



The Sharing Tree Stay Home Together Edition



Your source of information at the Glastonbury Senior Center.

APRIL / MAY 2020



Dear Friends:

We hope you are doing well and that you are staying safe at home. We want you to know that you are not alone and that we have received many offers from Glastonbury residents who want to help seniors who may need extra assistance during this challenging time.

We are working remotely from our homes and continuing to reach out via phone calls, emails and social media. If you need assistance please contact us at the main line (860-652-7638 - which we are checking regularly throughout the day) and we will try to help in whatever way possible.

We hope you find the information and resources provided here in this special edition newsletter to be helpful to you in the coming weeks, and look forward to seeing each of you as soon as we can safely reopen the community center! (For now the community center will be closed through April 30, 2020).

Stay well, stay strong, and know that we are all looking forward to once again sharing many good laughs and fun adventures!

The staff of the Senior & Social Services Department



WE



ARE



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Stay Home, Stay Safe and Stay Engaged!

During this unique time, Glastonbury staff are making a concerted effort to identify creative ways to continue to offer various programming for community members. Please use the links below to learn more about how you can continue to participate in town programs during these unprecedented times.

www.glastonbury-ct.gov/stayengaged

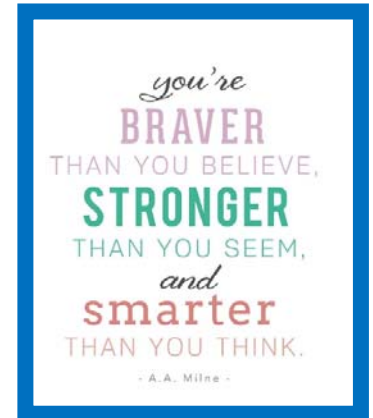
Important Information:

Changes to the Sharing Tree Newsletter on the Horizon...

As we informed you recently, future Sharing Tree newsletters will look a little different and will be published every other month. For example, the next newsletter publication should cover the months of May and June (provided we can safely re-open the Community Center).

The July newsletter will cover the months of July and August. Instead of 12 publications a year, there will now be six. You will see more color and more variety in the formatting of the newsletter.

The newsletter will still be mailed or emailed to residents and can be found on line at www.glastonbury-ct.gov. The newsletter will continue to provide you with all that you need to know about all of the activities, trips and special events that will be happening at the center. Keep your fingers crossed and stay tuned!



Good News!!



Diana who works in the office at the Community Center gave birth to a beautiful baby boy on March 25, 2020. Say hello to Easton Davis Patterson. He and his mom are doing great!!



Resources For You:

For information on town departments and important resources please visit:

<http://www.glastonbury-ct.gov/covid19>

Groceries and Meals Resources:

PEAPOD – www.peapod.com

Requires subscription & internet access

SHOPRITE – www.shoprite.com

Requires subscription & internet access

Accepts SNAP EBT Card **Delivery Dates may not be immediate because of high demand – order ASAP

Highland Park Market (1320 Manchester Rd.)–taking phone orders and limited delivery and curbside service: 860-659-1717

October Kitchen: Meal Delivery right to your door!!

You can call at 860-533-0588 or email: customerservice@octoberkitchen.com or order on line at www.octoberkitchen.com

Pick-up also available at store: 309 Green Road, Manchester.

Easy Peasy Lemon Squeezy

Recipe For One

Peanut Butter and Grilled Cheese Sandwich

- 2 Slices Bread
- 2 Tablespoons Peanut Butter
- 1 Slice Cheddar Cheese
- 2 teaspoons butter or margarine



Heat a skillet over medium heat. Spread peanut butter on one slice of bread, lay a slice of cheese over the peanut butter, and top with the remaining slice of bread. Spread butter on the outer sides of the sandwich, and place in the hot skillet. Fry on each side until golden brown and cheese is melted, 3-5 minutes.

Sit down and Enjoy!!!!!!!!!!!!!!!!!!!!!!

