

NEWS & EVENTS

MARCH 2021

Shawn Cohen, Director

Ronda Guberman, Assistant Director

200 East Street, Plainville, CT 06062

860.747.5728

www.painville-ct.gov/senior-center

Senior Center Hours: Monday 9:00—6:00 pm, Tuesday, Weds, Thursday 9:00—5:00 pm, Friday 9:00—1:00 pm

Stephanie Soucy, Senior Center Social Worker, is available to assist with concerns about caregiving, Medicare, financial assistance, assistance at home and more. No question is too small. Call Stephanie at 860-747-5728.

COVID Vaccine Clinic at Plainville Senior Center & Other COVID Vaccine Information

The Senior Center will be holding a limited Vaccination Clinic for Plainville residents 60+ and Plainville Senior Center Members on **Friday, March 19**. **Please call the Senior Center beginning March 2nd to register for an appointment.** Additional information about scheduling a vaccine is listed on page 2 of this newsletter. If you need help scheduling an appointment, please call the Senior Center.

FREE MASK DISTRIBUTION (DRIVE THRU OR WALK-UP)

THURSDAY, MARCH 11, 1:00 – 2:00 P.M. (OR UNTIL THE MASKS ARE GONE)



Senior Center members are invited to stop by the Senior Center to receive free masks compliments of Bob and Amy Stefanowski, who worked with the Jewish Federation in 2020 to create the Masks For Heroes Foundation. Many thanks also to State Senator Henri Martin and State Representative Bill Petit for their efforts in distributing these masks to older residents in Plainville.

GET TESTED FOR COVID-19
At the Plainville Senior Center

TUESDAY, MARCH 2, 9:00 TO 1:00

The testing is **FREE**. No insurance necessary. This is a PCR Test. The results are available 3-4 days after being tested. Drive-In. No need to get out of your car. No appointment necessary! Enter on Stillwell Drive.

Community Health Center also does daily testing at 85 Lafayette St., New Britain and 395 North Main Street, Bristol.

INCOME TAX ASSISTANCE-TWO OPTIONS

#1. AARP Tax Aide Program at

Plainville Senior Center: Call the Senior Center to inquire about available appointments or to be put on our waiting list.

#2. HRA VITA Tax Aide Program: HRA in New Britain and Bristol are offering free drop-off income tax assistance by IRS-certified volunteers for families and individuals whose total household income is \$56,000 or less. Please call 860-356-2000 or 860-826-2278 to schedule a drop-off appointment. Dial-a-Ride can bring you to HRA if you need a ride.

COVID Vaccine Information

Currently, individuals 65 and older can schedule an appointment for a vaccine and as of March 1st individuals ages 55 and over can schedule an appointment for a vaccine. Information about the current phases for receiving the vaccine can be found at: <https://portal.ct.gov/Coronavirus/COVID-19-Vaccinations>

Good news! The Plainville Senior Center will be holding a COVID vaccine clinic on Friday, March 19th for Plainville residents 60 and older or a Senior Center member. Please call the Senior Center beginning March 2nd to schedule an appointment. We will also schedule you for the second shot which will be scheduled for April 16th.

There are several other options for scheduling an appointment for a vaccine:

Call the CT COVID Vaccine Appointment Assistance Line at 1-877-918-2224. The phone system was created in partnership with the Department of Public Health and United Way of Connecticut and is specifically targeted to provide support for eligible vaccine recipients who have limited technology access, or who have language, disability, or other barriers that could prevent them from using existing self-scheduling options successfully. The line will take calls on Mondays through Fridays from 8:00 a.m. to 4:30 p.m. and will offer a call-back option when all contact specialists are busy serving other callers. The team will aim to return calls as soon as possible, with the goal of same-day response.

Call 2-1-1 for assistance in scheduling an appointment and finding a vaccination site near you. You may need to leave a message on the 2-1-1 voicemail. Someone will return your call, although it may take a few days.

Visit Hartford HealthCare at: <https://hartfordhealthcare.org/health-wellness/covid-vaccine/schedule-your-vaccine> Once you go to the Hartford HealthCare website, go to your MyChart Plus account or create a new MyChart Plus account.

