



WESTON SENIOR ACTIVITIES CENTER

203-222-2608
9 School Road
Weston, CT 06883

Monday-Friday - 9:00 am to 3:00 pm

www.westonseniorcenter.info

Weston Senior Services and Resources

Weston Senior Center

9 School Road
www.westonseniorcenter.info
203-222-2608

Mailing Address:
P.O. Box 1007
Weston, CT 06883

Center Staff:

Director: Wendy Petty
Program Coordinator:
Carla Jegen
Asst. Program Coordinators:
Linda Gilmore
Angela Connaughton

Dial-a-Ride

203-222-2576
Driver: Roy Marsh
(24-hour notice required)

Dept. of Social Services

203-222-2663
Director: Allison Lisbon
Assistant: Rose Cruz

Weston Town Hall

www.westonct.gov
203-222-2500 Main
203-222-2656

Commission on Aging

Bruce Lorentzen, Chair
Terry Castellano
Francine Goldstein
Don Gumaer
Alison McElhone
Richard Wolf
Vacancy

The Friends of WSAC

This symbol indicates that
an event is sponsored by the
Friends of the Weston Senior
Activities Center.



January 2021

Happy New Year and welcome 2021!

We hope you enjoyed your holidays and are looking forward to 2021, with hope and joy on the horizon.

Our plans this winter are to continue our classes via Zoom. We have six exercise classes scheduled per week. (Walking club at the track will resume in the spring.)

We have also added a few new series to our schedule, including French lessons, poetry writing, mindfulness, and a class on ways to clear clutter; these classes should help you set and achieve those New Year's resolutions!

We are continuing to share programming with various senior centers, our library, and others to provide you with an abundance of great options to help you get through the winter.

We have a curbside lunch scheduled for Wednesday, January 27th. The menu and details will be coming. We definitely want to see you then, even for a quick drive through. Stay tuned.

If you haven't seen Margaret Wirtenberg's watercolors, please visit our website and view our special auction. The auction ends on January 31st and all of the proceeds will be dedicated to our 2021 curbside lunch program, which we plan to continue until we can safely reopen the Center.

Our newsletter will be updated throughout the month as we add new programs, so please be sure to read our Weekly Bulletin that comes on Monday mornings to your email box.

By now you should have signed up for Everbridge, Weston's town emergency alert system that replaced CodeRed. If you haven't done so, or are not sure if your registration is complete, please email Wendy at wpetty@westonct.gov, or call the Senior Center (203) 222-2608 and we can help.

As always, please reach out if you need anything.

We miss you,
Wendy, Carla, Linda, Angela, and Roy

Thank you Weston Youth Services for
organizing these great holiday gifts!



The mission of the Weston Senior Activities Center is to serve as the hub of programs and events supporting the well being of community members as they age.

1920 Presidential Election

Mark Albertson, Historian

Friday, January 8th, 1pm

1920 Presidential Election: Republicans, Warren G. Harding for President and Calvin Coolidge, Vice President versus the Democrats, James Cox, for President with Franklin D. Roosevelt for Vice President. Electoral vote count was 531, with the winning team needing 266.

Elections results: Harding and Coolidge, 404 electoral votes, 37 states, 16,144,093 popular votes; with Cox and FDR, 127 electoral votes, 11 states (overwhelmingly the South), 9,139,661 popular votes.

<https://us02web.zoom.us/j/87844322401>

Meeting ID: 878 4432 2401

Sponsored by the Friends of the Weston Senior Activities Center

Zoom Bingo

With Carla Jegen

Tuesday, January 12th, 11am

Join Carla for another fun game of virtual bingo!

