

SENIOR NEWSLETTER

Middlebury Senior Center
1172 Whittemore Road, Middlebury, CT

203-577-4166—Phone

E-mail: jcappelletti@middlebury-ct.org

Hours: Monday through Friday 9:00am—1:00pm



Department of Social & Elderly Services

Mission Statement

The Department of Social Services and Elderly Services is a focal point for all town residents who seek public services. We provide aid in time of crisis, both financial as well as service oriented. We furnish state-administered programs through referrals in order to see that each resident is provided with a standard in conducting their lives.

To the elderly community we are constantly seeking to improve their quality of life by educating them in new concepts of living. We keep our elderly active in the community through volunteerism as well as educational and recreational programs. We continue to keep them up to date through informative group sessions which enhance their personal development.

As changes occur in our world, our goal is to re-adapt programs so that our citizens can keep in step with the rest of the community.



Department Staff

JoAnn Cappelletti	Director
	Dispatcher
Angela Leveille	Publications &
Terri Markie	Bus Driver
Sean Howard	Computer Lab

Commission on Aging

Judy Mirrer, Chairperson
Jean Hansen
Noa Miller
Ann Spierto
Nancy Pun
Nancy Mastroianni
JoAnn Cappelletti (Director of
Elderly & Social Services)
Ralph Barra (Liaison)

Town of Middlebury
Department of Social & Elderly Services
Shepardson Community Building
1172 Whittemore Road
Middlebury, CT 06762

Phone 203-577-4166
jcappelletti@middlebury-ct.org
Discover our Website: www.middlebury-ct.org



Notifying the Public Under Title VI

The Town of Middlebury operates its programs and services without regard to race, color, and national origin in accordance with Title VI of the Civil Rights Act. Any person who believes she or he has been aggrieved by any unlawful discriminatory practice under Title VI may file a complaint with the Town of Middlebury.

For more information on the Town of Middlebury's civil rights program, and the procedures to file a complaint, contact JoAnn Cappelletti 203-577-4166 ext. 707; email jcappelletti@middlebury-ct.org; or visit our administrative office at 1172 Whittemore Road. For more information, visit www.middlebury-ct.org.

A complainant may file a complaint directly with the Federal Transit Administration by filing a complaint with the Office of Civil Rights Attention; Title VI Program Coordinator, Connecticut Department of Transportation, Bureau of Public Transportation, Complaint Department, 2800 Berlin Turnpike, Newington, CT 06111.

If information is needed in another language, contact 203-577-4166 ext. #1

Si se necesita informacion en otro idioma, comuniquese al 203-577-4166 ext. 1

NATIONAL FRIENDSHIP DAY August 1, 2021



On the first Sunday in August, National Friendship Day encourages people across the country and world to connect with friends. Make a new friend or reconnect with an old one.

Friendships come in many forms, and we begin developing them when we're very young. Throughout our lives, friendships and their meanings evolve. Our classmates and neighborhood pals explored the world with us. Together we shared experiences and made plans for the future. Eventually, paths diverge and new friends find a place in our social experience. Our world expands and our culture changes.

With each new friend, we expand our view of the world. Their experiences contribute to new meaning in our lives. Through friendships, we grow and broaden our horizons. Eventually, the world becomes smaller and more connected. .

Middlebury
CONVALESCENT HOME
CARE BEYOND COMPARE
SINCE 1961


midconhome.com

203.758.2471

Family Owned and Operated



Offering Short & Long Term Care

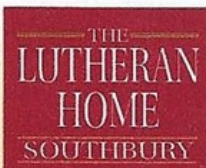
778 Middlebury Road, Middlebury | 203-758-2471 

Get **READY FOR HOME** at Lutheran Home

2016 5-STAR MEDICARE RATING

Welcome to the first rehab program personalized for you. From your own Resident Service Liaison checking in each day, to a CNA Companion program for a smooth transition, and therapies offered 7 days a week, our Center for Short-term Rehabilitation is your place to get ready for home.

Call 203-264-9135 to Pre-book your stay or learn more.



