



VALLEY SOCIAL CLUB NEWSLETTER FOR FEBRUARY 2010

Birmingham Group

Volume 20 Issue 11

February 2010

FROM THE PRESIDENT

Greetings my fellow club members. I hope this article finds all of you well and rested from the holidays. The club has been very busy lately and I'm glad to say that turn out for outside the club activities has been better, particularly for out to eat activities. We have also had a change in the club leadership. Maryann K has stepped down as Vice President and Linda M was elected back as V.P. by popular demand. We are all sad that Maryann could not fulfill her term but we are happy and thank full to have Linda return. I'm looking forward to spring and getting back to my gardening and pool side so I'm hoping the next six or seven weeks of cold weather goes by quickly and quietly. As always I hope to see everyone at the club.

Yours in good health, Juliann

FROM THE NEW VICE PRESIDENT

Happy new year fellow club members. I'm back as your Vice President. of the V.S.C. To be honest with you all I missed you guys. I felt empty not being in office but it feels good to be back with the President and the rest of the board. I also want to say that Maryann will be missed and I pray that everything is well with her and her family. Thanks for your service and I hope to see you soon. So that being said there's a lot going on down at the club so come down and enjoy the nice warm atmosphere. Even though it's cold outside come join us and have some hot chocolate or coffee.

Hope to see you soon.

Linda M.V.P.



GET ON THE BUS !

The Medicare D bus is scheduled to be at the Hill Health Center parking lot on the third Tuesday of every month. This month they will be there on 16th. If you would like to schedule an appointment, please contact Ingrid Gallo at 203-503-3586 to schedule an appointment.



FINE DINING WITH JOHN L.

On January the 6th I went out to dinner with some of club members .We went to the Cracker Barrel restaurant. I had a nice meal.The prices were reasonable. I enjoyed browsing around the very nice store that they have their. I had a nice time. I enjoyed going in to Milford because it's a nice town.



A BARREL OF FUN AT THE CRACKER BARREL BY TANYA N

I had fun at the Cracker Barrel. I had the broiled Haddock with cold slaw, cottage cheese and soda. It was a very nice place and they even had candle light at the tables.We got back at 6:30pm.



IMPORTANT CHANGES TO YOUR MEDICAID PHARMACY COVERAGE

Medicaid clients who are receiving the Medicare part D benefit will be responsible for paying up to \$15.00 per month in Medicare Part D co-payments. A co-payment is the amount you pay for each prescription.

You are responsible for paying Medicare D co-payments of up to \$15.00. Once the \$15.00 per month has been reached, the Conn. Dept. of Social Services will begin providing coverage for Medicare part D co-payments for rest of the month.

Pharmacies are not obligated to give you your prescription until you pay your \$15.00 co-payments.

The Conn. Dept. of Social Services will no longer pay for Medicare part D prescriptions that are not covered by your part D plan.

If you have questions regarding these changes, please contact the client assistance call center toll free at 1-866-409 8430. or if you need to enroll in one the Conn. Approved plans, please contact

MEDICARE AT 1-800-633-4227 OR

**CONN. CHOICES PROGRAM AT 1-800-994-9422 WILL ASSIST WITH
SELECTING A PLAN THAT BEST COVERS ALL OF YOUR PRESCRIPTION DRUGS
NEEDS.**

TOP TEN HOUSING MYTHS

1. The court won't evict me in cold weather or because I have small children. This is wrong the court will evict in these situations.
2. The court will not evict someone who's disabled. The court can evict the disabled even if they have no place to go.
3. The eviction process takes three months. This is wrong, some evictions do take this long but can take as little as two weeks or less.
4. Landlords must give me 30 days notice before evictions start. The landlord can give only 3 days notice to quit before serving the summary process eviction papers.
5. A landlord can refuse to take my section 8 voucher. False Landlords must take section 8 and other rental assistance with only a few exceptions. Refusing is against the law.
6. My landlord can't evict me if I withhold rent in order to get repairs done on my apartment. Wrong, He can evict you for non-payment of rent. To protect yourself you need to deposit the rent with the housing court and file a tenant complaint action.
7. If I don't have a lease, then I don't have a lease at all. A lease does not have to be written in order to be valid. Some have month to month oral leases which are as valid as written ones.
8. A landlord doesn't have to give me a receipt even if I pay in cash. Wrong. Landlords must give a written receipt to any tenant who pays cash.
9. A landlord can change the locks if the rents not paid. Wrong the landlord cannot lock out a tenant or remove belongings without going through the eviction process and get a valid "execution" paper from the court. Even then a state marshal is the only one who can remove a tenant's belongings.
10. A landlord can refuse to rent to me because he has a "no children" policy. Wrong. A landlord refusing to rent to those who have children is discriminating on the basis of familial status which is against the law.

