FEBRUARY 2020
NEWS YOU CAN USE
Calendar of Events

- Open House - Apple Rehab Saybrook Cardio Pulmonary Program
- Mobile Memory Clinic - CCRStudies
- Create Your Own Wine Glass Terrarium - Middlesex County Chamber of Commerce
- How to Include People with Access and Functional Needs Into Emergency Plans - Region 4 Emergency Support

- 20th Anniversary and Ribbon Cutting - Creamery Brook Village
- 2020 Speakers Bureau - Senior Resources
- February 2020 Nutrition Newsletter - Alison Dvorak, Senior Resources
- January 2020 CT Elder Care Programs Desk Reference - Michelle Dempsey, Title 19 Specialist
- Energy Assistance - TVCCA
- Fraud Advisory - Office of the Inspector General/Social Security Administration
- Beware of Social Security Phone Scams - Social Security Administration
- Now Accepting Applications - Elisha Brook
- Winter Ball Dinner Dance - Groton Senior Center
- New Cognitive Program for Individuals with Early Alzheimer’s Disease - New England Cognitive Center
- What are Essential Tremors? - Hartford HealthCare Ayer Neuroscience Institute
- Medical Marijuana Talk - Groton Senior Center
- Connections 2020 - Groton Senior Center
- 10th Anniversary Breakfast - Groton Senior Center
- Medicare Savings Program Presentation - Mansfield Senior Center
- Bakers Battle - Groton Senior Center
- Medicare Savings Program Presentation - Groton Senior Center
- 2020 Trip Presentation - Groton Senior Center
- Diabetes Self-Management Workshop - Groton Senior Center/Senior Resources/Ledge Light Health District/Aging and Disability Services
- 2020 Alzheimer’s Education Conference - Alzheimer’s Association
- Harlem Trip - Groton Senior Center
- Making Connections: Social Isolation to Engagement - CT Department of Mental Health & Addiction Services/CT Department of Aging and Disability Services
- Alzheimer’s Education Series - Groton Senior Center/Alzheimer’s Association

Ongoing Programs / Information

- 20th Anniversary and Ribbon Cutting - Creamery Brook Village
- 2020 Speakers Bureau - Senior Resources
- February 2020 Nutrition Newsletter - Alison Dvorak, Senior Resources
- January 2020 CT Elder Care Programs Desk Reference - Michelle Dempsey, Title 19 Specialist
- Energy Assistance - TVCCA
- Fraud Advisory - Office of the Inspector General/Social Security Administration
- Beware of Social Security Phone Scams - Social Security Administration
- Now Accepting Applications - Elisha Brook
- 2020 Census Information - US Census 2020
- Mobile Food Pantry Schedule - United Way
- Veterans Coffee House - Mystic, Norwich & Pawcatuck
- Memory Lane Café - Day Kimball Healthcare
- Veterans Coffee Talk - Hartford Healthcare Center for Healthy Aging
- Enlightenment for Service Providers - Disabilities Network of Eastern Connecticut
- Sign Language Classes Available - Disabilities Network of Eastern Connecticut
- Medical Studies - CCRStudies
- Cash for Causes - Senior Resources
OPEN HOUSE

Apple Rehab Saybrook Cardio Pulmonary Program

Please come join us in welcoming

Dr. Setu Vora - Pulmonologist
Joe Frasca - Respiratory Therapist
Open Q & A

February 12th, 2020
4pm-6pm

1775 Boston Post Road
Old Saybrook, CT

We will be meeting in the café

Light refreshments and wine will be served
PR CONTACT: MaryLou Gannotti
Phone: 860-437-7092
Email: marylou@ccrstudies.com

For immediate release:

A Mobile Memory Clinic will be held at the Lyme’s Senior Center on Tuesday, February 18, 2020 from 12:30pm to 3:00pm.

The Lyme’s Senior Center and Coastal Connecticut Research in New London are partnering to offer no cost, confidential memory screenings as a service to the community for memory loss or suspected early signs of Alzheimer’s.

Individual memory screenings at the Lyme’s Senior Center must be by appointment. Call 860-434-1605 ext. 240. Memory screenings will take approximately 15 minutes.

Since the inception of the Alzheimer’s national memory screening program over 2.5 million people have been screened worldwide. Locally, Coastal Connecticut Research has conducted over 100 no cost memory screenings as part of this Alzheimer’s initiative. Memory screenings are a significant first step towards identifying memory problems. The screenings are conducted by medical staff trained as Qualified Dementia Care Specialists, the highest level of certification awarded by the Alzheimer’s Foundation of America.

The Lyme’s Senior Center is located at 26 Town Woods Road in Old Lyme.
Create your own Wine Glass Terrarium!
Sponsored by Women’s Leadership Collaborative Network

Join us for this hands-on, fun ‘Plant Night’ where we’ll get to learn something new, network and have a party with plants!

When:       Wednesday, February 19, 2020
Time:       5:00 pm-5:30 pm, Networking and Complimentary Refreshments
            5:30 pm-7:00 pm – Meeting
Where:      One MacDonough Place, 1 MacDonough Place, Middletown

About Wine Glass Terrarium Project with PlantHer!

- The speaker will be Jillian Shea, Founder of PlantHer Garden Coaching. Jillian hosts Plant Nights around the state (think paint nights, but with plants!), spreading her mission to create opportunities for personal growth and empowerment through plants.

- Prior to creating your very own wine glass terrarium (all materials and instruction provided with registration fee), Jillian will share her story of transitioning from a career in farming to starting her own business, a process that showed her what a powerful impact plant-based projects can make on any individual, with any level of growing experience.

- There is a fee of $35 for the materials to make the wine glass terrarium, which is payable at the time of registration. There is space for 30 participants, so please register as soon as possible!

- MH One MacDonough Place will provide complimentary wine and appetizers for the program.

To make your reservation(s) to attend:
Register using the www.MiddlesexChamber.com web site...
click on Events & Programs, then Calendar & find the date of the meeting!

Parking Directions: There is a fenced-in parking lot on DeKoven Drive, across from Connecticut Rental (30 DeKoven Drive), where the parking entrance is on the left, with plenty of parking spaces (no meters). There are stairs at the Westside of the lot to MH One MacDonough Place for easy access. Call 860-358-5800 if you have difficulty parking. Thank you!

Limited space, registration required, and open to all Chamber members and their employees.
REGION 4 EMERGENCY SUPPORT FUNCTION 8

INVITES YOUR INPUT

"HOW TO INCLUDE PEOPLE WITH ACCESS & FUNCTIONAL NEEDS INTO EMERGENCY PLANS"

CRI REGION 4 WORKSHOP

This workshop focuses on mass dispensing

FEBRUARY 20, 2020
9:30AM-11:30AM

LOCATION
Hartford Healthcare
Regional System Support Office
11 STOTT AVENUE
NORWICH CT.

RSVP:
kmagnusson@llhd.org
860-448-4882

ESF 8: PUBLIC HEALTH & MEDICAL EMERGENCY PREPAREDNESS
Groton Parks & Recreation Senior Center

GNOG SHOW

Friday, February 22 5PM

Get out of the house this winter and please join us for our annual variety show with staff and local seniors (anyone 55 and older) as entertainers!

