

SALEM SENIOR CITIZENS

Guest speakers for our April 12, 2016 meeting will include:

- * **Shayla Del Giudice** from Access Independence will give a presentation on the Medicare Savings Program that will help Medicare and Medicaid beneficiaries make the most of their benefits and save money. See attached info:
-
- * **Louis Severino** will present information about the Housing Rehabilitation Program 0% Interest Loans with reference to the Small Cities Grant for the Town of Salem. See attached info:
- * **Salem Resident Trooper Chris Pariseau** will speak about identity theft and explain how seniors can be specific targets.



Salem Senior's meet at 10:30 on the 2nd Tuesday of the month at the Salem Volunteer Firehouse 424 Hartford Rd (Rt. 85) at 10:30 and conclude with a potluck luncheon. We'd like to have you join us. The next meeting is April 12 at the Salem Volunteer Firehouse.

Each monthly meeting, the Salem Senior's participate in **Mind Aerobics with Kathy Civardi**. What a really fun way to use our brains with thoughtful word games, including casual conversation and observational reference.



Register now for the 6 week informative **Diabetes & Nutrition Clinic - "Live Well With Diabetes"** - join us at the Salem Volunteer Firehouse 10am to noon (March 29, April 5, 19, 26, May 3, 17). You do not have to have diabetes and may bring a guest. **This workshop is FREE.**

Register today - contact Connie Capacchione, Public Health Program Coordinator @ UNCAS Health District (860)823-1189 xt122



Alzheimer's Disease

Know the 10 Signs: Early detection matters

The warning signs of Alzheimer's disease are often dismissed as side effects of normal aging. If you or someone you know is experiencing memory loss or behavioral changes, it's time to learn the facts. Early detection gives you a chance to begin drug therapy, enroll in clinical studies and plan for the future. Attend this interactive workshop to learn the 10 Warning Signs of Alzheimer's disease. We'll separate myth from reality and address commonly-held fears about Alzheimer's in America. Hear from people who have the disease and find out how to recognize the signs in yourself and others.

Colchester: April 27th

Time: 5:00 –6:00 p.m.

Colchester Senior Center

95 Norwich Avenue

Colchester, CT 06415

To register call Rebecca Sullivan at 860.537.3911



AccessIndependence
Empowering Lives • Building Inclusion

80 Ferry Boulevard
Stratford, Conn. 06614
(203) 378-6977



Partnering Together to Benefit Connecticut's Seniors

"Funded by CT's State Department on Aging with financial assistance, in whole or in part, through funds from the Administration for Community Living"

April 12, 2016 @ Monthly Meeting Salem Fire Department 270 Hartford Road/ Rte 85

The MEDICARE SAVINGS PROGRAMS

Medicare Improvements for Patients and Providers Act (MIPPA)

Under the Medicare Improvements for Patients and Providers Act of 2008 (MIPPA), states, received funding to help Medicare beneficiaries apply for the Medicare Part D [Extra Help/Low-Income Subsidy \(LIS\)](#) and the [Medicare Savings Programs \(MSPs\)](#).

It could add \$104.90 back into your Social Security check each month

Help pay your Medicare Part "D" monthly premium

Help with your Medicare Part "D" deductibles

Housing Rehabilitation Program

0% Interest Loans

A Small Cities Grant - Town of Salem



*Join us for a brief presentation by Louis Severino
To learn more about this beneficial program during
Our April 12, 2016 monthly Senior's Meeting
@ the Salem Volunteer Firehouse.*

Does your roof or plumbing leak? Does your heating system leave you cold? The Housing Rehabilitation Loan program can help you make these repairs with no out of pocket expenses.

The Town of Salem is now accepting applications for its Housing Rehabilitation Loan Program. Sponsored by HUD (Housing and Urban Development) and the Town of Salem, the program provides INTEREST FREE - DEFERRED PAYMENT HOME IMPROVEMENT LOANS to qualified low and moderate income residents. The loans are not due and payable until the home is sold.

Examples of eligible repairs are: roof and window replacement, lead paint removal, electrical & heating system upgrades, code corrections, failed septic systems and handicap accessibility.

Eligible applicants must 1) be up to date on property taxes; 2) have 15% equity in the home; and 3) be low or moderate income by HUD standards.

THE PROGRAM REQUIRES NO OUT OF POCKET EXPENSES.
For further information or an application please contact Lisa Low & Associates, Small Cities Consultants for the Town of Salem, 203-888-5624 or info@lisalowassociates.com.

Help Us Celebrate!

ASPCA[®]

Help a Horse Day

April 23rd 11am to 3pm

Demonstrations & Performances 11am - Noon

Barnyard Olympics Noon - 2pm

Fun Activities ~ Farm Tours

Craft & Food Vendors

FREE ADMISSION



Vendor space available \$25

Donations Welcome

**Register your team of 4
for the Barnyard Olympics**

*Hay toss, water bucket relay,
stall mucking contest, wheel
barrow race. \$10 per team*

Mitchell Farm
300 East Haddam Rd.
(Rt 82) Salem, CT

www.mitchellfarm.org/events
dee@mitchellfarm.org
(860)303-8705



CONCERNED ABOUT FALLS?

THEN ESCAPE FALLS...

Falls are NOT an inevitable part of growing older. If you have fallen or find that you are losing your balance more often

THERE IS A SOLUTION

What is it?

Falls Talk is an evidence-based approach that was developed with research at the University of Connecticut Health Center and supported by the National Institutes of Health. This unique method helps you find ways to prevent falls. This program meets the Administration on Aging highest level criteria for evidence-based health promotion programs.

The Uncas Health District is offering Falls Talk to district residents at no cost.

Why It Works

This personalized approach includes one-on-one guided sessions to help you discover your own "fall threats." This increased awareness translates into successful fall prevention in real life situations.

In clinical trials, participants who completed the Falls Talk program improved their recognition of personal circumstances that may cause them to fall, increased their falls prevention behaviors and most importantly...

successfully PREVENTED FALLS.



How It Works

Once you have gone through a quick screening process, a trained individual will work with you one-on-one for two sessions that are less than one hour each. Several check-in phone calls will be made after the initial session.

Falls Talk is conducted over a one month period and is scheduled at your convenience in your home or elsewhere.

To find out if this NO COST program is right for you, please contact us:

Contact:

Connie Capacchione
Program Coordinator
Uncas Health District

(860) 823-1189 ext. 122
c-Capacchione@uncashd.org

Visit us on the web:
www.uncashd.org