

January 5, 2026

Sterling Town Hall
Attention: First Selectman
1183 Plainfield Turnpike
Sterling, CT 06377



Dear First Selectman,

Senior Resources Agency on Aging is proud to support aging with dignity throughout 56 towns of Eastern Connecticut, including yours. As a private non-profit organization authorized by the Older Americans Act of 1965 and state statute, we help people by providing access to information and services that empower adults to remain in their community. This year, we have created an Annual Report which shows many of the programs we provide and work with that impact so many individuals. Please check it out through the QR code above.

Through our involvement at the federal, state, and local level we work to enhance the quality of life for older adults and caregivers. We work with a strong network of community-based agencies to offer a wide range of services and support, always seeking to fill the gaps in services that are needed by aging adults. Some of these services include Congregate and Home-delivered meals, Caregiver Support, Respite care, Medicare counseling, Benefits Screening and Application Assistance, Money Follows the Person Nursing Home transition, Healthy Living Classes, Community Resource funding, Transportation, and much more. We offer free and unbiased information to all older adults and those that care about them. We support Commissions on Aging and similar groups with education and advocacy guidance. We offer ongoing training and support to municipal agents and service agencies. We work with colleagues across the state and the country to ensure that best practices, good information and fiscally responsible care is provided to all residents.

For example, some services provided to residents of your town in fiscal year 2025 included case management, congregate and home-delivered meals, caregiver respite, benefits counseling, and transportation at a value of \$31,044.10. Medicare counseling and Nursing Home transition and most Healthy Living Classes are not included in this value assessment.

We look forward to continuing work with your town, residents, and community partners. You and your staff are encouraged to participate in our free training and collaborative meetings and there is helpful information available on our website and social media. The enclosed pages include a few highlights of upcoming events being offered, in-person, virtually and in hybrid formats.

Healthy regards and Happy New Year,

A handwritten signature in black ink, appearing to read "Alison Dvorak", written in a cursive style.

Alison Dvorak, Executive Director

Let's COACT together! Commissions on Aging CT

**Register for Zoom meeting
1/16/26, 3-4:30 pm**



Join us and jump start your life with one
of our **FREE** workshops!

We offer a wide variety:

LiveWELL
with chronic pain,
Diabetes, chronic
condition

Healthy
Bowels,
Healthy
Bladder - join
Mind Over
Matter!

Win a great
prize and
play
BINGO

We encourage you to take
charge of your life and sign up
for one of our **FREE** workshops.
All workshops are beneficial
for Caregivers, family
members, and friends!
Contact Lori Rygielski at
860-383-1538 for more
information.

Senior Resources
AGENCY ON AGING



New to Medicare? Know your options!

Topics Covered:

- An overview of the Medicare Program
- Employment and Insurance beyond the age of 65?
- How to avoid penalties: Understanding enrollment timelines
- Exploring your Medicare options
- Making Medicare more affordable through assistance programs
- Reporting Medicare fraud

**Monthly webinars
2nd Wednesday's
10 a.m. - 12 p.m.**

Scan QR code to register



Navigating Medicare

CHOICES/SHIP
provides free
unbiased information
and does not sell
insurance



Presented by:



Laura Crews
Senior Resources Agency on Aging
Director of Benefits Access

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"Preventing elder abuse starts with collaboration"

M-Team brings together professionals working with older adults to confidentially
discuss cases, develop solutions, and promote Elder Justice.
On **Zoom** or in person, from 8:30am - 9:30 am

Thursday, January 8, 2026: Senior Resources, 19 Ohio Ave., Suite 2, Norwich, CT 06360

Tuesday, February 3, 2026: Sheltering Arms, 165 McKinley Ave, Norwich, CT, 06360; Gold Room

Thursday, March 5, 2026: The Creamery Brook Village, 36 Vina Lane, Brooklyn, CT 06234

Tuesday, April 7, 2026: Clinton Senior Connection, 54 East Main Street, Clinton, CT 06413

Thursday, May 7, 2026: Senior Resources, 19 Ohio Ave. Suite 2, Norwich, CT 06360



If you have any questions, please contact
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Service Navigator/ Elder Justice Coordinator
Senior Resources Agency on Aging
19 Ohio Avenue, Suite 2
Norwich, CT 06360
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