

APRIL - MAY 2020

COVID 19
CORONAVIRUS
DISEASE

STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

Avoid close contact with people who are sick.



Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



Avoid touching your eyes, nose, and mouth.



Clean and disinfect frequently touched objects and surfaces.



Stay home when you are sick, except to get medical care.



Wash your hands often with soap and water for at least 20 seconds.



For more information: www.cdc.gov/COVID19



Saginaw County



HEALTH DEPARTMENT

INSIDE THIS ISSUE:

What you need to know about the Coronavirus Pg. 3

LiveWell: Grant from CT Community Foundation Pg. 3

2020 Census News Pg. 5

Benefits Check Up Pg. 6

Dear Marci: How does retiree insurance work with Medicare? Pg. 6

Common Cancer Myths & Misconceptions Pg. 7

Medicare Preventative Services: Bone Mass Measurement Pg. 8

Assistive Technology Ctr. Pg. 8

DNA Genetic Testing & Cancer Screening Medicare Fraud. Pg. 9

Support for VA Members and Caregivers Pg. 9

Coming Up 10

Holiday Closings

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

- April 10th, 2020:

In observation of Good Friday

- May 25th, 2020:

In observation of Memorial Day.

Editor: Kiara Carchi - WCAAA Staff



A Hearing Health USA Company
www.hearinghealthusa.com

- Free Hearing Screenings • Free Demonstrations
- Free Clean & Checks • Latest Hearing Technology
- Tinnitus Relief • 0% Financing Available

678 Chase Parkway • Waterbury, CT 06708

203-518-8313



Need a Medicare Health or RX Plan? Call the BOWEN AGENCY

Let us help you choose a plan that's right for you!

26 Center Street
Winsted, CT 06098
Ph. 860-379-2885

257 Main Street, Ste 4
Torrington, CT 06790
Ph. 860-618-5544



MICHAEL BRODERICK III ATTORNEY AT LAW

- Wills, Trusts, Probate
- Elder Law, T19, Medicaid
- Real Estate Closings, Refinances,

BRODERICK LAW FIRM, LLC
750 STRAITS TURNPIKE, SUITE 2A | PO BOX 375 | MIDDLEBURY, CT 06762
203-758-1372

SUPPORT THE **ADVERTISERS**
THAT SUPPORT OUR COMMUNITY

PROTECTING SENIORS NATIONWIDE MEDICAL ALERT SYSTEM



\$29.95/MO
BILLED QUARTERLY



CALL NOW! 1.877.801.5055
WWW.24-7MED.COM

HELP PROTECT YOUR FAMILY & HOME CALL NOW! 1-888-862-6429



HOME SECURITY TEAM

LET US PLACE
YOUR AD HERE.

This Space
is Available



Coronavirus disease 2019 (COVID-19) and you

What is coronavirus disease 2019?

Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a novel coronavirus that was first identified during an investigation into an outbreak in Wuhan, China.

Can I get COVID-19?

Yes. COVID-19 is spreading from person to person in parts of the world. Risk of infection from the virus that causes COVID-19 is higher for people who are close contacts of someone known to have COVID-19, for example healthcare workers, or household members. Other people at higher risk for infection are those who live in or have recently been in an area with ongoing spread of COVID-19.

Learn more about places with ongoing spread at <https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html#geographic>.

The current list of global locations with cases of COVID-19 is available on CDC's web page at <https://www.cdc.gov/coronavirus/2019-ncov/locations-confirmed-cases.html>.

How does COVID-19 spread?

The virus that causes COVID-19 probably emerged from an animal source, but is now spreading from person to person. The virus is thought to spread mainly between people who are in close contact with one another (within about 6 feet) through respiratory droplets produced when an infected person coughs or sneezes. It also may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads. Learn what is known about the spread of newly emerged coronaviruses at <https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html>.

What are the symptoms of COVID-19?

