

October, 2020

Heritage Center^[SEP] Social Services Update



Angelica Fontanez
Director of Social Services

203-938-3580^[SEP]

Email Angelica at

afontanez@townofreddingct.org Michelle

Stillman

Heritage Center Administrative Assistant

203-938-9725^[SEP]

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Give Redding a Halloween Glow

*Put Your Self-Made Jack O'Lantern
on the Town Green*

Friday, Oct. 30th from 4:30 - 7:00 PM

*Redding Garden Club
will keep your
Jack O'Lantern lit
until 8:00 PM
Sunday, November 1st
by providing
free LED lights
available at the gazebo*

*Residents of Lonetown Road
are encouraged to display
their Jack O'Lanterns at
the end of their driveway*

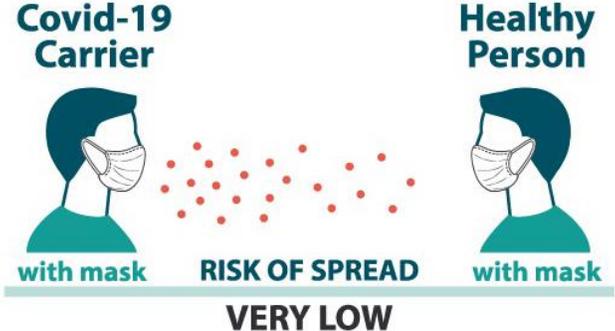
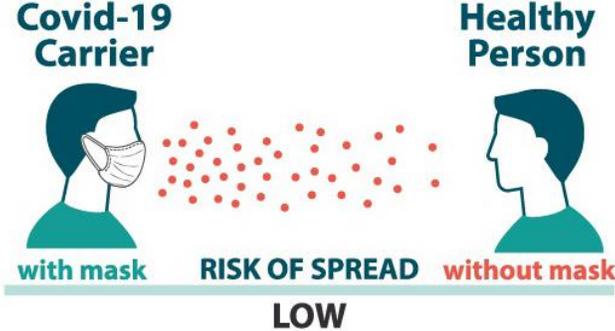
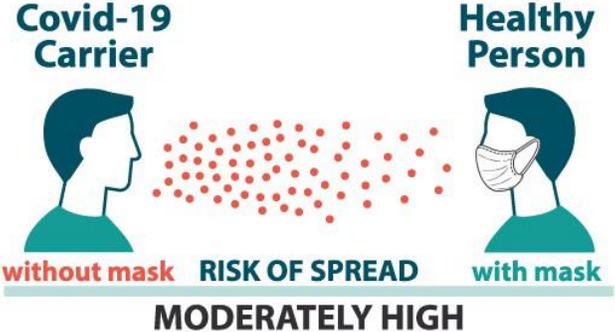
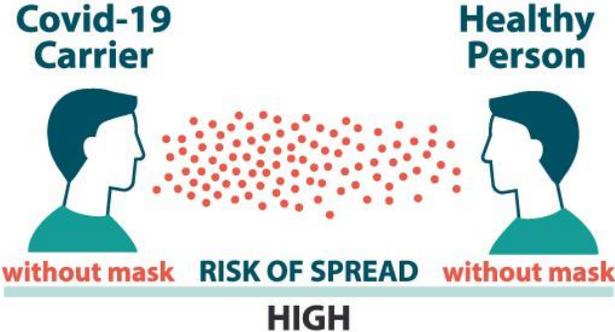
*Participants are encouraged to
retrieve their Jack O'Lanterns
after 8:00 pm on November 1st.
Unclaimed pumpkins will be
discarded Monday AM*



*Make
Redding Center
Eye-catching
on Halloween!*

How Masks Prevent the Spread of Covid-19

Let's do this for each other!



Flu Shots Available!!!



With the Covid 19 Pandemic affecting our state, it is more important this year than ever to protect ourselves against the Flu.

Flu Clinics!

