

SENIOR NEWSLETTER JANUARY 2023
MUNICIPAL AGENT FOR THE AGING/ SOCIAL SERVICES
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Hours: Monday through Friday 8:30 to 3:30

Here's to a happy and healthy New Year for you and your families. When a new year comes around many of us reflect upon things, or vow to make changes in our lives. This is a good thing and in the spirit of that I am planning some presentations in 2023 around health, planning for the future, and organizing our daily lives.

Happy New Year!

The first presentation of the new year will be sometime in February and it will look at the **5 Wishes**, which you may have heard of before. The **5 Wishes** is a "*living will*" that not only considers your medical wishes, should you become seriously ill, but your personal, emotional and spiritual needs as well. Look for the date and time in February's newsletter.

Winter is upon us and I would like those who have caregivers who come to the house, oxygen equipment or if you live on your own to think about snow removal. It is important so that those caregivers can get to your house or you're your oil or propane company can make a delivery. If you have someone you use call them to get on the list for the season, ask any nearby family if they can help, or a neighbor, but don't wait until the snow is piled up and nobody can get access to your home. Many of you call me about snow removal and I wish I had a longer list of names to recommend, and if anyone has the name of someone who plows driveways, and is looking for more work, send them my way and I'll add them to the list.

Please consider a donation to the *Martha Carrie Schurman Fund* which helps Easton seniors, whose needs cannot be met by other means, with financial assistance.

The Commission for the Aging does not meet in January

