

Jewish Senior Services®
The Harry and Jeanette Weinberg Campus
4200 Park Avenue
Bridgeport, CT 06604

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Tip: Don't Shorten "2020" To "20" On Legal Documents

When you sign and date legal documents this year, some law enforcement and security experts advise not to shorten 2020 to 20, as doing so could put you at risk of fraud.

The reason is that the year 20 can be changed to any date from the last two decades. For example, 5/1/20 could easily be changed to 5/1/2019, giving scammers a chance to defraud you. If someone else changed the date and added two digits following the 20, then your signature is on an incorrect document. Writing out 2020 in its entirety could protect you and prevent legal issues on paperwork, including checks and legal documents.

We all know that documents can be altered if someone really wants to do harm and be disruptive, however taking this little extra step may dissuade someone from trying to change a document.

Sure, it may be overkill, but it certainly makes sense to listen to some experts' advice. They see a lot of scams on a daily basis. **Therefore, it is a good idea to do what they say. Instead of writing just 20, make sure you write the year 2020, in full, on all important documents and checks.**


Senior Choice at Home® Your Future. Guaranteed Care.

Newsletter

Winter 2020

Senior Choice at Home Member Events – Dining, Concerts and More!

Lunches and lectures, movies and music – social gatherings are some of the benefits of a Senior Choice at Home membership. Senior Choice at Home constructs a calendar of exciting events for our members throughout the year.

The last quarter of 2019 included lunches in Westport, Stamford, Monroe, and wrapped up with our holiday lunch at the popular Ralph n Rich's in downtown Bridgeport. Members also visited the theater together to catch flicks about Shakespeare and our favorite upper class family awaiting a visit from the royal family at Downton Abbey. In addition, Senior Choice at Home members expressed their own creativity in a painting class, while some enjoyed a concert performed by the Stamford Symphony Orchestra.

2020 started with a bang. In early January, members gathered for lunch at Gabriele's Italian Ristorante in Orange, while later in the month they were able to attend a cooking demonstration at our campus on Park Avenue. Laurie Van Cleft, Jewish Senior Services' Director of Dining Services, spoke about the nutritional benefits of certain foods and nutrition trends, while Chef Luis showed them how to make Ginger Orange Chicken Stir Fry among other dishes. Delicious!

Studies have shown that social support is an important part of healthy aging. Friendships and an active social life can add to the quality of life and improve overall physical



Several Senior Choice at Home members attended a nutrition "lunch and learn" event, led by Jewish Senior Services dining staff, at the Harry and Jeanette Weinberg Campus on Park Avenue.

and cognitive health. Senior Choice member events are planned to provide opportunities for members to socialize together and have led to the creation of lasting friendships.

Upcoming events include a Japanese hibachi lunch in Westport, a lecture at our campus (accompanied by lunch, of course!) by one of our members on an attempted political coup during Franklin Delano Roosevelt's administration, and a delightful lunch in Ridgefield.

Members can RSVP for these events by calling 203-365-6491 or by email to SeniorChoiceHome@jseniors.org.

Senior Choice at Home, administered by Jewish Senior Services®, is a comprehensive program that provides, coordinates and pays for long term care for adults 55 and over for the rest of their lives. It is designed to provide protection for independent individuals who wish to remain in their homes, ensure their care is paid for, and protect their assets as their healthcare needs evolve. Should one need to live in an assisted living community or receive nursing home care, the program will provide for these too.

Office Phone: 203-365-6491 • Office Fax: 203-365-6461 • Care Coordinator Phone: 203-371-1405
SeniorChoiceHome@jseniors.org • www.SeniorChoiceHome.org

Jewish Senior Services®

The Jewish Home • Goldstein Rehabilitation Center • Assisted Living Residences • Friedman Home Care Agency
Chaifetz Family Hospice • Outpatient Therapy • Home Together® • Institute on Aging • Private Physician Practice
Senior Choice at Home® • The J Fitness Center • Grasmere on Park Adult Day Program

Ease Into Cord Cutting With 4 Easy Steps

Ditching cable for what are known as “streaming” services like Netflix, Hulu, Philo and more is all the rage these days. Despite what one may think, it’s easy to make the move from traditional cable or satellite TV to a robust, highly affordable and customized TV-watching experience. Cutting cable not only gives you access to the TV shows and movies you already love, but will open up a new world of entertainment you can watch when you want and where you want on TVs or almost any device you own like cell phones, tablets, and more.

