

AUGUST 2025



Happy National Senior Citizens Day!

On August 21, we celebrate and honor the incredible older adults in our communities. Your wisdom, resilience, and contributions continue to shape and strengthen the world around us. Thank you for all that you do, and for all that you've done.

The Senior Medicare Patrol (SMP) has a brand-new app!

The SMP Medicare Tracker app will help you prevent, detect & report Medicare fraud, errors & abuse with news, scam alerts, an interactive game & a digital My Health Care Tracker! Download the app today!



What is a Service Navigator?

Did you know Senior Resources has two full time Service Navigators? Service Navigators use a Person-Centered approach to work with individuals and caregivers and families to identify needs, gaps in current supports, and to determine benefits and programs they are eligible for through their core services of: Application Assistance, Benefits Counseling (Screening for programs), Case Consultation (Working with other professionals to more effectively support individuals), and Options Counseling (reviewing, exploring and evaluating options). Contact us to learn more 860-887-3561.



SUPPORTED BY GRANT # 80MPC0002 FROM AGI

CT SMP 1-800-994-9422

Happy National Watermelon Day! (August 3rd) 🍉 This juicy fruit is over 90% water, making it a delicious and hydrating snack—perfect for seniors to stay cool and refreshed in the summer heat.

Watermelon, Mozzarella & Prosciutto Skewers (Makes 4)



Ingredients:

- 4 small mozzarella balls, patted dry
- 4 watermelon chunks (about 1-inch)
- 4 cucumber slices (½-inch thick)
- 4 thin slices prosciutto
- Toothpicks or mini skewers
- Fresh basil, minced
- Balsamic glaze

Instructions:

Thread one mozzarella ball, one watermelon chunk, one cucumber slice, and one prosciutto slice onto each skewer. Arrange on a plate, sprinkle with basil, and drizzle with balsamic glaze. Serve immediately.

2025 Southeast Healthy Living Expo!



**2025 Southeast
Healthy Living Expo**
Wednesday, September 10, 2025
9:30 a.m. - 12:30 p.m.
Dodd Stadium Concourse
14 Stott Avenue
Norwich, CT 06360

Free parking &
handicap accessible

"Living Today for a Better Tomorrow"

Challenge your brain: Norwich and Connecticut trivia!

Test your knowledge with these fun facts about our area and state. How many can you get right? Answers at the end of the newsletter!

Questions:

1. What year was the Leffingwell House Museum in Norwich built?
2. What is the official state insect of Connecticut?
3. What's Norwich's nickname?
4. Which Norwich resident was a signer of the Declaration of Independence?



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4. Samuel Huntington
3. The Rose of New England
2. The European Praying Mantids

1. 1675
Answers: