



# *The Sharing Tree* *Stay Home Together* *Edition*

*Your source of information at the Glastonbury Senior Center.*

**JUNE**   **JULY** 2020



**Stay Active\* Learn New Skills \* Meet New People.**

**WE ARE AVAILABLE BY PHONE AND EMAIL!**

**Glastonbury Senior & Social Services Staff**

**Working Remotely**

**Monday—Friday, 8:00 AM to 4:30 PM**

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## **What's Happening at the Community Center?**

Dear Friends,

As we safely navigate our way through the circumstances brought on by the coronavirus (COVID-19), we are working to offer Glastonbury seniors as many opportunities as possible to stay engaged and connected with the community through virtual programming. Some of these programs are detailed in the following pages of the newsletter.

To find out about any new developments, please provide your email address so we can add you to our distribution list and send you the latest updates. Please tell your friends and family members or their relatives to do the same. We want to reach as many people possible.

To do so, simply visit [www.glastonbury-ct.gov/enotify](http://www.glastonbury-ct.gov/enotify). Enter your name and email address information in the designated fields and then click the little envelope icon next to "Sharing Tree Newsletter" under the News heading. Submit the form and you will be subscribed! You may also send your email address to Norma Carey, Program Coordinator, at [norma.carey@glastonbury-ct.gov](mailto:norma.carey@glastonbury-ct.gov) or call (860) 652-7638 and leave a voicemail message indicating you would like assistance signing up for Town emails. A staff member will call you back and assist you.

We hope to hear from you and see you in the near future.

—Patti White, Senior Center Supervisor

## WHAT'S HAPPENING AT THE SENIOR CENTER?

- Trips are on hold indefinitely for the safety of all of our seniors and staff.
- All indoor programs will be offered virtually through Zoom.

To be able to join a class through Zoom you will need to have access to the internet and an email address to receive an invitation to participate from the senior center staff.



**Don't Know how to Zoom?**



**Check out these great video tutorials. They are super helpful!!**

To learn how to sign up and download the app copy the link into your browser: <https://youtu.be/qsy2Ph6kSf8>

To learn how to join a meeting/class copy the link into your browser: <https://youtu.be/hIkCmbvAHQQ>

If you need extra help, contact Norma Carey at [norma.carey@glastonbury-ct.gov](mailto:norma.carey@glastonbury-ct.gov) or 860-652-7655.



The Senior Services Department offers a wide variety of opportunities for individuals to share their time and talents, learn new skills, and get to know some truly wonderful people. Volunteers contribute their time and talents in many ways, including but not limited to; leading group activities or



discussion groups, helping with Senior Center programs, providing tax assistance, and more. A volunteer can expect to receive ongoing training, assistance, and support based upon the job assignment. If you are interested in volunteering, please go to the Town website, Senior Services Department and complete the Volunteer Application and Confidentiality Agreement. Then email the forms to:

[Lisa.McKeon@glastonbury-ct.gov](mailto:Lisa.McKeon@glastonbury-ct.gov)

**WE ♥ OUR VOLUNTEERS**

**All ZOOM Programs  
Require an email invite from Senior Center**

**Current Issues — First and Third Fridays (ongoing) 10:00 am**

Discussions range from world-wide to national to local issues.

**Lifelong Learning - The Great Courses**

*"The Great Tours: African Safari" -*

**Fridays - June 5, 2020 - August 21, 2020 Noon - 1:30 pm**



Africa is a beautiful continent, home to some of the world's most extraordinary scenery and wildlife. Astonishing animals, untamed wilderness, diverse ecosystems: A safari into this great land is an unforgettable experience. From the savannahs of Kenya and Tanzania to the jungles of Uganda and Rwanda to the coasts of Madagascar, an African safari will truly ignite your sense of adventure.

**Bingo is Back Virtually**

**Fridays, June 12 & 26 2020**

**Time: 2:00 pm - 3:30 pm**

Email [norma.carey@glastonbury-ct.gov](mailto:norma.carey@glastonbury-ct.gov) if you would like to participate.

Printed Bingo Cards can be picked up at Parks & Recreation, 2143 Main Street during a set period that will be given to you in an email reply. For those unable to pick up please let us know. Let's have some fun!!!

**Understanding Parkinson's Webinar Friday, July 10, 11:00 am**

In this FREE webinar, join Sulada Kanchana, MD, Movement Disorders Neurologist to learn about the common 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)442-4373.**

**Cooking with Lindsey, Retail Dietitian at ShopRite**

**Wednesday, July 15, 2020 10:00 am**

**Registration required by July 1, 2020**

**Email [norma.carey@glastonbury-ct.gov](mailto:norma.carey@glastonbury-ct.gov)**

Lindsey cooks up a delicious and nutritious recipe. Following registration you will be emailed the recipe in time for you to get your items ready.

Q&A to follow cooking demo.

**Veterans Social w/Sherri Vogt, Veteran Liaison Hartford Healthcare @ Home**

**Friday, July 24, 2020 1:00 pm**

**Register by email to [norma.carey@glastonbury-ct.gov](mailto:norma.carey@glastonbury-ct.gov)**

A support group for veterans. Topics may include: presumptive diseases, service-connected disabilities, Aid & Attendance, Connecticut Veterans

Wartime Service Medal, burial allowances for survivors of veterans, and more.

Facilitated by Sherri Vogt, Army Veteran - Hartford HealthCare at Home





**Do you want to improve your balance?  
Join our Tai Ji Quan: Moving for Better Balance®  
Virtual Class!**

Take steps now to improve your strength and balance and maintain an active lifestyle!

**When: Mondays and Thursdays at 2:30 pm  
July 6 – December 28, 2020**

Years of research and community evaluations are behind this therapeutic movement program aimed at improving postural stability, awareness and mindful control of body positioning, functional walking, movement symmetry and coordination, range of motion around the ankle and hip joints and lower-extremity muscle strength, to improve balance, mobility and daily functioning and prevent falls.

**(Limited capacity) Registration begins June 15, 2020.**



**Senior Golf League**

Put your best club forward and enjoy the game and sunshine with fellow golf enthusiasts.

**Mondays 9:00 am - noon**

**July 13, 2020 - August 31, 2020**

**Minnechaug Golf Course**

**Cost: \$140.00**



All social distancing guidelines will be adhered to per the CDC, DECD, CSGA and participants will be sent the guidelines before the start of league play.

**To register please contact Norma Carey at (860)652-7655**

**Summer Class Schedule 2020**  
**Now Offered Virtually with Zoom**

Registration for all classes starting in July begins on June 15th 2020. To register and find out about payment options please email Norma Carey at [norma.carey@glastonbury-ct.gov](mailto:norma.carey@glastonbury-ct.gov). For more information please call the Community Center's main number at 860-652-7638. All participants will require a zoom invitation/password to join the class.

Class	Description	Meets	Dates	# of Classes	Fee	Location
<b>Powerful Aging &amp; Fitness</b>	Increase your strength, endurance, flexibility and balance in this low impact total body workout.	Wednesdays 11:00 am - Noon	7/8-9/9	10	\$25	Zoom Virtual
<b>Chair Yoga</b>	An easy way to get the health benefits of yoga. Learn how to stretch muscles, improve circulation, reduce anxiety, build strength and balance.	Mondays 1:00-1:45 pm	7/6-9/14	10	\$25	Zoom Virtual
<b>Low Impact Cardio Dance Fitness</b>	Perfect for active seniors who are looking for a class at a lower intensity with easy to follow choreography focusing on balance, range of motion and coordination.	Wednesdays 1:00-1:45 pm	7/8-9/9	10	\$25	Zoom Virtual
<b>Tai Chi Quan Moving for Better Balance</b>	Take steps now to improve your strength and balance and maintain an active lifestyle!	Mondays & Thursdays 2:30-3:15 pm	7/6-12/17	48	Grant Funded No fee	Zoom Virtual
<b>Knitting Group</b>	Share your talents and join the conversation with friends.	Mondays 11am- Noon	Ongoing			Zoom Virtual
<b>Current Issues</b>	Discussions range from world-wide to national to local issues. Topic chosen at prior meeting.	1 <sup>st</sup> & 3 <sup>rd</sup> Fridays 10:00 am – 11:30 am	Ongoing			Zoom Virtual
<b>Book Discussion</b>	Sign up to join fellow readers for a lively virtual discussion on a current best seller.	3 <sup>rd</sup> Thursdays 11:00 am-Noon	Ongoing			Zoom Virtual
<b>Lifelong Learning</b>	"The Great Tours: African Safari"	Fridays Noon – 1:30 pm	6/5 – 8/21	12		Zoom Virtual
<b>Facebook Chat</b>	Join your friends and stay connected.	Tuesdays 12:00 - 12:30 pm	6/9 & 6/23 7/14 & 28	—	—	Messenger Group
<b>Non Virtual Programs (Contingent upon state guidelines at time of program)</b>						
<b>Tai Chi</b>	Excellent form of mind & body fitness for all ages and fitness levels; promotes good health.	Thursdays 6:00-7:00 pm	7/9-8/27	8	\$55	Outdoors Riverfront Park
<b>Senior Golf League</b>	Enjoy the game while social distancing..	Mondays 9 am - noon	7/13– 8/31	8	\$140.00	Minnechaug Golf Course

## **Tuesday Movies**

### **1:00 pm on Zoom**

Email [norma.carey@glastonbury-ct.gov](mailto:norma.carey@glastonbury-ct.gov) for access to the movies.

**June 16** *"The Two Popes"* (2019) \*\*\*\* Starring Anthony Hopkins, Jonathan Pryce and Juan Minujin - At a key turning point for the Catholic Church, Pope Benedict XVI forms a surprising friendship with the future Pope Francis. Inspired by true events. Rated PG-13/Drama/2 hours 5 minutes.

**June 23** *"The Healer"* (2017)\*\*\*\* Starring Oliver Jackson-Cohen, Camilla Luddington and Jonathan Pryce - A handyman who has hit rock bottom agrees to live with his distant uncle, who insists that his ability to fix things extends beyond the repair shop. Rated PG/Drama, Heartfelt/ 1 hour 48 minutes.

**June 30** *"Falling Inn Love"* (2019)\*\*\*\*\* Starring Christina Milian, Adam Demos and Jeffrey Bowyer-Chapman - When a San Francisco exec wins a New Zealand inn, she ditches city life to remodel and flip the rustic property with help from a handsome contractor. Rated PG/Comedy/1 hour 38 minutes.

**July 7** *"The Other Guys"* (2010) \*\*\* Starring Will Ferrell and Mark Wahlberg - New York cops Allen and Terry toil in obscurity as lowly desk jockeys until a big break finally gives them a chance to tackle real police work. Rated PG-13/Action Comedy/1 hour 47 minutes.

**July 14** *"For Love or Money"* (1993)\*\*\* Starring Michael J. Fox, Gabrielle Anwar and Anthony Higgins - A concierge with dreams of opening his own hotel meets a potential investor but must pick his priorities when he falls for the billionaire's mistress. Rated PG/Comedy/Romantic/1 hour 35 minutes.

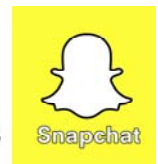
**July 21** *"The Fundamentals of Caring"*(2016) \*\*\* Starring Paul Rudd, Craig Roberts and Selena Gomez - In this inspirational buddy comedy, a young shut-in and his caregiver take a road trip in search of landmarks, but end up finding hope and friendship. Rated TV-MA/Heartfelt Comedy/1 hour 37 minutes.

**July 28** *"The Longshots"* (2008) \*\*\* Starring Ice Cube, Keke Palmer and Tasha Smith - When an 11 year old girl becomes Pop Warner football's first female quarterback, she raises eyebrows — till she takes her team to the brink of glory. Rated PG/Heartfelt and Inspiring/1 hour 34 minutes.

## HOW TO STAY CONNECTED DURING CORONAVIRUS PANDEMIC & IMPLEMENT SOCIAL DISTANCING PROCEDURES!

### What does all of this mean?

Utilizing different options to stay connected with family and friends with: FaceTime, Zoom, Skype, Facebook, Twitter, Snapchat, Instagram and lots more. All sorts of online options exist to talk with family and friends. And you don't have to be techsavvy. Doing the basics is easy, and for most people, fun. If setting up an account is daunting, ask a neighbor, niece or nephew or call Norma at 860-652-7655 for help.



### Technology resources for older adults -

Now more than ever, older adults are dependent on technology to connect with family and friends, participate in telemedicine appointments, and engage in virtual programming as they continue to physically distance.

The following link has some resources for older adults to get internet access. Copy and past the link to view .

<https://dailycaring.com/7-sources-of-low-cost-internet-for-seniors/>

-information provided by article in National Council on Aging newsletter

### FACEBOOK—Let's Talk

**Tuesdays, June 9 and June 23 at NOON**

Through Instant MESSAGE on Facebook we can get together to socialize virtually. To find out how to join the fun and stay connected to your friends at the center call or email Norma Carey at 860-652-7655 or [norma.carey@glastonbury-ct.gov](mailto:norma.carey@glastonbury-ct.gov). and Norma will walk you through the steps.

**It's soooooo easy!!**

## Coronavirus Scams to Avoid



- Beware fraudulent products claiming a cure from special teas to essential oils to silver lozenges. Numerous companies have been touting that their products have the ability to prevent or treat coronavirus. There currently are no approved vaccines, drugs, or investigational products available to prevent or cure the virus. Report suspected scams to the National Center for Disaster Fraud hotline at 866-720-5721.
- Don't give money to charities you don't know. Whenever a crisis occurs, scammers will try to draw on individual goodwill to seek "donations" for a worthy cause. It's very easy for anyone to set up an account on crowdsourcing platforms to request support from the public.
- Hang up on impostor callers. Phony callers, pretending to represent a government agency were one of the top reported scams in 2019. Last year alone, more than 166,000 people complained to the FTC about fake Social Security calls, wherein victims lost a median \$1,500 each. Get a call like this? Hang up! Note that government agencies rarely contact persons by phone unless you have ongoing business with them and they never make threats about arrest or legal action. Report suspicious calls to the SSA Office of the Inspector General by calling 1-800-269-0271, and report instances of IRS related fraud to the Treasury Inspector General for Tax Administration at 1-800-366-4484.
- Be wary of new investment opportunities. A biotech company you've never heard of is working hard on developing a vaccine for the coronavirus. If you buy company stock now, you're sure to get a windfall when the markets go up, right? If this sounds too good to be true, it probably is.
- Social Security reports that some people who receive benefits are getting fraudulent letters claiming their benefits will be suspended due to COVID19 related office closures. Social Security is not suspending any benefits and never requests people to pay a fee to receive their benefits.



**SCHEMING**  
**CRAFTY**  
**AGGRESSIVE**  
**MALICIOUS**  
DON'T LET THEM CON YOU



## Resources For You:

For information on town departments and important resources please visit:

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

### Groceries and Meals Resources:

**HIGHLAND PARK MARKET** - Call in your order to 860-659-1717 and pick up curbside or limited delivery.

**STOP & SHOP PEAPOD delivery service** - [www.peapod.com](http://www.peapod.com) (LONG WAITS ARE ANTICIPATED).

**INSTACART** - Groceries delivered to your door. Visit [www.instacart.com](http://www.instacart.com).

**OCTOBER KITCHEN** - Meal Delivery right to your door. Call 860-533-0588 or email [customerservice@octoberkitchen.com](mailto:customerservice@octoberkitchen.com) or order online at [www.octoberkitchen.com](http://www.octoberkitchen.com). Pick-up also available at store: 309 Green Road, Manchester.

**ADAMS HOME TOWN MARKET** in Portland - grocery delivery option.  
316 Marlborough St Portland, CT 06480 - (860) 342-0672  
[www.adamshometownmarkets.com](http://www.adamshometownmarkets.com)

**SCHWAN'S MEAL DELIVERY** - [www.schwans.com](http://www.schwans.com).

**WHOLE FOODS** - Download their app and order online to pick up curbside. Visit [www.wholefoods.com](http://www.wholefoods.com).

**SHOP RITE IN MANCHESTER** is scheduled to begin accepting EBT for SNAP as of Wednesday, June 3. People will be able to place ONLINE orders for groceries that can be picked up (on Spencer Street) or delivered to Glastonbury. There is a \$9.99 fee if groceries are delivered which would have to be paid by debit or credit card. SNAP will not pay for the delivery. This will not work for everyone, but it is another option. For those unfamiliar with this store, it is right off Rte. 384, and not far from the East Hartford town line. I have seen Glastonbury residents in the store before.

**AMAZON & WALMART IN MANCHESTER (pick up and delivery)** are also scheduled to begin accepting online EBT as of June 3.

The Rocky Hill Walmart is not on the list of participating stores.



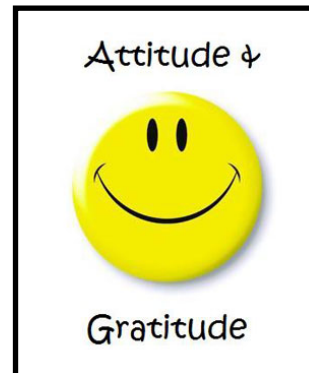
## Gratitude Is About Attitude

Taking time to smell the flowers may seem cliché, but being grateful while rushing through the daily grind or disappointments in life may be a good way to begin the day. It isn't easy to be grateful all the time, especially when navigating through life's challenges, but learning to be grateful for even the smallest things in our lives, living in the moment and noticing all the reasons to be thankful, can do wonders for mental health and make it more bearable to get through the tough times. Gratitude Benefits: Greater happiness \* Improved health \* Strengthened relationships \* Increased spiritualism \* More contentment \* Better sleep \* Increased energy.

