Senior Resources
AGENCY ON AGING

FOLLOW US!

19 Ohio Avenue, Suite 2 • Norwich, CT 06360 • www.SeniorResourcesEC.org
Phone 860.887.3561 • 800.690.6998 • Fax 860.886.4736

Calendar of Events

- Chronic Disease Self-Management Phone Workshop - Senior Resources
- Connecticut's Roadmap Home 19th Annual Training Institute - CT Coalition to End Homelessness
- PopUp Drive-Thru Food Pantry - UCFS
- Shred Days - Chelsea Groton
- Coucilors Game Night - THRIVE55+ Active Living Center
- 2022 CHOICES New Team Member Training - Senior Resources
- Virtual New to Medicare Presentations - Senior Resources
- Medicare & Medicare Advantage Plans, What's the Difference - Senior Resources
- Senior Resources Cornhole Tournament - Senior Resources/Thompson Speedway Cornhole
- Have Medicare Questions? - Senior Resources
- Southeast Healthy Living Expo - Senior Resources
- Putnam Pop-Up Walk to End Alzheimer's - Alzheimer's Association

Ongoing Programs/Information

- What's on the Menu? - Senior Resources
- Nutrition Newsletter
- Benefits Enrollment Center - Senior Resources
- Spring Sponsor Sign-On Bonus - Alzheimer's Association
- Center for Medicare Advocacy
- Coffee, Tea & SMP - Senior Resources
- TVCCA Volunteer Opportunities
- Caregiver Homes
- Together With Loss - Bereavement Support Group
- Annual Wellness Visits - Generations Family Health Center
- COVID 19 Vaccine, Booster, & Testing Schedule - Hartford HealthCare
- Angel Fund Information and Application - Senior Resources

FREE! Live Well with Chronic Conditions

"It's Your Life...Live it Well"

Take Control

Feel Better

Energize

Live

Enjoy

FREE *Telephone Workshop*

Join this FREE 6- week workshop and learn how to better manage your ongoing health condition!

Participants only need a phone, no other technology!
Once a week, you just call our toll-free number to connect to the group call.

You will learn:

- Techniques to deal with frustration, fatigue, isolation & poor sleep
- Gentle exercises to help with pain
- Ways to improve your nutrition
- Appropriate use of medications
- Other helpful information for managing your pain day-to-day

Materials will be sent directly to participants at no cost and include Living a Healthy Life with Chronic Pain, a booklet of tips, and a relaxation CD.

Wednesdays from 9-10 AM
May 4 - June 8, 2022
To register, call 860-887-3561 ext. 127 or email Lori at lrygielski@seniorresourcesec.org

Senior Resources AGENCY ON AGING

Aging and Disability Services

DPH Connecticut Department of Public Health

Sponsored by Senior Resources Agency on Aging, CT Department of Aging and Disability Services State Unit on Aging and Connecticut Department of Public Health

CONNECTICUT'S ROADMAP HOME

19th Annual Training Institute

May 11, 2022 | Hartford, CT

Connecticut's premier capacity building event for the Homeless Response System - **The Annual Training Institute** - will return to an **in-person live event** on May, 11 2022!

The ATI will feature a full day of workshops led by thought-leaders and policy experts. This year's theme, Connecticut's Roadmap Home, will focus on the tangible actions we can take to end homelessness in Connecticut.

VISIT CCEH.ORG/ATI-2022 FOR INFO AND REGISTRATION

2022 ATI Workshops Will Include:

Race Equity and Homelessness: The Story the Data Tells | Lessons from the Pandemic: Innovative Practices | My Town Cares: Ending Homelessness Through Municipal Partnerships | Make Your Voice Heard! Effective Legislative Advocacy | Equal Access: Creating an Affirming Environment for LGTBQ Individuals | And More!

With Cross-Sector Presentations On:

Affordable Housing | Domestic Violence | Workforce Development | Aging in Place / Older Adults | Successful Re-entry Pathways to Housing

REGISTRATION RATES

CCEH Member* - $120 per registration.
Non-Member - $150 per registration.

**This price is reserved for current CCEH members. To become a member, visit cceh.org/joinus or contact Victoria Massey at vmassey@cceh.org to confirm your Membership status and discount code.*

Presenting Sponsor:

BANK OF AMERICA

CONNECTICUT COALITION to END HOMELESSNESS

Pop Up Drive-Thru Food Pantry Distribution Dates

MAY 2022		
May 6, 2022	Preston Senior Center - 42 Long Society Road, Preston	10:00 - 11:00 am
May 11, 2022	Norwich Health Center - 47 Town Street, Norwich	2:00 - 3:00 pm
May 20, 2022	NEW LOCATION! **Project Pin - 23 Village Center Circle, Moosup**	**1:00 - 2:30 pm**
May 25, 2022	Norwich Health Center - 47 Town Street, Norwich	2:00 - 3:00 pm

JUNE 2022		
June 3, 2022	Preston Senior Center - 42 Long Society Road, Preston	10:00 - 11:00 am
June 8, 2022	Norwich Health Center - 47 Town Street, Norwich	2:00 - 3:00 pm
June 17, 2022	NEW LOCATION! **Project Pin - 23 Village Center Circle, Moosup**	**1:00 - 2:30 pm**
June 22, 2022	Norwich Health Center - 47 Town Street, Norwich	2:00 - 3:00 pm
June 29, 2022	Norwich Health Center - 47 Town Street, Norwich	2:00 - 3:00 pm

***Please remain in your car, open your trunk and please have a mask on at all times. Thank you!*

For more information,
please call Pam Kinder at 860-822-4146.

