

March 2014

# DURHAM SENIOR HAPPENINGS

## **Senior Board Members**

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## **Staff**

Amanda Pedersen  
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Sherry Hill  
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Town Hall 860-343-6724  
Activity Center 860-788-3337

Marlene Clark  
Secretary  
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**Town of Durham**

**Amanda Pedersen  
Social Services  
Coordinator  
30 Town House Road**

# 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, 2<sup>nd</sup> 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.

## Join us after lunch...

March birthdays will be celebrated on Mar 26. We will be having cake courtesy of the Durham Senior Board after our regular lunch.



## Bingo

Wednesday's 1:00 p.m.  
Following the luncheon  
**\$1.00 a card!!!**

# 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
3 Out of County Medical Hartford/ Newington	4 Mohegan Sun	5 Matinee Movie Wallingford \$5 with lunch at 99 Restaurant	6 Out of County Medical New Haven/ West Haven	7 Out of County Medical Meriden/ Wallingford
10 Out of County Medical Hartford/ Newington	11 Christmas Tree Shop, Manchester Lunch/ Panera	12 Shopping at Marshalls, Burling- ton Coat, Panera for lunch– Wallingford/Meriden	13 Out of County Medical New Haven/ West Haven	14 Out of County Medical Meriden/ Wallingford
17 Out of County Medical Hartford/ Newington	18 Timex Museum Waterbury. Adm. \$5. Lunch at Nardelli's Grinders	19 Mohegan Sun	20 Out of County Medical New Haven/ West Haven	21 Out of County Medical Meriden/ Wallingford
24 Out of County Medical Hartford/ Newington	25 Talbots, Christmas Tree Shop Orange, Lunch/ Olive Garden	26 Genealogy Library (Godfrey) Middletown Lunch at Cromwell Diner	27 Out of County Medical New Haven/ West Haven	28 Out of County Medical Meriden/ Wallingford
31 Out of County Medical Hartford/ Newington		<b><u>There is no fee for this service.</u></b>		

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

## Upcoming Events:

**March 5 at 1:00 Middlesex Health Care Center will be at Durham Activity Center 350 Main Street to discuss Healthy Hearts.**

**March 17 at 1:00 Brad Fowler will be in at Durham Activity Center to discuss Strokes and Improving outcomes through action. He will talk about strokes, prevention, and treatments in this presentation.**

**Please call Amanda at 860-349-3153 to reserve a spot!**



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

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

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



Spring Word Search Puzzle - by WordSearchPrintable.Com  
Puzzles by WordSearchPrintable.Com

Find and circle the hidden words from the list of words below. Word search puzzle with answers by WordSearchPrintable.Com



- |         |           |          |         |         |
|---------|-----------|----------|---------|---------|
| April   | Baseball  | Birth    | Bloom   | Blossom |
| Breeze  | Butterfly | Daffodil | Flowers | Green   |
| Grass   | Nest      | Rabbit   | Rain    | Rainbow |
| Showers | Spring    | Umbrella | Warming | Weather |
| Windy   |           |          |         |         |

# Senior Moments...

Wishing you a rainbow  
for sunlight after showers-  
Miles and miles of Irish smiles  
for golden happy hours-  
Shamrocks at your doorway  
for luck and Laughter too,  
And a host of friends that never ends  
Each day your whole life through!

[jucoolimages.com](http://jucoolimages.com)



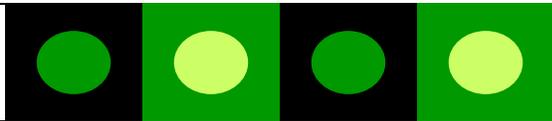
DAVE GRANLUND © [www.davegranlund.com](http://www.davegranlund.com)



BALDINGER



THE EASTER BUNNY GETS A RUDE AWAKENING.