Check out these videos:

Louie Schwartzberg • Gratitude (video): <https://youtu.be/gXDMoiEkyuQ>

Soul Pancake • The Science of Happiness—An Experiment in Gratitude (video): <https://youtu.be/oHv6vTKD6lg>



### The Tale of The Two Wolves A Cherokee Legend by David O'Brien



The story is told of a young boy who was angry and upset and went to see his Native American grandfather for advice. The grandfather told him, "Like you my child, I have two wolves inside my heart. One of them is positive and filled with joy, kindness, hope and compassion. He lives in harmony and peace. The other wolf is negative and filled with fear, envy, arrogance, resentment and self-doubt. He rages, but his anger changes nothing. The two wolves fight inside me every day to see which is more powerful."

After listening to his grandfather attentively for several minutes, the young boy asked his grandfather, which wolf will win the fight in your heart grandfather? To which the grandfather responded, "The one I feed."

## 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** – Residents still needing to apply for this season's Energy Assistance should contact CRT directly at 860-560-5800. Application deadline is June 1, 2020.

**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, June 17, 2020.

**Carol's Closet** – The paper pantry is scheduled for Saturday, June 20 and Saturday July 18, 2020 from 10:00 am to 12 noon, St. James Church, 2584 Main Street.

**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 updates coming soon. 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 presents a hardship due to COVID.

**Homemade Cloth Facemasks** – Cloth facemasks, some made by our own Nicole, are available free to residents. Please make your request, one per person, by calling Senior Services at 860-652-7638 or on the Town web page. Pickups are scheduled at the Riverfront Community Center.

## 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.





The immune system is our body's defense system that protects us against nasty bugs like the Coronavirus. Strengthening the immune system helps our bodies fight infection, and there is no better time than the present to take steps to support and improve your immunity. Now is a good time to check in on your older adult loved ones and neighbors to see that they are keeping their immunity up as much as possible!

### **Get Good Quality Sleep**

Make sleep a priority. Getting good quality sleep is crucial for immune system function because it restores and heals the body.

Here are some tips for getting a good night's rest:

- Have a regular bedtime routine so your body knows you are preparing for sleep.
- Avoid screen time an hour or two prior to bedtime, or wear blue light protecting glasses. Blue light tells our bodies to wake up!
- Make your bedroom cool and dark. Block out all light, including the alarm clock.
- Stop eating at least 3 hours before bedtime.
- Don't drink caffeine after 2:00pm, or earlier if you are caffeine-sensitive.
- Avoid alcohol as it disrupts sleep

### **Exercise**

Exercising regularly is a big immune booster. Just 15 minutes a day, preferably outside, can go a long way. Too busy to spend a chunk of time moving? Cumulative exercise throughout the day counts too. A few brief, brisk walks or sets of stairs can add up. As a bonus it will energize you!

### **Reduce Stress**

Excess stress increases your susceptibility to viral infections. Reduce stress by practicing slow, deep breathing. Inhale, pushing the breath down to your belly. Exhale slowly, tightening your abdomen to push the air out. Just a minute or two of focusing on your breath can lower your blood pressure and heartrate, resulting in a reduction in stress. Or, take advantage of the free online yoga and meditation classes offered during the pandemic as another method of reducing stress and anxiety.

### **Eat Well**

Hippocrates was ahead of his time in 400 B.C. when he said "Let food be thy medicine and medicine be thy food". Boost the immune system by following these general guidelines:

- Eat real, whole foods including fresh vegetables and fruits, lean meats and fish, and "good fats" like olive oil and avocado.
- Eat mostly plants including vegetables, nuts, seeds and fruits. The more colors you eat, the better.
- Stay away from processed foods like chips and cookies as they contain sugar, salt and "bad fats" like vegetable oils, all of which weaken the immune system.

### **Stay Connected**

Research shows that those who feel connected to family and friends have stronger immunity than those who feel alone. Pick up the phone, write a letter, send a text, or video chat with those you care about.

Sources: Mark Hyman, MD, Antonio Reale, ND, WebMD

Article compiled by Barbara Womer, M.S.

