



July, 2020

Shawn Cohen, Director

Ronda Guberman, Assistant Director

200 East Street, Plainville, CT 06062

860.747.5728

[www.painville-ct.gov/senior-center](http://www.painville-ct.gov/senior-center)

Regular Hours: Monday: 9:00 a.m.- 6:00 p.m., Tuesday-Thursday: 9:00 a.m.- 5:00 p.m., Friday: 9:00 a.m.-1:00 p.m.

Staff is available by phone during our regular hours: Monday 9:00—6:00, Tuesday, Wednesday, Thursday 9:00—5:00 and Friday 9:00—1:00. Give us a call if you need anything! Stephanie Soucy, Senior Center Social Worker is available (860-747-5728) for people needing assistance.



You've got questions, we've got answers! Stephanie Soucy, Senior Center Social Worker is available to assist with concerns about food stamps, caregiving, financial assistance, Medicare options, Medicare Savings Program, assistance at home and more. No question is too small. Please call 860-747-5728 to chat over the phone or to make an appointment to meet her outside.

It's hard to believe we've been in quarantine for nearly 4 months. All the Senior Center staff miss the buzz of daily activity and seeing so many people enjoying themselves while at the Center. Unfortunately, we still do not have a re-open date. We are meeting with the Health Department to determine what is necessary in our building and our policies to keep everyone safe. Currently, the Governor's recommendations are for individuals 65 and older to stay home and stay safe. In the meantime, stay safe and please, call us if you need anything. **Shawn and Ronda**

#### GET TESTED FOR COVID-19

even if you don't have symptoms

Co-sponsored by Community Health Center, Inc

FREE! No insurance necessary.

Drive in! No need to get out of your car!

**Wednesday, July 15 and Wednesday, August 26**  
**At the Plainville Senior Center**  
**9:00 A.M.—1:00 P.M.**

To register for testing please call Community Health Center at 475-241-0740 or [www.chc1.com](http://www.chc1.com)

#### INCOME TAX APPOINTMENTS

AARP is not going to be doing income taxes at the Senior Center this year. If you still need your taxes done, you may call HRA. There is no charge. The phone number to call is 860-826-2278 x311. They have several options to help you with your income tax return, including having an appointment in either New Britain or Bristol. Dial-a-Ride can bring you to HRA if you need a ride.

# Virtual Programs and Fun Events

## ZOOM INFORMATION

Zoom on in or use your phone for these virtual programs! If you have a computer, tablet or smart phone you can use the Zoom App to participate in these Senior Center programs! If you haven't used Zoom yet, it's really very easy. We can email you instructions. Call the Senior Center to register for the programs below and/or to receive the instructions on how to use Zoom. Some programs do not require the Zoom App ... you can simply call in with your telephone if you wish! **YOU MUST PRE-REGISTER FOR ALL PROGRAMS. CALL THE SENIOR CENTER!! WE WILL PROVIDE YOU WITH THE ZOOM LINK/PASSWORD AND/OR THE DIAL-IN BY PHONE INSTRUCTIONS!**

## VETERANS SOCIAL HOUR THROUGH ZOOM VIDEO OR TELEPHONE

**Tuesday, July 7, 10:30 A.M.**

*Call the Senior Center by Monday, July 6<sup>th</sup> to register and to receive the Zoom link and/or telephone conference call phone number.*

You don't need a computer to join in this program. You can use your telephone to participate. A "virtual" support group for veterans... bring your own coffee and snack! Topics may include: presumptive diseases, service-connected disabilities, Aid & Attendance, Connecticut Veterans Wartime Service Medal, burial allowances for survivors of veterans, and more. Let's share a few stories and bridge the gap during COVID-19. *Facilitated by Sherri Vogt,*



Hello? If your phone rings, it might be one of the Senior Center Committee on Aging members or Senior Center staff calling to say "hello" and see how everyone is doing. As always, feel free to call the Senior Center if you need anything or just want to chat.

