



INSIDER

Western Connecticut Area Agency on Aging

AUGUST - SEPTEMBER

GET OUT THE VOTE!

How to Vote in Connecticut's 2024
Elections

KEY DATES

State Primary: Tuesday,
August 13, 2024

General Election: Tuesday,
November 5, 2024

VOTER REGISTRATION

Online/By Mail: By July 26,
2024

In Person: By noon on
August 12, 2024

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ALL HANDS IN VOLUNTEER TODAY!

CHOICES/SHIP VOLUNTEERS NEEDED

Certified CHOICES Counselors provide free, unbiased Medicare information to older adults and disabled persons.

As a CHOICES Counselor, you become a vital resource in your community.

Join our fun, supportive team at WCAAA.

For more information, contact Kiara Carchi, CHOICES Regional Coordinator at (203) 757-5449 ext. 100.

Are you caring for someone with a diagnosis of **Alzheimer's Disease** or **dementia**?

Are you burnt out? Overwhelmed? Run down?
In need of relief?

If so, you may be eligible for the **Connecticut Statewide Respite Care Program**



Please visit our website at WCAAA.org or
give us a call at 203-757-5449 Option 6
for more information



Barkhamsted Senior Center: A Beacon for Community Engagement and Senior Well-being

Nestled in the picturesque town of Barkhamsted, Connecticut, the Barkhamsted Senior Center is located in Pleasant Valley at 109 West River Road along the banks of the Farmington River. For decades, the Center has served as a vibrant hub for senior citizens throughout the region. Its mission goes beyond merely providing a space for leisure; it fosters community engagement, promotes active lifestyles, and ensures the well-being of its senior members. For the past three years, the Center has charged no dues and maintained home-cooked meal prices at only \$5 per person.

A Hub of Activities and Services

The Barkhamsted Senior Center is a bustling venue of activities that cater to the diverse interests of its members, who range in age from 50 to 102 years old. From home-cooked meals to educational programs, the center ensures there is something for everyone. Additionally, the center offers gardening, veterans programs, outings to local restaurants, and workshops on memory enhancement, pain management, mental health, vision screening, food insecurity, and quality lifestyle maintenance.

Social activities play a crucial role in combating the isolation often experienced by the elderly. The center organizes regular social gatherings, including bingo, themed events, billiards, and cards. These events provide seniors with opportunities to socialize, make new friends, and build a supportive community network. The weekly home-cooked breakfasts and luncheons, and our monthly potluck, are a favorite among members, combining a nutritious meal with entertainment, fostering a sense of camaraderie and belonging.

Lifelong Learning and Personal Growth

Education and lifelong learning are key components of the center's offerings. The Barkhamsted Senior Center hosts various educational programs, including meetings of the local Barkhamsted Lions Club, Veteran of the Month ceremonies, a book swap, and other sessions on a wide range of topics. These programs stimulate the minds of seniors and equip them with new skills and knowledge, encouraging personal growth and continued intellectual engagement.

Support and Advocacy

Beyond recreational and educational activities, the Barkhamsted Senior Center is a vital source of support and advocacy for its members. The center offers services aimed at assisting seniors with their daily needs and challenges. This includes transportation services for those who may have difficulty getting around, helping them attend medical appointments, go shopping, or participate in center activities. These services are offered through volunteers or other regional services.

COMMUNITY NEWS CONT.



The Center is 100% volunteer-staffed and assists with navigating social services and accessing resources. Volunteers offer guidance on matters such as health insurance, housing options, and financial planning, ensuring seniors have the support they need to make informed decisions. The center offers monthly complimentary blood pressure screening, podiatry services, and helps coordinate flu shots and other health needs. Recently, the Center offered a program for over 50 attendees on Reaching Rural Surgical Seniors (www.seniorsurgeryguides.com). This program is being implemented by the National Grange, which has developed a user-friendly Pre-Surgery Guide – Question Prompt List to talk to your doctor/surgeon and a Planning for My Future Guide to discuss your plans and desires with your family and caregiver.

Community Involvement and Volunteerism

Volunteerism is a cornerstone of the Barkhamsted Senior Center's success. Many of the center's programs and activities are made possible through the dedication of volunteers, who contribute their time and skills to enhance the lives of seniors. This spirit of volunteerism enriches the services offered and strengthens the sense of community within the center.

Local businesses and organizations also play a significant role in supporting the center. Through donations, sponsorships, and partnerships, they help ensure the sustainability and growth of the center's programs. This community-wide involvement underscores the collective effort to create a nurturing environment for seniors throughout the northwest corner of Connecticut.

