and personalized health benefits information. CHOICES counselors help beneficiaries sort through the more than 20 prescription drug plans, 25 Medicare Advantage plans, as well as 15 Medigap Supplemental plans so that they make informed decisions about which options are right for them. CHOICES also provides health insurance counseling, outreach, education and enrollment in low-income benefit programs.

The Senate recently passed a bill that would eliminate all funding for this national program serving the 7 million Medicare beneficiaries nationwide.

Consider the impact that CHOICES has in CT: Last year

- The program had over 32,700 client contacts.
- Certified CHOICES counselors gave over 51,000 hours to serve beneficiaries. Counselor time is valued at over \$1,176,570.
- CHOICES counselors are not only located in the five agencies on aging in Connecticut, but agency on aging staff train volunteers, who are then certified to provide this service. These volunteers are located in senior

Caregiver Corner

Walking

As a caregiver someone is always telling me how important it is to take care of myself and to manage my stress. Both are easier said than done, and yet we know that, although it may not always be easy, it is very important advice to follow. One easy way to accomplish both goals simultaneously is to go for a walk.

On the physical health side walking has many benefits. It improves circulation, lowers blood pressure, lowers bad cholesterol and raises good cholesterol levels. It has been shown to decrease the risk of diabetes and cancer. It

housing, municipal agencies and community locations throughout CT.

- Over 25,700 beneficiaries were provided eligibility assistance for programs that reduced out-of-pocket costs.
- Federal agencies such as the Social Security Administration and Centers for Medicare & Medicaid Services refer beneficiaries to SHIP. In CT, 41% client contacts were referred from federal, state, and local partners.

Read the letter of support sent to our legislative leaders by our President & CEO

CHOICES Corner

The CT Better Business Bureau says it's important to recognize the difference between poor marketplace behavior and outright scams. Scams are carried out by criminals who use deception to obtain your personal information.

Connecticut Better Business Bureau offers six red flags that you are being courted by a criminal:

- High pressure sales/time-limited offers - The scammer will try to convince you that you will get a substantial discount if you sign a contract right away. These tactics are designed to get you to sign a contract on the spot and pay a deposit, which, like the criminal, soon disappears.
- Unsolicited contact - Contact may come in the form of a telephone call, mail, email, a link on social media or other website, fax or voicemail message. Beware of offers that you did not solicit.
- Personal information required - The most frightening and successful tactic involves criminals reciting the last four digits of your Social Security Number (SSN) in an attempt to lend legitimacy to their pitches. Keep in mind that your date of birth, name and address are all valuable to identity thieves. Never give out this information to anyone unless you initiated the communication.
- Untraceable payment method required - One of the easiest red flags to spot is a demand for payment by an untraceable method such as a wire transfer, preloaded gift card or cashier's check. Legitimate businesses allow consumers to pay by credit or debit card or check.
- Lack of contact information - Visit bbb.org/Connecticut to see if the business exists and whether there are any consumer complaints. It's a bad sign if you can't find any information on the company.
- Something just doesn't feel right - Many scam victims say they disregarded a gut feeling that something didn't feel right about a transaction. Use common sense and don't ignore your instincts. They are often accurate.

Do you think you've been scammed?

The SMP program is helping to identify, report, and prevent fraud and scams. [Find out more or contact us](#) if you think you've been scammed.

Do you fit in with the 150 volunteers who gathered for our first VAT Department All Volunteer Thank You Luncheon?

prevents osteoporosis, builds muscles and loosens joints. But there's more than the physical benefits. Walking helps people relax, feel stronger, sleep better and smile more.

The advantage of walking over other types of activity is that it's free. You can do it anywhere. There's no expensive equipment to buy. You can do it alone or with friends. You have the opportunity to get out in nature and appreciate the changing seasons around you. There are no complicated routines to learn. Being out in nature will enrich you as you observe the world around you and feel the sunshine on your face.

Even if you have no one to help you with respite, you can enjoy the benefits of walking by bringing the person you care for with you on a walk. It might offer the opportunity for both of you to get away from the usual daily routine and experience something pleasant, healthy, and relaxing together.





AOASCC is unique - in Connecticut we are the only agency offering opportunities in every national service program - Foster Grandparents, Senior Companions, RSVP, AARP Experience Corps, AmeriCorps, and AmeriCorps VISTA. Funded federally by the Corporation for National and Community Service, these programs provide older adults throughout the region with high-impact ways to stay busy, make friends, and give back. **Find out more.**

Social Security Disability Assistance Program

Our goal is to provide the knowledge and dedicated assistance necessary to succeed after you have been denied your claim for disability benefits. By navigating you through the Social Security maze, our goal is to truly be your advocate for independence®. **Find out more.**



Care Network Link is a one-stop resource for aging in place, serving those above the eligibility thresholds for programs offered by AOASCC. Membership is free and entitles you to discounts from the certified 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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