

WCAAA STAFF WOULD LIKE TO SHARE OUR EFFORTS TO PROTECT OUR VULNERABLE POPULATION

WCAAA staff have been working hard to get PPE out to our clients and caregivers in the community. We are also ordering a supply from some grant funding for our own employees like MFP staff transitioning folks back into the community, and hopefully seniors in several of our Waterbury Senior housing complexes that don't have PPE since not served by CHCP or our waivers. We hope these efforts will contribute to reduce the spread of COVID-19 to our most vulnerable seniors and caregivers. We are so proud of our staff & their undying commitment during this trying period.



From left to right: Jose Maposito, Carla Gilbode, Loretta Reed, Debby Horowitz and Debbie Kaszas.

THE PRESIDENT'S CORONAVIRUS GUIDELINES FOR AMERICA: Do Your Part to Slow the Spread of the Coronavirus

Even if you are young, or otherwise healthy, you are at risk and your activities can increase the risk for others. It is critical that you do your part to slow the spread of the coronavirus.

- Work or engage in schooling from home whenever possible.
- If you work in a critical infrastructure industry, as defined by the Dept. of Homeland Security, such as healthcare services & pharmaceutical & food supply, you have a special responsibility to maintain your normal work schedule. You & your employers should follow CDC guidance to protect your health at work.
- Avoid social gatherings in groups of 10+ people.
- Avoid eating or drinking at bars, rest. & food courts - Use drive thru, pickup, or delivery options.

- Avoid Discretionary Travel, shopping trips & social visits
- DON'T VISIT nursing homes or retirement or long-term care facilities unless to provide critical assistance.

Practice Good Hygiene

- Wash your Hands, especially after touching any frequently used item or surface
- Avoid touching your face.
- Sneeze or cough into a tissue, or the inside of your elbow.
- Disinfect frequently used items and surfaces as much as possible.

Source: [Coronavirus.gov: The President's Coronavirus Guidelines for America: https://www.whitehouse.gov/wp-content/uploads/2020/03/03.16.20_coronavirus-guidance_8.5x11_315PM.pdf](https://www.whitehouse.gov/wp-content/uploads/2020/03/03.16.20_coronavirus-guidance_8.5x11_315PM.pdf)

PROTECTING YOURSELF & OTHERS FROM CORONAVIRUS

The Centers for Disease Control and Prevention (CDC) has published guidelines for protecting yourself and others from Coronavirus disease. The virus is spread from person to person through respiratory droplets that are produced when an infected person coughs, sneezes or talks, and may be spread even if the person is not showing symptoms.

For this reason, the CDC recommends that you avoid close contact with other people. Maintain a distance of at least six feet between yourself and other persons. Do not gather in groups, stay out of crowded places and avoid mass gatherings.

Everyone should wash their hands as often as possible for at least 20 seconds. Use a hand sanitizer that contains at least 60% alcohol, if soap and water are not available. Avoid touching your eyes, nose, and mouth with unwashed hands.

When you are around other people, you should cover your nose and mouth with a face mask. This is especially important when you are going out in public and will be in close proximity to others, such as in the grocery store. Even when you wear a mask, you should still keep a 6 foot distance from other people.

If you cough or sneeze, always cover your mouth and nose with a tissue or use the inside of your elbow. After coughing or sneezing, immediately wash your hands or use hand sanitizer.

It is also important to clean and disinfect frequently touched surfaces. This includes phones, computer mouse and keyboard, doorknobs, light switches and countertops.

These guidelines involve a lot of work and effort, but can lessen your chances of becoming infected by coronavirus and spreading the disease to others.

Submitted by: William Shugrue- WCAAA Staff
Source: Centers for Disease Control and Prevention (CDC)



Office will be closed on July 3rd, 2020 in celebration of Independence Day!

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WCAAA RECEIVES \$10,000 GRANT FROM TUFTS HEALTH PLAN FOUNDATION



WCAAA was one of the first organizations to receive funding from Tufts Health Plan Foundation to aid in the agency's response to the coronavirus. The \$10,000 grant is part of \$1 million the Foundation has committed to community efforts on behalf of older people.

