

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 also available for people needing assistance with Medicare, Food Stamps, Financial Assistance, Food Pantry help and more.

facebook 

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”.

We hope this newsletter finds our members doing well. We know it is a difficult and challenging time for everyone as we are all being stretched beyond our limits for coping with the uncertainty of these days and weeks. It’s hard to believe that the Senior Center has been closed for activities for nine weeks already. At this time, we do not know when the Senior Center will reopen. We will have to wait for the advice of the Governor and the Health Department to let us know when this will be. There is a lot of work involved with reopening our building, and we must be certain that cautionary protocols are in place to protect both our members and our dedicated staff. We are consulting with Town officials and the Health Director on protective measures for our building. We are also working with Senior Center Directors across the state to brainstorm ideas on how we can all provide the safest level of service and activity for our members. We appreciate your patience and support as we navigate our new level of “normal” and we certainly look forward to the day when we can say “hello” in person! Take good care and call us if you need anything.

Shawn and Ronda

Want To Be On Our Email List?

We are sending updates during the month by email. Would you like to be on our email list?? Just call the Senior Center at 860-747-5728, give us your email address and ask to be put on our email list.

Police Department Pet Food Pantry



The Plainville Police Department/Animal Control is accepting donations for their Pet Food Pantry:

1. Unopened dog or cat food (dry or canned)
2. Kitty litter
3. Flea and tick products
4. Pet treats
5. Cash or check donations

Items can be dropped off in the bucket in the lobby of the Plainville Police Department, 19 Neal Court.

Anyone in need of items for dogs, cats, birds, rabbits, etc., can contact Donna Weinhofer, Animal Control Officer, at 860-747-1616 for questions or an appointment.

MEMBERSHIP

Please Help Us Update Your Information

Please be sure to return the completed Membership Form to:

Plainville Senior Center
200 East Street
Plainville, CT 06062

NOTE: Everyone who returns his/her completed Membership Form will be entered into a drawing. **Forms must be returned by June 15th to be eligible for the drawing.**

Income Tax Appointments

The tax filing deadline has been extended to July 15th. Unfortunately, it is too early to know about AARP tax assistance at the Plainville Senior Center. As soon as we know something about the tax program, we will call those who had appointments scheduled with us.

Social Security Recipients Will Automatically Receive Economic Impact Payments. The U.S. Department of the Treasury and the Internal Revenue Service announced that Social Security beneficiaries who are typically not required to file tax returns will not need to file an abbreviated tax return to receive an Economic Impact payment. Instead, payments will be automatically deposited into their bank accounts or a paper check will be sent (however you would normally receive your benefits). For information, go to [IRS.gov/getmy payment](https://www.irs.gov/getmy-payment)

JUNE IS DOG LICENSING MONTH

Due to the current pandemic, registration(s) & renewal(s) are **STRONGLY ENCOURAGED** to be done by mail.

The Town Clerk’s office would like to remind Plainville dog owners that notices will be going out the end of May. Notices will include the rabies expiration date that is currently on file. If you have the updated certificate, please mail a copy of it with your renewal. All certificates received will be returned with the license.

If your dog is at least 6 months old and you are licensing it for the first time, please mail a copy of an updated rabies certificate and documentation that the dog has been spayed or neutered. All documents will be returned with the license. Fees for licensing: Altered dogs, \$8.00; Un-altered dogs \$19.00. Per Executive Order 711 of the Governor the imposition of late fees will be extended to August 1st.

Starting June 1st, online renewal for dogs with current rabies on file, is also available on the Town Clerk’s website:www.plainvillect.com. Any questions please call our office at 860-793-0221 ext 247.



The Plainville Senior Center is most grateful to the following individuals who have taken the time and their own resources to make masks:
Angela Civitillo, Judy Dietrich, Irene Kelsey, Sally Luzietti, Catherine Mahar-Camerato, Felicia Mandeville, Carolyn Moore, Evelyn Morin, Aurora Pedrolini, Sue Yudkin, as well as several ‘Anonymous’ individuals who dropped donations off.

