

WCAAA | INSIDER

Western Connecticut Area Agency on Aging

FEBRUARY-MARCH 2019



LIVE WELL PROGRAM

Free Trainings for New Volunteer Live Well Workshop Leaders

Are you looking for an uplifting, satisfying and new volunteer activity in 2019?

WCAAA invites you to get trained to facilitate Live Well Workshops in your community! This spring we have two different training opportunities coming up at WCAAA, 84 Progress Lane in Waterbury.

Live Well is a free 6-week program that helps empower people with on-going health conditions such as arthritis, asthma, heart disease and other physical and mental health challenges. This evidence-based workshop was developed at Stanford more than 20 years ago and is taught all over the U.S. as well as in 19 other countries. It help participants to build self-confidence and play a major role in maintaining their health and managing their symptoms. They learn better ways of dealing with pain, fatigue, difficult emotions, anxiety and stress; how to eat more healthfully; tips to improve or maintain strength and energy; and how to use medications appropriately. Live Well is also beneficial for caregivers, family members and friends of people with on-going health conditions. The free 4-day **Live Well Leader Training** is on April 1, 3, 8 and 10 from 8:30 am – 4 pm.

The Live Well with Diabetes program is also a free 6-week workshop series, meeting once a week, for adults and/or their family members or caregivers

who want to learn ways to manage their diabetes or pre-diabetes. There are only a few places left in the free **Live Well with Diabetes Leader Training** at WCAAA on April 29 and May 1, 6, and 8 from 8:30 am – 4 pm. For this training, we are also hoping to recruit bilingual individuals who would be able to co-lead groups in Spanish. No medical knowledge is necessary, and we welcome volunteers with all kinds of backgrounds! Workshops are always facilitated by two leaders, and we will find a seasoned partner for you. We set up the host sites for workshops and take care of all the publicity, supplies and other details.

Leaders should have the ability to work with a small group of people and build rapport with them; be willing to read aloud and follow a scripted leader's manual; have good communication, listening skills; and have the ability to be non-judgmental respecting different opinions. In order to be certified, newly trained leaders then co-facilitate a workshop within a year.

Live Well is supported by the CT State Unit on Aging and CT Department of Public Health through a grant from the US AoA. Generous support is also provided by the Connecticut Community Foundation. Pre-registration is required to take the trainings. For more information or to register, call Debby Horowitz, at 203-757-5449 ext.125 or email dhorowitz@wcaaa.org.

Article by: Debby Horowitz—WCAAA Staff



A group of Foster Grandparents from New Opportunities show off their certificates from WCAAA's first Live Well with Chronic Pain workshop. Leaders Deb Kaszas & Debby Horowitz.



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Western CT Area Agency on Aging 06-5310

BEWARE OF PRODUCT CLAIMS OF “QUICK CURE” OR “MIRACLE PRODUCT”

FROM THE SENIOR MEDICARE PATROL (SMP): Recently the Federal Trade Commission (FTC) sued the sellers of Nobetes, an all-natural supplement which claimed to treat diabetes. Through the use of television, radio, Facebook and YouTube, the company promoted Nobetes using patient testimonials claiming large reductions in blood sugar levels and possible reduction in their use of insulin. These claims were further supported by an alleged expert.

In 2016, both the U.S. Food and Drug Administration (FDA) and the FTC warned the company that, in order to continue making claims about the product's benefits, the company needed to support the claims with reliable scientific evidence. When the company continued to promote their product without scientific evidence, the FTC issued a complaint against the company stating the health benefit claims were false and misleading and there was no scientific evidence to support these claims. In addition, the alleged expert was actually an actor who was paid to promote Nobetes.

The take away is to be cautious of dietary supplement products which claim to treat a wide variety of health problems or cure a disease. In addition, be wary of promotional material that uses undocumented testimonials or states “money-back guarantees” or free trials. According to the (FDA), health fraud scams refer to products that claim to prevent, treat, or cure diseases or other health conditions, but are not proven safe and effective for those uses. Health fraud scams waste money and can lead to delays in getting proper diagnosis and treatment. They can also cause serious or even fatal injuries. Go the FDA website listed below or call Amanda at the WCAAA for more information about health fraud scams. If it sounds too good to be true, it is.