## VIRTUAL SIT AND KNIT

**Thursday, July 9, 1:00 P.M.**

*Call the Senior Center by Wednesday, July 8 to register and receive instructions for participation.*

Join your fellow classmates and your favorite knitting/crochet teacher, Evelyn Morin, for a get together on Zoom (video or telephone). If you use Zoom video, you can show off all the creations you've made during quarantine! If you haven't felt motivated to knit or crochet, don't worry! Join in to sit and gab with each other.



## CAREGIVING CONNECTIONS

**Wednesday, July 8, 10:00 A.M.**



Join your caring friends as we support one another on our journeys. We recognize the challenges and frustrations of 24/7 caregiving, especially during these trying times. It is critical to give and receive support from others who truly understand. Join our Zoom meeting, share and be nourished. Caregivers from neighboring towns are welcome! Call Stephanie or Ronda at the Plainville Senior Center at 860-747-5728 for the Zoom link.

## TALK WITH THE NURSE: MAINTAINING YOUR HEALTH AND WELLNESS DURING QUARANTINE

**Thursday, July 9, 11:00 A.M.**

*Call the Senior Center by July 8<sup>th</sup> to register. You can participate either through your telephone or through Zoom. Once you register, you will receive the Zoom link.*

Join Senior Center nurse, Georgia Sterpka, APRN for an open dialogue on tips and tricks for surviving the quarantine safely, including ways to maintain healthy weight, muscle loss, balance, strength, and mental wellness. We know that many of us are over-snacking and finding it challenging, at times, to stay positive.



# More Virtual Programs and Fun Events!

## UNDERSTANDING PARKINSON'S WEBINAR

**Friday, July 10, 11 A.M.**

Join our interactive educational session right from the comfort of your phone, computer or tablet. In this FREE webinar, join Sulada Kanchana, MD, Movement Disorders Neurologist to learn about the common motor and non-motor symptoms of Parkinson's Disease, how Parkinson's Disease is diagnosed and a discussion on the latest treatment options. Plus, Live Q&A with the expert. *Sponsored by Chase Family Movement Disorders Center, Ayer Neuroscience Institute.* **To register call 1.855.HHC.HERE/ 1.855.442.4373. After you register, you'll receive an email with easy instructions on joining the webinar.**



## VIRTUAL GARDEN TOUR AT FARMINGTON FLATS

**PRESENTED BY JARED SCOVILLE ON ZOOM**

**Saturday, July 11, 10:00 A.M.-11:30 A.M.**

*Call the Senior Center by Thursday, July 9<sup>th</sup> to register and receive Zoom Instructions.*

For the 3rd year in a row (though this year it will be done virtually via Zoom) Jared will be holding a tour of his vegetable gardens at the Farmington Flats! Tune in to see the progress with 5 varieties of potato plants, heirloom tomatoes, 20 varieties of sweet potato plants, onions, carrots, flour corn, and several other vegetables all of which are grown in his 5,000 square foot garden there. He will also be harvesting lettuce, spinach, and showing one or two other garden tasks.



## UNDERSTANDING LYMPHEDEMA

**Wednesday, July 15, 11:00 A.M.**

*You can participate through Zoom on your device or you can call on your telephone. Please call the Plainville Senior Center (860-747-5728) to register by Tuesday, July 14<sup>th</sup> so we can get you the information you need to participate.*



The World Health Organization estimates that over 250 million people worldwide live with Lymphedema. It is a disease that can cause pain and limit our mobility. Join a Certified Lymphedema Therapist (CLT) from Hartford HealthCare Rehabilitation to learn more about the causes and effects of swelling, ways to manage it and how participation in skilled Occupational and Physical Therapy can help. Presented by Theresa Plant, MS, OTR/L CLT-LANA, Hartford Hospital Rehabilitation Network. *Sponsored by Hartford HealthCare Senior Services.*

## CANVAS PEONIES PAINTING CLASS

No Art Experience Necessary! Canvas is Pre-Sketched!

**Thursday, July 16, 1:00 P.M.**

Cost \$15.00 includes pre-sketched canvas, all paint and paint brushes needed to paint a beautiful 8 x 10 canvas. The class will be taught on Zoom by an artist from the Claypen Art Studio. The instructor will lead you step by step to create a colorful peony canvas!



