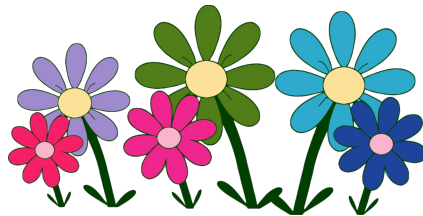


the answers you need, resources you can trust

Our mission is to provide access to information and services to empower adults to live with dignity.

News You Can Use – April 2024



Senior Resources Agency on Aging


APRIL 2024 ISSUE

Up to 25% percent of adults 65 and older are living with a mental health issue such as anxiety or depression. These are often implicated as a factor in cases of suicide. According to a report from the Centers for Disease Control and Prevention (CDC), suicide rates among older adults are rising, and men are most at risk. April is recognized as **National Stress Awareness Month** to bring attention to the negative impact of stress. Managing stress is an essential component of a healthy lifestyle as well as a recommended suicide prevention effort. Knowing how to manage stress can improve your mental and physical well-being as well as minimize exacerbation of health-related issues.



Regular screenings can uncover diseases and conditions you may not yet be aware of, such as diabetes, cancer, and cardiovascular disease.



Following a healthy, balanced diet can boost the immune system, help combat the effects of inflammation, and fuel positive physical energy.



Regular physical activity helps reduce blood pressure, ease arthritis pain, combat chronic illness, and lift your mood.



Making ends meet on a fixed income is no easy task—and rising inflation has made it even more complicated. April 15-19 is **Boost Your Budget Week**. Use BenefitsCheckUp® to discover what benefits you may qualify for to pay for daily expenses. Contact Jill, Senior Resources' Benefits Enrollment Coordinator at 860-213-5432 to receive your personalized BenefitsCheckUp®. A BenefitsCheckUp® can help with the following...

-  **Health Care & Medication**
 - Medicaid for the aged, blind or disabled (also known as Healthy CT)
 - Medicare Savings Program
-  **Nutrition & Food**
 - Supplemental Nutrition Assistance Program or SNAP benefits
 - Senior Farmers Market Nutrition Program - provides a seasonal voucher
-  **Energy Assistance**
 - CT Energy Assistance Program helps CT residents afford heat in their homes.



In celebration of **The Earth Day** on April 22nd, stock your pantry with foods that won't go bad so you don't contribute to food wasting and eventually, greenhouse emissions. Every food item will eventually go bad, but there are many food staples that offer a terrific value, can be prepared in big batches, and have an incredibly long shelf-life. Here are some examples: beans, chickpeas, lentils, nuts and seeds, oatmeal, rice, canned tomatoes, peanut butter and other nut butters.

[Click Here to View April Newsletter](#)

Senior Resources Agency on Aging




Celebrate Aging in Eastern Connecticut with Senior Resources and recognized Community Partners Speaker Panel!

Probate, Downsizing and Social Security

Tuesday, April 23, 2024, from 12:30 - 2 pm.

Griswold Senior Center, 220 Taylor Hill Rd, Jewett City, CT 06351

Hybrid via zoom
<https://us06web.zoom.us/j/88439568835>

Free event with light refreshments

Next event in this series: **May 14, 2024, 12:30-2:00 pm** discussing Technology, Transportation, and Volunteerism/Staying Engaged at Pomfret Senior Center and on zoom.

* * *
Let's Celebrate!
 * * *

65 NEW TO MEDICARE?

Topics include:

- Overview of Medicare Parts A, B, C and D
- Enrollment - how and when?
- Medicare options
- Making Medicare affordable



April 9, 2024, 10:00-11:30am, Canterbury Public Library, 1 Municipal Drive, Canterbury, CT, call to register: 860-546-9022
 April 10, 2024, 5:30-7:30pm, Waterford Community Center, 24 Rope Ferry Rd., Waterford, CT, call to register: 860-444-5839
 April 16, 2024, 2:00-4:00pm, Middletown Senior Center, 61 Durant Terrace, Middletown, CT, call to register: 860-638-4540



Presented By:



Laura Crews
 Senior Resources Agency on Aging
 Director of Benefits Access



This flyer is supported by the Administration for Community Living (ACL), U.S. Department of Health and Human Services (HHS) as part of 3 financial assistance awards totaling \$1,483,902 with 100 percent funding by ACL/HHS. Approximately 40% SHIP, 20% MHPA, 30% SMP. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by ACL/HHS, or the U.S. Government.



Grandparents Raising Grandchildren Support Program

The Last Tuesday of Every Month 9:00am - 11:00am
 Rose City Senior Center 8 Mahan Dr. Norwich, CT 06360



A supportive and confidential space where Grandparents can gather and meet with other Grandparents in their Community, listen and be heard by others with shared experiences.

For more information, please contact Lori Rygielski
 860-887-3561 or L.Rygielski@SeniorResourcesEC.org



Are You Raising a Grandchild

Are You Interested in Learning About Resources Available in Your Community

Family Relationships

We Can Help Provide You with the Tools You Need

You Are Not Alone

Come Join Our FREE Monthly Support Group

[Click Here to View Medicare Bootcamp Event Flyer](#)

[Click Here to View Support Group Flyer](#)

Senior Resources Agency on Aging



Part D Coverage Phases

Background

Part D is Medicare prescription drug coverage you get through either:

- A stand-alone Part D plan
- Part of your Medicare Advantage Plan



The cost of your Medicare Part D-covered drugs may change throughout the year. If you notice that your drug prices have changed, it may be because you are in a different phase of Part D coverage. There are four different phases—or periods—of Part D coverage.



Deductible Period: Until you meet your Part D deductible, you are in the deductible period. During this time, you will pay the full negotiated price for your covered prescription drugs. While deductibles can vary from plan to plan, no plan's deductible can be higher than \$545 in 2024, and some plans have no deductible. You begin each new calendar year in the deductible.



