

## Welcome Our New Executive Director!

The *Western CT Area Agency on Aging, Inc.* is proud to introduce our new Executive Director, Michael Hebert, MSW, MBA. He was hired as the Executive Director at WCAAA effective August 19, 2019.

### ***About:***

Mr. Hebert served as Executive Director at the Retreat Assisted Living in Hartford, Connecticut; Director of the Transforming Clinical Practice Initiative (TCPi)/Connecticut Practice Network (PTN) at Community Health Center Association of Connecticut (CHCACT); Program Coordinator of the Rewards to Quit Smoking Cessation Program at Community Health Network of Connecticut (CHNCT); and Director of Adult Day Services at Jewish Senior Service's "Grasmere by the Sea" Adult Day Center in Fairfield/Bridgeport and Jefferson House Adult Day Services in East Hartford, a Geriatric Department of Hartford Hospital.

Mr. Hebert has also served as an Adjunct Professor of Sociology, Social Work and Gerontology for the past 30 years at University of Hartford, Eastern Connecticut State University and Connecticut College. He resides in Meriden, Connecticut with his wife Ann and two sons Michael and Mathieu.

### ***In Michael's Own Words:***

***"I look forward to this exciting opportunity here at WCAAA to working with our consumers, stakeholders, providers and advocates to support our mission."***



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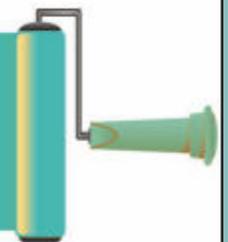
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**STAYWELL HEALTH CENTER'S 2019 COMMUNITY HEALTHCARE CHAMPION**

On September 13, 2019, Debby Horowitz, WCAA's Live Well Regional Coordinator was honored as *StayWell Health Center's 2019 Community Healthcare Champion* at the Ponte Club in Waterbury. The award is in recognition of all the work Debby has done in the Greater Waterbury region, including building momentum with Live Well workshops and her 20 years at the Jewish Federation of Western CT, most of that time as the Brownstein Jewish Family Service Director.

For the past three years, Debby has served as the Live Well Regional Coordinator, at the Western CT Area Agency on Aging. She has expanded Live Well to offer 3 evidence-based, self-management workshops, developed at Stanford University, to the Greater Waterbury community: Live Well with Diabetes, Live Well with Chronic Disease and Live Well with Chronic Pain. As a Master Trainer for all three programs, Debby partners with area clergy, community leaders, social service agencies and healthcare organizations to identify host sites and set up the free six-week workshops throughout a 41-town region. She has coordinated 67 Live Well workshops for 764 participants and helped train 66 new Live Well leaders. Live Well with Diabetes workshops abound in Waterbury, with a diverse group of passionate and talented local leaders, both volunteers and professionals, who live, work and/or worship in the city. Debby previously worked at the Jewish Federation of Western Connecticut for more than 20 years, most of that time as the Brownstein Jewish Family Service Director. There she conceived creative programs for all ages such as the Holocaust Survivors' and Second Generation Group, Love and Knishes Lunch, the Oy Vay Times of Aging Parents, health fairs, Dialogue with the Docs and art classes for early stage Alzheimer's individuals and their caregivers. Debby fielded over 1,800 information, referral and crisis calls annually and prescreened clients for needed resources and potential resources. She arranged support groups for caregivers and bereaved people; facilitated crisis management for Kosovo refugees, those affected by Hurricane Katrina and the Sandy Hook Elementary School shootings, and initiated talks to bring the CT Food Bank's Mobile Food Pantry to Southbury. In 2006, she was the Falk Foundation for Excellence winner for formulating the Love & Knishes Lunch program, and in 2008 she was awarded the Lev Tov (Good Heart) award from B'nai Shalom Synagogue in Waterbury in recognition of her assistance to the community.