Thursday, October 15th from 9:00 am to 11:00 am at the RCC

Thursday, October 22nd from 4:30 pm to 7:30 pm at John Read MS

Please note: Preservative-free Quadrivalent Flu Vaccine for ages 6 months and older and Preservative-Free High-Dose Flu Vaccine for ages 65 years and older will be available as supplies allow.

Please bring your current primary medical insurance card. Participating insurance carriers for the 2020-21 flu season are: Aetna, Anthem/BCBS, Connecticare, Harvard Pilgrim, Medicare Part B & Medicare Advantage Plans With Aetna, Anthem/BCBS and Connecticare. No charge for vaccines for all children, 18 years and younger, regardless of insurance carrier. For non-participating insurance plans, payment accepted by cash, check, HSA, debit or credit card.

****Masks are required for all participants entering clinic sites**** Please

practice social distancing at all times

Time to Review Your Medicare Coverage!

If you are happy with your plan, nothing need be done, but if you would like to make changes, now is the time, from October 15th through December 7th



Open Enrollment is Here!



Reminder to Medicare Beneficiaries! Medicare Open Enrollment is October 15-December 7, 2020. This is the time to review your current Medicare Prescription Drug Plan (PDP) or Medicare Advantage Plan (MAP) to ensure that your drugs are still covered by your plans in 2021 and in the case of a MAP, confirm your Medicare providers still take your plan. In some cases, there may be a less expensive plan available to you in 2021.

For more information, contact the CHOICES department at WCAA at 1-800-994-9422 or 1-203-757-5449 EXT 134.



Dear Marci

What is Fall Open Enrollment? *Dear Marci: I enrolled in Medicare about six months ago. My friend told me that the Fall Open Enrollment Period for Medicare is coming up. What is Fall Open Enrollment, and is there anything I need to do during this time? -April (Montpelier, VT)*

Dear April,

Fall Open Enrollment runs from **October 15 through December 7** each year. During this time, you can make changes to your health insurance coverage, including adding, dropping, or changing your Medicare coverage. Even if you are happy with your current health and drug coverage, Fall Open Enrollment is the time to review what you have, compare it with other options, and make sure that your current coverage still meets your needs for the coming year.

You can make as many changes as you need to your Medicare coverage during Fall Open Enrollment. **The changes you can make include:**

*Joining a new Medicare Advantage Plan | * Joining a new Part D prescription drug plan | * Switching from Original Medicare to a Medicare Advantage Plan | * Switching from a Medicare Advantage Plan to Original Medicare (with or without a Part D plan)

Regardless of how you receive your Medicare coverage, you should consider:

* Your access to health care providers you want to see | * Your access to preferred pharmacies | * Your access to benefits & services you need | * The total costs for insurance premiums, deductibles, & cost-sharing amounts

If you have Original Medicare, visit www.medicare.gov or read the 2021 Medicare & You handbook to learn about Medicare's benefits for the upcoming year. You should review any increases to Original Medicare premiums, deductibles, & co-insurance charges.

If you have a Medicare Advantage Plan or a stand-alone Part D plan, read your plan's Annual Notice of Change (ANOC) and/or Evidence of Coverage (EOC). Review these notices for any changes in:

* The plan's costs | * The plan's benefits and coverage rules | * The plan's formulary (list of drugs your plan covers)

Make sure that your drugs will still be covered next year and that your providers and pharmacies are still in the plan's network. If you are unhappy with any of your plan's changes, you can enroll in a new plan. If you want assistance reviewing your options, contact your State Health Insurance Assistance Program (SHIP) for unbiased counseling. To contact your SHIP, visit www.shiptacenter.org or call 877-839-2675.

Even if you are happy with your current Medicare coverage, consider other Medicare health and drug plan options in your area. For example, even if you do not plan to change your Medicare Advantage or Part D plan, you should check to see if there is another plan in your area that will offer you better health and/or drug coverage at a more affordable price. Research shows that people with Medicare prescription drug coverage could lower their costs by shopping among plans each year; there could be another Part D plan in your area that covers the drugs you take with fewer restrictions and/or lower prices.

