

**SENIOR NEWSLETTER    MAY 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,

Well, I think it is safe to say that Spring is here.....finally! With that said I hope to meet more of you now that driveways are totally clear and the warm weather has arrived. There is a lot going on this Month of May so please read on for some upcoming events that I hope you will attend. May 2<sup>nd</sup> a representative from The Southwestern Agency on Aging (SWCAA) will be here to discuss Medicare Savings Plans (what are those you ask?) and Home Health Care (what does that mean?) Come to the lecture and you will find out all about these fantastic programs. On May 16<sup>th</sup> I am hosting a Health Fair which I hope will be fun and informative. Tai Chi, blood pressure screenings, a discussion on Medications and a HEALTHY LUNCH are just part of what I have in store and I hope you can all make it!!! On May 20<sup>th</sup> there will be a tour of Middlebrook Farms in Trumbull there is a 10 person maximum so sign up early (read below for all the details). Spring is a busy time around here and as I continue to “settle in” I look forward to taking my show on the road and meeting more of you and helping in any way I can.

See you soon,

Alison

**FRIDAY MAY 2<sup>ND</sup> at 10:30**

Come hear Lisa Alhabal, an Information Specialist, from SWCAA talk about Medicare Savings Programs (MSPs) which could save the cost of your *Medicare Premium* every month. She will also talk about Home Health Care Programs which provide services (not covered by Medicare) in your home! The discussion will take about an hour and there will be refreshments served!

**FRIDAY MAY 16<sup>TH</sup> HEALTH FAIR**

Want to try 20 minutes of Tai Chi? Have a 5 minute chair massage? Learn about medications? Get your blood pressure checked? Then come to the Health Fair we are hosting on May 16<sup>th</sup> from 9:30 to 12:30! Come listen to a talk about managing your medications, stretch those tired muscles (the right way) and enjoy a HEALTHY LUNCH!!! No reservations needed just come in comfortable clothes and sneakers and get ready to have a healthy and informative morning. 9:30 to 12:30 call if you have questions 203-268-1137 or 203-268-1145

**TOUR OF MIDDLEBROOK FARMS**

On Tuesday May 20<sup>th</sup> there will be a tour of Middlebrook Farms in Trumbull. They will send a van to pick us up at the Easton Senior Center, give us a tour and a talk, and treat us to a lunch!!! Then they will bring us back to the ESC. So please sign up if you are interested!!! There is a limit of 10 attendees so sign up early!!!!

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

**May is National Stroke Awareness Month – [www.stroke.org](http://www.stroke.org) - Take the first 3 letters of the word, STROKE: S\* - Ask the individual to Smile. T\* - Ask the person to Talk, in a simple sentence, (i.e. It is a sunny day). R\* - Ask the person to Raise both arms. (The arms should be high and equal in height).**

**NOTE:**

Another sign of a stroke: ask the person to stick out their tongue. If the tongue is ‘crooked’, if it goes to one side or the other, then that could also indicate a stroke. Remember: “When in doubt – check it out”! For every 10 people who learn about these symptoms, one person could be saved – 3 hour window of time for dissolvable clot-types. Check out the following “new” acronym – F-A-S-T:

- F = Face: Is one side of the face drooping down?
- A = Arm: Can the person raise both arms, or is one arm weak?
- S = Speech: Is speech slurred or confusing?
- T = Time: Time is critical!! Call 9-1-1 immediately!

**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.

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

**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 will also have a **CHOICES** volunteer in my office a few hours each week starting in May who will be helping me, and answering any questions you might have. Call my office to come in for an appointment! Are you eligible for Social Security? Call 1-866-331-6399 or [www.socialsecurity.gov](http://www.socialsecurity.gov)

**STATE PROPERTY TAX RELIEF FOR ELDERLY HOMEOWNERS AND TOTALLY DISABLED PERSONS:** Individuals currently on the program will receive a letter shortly from the Tax Assessor. New applicants must be age 65 on or before December 31, 2012. Individual collecting SS Disability may apply regardless of age and must provide a SS award letter and current proof of SS Disability. **Financial guidelines:**

**At or below \$32,300 (Single), and \$39,500 (Married). March 15 was the deadline for mailing it in - May 15 for filing in person.** Call the Assessors office at 203-268-6291 for more information. Qualifying = Saving \$\$\$\$

**Disability Resource Center of Fairfield County:** 80 Ferry Blvd. Suite 210, Stratford CT 06615 (203) 378-6977 EXT.111 TDD: (203) 378-3248 [www.drcfc.org](http://www.drcfc.org) role is to provide stream-lined access To long term care services and supports for older adults and all persons with disabilities.

Note: This agency accepts used *hospital beds* and other *durable medical equipment*. They restore the equipment and give it to those in financial need. (You might want to first check with the ESC to see if your used equipment is needed here).