Call Hartford HealthCare Access Center at 860-827-7690 or toll-free 833-943-5721.

Visit UConn Health <https://health.uconn.edu/coronavirus/covid-vaccine/> or call 860-679-5589

Visit CVS: <https://www.cvs.com/immunizations/covid-19-vaccine#statetool>

Visit Walgreens: <https://www.walgreens.com/topic/covid19vac/CT>

Visit Walmart: <https://www.walmart.com/cp/1228302>

Create a VAMS Account. Visit <https://dphsubmissions.ct.gov/OnlineVaccine>

Once an account is activated, you can search available locations and times for vaccination appointments. You will need an email address in order to use the VAMS system. Married couples will need separate email addresses. Once an account is activated, you can search available locations and times for vaccination appointments.

We may be able to provide transportation if your vaccine is scheduled for Plainville, Bristol, Southington, New Britain or Farmington. Dial-a-Ride is available Monday – Thursday 9:00 – 3:00 or Fridays 9:00 – 12:00. If you need a ride, please be sure to schedule your vaccination appointment within these hours.

Please call the Senior Center if you need have any questions or need help with scheduling a COVID Vaccine. 860-747-5728

CLASS & ACTIVITY DESCRIPTIONS

Even though reservations are needed for classes, pool, crafts, PEAK Center etc. if you feel that you would like to come in the day of an activity please call the Senior Center and we will be happy to see if there is an opening for you!

BILLIARDS: You must call the Senior Center to reserve a play time. Two players maximum. No spectators. Bring your own cue stick (if possible). Play time is limited to 1 hour. Call the Senior Center or register on line to reserve your space.

BINGO: Wednesdays 1:00 p.m. Bingo will be allowed for up to 20 people including Bingo volunteers. Paper bingo cards will be used instead of our regular bingo cards. Dabbers will be available to purchase (\$1.00) or you can bring your own. You are not allowed to borrow other people's dabbers. If you forget your dabber, you can purchase another one (\$1.00) from the Senior Center. Bingo will be 1 hour per State guidelines. Call the Senior Center to reserve your space.

COLORING CLUB: Wednesdays 3:00—4:00 p.m. Call the Senior Center or sign up on-line to reserve your space. Participants are not allowed to share supplies. The Senior Center has coloring books, colored pencils, crayons, etc. if anyone needs coloring supplies (free).

COMPUTERS: Advance appointments to use the computers are necessary. For Senior Center members only. Time limit is 1 hour. Individuals must sanitize the keyboard and mouse prior to and after using the computer. Masks must always be worn. Call the Senior Center or register on line to reserve computer time.

CURRENT EVENTS DISCUSSION GROUP: Tuesdays 1:00 p.m. Stay current by joining our lively discussion of local, state and national news, as well as current events. While the group does not discuss politics, they do talk about health, the environment, science, local happenings in Plainville, world events and more. Call the Senior Center to sign up.

OPEN QUILTING: Wednesdays 9:30 – 10:30 a.m. Call the Senior Center or register on line to reserve your space. Participants are not allowed to share supplies.

OPEN KNITTING/CROCHET: Thursdays 1:00 – 2:00 p.m. Call the Senior Center to reserve your space. You must call each week to reserve a seat. Participants are not allowed to share supplies.

PEAK CENTER: If you would like to resume your PEAK Fitness Center membership, you must attend a free review session with our Fitness Trainer. We must be certain that everyone remembers how to use the equipment safely and correctly. Please call the Senior Center to schedule an appointment. The Fitness Center is open by appointment for people who have gone through the review session. Equipment will be limited and spaced to allow for a 12-foot social distance between individuals. MASKS MUST BE WORN AT ALL TIMES. Participants will be required to sanitize the equipment before using and after using each piece. Spray sanitizer and paper towels will be available. Call the Senior Center to schedule your workout time.

POWER BURST: Mondays 1:00 p.m.

Class limited to 5 students. Students must stay within their predesignated 6-foot square. Masks must be worn at all times. Must reserve a space for every individual class. Call the Senior Center on the Wednesday prior to the following Monday class. Pay \$2.00 at each class. Check or exact change a must.

