

BITS & PIECES



FROM FRAN

August & September 2017

TVCCA Energy Assistance Program:

Applications are currently being accepted for the Energy Assistance Program. Required information necessary for completing your application includes:

- Social Security numbers for ALL household members
- Birth dates for ALL household members.
- A **current active utility** bill. The bill must be in a listed household member's name that is age 18 or older.
- Current copy of lease, mortgage statement or rent receipt with all landlord information including; name, address, and telephone number.
- Current and complete statements of ALL liquid assets for every household member. (i.e., savings and checking accounts, bonds, stocks/shares, Certificates of Deposit, Annuities, and Individual Retirement Accounts.

CURRENT INCOME DOCUMENTATION FOR EVERY HOUSEHOLD MEMBER:

- The last four consecutive week's pay stubs (1 pay stub if paid monthly, 2 pay stubs if paid bi-weekly or 4 pay stubs, if paid weekly) and/or Workman's Compensation benefits for the four weeks prior to your appointment date; showing gross income, tips, commissions, and bonuses.

- Current MONTHLY Social Security, SSI and/or Veteran's benefit income.
- Pension or Annuity check stub(s), or a letter from the payer on their letterhead stating the gross amount.
- All bank interest statements and dividend payments for the past month (If more than \$10.00 per month).
- Unemployment Statements from the website www.ctdol.state.ct.us or unemployment history printout (Within 24 hours prior to appointment) showing the last four consecutive weeks.
- Income from alimony and/or child support from Child Support Enforcement (letter or printout), a bank statement if payment goes directly into a bank account.
- Rental income: Current documentation verifying the amount of rent you collect from your tenant(s).
- Self-employment – Must fill out the Self-Employment Worksheet, have it notarized and bring your most recent tax return with all schedules attached.
- DSS Cash Advance Award Letter – showing current income for the household.
- A signed statement indicating the amount and frequency of payments from friends and relatives who are contributing toward your household's support that includes the name, address, and telephone number of the contributing person.

Income guideline have not been released at this time. Last year, the State Median Income Guidelines for CHAP were \$33,132.22 for one individual and \$43,326.74 for a household of two.

If you are interested in applying for the program, please call the Senior Affairs Office at 860-887-5581 ext. 6 leaving your name and telephone number. For your convenience, appointments will be scheduled at the Preston Town Hall and Lincoln Park Housing. Applications for this program are again being accepted prior to the November start-up date.

AARP Safe Driving Class:

On Wednesday, September 6th from 9:00 – 1:00 P.M. we will conduct a driver safety program at the Preston Senior Center. The cost for AARP members is \$15.00 and \$20.00 for non-members. (If you are an AARP member, please bring your membership card with you). Payment is due at the first class. **(PLEASE MAKE CHECK/MONEY ORDER PAYABLE TO AARP).**

By taking a driver safety course, you'll learn the current rules of the road, defensive driving techniques and how to operate your vehicle more safely in today's increasingly challenging driving environment.

You'll learn how you can manage and accommodate common age-related changes in vision, hearing, and reaction time.

You may be eligible to receive an insurance discount completing the safe driving course, so consult your insurance agent for details.

Please call 860-887-5581 ext. 6 to register for the program.

Foot Health Center:

On Wednesday, September 13th from 9:00 a.m. -12:00 p.m., Dr. Thomas Walter, DPM will be at the Lisbon Senior Center, Newent Road, Lisbon. There are openings available for this date, call 860-376-2329 to schedule an appointment.

When attending the clinic, please bring your insurance cards and photo identification. Most insurances accepted (no TITLE 19 or Husky). Co-pays & deductibles apply. House calls are also available for housebound patients. If non-covered: Cost is \$45.00 for initial visit and \$35.00 for follow-up visits.

Renter's Rebate:

To serve as a reminder, if you have not applied for the Renter's Rebate program, there is still time to do so. I have not received any official notice of any changes for the program, thus far. (hopefully a budget will be passed sometime in the very near future). If you have questions regarding eligibility or are

interested in applying for the program, please call 860-887-5581 extension 6, leaving your name and telephone number.

