



AUGUST-SEPTEMBER 2020

WCAAA STAFF , LOCAL GROCERS, VOLUNTEERS AND COMMUNITY PARTNERS ROLL OUT “BAGS OF HOPE” GROCERY BAG PROGRAM AT SENIOR CENTERS AND SENIOR HOUSING COMMUNITIES IN WATERBURY, WATERTOWN, NAUGATUCK, TORRINGTON AND WINSTED THROUGH NEW FEDERAL CARES ACT RELIEF GRANT

WCAAA’s Bags of Hope Grocery Project Sustains Seniors During the Pandemic

"We're all in this together."

We've been hearing that for months, ever since the COVID-19 pandemic began. WCAAA staff, community partners and a dedicated group of volunteers took that message to heart, working together on a project to supply groceries to homebound and vulnerable seniors who were unable to shop for themselves. After weeks of diligent planning, we launched our Bags of Hope grocery project on May 18, collaborating with ShopRite of Waterbury and Bristol, Cherry Valley in Waterbury and Big Y in Torrington. With federal funding from the CARES Act and Families First Coronavirus Relief Act, WCAAA staff, Resident Services Coordinators and community volunteers banded together to deliver fresh, nutritious groceries at 19 senior housing sites in Waterbury, Watertown, Naugatuck, Torrington and Winsted. The residents' appreciative responses through calls, cards and comments have been overwhelming.

As WCAAA Executive Director Mike Hebert said "The quality of the grocery items, packaging and delivery services by grocery store staff and drivers has been outstanding throughout this project. Our Bags of Hope have been a tremendous relief to those seniors unable to shop or afford these items during this crisis. We are very proud of this partnership and the ability to utilize these federal CARES Act grant funds to assist during this unprecedented time to address the food insecurity in our region. As of end of July 2020 , we had already distributed more than 6,000 bags of groceries to nearly 1,000 seniors."



Office will be closed on September 7th 2020 in celebration of Labor Day!

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State of Connecticut Temporary Rental Housing Assistance Program (TRHAP)

The State of Connecticut with financial support from the Connecticut Housing Finance Authority has launched a rental assistance program for Connecticut residents impacted by COVID-19, administered through the Department of Housing:

- Potential applicants will be directed to a Centralized Call Center for Threshold Eligibility, after which a detailed application must be completed, including verification of documentation.
- Initial priority for assistance will be targeted at individuals and families who have been denied unemployment assistance from the Department of Labor.
- If you are unemployed/under-employed and have not yet filed for unemployment assistance, you should do so as soon as possible.
- Please make every attempt to remain in contact with your landlord, and to make rental payments.

Beginning 8 am on Wednesday, July 15, call the number below and speak to a Call Center Representative to determine if you qualify for TRHAP assistance. For additional information about the program, please visit <https://portal.ct.gov/doh>

1-860-785-3111

We would like to express our deep appreciation to our partners and many volunteers for Bags of Hope:

ShopRite of Waterbury and Bristol, Cherry Valley of Waterbury, Big Y of Torrington
Lauren Hassan, RDN and Jessica Dorner, MS RD, ShopRite Nutritionists

Naugatuck CERT Team

United Way of Naugatuck and Beacon Falls

Ion Bank

Watertown Housing Authority

Watertown Parks and Recreation Department

Naugatuck Housing Authority

YMCA of Torrington

Center Subaru

Ed Advance

Community volunteers, including Adam and Aaron Kaszas, Jay Klemundt, Fran Dambowsky, Toni Alt, Aiden Capozziello, Lynn and Dan Schiavone, Mark Raimo, Michael Simpson, Robert Desena, Joe Polletta, Lisa Carew, Phil Mahler, Cheryl D'agostino Kathy Kinane, Greg Brisco, Kris Kelley, Christine Warren, Cinde Soldan, Arthur Smith, Cheryl Daden, Jill and Mackenzie Mahoney, Marylou Cunningham, Pam Rotatori, Lisa and Katelyn Shappy, Ben and Emily Inzero, Aveye and Kellan Bassett, Ethan LaChance, David Amann, Jordan Kolpak and many others who pitched in.