Initial Coverage Period: After you meet your deductible, your plan will help pay for your covered prescription drugs. This is your initial coverage period. Your plan will pay some of the cost, and you will pay a copayment or coinsurance.



Coverage Gap: You enter the coverage gap when your total drug costs—including what you and your plan have paid for your drugs—reaches a certain limit. In 2024, that limit is \$5,030. While in the coverage gap, you are responsible for 25% of the cost of your drugs. The coverage gap is also sometimes called the donut hole.



Catastrophic Coverage: In all Part D plans in 2024, you enter catastrophic coverage after you reach \$8,000 in out-of-pocket costs for covered drugs. As of 2024, during this period, you owe no coinsurance or co-payments for the cost of your covered drugs for the remainder of the year. This puts a hard cap on your spending during the catastrophic phase of coverage. Before 2024, you paid 5% of the cost.

[Click Here to View Part D Coverage Flyer](#)

[Click Here to View Medicare 2024 Webinar Flyer](#)

Senior Resources Agency on Aging

Senior Resources Agency on Aging

This project was supported, in part by grant numbers 90SAP00068, 2003C1MBA and 2003C1MBSH 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 agree freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration for Community Living policy.

FOOD DRIVE

APRIL 30, 2024



As part of the Chamber of Commerce of Eastern Connecticut Leadership Class project, help us put food on the table for families in need. United Way of Southeastern Connecticut is at the forefront of bringing food security to ALL in New London County. But we can't do it alone!

DROP-OFF LOCATION



MOST NEEDED ITEMS:

- Shelf-stable quick cook microwaveable meals (bowls/cups/bags)
- Peanut Butter & Jelly
- Pasta & Pasta Sauce
- Cereal
- Mac & Cheese
- Canned Vegetables
- Soup
- Juice
- Rice
- Beans (canned or dry)

[Click Here to View Food Drive Flyer](#)

[Senior Resources Agency on Aging](#)

Jump Start your life with Live Well!

Live Well & Manage Your Chronic Pain
[Virtual Workshop via Zoom](#)

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

****A technology training session will be provided prior to starting the workshop****

You will learn:

- Techniques to deal with frustration, fatigue, isolation, poor sleep
- 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 a Living a Healthy Life Book, instruction booklet, and exercise and relaxation CDs. We will meet via Zoom, once a week for six weeks, each session is 2.5 hours.

When?: Wednesdays | 1:00 pm - 3:30 pm
April 5th, 12th, 19th, & 26th, May 3rd & 10th, 2023
****Technology Training - March 29, 2023**

RSVP: Lori Rygielski at Lrygielski@SeniorResourcesEC.org OR 860-887-3561 ext. 127



Sponsored by the Department of Rehabilitation Services - State Unit on Aging and Senior Resources Agency on Aging.



[Click Here to View Live Well Flyer](#)

[Senior Resources Agency on Aging](#)

Save the Date!!

"Living Today for a Better Tomorrow"

2024 Southeast Healthy Living Expo



the answers you need, resources you can trust

July 10, 2024

Dodd Stadium Concourse

14 Stott Avenue, Norwich, CT 06360

More information to follow!!

**Special Thank You to:
Norwich Sea Unicorns**

[Click Here to View Expo Flyer](#)

[Alzheimer's Association](#)

Grandparent Support Group



Are you one of those grandparents who made numerous sacrifices in order to provide a better life for your grandchildren?

What are some things you can do now to provide the best possible care for your grandchildren while still preserving our own health and wellbeing?

Senior Resources can support people in this role by providing resources, decision making, and financial assistance.



If you live in Putnam or surrounding towns and are interested in joining a kinship program where you can share your challenges with other who will understand, contact Lori R. at 860-887-3561 ext. 127.

[Click Here to Grandparent Support Group Flyer](#)

[Alzheimer's Association](#)



Preventing Medicare Fraud

The Senior Medicare Patrol (SMP) empowers and assists Medicare beneficiaries, their families, and caregivers to prevent, detect, and report health care fraud, errors, and abuse through outreach, counseling, and education.

If you suspect Medicare fraud, errors, or abuse, address it immediately by taking these steps:

- Rule out Error - If you have questions about information on yours or your loved one's Medicare Summary Notice (MSN) or Explanation of Benefits (EOB), call the provider or plan and ask for an explanation.
• Get Help from your Local SMP -If you are not comfortable calling the provider or plan or if you are not satisfied with their response, your local SMP can help you at...

1-800-994-9422

Did you know...

Medicare loses an estimated \$60 billion each year due to fraud, errors, and abuse.



This project was supported, in part by grant number 90MPF9D004, 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.

Click here for SMP Flyer



Mobile Health Hubs

April 2024

Table with columns: Food Pantry, Medical Services, Dental Services, Hearing/Energy, WIC/SNAP, Access to Mental Health, Referral Services, Housing, Child care Referral, Senior Resources, Transportation, Insurance App. Rows list dates and locations like Preston Senior Center, St. Vincent de Paul Pl., etc.



Click here for Mobile Health Hub Flyer

Senior Resources Agency on Aging



CT BAR ASSOCIATION VIRTUAL FREE LEGAL ADVICE CLINIC

Tues. Apr. 23, 2024 -- 10:00 a.m. - 6:00 p.m.
Wed. Apr. 24, 2024 -- 10:00 a.m. - 6:00 p.m.

Receive free legal advice during a 30-minute meeting on Zoom about one of the civil law topics below:

- Personal Bankruptcy
• Family Law
• Fraudulent Business or Debt Collection
• Immigration Law
• Landlord/Tenant
• Pardons
• Unemployment or employee rights
• Other civil legal issue

Pre-registration is required. Sign up at ctbar.org/FreeLegalAdviceClinic by April 11, 2024. Please note: No exceptions can be made to the pre-registration deadline.

