

# AOASCC News & Notes



\*\*\*Best Senior Services\*\*\*

## ***Independence***

### **October 2016**

## **Annual Breakfast Meeting 2016**

October 26th at Race Brook Country Club  
Registration at 8:30 a.m., Meeting from 9:00-11:30 a.m.

[Join Us!](#)



### **TEARS**



TIMELY  
ELDER  
ABUSE  
RESOURCE  
SERVICES

Join us for our annual *Timely Elder Abuse Resource Services* Conference.

**October 13, 2016**

[Have you signed up?](#)

**Senior Wellness Fair** - We will honor our seniors by holding a Senior Wellness Fair in Derby on November 18th.

Vendor Space Available: Help us share information on healthy living! [More information.](#)

### **Volunteering - The Gift of One Hour**

*In August a survey was conducted of clients paired with one of our RSVP volunteers - 85% of the clients felt more socially connected and less lonely as the result of RSVP services.*

### **Caregiver Corner**

#### **Fearless Caregiver Conference**

November is Family Caregiver month when we take time to recognize and thank the many family caregivers who are providing care to a loved one so that person can retain the best quality of life possible. Being a family caregiver isn't always easy and sometimes it feels as if it isn't even appreciated but it's the right thing to do. It's right for the person you care for and it's right for you. Throughout your life you'll benefit from

Meet a few of our volunteers.

Mike meets with Kathleen for an hour once a month and helps her pay bills.

William says his money manager "saved my life".

Luis, a veteran and friendly visitor, takes Charles to his doctor and engages him in social activities.

Mariano visits with Ruth at her home, bringing the gift of conversation and a game of gin rummy.

Anne, a caregiver for her husband George, loves her visits from Matthew, a veteran and respite relief volunteer. While he spends time with George, Anne is able to take some time for herself.

Each of these commitments began with one hour.



Please give an hour of your time.  
Your time is a precious gift to  
someone in need.

[Find out more.](#)



knowing you did the best you could to help someone you care about.

To honor the hard work that family caregivers do and recognize the contribution they make to our society as a whole, the AOASCC hosts the annual Fearless Caregiver Conference.

Once again this year we will be gathering at Oakdale Theatre on November 3 to learn from each other, share our stories and a lunch, as we celebrate the wondrous works of family caregivers.

Please join us as our special guests. If you know a family caregiver whom you feel deserves a day of recognition and appreciation, please tell them about the event.

It is a free, fun, informational day that will enable you to continue you to be the best caregiver you can be.



[Find out more & register here!](#)

## CHOICES

### Open Enrollment for Medicare Recipients

**October 7 marks** the beginning of open enrollment for 2017. It is very important that you take the time to review your current Medicare coverage and determine whether you need to make any changes for 2017. If you are on Medicare, you should have a Medicare D plan to cover prescription drugs, even if you are not currently taking any medications. None of us possess a crystal ball that enables us to guarantee that we won't have prescription drug needs in the near future. If you don't sign up for a plan now, you won't be able to do so until the next open enrollment period. The fact that you don't need any medication now doesn't qualify as a legitimate reason to be permitted to enroll in the middle of the year. There are very low cost and even some no cost plans, but you must take the initiative to select one and complete the paperwork.

If you currently have a Medicare D plan, you need to determine whether this plan is the right plan for you for next year. The medications covered by each plan change from year to year and the co-pays for certain drugs also change. It is so very important for you to make sure your plan still covers your medications and does it at the lowest cost to you.

The Centers for Medicare and Medicaid have made it possible for you to check your coverage, compare options or switch plans without ever having to leave the comfort of your home. You can go to [Medicare.gov](http://www.Medicare.gov) and review plans to find the plan that's best for you for 2017.

If you don't have access to the Internet or need help determining which plan meets your needs, *you can call the CHOICES program for assistance. 800 994-9422.*



### Did You Know?

- Someone turning age 65 today has almost a 70% chance of needing some type of long-term care services and supports in their remaining years
- Women need care longer (3.7 years average) than men (2.2 years avg.)
- One-third of today's 65 year-olds may never need long-term care support, but 20 percent will need it for longer than 5 years

*LongTermCare.gov*

Medicare only covers medically necessary care, such as received in a skilled nursing facility. Medicare will not cover the costs for you to stay in your home or your move to an assisted living facility. In the New Haven area, these options will cost you each year on average:

- Homemaker Services - \$44,616
- Home Health Aide - \$50,336
- Assisted Living Facility - \$61,200

### Salty Myths

Myth: In order to stay healthy I have to eliminate sodium completely.

Fact: Sodium is an essential nutrient that controls blood pressure and is needed to make nerves and muscles work properly, but too much can be harmful.

Most Americans consume too much salt. [Read some facts](#) from the American Heart Association.



The Supplemental Nutrition Assistance Program is all about healthy eating. If you need help affording the types of food that will keep you healthy, contact us to see if you're eligible for SNAP. [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](http://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**

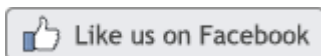
Our goal is to provide the knowledge and dedicated assistance necessary to succeed after you have been denied your claim for disability benefits. By navigating you through the Social Security maze, our goal is to truly be your advocate for independence®. [Find out more.](#)

As part of the Agency on Aging's mission to advocate for independence, we are committed to building awareness, breaking down stereotypes and challenging unfair policies to stop ageism now.



## Join the Conversation!

### Stay Up to Date!



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