



Southwestern CT
Agency on Aging
 & Independent Living

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UPCOMING EVENTS

SAVE THE DATE!

CAPE's Annual Spring Conference

Wednesday, April 18, 2012 • 9:00 a.m.–1:00 p.m.

Location to be announced shortly. This year's conference will focus on Hoarding and the elderly. For more information call Chris Crain at (203) 814-3686.

National Health Care Decisions Day

Monday, April 16, 2012

To inspire, educate & empower the public & providers about the importance of advance care planning. Please help raise awareness in your community about the importance of End of Life care Planning. For ideas on what you can do to help educate the public visit www.nhdd.org.

If you would like a speaker to come and do an educational presentation on this important topic or for copies of Connecticut's Advance Directives booklet contact CHOICES at 800-994-9422.

The Bridgeport Elder Council's Legislative Breakfast



(From left to right): State Representatives Charlie Stallworth, Tony Hwang, SWCAA's Executive Director Marie Allen, GBESC Board Members Virginia Ell, Cathy Ragone, Sharon Corriveau, Kim Cassia and State Senator Kevin Kelly.

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 Chairperson of the Board: Alice Pisani • Chairperson of the Advisory Council: John Moses • Executive Director: Marie L. Allen



Aging Issues

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SWCAA Celebrates Aging and Disability Resource Network at Annual Meeting

Bridgeport's Holiday Inn played host to over 240 guests at the Southwestern Connecticut Agency on Aging's Annual Meeting. Board Chair Alice Pisani welcomed the audience of providers, grantees, elected officials, dignitaries and friends. Alice explained, "We seek to create an atmosphere conducive to the health and wellness of each person, maximize independence, provide options and improve the quality of each life we touch." The power of partnership was the prevailing theme. Alice described partnership as maximizing our collective knowledge, skill, strengths and abilities toward a common goal.

The meeting marked the beginning of the Southwestern CT Aging and Disability Resource Network- a partnership between the disability and aging community and State and local professionals helping seniors and persons with disabilities live with maximum independence, in the least restrictive environment of their choice. Through meetings with the First Selectmen and Mayors in all fourteen southwestern cities and towns, we identified a community focal point for the Aging and Disability Resource Network (see the highlighted list below).

SWCAA's ADNRN Partners

Disability Resource Center (DRC-FC)
 Bridgeport Social Services
 Darien Human Services
 Easton Social Services
 Fairfield Senior Center
 Greenwich Commission on Aging
 Monroe Senior Center
 New Canaan Human Services
 Norwalk Senior Center
 Stamford Senior Services
 Stratford Senior Center
 Trumbull Senior Center
 Weston Department of Human Services
 Westport Department of Human Services
 Wilton Social Services



Senator Kevin Kelly, DRC-FC Executive Director Anthony LaCava, SWCAA Chair Alice Pisani, Easton First Selectman Thomas Herrmann, Representative Tony Hwang and SWCAA Executive Director Marie Allen gather after the meeting.

The ADNRN partners, along with designated staff from the Disability Resource Center of Fairfield County will participate in trainings and workshops designed to streamline access to services for their clients. Another by-product of the partnership will lend a collective voice to advocacy efforts to impact policy favorable to the needs of older adults and persons with disabilities. "Given the fiscal climate, competition for resources and the strain on public support programs, it is more critical that the government, aging and disability networks work in concert on behalf of their constituents," said Marie Allen, SWCAA's Executive Director.

Since the meeting, SWCAA has convened a Medicaid 101 workshop designed to help professionals prepare complete, accurate Title XIX applications with the goal of more timely approvals for their clients. The workshop was described as "very valuable" and left attendees asking for additional workshops on related subjects. State Unit on Aging Director Pam Giannini applauded the efforts of SWCAA, the Disability Resource Center and the community for developing person-centered systems of service delivery for the region. Board member Jeanne Franklin ended the meeting by reading her Region I, award-winning essay, "Another Kind of Currency."



SWCAA Recognizes Excellence in Support of Aging

Each year, the **Excellence in Support of Aging** awards exemplify innovation, aspiration and dedication to an aging population. Our Board and Advisory are challenged to select winners from the many nominations received. The southwest is honored to have an abundance of deserving leaders in the field of aging.

This year's awardees are among the best! In the *Organizational* category, the **2011 Excellence in Support of Aging** was awarded to the Jewish Home of Fairfield County.



Staff of the Jewish Home of Fairfield County prepare to accept the award for "Excellence in Support of Aging, Organization" Seated right to left: President & CEO Andrew Banoff, Deborah Wesley, Program Director of Home Care and Hospice and Michael Hebert, Director of Grasmere by the Sea.

The Jewish Home meets some of the communities most pressing elder care needs including long term care, geriatric assessment, adult day center and the Center for Elder Abuse Prevention. Through its mantra, "Living our Common Values," the Jewish Home has raised the bar on customer service and created a true home for its residents.

SWCAA recognized the dedication and talent of Penelope Young in the individual **"Excellence in Support of Aging"** category.

