

AOASCC News & Notes



Independence

June 2016

Celebrating Older Americans Month



AOASCC is committed to promoting a positive image of aging, encompassing all of the abilities and contributions of older adults. May has been established as Older Americans Month, so there is no better time to highlight the accomplishments of older adults in our community.

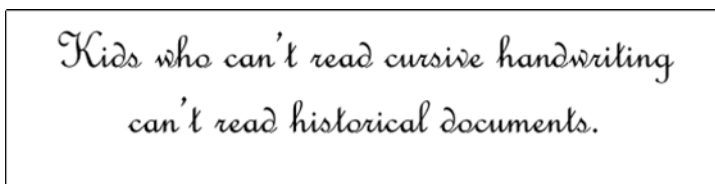
On May 4th, over 100 guests gathered to honor 25 centenarians at the 30th annual Centenarian Luncheon. The centenarians shared their reflections on what's important in life: friends & family being on top of their lists. In the words of one centenarian, "It feels great to see the year 2016, but so much has changed. Life seems to move right past a person. It would be nice if everyone could remember that people are the most important things in life."

On May 19th, the opening reception for the Art of Aging Exhibition was held. 180 works of art submitted by 74 artists are currently hanging on the walls of our office. Please stop by! The Art of Aging show will continue through June 16th – public is welcome during the our normal business hours.

Volunteer Spotlight

Last September AOASC's RSVP volunteer program, Canoebrook Senior Center and Walsh Intermediate School joined together to begin a Pen Pal Project.

The initial concept was to engage students to learn and/or practice their Cursive skills fueled by this statement:



An interesting concept for the volunteers as they were curious if the student could or would write in cursive let alone be interested in writing to an older adult

With the support of Guidance Teacher Heather Grattan and Canoe Brook Senior Center's Activity Director Nancy Cohen, this idea turned into a wonderfully fulfilling program for all involved. And as the story goes it was a wonderfully engaging project for everyone involved.....

Caregiver Corner

Twenty-nine million people in the United States have diabetes.

Diabetes is associated with heart disease and is a cause of disability and death. As a caregiver, it is important to understand diabetes and be aware of the symptoms. When a person has diabetes his or her body doesn't produce enough insulin or doesn't use the insulin produced the way it should. About one third of the people who have diabetes don't know they have it because they don't recognize the symptoms.

We have come away with a great inspiration in learning about others, resulting in many making this exact remark, "They aren't so different then me" with that sentence ending 2 different ways, "when I was their age" and "when they were my age".

RSVP volunteer Peter, a retired teacher, explains how much he enjoyed this program because it made him slow down and think about what he was writing, something that he doesn't do with his own children, who are always texting.



Peter and students interrupted a group meeting at Canoe Brook to explain the program.

The program will continue next year and hopefully expand to other schools and focus areas.



Find out more about this and other volunteer opportunities available through RSVP.

Did You Know?

One out of three older people falls each year, but less than half tell their doctor.



- Falling once doubles your chances of falling again.
- One out of five falls causes a serious injury such as broken bones or a head injury.
- Each year, 2.5 million older people are treated in emergency departments for fall injuries.
- Over 700,000 patients a year are hospitalized because of a fall injury, most often because of a head injury or hip fracture.
- Many people who fall, even if they're not injured, become afraid of falling. This fear may cause a person to cut down on their everyday activities. When a person is less active, they become weaker and this increases their chances of falling.

Research has identified many conditions that contribute to falling. Many risk factors can be changed or modified to help prevent falls.

[Read more from the Centers for Disease Control and Prevention \(CDC\).](#)

For non-pregnant adults there are two types of diabetes: type I and type II. A very small percent of people have type I where the body stops producing insulin altogether. Most people have type II. Being over 45, overweight and sedentary in lifestyle all increase the risk of developing type II diabetes. The most common symptoms of diabetes are increased, unquenchable thirst, frequent urination, fatigue, and blurred vision. For some people however, there are no observable symptoms, therefore prevention is the best course of treatment. Eat a healthy diet, get regular exercise and get glucose levels checked regularly by the doctor.

People with diabetes need regular preventive care to avoid life threatening consequences to their hearts, kidneys, eyes and feet. Most diabetes is preventable, all diabetes is treatable. Make certain the person you care for gets regular care to prevent the potentially devastating effects of diabetes.