Emergency food assistance provided by:

UCFS Healthcare Well-Being Redefined. Gemma E. Moran United Way Labor Food Bank AFL-CIO United Way CONNECTICUT FOOD BANK

Shred Days

All members of the community are invited to take advantage of our safe and secure shredding and recycling service.

Bring up to three file size boxes of confidential, personal, and business documents for complimentary shredding.

WHEN AND WHERE:

April 23: 9am - 12pm | Center Groton Branch
1319 Gold Star Highway, Groton

May 14: 9am - 12pm | North Stonington Branch
391 Norwich Westerly Road, North Stonington

May 21: 9am - 12pm | Westside Branch
444 West Main St, Norwich

Chelsea Groton

Member FDIC

chelseagroton.com

Councilors Game Night

Third Thursday of the month 6-8 pm

March 17, April 21, May 19, June 16...

GROTON
CONNECTICUT | ESTABLISHED 1705

Please join Groton Town Councilors each month for a night of fun!!

Want to join in? Register at 860-441-6785

We shall gather for games every third Thursday of the month at THRIVE55+ Active Living Center (102 Newtown Road, Groton) in our community room for light hearted socializing.

Rotating 3-4 councilors each month.

Each month it will be a surprise what game will be on tap!
Possible games: Trivia (of local stuff, decades, music, etc),Price is Right, Family Feud, Bingo, charades if small group etc.

THRIVE55+
Active Living Center
Powered by Groton Senior Center

102 Newtown Road, Groton, CT 06340 860-441-6785

2022 CHOICES New Team Member Trainings

CHOICES, Connecticut's State Health Insurance Assistance Program (SHIP), is accepting applications for our 2022 New Team Member Training sessions. CHOICES is part of a national network of SHIP agencies that offers free, confidential counseling, education and assistance to Medicare beneficiaries, their caregivers and the general public. CHOICES is administered by the Dept. of Aging and Disability Services State Unit on Aging in partnership with CT's five Area Agencies on Aging and the Center for Medicare Advocacy, Inc.

CHOICES New Team Member Trainings are free for volunteers and $125 for in-kind (paid) professionals. Training participants will complete an orientation session, 5 full days of training, sign the CHOICES Memorandum of Understanding, and take an online certification exam. Training topics include: Medicare Parts A, B, C and D, Medigap, eligibility, coverage, costs, appeals, coordination of benefits, transitions from other insurance, and cost assistance programs for low-income beneficiaries, including MSP, LIS and Medicaid. Training manuals will be provided.

CHOICES Team Member roles include: Counselor, Open Enrollment Counselor, Information Distributor, Administrative Support, Exhibitor, and Presenter. If you would like to make a positive difference in the lives of Connecticut's Medicare beneficiaries, contact your CHOICES Regional Coordinator. ***Individuals who may have a conflict of interest such as insurance agents or brokers are unable to participate in the trainings.***

****Registration, Screening and Approval by Regional Coordinator Required to Attend Training****

****ALL 2022 SESSIONS WILL BE VIRTUAL****

HOST AGENCIES	DATES AND REGISTRATION INFO
Southwestern CT Area Agency on Aging (SWCAA) & Western CT Area Agency on Aging (WCAAA)	ORIENTATION: March 8, 9am-12pm TRAINING DATES: March 22, 24, 29, 31, April 5; 9am-4pm CONTACTS: • Claire Volain (SWCAA) at 203-814-3639 or cvolain@swcaa.org • Carlyn Mueller (WCAAA) at 203-757-5449 x126 or cmmueller@wcaaa.org
North Central Area Agency on Aging (NCAAA) & Senior Resources Agency on Aging	ORIENTATION: May 24, 9am-12pm TRAINING DATES: June 7, 9, 14, 16, and 21; 9am-4pm CONTACTS: • Urania Reyes Rivera (NCAAA) at 860-724-6443 x277 or urania.reyes@ncaaact.org • Laura Crews (Senior Resources) at 860-887-3561 or ljcrews@seniorresourcesec.org
Senior Resources Agency on Aging & Agency on Aging of South Central CT (AoASCC)	ORIENTATION: Aug 30, 9am-12pm TRAINING DATES: Sept 13, 15, 20, 22, and 27; 9am-4pm CONTACTS: • Laura Crews (Senior Resources) at 860-887-3561 or ljcrews@seniorresourcesec.org • Leslie Pruitt (AoASCC) at 203-785-8533 x3165 or lpruitt@aoascc.org

This project was supported, in part by grant number 90SAP0056, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration for Community Living policy.

