



WCAAAA

INSIDER

Western Connecticut Area Agency on Aging

DEC. 2021 - JAN. 2022

From Our Family To Yours:

WE WOULD LIKE TO WISH YOU HAPPY AND SAFE HOLIDAYS

We take this opportunity to express our gratitude towards our committed and professional staff and volunteers who unceasingly have continued to provide support and services to our consumers despite the many challenges the pandemic brought upon us.

To our loyal friends, partners and donors, a huge thank you for contributing to our accomplishments during 2021. Nothing would be possible without you! We rely on our network of dedicated professionals and you to fuel our progress as an

organization and ensure a Happy New Year for our seniors and people with disabilities in the Western Part of CT. *We look forward to continuing and expanding our relationship with you in 2022.*

May your holidays be filled with peace, joy, health and success!

~WCAAAA~

Happy Holidays

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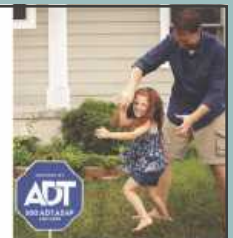
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KNOW HOW TO GO NW CT - GETTING BACK OUT THERE!!

That nasty “C” word has netted its last bit of notoriety with NW CT transit. It is time we all seize our lives back unharmed! This includes scheduling and carefully arriving at long overdue and vital medicinal, restorative and therapeutic services; holiday celebrations with family and friends, etc.! Though some foregoing transportation providers have not yet re-surfaced due to unforeseen fiscal and/or labor issues, other suppliers remained steadfast but reduced the number of daily rides offered to comply with social distancing. The CT transit world has done an amazing job continuing to connect seniors, veterans, people with disabilities and the general public to ESSENTIAL services.



During pandemic, the in person interview portion of the paratransit application process was completed by telephone. Some applicants will need to be re-evaluated at a future date. **A NEW APPLICATION OPTION** for individuals seeking Paratransit Application Assistance can call Mary Rosenbauer, Statewide ADA Coordinator with The Kennedy Center @ (203) 365-8522, X 2061. Leave your full name and telephone number, as well as the town that you live in. Please speak slowly and clearly. She will set up an appointment time that is mutually convenient for both of you! This is a great enhancement to our Kennedy Center Mobility Services and a good number of individuals have already taken advantage of Mary’s service and wealth of knowledge regarding CT ADA Paratransit Service.

Local and town sponsored providers like senior center shuttles are running, as well as state-wide transportation programs, like:

ALS Association & The Kennedy Center’s Travel Training Program. Call (203) 365-8522, X2950 for information or to sign up!

NET (Northeast Transit Bus Company): (203) 756 –5550; provides service in Cheshire, Middlebury, Naugatuck, Prospect, Thomaston, Waterbury, Watertown, & Wolcott (WITHIN ¾ a mile of public bus routes). NET serves **Paratransit** in Meriden and Wallingford and **Dial-a-Rides** also available.

HARTransit: (203) 744 – 4070; provides service in Bethel, Brookfield, Danbury, & New Milford. Also serves **SweetHART Dial-A-Rides** in New Fairfield, Newtown, and Ridgefield. Ridgefield also has the **SPHERE Town Loop** with on-demand service. (HART provides ADA certification for individuals with disabilities and seniors who wish to use **WHEELS of Greater New Milford** (860) 354-6012 transportation service. Open to individuals aged 60+ and/or certified by HART.)

RITS (Rural Independent Transportation Service) is a collaborative, non-emergency medical transportation provider, funded by NHCOC, the Northwest Hills Council of Governments, between Sullivan Senior Ctr. out of Torrington, EdAdvance, GEER Village & Northwestern CT Transit District.

NWTD Northwestern CT Transit District (THIS IS NOT PARATRANSIT SERVICE, rather, comparable) @ (866) 906 – 7433 or (860) 489 – 2535; serves Barkhamsted, Colebrook, Goshen, Harwinton*, Kent, Litchfield, Morris, New Hartford, Norfolk, Torrington*, Warren, Winchester, and Winsted. NWTD also serves as a backup for EdAdvance and GEER VILLAGE for RITS.

