

# Age Matters

Newsletter of the Aging Services Division, State Unit on Aging  
State of Connecticut Department of Social Services  
July/August/September 2006



## *From the Director*

By Pamela Giannini, DSS

Summer is here at last! Hopefully the rains will subside and we will soon be complaining about the humidity and our brown grass. I love the summer for all the wonderful outdoor activities we can participate in: walking, jogging, planting flowers, mowing the lawn, kayaking, canoeing, swimming and sun bathing (to say nothing of barbeques and ice cream!) Oh, the joys of summer....

But alas, my waxing poetic about summertime is not what this article is about. I wanted to let you know that the federally required state plan on aging for Connecticut is due this year to the Administration on Aging. The State Unit on Aging (SUA) either every 2, 3 or 4 years, must complete this plan. Connecticut has chosen to submit their plan every three years and when necessary extend it to 4 years as needed. We extended our submission into the fourth year; therefore we must submit our plan by August 1, 2006 to the Administration on Aging.

The staff of the Aging Services Division has been gathering information for the state plan since the last plan was approved in 2002 but more aggressively during the past year and a half. Information has been collected at forums, conferences, through surveys and from the assessments completed by the Area Agencies on Aging. The draft plan is available on our Aging Services Website ([www.ct.gov/agingservices](http://www.ct.gov/agingservices)). Legal Notice of its availability will be placed in local newspapers and a public hearing will be held on July 14, 2006 at the Connecticut Hospital Association in Wallingford from 9:30am-11:00am to allow people to come and comment in person. It is a large document covering a broad spectrum of goals, objectives and strategies but it is well worth the read. The comments received from all these venues will be incorporated into the state plan where possible. All comments will appear in a comment section of the plan.

Just to give you an idea of the general sections in the State Plan, the following outline is provided: Accomplishments of the State Unit on Aging over the past 4 years, Background and Statistics on the Aging Population in Connecticut, Developing Coordinated Service Systems, Key Issues and Promising Practices and Priorities for 2007 to 2010. There are five specific topic areas included in the plan and they range from ensuring access to services through effective outreach and education, promoting optimal physical, mental and social well-being among older adults and their caregivers, protecting the quality of life and rights of elders through education, legal services and improved coordination with law enforcement, promotion of senior friendly communities and strengthening the quality and accountability of Connecticut's Aging programs. Associated with each one of these topic areas are objectives such as improving access to mental health services for older adults or assisting senior centers in becoming accredited. It sounds like a lot and it is but our network is up to the challenge. It is the hope of the State Unit on Aging that during the next three years, you as stakeholders will join us in reducing the barriers to services and encourage the development of new systems of care that are responsive to the real challenges faced by older adults and their families.

### *From the Editor*

By Cynthia Grant, DSS

As always, the summer months seem to slow things down and, as a result, this issue offers fewer activities to report. The Fall, however, brings Healthy Aging Month (see [www.healthyaging.net](http://www.healthyaging.net)), National Alcohol and Drug Addiction Recovery Month (see [www.recoverymonth.gov](http://www.recoverymonth.gov)), Suicide Prevention Week September 4-10<sup>th</sup> (see [www.suicidology.org](http://www.suicidology.org)), and Women's Health and Fitness Day September 28 (see [www.fitnessday.com](http://www.fitnessday.com)). Please contact your local Senior Center or Area Agency on Aging for information on what may be happening in your region.

If you have any ideas or suggestions for articles in future editions, please contact Cynthia Grant at [Cynthia.grant@po.state.ct.us](mailto:Cynthia.grant@po.state.ct.us).

### *Program News*

#### **The Agency on Aging of South Central Connecticut Celebrates Centenarians**

By Cynthia Grant, DSS

On Wednesday, May 3, 2006, the Agency on Aging of South Central Connecticut recognized twelve adults over 100 years of age who live in the South Central part of the State. Eleven of these residents were present at the celebration and spanned the ages of 100 to 108! The event was hosted by the Jewish Community Center in Woodbridge CT and included entertainment by "The Blossom Tappers" and greetings from Silvia Hyde, the Chair of the Centenarian Committee, Eileen Cain, President of the AASCC Board of Directors, Claudette Beaulieu, Deputy Commissioner of the Department of Social Services, and Pamela Giannini, Director of the Bureau of Aging, Community, and Social

Work Services at the Department of Social Services. In recognition of the many contributions of centenarians, the Governor proclaimed May 3, 2006 Centenarian's Day in the State of Connecticut.