NOTE: Members can stop by the Senior Center to pick up a free, handmade, washable and reusable face mask.

Free Mask Distribution

Wednesday, May 27th 11:00 a.m. – 2:00 p.m. and
Friday, May 29th 10:00 – 12:00

Senior Center members are invited to stop by the Senior Center to receive free masks compliments of a charity program started by Bob and Amy Stefanowski, “Masks for Connecticut”. Masks for CT has been distributing masks to people on the front lines including health care workers and first responders. Now the campaign is aimed at being sure that residents across Connecticut have the protection they need. Many thanks to “Masks for CT”, State Senator Henri Martin and State Representative Bill Petit for their efforts in distributing masks to older residents in Plainville.

Paying Taxes under Covid-19 Guidelines

As the World talks about reopening, the phrase we often hear is the “New Normal”. It does not feel like there is anything normal about it. As we all are struggling with keeping ourselves safe, we here in the Municipal Center also are struggling with keeping **you** safe. We have been informed by the Health Department that only one person at a time can be inside the public area of the office where taxes are paid. Due to the small size of the area, it is the only way to adhere to the social distancing guidelines. Lines will form outside the office and 6-foot markings will be placed on the floor. That will undoubtedly make for very long lines. Everyone will also be required to wear a facemask in the building. To keep you safe, we are asking that tax bills be mailed to the Revenue Collector’s Office, One Central Square, Plainville, CT 06062. To assist you with returning your payment through the mail, we are sending a return envelope with the bills for your convenience. Bills can also be paid online at www.plainvillect.com. There is also a dropbox in the back of the building in which to leave your payments. The box is checked every day, Monday through Friday, and payments are posted when received. Cancelled checks are your receipt for payment but if you would like a receipt from the office please enclose a stamped, self-addressed envelope and we will send you a receipt. Please know our priority is the safety of our employees and taxpayers. The Governor has said that even when the State starts to relax some of the restrictions, the 65 and over population should still shelter in place. Please feel free to contact the Revenue Collection office at 860-793-0221 ext. 240, 239 or 237 if you have any questions. Everyone, please do all you can to keep you and your loved ones safe.

Ann Marie Heering, Supervisor of Assessment and Revenue Collection

No Need to be Bored While Staying at Home!

Join Us for These Virtual Programs!

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!**

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

Afternoon Concert with Lily Guberman on Zoom Tuesday, June 9th, 2:00 p.m.

Call the Senior Center to register no later than Monday, June 8th. Enjoy a 30-minute concert featuring Ronda's daughter, Lily, as she sings and performs a variety of musical numbers on the piano, violin and ukulele. Call the Senior Center to register.

Sponsored by Hartford HealthCare Center for Healthy Aging

Anxiety Disorders: An Introduction

Tuesday, May 26, 11:00 a.m. - 12:00 p.m.

This lecture is for families and friends of individuals who have an anxiety disorder or a related disorder. Participants will acquire a basic understanding of anxiety disorders, their treatments and specific suggestions to help them better cope with the illness. Registration required. Facilitated by Laura Majidian, *Sponsored by Hartford HealthCare Institute of Living.* **RSVP to Laura Majidian, 860.545.7324. This is a Zoom Meeting, but you don't need a computer. You can dial in with your telephone.**

To join Zoom Meeting, go to:

<https://hartfordhealthcare.zoom.us/j/98998112756>

To Use Your Telephone: Dial: 1 646 876 9923 and enter Meeting ID: 989 9811 2756

Chair Yoga with Diana Gunter

South Windsor Senior Center Instructor

Every Thursday at 12:00 noon on Zoom.