Mmm the menu:
Italian cheese stuffed meatloaf, cheddar bacon seasoned haddock, marinara sauce, mashed potatoes, Monaco blend vegetables, rolls, white & chocolate mousse cake, punch, coffee.

The show begins after dinner.
Cost: $15 per person

Do you have an act? We welcome anyone 55 and older!
If so, email colsen@groton-ct.gov or call 860-441-6623 please.
Each act performs for 3 minutes.

102 Newtown Road, Groton, CT 06340 860-441-6785
www.GrotonRec.com
Join Us For A Presentation On Advance Parkinson Disease And Surgical Option

Monday, February 24, 2020 at 3:00 PM
Guest Speaker Dr. Michael Rezak

*Parkinson’s disease is a chronically progressive neurodegenerative disease that affects 1 to 2 million people in the U.S. right now.*

Dr. Rezak’s goal is for the Movement Disorders Program to grow into a nationally recognized, patient-centered hub for research, outreach and care. He and his team prioritize restoring maximum function to all patients so they can do the things they love, whether participating in a range of hobbies or maintaining employment. Following this philosophy, the Movement Disorders Program also assesses caregiver burden, looking at the patient and family as an interworking unit.

Everbrook Village At Bozrah
380 Salem Turnpike
Bozrah, CT 06334
860-861-9704
TALLERES De 6 SEMANAS SOBRE MANEJO DE SU DIABETES

Aprende sobre la diabetes incluyendo:
- Que debes comer
- Cuido de los pies
- Azúcar baja y alta
- Guía en días de enfermedad
- Consejos en cómo manejar el estrés.
- Como hacer metas alcanzables.

Estos son algunos de los temas que cubrimos! Valla a viviendo saludable: [http://cthealthyliving.org/](http://cthealthyliving.org/) para más

Fecha: Martes 25 de Febrero, Marzo 3, 10, 17, 24, 31
Hora: 5:30pm a 8:00pm
Lugar: Lawrence & Memorial Hospital Patient Education Room 1.401c
365 Montauk Ave
New London, CT 06320

Para registrarse llama al: (860) 442-0711 Ext 3497 para hablar con Lydia o (860) 235-9670 para hablar con

Un programa de autogestión basado en evidencias originalmente desarrollado en la Universidad de Stanford.
Este programa apoyado por fondos puestos a disposición de los centros para el control y prevención de enfermedades, oficina de estado, tribal, local y apoyo territorial bajo la subvención DP13-105.2018

Patrocinado por Yale New Haven Health L&M Hospital, the Department of Aging and Disability Services.
Thinking about Volunteering?

LEAP INTO ACTION & JOIN US at our VOLUNTEER KICKOFF

Bring a friend and come enjoy some of CT's finest craft beer®, tasty food and a chance to win fun PRIZES! 🎉

Find a Location Near You!

EPICURE BREWING
40 Franklin St.
Norwich, CT 06360
Wednesday, February 26
5:00pm - 8:00pm

ELICIT BREWING*
165 Adams St.
2nd Floor
Manchester, CT 06040
Saturday, February 29
1:00pm - 3:00pm

AREA TWO BREWING
1526 Stratford Ave.
Stratford, CT 06615
Saturday, February 29
1:00pm - 3:00pm

Learn how you can make an impact in Connecticut by joining the fight to end Alzheimer's and other dementias.

*Please note: Elicit Brewing does not have access to an elevator. If you need an accommodation in order to fully participate in this event, please contact Courtney at cmnelson@alz.org. Thank you in advance.

Volunteer opportunities in:
Advocacy | Fundraising | Education | and more!

860-828-2828 | ctchapter@alz.org | alz.org/ct
WINTER BALL DINNER DANCE
SATURDAY, FEBRUARY 29 5–8PM

Please join us in celebrating a new year with our dinner and dance for those 55 plus.

We turn the main room into a winter wonderland and celebrate with a delicious dinner then we dance, dance, dance the night away.

Apple Cranberry Stuffed Pork Roast, Mango Tilapia Fish, Broccoli Normandy, Twice Baked Potato, Rolls, Punch & Coffee and Cheese Cake

Live Entertainment:
Atlantic Coast Entertainment Disc Jockey

$15 pp register by Wed. Feb 26
860-441-6785
or register online at www.grotonrec.com
Admission Now Open for New Cognitive Program for Individuals with Early Alzheimer’s Disease or Dementia and Other Forms of Mild Cognitive Loss

Mind Works™ is the newest cognitive program developed by the New England Cognitive Center (NECC) for individuals with early Alzheimer’s disease, dementia or other forms of mild cognitive loss. This new program will soon be delivered free of charge for eligible participants as a final test before it begins national dissemination.

The program will meet twice weekly for 12 weeks beginning in mid to late February, 2020 at the NECC office in New London. Screening of participants has already begun. Eligible participants will be selected on a first come, first serve basis and there are a limited number of openings available.

Participant Requirements:

Individuals interested in the program will be given a short cognitive evaluation and must fall within the cognitive range appropriate for the Mind Works™ program.

Participants must agree to attend the program sessions and complete the program to the best of their abilities.

Program Description: The Mind Works™ program consists of 24-one hour sessions, delivered in a small group two times per week, and follows a carefully developed curriculum. Each of these sessions provides a full brain “workout” targeting the six major cognitive areas of the brain, focusing on attention/concentration, visual spatial acuity, memory, language, processing speed and executive functioning. The activities that make up each session are sequenced to gradually increase the level of challenge without creating excessive frustration. The activities are challenging, yet fun, and are delivered by a trained facilitator in a comfortable cooperative environment that promotes interactive socialization. If Mind Works™ is shown to be as effective as NECC’s other award winning programs, we will have succeeded in providing a means of systematically stimulating the major areas of the brain and hopefully slowing the progression of cognitive loss, decreasing depression and restoring hope to individuals diagnosed with Alzheimer’s disease or one of the many other forms of cognitive loss. Enrollment is limited, open now and will close as soon as the program is filled.

Please contact NECC at 860-437-9995 for more information or to apply for the program.
What are essential tremors?

free info session

Tue., Mar. 3 | 1–2:30pm

- Signs & symptoms
- Treatment options
- Are essential tremors and Parkinson’s disease related?
- Plus, Q&A with the expert
- Light refreshments will be served

PRESENTER:
Elena Bortan, MD
Neurology

WHERE:
Groton Senior Citizens Center
102 Newtown Road, Groton
Community Room

REGISTRATION REQUIRED:
1.855.HHC.HERE (1.855.442.4373)
HartfordHealthCare.org/Events
Medical Marijuana Talk

Tuesday, March 3rd
1–2 pm

at Groton Senior Center, 102 Newtown Road, Groton CT 06340

Presented by Herboology of Groton

This talk will cover:

- 10 Things We Should Know About Medical Marijuana.
- Approved CT medical conditions.
- How to Apply for Medical Marijuana card.

(snow date March 24th)

In order to successfully plan these events we ask that you please register in advance.

www.grotonrec.com or call 860-441-6785
CONNECTIONS offers an opportunity for the care partner and loved one to participate in a fun interactive class together. It provides the opportunity for socialization and to meet new people who can identify and relate to each other. CONNECTIONS is for anyone with a mild to moderate cognitive challenge and their care partner.