EdAdvance serves Burlington, Hartland, Roxbury, & Washington through RITS & provides back up to NWTD and GEER VILLAGE.

Sullivan Senior Ctr: (860) 489-2211; serves Harwinton & Torrington first, before an individual reaches out to NWTD for a ride.

GEER VILLAGE Dial-a-Ride @ (860) 824 – 7067; serves Canaan, Cornwall, North Canaan, Salisbury, and Sharon.

GEER also serves as a backup for NWTD and EdAdvance for RITS.

REMINDER: For Paratransit Service, there is an application process and you can call Mary Rosenbauer for assistance @ (203) 365-8522, X 2061.

Helpful HINTS

Plan ahead!

- Call the provider to create a profile verbally over the telephone or
- request an application ahead of time, even if you think you will never need it.
- Provide as much notice as possible! Months or even several weeks may be required due to demand and social distancing.
- Do not carry more bags than you can comfortably handle safely, by yourself! Drivers do not carry your packages. If you need assistance, bring a PCA (personal care assistant). Bag limits are subject to change during and after pandemic and PCAs are not charged for the trip.
- You are not required to wait outside in inclement weather for a ride! Check with your provider on when you should begin watching for them and plan accordingly.

Please call me if you have any questions or would like further information, stay safe and get back out here!!

April Chaplin, MSHS, NW CT
Regional Mobility Manager &
Ombudswoman with The Kennedy Center, Inc.

Email: achaplin@kennedyctr.org
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GOOD SLEEP FOR GOOD HEALTH

Sometimes, the pace of modern life barely gives you time to stop and rest. It can make getting a good night's sleep on a regular basis seem like a dream. But sleep is as important for good health as diet and exercise. Good sleep improves your brain performance, mood, and health.

Not getting enough quality sleep regularly raises the risk of many diseases and disorders. These range from heart disease and stroke to obesity and dementia.

People who work the night shift or irregular schedules may find getting quality sleep extra challenging. And times of great stress—like the current pandemic—can disrupt our normal sleep routines.

SLEEP FOR REPAIR

“When we sleep, the brain totally changes function,” she explains. “It becomes almost like a kidney, removing waste from the system.”

Everything from blood vessels to the **immune system** uses sleep as a time for repair, says Dr. Kenneth Wright, Jr., a sleep researcher at the University of Colorado.

“There are certain repair processes that occur in the body mostly, or most effectively, during sleep,” he explains. “If you don't get enough sleep, those processes are going to be disturbed.” But there are many things you can do to improve your sleep.



GETTING A BETTER NIGHT'S SLEEP



· **Stick to a sleep schedule.** Go to bed and wake up at the same time every day, even on the weekends.



· **Get some exercise every day.** But not close to bedtime.



· **Go outside.** Try to get natural sunlight for at least 30 minutes every day.



· **Avoid nicotine and caffeine.** Both are stimulants that keep you awake. Caffeine can take 6–8 hours to wear off completely.



· **Don't take naps after mid-afternoon.** And keep them short.



· **Avoid alcohol and large meals before bedtime.** Both can prevent deep, restorative sleep.



· **Limit electronics before bed.** Try reading a book, listening to soothing music, or another relaxing activity instead.



· **Create a good sleeping environment.** Keep the temperature cool if possible. Get rid of sound and light distractions. Make it dark. Silence your cell phone.



· **Don't lie in bed awake.** If you can't fall asleep after 20 minutes, get up and do a relaxing activity until you feel sleepy again.



· **See your health care provider if nothing you try helps.** They can determine if you need further testing. They can also help you learn new ways to manage stress.

Submitted by: Deb Kaszas—WCAA Staff

Resources: <https://newsinhealth.nih.gov/2021/04/good-sleep-good-health>



‘TIS THE SEASON FOR MEDICARE FRAUD, SCAMS & ABUSE! SENIOR MEDICARE PATROL IS ON THE CASE

Inundated and confused with so many mailings regarding Medicare? Unsure who is sending these out? NOT MEDICARE!!!

