



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.

Shelton Library - Tuesday April 17, 2018, 1:30 p.m.

The library is so much more than just books. Learn about the variety of services that the Shelton Library System offers, many of which you may not be aware of.

Senior Living Options - Tuesday May 15, 2018, 1:30 p.m.

Lisa Bisson from Wesley Village and Jennifer Kochiss from Bishop Wicke will discuss medical/non-medical home care, adult day care, independent and assisted living and skilled nursing and rehab. For caregivers as well as individuals looking to plan for their own futures.

Refreshments will be served at all meetings.

For more information, visit our Speakers page at www.aarpchapter3240.org/speakers

2018 Installation Luncheon

Tuesday June 12, 2018 12:00 Cheese & Crackers , 1:00 pm Lunch

Family, Friends and Non-Members Welcome - \$24.00 per person
Blue Goose Restaurant, 326 Ferry Blvd, Stratford - 203-375-9130

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

Want to Get More Involved with AARP?

You can help our Shelton AARP chapter and your fellow members by becoming a board member or participating on a committee. We will work with you to find a position that best matches your interests and abilities. For more information, please contact Dot Ward at 203- 924-0460.

Caregiver Roadshow, March 2018

Jean Caron, Betty Bajek, and Valerie Ferree from CT AARP presented the Caregiver Roadshow for Connecticut Families, discussing how caregivers can help their loved ones age in place. They covered a variety of topics, including:

- Taking care of yourself – if you are sick it is hard to take care of others.
- Factors to consider inside and outside the home, including the community.
- Who pays for home care – yourself, family and friends, long term care insurance, Medicaid (but not Medicare), church charities, and the Department of Veterans Affairs.
- Medicare does not cover activities of daily living (ADL). For Medicare to cover rehab, it is important that you are admitted to the hospital for 3 nights, not just be under observations.
- Respite care is available to give caregivers a break while ensuring their loved ones receives the care needed.
- CHCPE (CT Homecare Program for Elders) – who qualifies, how it works, and why it is important. When calculating assets for CHCPE, the home is not included.
- AARP advocates to help caregivers and their loved ones get the resources they need.
- Family Medical Leave Act (FMLA) – provides unpaid leave to those who are covered. It guarantees a job at the same rate of pay but it may not be the same job as before the leave. In Connecticut, AARP supports paid family leave.
- AARP and other organizations provide additional resources for caregivers.
- For more resources, visit www.aarp.org/caregiving.
- To read caregiver stories or share your own, visit www.IHeartCaregivers.org.

For meeting photos and handout, see the Past Meetings section of our Speakers page.

AARP Connecticut

AARP holds a number of events in Connecticut throughout the year. For a complete listing, visit www.aarp.org/CT, then scroll down to the Upcoming Events listing on the right hand side and click on All Events at the bottom of the list. Upcoming events include:

- 4/11/2018, Monroe. AARP CT Road to Livability - facilitated conversation.
- 4/18/2018 – Monroe, 4/25/18 – Milford, 4/26/18 - Fairfield
AARP CT Operation Stop Scams: Fraud Fighting Event, presented by the AARP volunteer team, People's United Bank and USPS. 10:00 am – 11:45 am.
- 5/2/2018, Monroe. Disrupt Aging in Your Community
A thought provoking and interactive conversation that challenges stereotypes and myths about aging, using research from the national landscape and right here in Connecticut.

AARP provides discounts on many Connecticut institutions, including:

Albertus Magnus College, Beardsley Zoo, The Bushnell, Central Connecticut State University, 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.