The activities for this class are designed to be done in pairs and will be meaningful with a purpose, music, art, exercise and memory games will be incorporated along with much more.

There is no skilled care provided by staff for this class and all individuals who would like to participate must be comfortable in a group setting.

Class will be held on Wednesdays from 10:30-11:30 am. $20 per pair for an eight week session beginning March 4th.

For more information please contact Tomi Stanley at 860-441-6782.
10th Anniversary Breakfast
of New Senior Center Building
Friday, March 6th

Please join us for another special event breakfast with performance by 1st official State Troubadour, Tom Callinan, at 9 am. Our menu is Ribeye steak & eggs, home fries, cheese cake muffins, FC, OJ, coffee. Begins at 8:40 am.

$8.00 Registration is necessary!

We are celebrating 10 years in our new building. After breakfast, we have an Open House on all things happening here at the center. Join a class, listen to some music, socialize, enjoy the community celebration. Activities going on throughout the day.

860-441-6785 for more information
Do you need help with your Medicare costs?

Are you on a limited income?

Are your prescriptions too expensive?

Do you need help paying your Medicare Premiums?

Senior Resources Agency on Aging Presents:

MEDICARE SAVINGS PROGRAM:

UNDERSTAND YOUR MEDICARE BENEFITS

Mansfield Senior Center
303 Maple Road, Storrs, CT 06268

Wednesday, March 11, 2020 @ 11:00 AM

Information will be provided by a Certified CHOICES Counselor.
The Groton Senior Center Presents: The BAKERS BATTLE

MARCH 14
11AM - 1PM
860-441-6785

PROFESSIONAL & RECREATIONAL BAKERS competing to be declared the best!

Do you love baked goods?
Be a TASTER at our BAKERS BATTLE fundraiser!

We are licking on our fingertips Saturday, March 14th as we sample delicious treats from Professional and Recreational area bakers in a friendly competition to be named BEST.

Tasters $10 PP in advance/$12 PP at the door
Open to all ages.
Register online www.grotonrec.com or at our Recreation office or Senior Center

This community friendly fundraiser event takes place at Groton Senior Center, 102 Newtown Road, Groton CT
Do you need help with your Medicare costs?

Are you on a limited income?

Are your prescriptions too expensive?

Do you need help paying your Medicare Premiums?

Senior Resources Agency on Aging Presents:

**MEDICARE SAVINGS PROGRAM:**

UNDERSTAND YOUR MEDICARE BENEFITS

Groton Senior Center
102 Newtown Road, Groton, CT 06340

**Wednesday, March 18, 2020 @ 11:00 AM**

Please register for this free presentation at 860-441-6785

Information will be provided by a Certified CHOICES Counselor.

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This presentation is supported by Aging and Disability Services, with funding in whole or in part, through a grant from the Administration for Community Living.
FREE

GROTON
PARKS & RECREATION
SENIOR CENTER

2020 TRIP PRESENTATIONS

SPOTLIGHT ON THE FRENCH RIVIERA Oct. 31 - Nov. 8 2020

Highlights: Nice, Antique Market, Choices on Tour, Grasse, Fragonard Perfumerie Workshop, St. Tropez, Vineyard Tour & Wine Tasting, Monaco, Monte Carlo Casino, Cannes, Antibes, St. Paul de Vence, Nice Flower Market, Eze, Saint-Jean-Cap-Ferrat, Villa Ephrussi de Rothschild

TRIP PRESENTATION
THURSDAY, JANUARY 16 AT 1 PM

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NASHVILLE & THE SMOKY MOUNTAINS HOLIDAY FEATURING GATLINBURG & ASHEVILLE DECEMBER 10-17, 2020

Highlights: Grand Ole Opry Show, Historic RCA Studio B, Country Music Hall of Fame, Gaylord Opryland Resort Dinner & Holiday Show, Great Smoky Mountains National Park, Dolly Parton’s Christmas Stampede & Dinner Show, Dollywood, Asheville, Biltmore Estate

TRIP PRESENTATION
THURSDAY, MARCH 19 1:00 PM OR APRIL 29TH 6:00 PM

FREE yet registration is required!
860-441-6785
2020 DIABETES SELF-MANAGEMENT WORKSHOP

Learn about diabetes including:
- What to eat and when to exercise
- Monitoring your blood sugar
- Foot care
- Communicating with family and your health care provider
- Low and high blood sugar
- Sick day guidelines
- Tips for dealing with stress
- How to set small and achievable goals

These are just some of the topics covered!

JOIN US AT THE GROTON SENIOR CENTER

Live Well with Diabetes Program dates:

**Dates:** Wednesdays April 1, 8, 15, 22, 29 and May 6, 2020
**Time:** 12:30pm-3:00pm
**Location:** Groton Senior Center, 102 Newtown Rd, Groton, CT
**To register:** Call (860) 441-6785

**Fee:** No cost - Living a Healthy Life with Chronic Conditions books will be available on loan or can be purchased for $25.00.

For information call:
Cindy Barry, MA at Ledge Light Health District at 860-448-4882 ext. 302

Sponsored by Senior Resources, Ledge Light Health District & the Department of Aging and Disability Services
The Alzheimer's Association Connecticut Chapter is pleased to present
the 23rd Annual Dementia Education Conference

Thursday, April 2, 2020
Mohegan Sun Earth Expo & Convention Center, Uncasville, CT

Registration Opens Mid-February

Keynote Session

Diversity: An Important Frontier for Alzheimer’s and All Dementia Research

Presented by:
Carl V. Hill, PH.D., MPH
Vice President, Scientific Engagement
Alzheimer’s Association

Sponsor Opportunities

Take advantage of a great opportunity to showcase your programs and services to over 700
decision makers and dementia care specialists. The Connecticut Chapter Dementia Education
Conference attracts caregivers and professionals from a wide array of care settings including
nursing homes, assisted living, hospital and acute care settings, adult day health, community-
based programs, home care, rehabilitation centers, hospice and educational institutions.

Our sponsor package offers something for everyone from various ad opportunities to larger level
involvement.

Click here for the 2020 Sponsorship package!

Please refer questions to Stacy Chavis at schavis@alz.org

For updated information please visit our website at: https://e.givesmart.com/events/ezl/
Groton Senior Center presents:

HARLEM

Thursday, April 23, 2020

Harlem is so much more than you can imagine!

Our unforgettable day will include:

- **Special guided tour of Harlem’s famed Apollo Theatre.** The tour is educational, entertaining and inspirational. Hear the story of the theatre and the legendary people who performed here, such as Ella Fitzgerald, Billie Holiday, James Brown, The Supremes, Stevie Wonder and so many more. See what it feels like to stand on the stage. Take a peek at the wall back stage full of signatures of all the famous musicians and artists that have performed here.

- **Lunch at Dinosaur Barbeque, a popular Harlem restaurant.** Our family style menu will include: Chopped Salad, BBQ Ribs, 1/4 Chicken, 2 Sides, Soft Drinks & Cookies

- **A guided riding tour** highlights the diversity, history and beauty that is in Harlem, from the Harlem Meer in Central Park, the exterior of Cathedral Church of St. John the Divine, the famous brownstones, the beautiful West side and so much more!

