

SENIOR NEWSLETTER NOVEMBER 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,

Read below for information on an important **Lunch & Learn on November 10th** and there's still time to see if you qualify for Energy Assistance, and review your current insurance plans and make any changes through December 7th.

Fall Prevention and Holiday Safety
Thursday November 10th 11 am

If you missed "What Tips Your Balance?" presented by Aspetuck Health then you won't want to miss a review of preventing falls given by Deb Spross. Fall risk is a concern for many of you and so I encourage you to come and hear about ways to prevent a fall from happening. Mike Vincelli, Director of Emergency Services at Aspetuck Health, will talk about preparing for storms, staying safe inside your home as well as outside of your home if you travel to visit friends or family over the holidays. We all have your safety in mind and you will learn how to keep yourself safe over the winter months.

Presentation from 11am to noon, followed by lunch and a Q and A session.

Please call me to sign up (limited to 25 participants) at 203-268-1137.

MEDICARE OPEN ENROLLMENT

I will be having one Medicare Open Enrollment day and it will be **November 1st from 10 am to 2 pm** and it will be a HYBRID event. Lisa Alhabal from the **Southwestern CT Agency on Aging (SWCAA)** will be in person seeing clients for ½ hour sessions (and please note that if you are a couple then you need to make individual appointments). The other part of the day will be done with another CHOICES counselor via phone or Zoom (if you want zoom please let me know so a link can be sent to you). Whichever way you choose I will mail you a Personal Information Form (PIF) that you will need to (each) fill out and bring with you to your appointment, or mail or scan to me so I can forward to the counselor. This Open Enrollment day is for Easton residents only, and there are limited appointments still available.

ENERGY ASSISTANCE

Energy Assistance season is here and applications can still be done with me or you may contact **Alliance for Community Empowerment** www.alliance.com or call 203-366-8241 if you prefer. You are welcome to call me to see if you qualify, or have any questions. If you would like to come to my office and complete an application please call, or email me, to set up an appointment.

The Commission for the Aging will meet on Monday November 7th at 5pm at the ESC