Volunteer lawyers will provide brief legal advice on the date of the clinic. They will not continue to represent you, file documents in court, or go to court with you. Before the clinic, you will receive a call from one of our volunteers to learn more about your legal question.

If you have any questions about the clinic or need help with how to use Zoom, email us at FreeLegalAdviceClinic@ctbar.org or call (877) 410-7221 (when leaving a message please refer to "Free Legal Advice Clinic")



Click Here to View CT Bar Association Flyer

Senior Resources Agency on Aging

Alzheimer's Association



Live Well and Manage Your Pain In-Home Version All you need is a telephone!!

- FREE Living a Healthy Life Book
• FREE Exercise and Relaxation CD



NEW Workshop Starting in January Please Call for Dates and Times

Contact Lori Rygielski, Regional Coordinator lrygielski@SeniorResourcesEC.org or 860-887-3561 Ext. 127

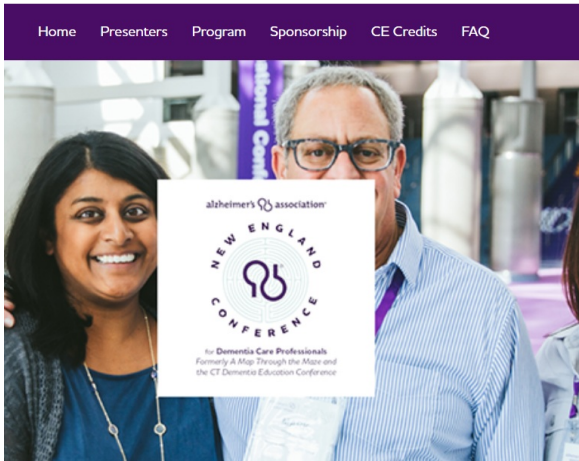
- Learn More About:
• Techniques to deal with frustration, fatigue, isolation and poor sleep.
• Exercise to help with pain.
• Ways to improve nutrition.
• Appropriate use of medication.
• Other helpful information for managing you pain day to day.



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

Click Here to View Live Well In-Home Flyer

Alzheimer's Association



Click here for Conference Details



Senior Resources Agency on Aging

In honor of National Volunteer Week, which is April 21, 2024 -April 27, 2024 we would like to introduce you to one of the amazing volunteers who selflessly gives their time and talents to make our community a better place to live. Thank you Nikki, and volunteers everywhere! Your hard work is making a difference!

Quote by Nikki, Senior Resources Advisory Council Chair: "I don't feel right leaving a job undone. I was always taught to leave a place better than you found it."

Nikki has been volunteering with Senior Resources for 2 years and currently serves as the Chair of the Advisory Council. When asked what she loves about volunteering for Senior Resources, Nikki says that she enjoys the allocations process because "I get to learn and see what all these other community agencies do."

Click Here to View Volunteer Week Flyer

Alzheimer's Association

NATIONAL CENTER ON LAW & ELDER RIGHTS

Free Webinar: Financial Exploitation and Family Dynamics

When: Thursday, April 25, 2024 11:00am-12:00pm P.T./2:00-3:00pm E.T.

Recent reports estimate that more than \$20 billion is lost from older adults each year due to financial exploitation by family, friends, and caregivers. Because of the significant costs and emotional impact associated with such exploitation, it is important to work with older adults to identify their preferred options and remedies to recover from abuse.

This training will discuss the options that can be used to address financial exploitation by family members, including mediation, restorative justice, and other solutions to remedy the situation and preserve the relationship with family. The training will also provide information on the importance of advanced planning and how to work with banks and financial institutions to prevent financial exploitation by family members and preserve autonomy.

Presenters:

- Erica Costello, ABA Commission on Law and Aging
• Ronald Long, Stevens and Lee
• Catherine Seal, Kirtland & Seal
• Nicole Shannon, Michigan Elder Justice Initiative

Click here for more information

Alzheimer's Association

ELDER JUSTICE HOTLINE banner with images of diverse elderly people.

Elder justice issues can range from age-based discrimination in the workplace to scams and frauds, elder abuse, neglect, and exploitation.

If you have been the victim of a scam, or neglected, exploited or abused, we are here to help.

Call 1-860-808-5555. Information about the hotline, resources and an online complaint portal can be found at https://portal.ct.gov/ag/elderhotline. Includes logo for Office of the Attorney General and a photo of a man.

Click Here to see Elder Justice Flyer

Senior Resources Agency on Aging



Caregiver Support Group



Support group open to all caregivers.

Meetings will be held the **LAST Tuesday of each month at 2:45 pm**

- January 30
- February 27
- March 26
- April 30
- May 28
- June 25
- July 30
- August 27
- September 24
- October 29
- November 26
- December 31



UCFS Eldercare
UCFSeldercare.org
Sheltering Arms
165 McKinley Avenue, Norwich, CT 06360
Parking available in lot behind building.
Questions?
Contact Lori Rygielski, Senior Resources
860-887-3561 ext. 127
lrygielski@seniorresourcesEC.org

[Click Here to View Caregiver Support Group Flyer](#)

Alzheimer's Association



Senior Medicare Patrol (SMP) Presents: Medicare Fraud and You: How to Prevent, Spot and Report It!

In this informative Spanish presentation, you will learn how to recognize, prevent and report Medicare fraud, errors, and abuse.

Presented By: **Claudia Mejia & Jill Vasington**
Senior Medicare Patrol **Tuesday April 25 - 10:00 am**

Para Registrarse, por favor contactar a:
Norma Glover al 860-822-4430
47 Town St, Norwich CT (Community Room)

The Senior Medicare Patrol (SMP) empowers and assists Medicare beneficiaries, their families, and caregivers to prevent, detect, and report health care fraud, errors, and abuse through outreach, counseling, and education.



