

BITS & PIECES



FROM FRAN

October 2021

Annual Flu & Pneumonia Clinic:

Pre-registrations continue to be accepted for our WEDNESDAY; OCTOBER 13th clinic held at the Preston Senior Center. Prior to clinic day, individuals who have registered for the program will be contacted to verify accuracy of information. Under separate cover, a letter of instructions will be sent to those individuals to complete and return on clinic day. Our plans are to hold the clinic inhouse and not offer a drive-thru service. If anyone is in need of utilizing a wheelchair on clinic day, please notify us in advance in order for use to have one available for your use.

It's not too late to register for the clinic. We will offer the Influenza, Pneumonia and Shingles vaccine(s).

We want to make this important service available and convenient to you. Your health and wellbeing are important to us. Please call the Senior Affairs Office at 860-887-5581 ext. 6 to register for the program.

Food Distribution:

We are pleased to continue our monthly food distribution program at the Preston Senior Center. Our next distribution will be conducted on Friday, October 1st from 10:00 – 11:00 a.m. This program is offered through the generosity of United Community & Family Services, Gemma Moran Labor Food Center and various sponsors such as Charter Oak Bank and Core Plus Credit Union. All are welcome to attend.

TVCCA Café Program:

Our menu for the Monday Café Program during the month of October will include the following meals:

October 4th.....Stuffed Chicken Cordon Bleu, Rice Pilaf, Broccoli, Pineapple Tidbits.

October 11thClosed for Columbus Day Holiday

October 18th.....Swedish Meatballs, Egg Noodles, Green & Yellow Squash, Fresh Orange. A Health Talk will be presented at 11:15 a.m.

October 25th.....Chicken Cacciatore, Farfalle Pasta w/marinara, Green & Waxed Beans, Sweet Treat and Apple Juice.

All meals are served with 1% milk and whole grain bread, margarine, coffee and tea.

Registrations are necessary for this program. Call 860-887-5581 ext. 6 to register by telephone or sign-up in person at the Preston Senior Center. We're saving a seat for you! It's a great place to meet friends both old and new.

My Favorite Sayings:

The worst kind of indigestion comes from having to eat your own words.

If you believe that you are what you eat, don't eat nuts.

If at first you don't succeed, get ready to hear lots of advice.

To test your memory, try to remember what you worried about last week.

An argument is a head-on collision of two trains of thought.

Whichever checkout line you choose, the other one always moves faster.

A prune is a plum that's over the hill.

Why is it that opportunity knocks only once, but temptation never stops?

If you like stirring pots, read a cook book.

PRESTON YOUTH SERVICES

389 Route 2 • Preston, CT 06365

Office #: (860) 887-5581 x113 • Email: youthservices@preston-ct.org • Website: www.preston-ct.org



The Hire A Teen Program is an **employment referral service** for middle and high school students ages of 12 – 17 years old. It is designed to help youth acquire job skills, work experience, and income.

This job placement program matches Preston youth with Preston residents who need assistance with such things as yard work, housework, elderly help, pet sitting, and babysitting.

Hire A Teen Program requests consist primarily of temporary and part-time jobs at the homes of Preston residents. When a job becomes available, applicants' names are chosen according to their job interests. The employer then contacts the youth directly. ***Youth must be sure to notify their parents/guardians that potential Preston employers will be contacting youth and stress the importance of receiving any messages left by the employers.***

Youth and employers negotiate details such as day, time needed, and wages.

Preston Youth Services strongly encourages youth and employers to exchange Emergency Contact information with each other.

We encourage employers to follow up with Preston Youth Services to offer feedback on their experience, both positive and negative. Everyone's feedback is taken seriously and will be used to continually revise and improve our Hire A Teen Program.

Medicare Coverage for Home Health Aide Care

Medicare coverage can help older adults and people with disabilities obtain necessary home care. When individuals meet the home health benefit criteria, Medicare-covered care can include home health aide services. As defined by federal law, home health aides provide hands-on personal care, including assistance with the activities of daily living. This care is often critical to beneficiaries' health, safety, and ability to remain at home.

