

**SENIOR NEWSLETTER      JULY 2019**  
**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,

Lots to discuss so I will dive right in! Your voices were heard and the Medicare Savings Program (MSP) will not add an asset test to their application so congratulations! On Tuesday, July 16<sup>th</sup> I will be having a lunch and learn on Assisted Living Facilities (ALFs) and Home Health Care, read below for more details. Also, I am hoping to start a book group/wellness series at the end of July into August (6 weeks total) starting with a book called *Women Rowing North*, which is about women and the aging process! Please read below for more details, and lastly the Commission for the Aging is conducting a town survey so please read the back of this page for more information!

***LUNCH & LEARN***

On Tuesday, July 16<sup>th</sup> at 11 am I will having a talk about Assisted Living Facilities (ALFs) as well as what home care is all about! There are many different levels of ALFs as well as many in this area so I hope to answer your questions and educate you on options for home care as well. The talk will start at 11 am and there will be time afterwards for Q & A, lunch will be served at noon. Please call me to RSVP by July 12<sup>th</sup>, and bring your questions!

***Book Group/Wellness Series***

During the dog days of summer I thought it might be nice to read Mary Pipher's *Women Rowing North* as a group and discuss the aging process for women in the comfort of the air conditioned Senior Center! Critics call it "the bible of baby boomer women," and the author offers guidance for moving through advancing years with gratitude and grace, not denial and a sense of loss. We would meet on six Tuesdays (or Thursdays depending on the group's preference) starting July 23<sup>rd</sup> or 25<sup>th</sup>. I will be co-leading this group with my friend, and LCSW, Marguerite McVay (an Eastonite some of you may know), so there is going to be lots of discussion, insight and laughs! Please call to sign up - group is limited to 10 participants!

***The Commission for the Aging does not meet over the summer but will resume their meetings on September 3<sup>rd</sup>, 2019***