Conclusion

The Barkhamsted Senior Center is more than just a facility; it is a lifeline for many of the town's elderly residents. By offering a wide array of activities, educational opportunities, and support services, the center enhances the lives of seniors and fosters a strong, connected community. It stands as a shining example of how a small town can make a big difference in the lives of its senior citizens.

For the past five years, Dave Roberts has served as the elected President of the Barkhamsted Senior Center Board of Directors. His family has lived in Barkhamsted since 1629, and he is a member of the 12th generation still living in the area. At one time, his grandparents operated the largest asparagus farm east of the Mississippi River, and other descendants owned and operated the Hitchcock Chair Company. Since he retired in 2017, he has been a full-time volunteer at several community organizations. Before retiring, Roberts' extensive career included serving as a Federal Advisory Committee Act appointee for Presidents George W. Bush and Barack Obama at the Department of Health and Human Services.



Written by David Roberts (right) President, Barkhamsted Senior Center

UPCOMING EVENTS

GET OUT THE VOTE

November ballot includes a proposal for no-excuse absentee voting.

- ⇒ **Accessibility:** Accessible voting devices are available at polling places.
- ⇒ **Candidates and Races:** Includes U.S. President, U.S. Senate, U.S. House, and state legislature seats.
- ⇒ **Absentee Voting:** Available for illness, disability, or other reasons. Apply by mail, online, or in person.
- ⇒ **Early In-Person Voting:** August 5-11, 2024, with extended hours on August 6 & 8.
- ⇒ **Voting at Polls:** Polls open 6 a.m. to 8 p.m. No ID needed unless you're a first-time voter.

Celebrating 50 Years of Service: Join us at WCAAA's 50th Anniversary Gala!

For more details, visit **Connecticut Elections & Voting Information 2024**
(states.aarp.org/Connecticut/election-voting-guide)

For half a century, the Western Connecticut Area Agency on Aging (WCAAA) has been a cornerstone in our community, dedicated to empowering seniors and individuals with disabilities to live independently and with dignity. Over the past 50

years, our organization has provided invaluable information and referral services, conducted essential research, and advocated tirelessly for older adults, caregivers, and those with disabilities across our 41-town region.

To celebrate this remarkable milestone and the impact we've made together, we are excited to invite you to our 50th Anniversary Gala. Mark your calendars for **October 24, 2024**, and join us at Aria in **Prospect, CT, at 6:00 PM** for an unforgettable evening.

The gala will be a tribute to the extraordinary efforts of our community providers and staff who have been instrumental in our journey. We'll reflect on the incredible achievements of the past five decades, explore the future of aging, and unveil our ambitious goals for the years to come.

Don't miss this special opportunity to honor our shared accomplishments and look forward to the future. We look forward to celebrating with you and continuing our mission of supporting and advocating for those we serve.

Let's come together to celebrate and envision the future of aging in our community. We hope to see you there!

For more information and to RSVP, please visit our website or contact us directly.



WESTERN CONNECTICUT AREA AGENCY ON AGING
cordially invites you to our

50TH ANNIVERSARY

Gala

Join us as we celebrate 50 years of legacy and innovation, honoring our past while moving towards the future of aging

OCTOBER 24TH | 6 PM
ARIA
42 MURPHY RD, PROSPECT, CT 06712

LIVE WELL WORKSHOP: NOW AVAILABLE EN ESPANOL

WCAAA is thrilled to offer "Tomando Control de Su Salud," a Spanish version of our "Live Well with Chronic Conditions" workshop. This Zoom workshop, led by two native speakers, runs on Wednesdays from September 4 to October 16, 1 to 3:30 pm. Participants will receive books and CDs in Spanish.

The workshops are designed for adults 60 and older with conditions like arthritis, diabetes, high blood pressure, chronic pain, and heart disease. They provide strategies to manage challenges like pain, fatigue, and stress. All programs are free.

Additionally, a shorter six-week phone workshop option is available, focusing on healthy living, emotional well-being, and communication skills. Materials are mailed to participants, and those completing the diabetes workshop will receive a \$25 grocery gift card, courtesy of the Connecticut Community Foundation. Pre-registration is required, as class sizes are limited.

The "Live Well" program is sponsored by WCAAA and the Department of Aging and Disability Services - State Unit on Aging, with additional support from the Connecticut Community Foundation. This evidence-based program was developed at Stanford University.



Tomando Control de Su Salud

"Viva bien: Es Su Vida... Viva Bien!"

