

Dear Friends –

This newsletter marks the tenth year of *Out & About* since our inception as an Aging in Place Strategic Planning Committee. I sincerely hope you enjoy these newsletters that are packed with opportunities, ideas, and helpful information.

I am so grateful for your support in helping us grow and become the organization we are today. The free services that we provide — whether it be transportation, referral to vetted service providers, friendly volunteers, home safety evaluations, or a monthly compilation of events around town — help seniors stay connected and remain living independently in their homes.

The **At Home In Darien** Board of Directors steers our organization and is always looking to the future. I am so appreciative for the new members we welcomed to the Board at our Annual Meeting

in December and their pledge to fulfill our mission — **Peggy Brown, John Keating, John Hess** and **Alison Wright**. I am also grateful to our outgoing board members — **Peter Eder, Dr. Josh Herbert, Sue Ozanne** and **Janet Sargent** — for all they have done to make our organization a valuable resource for the Darien community.

As always, we are here to help you – give us a call! 203-655-2227

All the best,



Gina Z. Blum
Executive Director of
At Home In Darien

Gina@AtHomeInDarien.org



At Home In Darien
in partnership with Darien Senior Program
at Mather Center invites you to




"Be The Star You Are"

Try Karaoke with **Leigh Henry Music**,
multiple year winner
of **Fairfield Weekly** and
**CT Magazine's "Best of
Karaoke"** awards

Wednesday, April 25, 2018
12:00 p.m. to 1:30 p.m.

Mather Center
2 Renshaw Road, Darien

Free for Darien Seniors
RSVP by April 20th

 **203.655.2227**
or
Sandi@AtHomeInDarien.org

our mission:

*"Helping Darien seniors live independently, comfortably
and with dignity in their own homes and the community
as long as possible"*



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TAXI

**We're excited to announce the
Half-Price Taxi Voucher Program
Coming Soon for Darien!**

This program will give Darien seniors 60+, and people with disabilities, access to affordable on-demand transportation.

We encourage people to use **At Home In Darien** transportation on weekdays, but the half-price taxi voucher program will be particularly helpful when we are not in service — especially weekends and evenings.

This program will allow for taxi rides at 50% of the regular price because seniors and people with disabilities are eligible to purchase taxi vouchers from **At Home In Darien** at half the value of the voucher. For example, a booklet of taxi vouchers worth \$25.00 will be available for purchase for only \$12.50. Simply pay your taxi driver with your vouchers. You must have cash to pay for tip and fare remainder under \$5.00. Taxi drivers will not give change for vouchers.

To purchase vouchers residents must bring proof of age in the form of a driver's license, passport, or Social Security statement. Proof of disability must be provided in the form of a disability statement from Social Security.

We are excited as this program will significantly increase the transportation options available to seniors and people with disabilities allowing them to arrange transportation for themselves on-demand, around the clock, and 365 days a year!

Please call **At Home In Darien** at **203-655-2227**, or stop by our office at 2 Renshaw Road, for more information.

MEMBERSHIP CARDS

Are you a Darien resident who is 60 years old or better? Do you have your At Home In Darien membership card? It's FREE! And there are benefits!



The **At Home In Darien** membership card program was created in 2015 to get senior residents out and about town and to take advantage of special offers and incentives. There are numerous restaurants, stores, and businesses that offer discounts to

seniors when they present their membership card.

Seniors in town have been so happy to use their cards to receive a benefit when eating out, shopping, or needing a service person in their home. Joan, a Darien senior, remarked "It makes me feel special to be able to receive the benefits of my **At Home In Darien** membership card in places around town. I love the savings I receive from using it too. "

Since its inception, the program has grown to include over 30 participating businesses. Those local businesses have been delighted to be able to offer membership card incentives to benefit and honor seniors and to help **At Home In Darien** with their goal of keeping seniors connected to our community. Sheila Daley, owner at Barrett Bookstore a participating program member, commented, "We are so happy to be able to give a discount to some of our best customers." Raya Ward, office manager at Nielsen's Florist, remarked, "**At Home In Darien** is very easy to work with and the program runs very smoothly. It is wonderful to see that the

customers love it when they come in and can receive a discount on their purchase."

The personalized membership card is handy to have with you at all times. The credit card size card fits easily in your wallet and can be carried everywhere you go. Whether you have a question, need advice, want to reserve a ride, sign up for a special event, or need a referral to a service professional, it allows you to have **At Home In Darien** contact information at your fingertips.

There is no charge to be a member of **At Home In Darien** and to receive a card. If you or someone you know is a Darien resident, 60 years of age or older, and would like a card, please call our office at **203-655-2227** to request a card.

A complete list of offers can be found on our website www.AtHomeInDarien.org under the membership benefits tab or call our office at **203-655-2227** to request a copy.