990 Main Street, North
Southbury, CT 06488
203.264.9135
www.lhsouthbury.org



Town of Middlebury

Department of Social and Elderly Services
Shepardson Community Building
1172 Whittemore Road
Middlebury, CT 06762
Phone: 203-577-4166
Fax: 203-577-4173
E-mail: jcappelletti@middlebury-ct.org



GUIDELINES FOR MINI-BUS PASSENGERS

Passengers must be Middlebury residents 60 years or older or handicapped. Driver will assist passengers on and off bus if necessary. The driver is neither a chauffeur nor servant and should not be expected to:

Do any tasks or errands for you

Do any shopping of any kind

Handle money for banking, postage or bill paying

Reservation for rides must be made at least one day in advance by calling the Senior Center at 203-577-4166, Monday through Friday between the hours of 9am and 1pm. Messages left after 1pm are not considered one day advance reservations. Your itinerary must be stated as well as name, address and telephone number. Reservations cannot be made with the driver while on the bus.

The following must be observed:

Due to scheduling, the bus may arrive from 15 minutes before to 15 minutes after your scheduled reservation.

You must be ready within these times.

Use seat belts at all times – no exceptions will be permitted.

Upon arrival, vacate the bus immediately and clear the doorway to avoid accidents.

Have your donation ready when entering the bus.

Medical appointments are given priority. It is advisable to check with the office prior to making doctors' appointments to determine the best date and time that the bus can provide you with the best service.

In the event of inclement weather, and the mini bus is cancelled, there will be an announcement over radio station WATR and TV channels 3 & 8 after 7am.

The mini bus operates 8:30am to 2:30pm, Monday through Friday.

Suggested donation for this service is .50 cents, one way, within the Town of Middlebury and \$1.50 one way, to surrounding towns.

If there are any changes to your advance reservation, you must let the office know in advance.

Passengers not complying with these regulations may have to find alternate methods of transportation

After 3 no shows, passengers will be suspended from using the mini bus for 30 days.

Have our Newsletter Mailed to Your Home Every Month

Cut out and mail this Form

Name _____

Address _____

City _____ State _____

Please enclose a check for \$9.00 made payable to
The Middlebury Senior Center and mail to:

Department of Social Services
1172 Whittemore Road
Middlebury, CT 06762

GWDT

Dial – A – Ride

One day a week each municipality will have the

Dial-A-Ride Transportation
Available for eligible

Seniors (ages 60 & Over) and the Disabled.

Transportation available for shopping, doctors appointments, out of town visiting with the 8 district municipalities on a first come, first served basis.

For more information on Dial-A-Ride transportation

Please contact:

Chesh-ire	Middle-bury	Nau-gatuck	Pro-spect	Water-bury	Water-town	Pro-spect
203-272 - 0047	203-577- 4166	203-720- 7069	203-758 - 5300	203-756- 5550	860-945- 5250	203-879 - 8100
Fridays	Thurs- days	Tues- days	Thurs- days	Mondays & Fridays	Tuesdays	Fridays

First Come, First Served

**Cheshire Middlebury Naugatuck Prospect Waterbury Watertown
Wolcott**



KNOW HOW TO GO

MOBILITY RESOURCES FOR NORTHWEST CT



FREE SUMMER WEEKEND RIDES



www.cttransit.com



KNOW HOW TO GO

MOBILITY RESOURCES FOR NORTHWEST CT

For more information
achaplin@kennedyctr.org
or call (475) 298-3103



This is valid thru Monday, September 6, Labor Day.

LUNCH & LEARN

Thursday August 19, 2021



Subject for the Month will be Weight Management.

Come and join us for a very informative subject, and then stay for a delicious lunch, all free of charge.

Please call the Middlebury Senior Center if you would like to join us and to reserve your seat

203-577-4166

FLU SHOT



FIGHT - THE - FLU

Flu Shots will be available at the Middlebury Senior Center on Monday, October 18, 2021

From 12noon to 4pm.

In order to avoid overcrowding and unnecessary waiting time, please call 203-577-4166 for an appropriate time.

Thank you

Adult Strengthening Classes

The adult strengthening class (Fitness Fury) will resume on Monday, August 2, 2021 at 11:am. It will be held in the Shepardson Community Center in the auditorium.

Class fee will be \$20. per month; or if you prefer, \$5.00 per class.

Payment requested prior to class.



USED INK CARTRIDGES



Don't throw your used ink cartridges away.

Donate them to the Middlebury Senior Center, we recycle.

Thank You

Commission on Aging



The next Commission on Aging meeting will be held on Tuesday, September 14, 2021 At 9:30am. All interested persons are welcome to attend.

Contacting our office is easy!