Volunteers Who Can Help Resource:

UR Community Cares – (UCC) is a secure online resource that connects volunteers with community members who are age 70 and older or 18+ and have a physical injury or disability and are in need of assistance with household errands and other tasks. UCC is up-to-date and compliant with the CDC's COVID-19 protocols. It's free for residents or groups to enroll online, complete a background check, and then schedule assistance for household tasks/errands, yard work and companionship visits (currently via remote/distant contact).

Services include (but are not limited to) shopping and drop-off of food and other essentials including medical supplies, pet walking, taking out the trash, yard clean-up and anything else that provides peace of mind in difficult times. Once enrollment is done, "Community Deeds" can be scheduled quickly online, completed within a day or a few days at most, and repeated as needed (weekly, monthly or intermittently). To get started, visit www.URCommunityCares.org. UCC founder and president Michelle Puzzo can be reached at 860-430-4557 or info@urcommunitycares.org.

Latest article: https://www.journalinquirer.com/opinion/other_commentary/the-power-of-a-helping-hand/article_65d91ec4-6e0b-11ea-9509-2b8fee736a2d.html



Social Services News

Glastonbury Social Services and Senior Outreach Call 860-652-7638 if you want to: **SPEAK** with a member of the Social Work staff; **FIND** out what programs you may qualify for; **MAKE an APPOINTMENT** for any financial assistance applications; **Get REFERRALS** to appropriate programs and services; **Learn about and/or apply for MEDICARE**

If you wish to see a particular worker you may still call them directly, otherwise, please call Social Services & Senior Outreach at 860-652-7638

Kathryn Carfi: 860-652-7644
Evelyn Lopez: 860-652-7652

Theresa Buckson: 860-652-7640
Susan Parrotta: 860-652-7636

Energy Assistance – At this time people still needing to apply for this season's Energy Assistance should contact CRT directly at 860-560-5800. Application deadline is still posted as May 1, 2020. For those already eligible, the last day for oil or propane deliveries has been extended until April 30, 2020. If you are in need of a delivery, call CRT at 860-560-5800 to see if you have any additional benefits.

Food Bank – For people previously registered, requests must be made by Tuesdays at 12 noon for pick up Wednesdays between 10 AM and 12:30 PM. For residents impacted by COVID-19, and new to the Food Bank, please call Social Services at 860-652-7638.

Food Share – Food Share is committed to continue food distributions every other Wednesday at First Church of Christ, 2183 Main Street from 10 AM to 10:45 AM. Check for updates at 860-856-4321. The next date for distribution is Wednesday, April 8.

Carol's Closet - The intention is to open the paper pantry Saturday, April 18 from 10AM to 12 noon, St. James Church, 2584 Main Street, but it is subject to change. Call 860-633-8333 for updates.

Outreach at Center Village and Village Green – Unfortunately, the Bread Program is suspended for now. Theresa sends greetings to everyone! Please feel free to leave her a message at 860-652-7640, and she will be happy to call you back.

Renters Rebate – No appointments yet for this program, but you can prepare now by gathering your documents: SSA 1099 for 2019; 2019 Federal Income tax, if filed; all other 1099s, if no taxes. 2019 rent; 2019 heat, lights, water.

CT Department of Social Services - extensions have been implemented for SNAP, medical and cash renewals. Many rules for documentation have been waived if obtaining them prevent a hardship due to COVID-19. Call DSS at 1-855-626-6632 if you have questions.

Economic relief plan - The Treasury has announced the I.R.S. will use the information on Forms SSA -1099 and RRB-1099 to generate \$1,200 payments to Social Security recipients who did not file tax returns in 2018 or 2019. Beneficiaries will get these payments as a direct deposit or by paper check, depending on how they normally get their benefits.

Things to Do:

Start a journal!

Here are 5 smart reasons why you should do journal writing:

Journals Help You Have a Better Connection with Your Values, Emotions, and Goals...

Journals Improve Mental Clarity and Help Improve Your Focus...

Journals Improve Insight and Understanding...

Journals Track Your Overall Development...

Journals Facilitate Personal Growth...

