

Bethany Seniority
August 2019

AAA Driving course is scheduled for August 8th

AAA Roadwise Driver Improvement Course Is Scheduled for Seniors Thursday August 8, 2019 from 9:00AM to 1:00PM in the Janice von Beren Senior Center located in the Bethany Town Hall 40 Peck Road, Bethany. This course offered by AAA is free!! Pre-registration is required. The course is parallel to the other Driver Safety Course that most of us are familiar with (you know who I'm talking about). Again the course is free, yes I said the course is free. Potential discount on insurance premiums. Check with your vehicle insurance agent and ask if they accept AAA Driver Improvement Program. This course is dedicated to Safe Driving for mature operators.

Driving is a skill that can and should be continually improved. AAA's Roadwise Driver™ is a course in a classroom setting is to help senior drivers keep driving knowledge fresh and get the most out of your vehicle, while reducing risk to you, your passengers and others on the road. The course covers topics like:

- Extending Your Safe Driving Career
- Distractions, Drowsiness, Aggressive Driving & Road Rage
- Managing Visibility, Time & Space
- Alcohol & Medications
- Comfort & Safety Tips

Although SeniorDriving.AAA.com contains many driving tips, taking a comprehensive driving improvement course will ensure that you have the most up-to-date driving techniques and understand the latest vehicle technologies.

Sign up with me call 203 393-2100 Ext. 1124, also you do not have to be a Bethany resident to participate.

AAA and Insurance Institute for Highway Safety and the National Highway Traffic Safety Administration want you to know **DRIVING WHILE INTEXICATED!**

Yes you read it right Intoxicating...Using a hand-held electronic device while driving can earn you a ticket in several States including Connecticut, New Hampshire, New Jersey, New York and Rhode Island. Now I know what you're saying to yourself, I don't text, so do me a favor, just pass on this little bit of info to anyone that will listen. Remember Intoxicating is against the law.

Save the date-Health Fair October 23rd being held in the Town Hall gymnasium from 9:30am to 12:30pm, I have new vendors all lined up, yes flu shots will be available. Sweet treats, hot beverages, nice homemade hot soup, free raffles (must be present to win) there's more read all about it in next month's Seniority; I'll have more information regarding the flu shots, vendors... You do not have to be a Bethany Resident to attend the Health Fair so spread the word.

Fraud Alert:

Genetic Testing Scam Fraud Alert from the Office of Inspector General regarding Genetic Testing of Medicare Beneficiaries below. If your agency receives requests to perform genetic testing or cancer screenings at your events or agencies please consider saying no. These companies are participating in "fraudulent billing practices" as noted in the below fraud alert. Beneficiaries can also be stuck with the bill. Report incidences of the genetic testing/cancer screening scam to the [Senior Medicare Patrol](#) by calling your local Area Agency on Aging at 1-800-994-9422.

The U.S. Department of Health and Human Services Office of Inspector General is alerting the public about a fraud scheme involving genetic testing.

Scammers are offering Medicare beneficiaries cheek swabs for genetic testing to obtain their Medicare information for identity theft or fraudulent billing purposes. Fraudsters are targeting beneficiaries through telemarketing calls, booths at public events, health fairs, and door-to-door visits.

If a beneficiary agrees to genetic testing or verifies personal or Medicare information, a testing kit is sent even if it is not ordered by a physician or medically necessary.

Protect Yourself

If a genetic testing kit is mailed to you, don't accept it unless it was ordered by your physician. Refuse the delivery or return it to the sender. Keep a record of the sender's name and the date you returned the items. Be suspicious of anyone who offers you free genetic testing and then requests your Medicare number. If your personal information is compromised, it may be used in other fraud schemes.

A physician that you know and trust should approve any requests for genetic testing.

Medicare beneficiaries should be cautious of unsolicited requests for their Medicare numbers. If anyone other than your physician's office requests your Medicare information, do not provide it.

If you suspect Medicare fraud, [contact the HHS OIG Hotline](#).

More Scam Alerts

Tech Support Scams

Here's how they work:

You get a pop-up or other urgent message from someone saying your computer is infected. It might seem like the message comes from a well-known company like Microsoft or Apple, or maybe your internet service provider. It tells you there are viruses or other malware on your computer. It says you have to call a number or risk losing your personal data.

But is this threat-or their problem-real? Judging by reports to the Federal Trade Commission, no. These are scammers who want to sell you useless services, steal your credit card number, or get access to your computer to install malware, which could then let them see everything on your computer.