Zoom Meeting ID: 8993401834 Password: breathe

Fitness Classes 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

Gardening Lecture: Sweet Potatoes 101

Friday, May 29th: 11-12:00 noon

How to grow one of the greatest vegetables in New England. Jared will be providing an in-depth look at why sweet potatoes are so productive, the ins/outs of growing them in Connecticut, choosing the best varieties, where to purchase plants, and some fun details and videos of the 15 varieties in my seed collection! Fun fact: did you know that sweet potato vines can actually grow to 16 feet long? Call the Senior Center by Thursday, May 28th to register and receive the Zoom Link.

Healthy Brain Series

Wednesdays, May 27 - June 17, 10:00-11:00AM

This series will offer tips to keep your brain sharp and activities to challenge the mind, all while having fun. Participants are encouraged to attend all sessions.

May 27 - : Challenge Your Mind Daily – Activities to Stay Sharp

June 3 - : Coping with Changes and Managing Stress – Be Social

June 10 - 4 Count Sheep – Be Creative and Have Fun

June 17 - : Be Positive – Find a Purpose

Presented by Michelle Wyman, CDP, dementia specialist & Patty O'Brian, CDP, dementia specialist, Hartford HealthCare Center for Healthy Aging. Join Zoom Meeting link: <https://hartfordhealthcare.zoom.us/j/96044037799>

Virtual Programs continued on next page. . . .

VIRTUAL PROGRAMS (Continued)

Indoor Adventures with Jared

Thursday, May 28th: 11:00 - 12 noon

Have you ever gone backpacking in the past? Have you ever visited the Adirondack Park in northern New York? Or maybe you are an avid hiker, or even someone who enjoys watching outdoor documentaries on National Geographic. If any of these may describe you then come join me for the first Plainville Senior Center Indoor Adventure! Over the course of 45mins I will be sharing with you my personal video footage and photos from one of my winter backpacking/mountaineering trips in the Adirondack mountains. You'll get to see the immense beauty of this mountain range, what it's like to do a 2-3 day overnight trip in the snow, and plenty of my personal stories from the trip. And of course, there will be a time to ask questions and share your stories! Call the Senior Center by 3:00 p.m. on Wednesday May 27th to register and receive the Zoom Link.

Jeff the Plant Guy

Tuesday May 26 at 1:00 p.m.

You'll have a tour of Jeff's personal plants including his bonsai collection, showing plants breaking dormancy and their transitions from winter to spring. *Many thanks to South Windsor Senior Center for sharing this program!* This is a Zoom Program. Call Senior Center to register.

Morning Tunes with T-Bone!

Thursday, May 21 at 10:00 a.m.

Grab your morning cup of coffee or tea and enjoy the comedic musical styles of Tom "T-Bone" Stankus, "America's Musical Pied Piper". You will be clapping, singing, and dancing in your living room. ***You do not need a computer to join this meeting, you can call-in on your phone and listen!*** *Many thanks to South Windsor Senior Center for sharing this program! Call the Senior Center to register.*

Silver Sneakers Chair Exercise Class

Tuesdays at 1:30.

YOU MUST HAVE BEEN A PREVIOUSLY REGISTERED PARTICIPANT IN THE PLAINVILLE SENIOR CENTER SILVER SNEAKERS CLASS in order to take this online Silver Sneakers class. Email Nancy Pandolfo, instructor, if you would like to take her class: Fitness123@live.com. This is a Zoom program.

Tai Chi (Beginners and Seated Tai Chi) Both classes will be taught on Zoom by Walter Bruce. A Zoom link will be sent to you once you register. There is no charge to take the class.

Beginners Tai Chi Class

Begins Thursday, May 28 at 10:00 a.m.

Seated Tai Chi Class

Begins Thursday, May 28 at 11:00 a.m.

Tai-Chi is a slow moving gentle exercise program that helps strengthen the body and focus the mind, while helping the body to become more healthy through deep breathing and relaxed postures. As a safety reminder, please find an area in your home that is free of possible fall hazards.