Community Health Educator

North Central Area Agency on Aging

## Super Foods for a Nutritious Diet

The health community has long praised the benefits of vitamins and nutrients derived from natural sources. For those looking to improve their health or take preventative measures, these 10 natural super foods can be incorporated into your daily diet to help support your health:

1. **Green Tea** - Armed with a special type of antioxidants called polyphenols, green tea can decrease plaque formed in the arteries and can fight prostate cancer.
2. **Rosemary** - Studies have shown this powerful spice can reduce the risk of stroke, as well as protect against Alzheimer's disease.
3. **Almonds** - Full of plant sterols and amino acids, almonds can help lower high cholesterol and promote muscle growth. These handheld treats are also rich in vitamin E, which can protect skin from sun damage.
4. **Fatty Fish** - Rich in omega3 fatty acids, fatty fish such as salmon, flounder and sardines can lower the risk of heart disease.
5. **Bananas** - This easy, portable snack is loaded with essential potassium, which regulates the nervous system. Bananas also offer loads of vitamin B6, which aids immunity and metabolism.
6. **Whole Grains** - These powerful body defenders have been known to boost immunity, protect against various cancers and reduce cholesterol.
7. **Eggs** - These energy packed breakfast favorites contain a special type of protein that helps build muscle strength more than other proteins. When compared to other breakfast foods, eggs can also keep you feeling fuller longer with fewer calories and fat.
8. **Spinach** - Chockfull of magnesium, potassium and various vitamins and nutrients, spinach can prevent clogged arteries and protect against prostate and colon cancers.
9. **Soy** - This protein packed food contains isoflavones, which can aid in treatment and prevention of prostate cancer. Also, research from the Food and Drug Administration shows that 25 grams per day can help lessen the risk of heart disease.
10. **Dark Chocolate** - Satisfy your sweet tooth and improve blood flow to the brain at the same time. Dark chocolate can also lower blood pressure and increase skin's resistance to UV rays.

## Enjoy the Arts & Culture -

### **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/>

**Jazz at Lincoln Center** is regularly updating a list of where to watch free jazz concert live streams.

<https://www.jazz.org/blog/coronavirusjazzlivestreams/>

**Listen to musical offerings from the Los Angeles Philharmonic**, including "At Home With Gustavo," <https://www.laphil.com/about/watchandlisten/athomewithgustavo> a limitedrun podcast of conductor Gustavo Dudamel sharing stories and the music he loves.

**National Public Radio** maintains a schedule of live virtual concerts to watch during the coronavirus shutdown <https://www.npr.org/2020/03/17/816504058/>

alistoflivevirtualconcertstowatchduringthecoronavirus shutdown, including classical Friday nights with the New York Philharmonic and a whole host of events featuring Jazz, Americana, Rock, Children's and other musical genres.

**A 'best streamed performances'** <https://www.rollingstone.com/music/musicfeatures/best-streamed-performances-980061/> compilation of rock concerts for the stay-at-home era was recently curated by Rolling Stone magazine.

**Ace of Cups, an American rock** band described as one of the first all female rock bands formed in San Francisco in 1967, has released "Feel Good" <https://www.youtube.com/watch?v=6KqPCFwVHQ> a music video meant to lift hearts and spirits.

**Missing Broadway?** Find musicals at Where to Watch Musicals Online: The Musical Lovers Guide to Streaming <https://broadwaydirect.com/where-to-watch-musicals-online-the-musical-lovers-guide-to-streaming/>.

**Musicianfest: Never Too Old** <https://www.youtube.com/watch?v=ww4kVAVsV34&t=506s> is a 27-minute documentary filmed in senior centers that reminds us of the impact live music can make on the health and wellbeing of audiences and performers alike. Closed-captioning is available for those who are hearing impaired by clicking the [CC] icon on the YouTube video.

**"Music was my refuge. I could crawl into the space between the notes and curl my back to loneliness."** -Maya Angelou



**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>

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

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



Looking for help with filing your taxes this year, contact 211 for information on free resources. <http://www.211ct.org>

**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](http://www.aarpdriversafety.org)



## SOCIAL SECURITY'S ONLINE SERVICES ARE READY FOR BUSINESS

By Robert Rodriguez

Social Security Public Affairs Specialist in New Britain, CT



During this time when our physical offices are closed to the public, you may wonder, "How can I get help from Social Security without visiting an office?" You can find the answer at [www.ssa.gov/onlineservices](http://www.ssa.gov/onlineservices), which links you to some of our most popular online services. You can apply for retirement and disability benefits, appeal a decision, and do much more.