During Medicare open enrollment from October 15th to December 7th, *private* Medicare Advantage plans are bombarding beneficiaries with postcards and letters offering enticing benefits that original/traditional Medicare currently does not offer ... and encouraging you to contact them and sign-up or switch from your

current plan. *Be extremely careful* in responding to these mailings and the television ads that are on every cable channel in the country just now. The private insurance agents and companies that are on the receiving end of your reply *must always put your individual health needs first*. Dig down in the small print and make sure that these extra benefits are significant and will actually be used. Ask these insurance agents if you may still visit your longstanding Doctor/Provider. If no monthly premiums appeal to you ... then make sure the plan doesn't cost more with higher deductibles and co-payments later on! These are all tricks of the trade that Medicare beneficiaries must investigate before signing up or switching into a new plan.

A recent *Washington Post* article stated Medicare “has also revised rules making it easier for beneficiaries to escape plans they didn't sign up for or enrolled only to discover promised benefits didn't exist or they couldn't see their providers.” Recently in one of the 41 towns that WCAAA serves, a resident called Senior Medicare Patrol (SMP) to report she had gotten a call from Medicare ... and had been cajoled into giving out her Medicare ID number ... even though she was confused as to why they didn't have it already! Immediately realizing she had made a mistake, she called SMP to report the incident and be advised of next steps. The Medicare beneficiary immediately called Medicare and requested a new ID#, as SMP is unable to do this on their behalf. These spoofing calls (where caller ID falsely shows up as Medicare) are proliferating. Some states have reported “deceptive sales practices for Medicare Advantage and drug plans have been top complaints to the state Senior Medicare Patrol for the past two years.”

Remember ... it is against federal law for private insurance companies selling Medicare Advantage and Part D drug plans to use deceptive sales practices. If this has happened to you or someone you know, please contact Senior Medicare Patrol at 1-800-992-9422 or 203-757-5449, ext. 127.

Submitted by: Audrey Cole,- WCAAA Staff

Sources: https://www.washingtonpost.com/health/beware-of-misleading-sales-tactics-scams-during-medicare-open-enrollment/2021/11/05/9c71fe86-3cce-11ec-8ee9-4f14a26749d1_story.html

SMP Winter Caregiver Checklist
Empowering Seniors To Prevent Healthcare Fraud

As you check in with loved ones this holiday season, take a few moments to inquire about the following:

- Unopened Medicare Summary Notices (MSNs)
- Unopened medical bills
- Unnecessary medical equipment in the home
- Unopened bills or letters from creditors
- Mailings soliciting donations or giveaways or thank-you notes for donations

If you find any of these, contact your Senior Medicare Patrol (SMP) at 877-808-2468

WHAT DO I DO IF THE PLAN I CHOSE IS NOT WORKING FOR ME? IS IT TOO LATE TO CHANGE PLANS? Understanding Medicare Advantage & its Enrollment Period

In 2022, Medicare Beneficiaries will have more Medicare Advantage plans to select from, a trend that has continued nationwide over the past couple of years. In Connecticut alone, there are over 40 Medicare Advantage plans available through private insurance companies, an increase of five plan offered in 2021. This number does not include the Special Needs Plans (SNP) available to those beneficiaries who are on both Medicare and Medicaid. As a result, the increase in the number of Medicare Advantage plans, the similarities between the plans and the many variables to consider when selecting a plan can be a daunting task for anyone, not just for Medicare beneficiaries. For example, when comparing Medicare Advantage plans to determine the best plan for you, there are a number of variables to take into consideration:

