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

- Middle-Aged Adults and Suicide: The Gender Paradox - SERAC
- Live Well with Chronic Conditions - Senior Resources
- Medicare Open Enrollment Events - Senior Resources
- Early Stage Social Engagement Group - Alzheimer's Association
- Medical Services at Norwich Soup Kitchen - Generations Family Health Center
- Medicare Basics Presentation - Senior Resources/East Hampton Senior Center
- Medicare Basics Presentation - Senior Resources/New London Senior Center
- Flu Clinic - Middlefield Community Center
- Medicare Basics Presentation - Senior Resources/Waterford Senior Center
- Safety at Home for Individuals Living with Dementia - Lifeway Mobility/Alzheimer's Association
- Medicare Basics Presentation - Senior Resources/Columbia Beckish Senior Center
- Virtual New to Medicare Presentations - Senior Resources

Ongoing Programs/Information

- What's on the Menu? - Senior Resources
- Community Needs Assessment Survey - ACCESS Agency
- Alcohol Counseling Services - UCFS Healthcare
- Coffee, Tea & SMP - Senior Resources
- Caregiver Homes
- Angel Fund Information and Application - Senior Resources

OCTOBER 18, 2022

MIDDLE-AGED ADULTS AND SUICIDE:

THE GENDER PARADOX

SERAC, Supporting and Engaging Resources for Action and Change, is pleased to offer a community event in collaboration with the Samaritans of Merrimack Valley in MA.

Over 16,000 people ages 45 to 64 died by suicide in 2019. That's about 44 middle-aged adults per day. This training will provide participants with an opportunity to:

- Understand the prevalence of suicide in middle aged adults as well as the myths around suicide
- Learn about the risk factors, warning signs and protective factors specific to older adults
- Be able to assess suicide risk and intervene with the people at risk
- Gain knowledge of resources and supports for people at risk

Date:

October 18, 2022

Time: 9:30 am to 11:30 pm

VIRTUAL TRAINING

Who should attend?

Mental health professionals, people who work with middle aged adults, human resources personnel, nurses, and staff

For questions, contact:

Mark Irons

mirons@seracct.org

Register below

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

Live Well with Chronic Conditions

FREE *Zoom Workshop*

Join this 7-week workshop and learn how to better manage your ongoing health condition!

Participants will need a computer, tablet or cellphone and reliable internet connection. Register today to receive your Zoom link!

Take Control

Feel Better

Energize

Live

Enjoy

You will learn:

- Healthy eating, physical activity and exercise
- Dealing with difficult emotions
- Decision-making and communications skills
- Working with healthcare providers
- Action planning
- And more!

Materials will be sent directly to participants at no cost and include Living a Healthy Life with Chronic Conditions and a relaxation CD.

Mondays from 10 AM-12:30 PM
October 17 - November 28, 2022
To register, call 860-887-3561 ext. 127 or email Lori at lrygielski@seniorresourcesec.org

Senior Resources AGENCY ON AGING

NORTHCENTRAL AREA AGENCY ON AGING

Agency on Aging of South Central Connecticut

Aging and Disability Services

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

2023 Medicare Part D Open Enrollment Events

All events have Zoom and In-Person Appointments available.
Appointments are **REQUIRED**.

October 19, 2022
East Haddam Senior Center
15 Great Hillwood Road
Moodus, CT 06469
860-873-5034

November 16, 2022
East Lyme Senior Center
37 Society Road
Niantic, CT 06357
860-739-5859

November 19, 2022
Senior Resources
19 Ohio Avenue
Norwich, CT 06360
860-887-3561

November 2, 2022
East Haddam Senior Center
15 Great Hillwood Road
Moosup, CT 06469
860-873-5034

November 16, 2022
East Haddam Senior Center
15 Great Hillwood Road
Moosup, CT 06469
860-873-5034

November 30, 2022
East Haddam Senior Center
15 Great Hillwood Road
Moosup, CT 06469
860-873-5034

December 5, 2022
Middletown Senior Center
61 Durrant Terrace
Middletown, CT 06457
860-638-4540

November 14, 2022
Middletown Senior Center
61 Durrant Terrace
Middletown, CT 06457
860-638-4540

November 18, 2022
Colchester Senior Center
95 Norwich Avenue
Colchester, CT 06415
860-537-3911

December 2, 2022
Colchester Senior Center
95 Norwich Avenue
Colchester, CT 06415
860-537-3911

You Have CHOICES
SHIP
State Health Insurance Assistance Program

Senior Resources
AGENCY ON AGING

This project was supported, in part by grant number 90SAPG0068 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.

alzheimer's association

Connecticut Chapter

EARLY STAGE SOCIAL ENGAGMENT GROUP

The Alzheimer's Association early-stage social engagement program offers a comfortable way to get connected to others who are living in the beginning stage of Alzheimer's or other dementia. Connecting with people who understand what you are going through may provide you with the support, encouragement and inspiration necessary to move beyond your diagnosis.

