

## April 10, 2018 Salem Seniors Meeting 10:30 am at Salem Volunteer Fire Co

- Medicare presentation with updates and changes to the current program
- Monthly updates from First Selectman
- Mind Aerobics with Bridgette
- Safety Presentation by resident State Trooper Luke LaRue – POSTPONED

### Discussions:

- \$5 *Special* Salem Senior Group Member Lunch at Two Brothers Restaurant. Seating at 11:30 a.m. on the 1<sup>st</sup> and 3<sup>rd</sup> Tuesday each month through May. (Advanced plate count requested)
- Seniors morning walks inside Salem School gym day and time – tbd.

Salem Health Mart Pharmacy can help with your individual medication dose packaging and tracking. Contact them at (860)949-8624 and inquire about “DISPILL MULTI-DOSE PACKAGING”

Silver Sneakers – sign up online [silversneakers.com](http://silversneakers.com) or call (866)584-7389 Most, Connecticut health plans provide coverage.

### Helpful phone numbers

Elderly Protective Services, Norwich 860-886-0521

Medicare Insurance Problems 1-800-994-9422

Administration on Aging 202-357-3507

CT Commission on Deaf and Hearing Impaired 800-708-6796

CT Department of Motor Vehicles 1-800-842-8222

Poison Control 860-222-1222

CT Department of Revenue Services 860-297-5962

CT Department on Aging 860-424-5274

“Do Not Call Registry” 1-888-382-1222

Long Term Care Ombudsman, Norwich 860-823-3366 (To report nursing home abuse or neglect)

Protective Services for the Elderly 860-886-0521 (To report elder abuse, neglect, intimidation, financial exploitation)

**Municipal Medical Transportation Service** application renewal begins July 1, 2018. Current subscribers will receive packet by mail.

If you're interested in registering call me Monday or Wednesday (860)859-3873 ext 125 or

Email [pam.henry@salemct.gov](mailto:pam.henry@salemct.gov)