This project is supported by the Administration for Community Living (ACL), U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$427,885 with 100 percent funding by ACL/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by ACL/HHS, or the U.S. Government.

[Click Here to View Flyer](#)

Alzheimer's Association

Elder Abuse Multidisciplinary Team (M-Team)

What we are: M-Team members are professionals that work with older adults. We join together to confidentially discuss challenging cases, strategize solutions, explore gaps in services and promote Elder Justice. Members can share information about services and network with colleagues.

Who should join: Adult Protective Services (APS), Aging services network personnel, Geriatricians/physicians, Law enforcement, Prosecutors (District Attorneys), Psychologists/neuropsychologists, Victim-witness advocates/victim service providers, Financial institutions, Civil Legal Services, Low-income housing Disability Providers, Domestic violence advocates and more are welcome.

When do we meet: Once a month in a hybrid mode (both in person and virtual attendance) on either Tuesday, Wednesday or Thursday, 8:30am—9:30am.

Join us in person:

Thursday Dec 7th, 2023: East Hampton Senior Center, 105 Main Street, East Hampton, CT 06424

Tuesday January 2nd, 2024: Clinton Town Hall, 54 E Main Street Clinton, CT 06413

Wednesday February 7th, 2024: Putnam Recreation Clerk / Commission on Aging, 200 School St., Putnam, CT 06260

Thursday March 7th, 2024: Windham Senior Center, 1 Jillson Sq, Willimantic, CT 06226

Tuesday April 2nd, 2024: Estuary Council of Seniors, 220 Main Street, Old Saybrook, CT 06475

Wednesday May 1st, 2024: Senior Resources, 19 Ohio Avenue, Suite 2, Norwich, CT

Or join virtually via Zoom:

<https://us06web.zoom.us/j/86929689738?pwd=a25VZzZlZjZvqT0lqN2FkNk1FU0NqQT09>

M-Team Coordinator:

Claudia Mejia, MS, RDN, CDN, CLC (she/ her/ hers)



[Click Here to View M Team Event Flyer](#)

Senior Resources Agency on Aging



Patrulla Medicare para Adultos Mayores (SMP, Senior Medicare Patrol) presenta: Fraude en Medicare y Usted: Como Prevenirlo, Detectarlo y Reportarlo!

En esta presentación informativa, aprenderá cómo reconocer, prevenir y denunciar fraudes, errores y abusos de Medicare.

Presentado por: **Claudia Mejia & Jill Vasington**
Senior Medicare Patrol **Fecha y Hora:**
Abril 25 a las 10 am

Para Registrarse, por favor contactar a:
Norma Glover al 860-822-4430
47 Town St, Norwich CT (Community Room)

La Patrulla Medicare para Adultos Mayores (SMP) empodera y ayuda a los beneficiarios de Medicare, sus familias y cuidadores a prevenir, detectar y denunciar fraudes, errores y abusos en la atención médica a través de actividades de divulgación, asesoramiento y educación.



This project is supported by the Administration for Community Living (ACL), U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$427,885 with 100 percent funding by ACL/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by ACL/HHS, or the U.S. Government.

[Click Here to View Flyer](#)

Senior Resources Agency on Aging



STATE OF CONNECTICUT
GOVERNOR NED LAMONT

GOVERNOR LAMONT ANNOUNCES LAUNCH OF MICROTRANSIT SERVICES IN CONNECTICUT
Customers Can Request, Schedule New On-Demand Ride Services

(HARTFORD, CT) – Governor Ned Lamont and Transportation Commissioner Garrett Eucalitto today announced that new microtransit services will begin in various communities throughout Connecticut between March 26, 2024, and July 30, 2024. These services are part of a pilot program in which nine transit districts and municipalities were awarded funding through the Connecticut Department of Transportation (CTDOT) to develop and pilot on-demand microtransit service.

Microtransit service is an accessible, on-demand mode of transportation that allows customers to use a smartphone app or telephone number to request and schedule a ride within designated service areas. The pilot program will last for two years with the possibility of two one-year extensions exercisable by CTDOT, based on performance and ridership.

"This new program will help seniors and people with disabilities travel in parts of our state that have historically been underserved by public transportation," Governor Lamont said. "These services allow people to use an app or phone number to request and schedule a ride within designated areas, connecting them to restaurants, entertainment, rail stations, airports, and critical services."

"Microtransit brings public transportation to communities that have lacked fixed route bus service," Commissioner Eucalitto said. "Thank you to Governor Ned Lamont and the state legislature for the continued investment in high-quality public transportation that eliminates gaps between communities and increases access and mobility throughout our state."

On-demand microtransit services will begin on a staggered basis in the following locations:

Starting March 26, 2024

- Norwalk Transit District: Serving Norwalk.

DEA NATIONAL^{Rx} TAKEBACK

Griswold Senior Center
220 Taylor Hill Rd
Griswold, CT

Griswold Total Pounds Collected since 2015: 2500lbs.



Turn in unneeded medication for safe disposal.

Accepted: Rx, OTC, vitamins, supplements, pet meds.

Saturday, April 27
10 a.m. – 2 p.m.

NOT ACCEPTED: SHARPS OR LIQUIDS

Keep them safe. Clean them out. Take them back.

Visit DEATakeBack.com for a collection site near you.
Questions: mmahoney@chrhealth.org or text/call 860.841.3803

Click Here to view Microtransit Flyer

Click Here to view DEA Takeback Flyer

Disabilities Network of Eastern CT, Inc.



