

# A New Perspective

THE NEWSLETTER FOR WESTPORT'S SENIORS

November 2016 Volume 4, No. 2

## Enhancement Committee Moves Forward

It is amazing what a small group of people can accomplish in a year. Last September, First Selectman Jim Marpe appointed a 15-person committee, *Center for Senior Activities Enhancement Committee*, to explore the current and future needs of the Westport Center for Senior Activities (WCSA). In just one year, this hard-working team of volunteers, staff members, and town officials has brought the enhancement project from a concept to the creation of an architectural plan.

From the start, the work of the committee has focused on the fact that, as Westport's senior population continues to grow, certain program areas at the Center are overcrowded and in need of more space and other improvements.

"Having served for 10 years as a state representative, I understand that keeping seniors in the community where they have aged is vital — not only to the welfare of the seniors but also to the community, because seniors have a lot to contribute," says committee member Jo Fuchs Luscombe. "I think anything we can do to enhance our Senior Center is vital."

Committee members have met twice a month and put in countless hours of research.



Leslie Wolf, President of the Friends of the Westport Center for Senior Activities and fellow Committee members, Martha Aasen and Gloria Stashower looking at work from A+R Architectures. A and R was selected from over ten responses to the town RFP to create schematic designs for the Enhancement of the Center for Senior Services.

This was Phase One of their work: analyzing program areas and spaces, including the fitness room, lecture and class spaces, game room, reception area, art room, and more. A thorough

analysis of each program area was conducted through interviews, research, and investigation of other resources in town (such as the Westport Y). The result was

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- Did You Know?



WCSA Enhancement Committee members: Steve Smith, Town Building Official; Leslie Wolf, Lynn Goldberg, Chair; Sue Pfister, Director of the WCSA, Martha Aasen; and Stan Nayer at a recent meeting.

a comprehensive Needs Analysis report with photos and many appendices. From this report, an RFP was created, and a subgroup of the committee narrowed down the field of architectural firms to one: A+R Architecture (original architect of the Center). The first phase of the enhancement, the creation of schematic architectural drawings, has received unanimous funding approval from the Board of Finance and the RTM.

Friends of the WCSA will host an Open House on November 13, from 2-4 pm, for community members to learn more about the enhancements and offer their input. For more information, call **(203) 341-5099**.

## Community Resource Directory for Westport

The Department of Human Services Senior Community Resource Directory for Westport Seniors is now available to view on-line. Please check it out at:

<http://www.westportct.gov/seniordirectory>

It offers a wide arrange of information on services, from adult day care centers to transportation options at your fingertips.

A hard copy can be picked up in room 200 or at the Center for Senior Activities.



### DEPARTMENT OF HUMAN SERVICES

#### HUMAN SERVICES

- Director.....Sarah Heath, MA, LPC
- Assistant Director/Municipal Agent for People with Disabilities.....Elaine Daignault, MS, NCC
- Administrative Assistant.....Margaret Pinheiro
- Municipal Agent for the Elderly.....Kristen Witt, LCSW
- Human Services Program Specialist.....Susan Stefenson, MBA

#### CENTER FOR SENIOR ACTIVITIES

- Director.....Sue Pfister, MSW
- Program Manager.....Holly Betts, MPS, RD
- Nutrition Program Coordinator.....Yoshi Mori, DTR
- Administrative Assistant.....Denise Puskas
- Receptionist.....Benjamin Palmer

#### COMMISSION FOR SENIOR SERVICES

- Members: Bob Fatherley, Janet Filling, Judith Guthman, Peter Kolbrener, Jo Fuchs-Luscombe, Les Wolf, Leslie Wolf

**We value your opinion, thoughts and comments and welcome your input.**

Is there something you would like to see in A New Perspective? Do you have any suggestions for future issues?

Please email your ideas to [mpinheiro@westportct.gov](mailto:mpinheiro@westportct.gov) or send a letter to A New Perspective:

A New Perspective  
110 Myrtle Ave., Room 200  
Westport, CT 06880

# Westport Weston Health District

Public Health Services and Information for Our Communities

180 Bayberry Lane  
Westport, CT 06880  
Tel: 203- 227-9571  
Fax: 203-221-7199



The Westport Weston Health District has scheduled flu vaccination clinics. These clinics are open to anyone 3 years of age or older wishing to be vaccinated and appointments are available on line. To schedule an appointment, click on the button below or call (203) 227-9571. Walk-ins are accepted.