Dial (203) 577-4166 and enter the extension for the person you wish to speak with:

<u>NAME</u>	<u>EXTENSION</u>
JoAnn Cappelletti	3
Angela Leveille	2
Transportation	1
Sean Howard	4



Blood Pressure Screening

Welcome back Nurse Diane

Diane will be back on Tuesday, August 3, 2021 to do blood pressure screenings. She can help you with any questions you may have

The hours are 10am to 12 noon
NO APPOINTMENT NECESSARY

The Middlebury Senior Center has been given a handicap scooter to donate to someone who is in need of one.

If interested, please contact JoAnn Cappelletti at 203-577-4166 ext 3 for an appointment.



Keeping citizens informed.

The Town of Middlebury has adopted Code Red which is a public notification system for emergency information. It notifies the public of road closures, fires, floods, missing children and other emergencies.

Code Red is a geographically based system. This means that anyone with a code Red app can get notifications anywhere they travel.

To be included in Code Red, you must enroll: go to the town's website www.middlebury-ct.org and click on the "Community" tab. Then click on the Code-RED logo. Please provide your phone number(s) and text and email information. The town was provided a database of some numbers for residents, but no one should assume their numbers are among those the town already has. Those without computers can go to the assessor's office or the Middlebury Public Library and get help registering for Code-RED.



The Middlebury Senior Center will be closed on Monday, September 6, 2021 in observance of Labor Day



COMPUTER HELP

Sean is available for one on one help if you need help with your computer.

Call 203-577-4166 ext. #4 for an appointment



MAH-JONGG

Mah-Jongg is a Chinese game that is played using 144 domino-like tiles. Middlebury Senior Center has mah-Jongg games every Tuesday at 10am and 1pm.

ART CLASS



Dory St. John offers art classes

on Fridays from 9:30—11:30am. The fee is \$5.00 per class

POLISH POKER



Our Polish Poker players have resumed their games on the second Wednesday of the month.

Calling all Crafters

Knitters and Crocheters are meeting on Monday afternoon at 1pm at the Shepardson Community Building.

Bring your own supplies or materials can be supplied

There is no charge for this class



Yoga

Tuesdays at 9:30 to 10:45



Helene Korchin is back for our Yoga classes. The first session began June 22nd. The next session will begin August 10th. The fee for Yoga is \$30 for 6 classes

Adult Strengthening Classes



The adult strengthening class (Fitness Fury) will resume on Monday, August 2, 2021. It will be held in the Shepardson Community Center

in the auditorium. Class begins at 11am

Class fee will be \$20. per month; or if you prefer, \$5.00 per class.

Tai Chi

Wednesdays; 8:15 and 9:45am



Our Tai Chi instructor (Gary Weldon) began classes on June 9th. The next class will begin July 28, 2021 .

The fee for this class is \$30 for 10 classes

All payments for classes are due prior to beginning of classes.

CELL PHONES FREE TO QUALIFYING LOW-INCOME HOUSEHOLDS

Enrollment in this government benefit program is available to individuals who qualify based on federal or state-specific eligibility criteria. You may qualify for Assurance Wireless if you participate in any of the following governments' programs:

Food Stamps/SNAP

Supplemental security Income (SSI)

Veterans Pension benefit or Survivors Pension

Medicaid

Federal Public Housing Assistance or Section 8

You may also qualify based on household income:

Household Size	Yearly Income
1	\$0 - \$17,388
2	\$0 - \$23,517
3	\$0 - \$29,646
4	\$0 - \$35,775
5	\$0 - \$41,904
6	\$0 - \$48,033
7	\$0 - \$54,162
8	\$0 - \$60,291

If there are more than eight (8) people in your household, THEN add \$6,129 for each additional person.

Example: For household of nine (9) the Yearly Income allowed = \$0 - \$66,420 (\$60,291 & \$6,129).



Get **FREE** Lifeline Service including:

PLUS A **FREE** ANDROID™ SMARTPHONE*

FREE

Date each month (High Speed)

FREE

Unlimited texts each month

FREE

Voice minutes each month

MEDICARE OPTIONS

When it's time to select your Medicare plan, you have an assortment of options. If your health care needs are minimal, Original Medicare may be your best choice. Those who have more complex health care needs may want to consider a Medicare Advantage Plan. These plans include vision, dental and hearing coverage and many offer prescription drug coverage. If you only need a little extra to supplement Original Medicare, try a Medicare Supplemental Insurance plan. Those who regularly take medications may want to opt for a [Part D](#) prescription drug plan.