Blood Pressure Screening:

The second Tuesday of each month is the time which is dedicated to providing a Free Blood Pressure Screening at Lincoln Park Housing from 1:30 – 2:30 p.m. All screenings are conducted at Lincoln Park Housing, 11 Lincoln Park Road Extension. All are welcome to attend this very important service.

Thank You Volunteers:

We have a very dedicated group of volunteers who painstakingly create tray favors and small gifts for the residents of the Norwichtown Convalescent Home. Recently, the group expanded their efforts by providing holiday greeting cards to Veterans at the Norwich Vets Center and a number of local Preston Veterans. One of the heart wrenching comments, echoed several times over, was that people forget about them! Well, we didn't. Thank you Ladies and Gentleman (from the craft class) for making a difference.

Annual Picnic/Fair:

We have been invited to attend the Annual Picnic/Fair at the Lisbon Senior Center, Newent Road, Lisbon on Wednesday, August 23rd.. The fair begins at 10:30 a.m. There is a \$5.00 per person charge to participate.

The menu consists of Hot dogs, Beans, Potato Salad, Popcorn, Ice Cream, and beverage. They will have games with prizes such as Gift Cards, Lunch, Trip and more.

If you are interested in attending, there is a sign-up sheet available at the Preston Senior Center.

Back by Popular Demand:

Save the date: On October 4th, we are invited to join with our Lisbon Friends for a Ham and Bean luncheon. The star attraction of that day will be that Judy Jencks will be conducting an Auction. In the past, we have been requested to bring a wrapped item to be auctioned off. The details have not been completed as of this date but, we wanted to provide enough time for you to add this activity to your calendar. It's always a huge success, lots of fun and sometimes you come home with some nice items. Sometimes it's the laughter that is the best gift of all. There will be a small cost associated with the program, which will be announced shortly. I will keep you updated as new information comes in from the Lisbon Senior Center.

Thank You Friends and Supporters:

Thank you for your support of the Aluminum Tab Collection and Recycling Project to benefit Shriners Hospitals for Children. For the past 25 years, due to your support, the tab project has funded the purchase of many medical and non-medical items for the patients at several of our Shriners Hospitals for Children. Many people and organizations mail or bring the tabs to our hospital in Springfield, Massachusetts.

The tabs are then put into barrels and brought to a local recycling company where they are weighed by the pound. (1-pound equals 1,640 tabs) The recycling company issues a check to Helma Court No. 64 based on the weight of the tabs times the value of aluminum on that day.

Once the tabs are recycled, a representative from Helma Court contacts the local hospital's administrator to find out what items are needed for direct patient care. Shriners Hospitals for Children and the members of Helma Court No. 64 appreciate the efforts of every individual, school, scouting troop and organization that collects on behalf of the Shriners Hospitals.

The Preston Senior Center continues to collect tabs for the Shriners Hospital for Children and delivers them to Springfield, Massachusetts.

There are many local organizations which collect tabs and donate them to organizations such as Shriners Hospitals, McDonald House, etc. It's amazing what a tab collection and recycling project can do to help others. If you don't already recycle tabs, please consider doing so and donate them to your favorite organization. The effort is painless and can benefit so many.

TVCCA Café Program:

Our Café program is held on Monday's at the Preston Senior Center: 42 Long Society Road. The meal is served at 11:30 a.m. There is a suggested donation of \$3.00 per person for individuals 60 years of age and older. Persons younger than 60 years are welcome to attend but, are charged a substantially higher price. Reservations are necessary, we are not able to accommodate walk-ins. Please call the Preston Senior Center at 860-889-0770 by Thursday afternoon to make lunch reservations for the following Monday.

Menu for August 21stStuffed Chicken w/broccoli & cheese, Roasted Potatoes, Green Beans and Peach cup.

August 28thPub Burger w/cheese on Kaiser Roll w/ lettuce & tomato, Potato salad, Four bean salad, Mixed Berry Pie & Juice.

My Favorite Sayings:

How long a minute is depends on which side of the bathroom door you're on.

One makes a living by what he gets; he makes a life by what he gives.

When looking for faults, use a mirror...not a telescope.

Common sense is not so common.