<https://us02web.zoom.us/j/83481292576>

Meeting ID: 834 8129 2576

19292056099,,83481292576# US (New York)

Bingo Baker: <https://bingobaker.com#405bd8d9e7e37aa2>

Understanding and Interpreting History

Mark Albertson, Historian

Wednesday, January 13th, 10am

Many Americans have a poor grasp of history. Much of this is societal: Lack of interest in the family setting; inferior teaching methods and approaches in the schools; lack of attention paid to history in the popular media. These are among the plethora of reasons for the lack of attention and regard for history. Yet history tells us who we are as a people; where we have been, where we are going. History can arouse and invigorate critical thinking

<https://zoom.us/j/94373159585?pwd=TSStTc1BnbVozNGc2OXF5cjRhbzk0UT09>

Meeting ID: 943 7315 9585

Passcode: Albertson

Sponsored by the Bigelow Center for Senior Activities

Musical New York

Art and Susan Zuckerman, NYC Tour Guides

Thursday, January 21st, 3pm

New York City has always been the center of musical theater. However, music in the City is much more than that. During this presentation you will learn how music has influenced New York and how New York has influenced the world of music. Through audio and video you will hear about many of the greats of Jazz, Rock and Roll, classical music who made New York their homes.

To Register, email Linda, lgilmore@westonct.gov.

Sponsored by the Friends of the Weston Senior Activities Center

Fall Prevention

Friday, January 22nd, 11am

Learn the risks and how to prevent falls this winter.

Sponsored by Sheraton Caregivers

<https://us02web.zoom.us/j/85827406105>

Meeting ID: 858 2740 6105

Eleanor Roosevelt

Mark Albertson, Historian

Wednesday, January 27th, 10am

President Harry Truman once observed, "Eleanor Roosevelt was not America's First Lady, but the First Lady of the world." This talk will span this most fascinating character's life from October 1884 to her death in November 1962. Eleanor was the first First Lady to address a presidential convention. During her twelve years in the White House, she gave 348 press conferences; wrote 60 features for the nation's leading magazines; opened up the Democratic party to the Black constituency; she was one of the co-authors of the United Nations Declaration on Human Rights; her husband, FDR received 31 honorary degrees; Eleanor, 35.

<https://zoom.us/j/94373159585?pwd=TSStTc1BnbVozNGc2OXF5cjRhbzk0UT09>

Meeting ID: 943 7315 9585

Sponsored by the Bigelow Center for Senior Activities

Senior Learning Network Programs

All Programs start promptly at 2pm, please log in at 1:45.
They do not allow late entry.

To Register and receive Zoom links, email Carla at:

cjegen@westonct.gov

Redwood Heroes: The Women Who Defended the Giants

Tuesday, January 5th, 2pm

Redwood forests are one of the most ancient ecosystems on planet Earth. In this program, we will explore these ancient giants, the science concepts of ecosystems, and the history of the preservation of these giants, particularly the women who defend the redwoods from commercial logging

Live from the Lagoon- More Fun with the Dolphins!

Tuesday, January 12th, 2pm

We're going back to visit the dolphins with our friends at Dolphin Research Center! Join us lagoon-side for an exciting and interactive session all about dolphins! One of our trainers will be chatting with you while conducting a training session with a member of our dolphin family. You will be inspired by these magnificent marine mammals during this presentation.

Gerda III & "Number the Stars"

Thursday, January 14th, 2pm

This program uses the resources of several institutions to tell the story of the boat Gerda III, a Danish lighthouse tender that played a critical role in carrying Jews to safety in Sweden during October of 1943. The program explores the similarities found in the popular young adult novel, Number the Stars by Louis Lowry and the story of the Gerda III. We will experience survivor accounts, oral histories, and behind the scenes footage on the vessel.

Jefferson's Monticello

Tuesday, January 19th, 2pm

We're taking a virtual field trip to Thomas Jefferson's Monticello! Monticello was the home of Thomas Jefferson, the author of the Declaration of Independence and 3rd president of the United States of America. His home in Charlottesville, Virginia, is an architectural icon, with its neoclassical design drafted by Jefferson himself.