If you come across a local retailer or business that doesn't know about **At Home In Darien**, or doesn't offer a discount of some kind, please be proactive and let them know about the membership card program. All you have to say is "There are more than 3,000 of us seniors in town and it's easy to be part of the program. All you need to do is call **At Home In Darien**." We encourage you to call us too to suggest potential participators. Having more businesses will only make the program better. And retailers benefit from increased business as well!

BE PREPARED IN CASE THE ELECTRICITY GOES OFF!

Ali Ramsteck, LCSW, Darien Human Services, Town Hall, Room 109 203-656-7328

- Have at least 1 flashlight with extra batteries. Do NOT use candles. They are a fire hazard!
- Have at least one week's worth of medications on hand.
- Have a battery-operated radio on hand.
- Buy a cell-phone charger for your car.
- Keep important telephone numbers in a handy place.
- If you use oxygen, have extra portable oxygen tanks.
- Keep a supply of non-perishable food, drinks and water on hand.
- Have a manual can opener available.
- Keep refrigerators and freezers closed as much as possible.
- Unplug sensitive electrical devices.
- Fill your car's gas tank.
- Have extra cash on hand.
- Make plans to stay with family or friends if you are uncomfortable staying alone.
- Have a Go Bag ready with a change of clothes and personal necessities.

Call 911 in case of an emergency.

Visit www.darienct.gov and sign up for **CODE RED** to receive town-wide updates.

Would you like to be on Darien Human Services' Emergency Call List? The staff keeps a list of seniors or disabled individuals to call prior to a storm or town wide emergency. Calls are also made during and after the storm to provide reassurance and make sure you are all right. If you would like to have your name added to the list, please call 203-656-7328.

Useful Tips for Talking with Your Health Care Provider

Excerpted from The Healthy Aging Show Complements of Comfort Keepers

Remember the “good old days” when doctors could take lots of time after an exam to have a conversation? To make the most of your visit, here are some tips to make your time with your healthcare provider more enjoyable and productive:

Tip 1: Keep a Diary

If you’re experiencing symptoms or pain, write down what is happening and what brings the symptoms on. This information will help the doctor understand what you’re dealing with.

For pain, rank it on a scale of 1 to 10, with ten being the worst. Indicate if symptoms or pain are made worse or relieved by medication.

Tip 2: Make the Appointment

Making an appointment can often be a challenge. Given how busy the doctor’s office may be, speaking with a receptionist or scheduler may involve more “hold time” than talk time. Know what you are going to say and say it. Write a script to read if that helps.

Tip 3: The Appointment

Bring your diary — and something to keep you busy in the waiting room. If you feel it would help, bring a family member or friend along with you as another set of eyes and ears.

Tip 4: You’re the Customer

The more clearly you communicate with your doctor, the more successfully your doctor will be able to treat you. To make this happen:

- Be honest about why you’re here. Don’t say what you think the doctor might like to hear.
- Be direct and to the point. Describe as clearly as possible what’s happening and how you feel.
- Ask questions — about anything that concerns you. Make sure you understand the answers. If you don’t understand — ask.
- Make your concerns clear. Clarity between you and your doctor is the key to effective treatment. Say what you mean and understand what your doctor says to you.
- Take notes – Ask your doctor to repeat or clarify what’s been said so that you are sure to understand clearly all that has gone on.
- Get written copies of advice and instructions. Brochures, flyers, information sheets, suggested reading, internet links and support groups all have important information that can help you understand your condition — so ask about them.

Tip 5: Follow Your Treatment Plan

Once you’ve completed your visit to your doctor, plan the follow-up.

- Get your prescriptions, if there are any, and begin to take them according to instructions.
- Make any lifestyle adjustments that have been recommended.
- Keep any follow-up appointments and make sure your primary doctor is informed of each.
- Follow up with your doctor and keep the clear lines of information flowing.

The relationship you have with your doctor is important. Working together, that relationship can be more effective and more pleasant.



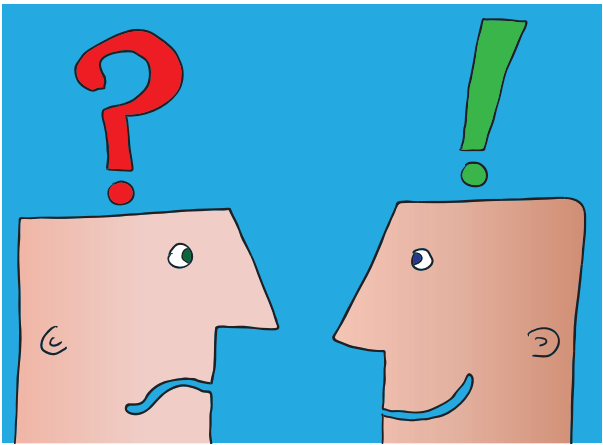
SWAP SHOP

126 Ledge Road, 203-655-7340

The Swap Shop at the Darien Recycling Center is a local hot spot. Staffed entirely by volunteers, the Swap Shop saves taxpayer dollars by reducing the amount of waste hauled away.