Description: This class includes intervals of low-impact movement including walking, marching and other moves to benefit the heart. Strength training with light weights and bands are included to help maintain strength and bone density and tone the body. It is a great overall workout. **Instructor: Caroline Dube**

Continued next page

CLASS & ACTIVITIES DESCRIPTIONS (continued)

Even though reservations are needed for classes, pool, crafts, PEAK Center etc. if you feel that you would like to come in the day of an activity please call the Senior Center and we will be happy to see if there is an opening for you!

TELEPHONE BINGO: Thursdays 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. We will also make arrangements for you to either pick up a BINGO card or have one mailed to you. Prizes could include toilet paper, lottery tickets, paper towels.

VISITING: Per state guidelines, people will not be allowed to drop-in and “visit”. We have established “visiting” times throughout the week. Visiting times will be limited to 1 hour per person. Call the Senior Center or register on line to reserve a visiting time (check the calendar for dates and times).

WALKING: Daily indoor walking. Call the Senior Center or register on line to reserve your walking time. Limited to 30 minutes and 3 walkers per appointment time. Masks must always be worn, and walkers must adhere to 6-foot social distancing.

VIRTUAL QUILTING & VIRTUAL KNITTING GROUPS

Although the Senior Center is open and people can come and quilt and knit in person, we’re offering an opportunity for people to “visit” on Zoom and share their projects from the comfort of their own homes.

Virtual Quilting: Tuesdays at 3:00 p.m., **Virtual Knit/Crochet:** Wednesdays at 3:00 p.m. Call the Senior Center to register and receive the Zoom links.

NEW ZOOM/VIRTUAL PROGRAM OPTION!

With any of our advertised Zoom/Virtual Programs, if you prefer, you can now come to the Senior Center to participate in a program on our public computers through Zoom (we will set it up for you). Space is limited. Call the Senior Center to register for any of our interesting and fun programs!

ZOOM HELP AVAILABLE BY PHONE THROUGH THE SENIOR CENTER

More and more programming and classes are now being offered virtually. If you have a smart phone, tablet or computer, you can take advantage of many programs on Zoom. If you haven’t given it a try or need help learning how to use it, call the Senior Center! Call the Senior Center to schedule your telephone appointment, 860-747-5728.



CARING AND CONNECTING

Would you like someone to chat with? We have volunteers who are happy to connect with folks to say “hello” and to help brighten someone’s day, especially during these difficult times. Call Morgan at the Senior Center, if you’d like a call or if you would like to volunteer.

STORM CLOSING INFORMATION

Announcements regarding cancellations of activities, programs, classes, PEAK Fitness Center and Dial-a-Ride are made on the following television channels and websites: WFSB, NBC30, and Fox61. If Senior Center activities are cancelled, the Center remains OPEN and staff are available by telephone. Please call the Senior Center if you have any questions.

PROGRAM AND EVENTS

MARCH BIRTHDAY BASH

WEDNESDAY, MARCH 10

2:00 P.M.-3:00 P.M.

If you have a birthday in March, please join us for a drive-by birthday treat! **Call the Senior center by March 9 to register so we know how many birthday surprises to prepare.**

EXPLORE NASHVILLE

THURSDAY, MARCH 11, 2:00 P.M.

Zoom from home or at the Senior Center

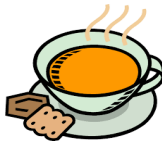
Join tour guides from Friendship Tours as we take a virtual visit to Nashville's most popular sites, including an inside look at the Country Music Hall of Fame and Museum and the Ryman Auditorium. Take a "walk" through Nashville's historic downtown and Music City Walk of Fame Park. Learn how to make your own Goo Goo Cluster, the world's first combination candy bar!

Our trip to Nashville would not be complete without a visit to the Grand Ole Opry! Go backstage and see the dressing rooms and learn the history of the show that made country music famous. **Call the Senior Center or register on-line beginning March 3rd to register.**

CREAMY GNOCCHI SOUP (on Zoom)

MONDAY, MARCH 15, 11:30 A.M.