Article By: Amanda Halle - WCAAA Staff

Sources: FTC: No support for diabetes treatment claims. [FTC.gov](https://www.ftc.gov/); Federal Drug Administration (FDA) (<https://www.fda.gov/forconsumers/protectyourself/healthfraud/default.htm>)

MEDICARE ADVANTAGE (M.A.)



Is it too Late to Make Changes to My Coverage? Starting in 2019, between January 1 through March 31 each year, you can make the following changes during the Medicare Advantage Open Enrollment Period.

- If you're in a M.A. Plan (with or without drug coverage), you can switch to another M.A. Plan (with or without drug coverage).
- You can disenroll from your M.A. Plan and return to Original Medicare. If you choose to do so, you'll be able to join a Medicare Prescription Drug Plan (PDP).
- If you enrolled in a M.A. Plan during your Initial Enrollment Period, you can change to another M.A. Plan (with or without drug coverage) or go back to Original Medicare (with or without drug coverage) within the first 3 months you have Medicare.

During this period, you can't:

- Switch from Original Medicare to a M.A. Plan.
- Join a Medicare PDP. if you're in Original Medicare.
- Switch from one Medicare PDP to another if you're in Original Medicare

You can only make one change during this period, and any changes you make will be effective the first of the month after the plan gets your request.

How do I switch? Follow these steps if you're already in a Medicare Advantage Plan and want to switch:

- To switch to a new Medicare Advantage Plan, simply join the plan you choose during one of the enrollment periods. You'll be disenrolled automatically from your old plan when your new plan's coverage begins.
- To switch to Original Medicare, contact your current plan, or call 1-800-MEDICARE (1-800-633-4227) or call our CHOICES department at 203-757-5449. If you don't have drug coverage, you should consider joining a Medicare Prescription Drug Plan to avoid paying a penalty if you decide to join later. You may also want to consider joining a Medicare Supplement Insurance (Medigap) policy if you're eligible.

Source: Medicare and You Book 2019 <https://www.medicare.gov/pubs/pdf/10050-Medicare-and-You.pdf>

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MEDICARE ADVANTAGE SPECIAL ENROLLMENT PERIOD

Do I Qualify for a M.A. Special Enrollment Period (SEP)?

In most cases, you must stay enrolled for the calendar year starting the date your coverage begins. However, in certain situations, you may be able to join, switch, or drop a M.A. Plan during a SEP. Some examples are:

- You move out of your plan's service area.
- You have (or lose) Medicaid.
- You qualify for (or lose) Extra Help.
- You live in an institution (like a nursing home).

5-star Special Enrollment Period: You can switch to a M.A. Plan or Medicare Cost Plan that has 5 stars for its overall star rating from December 8, 2018–November 30, 2019. You can only use this SEP once during this timeframe. The overall star ratings are available at [Medicare.gov/find-a-plan](https://www.medicare.gov/find-a-plan).



You may lose your prescription drug coverage if you move from a M.A. Plan that has drug coverage to a 5-star M.A. Plan that doesn't. You'll have to wait until your next enrollment opportunity to get drug coverage, and you may have to pay a Part D late enrollment penalty.

Source: Medicare and You Book 2019 <https://www.medicare.gov/pubs/pdf/10050-Medicare-and-You.pdf>

THE STAY WARM CAMPAIGN

TEXT OPTION NOW AVAILABLE! If you are struggling to pay your energy bills, Eversource, your local Community Action Agency (CAA) -such as New Opportunities or Community Action Agency of Western CT (CAAWC)- and 211 can help. Beginning , December 10th through February 2019, Eversource customers can text "CTWARM" to 898211 to connect to their local CAA and apply for CT Energy Assistance Program (CEAP) funds. **First**, text CTWARM to 898211 to connect with your local CAA. **Next**, apply for CEAP funding assistance, and **after** qualifying for CEAP assistance, have CEAP funds applied to your bill to reduce your balance. Once you have scheduled and attended your appointment, Eversource will work with your local CAA to determine the Eversource payment assistance program that's best suited for your needs.

Source: <https://www.eversource.com/content/ct-c/residential/my-account/billing-payments/help-pay-my-bill/get-help-stay-warm>

EVERSOURCE

WINTER PROTECTION PLAN



Customers who meet income eligibility or receive certain government benefits and lack the resources to pay their electric bill may qualify for shutoff protection during the winter months.