This group is aimed at supporting those who are currently living in the early stage of Alzheimer's disease or other dementia, as well as their care partner. This is not your usual support group. Members of this group will work with group leaders to identify and participate in a variety of activities and adventures. The goal is to be active, have fun, meet new people, and create new memories.

Join us for our informational open house to learn more:

(Light lunch will be served)

Date: October 19th, 2022

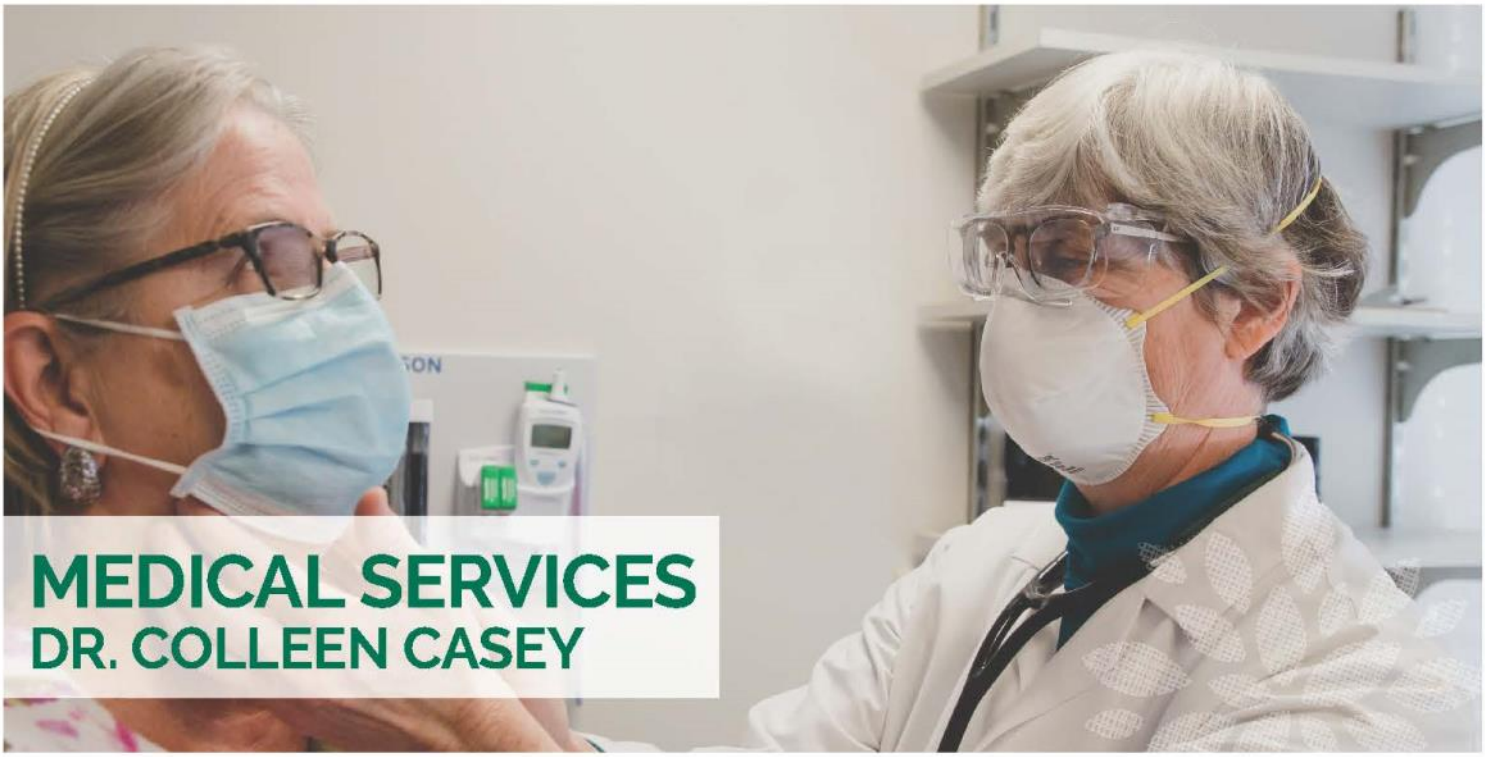
Time: 12pm till 2pm

Location: Lebanon Senior Center
22 Imogene Ln, Lebanon, CT 06249

Contact: Kris Sortwell
860-887-3593 or kmsortwell@alz.org

Please Register Early

24/7 HELPLINE
800.272.3900



MEDICAL SERVICES
DR. COLLEEN CASEY

Dr. Casey of Generations is now offering medical services at the Norwich Soup Kitchen!

3rd Wednesday of each month

8:30 am to 12:30 pm

120 Cliff Street, Norwich
Walk-ins are welcome

Scheduled dates:

May 18
June 15
July 20
August 17
September 21
October 19
November 16
December 21

Questions? Call 860-885-1308

GENERATIONS
FAMILY HEALTH CENTER

GENHEALTH.ORG

Let's talk about the basics of Medicare.

The federal health insurance Medicare, for many people age 65+ can be a complex program to navigate on your own.

You're invited!

East Hampton Senior Center
105 Main Street
East Hampton, CT 06424

October 25, 2022
10:00 a.m.

Call today to register!
860-267-4426

Learn about your Medicare and your options!
Free unbiased information will be presented by:

Laura Crews