MEDICAL SERVICES

- Primary Care
- Preventive & sick care
- Test & Treatment of chronic diseases

DENTAL SERVICES

- Routine preventive care
- Restorative treatments including dentures
- Emergency treatment

BEHAVIORAL HEALTH SERVICES

- Individual, couple & group therapy
- Diagnostic & assessment services
- Medication management

SPECIALTY SERVICES

- Chiropractic & Infectious Disease Care

CARE COORDINATION / SUPPORT SERVICES

PATIENT BENEFITS

- Assistance with prescription access & management
- Assistance with accessing transportation resources
- Bilingual staff, care & services
- In-person or telehealth care
- Coordination of care & referrals
- Eligibility screening & application assistance for state and insurance & other resources
- Links to community resources
- Web-based Patient Portal

PAYMENT OPTIONS

Generations participates in HUSKY Medicaid, Medicare and most commercial insurances, including Affordable Care Act plans offered by Access Health CT. Discounts are available to those who qualify for our sliding fee scale program, which is based on family size and income. Payment arrangements are available. It is our policy that essential services will not be denied based on an inability to pay. Good faith estimates available.

DANIELSON - (860) 774-7504
42 Reynolds Street

NORWICH - (860) 885-1308
330 Washington Street - Suite 510

PUTNAM - (860) 963-7917
202 Pomfret Street

WILLIMANTIC - (860) 450-7471
40 Mansfield Avenue
Behavioral Health (860) 450-0585

PUTNAM SCHOOL-BASED HEALTH CENTER

Putnam Middle School, 35 Wicker Street
(860) 928-4698

ADMINISTRATIVE OFFICES - (860) 450-7471
40 Mansfield Avenue - Willimantic, CT 06226

Generations' patients can also be seen by Generations staff in a variety of community locations. Visit GENHEALTH.ORG for specific dates and locations.

GENHEALTH.ORG



Generations Family Health Center (Generations) complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Generations does not include people or treat them differently because of race, color, national origin, age, disability, or sex. This health center receives HRSA funding under the Federal Public Health Service (PHS) agreement status with respect to certain health or health-related claims, including medical research claims. For a full and complete notice, please visit <http://www.hhs.gov/hipaa/for-professionals/notice-of-privacy-practices/>.



03/24

Click Here for Generations Family Health Center

Senior Resources Agency on Aging



To receive your Benefits Checkup please contact...
Senior Resources Agency on Aging at 860-887-3561.

A benefits checkup can assist with the following...



Health Care & Medication

- Medicaid for the aged, blind or disabled also known as Husky C
- Medicare Savings Program



Nutrition & Food

- Supplemental Nutrition Assistance Program or SNAP benefits
- Senior Farmers Market Nutrition Program - provides a seasonal voucher



Energy Assistance

- CT Energy Assistance Program helps CT residents afford heat in their homes.



Click Here for Benefits Check Flyer

Disabilities Network of Eastern CT, Inc.

Senior Resources Agency on Aging

ATTENTION NORWICH SENIORS 55+

Hartford Health Care and City of Norwich Community Nurse

Located at:
Rose City Senior Center
 8 Mahan Drive
 Norwich, CT



Preventative Screenings, Care coordination and Disease Specific Education for Seniors of Norwich 55+

- Health Screenings: Blood pressure, Blood sugar,
- Lab Tests: Cholesterol, A1C
- Care coordination, referrals
- Medication education and reconciliation

Exámenes preventivos, coordinación de la atención y educación específica de la enfermedad para personas mayores de Norwich 55+

- Exámenes de salud: presión arterial, azúcar en la sangre,
- Pruebas de laboratorio: colesterol, A1C
- Coordinación de la atención, derivaciones



Nurse Barbara will be providing preventative screenings, disease specific education, and offer care coordination to the senior population of Norwich. She will be located at the Rose City Senior Center in person 2 days a week on Mondays and Thursdays 8-4 pm by appointment. Tuesdays, Wednesdays, and Fridays she will be available out in the community and can be reached at

860-889-8331 extension 6416 or by
 email Barbara.boiselle@hchealth.org



[Click Here for Community Nurse Flyer](#)

Day Kimball Healthcare at Home

Fill your food gap with SNAP!

Who is Eligible?
 SNAP eligibility depends on you and your household's gross monthly income, shelter and medical expenses.

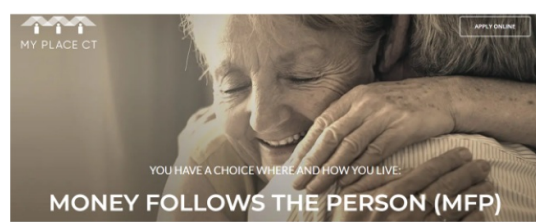
How to Apply?
 Contact Jill at Senior Resources at 860-213-5432 to get assistance with applying for SNAP benefits.

# Household - Gross Income	What can you buy with SNAP?
1 \$2,430	<ul style="list-style-type: none"> • Fruits and vegetables • Meat, poultry, and fish • Dairy products • Breads and cereals • Snacks • Non-alcoholic beverages
2 \$3,287	
3 \$4,144	
4 \$5,000	

19 Ohio Avenue, Suite 2 • Norwich, CT 06250 • www.SeniorResourcesCT.org
 Phone: 860.567.3561 • 800.493.4998 • Fax: 860.566.4734

[Click Here for SNAP Flyer](#)

Day Kimball Healthcare at Home



Overview

Medicaid-eligible Connecticut residents who live in a nursing home or other long-term care facility can choose to live in their own home instead.

Get the Help You Need

Even if you are in a nursing home or long-term care facility, you still have the option to return to your home or community. Money Follows the Person (MFP) provides the funds, services, and support you need for a successful return.

The program is tailored to a person's individual needs. An assigned Transition Coordinator will be an advocate in the transition process, working with you and your care team on a one-to-one basis to develop a plan that's right for you.