<p>Upcoming Events <u>View our full calendar.</u></p> <p><u>Interagency Council Annual Meeting</u> June 16</p> <p><u>Ambassador Meeting</u> June 28</p>

Are you or a loved one at risk for falls?



AOASCC continues to partner with Yale University Department of Emergency Medicine, several VNAs and nine municipalities to promote the P.R.I.D.E. (Paramedic Referrals for Increased Independence and Decreased Disability in the Elderly) Program.

P.R.I.D.E. is a community-centered intervention program designed to help older adults and persons with disabilities to remain safely in their homes by providing no-cost help from paramedics, nurses and doctors. This program has been instrumental in assisting individuals who are at risk for falls, have fallen or who have had to phone 911 for a lift-assist.

Individuals in the following towns and cities are eligible for this free program: New Haven, East Haven, West Haven, North Haven, Branford, North Branford, Guilford, Madison and Meriden. Visit the website at www.pride-ems.org to:

- Make a referral.
- Access information to make the choice if P.R.I.D.E. is right for you.
- Contact the P.R.I.D.E. office for in-depth, personalized answers.
- Schedule an appointment Referrals can also be made by calling 1-877-978-8343.

P.R.I.D.E. is funded by a grant through the Centers for Medicare and Medicaid Services Innovation Center in partnership with Yale University Department of Emergency Medicine.

CHOICES Corner

NEW! Online replacement of Electronic Benefit Transfer (EBT) cards

Supplemental Nutrition Assistance Program (SNAP) and cash assistance recipients can now use 2-1-1's online EBT Card Replacement Service. EBT cardholders can also check the status of their card replacement request. This new online service and more information are available at <https://ebtcard.211ct.org/>. In order to request a replacement EBT card through 2-1-1, please note:

- You must be the head of household
- You must have at least 2 of 3 pieces of identifying information; date of birth, Social Security number, DSS client id number.
- You should keep your EBT card safe to prevent loss or theft. Multiple requests within a calendar year may require additional review and approval by DSS.

If you have a SNAP EBT card you can use it at a store or at the bank. To use it at a bank: Before you shop, Check your last receipt to find out how much money is in your account; Look for the Quest® mark on the door or the window of the store; At check-out, your card is swiped; Enter your secret PIN on the number pad, then press Enter; Tell the clerk how much money to enter or enter the amount yourself. To Use Your EBT Card at a Cash Machine (ATM): Always follow directions on the ATM. Enter your secret PIN; Press Withdrawal; Press Checking; Enter the dollar amount you want; Take your cash from the machine; Wait for your card and receipt.

It's important to take care of your EBT card. Keep your card in a safe place when you are not using it. Never write your secret PIN on your card. Do not damage or bend your card. Do not write on or scratch the black stripe on the back of your card. Do not put your card near magnets, TVs, stereos, VCRs, or even the magnetic clasp on a purse.



Summer time is finally here, and we are looking forward to the next few months of hiking, gardening, laying out on the beach, and staying cool indoors with a few good films. But with ageism rampant in Hollywood, it can be hard to tell what is worth your time and popcorn and what movie will just leave you reaching for the remote.

We've put together the following suggestions for a movie night that everyone can enjoy. Don't forget to visit StopAgeismNow.org to learn more about ageism and what we are doing to push back!

The Intern (2015): While Robert DeNiro's Ben Whitaker is sometime too perfect as an older adult intern brought into a fast-fashion start-up company to help a young CEO, this film does a great job of showing how generations can help one another without being overly-cloying.

Age of Champions (2011): Age of Champions is a documentary which tracks older adults as they compete for glory in the senior Olympics. If hearing the story of Bradford and John Tatum, two nonagenarians who can swim laps around their younger peers, doesn't get you motivated to take that walk, nothing will. [Read a review.](#)

Star Wars: The Force Awakens(2015): What more can be said about this well-received continuation of the epic saga we all grew up loving? While the mysterious hero Rey (Daisy Ridley) and antagonist Kylo Ren (Adam Driver) are far from qualifying for AARP memberships, the cast is rounded out by the return of Carrie Fisher and Harrison Ford reprising their roles as General Princess Leia and Han Solo. This movie made quite the splash upon its release, renewing Carrie Fisher's star power as a champion against ageism.

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.

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