



Caregiver of Children News - 9/2022



Homework Help for Reluctant Children – How caregivers can create a nightly homework ritual that works for everyone

<https://www.gse.harvard.edu/news/uk/18/10/homework-help-reluctant-children>

By Heather Miller

It's hard to fault the child who resists doing homework. After all, she has already put in a long day at school, probably been involved in afterschool activities, and, as the late afternoon spills into evening, now faces a pile of assignments. Caregivers feel it, too — it's no one's favorite time of day.

But despite its bad rap, homework plays an important role in ensuring that students can execute tasks independently. When it's thoughtfully assigned, homework provides deeper engagement with material introduced in class. And even when it's "just" worksheets, homework can build the automatic habits and the basic skills required to tackle more interesting endeavors. Finally, homework is a nightly test of grit. Adult life brings its share of tasks that are both compulsory and unenjoyable. Developing the discipline to fulfill our responsibilities, regardless of whether they thrill us, begins in middle childhood.

So how to help the avoidant child embrace the challenge, rather than resist it?

The first step, especially with kids 13 and under, is to have them do their homework at a communal space, like a dining room or kitchen table. If other children are in the home, they can all do their homework at the same table, and the caregiver can sit nearby to support the work effort. This alleviates some of the loneliness a reluctant child might associate with assignments. The alternative — doing homework at a bedroom desk — can result in the child guiltily avoiding the work for as long as possible. Like all forms of procrastination, this has the effect of making the entire process take much longer than it needs to.

When caregivers turn the homework ritual into a series of conversations about what needs to be done, how and for how long, children feel less "alone" with their nightly work, they relish the company and support of their caregiver, and they work better and more efficiently.

Many caregivers are under the impression that they shouldn't have anything to do with their children's homework. This comes from schools emphasizing that homework is a child's responsibility, not the caregivers'. While it is absolutely true that caregivers should not do their children's homework, there is a role for caregivers — one that's perhaps best described as "homework project manager." caregivers can be monitoring, organizing, motivating, and praising the homework effort as it gets done. And yes, that means sitting with your child to help them stay focused and on task. Your presence sends the message that homework is important business, not to be taken lightly.

Once you're sitting down with your child, ask him to unload his school bag and talk you through his various assignments. Maybe he has a school planner with all his homework listed, or a printout from school, or perhaps his work is listed on the classroom website. Many children attend an afterschool program where, in theory, they are doing homework. They'll often claim that they've done all their homework, even though they've only done some. Together, make a quick and easy "Done/To Do" list. Writing down what she has finished will give her a sense of satisfaction. Identifying what she still needs to do will help her to focus on the remaining assignments. Over time, this practice will help your child build an understanding that large tasks are completed incrementally.

Next, ask your child to put the assignments in the order he'd like to do them. Encourage him to explain his thinking. Doing this helps a child feel in control of the evening's tasks and prompts him to reflect on his work style. Discuss the first task of the night together. Ask your child to think about the supplies he is likely to need, and ensure they're at the ready. This "pre-work" work helps a child think through a task, understand it, and prepare to execute it with gusto.

Last but not least, introduce a timer to the evening's proceedings. Challenge your child to estimate how long the first assignment will take. Then ask, "Do you want me to set the timer for the full amount of time you think you'll need, or a smaller amount?" Then, set the timer with the understanding that the child must work without interruption until the timer goes off. Even questions are verboten while the timer runs. The goal here is to enable the child to solve problems independently, through concentration. This not only builds concentration powers, it builds creativity, critical thinking, resilience, and resourcefulness. In my experience, the theatricality of being timed helps relax children who would otherwise feel daunted by a mountain of homework.

As each piece of work gets done, caregivers can add meaningful positive reinforcement. Exclaiming, "Another assignment done! And done well!" helps your child feel like what they are doing matters.

By turning the homework ritual into a series of conversations about what needs to be done, how, and for how long, children feel less "alone" with their nightly work, they relish the company and support of their caregiver, and they complete the work much more efficiently and at a higher standard than they might otherwise.

