March 2020
NEWS YOU CAN USE
Calendar of Events

- It Begins with Hello - Patty O’Brien-Hartford Healthcare/Academy Point at Mystic
- Bakers Battle - Groton Senior Center
- Open House - Creamery Brook
- Medicare Savings Program Presentation - Groton Senior Center
- Provider Market and Showcase - SeniorCenterCT.org
- March Happenings - TEEG
- Tax Assistance - TVCCA
- Diabetes Self-Management Workshop - Groton Senior Center/Senior Resources/Ledge Light Health District/Aging and Disability Services
- CT Home Care Program for Elders Talk - Michelle N. Dempsey, Title 19 Specialist
- 2020 Alzheimer’s Education Conference - Alzheimer’s Association
- Medicare Savings Program Presentation - TEEG/Senior Resources
- 2020 Trip Presentation - Groton Senior Center
- Focus on Family Presents: Hoarding - TEEG
- Cook Well-Eat Well 2020 - Ledge Light Health District/Waterford Senior Services
- Chronic Disease Self-Management Program - Colchester Senior Center/Senior Resources/Chatham Health District
- Harlem Trip - Groton Senior Center
- Wine with a Twist of Murder - Senior Resources
- Alzheimer’s Education Series - Groton Senior Center/Alzheimer’s Association
- Community Shred Day - Church & Allen Funeral Home
- Powerful Tools for Caregivers - Senior Resources/East Hampton Senior Center
- NYC on Your Own Trip - Groton Senior Center
- 2020 CHOICES New Team Member Training - Senior Resources/Center for Medicare Advocacy
- SMP Volunteer Training - Senior Resources

Ongoing Programs / Information

- 2020 Speakers Bureau - Senior Resources
- SeniorCenterCT.org
- Helping Our Aging Parents - Willow Hypnosis, LLC
- Script View - En-Vision America
- 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
- 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
"It Begins With Hello"

with Patty O’Brian from Hartford Healthcare

Join us on Thursday, March 12th at 4pm as Patty O’Brien, from Hartford Healthcare’s Center for Healthy Aging, discusses strategies to work with individuals with cognitive loss. Research has shown that non-verbal communication can be very useful in interacting with your loved one. Facial expressions, gestures, body language and touch can have an impact that is far more effective than using words. In fact, it is essential to consider the effect of body language when communicating with loved ones. Actions really DO speak louder than words!

Thursday, March 12th at 4pm Please RSVP to 860-536-1133
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
Celebrating 20 Years of serving Northeast Connecticut Seniors and Their Families

For over 20 years, we have been the right choice for retirement living:

- A long list of amenities including transportation and meals
- Spacious, beautifully appointed apartments and cottages with independent or assisted living options
- A safe, welcoming community with a gracious, attentive staff and so much more

LEARN MORE AT OUR MARCH OPEN HOUSE
Wednesday, March 18, 2020 • 10:30 a.m.
For reservations call 860-779-8700 today!

Creamery Brook Village
36 Vina Lane
Brooklyn, CT 06234
www.piercecare.org
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.

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.
PROVIDER MARKET AND SHOWCASE

AN AVENUE TO BRING SENIOR COMMUNITIES AND THE BUSINESSES THAT SERVICE THEM TOGETHER

March 20, 2020
Groton Senior Center
102 Newtown Road Groton, CT
March 20, 2020

Groton
Senior Center
12 Newtown Road
Groton, CT

8:30 - 9:00
registration and continental breakfast

Session 1
9:00 Presenters in 10 minute increments

11:30 - 12:15
lunch break

Session 2
12:15 Presenters in 10 minute increments

Questions Contact
Judy Jencks

Jencks Network
155 Preston Allen Road
Lisbon, Ct 06351
860-822-8712
cell 860-884-4263
jmjencks@yahoo.com

Visit SeniorCenterCt.org for more details

Purpose

Are you looking for new and different programming that fits the needs your group?

- Then let's bring together Planners and Programmers for Senior Centers, Churches, Assisted Living, Park and Rec, Rehabs, Municipal Agents and the **members of the business community**.

- Businesses that serve the senior community are often looking to educate seniors and ActiveAgers about the important work they do and how their company can enrich their lives.

Be the first to offer these great new programs.