Call the Senior Center to register.

Talk with the Nurse on Zoom

Tuesday, June 2nd, at 9:30 a.m.

Our Senior Center Nurse, Georgia Sterpka, will present a program on Zoom to discuss the Corona Virus/ COVID 19, how to keep yourself protected, the proper way to put on and remove a face mask, review current health/safety guidelines and more. There will also be time for questions and answers. Call the Senior Center by Monday, June 1st at 2:00 p.m. to register and receive the Zoom Link and password.

Telephone Bingo with Evelyn!

Wednesdays at 1:00 p.m.

If you miss BINGO then join us for a weekly game over the **telephone!** Give us a call to register, and we will make arrangements for you to either pick up a BINGO card or have one mailed to you.

Prizes include stamps, toilet paper, and other basic necessities! Call the Senior Center to register.

Ukulele Class!

Advanced Class on Tuesdays at 1:00 p.m.

Beginners' Class on Thursdays at 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.

Virtual Book Club

Wednesday, June 24, at 2:00 p.m.

Join Kathy Marsan for a Zoom book club discussion. Bring your favorite beverage and snack and join the group for a lively discussion. Call the Senior Center to register and we will send you the Zoom link. The book is: *A Reliable Wife* by Robert Goolrick. It is available as an e-reader in the Library system. Ralph Truitt, a successful businessman and well known in the community, is alone and lonely. Rural Wisconsin in the year 1909 is bitter cold and desolate.

Desperate, he puts an ad in a newspaper looking for a wife, specifically, a reliable wife.

Author Robert Goolrick is an expert at writing stories that can twist the truth into a lie or a lie into the truth. This is an intriguing mystery for all with a plot that will have you rooted to this book until the bitter end.

Call the Senior Center to register.

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.


March 16– April 30, Get Well & Thinking of You Cards were sent to:

Gerry Malicki, Ann Krupinski, Robert Kopinski and Cathleen Macca, Hazel Decker, Evelyn Case, Rita Dewyea, Beatrice Dumont, Vincent Moreno, Vella Panella, Ann Thomas and Gladys Pascus

In addition, cards were sent to all of our members in nursing homes during this pandemic.

March 16-May 7, Sympathy Cards were sent to:

Bernadette Caron, Jan and Merrill Bevan, Patricia Matthews, Family of Dorothy Pelletier, Family of Alice Brousseau, Family of Frederick Essel, Rose Fazio, Family of Eileen Lux, Family of Janina Macha, Family of Clelie Bissonnette, Family of Asuncion Culling, Family of Leonard Markure, Family of Margaret Beliveau, Family of Janice Demarest, Family of Ron Roper, Family of Ann Oparowski, Family of Josephine Evangelista, Family of Leonard Wishart, Elizabeth Pratt, Family of Saverio Guzzo, Family of Margaret Beliveau, Family of Eva Budris, Raymond and Marie Baron, Family of Alevtina Zinoviev, Family of Michael Hall, Family of Ruth Riera, Lois Schmidt and Family of Jean Munson



If your phone rings, it might be one of the Senior Center staff!! Staff members Evelyn, Carol, Jan and Tammy are busy calling every one of our members by phone. They're calling to say “hello” and to see how everyone is doing! So far, we've received lots of positive feedback from members saying that it's been nice to chat with someone!

These new members joined the Senior Center in February, March and April, 2020!

Donna Higgins, Richard Ronalter, Peter Niwinski, Charles Sorbo, Kenneth Brylle, Diane Brylle, Anne Loveland, Francis Broderick, Kevin Prior, Christine Howard, Elizabeth Franklin, Olga Coffey, Linda Kennedy, Dennis and Linda Frenette, Bruce Stevenson, Terry Czak, Sandy Piccolo, William 'Mike' Mitchell, Cruz Roberts, Janet Scanlon and Earl Hendrick

New Mobile Food Share Site Open in Plainville

Plainville High School, 47 Robert Holcomb Way

Every Other Monday: May 18; June 1, 15 & 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

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.

