

April 2014

DURHAM SENIOR HAPPENINGS

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Town of Durham

Amanda Pedersen
Social Services
Coordinator
860-349-3153

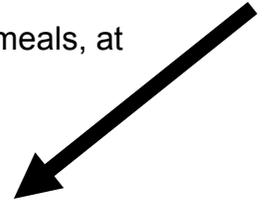
Senior Lunches



The Elderly Nutrition program is designed to provide nutritional meals, at a low cost to persons ages 60 and over, and their spouses.

Hot lunches are available at the Durham Activity Center
350 Main Street, 2nd Floor
every Monday and Wednesday

To cover the cost of the meal, a suggested donation of **\$2.00** is welcomed.



To make lunch reservations call Amanda Pedersen,
Senior Café Manager at 860-349-3153

- For a Wednesday reservation you must call **prior** to 12:00 on Tuesday.
- For a Monday reservation you must call by 12:00 on the **prior** Friday.
- Dial-A-Ride is available for transportation to lunches... see page 4.



April birthdays will be celebrated on Apr 30 .
We will be having cake courtesy of the Durham Senior Board after our regular lunch.

Transportation-



Durham-Middlefield Senior/ Disabled Bus

The bus is available for transportation to activities and shopping. Please see schedule for planned trips. Transportation is also available to the following areas for medical appointments:

- Mondays- Hartford, Newington, New Britain area
- Thursdays- New Haven, West Haven area
- Fridays- Meriden, Wallingford area

There is no fee for this service. You must give 48 hours notice prior to Dr. appointment.

For more information please call 860-347-5661, Monday - Friday 9 am—3 pm to make a reservation. You will receive confirmation after 4pm from driver . Pick up at United Churches for Durham recreational trips.

St. Luke's Eldercare is located at
211 South Main Street Middletown

See monthly schedule on next
page!!!

Dial- A-Ride

Middletown Area Transit is available for in county trips.

Provides curb-to-curb transportation for the elderly and disabled residents of Middlefield and Rockfall to appointments in Middlefield, Durham, Middletown, Cromwell, Portland, East Hampton and East Haddam. This service can be used for medical appointments, shopping, banking and other places. This service is available 5 days a week, Monday – Friday 8:30AM- 4:00PM.

Please call Albert at 860-347-3313 for a reservation.

Fare is **\$2.00** each way.

Pickups at United Churches
and Mauro Meadows at
times specified by driver.

Durham/Middlefield Bus Schedule



To Reserve
Call
860-347-5661

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Milford Mall Lunch at the mall	2 Antiquing in Putnam CT Lunch at Main Street Grille	3 Out of County Medical New Haven/ West Haven	4 Out of County Medical Meriden/ Wallingford
7 Out of County Medical Hartford/ Newington	8 Christmas Tree Shop, Manchester Lunch/ Panera	9 Shopping at Marshalls, Burlington Coat, Panera for lunch– Wallingford/Meriden	10 Out of County Medical New Haven/ West Haven	11 Out of County Medical Meriden/ Wallingford
14 Out of County Medical Hartford/ Newington	15 Westfarm Mall Lunch on your own at the mall	16 Mohegan Sun	17 Out of County Medical New Haven/ West Haven	18 Closed Good Friday No Bus Today
21 Out of County Medical Hartford/ Newington	22 Talbots, Christmas Tree Shop Orange, Lunch/ Olive Garden	23 Clinton Crossing Shopping– Lunch at Lenny& Joe's	274 Out of County Medical New Haven/ West Haven	25 Out of County Medical Meriden/ Wallingford
28 Out of County Medical Hartford/ Newington	29 Timex Museum Waterbury, CT Admission \$5. Lunch at Nardelli's Grinders	30 Mohegan Sun	<u>There is no fee for this service.</u>	