**Sign up begins July 6th. YOU MUST REGISTER BY July 10th.** Participants can either mail a check or stop by the Plainville Senior Center to drop off a check. We must have a minimum of 10 participants to run the class. Once we know we have the minimum number of students, we will contact you to come by the Center to pick up your canvas and materials.

# Even More Virtual Programs and Fun Events!

## **GRANDPARENTS RAISING GRANDCHILDREN**

**Tuesday, July 21, 11:00 A.M.**

Join us for our “virtual” Grandparents/Relatives Raising Grandchildren Information and Support Meeting. We will “meet” by Zoom—you can either do video or call in. We miss you! Please call the Plainville Senior Center at 860-747-5728 to register and receive the Zoom link.

## **ADVANCED DIRECTIVES, LIVING WILLS AND ADVANCED PLANNING.**

**Thursday, July 23, 10:00 A.M.**

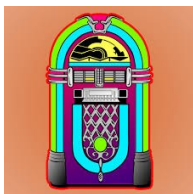
This program will be held on Zoom and you can use Zoom video or your telephone. Please call the Senior Center to register by July 13<sup>th</sup> to receive presentation materials and Zoom instructions.

Presented by Attorney Shirley Pripstein, Greater Hartford Legal Aid. Attorney Pripstein will discuss Health Care Directives, Health Care Power of Attorney, Living Wills, updating wills, and more.

## **JUKE BOX BINGO with DJ Keith Alan**

**Thursday, August 6, 1:00 P.M.**

Call the Senior Center by July 27th to register and receive your bingo card and Zoom link. You will need Zoom video in order to play. Listen to the songs, find them on your card, mark them off and yell Bingo! No need to worry if you can't think of the name of the song, the song title will be displayed on the screen so you can mark it off on your Bingo card. Don't miss out on the fun and the chance to win some cool prizes!!



## **UNDERSTANDING YOUR MEDICARE CHOICES**

**Tuesday, July 28, 7:00 P.M.**

*Call the Senior Center By Monday, July 27 to receive materials and participation Instructions.*



Using Zoom or your telephone, join Stephanie Soucy, Senior Center Social Worker for a discussion on Medicare options. If you're turning 65, new to Medicare, or deciding on retirement, you'll need to make important decisions about your health coverage! Stephanie will provide an overview of Medicare including the differences between traditional Medicare and Medicare Advantage plans, Medicare Part D and Medigap policies.

## **SENIOR CENTER VIRTUAL PROGRAMS**

Senior Centers from across the state are collaborating and sharing a variety of virtual programs with older adults in Connecticut. Have fun! Learn something new!

We recently emailed a list of upcoming state-wide programs to all Plainville Senior Center members who have an email address in our records. If you did not receive an email from us, but wish to receive this state-wide virtual program list, please email: [Guberman@plainville-ct.gov](mailto:Guberman@plainville-ct.gov) and we will forward the list to you. Please be sure to check your spam/junk mail as well.



## **FLAG RETIREMENT**

Announced by Representative William Petit and Senator Henri Martin

State Senator Henri Martin and State Representative William Petit will be collecting worn and tattered flags to donate for proper retirement at the American Legion Post 33.

The July 4th Flag Retirement collection will begin on **Tuesday, June 23 until Tuesday, July 7**. Flags can be dropped off at the Plainville Municipal Center located at 1 Central Square.



# Virtual Exercise Classes and Fun Stuff

## YOGA-LATES FITNESS CLASS

Begins Friday, July 10 at 11:00 A.M.

Taught by Nancy Pandolfo, this class will be taught on Zoom and a link will be sent to you once you register. Call the Senior Center to register.

This is a combo class of Yoga poses and Pilates core training which incorporates balance, stretching and relaxed breathing. For all fitness levels.

**New!**

## TELEPHONE BINGO with EVELYN!

Wednesdays at 1:00 P.M.

If you miss **BINGO** then join us for a weekly game over the phone or on Zoom so you can see other friends. Give us a call to register, so we can provide you with the call-in/Zoom information and we will also make arrangements for you to either pick up a BINGO card or have one mailed to you. Prizes include basic necessities such as toilet paper, Kleenex, or paper towels!!



## CHAIR YOGA with DIANA GUNTER

South Windsor Senior Center

Instructor

Every Thursday at 12:00 noon on Zoom.