MONTHLY ONLINE WEBINARS

NEW TO MEDICARE

Topics include:

- Overview of Medicare Parts A, B, C and D
- Enrollment - how and when?
- Medicare Options
- How to make Medicare affordable

Registration is required, please visit:
WWW.SENIORRESOURCESEC.ORG
Or our Facebook Page:

Senior Resources Agency on Aging - Eastern Connecticut

You Have CHOICES

SHIP
State Health Insurance Assistance Program

Presented By:

Laura Crews
Senior Resources Agency on Aging
Director of Benefits Access

Senior Resources
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MONTHLY ONLINE WEBINARS

2022 DATES AVAILABLE

- June 7th - 5 pm - 7 pm
https://bit.ly/JuneMedicareBootcamp
- July 5th - 10 am - 12 pm
https://bit.ly/JulyMedicareBootcamp
- August 2nd - 2 pm - 4 pm
https://bit.ly/AugMedicareBootcamp
- September 6th - 5 pm - 7 pm
https://bit.ly/SeptMedicareBootcamp
- October 4th - 10 am - 12 pm
http://bit.ly/OctMedicareBootcamp
- December 6th - 5 pm - 7 pm
https://bit.ly/DecMedicareBootcamp

You Have CHOICES

Registration is required, please visit:
WWW.SENIORRESOURCESEC.ORG
Or our Facebook Page:
Senior Resources Agency on Aging - Eastern Connecticut

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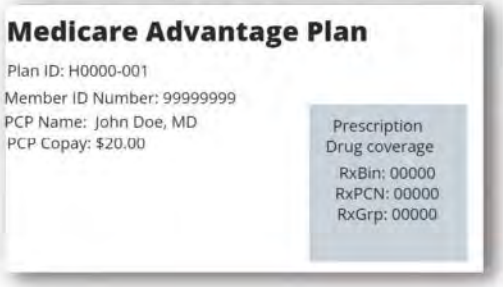
Medicare & Medicare Advantage Plans...



What is the difference?

June 8, 2022
6 p.m.
Middlefield Senior Center
405 Main Street
Middlefield, CT 06455
Call to Register: (860) 349-7121

Presented By:

Laura Crews
Senior Resources Agency on Aging
Director of Benefits Access

You Have CHOICES

Senior Resources
AGENCY ON AGING
the answers you need, resources you can trust

SHIP
State Health Insurance Assistance Program

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CORNHOLE TOURNAMENT

SATURDAY JUNE 11TH AT NOON AT THOMPSON SPEEDWAY

Indoors in the Banquet Hall
at Speedway Restaurant & Golf Club 205 East Thompson Rd., Thompson, CT 06277

BENEFIT FOR SENIOR RESOURCES

*** 1ST TOURNAMENT = $50 PER TEAM, BRING YOUR OWN PARTNER (AND BAGS IF YOU CHOOSE), ½ TO PRIZES, ½ TO FUNDRAISER**
REGISTRATION AT 11, NOON ROUND ROBIN STARTS

***POSSIBLE ADDITONAL TOURNAMENTS $10 PER PERSON,**

BLIND DRAW, IF TIME ALLOWS

***50/50 $ RAFFLE AND AIRMAIL COMPETITION, RAFFLE PRIZES**

RESTAURANT / BAR OPEN FOR TOURNAMENT

Senior Resources
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the answers you need, resources you can trust

PLEASE COME JOIN US FOR THIS FANTASTIC CAUSE AND TO HAVE A GREAT DAY OF CORNHOLE FUN !!!

FOR ADDITIONAL INFORMATION CONTACT:

BRADLEY SMITH ON FACEBOOK OR bsmith101375@gmail.com or

ERICA BONEFAS ON FACEBOOK OR Ebonefas@seniorresourcesec.org

Have questions about MEDICARE?

JOIN US!

JUNE 13TH

12:00 P.M.

New London Senior Center
120 Broad Street
New London, CT 06320
860-447-5250

Call to reserve your spot today!

Presented By:

Laura Crews
Senior Resources Agency on Aging
Director of Benefits Access

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You Have CHOICES
SHIP
State Health Insurance Assistance Program

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"Living Today for a Better Tomorrow"

2022 SOUTHEAST HEALTHY LIVING EXPO

Friday, July 15, 2022
9:30 a.m. - 12:30 p.m.

Dodd Stadium Concourse
14 Stott Avenue
Norwich, CT 06360

Early Bird Registrations Ends May 31, 2022!

SAVE THE DATE!

