

SENIOR NEWSLETTER JUNE 2014
MUNICIPAL AGENT FOR THE ELDERLY/SENIOR SOCIAL SERVICES
EASTON SENIOR CENTER ALISON WITHERBEE 203-268-1137
MONDAY – FRIDAY Hours: 9 A.M. TO 2 P.M.
OUTREACH PAM HEALY 203-261-0289

Dear Friends,

Where did the month of May go? Despite a few rainy days (more like Monsoons) spring is here and everything is in bloom! The pollen is here too with a vengeance so don't worry that you have a spring cold it's probably allergies. Unfortunately, last month's newsletter went out later than usual, and the discussion about **Medicare Savings Programs (MSPs)** and **Homecare** options had to be postponed. Lisa Alhabal, from the **Southwestern CT Agency on Aging**, is coming to talk to us on June 17th at 11 am. This will be a good opportunity to ask questions about the **MSP** and see if you qualify. Call my office 203-268-1137 if you have questions. The Health Fair on May 16th was a great success! Despite the rain many of you came and exercised, educated yourself about medications, enjoyed trying Tai Chi or Yoga for the first time, and rewarded yourselves with a wonderful and relaxing chair massage. Some of you even tried my new find from Trader Joe's, *Guacamame Dip*, a healthy twist on guacamole made with edamame (soy beans) YUMMY! Thank you to Brendan who got us warmed up with *exercises*, Deby, who introduced us to **Tai Chi** and gave a wonderful demonstration with her fan, our guest speaker Jennifer, a pharmacist at St. Vincent's Hospital, who taught us so much about *medications* and answered *all* of our questions, Charlie, who led us through a great **Yoga** class and centered us for the day, and Ginny, who had a line out the door for her not 5 (as advertised) but 10 minute *chair massages!!!*

All of these wonderful people made the **Health Fair** a fun day for all and remember that Brendan, Deby, Charlie and Ginny are all at the ESC available to you! Check it out!!!
Namaste (aka Peace),

Alison

Tuesday, June 17th at 11 a.m.

Lisa Alhabal, a CHOICES information specialist from the Southwestern CT Agency on Aging (**SWCAA**) will be here to talk about Medicare Savings Programs (MSPs) and Homecare. Please come, see if you qualify, and bring your questions. *Light refreshments will be served.* Call me at 203-268-1137.

Commission on Aging Meeting: Monday, **June 2, 2014 at 5:00 PM** at the Easton Senior Center.

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.

Medicare Savings Program check your **monthly income levels, no asset limit!** **Singles:** **\$2,247.63** and under – **Couples:** **\$3,028.41** and under. *If you are approved*, then you will not have to pay for your Medicare B premium. You *may* also qualify for Extra Help with your prescription coverage/co pays if: **Singles:** **\$2,053.03** and under - **Couples:** **\$2,766.21** and under. The application is very simple to fill out – I have assisted many seniors – the result is more \$\$ in your pocket for those bills which seem endless. Do you qualify? If so, please contact me. I have a wonderful CHOICES volunteer who is helping me to help you navigate the Medicare/Medigap/Medicare Advantage Plan options. Please call my office to come in for an appointment!

There's lots of good stuff happening so please join me for any or all of these special events