GRATITUDE
Journal

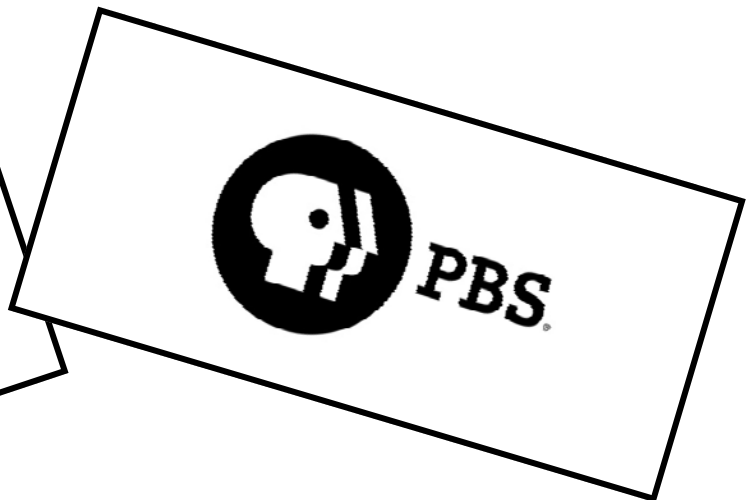

**self
care**
JOURNAL

How **Journal Therapy**
Can be Used for Healing
and Self Discovery

Binge Watch!!

You Can Now Binge-Watch Every Single Episode of the French Chef with Julia Child
If you've always dreamed of cooking along with Julia Child, now's your chance! The French Chef is streaming on Prime and PBS. Every Single Episode. To access through PBS Passport.

To access The French Chef, you need to be a PBS member according to your local PBS station's particular requirements you can also access it through Amazon Prime Video. If neither of the above options works for you, you can still enjoy Julia Child on PBS via the free www.pbs.org/food/julia-child/julia-child-video-collection/, consisting of full-length episodes of select Julia Child programming (including some early The French Chef episodes) as well as shorter interviews, behind-the-scenes clips and other snippets.



Help for Anxiety

If you're struggling with your mental health during this crisis, you are not alone. Text SHARE to 741741 for free, 24/7 support from the Crisis Text Line.

<https://www.crisistextline.org>

Finding Pleasure

When stress makes you feel bad, do something that makes you feel good. Doing things you enjoy is a natural way to fight off stress.

You don't have to do a lot to find pleasure. Even if you're ill or down, you can find pleasure in simple things such as going for a drive, chatting with a friend or reading a good book.

Try to do at least one thing every day that you enjoy, even if you only do it for 15 minutes.

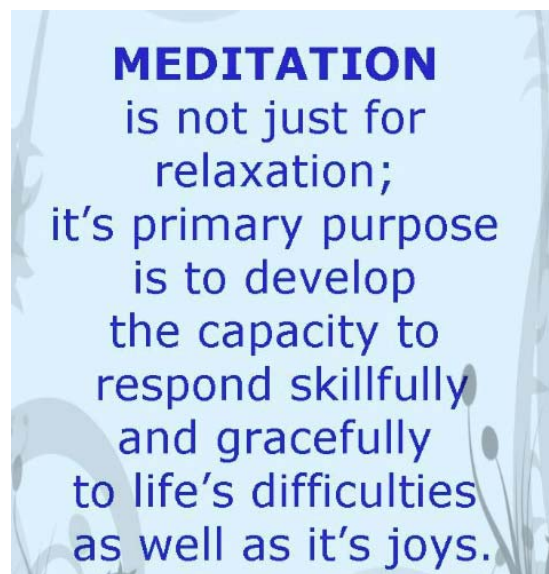
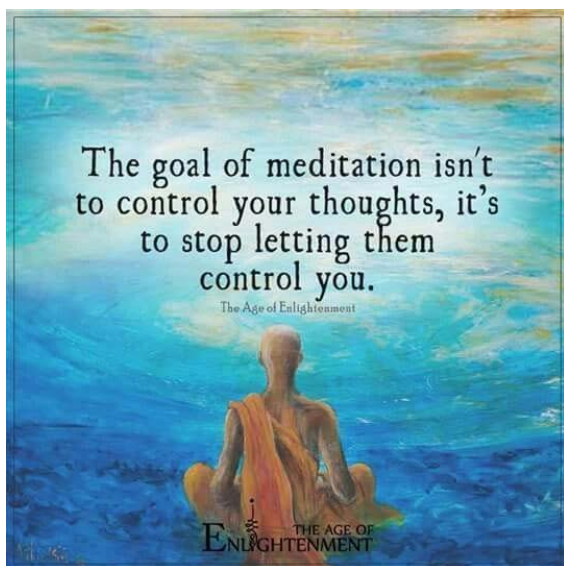
- Start an art project
- Take up a hobby, new or old.
- Read a favorite book, short story, magazine or newspaper.
- Sew, knit or crochet.
- Listen to music during or after you practice relaxation.
- Take a nature walk — listen to the birds, identify trees and flowers.
- Make a list of everything you still want to do in life.

