



Shelton CT, Chapter3240  
www.aarpchapter3240.org

To learn more about our chapter:

Call Phyllis Kupec (President) at 203-926-6916  
Email us at aarpshelton@gmail.com

### **2016/2017 Officers**

President: Phyllis Kupec  
Vice President: George Ward  
Secretary: Betty Goddard  
Treasurer: Charles Vollaro

### **Monthly Meetings**

The Shelton Chapter meets at 1:30 p.m. on the third Tuesday of each month except during July and August. Meetings are held at the Shelton Senior Center located at 81 Wheeler St., Shelton, CT.

If the Shelton school system is closed or delayed due to weather conditions, the member meeting will be cancelled.

In the event that the Shelton School system is not in session listen to WICC radio 600 or WTNH channel 8. Meeting information is also available on the Shelton Senior Center Info Line at 203-924-2355.

### **Upcoming Meetings**

***Tuesday May 16, 2017, 1:30 p.m. - Richard Franchi, Esq., will speak on Elder Law.***  
Refreshments will be served

#### ***Tuesday June 13, 2017 Installation Luncheon***

Family, Friends and Non-Members Welcome - \$21.00 per person  
Blue Goose Restaurant, 326 Ferry Blvd, Stratford - 203-375-9130  
12:00 Cheese & Crackers , 1:00 pm Lunch

Choice of Roast Sirloin of Beef, Chicken Parmigiana, Stuffed Filet of Sole or Fried Bay Scallops  
Tickets available at May meeting or call Charles Vollaro at 203-929-0379

For more information, visit our Speakers page at [www.aarpchapter3240.org/speakers](http://www.aarpchapter3240.org/speakers)

### **AARP Connecticut**

Thursday, May 25, 2017, 11:00 am – 6:30 p.m.  
Trumbull Marriott, Merritt Room, 180 Hawley Lane, Trumbull CT 06611  
***Free Hands-On Workshops to get the most out of your Tablet***

Four sessions include Beginner and Intermediate Tablet Workshops, Staying Safe Online, and Privacy and Sharing on Facebook.

**To register, call 1-866-591-8105 or visit <https://aarp.cvent.com/aarptekconnecticut>**

For information on other Connecticut events, visit [www.aarp.org/CT](http://www.aarp.org/CT)

For information on Connecticut discounts, visit [www.aarp.org/CTdiscounts](http://www.aarp.org/CTdiscounts)

## ***April 2017 Meeting – Legislative Update***

At our April meeting, Legislative Chair Byron Peterson spoke on a variety of issues.

### ***Federal Legislation***

The **Work and Save** bill, passed by CT, along with several other states and many cities, allows employees at companies without a pension plan to contribute to their own personal retirement accounts. Congress is threatening to overturn the Dept. of Labor rule that allows these plans.

The current version of the **American Health Care Act** has an Age Tax which could cost those 50-64 as much as \$13,000 more in premiums and ends protections for those with pre-existing conditions. We would also lose Medicare benefits such as flu shots and cancer and diabetes screening which are now free under Obamacare.

Paul Ryan would like to change **Medicare** to a voucher program, with a fixed dollar amount subsidy (which likely would not keep pace with rising costs) and raise the eligibility age to 67.

### ***Connecticut Legislation:***

Budget cuts threaten vulnerable seniors. The number of people on the **CT Home Care Program for Elders**, which includes home health care and Meals on Wheels, would be limited, with the remaining people going on a long waiting list. There are also further cuts to **Alzheimer's respite care** for family caregivers

The legislature is considering a paid family leave program, funded through payroll deductions.

AARP and other groups oppose **Senate Bill 106 benefiting Dominion Power**, which runs the Millstone Nuclear Power Plant. The bill would drive up the price of nuclear power and therefore of electricity overall.

### ***Watch Out for Scams:***

If someone calls and says "Hi, can you hear me?", do not answer. If you say yes they may record your answer try to use it as your consent to charge you or open an account.

If someone comes to your door offering lawn care, driveway sealing, do not deal with them. You may be defrauded or even robbed.

## ***Dispose of Medications Safely***

When disposing of medications, do not pour them down the sink or toilet, since they can contaminate lakes and rivers. Instead, mix the medicines (do not crush tablets or capsules) with an unpalatable substance such as dirt, kitty litter, or used coffee grounds. Then place the mixture in a container such as a zip-top or sealable plastic bag, and throw the container away in your household trash. Prescription and over-the-counter medications (including medicated ointments and pet meds) can also be brought to the drop box in the lobby of the Shelton Police Station.

## ***Opportunities to Participate in Our Chapter***

We welcome any members of the Shelton AARP who would like to become more involved.

Programming / Speakers

Community / Outreach

Secretary

Hospitality / Dessert Table

Luncheons

Nominating Committee

To learn more these and other openings, call Phyllis Kupec at 203-926-6916.