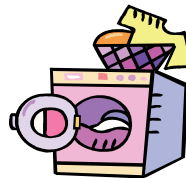


SHOPPING AND LAUNDRY GROUPS

The following is the schedule for the laundry and shopping groups for the month of February. All groups leave promptly at 10:00am.

GROCERY SHOPPING :

- ANSONIA- WEDS. 2/3/10
- SEYMOUR/DERBY- THU. 2/4/10
- SEYMOUR-2/9/10
- SHELTON- FRI. 2/5/10



LAUNDRY GROUPS:

- SHELTON-2/8/10
- 2/4/10

ANSONIA- 2/10/10



We provide these services to help our consumers with limited resources. We provide transporta-

THOUGHT FOR THE DAY SUBMITTED BY ROBERT S.

Two persons cannot long be friends if they cannot forgive other's little failings.

Author Jean De La Fontaine.



HELPING HANDS TIME CREDIT PROGRAM

Here's a list of some of the types of services members might exchange:

- Minor Home Repair
- Errands/Shopping
- Yard Work
- Budgeting
- Arts and Crafts
- Moving Assistances
- Yoga/Exercise
- Knitting/Crochet Lessons
- Reading
- Computer Assistance
- Musical Instrument Lessons
- Transportation
- Gardening
- Housekeeping
- Office Work
- language Translation
- Mending and Alterations
- Home Visits
- Letter Writing
- Basement Cleaning
- Pet Care

An application must be completed by all Time Dollar Program participants. All applications will remain on file and any changes to the information must be updated with the program coordinator as soon as possible. All information is kept confidential.

When Asking to Receive a Service

- Call the program coordinator Rebecca Collyard at 203-430-8455 to request a service.
- You will receive a call with the names and phone numbers of 2-3 members who may be able to help you.
- Contact the members as soon as possible and choose which member to work with.
- If none of the members can help, call the program coordinator to request additional names.
- Choose a time and date that you both agree to use the service and be there.
- Report receipt of service and your satisfaction or problems to the program coordinator.



Compeer Program at BGHS

Birmingham Group Health Services Inc, is happy to announce the revitalization of its Compeer Program. Compeer (meaning 'peer' or 'equal') is a program in which volunteers from the community are matched with persons in recovery from a mental illness. Most of the people referred to the program have become isolated, lonely, and have few social supports due to their illness. Compeer friends are referred to the program because they and their mental health professional feel they have a special need and would benefit from the mentorship and support offered by the program. Simply put, the volunteer provides a relationship from which a friendship can grow.

Volunteers are asked to commit to a minimum of four hours a month for at least a year. This consistent relationship between volunteers and their friends foster a sense of belonging, trust and self-esteem in the people referred to the program. Volunteers are recruited and trained through BGHS and we work with our health professionals to assure the best matches possible.

Consumers who would like to be matched in a Compeer relationship are asked to contact their mental health professional. All attempts are made to make the best matches as soon as possible.

If you have any question, Please contact Rebecca Collyard at 203-736-2601 Ext 450.



FEBRUARY BIRTHDAYS

DANIELLA Mc 2/6
CLEOXEN W 2/8
MICHEAEL M 2/10
SUE L 2/12
TOM C 2/14
JESSE M 2/14
LISA S 2/14
ABE L 2/20
STEPHANIE G 2/26



MILFORD TO HOLD VALENTINE'S DAY!

THE MILFORD OPEN DOOR CLUB INVITES OUR CLUB TO JOIN THEM FOR THEIR ANNUAL VALENTINE'S DANCE ON:

THURSDAY, FEBRUARY 11, 2010.

TIME: 3-6PM (LEAVE CLUB 2:30P)

RESERVE YOUR SPOT ON THE LIST FOR \$2 WHICH WILL BE YOUR ADMITTANCE FEE TO THEIR DANCE.

RETURN TO THE VALLEY AROUND 6:30P WITH RIDES PROVIDED HOME BY OUR DRIVER!

SO COME DANCE THE NIGHT AWAY WITH DJ PHYLLIS K. AND ALL THE BEST TUNES OF THE PAST DECADES.

FOR MORE INFORMATION PLEASE SEE SOCIAL CLUB STAFF OR CALL THE OFFICE AT 203-732-7089.