Health Screenings, Information for Seniors, Caregivers & Professionals.

Visit SeniorResourcesEC.org for more information or call 800-690-6998

Special Thank You to the Norwich Sea Unicorns!

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Platinum Sponsor:

SCCT SeniorCenterCT.org

JOIN US FOR OUR UPCOMING EVENT!

PUTNAM POP-UP WALK TO END ALZHEIMER'S

A Quiet Corner community event *in support of the Eastern CT Walk to End Alzheimer's,* part of the world's largest fundraiser for Alzheimer's care, support and research.

When: Saturday, September 10, 2022

Registration @ 9 am | Ceremony @ 9:45 am | Walk @ 10 am

Where: Rotary Park, Putnam, CT

Register at **act.alz.org/easternct** or scan the QR code above!

Kim Durand & Monique Mailloux, Walk Co-Chairs
kimdurand01@gmail.com
moniquemailloux@gmail.com

alz.org/walk

WALK TO END ALZHEIMER'S
alzheimer's association

What's on the Menu?

Wish to eat healthy, stay healthy? Eagerly seeking healthy eating tips, recipes and more?

Join Registered Dietitian, Alison Dvorak, each month for a Zoom discussion answering your questions and offering tips for a different Healthy Eating focus each month.

Live cooking demonstrations, recipes and more!!

Mark your calendar!

What's on the Menu?
3rd Monday of each month
1:00 - 2:00 PM
FREE on Zoom!

Registration is required.
Register here:
https://bit.ly/3ndinmw

Alison welcomes your questions, suggestions, and personal chats at advorak@SeniorResourcesEC.org

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Phone 860.887.3561 • 800.690.6998 • Fax 860.886.4736

Senior Resources
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the answers you need, resources you can trust.
We serve 56 towns and 2 tribal nations of Eastern Connecticut and manage state and federally funded programs related to Aging and Disability, like the Senior Nutrition Program. We would love to hear how these programs have an impact on your life! 19 Ohio Avenue, Norwich, CT 06360; www.SeniorResourcesEC.org

Phone: 860-887-3561 or 800-690-6998 Our Registered Dietitian, Alison, is at Ext. 115
Like us on Facebook: Senior Resources Agency on Aging Eastern Connecticut **Watch us on YouTube**: Senior Resources Agency on Aging CT

Age My Way, Eating Well

Older Americans Month is celebrated in May each year. 2022's focus is aging in place – how older adults can plan to stay in their homes and live independently in their communities for as long as possible.
The Senior Nutrition Program funded through the Older Americans Act is an excellent example of a way to stay independent for a longer time. The Congregate Meal program offers a well balanced and delicious meal with opportunity for socializing and learning at a local Senior Center or other gathering place. The Home Delivered Meal program brings the meal to the participant's home so that they can enjoy a full healthy meal without having to shop, cook or clean up! The Senior Nutrition Program encourages a variety of foods with a menu that meets the Dietary Guidelines for Americans. That means that it is good for many special diet needs such as Consistent Carbohydrates for people with Diabetes and Low Sodium for people with Hypertension or Heart Failure. The Older Americans Act provides service to people age 60 or over and their spouses, no matter their income level. There is no charge for the meal, but donations are encouraged and help to enrich, sustain and expand the program. Sometimes the meals provide a respite or break for a caregiver because they know that their loved one is getting a good meal and little socializing with others. The meal delivery can also be a way to "check in" with someone each day and get assistance if needed.
Older Adults can utilize many new and different ways to remain independent in their homes. This may include delivered groceries or medications, telehealth visits with medical providers, Personal Emergency Response Systems. Many living options exist within communities that can make continuing to live independently easier and affordable, such as subsidized Independent Senior Housing, Assisted Living and Home Care Assistance to any living location.

JOIN US FOR FREE INFORMATIVE PROGRAMS TO HELP YOU AGE YOUR WAY – contact us with any questions!

* Benefits Enrollment Screening and Assistance. Available by phone, zoom and in-person appointment. Call to schedule.
* Coffee, Tea and SMP: 2nd Friday each month, 9-10am. Discuss Medicare. In-person or by phone (267) 807-9601, Meeting ID 797-253-419
* What's on the Menu? 3rd Monday each month, 1-2pm. Chat with a Registered Dietitian ask questions and discuss current topics via Zoom. Pre-register through the calendar on our website.
* Ongoing enrollment for LiveWell Programs via conference calls! Be a part of this amazing evidence based and highly effective 6-week Free program for Pain, Diabetes or Chronic Disease Self-Management. New classes starting each month.