**Zoom Meeting ID: 8993401834 Password: breathe**

## UKULELE CLASS!

**Advanced Class Tuesdays 1:00 P.M.**

**Beginners' Class Thursdays 10:00 A.M.**

Join Sue Hill as she teaches a ukulele class on the Zoom App. All you need is a ukulele and a desire to learn! Call the Senior Center to register.



## SILVER SNEAKERS CHAIR EXERCISE CLASS

Tuesdays at 1:30 P.M.

If you would like to participate in the Silver Sneakers Class, you must have Silver Sneakers through your health insurance. If you are not sure if you have Silver Sneakers through your insurance, call the 1-800 number on the back of your insurance card and ask if your plan covers the Silver Sneakers program. If it does, be sure to get your Silver Sneakers number, which is 16 digits and starts with 2300. If you have not participated in our Silver Sneakers class at the Plainville Senior Center, you will also need to sign a participation waiver. You can pick up a waiver at the Senior Center. Please email Nancy Pandolfo, Instructor, if you would like to take her class or if you have any questions: [Fitness123@live.com](mailto:Fitness123@live.com). **This is a ZOOM program.**



## Summer Scavenger Hunt!

Get up! Get Moving! Have Fun!

Email [Guberman@plainville-ct.gov](mailto:Guberman@plainville-ct.gov) your scavenger hunt photos by July 30<sup>th</sup> for a chance to win some cool prizes!

1. Take a selfie of yourself wearing a hat
2. Take a photo of a book you're reading or want to read
3. Take a photo of yourself wearing red, white or blue
4. Send us a picture of yourself wearing your mask
5. Send a picture of your favorite dessert



## FITNESS CLASS with JARED

Class will "meet" Mondays, Wednesdays and Fridays at 10:00 a.m. Fitness sessions will be 30 minutes of moderate intensity exercise to include everything from squats, to stretches, to upper body exercises. Much of the routine is based around a chair, but we will get up and moving too! This is a Zoom Program.

**Zoom Meeting ID: 78911998067/Password: fit**

## DMHAS MENTAL HEALTH SERVICES DURING COVID

The following mental health resources were shared by DMHAS

**DMHAS' website for programs/services for people who are deaf/deaf-blind/hard of hearing:**

<https://portal.ct.gov/DMHAS/Programs-and-Services/Statewide-Services/DMHAS-DeafDeafBlindHard-of-Hearing-Program-and-Services-DHOH>

**CCAR (CT Community for Addiction Recovery):** <https://ccar.us/> 1-866-205-9770

Email: [ccar2005@ccar.us](mailto:ccar2005@ccar.us) CCAR is offering daily online All Recovery meetings and other online meetings

**A.U. (Advocacy Unlimited):** <https://advocacyunlimited.org/> 1-860-505-7581

Email: [info@advocacyunlimited.org](mailto:info@advocacyunlimited.org)

**NAMI-CT (National Alliance on Mental Illness-CT chapter):** <https://namict.org/> (860) 882-0236

Email: [info@namict.org](mailto:info@namict.org)

**TriCircleInc:** <https://tricircleinc.com/tricircle-inc-a-response-to-covid-19/> (203) 631-1743 Offers Hope & Support groups & Hope After Loss groups

**CHR's Hero Hotline:** 1-888-217-HERO Daily 10am-8pm <https://www.chrhealth.org/2020/04/27/chr-launches-hero-hotline-888-217-hero/> statewide hotline for anyone who is struggling with acute stress during the coronavirus crisis.

