

AOASCC News & Notes



Independence

February 2016

STOP AGEISM NOW



Among the many discussions that raged since Star Wars: The Force Awakens' release, one of the biggest seemed to be whether Princess-turned-General Leia was still attractive enough to be seen on screen—seemingly due solely to the fact that, like Han Solo, Luke, and most of the viewing audience, she spent the last 30 years since the original trilogy growing 30 years older.

Actor Carrie Fisher immediately hit back on her Twitter, joking: "Please stop debating about whether or not I aged well. Unfortunately it hurts all 3 of my feelings." She has continued to speak out since then, sharing information with her over-880,000 followers on the negative impact of ageist stereotypes.

You can join Fisher in the resistance against ageism by visiting our site at StopAgeismNow.org. Arm yourself with research, challenge your own implicit stereotypes, and share your story today!

Volunteer Spotlight

Just like the thousands of AmeriCorps members around the country who made Martin Luther King, Jr. Day a day of service, not a day off, AARP Experience Corps - Greater New Haven volunteers spent time MLK weekend giving back to the community. At Yale's Peabody Museum's MLK event on Sunday and Monday, Experience Corps volunteers distributed more than 1500 children's books and offered a bookmark craft. Experience Corps volunteers also helped at Alpha Kappa Alpha's MLK event at Wexler-Grant School.



Find out more about Experience Corps. [Visit our website.](#)

CHOICES Corner

A Medigap policy is health insurance sold by private insurance companies to fill gaps in Original Medicare coverage. Medigap

Caregiver Corner

Assisted Living

Although when asked almost everyone expresses a wish to remain living in their own homes until they die, we recognize that for some people this isn't a practical choice and other options need to be considered. Assisted living facilities can be a wonderful option for some people. Unfortunately, many people wait too long before making the decision to explore assisted living as a housing option and they are unable to enjoy the benefits of a good assisted living

policies can help pay your share (like coinsurance, copayments, or deductibles) of the costs of Medicare-covered services. Medigap policies don't cover your share of the costs under other types of health coverage, including Medicare Advantage Plans, stand-alone Medicare Prescription Drug Plans, employer/union group health coverage,

If you have Original Medicare and a Medigap policy, Medicare will pay its share of the Medicare-approved amounts for covered health care costs. Then your Medigap policy pays its share. A Medigap policy is different from a Medicare Advantage Plan (like an HMO or PPO) because those plans are ways to get Medicare benefits, while a Medigap policy only supplements the costs of your Original Medicare benefits.

All Medigap policies must follow federal and state laws designed to protect you, and policies must be clearly identified as "Medicare Supplement Insurance." Medigap insurance companies can only sell you a "standardized" Medigap policy identified by letters A through N. Each standardized Medigap policy must offer the same basic benefits, no matter which insurance company sells it. Cost is usually the only difference between Medigap policies with the same letter sold by different insurance companies. Generally, Medigap policies don't cover long-term care (like care in a nursing home), vision or dental care, hearing aids, eyeglasses, or private-duty nursing.

You pay the private insurance company a monthly premium for your Medigap policy in addition to the monthly Part B premium you pay to Medicare.

A Medigap policy only covers one person. If you and your spouse both want Medigap coverage, you each will have to buy separate Medigap policies.

Any standardized Medigap policy is guaranteed renewable even if you have health problems. This means the insurance company can't cancel your Medigap policy as long as you pay the premium.



Community News

AOASCC, CT Department of Social Services, FISH of Greater New Haven, and Community Action Agency of New Haven were on hand to help connect individuals to community programs at this event at Berger Apartments in January. Older

community. One way to avoid making mistakes in long term planning is to explore options early and educate yourself about all options.

Visit assisted living facilities and see what they have to offer. Below are some questions to ask when your visit. Facilities will always welcome you visit, provide a tour of the facility and allow you to sample the food. Taste testing is an important part of selecting an assisted living facility since almost all meals will be eaten in the dining room at the facility.

Questions to ask an admissions counselor:

- What kind of assessment is conducted before accepting a resident?
- Who conducts the assessment? What is their training?
- What criteria are used to determine appropriateness for the facility?
- What happens if my relative's needs change after moving in?
- Will the facility accommodate personal schedule preferences?
- Who plans the social and recreational activities?
- How often are outside activities planned?
- Can we walk the grounds of the facility unattended?
- What accommodations

adults were provided information, screened and assisted with signing up for benefit programs, and Senior Food Boxes were distributed.

are made for spiritual life?
• What is the fee?
• What does the fee include?



Upcoming Events

[View our full calendar here.](#)

[Interagency Council](#) - February 18

[Wellness Wednesday](#) - February 24
Fair Haven Pharmacy

["New to Medicare" Seminar](#)

Several dates are scheduled, preregistration is required.



Diabetes Live Well Classes Forming Now!

[Find useful ways to deal with diabetes & improve your health.](#)



This is the 30th year that AOASCC will honor centenarians with a special luncheon. Do you know someone who is celebrating their 100th birthday this year or has already passed this milestone? [Let us know!](#)



Did You Know?

Of adults 65 and over:

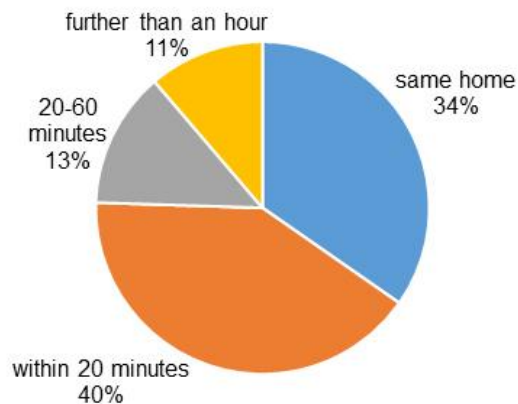
- 71.6% live alone or with their spouse.
- Only 3.1 percent reside in nursing homes

For those receiving assistance to live at home

- 95% received help from unpaid caregivers and
- **for 65.5% of those receiving assistance, the only help they received came from unpaid caregivers.**

US Census & US Dept of Health & Human Services

How far are caregivers from those they care for?



statistics from National Alliance for Caregiving

Help Paying for Groceries

In Connecticut, 62,000 older adults are using SNAP to pay for food. Are you? Save on food with SNAP.

[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!



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

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