



AARP Chapters are separately incorporated affiliates of AARP

To learn more about our chapter:

Visit our website at [www.aarpchapter3240.org](http://www.aarpchapter3240.org)

Email us at [aarpshelton@gmail.com](mailto:aarpshelton@gmail.com)

Call Walter Roog (President) at 203-278-7646

### **2019/2020 Officers**

President: Walter Roog

Vice President: George Ward

Secretary: Linda Gabor

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.

Meeting times and cancellations are listed on the Shelton Senior Center Info Line at 203-924-2355. Senior Center closings are also announced on WICC radio 600 AM and WTNH TV channel 8.

### **Wednesday, December 11, 2019 12:30 pm – Holiday Luncheon**

Family, Friends and Non-Members Welcome - \$25.00 per Person  
Brownson Country Club, 15 Soundview Avenue, Shelton, 203-929-0555  
Buffet Lunch, Door Prizes, and More!  
Call Charles Vollaro at 203- 929-0379 by 12/4/2019 to purchase your tickets.

### **2020 Meetings – Tuesdays Starting at 1:30 p.m.**

#### **January 21, 2020 - Connecticut Legislative Update**

State Senator Kevin Kelly and State Representatives Jason Perillo and Ben McGorty will speak on happenings at the state level. They will discuss issues affecting seniors from the previous and upcoming sessions. This is your opportunity to let your legislators know your opinions and to have your questions answered. All members are encouraged to attend and to bring guests.

#### **February 18, 2020 – Medicine Shoppe**

#### **March 17, 2020 - Suffragettes in the Valley**

Presented by Patricia E. Sweeney, Ph.D.,  
Reference Librarian. Derby Neck Library, 307 Hawthorne Ave., Derby, CT  
Learn about the modern movement for women's suffrage in Connecticut from 1909 to the close of the campaigning in 1919. The strategies and brilliant organizational skills of the women are especially highlighted. Hear about details of the suffragists' activities as they worked in Shelton, Ansonia, and Derby, including the active role played by Frances Osborne Kellogg.

#### **April 21, 2020 – Heart Health**

Presented by Griffin Hospital.

#### **Refreshments will be served at all meetings**

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

## ***Fire Safety – November 19, 2019***

Presented by Shelton Fire Marshal Kevin Lantowsky. He discussed:

- Smoke detectors – Have one inside every sleeping area and beside other areas. Place them on the ceiling or other high point, not in corners. The Fire Marshal's office can provide smoke and CO detectors and change batteries.
- Carbon monoxide detectors – The law requires one on every level, including the basement.
- Electrical safety – Never overload electrical systems. Plug each appliance into its own outlet. Extension cords are for temporary use only, do not cover them with rugs. Repeated blown fuses or tripped circuit breakers indicate a problem.
- Cooking safety – Don't leave items on the stove top unattended. Keep the stove clear of grease buildup, clutter and flammable materials.
- Space heaters – Keep them at least three feet from anything that can burn and in a place where they cannot be knocked over. Turn them off and unplug when not in use.
- Smoking – It is best to do it outside. Never smoke in bed or near oxygen equipment.
- Escape plans – Create and practice your plan. Have at least two ways out from every room. Ensure all doors and windows open properly. It is illegal to have a door with an inside key lock. Make sure paths are wide enough, including for any wheelchairs, walkers, etc.
- Protect in place – For those in hospitals, nursing homes, etc. who may not be mobile. If the door is hot, leave it closed. The cheapest door gives at least 20 minutes of protection.
- Scalds and burns – Adjust settings on your hot water heater. For the injured or disabled who are seated, spills such as coffee can burn very quickly. Remove, cool and call 911.
- Storm safety – Be prepared for loss of electricity. Stay away from downed power lines.

In an emergency, dial 911. Speak calmly and give your location and the nature of the emergency.

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

## ***Renew Your Chapter Membership Now***

You can cross one thing off your to do list by paying your 2020 Shelton AARP dues now. Dues are \$5.00 and can be paid by cash or check (payable to: AARP Shelton Chapter 3240). You must also have a current national AARP membership. Please provide your member number and expiration date when renewing. You can bring your dues to the next chapter event or mail them to: Vincent Ribeiro, 505 Roosevelt Drive, Apt. 4, Derby, CT 06418-1045.

## ***AARP Connecticut***

AARP holds a number of events in Connecticut throughout the year. For a complete listing, and to register, visit the Connecticut AARP home page at [www.aarp.org/CT](http://www.aarp.org/CT) and click on Events in the body of the page, or go directly to <https://states.aarp.org/events-ct>. For more information or questions call 1-866-740-6947 or email: [aarpprograms@aarp.org](mailto:aarpprograms@aarp.org)

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