## Flu Vaccination Clinics

<b>Tuesday, November 1st</b>	<b>Westport Weston Health District 180 Bayberry Lane, Westport</b>	<b>1:00 PM – 3:00 PM</b>
<b>Friday, November 4th</b>	<b>Westport Weston Health District 180 Bayberry Lane, Westport</b>	<b>9:30 AM – 11:30 AM</b>
<b>Thursday, November 10th</b>	<b>Westport Center for Senior Activities 23 Imperial Avenue, Westport</b>	<b>5:30 PM – 7:30 PM</b>
<b>Tuesday, November 15th</b>	<b>Weston Library 56 Norfield Road, Weston</b>	<b>9:30 AM – 11:30 AM</b>

The cost for seasonal vaccine is \$45 and high-dose is \$65 cash. We accept Medicare Part B, Anthem Blue Cross/Blue Shield, Aetna, Cigna, and Connecticare insurances. **Participants must bring their insurance cards to the clinic for billing purposes.**

### REMEMBER:

- Wear clothing with loose sleeves or short sleeves.
- Check with your doctor if you have a severe egg, chicken, or thimerosal allergy, may be pregnant, are ill with fever, or have/had Guillain-Barre Syndrome.
- No one will be refused vaccination due to inability to pay.
- The flu vaccine takes up to two weeks to be fully effective.
- It is never too late to receive the flu shot, flu season typically peaks in January or later.

## Don't Miss the Deadline

Medicare Part D & Medicare Advantage Plan Annual Election Period runs from October 15th through December 7th. Coverage begins January 1st of the following year.

### What is CHOICES?

CHOICES — Connecticut's programs for Health Insurance, Outreach, Information and Eligibility Screening — is designated as the official State Health Insurance Program.



CHOICES counselors are trained volunteers who meet with seniors, other Medicare beneficiaries or their families at various community sites. These Counselors do not sell insurance. They provide the information and assistance necessary for consumers to understand their rights, receive benefits to which they are entitled and make informed choices about health insurance concerns.



Choices counselors are available by appointment at **Department of Human Services in Town Hall 203-341-1050** or at the **Center for Senior Activities 203-341-5099**.



## Holiday Gift Program

It may seem early, but the Holiday season will soon be upon us. Many Westport families will find it difficult financially to provide the Happy Holiday their children are so looking forward to. Can you help?

The Westport Department of Human Services manages a program to assure that no Westport child in a family with need is disappointed on their special day. Last year, thanks to our generous community, nearly 400 Westport individuals, including senior citizens who are alone this time of year, were provided with the gifts they had hoped for. If you would like to contribute a gift card of any amount (Target, Walmart, Marshall's, gas station, CVS, Walgreen's etc.) or make a tax deductible contribution, (checks may be made out to DHS Family Programs) please contact **Patty Haberstroh at 341-1069** or email her at **hsyouth@westportct.gov**.

You may choose to drop off your donation in Room 200 of Town Hall any weekday between 8:30 and 4:30. In addition, if you or someone you know, is in need for financial assistance this time of year, please contact us as well. Your generosity towards our neighbors here in town is greatly appreciated. Happy Holidays!



Department of the Treasury  
Internal Revenue Service

## Income Tax Season Is Upon Us

Trained AARP tax counselors will be available to help you complete and file your State and Federal tax returns for 2016.

To make an appointment for the **Town Hall call 203-341-1050**. For the **Center for Senior Activities 203-341-5099**. Please bring all of your income and expense related documents as well as a copy of last year's return with you.

This program will begin January 30 and end on Saturday, April 15. Appointments are required.

**Town Hall:**  
**Mondays | 1:30 – 7:30 pm**

**Westport Center for Senior Activities:**  
**Wednesdays | 9:00 am – 4:00 pm**  
**Thursdays | 1:00 – 7:00 pm**

“Anyone who stops learning is old, whether at twenty or eighty. Anyone who keeps learning stays young. The greatest thing in life is to keep your mind young.”