Art and Architecture of Hearst Castle

Thursday, January 21st, 2pm

Located in central California, along the Pacific Coast stands Hearst Castle. This architectural wonder, was the home of the famous American newspaper magnate William Randolph Hearst from 1919 to 1947. At one time, christened *La Cuesta Encantada* or The Enchanted Hill by its famous resident, today it is both a California Historical Landmark and a National Historical landmark.

National Portrait Gallery

"Every Eye is Upon Me": First Ladies of the United States

Tuesday, January 26th 2pm

From the National Portrait Gallery in Washington, DC, we will take you on a virtual tour of the National Portrait Gallery's First Ladies exhibition entitled "*Every Eye is Upon Me: First Ladies of the United States.*" The time period covered will be from First Lady Martha Washington to First Lady Melania Trump.

Special Series

Introduction to Mindfulness

With Hilary Misiano

Wednesdays in January and February, 3:00pm-3:30pm

Join Hilary Misiano, a certified Mindful Schools Instructor on Wednesdays. You will learn how the brain and body benefit from practicing mindfulness. This series is open to new students.

There is no charge for this series, but registration is required.

To Register, email Carla, cjegen@westonct.gov.

Poetry Writing Workshop

With Ray Rauth

Mondays, January 11th and 25th, February 8th and 22nd,
March 8th and 22nd, 2pm-3pm.

Ray will facilitate peer to peer poetry development, not how to write poetry, but instead encourage the interaction among those in the workshop to develop a skill and voice. There will be very little in the *form* of the poetry, but rather an emphasis on developing the softer skills of writing.

There is no charge for this series, but registration is required.

To Register, email Wendy, wpetty@westonct.gov.

Easy Steps to Decluttering your house

With Suzanne Sheridan

Wednesdays, January 13th, 20th, 27th and February 3rd, 11am

Now more than ever before, people are spending time at home. Yes, the pandemic and the colder weather are a big part of that nesting urge. Have you ever felt overwhelmed when you look around your home? It can be frustrating to see things take over your life (ironically, things you may not even like or need.) In this four week seminar, we will be addressing how to live in your home in a joyful way, You will have a week to address each room, in between each one hour class, but we will give each other support and a way to get past this issue.

Week 1: Kitchen

Week 2: Living Room/ Dining room

Week 3 Bedroom

Week 4 Office Space

The goal is not decluttering as much as it is creating the kind of order that allows peace to be in your home and in your life.

There is no charge for this series, but registration is required.

To Register, email Carla, cjegen@westonct.gov.

French Lessons

With Sylvie Lobenz

Beginner to Low Intermediate

Tuesdays, Jan. 19, 26. Feb. 2, 9, 16, 23, 3pm-4pm

Intermediate and Advanced

Thursdays Jan, 21, 28, Feb. 4, 11,18, 25, 3pm-4pm

Each series is \$30 for six classes.

Have you wanted to learn how to speak French but haven't had the time? Sylvie is offering to teach basic conversation by Zoom and this will include conversation, vocabulary, culture, film, discussion and more. **If you are interested in learning more, please email**

Linda, lgilmore@westonct.gov.

Drawing with Chris Goldbach

**Mondays, January 25th through March 22nd, 1pm-2pm
(no class February 15th)**

Discover how to look and then draw what you see.
Supplies needed: pencil, eraser, drawing paper and sharpener.
All levels welcome.

\$32.00 for series of eight classes. Space is limited.
To register: email Wendy, wpetty@westonct.gov.



ART CHAT with Chris Goldbach

Tuesday, January 19th at 1pm

Join Mastering the Masters instructor and artist Christine Goldbach to talk about everything from how to hold a pencil to art history and she will talk about art in all its forms. This class will look into the wide world of art, will answer your questions, and solve your art problems from a-z, abstraction to zinc white! Play along with Chris, have your art supplies (any medium) handy and be ready to explore. <https://zoom.us/j/91432461509?pwd=QkhKaVFXQOVLYXBPN1N1Z3BhQXNtZz09>

Meeting ID: 914 3246 1509

Password: ArtChat

This class is hosted with the Bigelow Center in Fairfield.