We'll be making a Creamy Gnocchi Soup, and you'll be making Ricotta Gnocchi from scratch along with Katie, Registered Dietitian from Food Explorers! You'll need the following ingredients: ricotta, 3 eggs, grated parmesan, flour, 4 cups chicken OR vegetable broth, milk, 1 onion, 1 zucchini, 2 sticks celery, carrots and your choice of seasonings: thyme, rosemary, bay leaf, etc. A cheese grater is recommended. **Call the Senior Center beginning March 3rd to register or register on-line.**



PLANNING YOUR VEGETABLE GARDEN: CHOOSING SUCCESSFUL VARIETIES AND FINDING ORGANIC SUPPLIES

TUESDAY, MARCH 16, 3:00 P.M.—4:00 P.M.

**(on Zoom at home or at the Senior Center)
Presented by Jared Scoville.**

If you have been gardening for any length of time you know what the winter is all about reading seed catalogs, picking out new varieties to try, and planning your garden! This virtual presentation with Jared will feature lots of practical information on strategies to successfully plan a well-yielding garden. From choosing the right tomato plants, to starting seeds, to where you can find local garden plants and supplies this will be a jam-packed informational session. There also will be a time during the presentation for information swapping! Jared wants to hear what you plan to grow this year, and will be sharing about his favorite plant varieties from last year, and new ones for the 2021 season. **Call the Senior Center beginning March 3rd to register or register on-line.**

ST. PATRICK'S DAY CELEBRATION with GREEN BAGELS

WEDNESDAY, MARCH 17, 10:00 A.M.-11:00 A.M.

Celebrate the Luck of the Irish with a green bagel and assorted treats! You can **pick up your green treat bag between 10:00 A.M. – 11:00 A.M.**



"FROM IRELAND TO AMERICA"

WEDNESDAY, MARCH 17, 3:00 P.M.

(Zoom from home or at the Senior Center)

Join us in the afternoon at **3:00 P.M.** for a special concert called **"FROM IRELAND TO AMERICA"**. This concert is presented by Roger Tinckwell, singer, yodeler, and multi-instrumentalist. **From Ireland to America** is a festive music program celebrating traditional Irish music and culture. The concert includes a variety of traditional Irish and Irish-American songs and instrumentals. Lovely Irish ballads, work songs and familiar Irish sing-alongs are interspersed with lively jigs and reels instrumentals. Roger performs using guitar, banjo, mandolin, Irish bouzouki, Irish bodhran (drum), harmonica, pennywhistle, and spoons. **Call the Senior Center by March 12th to register.**

MORE PROGRAMS & EVENTS

BEREAVEMENT SUPPORT WORKSHOP via Zoom

STARTING WEDNESDAY, MARCH 17

WEEKLY; 3:30-5:00 OR 5:30-7:00

Join us for a **7 week program** providing professional and peer support through the Wolfson Palliative Care Program. This program is a Webinar via Zoom. There is no fee to participate. The space is limited.

To register: [Hartfordhealthcare.org/virtualclasses](https://www.hartfordhealthcare.org/virtualclasses) or call 1-855-HHC-HERE (1-855-442-4373).

After registering, you will be contacted by the group leader to confirm interest and eligibility. Log-in information will be provided at that time.

For more information, please call Nadine Toce, LCSW at 860-224-5463.

MARCH BOOK CLUB IN PERSON: “THE ONLY WOMAN IN THE ROOM” by MARIE BENEDICT

FRIDAY, MARCH 26, 10:00 A.M.

Hedy Lamarr, known for her stunning beauty and screen presence, also had several deep secrets. One of them is buried deep in your cell phone. Intrigued? Join facilitator Kathleen Marsan and fellow bibliophiles in a safe environment conducive to an exciting discussion regarding entanglements, conspiracies, tyrants, and a futuristic twist! Books are available at the Plainville Library front desk and ebooks may be borrowed on Libby and Kindle. The group is limited to 6. **Call the Senior Center beginning March 3rd to register.**

SHARPIE COASTERS

THURSDAY, MARCH 18, 2:00 P.M.