- **THE COSTS ASSOCIATED WITH PREMIUMS, DEDUCTIBLES, AND COST-SHARING AMOUNTS RELATED TO COPAYMENTS AND CO-INSURANCE**
- **CONFIRM THAT YOUR HEALTHCARE PROVIDERS ARE IN THE PLAN'S NETWORK AND YOUR DRUGS ARE COVERED BY THE PLAN?**
- **UNDERSTAND THE TERMS AND RESTRICTIONS OF THE EXTRA BENEFITS PROVIDED BY THE PLANS SUCH AS DENTAL, VISION, HEARING, TRANSPORTATION, OVER THE COUNTER PRODUCTS, AND MEALS, JUST TO NAME A FEW**

MY MEDICARE ADVANTAGE PLAN IS NOT WORKING FOR ME. CAN I CHANGE PLANS?

There are a lot of good Medicare Advantage plans available to Connecticut Medicare beneficiaries, but the key is to find the one that best fits your needs. If you are on a Medicare Advantage Plan and it is not working for you, you can change plans during the **Medicare Advantage Open Enrollment Period which runs from January 1-March 31, 2022.**

DURING THIS TIME YOU CAN:

Change from your Medicare Advantage Plan (with or without drug coverage) to another Medicare Advantage Plan (with or without drug)

Switch back to Original or Traditional Medicare. If you switch back to Original Medicare, you should also enroll in Part D, a prescription drug plan and consider enrolling into a Supplemental/Medigap plan.

Note: When switching to another Medicare Advantage Plan first confirm that your prescription drugs and health care providers are covered by the plan.

DURING THIS TIME YOU CANNOT:

Switch from Original Medicare to a Medicare Advantage plan

If you are on Original Medicare switch to another prescription drug plan

Note: You are permitted to make one change during this period. The new plan will become effective one month after you make the request. After March 31, 2022, the next time you are eligible to change plans will be during Medicare Annual Open Enrollment, October 15 - December 7, 2022, unless you are eligible for a special enrollment period before then.

Contact the CHOICES Department at WCAAA to receive assistance at: 203.757.5449 or 1-800.994.9422

Sources: Medicare Advantage 2022 Spotlight: First Look, Meredith Freed, Anthony Damico, Tricia Neuman, Kaiser Family Foundation, November 2, 2021; <https://www.kff.org/medicare/issue-brief/medicare-advantage-2022-spotlight-first-look/>
Medicare Rights Center/Medicare Watch: Medicare Advantage Plans: More Choices, More "Extras," Maybe More Confusion by Casey Schwarz, November 4, 2021 <https://www.medicarerights.org/medicare-watch/2021/11/04/medicare-advantage-plans-more-choices-more-extras-maybe-more-confusion>

Submitted by: Amanda Halle - WCAAA—Staff
Medicare and You 2022 (Medicare handbook)



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WCAAA Announces 11 Regional Senior Centers as Focal Point Centers: *As part of the FFY 2022 – 2024 Area Plan, WCAAA Board of Directors has appointed 11 of our regional Senior Centers as achieving Focal Point Status as defined by the Administration for Living.*

The Administration for Community Living (ACL) recognizes senior centers as valued partners in our effort to promote community living by keeping older Americans active, informed and healthy. Although the modern-day senior center can be traced back to the 1940s, Centers grew rapidly in the US with the passage of the Older Americans Act in 1965 and are continuing to enrich communities by harnessing the power and potential of older adults. Many senior centers serve as important focal points for the delivery of comprehensive services.

Most senior centers are providing essential health and wellness programs including health screenings and nutrition programs. Many are delivering proven evidence-based programs and practices, such as the Chronic Disease Self-Management Program, which are empowering older adults to successfully manage their health conditions so they can maintain their independence.

From health insurance counseling to benefits enrollment, senior centers are empowering older adults with information and knowledge to better equip them to make informed decisions that best meet their unique needs and preferences. Senior centers are also places where social connections can flourish and grow through educational and creative activities and civic engagement. In other words, senior centers are truly making a difference, especially during our transition from the COVID-19 pandemic.