Tips and Tricks with Chris Goldbach

Monday, February 1st, 3pm-4pm

Class will be on the first Monday of each month.

Tips and Tricks in all Mediums

Discussion and demo of some of the most common issues regarding your art. Learn how making a grid can help you, how to hold the pencil when shading, what kind of eraser is good for different mediums, and what colors to mix to get skin tones. Ask a question and she will do her best to answer it.

There is no fee for this monthly class, but registration is required.
Email Wendy: wpetty@westonct.gov.

Opera with Jeffrey M. Engel

Join Jeffrey for three presentations to hear about some beautiful operas. These presentation will include excerpts as well as the story and background behind them.

Wednesday, January 20th, 1pm: "Rigoletto" by Giuseppe Verdi
Immorality, kidnapping, seduction, passion, and murder are but a few words that summarize the plot of "Rigoletto." It is Verdi's first work (after 16 others) to attain a permanent place in the popular repertory. "Rigoletto" has some of Verdi's best-known music, especially one tenor aria that has been used to sell tomato paste and Doritos on television. Jeffrey Engel will detail the background of "Rigoletto" and play recordings of musical highlights.

Wednesday, February 10th, 1pm: "Mefistofele" by Arrigo Boito
Arrigo Boito(1842-1918) wrote libretti for Verdi's last two operas, "Othello" and "Falstaff." "Mefistofele is his one completed opera. The title role offers a bass to shine as a singer and an actor.

Wednesday, March 17th, 1pm: "Otello" by Giuseppe Verdi
Verdi's penultimate opera was written while he was in his seventies. It is one of the few dramatic operas which combine an excellent libretto with a rich and vibrant musical score.

Jeffrey Engel graduated from Ithaca College (New York). He lived in Paris for fourteen years where he studied cello, art history (at the Sorbonne) and earned diplomas in French language. As a cellist, he played with numerous orchestras in France including that of the Paris Opera, performed in chamber ensembles and taught in municipal conservatories.

Mr. Engel has been giving lectures devoted to music history in colleges, libraries, retirement communities and other venues for some fifteen years. He believes that such lectures should be entertaining as well as informative. To that end, his explanations are never too technical and he infuses his material with amusing anecdotes and musical illustrations.

There is no charge for these presentations, but please register with Linda, lgilmore@westonct.gov.

Virtual Art Show and Auction

Margaret Wirtenberg's Collection of Watercolors

Auction on now until January 31st

<https://westonseniorcenter.info/auction/wsac-art-auction.php>

All of the proceeds for this sale will go to the Friends of the Weston Senior activities Center, which is raising money for the 2021 Curbside Lunch Program.



Botanical Drawing Class with Dick Rauh

**Fridays, January 22nd, 29th, February 5th, 12th, 19th, 26th
10am-12pm**

This class is a highly detailed drawing class and focuses on botanical illustrations.

Supply list: pencils, paper, and a magnifying class is helpful but optional. This class is full.

If you would like to be added to the waitlist, please email Wendy: wpetty@westonct.gov.



Musical New York

Art and Susan Zuckerman, NYC Tour Guides

Thursday, January 21st, 3pm. See Page 2 for details!

Weston Department of Social Services

Allison Lisbon, MSW, LCSW, Director of Social Services

alisbon@westonct.gov

203.222.2663

Rose Cruz, Assistant

rcruz@westonct.gov

203.222.2556

Weston Social Services is available to assist any Weston resident having financial difficulty or in need of being connected to local mental health or related services, regardless of financial need.

Caregivers Support Group

Wednesday, January 13th, 1pm

Facilitated by Allison Lisbon, MSW, LCSW,
Director of Weston Social Services

This support group will be offered via Zoom.