Patients with COVID-19 have had mild to severe respiratory illness with symptoms of:

- fever
- cough
- shortness of breath



03/11/2020 14:30:56/3208

For more information: www.cdc.gov/COVID19

COVID-19
CORONAVIRUS DISEASE

CORONAVIRUS DISEASE 2019 (COVID-19)

You can help prevent the spread of respiratory illnesses with these actions:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose & mouth.
- Wash hands often with soap & water for at least 20 seconds.

For more information on the COVID-19 visit: <https://www.cdc.gov/coronavirus/2019-ncov/about/index.html>

www.cdc.gov/COVID19

What are severe complications from this virus?

Some patients have pneumonia in both lungs, multi-organ failure and in some cases death.

People can help protect themselves from respiratory illness with everyday preventive actions.

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.

If you are sick, to keep from spreading respiratory illness to others, you should

- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.

What should I do if I recently traveled from an area with ongoing spread of COVID-19?

If you have traveled from an affected area, there may be restrictions on your movements for up to 2 weeks. If you develop symptoms during that period (fever, cough, trouble breathing), seek medical advice. Call the office of your health care provider before you go, and tell them about your travel and your symptoms. They will give you instructions on how to get care without exposing other people to your illness. While sick, avoid contact with people, don't go out and delay any travel to reduce the possibility of spreading illness to others.

Is there a vaccine?

There is currently no vaccine to protect against COVID-19. The best way to prevent infection is to take everyday preventive actions, like avoiding close contact with people who are sick and washing your hands often.

Is there a treatment?

There is no specific antiviral treatment for COVID-19. People with COVID-19 can seek medical care to help relieve symptoms.



WCAAA RECEIVES GRANT FROM CT COMMUNITY FOUNDATION

The WCAAA., is happy to announce that that we received a grant of \$29,000 from the Connecticut Comm. Foundation to continue Expanding Evidence-Based Health Programs in Wtby for a third year. We will continue offering more Live Well with Diabetes workshops in Wtby and recruit new program leaders and partners. We collaborate with the Greater Waterbury Health Partnership, faith communities, hospitals and clinics, housing sites, Community Ctrs., the State Department of Public Health and the State Unit on Aging. Among other things, the grant includes host site stipends, volunteer leader stipends and gift cards for participants who attend at least four of the six weeks of a diabetes workshop. We are very grateful to the Foundation for their continued support!

In 2019, we had 16 diabetes workshops in Waterbury, with 167 participants and 141 completers. Three of those workshops were taught in Spanish. Our completion rate is 84%, well above the national average of 72%. In addition, our dedicated Live Well leaders facilitated another 16 workshops in other parts of our region, including Live Well with Chronic Pain and Live Well with Chronic Disease. In total, we had 32 workshops with 330 participants and 268 completers, a completion rate of 81%. We hope to continue with that positive trend throughout 2020!

If you are interested in getting trained as a leader, would like to be a host site or want to participate in one of our upcoming workshops, contact Debby Horowitz, at dhoro-witz@wcaaa.org or 203-757-5449 x 125, or visit www.wcaaa.org.

Article by: Debby Horowitz - WCAAA Staff

DON'T SHOP. AD PAW PT.



WE'RE HIRING AD SALES EXECUTIVES



- Full Time Position with Benefits
- Sales Experience Preferred
- Paid Training
- Overnight Travel Required
- Expense Reimbursement

CONTACT US AT

careers@4LPi.com • www.4LPi.com/careers

➤ Reach the Senior Market
ADVERTISE HERE

CONTACT

James Kurmaskie to place an ad today!

jkurmaskie@lpiseniors.com

or (800) 477-4574 x6425

UPGRADE TO A

VIBRANT
Contact us for details *ad*

800-477-4574

Thrive
Locally



Our Family taking care of yours,
Changing the standards of home care.

No Minimum Hours

NCE HOMECARE is known for its compassionate, knowledgeable, professional and well-trained homemakers, companions & PCAs and offers hourly and live-in options to fit your short term or long term needs.