As our nation continues to witness an incredible demographic transformation with over 10,000 baby boomers turning 65 every day, ACL looks forward to working with the Aging Network, including senior centers, as we look to modernize and provide older adults opportunities to contribute to their communities in new and innovative ways.

WCAAA's Board of Directors wants to congratulate the following senior centers for achieving this milestone		
ORG.	ADDRESS:	CONTACT PERSON
Brookfield Sr. Ctr. 203-775-5308	100 Pocono Road / P. O. BOX 5106, Brookfield, CT	Ellen Melville - Dir. of Senior & Soc. Serv
Danbury Sr. Ctr. - Elmwood Hall 203-797-4686	10 Elmwood Place Danbury, CT	Susan Tomanio, Dir. City of Danbury / Dept Of Elderly Services
Middlebury Sr. Ctr. 203-577-4166	1172 Whittemore Rd., Middlebury, CT	JoAnn Cappelletti, So- cial Serv. Dir. & Mu- nicipal Agent
New Fairfield Sr. Ctr. 203-312-5665	33 State Route 37 New Fairfield, CT	Kathy Hull - Dir.
New Milford Sr. Ctr. 860-355-6075	40 Main Street New Milford, CT	Jasmin Ducusin - Dir.
Prospect Sr. Ctr. 203) 758-5300	6 Center Street Prospect, CT	Lucy Smegielski-Dir.
Sherman Sr. Ctr. (860) 354-2414	8 CT- 37 Sherman, CT	Suzette Berger, Coord.
Southbury Sr. Ctr. 203-262-0651	561 Main St. South Southbury, CT	Tamath Rossi, Dir. Of Sr. Serv. & M.A.
Sullivan Sr. Ctr. 860-489-2211	88 East Albert St. Torrington, CT	Joel Sekorski, M. A.
Winsted Sr. Ctr. 860-379-4252	80 Holabird Ave. / P.O. Box 676 Winsted, CT	Jennifer Kelley - Dir.
Woodbury Sr. Ctr. (203) 263-2828	265 Main St. South (Site) Mailing: 281 Main St. South Woodbury, CT	Loryn Ray, Dir. Of Sr. Serv.

LIVE WELL WORKSHOPS MOTIVATE PARTICIPANTS

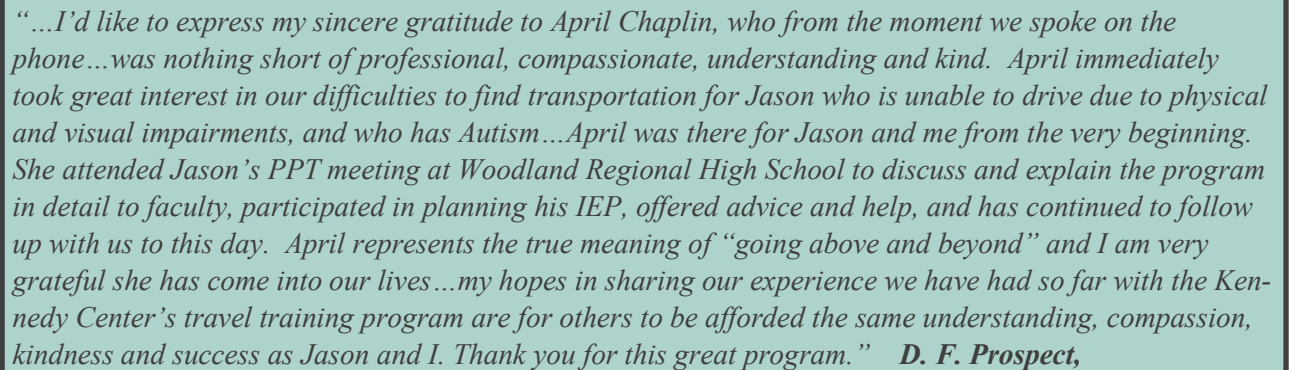
“Eat with a fork, not a shovel!”