**COST:** $130 pp based on 40-50

Checks payable to Town of Groton
(Includes deluxe motorcoach, all admissions & gratuities to Driver & Tour Director)

**Depart:** 7:00am Groton Senior Center
**Estimated Return:** 7:30pm Groton

**Reservations:** Groton Senior Center 860-441-6785
Conference Registration

Name: __________________________

Credential: ______________________
(i.e. LCSW, CBIS, MA, LPC, OTR/L, LMFT, COTA etc...)

Place of Employment: ________

Phone Number: ___________________

Email: __________________________

Registrations by email ONLY to:
Terry.Holley@ct.gov along with any requests for special accommodations
(conference meets ADA requirements)

Deadline: April 1, 2020

Walk-ins will not be accepted

Cancellation Policy: Provide 24 hour notice by emailing Terry Holley at DMHAS at terry.holley@ct.gov. Cancellation within 24 hour window will be deemed a “no show.” Participants must arrive and attend conference in order to receive credit. There are no penalties for cancellation. Participants will be notified via email in the event DMHAS cancels the event.

Directions to Ashlar Village
74 Cheshire Rd, Wallingford, CT 06492

From Hartford:
I-91 S to exit 17 (Wilbur Cross Parkway—Rte 15 South)
Take Exit 64, at end of ramp, turn left at the traffic light
Immediately at next traffic light, turn right onto Cheshire Rd
Ashlar Village is 1/2 mile on the right

From Waterbury:
84E to exit 27 (691E) towards Meriden/ Middletown
Take exit 10 (Wilbur Cross Parkway-Rte 15S)
Take Exit 64— follow directions above

From New Haven via I-91
I-91N to exit 13 (left hand exit)
At traffic light, turn left then immediately turn right onto Toelles Rd.
At stop sign turn right onto S. Turnpike Rd.
At second traffic light, turn left onto Cheshire Rd.
Ashlar Village Entrance is 1/2 mile on the right

Making Connections:
Social Isolation to Engagement

Free Training with Lunch
Limited Seating
April 24, 2020
8:30 a.m.—4:00 p.m.
Registration 7:45-8:30
AOTA: .45 AOTA CEUs/4.5 Contact Hours
NASW: 6 CEU Credits

Masonicare at Ashlar Village

Coffee available for purchase on
Learning Objectives

- Identify when to initiate or stop
- Participants will be able to identify metabolic and chronic health conditions associated with medication use in older adults
- Participants will be able to identify risk factors that lead to social isolation in older adults
- Participants will be able to identify social determinants of health and ways they are addressed in health care
- Participants will be able to differentiate symptoms of depression, dementia, and delirium

Conference Schedule

**Morning Session: 8:30 a.m.**
Distinguishing the 3 D’s: Dementia, Depression and Delirium
Danielle Tolton, MD, UCONN; Mario Fahed, MD UCONN

Chronic Health & Metabolic Issues Associated with Medication Use in the Elderly
Neha Jain, MD UCONN; Marleni Milla, MD, UCONN, Kristina Zdanys, MD, UCONN

**LUNCH - Noon**

**Afternoon Session: 1:00 p.m.**
Addressing Social Isolation in Older Adults
Nicholas Nicholson, PhD, Quinnipiac University

Older Adult Behavioral Health Committee

Since 2012, the Department of Mental Health and Addiction Services (DMHAS) and the Department of Aging and Disability Services (ADS) have been meeting with state and non-profit organizations to increase communication, collaboration, and problem solving among providers who work with or who have contact with older adults in a broad range of settings.

This conference seeks to bring mental health and aging professionals together for the purposes of learning from one another and to share resources that will benefit our older adult population.

**Educational Level:** Intermediate Learner, No prerequisites required

**Target Audience:** All community and medical professionals working with mental health clients.

This conference was funded by DMHAS and was organized with the support of the Older Adult Behavioral Health Committee.

Sponsored by: DMHAS and ADS
An educational series for those affected by Alzheimer’s disease and related dementias.

HOSTED BY GROTON SENIOR CENTER

Friday: May 1st, 8th, 15th
10:30 am – 12:00 pm

Location:
Groton Senior Center
102 Newtown Rd, Groton, CT 06340

RSVP: 860-441-6785

Kris Sortwell, MSW, CBIS, Alzheimer’s Association will speak on:

May 1st, 2020
Understanding Alzheimer’s and Related Dementias

May 8th, 2020
Effective Communication Strategies

May 15th, 2020
Responding to Dementia-Related Behaviors
Creamery Brook Village celebrated its 20th anniversary and grand opening of its spacious new dining room on January 31, 2020. Many residents, members of the Northeastern CT Chamber of Commerce, Brooklyn Business Association and dignitaries in attendance were welcomed by Creamery Brook Village’s executive director Linda Silvia.

Rep. Joe Courtney congratulated Creamery Brook on its service to the community for 20 years with their independent and assisted living.

Senator Mae Flexer recognized this milestone with an official citation from the Connecticut General Assembly congratulating Creamery Brook with its impressive selection of amenities and services designed to keep residents active and comfortable. It continued to say that our new dining space will help create many more years of happy memories over fine dining.

Patty Morse, President and CEO of PierceCare’s Creamery Brook Village introduced the Board of Trustees who initiated the new dining space. The afternoon concluded with the ribbon cutting by Sandy Stevens, Chairperson of the Board of Trustees, signaling the official opening of the project that took 6 months to complete.

For more information about Creamery Brook Village’s independent and assisted living community, please contact them at 860-779-8700 or www.piercercare.org.
Free Outreach, Education and Informational Presentations are available with various specialist professionals of Senior Resources. Please contact us at 860-887-3561 or www.Seniorresourcesec.org to arrange any of the following:

**One session Events:**

**Senior Resources 101** – We are the best kept secret that should not be a secret! Let us provide an overview of all the programs, services, grants, mission and vision of Senior Resources, Eastern Connecticut’s Area Agency on Aging. This can be catered to the time allowed from 15 minutes to one hour with questions and answers as needed. Great for Senior Centers, Senior Housing, Caregivers, Neighbors, Professionals and more. We all know (or are) someone who would benefit from this knowledge!

**Dementia Friends**

Dementia Friends is a global movement developed by the Alzheimer’s Society in the United Kingdom and now underway in the United States. The goal is to help everyone understand five key messages about dementia, how it affects people, and how we each can make a difference in the lives of people living with the disease. People with dementia need to be understood and supported in their communities. One hour session appropriate for all ages and community or professional groups.

**Senior Medicare Patrol: Protect Yourself and Medicare from Fraud and Abuse** – This half hour presentation goes through the Protect, Detect and Report components of preventing or reducing fraud or abuse in the Medicare system. We will review how to read an Explanation of Benefits and go over several current topics related to fraud or abuse. Perfect for anyone on any form of Medicare and those that work with them.

**Medicare Boot Camp – Welcome to Medicare!** We review the various paths to and the alphabet of Medicare, explain terms and terminology as well as timeframes necessary to avoid penalties. All questions encouraged. This can be catered 30-60 minutes depending on questions and concerns of the group.