Learn how to make beautiful marbled coasters using Sharpie markers during this simple and fun activity. Great for novice crafters! A free supply kit, provided through a grant from the Department on Aging & Disability Services, CT Senior Center Project: CARES Act is provided. You will need to have some rubbing alcohol nearby. A spray bottle works best! *You can do this program at home on Zoom, or if you prefer, you can come to the Senior Center to do the program on our Zoom (we will set it up for you). Supplies will need to be picked up ahead of time, if you are planning on doing the class at home. Space is limited.* Instructor: Lindsey Hottin. **Sign up has begun.**

THAT’S WEIRD! (on Zoom or In Person)

WEDNESDAY, MARCH 24, 3:00 P.M.

That’s Weird: An ordinary-looking map with a sinister surprise. Earrings made of human hair. A piece of a revered Connecticut tree carved in the shape of a....ham? Museums are full of objects that make staff and visitors say, “Huh?”. But what makes these objects so strange to us? What makes an object “weird”? This presentation explores some of the Connecticut Historical Society’s strangest items. You will learn how even the oddest artifacts can be gateways into a deeper understanding and appreciation of our state’s history. **Call the Senior Center beginning March 3rd to register or go on-line to register. You may see this presentation on Zoom from home or Zoom at the Senior Center. Presented by the Connecticut Historical**

VIRTUAL MEMORY SCREENING

FRIDAY, MARCH 19, 10:00 A.M.—12:00 NOON

(on Zoom from home or at the Senior Center)

Free confidential Virtual memory screening with Michelle Wyman, Dementia Specialist, Hartford Health Care Center for Healthy Aging. These confidential memory screenings average 20 minutes and consist of 5 questions to assess memory. They do not diagnose any illness but can indicate if someone should follow up with a full medical exam. **Call the Senior Center to schedule an appointment.**

SOUPER SOUP LIVE COOKING CLASS: MATZO BALL SOUP ON ZOOM

WEDNESDAY, MARCH 24, 11:30 A.M.

Call the Senior Center or go on-line beginning Wednesday, March 3rd to register and to have the recipe emailed to you and to receive zoom link instructions.



Margaret Lemrise, one of our café volunteers leads these wonderful and tasty soup classes! This month, learn to make Matzo Ball Soup! Yummy!

AND MORE PROGRAMS & EVENTS

TEXTURE PAINTING

THURSDAY, MARCH 25, 2:00 P.M.

Learn how to paint with texture, combining elements of splatter painting, pour painting, and more. A free supply kit, provided through a grant from the Department on Aging & Disability Services, CT Senior Center Project: CARES Act. This craft is messy but fun! You can do this program at home on Zoom, or if you prefer, you can come to the Senior Center to do the program on our Zoom (we will set it up for you). Supplies will need to be picked up ahead of time, if you are planning on doing the class at home. Space is limited.

"BIRCH BRANCHES" PAINTING

TUESDAY, APRIL 13, 2:00 P.M.

Join us and learn how to paint a whimsical birch forest in bright colors that are perfect for spring. No paint experience is required; great for beginners! A free supply kit, provided through a grant from the Department on Aging & Disability Services, CT Senior Center Project: CARES Act is provided. You can do this program at home on Zoom, or if you prefer, you can come to the Senior Center to do the program on our Zoom (we will set it up for you). Instructor: Lindsay Hottin.

Please call the Senior Center beginning March 3rd to register.



BEYOND THE BREED: EXPLORING DOG DNA

THURSDAY, APRIL 15, 11 A.M.

Test your knowledge of different dog breeds and learn how genetics contribute to pet health.

Want to reveal your dog's DNA results at the program? Just email a photo of your dog and their results to outreach@cthumane.org. Co-sponsored by the Plainville Public Library.

Call the Senior Center or go on-line to register. You may attend the program on Zoom at home or on Zoom at the Senior Center.

PAMPER YOURSELF!

How long has it been since you indulged in self-care? Pamper yourself with our new wellness kits. We will provide you with all of the ingredients and instructions you need to make a delightful hand scrub to exfoliate, moisturize and renew your skin at home and at your leisure. Call the Senior Center beginning March 3 to secure your kit! We will let you know when the kits are here. Kits provided through a grant from the Department on Aging & Disability Services, CT Senior Center Project: CARES Act.