To learn more about eligibility and info on how MFP works, call 888-99CTMFP (888-992-8637) toll-free, or apply online.

[Click Here for MFP Information](#)



Day Kimball Healthcare at Home

HOSPICE OF NORTHEASTERN CONNECTICUT

Bereavement Support Groups 2024

Please call the hospice office at 860-928-0422 for the most updated information & to register.

WEDNESDAY AFTERNOON (1st Wednesday) GROUP BEGINS AT 12 NOON
 January 3rd, February 7th, March 6th, April 3rd
 Held at the Putnam Congregational Church 175 Main St. Putnam, Ct.
 (Please enter through the Livery Street entrance in the back of the church)

WEDNESDAY EVENING (3rd Wednesdays) GROUP BEGINS AT 5:00P
 January 17th, February 21st, March 20th, April 17th
 Evening groups will be Christ Church 527 Pomfret Street Pomfret, Ct.

Walk, Talk & Social Support BEGINS AT 11AM
 2nd & 4th Wednesday of the month (*weather permitting)
 Held at Roseland Park Woodstock, Ct.
 Come and take a leisurely walk around the park & enjoy some support & fellowship
 January 10th, January 24th, February 14th, February 28th
 "Grief does not change you. It reveals you"
 -John Green, The Fault in Our Stars"
 Please join us to listen or to participate. The group is here for you.

[Click Here to View Day Kimball Bereavement Support Flyer](#)

Day Kimball Healthcare at Home

You Have A Choice About Where You Live



Money Follows the Person (MFP)

Connecticut residents who live in a nursing home or other long-term care facility can choose to live in their own home instead.

What is Money Follows the Person?

Money Follows the Person (MFP) is a federally funded program that allows you the freedom to choose where you live and receive services there. If you live in a nursing home or are considering admission to a long-term care facility, are on or applying for Medicaid, and want to move to your own private apartment or home, MFP can provide help with a move from a nursing home, hospital, or qualified institution to a community setting, and provide community supports and housing options if you are eligible.

What kind of help does MFP offer?

Based on your needs, MFP provides the funding for services and support needed to move to your own home. MFP can help you return to your own home, rent an apartment, or move to an affordable assisted living or a small group residence. Your Transition Coordinator will be your advocate in the transition process, working with you and your care team on a one-to-one basis to make a plan that's right for you.

Who is eligible?

To participate in the program, you must be eligible for Medicaid and living in a long-term care or hospital setting for at least two months and have an interest in living in the community.

[Click Here for MFP Flyer](#)

MOBILE PANTRY SCHEDULE



STONINGTON
First Wednesday of each month • 4:30-5:30 p.m.
Stonington High School • 176 South Broad Street, Pawcatuck

NORWICH
Second Wednesday of each month • 4-5 p.m.
Three Rivers Community College • 574 New London Turnpike

GRISWOLD - Drive-thru only
Third Thursday of each month • 4-5:30 p.m.
Griswold Public Works • 1148 Volunтов Road

NEW LONDON - Walk-ups only
Fourth Wednesday of each month • 4:30-5:30 p.m.
Ocean Avenue LEARNing Academy • 660 Ocean Avenue

GROTON
Fourth Friday of each month • 12:30-2 p.m.
St. John's Christian's Church • 346 Shennecossett Road



This program is intended as a supplemental food source to our network of existing emergency food programs. Scan the code at left to find one near you.

MOBILE FOOD PANTRY

Those attending will receive fresh produce, protein, nonperishables, snacks, and more.

No registration required. Households served on a first come-first served basis.

[Click Here to View Mobile Pantry Flyer](#)

DISCOVER ELDERCARE SERVICES AT UCFS

Ross Adult Day Services

Provide support when:

- An adult cannot perform all the activities of daily living, but does not need professional care around the clock
- A respite opportunity for the caregiving family is needed
- The caregiver must go to work and a safe and enriching environment is required
- An adult needs social stimulation to prevent loneliness or depression
- Supervision during the day is needed
- Assistance is needed with meals
- The individual could maximize their health and well-being through activities, socialization and professional supervision

Services include:

- Nursing care management
- Personal care and assistance
- Enrichment
- Home-style meals
- Wheelchair transportation
- Social services
- Outdoor secured courtyard
- Sensory room for individuals with dementia
- Salon services
- Podiatrist visits
- Fulfilling social environment

Primary Care Services

- Located at UCFS Eldercare for the Sheltering Arms residents and Adult Day participants.
- Mondays 1:00pm - 4:30pm
- Physicals, wellness visits, sick visits, immunizations
- UCFS accepts most insurances including Medicare and Medicaid. UCFS participates with some Medicare advantage plans
- Podiatry visits every 9 weeks

Hours:

Monday - Friday
8:00 a.m. - 4:30 p.m.

ROSS ADULT DAY CENTER

165 McKinley Avenue
Norwich, CT 06360
T (860) 889-1252
F (860) 892-2340

We currently have openings, call to schedule a tour.

This program is supported by Senior Resources Agency in conjunction with Title III funds made available under the Older Americans Act and the United Way of Southern Connecticut.



Sheltering Arms is a smoke free campus.

Sheltering Arms Residential Care

Sheltering Arms is a home for men and women age 60 years and older. It allows residents to maintain independence, surrounded by friends and caring staff, in a home-like atmosphere.