Contact: Vincent J. Russo
Manager of Communications & Intergovernmental Relations
860-231-2442, ext. 332
vrusso@ctprobate.gov



STATE OF CONNECTICUT

OFFICE OF THE PROBATE
COURT ADMINISTRATOR

Probate Court Grants Available to Guardians of Children

For grandparents who care for children, the holiday season can be especially joyful, but it also can bring its share of financial challenges. Making ends meet for many of these families can be difficult enough without adding the need to buy the gifts, food and other special purchases that people often associate with a happy holiday.

One resource available to grandparents and other family members who step in to care for children in circumstances of parental inability or death is the Probate Court. Through Connecticut's Probate Courts, qualified guardians have access to two programs that can provide critical assistance to families as they raise their children, not only during the holidays but year-round: the Kinship Fund and the Grandparents and Relatives Respite Fund.

Court-appointed guardians may use grants from the Kinship Fund to buy items necessary for any growing child, such as school uniforms and winter coats, hats, mittens and boots. Grants may also be used for health services for a child, such as dental care, eyeglasses and hearing aids, and for enrichment services, such as tutoring and fees for summer camp, school field trips and sports and club participation. The grants are given in amounts of up to \$500 per child with a limit of \$2,000 per family.

The Grandparents and Relatives Respite Fund provides annual grants of up to \$2,000 to relatives serving as court-appointed guardians. The guardians may use the money for housing, food, transportation and other family expenses and for education, clothing and day-care and babysitting expenses for the child.

"The funds are grounded in the principle that children whose parents are unable to care for them should be raised by another family member whenever possible," Probate Court Administrator Paul J. Knierim said. "Though perhaps small in monetary terms, the grants can be hugely important in terms of contributing to the stability of the home and helping to keep a child who may be at risk for abandonment secure, on track developmentally and ready to learn."

The kinship and respite funds are available to guardians appointed either by the Probate Court or the Superior Court and who meet income and other qualifications. During the 2013 fiscal year, the Probate Courts provided grants to 3,105 families and 4,681 children.

Knierim acknowledged the work of the relatives who help sustain families by raising children when parents die or are absent because of mental illness, substance abuse problems, disasters and other circumstances that affect their ability to care for a child. "If these selfless relatives could no longer fulfill this obligation, the state foster care system undoubtedly would see a greater influx of children at a significant cost to taxpayers," he said.

The kinship and respite programs are funded by the General Assembly. Guardians may find the application forms and other information about the programs at their local Probate Court. For a list of courts, along with hours and directions, visit www.ctprobate.gov.

When are Medicare Enrollment Periods?

<https://www.mymedicarematters.org/enrollment/when-can-i-enroll/>

There are several times when you can enroll in Medicare, and each of those times has certain rules around applying and when your coverage will begin. Understanding when you can enroll and the best time to do so is an integral part of getting your Medicare.

Initial Enrollment Period

The Initial Enrollment Period (IEP) is the first time you can sign up for Medicare. You may join Medicare Parts A, B, C and D during this time:

- The 3 months before your 65th birthday,
- The month of your birthday, and
- The 3 months after your birthday.



Your coverage will start no sooner than your birthday month.

Example: If your birthday is in July, your Initial Enrollment Period begins April 1 and ends October 31.

If you miss this period, you will have a chance again later on. But if you wait, you may have to pay more. You also could be without health coverage. Learn about penalties for late enrollment at

<https://www.mymedicarematters.org/enrollment/penalties-and-risks/?SID=5bbe1882c13b5890>.

When does my Part B coverage begin?

The start date of your coverage will depend on which month you enrolled in Part B during the Initial Enrollment Period.

