

Services

***AARP Safe Driving Course**

The AARP Smart Driver™ Course is the nation's first and largest refresher course for drivers age 50 and older. It has given millions of drivers the skills and tools they need to drive safely on today's roads, allowing them to remain independent for many years to come. Learn about normal age-related physical changes and how to adjust your driving to compensate. Reduce your chances of receiving a traffic violation, getting into an accident, or becoming injured. See Newsletter for dates, this program is offered four times a year.

Ask a Lawyer with Attorney Michael Nedder

Attorney Michael Nedder, of Nedder and Associates LLC. will be available for 15 minute private appointments. Attorney Nedder can answer questions regarding power of attorney, living wills, trusts, guardianships, disability planning, IRA custodianships, and wills just to name a few. Attorney Nedder graduated from Fairfield University with a B.S. in accounting. He received his Juris Doctorate from Fordham University School of Law in 1999. He is admitted to practice in Connecticut, New York, and the District of Columbia, as well as the Bar of the United States Supreme Court. Check your newsletter for times and dates! This is a great opportunity to get your questions answered. No charge.

Blood Pressure Screening and Health Counseling 2 times per month

Visiting Nurse and Hospice of Fairfield County provides a monthly blood pressure screening done by a registered nurse. Blood pressure screening will be held in the wellness room. Visiting Nurse and Hospice of Fairfield County has served the community for more than 100 years and has one of the oldest hospice programs in Fairfield County, Connecticut.

Caregivers Support Group

Elizabeth Paris, Gerontologist

Caregiver support group can offer you an opportunity to find out more about available community resources, learn from others who are going through similar experiences and obtain additional educational materials. Through participation in a caregiver support group, you will become better prepared and perhaps feel less devastated as your loved one's condition becomes worse. You also may be able to find some hope, from seeing that others who have been caring longer have survived the caregiving experience. Beth is a trained Alzheimer's Association support group facilitator and Gerontologist. Caregiver support groups meet monthly unless otherwise noted, and without a fee. Please refer to the newsletter for dates and time.

Connecticut Department of Veterans Affairs: Office Hours

It is the responsibility of the Office of Advocacy and Assistance to provide assistance to veterans, their eligible spouses and eligible dependents in obtaining veterans benefits under federal, state and local laws. A Veterans Benefits Officer for the 4th district of Connecticut is here yearly to discuss what the office of Veterans Benefits can do for you and how to go about receiving these services.

Audiology Concierge: Bi Monthly

Audiology Concierge will be here for free 45 minute appointments. Appointments will be available for hearing tests, hearing aid cleaning and repair, wax inspection, and listening demonstrations. Spots fill up quickly and appointments must be reserved. To reserve a spot please see Marcy for available times.

Woodshop Donation Program

Woodshop volunteers will repair small wood items, chairs, drawers, tables, etc, with a minimum charge. Bring your item into the woodshop any Monday or Tuesday between 9:30 -11:30 am and one of our volunteers will discuss the cost to repair including supplies.

Darien Human Services at Mather Center Thursdays

Darien Human Services offers a variety of services and supports to the residents of Darien. The staff has a wide range of experience and training in the area of Human Services and is available to assist residents either by phone, e-mail or in their office at Town Hall. Please call for more information or to make an appointment. 203-656-7328

Flu Clinic

The Darien Health Department holds two seasonal flu clinics. **Medicare** is accepted. Please bring your insurance card. You may also pay by cash or check and receive a voucher to submit to your insurance company. Dates will be in the newsletter.

Cardiovascular Screenings with Fairfield University School of Nursing

Fairfield University nursing students conduct a cardiovascular screening event yearly. The screening is free and includes, total cholesterol, blood glucose (sugar), and blood pressure testing. The complete screening takes approximately 20-25 minutes and participants are not required to fast. Check the newsletter for date and time.

Coffee with a Cop

Coffee with a Cop brings police officers and the community members they serve together over coffee – to discuss issues and learn more about each other. Please join us for a cup and some conversation. Coffee with a Cop provides a comfortable opportunity for positive officer-citizen engagements.

AARP Tax Preparation

AARP/IRS/VITA volunteer tax assistance program will be available to the Darien community at the Darien Senior Programs. This is a no cost, full service program with special attention to seniors and low to moderate income households. Tax preparation and electronic filing of state and federal returns will be offered.