Opportunity

Businesses will have 10 minutes to introduce themselves, talk about their company and give snapshots of programming, workshops or seminars they would like to offer the senior communities.

All businesses will have a booth to display their material and products on.

Advertising in the Provider Market and Showcase Index Book

includes space for advertising sponsorships. Both as an attendees and for the businesses unable to attend.

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<thead>
<tr>
<th>Ad Sponsorship Pricing</th>
<th>non attendees</th>
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~Special Events and Presentations for February 2020~

- **Jewelry Class:** We will be making two sets of earrings in March’s class. You’ll get to choose your own style and colors. Class will be held on **Wednesday, March 4th, 12:30-2:00pm**. Please sign up at the PSC or email us at seniorcenter@teegonline.org.

- **Canvas String Art:** We’ll be designing unique canvas florals with paint and yarn. Come join us on **Wednesday, March 11th, 12:30-2:00pm**. Please sign up at the PSC or by emailing seniorcenter@teegonline.org.

- **Chair Massage:** Licensed Therapist, Shawn Sheridan, will be at the PSC, **Wednesday, March 4th & 18th**.

- **Asthma and Allergies in Your Home:** Join us on **Wednesday, March 18th at 12:30** as Maryellen Welch teaches us about how to prepare our homes when dealing with asthma and allergies.

- **Special Meals:** Birthday Celebration (by TVCCA): **Wednesday, March 11th**, Ethnic Celebration (by TVCCA): **Wednesday, March 18th**, Good Bye Winter Meal (by TEEG): **Wednesday, March 25th**. All lunches start at 11:30am. Come join us!!!
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<td>10:00-11:30 Walking Club</td>
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<td>Baked Haddock w/ Herbs &amp; Tomatoes</td>
<td>Beef Stew, Herb Roasted Potatoes</td>
<td>Pork Dumplings, Shredded Cabbage &amp; Carrots, Steamed Rice</td>
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<td>Rice Pilaf, Green &amp; Yellow Squash</td>
<td>Broccoli, Fresh Fruit</td>
<td>Japanese Vegetables, Pears/Mandarin Oranges</td>
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<td>Diced Peaches</td>
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<td>10:00-2:00 Game Day</td>
<td>12:30-2:00 Canvas String Art</td>
<td>12:30-2:00 Trivia</td>
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<td>Pork Loin w/ mushroom gravy, Garlic Roasted Potatoes, Green Beans, Mandarin Oranges</td>
<td><em>Birthday Celebration</em></td>
<td>Philly Cheese Steak w/ roll, Sweet Potato Tater Tots, Mixed Vegetables Medley, Fresh Orange</td>
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<td>Italian Pork Sausage &amp; Peppers, w/ Grinder Roll &amp; mozzarella cheese, Cauliflower, Carrots, &amp; Snap Peas, Fruit Cocktail</td>
<td>12:30-2:00 Asthma &amp; Allergies in Your Home</td>
<td>Stuffed Chicken Klev. Herb Roasted Potatoes, Brussel Sprouts, Diced Pears</td>
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<td>10:00-2:00 Game Day</td>
<td>12:30-2:00 Book Club</td>
<td>12:30-2:00 Movie</td>
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<td>Meatloaf w/ gravy, Mashed Potatoes, Zucchini, Peas, &amp; Carrots, Fresh Orange</td>
<td>Special TEEG Meal: Turkey, stuffing, mashed potatoes, Green beans, cranberries, dessert</td>
<td>Baked Ham w/ Pineapple Glaze</td>
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<td>Chicken Fajita w/ cheddar cheese &amp; flour tortilla, Yellow Rice &amp; Black Beans</td>
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<td>Corn w/ Onions &amp; Peppers, Sweet Treat &amp; Grape Juice</td>
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Need Free assistance with your tax return? TVCCA VITA can help With State & Federal EITC, too! (Earned Income Tax Credit)

USE OUR SCHEDULING SYSTEM!
Starting January 7, 2020
Schedule your own appointment 24/7 at:

[www.211ct.org](http://www.211ct.org) click on the “Tax Help” banner
Dial 2-1-1 press option 3, then option 6

INCOME LIMIT: up to $56,000

THINGS TO BRING WITH YOU:
1. Social Security Cards for ALL household members
2. Valid Picture Identification
3. All income forms, W-2, 1099s & 1098s
4. If applicable, form “1095-A” from the Affordable Care Act insurance marketplace
5. If you would like your refund direct deposited, please bring a voided check, or proof of routing # & account # for pay card. Split your refund, bring savings account info as well
6. If claiming daycare or elder care expenses, please have the amount paid and the caregiver’s name, address and social security or business tax ID number
7. If itemizing, proof of all deductible expenses
8. If available, bring last year’s Federal and State Return
10. Proof of personal property taxes (such as car taxes)

Call 860.425.6597 for more information or with questions. Se habla español.