Senior Resources
AGENCY ON AGING

las respuestas que necesita, recursos en los que puede confiar.
Servimos a 56 pueblos y 2 naciones tribales del este de Connecticut y administramos programas financiados por el estado y el gobierno federal relacionados con el envejecimiento y la discapacidad, como el Programa de Nutrición para Personas Mayores. ¡Nos encantaría saber cómo estos programas tienen un impacto en su vida! 19 Ohio Avenue, Norwich, CT 06360; www.SeniorResourcesEC.org

Teléfono: 860-887-3561 o 800-690-6998 Nuestra dietista registrada, Alison, está en Ext. 115
Síguenos en Facebook: Senior Resources Agency on Aging Eastern Connecticut **Míranos en YouTube**: Senior Resources Agency on Aging CT

Envejece a mi manera, come bien

OLDER AMERICANS MONTH
AGE MY WAY: MAY 2022

El Mes de los Estadounidenses Mayores se celebra en mayo de cada año. El enfoque de 2022 es el envejecimiento en el lugar: cómo los adultos mayores pueden planificar permanecer en sus hogares y vivir de forma independiente en sus comunidades durante el mayor tiempo posible.
El Programa de Nutrición para Personas Mayores financiado a través de la Ley de Estadounidenses Mayores es un excelente ejemplo de una forma de mantenerse independiente por más tiempo. El programa Congregate Meal ofrece una comida bien equilibrada y deliciosa con la oportunidad de socializar y aprender en un Centro para Personas Mayores local u otro lugar de reunión. ¡El programa home Delivered Meal lleva la comida a la casa del participante para que pueda disfrutar de una comida saludable completa sin tener que comprar, cocinar o limpiar! El Programa de Nutrición para Personas Mayores fomenta una variedad de alimentos con un menú que cumple con las Pautas Dietéticas para los Estadounidenses. Eso significa que es bueno para muchas necesidades dietéticas especiales, como carbohidratos consistentes para personas con diabetes y bajo contenido de sodio para personas con hipertensión o insuficiencia cardíaca. La Ley de Estadounidenses Mayores brinda servicio a personas de 60 años o más y a sus cónyuges, sin importar su nivel de ingresos. No hay cargo por la comida, pero se alientan las donaciones y ayudan a enriquecer, mantener y expandir el programa. A veces, las comidas proporcionan un respiro o descanso para un cuidador porque saben que su ser querido está recibiendo una buena comida y poco socializando con los demás. La entrega de comidas también puede ser una forma de "registrarse" con alguien cada día y obtener asistencia si es necesario.
Los adultos mayores pueden utilizar muchas formas nuevas y diferentes de permanecer independientes en sus hogares. Esto puede incluir comestibles o medicamentos entregados, visitas de telesalud con proveedores médicos, sistemas personales de respuesta a emergencias. Existen muchas opciones de vida dentro de las comunidades que pueden hacer que continuar viviendo de forma independiente sea más fácil y asequible, como la vivienda independiente subsidiada para personas mayores, la vida asistida y la asistencia de atención domiciliaria a cualquier lugar de vida.

ÚNASE A NOSOTROS PARA PROGRAMAS INFORMATIVOS GRATUITOS PARA AYUDARLO A ENVEJECER A SU MANERA : ¡contáctenos con cualquier pregunta!

* Evaluación y asistencia de inscripción de beneficios. Disponible por teléfono, zoom y cita presencial. Llame para programar.
* Café, té y SMP: 2º viernes de cada mes, 9-10am. Hable sobre Medicare. En persona o por teléfono (267) 807-9601, ID de reunión 797-253-419
* ¿Qué hay en el menú? 3er lunes cada mes, 1-2pm. Chatea con un dietista registrado, haz preguntas y discute temas actuales a través de Zoom. Pre-regístrese a través del calendario en nuestro sitio web.
* ¡Inscripción continua para los programas LiveWell a través de conferencias telefónicas! Sea parte de este increíble programa gratuito de 6 semanas basado en la evidencia y altamente efectivo para el autocontrol del dolor, la diabetes o las enfermedades crónicas. Nuevas clases a partir de cada mes.

Por favor, disculpe cualquier error en la traducción de Microsoft Word.

Are you 65 and living on a fixed income?

You may qualify for benefits to help pay your Medicare premiums, prescription drugs, food, heating costs and more!

Contact Senior Resources Benefits Enrollment Center

Our Benefits Counselors will screen and provide application assistance for various programs. Call now to schedule your Benefits screening!

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the answers you need, resources you can trust

860-887-3561
19 Ohio Avenue
Norwich CT 06360

WALK TO END ALZHEIMER'S

alzheimer's association®

Spring Sponsor Sign-On Bonus

Commit to partnering with Walk to End Alzheimer's* before the end of May, and you'll receive a special "Proud Sponsor" visit and display sign, along with a social media shoutout!

act.alz.org/connecticut

* at a minimum of $1,500 (Gold Level)

Center for Medicare Advocacy

Advancing Access to Medicare and Health Care

Who

We are a national nonprofit law organization. We provide free assistance for residents of Connecticut.

What

We provide education, advocacy and assistance to help older people and people with disabilities get access to Medicare coverage and quality health care.

When

Contact us for help when Medicare coverage is unfairly denied.