Original Medicare

Original Medicare has two parts: [Part A](#), which provides insurance for inpatient hospital care, lab tests, surgery, home health care, hospice care and stays in a skilled nursing facility; and [Part B](#), which includes visits to the doctor's office, medically necessary services, preventative care, ambulance services, mental health care and limited outpatient prescription drugs. With Original Medicare, you pay a deductible and then your share of the in-patient or out-patient visit. There's no limit on what you pay out-of-pocket under Original Medicare. If you select Original Medicare and you want drug coverage, you'll need to select a separate Part D plan.

Medicare Advantage Plans

Medicare Advantage Plans are provided by private health insurance companies that have been approved by Medicare. These plans include Medicare Parts A and B, and some plans also include prescription drug coverage. [Medicare Advantage Plans](#) provide additional benefits, such as vision, fitness programs, dental and hearing coverage. You can select one of four different Medicare Advantage Plans: [HMOs](#), [PPOs](#), [Private Fee-for-Service Plans](#) and [Special Needs Plans](#). Some plans only let you use in-network providers, while others offer more flexibility for a price. You can only select a Medicare Advantage Plan that's available in the county where you live in Connecticut.

Medicare Prescription Drug Coverage Plans

While Original Medicare doesn't cover prescription drugs, you [can add coverage from a Part D plan for a fee](#). How much your plan costs depends on several factors, including your pharmacy, the [tier of the drug](#), and whether a drug company offers financial assistance to help you pay for their products. However, Medicare Advantage Plans often provide prescription drug coverage. In some plans, such as SNPs, prescription drug coverage is required. If you don't select a Part D plan when you initially enroll in Medicare or select a Medicare Advantage Plan [that offers prescription drug coverage](#), you can enroll later, but you may have to pay a permanent monthly penalty.

Medicare Supplement Insurance Programs

Payment gaps exist in Original Medicare, and you may not always be 100% sure about what is and isn't covered. If there isn't a Medicare Advantage Plan that works for you, you may want to consider purchasing a Medicare Supplement Insurance Plan, known as [Medigap](#). These plans help plug the gaps in Original Medicare, cover the copays in Parts A and B, and may cover any excess Part B costs. If you need to go out of the country on a business or family trip, a [Medicare Supplement Insurance Plan](#) can provide medical coverage. Medicare Supplement Insurance won't work with any Medicare Advantage Plan.

To review further information, please click on the red link

RENTER'S REBATE PROGRAM



Effective April 1, 2021 Through September 15, 2021

Elderly residents of Middlebury or totally disabled persons who rent may apply for the Renter Rebate program at the Department of Social Services office located in the Shepardson Community Building, Room #20 between the hours of 9:00am and 12:30 pm.

You must also be a resident of Middlebury and provide proof of income and rent expense for the year 2020.

If utilities are not included in your rent, you must provide proof of your utilities expense. If you filed a tax return you must bring a copy.

Further questions regarding this program must be directed to JoAnn Cappelletti at

203-577-4166 ext. #3.

Due to COVID-19 applications will be processed by appointment only.



OPERATION FUEL

Begins July 1, 2021

Operation Fuel residential energy assistance programs, hardship enrolling of income eligible Eversource customers in Eversource's NewStart arrearage forgiveness program will begin on July 1, 2021.

The program is for emergency energy / utility assistance grants. Programs will be offered to provide assistance for a household's primary space heating, secondary energy, and / or water accessibility needs.

Call 203-577-4166 for an appointment to apply.

OLLI AT UCONN WATERBURY Fall 2021 LEARNING

Waterbury, CT, July, 2021... The Osher Lifelong Learning Institute at UConn Waterbury announces its fall 2021 semester, and invites people over 50 to register, beginning August 9th, for their choices from 44 courses and 6 special events being offered.

There is no educational requirement to join OLLI. Classes are taught by a broad range of individuals, including current and former teachers as well as those with highly developed interests based on research, study, and experience.

OLLI President, Mila Limson said, "One of OLLI's great strengths is its ability to bring people together, whether online or in-person. When you choose OLLI, you give yourself the gift of learning. When you give yourself this gift, you are not only benefiting yourself, you are benefiting our entire community. This has never been more important than during this challenging time. Join us this fall online and let's learn and laugh together!"