Henry Ford

# New Connecticut Power of Attorney Finally Gives You More Protection

After remaining relatively unchanged since 1965 (yes, 40+ years ago), Connecticut has replaced its old power of attorney (POA) laws and form with a new more powerful form and laws to ensure your wishes are honored.

**This new law is so important and will have such a potentially great impact** on you, that the Connecticut legislature passed the law in 2015 but gave us all until October 1, 2016 (its effective date) to get ready for it.



Should you revise your existing power of attorney? **DEFINITELY!**

If your POA was done prior to October 1st, 2016, it is still valid, but you won't have all the powers and protections of the new law.

And if you don't have a POA, now is the time to get one!

## Highlights of the new POA

- 1. Power of attorneys are now automatically durable**, which means if you become incapacitated, the POA is still valid. There are legal remedies available if a third party rejects it without a reason listed on the statute.
- 2. A third party, such as a financial institution, must honor a POA** unless they believe that the POA is revoked, the agent has been removed, or the action the agent is attempting to take is outside the scope of authority granted by the POA
- 3. You can appoint whomever you want to serve as your conservator** within your POA.
- 4. Agents who misuse or abuse their position can now be liable.** The agent must act in a certain manner unless the POA provided otherwise.

**5. The new law includes what are commonly referred to as "hot powers."** These are extremely powerful, and useful, powers that you can confer upon your agent. Agents may now make gifts, change beneficiary designations, and create or change rights of survivorship. These provisions, powerful as they are, must be exercised in a manner consistent with the agent's authority granted in the POA.

**6. The new POA form includes the appointment of a successor**, so you no longer need a springing POA unless you don't want the POA to be effective right away.

We strongly recommend that anyone who has a Connecticut Power of Attorney should have it reviewed and redone using the new form. Remember that you should only assign someone as your POA if you trust them completely-it is a very powerful document.

## Community Bereavement Group

A bereavement group, open to the community, is being offered at the United Methodist Church, 49 Weston Road, Westport. This group is free of charge and open to anyone who is struggling with the loss of a loved one. It will be facilitated by Jan Cowles, Bereavement Coordinator and Celeste McGeehan, LMSW, of Constellation Hospice. Please join us as we share our stories of loss and find ways to move forward in this sacred and confidential space. While free, registration is requested by calling Jan at 203-497-3872. We welcome your call.

**Dates: Wednesdays | October 12th – December 21st**

**1:00 – 2:30 pm**

**Registration requested**



## Westport Center for Senior Activities

The Westport Center for Senior Activities is dedicated to enhancing the quality of life for adults 60 years of age and older in a pleasant and safe environment. Please stop in and pick up our quarterly newsletter or visit us on the web at <http://www.westportct.gov/seniorcenter>. You may also request to receive e-mail announcements of upcoming events by signing up at [dpuskas@westportct.gov](mailto:dpuskas@westportct.gov).

The Center is open Monday – Friday 7:30 am – 4:30 pm; Thursday until 8:00 pm; Saturday 8:30 am – 3:00 pm



University of New Haven

## The University of New Haven Dietetics Department is Partnering With WCSA

The Westport Center for Senior Activities is partnering with the University of New Haven and their Nutrition and Dietetics Department. The interns are here to do their practical work in order to become licensed, registered dietitian nutritionist. Registered Dietitians nutritionists (RDN) are the food and nutrition experts who can translate the science of nutrition into practical solutions for healthy living. The interns will give nutrition talks, culinary demonstrations and assist with Home Delivered Meals and the Center’s congregate lunch program.

There will be a *Prebiotics and Probiotics: Creating a Healthier You* nutrition lecture:

**Date: Monday, November 14 | 10:00 am | Preregistration required**

Followed by a *Culinary Demonstration:*

**Date: Thursday, November 17 | 3:00 pm | Preregistration required**



## SHRED-IT DAY

Back by popular demand! Bring your personal documents that you no longer need and help to protect your identity. Suggested documents include: bank statements, checks, Medicare summary notices, ATM receipts, credit card statements, etc.