Watch an old movie on TV or rent a video.

Daily Relaxation

Relaxation is more than sitting in your favorite chair watching TV. To relieve stress, relaxation should calm the tension in your mind and body. Some good forms of relaxation are yoga and tai chi.

Breathing is something simple you can use to help reduce your body's reaction to stress.



Find Your Breath...

Breathing made simple, and for any age. Cross your arms like you are giving yourself a hug. Close one hand like you are holding a flower. Close the other hand/ fist and make a thumbs up like a candle. Then turn and smell the flower. Next rotate your head to the other side and blow out the candle. Use your belly to breathe. Repeat. Your breath is always with you; do it often, do it everyday.



Go For A Walk:

There's nothing better than connecting with nature during stressful and uncertain times. A study in 2016 found that walking could actually make you happier and reduce feelings of boredom. On your walk, look for signs of spring – flowers are beginning to bloom and trees are budding. Remember to stay at least six feet from other people while taking a walk around your neighborhood or nearby park.



Enjoy Arts and Culture:

Simply just type the URL's into your web browser as they are shown.

Broadway Plays and Musicals <https://tinyurl.com/wyq8vsx>

15 Broadway Plays and Musicals you can watch on stage from home



Public Library Free Access <https://tinyurl.com/vfzuern>

Anyone with a library card and iOS or Android phone can loan an e-book in the collection. There may be waitlists for popular titles. Must download app SimplyE.

Virtual Museum Tours <https://tinyurl.com/wp2gmtw12>

Famous Museums offer virtual tours of their galleries.



Virtual Opera Performances <https://tinyurl.com/qvvbtv>

Metropolitan Opera announced it would stream encore presentations on their website each night at 7:30 PM.

You can also stream through the Met Opera's on-demand app.

Tennessee Aquarium: <https://www.tnaqua.org/live-cams>

NASA: <https://oh.larc.nasa.gov/oh/>

National Museum of Natural History:

<https://naturalhistory.si.edu/visit/virtual-tour>



The Metropolitan Museum of Art:

<https://artsandculture.google.com/partner/themetropolitan-museum-of-art>

Explore various parts of the world (i.e. Taj Majal!):

<https://artsandculture.google.com/>

Vatican Museums:

<http://www.museivaticani.va/content/museivaticani/en/collezioni/musei/tour-virtuali-elenco.html>

Holocaust Memorial Museum:

<https://www.ushmm.org/information/exhibitions/online-exhibitions>

National Women's History Museum:

<https://www.womenshistory.org/womens-history/online-exhibits>

The Great Wall of China: <https://www.thechinaguide.com/destination/great-wall-of-china>

Philadelphia Museum of Art

<https://artsandculture.google.com/partner/>

The British Museum:

<https://britishmuseum.withgoogle.com/>

Science Museum:

<https://artsandculture.google.com/partner/sciencemuseum?hl=en>

Georgia Aquarium:

<https://www.georgiaaquarium.org/webcam/belugawhale-webcam/>

EXERCISE:

Simply just type the URL's into your web browser as they are shown.

Silver Sneakers: Continue your exercise regimen with Silver Sneakers online!

You can find a plethora of workouts on their Facebook Page: www.facebook.com/silversneakers/ or find it by searching "silver sneakers". Browse their videos or join them when they go live!