Caring for a loved one can be challenging. Get the support you need from others who are facing similar challenges and share information with each other. These sessions are your chance to take a break, socialize with others and possibly learn some ideas that may help you and your loved one. This group is informal and relaxing. New-comers are welcome! If you have any questions about the group, or would like to sign up, please contact Allison at (203) 222-2663 or

Parkinson's Support Group

Wednesday, January 27th, 10:15am-11:00am

Facilitated by Maureen Matuszewski

This support group will be offered via Zoom.

The group is led by Maureen through the *Westport Center for Senior Activities*. She arranges guest speakers, facilitates a round table discussion on everyday issues, sharing of ideas, and encourages support and camaraderie. There is always information people can learn from each other. If you are interested in joining this group, or know someone who is, please email:

Maureen Matuszewski: maureenmatuszewski@gmail.com.

Understanding Your Long Term Care Insurance Benefits

Thursday, January 14th, 11am

Bryan Knust, Collaborative Home Care

Do you have long term care insurance and want to re-familiarize yourself with your benefits? If so, join us for an interactive webinar presented by Bryan Knust, owner of Collaborative Home Care, explaining the ins and outs of your long term care insurance policy. What does my long term care insurance policy cover? How do I start the process? What is an elimination period? We will cover these questions and much more.

https://zoom.us/webinar/register/WN_qblgiLGSRRWwdSPSo0Cd7g

Weston Public Library

(203) 222-2665

<https://www.westonpubliclibrary.org/>

Envisioning 2021

Wednesday, January 13th, 7pm With Jennifer Bernheim
Join us for a virtual and experiential vision board session that invites you to say goodbye to 2020 and hello to a new year with amazing possibilities! During this workshop, you will take the time to make a visual representation and set your intentions of how you desire to feel and what you would like to achieve this year. Explore the amazing possibilities that a new year brings! After registering, a package with a 12x12 canvas, a handful of magazines, glue stick, and other relevant items will be available for pick up at the library. The workshop will be led by Jennifer Bernheim of OnPurpose Family. Please register on the Library's website.

New York Art Museum Lecture Series

with Riva Blumenfeld

January 14th, 7pm

Sponsored by the Friends of the Weston Library, join Riva Blumenfeld of Blumenfeld Fine Art for a virtual lecture featuring a prominent art exhibit in New York. More details to come. Please register on the Library's website.

Friends of the Library Book Groups

January 14th, 10:30am: *Bookwoman of Troublesome Creek* by Richardson

January 20th, 7pm: *Hilltop* by Gavron

February 11th, 11am: *Portrait of a Lady* by James

The New COVID-19 Vaccine

We will be bringing you multiple programs from healthcare professionals in the next few weeks to help answer questions you may have.

Wednesday, January 27th at 2:00pm

Margarita Shapiro, RN, Visiting Nurse & Hospice Fairfield County
Learn about the new Covid19 vaccine.

[https://visitingnurse.zoom.us/j/92536751754?](https://visitingnurse.zoom.us/j/92536751754?pwd=ZDd6NVRuYmpaaGU4cjNSYm5UVVW9HZz09)

[pwd=ZDd6NVRuYmpaaGU4cjNSYm5UVVW9HZz09](https://visitingnurse.zoom.us/j/92536751754?pwd=ZDd6NVRuYmpaaGU4cjNSYm5UVVW9HZz09)

Meeting ID: 925 3675 1754

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We will be welcoming back Dr. Joseph Feuerstein, MD, Director of Integrative Medicine at Stamford Hospital in late January or early February for an update on vaccines. **Please stay tuned for date and time.**

**Fall Prevention**

Sponsored by Sheaton Caregivers

Friday, January 22nd, 11am

See page 2 for details.

**Chess is Back**

If you are interested in playing chess online with our chess club, email: [wpetty@westonct.gov](mailto:wpetty@westonct.gov).