Senior Resources Agency on Aging
Director of Benefits Access

Senior Resources AGENCY ON AGING

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Let's talk about the basics of Medicare.

The federal health insurance Medicare, for many people age 65+ can be a complex program to navigate on your own.

You're invited!

New London Senior Center
120 Broad Street
New London, CT 06320

October 25, 2022
12:00 PM

Call today to register!
860-447-5232

Learn about your Medicare and your options!
Free unbiased information will be presented by:

Laura Crews
Senior Resources Agency on Aging
Director of Benefits Access

Senior Resources
AGENCY ON AGING

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FLU CLINIC

Flu Clinic

Middlefield Community Center

Wednesday, October 26, 2022

9:00 a.m.-2:00 p.m.

VACCINES AVAILABLE:

SEASONAL INFLUENZA VACCINE

SHINGLES VACCINE

PNEUMONIA VACCINE

T-DAP VACCINE

COVID-19 BOOSTER

- Walk-in Appointments only
- Residency NOT required, open to all
- Must by 9 years of age or older, guardian or parent for individual's under age of 18
- Bring insurance card, vaccines **FREE** of charge and no co-pay with most insurances

Let's talk about the basics of Medicare.

The federal health insurance Medicare, for many people age 65+ can be a complex program to navigate on your own.

You're invited!

Waterford Senior Center
24 Rope Ferry Road
Waterford, CT 06385

October 26, 2022
5:30 PM

Call today to register!
860-444-5839

Learn about your Medicare and your options!
Free unbiased information will be presented by:

