

**SENIOR NEWSLETTER      APRIL 2014**  
**MUNICIPAL AGENT FOR THE ELDERLY/SENIOR SOCIAL SERVICES**  
**EASTON SENIOR CENTER   ALISON WITHERBEE 203-268-1137**  
**MONDAY – FRIDAY Hours: 9 am to 2 pm**  
**OUTREACH   PAM HEALY 203 261-0289**

Dear Friends,

My name is Alison and I am settling into my new role as your Municipal Agent and everyone has made me feel so welcome! My first month has been very exciting from being on the front page of the Easton Courier (my daughters were only slightly embarrassed), starting my CHOICES Counseling Training, meeting community agencies who can serve your needs should they arise, attending my first Budget meeting to sitting here writing my second newsletter! Despite what the thermometer states *today, 19 degrees*, I do believe that spring is coming and with the snow gone I hope to meet more of you either at the Senior Center or in your home... just call me! This month, on Wednesday, April 16<sup>th</sup> please join me for a very informative discussion on **Health Care Decisions** with Easton's own Attorney Sharon Cregeen (read on for more details). Also, on Friday May 2<sup>nd</sup> at 10:30 I have an Information Specialist from SWCAA (Southwestern Connecticut Agency on Aging) here to talk about Medicare Savings Plans (MSPs) and Home Care so please mark that in your calendars (*refreshments will be served*). That's all for now, and again, thank you for making me feel right at home! Sincerely,

Alison Witherbee

**April is National Parkinson Disease Awareness month.** "Did you know that over 1.5 million Americans have PD? That 10-20% of those diagnosed with PD is under the age of 50? That PD is the second most common neurodegenerative disease in the US – second only to Alzheimer's disease?!! You may learn more by attending local symposiums and support groups. With an early diagnosis and on an effective plan of treatment, symptoms can often be controlled or lessened." Visit the National Parkinson Foundation Website [www.parkinson.org](http://www.parkinson.org)

**Wednesday, April 16, is *National Health Care Decision Day.***

[www.nationalhealthcaredecisionday.org](http://www.nationalhealthcaredecisionday.org)

**Please join me @ 10:30AM - along with Attorney Sharon Cregeen!!!**

**Our very own Easton Elder Lawyer -ever-helping-seniors-with-legal-advice-issues!! She will facilitate a hands-on workshop, so that attendees will be able to leave with signed Advanced Healthcare Directive (AHD) documents! Come prepared with the names of both Primary and Back-Up persons you trust - to advocate and make decisions on your behalf – then you will prepare the document, and take the AHD home!!! This is an *incredible* opportunity for Easton seniors to prepare/update. PLEASE CALL 203-268-1137 or 203-268-1145 to sign up!**

# Happy April Fools Day! Happy Easter! Happy Passover!

COMMISSION ON AGING: Meetings are held the first Monday of each month at 5:00 p.m. in the Senior Center. Next Meeting is April 7, 2014

*If needed*, please call **Pam Healy** to arrange a visit. You will feel brighter, and she has valuable information about the social services programs and resources available to you. As your Easton Outreach Visitor, Pam is available to you with just a phone call: **203-261-0289**.

**STATE PROPERTY TAX RELIEF FOR ELDERLY HOMEOWNERS AND TOTALLY DISABLED PERSONS:** Individuals currently on the program will receive a letter shortly from the Tax Assessor. New applicants must be age 65 on or before December 31, 2012. Individual collecting SS Disability may apply regardless of age and must provide a SS award letter and current proof of SS Disability. **Financial guidelines:** **At or below \$32,300 (Single), and \$39,500 (Married).** **March 15 was the deadline for mailing it in - May 15 is the deadline NOW for filing in person.** Call the Assessors office at **203-268-6291** for questions/information.

**Easton's Tax Relief for the Elderly Ordinance Call the Assessor's office for information. (Some changes voted on last year): Please call above number for further details.**

- 1) The senior and his/her spouse together may have no more than \$500,000 of **liquid** assets. These are defined as "cash, including bank accounts, and marketable securities but exclusive of IRS-recognized retirement plans. 2) The date for age determination has been changed from Oct. 1 to Dec 31 to correspond to the state tax relief program. 3) The last date for applying in person for tax relief has been changed from May 1 to **May 15**, to correspond to the state tax relief program. **The maximum income limit remains at \$85,000 per household. The maximum abatement amount remains at 42%"**

**MEDICARE A & B ENROLLMENT:** Please call me to make an appointment several months prior to turning 65 to discuss your situation/possibilities.  
Bridgeport Social Security Office #: **1 866 331-6399**. 3885 Main St., Bridgeport, 06606

**April is Nat'l Alcohol Awareness Month:** Many seniors turn to alcohol to reduce stress, loneliness, anger, boredom. **Over 20%! Depression is often involved – (We know alcohol is a depressant & dehydrating, too).** AST-G: Alcohol Screening for Older Adults:

In the past year:

1. When talking with others, do you ever underestimate how much you actually drink?
  2. After a few drinks, have you sometimes not eaten or been able to skip a meal because you didn't feel hungry?
  3. Does having a few drinks help decrease your shakiness or tremors?
  4. Does alcohol sometimes make it hard for you to remember parts of the day or night?
  5. Do you usually take a drink to relax or calm your nerves?
  6. Do you drink to take your mind off your problems?
  7. Have you ever increased your drinking after experiencing a loss in your life?
  8. Has a doctor/nurse/health professional ever said they were worried or concerned about your drinking? (How about family or friends, who know you best)?
  9. Have you ever made rules to manage your drinking?
  10. When you feel lonely, does having a drink help? [www.liberationprograms.org](http://www.liberationprograms.org) **203-391-7935**
- Scoring: If a person answers "yes" to two or more questions, encourage a talk with their doctor.*

**Bereaved Spouses Awareness.** (Black Rock Church – hosting Bereavement Sessions @ Stepney Baptist Church – Monday's 7-9 pm - NOW until June 3<sup>rd</sup> \$25 TOTAL! (203-255-3401).

***Lastly*, every time we change the clocks (like we did on 3/8/14) it is a good time to CHECK your smoke detectors, CO2 batteries and CHANGE THEM if you need to!!!!**