## Weston Senior Center – Exercise Class Fee Structure

Each class is \$4.00. However, we will require that you pay for a month at a time at minimum. If you would rather pay for two months at a time, that is fine too. Please note that we will not offer any credits for missed classes – *unless it is an error on our part or the instructors (i.e. Zoom issues). A Fitness Waiver must be signed before starting a class. A Zoom link will be sent to you upon registration.*

### **Mail checks payable to:**

Weston Senior Center  
PO Box 1007  
Weston, CT 06883

### **January Closures: January 1st and 18th**

Qigong – three Mondays: \$12 (Jan. 4, 11, 25)

Pilates – four Tuesdays: \$16 (Jan.5, 12, 19, 26)

Strength and Fitness – four Thursdays: \$16 (Jan. 12, 14, 21, 28 please note two classes week of 11th)

Yoga— four Fridays: \$16 (Jan. 8, 15, 22, 29)

Tai Chi—four Friday: \$16 (Jan. 8, 15, 22, 29)

### **February Closures: February 15th**

Qigong – three Mondays: \$12 (Feb. 1, 8, 22)

Pilates – four Tuesdays: \$16 (Feb. 2, 9, 16, 23)

Strength and Fitness – four Thursdays: \$16 (Feb. 4, 11, 18, 25)

Yoga—four Fridays: \$16 (Feb. 5, 12, 19, 26))

Tai Chi— four Fridays: \$16 (Feb. 5, 12, 19, 26)

### **Qi Gong with Bill: Mondays at 11am via Zoom**

This class will focus on easy to learn exercises that build internal strength, flexibility and resiliency. These mind body practices help us cultivate more energy in our bodies while calming and clearing our minds.

### **Pilates with Karen: Tuesdays at 1pm via Zoom**

Designed to realign the spine to its natural skeletal position, rebalancing the muscles around the spine, abdominals, and the extremities to build core strength, stability and longer leaner muscle tone to improve posture and enhance coordination.

### **Feldenkrais Instructor TBD: via Zoom**

Feldenkrais is a gentle class that helps to improve posture, flexibility, and coordination for those with reduced movement or pain.

### **Strength & Fitness with Sandy: Thursdays at 11am via Zoom**

Utilizing balls, stretch bands and weights while sitting and standing, you will stretch and strengthen all muscle groups. Emphasis is on flexibility and balance.

### **Yoga with Melania: Fridays at 10am via Zoom**

This class is an experience for healing Mind, Body and Spirit through gentle movement, meditation, and breath-work, bringing students compassionately back "home" to themselves.

### **Tai Chi with Mari: Fridays at 2:00pm via Zoom**

Tai Chi helps decrease stress and improve energy, balance and mobility. Mari teaches the traditional Yang style Tai Chi; basic knowledge is required.