Our newest *my Social Security* feature, Advance Designation, enables you to identify up to three people, in priority order, who you would like to serve as your potential representative payee in the event you ever need help managing your benefits. We have updated our Frequently Asked Questions at [faq.ssa.gov/en-us/Topic/article/KA-10039](http://faq.ssa.gov/en-us/Topic/article/KA-10039) to answer questions you may have about Advance Designation.

You can also apply for Medicare online in less than 10 minutes with no forms to sign and often no required documentation. We'll process your application and contact you if we need more information.

Visit [www.ssa.gov/benefits/medicare](http://www.ssa.gov/benefits/medicare) to apply for Medicare and find other important information. If you're eligible for Medicare at age 65, your initial enrollment period begins three months before your 65th birthday and ends three months after that birthday.

We've organized our Online Services webpage into four popular categories for easy navigation:

**Review Your Information.** You can access your secure, personal information and earnings history to make sure everything is correct. You can even print statements with ease.

**Apply for Benefits.** You can apply for retirement, disability, and Medicare benefits without having to visit a field office.

**Manage Your Account.** You can change your direct deposit information and your address online.

**Find Help and Answers.** We've answered your most frequently asked questions, and provided links to publications and other informational websites.

Let your family and friends know they can do much of their business with us online at [www.ssa.gov](http://www.ssa.gov).

## **SOCIAL SECURITY AND PROTECTING ELDERS FROM SCAMS**



**By Robert Rodriguez**

**Social Security Public Affairs Specialist in New Britain, CT.**

### **June is World Elder Abuse Awareness Month.**

Throughout the month, government agencies, businesses, and organizations sponsor events to unite communities, seniors, caregivers, governments, and the private sector to prevent the mistreatment of and violence against older people.

Scammers often target older people. They use fear to pressure people into providing personal information or money. In times like the current pandemic when people are particularly vulnerable, scammers will pretend to be government employees, often from Social Security, to gain people's trust to steal their money and personal information. The most effective way to defeat scammers is by knowing how to identify scams then hanging up or ignoring the calls.

### **What you can do:**

If you get a Social Security scam phone call, hang up, report it to our law enforcement office at [oig.ssa.gov](http://oig.ssa.gov), and tell your family and friends about it! We're telling as many people as we can that government agencies will never:

- Tell you that your Social Security number has been suspended.
- Tell you about crimes committed in your name, or offer to resolve identity theft or a benefit problem in exchange for payment.
- Request a specific means of debt repayment, like a retail gift card, prepaid debit card, wire transfer, internet currency, or cash.
- Insist on secrecy about a legal problem, or tell you to make up stories to tell family, friends, or store employees.

Scammers continue to develop new ways to mislead you. They might use the names of Social Security officials and tell you to look them up on our public websites (where they learned the names themselves). Or, they might email you official-looking documents with a letterhead that looks like it's from Social Security or Social Security's Office of the Inspector General (OIG). Don't believe them! Social Security will NEVER email you attachments that have your personal information in them.

If you ever owe money to Social Security, the agency will mail you a letter, explaining your payment options and your appeal rights. If you get a call about a Social Security problem, be very cautious. If you do not have ongoing business with the agency, or if the caller mentions suspending your Social Security number or makes other threats, the call is likely a scam. Ignore it, hang up, and report it to us at [oig.ssa.gov](http://oig.ssa.gov). We are working to stop the scams and educate people to avoid becoming victims.

## **Journaling Prompts:**

We compiled a list of 10 journaling prompts from our Mighty members! Take a quick break and put pen to paper or fingers to keyboard by responding to one or more of the suggestions below:

Look back over the past week and write down two things that brought a smile to your face. — [via Samantha Moss](#)

Ask yourself what you need to hear right now. Write it down, and then read it back to yourself as often as you need to. — [via Sara T.](#)

What's on your bucket list? To start, try writing a list of 10 items, activities or milestones you'd like to check off. — [via @togetherwestumble](#)

Write about a feeling that's hard to explain (maybe you can give it a name if it doesn't have one yet!). — [via Haley Quinn](#)

Write a letter to a fictional character you like and tell them about yourself as if they were your pen pal. Ask questions about a particular movie, episode or book; or ask about their relationships with other characters. — [via RachelBrooke](#)

Close your eyes and imagine the kind of world you would like to see. What is it like? — [via Monique Vitche](#)

Write about a time you were feeling weak but made it through. — [via Joan Harden](#)

What would make you happy right now? — [via Adela Yu](#)

Finish this sentence: I'm truly inspired by... — [via @missmental](#)

Write a letter to your health condition as if it were a person. What questions do you want answers to? In what ways do you wish your "relationship" was different? (If you're experiencing anger, express that too!) — [via Kat Harrison](#)

**SELFIE PROJECT:** Take selfies of yourself doing a variety of activities from doing "zoom" classes, coloring mandalas, cooking dinner etc. Then email them to Norma ([norma.carey@glastonbury-ct.gov](mailto:norma.carey@glastonbury-ct.gov)) where she 'll post on Facebook and in our upcoming newsletter! The more the merrier!