*Congratulations Debby for such a deserved award!*

*BY: StayWell Health Center at the 8th Annual Summer's End Fete. Friday, Sept 13, 2019*



**WCAA RECEIVES \$10,000 GRANT FROM TUFTS HEALTH PLAN FOUNDATION:**

The WCAA was recently awarded \$10,000 from the Tufts Health Plan Foundation (THPF). This unexpected "angel grant" is part of \$1 million in funding the Tufts Health Plan Foundation is donating to area non-profits that are focused on health equity and the social determinants of health in honor of Tufts Health Plan's 40th anniversary and its longstanding tradition of giving back to the community. The grants—10 in each of the states where Tufts

Health Plan serves members—support a range of nonprofit organizations doing exemplary work to promote community health and wellness. WCAA will receive \$10,000 to improve the health and wellness of seniors and disabled adults in its 41-town region in Connecticut. We are exploring some new initiatives and partnerships that include dementia-friendly training, programs that explore cultural competency and LGBTQ biases, offering incentives like gift cards for the homeless population who participate in Live Well workshops, and helping with unmet client needs. "We recognize that non-profit organizations are on the frontlines of service and play a crucial role in building stronger and healthier communities for all of us," said Tom Crosswell, president and CEO of Tufts Health Plan. "These angel grants are a way of saying 'thank you' to WCAA and other organizations addressing the economic and social conditions that influence the health of our diverse communities and helping them to keep up the great work they do." The THPF has given more than \$35 million to community organizations since 2008 and will give nearly \$5 million in community grants this year.

*Submitted by: Michael Hebert, WCAA Staff.*

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## MEDICARE ADVANTAGE OPEN ENROLLMENT PERIOD What is Meant by a Medicare Advantage Open Enrollment Period (MA OEP) ?

Trying to understanding Medicare enrollment periods can be a challenge even for the best of us. This is especially true when Medicare initiated a new Medicare Advantage Open Enrollment period (MA OEP) in 2019. Let’s take a moment to explain what is meant by a MA OEP and how it differs from the Annual Open Enrollment period that takes place each Fall between October 15 – December 7.



*Annual Medicare Advantage Open Enrollment starts from January 1st - March 31st.*

If you signed up for a Medicare Advantage plan during Annual Open Enrollment and are not happy with your plan, you have another opportunity to change plans during the MA OEP which takes place each year from January 1 – March 31. This is called the Medicare Open Enrollment period. During time individuals can switch from their current Medicare Advantage plan to another Advantage plan or decide to return to Original Medicare and have the option to enroll in a stand alone Part D plan (prescription drug plan). If you chose to make the switch, the change will become effective the first day of the following month. Note, during the MA OEP you can make only one change. However, those individuals on Original Medicare cannot use the MA OEP to switch to a Medicare Advantage plan or switch to another Part D plan.

While some may think it is not necessary to make any changes during the Fall Open Enrollment period, October 15- December 7th, and can wait until the MA OEP, to make changes, it is not recommended. It is important to remember that during the MA OEP, it is only those already on a Medicare Advantage plan who can make changes to their Medicare choices.

*Article By:* Amanda Halle, WCAA Staff

*Sources:* NCOA: The MA OEP: <https://www.ncoa.org/resources/ma-oeep/> | How to switch Medicare Advantage Plans or switch from Medicare Advantage to Original Medicare | <https://www.medicareinteractive.org/get-answers/medicare-health-coverage-options/changing-medicare-coverage/how-to-switch-medicare-advantage-plans-or-switch-from-medicare-advantage-to-original-medicare>

### LATEST UPDATES: Recent Arrests of Fraudulent Medicare Billing on DNA Cancer Genetic Testing Scams:

DNA cancer genetic testing laboratories were raided recently for paying bribes and illegal kickbacks to medical professionals and submitting more than 1.7 billion in fraudulent claims that were medically unnecessary to Medicare. The U.S. Department of Health and Human Services (HHS) Office of Inspector General, in coordination with the US Department of Justice and FBI was able to shutdown one of the largest and growing fraud schemes in record time. Senior Medicare Patrol programs throughout the United States (and right here in Connecticut) assisted in this recent takedown by reporting to the HHS Office of Inspector General real time incidents of these contacts directed at elderly beneficiaries and the disabled, which lured hundreds of thousands of people into their criminal enterprise. Unscrupulous Doctors were paid to prescribe the testing, usually without any contact with the patient, and were useless to the Medicare patients' actual Doctor.

