

SENIOR NEWSLETTER JULY 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,

Ah summer is here!!!! That means picnics, fresh fruit and vegetables at all of the local farms, sunny days and long summer evenings. But, there is also the potential for HOT and HUMID days which can be bothersome for those who don't have air conditioning, or simply don't like the heat! Remember to drink plenty of fluids (water is the best) because staying hydrated will keep you cooler. Get those AC units in if you have them, or put those fans in your hottest rooms. Also, pull shades down during the day to keep a room cooler! The ESC is nice and cool so come in for the day, go to the movies, or out for a meal. On July 30th I will be taking a group to visit The Watermark (formerly known as 3030 Park) and I invite you to come and take a tour, have a nice lunch and I am sure the temperature will be to your liking!!!! See below for more details on this trip. Stay cool,

Alison

TRIP TO THE WATERMARK at 3030 PARK

On Tuesday July 29^h I will be taking a group to visit The Watermark at 3030 Park. Learn how you can secure the independence you want, the assistance you may need, and the peace of mind you deserve! This *Un-Retirement Living* residence offers a great location, fabulous amenities and an *Enhanced Living* option. **Their van will pick us up 11 am at the ESC and lunch will be provided.** Space is limited to 10 so sign up early! Call Alison at 203-268-1137.

R.U.O.K

No, I mean it...Are you ok? Do you know about this service? It is a calling service that checks in on those seniors living alone. It is set up through the Easton Police Department and is FREE! A call is placed to your home in the morning and a recording asks *Are You Ok?* If you don't respond for whatever reason (you might be in the shower) they call back again. A simple press of a button to let them know that you are ok is all that you have to do and, if they don't hear back after multiple attempts, they come and check on you. This is great if your family is going out of town and can't check in with you so give them that piece of mind that someone is!!!! Call me for more details or, call the Easton Police Department 203-268-4111 they will set you up!

Please, call Pam Healy to arrange a visit. She is a caring listener, and 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.

Happy 4th of July