Where

Headquartered in Connecticut and Washington, DC.
1-860-456-7790
Toll free in CT: 1-800-262-4414

Why

Because Medicare coverage is often unfairly denied, creating barriers to necessary care.

MedicareAdvocacy.org

@CMAorg

@MedicareAdvocacy.org

Coffee, Tea and SMP

Grab your favorite beverage and join Senior Resources Agency on Aging for a free group phone conversation about Medicare, Senior Medicare Patrol, CHOICES programs and ways to prevent Fraud and Abuse.

Every 2nd Friday

9-10 am

Dial in to our Free conference call line
(267) 807-9601

Enter the Meeting ID: 797-253-419

Follow us on Facebook for Live Hybrid locations!

Listen in, ask a question, share your story.
This will be a general public presentation.

Please call our office if you need an individualized counseling session:
(800) 690-6998 or (860) 887-3561

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This project was supported, in part by grant number 90MPPG0044, from the U.S. Administration for Community Living, Dept. of Health and Human Services and is administered by the CT Dept. of Aging and Disability Services. The program is operated throughout the state by the Area Agencies on Aging.

Thames Valley Council
for Community Action, Inc.
Partnering for Prosperous Communities Since 1965

AmeriCorps
Seniors

Help make a difference in your community

The Retired and Senior Volunteer Program (RSVP) of Thames Valley Council for Community Action is looking for senior volunteers to help meet the needs of seniors, children, and veterans in eastern Connecticut.

Seeking volunteers ages 55 and older

- Provide phone reassurance to other seniors
- Be a socially-distant grocery shopper for isolated seniors and veterans
- Deliver for meals on wheels

Contact Georgia James,
Program Coordinator
860-425-6608
gjames@tvcca.org

For more information, kindly visit our website at tvcca.org or facebook.com/TVCCArsvp/

AmeriCorps Seniors

Thames Valley Council for Community Action, Inc.
Partnering for Prosperous Communities Since 1965

AmeriCorps Seniors programs tap the SKILLS, TALENTS and EXPERIENCE of more than 330,000 Americans age 55 and over to meet a wide range of community challenges. Choose from several opportunities for service through TVCCA's Senior Volunteer Programs.

New London County:
Georgia James: 860-425-6608

Windham County:
Sherry Main: 860-774-9286

Friendly Visitor Become a visitor for an older adult or disabled individual to help them remain connected to the community with the ultimate goal of helping them remain living in their homes as they age. RSVP needs volunteers who can commit to at least one hour a week with someone in their community. Substitutes are available to accommodate vacations!

Friendly Shopper Become a grocery shopper for an older adult or disabled individual who has difficulty getting to the grocery store or food pantry to get their own food. Volunteers may receive the list from the individual and go to the store to fill the order or they may sit with the individual helping them to complete an online order. RSVP needs shoppers who can commit to 2 or 4 times monthly or shoppers who can fill in for other shoppers who are sick or away on vacation.

Meals on Wheels Work with our senior nutrition program and help homebound individuals receive the nutrition they need, by delivering meals to their home.

Veteran's Coffeehouse Volunteer Greet veterans and their spouses and help set up breakfast and coffee at one of our six veteran coffeehouse locations. The Coffeehouse's mission is ***"to provide a comfortable location for ALL veterans—both men and women of any age—to meet, socialize, communicate and receive supported information regarding veterans benefits and services through state and federal agencies and programs."***

Classroom Assistant Serve as a school volunteer Classroom Assistant helping children and teachers in early childhood education at one of our head start and little learner classrooms.

Other Community Support Services, Office Help We could use help with computer data entry, phone calling, & organizing mailings. Also if you love meeting people we have opportunities to do community outreach and attend events as a volunteer to represent our program and enroll more wonderful people like yourself!

Benefits of Volunteering with Americorps Seniors!

- **Flexibility: around your schedule**
- **Supplemental accident insurance provided free to every volunteer**
- **Mileage reimbursement for grocery shopping**
- **Making a HUGE positive impact!**

VISITING GROCERY SHOPPING ASSISTANCE

Available at no cost to individuals who are 65 years old or disabled & homebound.

RSVP Volunteers can offer weekly or monthly support:

- grocery shopping
- visiting with you in your home
- enjoying outings and sharing common interests

For information contact:

Georgia James, Coordinator, New London 860-425-6608 gjames@tvcca.org

Gina King, Director, New London County 860-425-6617 gking@tvcca.org

Sherry Main, Coordinator, Windham County 860-774-9286 smain@tvcca.org

You can be paid if you are a caregiver for someone age 65 or older

caregiver homes
from Seniorlink

Receiving a tax-free payment twice a month

Support from a registered nurse and social worker

You are eligible if:

- Living in the same home as the person you care for
  - Legally married spouses not eligible
- The person you care for has or is eligible for CT Medicaid
- The person you care for requires help with some of the following activities on a daily basis:

- Dressing
- Bathing
- Transferring
- Medication
- Feeding
- Toileting
- Walking
- Supervision for a cognitive impairment (Ex. Alzheimer's or Dementia)

Visit Our Website or Call Us to Learn More
www.caregiverhomes.com

Candice - 860-550-1728
csmith@caregiverhomes.com

Allowing seniors to age in the comfort of their own home

Se le puede pagar si es el cuidador de una persona mayor de 65 años

caregiver homes
from Seniorlink

Puedes recibir pago libre de impuestos dos veces al mes.