- Encontrar mejores maneras de tratar el dolor y la fatiga
- Descubrir ejercicios sencillos para mejorar o matener la fuerza y la energía
- Aprender el uso correcto de los medicamentos
- Mejorar la nutrición
- Hablar eficazmente con la familia, los amigos y los profesionales de la salud
- Comprender nuevas opciones de tratamiento
- Sentirse mejor con la vida

GRATIS! ¡Las Sesiones son interactivas y divertidas!

El proximo taller se ofrecera en Zoom comienza el 4 de Septiembre hasta el 16 de Octubre y tendra lugar cada Miercoles desde la 1:00pm hasta las 3:30pm durante siete semanas.

Para obtener mas informacion o para inscribirse al taller de Tomando Control de Su Salud, llame a Cristina Mera al 860-371-9716 o Diana Tenesaca al 203-917-5473.



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



AUGUST-SEPTEMBER 2024

Chronic Conditions Phone Workshop:

Mondays, Aug. 5- Sept. 9 from 10-11am

Programa de Manejo Personal de la

Diabetes Phone Workshop:

Thursdays, Aug. 15- Sept. 19 from 10-11am

Diabetes Phone Workshop:

Tuesdays, Aug. 20- Sept. 24 from 6-7pm

Tomando Control de Su Salud

Zoom Workshop:

Wednesdays, Sept. 4 - Oct. 16 from 1-3:30pm

			4	8		2		9
				7			5	1
	8	3		2				
		4						
7	6							2
	5		7		9			
		7			5	9		4
						5		
4			8			6	7	

TO REGISTER, CALL DEBBY AT 203-757-5449 EXT. 125 OR EMAIL DHOROWITZ@WCAAA.ORG.



Navigating Medicare



Preventing Medicare Fraud



AN AGING AND DISABILITY RESOURCE CENTER

DO NOT TALK TO SCAMMERS

If you talk to them long enough, they could mimic your voice. Then, they could turn it into a recording of you agreeing to products or services you don't need.



SMP 877.808.2468

Did you know that scammers are able to steal or mimic voices? A lot of people have fallen victim to scams because they get calls that sound like loved ones. We understand this can be scary to think about. A way to protect yourself is to not answer calls you don't know. **And if you do talk to someone you realize might be a scammer, hang up!**

If you get a call asking if you just changed your Medicare number, hang up. This is a scam attempt to get you to share your Medicare number over the phone. **No one will ever call you to let you know your number changed or needs to be confirmed.**



DETECT WHAT YOU COULDN'T PREVENT

Check your Medicare statements and credit reports for potential fraud you couldn't prevent.



SMP

Sometimes scammers can find and use your Medicare number or Social Security number through no fault of yours. Data breaches are an example of this. So even if you haven't ever given out your Medicare number over the phone or through email, it could be compromised. This is why it's important to **always review your Medicare statements when you receive them.**

Senior Medicare Patrol (SMP) provides information needed to **PROTECT** you from Medicare fraud, errors, or abuse; **DETECT** potential fraud, errors, or abuse; and **REPORT** your concerns. Please call your local CT Area Agency on Agency at 1-800-994-9422

This publication is supported by the Administration for Community Living (ACL), U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$31,005 with 100 percent funding by ACL/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by ACL/HHS, or the U.S. Government.

YOU ARE INVITED!

CALLING ALL PROVIDERS



Are you the go-to person for your community? Become a certified SHIP/CHOICES counselor and be the expert your seniors need!

As a certified counselor, you'll guide your clients through their healthcare options, helping them make informed decisions for healthier living. Avoid the hassle of referrals and become the trusted source for all their needs.

Enhance your services and be the "no wrong door" for your consumers. Join us and make a difference in their lives!

Sign Up Today & Lead Your Community to Better Health!

Contact Kiara Carchi at kcarchi@wcaaa.org or 203-757-5449 x 100 to get started!

But Hurry! Application Deadline is 08/15/2024



Please read flyer for detailed information: <https://wcaaa.org/uploads/images/1.jpg?v=1722481203978>

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.



Navigating Medicare



Why Become a SHIP/CHOICES Counselor?

- ✓ **Empowerment Through Knowledge:** Gain in-depth knowledge of Medicare and Medicaid, to guide clients with confidence.
- ✓ **Be the Trusted Expert:** Offer seamless support and become a go-to resource.
- ✓ **Simplify the Process:** Cut through the red tape and save clients time and frustration.
- ✓ **Promote Healthy Living:** Help seniors make choices that enhance their well-being.
- ✓ **Elevate Your Role:** Position yourself as the trusted point of contact in your community, enhancing your services and solidifying your reputation as a valuable asset.
- ✓ **Boost Your Career:** Enhance your skills and credentials for professional growth.