**Date: Saturday, November 12**

**10:00 – 11:30 am | Cost: \$5.00/box**

## For Grandparents: The Importance of Language for Young Children

Grandparents can be great role models and influences, and they can provide a sense of cultural heritage and family history. Grandparents provide their grandkids with love, have their best interests at heart, and can make them feel safe.

**Lisa Fay, a Montessori-trained educator** will speak on the importance of language for young children (under the age of 3). She will offer advice on all the newest research on language development for newborns and toddlers.

**Date: Monday, November 7 | 10:30 – 11:30 am**

## The Rovers: A Tale of Fenway

Author Paul Ferrante’s will visit to discuss his book: *The Rovers: A Tale of Fenway*. The book features dual plot lines set in 1927. The first takes place in Dublin, Ireland and involves a plot to steal a sacred Irish relic; the second tells the story of a teen who travels to America for a try-out with the Boston Red Sox. The book is based on Paul’s personal experiences with travel to Ireland, his love of Irish culture and interviews with Bob Cremins, a friend and former pitcher with the Boston Red Sox.



**Date: Thursday, November 17 | 6:30 – 7:30 pm**

## Taste the Wonderful Flavors of Autumn at our November Saturday Social

Chef Ivin Obando from Creative Culinary will prepare Tuscan Roast Chicken with roast vegetables, flavored with garlic, lemon and rosemary and served with fresh bread and Apple Pie for dessert. Entertainment will be provided by vocalist Brianne Chasanoff. Brianne is known for her sultry voice and soothing sound. Brianne is a classically trained vocalist and music teacher in Pauling, New York. Brianne was a national semi-finalist in the National Pro Voice Singer/Songwriter competition for two consecutive years. Come hear Brianne sing Broadway tunes and pop favorites.



**Date: Saturday, November 19 | 12:30 – 2:30 pm | Cost: \$8.00 per person**  
**Preregistration and payment required**

## Visiting Nurse & Hospice of Fairfield County Wellness Talks

Melody Matheny-Orpen, RN from Visiting Nurse & Hospice of Fairfield County will be leading a group discussion on *The Thyroid: Your Body's Engine*. This small gland in your neck makes hormones that control how you use energy and how your organs do their jobs: how fast or how slow they use oxygen, make proteins, and respond to other hormones.

**Date: Tuesday, November 15 | 10:45 – 11:45 am**

### Don't Miss:

#### The Fall Schedule of Events of the Friends of the Center for Senior Activities

##### Dr. Gary Rose:

Political Science expert will be back by popular demand to discuss the election results

**Friday, November 18 | 1:30 – 3:00 pm**

##### Winter Indoor Levitt Music Series:

Free concerts and complimentary refreshments

**Sundays | Doors open at 1:00 pm**

Refreshments served at 1:30 pm | Show begins at 2:00 pm

***Galvanized Jazz Band* – Sunday, November 6th**

Dynamic Dixieland Jazz group, recognized as best in the State by CT Magazine

***Hall Family Singers* – Sunday, December 11th**

Holiday Concert, includes a sing-along

More concerts to be scheduled in the oncoming winter months. Stay tuned!

The Sunday Music Series is programmed by the Levitt Pavilion for the Performing Arts and Funded by the Mortimer and Mimi Levitt Foundation.



Detectives George Taylor and John Rocke will be at the Westport Center for Senior Activities to do a presentation on **Frauds and Scams | Date: December 12 | 10:45 – 11:45 am**

Detective Rocke will be back to discuss one-on-one any personal or confidential concerns you may have.  
**Date: December 16 | 10:00 – 11:00 am**

## Quick Tips to Identify/Prevent Scams Against Seniors:

If you receive a call from a company regarding a past due balance and threatening utility shut off or your arrest, hang up immediately and call the number on your statement, **not** the number provide by the caller, to inquire about your balance.

The IRS and utility companies will not ask for payment over the phone via GreenDot, MoneyGram, Western Union, or iTunes gift cards.

