

# AOASCC News & Notes



## *Independence*

### March 2016



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!](#) Invitations to this event will be sent out this month.

### Share Your Creativity

Whether your medium-of-choice is paintbrush or marker, pastel or crayon we want to see what "Stop Ageism Now" means to you.

Submit your 11" x 13" work of original art to us no later than April 15 for the chance to win a prize and see your work highlighted on posters throughout the state! All artwork should be dropped-off or mailed to us at One Long Wharf Drive, Suite 1 L -right down the road from the new Jordan's Furniture. Please be sure to include your name and contact information.



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

### Volunteer Spotlight

Last year six RSVP volunteers helped 85 individuals at local libraries, senior centers and other location get connected to programs that they were eligible for, which help to pay for medications, health care, food, utilities and more. Most participants, & the volunteers themselves, were amazed to find that there are benefits for which they qualified.

*"This is a very helpful and a great program for seniors"*

Come by and let one of our volunteers help you! [List of locations.](#)

### Caregiver Corner

**Parkinson's disease** is a neurological disorder that affects movement and cognition. Dopamine producing cells in the brain are necessary for movement and cognition. Parkinson's disease attacks and destroys dopamine cells causing a reduction in the ability to move and to think. By the time symptoms are sufficiently evident to result in a diagnosis of the disease,



Find out more about volunteering to work with individuals one-on-one through RSVP. [Visit our website.](#)

## CHOICES Corner

If you have complaints about the quality of care you received as a Medicare recipient, there are steps you can take to improve the situation. If your complaint is about improper care or safety conditions in a hospital, nursing home or hospice, contact the state health department to report the situation. They will investigate and endeavor to eliminate your safety concerns. If your complaint is about your doctor, contact the state medical board. Complaints may range from drug errors, inappropriate surgery, inappropriate treatment or discharge too early.

Often times complaints are about billing information for Medicare services. If you disagree with the billing statements you receive, you can appeal the bill. Whether your complaint is that the bill lists services you didn't receive, or perhaps coverage is being denied for a service you did receive, you can appeal the decision. A CHOICES counselor will help you with the appeal if you request assistance. 1 800 994 9422. There are time limits that affect your ability to successfully appeal a decision, therefore be certain to ask for assistance as soon as you receive your Medicare explanation of benefits.



## Did You Know?

The second week of March is National Brain Awareness week. As you age...

- Your brain is NOT destined to decline as you age. In fact, your brain can continue to learn and grow throughout your life span.
- Your brain does change over the lifespan. As the maxim goes - use it or lose it. The parts of the brain you are not using can decline.
- Emotion enhances learning, so find something you love and get involved.
- Getting forgetful? Don't blame it on aging! It may just be that your brain needs to learn new habits.
- Your brain likes it when you exercise. There is a correlation between overall physical health & mental health.
- Your brain needs good food. The brain comprises only 2 percent of the body's weight, the brain but consumes up to more than 20 percent of daily energy intake.
- Think positive - your attitude toward life and your management of stress make a difference toward keeping your cognition sharp.

approximately 50% of the dopamine cells have been destroyed.

Symptoms commonly associated with Parkinson's, are tremors, rigidity of movement, slow movement and poor balance. Additionally, in later stages it is common to develop difficulty swallowing, speech problems and dementia. Although there are medications that can help manage the symptoms of the disease, there is no cure and it is essential that the caregiver work closely with the physician to monitor and change medications as symptoms change. Research has shown that medications can improve the quality of life, reduce falls, and improve the sense of well being a patient experiences.

Since certain drugs can have unwanted side effects such as poor impulse control. It is important to report these symptoms to the neurologist. In later stages of the disease, hallucinations are possible. They are generally a result of the medications used to help control motor functions. It is a delicate balance between controlling movements and limiting the side effects of the medications. Keeping track of the symptoms and collaborating with the Doctor is an important role of the family caregiver.

## Help for Caregivers

Are you a caregiver for another person? Is someone helping you with things like your shopping, banking, transportation? Then you're receiving help from a caregiver. Family caregivers need a break from time to time.

AOASCC has some limited funds to help caregivers get the break they need. [Find out more.](#)



### Upcoming Events

[View our full calendar here.](#)

[M-Team](#) - March 17

[Ambassador Meeting](#) - March 29

### 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!

Like us on Facebook 

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