



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.

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

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

Presented by Dipika Patel, Pharmacist and Owner

Learn about what it takes to own and run a pharmacy business.

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

Presented by Patricia E. Sweeney, Ph.D., Reference Librarian. Derby Neck Library  
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 Maria Cantito, BSN, RN-BC, Manager of Cardiac Rehab at Griffin Hospital  
Heart disease includes heart attack, congestive heart failure, irregular heartbeat, and hardening or narrowing of the arteries. Learn how to prevent heart disease, modifiable and non-modifiable risk factors and healthy lifestyle habits for improving health.

#### **May 19, 2020 – Wesley Village**

Presented by Lisa Bisson, Director of Community Outreach for Wesley Village  
Lisa will discuss the 145-year story of United Methodist Homes and how Shelton's Wesley Village has provided a warm, caring, friendly and cost-effective community for seniors to live.

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

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

### **Wednesday June 10, 2020, 12:30 p.m. – Installation Luncheon**

Family, Friends and Non-Members Welcome - \$25.00 per Person  
Brownson Country Club, 15 Soundview Avenue, Shelton, 203-929-0555  
Join us for a buffet luncheon and installation of the 2020-2021 board

## ***CT Legislative Update – January 21, 2020***

State Senator Kevin Kelly discussed many topics, including:

- Ageism in employment. Employers can't ask an applicant's age or year of graduation until the job is offered. The exception is if there is a specific age requirement, such as driving a truck.
- Funding transportation infrastructure. The Governor has proposed using tolls, Republicans proposed other funding sources.
- Cost of prescription drugs and health care in general.
- Cost of Long Term Care insurance.
- Regulation of cable costs.
- Fiscal health of our large cities, including Hartford, Bridgeport and New Haven.
- Potential additional gaming in Connecticut.

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

## ***The 2020 Census is Coming, but Watch Out for Scams***

April 1 is Census Day. By this date, every home will receive official Census Bureau mail with detailed information on how to respond to the 2020 Census online, by phone, or by mail. When you respond to the census, you'll tell the Census Bureau where you live as of April 1, 2020.

Be on the alert for potential census scams. No genuine census survey or agent will:

- Ask for your Social Security, credit card or bank account number.
- Ask for money, donations, or support for a political party.
- Ask when you leave for or return from work.
- Threaten jail time if you don't answer their questions. Taking part in the census is required by law, and you can be fined for not doing so, but you can't be imprisoned.

Any of these is a sure sign that a supposed census taker is looking for ways to steal your identity, money or possessions.

The Census Bureau almost always makes contact by mail, so an email claiming to be from the Census Bureau is a potential scam.

## ***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, 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, Goodwin College, International Festival Arts & Ideas, The Klein Memorial Auditorium, Mystic Aquarium, Mystic Seaport, Palace Theater, Stamford Museum and Nature Center, TheaterWorks.

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