Laura Crews
Senior Resources Agency on Aging
Director of Benefits Access

Senior Resources
AGENCY ON AGING

You Have CHOICES
SHIP
State Health Insurance Assistance Program

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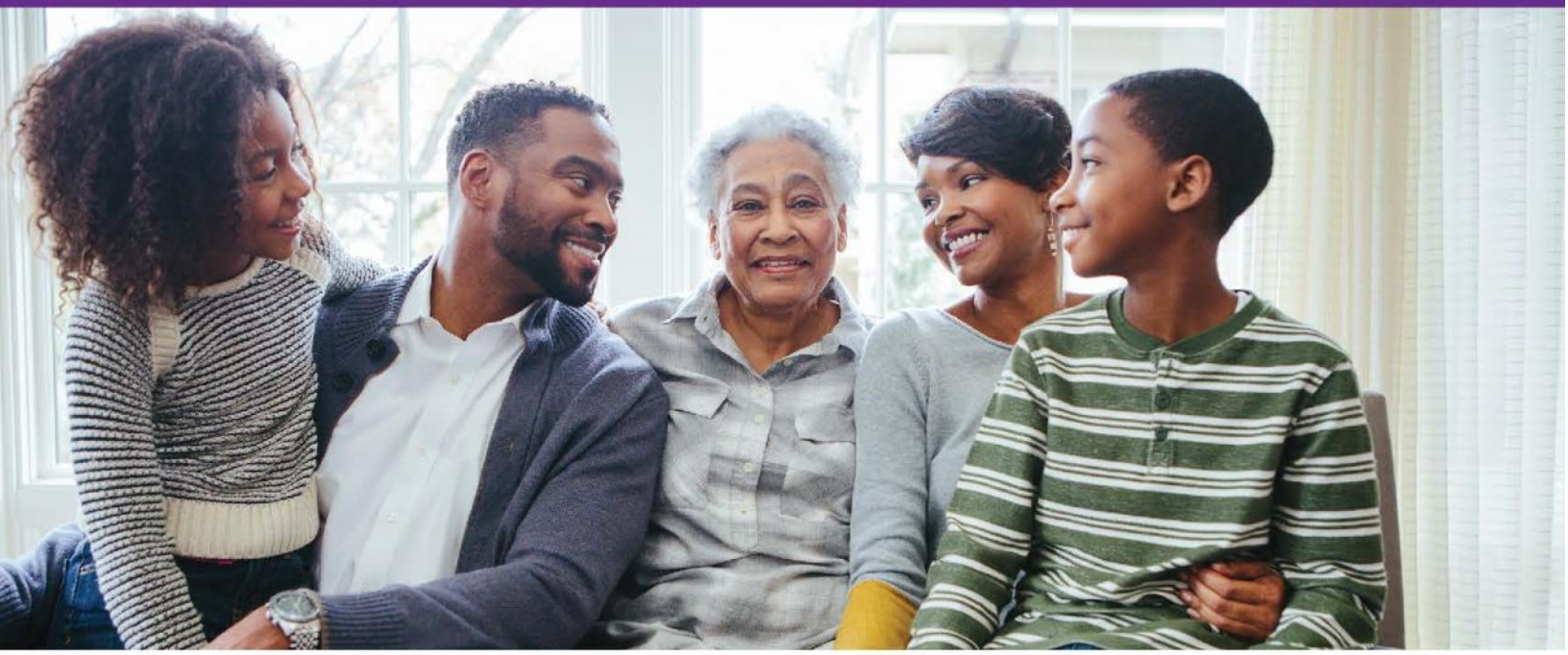
lifewaymobility & alzheimer's association®

Present:

SAFETY AT HOME FOR INDIVIDUALS LIVING WITH DEMENTIA

Learn How to Modify Your Space to Support the Individual Living with Dementia



Join us to understand how dementia affects a person's safety awareness. Explore home modifications to support independence and learn about available resources.

Thursday, October 27
1:00 PM ET

Presented Virtually via Zoom

Register Online:
lifewaymobility.com/webinar

**Offering CEUs for OT, PT and Social Work for 1 contact hour*
(see website for details)

888-714-1930 • lifewaymobility.com

Fully licensed insured. See lifewaymobility.com/licenses for more information

Let's talk about the basics of Medicare.

The federal health insurance Medicare, for many people age 65+ can be a complex program to navigate on your own.

You're invited!

Columbia Beckish Senior Center

188 Rt 66
Columbia, CT 06237

October 28, 2022
11:00 a.m.

Call today to register!
Katie Wilt
860-228-1008 or
kwilt@ColumbiaCT.org

Learn about your Medicare and your options!
Free unbiased information will be presented by:

Laura Crews
Senior Resources Agency on Aging
Director of Benefits Access

Senior Resources AGENCY ON AGING

You Have CHOICES SHIP State Health Insurance Assistance Program

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Medicare for 2023

Where will it take you?

Speaker: Joan Marshall and Jill Vasington
Service Navigators, Senior Resources

Learn more about these very important topics:

- Medicare Preventative Services
- Medicare Eligibility
- What Medicare covers
- Recent Changes in Medicare

Wednesday, November 9, 2022 - 11:00 AM

Lisbon Senior Center
11 Newent Road
Jewett City, CT 06351

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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

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This project was supported, in part by grant numbers 90SAPG0068, 2003CTMIAA and 2003CTMISH 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

2022 DATES AVAILABLE

- **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

SHIP
State Health Insurance Assistance Program

Presented By:

Laura Crews
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Director of Benefits Access

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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

Senior Resources
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the answers you need, resources you can trust

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Access
Community Action Agency