Call for a free consultation 203.945.1200 • www.ncehomecare.com



Bonded & Insured • Registered by the State of Connecticut • Registration# 0001318



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.4lp.com

Western CT Area Agency on Aging 06-5310

2020 CENSUS

If you are computer savvy you may find all the information you need about the 2020 Census at <https://www.2020census.gov/> and if you're not, then here are a few things you might want to know. The census is so important that **your response is required by law** and your answers are kept confidential.

2020 CENSUS MAILINGS		If you haven't responded yet...		OTHER IMPORTANT DATES	
On or between	You will receive				
March 12-March 20	An invitation to respond online to the 2020 Census. (Some households will also receive paper questionnaires).	March 26 - April 3rd.	A reminder postcard	Mid-March 2020	Public can begin responding online at: www.2020census.gov
March 16-March 24	A reminder letter	April 8-16	A reminder letter & paper questionnaire.	April 1st.	Census Day
		April 20-27	A final reminder postcard before they follow up in person.	Mid-May 2020 - July 2020	Census takers go door to door
				Dec. 31 2020	Tabulate Data Release Census Results.

There are four ways to respond to the census in 2020

ONLINE | PHONE | PAPER | PERSONAL VISIT BY CENSUS EMPLOYEE

Questions you may be asked: Name, age, date of birth, race and origin, Hispanic origin, relationship, gender, tenure, and operational questions.

CENSUS WILL NEVER ASK & you should never provide

- ◆ Your full social security number.
- ◆ Money or donations.
- ◆ Anything on behalf of a political party.
- ◆ Your full bank or credit card account numbers.



The Census computers and employees are set up and required to keep your information safe and confidential; however, they cannot control the safety of a public or personal device used to respond such as a computer, server, or phone service. **That is your responsibility.**

If you do not respond a Census Bureau Interviewer will be sent to your home to collect your answers.

How Can You Verify That Someone Is a Census Worker? Census takers will visit homes in April to conduct quality check interviews, and then in mid-May to help collect responses.

If someone visits your home to collect information for the 2020 Census, **check to make sure that they have a valid ID badge, with their photograph, a U.S. Department of Commerce watermark, and an expiration date.** Census workers may also carry Census Bureau bags and other equipment with the Census Bureau logo. If you still have questions about their identity, you can contact the **NY Regional Census Center at 1-212-882-7100** to speak with a Census Bureau representative.

If you want to report suspected Census Fraud...

...you may visit <https://2020census.gov/en/avoiding-fraud.html> or call 1-800-923-8282. (There have been reports a mailing titled "2020 CONGRESSIONAL DIS-TRICT CENSUS" was sent out by the Republican National Committee which is not to be confused with the 2020 Census.) Be certain responses are going to the correct and intended source.



Submitted by: Karen Tulipani—WCAA staff:

Sources: CARSCH Presentation and the 2020 Census website



SPRING IS COMING – Time for a Benefit Check Up:

The daylight is lasting longer, the outdoor temperature is rising and before we know it, snow drops and daffodils will be in bloom. Spring is coming and with it a time for Spring Cleaning. A time to open the windows to let the fresh air into your home after a cold and dark winter. Many people take this time to conduct “Spring Cleaning” activities such as washing carpets, blankets, windows, airing out mattresses and pillows and removing excess clutter.

Spring is also a good time to take a fresh look at your healthcare needs and determine if you are eligible for any benefits programs here in Connecticut which could help you save money.



At WCAAA, CHOICES Counselors can help you determine whether you are eligible for Medicare Assistance, Medicaid (Title 19), free preventive services provided by Medicare, and Food and Nutrition (SNAP) programs, the Respite program for Alzheimer/dementia caregivers and refer you to other health and non-health-related programs managed by WCAAA.

Another important resource of available benefit programs is through the National Council on Aging (NCOA) which has identified over 2,500 federal, state and private benefit programs available nationwide including here in Connecticut that could save you money. These programs include: *Medications, Health Care, Income Assistance, Food and Nutrition, Housing, and Veterans just to name a few.*

NCOA Benefit Program is a free online, confidential, secure information service.

To learn more about the NCOA Benefit Program go online to: Benefitscheckup.org enter your zip code and complete the simple questionnaire to get started.