“This first wave of funding addresses one of the most pressing concerns facing older people—food insecurity,” said Nora Moreno Cargie, president of Tufts Health Plan Foundation and vice president for corporate citizenship at Tufts Health Plan. “At times like this, we are reminded just how connected we all are—and how important it is to take care of every generation.”

WCAAA is planning to utilize these Tufts Health Plan Foundation funds to support additional meals for seniors requiring home-delivered meals throughout our 41-town regions. These meals will be delivered through our current Elderly Nutrition Providers (ENPs) contracts with Litchfield Hills, New Opportunities Inc., and CW Resources approved by the State Unit on Aging (Aging and Disability Services). Now that all the senior center and congregate housing meals sites have closed due to COVID-19, the majority of these seniors are switching to home-delivered meals placing a tremendous strain on our ENPs, increasing administrative and delivery costs, and increasing the demand for additional drivers and refrigerated vehicles. These funds will help WCAAA to support our ENPs with these additional costs not covered under Older American’s Act funding, and also providing additional emergency shelf-stable meals in case caterers, food suppliers or the ENPs are unable to deliver meals due to staff exposure to COVID-19.

Mike Hebert, Executive Director stated that “The \$10,000 COVID-19 Response Grant Funds from Tufts Health Foundation will be extremely helpful to provide needed funding to our seniors for Personal Protective Equipment (PPE) like masks to minimize the spread of the COVID-19 disease in our senior housing communities, especially those receiving home-delivered meals. These funds will also support our ENPs ability to fund emergency meals and additional expenses like coolers, additional vehicles to expand capacity during the crisis and sanitizing of vehicles.” Hebert added that “we don’t know how long this crisis will last and how long we will need to fund essential needs like meals, personal protective equipment, and grocery bag delivery to our most vulnerable seniors now that they are unable to attend senior center and congregate housing meal programs and facing food scarcity issues.”

WCAAA serves seniors 60 and over covered under the Older American’s Act Title III C1 (Congregate) and C2 (home-delivered) meals program throughout our 41-town region. The COVID-19 virus has placed a tremendous strain on our (3) Elderly Nutrition Providers (ENPs) by shifting the demand to home-delivered meals since the senior center and senior congregate housing meal sites have closed to minimize the spread of COVID-19 virus.

Tufts Health Plan Foundation funds programs that move communities toward implementing age-friendly policies and practices that are relevant, focus on older people, and include them in community solutions. Established in 2008, the Foundation has given more than \$38 million to Connecticut, Massachusetts, New Hampshire and Rhode Island nonprofits that promote healthy living with an emphasis on older people. The Foundation began funding in Connecticut in 2019 when Tufts Health Plan launched a new venture with Hartford Healthcare, a not-for-profit Medicare insurance company known as CarePartners of Connecticut.

Submitted by: Michael Hebert - WCAAA Executive Director.



Connecticut Community Foundation (CCF) Grant Award

WCAAA was awarded a \$5,000 grant from the Connecticut Community Foundation Committee for *Emergency Senior Meals on Wheels*. Due to the COVID-19 Pandemic our seniors in Western Connecticut are facing significant food scarcity issues now that senior center and congregate senior housing mal sites have closed to provide social distancing, and to reduce the community spread of the disease. As a result, there has been a tremendous demand in home-delivered meals on wheels by our seniors and from caregivers who are unable to cook and shop for their elders. The heightened fear and social isolation created by this pandemic has placed a heavy demand on our (3) regional Elderly Nutrition Providers (ENPS) at New Opportunities, Inc., CW Resources and Litchfield Hills to shift to providing home-delivered meals placing added strain and costs of the delivery of these meals, the need for additional emergency meals, sanitizing vehicles between trips and the need for additional drivers. Mike Hebert, Executive Director said “these additional grant funds will help to address many of the gaps during this crisis as we may need to provide emergency shelf-stable meals in the event that our elderly nutrition providers are unable to deliver meals or unable to handle to increased demands for home-delivered meals due to the closure of our congregate meal sites.”

