



“To say I was at “wit’s end” when I called is an understatement. I was emotionally exhausted and barely functioning. It has been a huge relief to know there are services that could make our lives much less stressful. I am beginning to regain my sanity and peace of mind myself, thanks to everyone at AOASCC.”

Dear Friends,

Every year, we assist thousands of older adults and people with disabilities through a range of services to help them remain at home and engaged in the community, and provide caregivers with the critical support they need. Yet we continue to see so many critical concerns continue to grow: social isolation and loneliness, food insecurity, transportation, cost of care, and knowing where to turn to for help. Your donation will help us meet these growing needs.

Here are a few highlights of how we made a difference this past year:

- We continue to offer an online **caregiver support group**, providing education and a safe, supportive environment helping participants in their caregiving journey.
- We are celebrating our 40th year providing opportunities for **volunteer engagement**. Volunteers provide services for their peers, children and community organizations, and often the needs they meet would otherwise go unfulfilled.
- We continue to be on the forefront of the evolving landscape of aging services. **Service Navigation** is a new program for the Agencies on Aging in Connecticut. This adds staff and resources as a second level of assistance when needs are complex and more time is needed to sort through the possible solutions.

We need your support. Please consider a tax-deductible donation so we can support those in our community who need us now more than ever.

With appreciation,



Melissa Lang, DrPH, MPH, MPA, MA
President & CEO

You can be part of impacting our community by including AOASCC in your year-end giving.

Highlights From Last Year

Support to Live at Home

- 3,370 older adults and individuals with disabilities were able to remain at home through care management or self-directed services
- 7,772 callers received information about community resources and benefit programs.
- 3,450 individuals received nutrition support through benefit and community programs.

Caring for Loved Ones

- 1,295 family caregivers were supplied with information about community resources and benefits, provided with respite care, or given training.

Staying Active & Healthy

- 85 works by 36 artists were displayed at our 10th Annual Art of Aging Exhibition.
- 342 volunteers served in the community through AOASCC programs.



**Agency
on Aging**

OF SOUTH CENTRAL CONNECTICUT
Your Advocate for Independence®