

**SENIOR NEWSLETTER    FEBRUARY 2015**  
**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,

On the 18<sup>th</sup> of February it will be my one year anniversary as Municipal Agent for the seniors of Easton! It has been a great year and I have learned so much and continue to enjoy getting to know more of you! February is also the month when Valentine's Day occurs and so I would like to send out a heartfelt thanks to some real sweethearts who have helped me so much! Thank you to Pam Healy who has the biggest heart, Kay and Val for making feel so welcome in my new home at the ESC and to the Commission for the Aging for their support and guidance. Someone said to me the other day it's been a mild winter and we are almost half way through! After a few snowy and icy mornings and a cold snap a few weeks back I am not sure I agree, but perhaps on Ground Hog Day (2-2-15) Punxsutawney Phil will NOT see his shadow and spring is on the way! Please read below the segment on *Fuel* and as always call my office with any questions you might have.

XOXO,

### **Fuel Assistance & Fuel Tips**

PLEASE, do not let your oil tank get too low!!! If you can't check the level ask a family member or neighbor to check it for you! When a tank runs very low sediment builds and then when you fill it with lines can get clogged resulting in the furnace shutting down!!!! Be mindful of when you get deliveries and mark on your calendar to check the tank 2-3 weeks after a delivery so that you can monitor the level. Also, try not to crank up the heat all the time, come to the Senior Center for the day so your furnace can have a rest it's plenty warm here!!! Fuel Assistance applications can continue to be submitted and please call my office **203-268-1137** with any questions you may have or, to make an appointment to fill out an application.

### **Bereavement Support Group**

Our third meeting was held and we had a new member which was great! Going forward I have decided to set a definitive time for the meeting so that I don't change the days and times so often. Meetings will be held on the **last Wednesday of each month at noon** (so February's meeting will be on Wednesday February 25<sup>th</sup>!!!!)

*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 Valentine's Day*