COVID-19 TAX DEFERRAL PROGRAM

The Town of Plainville has adopted a program to provide relief to residents financially affected by the COVID-19 pandemic. Any resident that has suffered a reduction in income of at least 20% due to COVID-19 since March 10, 2020, may be eligible. Those residents that have been either:

- 1) furloughed without pay.
- 2) Had their hours significantly reduced, or
- 3) Have been laid off.

The deferral program allows eligible taxpayers an interest-free 3-month extension of time to pay their July tax bills. Normally tax bills due July 1st would have to be

paid by August 1st to avoid additional interest charges, this year the date would be August 3rd because August 1st is a Saturday. Eligible residents would have until October 1st to pay their tax bills without additional interest charges. Please note the deferral is an interest deferral, not a tax deferral!

An application must be filed with the Revenue Collection Office by July 1st. Please contact the Revenue Collector’s office at 860-793-0221 ext. 240, 244 or 245.

Additional information is available on the Town of Plainville website at www.plainvillect.com.

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, FEB. 16—APRIL 30

Lorraine Corsini, Georgia Jewell, Ellie Vancisin, Carol Webster, Anonymous (3), Wallace Skinger, Joanne Hatch, Lynn Gagnon, Circle Group (3), Dot Strickland, Dianne Lewis, Roberta Avery, Peter Wijas, Jadwiga Markow, Linda Frenette, Rosaleen Peters, Louise Walker, Debbie Hallin, Mary Ange Boilard and Deb Cawley.

DIAL-A-RIDE DONATIONS, FEB. 16—APRIL 30

Laura Panus, Fran Martin (3), Rosaleen Peters, United Way, Anne-Marie DesRoberts, Bev Heslin, Donna Klos, Masako McDonald, Ruby Parsons-Harper, Doris Rudnicki, Shirley Hotchkiss, Anonymous, Henrietta Zooleck, Olga Callender and Evelyn Josephs

MEMORIAL DONATIONS, FEB. 16—APRIL 30

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: Frances D'Addese

By Suzanne Wilcox

In Memory of: Michael Heslin

By Lee Ann Korus

In Memory of Don Liljedahl

By Abbe Wade, Monsignor Bojnowski Manor, Doris Rudnicki and Ryan/Jan Rudnicki

In Memory of Kay Nevelos

By Cynthia Nevelos

In Memory of Leonard Wishart

By Marianne Grace and the Committee on Aging

One of our members is looking for
300-piece puzzles.

Please call Charlotte at 860-747-4753

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.

IMPORTANT SURVEY

The Senior Center is considering applying for grant funding to establish a lending program for computer technology for older residents. During this pandemic we have realized that access to technology can be crucial for keeping in touch with others, socialization, tele-health appointments, communication and more. Please take a few minutes to complete the survey below and return it to the Senior Center by **June 5th**.

Have you ever used any of the following devices?

Ipad Kindle Samsung Galaxy Laptop Chrome Book Smart Phone (iPhone/Android) Other (please list)

Do you own any of the devices listed above? Yes No

If you have a device, how often do you use it? _____

What do you use your device for?

Email	Facebook	Texting	Shopping
Photos	Tele-Health	Zoom	Other _____
Games	On-line programs	News	
Streaming movies (Netflix, Hulu, PrimeVideo)		YouTube	

Do you currently have Wifi? Yes No

If you could borrow a device, what would you use it for:

Email	Facebook	Tele-Health	Other _____
Zoom	Games	On-line programs	
News	Shopping	YouTube	

If you could borrow a device, what would you prefer?

Tablet
Laptop

If you could borrow a device, would you need instructions on how to use it? Yes No

Do you have a relative, friend or neighbor who could help you with learning how to use a device? Yes No