# January 2021

**Mon**

**Tue**

**Wed**

**Thu**

**Fri**

|                                                                                                                         |                                                                                                                                                                                    |                                                                                                                                                                                                                                    |                                                                                                                                                                                                        | 1<br><i>Senior Center Closed</i>                                                                                        |
|-------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|
| 4<br>9:30am Commission on Aging meeting<br>11am Qigong w/Bill                                                           | 5<br>1pm Pilates w/Karen<br>2pm Redwood Heroes Senior Learning Network                                                                                                             | 6<br>No Feldenkrais today<br>3pm Mindfulness w/Hilary                                                                                                                                                                              | 7<br>No Strength & Fitness<br>2pm Online Chess for Beginners                                                                                                                                           | 8<br>10am Yoga w/Melania<br>10am Mark Albertson 1920 Presidential Election<br>2pm Tai Chi w/Mari                        |
| 11<br>11am Qigong w/Bill<br>2pm Poetry Workshop with Ray                                                                | 12<br>11am Strength & Fitness w/Sandy (make up class)<br>11am Bingo w/Carla<br>1pm Pilates w/Karen<br>2pm Live from Lagoon Senior Learning Network<br>3pm French Lessons Beginners | 13<br>10am Mark Albertson <i>Understanding and Interpreting History</i><br>11am De-Clutter Your Home w/Suzanne<br>Feldenkrais TBD<br>1pm Caregivers Support Group<br>3pm Mindfulness w/Hilary                                      | 14<br>11am Strength & Fitness w/Sandy<br>11am Guest Program Long Term Care Insurance<br>2pm Gerda III and Number the Stars Senior Learning Network<br>3pm French Lessons Advanced                      | 15<br>10am Yoga w/Melania<br>2pm Tai Chi w/Mari                                                                         |
| 18<br>11am Qigong w/Bill<br>2pm Afternoon Chat with Wendy                                                               | 19<br>1pm Pilates w/Karen<br>1pm Art Chat w/Chris<br>2pm Jefferson's Monticello Senior Learning Network<br>3pm French Lessons Beginners                                            | 20<br>11am De-Clutter Your Home w/Suzanne<br>Feldenkrais TBD<br>1pm <i>Rigoletto</i> Opera Program Jeffery Engel<br>3pm Mindfulness w/Hilary                                                                                       | 21<br>11am Strength & Fitness w/Sandy<br>2pm The Art and Architecture of Hearst Castle Senior Learning Network<br>3pm <i>Musical New York</i> w/Art and Susan Zuckerman<br>3pm French Lessons Advanced | 22<br>10am Yoga w/Melania<br>10am Drawing w/Dick Rauh<br>11am Fall Prevention Sheraton Caregivers<br>2pm Tai Chi w/Mari |
| 25<br>11am Qigong w/Bill<br>12pm Guest Program Downsized Gourmet<br>1pm Drawing w/Chris<br>2pm Poetry Workshop with Ray | 26<br>1pm Pilates w/Karen<br>2pm National Portrait Gallery Senior Learning Network<br>3pm French Lessons Beginners                                                                 | 27<br>10am Mark Albertson <i>Eleanor Roosevelt</i><br>10:15am Parkinson's Support Group<br>11am De-Clutter Your Home w/Suzanne<br>Feldenkrais TBD<br>11:30am-12pm Curbside Lunch – TBD<br>2pm About the Vaccine<br>3pm Mindfulness | 28<br>11am Strength & Fitness w/Sandy<br>2pm Guest Program Chefs for Seniors<br>3pm French Lessons Advanced                                                                                            | 29<br>10am Yoga w/Melania<br>10am Drawing w/Dick Rauh<br>2pm Tai Chi w/Mari<br><b>Art Auction Closes Sunday 1/31.</b>   |

**Medicare Information**

**GOVERNMENT INFO** “Medicare & You - 2021” is the yearly booklet on basic Medicare information. It lists all CT Medicare programs at the back including the 27 Medicare Part D drug plans for 2021 and the Medicare Advantage health plans under Medicare – C available in Fairfield County. (Part A is regular hospital coverage, Part B is doc & medical service coverage.) For the computer savvy go on the web site: [medicare.gov](http://medicare.gov) to gain information.

**MEDIGAP INSURANCE** This supplemental coverage to Original Medicare (only) is offered directly by private insurance companies under U.S. government rules. **It can be bought/changed at any time of the year.** There are many different letter plans. Each letter plan covers a combination of different situations – the hospital deductible, the 20% doc/medical service co-pay, skilled nursing service, etc. Premiums by letter plan vary by insurance company although basic coverage is the same. There are pre-existing restrictions for 3-6 months on most plans. A comparison chart of premiums by company & letter plan offered in CT is available. Just ask me for one. **NOTE: PLAN F was retired in 2020 to anyone turning 65 in 2020 or after. Those that are already 65 by December 31, 2019 are and will be Plan F eligible for the future -- whether you currently have Plan F or not. Right now Plan F is the most comprehensive Medigap plan available to those eligible to continue with or to change into as long as you were 65 before 2020. Those who are 65 in 2020 or after are not eligible for Plan F and should consider Plan G and certainly review other plans offered as well. A Medigap plan can be changed any time in the year. It is considered to be private insurance.**

**INITIAL ENROLLMENT** : Starts 3 mos before 65<sup>th</sup> birthday, the birthday month and three mos after totaling 7 months. Part A is free. Part B has a premium.