Cherish all the happy moments; they make a fine cushion for old age.
Middle age is when broadness of the mind and narrowness of the waist change places.



Tips for buying a hearing aid- from the Federal Trade Commission!

Article by Colleen Tressler, Consumer Education Specialist, FTC (Federal Trade Commission), June 12, 2017:

"If you think you're losing your hearing, consider seeing a doctor or other health professional who specializes in hearing loss. If a hearing aid is right for you, it's a good idea to do some research. A hearing aid can be expensive. Here are a few tips to help you get started:

- Look for a reliable provider. Ask family and friends for referrals, talk with your doctor, and check out potential sellers (retailers, audiologists, and dispensers) online before you visit. Enter the professional's name and the manufacturer's name into a search engine online, and find out what other people have to say.
- Consider the price. As with many tech devices, a more expensive model might be worth the price to you, or it might contain fancy features you don't really need. At the same time, be skeptical of hearing aids that seem to have an exceptionally low price.
- Resist sales pressure. Buy only when you're satisfied with the answers to your questions. Make sure the person you are dealing with puts their promises or guarantees about service and maintenance into the written purchase agreement.
- Don't buy a hearing aid without first trying it out. Most states require a 30- to 60-day trial period. Most hearing health professionals offer this even in states that don't require it.
- Get information about the warranty. How long is the warranty? Can it be extended? Does it cover maintenance and repairs? Is it honored by the manufacturer or by the licensed hearing health care professional?
- Ask if you'll get a free loaner hearing aid if your device needs servicing or repair.
- Find out what's included in the total price. Hearing aids, fitting services, follow-up, more? Get an itemized list, and make sure you get any verbal quotes and promises in writing."

For more information, please see the FTC's recently revised article, *Buying a Hearing Aid*:

<https://www.consumer.ftc.gov/articles/0168-buying-hearing-aid-0>

Disclaimer: The State Department on Aging does not endorse individual vendors, products or services. The information contained in this newsletter is provided only as general information. Therefore, any reference herein to any vendor, product or services by trade name, trademark, or manufacturer or otherwise does not constitute or imply the endorsement, recommendation or approval of the State Department on Aging.



Tips for buying a hearing aid- from the Federal Trade Commission!

Article by Colleen Tressler, Consumer Education Specialist, FTC (Federal Trade Commission), June 12, 2017:

"If you think you're losing your hearing, consider seeing a doctor or other health professional who specializes in hearing loss. If a hearing aid is right for you, it's a good idea to do some research. A hearing aid can be expensive. Here are a few tips to help you get started:

- Look for a reliable provider. Ask family and friends for referrals, talk with your doctor, and check out potential sellers (retailers, audiologists, and dispensers) online before you visit. Enter the professional's name and the manufacturer's name into a search engine online, and find out what other people have to say.
- Consider the price. As with many tech devices, a more expensive model might be worth the price to you, or it might contain fancy features you don't really need. At the same time, be skeptical of hearing aids that seem to have an exceptionally low price.
- Resist sales pressure. Buy only when you're satisfied with the answers to your questions. Make sure the person you are dealing with puts their promises or guarantees about service and maintenance into the written purchase agreement.
- Don't buy a hearing aid without first trying it out. Most states require a 30- to 60-day trial period. Most hearing health professionals offer this even in states that don't require it.
- Get information about the warranty. How long is the warranty? Can it be extended? Does it cover maintenance and repairs? Is it honored by the manufacturer or by the licensed hearing health care professional?
- Ask if you'll get a free loaner hearing aid if your device needs servicing or repair.
- Find out what's included in the total price. Hearing aids, fitting services, follow-up, more? Get an itemized list, and make sure you get any verbal quotes and promises in writing."

For more information, please see the FTC's recently revised article, *Buying a Hearing Aid*:

<https://www.consumer.ftc.gov/articles/0168-buying-hearing-aid-0>

Disclaimer: The State Department on Aging does not endorse individual vendors, products or services. The information contained in this newsletter is provided only as general information. Therefore, any reference herein to any vendor, product or services by trade name, trademark, or manufacturer or otherwise does not constitute or imply the endorsement, recommendation or approval of the State Department on Aging.