OLLI Director, Fiona de Merell said, "I'm incredibly grateful not only to UConn for being home to OLLI for the past 15 years, but also for the determination and creativity of our members, who've made OLLI available online. Our volunteers work with both instructors and learners to ensure that the online experience runs seamlessly."

During the fall semester, in addition to over 40 courses, there is a calendar of special events from highly entertaining and popular presenters.

On August 11th, the Three Amigos, Monsignor Joseph Donnelly of Sacred Heart Church, Imam Gazmend Aga of the Albanian American Muslim Community, and Rabbi Eric Polokoff of B'nai Israel, will present, "Re-Engagement In Our Three Faith Traditions". This event is free and open to all. It will be followed by two more presentations: October 6th, "Spirituality In Our Three Faith Traditions", and November 3rd, "Worship In Our Three Faith Traditions".

On September 24th, Cultural Ambassador of the Waterbury Symphony Orchestra, Vincent P. de Luise, M.D., will present, "Beethoven Unvarnished". He will also discuss the mystery of the artistic masterpiece on October 11th, in "What Do You See and Why Is It Beautiful? Five Artistic Masterpieces Explained".

On October 5th, literary expert, Professor Taylor Hagood will offer a lecture on the master illusionist and "mysteriarch" Harry Houdini.

All fall 2021 events are hosted on Zoom. All events are free for OLLI members. Non-members pay a \$10 registration fee to attend most events.

Key dates

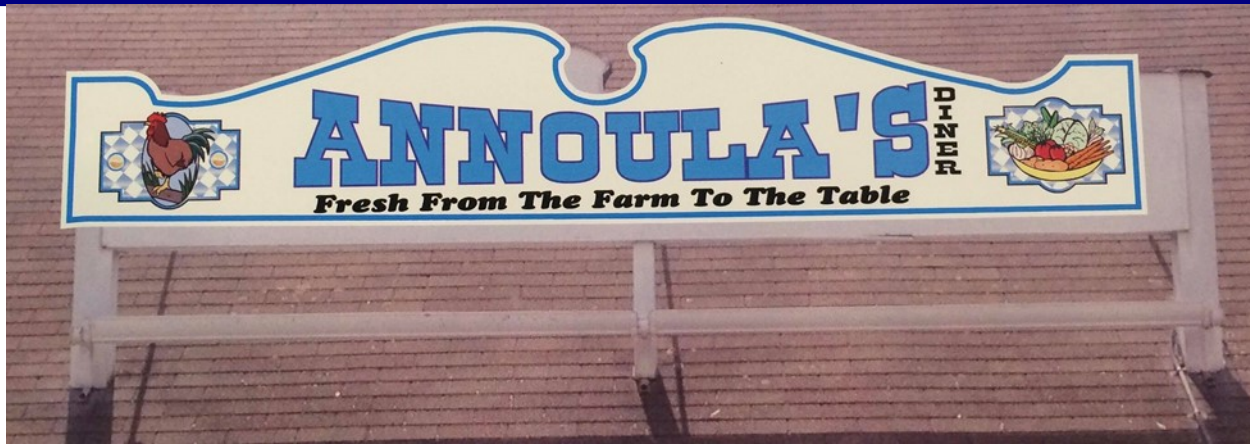
July 26th, Fall 2021 course catalog available for viewing online.

August 9th, 9AM Fall registration opens.

September 7th First day of fall classes.

November 12th Last day of fall classes.

Please note that while the majority of OLLI's fall courses are online, there are some with in-person options. For registration and further information, visit OLLI's website at: olli.uconn.edu, email osher@uconn.edu or call 475-222-6232 / 6261.



**MIDDLEBURY SENIOR CENTER presents:
GRAB-N-GO Lunches from Annoula's Restaurant**

We are pleased to partner with Annoula's Restaurant of Woodbury and New Opportunities of Waterbury to provide Grab-n-Go lunches for the month of May. There will be a different menu for each month.

Please call the senior center to order your meal. All meals served with multigrain bread, fruit and low fat milk.

(Every Wednesday in August at 11:30am)

For the month of August:

August 4 – Pasta Bolognese with small salad or Baked scrod with roasted potato, veg

August 11 – Greek Salad plate or Baked macaroni and cheese, small salad

August 18 – Mediterranean Chicken, roasted potato, veg or Meatloaf, mashed potato, veg

August 25 – Hamburger with roasted potato, veg or Grilled Chicken Caesar Salad plate

PLEASE NOTE:

Your reservation must be made by **MONDAY, BEFORE THE WEEK OF THE GRAB-N-GO LUNCH BEFORE 12PM.....NO EXCEPTIONS WILL BE MADE.** The meals must be reserved with the restaurant on a timely fashion to ensure availability.