The consequences of such frauds are far-reaching, especially the impact on trust by the elderly that is so necessary for our health care system to function properly, and problems that may ultimately arise when a patient truly may need such a test that has been requested by their longstanding physician. Fear tactics were used, identity theft occurred, and intimidation was used to attempt to recover payments directly from beneficiaries. These tests are not free, someone is paying somewhere, and ultimately it is the either the U.S. taxpayer or our Medicare beneficiaries who may shoulder the cost.

*Article by:* Audrey Cole - WCAA Staff

*Sources:* <https://www.justice.gov/opa/pr/federal-law-enforcement-action-involving-fraudulent-genetic-testing-results-charges-against>



### CAUTION

These fraudsters preyed on vulnerable people at health fairs and through telemarketing. **Never ever agree to a medical test that has not been prescribed by your own physician and confirmed as medically necessary.** If you suspect you may be a victim of Medicare fraud or abuse, please call Senior Medicare Patrol (SMP) at 1-800-994-9422. Stay vigilant. This type of fraud is exploding.  
More to come ...

Western CT Area Agency on Aging - FY2020 Awards										
Provider	Address	City	State	Zip	Description	Funding Type	Funding	Board Final Award	Rate	uos
Geer ADC	83 South Canaan Rd.	Canaan	CT	06018	Alzheimer's Aid	Alzheimer's	ALZ	\$8,164	Grant Based	
Daybreak	161 Interstate Lane	Waterbury	CT	06705	Alzheimer's Aid	Alzheimer's	ALZ	\$8,164	Grant Based	
Almost Home ADC	52 Federal Road	Danbury	CT	06810	Alzheimer's Aid	Alzheimer's	ALZ	\$8,164	Grant Based	
LiveWell Alliance	1261 South Main Street	Plantsville	CT	06479	Alzheimer's Aid	Alzheimer's	ALZ	\$8,163	Grant Based	
CT Legal Services	85 Central Avenue	Waterbury	CT	06722	GRG Legal Assist.	GRG	GRG	\$8,000	Grant Based	
Naugatuck YMCA - Grandparents	284 Church Street	Naugatuck	CT	06770	After School & day activities - GRG/Respite	GRG	GRG	\$9,000	Grant Based	
LiveWell Alliance	1261 South Main Street	Plantsville	CT	06479	Outreach	Outreach	III-B	\$5,000	\$100/session	50
Geer ADC	83 South Canaan Road	Canaan	CT	06018	Daycare	Daycare	III-B	\$10,000	\$50/day (15day max/client)	200
Family Intervention Center	22 Chase River Road	Waterbury	CT	06704	Behavioral Health	Health/Mental Health	III-B	\$20,000	\$100/session	200
Hispanic Coalition	135 East Liberty Street	Waterbury	CT	06706	Case Management & Transportation	Health/Mental Health	III-B	\$15,000	Grant Based	
Harwinton Senior Center	209 Weingart Road	Harwinton	CT	06791	Sr. Ctr. Activities	Health/Mental Health	III-B	\$9,000	Grant Based	
The Chore Service	PO Box 522	Lakeville	CT	06039	Chore Program	In Home Serv.	III-B	\$63,000	\$16.48/uos	3822
Litchfield Hills Chore	PO Box 294	Litchfield	CT	06759	Chore Program	In Home Serv.	III-B	\$42,800	\$16.48/uos	2597
Helping Hands Chore Service	115 Spencer Street (PO Box 888)	Winsted	CT	06098	Chore Program	In Home Serv.	III-B	\$49,440	\$16.48/uos	3000
NO. Inc. Chore	232 North Elm Street	Waterbury	CT	06702	Chore Program	In Home Serv.	III-B	\$28,922	\$16.48/uos	1754
NO Inc. Money Management	232 North Elm Street	Waterbury	CT	06702	Money Management	In Home Services	III-B	\$5,000	Grant Based	
NO. Inc. Emergency Fuel	232 North Elm Street	Waterbury	CT	06702	Energy Assistance	In Home Services	III-B	\$12,000	Grant Based	