**SPECIAL ENROLLMENT PERIOD:** if working at 65 covered by employer or spouse’s employer. This SEP lasts 8 mos. Begins a month after coverage/employment ends whichever is first.

**OPEN ENROLLMENT PERIOD: Oct 15 – Dec 7 is yearly** Select/change to a more cost savings Medicare Part D plan that carries your prescribed drugs, or another required Medicare D prescription plan. If desired, switch to an Advantage Plan from Original Medicare or from an Advantage Plan to Original Medicare. All coverage starts Jan 1.

**MSP (MEDICARE SAVINGS PLAN):** MSP is designed to help those with lower incomes with insurance premiums and drug costs if qualified. Please ask me about this important program if you feel that you need some extra help.

**MEDICARE CARD:** Starting April 2018 all Medicare Cards have a combination of numbers/letters. If you lose your card please contact me for information on how to replace it.

**Medicare will NOT telephone to verify your current ID number. NEVER ever give personal information out over the telephone.** Want to discuss Medicare issues? Half hour appointments are available from 10:00 – 12:30 twice a month on Mondays of each month. Now available by phone during these pandemic times. Never a charge for these services. **MAKE AN APPOINTMENT THROUGH THE WESTON SENIOR CENTER at (203) 222 - 2608.**

**Meta Schroeter CHOICES Counselor**

**Message from Senior Medicare Patrol**

**Federal Agencies Warn of Emerging Fraud Schemes Related to COVID-19 Vaccines**

The Federal Bureau of Investigation (FBI), Department of Health and Human Services Office of Inspector General (HHS-OIG), and Centers for Medicare & Medicaid Services (CMS) are warning the public about several emerging fraud schemes related to COVID-19 vaccines. The FBI, HHS-OIG, and CMS have received complaints of scammers using the public’s interest in COVID-19 vaccines to obtain personally identifiable information (PII) and money through various schemes. We continue to work diligently with law enforcement partners and the private sector to identify cyber threats and fraud in all forms.

**The public should be aware of the following potential indicators of fraudulent activity:**

- Advertisements or offers for early access to a vaccine upon payment of a deposit or fee
- Requests asking you to pay out of pocket to obtain the vaccine or to put your name on a COVID-19 vaccine waiting list
- Offers to undergo additional medical testing or procedures when obtaining a vaccine
- Marketers offering to sell and/or ship doses of a vaccine, domestically or internationally, in exchange for payment of a deposit or fee
- Unsolicited emails, telephone calls, or personal contact from someone claiming to be from a medical office, insurance company, or COVID-19 vaccine center requesting personal and/or medical information to determine recipients’ eligibility to participate in clinical vaccine trials or obtain the vaccine
- Claims of FDA approval for a vaccine that cannot be verified
- Advertisements for vaccines through social media platforms, email, telephone calls, online, or from unsolicited/unknown sources
- Individuals contacting you in person, by phone, or by email to tell you the government or government officials require you to receive a COVID-19 vaccine

**Tips to avoid COVID-19 vaccine-related fraud:**

- Consult your state’s health department website for up-to-date information about authorized vaccine distribution channels and only obtaining a vaccine through such channels.
- Check the FDA’s website ([fda.gov](http://fda.gov)) for current information about vaccine emergency use authorizations.
- Consult your primary care physician before undergoing any vaccination.
- Don’t share your personal or health information with anyone other than known and trusted medical professionals.
- Check your medical bills and insurance explanation of benefits (EOBs) for any suspicious claims and promptly report any errors to your health insurance provider.
- Follow guidance and recommendations from the U.S. Centers for Disease Control and Prevention (CDC) and other trusted medical professionals.

The SMP program helps Medicare beneficiaries detect, report and protect themselves from Medicare fraud and abuse.

Contact Lisa Alhabal, Senior Medicare Patrol Coordinator at 203-814-3618 if you are contacted or have fallen victim of this type of Medicare fraud.