Please call the Senior Center to put in your order: **203-577-4166 ext. 1 or 2**



NEW OPPORTUNITIES
Building Relationships to End Poverty™



**The Middlebury Senior Center will be going to the
Lobster Shack on
Thursday, August 12, 2021 (SOLD OUT)**

NEW TRIP IS SCHEDULED FOR THURSDAY, AUGUST 26, 2021

**The Lobster Shack
(original food truck in Branford, CT)
was established on the Branford River in 2007.**

The Shack began as a nameless white trailer in the Branford Landing Marina where Nick & Arlene sold fresh lobsters and clams that Nick would bring home each workday. Eventually, the couple traveled across the river to the Birbarie Marine as Stony Creek Brewery moved into the old space. As of 2019, the couple has relocated their Lobster Heaven to the old Beachhead restaurant in East Haven, CT

**The bus will be leaving the center at 10am.
Transportation fee is \$7 per person.
Please call 203-577-4166 to reserve your seat.**



**SPEARHEADED BY OUR FANTASTIC CHEFS, RICHIE, BILLY & JESSICA,
HAWK RIDGE WINERY OFFERS SEVERAL DIFFERENT OPTIONS TO
MUNCH ON DURING THE DURATION OF YOUR VISIT. WE ALSO ALLOW
YOU TO BRING YOUR OWN FOOD!**

**COME AND ENJOY AN AFTERNOON WITH US AT THE HAWK RIDGE
WINERY ON THURSDAY, AUGUST 26, 2021**

**Our bus will be leaving the Middlebury Senior Center at 11:30am.
Transportation Fee is \$3. Call 203-577-4166 to reserve your seat.**



The Middlebury Senior Center will be going to New England's largest antiques shop

Thursday, September 9, 2021

Bus will leave the center at 9:30am.

Transportation fee is \$7 per person

One of New England's largest multi dealer antiques and collectibles shop.

Our multi dealer shop has over 22,000 sq. ft. of floor space on one floor with more than 100 dealers offering an eclectic mix of antiques, collectibles, jewelry, stained glass, lighting, musical instruments and LPs, and tons of just plain cool stuff.

We have something for everyone, including the kids. There is so much to see, including our 1950's TV converted to a fish tank, our collection of toy trucks, super cool Lego figures, movie ticket booth, and so much more. So bring the whole family, spend a few hours with us, and have some fun.

We offer:
plenty of paved parking
Handicapped access (with ramps and wide aisles)
Air conditioning
Spacious modern bathrooms
One floor shopping
Drinks and snacks

Call 203-577-4166 to reserve your seat.

The Summer Gardner



**Seeds drop from my hand,
Sinking in the loosened soil...
Sunlight radiates with harmful intent,
Making streams of my perspiration boil.
Glancing at the cloudless blue...
Losing faith for any precipitation.
Ants and Mosquitoes are apathetic,
Honoring nature's call of infestation.**

**Many feedings from a watering can -
Supplemented by forehead runoff,
And still no bud - nor leaf...
Anticipation becomes soft.
Departing from the toil and tension
Of laboring to sprout new vegetation,
I offer prayer - silently spoken
To the provider of all creation.**

**There is desire for abandonment -
As wasted time seems a reality
From light beckoning to darkness creeping,
But look now - Can it be?
Flats and furrows giving birth
To tiny stems and leaves...
Sleeves are rolled, as care resumes...
Behold - a garden has been born. T.E.**

Thank you Ted Elliss for sharing your work with us.

COVID-19 VACCINE INFORMATION

The Middlebury Senior Center is reminding all our friends that if you haven't received your Covid-19 vaccine to do it now. Help save lives.



Eligibility

Everyone 12 and older who lives, works or studies in Connecticut is eligible for the COVID-19 vaccine.

For details on eligibility, please go to [CT COVID-19 Vaccine: Phases and Eligibility](#) page.

COVID 19 Vaccinations are free. No-one should ask for:

Payment (cash or check)

Credit card or bank information

Social Security numbers, Passport information or other personal information (unless it is medical insurance related.)

They will ask for your insurance card. You will not see a charge, but it allows the health care professionals who administer the vaccine to be paid for their time.

