

**SENIOR NEWSLETTER      SEPTEMBER 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,

There is SO much going on in September so I'm going to jump right in! I will be having a Lunch & Learn (see other side of this letter for info) on Sepsis on 9-11-19 at the ESC at 11 am so please come hear about this very serious health topic! The next day, September 12<sup>th</sup>, Sunrise Senior Living would like to host a tour with lunch for those of you interested in seeing this new Assisted Living Community. I have about six people interested in going so please call me to sign up (I need 10 or more). I can't believe I am uttering these words but Medicare Open Enrollment is almost here and the two dates I have the CHOICES counsellors coming are 10/22/19 and 11/19/19, check those dates and see which works better for you! Spots are first come first served, but more about that in next month's newsletter. Look for articles about all the good work we do at the ESC in the September issue of EASTON Neighbors, Val, Randy, Dennis and I will be available to autograph your copy!!! Fuel Assistance is starting in September and I will be sending out letters to those who already participate in this program, but if you think you might be eligible or have a question please call me.

Phew,

**Lunch & Learn on SEPSIS**

***Wednesday, September 11<sup>th</sup> at the ESC 11 am to 12:30pm***

Come learn about Sepsis, a potentially life threatening illness that can be prevented if you know the signs and symptoms. Our speaker is from the CT Center for Patient Safety and she will talk about prevention, early detection and treatment. After the presentation there will be lunch so please call to reserve your spot! Alison 203-268-1137

**Dementia Caregiver Workshop**

***Wednesday, September 18 @ 7pm at the Easton Public Library***

Dementia expert Laura Wayman will discuss strategies that caregivers and family members can use to enhance their relationships with their dementia patients and loved ones. Registration is suggested. Call 203-261-0134

***The Commission for the Aging will be meeting on September 3<sup>rd</sup>, 2019 at the ESC***