Example: John turns 65 on May 6. Therefore, his IEP is from February to August. If John signs up for Part B:

- During February, March or April, his coverage starts May 1 (his birthday month)
- During May, his coverage starts June 1
- During June, his coverage starts August 1
- During July, his coverage starts October 1
- During August, his coverage would not start until November 1

If your birthday falls on the 1st day of any month, and you enroll during the 3 months before your birthday, your coverage will begin on the 1st of the month prior to your birthday.

Initial Enrollment: When Part B Begins

Sign-up Date	Coverage Begins
During the 3 months before your 65 th birthday	The 1 st day of your birthday month
During your birthday month	The 1 st day of the month after your birthday
During the month after your birthday month	3 months after your birthday month
During the 2 nd month after your birthday month	5 months after your birthday month
During the 3 rd month after your birthday month	6 months after your birthday month

Example: Gail's birthday is December 1. She applies for Medicare in September, and her coverage starts November 1.

When does my Part D (prescription drug plan) coverage begin?

The start date of your Part D coverage again depends on when you enroll.

Example: Keeping with the example above, John turns 65 in May. His Part D IEP is the same 7-month period surrounding his 65th birthday as his Part B IEP. His IEP is from February to August. John's Part D coverage cannot start before his Part A and/or Part B begins. If John Enrolls in Part D:

- During February, March or April, his coverage starts May 1
- During May, his coverage starts June 1
- During June, his coverage starts July 1 (but not before his Part A and/or B)
- During July, his coverage starts August 1 (but not before his Part A and/or B)
- During August, his coverage starts September 1 (but not before his Part A and/or B)

Initial Enrollment: When Part D Begins

Sign-up Date	Coverage Begins
During the 3 months before your 65 th birthday	The 1 st day of your birthday month
During your birthday month	The 1 st day of the month after your birthday
During the 2 or 3 months after your birthday month	The 1 st day of the month following enrollment

Special Enrollment Period

There are Special Enrollment Periods (SEPs) that apply when you are able to delay your enrollment in Medicare Parts A, B, C & D. These SEPs are only available for certain circumstances.

Special Enrollment for Parts A and B

You may have waited to sign up for Medicare Part A (hospital service) and/or Part B (outpatient medical services) if you were working for an employer with more than 20 employees when you turned 65, and had healthcare coverage through your job or union, or through your spouse's job.

You can get a Special Enrollment Period to sign up for Parts A and/or B:

- Any time you are still covered by the employer or union group health plan through you or your spouse's current or active employment, OR
- During the 8 months following the month the employer or union group health coverage ends, or when the employment ends (whichever is first).



If you wait longer, you may have to pay a penalty when you join.

If you are disabled and working (or you have coverage from a working family member), the Special Enrollment Period rules also apply as long as the employer has more than 100 employees.

Special Enrollment for Parts C and D

You may have waited to sign up for Medicare Part C or Part D if you were working for an employer with more than 20 employees when you turned 65, and had healthcare coverage through your job or union, or through your spouse's job. The Special Enrollment Period for Part C (Medicare Advantage Plan) and Part D (drug coverage) is 63 days after the loss of employer healthcare coverage.

You can get a Special Enrollment Period to sign up for Part C (must enroll in Parts A & B too):

- During the 63 days after the employer or union group health plan coverage ends, or when the employment ends (whichever is first).

You can get a Special Enrollment Period to sign up for Part D (must enroll in Parts A & B too):

- During the 63 days after you or your spouse's employer/union or Veteran's Administration coverage ends, or when the employment ends (whichever is first).

Certain events trigger other Special Enrollment Periods for Part D plans. For example, you can switch plans if:

- You move out of the area your current plan serves, OR
- You enter, leave or live in a nursing home, OR
- Your plan changes and no longer serves your area, OR
- You get Extra Help with your Medicare prescription drug costs.

General Enrollment Period

If you miss your Initial Enrollment Period or your Special Enrollment Period, you get another chance to enroll.

You can sign up for Medicare Parts A & B between January 1 and March 31 each year. Your Medicare coverage would begin on July 1 of the same year.