Those words of wisdom were said at one of my Live Well with Diabetes phone workshops this year, bringing gentle chuckles of recognition to all of us on the call. That phrase rang true and was quoted by several participants while we discussed healthy eating over the next few weeks. Live Well workshops continue to be a big hit, and in 2021 we had 24 of them, led by a diverse and dedicated cadre of leaders. The telephone toolkit workshops for Chronic Pain, Diabetes, Chronic Conditions and Spanish Diabetes were highly successful, with most participants completing the six-week programs. Generous funding from the Connecticut Community Foundation meant that books, CD's and other materials were mailed to participants to keep. They connected with a trained leader on the toll-free WCAAA conference call line for the weekly hour-long sessions.

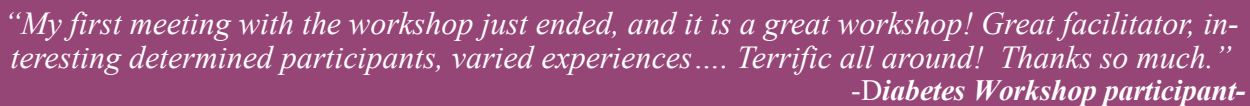
At the sixth session, participants are asked to fill out an anonymous workshop evaluation. Dozens of people cite how much they like the interactive aspect of the workshops. Friendly leaders patiently listen, encourage group members and participate in sharing and Action Plans. There's a lot of validation and a very positive atmosphere, they tell us. The convenience of being in a phone workshop, comfy and cozy at home, meant that sessions weren't cancelled due to snowy or stormy weather. Knowing that they were not alone during the pandemic and being able to connect with others helped with the crushing isolation that many were feeling. Learning more about their own health self-management, and setting goals for themselves, was often cited on evaluations. “I learned how to set goals and accomplish them” said one participant. “I felt the motivation of the other participants was very helpful.” Another person said they learned how to avoid complications and manage stress. “It's been very beneficial for me to learn how to control my eating habits” wrote someone else. “I learned many coping strategies for diabetes as well as the importance of exercise and self-monitoring.”

“I learned to take better care of myself, do exercises and motivate myself more. I feel like I have more control to choose what's best for my health.” That participant's words echo some of the core values we teach in Live Well workshops. “I'm feeling more sure of myself; able to do things I didn't feel I could do” wrote another. We'll be offering more Live Well workshops starting early in 2022, and we hope you'll be motivated to kick off the New Year with one of them! For more information, contact Debby Horowitz, Live Well Regional Coordinator, at 203-757-5449 x 125 or dhorowitz@wcaaa.org.

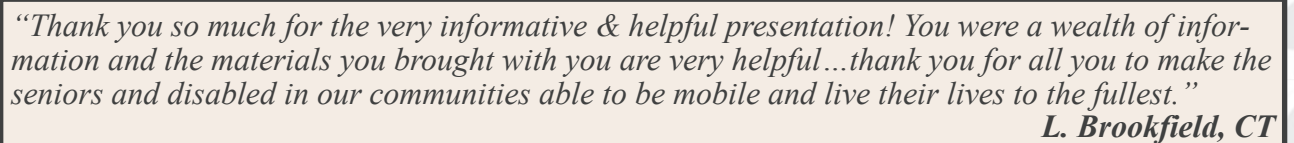
**DON'T JUST TAKE OUR WORD FOR IT.
HERE IS WHAT SOME OF OUR CLIENTS SAY ABOUT US:**



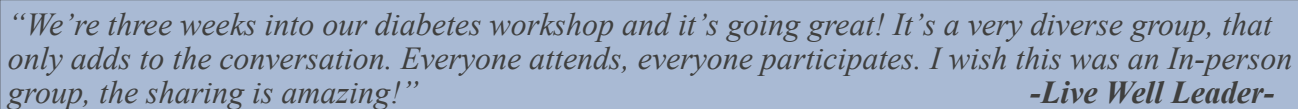
*"...I'd like to express my sincere gratitude to April Chaplin, who from the moment we spoke on the phone...was nothing short of professional, compassionate, understanding and kind. April immediately took great interest in our difficulties to find transportation for Jason who is unable to drive due to physical and visual impairments, and who has Autism...April was there for Jason and me from the very beginning. She attended Jason's PPT meeting at Woodland Regional High School to discuss and explain the program in detail to faculty, participated in planning his IEP, offered advice and help, and has continued to follow up with us to this day. April represents the true meaning of "going above and beyond" and I am very grateful she has come into our lives...my hopes in sharing our experience we have had so far with the Kennedy Center's travel training program are for others to be afforded the same understanding, compassion, kindness and success as Jason and I. Thank you for this great program." **D. F. Prospect,***