Unfold Yoga and Wellness – Digital <https://tinyurl.com/yx36bem5>

A series of FREE, live, web-based, 20 minute movement and meditation classes. Recorded sample classes also available anytime. The first Thursday of every month at 1:30 PM.

Planet Fitness Home Work-Ins <https://tinyurl.com/ukxdgqe>

Free in-home workouts for Planet Fitness members and non-members. Recorded classes available anytime. Streamed live daily at 6 PM.

MISCELLANEOUS Chatter Pack <https://tinyurl.com/tr9j5jz>

A variety of online resources for enrichment: virtual tours, online learning, geography & nature, music, arts & culture, literature, entertainment, anxiety & mental health, prayer.

Ivy League Online Classes Free codecamp.org/news/ivy-league-free-online-courses-a0d7ae675869/



Best of Connecticut 2020!

Make your voices known and vote for your favorites right now from your own home!
Copy and paste the link below into online search.

https://www.connecticutmag.com/best-of-connecticut-2020-nominate-your-favorites/article_315ca6f4-688c-11ea-861b-ef2f70b32516.html

AARP On-Line Smart Driver Classes

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**

Good through: *July 31, 2020*"

Website: www.aarpdriversafety.org

BINGO - How to play: Complete a row vertically, horizontally or diagonally. Let us know when you have achieved a BINGO and we will enter one ticket into our raffle with your name on it!
We will ask that you list which row with a sample of your answers on it. Contact us via email at: norma.carey@glastonbury-ct.gov or or call us at 860-652-7655.

Five Bingo Maximum = 5 Raffle Ticket Maximum

Winner will be drawn on Monday, May 4, 2020

Glastonbury Senior Center

B	I	N	G	O
<p>List 3 places:</p> <p>You want the senior center to go to when this is all over!</p>	<p>Complete:</p> <p>20 arm curls 20 knee lifts 20 ankle rolls</p>	<p>Take a Walk</p> <p>OR</p> <p>Get some Sun!</p>	<p>Take 3 deep breaths!</p> <p>-in through your nose, count 1..2..3 -Hold, count 1...2...3 -Out through your mouth, count 1...2...3</p>	<p>Clean out your junk drawer!</p>
<p>List 3 things:</p> <p>You are grateful for today!</p>	<p>Call:</p> <p>A senior center friend or a family member!</p>	<p>Clean out your Pantry/cupboards.</p> <p>How many expired items do you have?</p>	<p>Share:</p> <p>An easy recipe you love!</p>	<p>Name ALL 50 States!</p> <p>NO CHEATING</p>
<p>Drink 64 oz. of water in one day!</p> <p>Daily Suggestion Source: Webmd.com</p>	<p>Stimulate your mind!</p> <p>Complete one crossword, word search, Sudoku or other puzzle</p>		<p>Reminisce!</p> <p>Look through old Photos!</p>	<p>Listen to music that makes you happy!</p>
<p>Attempt a self portrait!</p> <p>Look in the mirror and put your skills to work!</p>	<p>Write about:</p> <p>A positive & memorable time in your life!</p>	<p>How many words can you come up with in two minutes using the letters from: CORONAVIRUS?</p>	<p>Mail:</p> <p>A letter to a friend or family member</p>	<p>Play a Card Game</p>
<p>Make something creative</p> <p>(Ex.: cooking, drawing, craft, etc.)</p>	<p>Pay it forward!</p> <p>Give someone a compliment.</p>	<p>List 3 things:</p> <p>Of which you are grateful</p>	<p>Write down:</p> <p>A piece of advice you would give a younger generations.</p>	<p>Purge!</p> <p>Go through your phone and clean out apps / pictures you no longer want or use.</p>

Sudoku

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

	6		8				5	
	2	9	5		4	3		
5		3		7		8		
							2	
2								
9	4							
		6	2			5	9	
					6		7	4
7					5			2

Say Cheese!