2010 REDUCTION TO MAC. REIMBURSEMENT RESCINDED

Effective January 13, 2010, the Department of Social Services rescinded its decision to decrease the state MAC to AWP minus 50%. The reimbursement to

providers for all drugs on the state MAC list revert back to average of available Wholesale Price (AWP) minus 45%.

Providers do not need to adjust any

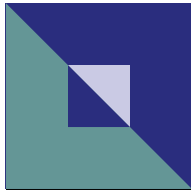
previously paid claims submitted after the reduction in MAC prices took effect. Any paid claim for a drug included on the state MAC submitted from January 1 2010 forward will be systematically adjusted by HP. The adjusted claims will appear on your February 9, 2010 Remittance Advice (RA).

ANOTHER FRIEND HAS PASSED

On January 13th, we received news that a dear friend and member of the club had passed. He was a well known DJ here in the Valley back in the day. This man is Clyde B. He was a kind person who would come to the club always with a friendly smile and a quick hello to all. Clyde you will be missed by all you touched!

JUST A REMINDER

Just a reminder that the Social Club is the place for Anonymous groups. We have Over Eaters Anonymous on Mondays 4-5:00pm. Dual Recovery on Tues 4-5:00pm., Recovery Anonymous on Thursdays 4-5:00pm and Emotion Anonymous on Fridays 4-5:00pm. Call Jim C. at 736-2601 ex.430 for info. Call Rebecca C. for info about Over Eaters. At 736-2601 ex.450



VALLEY SOCIAL CLUB CALENDAR FOR FEBRUARY 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
HOURS M-F 8:30-4:00 SAT 1-3:30 1ST@ 3RD SUN 1-3:30	1 Breakfast 8:30-10 Sports group 1:00-2:00pm Overeaters Anon. 4-5	2 Lunch 12-12:30 Lets talk 1-2 Bingo 2-3 Dual Recovery 4-5 AA Social 5-7	3 Breakfast 8:30-10 Take the Bus to NH to have lunch at Pepe's Pizza Leave at 12 must have money for this event!	4 Exec Comm. 10-11 Lunch 12-12:30 Art 1-2 Stress Management 2-3 Recovery Anon 4-5	5 Exercise Group 9-10 in main building BGHS Free Lunch 12-12:30 EA Group 4-5 Out to Eat 5-7 \$*	6 Drop In 1-3:30
7 CLUB OPEN FOR DROP IN 1-3:30P	8 Breakfast 8:30-10 Sports group 1:00-2:00 Overeaters Anon. 4-5	9 Lunch 12-12:30 Lets Talk 1-2 Bingo 2-3 Dual Recovery 4-5 AA Social 5-7	10 Breakfast 8:30-10 Enlightened lunch 12-1p "Census 2010"	11 Exec Comm. 10-11 Lunch 12-12:30 Art 1-2 Stress Management 2-3 Recovery Anon 4-5 Milford Dance 3-6 \$2	12 Exercise Group 9-10 am Main Building Free lunch 12-12:30 EA Group 4-5	13 Drop In 1-3:30
14 NO DROP IN TODAY! ENJOY YOUR DAY	15 CLUB CLOSED HAPPY PRESIDENT'S DAY TO ALL!	16 Lunch 12-12:30 Lets Talk 1-2 Bingo 2-3 Dual Recovery 4-5 AA Social 5-7	17 Breakfast 8:30-10 Enlightened Lunch 12-1p "NH Legal Assistance"	18 Exec. Comm. 10-11 Lunch 12-12:30 Art 1-2 Stress Management 2-3 Recovery Anon 4-5	19 Exercise Group 9-10a Main Group Free lunch 12-12:30 EA Group 4-5	20 Time Credit Day 1-3:30
21 Club open 1-3:30p	22 Breakfast 8:30-10 Sports group 1:00-2:00 Overeaters Anon 4-5	23 Lunch 12-12:30 Lets Talk 1-2 Bingo 2-3 Dual Recovery 4-5 AA Social 5-7	24 Breakfast 8:30-10 Club Dinner 4-6pm \$2	25 Exec Comm. 10-11 Lunch 12-12:30 Art 1-2 Stress Management 2-3 Recovery Anon. 4-5	26 Exercise Group 9-10a Main Building Free Lunch 12-12:30 EA Group 4-5	27 Drop In 1-3:30
28 NO DROP IN TODAY	NUMBERS: The Club 735-9106 The Center 736-2601 Warm Line 732-2004	Phyllis 203 305 7895 Jacques 203 430 1466 Mike 732 7089 Time Credit 430 8455	Remember that you must dial 203 to be connected.	* = Must sign up for activity	\$= Must provide own money	