Dear Marci is a biweekly e-newsletter designed to keep you—people with Medicare, social workers, health care providers and other professionals—in the loop about health care benefits, rights and options for older Americans and people with disabilities. This information is republished with the permission from the Medicare Rights Center. For more info visit source www.medicarerights.org. On the internet: The URL is www.medicareinteractive.org



Heritage Center IN PERSON Classes

*Heritage Center will begin holding the following **OUTDOOR** classes, weather permitting. You **MUST** call **Michelle** at **203-938-9725** to register and reserve your spot as there are only a limited number of spaces available.*

Mondays:

9:00 a.m. Beginner Qi Gong & Tai Chi \$5.00 / session
Instructor: Master Sensei June Fagan
(Grassy area in front of building)

Tuesdays:

9:30 a.m. Fitness to Fit You \$5.00 / session
Instructor: Garner Lester
(Parking lot in front of building)

11:00 a.m. Tai Chi \$5.00 / session
Instructor: Deby Goldenberg
(Grassy area in front of building)

Wednesdays:

9:00 a.m. Yoga \$5.00 / session
Instructor: Laurie Mayper
(Field at the end of main parking lot)

10:00 a.m. Sketch, Paint & Create \$8.00 / session
Instructor: Laura McCormick
(Back patio; park in main lot)

Thursdays:

9:30 a.m. Fitness to Fit You \$5.00 / session
Instructor: Garner Lester
(Parking lot in front of building)

11:00 a.m. Tai Chi \$5.00 / session
Instructor: Deby Goldenberg
(Grassy area in front of building)



Heritage Center VIRTUAL Classes

*Prior to the class please connect with the instructor
via the listed email
so you can join the Zoom session.*

Mondays:

9:00 a.m. Beginner Qi Gong & Tai Chi \$5.00 / session

Instructor: Master Sensei June Fagan

Email: kemposenseijune@gmail.com

For Monday's class please register by 6 p.m. Sunday.

Tuesdays:

9:30 a.m. Fitness to Fit You \$5.00 / session

Instructor: Garner Lester

Email: lestergarner27@gmail.com

Wednesdays:

9:30 a.m. Intermediate Qi Gong & Tai Chi \$5.00/ session

Instructor: Master Sensei June Fagan

Email: kemposenseijune@gmail.com

Thursdays:

9:30 a.m. Fitness to Fit You \$5.00 / session

Instructor: Garner Lester

Email: lestergarner27@gmail.com

Fridays:

9:30 a.m. Balance & Stretching \$5.00 / session

Instructor: Garner Lester

Email: lestergarner27@gmail.com

Energy assistance program

The energy assistance program will begin soon (*see details below*). Please contact **Angelica Fontanez**, Director of Social Services after September 15, 2020 either by phone, **203-938-3580** or click **here** to email Angelica to make an appointment.



Need help with heating bills?

Don't delay, you might qualify for help!

How: Through the federal energy assistance program

Where: Apply at the Redding Department of Social Services

What are the income limits?

Family Size	1	2	3	4	5	6
Income Limit	\$25,520	34,480	43,440	52,400	61,360	70,320

How to apply

1. Email afontanez@townofreddingct.org or call 203-938-3580

Required Documents

- Last 4 weeks of paystubs from each household member.
- A copy of your most recent electric bill.
- A copy of your last 2 most recent bank statements.
- A copy of your mortgage bill, or lease agreement

Scam Alerts!

The “Grandparent” Scam

Grandma: I’m in the hospital, sick, please wire money right away.”

“Grandpa: I’m stuck overseas, please send money.”

Grandparent scams can take a new twist – and a new sense of urgency – in these days of Coronavirus. Here’s what to keep in mind.