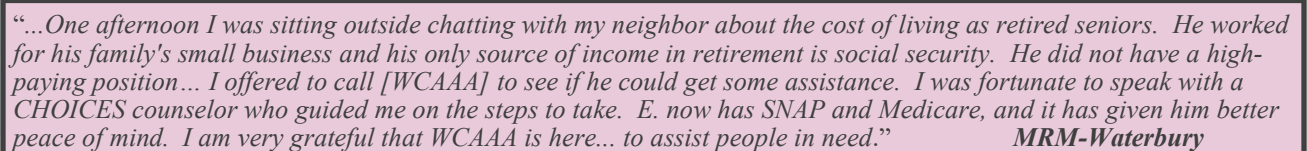
*"My first meeting with the workshop just ended, and it is a great workshop! Great facilitator; interesting determined participants, varied experiences Terrific all around! Thanks so much." **-Diabetes Workshop participant-***



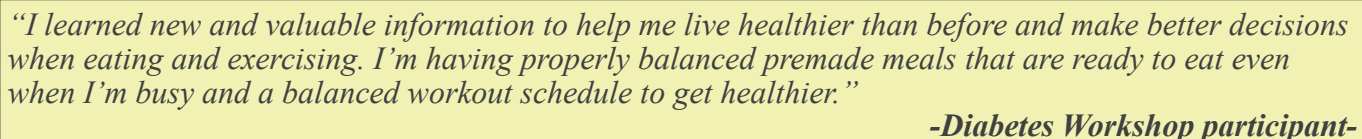
*"Thank you so much for the very informative & helpful presentation! You were a wealth of information and the materials you brought with you are very helpful...thank you for all you to make the seniors and disabled in our communities able to be mobile and live their lives to the fullest." **L. Brookfield, CT***



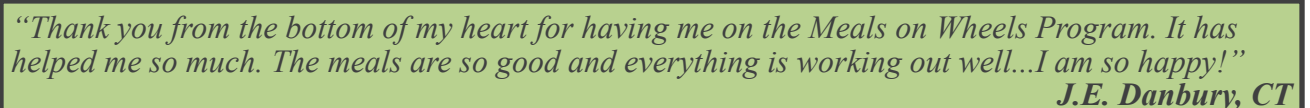
*"We're three weeks into our diabetes workshop and it's going great! It's a very diverse group, that only adds to the conversation. Everyone attends, everyone participates. I wish this was an In-person group, the sharing is amazing!" **-Live Well Leader-***



*"...One afternoon I was sitting outside chatting with my neighbor about the cost of living as retired seniors. He worked for his family's small business and his only source of income in retirement is social security. He did not have a high-paying position... I offered to call [WCAAA] to see if he could get some assistance. I was fortunate to speak with a CHOICES counselor who guided me on the steps to take. E. now has SNAP and Medicare, and it has given him better peace of mind. I am very grateful that WCAAA is here... to assist people in need." **MRM-Waterbury***



*"I learned new and valuable information to help me live healthier than before and make better decisions when eating and exercising. I'm having properly balanced premade meals that are ready to eat even when I'm busy and a balanced workout schedule to get healthier." **-Diabetes Workshop participant-***



*"Thank you from the bottom of my heart for having me on the Meals on Wheels Program. It has helped me so much. The meals are so good and everything is working out well...I am so happy!" **J.E. Danbury, CT***




