

**SENIOR NEWSLETTER MARCH 2023**  
**MUNICIPAL AGENT FOR THE AGING/ SOCIAL SERVICES**  
**ALISON WITHERBEE**

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**Hours: Monday through Friday 8:30 to 3:30**

Dear friends,

This is just a friendly reminder that you should make sure you are up to date on your Covid-19 vaccinations. You can get the bivalent booster (the only booster available) if it has been more than 2 months after you have finished your primary series, or a monovalent booster. You can call the *Aspetuck Health District* 203-227-9571 to get the Moderna bivalent booster vaccine now, or you can call your local pharmacy if you want Pfizer. Also, if you have plans to travel call the *Aspetuck Health District* 203-227-9571 and make a travel appointment consult, they will recommend vaccines based on your itinerary. You can also visit the *Aspetuck Health District's* website: [wwhd.org](http://wwhd.org) and click on the tab **Community Health** then click **Programs & Services** and **Traveler Vaccinations Services** will be listed in blue.

**CAREGIVER Do's & Don'ts on Wednesday March 29<sup>th</sup> at 10 am**

When choosing a caregiver for yourself, or a loved one, there are a couple of important things to consider before you hire someone. Having a person in your home, even if it is for a few hours a day, is big responsibility and it's important to choose the caregiver that's right for you! There is also the issue of cost which can be a barrier to getting help in the home, and there are things to consider before making this important (yet costly) decision. Whether you are considering help for yourself following a surgery, or have concluded that mom or dad need help in the home, there are DO's and DON'Ts to the process. Come learn about the different types of care, agency vs private pay, how to make a caregiver/client relationship work for everyone and how to keep the family in the loop. Refreshments will be served.

*Call Alison to RSVP at 203-268-1137*

*The Commission for the Aging will meet on March 6<sup>th</sup> at 5pm at the ESC*