2019-2020 TVCCA VITA TAX PREPARATION SITES
TVCCA VITA OFFERS: Budgeting, Savings & Credit Assistance

Mondays, 5:30 – 8:30 pm and Fridays, 11:00 am – 2:00 pm
TVCCA New London
83 Huntington Street • New London, CT 06320

Tuesdays, 5:30 – 8:30 pm
TVCCA, Uncas on Thames
401 West Thames Street • Norwich, CT 06360

Wednesdays, 11:00 am – 2:00 pm
Otis Library
261 Main Street • Norwich CT 06360

Thursdays, 5:00 – 8:00 pm
Pawcatuck Neighborhood Center
27 Chase Street • Pawcatuck, CT 06379

Saturdays, 9:00 am – 12:00 pm and Wednesdays, 2:00 – 5:00 pm
St. Mark’s Episcopal Church
15 Pearl Street • Mystic, CT 06355

Special Saturday Hours: 9:00 am – 12:00 pm
February 22 • TVCCA New London

March 7 • TVCCA, Uncas on Thames

BY APPOINTMENT ONLY
Schedule an appointment starting January 7
(Tax preparation available from January 27 – April 14)

CALL 211 OR VISIT WWW.211CT.ORG TO SCHEDULE AN APPOINTMENT 24/7

Thank you to our partners and sponsors:

[211](http://www.211.org) • [CAHS](http://www.cahtools.org) • [DTSC](http://www.dtsctools.org) • [OTL](http://www.otlct.org)

Thames Valley Council for Community Action, Inc. tvcca.org
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
CT HOME CARE PROGRAM FOR ELDERS TALK

Thursday, April 2nd 5:30 pm
at Groton Senior Center for anyone to attend.

Michelle N. Dempsey, Title 19 Specialist, will speak on both the state funded and Medicaid levels of the CT Home Care Program for Elders.

Michelle is an expert in Guiding Families Through the Complex Medicaid Application Process

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

www.grotonrec.com or call 860-441-6785
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/
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

TEEG

15 Thatcher Road, North Grosvenordale, CT 06255

Monday, April 6, 2020 @ 11:00 AM

Please call 860-923-3458 to RSVP

Information will be provided by a Certified CHOICES Counselor.

This project was supported, in part by grant #90SAPO056, from the US Administration for Community Living, Department of Health & Human Services, Washington D.C., 20201.
2020 Trip Presentations

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
Wednesday, April 29th 6 pm

Niagara Falls
October 5-8, 2020
(Motorcoach Trip)
Hornblower Niagara Cruise, Skylon Tower, Peller Estates Winery, Oh Canada EH?! Dinner Show

Trip Presentation Tuesday, April 7 at 3 pm

Trip presentations are FREE yet registration is required! 860-441-6785
TEEG Focus on Family Presents

HOARDING

April 16, 2020
5:30-6:30 - Presentation and Light Refreshments
TEEG building - 15 Thatcher Rd. No. Grosvenordale

Hoardling is a psychological disorder marked by an obsessive desire to acquire a significant amount of possessions. This mental disorder affects tens of millions of Americans and ranges in intensity and type. Join us on April 16th to learn about this disorder, and tips for interacting with hoarders.

Informative resources, handouts and giveaways!!!

Registration is required. Please contact the TEEG office at 860-923-3458 to reserve your spot!

Presentation presented by: ServiceMaster by Mason
Cook Well, Eat Well is a FREE 4-week class providing hands-on, creative, fun activities, professional instruction, interesting experiences, a wonderful cookbook and delicious meals! This program is perfect for adults with diabetes and/or their partner/spouse/caregiver. All experience levels welcome. We will include topics such as healthy eating, weight management, label reading, modified diets, diabetes self-management, cooking for one or two, limited mobility, budgeting and much more. Talk with a Registered Dietitian and Health Educator every week, who work by your side throughout the program.

