

# Stamford Department of Health and Social Services February Newsletter

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**Sent:** Monday, February 10, 2014 4:42 PM

**To:** All City; Beadle, Sharon



*City of Stamford  
Department of Health & Social Services*

## *Health Exchange*

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*February 2014*

### **National Heart Health Month**

February is Heart Health Month. Celebrate by taking advantage of these healthy activities offered throughout the month.

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### **Celebrating Healthy Hearts - February 8th**

Tully Center, 32 Strawberry Hill Ave., Stamford  
9AM to 1PM  
Open to the public & free of charge. Call to RSVP at 1-877-233-WELL

### **Healthy Heart Day - February 14th**

Stamford Government Center, 888 Washington Blvd., Stamford  
10AM to 1PM  
Free blood pressure screening, Hands for Life CPR demonstration, Ask the Dietician, and more.  
Open to the public & free of charge.

### **Free Community Blood Cholesterol Screenings**

- Hope Street Grade A - Thursday February 13th 10AM-2PM
- Grade A ShopRite of Commerce Park- Monday February 17th 10AM-2AM
- Grade A ShopRite of Shippan- Tuesday February 25th 10AM-2AM

The American Heart Association (AHA) reminds us that it's never too early, or too late, to start taking care of our health and to work to prevent heart disease. We can all benefit from regular physical activity, healthier food choices, and managing our stress. Learn more about protecting your health at any age with these practical suggestions from AHA. [Heart Smart at Any](#)

[Testing](#)

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### **Access Health CT**

#### **Health Exchange**

Connecticut's health care insurance exchange is now accepting enrollment applications. If you are interested in learning more about your health insurance options, call 1-855-805-4325 or visit [Access Health CT](#).

#### **Local Enrollment Fairs:**

Tully Center, 32 Strawberry Hill Ave., Stamford

*February 19th 4PM to 8PM*

*February 26th 4PM to 8PM*

#### **Tips for Making the Most of a Snow Day!**

#### **Ice, Snow, & Cold Weather Safety**

Winter isn't a time to just stay indoors & wait for spring. There's a whole wonderland of sports out there for the entire family. It's easy to keep safe & stay fit during the cold months. Read more about ideas to beat cabin fever

[Age](#)

## CT Rent Rebate Program

**APRIL 1st 2014 THROUGH OCTOBER 1, 2014**

The rent rebate program provides a onetime yearly payment to renters based on income, rent and utilities that were paid from the previous year (2013).

Requirements for Eligibility:

- 65 as of 12/31/13 OR receiving Social Security Disability benefits and over age 18
- Have resided in the State of Connecticut for one full year at some time in your life, and be a resident of the State at the time of application.
- 2013 income must not exceed \$34,100 for a single person, \$41,600 for a married couple.

Note: If you received cash benefits from the Department of Social Services (DSS) your rebate amount may be reduced.

To Apply:

APPLICATIONS WILL BE TAKEN ONLY ON TUESDAYS & THURSDAYS at the Stamford Government Center from 8AM to 11:30AM and 1PM to 3:30PM.

Applicants who apply at the Stamford Government Center must enter through the garage no earlier than 7:30AM for the morning session and 12:00PM for the afternoon session. Applicants must sign up at the security desk to reserve a slot. There are 15 slots available for the morning session and 10 slots available for the afternoon session. Slots will be given out to applicants on a first come, first serve basis only. Please call Joanne Ettorre at 203.977.4106 with

& stay safe at [Kids Health](#).

**American Heart Association & American Stroke Association Issue New Stroke Guidelines for Women**



***Did you know that women face a higher risk of stroke than men?***

One in five American women has a stroke at some point in her life. These new guidelines offer ways to lower risk. [Learn more](#)

questions.

## **Stamford Laboratory Open for Business**



The Stamford Laboratory is open to test well water samples for potability, metals, and minerals. The Lab is open Monday through Friday, from 8AM to 4PM. Residents with well water are encouraged to take advantage of the Well Water Ordinance that took effect January 1, 2014 and have their well water tested for pesticides, Arsenic, and Uranium. Call 1.203.977.0816 with well water questions or to schedule a test and click this link learn more about the [Lab](#).

## **Senior Information Hours**

Do you have questions about paperwork that you receive? Do you know what do with your paperwork - what to keep and what to discard? Join Joanne Ettorre, Senior Outreach Coordinator, and learn about Department of Social Services and Social Security paperwork.

Learn to organize your paperwork and be prepared for housing recertification, the Connecticut Renter's Rebate program and for re-determinations/applications for State and Federal benefits.

## **Upcoming Information Sessions**

## February

\* Post House (residents of Post House or Stamford Manor) **February 13th** 12noon

\* The Atlantic (residents only) **February 25th** 12noon

\* Stamford Manor (residents of Stamford Manor or Post House) **February 27th** 12noon

## March

\* Belltown Manor (residents only) **March 3rd** 12noon

For more information on these sessions, please contact Joanne Ettorre at 203.977.4747

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