LIVE ASSISTANCE
General information, directory assistance and technical support for VA.gov

VA HEALTH CARE
Eligibility, enrollment, locations and COVID-19

COMMUNITY HEALTH CARE
MISSION Act eligibility, copayments

NATIONAL CEMETERIES
Burial benefits, interment scheduling and headstone/Veteran marker

VETERANS CRISIS LINE
Immediate connection to caring, qualified responders

DEBT MANAGEMENT
Debt details, payment options and debtor rights

FACILITY LOCATOR
Locations of medical centers, benefits offices or cemeteries

BENEFITS ASSISTANCE
Information about a variety of VA benefits

HOMELESS VETERANS LINE
Information and support for homeless and at-risk callers

COVID-19 INFORMATION
Frequently asked questions and live assistance for COVID-related questions

You have questions. VA has answers!
Call VA today at 1-800-MyVA411(1-800-698-2411). The number to call when you don't know who to call.

You only need to remember **one number** for information on **VA care, benefits, and services** or to speak to a **live agent** for assistance!
1-800-MyVA411 serves all members of the Veteran and service member community seeking information or assistance.

Call for helpful information on:

- * COVID-19 general information and updates
- * Health care eligibility and enrollment
- * VA benefits, such as disability, compensation & pension, education programs, caregiver support, insurance, home loans, & burial headstones and markers, among others

- * The nearest VA medical centers, benefits offices, or cemeteries to Veterans
- * Directory assistance and connection to all VA contact centers and VA Medical Centers
- * Technical support for VA.gov
- * Debt and payment options
- * Immediate transfer to the Veterans Crisis Line or the National Call Center for Homeless Veterans

Will I be able to speak to a live agent? Yes! When you call **1-800-MyVA411** and press **0**, you will reach a live agent for immediate assistance or connection to the right VA experts.

SOURCES: 1-800-MYVA411: <https://blogs.va.gov/VAntage/82379/1-800-myva411/> Author: Kiran Dhillon.

Using VA Virtual Health Tools for COVID-19 Prevention and Response

COVID-19 CAUSING YOU CONCERN? VA Virtual Tools Are Always an Option. With VA's virtual care tools, you can continue to access high quality VA care safely from home.

- Get COVID-19 Test Results/Vaccine Records Online
 - Veteran Resources for COVID-19
- Using Remote Patient Monitoring-Home Telehealth for COVID-19 Care
- Annie Messages Can Advise you About COVID-19 and Help you Cope During the Pandemic
- Get a My HealthVet Premium Account Online to Access VA Care from Home
 - VA Prescription Refills and COVID-19

Video or Telephone Appointments: To set up a VA Video Connect or phone appointment, send your provider a secure message on My HealtheVet or call your local VA facility. Visit mobile.va.gov/app/va-video-connect.

Rx Refills: Request prescription refills / order / ship medications to your home using My HealtheVet or the Rx Refill mobile app. Download the app at mobile.va.gov/app/rx-refill.

Text Message Reminders: Annie's coronavirus Precautions protocol sends you automated text messages with information about COVID-19, helps you monitor for symptoms, and can assist you if you need to contact your VA facility for care. Enroll at mobile.va.gov/annie.

Secure Messaging: With My HealtheVet, VA's online patient portal, you can send online secure messages to your VA health care team to ask them nonurgent health questions. Register at myhealth.va.gov.

Home Telehealth: For Veterans recommended for home isolation or quarantine, your provider may use remote monitoring devices to assess your condition while you are at home. Learn more about home telehealth at telehealth.va.gov/type/home.

If you are experiencing symptoms of COVID-19, contact your VA facility as soon as possible. Visit va.gov/find-locations for contact information and operating hours for your VA facility.



For the most up-to-date information on COVID-19, please visit cdc.gov/coronavirus | va.gov/coronavirus

Sources: VA Virtual Tools: <https://connectedcare.va.gov/whats-new/technology/protect-yourself-covid-19-virtual-tools>

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

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Thank you.