

AOASCC News & Notes



Best Senior Services

Independence

April 2017



Art of Aging Searching for Senior Artists!

In recognition of Older Americans Month, we will celebrate the creativity of adults 60 and over in south central Connecticut during our annual art exhibition. We would love to include your painting or photograph, cash prizes will be awarded.

[Find Out More & Register Today!](#)

There is no entry fee.

Save the Date!

**Opening Reception
May 18th, 1:00-5:00 p.m.**

Meet Mary Swansiger

Diabetes Self-Management (DSMP) and the Chronic Disease Self-Management Programs (CDSMP) workshop leader

As a Community Outreach nurse, Mary sees the need and value of these programs. "Diabetes is such an epidemic, yet the majority of people with diabetes are not getting the basic education that they need to manage their condition." She sees a huge benefit for those that participate in DSMP, whether their diagnosis is new or long standing or it is a loved one they are supporting. The program is all inclusive from basic nutrition to planning meals; day to day management; working with their health provider and physical activity.

Mary has facilitated around 20 DSMP's. "I love seeing how

Caregiver Corner

Put your Affairs in Order

If your family has begun to help you manage your affairs, or if you are a caregiver already taking care of a loved one's affairs, it's time to get your affairs in order. We need our "papers" and proofs in many instances and it's usually during a crisis that we need them. It's not the best time to start looking



people progress and improve as they go through this program." She especially appreciates the one-on-one connection the program fosters. It is an opportunity to connect with people and empower them in managing their diabetes. She adds that she benefits personally from the program. Even when not facilitating a session, she continues to do action plans every week. "It just helps me stay on track & live a healthier lifestyle."

Mary shared one of her favorite stories. One participant would constantly go on random tangents and

ask questions about something totally different from what we were talking about, so we'd constantly have to rein her back in. For example, we could be talking about complications of diabetes & she would pipe in: "So what about carrots? Carrots have a lot of sugar, right?" We were never quite sure if this woman was getting anything out of the program. A few months after the program ended, she was speaking to my co-facilitator and mentioned that all of her numbers were up and that she was walking more, eating healthier, lost about 10 pounds and that her doctor was very pleased with her progress! This just goes to show you what a positive impact this program has on people.

through drawers, boxes and folders trying to lay hands on paperwork. Take the time to create a folder with all the important papers in one place and make certain more than one person knows where the papers are kept.

Some of the most important documents to have on hand are: birth certificates; copies of all the bank accounts with the account numbers and the location of each bank; insurance documents with policy numbers, type of insurance and beneficiaries; deeds and titles to all property; Social Security and Medicare numbers; military history & discharge papers; current will; advanced health care directive; durable power of attorney; and any funeral instructions you have.

Preparing this file will save time and stress in the future. You'll be relieved that you prepared for the future.



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

Would you like to be a workshop leader for DSMP? [Find out how.](#)

Do you want to know more about health & wellness programs offered through AOASSC? [Click here.](#)

Did You Know?

- Approximately 92% of older adults have at least one chronic disease, and 77% have at least two.
- Diabetes affects 23% of those aged 60+
- Only 1% of health dollars are spent on public efforts to improve overall health - compared to 75% of the money our nation spends on health care for chronic diseases
- In a 2007 CDC program for people at high risk for developing diabetes, lifestyle intervention reduced risk by 71% among those aged 60+.



National Council on Aging



Caregiver Workshop Series - Register Today

There are still a few spots available for this nation-wide program that has a proven track record in making a positive impact in the lives of family caregivers.

Gain tools and strategies to better handle the unique caregiving challenges you face. This is a free program, meeting every Thursday morning beginning April 13. [Find out more.](#)

Please support our STOP AGEISM NOW campaign

Our STOP AGEISM NOW campaign is building awareness of this cultural prejudice and the detrimental effect it has on seniors in terms of employment, poverty, health care, regulations and overall quality of life. We need YOU to join our efforts to combat ageism! We welcome you to



voice your concerns and share with your community how we can all fight ageism!

Here are a few ways you can participate:

- [Take our survey](#). This will help us develop policy input and effective advocacy.
- **Funding!** As an independent non-profit, we need financial support to continue to promote our cause. We will again participate in The Great Give - a special on-line giving event for nonprofits in the Greater New Haven region. This event runs from 8 a.m. on May 2 until 8 p.m. on May 3. Your charitable donation will make us eligible for matching prizes when you give to us through TheGreatGive.org. Please visit anytime during the 36-hour giving drive and give to the Agency on Aging of South Central Connecticut.
- Join us at our [TEARS conference](#) on October 17th - this year's theme is Ageism! This will be the largest conference in Connecticut covering one of the most serious issues facing professionals involved in the care of our elderly population: Elder Abuse.



CHOICES

Every year millions of dollars are wasted through Medicare fraud. You can help reduce Medicare fraud.

When you get health care services, record the dates on a calendar and save the receipts and statements you get from providers to check for mistakes. Compare this information with the claims Medicare processed to make sure you or Medicare weren't billed for things you didn't get.

You can help prevent Medicare fraud by doing a few simple things: Review your Medicare claims to make sure they're accurate. Check them early-the sooner you see and report errors, the sooner you can stop fraud. To view your claims, login to MyMedicare.gov, or call 1-800-MEDICARE.

1. Protect your personal information.
2. Be on the lookout for suspicious activity.
3. If you think you've been the victim of Medicare fraud, contact the Senior Medicare Patrol program at the Agency on Aging (800 994-9422)

Is there a mismatch between your budget and your expenses?

9% of seniors have uncertain or limited access to adequate food.

Social Security cost of living adjustment in 2017 was only .3 percent and there was no adjustment in 2016. It's not easy to manage a budget when the cost of living goes up, but your income stays the same. Thankfully, seniors can turn to programs like SNAP to help them afford food without making cuts somewhere else.



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

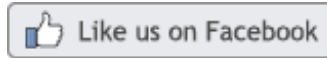
you hire. Care Network Link credentials all the providers before allowing them on the network to make sure they are trustworthy businesses to have in your home.

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.](#)

Stay Up to Date!



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