The Winter Protection Plan protects your service from being shut-off from November 1, 2018 through May 1, 2019 with no late payment charges. This must be renewed annually, beginning in October. Applications for Shutoff Protection can also be completed while applying for public energy assistance through a local Community Action Agency (like New Opportunities 203-575-9799 or the Community Action Agency of Western CT at 203-744-4700

When participating in the program, customers are still encouraged to continue paying as much of their bill as possible, since the full amount will still be owed at the end of the protection period.

To be eligible, customers must meet one of the following criteria:

- Receive Aid to the Aged, Blind or Disabled (State Supplement); or Aid to Families with Dependent Children (AFDC); or Medicaid; or (SSI); or General Assistance.
- Their sole source of financial support is Social Security or VA's Administration.
- Their income falls below 60 % of the state median income.
- Their circumstances threaten deprivation of food and the necessities of life if payment of a delinquent bill is required.
- They currently receive heating assistance.

For more information, or to enroll in the program, please call Eversource at 800-286-2828.

Source: <https://www.eversource.com/content/ct-c/residential/my-account/billing-payments/help-pay-my-bill/shutoff-protection>

NEW YEAR'S RESOLUTIONS

1. Read Medicare & You Book and information about your medications from your pharmacy.
2. Exercise at home 10 minutes in morning and 10 minutes in afternoon.
3. Explore volunteer opportunities & commit to a few hours/week.
4. Call friends-especially past friends. Call children & grandchildren more frequently.

DID YOU KNOW?

DURABLE MEDICAL EQUIPMENT



Damaged Durable Medical Equipment? (DME)

As we know, Medicare Part B will cover **MEDICALLY NECESSARY** medical equipment that your doctor prescribes for your in-home use. DME is defined as equipment that can withstand repeated use, is used for a medical reason, is not useful to someone who is not sick or injured, is used in the home, and has an expected lifespan of at least 3 years. Are you the owner of a piece of Durable Medical Equipment that has been damaged in less than five years? Medicare will cover up to 80% of the cost of repair of the item, as long as the equipment is still deemed medically necessary by your doctor. What if you've owned the equipment for over five years? Medicare will cover up to 80% of the cost of replacement.

It is important to know that for Medicare to cover the cost of repair/replacement of a piece of DME, the services must be provided by a supplier that is enrolled in Medicare. Doctors and suppliers must meet strict standards to remain enrolled in Medicare. In addition to being enrolled in Medicare, they should also accept Medicare assignment. If a supplier does not accept Medicare Assignment, there are no limits to what they can charge you for coinsurance of an item.

If a Medicare-enrolled supplier is refusing to repair or replace your piece of damaged "medically necessary" equipment, it is advisable to call 1800-MEDICARE. A Medicare representative can conference call the supplier with you and assist you in gaining coverage. They can also initiate an appeal/complaint against the supplier if the situation were to escalate.

If you would like more information about DME, please call the CHOICES Department at the Western CT Area Agency on Aging!

Article By: Francesca Evangelista

Source: "Durable Medical Equipment (DME) Coverage." Medicare.gov - the Official U.S. Government Site for Medicare, www.medicare.gov/coverage/durable-medical-equipment-dme-coverage.

DEPT. OF SOCIAL SERVICES (DSS)

Requesting a Fair Hearing?

Did you know that if you are not satisfied with a decision the Department Of Social Services has made on your case, you can ask for a Fair Hearing?

Fair Hearings are held through the Office of Legal Counsel Regulations and Administrative Hearings (OLCRAH). When you receive a Notice of Action from the Department of Social Services, a Hearing Request Form is usually included. The notice has instructions on how to fill it out and where to send it. If your benefits have been discontinued or reduced, there is a box to check to allow you to keep receiving your benefits as they were pending the outcome of the Fair Hearing. However, if the Hearing is not decided in your favor, you may have to pay DSS back for the benefits.

There are different rules for requesting a Fair Hearing.

- You may request a Hearing on SNAP benefits either in writing or by phone within 90 days of the notice of action.
- SNAP Hearings are the only hearings that can be requested by telephone.
- For most other benefits, there is normally a time limit of 60 days to request a Hearing, and it must be requested in writing.
- Nursing Home discharge Hearings must be requested within 20 days of the receipt of the discharge notice from the Nursing Home in order to prevent the proposed transfer or discharge from occurring. These hearings must be requested in writing.
- Hearings can also be requested for Access Health CT. issues. These hearings are usually done by teleconferencing.