It is important to note that if you need to buy Part A, you must also enroll in Part B at this time.

When Is the General Enrollment Period?



Open Enrollment Period

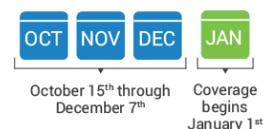
The Open Enrollment Period – sometimes called the Annual Enrollment Period or Annual Coordinated Enrollment Period – runs each year from October 15 to December 7.

During this time,

- Anyone with Medicare Parts A & B can switch to a Part C plan.
- Anyone with Medicare Part C can switch back to Parts A & B.
- Anyone who has or is signing up for Medicare Parts A & B can join, drop or switch a Part D prescription drug plan.
- Anyone with Medicare Part C can switch to a new Part C plan.

Your coverage will start January 1 of the following year.

When Is the Open Enrollment Period?



Medigap Open Enrollment

It's recommended that you buy a Medigap policy during your 6-month Medigap open enrollment period, because during this time, you can buy any Medigap policy sold in your state, even if you have health problems. This period automatically starts the month you're 65 or older and enrolled in Medicare Part B.

If you apply for Medigap coverage after your open enrollment period, there's no guarantee that an insurance company will sell you a Medigap policy if you don't meet the medical underwriting requirements, unless you're eligible due to a special situation.

Want to learn more about signing up for Medigap outside of Open Enrollment? Read about your Medigap rights. If you have Parts A & B (Original Medicare) and a Medigap policy, you should weigh your decisions very carefully before switching to a Medicare Advantage plan. You may have difficulty getting a Medigap plan again in the future if you decide to switch back.

Be aware that if you did not sign up for Medicare when you were first eligible and did not have other insurance, you may face a penalty for late enrollment.

**** For any Medicare questions please contact the CHOICES department at 860-887-3561!****



OPEN ENROLLMENT

2023 Medicare Part D

Open Enrollment Events

All events have Zoom and In-Person Appointments available.

Appointments are **REQUIRED**.

November 14, 2022

Middletown Senior Center
61 Durrant Terrace
Middletown, CT 06457
860-638-4540

November 16, 2022

East Lyme Senior Center
37 Society Road
Niantic, CT 06357
860-739-5859

November 18, 2022

Colchester Senior Center
95 Norwich Avenue
Colchester, CT 06415
860-537-3911

November 19, 2022

Senior Resources
19 Ohio Avenue
Norwich, CT 06360
860-887-3561

December 2, 2022

Colchester Senior Center
95 Norwich Avenue
Colchester, CT 06415
860-537-3911

December 5, 2022

Middletown Senior Center
61 Durrant Terrace
Middletown, CT 06457
860-638-4540



GrandParents Raising Grandchildren Support Group

**Confidential conversation and sharing of financial and educational resources with peer caregivers and professional facilitators
the LAST TUESDAY of the month from
9 AM to 11 AM at
Rose City Senior Center
8 Mahan Drive, Norwich, CT 06360**

2022-2023 Schedule

December 27, 2022 | January 31, 2023 | February 28, 2023

March 28, 2023 | April 25, 2023 | May 30, 2023

June 27, 2023 | July 25, 2023

Inclement Weather Policy:

Meetings will be cancelled if public schools or the senior center are closed or delayed.



19 Ohio Avenue, Suite 2
Norwich, CT 06360
860-887-3561
800-690-6998
www.SeniorResourcesEC.org



Norwich Youth & Family
Services
75 Mohegan Road
Norwich, CT 06360
860-823-3782
www.NorwichCT.org



Rose City
Senior Center
8 Mahan Drive
Norwich, CT 06360
860-889-5960
www.NorwichCT.org

Alzheimer's and Dementia Support Groups

Groton Senior Center

102 Newtown Road, Groton
Tomi Stanley (860)441-6785 or TStanley@groton-ct.gov
2nd Monday of every month, 10:00 – 11:00 a.m.
www.alz.org to learn more about caregiver programs