A big thank you also goes out the Resident Service Coordinators for the housing sites: Janice Connor, Karen Tulipani, Rosalie Johnson, Marian Canfield, Debbie Casson, Rosemary Bonaguide, Deb Kaszas, Tomeca West, Irma Colon, Willy Quiles, Rosa Carlascio and Danielle Pavan.

Thank you, thank you, thank you! We couldn't have done it without you! Together we're getting through this.



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Western CT Area Agency on Aging 06-5310

Farmers' Market Schedule
***Subject to change**

Brass City Harvest is conducting the Farmers' Market on The Waterbury Green on Thursdays from 9:00 am to 1:00 pm. This farmers' market will run until Thursday, October 29th but may be subject to change due to Covid-19. *There will be no mobile farmers' markets this year due to Covid-19.* Farmers' markets will be held on-site at the Brass City Regional Food Hub as follows:

Tuesdays from 9 am to 1 pm
Fridays from 9 am to 1 pm
Saturdays from 9 am to 12 noon

and will conclude the end of October. Shoppers will be welcomed by staff at the *rear entrance* of the Brass City Regional Food Hub at 359 Mill Street. We ask patrons to observe our social distancing lines and to wear a mask.

If you are not feeling well, please do not come to either the Green or the Food Hub until you are feeling better.

Brass City Harvest will be working with the resident coordinators of Waterbury's senior apartment buildings to conduct a pre-order and delivery system. Delivery will be free of charge at these participating locations.

Finally, the Senior Nutrition and WIC Farmers' Market check books will be accepted by Brass City Harvest on the Waterbury Green, at the Waterbury Regional Food Hub, and for curbside pickup/senior delivery. Brass City Harvest also accepts SNAP.

NOTE: Even though Brass City Harvest sells baked goods, dairy, eggs, ice cream, etc., the Farmers' Market Nutrition Program checks only apply towards produce and honey for seniors and produce only for WIC. You are free to order anything else but those extra purchases must be paid with cash, credit/debit card, or SNAP.



Covid-19 TESTING SITES

Waterbury

DOCS Urgent Care - Walk-up

506 Frost Road

Waterbury, CT 06705

Days and Hours: M-F: 8am-8pm; Sat-Sun: 9am-1pm

Telephone: 203-437-8368/203-874-3682

All appointments must be scheduled on-line. To schedule an appointment, go to: <https://docsmedicalgroup.com/docsurgentcare/coronavirus-covid-19/>

Waterbury Hospital COVID-19 Testing Site - Drive Up

68 Robbins Street, Waterbury, CT 06708

Hours: M,W,F: 8-10 am

Telephone: 203-575-5250

Community Health Center - Walk Up and Drive Up

51 North Elm Street, Waterbury, CT 06702

Hours: M-F: 9am-1pm

Telephone: 475-241-0740

Saint Mary's Hospital - Drive Up

Lower Level of Visitor's Garage on 43 Cole Street

Waterbury, CT 06706

Hours: M-F: 10am-12pm

Telephone: 888-786-2790

DOCS Urgent Care - Walk Up

279 Chase Avenue

Waterbury, CT 06704

Hours: M-F: 8am-8pm; Sat-Sun: 8am-5pm

All appointments must be scheduled on-line. To schedule an appointment, go to: <https://docsmedicalgroup.com/docsurgentcare/coronavirus-covid-19/>

Telephone: 203-528-4993

PhysicianOne Urgent Care - Drive Up

920 Wolcott Street, Suite 19

Waterbury, CT 06705

Hours: M-F: 8am-8pm, Sat-Sun: 9am-5pm, Holidays: 9am-5pm

To schedule an appointment, go to: www.physicianoneurgentcare.com

Telephone: 203-574-1200

Wolcott

Rite Aid Pharmacy - Drive Up

744 Wolcott Road, Wolcott, CT 06716

Hours: By appointment only; To schedule an appointment go to:

www.riteaid.com/pharmacy/services/covid-19-testing

Telephone: 203-879-5853

Cheshire

CVS Pharmacy - Drive Up

581 Highland Ave

Cheshire, CT 06410

Hours: By appointment only; To schedule an appointment go to: www.cvs.com

Telephone: 1-866-389-2727

Cheshire, CT 06410

Hours: M-F: 8am-8pm; Sat, Sun: 9am-5pm

Telephone: 475-244-6051

WCAAA's Technical Skill Survey

1) Do you use the internet or any of the following devices?