Once you have requested the hearing, you can still try to resolve the issue with a DSS worker. If you do resolve the issue, you should call the Fair Hearing office to withdraw the hearing request at 1-800-462-0134.

Article by: Bill Shugrue

Source: Dept. of Social Services
Office of Legal Counsel Regulations and Administrative Hearings



NEW TO MEDICARE



I'm Turning age 65. What should I do?

First, you need to understand the benefits you already have, if they will continue until you stop working and what will be provided for you upon retirement. **Remember,**

everyone needs Medicare Parts A, B, and D (usually referred to as Prescription Drug Plan). The information below is generalized and taken from the 2019 Medicare & You handbook. However, there may be exceptions applicable to specific diagnoses or work situations. Call Social Security at: 1800-772-1213 or the WCAAA at 203-757-5449 for more information.

Some people get Part A and Part B automatically.

- I. If you're already getting benefits from Social Security or the Railroad Retirement Board (RRB), you'll automatically get Part A and B starting the first day of the month you turn 65. (If your birthday is on the first day of the month, Part A and Part B will start the first day of the prior month.)
- II. If you're under 65 and have a disability, you'll automatically get Part A and Part B after you get disability benefits from Social Security or certain disability benefits from the RRB for 24 months.
- III. If you have ALS (amyotrophic lateral sclerosis, also called Lou Gehrig's disease), you'll get Part A and Part B automatically the month your Social Security disability benefits begin.

If you're automatically enrolled, you'll get your red, white and blue Medicare card in the mail 3 months before your 65th birthday or 25th month of disability benefits. If you do nothing, you'll keep Part B and will have to pay Part B premiums. You can choose not to keep Part B, but if you decide you want Part B later, you may have to wait to enroll and pay a penalty for as long as you have Part B.

Some People Have to Sign up for Part A and/or Part B

If you're close to 65, but not getting Social Security or Railroad Retirement Board (RRB) benefits, you'll need to sign up for Medicare. Contact Social Security 3 months before you turn 65. You can also apply for Part A and B at [socialsecurity.gov/retirement](https://www.socialsecurity.gov/retirement).

If you worked for a railroad, contact the RRB.



In most cases, if you don't sign up for Part B when you're first eligible, you may have a delay in getting Medicare coverage in the future, and **you may have to pay a late enrollment penalty** for as long as you have Part B. If you have End-Stage Renal Disease (ESRD) and you want Medicare, you'll need to sign up. Contact Social Security to find out when and how to sign up for Part A and Part B.

If I'm not automatically enrolled, when can I sign up?

If you're not automatically enrolled in premium-free Part A, you can sign up for Part A once your Initial Enrollment Period starts. Your Part A coverage will start 6 months back from the date you apply for Medicare (or Social Security/RRB benefits), but no earlier than the first month you were eligible for Medicare. However, you can only sign up for Part B (or Part A if you have to buy it) during the times listed below.



Remember, in most cases, if you don't sign up for Part A (if you have to buy it) and Part B when you're first eligible, **you may have to pay a late enrollment penalty.**

Initial Enrollment Period: You can first sign up for Part A and/or Part B during the 7-month period that begins 3 months before the month you turn 65, includes the month you turn 65, and ends 3 months after the month you turn 65.

Special Enrollment Period: After your Initial Enrollment Period is over, you may have a chance to sign up for Medicare during a Special Enrollment Period. If you didn't sign up for Part B (or Part A if you have to buy it) when you were first eligible because you're covered under a group health plan based on current employment (your own, a spouse's, or a family member's (if you have a disability)), you can sign up for Part A and/or Part B:

- Anytime you're still covered by the group health plan
- During the 8-month period that begins the month after the employment ends or the coverage ends, whichever happens first.

Source: Medicare and You Book 2019 <https://www.medicare.gov/pubs/pdf/10050-Medicare-and-You.pdf>

Western Area Congregate Meal Sites

For service days and times call sites directly. Meals are free for age 60+ but donations are welcomed.