Apoyo en casa por medio de trabajadores sociales y enfermeras registradas que ayudan con el cuidado de tu ser querido.

Eres elegible si:

- Tienen Medicaid en Connecticut
  - Los cónyuges legalmente casados no son elegibles
- Quienes viven con su cuidador
- Necesitan asistencia con actividades de la vida diaria , tales como:
  - Vestimenta
  - Higience Personal
  - Transferencias
  - Medicinas
  - Alimentacion
  - Uso de baño
  - Ambulación/Caminar
  - Supervisión para alguien con pérdida de memoria(Alzheimer)

Visita nuestra página web or llámanos para que conozcas más sobre cómo podemos ayudarte

www.caregiverhomes.com

Candice - 860-550-1728
csmith@caregiverhomes.com

Permitir que las personas mayores envejezcan en la comodidad de su propio hogar

Hartford HealthCare

Together With Loss

Together With Loss is a monthly virtual bereavement support group offering conversation, information and resources to help individuals deal with the recent loss of a loved one.

Together With Loss is facilitated by Beth Hankins, a licensed clinical social worker who has more than thirty-five years of experience working the many emotions associated with grief.

The group meets on the **second Thursday** of each month from **7:00 -8:30 pm**. Participants are asked to register in advance to receive the link to join zoom by emailing bhudsonhankins@gmail.com

ANNUAL WELLNESS VISITS

ARE YOU ON MEDICARE OR MEDICARE/MEDICAID DUAL COVERAGE?

WHAT IS THE ANNUAL WELLNESS VISIT?

The Annual Wellness Visit is a yearly appointment with your primary care provider (PCP) to create or update a personalized prevention plan. This plan may help prevent illness based on your current health and risk factors. Keep in mind this is not a head-to-toe physical.

WHO IS ELIGIBLE?

- Enrolled in Medicare Part B for over 12 months
- Have not received an Annual Wellness Visit in the past 12 months

WHAT TO EXPECT AT YOUR VISIT

Your primary care team will develop your personalized prevention plan and may also:

- Check height, weight, blood pressure, and other routine measurements
- Give you a health risk assessment
- Review your functional ability and level of safety
- Assess your ability to perform activities of daily living (ADL)
- Review your medical and family history
- Create a 5-10 year screening schedule
- Screen for cognitive impairment
- Screen for depression
- Provide health advice and referrals to health education and/or preventive counseling services aimed to promote wellness

GENERATIONS CAN HELP YOU!

If you meet the above eligibility, call today and schedule your Annual Wellness Visit appointment with your Generations PCP. All Generations PCPs accept Medicare and/or Medicare/Medicaid insurance.

NOTE: A wellness visit does not address new or existing health problems, as these visits require a separate service and longer appointment. Please let our scheduling staff know if you would like help with a health problem, a medication refill or something else. We may need to schedule a separate appointment to address any issues or concerns as a separate charge applies to these services whether provided on the same date or a different date than the wellness visit.

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SCHOOL-BASED HEALTH CENTER

GENHEALTH.ORG

VISITAS ANUALES DE BIENESTAR

¿TIENE USTED MEDICARE O COBERTURA DOBLE DE MEDICARE/MEDICAID?

¿QUÉ ES LA VISITA ANUAL DE BIENESTAR?

La visita anual de bienestar es una cita anual con su proveedor de atención primaria (PCP) para crear o actualizar un plan personalizado de prevención. Este plan puede ayudar a prevenir enfermedades según su salud actual y sus factores de riesgo. Tenga en cuenta que esto no es un chequeo físico completo.

¿QUIEN ES ELEGIBLE?

- Personas registradas en Medicare Parte B de por más de 12 meses
- No haber tenido una visita anual de bienestar en los últimos 12 meses

QUÉ ESPERAR EN SU VISITA

Su equipo de atención primaria desarrollará su plan de prevención personalizado y además podrá:

- Controlar la altura, el peso, la presión arterial y otras mediciones de rutina
- Hacer una evaluación de riesgos para la salud
- Revisar su capacidad funcional y nivel de seguridad
- Evaluar su capacidad para realizar actividades de la vida diaria (ADL por sus siglas en inglés)
- Revisar su historial médico y familiar
- Crear un programa de detección de 5 a 10 años
- Detectar discapacidad cognitiva
- Detectar depresión
- Brindar asesoramiento sobre salud y referidos a educación sobre la salud y/o servicios de asesoramiento preventivo destinados a promover el bienestar.