Submitted by: Michael Hebert - WCAAA Executive Director

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Western CT Area Agency on Aging 06-5310

DOES MEDICARE COVER COVID-19 TESTING? Individuals who are on Original Medicare, testing to determine whether you have COVID-19 is covered by Medicare Part B (medical insurance). This test can now be ordered by any healthcare professional authorized under state law, not just your treating physician or healthcare practitioner. Location of test sites has expanded beyond the healthcare provider’s office to parking lots, pharmacies and in some cases, even your own home. See the Centers for Medicare and Medicaid Services (CMS) chart below for details. Contact Medicare at 1-800 MEDICARE to verify coverage.

As the country prepares to reopen, there has been a lot of discussion about the importance of developing antibody or serological tests. These tests help to determine whether you have developed an immune response to the virus which may protect you from reinfection. In May, the U.S. Food and Drug Administration began granting emergency approval to some pharmaceutical companies for antibody tests. Medicare Part B will cover the COVID-19 antibody test and for certain other FDA-authorized tests, administered at home. Contact Medicare at 1-800 MEDICARE to verify coverage. When a vaccine is made available for COVID-19, it will be covered under Medicare Part B. For those individuals on a Medicare Advantage plan, CMS has directed these plans not to charge cost-sharing which includes deductibles, copayments & coinsurance for testing of COVID-19 through the end of the health emergency.

WHERE MEDICARE BENEFICIARIES CAN GET TESTED

<p>Doctor’s Office, Hospital</p>	<p>*Medicare is separately paying hospitals & practitioners to assess patients & collect laboratory samples for COVID-19 testing even when that is the only service the patient receives. This approach supports both hospitals & physician practices to operate testing sites.</p> <p>*To ensure that Medicare beneficiaries have broad access to testing, for Medicare payment purposes, Medicare no longer requires an order from the treating physician or other practitioner for beneficiaries to get both COVID-19 testing & laboratory tests for influenza & respiratory syncytial virus that may be part of a COVID-19 diagnosis. COVID-19 tests may be covered when ordered by any healthcare professional authorized to do so under state law.</p> <p>*Medicare is covering serology (or antibody) tests, which may be helpful for patients, practitioners, & communities in making decisions on medical treatment & responsible social distancing policies.</p>
<p>Home (Including Nursing Homes)</p>	<p>*For beneficiaries who are homebound & unable to travel, Medicare pays labs to send technicians to a beneficiary’s home, including a nursing home when a beneficiary is not in a Part A skilled nursing stay, to collect a lab sample.</p> <p>*A home health nurse could collect a lab sample as part of a normal visit for beneficiaries receiving home health services.</p> <p>*A visiting nurse working for a Rural Health Clinic or Federally Qualified Health Center and making a home visit can collect a lab sample under certain conditions.</p>
<p>Pharmacy</p>	<p>*Medicare will pay for COVID-19 tests performed by pharmacists as part of a Medicare enrolled laboratory.</p> <p>*A pharmacist also may furnish basic clinical services, such as collect lab samples, under contract with a doctor or practitioner, in accordance with a pharmacist’s scope of practice and state law.</p> <p>*Beneficiaries can get tested at “parking lot” test sites operated by pharmacies consistent with state requirements.</p>
<p>Drive-Thru Testing or Alternative Sites.</p>	<p>*Healthcare facilities like hospitals, doctor’s offices, labs can set up off-site locations like drive-through testing to collect samples. Medicare pays these healthcare providers as they normally would.</p>

WCAAA RECEIVES \$ 2,500 GRANT FROM ION BANK FOUNDATION

WCAAA was awarded a \$2,500 grant to support a technology upgrade to a Windows 10 platform to improve our ability to interface with a number of federal, state and private grant reporting and compliance systems.

With the advent of COVID-19 pandemic, WCAAA had to shift our ability for staff to work from home remotely utilizing laptops and updated software applications for our Older American’s Act and Connecticut Home Care Program for Elders. WCAAA has been seeking matching grants to fund this \$15,000 technology upgrade to improve client tracking, case management, nutrition services, Assistive Technologies, CHOICES Health insurance counseling, fraud and scam prevention, information and referral services, wellness programs, caregiver respite programs, and transportation resources to seniors from 41-towns throughout Western Connecticut.