<b>CACD Fuel</b>	66 North Street	Danbury	CT	06810	Energy Assistance	In Home Serv.	III-B	\$12,000	Grant Based	
<b>Torrington Chore</b>	88 Albert Street	Torrington	CT	06790	Chore Program	Senior Center	III-B	\$33,104	\$16.48/uos	2008
<b>New Milford Chore</b>	40 Main Street	New Milford	CT	06776	Chore Program	In Home Serv.	III-B	\$11,997	\$16.48/uos	728
<b>Independence Northwest</b>	1183 New Haven Road #4	Naugatuck	CT	06770	Outreach	Outreach	III-B	\$8,000	Grant Based	
<b>CT Legal Services</b>	85 Central Avenue	Waterbury	CT	06722	Legal Assistance	Legal	III-B	\$40,000	Grant Based	
<b>Renewal House</b>	18 Aaron Samuels Blvd	Danbury	CT	06810	Transition Housing	Behavioral Health	III-B	\$5,000	\$25/uos	200
<b>Naugatuck Senior Ctr. Transp.</b>	229 Church Street	Naugatuck	CT	06770	Transportation	Transportation	III-B	\$8,700	\$5.00/uos	1740
<b>NO Inc., Transportation</b>	232 North Elm Street	Waterbury	CT	06702	Transportation	Transportation	III-B	\$5,000	\$2.00/uos	2500
<b>NW CT Rural Transit</b>	957 East Main Street	Torrington	CT	06790	Transportation	Transportation	III-B	\$23,997	\$2.90/uos	8274
<b>NW CT Rural Transit - GEER</b>	99 South Canaan Road	Canaan	CT	06018	Transportation	Transportation	III-B	\$6,930	\$2.31/uos	3000
<b>Wheels of Great New Milford</b>	40 Main Street	New Milford	CT	06776	Transportation	Transportation	III-B	\$8,100	Grant Based	
<b>Torrington Transportation</b>	88 East Albert Street	Torrington	CT	06790	Transportation	Transportation	III-B	\$32,000	\$8.00/uos	4000
<b>Beacon Falls Mini Bus</b>	10 Maple Avenue	Beacon Falls	CT	06403	Transportation	Transportation	III-B	\$5,300	\$4.75/uos	1115
<b>Waterbury YMCA</b>	136 West Main Street	Waterbury	CT	06702	Evidence Based - Senior Exercise	Health/Mental Health	III-D	\$5,000	\$6.50/uos	769
<b>Naugatuck YMCA - Senior Exercise</b>	284 Church Street	Naugatuck	CT	06770	Evidence Based - Senior Exercise	Health/Mental Health	III-D	\$29,000	\$6.50/uos	4461

\* Title III-B, III-D and GRG have a grant period of 10/1/2019 - 9/30/2020  
 \* ALZ grants have a grant period of 7/1/2019 - 6/30/2020

# DID YOU KNOW?

## MEDICARE PREVENTATIVE SERVICES: Questions to Ask About Medicare Preventative Services.



The best way to stay healthy is to live a healthy lifestyle. You can be healthier and prevent disease by exercising, eating well, keeping a healthy weight, and not smoking. Medicare can help. Medicare pays for many preventive services to keep you healthy. Preventive services can find health problems early, when treatment works best, and can keep you from getting certain diseases. Preventive services include exams, shots, lab tests, and screenings. They also include counseling and education to help you take care of your own health.

