

BITS & PIECES



FROM FRAN

August & September 2020

Food Distribution:

Hosted by UCFS Healthcare (United Community Family Services) in partnership with United Way Gemma Moran Food Pantry, we will be scheduling a Mobile Food Pantry on the following dates:

Friday, August 14, 2020 from 10:00 a.m. – 11:00 a.m.

Friday, August 28, 2020 from 10:00 a.m. – 11:00 a.m.

Both distribution dates will be held at the Preston Senior Center, 42 Long Society Road, Preston. Registrations are not required for this program and it is a No Contact Drive thru!

Due to the COVID-19 pandemic, we do ask that all participants wear a facial mask during the distribution. If you have any questions, please contact the Senior Affairs Office at 860-887-5581 extension 6.

Senior Nutrition Resources:

Join Registered Dietitian, Alison Dvorak, for a virtual review of the healthy eating opportunities for older adults in Eastern Connecticut and beyond. We will discuss Older Americans Act funded programs, Farmers Markets, Restaurants, SNAP, Grocery Delivery and much more! Send in your questions before or during the event.

The event is planned for Thursday, August 20, 2020, 2:00 – 3:00 pm. This is a free web-based event open to the public. Pre-registration is required at www.seniorresourcesec.org or 860-887-3561.

Energy Assistance:

Appointments for the Energy Assistance Program are currently being accepted. Income guidelines for the 2020-2021 program year are:

Household of 1: \$37,645.00, Household of 2: \$49,228 and Household of 3: \$60,811.00.

The required information necessary for completing your application includes:

- * **Social Security numbers** for ALL household members.
- * **Birth date** for all household members.
- * **A current active utility bill.** The bill must be the listed household members name that is age 18 or older.
- * **Current copy of lease,** mortgage statement or rent receipt with all the 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, Certificate of Deposit, Annuities, and Individual Retirement Accounts.
- * **Current income documentation** for every household member:
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 employment history printout (Within 24 hours prior to the 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 statement.

***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 the 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.

If you are interested in applying for the program, you can contact the TVCCA Office directly and schedule an appointment by calling 860-425-6681. TVCCA is located at 401 West Thames Street, Unit 201, Norwich, Ct.

When contacting TVCCA, they will give instructions on how to set-up your appointment and complete your application over the telephone. (Due to the COVID-19 virus, there are no face-to-face appointments). (You are still required to submit all documentation necessary to complete your application). OR, you can call the Senior Affairs Office at 860-887-5581 ext.6 and make arrangements to complete your application at the local level. We too are taking precautions to keep both you and staff safe. Not a painful process just a little different from what we are accustomed to doing. If you have questions, please call 860-887-5581 ext. 6.

Drive-Thru Food Pantry

**Friday, August 14th
& Friday, August 28th**

**Event Held at the Preston Senior Center
42 Long Society Road, Preston
10:00 AM - 11:00 AM**



Emergency food assistance provided by:



Would you like an extra \$144.60 in your pocket?

Could you use help paying Medicare premiums, co-pays and deductibles?

If You Qualify, Medicare Savings Programs May Be Able to Help.

How Do I Qualify?

If you live in Connecticut and can answer YES to these two questions, you may qualify:

- 1. Are you eligible for Medicare or already enrolled?**
- 2. Is your monthly income below \$2,617.44 (Single) or \$3,535.02 (Couple)**

Note: Money you have in the bank (Assets) are not looked at for MSP. In some cases, not all income is counted. Call CHOICES* for details.

How Can the Medicare Savings Programs Help You?

There are three levels of Medicare Savings Programs (MSPs) which provide different amounts of help:

- 1. Qualified Medicare Beneficiary (QMB)**, pays Medicare Part A Premiums, for those who have not worked long enough for free Part A, Part B premiums, Deductibles, Co-Pays and Co-Insurance, (Works like a Medigap policy) and qualifies individuals for Extra Help/Low Income Subsidy (LIS) for Part D Prescriptions.
- 2. Specified Low income Medicare Beneficiary (SLMB)** pays Part B Premiums and qualifies individuals for Extra Help/Low Income Subsidy (LIS) for Part D Prescriptions.
- 3. Additional Low income Medicare Beneficiary (ALMB)** pays Part B Premiums and qualifies individuals for Extra Help/Low Income Subsidy (LIS) for Part D Prescriptions.