News
from the

Social Services Office

Reminder

Frequently Used Numbers

Human Services
349-3153

Library
349-9544

Public Works
349-1816

Recreation
343-6724

Town Garage
349-9953

Transfer Station
349-8702

Connecticut Light & Power
1-800-286-2000

Fuel Assistance
349-3153

Emergency
Ambulance, Fire, Police
911

Non-Emergency
Ambulance
349-8366

Non-Emergency Fire
349-9112

Non-Emergency Police
1-800-256-5761 (or)
349-2325



Screening of
A Place at the Table
and post-
discussion panel

When: Sunday,
April 6, 2014

Where: **United Churches of Durham – 228 Main Street,
Durham, CT**

Times: 4:30 p.m. doors open/ 5:00 p.m. screening

*This community event aims to raise awareness about hunger
and its corresponding link to obesity, health issues, and
education - very real and pressing problems in the
communities we live in.*

Includes post-screening panel discussion with representatives from local
organizations about the issues raised in the film.

Community-based organizations will be present to provide supplementary
resources for audience members.

Want to know more? Email aaronjess@aol.com for more info.

Made possible by the by the Durham Interchurch Fund and private donations.

April 4, 2014

**Come join the Durham Senior Board at the
Durham Library at 12:00 pm for soup and
salad from Perk on Main. Reservations
are required 860-349-3153. If this is
successful, we plan to have a series of
First Friday luncheons. This is a
board sponsored event.**



Durham 60+ Club
Meeting & Entertainment Schedule 2014
Sue Giuffrida, President -01/01/14

January 13	B/P Clinic, Bingo/\$1.00 per card
January 27	Meeting/ Variety Table
February 11	Valentine Pot Luck at Noon
February 24	Meeting/ Variety Table
March 10	B/P Clinic ██████████ -Tombstones
March 12	Ronan Tynan, Irish Tenor/Swansea Mass.
March 24	Meeting/ Variety Table
April 10	Newport Playhouse-My Husbands Wild Desires
April 14	B/P Clinic, Entertainment
April 28	Meeting/ Variety Table
May 12	B/P Clinic/Entertainment
May 21	Spring luncheon/Sans Souci/Raffle
May 26	No Meeting Memorial Day
May 28 Wednesday	Tribute To Frankie Valli – Aqua Turf
June 9	B/P Clinic/Bingo/\$1.00 per card
June	Doris Duke Mansion Tour – Newport – Lunch on own/Friendship
July 10 th Wed	Comedy/All you Can Eat Lobster at Delaney House, Bus
July & August	VACATION - No Meetings
August 17-23	Mackinac Island trip-Dep due upon signing - final due June 11
September 4 Thurs	Hidden Treasures-Getaway
September 8	B/P Clinic & Bake & Produce Sale Nom. Com. Selected
September 22	New Slate of officers and Com. chairs presented/ Variety table
October 13	No Meeting Columbus Day
October	Oktoberfest – Jimmy Sturr – King of Polka
October 27	Meeting/ Variety Table -New Slate takes office
November 6	All about the 50's – Costa Azzurra
November 13 Thursday	Thanksgiving Potluck, collect for the Giving tree
December 8	B/P Clinic Collect Tuna/Peanut Butter/deodorant,soap
December 10	Christmas Party \$8.00 grab bag, San Souci Restaurant

ALL MEETINGS ARE AT THE DURHAM ACTIVITY CENTER, AT 1:30PM
ALL MEMBERS ARE ON THE CLEAN-UP COMMITTEE.

Senior Moments...

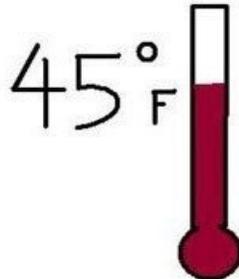


Thanks to Stephen Illich (See Genesis 6-8)

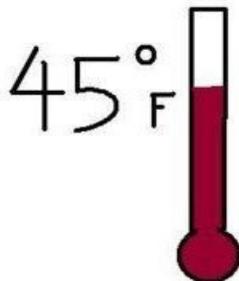
05-19-2005

WE WERE TOLD YOU WERE TAKING CREATURES THAT CAME TO YOU IN PEARS

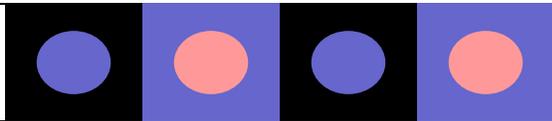
END OF AUTUMN...