To contact a CHOICES Counselor at WCAAA or learn more about the many services provided by the agency, call 1-203-757-5449 or 1-800-994-9422

Submitted by: Amanda Halle

Resources: National Council on Aging/Benefitscheckup.org.



I will turn 65 and become eligible for Medicare soon. I have insurance coverage through a company that I retired from several years ago. Do I need to take Medicare? If I do, how will it work with my retiree coverage?

-Tito (Santa Fe, NM)

Dear Tito,

Retiree insurance is a form of health coverage an employer may provide to former employees. Retiree insurance is almost always secondary to Medicare, meaning it pays after Medicare and may provide coverage for Medicare cost-sharing, like deductibles, copayments, and coinsurance. Because retiree insurance is secondary, you should enroll in Medicare to be fully covered. If you do not enroll in Medicare, you will likely be without primary coverage, and will face a late enrollment penalty and gaps in coverage if you try to enroll at a later date.

You may be able to keep your retiree insurance as primary after you become Medicare-eligible if you have End-Stage Renal Disease (ESRD) or Federal Employee Health Benefits (FEHB).

Deciding whether to keep retiree coverage after you enroll in Medicare is a personal one that depends on your costs and anticipated health care needs. Retiree coverage premiums can be costly, but it may be worthwhile to keep your plan if you anticipate high Medicare costs. Retiree coverage may also pay for care or other items and services that Medicare does not cover, such as vision care, dental care, and/or off-formulary or over-the-counter prescription drugs. If the plan offers prescription drug coverage that you like, find out if the coverage is creditable and if you can delay Medicare Part D enrollment without penalty.

For more information on the services covered by your retiree insurance plan, contact your benefits administrator or you employer's human resources department.

Retiree insurance may coordinate with Medicare differently depending on the type of plan you have.



DEAR MARCI continue...

Below are a few common types of plans and how you might expect them to work with Medicare. Be sure to speak to your employer's HR department for more info..

★ Fee-for-service (FFS) plans pay for care from any doctor or hospital. FFS plans cover Medicare cost-sharing & generally act like a Suppl. insurance policy.

★ Managed care (HMO or PPO) plans require that you see in-network providers & facilities. Your costs are typically lowest when seeing providers who take both Medicare & your retiree insurance. When seeing Medicare providers who do not take your retiree insurance, you'll pay regular Medicare cost sharing amounts, & your retiree insurance may not pay at all.

★ Employer-sponsored Medicare Advantage Plans offer Medicare-eligible individuals both Medicare & retiree health benefits. Some employers require that you join a Medicare Adv. Plan to continue getting retiree health benefits after becoming Medicare-eligible. You can always choose not to take your employer's coverage & sign up for Original Medicare or a different Medicare Adv. Plan, but keep in mind that you may not be able to get that retiree coverage back if you want it at a later date.

★ Employer-sponsored supplemental insurance offers secondary coverage for Medicare-eligible individuals. These plans often function similarly to Medigaps, meaning that they pay all or part of certain remaining costs after Original Medicare pays first. Remember: You can always choose not to take your employer's coverage and sign up for a Medicare Advantage Plan or a different Medigap, but you may not be able to get that retiree coverage back if you want it at a later date.

-Marci

Dear Marci is a biweekly e-newsletter designed to keep you—people with Medicare, social workers, health care providers and other professionals—in the loop about health care benefits, rights and options for older Americans and people with disabilities. "This information is republished with the permission from the Medicare Rights Center. For more info visit source www.medicarerights.org." On the internet: The URL is www.medicareinteractive.org.

COMMON CANCER MYTHS & MISCONCEPTIONS:

Certain popular ideas about how cancer starts & spreads—though scientifically wrong—can seem to make sense, especially when those ideas are rooted in old theories. But wrong ideas about cancer can lead to needless worry & even hinder good prevention & treatment decisions. Below you'll find the latest science-based information about some common cancer myths & misconceptions.