Mike Hebert, Executive Director states that “The COVID-19 pandemic has exposed many agencies to the need to upgrade technologies to connect to seniors and caregivers through teleconferencing and other virtual platforms due to social distancing and increased social isolation.” This grant from ION Bank Foundation will help WCAAA to meet this challenge.”



Submitted by: Michael Hebert, WCAAA- Executive Director -

Sources: CMS Actions to Expand SARS-CoV-2 Testing -infographic; An Advocate’s Guide to Medicare-Related Changes, Center for Medicare Advocacy; Medicare.gov/medicare-coronavirus; CMS Guidance to: All MA Organizations, Part D Sponsors, & Medicare-Medicaid Plans on Information Related to Coronavirus Disease 2019

ASSISTIVE TECHNOLOGY CENTER: Gadgets & Gizmos to Make Your Life Easier

Assistive Technology is any item or piece of equipment that is used to increase, maintain or improve the functions of individuals with or without disabilities in all aspects of daily living, including; work, school, home or in the community. The WCAAA Tech Center provides free, personalized or group demonstrations of assistive devices such as: magnifiers, smart pens, iPads, phone amplifiers, vibrating alarm clock and talking watch, just to name a few. These devices are on display at our Assistive Technology Center located at the WCAAA, 84 Progress Lane, Waterbury, Ct. 06705.



This Newsletter's Features The Echo Dot.

The Echo Dot is a personal voice assistant with a wide range of capabilities from very simple tasks like setting timers, alarms and reminders to playing music and audio books. Echo Dot can get you up to date on news and the weather. It will even tell you the temperature before you go outside. The Dot can set up more complicated things like smart home devices and making telephone calls for you. There is no monthly fee for the Echo Dot, but you need a WIFI connection to set it up, and it works the same as an Alexa. Echo Dot is smaller than the Echo. It has a few buttons on top which control volume, mute the speaker and or wake up the device to listen for a question or a command. Although you do not need to touch the DOT to use it; it is designed to primarily respond to voice commands. The Echo Dot has a normal pronged AC Jack.

If you want to buy one for each room in your home you can, and you can pair it with another for stereo audio. Echo Dot also has Alexa Guard. Alexa Guard is free and able to send users alerts via their mobile device if a problem at home is suspected. The sound of Smoke and Carbon Monoxide alarms are registered, as well as, glass breaking. Users can either opt to receive a notification or drop in themselves to investigate. Alexa Guard works best if you have more than one Echo Dot in the home.

To find out more about the Assistive Technology Program please call Carol @ 203-757-549 ext. 118 or email cdamelio@wcaaa.org.

YOU HAVE A FRIEND IN US



Human beings are social creatures. We need to interact with others while fostering and maintaining friendships. As we grow older, that need does not diminish, but it might seem harder to do. Constant social interactions have been proven to “keep people mentally, physically, and emotionally fit.” According to the National Institute of Aging, seniors who are isolated have higher risks of developing: “High blood pressure, heart disease, obesity, a weakened immune system, anxiety, depression, cognitive decline, Alzheimer’s disease.” Seniors who are social are expected to have a longer life span, are less likely to suffer from anxiety & depression, and are more likely to experience a higher sense of self-esteem.

Even though we are going through times because of COVID-19. It is still very important to stay connected. So pick up your phone and call your family. Now it is the perfect time to pick up a new hobby like learning to use Zoom. We might have to keep our distance from one another one but we don't have to be alone.

Submitted by: Paola Vargas - WCAAA Staff

Sources: The Importance of Socializing for Seniors
<https://www.actsretirement.org/latest-retirement-news/blog/2017/12/12/the-importance-of-socializing-for-seniors/>

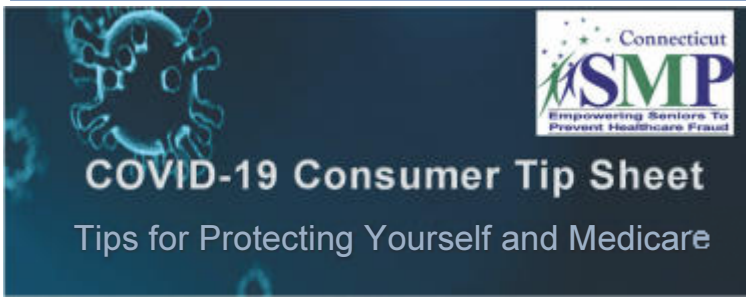


Social isolation, loneliness in older people pose health risks
<https://www.nia.nih.gov/news/social-isolation-loneliness-older-people-pose-health-risks>