Gertrude Noone, 107, of Milford, CT

**My Community Choices**  
By Paul C. Ford, CACIL

The Department of Social Services (DSS) Nursing Facility Transition Project (NFTP) also known as "My Community Choices" assists eligible individuals to transition from nursing facilities to the community. Now funded by the State of Connecticut through DSS, the project originated with a grant to DSS from the Centers for Medicare and Medicaid Services (CMS). DSS contracts with the CT Association of Centers for Independent Living (CACIL) to run the project.

The project provides services statewide through subcontracts with Connecticut's five Centers for Independent Living. Residents of CT nursing facilities who are either long-term or in anticipation of long-term stay, desire to relocate to a CT community with appropriate supports, and who are CT Medicaid eligible may receive services from the project through their local Center for Independent Living (CIL). Each CIL has a full time Transition Coordinator who works with nursing facility residents desiring to transition.

Interested individuals may contact the project by calling 1-800-261-3769. This number routes calls to the Center for Independent Living serving the area from which the call originates.

The project has developed a booklet containing:

- A Self Assessment for Community Living: This assessment is different from most in that, rather than focusing on the individual's abilities or deficits it assists the individual to identify their community support needs.
- The Transition Guide: A companion to the Self Assessment it provides information directly related to the identified support needs.

The guide and other materials are available on the DSS Web Site at:

<http://www.dss.state.ct.us/Choices.htm>

Comprised of 51% individuals with disabilities and/or family members, the project's Steering Committee oversees the project's operation. Pam Giannini represents DSS on the Steering Committee. Lynn Noyes serves as Pam's alternate.

Housing has been a significant area of need for individuals seeking to transition. A manual, "Finding Your Home" developed under the project, helps individuals explore their housing needs and options. Working with the project, DSS's Housing Unit amended the state's housing plan to set aside fifty (50) Section 8 Vouchers per year, for individuals working with the project, when affordable housing is a barrier to their transition. Though the Section 8 Program is currently closed, DSS's Housing Unit, on a case-by-case basis, is allowing eligible individuals, transitioning under the project, to access the state's Rental Assistance Program (RAP). Individuals transitioning under the project can also access the state's Security Deposit Guarantee Program.

The Department of Economic and Community Development (DECD) provided Corporation for Independent Living (CIL) with a \$500,000 grant from state bond funds to administer the Nursing Facilities Transition Grants for Accessibility Program. This program provides funding to individuals leaving nursing facilities under the project to make accessibility modifications to their new dwellings. Funds can be used in either rental or homeownership units.

The project has recently produced a summary of best practices. Titled “What Worked in Connecticut”, it is available through CACIL. To obtain a copy of the summary or for additional information about the project, contact: Paul Ford, Project Director at: (860) 656-0430 or by e-mail: [paulatcacil@megahits.com](mailto:paulatcacil@megahits.com).

### **NCAAA National Family Caregiver Program Offers Services**

By Maureen McIntyre, NCAAA

The weather is getting warmer and the North Central Connecticut Area Agency on Aging’s National Family Caregiver Program staff wish to report that funding is available to pay for fans or air conditioners for at-risk seniors. To be eligible, recipients must:

- Qualify for the CT National Family Caregiver Support Program/Supplemental Services
- Provide a physician’s note explaining the nature of the condition warranting the fan or air conditioner.
- Arrange for the purchase, delivery and installation of the fan or air conditioner.
- Work with a vendor willing to bill NCAAA directly for payment.

For an application for Supplemental Services, please contact Laurie Browne at 724-6443 X234. As funding is limited, requests will be processed in the order in which they were received.

### **The Eviction & Foreclosure Prevention Program (EFPP)**

By Lynn Noyes, DSS

The Eviction & Foreclosure Prevention Program (EFPP), also known as the Housing Mediation and Rent Bank Program, is a state-wide program designed to prevent evictions and foreclosures through mediation and a Rent Bank. The program was created by the legislature in 1990, as a preventive strategy in reaction to the high cost and social impact of putting the homeless up in expensive motels. Twelve different community-based agencies receive grants to administer the program. This program has 1) secured tenancies and residences and 2) established better relations between landlords and tenants and lenders and homeowners, and 3) reduced the costs of homelessness as well as costs of eviction and foreclosure to tenants, landlords, homeowners, lenders, and the State of Connecticut.

