

AOASCC News & Notes



Best Senior Services

Independence

February 2017

Spotlight on Volunteering What did you do on MLK Day?



Experience Corps volunteers and staff observed the MLK Day of Service by participating in the 21st annual Dr. Martin Luther King, Jr. Legacy of Environmental and Social Justice Event at Yale's Peabody Museum. This was the 9th year that Experience Corps observed this "day on, not a day off" at the Peabody Museum.

The Experience Corps members shared their love of reading by helping children and teens pick out just the right (gently used) book to take home and to decorate a bookmark with various art supplies. This year's event had the largest attendance - 7246 people - and Experience Corps gave away approximately 1600 books!

From the Corporation for National and Community Service:



Rev. Dr. Martin Luther King, Jr. devoted his life to equality, social justice, economic advancement, and opportunity for all. He challenged us to build a more perfect union and taught us that everyone has a role to play in making America what it ought to be. In 1994, Congress designated the federal holiday marking the birthday of Dr. King as

a national day of service and charged the Corporation for National and Community Service (CNCS) with leading this effort. Taking place each third Monday in January, the Martin Luther King, Jr. Day of Service is the only federal holiday observed as a national day of service - a "day on, not a day off." This day of service empowers individuals, strengthens communities, bridges barriers, addresses social problems, and moves us closer to Dr. King's vision of a "Beloved Community."

Caregiver Corner

Drinking wine at celebrations or having a drink with friends is a part of our social life, but did you know that the ability to process alcohol changes as one ages? Older adults become more sensitive to the impact of alcohol because they have less fluid in their bodies, so the concentration of alcohol in their blood is higher. Does this mean that older adults can't have a drink with friends and family? Not necessarily, but it might mean that the older person drinks less than in younger days or switches from liquor to wine.

Alcohol may affect one's ability to drive to a greater degree as one ages. Naturally occurring changes in the brain affect the way alcohol is processed. Alcohol may impact the ability to think, concentrate or remember. So, driving



[Find out more about Experience Corps here!](#)

CHOICES

Many people assume that the cost of nursing home care will be paid for by Medicare. Although Medicare does cover nursing home care in some instances, there are strict guidelines about what and when they cover care in a facility. Before Medicare will cover the cost of a nursing home, the person must have been admitted to the hospital for at least three days. For that to happen, the person has to meet the Medicare standards that require acute hospital admission. After being in the hospital, the doctor has to certify that the patient needs skilled nursing care after the hospital stay. This isn't something the doctor can just say. The patient's condition has to fall within certain categories that have been determined to be "skilled" needs. The skilled care must be required on a daily basis and it has to be a service that is considered too complex, or too dangerous to be done safely in the person's home. The fact that there may not be any one in the person's home to provide any type of service doesn't qualify him/her for nursing home payment.

Examples of skilled nursing care are: management of changing, complex care plans; tube feedings; therapeutic exercises; and ambulation evaluation and training. Many of the services families are seeking when the decision to utilize nursing home care is made, such as help managing incontinence, help with bathing and dressing, monitoring of daily activities, are not considered skilled care and do not qualify as Medicare reimbursable services in a nursing home.

If you have time to plan for a nursing home admission, explore alternate funding for nursing home care. Medicare may not be an option. If you are denied coverage in a nursing home by Medicare, you can appeal the decision if you think the person's care meets the level of skilled care. The Center for Medicare Advocacy (860- 456-7790) can help you with the appeal process.

Did You Know?

- 20 percent of all hospitalized Medicare beneficiaries are discharged to a skilled nursing facility for short-term rehabilitation.
- If you are over 65, there is a 35% probability that you will become a resident in a nursing home
- 1.4 million older adults reside in skilled nursing facilities. [CDC](#)
 - 41.6% are 85 years old or older
 - 50.4% are diagnosed with Alzheimer's or related dementia



after having a drink at lunch is not a good idea for an older person. Most older adults are taking medications for a variety of chronic conditions. The medications for those conditions may interact harmfully when mixed with alcohol. It's very important to ask the doctor whether the drug can be taken when one has a drink and how long between medication and drinking one should wait. Alcohol can also impact the body's response to some medications rendering the medication ineffective.

If you care for an older adult it is wise to be aware of his/her drinking habits; discuss the safe use of alcohol as it relates to your loved one's physical conditions with the doctor and try to ensure that drinking is done in a safe environment with family and friends. Drinking alone may be a sign of problem drinking and may require professional attention.

AOASCC Happenings

Interagency Council on Aging of South Central Connecticut -

February 16
Hearing Voices, Living Fully - Claire Bien, MEd
[Registration Required](#)



"It's Your Life...Live it Well"

Seeking Professionals & Volunteers to Lead Live Well Workshops
Make a difference through this National Health Promotion Program for Adults with Diabetes. All training and materials provided. [Find out more.](#)

Eating on a Budget usda.gov

The Budget Chef likes brown rice!

At just 10 cents and 100 calories per serving, brown rice is a great choice for your wallet and your health.

The Budget Chef cooks brown rice bowls!

So fast. So easy. So good. Just follow these 3 easy steps:

- 1. Start with brown rice.**
One cup cooked serves 2 people.
- 2. Pack in produce.**
Choose veggies in a variety of colors — like green, red, orange, and yellow.
- 3. Top with healthy proteins.**
Try proteins like canned fish or beans, eggs, poultry with skin removed, or unsalted nuts.



Did you know SNAP can stretch your dollars at the grocery store?

Seniors often live on a fixed income and CT has a high cost of living. SNAP can help! Visit BenefitsCheckUp.org/getSNAP or visit our website to [find out more.](#)



Need help finding support at home?

Care Network Link is a wonderful resource to find trusted providers: Homemaking, Personal Care Assistance, Live-In Caregivers, Wheelchair Ramps, Fall Alert Systems, Hair Stylists that come to your home.

Give us a call at 203-495-1655 or sign up for membership at www.CareNetworkLink.org Membership is FREE and will earn you discounts from the providers you hire. Care Network Link credentials all the providers before allowing them on the network to make sure they are trustworthy businesses to have in your home.

Social Security Disability Assistance Program

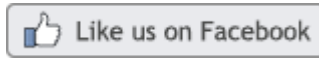
Our goal is to provide the knowledge and dedicated assistance necessary to succeed after you have been denied your claim for disability benefits. By navigating you through the Social Security maze, our goal is to truly be your advocate for independence®. [Find out more.](#)

As part of the Agency on Aging's mission to advocate for independence, we are committed to building awareness, breaking down stereotypes and challenging unfair policies to stop ageism now.

Join the Conversation!



Stay Up to Date!



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1 Long Wharf Drive, Suite 1L, New Haven, CT * (203) 785-8533 * www.aoascc.org*

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