The Benefits of Water: Fluid balance is crucial for good health and proper functioning! The best liquid to consume is water, (especially since the body is mostly made up of water). Dehydration can set in when a body does not get sufficient water. That can lead to a variety of issues: lightheadedness, confusion, constipation, weakness or physical instability, irregular circulation, heartbeat or breathing difficulties. Water also controls body temperature, lubricates and protects joints and the spinal cord. It also helps transport nutrients around the body, and wastes out of the body. Water helps you stay active longer. Water has NO calories – and is FREE!! Another added plus, water is ecologically sound (just avoid the plastic bottles). *Enjoy the summer! Enjoy the sun! – But stay HYDRATED!!.....*

Submitted by: Sandy Taylor-WCAAA Staff



EMPLOYMENT FRAUD ALERT:

Last month our Executive Director, Michael Hebert, began receiving telephone calls inquiring about a job position being advertised on the commercial website **INDEED.com** for our agency.

While **WCAA** occasionally advertises on **INDEED**, in this case no such position was being advertised. About two dozen of these calls were received to date, but we are even more concerned about those individuals who did not think to call us directly before engaging with these fraudsters. Our investigation believes that each person contacted had opened an account and uploaded their résumé on **INDEED**, and that the scammer had hijacked or stolen information from those résumés ... then contacted the person seeking employment ... and begun engaging through emails or texts. The position is then offered, and additional personal information is requested to complete the fraud! **DO NOT ENGAGE WITH THESE CRIMINALS! They want to steal from you!**

Today, many people have lost their jobs or are continuing to work at home remotely. These criminals are attempting to take advantage of this new isolation (and our worries) that this new COVID-19 life is subjecting all of us to live.

In one case, even though the prospective employee had become suspicious and refused to give out more of her confidential information, the scammer continued to engage her. She then received a FedEx delivery with a \$3800 check enclosed as an advance **on her false hiring!** If the check is cashed ... they may gain your banking information or suggest they overpaid you by mistake and ask for a partial refund, etc. Common telltale signs that this was a scam were misspellings, promise of travel, and an email address that was in no way affiliated with **WCAA**.

We have contacted Connecticut State Attorney General William Tong's office to report this fraud. At a minimum **INDEED** should be contacted by each individual whose personal information was stolen off their website. **INDEED.com** does not make this easy (as they should) ... so please be persistent in getting your complaint registered, because if there is no record ... it can be argued it never happened! Questions? Please call 203-757-5449, ext. 127.

Submitted by: Audrey Cole – WCAA Staff

Sources: <https://www.nytimes.com/2020/02/21/your-money/fake-check-scam.html> | <https://www.thepennyhoarder.com/make-money/how-to-detect-work-from-home-scams/>

Scams related to the coronavirus, also known as COVID-19, are rapidly increasing as the public health emergency develops. Scammers are targeting older adults and those with serious long-term health conditions who appear to have a higher risk for serious illness from COVID-19.

Fraudsters are attempting to bill Medicare for sham tests or treatments related to the coronavirus and are targeting individuals to illegally obtain money or Medicare numbers.

What Can You Do to Stop COVID-19 Fraud?

- Do not give out your Medicare number to anyone other than your doctor or other health care provider.
- Protect your Medicare number and treat your Medicare card like a credit card.
- Never provide your Medicare number to anyone who contacts you through unsolicited calls, texts, or emails.
- Be cautious of anyone who comes to your door offering free coronavirus testing, treatment, or supplies.
- Don't click on links from sources you don't know, which could put your computer or device at risk. Make sure the anti-malware and anti-virus software on your computer are up to date.
- Be cautious when purchasing medical supplies from unverified sources, including online advertisements and email/phone solicitations.
- Ignore online offers for vaccinations. If you see ads touting prevention products or cures for COVID-19, they are most likely a scam.
- Do your homework before making a donation to a charity or crowdfunding site due to a public health emergency. Be particularly wary of any charities requesting donations by cash, by gift card, or wire transfer.
- Be alert to "investment opportunities." The U.S. Securities and Exchange Commission (SEC) is warning people about online promotions, including on social media, claiming that the products or services of publicly traded companies can prevent, detect, or cure COVID-19 and that the stock of these companies will dramatically increase in value as a result.