The Eviction & Foreclosure Prevention Program has two key components. The most important is Mediation in which a trained mediator acts as a third party facilitator to help the tenant and landlord (or homeowner and mortgage holder) come up with mutually agreed upon solutions to identified problems. These can be issues other than a back rent or mortgage payments, such as; repairs, housing code violations, communication problems, etc. The second component is a Rent Bank or funds available to families, whose gross annual income is less than 60% of the State Median Income, to help pay back rent or mortgage arrears. Up to \$1,200 is available to a family (in an 18-month

period), but only the minimum amount necessary to stop the eviction or foreclosure is used.

The rent bank funds, which are committed to the family and landlord or mortgage holder, on a Rent Bank Agreement are paid directly to the landlord or mortgage holder. During mediation, much emphasis is placed on encouraging the parties to come up with creative ways to deal with the rental or mortgage arrears (time payments, bartering services, etc.) Also, tenants and homeowners are expected to contribute as much as they can to reduce the arrears. The mediators work with the landlords and mortgage holders to reduce costs and/or the arrearage.

The Eviction & Foreclosure Prevention Program has been highly effective in preventing evictions and foreclosures. In FY 2005 the program helped more than 1,500 families remain in permanent housing through EFPP services. Rent bank payments comprise approximately two-thirds of the cost of the program.

Potential clients complete an application process including income verification with our sub-contracted agencies. The family, which may consist of a single individual, roommates, an extended family, or a one or two parent family, must have a gross family income at or below 60% of the state median income. The family must reside in Connecticut, be in imminent danger of eviction or foreclosure, be able to document a non-recurring hardship that led to their falling behind on their rent or mortgage payment, and live in affordable housing. The family's hardship may include but is not limited to: loss of income or and increase in expenses; loss of employment; medical disability or emergency; loss of delay in receipt of benefits; natural or man-made disaster; or substantial and permanent change in household composition.

The following agencies are contracted with DSS to provide Eviction Prevention Services: Action for Bridgeport Community Development, Bristol Community Organization, Community Action Committee of Danbury, Community Renewal Team in Hartford and Middletown, TEAM, Human Resources Agency of New Britain, Community Mediation, Norwalk Economic Opportunity NOW, Thames Valley Council for Community Action, Person-to-Person, New Opportunities in Waterbury and Meriden, and ACCESS Agency.

The program is administered by the DSS Central Office Social Work Division. The staff representative for this program is Karen Phillips, and she can be reached at 424-5853, for additional information.

### **Stamford Senior Center Unveils "The International Wall"**

By Jeanne Franklin, Stamford Senior Center

The Stamford Senior Center was launched with the arrival of its first Director on June 17, 1996. Jeanne Franklin got to her first meeting with the Executive Committee of the Ad Hoc Senior Center Board, (the final papers weren't signed until the following October) where she was informed about a one-time State of CT start-up grant to establish a Senior Center that would serve the diverse senior population of Stamford. She implemented an

“Outreach Ambassador” program to help seniors from various minority populations’ transition into Senior Center membership and participation in the Center’s programs and resources, and began English language classes and multi-cultural events.

The original outreach ambassadors were recruited for their leadership roles in the African American, Haitian, Hispanic, and Russian community in Stamford. The first Haitian Ambassador visited her home in Haiti and brought back a charming wood carving of a Haitian man climbing a coconut tree. Jeanne put it above her desk, and would “talk” to “Lucky Pierre” all the time. One day Jeanne said, “Lucky Pierre, I bet a lot of our members have guys like you from their native countries, their countries of origin”, and thus developed the idea for The International Wall of Stamford Senior Center.

In the Senior Center Newsletter last Fall, Jeanne put an article about the Wall, and asked the 2000 plus members to consider donating a piece of art or craft from “their country of origin”. Over the subsequent months more and more Senior Center members would bring in lovely items from their native countries.

Jeanne ordered a dozen Lucite shelves for some of the items, and recruited an Advisory committee made up of 2 of the Center’s art teachers, a City of Stamford Architects, who had played a role in creating the Senior Center, and a retired United Nations official who is on the Senior Center Board of Directors.

Together the advisors planned and mounted over 50 objects on a 30 foot wall in the Senior Center’s auditorium, with small signs designating the country of origin of the member- donor of each item. It is a beautiful documentation of the diverse, multi-cultural Senior Center that has emerged, as it reflects the rich diversity in Stamford.