**Medicare Savings Program** – This is for Medicare beneficiaries and highlights enrollment guidelines and financial assistance programs eligibility.

**Healthy Eating for Healthy Aging** – These 30-60 minute sessions can be catered to your specific interest. They are led by a Registered Dietitian to allow participant interaction, questions and discussion. Some topics have included: “Eat Great, Lose Weight, Save Money, Be Happy”, “Ask the RD Grocery Store Tour”, “SNAP for Seniors”, “Special Diets: Fact or Fiction”

**Your Rights to Make Healthcare Decisions** – In this very basic overview, we will discuss the importance of documenting and discussing your healthcare wishes! Personal Health Care Journal, Advanced Care Directives and additional documents provided. 30 minute presentation includes time for brief questions or sharing.
Multi-session Events:

Powerful Tools for Caregivers

Research studies find high rates of depression and anxiety among caregivers and increased vulnerability to health problems. Caregivers frequently cite restriction of personal activities and social life as problems. They often feel they have no control over events, and that feeling powerless has a significant negative impact on caregiver’s physical and emotional health.

Powerful Tools for Caregivers is a 6-week educational program to provide family caregivers with tools to increase their self-care and confidence. The classes help caregivers develop a wealth of self-care tools to: reduce personal stress; change negative self-talk; communicate their needs to family members and healthcare/service providers; communicate more effectively in challenging situations; recognize the messages in their emotions and deal with difficult feelings as well as making tough caregiving decisions.

Live Well Self-Management Programs are 6-weeks of education, discussion and action planning to help you live your best life. Topics including exercise, healthy eating, stress management and communication skills. Materials are provided. Classes are free. For more information, check out the website cthealthyliving.org

- **Live Well with Chronic Conditions** will help you manage your disease better, improving your life overall if you have an ongoing health condition such as heart disease, high blood pressure, arthritis or something different.
- **Live Well with Diabetes** will help you become more self-sufficient in managing your life with diabetes, helping you feel more in control and healthier.
- **Live Well with Chronic Pain** can help you better manage your symptoms.

We can create something more specific as needed for Veterans, Grandparents, Housing, Community Transitions, Older Americans Act Funding, Grant Application & Management. Let us know what you are looking for and if we can’t provide it, we can hopefully refer you to other reliable resources.

Thank you!

Alison Dvorak, MS, RDN, CDN

Registered Dietitian, Director of Education and Training, Senior Medicare Patrol Coordinator, AIRS Certified Community Resource Specialist Aging and Disabilities

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

19 Ohio Avenue, Suite 2, Norwich, CT 06360, 860-887-3561 Ext 115, advorak@seniorresourcesec.org
The American Heart Association Diet and Lifestyle Recommendations are an excellent way to live your best heart healthy life!

1. **Use up at least as many calories as you take in.** Regular physical activity can help you maintain your weight, keep off weight that you lose and help you reach physical and cardiovascular fitness.

2. **Eat a variety of nutritious foods from all the food groups.** Nutrient-rich foods have minerals, protein, whole grains and other nutrients and are lower in calories. These are usually simply prepared without extra fat or salt.

3. **Eat an overall healthy dietary pattern that emphasizes a variety of fruits and vegetables, whole grains, low-fat dairy products, skinless poultry and fish, nuts and legumes, non-tropical vegetable oils.** Limit saturated fat, trans fat, sodium, red meat, sweets and sugar-sweetened beverages. If you choose to eat red meat, select the leanest cuts available.

4. **Eat less of the nutrient-poor foods.** You could use your daily allotment of calories on a few high-calorie foods and beverages, but you probably wouldn’t get the nutrients your body needs to be healthy. Limit foods and beverages high in calories but low in nutrients.

5. **As you make daily food choices, base your eating pattern on these recommendations:**
   - Eat a variety of fresh, frozen and canned vegetables and fruits without high-calorie sauces or added salt and sugars.
   - Choose fiber-rich whole grains for most grain servings.
   - Choose poultry and fish without skin and prepare them in healthy ways without added saturated and trans fat.
   - Eat a variety of fish at least twice a week, especially fish containing omega-3 fatty acids (for example, salmon, trout and herring).
   - Select fat-free (skim) and low-fat (1%) dairy products.
   - Avoid foods containing partially hydrogenated vegetable oils. Limit saturated fat and trans fat and replace them with the better fats.
   - Cut back on beverages and foods with added sugars.
   - Choose foods with less sodium and prepare foods with little or no salt.
   - If you drink alcohol, drink in moderation. That means one drink per day for a woman and two drinks per day for a man.

6. **Live Tobacco Free!** Don’t smoke, vape or use tobacco or nicotine products — and avoid secondhand smoke or vapor.
las respuestas que necesita, los recursos en los que puede confiar. Atendemos 56 ciudades y 2 Naciones tribales del este de Connecticut y administrando programas estatales y federales relacionados con el envejecimiento y la discapacidad, como el programa de nutrición Senior. Nos encantaría escuchar cómo estos programas tienen un impacto en su vida!

19 Ohio Avenue, Norwich, CT 06360; www.SeniorResourcesEC.org; Teléfono 860-887-3561 o 800-690-6998 nuestro dietista registrado, Alison, extensión 115

¡La Dieta de la Asociación Americana del Corazón y las Recomendaciones de Estilo de Vida son una excelente manera de vivir su mejor vida saludable para el corazón!

1. Sube al menos tantas calorías como tomes. La actividad física regular puede ayudarte a mantener tu peso, mantener el peso que pierdes y ayudarte a alcanzar la aptitud física y cardiovascular.

2. Coma una variedad de alimentos nutritivos de todos los grupos de alimentos. Los alimentos ricos en nutrientes tienen minerales, proteínas, cereales integrales y otros nutrientes y son más bajos en calorías. Estos generalmente se preparan simplemente sin grasa extra o sal.

3. Consuma un patrón dietético saludable en general que haga hincapié en una variedad de frutas y verduras, cereales integrales, productos lácteos bajos en grasa, aves de corral y pescados sin piel, frutos secos y legumbres, aceites vegetales no tropicales. Limite las grasas saturadas, las grasas trans, el sodio, la carne roja, los dulces y las bebidas azucaradas. Si decide comer carne roja, seleccione los cortes más magros disponibles.

4. Coma menos de los alimentos pobres en nutrientes. Podrías usar tu asignación diaria de calorías en algunos alimentos y bebidas con alto contenido calórico, pero probablemente no recibirías los nutrientes que tu cuerpo necesita para estar saludable. Limite los alimentos y bebidas ricos en calorías pero bajos en nutrientes.

