

AOASCC News & Notes



Independence

May 2016

The Art of Aging

Opening Reception - Join us on May 19th



May is [Older Americans Month](#) & as part of celebrating the positive, creative lives of older adults in our community, we will present our fourth annual Art of Aging Exhibition.

Join us on May 19th between 2 and 6 p.m. for the Opening Reception. Works will be on display through June 17th.

[Find out more](#)

Older American's Act Reauthorized

Congress passed the Older Americans Act (OAA) in 1965 in response to concern by policymakers about a lack of community social services for older persons. Through the OAA critical services that keep older adults healthy and independent are funded - services like meals, job training, senior centers, caregiver support, transportation, health promotion, benefits enrollment, and more.

Nearly five years after it expired, legislation to reauthorize the Act was passed by Congress with unanimous, bipartisan support. The bill was signed into law by the President on April 19, 2016.

Responding to the signing, State Department on Aging Commissioner Elizabeth Ritter stated, "On behalf of the State Department on Aging, we extend our appreciation to members of Congress for passing this vital piece of legislation to help secure the supports and services that assist our aging population to remain in the community. Connecticut is aging and in these uncertain fiscal times it's comforting to know that these funds are secured. The reauthorization provisions modernize the Act and promote state flexibility in ways that will be very helpful to us in our state."

CHOICES Corner

When to call CHOICES

If you are a Medicare recipient, or about to become one you may have questions which the CHOICES program can answer. CHOICES program counselors are trained to be sources of accurate, impartial information about subjects related to Medicare. There are other sources of Medicare information, but they may not be entirely impartial because they have products or services to sell related to your Medicare.

Call upon a CHOICES

Did You Know?



- One in five older adults benefit from Older American Act (OAA) funded programs.
- The average cost of residing in a nursing home is \$75,000. "In contrast, the supportive services provided under the OAA can enable people to remain in their homes and completely avoid or delay these more expensive services.

In fact, more than 85 percent of people who use OAA-funded services say that this assistance helped them to remain independent in their homes and communities."

- The OAA was amended in 2006, to streamline long-term care services and supports for older adults and people with disabilities through a "no wrong door" approach to accessing services.
- The federal Administration on Aging (now part of the Administration for Community Living) was created to oversee the OAA programs.
- This year, CT received \$14,138,416 for Title III programs through Older Americans Act (OAA) funding.
- All five Area Agencies on Aging in CT distribute Title III funding to community agencies. [Read](#) where these dollars were spent this year in South Central Connecticut.



On Thursday April 7th Catherine Solomon, Chairperson of the Sociology department at Quinnipiac University, hosted a screening of the documentary "Age of Champions". What do we learn from the upbeat attitude, determination and mental toughness of these athletes?

[Never Too Old to Win](#)

Upcoming Events
[View our full calendar here.](#)

[New to Medicare Seminar - May 18](#)

[M-Team- May 19](#)

[Ambassador Meeting - May 31](#)

counselor when :

- You have questions about your benefits, coverage, Medicare premiums, deductibles and co-insurance.
- You have complaints about Medicare covered services you received.
- When you need help to appeal a Medicare coverage or payment decision.
- When you encounter problems joining or leaving a Medicare Advantage Plan.
- When you have difficulty enrolling in a Medicare Prescription Drug Plan.

Medicare provides a website designed to permit you to address many of these issues online, but if you encounter problems with any of these issues, the CHOICES program can be reached at 800 994 9422.



Registration now open



Powerful Tools for Caregivers is a self-care education program for family caregivers, designed to provide you with tools and strategies to better handle the unique caregiving challenges you face. This program will be offered free of charge in June. Seating is limited, so register today.

Caregiver Corner

Caregiving with Siblings

If you are like most of us who care for parents, you are not the only child in the family, but you

may be the only one providing care. This situation frequently results in feelings of anger and resentment, not only on the part of the caregiver, but also the siblings not involved in the care. Therefore, it's a good idea to include siblings in your caregiving plans. If your siblings can pitch in and help, it will be a relief for you and if they can't (won't), it's out in the open and has the chance to be resolved while your parent is still alive. All too often these issues fester and only emerge when funeral arrangements are being made. This can tear a family apart forever and it is the last thing your parent would have wanted.

There are a few things to keep in mind when caring for a parent:

1. Accept your siblings for who they are and what they can offer. Don't try to convince them to be the persons you wish they were. They have relationships and feelings for your parent which may be different than yours. You can't change that.
2. Ask yourself what you really want from your siblings. Even though caregiving is hard and tiring, we don't always want anyone else providing the care. We may not want people in and out of our homes. We may not want our siblings' opinions about how things should be done. Be specific about what you actually want. Maybe it's just a thank you and pat on the back; maybe it's a night off once a month; maybe it's someone to do the shopping.
3. Avoid guilt trips. Even if you believe that your siblings should do more for your parent, making them feel guilty won't get the help you want. In fact, when people feel guilty, they become defensive and avoid you altogether.
4. Avoid power struggles. Sometimes a parent gets caregiving from one child but designates another with legal authority to handle certain matters. Your parent has a right to make that choice. You have a right to refuse to be the caregiver, but if you're not going to stop being the caregiver, then stop fighting about your parent's choice. It will only cause you more stress.
5. Don't let inheritance issues break up your family. You may feel entitled to a larger portion of any inheritance but in almost all cases, parents divide their estates equally between all the children. If this is a big issue for you, discuss it with your parent and siblings and address it now. It will explode after the death of your parent and that is not the legacy your parent wants to leave.
6. If inheritance, power struggles or healthcare decisions are a source of conflict between you and your siblings, get professional help from a family mediator to resolve the issues. Caregiving is a difficult challenge, it shouldn't be complicated by unresolved family issues.

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.

Stay Up to Date!

Like us on Facebook 

Copyright Agency on Aging of South Central Connecticut.
1 Long Wharf Drive, Suite 1L, New Haven, CT * (203) 785-8533 * www.aoascc.org*

Copyright © 2015. All Rights Reserved.



Agency on Aging of South Central Connecticut | 1 Long Wharf Drive | Suite 1L | New Haven | CT | 06511