COMPLIMENTARY JIGSAW PUZZLES AND BRAIN GAME BOOKS

Do you like sudoku, word searches, crosswords, jigsaw puzzles, and other stimulating games? Not only are these challenges fun but they can also benefit your brain. Studies have shown these puzzles can help improve memory, focus, vocabulary and much more. Give the Senior Center a call if you'd like some complimentary jigsaw puzzles or a book of brain games funded through a grant. The grant is provided through a grant from the Department on Aging & Disability Services, CT Senior Center Project: CARES Act.



AARP VIRTUAL COMMUNITY CENTER EVENTS

AARP Virtual Community Center is offering a wide variety of online events and classes designed for learning, self-improvement and fun!

Just go on-line to:

<https://local.aarp.org/virtual-community-center/>

Once on-line, you will see a variety of interesting topics such as Entertainment, Live Healthier, Drive Safely, Classes and more!

VIRTUAL FITNESS PROGRAMS

SILVER SNEAKERS CHAIR EXERCISE CLASS on Zoom

Wednesdays at 2:30 P.M.

Free for people with Silver Sneakers through their health insurance. If you do not have Silver Sneakers, please contact Nancy Pandolfo, to make arrangements to pay for the class. 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. New Silver Sneakers students must sign a waiver prior to taking the class. 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.



YOGA-LATES FITNESS CLASS ON ZOOM

Fridays at 11:00 A.M.

Taught by Nancy Pandolfo. Call the Senior Center to register and receive Zoom link. This is a combo class of Yoga poses and Pilates core training which incorporates balance, stretching and relaxed breathing. This is a chair class using light weights (if desired). For all fitness levels.

CARDIO CHAIR FITNESS WITH NANCY ON ZOOM

Mondays and Wednesdays 10:00 A.M.

Call the Senior Center to register and receive the Zoom link.

Everything you can do standing you can also do sitting! This class will include marching, knee lifts, kicking, light weights, abs, core and stretching all from the comfort of your own home! Instructor: Nancy Pandolfo

PROGRAMS/CLASSES from SOUTH WINDSOR SENIOR CENTER

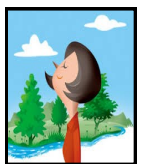


CHAIR YOGA with DIANA GUNTER—South Windsor Senior Center

Every Thursday at 12:00 noon on Zoom. **Zoom Meeting ID: 8993401834 Password: breathe**

MONTHLY BETTER BREATHERS CLUB Thursday, March 18, 2:30 p.m.

We are always welcoming new members to our Better Breathers Club. Caregivers are also welcome! This month we will play a game of Trivia! Test your wits about COPD and have some fun at the same time. Be ready with a beverage and some munchies. Call or email Susan at: 860-648-6398, Susan.gouin@southwindsor.org to register, to get the schedule and to get the zoom link.



WELLNESS WEDNESDAYS each Wednesday at 2:30 PM

Every Wednesday we will discuss a new topic (listed below) on Heart Health.

3/3: The Healthy Heart DASH Diet; **3/10:** Keto and Low Carb Diets; **3/17:** Plant Based Diets; **3/24:** Understanding Food Labels; **3/31:** Dining Out-Make it Healthy. Sessions are 1 hour long.

*Presented by Susan Gouin, MS, Health Educator. **Meeting Info: ID 8908984476; Password 006420***



Additional PROGRAMS/CLASSES from SOUTH WINDSOR SENIOR CENTER

TAI JI QUAN: Moving for Better Balance Class! On Zoom

Tuesdays and Fridays 2:00 p.m.—3:00 p.m.

The South Windsor Senior Center and the CT Healthy Living Collective will be running this class. Limited spots available. This 24 week program will run twice a week from 3/16/21 to 10/1/21. This is a virtual class held via Zoom. Please RSVP by March 10th to Susan Gouin, Program Coordinator.

Email: susan.gouin@southwindsor.org, Phone: 860-648-6398.