Who Qualifies for Medicare-Covered Home Health Aide Care?

- People who meet Medicare's home health coverage criteria can qualify for coverage of home health aides.
- The eligibility criteria for Medicare-covered home health services include being "homebound" and requiring a "skilled" service. Medicare defines home health **skilled services** as nursing, physical therapy, speech-language pathology services, and occupational therapy (to continue coverage).
- Home health aide services must be furnished by, or under arrangement with, a Medicare-certified home health agency. The home health aides must meet certain training and competency requirements.

What Medicare Home Health Aides Services are Covered by Medicare?

- To be covered by Medicare, a doctor or other allowed practitioner must order the home health aide services in the plan of care and indicate the frequency of home health aide services required.¹
- The reason for the home health aide visits must be to provide hands-on personal care to the beneficiary or services that are needed to facilitate treatment or to maintain the beneficiary's health,² such as:
 - Bathing, toileting, dressing, grooming, changing bed linens of an incontinent beneficiary, assistance with walking, changing positions in bed, and transfers;
 - Assistance with medications that are ordinarily self-administered;
 - Assistance with dressing changes that do not require a nurse;
 - Assistance with activities that support skilled therapy such as routine maintenance exercises;
 - Routine care of prosthetic and orthotic devices;
 - Services that are "incidental" to a visit for the above-listed services such as personal laundry or preparing a light meal.³

How Much Home Health Aide Services Can be Covered by Medicare?

- Under the law, Medicare covers home health aide services any number of days per week as long as they are provided less than 8 hours per day and 28 or fewer hours per week. On a case-by-case basis, services may be covered up to 35 hours per week.⁴ When both home health aide and skilled nursing services are provided, the two services combined cannot exceed these hour limits. When home health aide and therapy services are provided (with no skilled nursing ordered), the limit on home health aide hours is not combined with therapy.

Challenges to Receiving Medicare-Covered Home Health Aide Care

Although Medicare law authorizes coverage of 28-35 hours per week of home health aide care for a wide variety of services, with no time limit as long as eligibility criteria continue to be met,⁵ such care is currently almost never available.⁶

Beneficiaries, particularly those with chronic and/or debilitating conditions, are rarely able to find a Medicare-certified agency that will provide the amount or duration of home health aides they require. Home health agencies often tell beneficiaries that Medicare will only cover aides to provide one or two baths per week for a limited amount of time, although there is no basis for this in the law. Many agencies will not provide any home health aide services at all.

Practical Tips

- Discuss the need for home health care and aides with the individual's treating provider to ensure the necessary services are ordered and included in the Plan of Care.
- If the goal of the services is to maintain the individual's condition or slow decline, ensure this is stated in the order and Plan of Care.
- Obtain care from a Medicare-certified home health agency as recommended by a trusted provider or by finding Medicare-certified home health agencies that serve the individual's zip code.

More Information, Assistance, and Stories Request

Information and assistance are available at the Center for Medicare Advocacy.

Please help us to hear about beneficiaries who are being denied access to legally-covered home health aide services.

For more information, and to share stories, visit the Center's website, www.MedicareAdvocacy.org; call (860) 456-7790, or email HomeHealth@MedicareAdvocacy.org.

⁴ 42 U.S.C. § 1395x(m); 42 C.F.R. § 409.45(b)(2)(ii); Medicare Benefit Policy Manual, Chapter 7, § 50.7

⁵ 42 C.F.R. § 409.48(a)-(b); Medicare Benefit Policy Manual, Chapter 7, § 70.1; *see also* CMS, MLN Booklet, Home Health Prospective Payment System at 9 (Mar. 2018) ("Medicare does not limit the number of continuous episode recertifications for patients who continue to be eligible for the home health benefit.").