Alzheimer's Association – CT Chapter

2nd Thursday of the month, 1:30 – 2:30 p.m.
Quinebaug Valley Senior Center
69 South Main Street, Brooklyn
Kathy Demers (860)377-6416 kdemers48@gmail.com
Jean Ann Moore (860)208-2673 jamorre@snet.net

Hartford HealthCare Center for Healthy Aging

Virtual Dementia Caregivers Support Group
Call (860)972-6338 and enter 19623# when prompted
Mondays at 10:00 a.m.
Tuesdays at 3:00 p.m.
Wednesdays at 10:00 a.m.
Fridays at 2:00 p.m.
Questions email: Adrienne.DeVivo@hhchealth.org

Hartford Healthcare Windham Hospital

Alzheimer's Caregivers Group
3rd Wednesday of every month, 10:00 a.m.
Johnson Room, 3rd Floor, Windham Hospital
For information call: (860)456-6785

Chestelm Health and Rehabilitation Center

534 Town Street, Moodus
3rd Wednesday of the month, 4:00 p.m.
To register contact Marie Sola
(860)873-6555 or recreation@chestelm.com

Mind Matters, LLC

801 Poquonnock Road, Groton
2nd Tuesday of every month, 6:30 – 7:30 p.m.
Contact: robin@mindmatters@gmail.com

Griswold Senior Center

Dementia Caretaker Support Group
Every 2 weeks on Thursdays via Zoom
To register call: (860) 376-2604

LiveWell Dementia Specialists

Virtual Meetings 2nd & 4th Wednesday of the month: 3:30 – 5:00 p.m.
<https://livewell.org/project/virtual-care-partner-support-group/>

Caregiver Support Groups

Mansfield Senior Center

303 Maple Road, Mansfield

Yamil Figueroa (860)487-9875 figueroay@mansfieldct.org

2nd Tuesday of each month, 3:30 - 4:30 p.m.

Quinebaug Valley Senior Center

69 South Main Street, Brooklyn

Kathy (860)377-6414 or Jean Ann (860)208-2673

2nd Thursday of the month, 1:30 – 2:30 p.m.

VNA Caregiver Support Group

Madison Senior Center

For information contact Amanda: (203)245-5627

29 Bradley Road, Madison

3rd Tuesday of the month, 11:00-12:30 p.m.

Proof of vaccination required for this activity at time of registration

Zoom Support Group

Every Wednesday 2:00 – 3:00 p.m.

For information contact Molly: (203) 584-0051

Middlesex Health

2nd Wednesday of the month, 1:00 – 2:30 p.m.

Please contact Joan Perkins, LCSW

(860)358-2037 or joan.perkins@midhosp.org

Lawrence and Memorial Hospital

L & M Hospital, Conference Room 3

1st Tuesday of the month, 4:00 – 5:30 p.m.

Contact: Carol Vara, MSW or Mary Sweeney

(860)442-0711 x 2483 or x 2078

Grandparents Raising Grandchildren Support Groups

Senior Resources Agency on Aging

Sally Huck, Caregiver Program Coordinator
(860)887-3561 x126
Rose City Senior Center
8 Mahan Drive, Norwich
Last Tuesday of each month, 9:00 a.m.

Eastern CT Area – Mansfield

Janit Romayko (860)569-1978, Call to Register
Big Y Mansfield, 141 Storrs Road, Mansfield Center
2nd Wednesday of each month, 9:15 a.m.

United Services - Kinship Support Group

Plainfield Area
Lori Bergstrom, Prevention Services Manager
(860)412-8665 lbergstrom@usmhs.org
United Services, 303 Putnam Road, Wauregan
2nd Tuesday of each month, 5:00 – 6:30 p.m.

Bereavement Support Groups

Middlesex Hospital

Virtual/Online Session

Every 2 weeks on Tuesday, 5:30 – 7:00p.m.

