

# AOASCC News & Notes



## *Independence*

### April 2016

## The Art of Aging



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. Anyone 60 and over are welcome to enter their drawings, paintings or photographs.

Advertisements are also being accepted for the program booklet.

[Find out more.](#)

### **Negative beliefs about aging predict Alzheimer's disease in Yale-led study:** *Excerpt from YaleNews*

Newly published research led by the Yale School of Public Health demonstrates that individuals who hold negative beliefs about aging are more likely to have brain changes associated with Alzheimer's disease.

The study led by Becca Levy, associate professor of public health and of psychology, is the first to link the brain changes related to Alzheimer's disease to a cultural-based psychosocial risk factor. The findings were published online Dec. 7 in the journal *Psychology and Aging*.

"We believe it is the stress generated by the negative beliefs about aging that individuals sometimes internalize from society that can result in pathological brain changes," said Levy.



### **Caregiver Corner**

**Strokes are common and disable more Americans than any other illness.**

While many people become caregivers as a result of their loved one having a stroke, it is also possible that the person you are already caring for can have a stroke.

Therefore, it's important that you are aware of the symptoms of a stroke.

There are five major signs to watch for:

1. Numbness
2. Confusion
3. Difficulty Seeing
4. Walking imbalance/dizziness
5. Headache

"Although the findings are concerning, it is encouraging to realize that these negative beliefs about aging can be mitigated and positive beliefs about aging can be reinforced, so that the adverse impact is not inevitable." [Read the Full Article in YaleNews](#)

Join the conversation at [StopAgeismNow.org](http://StopAgeismNow.org).



Every day, in counties and cities across America, national service is tackling tough problems and strengthening communities. On April 5, 2016, New Haven Mayor Toni Harp along with Congresswoman Rosa DeLauro will join county officials and mayors across the country to thank those who serve.

AOASCC is thankful for the men & women who serve our community through the AOASCC sponsored Americorps and Senior Corps programs.

Every year the Agency on Aging engages over 400 volunteers throughout the community - tutoring children in classrooms, helping veterans access benefits, supporting non-profits, and acting as companions to older adults in-need. These volunteers are getting things done in our community as part of the national service movement.



Find out more about volunteering through AOASCC! [Visit our website.](#)

## Did You Know?

### April is National Volunteer Month!

Numerous studies have found a direct connection between volunteering and healthy aging. Consider these findings from a recent study of Experience Corps volunteers. In comparison to individuals who do not volunteer, volunteers have

- a lower risk of depression
- fewer physical limitations
- less decline in health due to aging
- increases in physical activity
- more engagement in the community
- an increase in their number of friends
- feeling their life is improving
- improvements in memory



Not all people who experience a stroke have all five symptoms but most people have several. Strokes are often preceded by TIAs, often referred to as mini strokes. The same symptoms are seen but they resolve quickly, without residual problems. However, TIAs should be taken seriously and reported to your doctor because they are very often a sign that a stroke may be imminent. If the doctor is notified (s)he may be able to intervene to prevent a full blown stroke.

Caregivers report that the difficulties caring for someone who has had a stroke are physical and emotional. If the stroke can be prevented through early detection, a better quality of life for the patient and caregiver can be assured.

## CHOICES Corner

If you have Original Medicare you're entitled to an **Annual Wellness visit**. The visit requires no co-pays or deductibles if you see a doctor who accepts Medicare. If you are in a Medicare Advantage plan you will not have to pay co-pays for anything that's covered by Original Medicare as long as you see a doctor within your plan's provider network.

Preventive services are those for which you are not currently receiving treatment. Conditions in which you have symptoms or are under treatment already, aren't preventative. Medicare will cover treatment for those conditions but the usual co-pays and deductibles apply.

The purpose of the Annual Wellness visit is to help keep you healthy. This preventative service can ensure you know how to reduce your risks of developing an illness such as diabetes. Sometimes in a wellness visit your doctor may identify a condition that needs treatment, such as finding a polyp during a colonoscopy. The treatment for the removal of the polyp will have co-pays and deductible applied.

Most wellness visits enable you to have a conversation with your doctor about your health status. Your doctor can help you identify means to prevent the development of illness. Use your wellness visit to help you stay well.



### Upcoming Events

[View our full calendar here.](#)

[Interagency Council](#) - April 21

[New to Medicare Seminar](#) - April 13

[Ambassador Meeting](#) - April 26

### Give Back with Outback!

We had a fun & successful night at the Outback restaurants on March 31st. Thank you to everyone who joined with our staff to raise money for the AOASCC client fund.



### Help Paying for Groceries

You can eat nutritious meals, even if you're on a tight budget. Find out if you qualify for SNAP in your state.

[Get started here](#) or [visit our website](#) to 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.

## Stay Up to Date!



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