

SENIOR NEWSLETTER NOVEMBER 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,

The countdown to the holidays begins (66 days until Christmas according to my daughter Lucy at the time of this letter). First, there's Thanksgiving, then Christmas, Hanukkah and the New Year!!! Let's not forget about **Veteran's Day** on November 11th thank you to all who have served! Open Enrollment for Medicare continues, my interest in starting a Bereavement Group has gathered interest and we are having our first group/meeting (see details below), and there's, as always, lots going on at The Senior Center (hibernating is for bears not seniors) so come on in and say hello!!!

MEDICARE & OPEN ENROLLMENT

Open Enrollment for changing your Medicare health or prescription drug coverage continues through **December 7th, 2014**. If you haven't done so please start comparing your coverage with other options. In most cases, this may be the one chance you have to make a change to your health and prescription drug coverage.

For Medicare Part D and Medicare Advantage Plans the annual open enrollment period is *October 15th to December 7th, 2014* please do not think that you have until the end of the year to evaluate your plan and make a possible change. It is always a good idea to review to make sure that your medication will be covered on your plan's formulary. If you are a "snow bird", then check to see if your plan contracts for out-of-state coverage – if not, then ask your doctor if it is possible to write for a 90-day prescription. (Ask if he/she will continue to accept your plan).

www.medicare.gov. - Is a great website to browse. You can compare plans and make a decision on what to do. The drug formulary of each plan varies, so that is why you need to check the cost from year to year. **What worked for you last year might not be the best decision for the coming year – avoid unexpected surprises!**

Fuel Assistance

Fuel Assistance applications can continue to be submitted and for those who have applied deliveries will start sometime after November 12th. Please call my office **203-268-1137** with any questions you may have or, to make an appointment.

Bereavement Support Group

I mentioned the idea of starting a group for those who were widowed, or had lost a loved one a few newsletters ago and now we have four people interested in meeting! I am trying to be mindful of driving at night so our first will be on Wednesday, November 12th from 4-5 pm in the afternoon at the ESC. In this first meeting we will discuss future meetings (times and dates) as well as offer support/ideas to one another about our losses and how to cope with them. Please call me at 203-268-1137 if you are interested in joining us (I will limit the group to 10 until I find a co-leader for the group).

NOVEMBER is *NATIONAL ALZHEIMER'S AWARENESS MONTH!*

10 Warning Signs to look for:

- 1) Memory loss
- 2) Difficulty planning or solving problems
- 3) Trouble completing tasks
- 4) Confusion with time or place
- 5) Difficulty understanding visual images or spatial relationships
- 6) New problems with words in speaking or writing
- 7) Misplacing things and the loss of not being able to retrace steps
- 8) Decreased or poor judgment
- 9) Loss of interest in work or social activities
- 10) Mood or personality changes.

If you think that someone you know and love is experiencing any of these symptoms, or having cognitive difficulties please call your doctor and tell them your concerns. They will have an idea of what to do next, or refer you to someone who can further assess the situation.

Please remember to donate to *The Martha Carrie Schurman Fund*, which was established by Martha's late husband, Al, in memory of his wife and her battle with Alzheimer's disease. Funds are awarded to **Easton** seniors who fall into a category of extreme financial need. Every donation helps! The fund has helped many in troubled times and we cannot continue to help those in need without your support! On behalf of myself, Pam Healy and The Commission for the Aging THANK YOU!!!

The Commission for the Aging will meet this month on Monday November 3rd at 5 pm at The Senior Center.

Reminder that Daylight Savings Time Ends November 2nd Turn your clocks back and remember that this is a good time to check your CO2 (Carbon Monoxide) detectors and change the batteries in your Smoke Alarms!

Sign up for **RUOK** through the **Easton Police Department 203-268-4111** or ask me or Pam Healy to put your name on the *Senior Support Network List*.

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 Veteran's Day
Happy Thanksgiving

