

TO: Interested Seniors

FROM: Betty Morin, Municipal Agent for the Elderly

SUBJECTS: POMFRET ALMANAC, EXERCISE CLASS AND
MEDICARE PART D
SIGN UP BETWEEN 11/15 – 12/31/07

DATE: November 6, 2007

Judy Nelson, **Medicare Part D** Representative will be at Seely-Brown Village on Friday, November 16, 2007 at 11:00 a.m. to help with any changes in your plan you would like to make and if you are a first time signer. She can help you with overall questions you may have and help you with Humana and a new Evercare Program.

Her phone number is (860)643-0309 for an appointment.

You cannot change/sign up for you Medicare Part D Program until 11/15/2007, but you can ask questions. You should also be receiving or have received information from YOUR program as to the changes you can make and/or the changes they are making.

The Pomfret Almanac is on-line. I will be changing it every month with a second calendar page along with the information in the Almanac. If you have interesting items for the Almanac please submit them to Betty Morin, in writing, on-line, fax, or phone.

Seely-Brown Village offers **EXERCISE CLASS** on Mondays and Thursdays at 3:00 p.m. You can work on your strength, mobility and flexibility for \$2.00 a class. It is open to all residents of Seely-Brown and Pomfret Seniors. See Rhonda for more information during your first class.