



Golden Nuggets



Timely News For Older Adults and their Families

Fall 2011

Flu Shots in New Canaan

The Town Seasonal Flu Clinic will be held on Sunday, October 2 from 1 to 3:30 p.m. at Saxe Middle School. Shots will cost \$30 payable by cash, check, MasterCard or Visa. People with Medicare Part B should bring their Medicare card (Medicare will be billed at the allowable Medicare rate).

Volunteers will be available to help anyone needing assistance. The process is quick and efficient!

People who are unable to attend this Flu Clinic can make an appointment for the Lapham Center Flu Clinic on Wednesday, October 19. Appointments will be limited; call 203-594-3620 after October 2 to schedule.

New Medication Drop Box in Police Station

The effort to safely collect and dispose of medications has been undertaken to help reduce the number of individuals who abuse medications and also to provide an environmentally friendly and convenient way in which to dispose of medications. The drop box provides a safe, effective and sustainable way to collect unwanted or expired household prescription, over-the-counter and unused medicines, 24/7.

The Drop Box is located within the front lobby of the NCPD located at 174 South Avenue. Disposal instructions are posted on the front of the box. All medications can be disposed of safely and confidentially. No personal information is collected. Once the container is full, the contents are weighed and then properly disposed of by incineration.

Medicare's Part D Annual Enrollment Period is October 15 - December 7

The Annual Enrollment Period for the 2012 prescription drug coverage comes earlier this year, starting on October 15 and ending December 7. This means that any changes you make must be done by December 7; those changes will take effect on January 1, 2012.

You should review your Part D plan options each year and decide whether you should make a change. Drug plans often change significantly so the plan that was best for you this year might not be best next year. You should find out whether other plans cover your prescriptions for less money, whether your current plan will continue to cover the drugs you take, and whether you will be able to continue to use your doctor and pharmacy.

You can find your best plan by using the computerized "Plan Finder" program at Medicare.gov.

If you are not a computer user, the trained counselors at Lapham Center will run it for you and enroll you in a new plan if that is indicated.

We are most grateful to our volunteer counselors, Bill Emmons, Paul Howes, Dick Neville and Harvey Place, who are patient, knowledgeable, and very reassuring.

Last year they helped 268 people review their plans; 43% of those people saved money by changing plans.

There is no fee for this service. Call 203-594-3620 after October 1 to schedule an appointment.



Legal Life Plan ©: A Roadmap For Heirs and Caregivers©

Q: Do you know what five simple legal documents you need to protect your health and wealth?

A: Will
Living Will
Health Care Power of Attorney
Durable Power of Attorney
Roadmap for Heirs©

Attorney Barbara Shea will explain the "ins-and-outs" of each document in detail at Lapham Center on Thursday, October 20 at 10:30 a.m.

You will come away knowing how each document works to protect you and your loved ones. You will also learn what happens when you don't have a will in place and why it is important to have each of these documents in your life plan portfolio. You will also get an idea of the costs involved in preparing these documents.

Barbara will also discuss the Roadmap for Heirs© and tell you why a will is not enough, why your executor or caregiver needs to have a guide, and how it facilitates the probate process.

Bring your questions about elder law and aging issues and expect to receive valuable information easily understood. Attorney Shea is a Greenwich attorney and resident who is a member of the National Academy of Elder Law Attorneys.

Please call 203-594-3620 if you plan to attend.

Hands Only CPR Works

According to the American Heart Association, Hands-Only™ CPR, performed by a bystander has been shown to be as effective as "conventional" CPR in emergencies that occur at home, work or in public. There are only two steps to remember:

- 1) Call 911
- 2) Push hard and fast in the center of the chest.

Check www.handsonlycpr.org/ for more details on how to perform Hands Only CPR.

UCLA Study Demonstrates Mood Benefits of Tai Chi

From the National Institute of Senior Centers:



Over the last few years, many "alternative therapies" have received bad marks in medical tests. But the

ancient practice of tai chi has received positive attention from a number of universities and health institutions.

Tai chi (sometimes called qi gong or tai chi chuan) is a body awareness practice which originated in China as a martial art. It is sometimes called "moving meditation," as the goal is to increase awareness of one's body in space. Traditionally, tai chi practitioners speak of the concepts of yin and yang and a life force called qi, but whatever your beliefs, the actual physical practice of tai chi can be a good part of a fitness routine. More and more seniors are taking tai chi classes to improve balance, sleep, cardiovascular wellness and joint health. It has become part of the fall protection strategy for many older adults.

In March 2011, a new study from the UCLA Department of Psychiatry and Biobehavioral Sciences showed that tai chi can be effective in fighting late life depression. UCLA professor-in-residence Helen Lavretsky stated, "Depression can lead to serious consequences, including greater morbidity, disability, mortality and increased cost of care. This study shows that adding a mind-body exercise like tai chi that is widely available in the community can improve the outcomes of treating depression in older adults, who may also have other, co-existing medical conditions, or cognitive impairment." Lavretsky adds, "With tai chi, we may be able to treat these conditions without exposing patients to additional medications."

Lapham Center offers beginning and intermediate tai chi on Tuesday afternoons. Call 203-594-3620 to check on space availability; if there is space, you can take one class for free to see if you like it.

A Dozen Reasons We Eat When We're Not Hungry *By Penny Klatell, PhD, RN, ACC*

Eating when you're not hungry, or when you're bored, angry, tired, procrastinating, or celebrating can push your calorie intake way up. The biggest problem is that we often don't realize that we're shoving food into our mouths – either because we're distracted, we don't want to know, or we just plain old don't care.

Here are a dozen reasons and triggers for "mindless" eating:

1. "Cheap" calories – the kind you find at all you can eat restaurants, those freebie tastes in markets, "value meals," and three courses for the price of two.
2. Bread and extras like butter, olive oil, and olives on the table or peanuts or pretzels at a bar. Way too tempting to pass up – especially if you're hungry or you've walked in with the attitude that you "deserve" it because you've had a rotten day.
3. Opening your cabinet or refrigerator and having your favorite snacks staring you in the face.
4. Procrastinating or avoiding doing what you have to do by having a snack.
5. Family gatherings that serve traditional and/or highly caloric foods that you wouldn't normally eat – and a whole bunch of angst that causes you to eat.
6. Watching TV with a bag of chips or a bowl of candy on your lap.
7. Parties and events – especially when you drink – causing you to lose count and control of what you're grabbing to eat.
8. Sitting near a vending machine or the snack room at work – and the candy bowls on a lot of desks.
9. Buffets – anywhere and everywhere. Oh, the heaps and piles of good looking food. Enough said.
10. Feeling tired, bored, angry, or "out-of-sorts" and looking for food as a "pick-me-up."
11. Having a stressful – or boring – meeting especially when there's a table full of food nearby.
12. Getting home, having no plan for dinner, and just picking and nibbling a ton of calories all evening.

Penny Klatell is a nurse, nutritionist and certified life, health and wellness coach who will be teaching What Should I Eat? and No Bulges for the Holidays - or After at Lapham Center this fall. Call 203-594-3620 for more information.

Energy Assistance

Energy assistance is a program that helps income-eligible people who have difficulty paying the cost of heating their home by providing vendor payments for home heating. The primary goal of this program is to keep households warm and safe during the winter months. Income guidelines for the program change yearly and are based on the state/national poverty level.

All applicants must apply in person at New Canaan Human Services between September 15 and May 15. An outreach visit is available for homebound elderly and/or physically disabled. Call for more information, 203-594-3076.

When applying for energy assistance, the following information is required:

- All applicants must provide proof of income for all household members for the four weeks immediately prior to application date.
- If the primary heating source is a utility, a copy of the utility bill must be provided.
- Renters must provide copies of their rent receipts or lease.
- Homeowners must provide a copy of their mortgage.
- Documentation of liquid assets is required

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Energy Assistance

Find "Most Efficient" Products with Newest Energy Star Label



The Environmental Protection Agency and the Department of Energy have teamed up to recognize the cream of the crop in

energy-efficient appliances. These top-rated products will stand out from other Energy Star appliances with a new "Most Efficient" label. The designation will not only help consumers save money and reduce the amount of pollution they generate, but should also spur manufacturers to innovate to produce the most energy-efficient appliances they can.

DOE and EPA have identified Most Efficient 2011 products among televisions, clothes washers, and heating and cooling equipment. Refrigerators are coming soon. More product categories will be added in 2012.

Go to www.energystar.gov/ and click on Most Efficient 2011.

Consumer Myth #1

The Connecticut Attorney General's website has a "Top 10 Consumer Myths" compiled by members of the National Association of Attorneys General and the Connecticut Office of Attorney General. Here's the first one:

Myth 1: You have the right to cancel any purchase within three days.

FACT: Contrary to popular belief, the three-day right to cancel applies to only a limited number of cash or credit card transactions worth \$25 or more. In Connecticut, it applies to health club contracts, time share purchases, home improvement contracts and door-to-door sales. Purchases of automobiles and other vehicles are NOT covered.

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