5. A medida que tomes decisiones diarias sobre alimentos, basa tu patrón de alimentación en estas recomendaciones:
   - Coma una variedad de verduras y frutas frescas, congeladas y enlatadas sin salsas altas en calorías ni sal y azúcares añadidos.
   - Elija granos integrales ricos en fibra para la mayoría de las porciones de grano.
   - Elije aves de corral y peces sin piel y prepáralos de manera saludable sin grasas saturadas y trans añadidas.
   - Coma una variedad de pescado al menos dos veces por semana, especialmente pescado que contenga ácidos grasos omega-3 (por ejemplo, salmón, trucha y arenque).
   - Seleccione sin grasa (descremada) y baja en grasa (1%) productos lácteos.
   - Evite los alimentos que contengan aceites vegetales parcialmente hidrogenados. Limite las grasas saturadas y las grasas trans y reemplázelas con las mejores grasas.
   - Reduzca los refrescos y bebidas con azúcares añadidos.
   - Elija alimentos con menos sodio y prepare los alimentos con poca o ninguna sal.
   - Si bebe alcohol, beba con moderación. Eso significa una bebida por día para una mujer y dos tragos al día para un hombre.

6. ¡Vive libre de tabaco! No fumes, hagas ni uses tabaco o productos de nicotina, y evita el humo o el vapor de segunda mano.

Traducido con el producto de Microsoft Word, por favor disculpe cualquier error.
CT ELDER CARE PROGRAMS
DESK REFERENCE
JANUARY 2020

MEDICAID NURSING HOME AND HOME CARE PROGRAMS

Minimum Community Spouse Protected Asset Amount: ............................................. $25,728.00
Maximum Community Spouse Protected Asset Amount: ....................................... $128,640.00
Allowed Asset Limit for Single Individual: ................................................................. $1,600.00
Allowed Asset Limit for Married Couple: ................................................................. $1,600.00 each
(when both husband and wife are in nursing home)
Gift Penalty Divisor: ................................................................................................. $13,143.00
Min. Monthly Income Needs Allowance for Healthy Community Spouse: ........ $2,113.75
Max. Monthly Income Needs Allowance for Healthy Community Spouse: ....... $3,216.00
Monthly Personal Needs Allowance for Institutionalized Individual: ................. $60.00
Home Equity Limit: .................................................................................................. $893,000.00
Max. Gross Income Limit for Medicaid Homecare Recipient: ......................... $2,349.00
Gross Monthly Income over Limit may have Applied Income for Homecare: ... $2,082.00+

STATE FUNDED HOME CARE PROGRAMS

Allowed Assets for Single Individual: ...................................................................... $38,592.00
Allowed Assets for Married Couple: ........................................................................ $51,456.00
Gross Monthly Income Limit: ................................................................................. None
Gross Monthly Incomes over Limit will have a Co-Pay and Applied Income: ... $2,082.00+

MEDICARE SAVINGS PROGRAMS – INCOME LIMITS

Qualified Medicare Beneficiary (QMB): ................................................................. $2,196.51 single .... $2,972.99 couple
Specified Low income Medicare Beneficiary (SLMB): ................................. $2,404.71 single .... $3,254.79 couple
Additional Low income Medicare Beneficiary (ALMB): ........ $2,560.86 single .... $3,466.14 couple
TO: AAA Directors
FROM: Robin Tofil, Associate Research Analyst
DATE: February 5, 2020
SUBJECT: 2020 Poverty Guidelines

Listed below are the 2020 poverty guidelines published in the Federal Register on January 17, 2020 by the U.S. Department of Health and Human Services. Figures refer to monthly income.

<table>
<thead>
<tr>
<th>Poverty Level</th>
<th>Single Person</th>
<th>Couple</th>
</tr>
</thead>
<tbody>
<tr>
<td>100% poverty</td>
<td>At or below $1,063</td>
<td>At or below $1,437</td>
</tr>
<tr>
<td>125% poverty</td>
<td>$1,064 - $1,329</td>
<td>$1,438 - $1,796</td>
</tr>
<tr>
<td>150% poverty</td>
<td>$1,330 - $1,595</td>
<td>$1,797 - $2,155</td>
</tr>
<tr>
<td>175% poverty</td>
<td>$1,596 - $1,861</td>
<td>$2,156 - $2,514</td>
</tr>
<tr>
<td>200% poverty</td>
<td>$1,862 - $2,127</td>
<td>$2,515 - $2,873</td>
</tr>
<tr>
<td>Over 200% poverty</td>
<td>$2,128 or over</td>
<td>$2,874 or over</td>
</tr>
</tbody>
</table>

If you have any questions, please contact me by email at robin.tofil@ct.gov or by telephone at (860) 424-5284.

Cc: AAA MIS Coordinators
    Margaret Gerundo-Murkette
    Stephanie Marino
    Field Representatives
Need help with your home heating bills?

TVCCA ENERGY ASSISTANCE PROGRAM CAN HELP YOU!

NO MATTER WHAT YOUR PRIMARY HEATING SOURCE IS, TVCCA CAN HELP!
(Oil, Kerosene, Propane, Wood, Wood Pellets, Coal, Electric, Natural Gas)

ALL HOUSEHOLD MEMBERS MUST PROVIDE:
- Social Security Number and date of birth (birth certificates not necessary)
- Proof of ALL gross income for the 4 weeks prior to your appointment time
- Paystubs
- Unemployment history print out
- Child Support, Alimony
- Pension, Social Security
- Most recent complete bank statements (Checking/Savings accounts, CD$s, Stocks, Bonds, IRAs)
- Most recent rent receipt or mortgage statement
- Most recent complete utility bill
- If you heat with a deliverable fuel, please provide the name of your fuel vendor

2019-2020 ENERGY ASSISTANCE INCOME GUIDELINES:
Household of 1: $36,171.00 | Household of 2: $47,300.00
Household of 3: $58,430.00 | Household of 4: $69,559.00

TVCCA Energy Intake Sites:

TVCCA UNCAS ON THAMES
401 West Thames St.
Unit 201
Norwich, CT 06360
By Appointment Only
860-425-6681

TVCCA NEW LONDON
83 Huntington St.
New London, CT 06320
By Appointment Only
860-444-0006

NORWICH PUBLIC UTILITIES
173 North Main St
Norwich, CT 06360
By Appointment Only
860-425-6681

CALL FOR AN APPOINTMENT TODAY: 860-425-6681 | TVCCA.ORG
Fraud Advisory

FOR IMMEDIATE RELEASE
January 8, 2020
https://oig.ssa.gov

Inspector General Warns Public About
New Twist to Social Security Phone Scams

The Inspector General of Social Security, Gail S. Ennis, is warning the public that telephone scammers may send faked documents by email to convince victims to comply with their demands. The Social Security Administration Office of the Inspector General (OIG) has received reports of victims who received emails with attached letters and reports that appeared to be from Social Security or Social Security OIG. The letters may use official letterhead and government “jargon” to convince victims they are legitimate; they may also contain misspellings and grammar mistakes.

This is the latest variation on Social Security phone scams, which continue to be widespread throughout the United States. Using robocalls or live callers, fraudsters pretend to be government employees and claim there is identity theft or another problem with one’s Social Security number, account, or benefits. They may threaten arrest or other legal action, or may offer to increase benefits, protect assets, or resolve identity theft. They often demand payment via retail gift card, cash, wire transfer, internet currency such as Bitcoin, or pre-paid debit card.

