AOASCC News & Notes

Our Story - AARP Experience Corps

73% of the students tutored by Experience Corps volunteers showed improvement in their reading scores - even those students who were one or more grade levels behind in reading skills.

The numbers tell us that this program is making a real difference in the lives of children, but why?

When AOASCC’s Experience Corps Manager Sheila Greenstein was asked this question, she pointed to the intergenerational core of this program - pairing adults 50 and over with children in kindergarten through third grade. Strong mentoring relationships are built and children thrive under the attention of these volunteers, gaining ground not only academically but in overall confidence.

Read more...

Caregiver Corner

Oral Cancer

Last year, 48,330 people were diagnosed with oral cancer. More than 9,500 died from the cancer. People most at risk for oral cancer are men over the age of 62. People who smoked or drank have a higher incidence of developing oral cancer. The cancer is usually located in the tongue, floor of the mouth or voice box. The consequences can be physically devastating, so early diagnosis is essential to minimize the negative impact of treatment. The sooner treatments begin the greater likelihood that some of the important functions of the tongue and voice box can be preserved. Late diagnosis can result in the inability to speak or swallow or even death.

If you are caring for someone it is important to include oral cancer...
Upcoming Events

Workshop Leaders Needed: Would you like to help individuals who struggle with chronic health conditions? Train to be a Live Well Leader!

Powerful Tools for Caregivers is a self-care education program for family caregivers, designed to provide you with tools and strategies to better handle the unique caregiving challenges you face. This is a free six-week series. Find out more.

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

Space is limited, so register today!

Vendor Space Available - Help us share information on healthy living!

Our active older adult population is growing rapidly. We will honor our seniors by holding a Senior Wellness Fair in Derby on November 18th. More information.

Your Local Farmer's Market

USDA's Food Guide Pyramid recommends 2-4 servings of fruit and 3-5 servings of vegetables daily.

Early fall is a great time to take advantage of delicious food available at local farmers markets and the Mobile Markets. Some markets even double your SNAP dollars! Click here to find a market near you and more healthy eating tips!

CHOICES

Chiropractic Services: Understanding what medical services are covered by Medicare is an important way to prevent unanticipated medical expenses. Chiropractic services represent an area where there is often confusion. The services of a chiropractor are covered by Medicare B if you have met your annual part B deductible and the service provided is manipulation of the spine to correct subluxation. The manipulation is only covered if it is a medical necessity.

Payment for this service by Medicare requires that the chiropractor is an approved Medicare provider and accepts Medicare reimbursement. You are responsible for paying 20% of the Medicare approved rate for the service. In addition, unless you are also on a Medicaid program, you may be required to pay for costs above the Medicare approved rate.
Medicare does not pay for any testing or other services ordered by the chiropractor. Any additional services or test will be billed to you. Therefore, it is important to ask about the cost of tests and other services and the price charged for spinal manipulation since you will be responsible for a percentage of the charges even when the service is a Medicare approved service.

*If you have questions about this or other Medicare issues, contact the CHOICES program 203 785 8533.*

**Did You Know?**

Research indicates that individuals with adequate social relationships have a 50% greater likelihood of survival compared to those with poor or insufficient social relationships.

Low social interaction is:
- Equivalent to smoking 15 cigarettes a day
- Equivalent to being an alcoholic
- More harmful than not exercising
- Twice as harmful as obesity

*Published in* [PLOS Medicine](https://www.plosmedicine.org)

AOASCC has developed a service called Care Network Link designed to help caregivers and older adults quickly find trustworthy services providers. Whether it is for homemaking, companion, personal care assistance or even hair styling, Care Network Link makes it easy to find a solution. We thoroughly credential each provider before putting them on our network. [Find out more.](https://www.plosmedicine.org)

**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.](https://www.plosmedicine.org)

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!](https://www.plosmedicine.org)

Copyright Agency on Aging of South Central Connecticut.