## OFFICE OF THE ASSESSOR

Durham, Connecticut 06422

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



Telephone: (860) 343-6709  
Fax: (860) 349-0284

30 Town House Road, P.O. Box 428, Durham, Connecticut 06422  
Email: [jphilip@townofdurhamct.org](mailto: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](http://www.townofdurhamct.org)

Best Regards

Margaret K. Helterline/CCMA1  
Assistant Assessor/Durham



## **Jimmo Class Members Can Now Have Their Coverage Denials Re-Reviewed**

**If you are covered by Medicare and you have a long-term or chronic condition, you may be eligible to have Medicare re-review your claims that were denied in prior years. Please read carefully.**

In addition to revising Medicare manual provisions to now allow Medicare coverage for skilled maintenance care, the Settlement Agreement in *Jimmo v. Sebelius* provides that Medicare beneficiaries who were previously denied Medicare coverage may have claims re-reviewed under the revised manual provisions. The process is not automatic: people who wish to take advantage of the re-review process must fill out and submit a form, known as a Request for Re-Review, which is now [available on the Center for Medicare Advocacy's website](#) and the [CMS website](#). This article explains the process and the form.

### **Medicare Claims Eligible for Re-review**

A Medicare beneficiary may be eligible for re-review if she:

1. Has received skilled nursing or therapy services in a skilled nursing facility, home health setting, or outpatient therapy setting, **and**
2. Has received a partial or full denial of Medicare coverage for those services based on the lack of improvement potential, **and**
3. The denial became final and non-appealable on or after January 18, 2011.

Let's look closely at that last requirement:

It means that the beneficiary had sought Medicare coverage for services provided and received a denial at some level of Medicare's decision-making process which, because the beneficiary did not seek further review, became final on or after January 18, 2011. For example, if a beneficiary received a denial prior to January 18, 2011 and *could have appealed that decision* on or after that date, but chose not to, she would be eligible now for re-review of that claim. Another way to think of it is: On January 18, 2011, was there still time to seek further review at the next level? If so, the beneficiary would qualify for re-review of that claim. On the other hand, if, prior to January 18, 2011, it was too late for the beneficiary to appeal that claim to the next level, the beneficiary would not qualify for re-review of that claim.

### **Claims Not Eligible for Re-review**

Claims that became final and non-appealable *after January 23, 2014* are not eligible for re-review. Consequently, any denied claim that was still "alive" after January 23, 2014 should proceed through the normal Medicare administrative process. The denial should be appealed to the next level of review, where it will be reviewed under the now-revised manual provisions.

**Thus, the claims that are eligible for re-review are denials that were alive on or after January 18, 2011 (even though the services for which the claim was made could have taken place prior to that date) through January 23, 2014.**

### **Deadlines for Filing Request for Re-Review Form**

There are two different deadlines for filing the form and obtaining re-review. If the claim became "final and non-appealable" from January 18, 2011 through January 24, 2013, the deadline for filing is *July 23, 2014*. If it became "final and non-appealable" from January 25, 2013 through January 23, 2014, the deadline is *January 23, 2015* (six months later than the first group's deadline). The best practice, of course, is to file the re-review form as soon as possible so that there is no doubt about timeliness.



## The Request for Re-Review Form

The form consists of two parts. The first part asks six questions about the claim. These questions represent a worksheet to help beneficiaries decide whether to seek re-review and need not be submitted as part of the Request for Re-review. There are three possible answers to each question: Yes, No, and Don't Know. The purpose of the form is to determine whether the individual meets the requirements for re-review, i.e., whether she has a claim that falls within the time guidelines. If the answer to any question is No, then the individual is not eligible for re-review. If the individual answers Yes or Don't Know (in any combination) to the six questions, then she is eligible to file the Request for Re-review. That does not necessarily mean that the coverage denial will be reversed, but it is the first step toward that goal.