¡GENERATIONS PUEDE AYUDARLO!

Si cumple con los requisitos de elegibilidad anteriores, llame hoy y programe su visita anual de bienestar con su PCP de Generations. Todos los PCP de Generations aceptan el seguro de Medicare y/o Medicare/Medicaid

NOTA: Una visita de bienestar no trata problemas de salud nuevos o existentes, ya que estas visitas requieren un servicio por separado y una cita más prolongada. Hágale saber a nuestro personal que programa las citas médicas si desea ayuda con un problema de salud, una reposición de medicamentos o algo más. Es posible que debamos programar una cita por separado para abordar cualquier problema o inquietud, ya que se aplica un cargo por separado por estos servicios, ya sea que se brinden en la misma fecha o en una fecha diferente a la de la visita de bienestar.

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COVID-19 Vaccine, Booster and Testing Schedule

Location	Testing Hours Appointment recommended	Vaccine/Booster Hours Appointment required**	Effective*
61 Hart St., **New Britain**	Sun, Tues, Wed, Fri & Sat **8a-4p**	**Mon & Thurs 8-11:30a** (Pfizer), **12:30-4p** (Moderna)	2/28/22
11 Stott Ave., **Norwich**	Mon, Tues, Wed & Sat **8a-4p**	**Thurs & Fri 8-11:30a** (Pfizer), **12:30-4p** (Moderna)	3/3/22
132 Mansfield Ave., **Willimantic**	Sun, Tues, Thurs & Fri **8a-4p**	**Mon & Wed 8-11:30a** (Pfizer), **12:30-4p** (Moderna)	3/21/22
300 Market St., **Hartford**	Mon, Thurs & Fri **8a-4p**	**Tues & Wed 8-11:30a** (Pfizer), **12:30-4p** (Moderna)	3/22/22
181 Patricia M. Genova Dr., **Newington**	Mon, Wed & Fri **8a-4p**	**Tues & Thurs 8-11:30a** (Pfizer), **12:30-4p** (Moderna)	3/22/22
435 Lewis Ave., **Meriden**	Mon, Tues & Wed **8a-4p**	**Thurs & Fri 8-11:30a** (Pfizer), **12:30-4p** (Moderna)	3/24/22
540 Litchfield St., **Torrington**	Mon, Tues & Thurs **8a-4p**	**Wed & Fri 8-11:30a** (Pfizer), **12:30-4p** (Moderna)	3/30/22
2979 Main St., **Bridgeport**	Mon, Wed & Fri **8a-4p**	**Tues & Thurs 8-11:30a** (Pfizer), **12:30-4p** (Moderna)	3/22/22

**Dates may change*
***To make an appointment, visit www.mychartplus.org; log in, click menu, then "schedule appointment"*

Hartford HealthCare

Senior Resources' Angel Fund

Senior Resources has been awarded a grant from the Tufts Health Plan Foundation to support the health and wellness of our aging community. Our primary focus for these funds will be to subsidize medical transportation and durable medical equipment, but other requests will be considered.

Funds will be available in allocations of up to $150.00 to improve access to health care for residents of our 56 town region, and only after all other pay sources have been explored.

For more information or an application please contact Senior Resources at 860-887-3561.

Senior Resources
AGENCY ON AGING

TUFTS Health Plan FOUNDATION

19 Ohio Avenue, Suite 2 • Norwich, CT 06360 • www.SeniorResourcesEC.org
Phone 860.887.3561 • 800.690.6998 • Fax 860.886.4736

Senior Resources' Angel Fund Application

This program is funded by the Tufts Health Plan Foundation and administered by Senior Resources - Agency on Aging

Date:_____ Phone Number: _____

Name:_____

Address:_____

Specific Request for Use of Funds:

Transportation Request:

Date of Trip:_____ Purpose of Trip: _____

Destination:_____ Mode of Transportation: _____

Transportation Provider:_____

Cost of Trip: _____

Other funding sources explored:

_____

_____

Equipment Request:

Item Requested: _____

Prescription Needed? □ Yes □ No Prescription Obtained? □ Yes □ No

Item Vendor:_____

Cost of Item: _____

Other funding sources explored:

_____

_____

I recognize that the only responsibility of Senior Resources is to approve requests as funds are available and according to priorities, and pay bills that were specifically authorized in the amount approved by Senior Resources. In making this request, the applicant assumes all liability for safety related to transportation, equipment or other goods or services funded by Senior Resources.

_____ _____

Printed Name Signature

Senior Resources
AGENCY ON AGING

TUFTS Health Plan FOUNDATION

19 Ohio Avenue, Suite 2 • Norwich, CT 06360 • www.SeniorResourcesEC.org
Phone 860.887.3561 • 800.690.6998 • Fax 860.886.4736