In grandparent scams, scammers pose as panicked grandchildren in trouble, calling or sending messages urging you to wire money immediately. They’ll say they need cash to help with an emergency – like paying a hospital bill or needing to leave a foreign country. They pull at your heartstrings so they can trick you into sending money before you realize it’s a scam. In these days of Coronavirus concerns, their lies can be particularly compelling. But we all need to save our money for the real family emergencies.

So, how can we avoid grandparent scams or family emergency scams? If someone calls or sends a message claiming to be a grandchild, other family member or friend desperate for money:

- **Resist** the urge to act immediately – no matter how dramatic the story.
- **Verify** the caller’s identity. Ask questions that a stranger couldn’t possibly answer. Call a phone number for your family member or friend that you know to be genuine. Check the story out with someone else in your family or circle of friends, even if you’ve been told to keep it a secret.
- **Don’t** send cash, gift cards, or money transfers – once the scammer gets the money, it’s gone!

For more information, click [HERE](#) to read **Family Emergency Scams**. And if you get a scam call, report it to the FTC at [ftc.gov/complaint](https://www.ftc.gov/complaint).

Other Common Scams Perpetrated on Seniors

Common types of frauds and scams used to take money from seniors include claims that the intended victim has won a lottery (*but needs to send a fee to claim the winnings*); get-rich-quick “investment opportunities” that require immediate funds; and claims that the victim is owed money by the government, but their bank account identification information needs to be

checked first.

Know the signs of a scam:

- Pressure you to give immediately, so you cannot research
- Not be able to answer your questions, or will not direct you to a place where you can get an answer to your question
- Make an extremely emotional appeal to get you to give immediately
- Offer an incentive for your donation that sounds too good to be true
- Request you to give money via wire transfer, prepaid card, or other type of untraceable payment

Further information and publications on consumer fraud can be found at the United States Postal Inspection Service's website by clicking [HERE](#).



Notes From Social Services Department

Social Services and the **Food Pantry** are actively open and serving the community. The **drop off** hours continue to be on **Tuesdays, from 1-3 pm** and Food Pantry **pick ups** are on **Thursdays, from 2-4 pm**. We are also accepting donations via **Paypal (link HERE)** and gift cards can be mailed to Social Services, PO BOX 1118, Redding, CT 06875.

Any resident going through hardship and needing assistance, please contact our office at **203-938-9725** or via email at **afontanez@townofreddingct.org**.

Are You Struggling Financially?

The Temporary Mortgage Assistance Program (T-MAP) is now available for low and moderate income households in CT who are struggling to pay their mortgages due to the impact of COVID-19. If you are in need of assistance, call 860-785-3111 to see if you qualify.

State of Connecticut Temporary Mortgage Assistance Program (T-MAP) 1-860-785-3111



For more information on the **Connecticut Temporary Mortgage Assistance Program**, go here: <https://www.chfa.org>

State of Connecticut Temporary Rental Housing Assistance Program (TRHAP)

The State of Connecticut with financial support from the Connecticut Housing Finance Authority has launched a rental assistance program for Connecticut residents impacted by COVID-19, administered through the Department of Housing:

- Potential applicants will be directed to a Centralized Call Center for Threshold Eligibility, after which a detailed application must be completed, including verification of documentation.
- Initial priority for assistance will be targeted at individuals and families who have been denied unemployment assistance from the Department of Labor.
- If you are unemployed/under-employed and have not yet filed for unemployment assistance, you should do so as soon as possible.
- Please make every attempt to remain in contact with your landlord, and to make rental payments.

Beginning 8 am on Wednesday, July 15, call the number below and speak to a Call Center Representative to determine if you qualify for TRHAP assistance.

1-860-785-3111

For additional information about the **Connecticut Temporary Rental Housing Assistance Program**, please go here: <https://portal.ct.gov/doh>.