On Wednesday evening, July 5, The Senior Center Dedicated the Wall with an unveiling ceremony that included a welcome by the Senior Center’s Board Chairman, John Moses, a blessing by Reverend Fred Ogletree, presentations by State Representative Christel Truglia, Pamela Giannini, Director of the Bureau of Aging, Community and Social Work Services for the State Unit on Aging, Mayor Dannel Malloy, William Callion, the City’s Director of Safety, Health and Welfare, and David Martin, President of the City’s Board of Representatives, and two members of the Board of Representatives who did the actual unveiling: John Boccuzzi and Gabe DeLuca. Jeanne Franklin served as MC. The speakers lauded the 47 beautiful art and craft pieces from the countries, represented on the International Wall, since they also represent the wonderful and rich diversity in the City of Stamford.

The event included a participatory drumming experience for the audience, featuring Randy Brody of Sound Directions leading Global Rhythms, and refreshments with samples of various lands including French cheese, Asian spring rolls, Greek Baklava, and good old American Strawberry Shortcake.

One plaque lists the countries and the donors of art and craft, and a list of the members of the United Nations, with Bold lettering for the countries represented, and the words “This is a work in Progress” as the Center hopes to have many more countries represented on the International Wall. Three especially unique items that should be mentioned are a Native American Peace Pipe, a beautiful picture of the Statue of Liberty including the

words of Emma Lazarus, and a picture with the sign “For Those Who Do Not Know Their Country of Origin.”

### **The Elderhostel Difference**

Reprinted from the Elderhostel Catalog, Volume 9, Issue 4

Elderhostel is a not-for-profit organization dedicated to providing exceptional learning opportunities at remarkable value. It is the nation’s first and the world’s largest education and travel organization for adults 55 and older. Since its founding in 1975, Elderhostel has served more than 4 million adults.

Elderhostel programs, as well as (being) intergenerational programs, continue to provide innovative educational adventures, opening doors to a world of discovery for older adults. One of Elderhostel’s greatest attributes is its ability to enhance the lives of its participants through the liberating effects of knowledge and travel. Elderhostel remains dedicated to serving those who wish to enrich their lives through learning, exploring, and staying connected. Local expert instructors share stimulating information through in-depth lectures, field trips and cultural excursions.

Financial scholarship awards are available to income-eligible adults by contacting the State of CT Department of Social Services, Aging Services Division at (860) 424-5293.

For additional information and an Elderhostel catalog, the Elderhostel website is [www.elderhostel.org](http://www.elderhostel.org).

### **Local Respite Organization Looking for Board Members**

By Maureen McIntyre, NCAAA

Are you interested in finding affordable, available respite for yourself or for caregivers you know? The Connecticut Lifespan Respite Coalition is a statewide nonprofit organization that is working diligently to improve the availability, affordability and quality of respite care for families caring for persons of all ages. The Coalition, known as CLRC, is seeking new members to serve on its Board of Directors or its Advisory Committee. Our membership is open to all persons interested in respite care, including caregivers, public and private agency representatives, respite providers, and individuals who may be receiving care.

If you are interested in learning more about CLRC, please contact Joy Liebeskind at (860) 247-2572 or (203) 272-9058 or [CTRESPITE@cox.net](mailto:CTRESPITE@cox.net).

## National Employ Older Workers Week September 24-30, 2006



Celebrated annually, **National Employ Older Workers Week** showcases the efforts of the Department of Labor's Senior Community Service Employment Program (SCSEP). For over 40 years, SCSEP has served the job training and placement needs of people with limited financial resources who are age 55 or older. Since its inception under the Economic Opportunity Act, this program has helped over one million people enter the job market each year by providing workforce services to older Americans and exploring ways for older workers to respond to the rapidly changing skills demands of business.

Mark your calendars and begin planning now for the 2006 National Employ Older Workers Week. For more information on Older Worker Programs, contact Dee Anna White in the Aging Services Division at (860) 424-5293.

