



City of West Haven

SENIOR HIGHLIGHTS



Dept. of Elderly Services
203-937-3507

West Haven Senior Center
203-937-3507

Website:
CityofWesthaven.com

Online Newsletter
Ourseniorcenter.com



Senior Center Update

Happy December! Can you believe the holidays are upon us once again? Despite this past year of unprecedented changes and challenges, we can always find something to be thankful for, and we are thankful for all of you. Our first priority here at the West Haven Senior Center is to protect the safety of our members and staff. Therefore, we will remain closed to in person programming until it is safe to meet in groups again.

A huge thank you goes out to our Public Works Commissioner Tom McCarthy and the Public Works staff for continuing to deliver meals to our eligible members. For those receiving meals, you will receive a copy with your delivery of a new publication developed by the West Haven Health Department. "Sound Health" is a newsletter that will be published bi-weekly and will include COVID-19 updates as well as general health topics, an activity page and a recipe or two. For those that are not receiving meals, are tech savvy and have access to the internet, please visit www.cityofwesthaven.com and look for Sound Health on the Health Department web page. If you do not have access to the internet for whatever reason please call us and we can mail you a copy.

We will continue our virtual, mailed and delivered recreational programming, well-calls and community services appointments by phone. If you are in need of services please do not hesitate to call us at any of the numbers listed below.

We wish you all a very Happy and Healthy Holiday Season.

We are here if you need us.

Please call, text or email us with any questions or concerns you might have. We look forward to hearing from you!!

Sharon: Cell-203-627-1382 call or text Email: smancini@westhaven-ct.gov

Donna: City Hall—203-937-3635

Email: dmaclennan@westhaven-ct.gov

Jim: City Hall—203-937-3660

Email: jarria@westhaven-ct.gov

Energy Assistance

The Community Action Agency in New Haven is taking applications for Energy Assistance. Due to the Virus most appointments are by phone. You can call an automated number: **203-285-8018 to schedule a phone appointment. During this appointment you must provide the following information: Names & birthdates of all living in the home, proof of income which includes social security, pensions and wages. Proof of assets to include copies of all bank statements. Bill from heating source: gas/electric or name of oil company. During the phone interview, based on the information you provide, they will generate an application and mail it to you with a request for copies of all the above information. There are different income guidelines for different levels of benefits. If you need help you should not hesitate to apply. This process is a little more time consuming but it should be worth the effort.**

The City of West Haven is also doing phone interviews but appointments are extremely limited at this time. If you like you can call them at **203-937-3572 to get an update.**

Medicare Savings Program (MSP)

Depending on your income, MSP can help cover all or some of, Medicare's premiums, deductibles and cost-sharing. There are 3 levels of this program, each with separate income guidelines and benefits. The lower your income the more benefits you will be eligible for. Assets are not counted for this benefit. If your income is below \$2,617.44 (single) or \$3,535.02 (couple) you will be eligible for at least 1 level of help which would be to restore your Medicare premiums back into your Social Security Check. The level with the most benefit would act like a Medigap (Supplement) policy and cover: premiums, deductibles, co-pays and co-insurance.

For Assistance and to Apply call CHOICES Statewide Hotline

1-800-994-9422

Home Delivered Groceries & Misc Supplies

Since the beginning of the pandemic more stores are delivering groceries right to your door. Although Stop and Shop and Shop Rite have always provided this service, there is now another option called Instacart. Instacart offers shopping from a variety of your favorite supermarkets and other stores, and tends to offer faster delivery during busy shopping periods. Visit www.instacart.com. A credit card is required for purchases. There is a fee for this service, but worth the convenience. Shoppers will leave your groceries on your front step or anywhere you ask them to. They are required to wear masks and maintain contactless delivery.



In person Driver Safety classes are cancelled until March 1, 2021. You can take the class on the internet, the website is listed below:

Website: www.aarpdriversafety.org

Promo code for a 25% discount is: **DRIVINGSKILLS Good through: February 28, 2021**



Cell Phone Resources



Given the world we now find ourselves in Phone Lines have become a critical resource, especially since more and more people are isolated at home. We now have Dr. visits by phone or telehealth visits using a smart phone or tablet where you can see and speak with your Doctor. Phones are also needed to keep in touch with family and friends. The cost of cell phones and service can be pricey. Below is some general information that can help with the cost of owning the necessary devices at this time.

SafeLink Wireless: There are income guidelines to be eligible for a free phone and 350 monthly voice minutes. The guidelines are:

Single: \$17,226/yr or Couple: \$23,274/yr. If you are receiving any of the following benefits, you would be eligible: Medicaid (title 19), Food Stamps (SNAP), Public Housing Assistance (Section 8), or Veterans and Survivors Benefit. For more information call 1-800-723-3546 or go online at: www.safelink.com.

Consumer Cellular: Flexible plans starting at 20.00/month. No contracts. AARP members receive a 5% discount. For more information call: 1-888-404-1918 or go online at: GetConsumerCellular.com

GreatCall: Sells simple smart phones (Jitterbug) for reasonable prices. They have a variety of plans based on your needs. No Contract. For more information call 1-866-382-7556 or go online at: greatcall.com/Smart

There has been some discussion on the State level that funding may be available for tablets for Seniors, we will keep you updated.

James "Jim" Spagone

April 28, 1928—November 19, 2020

It is with much sadness to announce the passing of Jim Spagone. He was an integral part of our Senior Center family. He was a long time Volunteer and was always willing to help with whatever needed to be done. He will probably be remembered most for his animated and fun Bingo calling. He also had a special skill of sleeping in a chair and not falling over.

Rest in Peace Jim. Thanks for all the Memories!!



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Travel Update

The Lights Have Dimmed: It is with sadness, I report to my travelers, that the **Westchester Broadway Theatre** has decided to close their doors after 46 years due to Covid 19. In its 46 years, the theatre has produced 217 musicals, hosted concerts, benefits and fundraisers. It also employed 5,000 theatre professionals, some of which went on to Broadway and beyond. I know many of you enjoyed the shows over the years with our recently attended, "On Your Feet" last year. Westchester will be missed and I hope you will hold those memories as a wonderful time spent with your friends.

Sincerely,
Donna

Winter Tips

The Winter season can be a challenging for all of us. Below are some suggestions to get prepared. **Avoid slipping on ice**—It may not look slippery when you look out your window but don't take it for granted. Make sure you shoes have good traction with non-slip soles. Try to remain inside until roads are cleared and check the tip of your cane, if it is worn consider replacing it.

Prepare for power outages—Stock up on batteries, make sure your flashlights/lanterns are working, have a battery operated radio, have plenty of blankets and non-perishable foods as outage could be for an extended period of time.

Get your car winter ready— Have your mechanic check your tires, oil, battery and wipers.

Vitamin D—Since we will be spending time indoors we'll have less exposure to natural sunlight. Try drinking more vitamin D milk, increase grains or try eating more seafood such as tuna & salmon.

Happy Holidays, Donna MacLennan

"No Winter lasts forever; no Spring skips its turn" - Hal Borland

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