### Medicare Covers these Preventive Services

- |   |  |
|---|--|
| • Abdominal aortic aneurysm screening         | • HIV screening                          |
| • Alcohol misuse screening and counseling     | • Lung cancer screening                  |
| • Bone mass measurement                       | • Mammogram (screening)                  |
| • Cardiovascular disease                      | • Medical nutrition therapy services     |
| • Cardiovascular screening                    | • Medicare Diabetes Prevention Program   |
| • Colorectal cancer screening                 | • Obesity screening and counseling       |
| • Depression screening                        | • Pap test and pelvic exam               |
| • Diabetes screening                          | • Pneumococcal shots                     |
| • Diabetes self-management training           | • Prostate cancer screening              |
| • Flu shot                                    | • STIs screening & counseling            |
| • Glaucoma test                               | • Smoking and tobacco use cessation      |
| • Hepatitis B shot                            | • “Welcome to Medicare” preventive visit |
| • Hepatitis B Virus (HBV) infection screening | • Yearly “Wellness” visit                |
| • Hepatitis C screening                       |  |

**Before you leave your doctor’s office, make sure to ask these questions.**

#### *About the test*

1. Do I need the test?
2. What’s the test for?
3. How is the test done?
4. What are the benefits and risk of having the test?
5. What do I need to do to prepare for the test?

#### *About the test results*

6. When will I get the results?
7. What will they tell me?
8. What the next step after the test?
9. How often do I need the test?
10. Do I need to get a referral?
11. Do I need to make an appointment?

#### *Costs for the test*

12. Will Medicare/my other insurance pay for/cover the test?
13. How much will I have to pay?

**IN DEPTH:** In each issue we will be covering more in depth one of the preventive services above. In this issue we will cover *Abdominal Aortic Aneurysm Screenings*.

### Abdominal Aortic Aneurysm Screenings

Medicare Part B (Medical Insurance) covers an abdominal aortic screening ultrasound **once** if you’re at risk. You’re considered at risk if you have a family history of abdominal aortic aneurysms, or you’re a man age 65 -75 and have smoked at least 100 cigarettes in your lifetime.

**Your costs in Original Medicare:** You pay nothing for this test *if the doctor or other qualified health care provider accepts assignment.*

**Things to Know:** You must get a referral from your doctor or other qualified health care practitioner.

**Related resources:** National Institutes of Health MedlinePlus information on abdominal aortic aneurysms.

*Submitted by:* Kiara Carchi, WCAAA Staff

*Sources:* Medicare.gov | <https://www.medicare.gov/coverage/preventive-screening-services>



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*The caring licensed social workers who answer the Caregiver support line can:*

- Provide you with information about assistance available from VA.
- Help you access services.
- Connect you with the Caregiver Support Coordinator at a VA Medical Center near you.
- Just listen, if that's what you need right now.

The Caregiver Support Program offers training, educational resources, and multiple tools to help you succeed. Eligible Veterans of all eras may benefit from services, under the Program of General Caregiver Support Services. Please visit [www.caregiver.va.gov](http://www.caregiver.va.gov) or call 1-855-260-3274 to learn more about the support and assistance available for you.

*Some of the Programs available are:*

**Care for Caregivers**

Caregiver Support Line | Peer Support Mentoring  
Building Better Caregivers | Caring for Post-9/11 Veterans & More

**VA In-Home & Support Services:** Adult Day Health Care Centers | Home-Based Primary Care | Skilled Home Care | Homemaker & Home Health Aides & More

**Tips by Diagnosis:** Alzheimer's Disease | Posttraumatic Stress Disorder (PTSD) | Traumatic Brain Injury (TBI) | Parkinson's Disease & More.

**Connect with Others:** Peer Support Mentoring | Caregiver Support Coordinator | Caregiver Support Line Monthly Calls  
Caregiver Stories & More

**Tips & Tools:** Managing Medicines | Talking with Providers | Caring for Oneself | Plan Ahead for Disasters, etc.

**Publications & Resources:** Seriously Injured Post-9/11 Veterans | Understanding Diagnoses | Managing Demands, Stress & Emotions | Maintaining Relationships & More

**VA Location: 555 Willard Ave. | Bldg. 2C, First floor, Conf. Rm. | Newington, CT 06111 | Call: 860-667-6800**



**TRICARE OPEN  
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SOON.**

TRICARE Open Season ends on Dec. 9. It is the time to think through whether you or your family members want to make changes to your current health, dental, and vision plan coverage. Two open seasons run at the same time this fall: TRICARE Open Season and Federal Benefits Open Season. Both open seasons begin on Nov. 11 and end on Dec. 9.