Benefits include:

- Private rooms
- On-site nurse and 24-hour resident attendants
- Three, home-style meals provided each day
- Laundry and housekeeping services
- Formal living room for entertaining with family and friends
- Sun porches
- Community TV's
- Recreation and social activities
- Intergenerational programs
- Transportation to and from off-site activities
- Medication administration

Additional Amenities:

- Private telephone
- Satellite television/Wi-Fi available
- Podiatry visits
- Salon services
- Outdoor courtyard

Respite Available:

- Upon room availability
- 1 week minimum

Primary Care Services

- Located at UCFS Eldercare for the Sheltering Arms residents and Adult Day participants.
- Mondays 1:00pm - 4:30pm
- Physicals, wellness visits, sick visits, immunizations
- UCFS accepts most insurances including Medicare and Medicaid. UCFS participates with some Medicare advantage plans
- Podiatry visits every 9 weeks

SHELTERING ARMS RESIDENTIAL CARE

165 McKinley Avenue
Norwich, CT 06360
T (860) 887-5005
F (860) 892-2340



WELL-BEING REDEFINED.

Services Offered

- Pediatrics
- Adult Primary Care
- Geriatrics
- Dental
- Behavioral Health Services
- Women's Health
- Eldercare Services

UCFS accepts most insurances including Medicaid, Medicare and offers an income based sliding fee scale.

For more information, visit UCFShealthcare.org or scan here:



Locations

The Edward & Mary Lord Family Health Center
47 Town Street, Norwich
860-892-7042

Griswold Health Center
226 East Main Street, Griswold
860-376-7040

Plainfield Health Center
120-122 Plainfield Road, Moosup
860-822-4938

New London Health Center
351 N. Frontage Road, Suite 24, New London
860-442-4319

Colchester Behavioral Health Center
212 Upton Road, Suite C, Colchester
860-537-7876

[Click Here for UCFS Elderly Services Flyer](#)

[Click Here to View UCFS Healthcare Flyer](#)

CAREGIVER SUPPORT GROUP 2024 Meeting Schedule

(For Family and Friends caring for someone with Alzheimer's Disease or other types of Dementia.)

Meetings held on the 2nd Thursday of the month

Quinebaug Valley Senior Center
69 South Main Street, Brooklyn CT

From 1:30 – 2:30 pm

January 11	July 11
February 8	August 8
March 14	September 12
April 11	October 10
May 9	November 14
June 13	December 12

For more information, contact group facilitator:

Kathy Demers 860-377-6416 (m)

Sponsored by the Alzheimer's Association – CT Chapter



- ✔ Guest speakers, stories, interviews
- ✔ Reentry simulator - game show style
- ✔ Live music
- ✔ Art exhibit
- ✔ Community partner tables
- ✔ Backpack build
- ✔ Hors d'oeuvres, snacks provided by CLiCK



Please Join Us!

Event Details:
Tuesday 4/30, 2-6pm
Windham Rec Center, 1 Jillson Sq

Register Here!



[Click Here for Caregiver Flyer](#)

[Click Here to View Rally for Reentry Flyer](#)



How can we get more BIPOC people with disabilities at the table to share their expertise, learn, and lead?



Let's Participate!



¿Cómo podemos lograr que más personas BIPOC con discapacidades se sienten a la mesa para compartir su experiencia, aprender y liderar?



¡Participemos!



Join D-LEAN: Come to our training for trainers to learn about the culturally responsive guide for Black and Latine with developmental, intellectual, and mental disabilities and their family members. **Become a facilitator in your community!**



Únase a D-LEAN: venga a nuestra capacitación para capacitadores para aprender sobre la guía culturalmente receptiva para personas negras y latinas con discapacidades mentales, intelectuales y del desarrollo y sus familiares. **¡Convértete en un facilitador en tu comunidad!**



Apply today.



We are looking for 30 people who identify as BIPOC with disabilities (mental, intellectual or developmental). Complete the brief application online or over the phone.

Who should attend? Anyone with disabilities (mental, intellectual or developmental) who are leaders or emerging leaders who want to come and learn and share. (space limited to 10 per training)
When? Applications Due by 5pm April 5, 2024

If you have any questions or you want to register for this opportunity, please call: Graziela Reis at 203-8242278 or email graziela.reis@yale.edu



D-LEAN is the Disability Lived Experience Action Network of the Yale Program for Recovery and Community Health. We are a group of people with lived and learned expertise wanting to make a difference in the lives of people in the Disability Community. (All images, except logos are from: [Disabled And Here](#), [Free Stock Images](#) [with attribution](#) | [iStockphoto.com](#))
This project is funded by the Connecticut Council on Developmental Disabilities.

Regístrate hoy.



Estamos buscando 30 personas que identifiquen a un miembro de su familia como BIPOC con discapacidades (mentales, intelectuales o del desarrollo). Complete la breve solicitud en línea o por teléfono.

¿Quién debe asistir? Cualquier persona con una discapacidad y un familiar (mental, intelectual o de desarrollo) que sea un líder o un líder emergente que quiera venir, aprender y compartir. (espacio limitado a 10 por formación)
¿Cuándo? Las solicitudes deben presentarse antes de las 5 p. m. del 5 de abril de 2024

Si tienes alguna pregunta o quieres registrarte para esta oportunidad, llame a: Graziela Reis al 203-8242278 o envíe un correo electrónico a graziela.reis@yale.edu

D-LEAN es la Red de Acción sobre Experiencias Vividas por Discapacidades del Programa de Yale para la Recuperación y la Salud Comunitaria. Somos un grupo de personas con experiencia vivida y aprendida que desean marcar una diferencia en las vidas de las personas en la comunidad de personas con discapacidad. (Todas las imágenes, excepto los logotipos, son de: [Disabled And Here](#), [imágenes de archivo gratuitas](#) (con atribución) | [iStockphoto.com](#))
Este proyecto está financiado por el Consejo de Connecticut sobre Discapacidades del Desarrollo.

[Click Here for Flyer](#)

[Click Here for Flyer](#)



WHAT IS THE RYAN WHITE PROGRAM?

