

AOASCC News & Notes



Best Senior Services

Independence

September 2016

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...](#)



There is still time to apply to be part of this year's group of Experience Corps Volunteers.

Call now - training starts soon!

[Find out more!](#)

Experience Corps is a proud member of the AmeriCorps National Service Network.

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!



screening to the list of things you are already monitoring. Your dentist should provide an oral cancer screen, but often when we are caring for someone with other health problems, we fail to get them to the dentist for preventive care. There are just so many other things we are responsible for. The preventive care of the dentist is very important however and shouldn't be neglected. The dentist will not only evaluate the condition of the teeth they will also check for oral cancer. The dentist will inspect the face, neck lips and mouth looking for signs of cancer. He or she will use both hands to feel the area under your jaw and the sides of your neck looking for lumps. (S)he'll exam the inside of the mouth looking for redness or white patches and look at the tongue for swelling or change in appearance. (S)he'll use a gauze pad to pull your tongue from side to side and check the base of the tongue. Lastly (s)he'll exam the floor of the mouth with one finger while pressing under the chin to look for lumps. It's painless and simple, but it could be a lifesaving exam.

Add it to the list of things you check, for your loved one and yourself.

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](#)



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.](#)

Social Security Disability Assistance Program

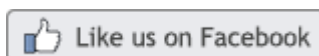
Our goal is to provide the knowledge and dedicated assistance necessary to succeed after you have been denied your claim for disability benefits. By navigating you through the Social Security maze, our goal is to truly be your advocate for independence. [Find out more.](#)

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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