Is cancer a death sentence? In the U.S. the chance of dying from cancer has been dropping since the 1990s. Five-year survival rates for some cancers, such as breast, prostate, and thyroid cancers, now are 90 % or better. The 5-year survival rate for all cancers combined is currently about 67 %

Will eating sugar make my cancer worse? No. Although research has shown that cancer cells consume more sugar (glucose) than normal cells, no studies have shown that eating sugar will make your cancer worse or that, if you stop eating sugar, your cancer will shrink or disappear. However, a high-sugar diet may contribute to excess weight gain, & obesity is associated with an increased risk of developing several types of cancer.

Do artificial sweeteners cause cancer? No. Researchers have conducted studies on the safety of the artificial sweeteners (sugar substitutes) and found no evidence that they cause cancer in humans.

Do cell phones cause cancer? No, not according to studies completed so far. Cancer is caused by genetic mutations, and cell phones emit a type of low-frequency energy that does not damage genes.

Do power lines cause cancer? No. Power lines emit both electric and magnetic energy. The electric energy emitted by power lines is easily shielded or weakened by walls & other objects. The magnetic energy emitted by power lines is a low-frequency form of radiation that does not damage genes.

Are there herbal products that can cure cancer? No. Although some studies suggest that alternative or complementary therapies, including some herbs, may help patients cope with the side effects of cancer treatment, no herbal products have been shown to be effective for treating cancer.

If someone in my family has cancer, am I likely to get cancer, too?

Not necessarily. Cancer is caused by harmful changes (mutations) in genes. Only about 5-10 % of cancers are caused by harmful mutations that are inherited from a person's parents.

DID YOU KNOW?

The remaining 90 - 95 % of cancers are caused by mutations that happen during a person's lifetime as a natural result of aging & exposure to environmental factors, such as tobacco smoke & radiation.

If no one in my family has had cancer, does that mean I'm risk-free? No. Based on the most recent data, about 38 % of men & women will be diagnosed with cancer at some point during their lives. Most cancers are caused by genetic changes that occur throughout a person's lifetime as a natural result of aging & exposure to environmental factors. Other factors, such as what kind of food you eat, how much you eat, and whether you exercise, may also influence your risk of developing cancer.

Do antiperspirants or deodorants cause breast cancer? No. Studies so far have found no evidence linking the chemicals typically found in antiperspirants and deodorants with changes in breast tissue.

Does hair dye use increase the risk of cancer? There is no convincing scientific evidence that personal hair dye use increases the risk of cancer. Some studies suggest, however, that hairdressers and barbers who are regularly exposed to large quantities of hair dye and other chemical products may have an increased risk of bladder cancer.

Submitted by: Deb Kaszas-WCAAA Staff

Sources: National Institutes of Health, National Cancer Institute (cancer.gov) - December, 2019

MEDICARE PREVENTATIVE SERVICES: Bone Mass Measurement

In each issue we will be covering more in depth one of the preventive services covered by Medicare. Our previous issue covered *Alcohol Misuse Screening and Counseling*. In this issue we will cover **Bone Mass Measurement**.

BONE MASS MEASUREMENT: Medicare covers bone mass measurements to see if you're at risk for broken bones due to osteoporosis. Osteoporosis is a disease in which your bones become weak and brittle. In general, the lower your bone density, the higher your risk for a fracture. Bone mass measurement results will help you and your doctor choose the best way to keep your bones strong. **What it is?** This test helps to see if you're at risk for broken bones. **Who's covered?** Bone mass measurements are covered for certain people with Medicare whose doctors say they're at risk for osteoporosis, and who have one of these medical conditions:

- ◆ A woman whose doctor says she's estrogen-deficient & at risk for osteoporosis, based on her medical hx. & other findings
- ◆ A person with vertebral abnormalities as demonstrated by an X-ray

- ◆ A person getting (or expecting to get) steroid treatments.
- ◆ A person with hyperparathyroidism
- ◆ A person taking an osteoporosis drug

How often is it covered? Once every 24 months (more often if medically necessary).