The second part of the form is a one-page request for information about the Medicare beneficiary and the claim, including a section labeled "Reason(s) for Disagreement with the Final Claim Decision" and the opportunity to submit additional evidence. Once that part of the form is completed, the Request can either be faxed to a number listed on the form or sent by mail to the listed address. The Request must be postmarked or faxed no later than the deadline applicable to the group in which the Medicare beneficiary belongs, either July 23, 2014 or January 23, 2015.

Faxing or mailing the completed Request will meet the filing requirement. It will go to Q2 Administrators, which has been hired by Medicare to process the requests for re-review. The company will then direct the Request to the level of decision-making where the last decision on the claim was made. For example, if the beneficiary had received a denial at the reconsideration level, but had not requested further review, the Request for Re-Review would be sent on to the entity handling reconsiderations to make a new decision in light of the revised manual provisions.

If the claim is still denied, the Medicare beneficiary has the right to appeal the re-review decision to the next level of the Medicare appeals process, as she would with any denied claim.

### Conclusion

The re-review process is intended to assist Medicare beneficiaries who were denied coverage in the past and who paid out-of-pocket for their skilled nursing or therapy, or who have an outstanding bill for the needed services. Medicare coverage is not automatic, however. To see whether Medicare coverage is a possibility, the individual or her advocate must start the process by filling out and submitting the Request for Re-Review. Further information on the *Jimmo* re-review process is available on the [Center's website](#).



STATE OF CONNECTICUT  
GOVERNOR DANIEL P. MALLOY

**GOV. MALLOY: MEDICARE ADVANTAGE BENEFICIARIES CAN KEEP THEIR DOCTORS DESPITE CHANGES TO PROVIDER NETWORK** *State CHOICES Program Providing Enrollment Assistance at 800-994-9422*

(HARTFORD, CT) - Governor Daniel P. Malloy today announced that help is available to senior citizens affected by United Healthcare's decision to drop doctors within the Yale-New Haven Health System from the company's Medicare Advantage plans. Governor Malloy, Lieutenant Governor Nancy Wyman and State Department of Aging (SDA) Commissioner Edith Prague are urging Medicare beneficiaries who want to keep their doctors at Yale-New Haven to contact a counselor at SDA's CHOICES program to get assistance with re-enrolling in original Medicare by the program's February 14, 2014 deadline. Medicare Advantage is a federal supplement to Medicare not regulated by the state.

"Individuals who want to keep their doctors at Yale-New Haven can do so by un-enrolling from the United Healthcare Medicare Advantage Plan and re-enrolling in original Medicare," said Governor Malloy. "I encourage seniors to speak to one of the great counselors at CHOICES who stand ready to help navigate this transition. Seniors who were affected by this change only have a week to re-enroll, so they must act quickly."

Governor Malloy continued, "I want to assure beneficiaries that Lt. Governor Wyman, Commissioner Prague and I will do all I can to prevent this sudden change from causing a disruption to their health care."

United Healthcare recently notified customers that, effective April 1, 2014, Yale-New Haven Health System will no longer be a provider of the company's Medicare Advantage plans. Due to this change, beneficiaries with United Healthcare's Medicare Advantage will not be able to continue seeing their doctors in the Yale-New Haven network. Beneficiaries can keep their same doctor if they re-enroll in original Medicare by February 14, 2014.

"Many seniors affected by United Healthcare's decision are understandably upset and confused about what to do next," said Lt. Governor Wyman. "I urge anyone affected to contact a CHOICES counselor who can help them sort through their options, including keeping their current doctor if they desire to do so."