Community Needs Assessment Survey

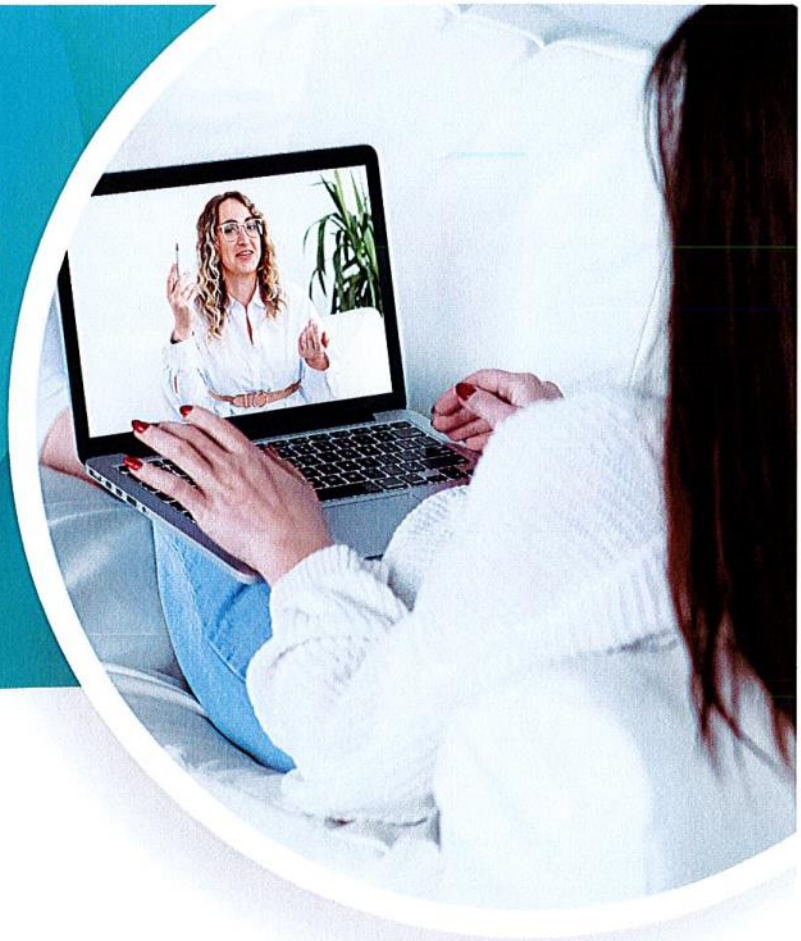
SCAN ME

Windham and Tolland County Residents, please take 10 minutes of your time to help us learn about our community!

tinyurl.com/36jcxydr More information : www.accessagency.org

UCFS Healthcare
Well-Being Redefined.

Alcohol Counseling Services Now Offered Through Telehealth at UCFS Healthcare



Do you want to modify current alcohol drinking patterns, but unable to find the time to commit to an in-person counseling program, are unable to leave your home or want to have anonymity when seeking treatment?

UCFS Healthcare is now offering confidential telehealth harm reduction services for the treatment for alcohol use.

Clients will need to have access to internet services on their own prior to starting this type of treatment. This includes a wireless plan that can support video calls through zoom or Wi-Fi available with compatible devices. UCFS will not supply this technology. Clients will also need to set up a My Chart account prior to first session.

Contact Info

Please call UCFS Healthcare at 860-822-4900 to find out more about telehealth alcohol counseling services.

Coffee, Tea & 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 line
(267) 807-9601

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.

Looking for an individualized counseling session? Call our office at 860-887-3561!

Senior Resources
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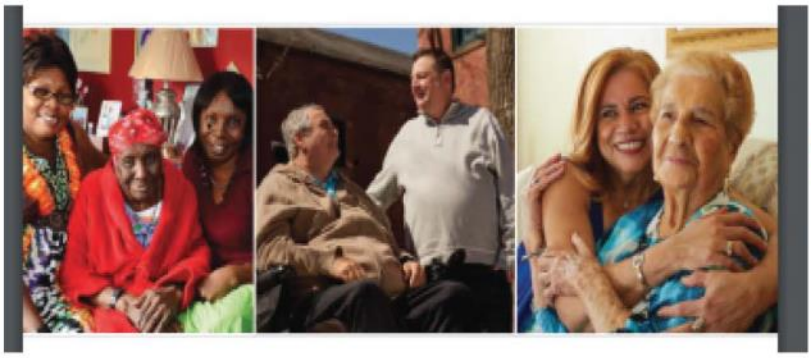
SMP
Senior Medicare Patrol
Preventing Medicare Fraud

This project is supported, in part by grant number 90NOOG0044, 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.

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

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
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TUFTS Health Plan FOUNDATION

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