Town	Site	Phone	Address
Bethlehem	Painted Pony Restaurant*- CLOSED	203-757-7738	74 Main St., Bethlehem
Bethlehem	Nick's Country Kitchen*	203-266-7317	8 Flander's Rd., Bethlehem
Brookfield	Brookfield Senior Center	203-775-5308	100 Pocono Rd., Brookfield
Cheshire	Cheshire Senior Center	203-272-0047	240 Maple Ave., Cheshire
Canaan	Falls Village Senior Center	860-824-4863	107 Main St., 2nd Flr. Falls Village
Danbury	Danbury Senior Center	203-797-4686	10 Elwood Place, Danbury
Harwinton	Harwinton Senior Center	860-689-1951	209 Weingart Rd. Harwinton
Kent	Templeton Farms Recreation Building	860-927-2055	16 Swifts Lane, Kent
Litchfield	Litchfield Community Center	860-567-5746	421 Bantam Rd. Litchfield
Middlebury	Middlebury Senior Center	203-577-4166	1172 Whittemore Rd., Middlebury
Morris	Morris Senior Center	860-567-7437	109 East St., Morris
Naugatuck	Naugatuck Senior Center	203-720-7069	300 Meadow St., Naugatuck
Naugatuck	George B. Lewis I	203-729-3387	71 Osborn Rd., Naugatuck
Naugatuck	George B. Lewis II	203-729-0508	1013 Weid Dr., Naugatuck
New Fairfield	New Fairfield Senior Center	203-312-5665	33 State Route 37, New Fairfield
New Hartford	New Hartford Senior Cntr- (closed until further notice)	860-379-3980	530 Main St., New Hartford
New Milford	New Milford Senior Center	860-355-6075	40 Main St., New Milford
Newtown	Newtown Senior Center	203-270-4310	14 Riverside Rd., Newtown
Newtown	Nunnawauk Meadows Congregate Housing	203-426-2594	3 Nunnawauk Rd., Newtown
Norfolk	Meadowbrook Housing- (closed until further notice)	860-542-5434	9 Shepard Rd., Norfolk
Prospect	Prospect Senior Center (Chapel)	203-758-5300	6 Center St., Prospect
Redding	Heritage Senior Center	203-938-9275	37 Lonetown Rd., Redding
Salisbury	Lakeville -Town Grove Recreation Building	860-435-5197	42 Ethan Allen St., Lakeville
Sherman	American Pie Company Restaurant*	860-350-0662	29 Route 37 Center, Sherman
Sherman	Sherman Senior Center	860-354-2414	8 Route 37 Center, Sherman
Southbury	Southbury Senior Center	203-262-0631	561 Main St., South, Southbury
Southbury	Jewish Federation- (closing for Title 3 - 12/31/16)	203-267-3177	444 Main St., Southbury
Southbury	Grace Meadows	203-267-5419	380 N. Poverty Rd., Southbury
Thomaston	Claire Hall	203-283-5174	55 Union St., Thomaston
Torrington	Sullivan Senior Center	860-482-4151	88 East Albert St., Torrington
Torrington	Torrington West Apartments	860-489-7328	356 W. Torrington St., Torrington
Waterbury	Hispanic Coalition	203-754-6172	135 E. Liberty St., Waterbury
Waterbury	Brass House Restaurant*	203-755-4910	2620 S. Main St., Waterbury
Waterbury	Monteiro Restaurant*	203-573-0645	161 Fairfield Ave., Waterbury
Waterbury	Seven Villages Restaurant*- (closing 11/30/16)	203-755-4222	30 Bank St., Waterbury
Waterbury	Amalfi's Restaurant*	203-755-5554	580 Wolcott St., Waterbury

Waterbury	Waterbury Senior Center	203-574-6746	1985 East Main St., Waterbury
Waterbury	John Bale Book Store* -(1st day-4/27/17)	203-757-2279	158 Grand St., Waterbury
Watertown	Fall Avenue Senior Center	860-945-5250	311 Falls Ave., Watertown
Winsted	McCarthy Senior Center	860-379-4252	80 Holabird Ave., Winsted
Wolcott	Rietdyke Senior Center (Wolcott)	203-879-8133	211 Nichols Rd., Wolcott
Woodbury	Annoula's Restaurant	203-586-1148	740 Main St. S, Woodbury
Woodbury	Woodbury Senior Center	203-263-2828	265 Main St., South, Woodbury
Woodbury	New Morning Market*-closed	203-263-4868	129 Main St., N., Woodbury
Woodbury	Elenni's Restaurant*-(closing 11/30/16)	860-379-4252	40 Sherman Hill Rd., Woodbury

* Senior Dine Program location. Please call for information. To make a reservation call 24 hours in advance.