Your costs if you have Original Medicare: You pay nothing for this test if the doctor accepts assignment. Your health care provider may recommend you get services more often than Medicare covers. Or, they may recommend services that Medicare doesn't cover. If this happens, you may have to pay some or all of the costs. Ask questions so you understand why your doctor is recommending certain services & whether Medicare will pay for them.

Related resources: NIH Osteoporosis and Related Bone Diseases National Resource Center | National Osteoporosis Foundation | Medicare & You: women's health (video) <https://www.youtube.com/watch?v=bf4DxTldgS8&feature=youtu.be>

Submitted by: Kiara Carchi, WCAAA Staff

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



ASSISTIVE TECHNOLOGY CENTER: Did you know many of our cell phones today offer free applications? There are many applications available from reminding you to take your medication to speech assistance apps to help you communicate with someone who is unable to verbalize. Have you ever been to a restaurant and you can't read the menu because the print is too small or the restaurant is dark? They even have an app for that and it's free!

There are approximately more than 3 million US cases of Alzheimer's each year. For instance; the COOKSTOP, a Stovetop Fire Prevention device, shuts your electric stove off if it was left unattended. When it detected no movement it starts a countdown period, if someone comes back into the kitchen within the countdown period your stove will silently reset and cooking will continue. How's that for peace of mind? There are many fun and innovative AT devices available today. Be on the look out and have a Happy AT awareness day. To get more info, contact Carol Damelio at 203-757-5449 ext.118 on M., W., F., between 8am - 4pm to make an appt. For presentations email her at: cdamelio@wcaaa.org. WCAAA | 84 Progress Lane, Wtby, CT | 203-757-5449 X 118



DNA GENETIC TESTING & CANCER SCREENING MEDICARE FRAUD!

DNA genetic testing and cancer screening frauds are the most rapidly growing scams draining Medicare of **BILLIONS** of dollars. When Medicare is billed for a test or screening that is not medically necessary or ordered by a Doctor who is not treating you, in most cases a fraud has occurred. Don't be fooled by inducements claiming a cheek swab DNA test is "free." Never, ever give out Medicare information to people unknown to you or without the direct approval of your own Doctor. Just this one fraud alone can drain Medicare of almost \$10,000 per incident, separate from the selling and reselling of Medicare numbers to criminals, who in turn sell them to more fraudsters. Fortunately, with Social Security numbers no longer allowed on Medicare cards, by calling Senior Medicare Patrol (SMP) at 1-800-994-9422 our Counselors can easily request a newly generated Medicare number to ensure that you, and in turn Medicare, will no longer be a victim.

Submitted by: Audrey Cole, 28 February 2020

Sources: <https://oig.hhs.gov/fraud/consumer-alerts/alerts/geneticscam.asp>



SERVING THOSE WHO SERVED

SUPPORT FOR CAREGIVERS: There are different support groups available offering helpful resources; for both: Veterans and their caregivers; such as:

VA Caregiver Support Program offers training, educational resources, & multiple tools to help you succeed. Eligible Veterans of all eras may benefit from services, under the Program of General Caregiver Support Services. *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. Location: 555 Willard Ave. | Building 2C, 1st fl, Conf. Room | Newington CT | 860-667-6800

VA Crisis Line 24/7/365: This line connects service members & Veterans in crisis, as well as their family members & friends, with qualified, caring VA responders through a confidential toll-free hotline, online chat, or text-messaging service. | Dial 1-800-273-8255 & Press 1 to talk to someone. | Send a text message to 838255 to connect with a VA responder.

NAMI: Family Support Group is a peer-led support group for any adult with a loved one who has experienced symptoms of a mental health condition | 1655 Main St, Newington, CT 06111 | Meets on the 2nd Monday of the month | 7- 8:30Pm | Contact: 860-667-3413

Family Caregiver Support Group: Caregivers of OEF/OIF Returning Veterans. Take advantage of the benefits VA offers to Post 9/11 Veterans through the Transition & Care Mgmt. (formerly OEF/OIF/OND) Program. This program offers transitional assist., case mgmt. & outreach services to all Veterans who have served after 09/11/01 in their transition to civilian life. To learn more of this program, contact the Caregiver Support Line: 855-260-3274.