### *Health News*

#### **Healthy Aging® Campaign Introduces New Programs to Meet Boomer Demand for Positive Information**

Reprinted from [www.healthyaging.net](http://www.healthyaging.net)

The first baby boomers turn 60 in 2006 and new health initiatives are rapidly being developed to satisfy their quest for information. Boomers, defined as those born between 1946 and 1964, represent the largest demographic group in the U.S. at over 77 million strong, or about 27 percent of the population, according to the US Census Bureau. New programs to satisfy the boomers desire to push back the hands of time are being launched, in every category and every level from new travel packages, housing concepts, and fitness facilities to government, state and local level public service programs.

“When we first set out to promote “positive aging” back in the early 90’s, baby boomers were about to turn 50 and no one wanted to talk about getting old,” said Carolyn Worthington, co-editor of the book, *Healthy Aging...Inspirational Letters from Americans*, and president of CWI Productions, Inc., a Philadelphia area communications company, that trademarked Healthy

Aging® and created The Healthy Aging® Campaign over 10 years ago.

“When we created the Healthy Aging® Campaign, we saw so much aging information out there that was unnecessarily negative. We saw the need to help dispel the myths of aging with solid information that would be useful to our aging population so they could age positively,” Worthington said. “We recognized early on that careful attention to the combination of physical, social, mental and financial fitness was powerful in the pursuit of a positive lifestyle and have built our Healthy Aging® programs around that concept for the government and private sector through the development of September is Healthy Aging® Month, TV specials, videos, books, printed material etc.”

In the private sector four new websites or “webazines” were launched in January, [www.HealthyAgingFood.com](http://www.HealthyAgingFood.com), [www.HealthyAgingFitness.com](http://www.HealthyAgingFitness.com), [www.HealthyAgingScience.com](http://www.HealthyAgingScience.com) and [www.HealthyAgingMoney.com](http://www.HealthyAgingMoney.com). The new webazines are consumer oriented and contain regular updates and an option for visitors to sign up for a subscription to receive monthly printed newsletters, cookbooklets, informational brochures, videos, etc.

According to Worthington, “People want a “silver bullet” to help them age successfully. Anyone who tells you there is one, in my opinion, has something to sell. A lot of what we need to do to age healthfully is just common sense. Our goal is to help people with the most accurate, easy to understand positive information about the aging process. We have helped health educators for years through The Healthy Aging® Campaign ([www.healthyaging.net](http://www.healthyaging.net)) and now our sites and information will be directly targeted to the consumer who is starting to admit they are growing older and want help.”

**Connecticut Farmer's Markets Welcome**

## Food Stamp Customers



**15 Farmer's Markets  
across the state of  
Connecticut now accept  
EBT/Food Stamps**

**Doesn't your family  
deserve fresh?**

**Delicious fresh fruits and vegetables await you at the following locations:**

**Bridgeport Farmers Market I  
Bridgeport**

McLevy Green, Intersection of  
Bank St & Main St.  
July 21 through October 27  
Fridays 9am- 2pm

**Bridgeport Farmers Market II  
Bridgeport**

United Congregational Church,  
877 Park Ave.  
July 20 through October 26  
Thursdays 2pm - 6pm

**CT Shell Station Market  
Bridgeport**

Shell Service Station, 4402 Main St.  
May 13 through December 24  
Saturdays & Sundays 12pm - 6pm

**Coventry Farmers Market  
Coventry**

Connecticut Glass Museum, Corner of  
North River Road & Route 44  
June 4 through October 29  
Sundays 11am - 2pm

**Hartford - Laurel Street Farmers  
Market, Hartford**

75 Laurel St., at Knox Park  
Greenhouses  
June 3 through September 30  
Saturdays 10am - 2pm

**Hartford - West End Farmers  
Market, Hartford**

United Methodist Church- back parking  
lot, 571 Farmington Ave.  
June 27 through September 22  
Tuesday & Fridays 4pm - 7pm

**New Haven - Downtown Farmers  
Market, New Haven**

Near corner of Church & Chapel  
Streets, Near the New Haven Green  
July 12 through October 25  
Wednesdays 1pm - 6pm

**New Haven - Edgewood Park  
Farmers Market, New Haven**

Edgewood Park, Corner of West Rock &  
Whalley Aves  
July 9 through October 29  
Sundays 10am - 2pm

**New Haven - Fair Haven Farmers  
Market, New Haven**

Quinnipiac River Park, Near corner of  
Grand Ave & Front St  
July 13 through October 26  
Thursdays 3pm - 7pm

**New Haven - Wooster Square  
Farmers Market, New Haven**

Russo Park, DePalma Court,  
between Chapel & Wooster St.  
May 20 through December 9  
Saturdays 9am - 1pm