All of the Medicare Savings Programs Will Save You Money!

- ✓ Save \$144.60 per month on Part B premium.
- ✓ Save 100% on Part D premium for basic plan or receive a subsidy on higher cost plans.
- ✓ Save on Part D Prescription Drugs. Pay no more than \$3.60/generic or \$8.95/brand name.

For Assistance and To Apply: Call the CHOICES Statewide Health Insurance Hotline

***1-800-994-9422**



STATE OF CONNECTICUT
DEPARTMENT OF HOUSING



CONNECTICUT TEMPORARY HOUSING ASSISTANCE INITIATIVES

The Department of Housing and Connecticut Housing Finance Authority, launched temporary housing assistance initiatives to help renters and homeowners address the economic impact related to COVID-19. The temporary housing assistance initiatives are: **Temporary Rental Housing Assistance Program (TRHAP) and Temporary Mortgage Assistance Program (T-MAP)**. These programs follow the announcement of a comprehensive state response by Governor Lamont authorizing the use of state and federal resources.

The programs will be offering assistance to renters and homeowners in order to prevent eviction actions/foreclosures. This will address both the arrearage caused by income loss and/or greater expenses due to COVID-19 that have negatively impacted a household's ability to pay their full monthly rent over the next number of months.

Program entry intake to determine pre-qualification for TRHAP and TMAP assistance, Threshold Eligibility Information may be submitted in **ONE of TWO** ways;

1. Renters applying for assistance can go to: www.chfa.org/homeowners/state-of-connecticut-temporary-rental-housing-assistance-program-trhap/:

Homeowners can use the Call Center option or go to the website:

<https://www.chfa.org/homeowners/state-of-connecticut-temporary-mortgage-assistance-program-t-map/>

Click the respective link above, complete the questionnaire in full on line, and hit Submit; Or

2. Call 1-860-785-3111 and speak to a Call Center Representative, Monday thru Friday, between 8:00 am and 5:00 pm.

DOH and CHFA are working in coordination with eleven (11) HUD Certified Housing Counseling Agencies. Eligible renters and homeowners will have access to temporary assistance as described above.

For more information on the resources, please see the following websites:

- Connecticut Department of Housing: portal.ct.gov/doh
- Connecticut Housing Finance Authority (CHFA): www.chfa.org

Annual Flu & Pneumonia Clinic:

Yes, we are planning a clinic this year! Plans are being formalized for a drive-thru clinic during mid/late October. We're taking a slightly different approach to providing this important service due to the COVID-19 pandemic. More complete details will follow in the September newsletter including registration information. Your health and wellbeing are important to US!

My Favorite Sayings:

Life is like a mirror....we get the best results when we smile at it.

Not doing more than average is what keeps the average down.

Sometimes, it's better to ask some of the questions than to know all the answers.

I have never seen a monument erected to a pessimist.

A wise person is never as sure of anything as a fool is of everything.

If you are all wrapped up in yourself, you are overdressed.

A smile is the cheapest face-lift you can get.

GIANT REDWOODS

AWESOME COAST GROWTH LOVELY
 BARK ECOSYSTEM HEIGHT MASSIVE
 BEAUTIFUL FOREST HUGE PROTECTEI
 BRANCHES GIRTH INSECTS RECORDS
 CHAMPIONS GOLIATHS LOGGING RINGS
 SHADE SPECIES
 TIMBER TREES UNIQUE

U	D	H	G	N	I	G	G	O	L	W	H	L
Y	N	O	D	R	Q	A	R	Y	S	U	S	U
B	X	I	E	E	O	D	W	E	G	H	G	F
C	A	B	Q	C	T	W	I	E	A	K	N	I
H	M	R	E	U	O	C	T	D	S	J	I	T
A	A	A	K	B	E	S	E	H	J	O	R	U
M	S	N	U	P	X	S	Y	T	T	F	M	A
P	S	C	S	T	T	L	D	S	O	R	W	E
J	I	H	R	C	E	O	A	R	T	R	I	B
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N	E	S	O	B	C	S	Q	V	K	C	M	U
S	N	L	S	H	T	A	I	L	O	G	E	X
I	C	H	E	I	G	H	T	I	M	B	E	R