DID YOU KNOW?



KNOW HOW TO GO NW CT IN PANDEMIC

Due to COVID-19 pandemic, a lot has changed in transportation, like many other areas of our lives. Certainly people, agencies and the transit worlds have done their empowered, creative best to continue keeping seniors and people with disabilities connected to vital and ESSENTIAL services, like transportation to necessary medical appointments, grocery stores and pharmacies. I have been both impressed and amazed with the “step-up” programs we have seen spring to life, and in some cases, provide what I call “Transportation Replacement Programs”. These are programs put in place, quickly and efficiently in light of increasing burdens and concerns evolved from our nation’s current pandemic, to respond to the needs of those most vulnerable who primarily depend on ancillary transportation programs, like senior center transportation.

Though public and paratransit services are still running for ESSENTIAL travel, not everyone has access to them. For senior individuals and people with disabilities, whose town transportation programs have been temporarily suspended, you are encouraged to reach out to your senior centers and municipal leaders for supplemental programs for grocery and pharmacy pick and delivery options. For those who do have access to public and paratransit, if you do not already know, these services are FREE to riders at this time (4/30/2020). I certainly hope by the time you read this, we do not still need this, but currently ***social distancing and utilizing facial masks or coverings ARE REQUIRED IN PUBLIC AND WHEN RIDING ON PUBLIC AND PARATRANSIT BUS SERVICES!***

Transit Updates from FTA: The FTA issued safety guidelines for transit passengers and employees on April 14 In order to help reduce the spread of the coronavirus. They recommended “face coverings, social distancing, frequent hand washing, facility and vehicle cleaning, and other measures to the maximum extent practicable.” For more information: <https://www.transit.dot.gov/frequently-asked-questions-fta-grantees-regarding-coronavirus-disease-2019-covid-19>

Paratransit service is available within ¼ of a mile of all fixed route or public bus service. It was designed to give EQUAL ACCESS to transportation for people with disabilities. An application, an in-person interview and medical confirmation of a disability is required. During COVID-19, the in person interview has been waived; however, a personal interview is still being conducted over the telephone. Some applicants who secure certification during COVID-19 will need to be re-evaluated at a future date (to be determined by the transit agency) when transportation returns to “normal”. For information and questions, contact the transit district in your area, the NW Regional Mobility Mgr. or the ADA Transit Assessment Coordinator.

◇ **NET (Northeast Transit Bus Company) Greater Wtby Area @ (203) 756-5550;** includes Cheshire, Middlebury, Naugatuck, Prospect, Thomaston, Wtby, Watertown & Wolcott (*WITHIN ¼ a mile of public bus routes*). Also serves Paratransit in Meriden and Wallingford. Dial-A-Rides are available, as well.

◇ **HARtransit, Greater Danbury Area @ (203) 744-4070;** includes Bethel, Brookfield, Danbury and New Milford. SweetHART Dial-A-Rides are available to these towns and New Fairfield, Newtown & Ridgefield,

◇ **NW CT Regional Mobility Mgr., April Chaplin, MSHS @ (475) 298-3103.**

◇ **ADA Transit Assessment Coord., Mary Rosenbauer @ (203) 365-8522, ext. 2061. Please leave a voice mail.**

For individuals in the far northwest, complementary programs exist and are still operating with precautions.

◇ **NWTD Northwest Transit District, Greater Torrington Area (THIS IS NOT PARATRANSIT SERVICE, rather, comparable) @ (866) 906-7433 or (860) 489-2535;** includes Barkhamsted, Colebrook, Goshen, Harwinton, Kent, Litchfield, Morris, New Hartford, Norfolk, Torrington, Warren, Winchester and Winsted. NWTD also serves Burlington, Hartland, Roxbury and Washington during COVID-19, back up for EdAdvance, who- during normal operation- provides primary RITS transportation for these same four towns.