Inspector General Ennis urges continued vigilance against all types of phone scams no matter what “proof” callers may offer. As we continue to increase public awareness of phone scams, criminals will come up with new ways to convince people of their legitimacy. Social Security will never:

- threaten you with arrest or other legal action unless you immediately pay a fine or fee;
- promise a benefit increase or other assistance in exchange for payment;
- require payment by retail gift card, cash, wire transfer, internet currency, or prepaid debit card; or
- send official letters or reports containing personally identifiable information via email.

If there is ever a problem with your Social Security number or record, in most cases Social Security will mail you a letter. If you do need to submit payments to Social Security, the agency will send a letter with instructions and payment options. You should never pay a government fee or fine using retail gift cards, cash, internet currency, wire transfers, or pre-paid debit cards. The scammers ask for payment this way because it is very difficult to trace and recover.

If you receive a call or email that you believe to be suspicious, about a problem with your Social Security number or account, hang up or do not respond. We encourage the public to report Social Security phone scams using our dedicated online form, at https://oig.ssa.gov. Please share this information with your friends and family, to help spread awareness about phone scams.

For more information, please visit https://oig.ssa.gov/scam. Members of the press may make inquiries to Social Security OIG at (410) 965-2671.
Beware of Social Security Phone Scams

Telephone scammers are pretending to be government employees. They may threaten you and may demand immediate payment to avoid arrest or other legal action. Do not be fooled!

If you receive a suspicious call:
1. HANG UP!
2. DO NOT GIVE THEM MONEY OR PERSONAL INFORMATION!
3. REPORT THE SCAM AT OIG.SSA.GOV

What to look out for

The caller says there is a problem with your Social Security number or account.

Scammers pretend they're from Social Security or another government agency. Caller ID or documents sent by email may look official but they are not.

Any call asking you to pay a fine or debt with retail gift cards, cash, wire transfers, or pre-paid debit cards.

Callers threaten you with arrest or other legal action.

Be Alert

Social Security may call you in some situations but will never:

» Threaten you
» Suspend your Social Security Number
» Demand immediate payment from you
» Require payment by cash, gift card, pre-paid debit card, or wire transfer

Be Active

Protect yourself and your friends and family!

» If you receive a questionable call, just hang up and report the call at oig.ssa.gov
» Learn more at oig.ssa.gov/scam
» Share this information with others
NOW TAKING APPLICATIONS

Elisha Brook
56 New Park Ave, North Franklin CT, 06254

Applicants must be 62 or older and not have income greater than income limits annually established by HUD

CURRENT INCOME LIMITS: One Person: $35,350
Two Person: $40,400

For more information call 860-886-0367
and for more information and application process visit us at
www.elishabrook.org

SUBSIDIZED HOUSING
How the 2020 Census will invite everyone to respond

Nearly every household will receive an invitation to participate in the 2020 Census either in the mail or from a census taker.

95% of households will receive their census invitation in the mail.

Almost 5% of households will receive their census invitation when a census taker drops it off. In these areas, the majority of households may not receive mail at their home's physical location (like households that use PO boxes or areas recently affected by natural disasters).

Less than 1% of households will be counted in person by a census taker, instead of being invited to respond on their own. We do this in very remote areas like parts of northern Maine, remote Alaska, and in select American Indian areas that ask to be counted in person.

Note: We have special procedures to count people who don't live in households, such as students living in dorms, people living in nursing homes, or people experiencing homelessness.

2020CENSUS.GOV

Shape your future START HERE >
What to expect in the mail

When it's time to respond, most households will receive an invitation in the mail. Every household will have the option of responding online, by phone, or by mail.

Depending on how likely your area is to respond online, you'll receive either an invitation encouraging you to respond online or an invitation along with a paper questionnaire.

**Letter invitation**

- Most areas of the country are likely to respond online, so most households will receive a letter asking them to go online to complete the census questionnaire.

- We are working with the U.S. Postal Service to stagger the delivery of these invitations over several days. This way we can spread out the number of users responding online, and we'll be able to serve you better if you need help over the phone.

**Letter invitation and paper questionnaire**

- Areas that are less likely to respond online will receive a paper questionnaire along with their package. The package will also include information about how to respond online or by phone.

We understand that you might miss our initial letter in the mail.

- Every household that hasn't responded will receive reminders and will eventually receive a paper questionnaire.

- If you don't respond online, by phone, or by mail, we will follow up in person.

For more information, visit: [2020CENSUS.GOV](http://2020CENSUS.GOV)
The 2020 Census will shape your future.

Every 10 years, the United States counts everyone living in the country on April 1, no matter where they are from, what language they speak, or why they are in the country. The count includes children and newborn babies, citizens and noncitizens, and temporary residents.

Responding is important for your family and community.

The information collected in the census will inform the distribution of more than $675 billion in federal funds each year. These funds impact critical services, including education, health care, senior centers, and public transportation.

Communities rely on census statistics to plan for a variety of needs, including new roads, schools, and emergency services.

Businesses use census data to decide where to build factories, offices, and stores.

Responding is easy.

Beginning in mid-March 2020, every household in the United States will receive a notice to complete the 2020 Census online, by phone, or by mail. The form asks a handful of basic questions and will be available in many languages. From May – July 2020, census takers will visit households that have not yet responded. A census taker can assist if you need help completing your form.

Responding is safe.

Your personal information is confidential and protected by law. Your responses can only be used to produce statistics. They cannot be used for law enforcement purposes or to determine your eligibility for government benefits.

For more information, visit:
2020CENSUS.GOV

Shape your future
START HERE >
Every renter can take ownership of the future.

Every 10 years, the United States counts everyone living in the country on April 1, regardless of their nationality or living situation. This includes renters.

To ensure an accurate count, remember to:

Count every person living or staying in your home. Respond at the address where you were living or staying on April 1, 2020.

What’s in it for me?

The 2020 Census is an opportunity to create a better future for our communities and the next generation by providing an up-to-date count of our population. The data collected will help determine how over $675 billion in federal funding is distributed each year for things like housing assistance, infrastructure, and public transportation.

For more information, visit:

2020CENSUS.GOV
What else do I need to know?

Responding to the 2020 Census is:

▶ **Easy**
Every household in the United States will receive a notice to complete the census in early 2020. You can complete the form online, by phone, or by mail.

▶ **Safe**
Your personal information is confidential, is protected by law, and can never be used to identify you. It can never be shared with law enforcement agencies or your property manager.

▶ **Important**
Businesses and leaders in your community will use the data collected in the census to make decisions about where to build new buildings, revitalize old ones, open stores, create jobs, and more.

---

Is the Census Bureau hiring?

Yes! Earn extra income while helping ensure that everyone in your community is counted. The U.S. Census Bureau has a variety of temporary jobs that need to be filled, including census takers, recruiting assistants, office staff, and supervisory staff. You must be at least 18 years old, have a valid Social Security number, and be a United States citizen to be eligible.


For more information, visit: [2020CENSUS.GOV](http://2020CENSUS.GOV)
Mobile Food Pantry Program

Providing fresh fruits and vegetables, proteins, and other healthy foods for free distribution to families and individuals facing hunger.

This program will not impact your eligibility for other programs!

We ask that you show up to any Mobile Food Pantry no EARLIER than one hour ahead of time! Everyone in line will receive food.