Register online at <https://middlesexhealth.org/hospice-care/support-group-registration/support-group-registration>

The Estuary

Bereavement Group

Micaela Finnegan (860)388-1611 x204

Montville Senior Center

12 Maple Avenue, Uncasville

Every Friday, 3:00 – 4:00 p.m.

Sign Up at (860)848-0422

Brian's Healing Hearts

Loss of Spouse or Partner Support Group

1st and 3rd Wednesday of each month

6:30 – 8:00 p.m.

2nd and 4th Wednesday

10:00 – 11:30 a.m.

<https://brianshealinghearts.org/resources/grief-support-programs/>

or call (860)451-8354

Center for Hospice Care

Bereavement Counseling

227 Dunham Street, Norwich

(860)848-5699 Toll Free 1(877)654-4035

Day Kimball Healthcare

Evening Bereavement Group, 5:00 – 6:00 p.m.

Day Bereavement Group 12:00 – 1:00 p.m.

Registration Required

Suzon Warner (860)928-0422 x7316

Parkinson's Disease Support Groups

Windham Hospital Family Healthcare Center

5 Founder Street, Willimantic, 2nd floor conference room

2nd Wednesday of every month, 1:00 – 2:00 p.m.

1 (855) HHC-HERE to Register

A support session for patients, family, and caregivers will be followed by
30 minutes of LSVT Loud activities

CT Parkinson's Disease Working Group

Grace Evangelical Lutheran Church

1055 Randolph Road, Middletown

3rd Saturday of the month, 10:00 a.m. – 12:00 p.m.

Most meetings are virtual at this time.

Call (860)704-9519

Email: martha.jaffe@cpwg.org

Day Kimball Healthcare

Parkinson's Disease Monthly Support Group

For information contact:

Victor Gregoire (860)774-6143

Hartford Healthcare

Parkinson's Living Room Online Support Group

4th Friday of the month, 1:00 p.m.

For information call (860)870-6385

<https://hartfordhealthcare.org/file%20library/services/pdfs/cfmcdc-pd-living-room-flyer.pdf>

Lawrence and Memorial Hospital

Windham Fall Estates, Activity Room, Groton

3rd Wednesday of the month, 1:00 – 3:00 p.m.

Contact: Donna Weissman (860)536-1020

Diabetes Groups

Live Well with Diabetes

6-Week Workshop

Learn how to better manage your ongoing health condition.

To register contact Lori Rygielski

(860)887-3561 x 127 or lrygielski@seniorresourcesec.org

Hartford HealthCare Windham Hospital

Windham Hospital Diabetes Education Classroom

112 Mansfield Ave, Willimantic

1st Wednesday of every month, 1:00 p.m. or 6:00 p.m.

Call to register 1 (855) HHC-HERE

Lawrence and Memorial Hospital

Joslin Diabetes Center affiliate at L & M Hospital

For location and time contact: Joslin (860)444-3366

Substance Abuse Groups

Nar-Anon

"Steps" to Serenity" Support Group

For Information go to www.naranonctma.org

Or Contact (860)377-8309

Al-Anon

Al-Anon Face Alcoholism

For Information go to www.ctalanon.org

Or Contact 1 (888)825-2666



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 Card Amount: \$50 \$100 Other: _____

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Account Name: Your first and last name
Invoice Number: Cash for Causes




Mail to: 19 Ohio Avenue, Norwich, CT 06360 - or - Contact: Erica (860) 887-3561 x 110



We hope you find this month's edition of our Caregiver of Children newsletter informative.

Senior Resources currently produces a monthly caregiver of children newsletter. We are looking for feedback on any ideas you may have for future editions.

Please contact Robin Brewer with any ideas/suggestions or if you wish to be removed from our mailing list.

Sally Huck: SHuck@seniorresourcesec.org or 860 887-3561 x 126.

To read previous editions of this newsletter please visit:
www.SeniorResourcesEC.org/stay-informed/grandparent-newsletter