



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

**2017/2018 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 TV channel 8. Meeting times and cancellations are also listed on the Shelton Senior Center Info Line at 203-924-2355.

**Connecticut Legislative Update**

**Tuesday January 16, 2018, 1:30 p.m.**

State Representatives Jason Perillo and Ben McGorty and State Senator Kevin Kelly will speak on happenings at the state level. Come prepared with your questions and comments.

**Center Stage Theatre**

**Tuesday February 20, 2018, 1:30 p.m.**

Gary and Francesca Scarpa will talk about their lives in the theater, how they came to start Center Stage, and their 40 year careers in theater education, direction and production.

**Other Upcoming Meetings**

March 20, 2018 – CT CARE Act  
April 17, 2018 – Shelton Library

May 15, 2018 – Senior Living Options  
June 2018 – Installation Luncheon

*Refreshments will be served.*

For more information on these meetings and photos of past events, visit our Speakers page at [www.aarpchapter3240.org/speakers](http://www.aarpchapter3240.org/speakers)

**Renew Your Chapter Membership for 2018**

Now is the time to renew your Shelton AARP membership for 2018. Dues are \$5.00 and can be paid by cash or check (payable to: AARP Shelton Chapter 3240). You can bring your dues to the next chapter meeting, or mail them to:

Vincent Ribeiro, 505 Roosevelt Drive, Apt. 4, Derby, CT 06418-1045.

## **Connecticut CARE Act**

The CARE (Caregiver Advise, Record, Enable) Act helps family caregivers when their loved ones go into the hospital and as they transition home. As of October 1, 2015, the CARE Act requires hospitals to:

- Give your loved one the opportunity to designate a family caregiver.
- Attempt to notify you when your loved one is to be discharged back home.
- Instruct you on the medical tasks (such as medication management, injections, wound care and transfers) that you need to perform at home.

Come to our March 20, 2018 meeting to learn more about this important resource.

## **Recycling Questions Answered**

With the new year many of us have the urge to clean out that spare room or kitchen cabinet. But what can we recycle and what is trash? Luckily, Connecticut now has standard recycling rules statewide. The website RecycleCT (<http://www.recyclect.com>) has lists of what can and cannot go into your recycle bin.

Examples of *What's In*: Milk cartons, aluminum foil, office paper, and pizza boxes.

*What's Out* includes: prescription bottles, plastic bags, loose bottle caps, and styrofoam.

All items should be empty, rinsed, clean and open. Do not shred, box, bag or bundle them.

The site also has a Recycle Wizard that allows you to look up the options for disposing of a particular item.

## **AARP Connecticut**

AARP will be holding a number of events in Connecticut throughout the year. For a complete listing, visit [www.aarp.org/CT](http://www.aarp.org/CT), then scroll down to the Upcoming Events listing on the right hand side. Events include:

Join AARP CT for the Bridgeport Sound Tigers vs. Hershey Bears hockey game on 1/27/18 at 7:00 p.m. at the Webster Bank Arena in Bridgeport. Space is limited – 46 people will receive 2 complimentary tickets to the game. For details and to register, go to <https://www.aarp.org/states/ct/stateeventdetails.eventId=NA&stateCode=CT/>

AARP provides discounts for educational opportunities at Albertus Magnus College (15% off tuition for degree programs) and Central Connecticut State University (discounts for members and guests on Continuing Education Life & Leisure Series events). Other discounts include:

Beardsley Zoo, The Bushnell, Chapter 126 Sports & Fitness, Discovery Museum and Planetarium, Downtown Cabaret Theater, Garde Arts Center, International Festival Arts & Ideas, The Klein Memorial Auditorium, Mystic Aquarium, Mystic Seaport, Nelson Hall at Elm Park, Palace Theater, Stamford Museum and Nature Center, TheaterWorks

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