**Norwalk Farmers Market  
Norwalk**

Maritime Center, N. Water Street  
Parking Lot  
July 19 through October 25  
Wednesdays 12pm - 6pm

**Sandy Hook Organic Farmers  
Market, Sandy Hook**

St. Johns Episcopal Church, 5  
Washington Ave.  
June 27 through October 3  
Tuesdays 2pm - 6pm

**Scotland Farmers Market  
Scotland**

Scotland Green,  
Junction Routes 14 & 97  
June 27 through October 25  
Wednesdays 3pm - 6pm

**Stratford Farmers Market  
Stratford**

Deluca Field, Main St.  
July 17 through October 30  
Mondays 1pm - 5pm

**Willimantic Farmers Market  
Willimantic**

Corner Jackson & Union Streets, near  
Frog Bridge  
June 10 through October 31  
Tuesdays 12:30pm - 3pm and  
Saturdays 8am - 11:30am



*Employment & Civic Engagement in the Spotlight as the Connecticut Commission on Aging Prepares for:*

## **Boomers at the Door!**

**By Julia Evans Starr  
Executive Director  
Connecticut Commission on Aging**

The oldest of the baby boomers—the 78.2-million culture-changing Americans born between 1946 and 1964—turn 60 this year.

In Connecticut, boomers represent one third of the state's total population—about one million people—and their ranks continue to grow.

In fact, according to the U.S. Census Bureau, nearly 8,000 people will celebrate their 60<sup>th</sup> birthday *every day* this year—that's about 330 every hour.

The U.S. Administration on Aging estimates that 605 million people were 60 or older in 2000. That number will soar to two billion by 2050, when the world's population of older persons will be larger than the population of children (to 14 years) for the first time in human history.

The Connecticut Commission on Aging continues to track the issues and address the short- and long-term needs inherent in this 21<sup>st</sup> Century social phenomenon.

In advocating for enlightened public policy to assess long-term care needs, fairness in the Medicare system, increasing transportation options, programs to improve nutrition, among many others, the Commission works to open doors to a better future for our state's baby boomers.

The Commission's work includes looking ahead to help ensure that Connecticut—and the boomers themselves—are ready to deal with issues that are somewhat less obvious but no less important.

## **Redefining Retirement**

One subject high on the Commission's agenda this year is the boomers' impact on the changing demographic structure of Connecticut's workforce and the quality of life.

A closely related issue is how boomers themselves are "redefining" their retirement years and the ways their sheer numbers, diversity and increased longevity will affect Connecticut society as a whole in the years ahead.

"The Connecticut workforce is on the threshold of a profound shift resulting from a combination of dynamics," said Waldo C. Klein, Ph.D., MSW. Dr. Klein is the Commission's treasurer and Chair of its Redefining Retirement Years Subcommittee.

"In the years ahead, the aging of our population will coincide with the tendency for younger, educated workers to leave Connecticut. This clearly presents challenges to our state. But it also offers some potentially exciting employment and civic engagement opportunities for boomers as they redefine the traditional meaning of retirement," Dr. Klein added.

Statistics supporting the likely effects of the emerging demographics were developed by the Connecticut Employment and Training Commission (CETC), the state's workforce investment board. The CETC advises the governor and General Assembly and provides broad oversight of the state's workforce development efforts.

The CETC's 2005 Annual Plan reports that the state faces challenges to a successful economic future including... "the looming collision between demographic and economic realities."

The following are some of the "warning signs" the CETC cites in its report:

- Connecticut's population is older, on average, than most other states.
- The state's population and workforce are not growing.
- Many members of the baby boom generation will either leave the workforce during the next decade or will need to acquire new skills in order to remain productive.
- There may not be enough replacement workers with the necessary skills to compensate for the loss of retirees.

## **Assessing the Issue**

The Commission on Aging has begun to collaborate with the CETC, Connecticut Department of Labor (DOL) and the Office for Workforce Competitiveness, among

others concerned with this issue, to gather information and make recommendations that may ultimately determine what steps can be taken.

We also have begun to explore possibilities with our partners at the State Unit on Aging (DSS-Aging Services Division) and the Connecticut Association of Senior Center Personnel.