FOODSHARE AND SUPPORT GROUPS

MOBILE FOODSHARE SITE IN PLAINVILLE: NORTON PARK, 15 Norton Park Road

MONDAYS: MARCH 8, MARCH 22 AND APRIL 5 11:00 A.M.—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 Food Share schedule visit: www.Foodshare.org/mobile. To check 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 cancellation alerts directly to your phone.



THE FOOD SHARE PROGRAM AT THE SEVENTH DAY ADVENTIST CHURCH

Wednesdays for Plainville individuals needing assistance with food. For more information about eligibility and hours contact: Laurie (860) 747-5867. Drive up and a volunteer will put the groceries in your car!

CAREGIVING CONNECTIONS

TUESDAY, MARCH 16, 10:00 A.M.

Join your caring friends **IN PERSON** 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. Come share and be nourished. Caregivers from neighboring towns are welcome! Call the Plainville Senior Center at 860-747-5728 or go on-line to register. Masks must always be worn and social distancing must be followed. You must register to attend.



GRANDPARENTS RAISING GRANDCHILDREN

TUESDAY, MARCH 23 10:30 A.M.

If you are raising a grandchild or other young relative, you are not alone. Join us **on ZOOM** for our Grandparents/Relatives Raising Grandchildren Information and Support Meeting. Come and share resources, ideas, struggles, joys and more with other older adults in the area who are raising children and teens. Please call the Plainville Senior Center at 860-747-5728 or go on-line to register and receive the Zoom link. *Funding is made possible in part by the North Central Area Agency on Aging through the Older Americans Act.*



HEAVY CLEANING HELP AVAILABLE FOR QUALIFIED INDIVIDUALS

When was the last time your house or apartment had a deep cleaning? The Senior Center has received grant funding from the North Central Area Agency on Aging to assist individuals with heavy duty cleaning in their homes: cleaning the oven, cleaning the inside and underneath the refrigerator, moving furniture to vacuum floors, scrubbing bathtubs/showers, dusting ceilings, washing walls and so much more. If this is something that you would be interested in or like more information about, please call Stephanie Soucy at the Senior Center.

VETERAN'S BENEFITS

Do you need assistance applying for veteran's benefits? Are you wondering what services and programs you might be able to access at the VA? If you served in Vietnam and were turned down for medical assistance in the past, you may now be able to get assistance.

Jason Coppola from the Connecticut State Department of Veteran's Affairs, Office of Advocacy and Assistance is available by phone to help you with all your Veteran Benefit needs. You can reach Jason at 203-805-6340 (please leave a message).



VETERANS! ARE YOU IN NEED OF A WINTER JACKET OR COAT?

The Veterans Strong Community Center can help! Please call 860-584-6258 to schedule an appointment....We need your name and jacket size. We are located at 111 North Main Street in Bristol.

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 and we will forward the list to you. Please be sure to check your spam/junk mail as well.

MEDICARE ADVANTAGE OPEN ENROLLMENT PERIOD

The Medicare Advantage Open Enrollment Period (MA OEP) ends 3/31/21. This period allows beneficiaries who are already enrolled in a Medicare Advantage Plan to make certain changes.

During the MA OEP, beneficiaries already enrolled in a Medicare Advantage Plan can:

1. Switch to another MA Plan (with or without drug coverage). 2. Return to Original Medicare (this is done by simply enrolling into one of the 27 stand-alone drug plans for 2021. Beneficiaries who do so should also consider purchasing a Medigap plan).

During the MA OEP, beneficiaries enrolled in Original Medicare cannot: 1. Switch from Original Medicare Advantage Plan. 2. Switch from one stand-alone drug plan to another. If you have any questions, please call Stephanie at the Senior Center, 860-747-5728.

ENERGY ASSISTANCE The State of CT Energy Assistance Program is available to income eligible residents to help assist in lowering winter heating costs. This year a family of one could possibly make \$36,171 (gross) and a family of two could possibly make \$47,300 (gross) and qualify for the program. Asset Limit for homeowners is \$15,000 and \$12,000 for renters. HRA is located at 55 South Street, Bristol. YOU MUST APPLY EVERY YEAR. Please call 860-356-2000 or go online to: <https://hranb-portal.communityappointments.com> to schedule your appointment. Call Stephanie with any questions or to assist with making an appointment online.

