

SENIOR NEWSLETTER AUGUST 2022
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,

I have been getting a lot of calls about care in the home, post hospitalization care and rehabs, Assisted Living Facilities (ASF) and Skilled Nursing Facilities (SNF). There is so much information about this and it can be very confusing to navigate. Read below for a **Lunch & Learn** on *Understanding Post Hospitalization Care & Rehabilitation, the differences between assisted living and a skilled nursing facility and much more!* Also, for all of you backyard gardeners don't forget that **Grow A Row** is continuing into August and honestly, how much zucchini can one person eat? Please so consider donating any extra produce you might have!

It's Carnival Time!!!

Know Before You Go...Navigating a Rehabilitation Stay

Wednesday August 17th at 12 noon

This informational presentation will help you understand what to expect during a short-term rehabilitation stay in a facility. Discussion will include insurance coverage and payment, the various therapy modalities available, clinical capabilities of the nursing staff, specialty doctors in-house, dining services and transitioning back home. Additional discussion will include a brief overview of long-term care options to include home care, respite care, and the difference between assisted living and a skilled nursing facility. It is important to be informed and know your options, so please join us!

RSVP to Alison 203-268-1137 or call the ESC 203-268-1145

Lunch and Learn sponsored by Cambridge & Ludlowe Health & Rehabilitation Centers in Fairfield.

**Grow-a-Row Now for Distribution to Easton's Elderly
Backyard Gardeners Can Share Bounty with Home-Bound Seniors**

The Grow A Row program continues to provide seniors with a bounty of veggies and eggs weekly. We have received blueberries, squashes and herbs from local farms and Easton gardeners and now that it's August it's tomato time! Drop off is at Shaggy Coos every **Tuesday** from 8 a.m. to 1 p.m. A Food Rescue US volunteer (that's me) will pick-up the donated produce and distribute it to home-bound seniors in town. Food Rescue US, whose mission is to reduce food waste and food insecurity in America, has paired up with Easton's Energy & Environment Task Force to provide home-bound seniors with fresh locally grown produce. In the meantime, to learn more about the initiative contact **Diane Geisert at diane@foodrescue.us** not Shaggy Coos.

The Commission for the Aging does not meet in July and August