* Call the Caregiver Support Line at 1-855-260-3274 * VA Crisis Line 24/7/365 days a year: 1800-273-8255 or TEXT at: 838255



VOLUNTEERS NEEDED

As a Volunteer for CHOICES or Senior Medicare Patrol, you will...

- *Help beneficiaries understand & navigate Medicare benefits
- *Help your fellow seniors prevent, detect & report healthcare fraud and scams
- *"Give back" to community
- *Develop a new skill
- *Meet and interact with people

Perks:

- *Understand Medicare basics
- *Flexible hours
- *New applications of past professional experience
- *Training provided (must pass background check)



If you are interested in volunteering or getting information, contact the WCAAA at (203) 757-5449



CHOICES: This project was supported, in part by grant number 90SAP0056, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C.

20201. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration for Community Living policy.

SMP: This project was supported, in part by grant number 90MPPG0044, from the U.S. Administration for Community Living, Department of Health and Human Services and is administered by CT Dept. of Aging & Disability Services.





LEADER CROSS-TRAINING: Live Well with Chronic Pain

"It's Your Life...Live it Well"



The Western Connecticut Area Agency on Aging is hosting a **Live Well with Chronic Pain Self-Management Program Leader Training**. Live Well with Chronic Pain is similar to the Live Well with Chronic Disease Self-Management Program but is geared specifically to people with chronic pain.

Training Dates: Monday & Wednesday, April 27 & 29, 2020
Time: 8:30am to 4:30 pm (Please bring your own snacks and lunch)
Location: WCAAA, 84 Progress Lane, Waterbury CT 06705
NOTE: This Chronic Pain cross-training is free and open ONLY to those already trained in the SMRC Chronic Disease Self-Management program AND to those who are **active leaders** (those who have offered a Live Well Workshop or attended Live Well CDSMP Leader Training in the last 12 months).





A Self-Management Resource Center (SMRC) Program developed by Dr. Kate Lorig, Virginia González and Diana Laurent

To register, or for more information, contact: Debby Horowitz, Live Well Regional Coordinator at:
dhorowitz@wcaa.org | 203-757-5449 x 125
Sign up today – space is limited!
 For more info on Live Well, visit www.cthealthyliving.org

Holiday Closings

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

- April 10th, 2020, in observation of Good Friday
- May 25th, 2020 in observation of Memorial Day.



"It's Your Life...Live it Well"

Learn How to Self-Manage Your Chronic Pain

You will learn:

- Techniques to deal with frustration, fatigue, isolation, poor sleep.
- Light chair exercises to help with pain
- Ways to improve your nutrition
- Appropriate use of medications
- Other helpful information for managing your pain day to day

Join a **FREE** 6-week Live Well Chronic Pain Workshop!

LOCATION: Waterbury Senior Center
 1985 East Main St., Waterbury, CT
WHEN: Mondays, April 6 – May 11, 2020
TIME: 9:30–12:00 noon
 To register, call 203-574-6746

Free books for all participants! Attend at least 4 of the 6 weeks and you will be entered into a prize drawing!







Sponsored by the Western CT Area Agency on Aging, the CT State Unit on Aging & the CT Department of Public Health. Generous support is provided by the Connecticut Community Foundation and the American Savings Foundation

Take Control!

Feel Better!

Live!

Enjoy!



YOU ARE INVITED! On Tuesday, May 26th 10:30 AM, the Senior Medicare Patrol (SMP) visits the Prospect Senior Ctr., at 6 Center St., Prospect, CT 06712 - "My Mixed Grill" Food Truck

Medicare fraud costs taxpayers over \$60 billion each year. It can take many forms including, but not limited to, consumer scams, fraudulent billing and unscrupulous actions by insurance companies.

The mission of the Senior Medicare Patrol (SMP) is to empower and assist Medicare beneficiaries, their families and caregivers to prevent, detect, and report health care fraud, errors and abuse through outreach, counseling and education.