Things to Reduce Stress

(Practicing these things just a few minutes a day can make a huge difference)

Here are some resources on meditation and mindfulness that could be useful at this time. Feel free to share. These are all free and only require payment if you want premium features. (Click on the names for links.)

There are several Apps you can install on your phone including:

- **Calm** (<https://www.calm.com>)
- **Headspace** (<https://www.headspace.com/>)
- **Abide** (Christian Meditation App) (<https://abide.co>)
- **Mindbody** (<https://www.mindbodyonline.com>)
- **Insight Timer** (<https://insighttimer.com>)
- **Sleep Cycle** (<https://www.sleepcycle.com>)
- **10% Happier** (<https://www.tenpercent.com>)

The Breathing Room (<https://www.breathingroomhtx.com/>) in New Haven is also offering meditation sessions via zoom, some of them are free, others have a fee. They offer Yoga and Meditation.

For those of you on **Instagram**, you're welcome to follow Social Services' own Dev Patel at Aspire Mental Performance, where he will be sharing weekly guided meditations, tailored specifically to the pandemic.

Visit **Insight Meditation Society** via website or Facebook page (daily teachings and guided meditation).



Crisis Resources

Mobile Crisis Intervention Services for Youth

LOCATION: WELLMORE BEHAVIORAL HEALTH - DANBURY CLINICAL SERVICES

DESCRIPTION

Mobile crisis intervention team for children and youth will go to homes, community sites, and emergency rooms to assess psychiatric emergency and to provide emergency intervention and brief in-home follow up when indicated for children and adolescents ages 0 through 17 - Will also take 18 and 19 year old adolescents who are still in school.

Mobile response is provided M-F: 6am-10pm; Sat, Sun, Holidays: 1-10pm.
Phone response is provided 24 hr/7.

LOCATION: 72 West Street, Unit 402, Danbury, CT 06810

PHONE: 203-797-9778

Emergency Mobile Psychiatric Services for Adults DANBURY

HOSPITAL - WESTERN CONNECTICUT HEALTH NETWORK

LOCATION: DANBURY HOSPITAL - PSYCHIATRIC EMERGENCY SERVICES/CRISIS INTERVENTION CENTER

DESCRIPTION

Emergency psychiatric outreach for adults in Bethel, Bridgewater, Brookfield, Danbury, New Fairfield, New Milford, Newtown, Redding, Ridgefield, Roxbury, and Sherman.

ELIGIBILITY

Age 18+; Resident of Bethel, Bridgewater, Brookfield, Danbury, New Fairfield, New Milford, Newtown, Redding, Ridgefield, Roxbury, Sherman

LOCATION: 24 Hospital Avenue, Danbury, CT 06810

PHONE: **203-739-7799**

Emergency Mobile Psychiatric Services Provided

First Responders and Healthcare Workers Support Group. This service is free and open to the general public. Click here: **Virtual First Responders and Healthcare Workers Support Group**

High Watch: With the COVID-19 pandemic spreading rapidly and AA meetings shutting down or becoming harder to access, **High Watch** will be providing a remote access online meeting every day of the week. This way friends and alumni can still get the recovery they need from the comfort of their own home. It is important to stay connected despite social isolation, and we must work together to protect our sobriety.

Redding Police crisis phone number: non-emergency phone number is **203-938-3400** or **911** for emergencies

Please note there is always help at the **Redding Food Pantry (203) 938-3580** and **United Way** program (**application here**)

For parents and caregivers who need someone to listen, to understand and to talk your feelings out. Call: **1-833-258-5011**, Visit: **www.talkitoutct.com**, Watch: **TalkITOutCT.com - PSA**



For **donations** to the **Redding Food Pantry, Redding Shares the Warmth, Salvation Army Redding Unit or United Way Alice Program** to help your friends and neighbors, please click **here**. Donations in this time of need are greatly appreciated!



For access to the Redding home page on Facebook, go here: <https://www.facebook.com/ReddingCT/>

Above all, stay home, stay safe, be well!