Part D (Medicare drug coverage)

COST-SAVING CHECKLIST

If you are enrolled in a Part D plan but cannot afford your prescriptions, there are a few additional strategies that may help lower your drug costs.

- 1 Apply for Extra Help**
You may qualify if you have limited income and assets.
 - 2 Ask about State Pharmaceutical Assistance Programs (SPAP)**
Contact your SHIP to find out whether your state has an SPAP, if you are eligible, and how to apply.
 - 3 Talk to your doctor about generic drugs**
Generic drugs are often less expensive than brand-name drugs, so you should ask your doctor if a generic drug could work for you.
 - 4 Ask your doctor about samples**
This is only a temporary solution, as your doctor can probably not provide samples for long.
 - 5 Appeal for a formulary or tiering exception**
If your drug is not covered or covered on a high cost-sharing tier, you can appeal to your plan. Ask your doctor for assistance with appealing.
 - 6 See if there are any Patient Assistance Programs (PAPs) you might be eligible for**
Some drug manufacturers offer these programs. You doctor may have to apply for you, and eligibility varies based on the program.
 - 7 See a safety net provider**
Government-funded pharmacies in hospitals and community health centers may offer medications at reduced prices based on your situation. Contact the facility for more information.
 - 8 Request your pharmacist to waive your copay**
Your pharmacist may be able to waive copays on a case-by-case basis.
 - 9 Ask your hospital pharmacy about charity care**
Some hospitals can adjust drug copays to be based on income.
- Your SHIP is here for you!**
Contact your SHIP if you have questions about Part D coverage or cost assistance programs, such as Extra Help or State Pharmaceutical Assistance Programs. SHIP counselors provide unbiased Medicare counseling and assistance.

This document was supported, in part, by grant numbers 90SATC0002 and 90MPRC0002 from the Administration for Community Living (ACL), Department of Health and Human Services, Washington, D.C. 20201.

New Costs for Part D Drug Plans

Starting in 2025, the Inflation Reduction Act (IRA) of 2022 will eliminate the coverage gap—or the donut hole—for beneficiaries in Part D drug plans. The drug plans in 2025 will have a drug deductible of \$590.00 (if applicable), an initial coverage phase with a \$2,000 out of pocket spending limit, and a catastrophic phase. Once the person reaches \$2,000 out of pocket limit, they will go into the catastrophic phase and will no longer have to pay for drugs in the formulary for the rest of the year.

Submitted by: Diane DiLeo Millas,
WCAAA Staff

Source: Q1 Medicare.com

2024

CHOICES NEW TEAM MEMBER TRAINING COMING SOON

Fall Training:

Orientation:
September 3rd,
9 am - 11:30 am
**Ten self-paced
training modules &
short assessments**

9/4-9/25
**Virtual Training
Dates:**
9/26, 10/1, 10/8,
9 am - 2 pm

**Application
Deadline:**
August 20th, 2024

**CHOICES New Team
Member Trainings are
free for volunteers and
\$125 for in-kind (paid)
professionals.**

CHOICES, Connecticut's State Health Insurance Assistance Program (SHIP), is accepting applications for our 2024 New Team Member Training sessions.

CHOICES is part of a national network of SHIP agencies that offers free, confidential counseling, education, and assistance to Medicare beneficiaries, their caregivers, and the general public. The program is administered by the Department of Aging and Disability Services State Unit on Aging in partnership with Connecticut's five Area Agencies on Aging and the Center for Medicare Advocacy, Inc.

- Training participants will complete an orientation session, self-paced videos, three virtual live training days, sign the CHOICES Memorandum of Understanding, and take an online certification exam.
- **Training topics include** Medicare Parts A, B, C, and D, Medigap, eligibility, coverage, costs, appeals, coordination of benefits, transitions from other insurance, and cost assistance programs for low-income beneficiaries, including MSP, LIS, and Medicaid.