E P E P P E R J A C K N C N R C S B T
E E E N O P R A C S A M A O R M A D E
E A A E G R U Y E R E S M E T K S N N
I T R A V A H T S I E A A T C I E E A
O S G A Q I O W C M N M T A S U J L C
E N N A B U I R R O C M J E F Z S A I
E M I R R S E A J H T Y A C E L A U R
E E R R S I P S E A E T H N I V L L E
A Z T T O O R D O R R A A M C E L R M
M T S R A C D E E F T L B G N H A E A
O C A O R A E T T E R U S O E T E B V
Z A A F R E N P L S R E L B T A R G E
Z M F E R O T T A G N O S O E I T U O
A E O U M O G D E Y V E C C E R L E C
R M N Q I O U R B O M I U F O B G L F
E B T O I O V L R A R N N M G O A T C
L E I R G O O P A L O Z N O G R O G C
L R N R I C R O T R E G G I A N O M T
A T A S I A G O S N A T A R R U B E I

Word List:

AMERICAN
BURRATA
COTIJA
FETA
GOUDA
LIMBURGER
MOZZARELLA
PECORINO
REGGIANO
STRING

ASIAGO
CAMEMBERT
COTTAGE
FONTINA
GRUYERE
MANCHEGO
MUENSTER
PEPPERJACK
RICOTTA
SWISS

BLUE
CHEDDAR
CREAM
GOAT
HAVARTI
MASCARPONE
NEUFCHATEL
PROVOLONE
ROMANO
VELVEETA

BRIE
COLBY
EDAM
GORGONZOLA
JARLSBERG
MONTEREYJACK
PARMESAN
QUESOFRESCO
ROQUEFORT

CROSSWORD PUZZLE

ACROSS

- 1 Israelite tribe
- 4 Biblical giants
- 8 Universe (pref.)
- 12 Stitchbird
- 13 Synthetic rubber
- 14 Table scraps
- 15 Eg. god of pleasure
- 16 Tallow (2 words)
- 18 Madame Bovary
- 20 Commotion
- 21 Padded jacket under armor
- 25 Son of Zeus
- 29 Dish (2 words)
- 32 Ganda dialect
- 33 Agent (abbr.)
- 34 Indian sacred fig
- 36 "Blue Eagle"
- 37 Ravine
- 39 Immense
- 41 Swelling
- 43 State (Ger.)

- 44 Medieval shield
- 46 Before (Lat.)
- 49 Culm (2 words)
- 55 Fiddler crab genus
- 56 Snake (pref.)
- 57 Unfledged bird
- 58 Centers for Disease Control (abbr.)
- 59 Love (Lat.)
- 60 Tooth (Lat.)
- 61 Exclamation

DOWN

- 1 Deride
- 2 Attention-getting sound
- 3 Raze
- 4 Amer. Bar Assn. (abbr.)
- 5 Pigeon
- 6 Black cuckoo
- 7 Hindu god of love
- 8 Banner
- 9 Yellow ide
- 10 As written in music
- 11 Mountain standard time (abbr.)
- 17 Amer. Dental Assn. (abbr.)
- 19 Pointed (pref.)
- 22 End

- 23 Auricular
- 24 Rom. historian
- 26 Build
- 27 Irish sweetheart
- 28 Hall (Ger.)
- 29 Created
- 30 Old-fashioned oath
- 31 Beer ingredient
- 35 Afr. worm
- 38 Vomiting
- 40 Drain
- 42 Amer. Cancer Society (abbr.)
- 45 Habituated
- 47 Alternating current/direct current (abbr.)
- 48 Apiece
- 49 Tibetan gazelle
- 50 Revolutions per minute (abbr.)
- 51 Exclamation
- 52 Nautical chain
- 53 Belonging to (suf.)
- 54 Manuscripts (abbr.)

1	2	3		4	5	6	7		8	9	10	11
12				13					14			
15				16					17			
18			19				20					
		21		22	23	24		25		26	27	28
29	30						31		32			
33				34				35		36		
37			38		39				40			
41				42		43						
			44		45			46		47	48	
49	50	51					52	53	54		55	
56					57						58	
59					60						61	

KEEP
CALM
AND
DREAM
ON



KEEP
CALM
AND



BELIEVE



in Yourself





Healthcare Workers
We Thank You