As a first step, the Commission has formed the subcommittee chaired by Dr. Klein. Other Commission members on the panel are Susan Deschamplain, William L. Eddy, Patricia H. Mayfield, James L. Pellegrino and Gerd Weindling. They are exploring a series of focus groups in September.

Another subcommittee chaired by Commission Vice-Chair Christine M. Lewis is planning a statewide forum Nov. 17 on participation in civic engagement activities.

“Our goal for the forum is to explore the potentially enormous contributions baby boomers and older adults can make as they embrace hundreds—perhaps thousands—of meaningful volunteer opportunities,” Lewis said. “Their expertise, work ethic and can-do attitude will very positively affect programs that fill critical needs in our society.”

Members of the civic forum subcommittee are Sharon Gesek, Maxine Goldstein, Nancy S. Gyurko, Judith M. Jencks, Mary Ellen Klinck, Richard C. Memmott, Sr. and Carolyn J. Thornberry.

“The aging of the huge baby boom generation brings with it all of the issues we’re addressing now and a host of new ones,” said Commission on Aging Chair Kathryn J. Freda. “We believe that by bringing together the key players in our state we can shape a response to the challenges that lie ahead.”

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**The Connecticut Commission on Aging is an independent state agency that serves as an advocate for Connecticut’s growing population of older residents on issues that affect their health and well-being. It was established by the state legislature in 1993 to give older citizens a stronger voice within state government on issues including health care, long-term care, nutrition, housing, employment, transportation, legal assistance and economic security.**

**For more information on the Connecticut Commission on Aging, its goals, members and partner organizations, as well as links to other Websites and publications that provide useful information on issues affecting older residents, please visit the Commission’s website at [www.cga.ct.gov/coa](http://www.cga.ct.gov/coa) or call (860)-240-5202.**

## *Did You Know?*

The U.S. Surgeon General's Family History Initiative  
Reprinted from [Enews@AoA.gov](mailto:Enews@AoA.gov)

The U.S. Surgeon General is urging Spanish-speaking Americans to now their family health history and is offering an improved computer tool in both Spanish and English to help them do so. Calling on all Spanish-speaking Americans to “know their family history,” U.S. Surgeon General Richard H. Carmona, M.D., M.P.H., announced the availability of an updated version of a free, computerized tool in Spanish, designed to help Spanish-speaking families gather their health information. In addition, he praised the National Council of La Raza's Institute for Hispanic Health for developing its own family history consumer outreach program for Spanish-speaking Americans based on the framework made available by the Surgeon General's Family History Initiative. For additional information about the U.S. Surgeon General's Family History Initiative, please visit [www.hhs.gov/familyhistory](http://www.hhs.gov/familyhistory).

### **Statistics from AoA on the Eldercare Locator**

By Helen Elzeroth, The Eldercare Locator Resource Center

- 130,000 calls are received annually (roughly 12,000 monthly)
- Calls are taken from 9:00am to 8:00pm Eastern Standard Time, but peak times are 11:00am – 4:00pm
- 150 different languages can be handled by the Language Line. Most of the calls for languages other than English are for Spanish, primarily from Florida, California, and New York.
- Almost 80% of calls to the call center are from females.
- The website receives, on average, 15,000 visits monthly, and the number of visits is increasing.
- Older adults calling for themselves are the largest category of callers to the Call Center, but caregivers tend to visit the website.
- The Call Center began operation in 1991, and the website was launched in 2001.
- The National Association of Area Agencies on Aging administers the Eldercare Locator in partnership with the National Association of State Units on Aging.

To reach the Eldercare Locator, call 1-800-677-1116 or [www.eldercare.gov](http://www.eldercare.gov). The Eldercare Locator is a free national service of the Administration on Aging, U.S. Department of Health and Human Services, with resources for every community. It is administered by the National Association of Area Agencies on Aging (n4a) in partnership with the National Association of State Units on Aging (NASUA).

## **Paul McCartney Turns 64**

Excerpts reprinted from Human Values in Aging Newsletter, AARP Office of Academic Affairs, H.R. Moody, Editor

Paul McCartney (The Beatles) wrote the song “When I’m Sixty-Four” in 1967. The lines “Will you still need me, will you still feed me, when I’m sixty-four?” reflect the perception of being “old” at a much younger age than we do today. Mr. McCartney turned 64 this year. He writes: “I met someone who plays piano in an old persons’ home, and he said ‘I hope you don’t mind, but I play some of your songs, and the most popular one is ‘When I’m Sixty-four,’ but I have to change the title to ‘When I’m 84 because 64 seems young to those people. They don’t get it.’” “If I were to write it now, I’d probably call it “When I’m 94.” (Quoted by Robert Hilburn, Special to The Los Angeles Times).