**Sponsors:** Ledge Light Health District & Waterford Senior Services

**Location:** Waterford Community/Senior Services, Waterford, CT 06340

**Dates:** Tuesday evenings April 21, 28 and May 5, and 12th

**Time:** 5:15-7:45pm includes eating a meal together!

**Class size is limited. Call today!** To register call the Waterford Senior Services at (860) 444-5839.

For questions contact Cindy at Ledge Light Health District - 860-448-4883.

This program is funded by the CT Department of Public Health and based on the Cooking Matters Program and the Live Well with Diabetes Program.
It's Your Life...Live it Well
DO YOU HURT ALL THE TIME?

I was tired. I hurt all the time. It felt like my health problems were telling me what I could and couldn't do. Live Well workshops put me back in charge.

Now I have the energy to do the things that matter. I've put life back in my life.

Join a FREE 6-week Live Well Workshop today!

For people with ongoing health conditions like diabetes, depression, heart disease, arthritis, pain and anxiety or those caring for someone with an ongoing health condition.

DATES: Wednesdays: April 22nd, 29th, May 6th, 13th, 20th, & June 3rd
TIME: 1:00 PM to 3:30 PM
WHERE: Colchester Senior Center
95 Norwich Avenue
Colchester, CT 06415
RSVP: Colchester Senior Center 860-537-3911

*Sponsored by Senior Resources Agency on Aging & CT Dept. of Rehabilitation Services – State Unit on Aging & Chatham Health District
www.CTHealthyLiving.org
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:** $130pp 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
Wine with a Twist of Murder

Come join Senior Resources for an evening of wine tasting, jazz music and a book signing by Rose Young, author of Roses, Wine & Murder, a murder mystery set in the city of New London, CT.

When: Friday, May 1, 2020
Time: 5:30 PM - 8:00 PM
Where: Garde Arts Center
325 State Street
New London, CT 06320
Tickets: $35 per person
*Includes wine tasting & heavy hors d’oeuvres*

For more information please contact:
Erica Bonefas - 860-887-3561 ext. 110

To purchase tickets please visit our website:
www.SeniorResourcesEC.org

Slipper Shell Catering

GARDE ARTS CENTER

Mohegan Sun a world at play

Senior Resources
Agency on Aging
19 Ohio Avenue, Suite 2 • Norwich, CT 06360 • www.SeniorResourcesEC.org
Phone 860.887.3561 • 800.690.6998 • Fax 860.886.4736
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
COMMUNITY SHRED DAY

FREE!

SHRED ALL YOUR OLD DOCUMENTS! Avoid Identity Theft!

Saturday May 2nd, 2020

9 AM to 12 PM

Church & Allen Funeral Home
136 Sachem Street
Norwich, CT 06360

For More Information Call (860) 889-2374

Sponsored by Dignity Memorial Church & Allen and Labenski Funeral Homes
Powerful Tools for Caregivers is a six-week education program for family and friends caring for older adults with cognitive and chronic impairment. The program focuses on the self-care of family caregivers.

Classes will start May 4th, 2020 and continue through June 15th with no class on Memorial Day. Classes will be held from 1:00 – 2:30 PM.

Participants should plan on attending all sessions.

Classes will be held at the East Hampton Senior Center,
105 Main St, East Hampton, CT 06424

Any questions or to register please contact:
Robin Brewer 860-887-3561 x 124, rbrewer@seniorresourcesec.org OR
Jo Ann Ewing 860-267-4426, jewing@easthamptonct.gov

May 4th: Class #1: Taking Care of You
May 11th: Class #2: Identifying and Reducing Personal Stress
May 18th: Class #3: Communicating Feelings, Needs and Concerns
June 1st: Class #4: Communicating in Challenging Situations
June 8th: Class #5: Learning from Our Emotions
June 15th: Class #6: Mastering Caregiving Decisions
NEW YORK CITY On Your Own Trip
Saturday, May 23, 2020

SPRING IN NEW YORK

We provide the ride. You enjoy the day!
This trip is open to all - not just seniors!