But where do you start? If you’re thinking of cutting the cable cord and don’t want to go cold turkey, you can test the waters with this quick-start guide that will prepare you for the jump to being a full-fledged “Cord Cutter” at a fraction of the cost of cable.

Here’s how to get started.

1. What do you want to watch?

Love nail-biting true crime dramas? Are you a romantic who needs to see every heart-warming ending? Perhaps a sports nut who needs to see every game? There are streaming TV services that appeal to every appetite, and you can subscribe to more than a few for a lot less than traditional cable or satellite. For example, Netflix offers great original on-demand programming as well as a catalog of beloved movies and TV shows for \$13.99 a month. While for \$20 a month, Philo offers 59 popular live TV channels from HGTV and Comedy Central, to AMC and Hallmark, and includes free DVR, thousands of hours of on-demand content and even a referral code to reward yourself, your friends and family. Combined, these two are less than \$40 a month, making it easy to imagine a bundle of services that is perfect for you, yet costs less than what you’re paying now.

2. Check out free trials

Not sure what streaming TV services are best for you? Try some free trials. Almost all TV streaming services offer free trials, so you can pick a couple to try out before making any commitments. If a service requires a credit card to sign up for a free trial, don’t panic. There should be the option to cancel before the trial ends and you are charged anything. Take note of this date and make sure to decide if you want to pay up for it. If you don’t have or don’t want to use a credit card, Philo will give you a two-day free trial with just a telephone number.

3. How to watch

Chances are, you already have a number of ways to stream TV in your home, pocket and backpack. There are apps for computers, smartphones, tablets, gaming systems; and of course a slew of devices like Roku, Android TV, Apple TV and Amazon Fire TV. If you have a smart TV, you can watch streaming content directly on your TV via an internet connection. If you need to pick up a streaming device, it’s a one-time cost and there are an array of products at varying price points.

4. An antenna for local

Prospective cord cutters are sometimes hesitant to make the change and miss out on local sports, news or other programming. With a one-time purchase of an HDTV antenna for about \$30, you can grab all the free, over-the-air channels available in your area and bring it directly to your TV. Today’s antenna options are more advanced than the rabbit ears of old, and another great way to complement your favorite streaming service(s). To find out how many local channels will be available using an over the air TV antenna, go to AntennaWeb.org and enter your address.

What now?

Once you’ve seen the cost savings, had a chance to explore the rich trove of content, and sampled a few of the great streaming TV services, making the change is quite easy. Streaming services require a high-speed internet connection, which most homes already have. If not, shop around for internet service providers that offer high bandwidth and are available in your area. There’s a ton of additional information available online about the next steps, but once you have a high-speed internet connection and a streaming TV device, all you need to do is decide what to watch!

Learn more about your options at <https://about.philo.com/cordcutting/>

Source: <https://www.brandpointcontent.com/>

Swimming for Seniors and More

My name is Lauren Gaita and I am the Pool Director at J Fitness, a gym open to the community and one of the offerings at The Harry and Jeanette Weinberg Campus on Park Avenue.

Water exercises for seniors provide an ideal way to lose some extra weight while building lean muscle and increasing overall strength without any stress on your joints. Swimming is a great recreational activity for people of all ages that has both physical and mental benefits. J Fitness offers a variety of programs for adults and young children. Here is a list of our top 5 reasons for seniors to take their exercise to the pool:

1. Swimming provides a full body workout. This gives all muscles a balance of movement, which increases coordination, posture and flexibility and most importantly, is gentle on the joints.
2. Swimming 3 times a week for 30 minutes has been proven to increase energy levels and boost mental health.
3. Swimming regularly can reduce stress and improve sleep patterns.
4. Swimming can reduce the risk of osteoporosis.
5. Swimming builds confidence. Learning to swim is a great achievement that increases self-esteem and provides swimmers with a feeling of accomplishment.

For more information on our aquatic programs and open swim schedule, please refer to our website, TheJFitness.Com. If you have any questions on how the pool may be able to help you, email me at LGaita@thejfitness.com or call 203-365-6448.

Did you know that Senior Choice at Home members receive special, discounted pricing for J Fitness, also known as The J? Senior Choice at Home members pay only \$18/month, which includes unlimited use of the 25 yard heated pool!



DID YOU KNOW

that some of the fees paid for Senior Choice at Home membership are considered as pre-paid medical care, which may be tax deductible to you on your federal income taxes? Check with your tax advisor regarding your eligibility for a medical tax deduction.