Gemma E. Moran
United Way/Labor Food Bank

AFL-CIO
COMMUNITY SERVICES
United Way

An AFL-CIO Community Services and United Way Partnership
The mobile pantry makes the below monthly distribution stops. For the most up-to-date listing, visit www.uwsect.org/foodbank/mobile-pantry-distributions or dial 2-1-1 for free 24/7.

**Site moves indoors for winter months.**

**Please bring your own bags and ID!**

FEB 2020
Veterans’ Coffeehouse

Dates & Locations

NORWICH
Every Wednesday
United Congregational Church
87 Broadway

PAWCATUCK
2nd & 4th Thursdays
Pawcatuck Neighborhood Center
27 Chase St.

MYSTIC
1st & 3rd Thursdays
Masonicare Mystic
45 Clara Dr.

GROTON
3rd Fridays
Town of Groton Human Services
2 Fort Hill Rd.

NEW LONDON
1st Fridays
New London Senior Citizens Center
120 Broad St.

Coffeehouses meet from 9am to 11am

Support for the Veterans’ Coffeehouse comes from:

Chelsea Groton Foundation
VFW Foundation
United Congregational Church of Norwich
Masonicare at Mystic

For Information, Contact:
Gina King
RSVP Coordinator
860-425-6617
gking@tvcca.org

Jennifer Johnson
RSVP Director
860-425-6615
jjohnson@tvcca.org

Mission Statement
TVCCA’s RSVP Veterans’ Coffeehouse will provide a comfortable location for ALL veterans—both men and women of any age—to meet, socialize, communicate and receive information regarding veterans benefits and services through state and federal agencies and programs.
Memory Lane Café

A Memory Care Activity Program
for individuals with Alzheimer’s Disease and Dementia

6 South Main Street, Putnam
Monday, Tuesday, Thursday, Friday afternoons
1:00—4:00

Alzheimer’s disease and other types of dementia place a heavy burden on families and caregivers. Our Memory Care Activity Program is designed to provide respite for caregivers and a safe environment for those with dementia to socialize and participate in activities.

We have daily events/themes for reminiscing. Our activities are *both intellectually and physically stimulating*. We also bring in local community entertainment for your loved ones enjoyment.

Although we set a monthly calendar of events, we respond with flexibility to our clients’ needs and wishes.

For more information regarding our affordable rates and financial assistance that may be available, call Memory Lane Café at 860-963-1077
Hartford HealthCare Center for Healthy Aging
at Windham Hospital

Veterans Coffee Talk

- Monthly meetings for Veterans to connect
- Complimentary coffee and refreshments will be provided

Additional Topics May Include:

- Presumptive diseases
- Service-connected disabilities
- Aid & Attendance
- CT Veterans Wartime Service Medal
- Burial allowances for survivors of Veterans
- How to obtain a copy of your DD214 (Discharge Papers)

Hosted by Wayne Rioux, an Army Veteran of the Vietnam Era and Hartford Health Care Veterans Liaison

Every 1st Thursday of the Month
Johnson Room 3rd Floor
8:30am-9:30am

Next series is July 6th

Program is free
Hartford HealthCare Center for Healthy Aging
at Windham Hospital

Veterans Coffee Talk

- Monthly meetings for Veterans to connect
- Complimentary coffee and refreshments will be provided

Additional Topics May Include:
- Presumptive diseases
- Service-connected disabilities
- Aid & Attendance
- CT Veterans Wartime Service Medal
- Burial allowances for survivors of Veterans
- How to obtain a copy of your DD214 (Discharge Papers)

Hosted by Wayne Rioux, an Army Veteran of the Vietnam Era
and Hartford Health Care Veterans Liaison

Every 1st Tuesday of the Month
Bernard Desrosier Room 3rd Floor
8:30 am – 9:30 am

Program is FREE
Enlightenment for Service Providers

Is one of your clients Deaf?
Are you planning on working with Deaf clients in the future?

Deaf participants in your program can experience obstacles when communicating with support staff who may not be aware of the access needs of the Deaf community. The Disabilities Network of Eastern Connecticut is providing an hour-long Deaf Awareness Training workshop and a nine-week ASL course. These will help you and your staff understand the Deaf culture, history, language deprivation, social deprivation, mental-health issues, basic communication, and will assist in developing strategies for positive interactions with Deaf clients.

*Deaf Awareness Training* is designed to increase your understanding and awareness of cultural, communicative and access issues facing Deaf people. Through the ASL course, you’ll learn the basics of signing, ASL grammar, and Deaf etiquette.

Fees for *Deaf Awareness Training* workshop and a nine-week ASL course are $75 per staff person.

For more information about organizing a series at your agency, please contact Brynn Hickey at (860) 823-1898 or bhickey@dnec.org
DISABILITIES NETWORK OF EASTERN CT, INC.

AMERICAN SIGN LANGUAGE CLASSES

Beginner

Conversational

Provider/Professional

Call for upcoming dates

Location: DNEC Norwich Office
          19 Ohio Avenue
          Norwich, CT 06360

Beginner Class—5:00 p.m.

Conversational Class—6:15 p.m.

Register and pay online at dnce.org/class

$65 per person

Group and Agency accommodations provided

For additional information contact Brynn Hickey:

bhickey@dnce.org

(860) 823-1898
(860) 237-4515
dnce@dnce.org
dnce.org
DisabilitiesNetworkOfEasternConnecticut
Do you experience migraines?
Do you miss work due to your migraines?
Call Now About a Migraine Research Study
(860)443-4567
or text 74121 and message keyword CCR

No-cost study-related migraine medication
Reimbursement of up to $405 for eligible participants
Sign up online:
CoastalConnecticutResearch.com
Montauk Ave., New London

Parkinson's Disease Research Study
As Parkinson's disease progresses mild cognitive impairment can occur.
Forgetting the right words? Is it difficult making decisions? Easily distracted?

If you have been diagnosed with Parkinson's disease and have experienced mild cognitive impairment, we hope you will consider participating in this study.
Call (860)443-4567 or text CCR to 74121
online signup: CCRstudies.com

AGITATION, IRRITABILITY and AGGRESSION in ALZHEIMER'S DISEASE
A clinical research study evaluating an investigational drug is now recruiting participants who are:

• Between 65 and 90 years of age
• Experiencing agitation associated with Alzheimer's disease
Call (860)443-4567
Coastal Connecticut Research
New London, CT

Visit ADVANCEClinicalStudy.com or contact the participating doctor on the reverse side to learn more and see if your loved one may qualify.
Senior Resources
AGENCY ON AGING

We earn $5 for every $100 in gift cards you buy!

It’s as easy as...

1. Everyone buys groceries. Use Cash for Causes gift cards and help us raise money.

2. Senior Resources buys Cash for Causes gift cards at a 5% discount

3. Sell the gift cards to you, your family & neighbors, civic groups & organizations, etc.

You get full face value and Senior Resources keeps the profit!

Did you know? 100 families spending just $100 on groceries each week could raise $26,000!

Name: __________________________
Address: __________________________
Telephone: __________________________
Card Amount:  □ $50  □ $100  □ Other: ____________

If you would like to pay via credit card, please visit our website at www.SeniorResourcesEC.org/about-us/pay-your-bill-online

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

Stop&Shop

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