Expectations of CHOICES Team Members:

Be willing to learn, compare, and explain various Medicare options
Provide enrollment assistance through the Medicare Planfinder tool
Assist low-to-moderate income beneficiaries in applying for cost assistance programs
Report work monthly and attend two update trainings a year. **Please note that individuals who may have a conflict of interest, such as insurance agents, are unable to participate.**

If you would like to make a positive difference in the lives of Connecticut's Medicare beneficiaries, contact your CHOICES Regional Coordinator to begin the process:

WESTERN CT AREA AGENCY ON AGING:

Regional Coordinator: Kiara Carchi - kcarchi@wcaaa.org

Towns Served: Barkhamsted, Beacon Falls, Bethel, Bethlehem, Bridgewater, Brookfield, Canaan, Cheshire, Colebrook, Cornwall, Danbury, Goshen, Harwinton, Kent, Litchfield, Middlebury, Morris, Naugatuck, New Fairfield, New Hartford, New Milford, Newtown, Norfolk, North Canaan, Prospect, Redding, Ridgefield, Roxbury, Salisbury, Sharon, Sherman, Southbury, Thomaston, Torrington, Warren, Washington, Waterbury, Watertown, Winchester, Wolcott, and Woodbury.

CHOICES HIGHLIGHTS

SHIP/CHOICES Hosts Successful Senior Resource and Health Expo AT WCAAA

by Kiara Carchi, WCAAA CHOICES Regional Coordinator

our senior community, including healthcare services, wellness programs, financial advice, and more. Some participating vendors included Waterbury Public Health, the Commission on Human Rights and Opportunities, Connecticut Legal Services, the Hispanic Coalition, Independence Northwest, New Opportunities, The Kennedy Collective, Trinity Health, UConn Center on Aging, United Way, and many others. Attendees engaged with knowledgeable professionals, gathered essential information, and accessed services that could enhance their quality of life. The event also featured raffle prizes, adding excitement for all participants.

A special highlight was the New Opportunities Food Truck, serving delicious meals and contributing to the festive atmosphere. Additionally, we were honored to have state representatives Cindy Harrison and Martin Foncello join us, demonstrating their support for the senior community in our region.

The resources and information provided covered all 41 towns in western Connecticut, underscoring our commitment to serving seniors across our entire service area.

We extend our heartfelt gratitude to the dedicated volunteers, WCAAA staff members, Board and Advisory members, and everyone who contributed to making this event a resounding success. Your hard work and commitment

were instrumental in bringing this event to life and providing valuable assistance to our senior community.

The success of this expo highlights the importance of community engagement and collaboration in supporting our seniors. We look forward to hosting more events like this in the future and continuing our mission to enhance the lives of older adults in western Connecticut.

Thank you to all who attended and supported the Senior Resource and Health Expo. Your participation and enthusiasm made it a memorable and impactful event.

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On July 10, 2024, the SHIP/ CHOICES program from the Western Connecticut Area Agency on Aging (WCAAA) proudly hosted our first Senior Resource and Health Expo. The event, held at our headquarters, saw an impressive turnout with over 50 vendors and 300 attendees, benefiting from a wealth of resources and information. We'd love to share some cherished moments from the event with our readers.

The vendors provided invaluable resources to



New Opportunities Food Truck, "Meals in Motion"



Cindy Harrison, CT House Representative for District 69, with her mom.

Western CT Area Agency on Aging
84 Progress Lane, 2nd Floor
Waterbury, CT 06705

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WATERBURY CT

We are Grateful to Our Veterans!

WCAAA INSIDER

The mission of the Western Connecticut Area Agency on Aging, Inc., (WCAAA) 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:

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NOTE:

Please notify WCAAA if you change your address or have someone who would like to receive the *WCAAA Insider*.

CONTACT US

Western Connecticut Area Agency
on Aging (WCAAA)

203-757-5449
or
1-800-994-9422

Visit our website:

www.wcaaa.org

41-Town Region

<u>Barkhamsted</u>	<u>Litchfield</u>	<u>Salisbury</u>
<u>Beacon Falls</u>	<u>Middlebury</u>	<u>Sharon</u>
<u>Bethel</u>	<u>Morris</u>	<u>Sherman</u>
<u>Bethlehem</u>	<u>Naugatuck</u>	<u>Southbury</u>
<u>Bridgewater</u>	<u>New Fairfield</u>	<u>Thomaston</u>
<u>Brookfield</u>	<u>New Hartford</u>	<u>Torrington</u>
<u>Canaan</u>	<u>New Milford</u>	<u>Warren</u>
<u>Cheshire</u>	<u>Newtown</u>	<u>Washington</u>
<u>Colebrook</u>	<u>Norfolk</u>	<u>Waterbury</u>
<u>Cornwall</u>	<u>North Canaan</u>	<u>Watertown</u>
<u>Danbury</u>	<u>Prospect</u>	<u>Winchester</u>
<u>Goshen</u>	<u>Redding</u>	<u>Wolcott</u>
<u>Harwinton</u>	<u>Ridgefield</u>	<u>Woodbury</u>
<u>Kent</u>	<u>Roxbury</u>	