The cost is $55 per resident /$65 per nonresident.
Payment is needed upon registration for this event.
Trip cost includes coach transportation and driver gratuity.
We depart GSC at 7:30 am with approx return of 8:30 pm

Register at www.grotnrec.com or
Groton Senior Center 860-441-6785
# 2020 CHOICES New Team Member Training

Senior Resources Agency on Aging

CHOICES, Connecticut's State Health Insurance Assistance Program (SHIP), is accepting applications for our 2020 New Team Member Training sessions. CHOICES is part of a national network of SHIP agencies that offers free, confidential counseling, education and assistance to Medicare beneficiaries, their caregivers and the general public. CHOICES is administered by the Dept. of Aging and Disability Services State Unit on Aging in partnership with CT’s five Area Agencies on Aging and the Center for Medicare Advocacy, Inc.

CHOICES New Team Member Trainings are free for volunteers and $125 for in-kind (paid) professionals. Training participants will complete an orientation session and pre-test, 5 full days of training, sign the CHOICES Memorandum of Understanding, and pass the online certification exam. Training topics include but are not limited to: Medicare Parts A, B, C and D, Medigap, eligibility, coverage, costs, coordination of benefits and transitions from other insurance, and cost assistance programs for low-income beneficiaries, including MSP, LIS and Medicaid. Training manuals will be provided.

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

| **How?** | Contact CHOICES Regional Coordinator Laura Crews for information on the application process at LJCrews@SeniorResourcesFC.Org or (860) 887-3561 x129. Note: Approval of your application is required prior to training. |
| **Where?** | 19 Ohio Avenue, Norwich CT 06360 |
| **When?** | Orientation Session: **September 1, 2020** – **10:00 – 3:00 p.m.**  
Training Sessions: **September 8, 11, 15, 29** and **October 2, 2020** from **9:00 – 3:30 p.m.** |

This project was supported, in part by grant number 90SAP0056, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration for Community Living policy.
Join the SMP team and protect yourself and others from Medicare fraud and identity theft. Senior Medicare Patrols (SMPs) empower and assist Medicare beneficiaries, their families, and caregivers to prevent, detect, and report health care fraud, errors, and abuse through outreach, counseling, and education. Volunteers have flexibility to take part based on their interests. Some opportunities include fraud counseling, presentations, promotions, office support and more.

Upcoming Training to get you started on your volunteer path:

- April 1, 9:00am - 3:30pm, Bridgeport
- May 14, 9:00am - 3:30pm, North Haven
- May 28, 9:00am - 3:30pm, Hartford
- Sept. 24, 9:30am - 3:30pm, Waterbury
- Oct. 23, 9:30am - 3:30pm, Norwich

Talk with a SMP Volunteer Coordinator today at your local Area Agency on Aging at 1.800.994.9422.

This project was supported, in part by grant number 90MPPG0044, from the U.S. Administration for Community Living, Dept. of Health and Human Services and is administered by the CT Dept. of Aging and Disability Services. The program is operated throughout the state by the Area Agencies on Aging.
Free Outreach, Education and Informational Presentations are available with various specialist professionals of Senior Resources. Please contact us at 860-887-3561 or www.Seniorresourcescec.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
The answers you need, resources you can trust

19 Ohio Avenue, Suite 2, Norwich, CT 06360, 860-887-3561 Ext 115, advorak@seniorresourcesec.org
Challenge yourself – Content by Judy

We are in a new decade in a new century in the midst of a huge political season.

Take some time and reflect. Decide what you believe in today. Challenge yourself.

Don’t settle for status quo.

What we thought was most important in the past might have changed. We are not the person we were 20 years ago nor is the world the same.

I recently was at a networking event and we were asked “What is important enough to you that you would protest for it?” That’s a pretty deep question to answer when you don’t know those around you. My answer was “our basic rights” The freedom of speech. The right to assemble. The right to bear arms and the right to vote.

For others it was the ocean or the environment. We all know there are many important issues. Some have been around for a very long time and resurface. And this country was founded so we as individuals could not be suppressed. We have freedom of speech which enables us to voice our beliefs and we need to continue to exercise all these basic rights.

We need to be a part of the process. We need to stand for what we believe in. We need to be different. Have different beliefs and wants.