Computer

Tablet

None, I do not use the internet

2) Have you been on the Medicare.gov website, and have you used the website designed to help with your decision in what medical plans would be best for you?

No, I have never visited the website

Yes, I have used the Medicare Plan Finder Tool on my own

Other: _____

3) Check off the websites you feel comfortable using

Zoom

You Tube

Facebook

Google

None of the above

4) Do you have a friend or family member that could assist you in setting up a Medicare account under the Medicare.gov website?

Yes ____

No ____

5) Do you need closed captioning?

Yes ____

No ____

6) Would you like to attend a virtual program on Medicare and other programs to assist you in making the best choices regarding Medical plans?

Yes ____

No ____

Please submit this survey to Western CT Area Agency on Aging at 84 Progress Lane; Waterbury, CT 06705.

Because of COVID 19, we are no longer allowing people into our office until further notice. Thank you for your understanding. Western CT Area Agency on Aging



COVID-19: A NEW WAY OF THINKING IN PREVENTING NEW TYPES OF FRAUD

COVID-19 has changed all our lives. Fraud and scams are exploding and targeting people of all ages, especially those working remotely at home or have become housebound and isolated during this difficult time. For beneficiaries on Medicare, fraudsters are using the COVID-19 pandemic to steal Medicare numbers and any other personal information they can coax out of you as they attempt to establishing a trusting relationship. **Please protect yourself!**

If you receive a telephone call, text message, or an email offering COVID-19 items like a test kit, a mask, or even contact tracing and they ask for your Medicare number ... **PLEASE HANG UP, IGNORE, OR DELETE THE EMAIL!** Some of these criminals are even offering things like \$75 gift cards to con you into giving up confidential information such as your Social Security or Medicare numbers. Even your birth date should never be given out. All this information leads to identify theft ... so please protect yourself from being another victim. Beware of individuals going door-to-door offerings tests, vaccines or cures for COVID-19 and asking for Medicare numbers, Social Security numbers and other kinds of personal information. If you believe you have been exposed to the virus **ONLY call your Doctor or other health care provider that you know. AND REMEMBER** always review your Medicare statements for potential errors or fraudulent charges.

Please call us here at the **WCAAA at the Senior Medicare Patrol (SMP)** if you are unsure if you've been scammed at **1-800-994-9422 or 860-757-5449. We are here to help! GUARD AGAINST FRAUD.** Audrey Cole, Senior Medicare Patrol, Coordinator of Volunteers <https://www.smpresource.org/Content/Medicare-Fraud/Fraud-Schemes/COVID-19-Fraud.aspx>



INTERESTED IN HAVING A REWARDING VOLUNTEER EXPERIENCE? CONSIDER BECOMING A SENIOR MEDICARE PATROL (SMP) VOLUNTEER!!!

During this unusual, isolating, and challenging time now is a great opportunity to become a Senior Medicare Patrol (SMP) Team Volunteer in our program here at WCAAA. Many who have joined SMP do so for a variety of reasons but the two main ones expressed are having the desire to contribute and use their professional skills and exploring new relationships and getting to know others with similar interests. Senior Medicare Patrol is an important program that assists Medicare beneficiaries and the federal government in the protection, detection, and reporting of Medicare frauds, errors, and abuses.

We provide additional training beyond orientation, and it may be done at your own pace, on your own, in conjunction with others, and at different levels as you move up to higher levels of expertise. we can begin working with you on the steps you need to take to join this exciting, meaningful, and necessary program. **COME JOIN US!** **Please call or send me an email Audrey Cole, 860-757-5449, ext. 127 or acole@wcaaa.org**

Where to get tested for COVID-19 in Northwest Connecticut and what you should know before you go?

Anyone with symptoms of the COVID-19 or has been in close contact with someone with COVID-19 for a prolonged period of time should be tested. According to the Centers for Disease Control and Prevention (CDC) symptoms include cough, shortness of breath or difficulty breathing, fever or chills, muscle or body aches, sore throat, headache, nausea or vomiting, diarrhea, runny nose or stuffy nose, fatigue, recent loss of taste or smell. If you are experiencing any of these symptoms or not experiencing these symptoms but have been in contact with someone with COVID-19 for a prolonged period of time, contact your primary care provider to review your case.