Donations

JANUARY 21-FEBRUARY 24

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.

MEMORIAL DONATIONS

In Memory Of: Lucy Pestillo by Chuck & Rosemarie Santucci; Bruna Badon by Charlie & Olga Stepney; Barbara Hardy by Barbara Wallace

GENERAL DONATIONS:

Charlotte Politis, Rosaleen Peters, Jackie Harvey, Marianne Grace, Susan Cassile

DIAL-A-RIDE DONATIONS:

Dorothy Mikulak, Rosaleen Peters, Barbara Barton, Tom and Carol Bianco, Susan Desrochers, Sandra Slade

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.

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 logo is our "cover page".

Cheer Report

JANUARY 21—FEBRUARY 18

*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.*

GET WELL & THINKING OF YOU CARDS WERE SENT TO:

Priscilla Gundry, Peter Cellino, Vicky and Michael Chapman, Wendell Copeland, Sally Miller, Sally Cobrain, Pat Cancelli, Vivian Arena, Lynne Krakauske, Laurette Ortner, Phillip Heim, Ann Campbell, Joan Litteral, Donna Cook, Elaine Wyzga, Marge Burris, Cathleen Macca, Ann Smedick, Hazel Decker, Ceal DiFrancesco, Evelyn Case, Rosaleen Peters, Helena Niziolek, Norma Weisenburger

SYMPATHY CARDS WERE SENT TO THE FAMILIES OF:

John Green, Donna Dupont, Judith Sunbury, Richard Maura, Lucy Pestillo, Peter Krupinski, Robert Lewis, Barbara Hardy, Al Cambo.

Also: Carol Kaine, Rosemarie Babin, Joan Proko, Elizabeth Cardona, Heidi Famigletti, Pat Olmstead, Pat Delaney, Marlene and Mark Santucci, Barbara Kijanka.



NEW MEMBERS

January 1 to January 31

Joan Calistro, Stranna Hammond, Marilyn Renaud, George Cap, Victor Galati, Theresa Donovan and Marci Negro

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BC= Back of Calendar

VOLUNTEERING

VOLUNTEER GREETERS/CHECK-IN NEEDED: Greet members coming into our Center.

Following the CDC/State guidelines, you will have our guests fill out the COVID-19 Screening Form, have them scan their membership card and direct them to their appointments, classes, etc. We are looking for both weekly volunteers as well as floaters to fill in when needed. Morning hours are 9-1pm and afternoon hours are 1-4pm Monday through Thursday. Friday hours are 9-1pm.

UR COMMUNITY CARES

DO YOU NEED HELP WITH:

- Dust
- Wash dishes
- Iron
- Pet Care/Walk Pets
- sweep/vacuum
- Water Plants
- change linens/make bed
- Yardwork
- Socialization
- Deliver Groceries
- Medical Appointments

We can help fill the gaps of traditional at-home care services by mobilizing residents to care about and connect with each other.

HOW TO PARTICIPATE: Using our secure website, interested Volunteers and Community members each create an online profile and upload an ID-type photo (to allow one another to be recognized upon arrival for the in-home visit). When a Community Member submits a request for a Community Deed, local registered Volunteers are notified by email/test then sign into their account to view and accept or decline it. Please call Stephanie at the Plainville Senior Center for more information.

PLEASE STAY HOME IF YOU FEEL SICK

Please do not come to the Senior Center if you are under quarantine or have been exposed to COVID19. Please do not come to the Senior Center if you feel ill. We cannot transport you on Dial-A-Ride if you feel sick. Please contact your doctor if you feel ill.

THANK YOU TO THE ARCHDIOCESE OF HARTFORD'S ARCHBISHOP'S ANNUAL APPEAL OUTREACH PROGRAM

The Plainville Senior Center is proud to announce that we have been awarded a generous donation from the Annual Appeal. The Dial-A-Ride Program at the Senior Center (a necessity for so many of the seniors in Plainville), which was providing over 7,000 rides per year before the pandemic, is the recipient of these funds. We are honored to have been selected for this important financial assistance and appreciate the generosity of the Archdiocese of Hartford.