But we need to hear each other and be respectful.

Look around at the candidates running for office. In your town, state and nationally.

Who stands out? Who is expressing what you are thinking? Who do you think would do the best job?

Pick a campaign or pick a cause. Get out there. Get involved. I don’t know of a group that isn’t welcoming others to join them. Campaign for what and who you believe in.

Remember we don’t all need to agree. But we must respect our differences and listen to those other opinions.

And as Margaret Mead said, “Never doubt that a small group of thoughtful, committed citizens can change the world; indeed’ it’s the only thing that ever has.”

Now go out and be a part of that change!

-Judy Jencks
Easy to navigate and filled with useful information

9 Senior Communities

1 Popular Site

A Collective website for Senior Centers in Eastern Connecticut

SeniorCenterCt.org

Judy Jencks 860-822-8712 jmjencks@yahoo.com
HELPING OUR AGING PARENTS

HOUSING OPTIONS
- FAMILY HOME, SENIOR HOUSING, ASSISTED LIVING, LIVE W/FAMILY

SAFETY IN HOME

ASSET PROTECTION- HOW DO WE MAKE IT LAST FOR DURATION OF PARENTS LIFE

MEMORY IMPAIRMENT AND GERIATRIC ASSESSMENTS - DRIVING

WHAT KIND OF SERVICES ARE AVAILABLE?

HELPFUL TIPS TO KEEP ORGANIZED

LONELINESS

CHILDREN AND SUPPORTERS OFTEN SAY, "I HAVE SO MANY QUESTIONS BUT WHO CAN I ASK?"

Willow Hypnosis LLC
Michele Heaton

Email: Michele@willowhynnosis.com
Address: 11 Center St. Ste 7, Salem, CT 06420
Phone: (860) 917-6176
Website: willowhypnosis.com
Large Print Labels

Do you have trouble reading your prescription labels?

Now there's a solution!
How does it work?
The pharmacy will attach a booklet-style large print label to your prescription container. A 2D bar code is included which can be scanned with a smart phone to access detailed drug data.

Can data be translated?
Yes! Prescription data can be translated into any one of 17 languages.

How do I get this service?
Talk with your pharmacist today! They can help you get started with ScriptView large print labels and translation.

What does it cost?
There is no additional cost to you for this pharmacy service. This is a FREE program!

En-Vision AMERICA
825 4th Street W, Palmetto FL 34221
1-800-890-1180

@EnVisionAmerica
@ENVAmerica
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, CDs, 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
Inspection 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 pre-paid 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
Veterans’ Coffeehouse

Meet and socialize with other veterans. Receive information about veterans benefits and services.

**GROTON**
2nd and 4th Friday 9am - 11am
City of Groton Human Services
2 Fort Hill Rd.

**NORWICH**
1st and 3rd Tuesday 9am - 11am
Rose City Senior Center
8 Mahan Dr.

**MYSTIC**
1st and 3rd Thursday 9am - 11am
Masonicare Mystic
45 Clara Dr.

**PAWCATUCK**
2nd and 4th Thursday 9am - 11am
Pawcatuck Neighborhood Center
27 Chase St.

**NEW LONDON**
1st and 3rd Friday 9am - 11am
New London Senior Citizens Center
120 Broad St.

For more information, contact:
Marvin Serruto
Veterans’ Coffeehouse Coordinator
860-425-6615; mserruto@tvcca.org

The Veterans’ Coffeehouses are funded in part through a generous grant from

Chelsea Groton Foundation
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

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- Presumptive diseases
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- 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@d nec.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 dnece.org/class
$65 per person

Group and Agency accommodations provided

For additional information contact Brynn Hickey:

bhickey@dnece.org

(860) 823-1808
(860) 237-4515
dnece@dnece.org
dnece.org
DisabilitiesNetworkOfEasternConnecticut
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

Coastal Connecticut Research
Montauk Ave., New London

No insurance needed
Time and travel reimbursement up to $700 for qualified participants
Senior Resources
AGENCY ON AGING

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

It’s as easy as...

1. Senior Resources buys Cash for Causes gift cards at a 5% discount
2. Sell the gift cards to you, your family & neighbors, civic groups & organizations, etc.
3. You get full face value and Senior Resources keeps the profit!

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

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

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