BEGINNING OF SPRING



It Was Me.
I Let The Dogs Out.



OFFICE OF THE ASSESSOR

Durham, Connecticut 06422

JOHN S. PHILIP C.C.M.A. II
ASSESSOR



Telephone: (860) 343-6709

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30 Town House Road, P.O. Box 428, Durham, Connecticut 06422

Email: jphilip@townofdurhamct.org

Dear Homeowner:

This letter is to remind Durham Residents that applications are being accepted for the State Elderly and Totally Disabled Tax Relief program, the town of Durham Senior Tax Relief Programs (town freeze) and Additional Veterans Programs. Applications may be filled out at the Assessor's Office Monday, Wednesday and Friday mornings **ONLY** between 9:00 a.m. and 1:00 p.m. **Please note:** Applications will not be taken after 1:00 p.m. The filing period for these programs is February 1, 2014 through May 15, 2014.

In order to qualify for the State Elderly or the town Senior Tax Relief programs, applicants must be at least 65 years of age **OR** be classified as totally and permanently disabled (regardless of age) and meet state income requirements.

Please be sure to bring all forms of income including your 2013 Social Security Statement a/k/a #SSA 1099 and your 2013 IRS tax return if you file a return.

Failure to re-file will result in the removal of this benefit from your July tax bill. Late filing is not acceptable.

If you have any questions please call the Assessor's Office at 860-343-6709 or go to the town web site: www.townofdurhamct.org

Best Regards

Margaret K. Helterline/CCMA1
Assistant Assessor/Durham



Press release: CMS proposes 2015 payment and policy updates for Medicare Health and Drug Plans

CMS proposes 2015 payment and policy updates for Medicare Health and Drug Plans

For Immediate Release

Friday, February 21, 2014

Contact

press@cms.hhs.gov

CMS proposes 2015 payment and policy updates for Medicare Health and Drug Plans

Greater quality and value for Medicare beneficiaries and improved payment accuracy

