

**LIFE IS
BETTER
WITH A
FRIENDLY
NEIGHBOR.**



**UR COMMUNITY CARES®
OFFERS PEOPLE THE ABILITY TO GIVE
THEIR TIME, TO SERVE IN THEIR
TOWN AND IS COMMUNITY BASED!**

**For older and
disabled
residents,
including
veterans**

**Local
volunteers
help directly in
people's homes
to give back**

**Sign up now at www.URCommunityCares.org
or call 860-430-4557**

These are just a few ways that
UR Community Cares volunteers assist
their neighbors in need:

Household Tasks

- Wash inside windows
- Wash, fold, put away laundry, iron
- Clean, dust, organize
- Sweep, vacuum, mop floors
- Change linens
- Clean kitchen surfaces, appliances
- Decorate for holiday
- Prepare meal
- Water indoor plants, maintain plants
- Pet care, walk pets
- Bag up trash, recycling

Local Transportation

- Medical appointments
- Shopping trips
- Errands in town

Yard Work

- Water plants, mow, garden
- Shovel snow
- Rake leaves, clean up yard
- Trash
- Bring in mail, papers

Companionship

- Play board games, cards
- Socialization-in person/virtual
- Go for a walk
- Coach technology use



Participants are background checked.

UR Community Cares is the online platform to connect volunteers to people who need help at home.

Our mission: To connect people who need at-home help to remain independent, with those who want to provide assistance, in each community. We offer towns technology to connect their residents.

Our model: We provide a secure website, URCommunityCares.org, where individuals can enroll. When a need arises scheduling for help is convenient due to our automation. If someone does not have the Internet or a web-enabled device, they can be enrolled by someone else.

Who we help: Individuals age 70+ and/or age 18+ with a permanent or temporary physical disability.

Who helps us: Volunteers age 15+ donate their time based on their availability.

What supports us: Municipal funding, grant awards, sponsorships, fundraisers and donations from individuals and organizations.

What funds are used for: Background checks for the safety of participants, website security and maintenance, insurance, program and operational expenses.

UR Community Cares is a 501(c)(3) nonprofit organization.



April 27, 2023

To the Town Council:

By unanimous vote at our strategic meeting today, the Commission on Aging supports the East Hampton Ambulance Association budget request for \$176,000 to continue to hire professional EMT staff to fill in some shifts that they cannot fill with their volunteer members.

Please remember that there are approximately 2,180 adults aged 65 or over in our town. As you know, adults in this age group are understandably very focused on issues of health and disease and are the most common users of emergency ambulance services. Protecting their access to the rapid and reliable services that they now enjoy will bring them gratification and relief. On the other hand, putting their safety and security at risk will create anxiety and resentment.

Our Chair Eric Rosenberg noted a personal experience with their services, when he dialed 911 two years ago when he had chest pain. As a doctor trained in the emergency room, he was very impressed with their rapid and high-quality response to his needs. Many of us, and our friends and families, have been well-served by the East Hampton Ambulance Association EMT's.

Dr. Rosenberg notes that with acute medical conditions such as stroke, heart attack, and hemorrhage, time is of the essence, and delays can be catastrophic.

Therefore we urge you to restore the funding requested by the East Hampton Ambulance Association, which has served our town for decades on a purely volunteer basis, but now needs to fund some shifts with paid EMTs.

Thank you for your consideration.

Bonnie Berkovich

Sali Cosford Parker

Sue Greeno

Shelley Grendzinski

Carol McLaughlin

Eric Rosenberg, Chair

Jean Sundstrom

COA possible project ideas 2023-2024

Conceptual Framework: Three major groups of strategies – Housing, Transportation, and Health/wellness. Two foundational groups of strategies support all others: Communications, and COA member education

Major groups of strategies:

1. Housing

Support development of affordable and accessible housing, for a variety of different population segments

(EHHA sites expansion, new development, water issues, reduce ADU restrictions)

Support older homeowners who want to remain in their homes

Tax abatements for older adults – ongoing work with Town Council help establish volunteer organization in EH (for interior and grounds maintenance)

advocate for smooth function of CT Energy Assistance program

Advocate for older residents of EHHA housing

2. Transportation

medical office and non-medical transportation

provide input to Senior Center van service

help establish volunteer organization in EH (for transportation)

lobby / letter to support grants for transportation non-profits serving older adults

sidewalks for pedestrian confidence and safety

3. Health / wellness

Wellness includes reducing isolation and promoting connections of older adults through programs and activities.

increase numbers and coordination of programs for seniors through monthly meeting of department heads/ Chatham Health / COA Health & Wellness

support Senior Center budget, programs, and activities

encourage improvements to health information access

support ambulance service that is prompt and professional

help establish volunteer organization in EH (for reducing social isolation)

Supporting groups of strategies:

4. Communication – point person Sali Cosford Parker

create contact list of communication preferences for older adults - for COA, Sr Ctr, and town use

monthly Rivereast updates

twice a year Town Council updates

keep COA info updated on Town website

outreach to Town Council, local civic and religious organizations

multi-town COA quarterly meeting share ideas / projects / possible advocacy / speakers

organize presentations for older adults, as needed

5. COA member education topics

Ageism and reframing – importance of concepts and language. Once COA trained, train other groups (communication strategy)

Elder abuse / exploitation – training video for COA, then program for community

Elder Justice Hotline– add link to COA / Sr Ctr / Town Websites

Protective Services for the Elderly – add link to COA / Sr Ctr / Town Websites

Scams preying on older adults – add link to COA / Sr Ctr / Town Websites

Encourage COA members to find and bring relevant information to the COA and communicate outside the COA

Eric Rosenberg, MD, Chair