## *Coming Events*

### **July 18, 2006**

The North Central Connecticut Area Agency on Aging and the Jewish Federation Association of Connecticut (JFACT), in conjunction with Jewish Family Services, West Hartford, and the Greater Hartford JCC present:

#### **Your Bridge to Accessing Community Elderly Services**

9:15 am- 12:00pm

The program is free of charge and will be conducted in English and Russian.

RSVP to: Anna Goldblatt, JFS Resettlement Coordinator (860) 236-0506

Lucy Dratva, GHJCC Pgm. Coordinator for New Americans (860) 231-6365

### **August 3, 2006**

Senior Resources presents:

#### **Test Your Legal IQ**

1:00pm-3:00pm

Little River Acres Community Room 207

Sabin Street

Putnam, CT

RSVP to Joyce Gootkin at (860) 887-3561

## *Resources*

### Websites

The Aging Services Division of DSS

[www.ct.gov/agingservices](http://www.ct.gov/agingservices)

The Connecticut Association of Area Agencies on Aging

[www.ctagenciesonaging.org](http://www.ctagenciesonaging.org)

The CT Partnership for Long-Term Care  
[www.Ctpartnership.org](http://www.Ctpartnership.org)

The Connecticut Elder Law Newsletter  
[www.CTElderLaw.org](http://www.CTElderLaw.org)

The Center for Medicare Advocacy  
[www.medicareadvocacy.org](http://www.medicareadvocacy.org)

The NCOA Benefits Checkup Eligibility Screening System  
[www.benefitscheckup.org](http://www.benefitscheckup.org)

The ConnPACE Program  
[www.ConnPACE.com](http://www.ConnPACE.com)

The American Federation for Aging Research (AFAR)  
[www.infoaging.org](http://www.infoaging.org)

AARP  
[www.AARP.org](http://www.AARP.org)

The Administration on Aging  
[www.aoa.dhs.gov](http://www.aoa.dhs.gov)

The Alzheimer's Association  
[www.alz.org](http://www.alz.org)

The Alzheimer's Association, Connecticut Chapter  
[www.alzct.org](http://www.alzct.org)

National Family Caregivers  
[www.nfcacares.org](http://www.nfcacares.org)

Today's Caregiver  
[www.Caregiver.com](http://www.Caregiver.com)

The National Council on Aging  
[www.ncoa.org](http://www.ncoa.org)

The Seniors and The Law Program  
[www.jud.state.ct.us](http://www.jud.state.ct.us)



The Better Choice  
[www.dmhas.state.ct.us](http://www.dmhas.state.ct.us)

The CT Council on Problem Gambling  
[www.ccpg.org](http://www.ccpg.org)

## DSS Phone Numbers

Aging Services	1-866-218-6631	(860) 424-5274
CADAP Program (CT Aids Drug Assistance Program)	1-800-233-2503	
CT Partnership for Long-Term Care	1-800-547-3443	(860) 424-4943
Child Care	1-800-811-6141	(860) 424-5645
ConnPACE	1-800-423-5026	
CHOICES Program	1-800-994-9422	
Connecticut Commission on Aging		(860) 240-5202
Energy Services	1-800-842-1132	
Fraud Hotline	1-800-842-2155	(860) 424-4934
General Assistance	1-800-842-2159	(860) 424-5250
Home Care Program	1-800-445-5394	(860) 424-4904
Katie Beckett Waiver	1-800-445-5394	(860) 424-4904
Medical Transportation: South Central/Southwestern CT	1-888-248-9895	
North Central/Eastern/Western	1-888-743-3112	
PASARR Pre-Admission Screening and Annual Resident Review	1-800-445-5394	(860) 424-4904
CT Child Support Call Center	1-800-228-5437	
Public Information	1-800-842-1508	(860) 424-4908

Rehabilitation Services	1-800-537-2549	(860) 424-4844
	TDD/TTY	(860) 424-4839
Self-Directed Care	1-800-445-5394	(860) 424-4904
Support Payment Information	1-888-233-7223	
TDD/TTY	1-800-842-4524	(860) 424-4975