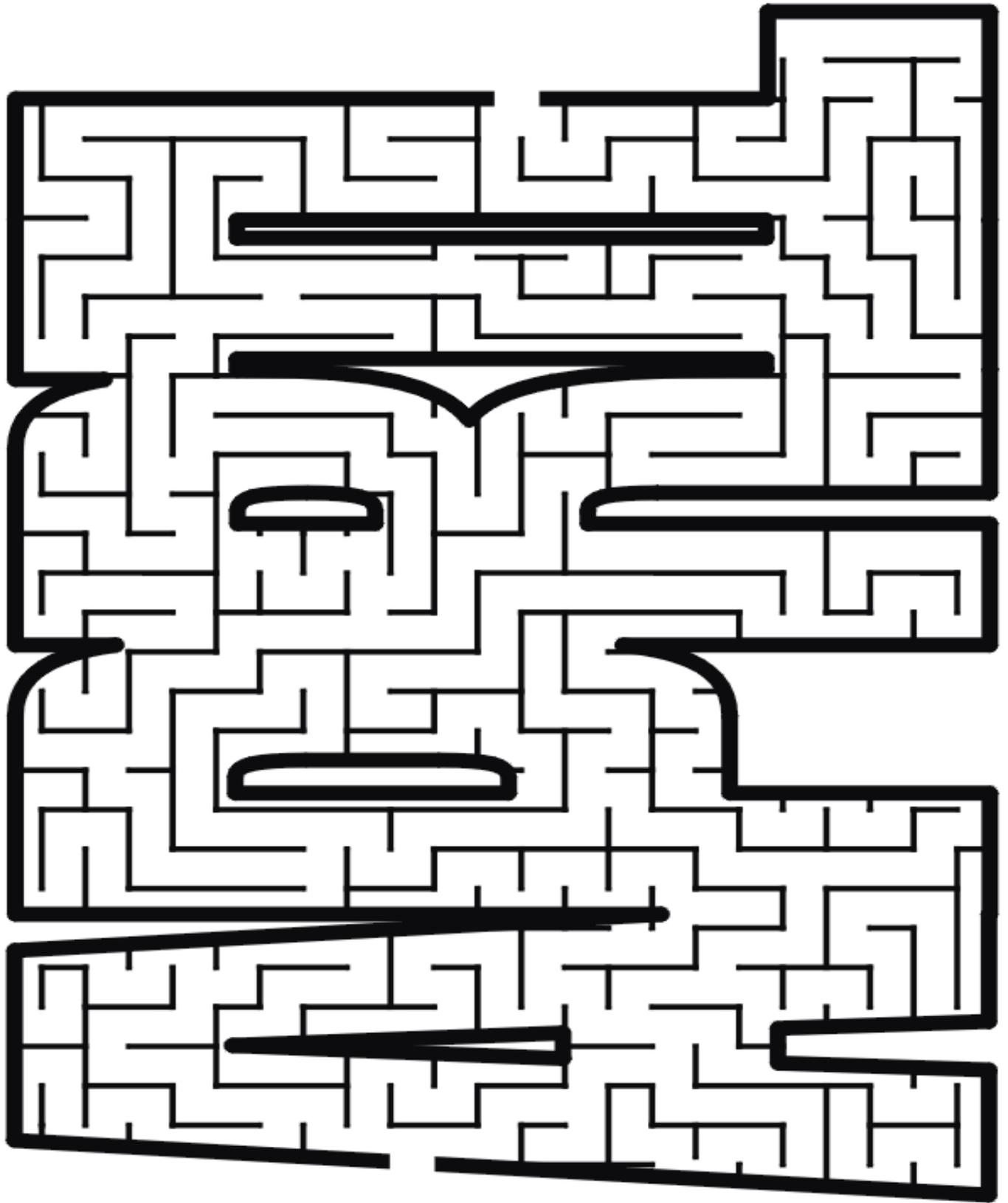
Beneficiaries can get greater protections, value, and care in the Medicare services they receive through the proposed policies released today by the Centers for Medicare & Medicaid Services (CMS). The 2015 Advance Notice and draft Call Letter takes important steps to improve payment accuracy for Medicare Advantage (Part C) for 2015. The proposed changes for 2015 are smaller than those implemented in 2014 – a year in which CMS expects to exceed its 5 percent enrollment growth projection in Medicare Advantage for 2014.

Since the Affordable Care Act was passed in 2010, Medicare Advantage premiums have fallen by 10 percent and enrollment has increased by nearly 33 percent to an all-time high of approximately 15 million beneficiaries. Today, nearly 30 percent of Medicare beneficiaries are enrolled in a Medicare Advantage plan. Furthermore, enrollees are benefiting from greater quality as over half of enrollees are now in plans with 4 or more stars, a significant increase from 37 percent of enrollees in such plans in 2013.

“The Affordable Care Act helps strengthen Medicare Advantage and the Prescription Drug Program by providing improved benefits and keeping costs low for Medicare beneficiaries,” said Jonathan Blum, CMS principal deputy administrator. “We believe that plans will continue their strong participation in the Medicare Advantage program in 2015 and beneficiaries will continue to have a wide array of high quality, high value, low cost options available to them while at the same time we are making certain that plans are providing value to Medicare and taxpayers.”

Proposed guidance in today’s Advance Notice and draft Call Letter increases value and protections for beneficiaries:

- **Lower Out-of-Pocket Drug Spending:** Beneficiaries in the Part D prescription drug coverage gap, or “donut hole,” will benefit from greater savings on prescription drugs. As a result of the Affordable Care Act, in 2015, enrollees with liability in the donut hole will receive coverage and discounts of 55 percent on covered brand name drugs and 35 percent on covered generic drugs, an increase from 52.5 percent and 28 percent, respectively, in 2014. The Affordable Care Act’s Coverage Gap Discount Program has provided discounts to more than 7 million Medicare beneficiaries, an average of \$1,200 each.
- **Improved Notification for Beneficiaries Regarding Changes in Medicare Advantage Plan Networks:** The call letter identifies as a best practice greater notification to enrollees regarding any changes to provider networks and indicates CMS’ intention to consider rulemaking that would broaden its authority to limit such changes to certain times during the year.
- **Greater Protection for Beneficiaries:** CMS intends to again use its authority, provided by the health care law, to protect Medicare Advantage enrollees from significant increases in costs or cuts in benefits, and, for the 2015 contract year, proposes reducing the permissible amount of increase in total beneficiary cost to \$32 per member per month (down from \$34 per member per month for the 2014 contract year). CMS proposes to maintain existing limits on beneficiaries’ out-of-pocket spending, but clarifies existing guidance that enrollees’ dollar contributions towards these limits are transferable when they move to any plan, regardless of plan type, offered by the same organization. CMS also continues to require plans to refine their offerings so that beneficiaries can easily identify the differences between their options.
- **Improving Access to Preferred Cost-Sharing:** CMS may request that Part D plans increase the number of pharmacies offering preferred, or lower, cost sharing as we are concerned that some plans that offer preferred cost sharing do not provide beneficiaries with sufficient access to the lower cost sharing at select network pharmacies. The intent of this policy will be to ensure that beneficiaries are not misled into enrolling in a plan only to discover that they do not have meaningful access to the advertised lower cost sharing.
- **Improved Coordination of Care:** CMS intends to expand plans’ ability to use technologies that enable health care providers to deliver care to beneficiaries in remote locations. The use of remote access technologies as a care delivery option for Medicare Advantage enrollees may improve access to and timeliness of needed care, increase communications between providers and beneficiaries, and enhance care coordination.



LS: Low Salt

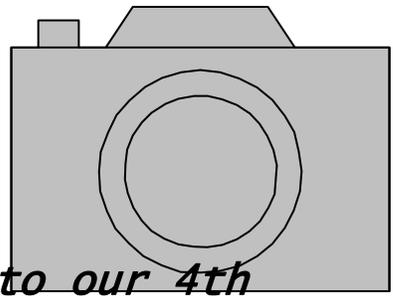
April, 2014

1% or Skim milk provided
Margarine available

MENU ITEMS SUBJECT TO CHANGE

SUGGESTED DONATION

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Call Amanda for Reservations 860-349-3153	2 LS Sliced Ham with Pineapple Sauce Sweet Potato Peas and Carrots Oatmeal Bread Apricots	3 Call Amanda for Reservations 860-349-3153	4
7 Orange Juice Chicken Strips with Honey Mustard Sauce Tater Tots Broccoli W.W.Dinner Roll Fresh Apple		9 Pineapple Juice Roast Turkey with LS Turkey Gravy Cranberry Stuffing Carrot Coins Cranberry Sauce Dinner Roll Rice Pudding		
14 Cranberry Juice Honey Roasted, Grilled Chicken Breast Rice Pilaf Cauliflower Pumpnickel Bread Lemon Pudding		16 Potato Leek Soup Unsalted Crackers Turkey Loaf with Cranberry Gravy Buttered Orzo Romaine Salad French Dressing 12 Grain Bread Mixed Fruit Cup		
21 Pineapple Juice Pepper Steak Au Jus Couscous Peas and Carrots 100% W.W. Bread Ginger Cookies		23 Grape Juice Rigatoni with Meat Sauce Garden Salad Ranch Dressing Parmesan Cheese Italian Bread Pineapple Rings		
28 Teriyaki Chicken Strips Teriyaki Sauce Fried Rice Oriental Blend Veggies Rye Bread Fruit Cocktail		30 Eye of the Round LS Mushroom Gravy Baby Red Potatoes Capri Blend Veggies 12 Grain Bread Cantaloupe		



Durham Activity Center

Here's a Look back as we head into our 4th Year at the Durham Senior Café:



Thank you to our wonderful volunteers for all of your hard work in making the Durham Activity Center so successful. Thanks to our patrons for your continued support of our programs!