For her second term, Ms. Young was selected by a bipartisan committee to represent the region on the statewide Commission on Aging. Ms. Young has been instrumental in creating a "livable community" that supports the lifestyle of all generations of New Canaanites through public planning and design. Her nomination was proposed by the Waveny Care Network and the Lapham Center – two innovative projects crediting Ms. Young's vision and influence. Ms. Young's commitment to the field is coupled with an undying dedication and herculean ability to improve the quality of life for older adults. Penny Young has always been a trailblazer in the field of aging and during the Annual Meeting, Penny was blazing a trail through the waters surrounding Antarctica and accepted her award via pre-taped video! 🌐



Penelope Young of New Canaan, recipient of the 2011 Individual "Excellence in Support of Aging" Award.

CHOICES Corner



A big "thank you" to all of our community volunteers and professional CHOICES counselors across our region for all their great efforts during the 2012 Open Enrollment for Part D and Medicare Advantage Plans. CHOICES staff and volunteers provided 2,000 hours of counseling to over 4,000 Medicare beneficiaries across Southwestern Connecticut to help them evaluate their options and choose the best coverage for 2012. It was because of the efforts of our dedicated CHOICES volunteers and staff that we were able to assist so many individuals.

A few important reminders for you to be aware of:

The Medicare Advantage Dis-Enrollment Period runs from January 1st to February 14th. This is for anyone who is currently in a Medicare Advantage Plan. The Medicare Advantage Dis-Enrollment Period allows someone who is currently in a Medicare Advantage Plan to get out of it and return to traditional Medicare and buy a stand alone Part D drug plan. Individuals are NOT permitted to switch from one Medicare Advantage Plan to another nor are they permitted to go from a Part D plan to a Medicare Advantage Plan during this time.

Medicare Part A & B's General Election Period runs from January 1st through March 31st of every year. Anyone who is eligible for Medicare but did not sign up during their Initial Enrollment can sign up for Parts A and/or Part B between now and March 31st. Please note however, their coverage will NOT begin until July 1, 2012. Late enrollment penalties may also apply if the individual did not have other creditable coverage.

Increased income guidelines for the Medicare Savings Programs

The income guidelines have gone up for all three of the Medicare Savings Programs as of January 1, 2012

Program	Marital Status	Monthly Income	Marital Status	Monthly Income
QMB	Single	\$2,024.84	Married	\$2,733.98
SLMB	Single	\$2,206.44	Married	\$2,979.18
ALMB	Single	\$2,342.64	Married	\$3,163.08

Remember, there are no asset limits for any of the Medicare Savings Programs. For more information on any of the above topics please call us at CHOICES 1-800-994-9422. 🌐



Legislators Meet the Aging Network

Legislative Breakfast sessions were held at three locations throughout the southwest region to cultivate understanding and encourage creative thinking to solve the most daunting challenges in the aging and disability communities.

Special thanks to our legislative attendees Senators Toni Boucher, Bob Duff, Scott Frantz, Kevin Kelly and Carlos Leone and Representatives Fred Camillo, Livvy Floren, Gerald Fox, Lile Gibbons, John Hetherington, Tony Hwang, Gail Lavielle, Chris Perone, Charles Stallworth, Jonathan Steinberg and William Tong.

At the Greater Bridgeport Elder Service Coalition, Senator Kelly encouraged attendees to keep legislators informed of the importance of programs such as the Statewide Alzheimer's Respite Program so legislators keep the program a funding priority in future sessions. Representative Hwang discussed the Legislature's commitment to Energy Assistance. Stamford's legislators listened to the struggles faced by older residents and persons with disabilities through Hurricane Irene and the October Nor'easter. Senator Leone asked for suggestions to help align nursing facility regulations with the needs during a state of emergency. Many similar themes were raised in Norwalk.

Everyone agreed that consumer choice and fiscal responsibility seem to align in the program goals of Money Follows the Person. There was a good deal of discussion about preventing a premature institutionalization so that we can help divert rather than transition clients from institutional care.

Marie Allen recognized Senators Kelly and Representatives Floren and Steinberg for their work on the formerly "Select" now "Standing" Committee on Aging. Their participation on the Committee solidifies the dedication of southwestern Connecticut legislators to the cause of aging. 🌐



Front row: SWCAA Executive Director Marie Allen, Norwalk Senior Umbrella Executive Director Laura Epstein, CT State Legislators Toni Boucher, Gail Lavielle. Back row: State Legislators Chris Perone, Bob Duff, John Hetherington and Marvin Residence Service Coordinator Lori Coates.

"100 Years Young"

Congratulations to Mr. John Galaty Sr. of Trumbull, Connecticut, celebrating his 100th birthday!



Galati Family (from left to right): Judy, John, Florence, John Sr., and their companion, Claire from Unicore Homecare Agency.

John, a lifelong Yankee fan was born and raised in Bridgeport and played semi-pro baseball for the Senior City League where he was known as Lefty Galaty. John lives in Trumbull with his wife Florence who will be celebrating her 97th birthday in June.

Mr. & Mrs. Galaty have both been on the CT Homecare Program for Elders (CHCPE) since 2008. Through CHCPE, the Galatys receive home delivered meals and each have a companion and home health aid to help with their daily needs. John Jr. believes that it is because of the services provided through CHCPE, that his parents have been able to continue to live independently in their own apartment.

When asked what the secret was to looking so young and vibrant at 100, John replied that it must be his Hungarian/Italian roots. As John said, "I'm a HunkItalian". After 75 years of marriage, we think his wife Florence agrees! John joined an elite club, led by Elizabeth of Trumbull, 105, along with a dozen other Centenarians living at home with services through the CT Homecare Program. Congratulations to them all! 🌐