Enrollment choices made during this period will take effect on Jan. 1, 2020. During this time frame you can review your TRICARE health plan costs and/or compare TRICARE Plan costs. You can choose from TRICARE Prime (including the US Family Health Plan) or TRICARE Select for 2020 coverage.

Remember that your health care costs depend on your health plan and who you are.

**For more information visit:** <https://tricare.mil/>

## Holiday Closings

The Western CT Area Agency on Aging will be closed on the following days:

- December 25th, 2019, in observation of Christmas
- January 1st, 2020, in observation of New Year's Day
- January 20th, 2020, in observation of Martin Luther King's Birthday.

## Woodbury Senior Community

On Thursday December 12 at 12pm, the Nonnewaug High School Culinary Arts will be presenting a *Region 14 Farm to Table Holiday Meal 2019*. RSVP is required and can be done so by calling the Woodbury Senior Center at: 203-263-2828. Contact the center to receive Transportation, menu and space limit information.

## Naugatuck Senior Community

Christmas Party Dinner and Social Event to be held at the Naugatuck Senior Center on Thursday December 5th, 2019, starting at 10:30am. Please contact the Naugatuck Sr. Ctr., for details and information regarding fees and registrations. Phone number: 203-720-7069

## Danbury Senior Community

Save the date for the Elmwood Hall-Danbury Senior Center's Holiday Party on December 12th from 12pm to 3:00pm. Sign up is required and Seating is limited. Call the Senior Center for details: (203) 797-4686

## Medicare Advantage Open Enrollment Starts Jan. 1st - March 31st, 2019

During the Medicare Advantage Open Enrollment Period (MA OEP) you generally have a one-time opportunity to do any of the following.

- Change from one Medicare Advantage plan to a different Medicare Advantage plan
  - Drop your Medicare Advantage plan and return to Original Medicare, Part A and Part B
- Changes will become effective the first day of the following month. **NOTE:** Individuals on Original Medicare cannot use the MA OEP to switch to a Medicare Advantage plan or switch to another Part D plan. Contact our CHOICES department at 203-757-5449 if you want to learn more or wish to receive assistance.



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- Ability to work with a small group of people and build rapport with them
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- Good communication and listening skills
- Ability to be non-judgmental and respect different opinions

### Leader Requirements:

- Four full days of a Live Well Diabetes Leader Training
- Co-facilitate a Live Well Diabetes Workshop within 6 months of the training

### **FREE LIVE WELL DIABETES LEADER TRAINING**

March 23, 25, 30 and April 1, 2020  
8:30 am to 4:00 pm

Western CT Area Agency on Aging, 84 Progress Lane, Waterbury  
To register, contact Debby Horowitz, Live Well Regional Coordinator  
[dhorowitz@wcaaa.org](mailto:dhorowitz@wcaaa.org) or call 203-757-5449 x 125, or sign up at  
[ctthealthyliving.org](http://ctthealthyliving.org)



## Medicare Open Enrollment Ends December 7th, 2019.

Medicare open enrollment – also known as the annual election period or annual coordinated election period is soon ending. The last day to re-evaluate your coverage is December 7, 2019. During Medicare open enrollment, a beneficiary can:

- Switch Medicare Advantage plans, back to Original Medicare or vice versa,
- Switch from one Part D plan to another, or
- Drop Medicare Part D coverage entirely.

If you are interested in having one of our CHOICES counselors go over your coverage options for 2020, please call us, before Dec. 7, 2019 at 203-757-5449.



**The WCAAA family  
would like to wish  
you all a happy and  
safe Holiday Season!**

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