**#CTSafeConnect:** 24/7 Call/Chat/Email 1-888-744-2900 <https://portal.ct.gov/DCF/COVID-19/Domestic-Violence---IPV>

**CT Department of Aging and Disability Services | State Unit on Aging** | 55 Farmington Ave 12<sup>th</sup> Floor, Hartford CT 06105 | local: 860.424.5274 | in-state toll free: 1.888.218.6631

## Cheer Report

*The Plainville Senior Center makes every effort to send **cheer, get well and sympathy** cards to our members who could use a lift of their spirits. If **you** know of someone who is hospitalized, convalescing, ill or has just lost a loved one, please let us know by calling us at 860-747-5728. Cheer cards mean so much to our members and the info helps us keep our records up to date. As always, many thanks to volunteer Carol Perry for sending out "cheer" on behalf of the Plainville Senior Center.*

### **May 7-June 15, Get Well & Thinking of You Cards were sent to:**

Carolyn Moore, Delores Cohen, Albert Muller, Gladys Pascus, Lucille Manka, Dawn Dallas, Marie Cassidy, Cathleen Macca, Robert Kopensky(2) Carol Wright, Josephine D'Addese, Circle Group, Donna Smith(2), Ann Krupinski, Agnes Ogonowski, Rita Dewyea, Hazel Decker, Evelyn Case, Ceal DiFrancesco, Cathleen Macca, Anna Smedick.

### **May 7-June 15, Sympathy Cards were sent to:**

Family of Mary Ziccardi, Francis Broderick, Family of John Lainey, Family of Shirley Pomoranski, Family of John Dieli, Family of Anna Glynn, Family of Edward Golebiewski, Family of Richard Nadeau, Vella Panella, Family of Elvira Giuliani, Family of Catherine Sladeck, Rosaleen Peters, Family of Paul Nelson(2), Vivian Arena, Family of Charles Moore(2), Pierre and Evelyn Morin, Family of Bernadette Caron, Family of Santina Mozzicato, Family of Lucy Pavano(4), Jeffrey Morneault, Grace and Robert Nelson, Maureen Duncan, Family of Gladys Merci, Family of Tom Blackler, Family of Walter Chaper, Family of Charles Kemp, Family of Janet Mastrianni (2), Family of Evangeline Picard, Family of Gary and Nancy Sabonis.

# Information that's good to know!

## New Mobile Food Share Site Open in Plainville

Plainville High School, 47 Robert Holcomb Way  
Every Other Monday: June 29; July 13 & 27; August 10 & 24  
11:00—11:30 a.m.

Perishable foods including fresh fruits, vegetables, dairy, meat and bread .  
This service is available to everyone 16 years and older. No identification needed.

Please remember to bring your own bags

For the entire Mobile Foodshare schedule visit: [www.Foodshare.org/mobile](http://www.Foodshare.org/mobile)

To check for other locations around Plainville and/or cancellations visit the website or call 860-856-4321.

Text **FOODSHARE to 85511** to receive the mobile schedule and cancellations alerts directly on your phone.

## BINGO AND SCAVENGER HUNT WINNERS

Many thanks to those who participated in the BINGO and Scavenger Hunt games that were in our April newsletter. Winners include:

**BINGO Grand Prize Winner:** Ann Campbell

**BINGO Consolation Prize Winners:** Jennie Bucchi, Eileen Cyr, Diane Doner, Sandy Therrien, Donna Wolicki

**Scavenger Hunt Winners:** Marge Burris, Pat Cancelli/ Sally Cobrain, Eileen Cyr, Donna Wolicki

## North Central Area Aging on Aging (NCAAA)

announces a new program for older adults who may be sheltering in place throughout the summer or are needing assistance in their home with at least 2 Activities of Daily Living (ADL's) such as bathing, dressing, transferring, toileting, eating or feeding him/herself **OR** are home confined either with **OR** without a caregiver **OR** family member's support. You can call the Caregiver Team at NCAAA at 860-724-6443 x230. If you want to discuss if you would be eligible for this program, please call Stephanie at the Plainville Senior Center 860-747-5728. Funding is available for fans, air conditioners, lift chairs, incontinence supplies and emergency response systems.

The Food Share program at the Seventh Day Adventist Church is available on Wednesdays, for Plainville individuals needing assistance with food. For more information about eligibility and hours contact: Laurie (860) 747-5867. Drive up a volunteer will put the groceries in your car!



Our Facebook page is up and running! Be sure to check us out and "Like Us"! Our Facebook page has a big letter "P" in a blue circle and our logo is our "cover page".



## FREE HANDMADE MASKS

You may pick up free handmade washable and reusable face masks at the Senior Center during our regular hours of operation. Also, if you are crafty, we have fabric available if you would like to make some masks to donate to the Plainville Senior Center.

