

# Salem Seniors

April 2019

Join us for our monthly meeting; Tuesday April 9, 2019 10:30am at the Salem Volunteer Fire Co. Plan to park out front and enter through the front of the firehouse until work on the back driveway area is complete.

Look forward to updates from First Selectman, Kevin Lyden and Resident Trooper, Chris Pariseau.

<p>Guest speakers this month 4/9/2019</p> <p><i>Miriam Perez-Arnel</i> of Anthem providing updates on Medicare.</p> <p><i>Alisha of Body by Bliss</i>, will give a 20 minute (free for our group) group participation\ demonstration (after lunch) showing basic moves to do ourselves at home. Dress comfortably!</p>	<p><i>The Renter's Rebate program</i> for Connecticut's elderly or disabled renters began April 1 and runs to October 1. Qualifying income for the 2018 calendar year must not exceed;</p> <p>\$36,000(unmarried) \$43,900(married).</p> <p><a href="https://portal.ct.gov/OPM/IGPP-MAIN/Grants/Tax-Relief-Grants/Renters-Rebate-For-ElderlyDisabled-Renters-Tax-Relief-Program">https://portal.ct.gov/OPM/IGPP-MAIN/Grants/Tax-Relief-Grants/Renters-Rebate-For-ElderlyDisabled-Renters-Tax-Relief-Program</a></p>
<p>More senior resources:</p> <p>Dial 2-1-1 <a href="http://www.211ct.org">www.211ct.org</a></p> <p>TVCCA energy: (860) 425-6681</p> <p>Nutrition Program (860) 886-1720</p> <p>American Red Cross (877) 287-3327</p> <p>Disability Rights CT (860) 297-4300</p> <p>Mobil Food Pantry – 1<sup>st</sup> Wednesday each month behind Salem School</p>	<p><i>DVA, Connecticut's Department of Veteran's Affairs</i> has established a "Mental Health Resources for Vets and their Employers" webpage. For more information please visit:</p> <p><a href="https://portal.ct.gov/DVA/pages/mental-health-resources-for-veterans-and-their-employees">https://portal.ct.gov/DVA/pages/mental-health-resources-for-veterans-and-their-employees</a></p>



Respectfully submitted: Pam Henry (860) 859-3873 ext 125 Monday and Wednesday