Assistive Technology Center

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The WCAAA Tech Center provides free, personalized or group demonstrations of assistive devices such as :

				...to name a few
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Assistive Technology Center is any item or piece of equipment that is used to increase, maintain or improve the functional capabilities of individual with or without disabilities in all aspects of life, including at school, at work, at home or in the community. The WCAAA, Assistive Technology Center provides free personalized or group demonstrations on assistive devices such as magnifiers, phone amplifiers, vibrating alarm clock, smart pen and talking watch just to name a few. These devices are now on display at our Assistive Technology Center located at the WCAAA, 84 Progress Lane, Waterbury, CT 06705.

The Connecticut Tech Act Project's Assistive Technology Loan Program (ATLP) assists Connecticut residents with disabilities and older adults to obtain the assistive technology devices and services they need to enhance independence and productivity in the community, education and employment.

Eligible applicants may borrow from \$500 - \$30,000, at a low interest rate, for up to 10 years depending on the life of the device. The ATLP can be used for a broad range of devices such as assistive listening devices, magnifiers, computers and software, scooters, stair lifts, modified vehicles, and much more.

To find out more about the Assistive Technology Loan Program visit www.CTtechact.com/loan or call 860-424-5619. **Please call Charlene @203-757-5449 ext. 101 to make an appointment for a presentation or email cwicks@wcaaa.org**



Article by: Charlene Wicks - WCAAA-Staff

TIPS AND EVENTS COMING UP!

BEATING THE WINTER BLUES!

Here are some great strategies to help you avoid or overcome a winter slump...

During winter months, it's not unusual for some people to experience low energy, feelings of sadness or isolation. Shorter days and less sunlight can contribute to a sluggish mood. But why? Daylight lets your body know when you should be awake and asleep. So, more sunlight makes you alert, and less sunlight makes you groggy. As a result, you may crave comfort foods, lack interest in your usual hobbies and have less energy to exercise during winter. But giving in to unhealthy habits can negatively affect your health and cause extra stress.

Eat a healthy diet: Feeling blue can make you desire foods high in fat, carbohydrates and sugar. But try to resist temptation. A diet high in sugars and carbohydrates may make you feel energized initially, until your blood sugar drops. In the long run your feelings of tiredness and low-mood may be made worse. Instead, try eating a diet higher in lean proteins, vegetables, grains and nuts.

Get regular exercise: When it's cold out, you might be tempted to stay in bed, but don't give in! Any amount of exercise is great for you and moving releases the "feel-good" chemicals our body produces. Besides strengthening the immune system, exercise improves balance, which can help to prevent falls. Exercise helps maintain a healthy weight and has been found to reduce many types of cancer. Even when it's too cold or snowy to exercise outside there are many exercise programs you can do safely inside. Try checking out <https://go4life.nia.nih.gov/exercises> or you can borrow exercise DVDs at the public library. Many malls have walking programs for seniors, as well. If you cannot drive, try walking around your house or apartment for 10 minutes spurts.

Try sun therapy: Winter usually means less light and more darkness, making you want to hibernate. Instead, get outside when the sun is shining (and be sure to wear sunscreen), or if you must stay inside, sit by a window when you can. Exposure to sunlight wakes your body up and can be stimulating to your mood. A walk on a sunny afternoon might be just what you need! If you can't get outside, many people benefit from a device called a "light box" that can be used indoors to provide "light therapy" for short periods each day. If you think it might help you, ask your doctor about it.

Increase social interactions: Being around family and friends can boost your mood and help motivate you to do the things you enjoy. Ask a friend to go to the movies or grab a cup of tea with a co-worker. Try to keep in touch with people you care about and accept any invitations you get to social events, even if you only go for a little while. You may laugh more, worry less and gain a positive outlook. Plus, reaching out to a friend may benefit your friend just as much as it benefits you! Organizing a small telephone network for daily calls can help you and friends.

Get enough sleep: Sleep restores us. It allows our minds and bodies to rest and heal. When we get too little, or too much sleep it can affect mood, memory and our ability to focus. We should all try to get around 8 hours of sleep at night and minimize napping during the daytime. It's also helpful to try going to bed, and waking around the same time each day, even on the weekends. For more tips on getting better sleep, visit the National Sleep Foundation at www.sleep.org, or talk to your doctor.