Here's what you can do:

Stop. Don't call a phone number or click a link. Don't send anyone money, don't give your credit card number, and do not give control of your computer to anyone who contacts you.

The Town of Bethany Senior Bus may be used by Bethany senior residents age 60 and older, or any person with a disability, who is unable to provide their own transportation or temporarily without their own. The vehicle is equipped with a wheelchair lift. Service is "curb to curb", therefore riders that may require assistance getting to and from the curb should be accompanied by a companion who can provide such assistance. The bus driver will assist the wheelchair-confined client on and off the wheelchair lift. Non wheelchair-confined bus clients are expected to independently get on and off the bus. The driver can handle up to 3 packages or bags for the bus client. Safety is a main concern for both party's rider and bus driver. The driver may use his/her discretion to determine whether or not transportation will be provided in the event that safety is a factor. This includes personal modes of transportation other than a wheelchair, such as a scooter or motorized wheelchair. The passenger's mode of transportation must be able to be tied down securely, both in the front and back of unit.

Scheduling Information

For reservations call 203 393-2100 Ext.1324. Reservations must be made at least one (1) working day in advance. Monday thru Friday. (Same day service cannot be guaranteed and is only considered for a medical appointment.)

Please remember to have the doctor's name, address, telephone number and the time of appointment available when making your reservation. You are responsible for providing the correct information when scheduling transportation.

The senior bus operates Monday, Wednesday, Friday.

For your ride home call the number indicated on the card given to you by the driver upon drop-off.

There is a charge per

Important Information

Riders are responsible for canceling reservations as soon as possible. To cancel a ride, call 203 393-2100 Ext. 1124.

All persons should be prepared for the mini-bus to arrive up to fifteen (15) minutes before OR after their scheduled pick-up time.

All return times are approximate and subject to change. Although no return times are guaranteed, every effort is made to return clients as quickly and efficiently as possible.
Ride reservations are accepted on a first come, first served basis. Service is not guaranteed, but provided as the schedule permits.

Inspirational and Encouraging Teacup Story

There was a couple that used to go to England to shop in the beautiful stores. They both liked antiques and pottery, especially *teacups*. This was their twenty-fifth wedding anniversary. One day in a beautiful shop they saw an exquisite teacup. They asked the clerk, "May we see that? we've never seen one quite so lovely."

As the lady handed it to them, suddenly the teacup spoke. "you don't understand," it said. "I haven't always been a teacup. There was a time when I was red, and I was clay. My master took me and rolled me and patted me over and over, and I yelled out, 'let me alone,' but, he only smiled and said, 'Not yet.' Then I was placed on a spinning wheel and suddenly spun around, and around, and around. Stop it! I'm getting dizzy!" I screamed.

The Master Is At Work In You

"But the master only nodded and said, 'Not yet'. then he put me in the oven. I never felt such heat. I wondered why he wanted to burn me, and I yelled and knocked on the door. I could see him through the opening, and I could read his lips, as he shook his head, "Not yet."

"Finally the door opened, he put me on a shelf, and I began to cool. 'There that's better', I said. And he brushed and painted me all over. The fumes were horrible. I thought I would gag. 'Stop it, stop it!' I cried. He only nodded, 'Not yet.' Then suddenly he put me back into the oven, not like the first one. This was twice as hot, and I knew I would suffocate. I begged. I pleaded.

I screamed. I cried. All the time I could see him through the opening nodding his head saying, 'Not yet.'

"Then I knew there wasn't any hope. I would never make it. I was ready to give up. But the door opened, and he took me out and placed me on a shelf. One hour later he handed me a mirror and said, 'Look at yourself.' And I did. I said, 'That's not me, that couldn't be me. It's beautiful. I'm beautiful.'

"I want you to remember, then' he said, 'I know it hurts to be rolled and patted, but if I had left you alone, you'd have dried up. I know it made you dizzy to spin around on the wheel, but if I had stopped, you would have crumbled. I knew it hurt and was hot and disagreeable in the oven, but if I hadn't put you there, you would have cracked.

"I know the fumes were bad when I brushed and painted you all over, but if I hadn't done that, you never would have hardened; you would not have held. Now you are a finished product. You are what I had in mind when I first began with you."

Allow Me to Get a little Philosophical on you

Two thing to remember in life...:Take care of your thoughts when you are alone" and "Take care of your words when you are with people".

August Weather Lore: For every fog in August, there will be a snowfall the following winter.

Remember Save the Date: Health Fair, Flu Shots Wednesday October 23rd, Town Hall gym for the health fair from 9:30am to 12:30pm, Community Room for the Flu Shots.