The SDA administers the CHOICES program, which has made counselors available to help seniors with re-enrollment in original Medicare. The CHOICES Program provides information and assistance to persons age 60 and older and persons with disabilities regarding health insurance options, including Original Medicare and supplemental options, Medicare and Managed Care (HMO) Choices, prescription drugs, and guidance related to Medicare Rx. "I am extremely concerned that so little notice was given to Medicare Advantage beneficiaries about this change. This is not only a disruption in the lives of these seniors, but it also severs the relationships current beneficiaries have established with their trusted doctors," said Commissioner Prague. "We have counselors in our CHOICES program who can explain the options available and assist seniors with re-enrolling in the original Medicare." CHOICES is also a "one-stop shopping" information source for services available to older adults and offers referrals to appropriate agencies as well as preliminary screening for more than 20 federal and state benefit programs. Connecticut residents with United Healthcare Medicare Advantage plans interested in switching to original Medicare and keeping their doctors should speak to a **CHOICES counselor at (800) 994-9422.**

# AARP FOUNDATION TAX-AIDE

**OUR HELP IS FREE,  
INDIVIDUALIZED  
AND NO STRINGS ATTACHED.**  
AND WE'RE RIGHT HERE IN YOUR COMMUNITY.



**We offer free tax help to low- and moderate-income taxpayers, especially those 60 and older. To locate a site near you, visit our website at [aarp.org/taxaide](http://aarp.org/taxaide) or call our toll-free number 1-888-AARP-NOW (1-888-227-7669) from late January to April 15.**

It's that time of year! AARP will again be offering free tax-aid to low and moderate income taxpayers, especially those 60 and older. Middlefield Community Center located at 405 Main Street Middlefield, CT will be the location for this program. The program will run February 4- April 7<sup>th</sup>. Appointments can be scheduled with Joan at 860-349-7121. The hours for the program will be from 9-1:00 pm on scheduled days. Durham and Middlefield residents are welcome to utilize this service. If counselors feel they do not have adequate knowledge or your return is too complex, you may need to seek another qualified counselor or paid tax assistance.

**When you come, please bring the following:**

- Copy of last year's income tax return(s)
- W-2 forms from each employer
- Unemployment compensation statements
- SSA-1099 form if you were paid Social Security benefits
- All 1099 forms (1099-INT, 1099-DIV, 1099-B, etc.) showing interest and/or dividends and documentation showing original purchase price of sold assets
- 1099-MISC showing any miscellaneous income
- 1099-R form if you received a pension or annuity
- All forms indicating federal income tax paid
- Dependent care provider information (name, employer ID, Social Security number)
- All receipts or canceled checks if itemizing deductions
- Social Security cards or other official documentation for yourself and all dependents

The Internal Revenue Service sponsors the Volunteer Income Tax Assistance (VITA) and Tax Counseling for the Elderly (TCE) programs. Volunteers participating in these programs must sign a Form 13615, Volunteer Agreement that outlines the volunteer standards of conduct. These agreements require them to provide high quality service and uphold the highest ethical standards. To report unethical behavior to IRS, e-mail us at [wi.voltax@irs.gov](mailto:wi.voltax@irs.gov) or call toll free 1-877-330-1205.

Priority service will be provided to taxpayers based on the Tax Counseling for the Elderly Program's legislative intent. This is in no way a violation of Title VI as described below.

The Internal Revenue Service will not tolerate discrimination based on race, color,

national origin (including limited English proficiency), disability, reprisal, sex (in education programs or activities) or age in programs or activities receiving federal assistance from the Department of the Treasury - Internal Revenue Service. If a taxpayer believes that he or she has been discriminated against, a written complaint should be sent to the Department of the Treasury - Internal Revenue Service at the following address: Operations Director, Civil Rights Division, Internal Revenue Service, Room 2413, 1111 Constitution Avenue NW, Washington, DC 20224. For all inquiries concerning taxpayer civil rights, contact us at the mailing address or e-mail us at [edi.civil.rights.division@irs.gov](mailto:edi.civil.rights.division@irs.gov). Note: Do not send tax returns or other non-civil rights information to the Civil Rights Division office or e-mail address.

[aarp.org/taxaide](http://aarp.org/taxaide)

1-888-227-7669

AARP Foundation Tax-Aide is offered in conjunction with the IRS.