Walk-Up COVID-19 Vaccine Locations

There are now over 50 locations across Connecticut accepting walk-up vaccine appointments. This means you can now get vaccinated at these locations during the hours they accept walk-up appointments, without having to schedule in advance.

To view participating locations go to portal.ct.gov/vaccine-portal/COVID-19-Vaccination-Walkup.

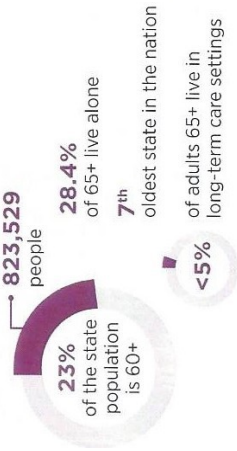
Click on the link above to find the location that gives vaccines nearest you



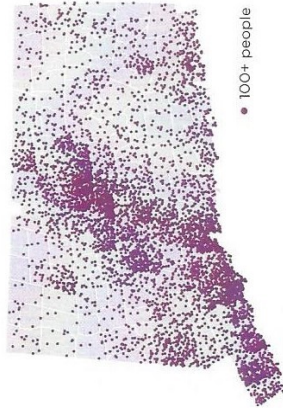
Older Adult Health in Every Community

REPORTING 190 INDICATORS FOR EVERY CITY AND TOWN IN CONNECTICUT | www.healthagingdatareports.org

Connecticut is growing older — everywhere



Many rural communities have higher percentages of people 65+ and limited access to care and transportation options.



Percentage age 65+ in communities ranges from **5%–45%**

The state average is **16.4%**

Racism affects people's health

Everyone deserves a fair chance to age well, but systemic inequities create health disparities. Connecticut has the most racially diverse older population (65+) in New England. COVID-19 exacerbates existing disparities in communities of color.

Black older people

- have highest rates of:
- 4+ chronic conditions
 - Diabetes
 - Hypertension
 - Obesity
 - Stroke
 - Substance use disorders

Hispanic older people

- have highest rates of:
- Asthma
 - Depression
 - Heart attack
 - PTSD

Gender matters

Men are more likely to

- have heart disease, atrial fibrillation, congestive heart failure, hypertension, heart attack & stroke

have better rates

- at physical activity



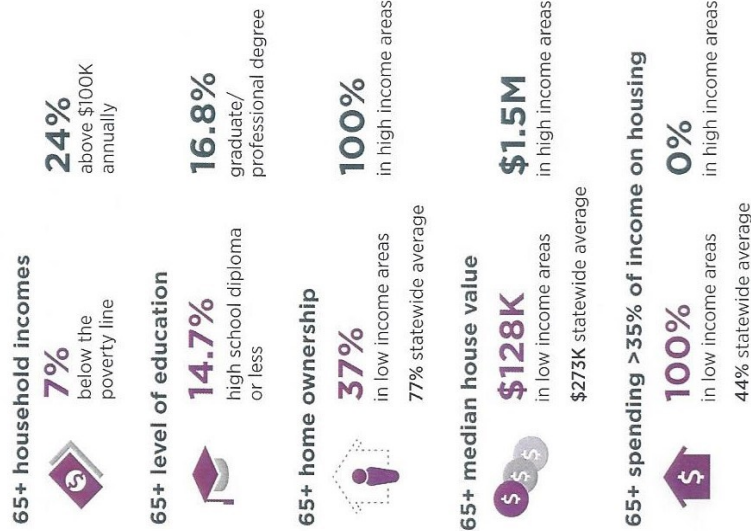
Women are more likely to

- have arthritis, obesity, osteoporosis, falls, hip fracture & depression

have better rates on

- eating recommended fruits and vegetables & getting annual check-up

Where you live matters



Understand

- 1 Learn what makes a community age-friendly.
- 2 Download your community profile healthagingdatareports.org
- 3 Read the Highlights Report to understand how your community compares to the statewide trend:
- 4 Learn about programs and resources: myplacect.org



Engage

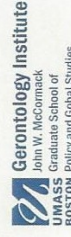
- 1 Encourage people you know and community leaders to engage in the age-friendly movement.
- 2 Connect with Connecticut Age Well Collaborative at www.ctagewellcollaborative.org



Act

- 1 Promote healthy aging.
- 2 Collaborate with diverse and local partners to identify and build upon what's working.

Learn more at healthagingdatareports.org/connecticut



Changes noted when comparing 2015-2017 data.