If you receive a call from someone claiming to be a police officer stating that your family member was arrested, ask for the department name. Hang up and attempt to contact your family member. If your family member cannot be reached, look up the actual main phone number for the police department supposedly holding your relative and call them to see if he/she was actually arrested.

Police departments will only accept bond in the form of cash or bail bondsman. Bond cannot be posted via MoneyGram, Western Union, GreenDot or prepaid gift card.

This is one big clue that you were speaking to a scammer.

If you receive a call from someone claiming to have kidnapped your

grandchild and demanding ransom via one of the methods above, do not provide any personal information and hang up. Attempt to make contact with your grandchild or his/her parents to ensure their safety. Record the phone number of the caller and contact the Westport Police Department at 203.341.6000 (non-emergency number.)

If something sounds too good to be true, it probably is. If you are approached by a stranger offering to perform unsolicited work on your vehicle, driveway, etc. for a price that is way below market standard, it is most likely a scam. Many times the scammer will tell you that he has extra material and can pave your driveway for a nominal fee. Once some, if any, shotty work is completed, the scammer then demands more money. If you are approached by one of these suspects, attempt to get a good description of the person and their vehicle as well as a direction of travel and notify police.

Distraction burglaries are just that- burglaries that take place while the homeowner is distracted. Oftentimes, seniors are targeted by

these criminals. In these crimes, a homeowner is approached by someone claiming to be doing tree work or utility work on the property or a neighbor's property and they need the resident to step outside and show them where the property line is, where the water meter is, or needs to check something in the basement, for example. While the home owner is distracted by this individual, an accomplice is gaining entry to the home and burglarizing it. If someone approaches your door that you do not know, speak to them through the door. If you suspect one of these scams, call the police and later contact your local utility company and inquire about scheduled work on your street.

If you believe you were swindled, contact your local police department to file a report and notify your bank.

If you provided the suspect personal identifying information such as your name, date of birth, or phone number, file an identity theft report with the Westport Police Department and contact the major credit reporting bureaus to place fraud alerts on your accounts and monitor your credit report.

# Safely Dispose of Prescription Drugs

*Sponsored by the Teen Awareness Group and Positive Directions*

Seniors wishing to dispose of unwanted, expired, or unused prescription drugs can drop them in the Drug Drop Container in the front lobby at the Westport Police Department. The service is free and anonymous.

The following will not be accepted in the Drug Drop Box:

1. Opened containers of liquid will not be accepted unless they are completely sealed.
2. Syringes shall not be placed into the drop box.
3. No medications or other waste shall not be permitted to be left outside of the drop box.



## Energy Assistance

Applications for energy assistance are being accepted at Town Hall, room 200. Priority is being given to oil heating clients for the month of October. Utility clients can begin to apply in mid-November. Income guidelines limit annual earnings to \$44,305 for a family of two and \$33,880 for a single person household. Assets limits for the State program are \$15,000 for homeowners and \$12,000 for renters. Westport residents may call the **Department of Human Services at 203-341-1050** for further information or to schedule an appointment.

## Choose Your Electric Supplier

You can choose an electric supplier by comparing offers from numerous utility companies. Go to <http://www.energizect.com/compare-energy-suppliers>. Click choose your electric supplier. Select your utility and customer class to compare offers.

If you choose to enroll or switch, locate your account, name key and service reference number on your bill. Know your meter read date and enroll ten business days before your meter reading. Follow up with Eversource or UI about your enrollment.

## Coming Soon...

There is a newly formed commission in town advocating for people with disabilities. The official title is:

### **Westport Commission on People with Disabilities**

This Commission has been established for the purpose of ensuring persons with disabilities have the opportunity and support to enjoy full and equal access to lives of independence, productivity, inclusion and self-determination within the Town of Westport.

The Commission:

- will advise town officials on policies, procedures, programs and services (including facilities) that affect persons with disabilities
- provide information and guidance to individuals, businesses and organizations on matters related to disability
- to foster and promote a community dialogue regarding issues and opportunities involving persons with disabilities with businesses, community organizations, clubs and associations.
- to increase awareness about issues and opportunities affecting persons with disabilities.
- to engage persons with disabilities and their families, encouraging them to participate in town government and planning.