We would also like to thank those who continue to provide handmade masks to our Senior Center!



## DIAL-A-RIDE

Our Dial-A-Ride is still rolling along! If you need a ride to a doctor appointment, grocery store, pharmacy or bank call Nancy at HRA

860-589-6968 to schedule a ride. We operate on Monday, Wednesday and Friday's . You must wear a mask and we cannot transport anyone who is feeling ill.

## UNITED STATES CENSUS 2020

Now more than ever it's important to complete your census. It is safe, easy, and important for your community.

**RESPOND NOW!**

By phone: 844-330-2020 for English, 844-468-2020 for Spanish or online at [www.2020census.gov](http://www.2020census.gov)

# Donations

**The Senior Center Always Needs Sympathy, Get Well and Thinking of You Cards!** We send cheer, get well and sympathy cards to our members who could use a lift of their spirits. If you wish to donate cards, please drop them off at the Senior Center (ring door bell). We appreciate it! **We do not use religious cards or mass cards.** If you know someone who needs a smile, please let us know! **Please note:** *When you bring donations to the Senior Center, please give us your name and what you are donating so that we may list your name in the Newsletter. (If you wish your donation to remain anonymous, please let us know.) We do our best not to leave any donor's name off the list; but if we do, please let us know so we can include it in the next Newsletter.*

## **GENERAL DONATIONS, APRIL 30 TO JUNE 18**

Frank Broderick, Anonymous(2), Rosaleen Peters, Mary Giuliani, Kathleen Knox, Virginia Salmon, Edna Irving, Debbie Nelson, Helen Zeleniuk, Richard Kowalcayk

## **DIAL-A-RIDE DONATIONS, APRIL 30 TO JUNE 18**

Carol Wright, Rosaleen Peters, Charlotte Politis, Annemarie Desroberts, Marianne Grace, Carol Loiselle, Barbara Martin, Carol Nicolucci, Elizabeth Novosett, Diane Sperry.

## **MEMORIAL DONATIONS**

**April 30 to June 2**



The Senior Center has a Memorial Fund for people wishing to make a donation in memory of a friend or relative.

Checks may be made out to the Plainville Senior Center. The deceased person's name will be listed in the Memorial Book displayed in our Lounge, along with the donor's name. Memorial donations are used to enhance the operation of the Senior Center.

- ◆ **In Memory of: Bernadette Caron**  
By Evelyn and Pierre Morin
- ◆ **In Memory of: Mr. Sylvan Devlin from Ireland**  
By Rosaleen Peters
- ◆ **In Memory of: Kay Nevelos**  
By Paula and Peter Flint

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\* **THIS NEW MEMBER JOINED THE SENIOR** \*  
\* **CENTER IN MAY, 2020!** \*  
\*\*\*\*\*

Rosalind Marshall

## **AARP ON-LINE SMART DRIVER CLASSES Good through: July 31, 2020**



If you need to renew your car insurance discount due to course cancellations, you can take the AARP Smart Driver online course.

AARP is offering a special 25% off discount for those who may have to take it online now. This offer is to keep the price close to the classroom course price. Promo code for 25% discount: DRIVINGSKILLS Website: [www.aarpdriversafety.org](http://www.aarpdriversafety.org)

## **UR Community Cares Is Coming to our Area**

UR Community Cares was founded to connect people who need at-home help with volunteers who want to help. Services are provided to those 70 and older, as well as those over 18 with a physical injury or a temporary or permanent disability! Services include ( and are not limited to) shopping or dropping off food, pet walking, companionship, taking out the trash, yard cleanup plus anything else that provides peace of mind in difficult times. Many jobs can be 'contact-less' during COVID-19 times. Volunteers and those receiving home assistance are background checked for safety. A new non-profit, U R Community Cares, currently has over 130 volunteers serving nearly 70 Connecticut towns.

If you, or someone you know, would like to volunteer to help his/her neighbors; or if your group would like to take on a community project, please go to **[www.URcommunitycares.org](http://www.URcommunitycares.org)**. If you do not use the internet, call Michelle Puzzo at 860-430-4557 for information. You can donate as many or as few hours as you wish.