⁶ Home health aide visits per 60-day episode of home care declined by 90% from 1998 to 2019, from an average of 13.4 visits per episode to 1.3 visits. MedPAC, Report to the Congress: Medicare Payment Policy at 236 (Mar. 2021). As a proportion of total home health visits from 1997 to 2019, home health aides declined from 48% of total services to 6% of total services. MedPAC, Report to the Congress: Medicare Payment Policy at 234 (Mar. 2019); MedPAC Mar. 2021 Report at 245.

PRESTON PARKS & RECREATION

389 Route 2 ~ Preston, CT 06365 ~ Phone: (860) 887-5581 x113 ~ Email: recreation@preston-ct.org

CHAIR YOGA

A complete yoga practice using the support of a chair. Breathing techniques, yoga philosophy, meditation and deep relaxation are woven into each class. In this fun and informative class students will take home tools for mindfulness and relaxation as well as movements for energizing and stretching the body. Chair yoga classes are targeted for ages 60+ but classes are open to all adults and abilities.

DATES: Mondays: October 18 – November 22, 2021

TIME: 10:00 – 11:00 am

FEE: \$38 per person (6 week session)

Class will be offered in person at Preston Public Library or you can choose to participate via Zoom.

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PRESTON PARKS & RECREATION • CHAIR YOGA REGISTRATION FORM • 2021-2022 • Session #3

Name: _____ Phone Number: _____

Home Address: _____ Email Address: _____

Emergency Contact Name: _____ Phone Number: _____

Please register me for the following Yoga sessions:

___ Chair Yoga ~ Online ___ Chair Yoga ~ In Person

I am in proper health and have the approval of my physician to participate in the above listed activity. I have a clear understanding of the risks and hazards inherent in this activity. I agree to hold harmless the Town of Preston, Preston Parks & Recreation and their employees/volunteers for any injury incurred due to my participation in this program. In the event that I become incapacitated while participating, Preston Parks & Recreation staff and/or volunteer coordinators may authorize emergency medical treatment as deemed necessary by attending medical personnel. \$20 fee will be charged for any returned checks.

Signature _____ Date _____ Total Fee Enclosed _____

****Submit completed form and payment to: Preston Parks & Recreation • 389 Route 2 • Preston, CT 06365 ****

SAFETY TERMS WORD SEARCH

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

WORDS

- ACCIDENT
- BODY
- CRITICAL
- DANGEROUS
- DATA
- EGRESS
- GEAR
- HAZARDOUS
- HEALTH
- HELMET
- HOOD
- ILLNESS
- INGRESS
- INJURY
- LIFT
- LOCKOUT
- MACHINE
- MANUAL
- MONITORING
- NIOSH
- OCCUPATIONAL
- OSHA
- RISK

Find the words hidden vertically, horizontally, diagonally, and backwards.



Medicare

2022 Open Enrollment Virtual Workshop:

October 7, 2021

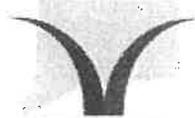
10:00 - 12:00 p.m.

Registration required:

www.SeniorResourcesEC.Org

**When it comes to
Medicare**

You Have
CHOICES



Do you have questions about
Medicare's Open Enrollment Period?

If you do, **CHOICES**, Connecticut's State
Health Insurance Assistance Program,
can help!

Join us for a free, unbiased informational
session to help you understand your
Medicare Plan options for 2022.

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Tai Ji Quan: Moving for Better Balance Class:

Tai Ji Quan: Moving for Better Balance is a research-based falls prevention exercise program that uses Tai Ji Quan based movements to improve strength, mobility, balance and daily function and to prevent falls. It is designed for older adults 60+ years old and people with balance difficulties. The next class of Tai Ji Quan will be held October 5, 2021, from 8:45 a.m. – 9:45 a.m. Class meets: Tues. & Fri. Location : Zoom. The class is Free. Must be 60+ years old to participate. Contact Connie Capacchione, Uncas Health District at 860-639-5138.