

**SENIOR NEWSLETTER    MAY 2015**  
**MUNICIPAL AGENT FOR THE AGING/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,

As I write this letter it is raining sideways outside, but at least it's not snow!!!! Happy Spring everybody and I am hoping that with the warmer temperatures I will see more of you at the ESC. The rain did not prevent people from attending today's lecture on "Healthy Habits for a Healthier You" The speaker was excellent, and thank you to Kay from Synergy Home Care for helping me put this together! No need to worry if you missed it I have handouts from the Alzheimer's Association, as well as the four areas (Cognitive, Exercise, Diet and Social Engagement) that are important for us to improve upon, or incorporate into, a plan for body and brain health! In an effort to keep us all engaged and active I am going to plan some more lectures and maybe even a field trip or two so stay tuned!!!!

**STATE TAX RELIEF PROGRAM**

Qualifications for income for the **Elderly and Totally Disabled Tax Relief Program** applications are **Single \$34,600** and **Married \$42,200**. These levels are to be used for the 2014 Grand List Homeowner and Renter applications, 2015 Grand List Additional Veteran's applications and may also be used for any local option programs. You must provide your 2014 income along with Social Security Statement (1099) for 2014. Call the Assessor's Office for Applications and questions you might have at 203-268-6291.

**Bereavement Support Group**

If you have lost a loved one and want to check out our informal group please join us. We share ideas, feelings and offer support to one another! Meetings will be held on the **last Wednesday of each month at noon** (so May's meeting will be on Wednesday 5/27)

*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.

**The Commission for the Aging meets Monday, May 11th, at 5pm at the ESC**

**Happy Cinco de Mayo**

**Happy Mother's Day**

**Happy Memorial Day**