Practice relaxation techniques: Anxiety and stress often accompany a winter slump. And both are damaging to your health. To boost your energy and mood, try to relax. Just five minutes of meditation can help you manage stress. Some examples of helpful relaxation techniques are guided imagery, progressive muscle relaxation, yoga or massage. If your symptoms are severe or persist into the spring and summer, talk to a mental healthcare professional. There may be more effective therapies or medications.

The best way to prevent the blues? Try to engage in these healthy behaviors all year. You'll likely feel better physically, maintain a healthier weight and may reduce cancer risk- and enjoy better mood.

Article by: Deb Kaszas—WCAAA Staff

Source: MD Anderson Cancer Center:

<https://www.mdanderson.org/publications/focused-on-health/fight-winter-depression.h10-1589046.html>

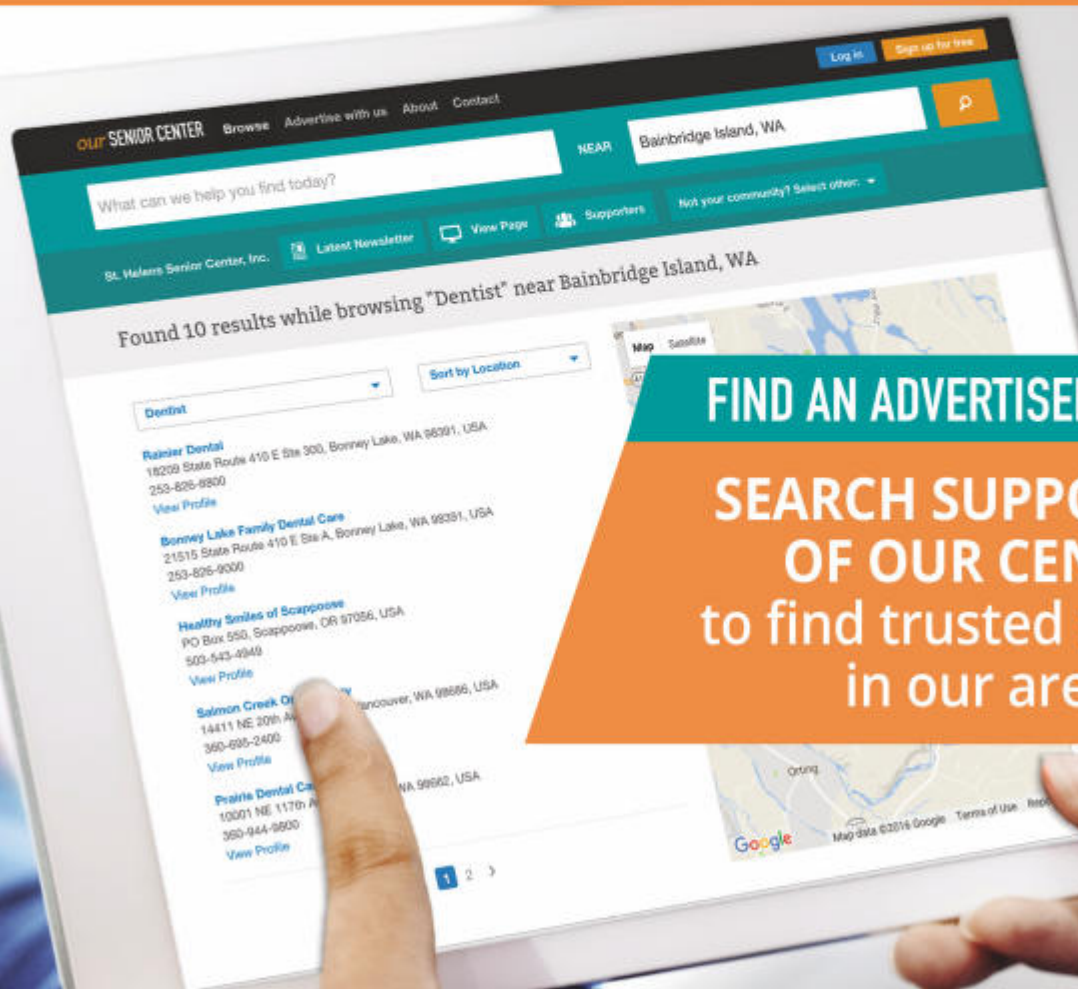
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You can also visit our website
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Items of interest, Medicare news, caregiver issues etc., are posted as updates.

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NOTE:

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Thank you.