NOTE: It is important to contact the site before you go to determine whether an appointment, an order from a medical professional or what form of identification is required in order to be tested. Be prepared for long wait times for walk up sites. Most sites will only allow you to schedule an appointment on-line. If you do not have access to computer and do not have a family or friend who can assist you, please contact the CHOICES department at the Western CT Area Agency on Aging and we can help you schedule an appointment on-line.

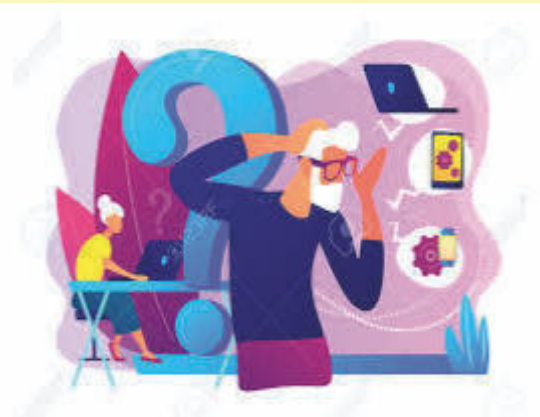


No appointment necessary but call prior to going to clinic for specific details about what identification to bring to the clinic.

Telephone: 860-264-4176

WCAAA RECEIVES NEW “STAY CONNECTED” TECHNOLOGY GRANT

The WCAAA is pleased to announce a new grant, “*Stay Connected*” designed to connect adults aged 18 with a disability or older adults 60 and over with the most appropriate Assistive Technology (AT) to foster improved communication with medical professions, family/friends and the community during COVID-19.



All five Area Agencies on Aging, including WCAAA and Centers for Independent Living will use a validated 6-question screening tool during calls to their agency to select individuals who are at risk of social isolation and would gain the most from technology. Those eligible based on their current social isolation rating score will be referred to one of three CT Tech Act partners for a technology consultation and training on how to use the technology device selected by the consumer.

The CT Tech Act partner (NEAT – New England Assistive Technology Center in Hartford) will conduct a remote consultation with the identified individual to find the best selection of the AT device based on the person’s needs and preference. The individual will receive training and support after the device is in the home.

Please refer appropriate individuals who would benefit from the “*Stay Connected*” program to WCAAA for persons 60 and over and Independence Northwest for persons who are disabled and under the age of 60. Please call (1-800-994-9422) or WCAAA directly at (203) 757-5449 and ask to speak with Carol Damelio at Extension 118 to make a referral and screening.

This project is funded by the Administration for Community Living CARES Act grant through the CT Aging & Disability Services.



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.

Building Better Caregivers (BBC) is a free 6-week online workshop developed by Stanford University to support Caregivers of Veterans of all eras. Join a community of Caregivers who share similar challenges, such as dealing with stress and finding time for yourself. Trained facilitators guide you in learning new ways to manage stress and improve communication skills with your Care Partner. You'll get access to:

24/7 access to self-guided lessons and resources, safe, secure & anonymous environment, ongoing support from other Caregivers during and after the program



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

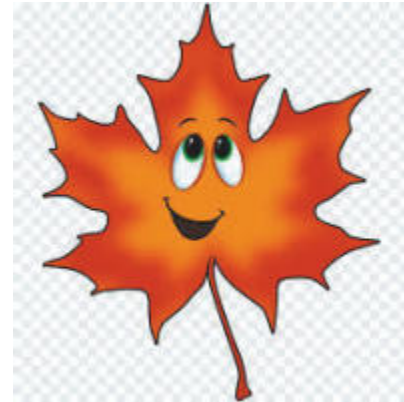
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Autumn Word Search

What did one autumn leaf say to the other?



I'm falling for you

See how many of these autumn related words you can find in the puzzle. The words can be forward, backward or diagonal.

- 1. Autumn
- 2. Fall
- 3. Leaves
- 4. Colors
- 5. Raking
- 6. Harvest
- 7. Pumpkins
- 8. Apples
- 9. Gourds
- 10. Football
- 11. Season
- 12. Scarecrow
- 13. Corn
- 14. Maize
- 15. Yellow
- 16. Orange



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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.

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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.

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.



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NOTE:

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

Thank you.