More to come. **Please contact the Department of Human Services for any additional information at 203-341-1050.**

# Emergency Planning: Stay Tuned!

When threatening weather approaches Westport, seniors living alone who may need special assistance can contact the Department of Human Services and be placed on an Emergency Courtesy Call list.



We can also assist you to receive the Town's CodeRED emergency notification call to your home. The CodeRED emergency notification system delivers customized emergency messages directly to homes and business at the rate of up to 60,000 calls per hour. We can notify areas of the town, or the entire town, when there is an emergency situation that requires immediate action. It will deliver our recorded message to a live person or an answering machine, making three attempts to connect to any number. To sign up please click on <http://www.westportct.gov/index.aspx?page=118> or call **203-341-1050** and we will assist you through the process.

## Helpful Numbers to Have On Hand:

- Emergency (Fire, Police, Emergency Medical Services) Dial 911
- For storm-related issues call Emergency Management at: 203-341-5000
- Police Department 203-341-6000
- Fire Department 203-341-5000
- EMS 203-341-6081
- Westport Weston Health District 203-227-9571
- School Emergency Information 203-341-1766
- Staples Radio WWPT 90.3
- Westport Seven-Day Forecast (**please click here**)
- Keep in mind the Westport Center for Senior Activities on 21 Imperial Avenue is designated as the Town's official warming center in case of emergencies. 203-341-5099



American  
Red Cross

## Winter Storm Safety Checklist



### When in doubt, don't go out!

Minimize travel outdoors. If travel is necessary, keep a disaster supplies kit in your vehicle.

### Outlook, Advisory, Watch or Warning

**OUTLOOK:** Winter storm conditions are possible in the next 2 to 5 days.

**ADVISORY:** Winter weather conditions are expected to cause significant inconvenience and may be hazardous. When caution is used, these situations should not be life threatening.

**WATCH:** Winter storm conditions are possible within the next 36 to 48 hours. People in a watch area should review their winter storm plans and stay informed about weather conditions.

**WARNING:** Life-threatening, severe winter conditions have begun or will begin within 24 hours. People in a warning area should take precautions immediately.

Visit [redcross.org](http://redcross.org) for more information on how to make an emergency kit!

### What do I do after a storm?

Protect yourself from frostbite and hypothermia by wearing warm, loose fitting, lightweight clothing in several layers. If possible, try to stay indoors.

Never use a generator, grill, camp stove or other gasoline, propane, natural gas or charcoal-burning devices inside a



home, garage, basement, crawlspace or any partially enclosed area. Locate unit away from doors, windows and vents that could allow carbon monoxide to come indoors.

### What should I do?

Dress in several layers of lightweight clothing, wear mittens and a hat (preferably one that covers your ears).



Running water, even a trickle, helps prevent pipes from freezing.

### Family Plan

If separated, our meeting place near our home is:

---

If we cannot return home or are asked to evacuate, our meeting place outside of our neighborhood is:

---

In the event our household is separated or unable to communicate with each other, our emergency contact outside of our immediate area is:

---

If we need to stay home during a winter storm, we have:

Ready-to-eat food and water

Medication and other special supplies

If the power goes out, our back up heat source is:

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# Seeking Volunteer Drivers!

One of the most challenging things for older adults is to give up their car keys. They are not just losing their ability to drive, they are losing their ability to be an active member of the community, seeing their friends, going shopping, and scheduling appointments with their doctors.



Since its inception in November 2010 ITN Coastal Connecticut has provided over 12,500 rides to residents of Fairfield, Westport, Norwalk, Wilton, Weston, and Easton. This has been possible through a network of committed volunteer drivers. It enables these individuals to live independently, remain in their home and can stay connected with their friends and their community. They can continue to live their way of life. This can only be done through the dedication and contributions of those devoted to helping older adults age with grace and dignity.

We — ITN Coastal CT — have been privileged to provide individuals with these incomparable services. Today we are asking that you consider joining our network of volunteer drivers. Or, if you have a family member or friend(s) who might be interested in devoting a few hours a month to support our mission — volunteers are key to keeping our costs down. You won't regret the benefit of being able to help others continue to live independently! To learn more about this volunteer opportunity, please visit our website at <http://www.itncoastact.org> or call our offices at **203-858-2001**.