By providing general information on Medicare, SMP alerts beneficiaries to current scams and helps identify whether they have become a victim of a scam and will advocate on your behalf.

At the conclusion of the program, hand-outs will be distributed and door prizes awarded. The "My Mixed Grill" food truck will be stationed outside the Senior Center to provide program attendees with a tasty, reasonably priced lunch (at your own cost!) The "My Mixed Grill" menu features burgers, salads, sandwiches & daily specials.

If interested in attending this informative program, please sign up with the Prospect Senior Center (203-758-5300) as soon as possible as both the presenter and the food truck will need a final count prior to the event. *If you are a Medicare beneficiary, this is a program you'll want to attend!*

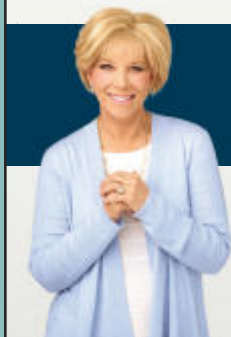
Submitted by: Lynn Chesinas -SMP Volunteer

This Space
is Available

Call today to connect with a SENIOR LIVING ADVISOR

INDEPENDENT LIVING • ASSISTED LIVING • MEMORY CARE

A Place for Mom has helped over a million families find **senior living solutions** that meet their **unique needs**.



There's no cost to you!
(888) 612-8951

We're paid by our partner communities

◀ **Joan Lunden**, journalist,
best-selling author, former
host of *Good Morning America*
and senior living advocate.



FREE!

Savings Include an American
Standard Right Height Toilet
FREE! (\$500 Value)



American Standard
Walk-In Tubs

WALK-IN BATHTUB SALE! SAVE \$1,500

- ✓ Backed by American Standard's 140 years of experience
- ✓ Ultra low entry for easy entering & exiting
- ✓ Patented Quick Drain® Technology
- ✓ Lifetime Warranty on the bath AND installation, INCLUDING labor backed by American Standard
- ✓ 44 Hydrotherapy jets for an invigorating massage

Limited Time Offer! Call Today!

844-889-2321

Or visit: www.walkintubinfo.com/safety



WE'RE HIRING AD SALES EXECUTIVES



- Full Time Position with Benefits
- Sales Experience Preferred
- Paid Training
- Overnight Travel Required
- Expense Reimbursement

CONTACT US AT

careers@4LPi.com • www.4LPi.com/careers

NEVER MISS A NEWSLETTER !

Sign up to have our newsletter emailed
to you at www.ourseniorcenter.com



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.4lp.com

Western CT Area Agency on Aging 06-5310

Western CT Area Agency on Aging

84 Progress Lane, 2nd Floor

Waterbury, CT 06705

Change Service Requested

NON-PROFIT ORG

U.S. POSTAGE

PAID

PERMIT NO. 55

WATERBURY CT

We are Grateful to Our Veterans!

WCAAA INSIDER

WCAAA Mission Statement

The mission of the Western Connecticut Area Agency on Aging, Inc., is to develop, manage and provide comprehensive services for seniors, caregivers and individuals with disabilities through person-centered planning in order to maintain their independence and quality of life.

DISCLAIMER:

The WCAAA reserves the right to reprint articles with permission and does not assume responsibility for validation of information. We do not endorse or favor any advertiser and reserve the right to deny space to any parties whose ad or information is in conflict with our philosophies. Readers should check with the Dept. of Consumer Protection concerning advertisers.

CONTACT:

For questions, comments or suggestions, feel free to call us at: 203-757-5449 or 1-800-994-9422.

You can also visit our website at:
www.wcaaa.org.

Items of interest, Medicare news, caregiver issues etc., are posted as updates.

NOTE:

Please notify Western Connecticut Area Agency on Aging (WCAAA) if you change your address or decide you don't wish to receive an issue of *WCAAA Insider*.

Thank you.

This project was supported by grant number 90SAP0056 from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration for Community Living policy.

