

**SENIOR NEWSLETTER    OCTOBER 2021**  
**MUNICIPAL AGENT FOR THE AGING/ SOCIAL SERVICES DIRECTOR**  
**EASTON SENIOR CENTER    ALISON WITHERBEE 203-268-1137**  
**awitherbee@eastonct.gov**  
**HOURS Monday through Friday 8:30 to 3:30**

Dear Friends,

Energy Assistance applications have begun and if you think you might qualify, or want to know more about the program, please call or email me. I will be meeting with individuals to review and complete their applications at the Senior Center, and will follow all safety protocols (proof of vaccination, masks). **Medicare Open Enrollment** begins October 15th so start reviewing your plan. We will be having only ONE Open Enrollment session with our CHOICES counselors read below for more information. Be well,

**\*SAVE THE DATE\***

**Wednesday, November 3<sup>rd</sup>**

**Medicare Open Enrollment/CHOICES**

**10 AM TO 2 PM (30 min. individual sessions)**

I will only be having one session to review/enroll or change your Medicare coverage for 2022. You must sign up for your appointment as soon as possible as a Personal Information Form (PIF) must be filled out and returned to our CHOICES counselors before your appointment. All Covid-19 safety protocols will be followed.

*See important double sided Insert on Medicare Open Enrollment in this newsletter*

**Do You Have Your File of Life?**

Perhaps you don't know what a File of Life is??? It is a red, magnetized packet that holds a card inside of it with your medical information, emergency contacts, allergies, and current medications. You put it on your fridge, or anywhere in plain sight, and Emergency Medical Teams will be able to access vital medical information if you are unable to tell them. This not only gives you piece of mind, but it saves time and lives. I have them available, so call me if you would like to come pick one up at the ESC, or I can deliver one to you.

*The Commission for the Aging will meet on Monday, October 4th at 5 pm at the ESC*