- Provides specialty care to individuals who are HIV positive or have AIDS
- Provides counseling to the community at large
- Provides FREE testing without an appointment to anyone in the community regardless of established care
- Provides health education on ways to prevent HIV and AIDS from spreading

HOW CAN GENERATION'S RYAN WHITE PROGRAM HELP YOU?
 Patients can choose to be seen by our Physicians and Nurse Practitioners and/or our Infectious Disease Specialist to receive support services for HIV and AIDS. Anyone is eligible for the Ryan White Program with a positive HIV test.

WHAT RESOURCES ARE AVAILABLE?
 There is funding and programs to assist patients with HIV/AIDS. This funding can help with:

- Medication
- Labs
- Diagnostic Testing
- Specialty Care
- Transportation
- Nutrition
- Supplements
- Accessing Dental Care
- Behavioral Health Management



PAYMENT:
 Medicaid and most private insurances accepted. Not insured? You may qualify for a discounted rate, please ask about our Sliding Fee Scale program. Patients may qualify for assistance with the cost of medications at a lower cost.

AFTER OFFICE HOURS ACCESS:
 If it is after hours and you have an emergent question (for Behavioral, Medical or Dental) we have a Clinician on Call. Simply call (860) 885-1308 and the answering service will page the On Call Clinician (from one of our five sites) who will call you back.

Contact our Ryan White Program at (860) 450-7471 Evelyn Caballero (ext. 6137) or Meg Thornton, MPH (ext. 6320) for more information or visit GenHealth.org/ryan-white-program/



SITES: DANIELSON, NORWICH, PUTNAM, WILLIMANTIC
 SCHOOL BASED HEALTH CENTER, PUTNAM
 GENHEALTH.ORG | | REV. 02.26.24



¿QUÉ ES EL PROGRAMA RYAN WHITE?

- Proporciona atención especializada a personas que son VIH positivas o tienen SIDA.
- Proporciona asesoramiento a la comunidad en general.
- Proporciona pruebas GRATUITAS y sin cita previa a cualquier persona de la comunidad, independientemente de la atención establecida.
- Proporciona educación sanitaria sobre formas de prevenir la propagación del VIH y el SIDA.

¿CÓMO PUEDE AYUDARLE EL PROGRAMA RYAN WHITE DE GENERATIONS?
 Los pacientes pueden elegir ser atendidos por nuestros proveedores de atención primaria y/o por nuestro especialista en enfermedades infecciosas, a fin de recibir servicios de apoyo para VIH y SIDA. Cualquier persona es elegible para el Programa Ryan White con una prueba de VIH positiva.

¿QUÉ RECURSOS HAY DISPONIBLES?
 Se cuenta con fondos y programas para ayudar a los pacientes con VIH/SIDA. Este financiamiento puede ayudar con:

- Medicamentos
- Análisis de laboratorio
- Pruebas diagnósticas
- Atención especializada
- Transporte
- Nutrición
- Suplementos
- Acceso a la atención odontológica
- Gestión de la salud conductual

PAGO:
 Se aceptan Medicaid y la mayoría de los seguros privados. ¿No cuenta con un seguro? Puede calificar para una tarifa con descuento. Consulte sobre nuestro programa de escala móvil de tarifas. Los pacientes pueden calificar para recibir asistencia con medicamentos a un costo menor.

ACCESO FUERA DEL HORARIO DE OFICINA:
 Si es fuera del horario de oficina y tiene una pregunta de emergencia (para Salud del Comportamiento, Médico o Dental), contáctenos con un Clínico de Guardia. Simplemente llame al (860) 885-1308 y el servicio de contestador avisará al Clínico de Guardia de uno de nuestros cinco sitios que le devolverá la llamada.

Contáctese con nuestro Programa Ryan White al (860) 450-7471 Evelyn Caballero (ext. 6137) o Meg Thornton, MPH (ext. 6320) para más información o visite www.GenHealth.org/ryan-white-program



SITOS: DANIELSON, NORWICH, PUTNAM, WILLIMANTIC
 SCHOOL BASED HEALTH CENTER, PUTNAM
 GENHEALTH.ORG | | REV. 02.26.24

Click Here for Ryan White Program Flyer

EFFECTIVE COMMUNICATION STRATEGIES

An education program presented by the Alzheimer's Association®



Communication is more than just talking and listening — it's also about sending and receiving messages through attitude, tone of voice, and body language. As the disease progresses, individuals living with Alzheimer's or other dementias lose the ability to use words, but families can find new ways to connect.

Join us to explore how communication changes when someone is living with Alzheimer's, learn how to interpret the verbal and behavioral communication, and identify strategies to help you connect and communicate at each stage of the disease.

Wednesday, May 15 | 5:30 p.m.

Colonial Health and Rehab
 16 Winsor Ave, Plainfield

RSVP to Christine Firlik:
 chris.firlik@colonialhr.com
 860.564.4081

Visit alz.org/CRF to explore additional education programs in your area.



Click here for Effective Strategies flyer

ALZHEIMER'S ASSOCIATION®

Connecticut Chapter



EDUCATION PROGRAMS

April 2024

Virtual Programs

For Caregivers

- April 11 at 6 PM ► [Effective Communication Strategies](#)
- April 16 at 6 PM ► [Dementia Conversations](#)
- April 25 at 12 PM ► [Understanding and Responding to Dementia-Related Behaviors](#)
- April 29 at 6 PM ► [Managing Money: A Caregiver's Guide to Finances](#)
- May 8 at 12 PM ► [Effective Communication Strategies](#)

Click here for Alzheimer's Programs



[Senior Resources Agency on Aging](#) | [Contact Us](#) | [FAQs](#)

Eastern CT Agency of Aging - Senior Resources | 19 Ohio Avenue, Suite 2, Norwich, CT 06360

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