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## Social Security Announces 0.3% Benefit Increase for 2017



Monthly Social Security and Supplemental Security Income (SSI) benefits for more than 65 million Americans will increase 0.3 percent in 2017, the Social Security Administration announced today.

The 0.3 percent cost-of-living adjustment (COLA) will begin with benefits payable to more than 60 million Social Security beneficiaries in January 2017. Increased payments to more than 8 million SSI beneficiaries will begin on December 30, 2016. The Social Security Act ties the annual COLA to the increase in the Consumer Price Index as determined by the Department of Labor's Bureau of Labor Statistics.

Some other adjustments that take effect in January of each year are based on the increase in average wages. Based on that increase, the maximum amount of earnings subject to the Social Security tax (taxable maximum) will increase to \$127,200 from \$118,500. Of the estimated 173 million workers who will pay Social Security taxes in 2017, about 12 million will pay more because of the increase. Information about Medicare changes for 2017, when announced, will be available at <http://www.Medicare.gov>. For some beneficiaries, their Social Security increase may be partially or completely offset by increases in Medicare premiums.

The Social Security Act provides for how the COLA is calculated. To read more, please visit <http://www.socialsecurity.gov/cola>.



## Westport Warm Up Fund

The Westport Warm Up Fund provides fuel assistance to hundreds of elderly, infirm, and disadvantaged members of our community. Winter temperatures pose risks to our most vulnerable neighbors and for those with limited means, this often means making difficult choices between food, medications and fuel. Your generosity, no matter the size of the gift, will make a significant difference in our community. Thank you for considering your neighbors in need, with a donation to the Westport Warm Up Fund.

<http://www.unitedwaycfc.org/westportwarmup> or **Westport Warm Up Fund Department of Human Services**, 110 Myrtle Avenue, Westport, CT 06880

## Did You Know...

### ...that you can hire a student to help with outdoor work?

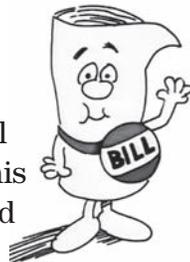
Do you need help with fall and winter clean up? Employ a student! D.H.S. can provide you with a list of students willing to do general yard cleanup and snow shoveling. Service is limited to outside yard work of local senior residents' homes. The suggested fee is \$10 per hour. To obtain a list, please register with the Department of Human Services,



**203-341-1050,**  
**humansrv@westportct.gov;**  
or the Westport Center for Senior Activities,  
**203-341-5099,**  
**seniorcenter@westportct.gov.**

### ... that a bill to curb crimes targeting seniors was passed?

The Senate Judiciary Committee passed new legislation to help reduce mistreatment and financial crimes against older Americans. This new bill aims to better prevent and



respond to all forms of elder abuse and financial exploitation. The bill (S. 3270) was endorsed by the 3,000-member Elder Justice Coalition, which called it "one of the most comprehensive and meaningful bills ever developed to address the rapidly increasing problem of elder financial abuse in America."

### ...that there are free classes available for computer training?

The American Job Center (Career Coach) offers FREE two-hour computer training classes at Westport Town Hall once a month? Jump on the mobile bus and become more proficient at no cost to you. Software classes 2007 in Microsoft Word, Excel, and PowerPoint. Need additional information or to register, please call **203-341-1050** for more information.



## IMPORTANT NOTICE: A New Perspective is going green!



A *New Perspective* will be sent to your e-mail box instead of through the U.S. Mail.

If you wish to continue to receive *A New Perspective*, you must register your email address at: **mpinheiro@westportct.gov** and type "**Perspective**" in the subject field.

For those who are not computer literate, there will be a few print issues at the Senior Center and at Town Hall, Room 200.

## A New Perspective

THE NEWSLETTER FOR WESTPORT'S SENIORS

Margaret Pinheiro, *Editor*, Department of Human Services, 110 Myrtle Avenue, Westport, CT 06880