D143 (1013)

**AARP**  
FOUNDATION

# Social Security Services:

## Important Information: Changes In Certain Services



To meet the increasing demands for our service, we need to make changes to how we provide some services to our customers. To protect the integrity of the Social Security number and prevent fraud, we will discontinue providing Social Security number printouts effective August 1, 2014. If you need proof of your Social Security number and you do not have your Social Security card, you will need to request a replacement Social Security card by completing the *Application for a Social Security Card* (Form SS-5) and providing the required documentation.

Also, effective October 1, 2014, Social Security will stop providing benefit verification letters in our offices. You will still be able to get an instant letter online with a personal **my Social Security** account or you may call us toll-free to request a letter by mail.

See steps below for requesting a replacement Social Security card or obtaining your benefit verification letter. We also encourage you to visit [www.socialsecurity.gov](http://www.socialsecurity.gov) to learn about the many convenient online services available to you.

### How to get replacement Social Security cards

Your Social Security card is your legal proof of your Social Security number. If you need proof of your number, and you can't find your card, you will need a replacement card. To get a replacement card, you must complete an *Application for a Social Security Card* (Form SS-5), which you can find online at [www.socialsecurity.gov/ssnumber](http://www.socialsecurity.gov/ssnumber). You also will need documents proving your identity, age and citizenship or lawful immigration status.

In most cases, you can take, or mail, your completed application and original documents to any Social Security office. Go to [www.socialsecurity.gov/locator](http://www.socialsecurity.gov/locator) to find the Social Security office or Social Security Card Center that serves your area. After processing, we will return your documents to you.

### How to get benefit verification letters

If you need proof of your Social Security or Supplemental Security Income benefits, you can get a benefit verification letter online instantly through a **my Social Security** account. To create an account, visit [www.socialsecurity.gov/myaccount](http://www.socialsecurity.gov/myaccount). With **my Social Security**, you can easily view, print or save an official letter that includes proof of your:

- Benefit amount and type;
- Medicare start date and withholding amount (if applicable); and
- Age.

If you are unable to go online, you can call our toll-free number, **1-800-772-1213** (TTY **1-800-325-0778**) to request your letter be mailed to you. You also can use your annual cost-of-living adjustment notice or SSA Form 1099 as proof of income from Social Security.

### For more information

A wealth of information and online service options are available on our website at [www.socialsecurity.gov](http://www.socialsecurity.gov). Or you can call our toll-free number, **1-800-772-1213** (TTY **1-800-325-0778**), and ask for helpful publications, such as:

- *How To Create An Online Account* (Publication No. 05-10540);
- *Your Social Security Number And Card* (Publication No. 05-10002); and
- *What You Can Do Online* (Publication No. 05-10121).

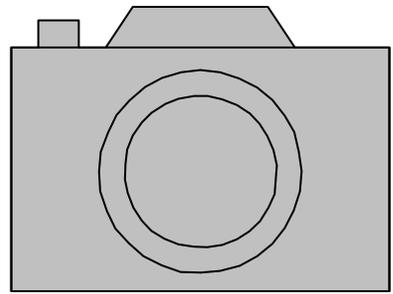
[www.socialsecurity.gov](http://www.socialsecurity.gov)

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SSA Publication No. 05-10544  
ICN 456001  
Unit of Issue - HD (one hundred)  
February 2014

**Durham Activity Center**



# Stroke

*Improving Outcomes Through Action*

by

**Brad Fowler, Paramedic**

**March 17th 1 P.M.,  
Durham Activity Center**

**Second floor  
350 Main St  
Durham, CT 06422**

**Learn:**

- Stroke incidence and impact**
- Who is at greatest risk of suffering a stroke**
- Causes and types of stroke**
- What can be done to prevent strokes from occurring**
- How to recognize stroke signs and symptoms**
- The importance of early recognition and transport**
- How to prepare for the 911 response**
- Available treatment to reverse the effects of stroke**
- Your role in improving stroke outcomes**

**This free one-hour presentation is part of an effort by Middlesex Hospital and its Paramedic Program to lessen the impact of stroke by increasing community awareness.**