A few simple guidelines: items dropped off must be in usable or repairable condition. No TVs, air conditioners, clothing, mattresses or cribs. Hours are 7 a.m. – 2:30 p.m. Best of all, no swaps are required to shop. Residents can take what they want and contribute as they see fit.

A valid permit is required for entry. Recycling Center Permits must be affixed to the driver’s side windshield to gain access into the Darien Recycling & Refuse Center or the Darien Swap Shop. All seniors 65 and over (proof of age along with vehicle registration needed) are entitled to one (1) free permit per household.



Brain Teasers

How many words can you make from these letters? You should get 43 words or more!

CSTRCOER

**What are the next three letters in the following sequence?
J, F, M, A, M, J, J, A,**

— — —

Answer - S, O, N. The sequence is first letter of the months of the year. September, October, and November are the next in the sequence.

In a year, there are 12 months. Seven months have 31 days. How many months have 28 days?

Answer - They all do.



At Home In Darien
provides the following
free services to all
Darien residents age 60+:



Transportation within Darien,
Stamford, Norwalk and New
Canaan, Monday - Friday 9 a.m.
to 4 p.m.



Telephone referral, advice and
counsel.



Communication and Programs —
Out & About newsletter.

Monthly calendar of events.

Membership Cards that provide
discounts with local businesses.

Home safety evaluations.

Social and educational programs.



Handy Services —

Volunteers including Friendly
Visitors, Shoppers, Helpers,
Callers, and Drivers along with
seasonal services such as snow
shoveling of public sidewalks
and leaf raking.

Referrals to discounted vetted
property and home maintenance
services.

Thank you!



We would like to express our heartfelt gratitude to the St. Thomas More Youth Group of Darien, Church of Latter Day Saints Youth Darien Ward, Boy Scout Troop 35, Darien YMCA Adventure Guides and Princesses, The Community Fund's Middle School Youth Asset Team, The Vivenzio Family, Andy and Blake Wilks, Caroline Johnson, Lindsey Cator, Sydney Fagerstrom, and Nicholas Teitler, for spending over 440 combined hours raking, bagging and hauling numerous piles of leaves from the homes of 25 Darien seniors.



Thanks for your Support!

At Home In Darien is supported by hundreds of people from all over the town. Are you one of them? We depend on your support to continue to serve Darien's senior citizens. We are a private, tax-exempt, non-profit 501(c) 3 organization.

Please send a generous gift today to:

At Home In Darien
2 Renshaw Road, Darien, CT 06820

Remember us in your will or trust!

Do you know what services are offered through Darien Senior Programs at the Mather Center?



Visiting Nurse and Hospice of Fairfield County: provides blood pressure screening and medication management counseling on the first Tuesday of the month from 9:30 to 11:30 a.m. and on the third Tuesday of the month from 12:30 to 1:30 p.m. Drop in basis, no appointment necessary.



Ask a Lawyer: offered through Michael Nedder & Associates, LLC. 15 minute private appointments for questions regarding power of attorney, living wills, trusts, guardianships, disability planning, IRA custodianships, wills and more. Call 203 656-7490 for dates and to schedule an appointment.



Ask a Certified Public Accountant: Chris Vlahos, CPA of Nedder & Associates, LLC is available for 15 minute private appointments to answer tax questions or concerns. Call 203 656-7490 for dates and to schedule an appointment.



Audiology Concierge: offers monthly free hearing tests, hearing aid cleaning and repair, wax inspections and listening demonstrations. Call 203 656-7490 for dates and to schedule an appointment.



Ask a Social Worker: Darien Human Services Department is available Wednesdays from 11:00 a.m. to 12:00 p.m. to answer questions about eligibility programs, resources for seniors, and care concerns. Drop in basis, no appointment necessary.



Caregiver Educational Support Group: meets third Wednesday of the month from 1:00 to 2:30 p.m. to provide support and advice to anyone caregiving an elderly parent, other relative, or friend. Resource materials and information about other area services that would assist the caregiver with managing needs and juggling the demands of daily life are available. Call 203 656-7490 for more information.



Coffee with a Cop brings police officers and community members they serve together over coffee to discuss issues and learn more about each other. This program provides a safe and comfortable opportunity for positive officer-citizen engagement. Call 203 656-7490 for more information.

**Darien Senior Programs at
Mather Center, 2 Renshaw Road • 203-656-7490**