◇ **Geer Village, Greater Canaan Area @ (860) 824 - 7067;** includes Canaan, Cornwall, North Canaan, Salisbury and Sharon. Through the RITS program, they also serve NWTD’s area.

Submitted By: April Chaplin, NW CT Reg. Mobility Mgr. - The Kennedy Center, Inc. - WCAAA

HELPFUL TIPS FOR THE RIDER

- Plan ahead. Don’t wait until you find yourself needing transportation immediately. Call the provider to create a profile verbally over the telephone or request an application.
- **REMINDER:** For Paratransit Service, there is an ***application process***. Though essential travel on public and paratransit is currently FREE, this is subject to change any day depending upon the governor’s direction.
- Do not carry more bags than you can comfortably handle safely, by yourself! Drivers do not have to carry your packages for you. If you need assistance, you should bring a PCA with you. Bag limits are subject to change during and after pandemic. Always check with the transit provider directly when you reserve a ride.
- If you travel with a PCA, Personal Care Attendant, please TELL THE RESERVATIONIST to ensure the provider reserves a seat for them and they are not charged for the trip (when pricing returns to normal).
- Even during pandemic, there are times, despite telehealth and grocery deliveries, when you must leave home and travel. Please call me if you have any questions or would like further information.



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

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***VA Crisis Line**

24/7/365 days a

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Please note: FREE AUDIO BOOKS FOR VETERANS

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SUMMER IS HERE!

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 B L A Q U C V T P K M A M O J M
 E F T N S N G W F L D E F H K G
 A N T S D U G P G F C R T S A H
 C S V E A A D L L E R C E T E T
 H F V I S C L T A A Z E M S V T
 B O X F J N D S G S C C A F U S
 A E J I W M U N G T S I P O F W
 L P I C N I C S A A N E S T G I
 L E E R T M L A P S R L S N N M
 T O B I K I N I W C O D I O A M
 R B B Q U G W R H O M P E H T I
 A P O O L L I U H L M A P N N N
 V B L R S Y F C Q A T S O U U G
 E A Y W B Y S I C Q F E P F S Q
 L N O I T A C A V U I K B Q X Q

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- ◇ BEACHBALL
- ◇ BIKINI
- ◇ CAMPING
- ◇ GARDEN
- ◇ HAT
- ◇ ICECREAM
- ◇ PALMTREE
- ◇ PICNIC
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- ◇ SANDCASTLE
- ◇ SCHOOLSOUT
- ◇ SUNGLASSES
- ◇ SUNSET
- ◇ SUNTAN
- ◇ SWIMMING
- ◇ TRAVEL
- ◇ VACATION

COMING UP!

Take Control



Join a FREE 6-week Live Well Workshop Today!
 For more info, visit cthealthyliving.org

Active Living Everyday In-home Toolkit Available at No Cost to Connecticut Seniors!

The in-home version of the popular *Live Well Workshop* is now available to seniors in the comfort of their home without having to use technology beyond the telephone.

The **Active Living Everyday Toolkit** can be sent directly to participants at no cost and includes a Living a Healthy Life Book, instruction booklet and exercise and relaxation CD's.

Weekly phone calls from a trained Live Well Leader will enhance the experience and can help to alleviate social isolation during the COVID pandemic.

Together participants will explore the following self-management tools:

***Action planning | * Problem solving | * Decision making | * Communication | * Healthy Eating | * Physical Activity | * Planning for the future**

Participants must be willing to share their name, address and phone number as the toolkit will be mailed directly to their home and the Live Well Leader will place a weekly call.

The Live Well Regional Coordinator at the Western Connecticut Area Agency on Aging will contact participants with specific workshop information.

Interested? Please contact Debby at 203-757-5449 x 125 or dhorowitz@wcaaa.org

No Cost to Attend • Conference Call Once a Week for Six Weeks





Live Well is an evidence based self management workshop originally developed at Stanford University. Please note: toolkit supplies are limited.

WE HONOR AND CELEBRATE

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Parents' Day
July 26, 2020





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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.

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NOTE:

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