

SENIOR NEWSLETTER DECEMBER 2020
MUNICIPAL AGENT FOR THE AGING/ SOCIAL SERVICES DIRECTOR
EASTON SENIOR CENTER ALISON WITHERBEE 203-268-1137
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HOURS Monday through Friday 8:30 to 3:30

Dear Friends,

Sadly, Covid-19 is not gone, and with Flu season upon us it is more important than ever to practice good hygiene (washing hands, avoid touching face and eyes), social distance (I know it's hard but so important) and WEAR YOUR MASK! I will be hosting an in person (limited to 12) presentation on "*How to Stay Engaged and Connected during a Pandemic*" please read below for more details. Energy Assistance applications can still be filled out, so please contact me to see if you qualify.

Be safe,

Staying Engaged & Connected During a Pandemic
Wednesday, December 9th at 11 am

Come learn how to stay active and engaged both mentally and physically during this pandemic, and discover ways to stay connected to family, friends and neighbors during this time of involuntary isolation. We have all gotten a taste of freedom in these recent months, which has been great but, if we have to semi-quarantine again I'll share some ideas that may make the winter months a bit more bearable. Space is limited to 12 and you must sign up by calling my office 203-268-1137. A boxed lunch will be served

Medicare Open Enrollment Ends December 7th

This is the time when beneficiaries can enroll in a plan that provides Part D coverage, either in a stand-alone prescription drug plan (PDP) with their Original Medicare **OR** as a part of the Medicare Advantage with drug coverage which includes health benefits (MA-PD). You may also contact the **Southwestern CT Agency on Aging (SWCAA)** CHOICES program at 1-800-994-9422 to review your plan with a Certified CHOICES Counselor. CHOICES Counselors provide free and unbiased information on Medicare and Medicare Plans.

The Commission for the Aging will meet on Tuesday, December 8th, 2020 at 5pm in the Easton Library's Community Room.

Happy Chanukah
Merry Christmas