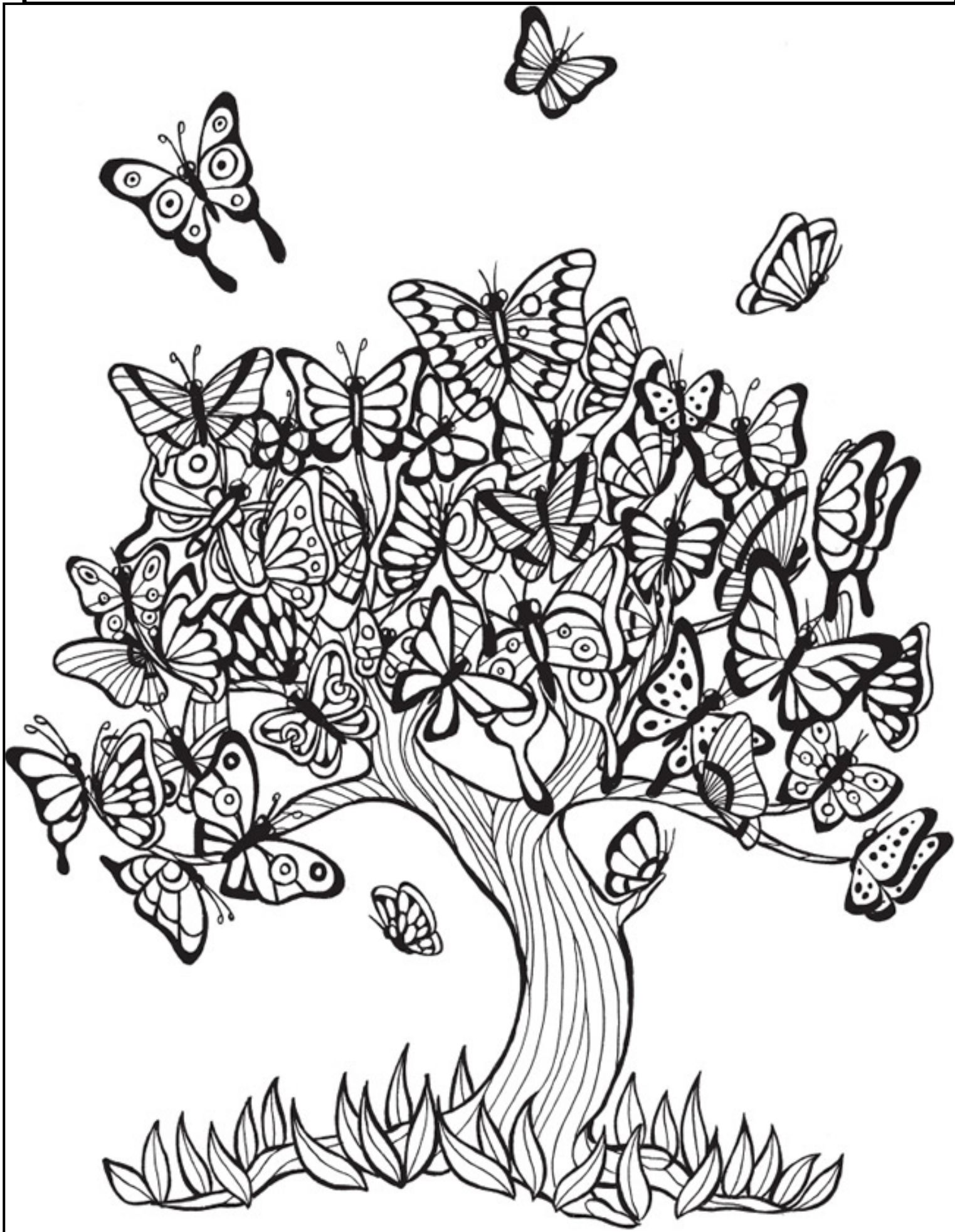
**I challenge you**  
— TO COMPLETE —  
**the census to shape  
the future of  
your community**

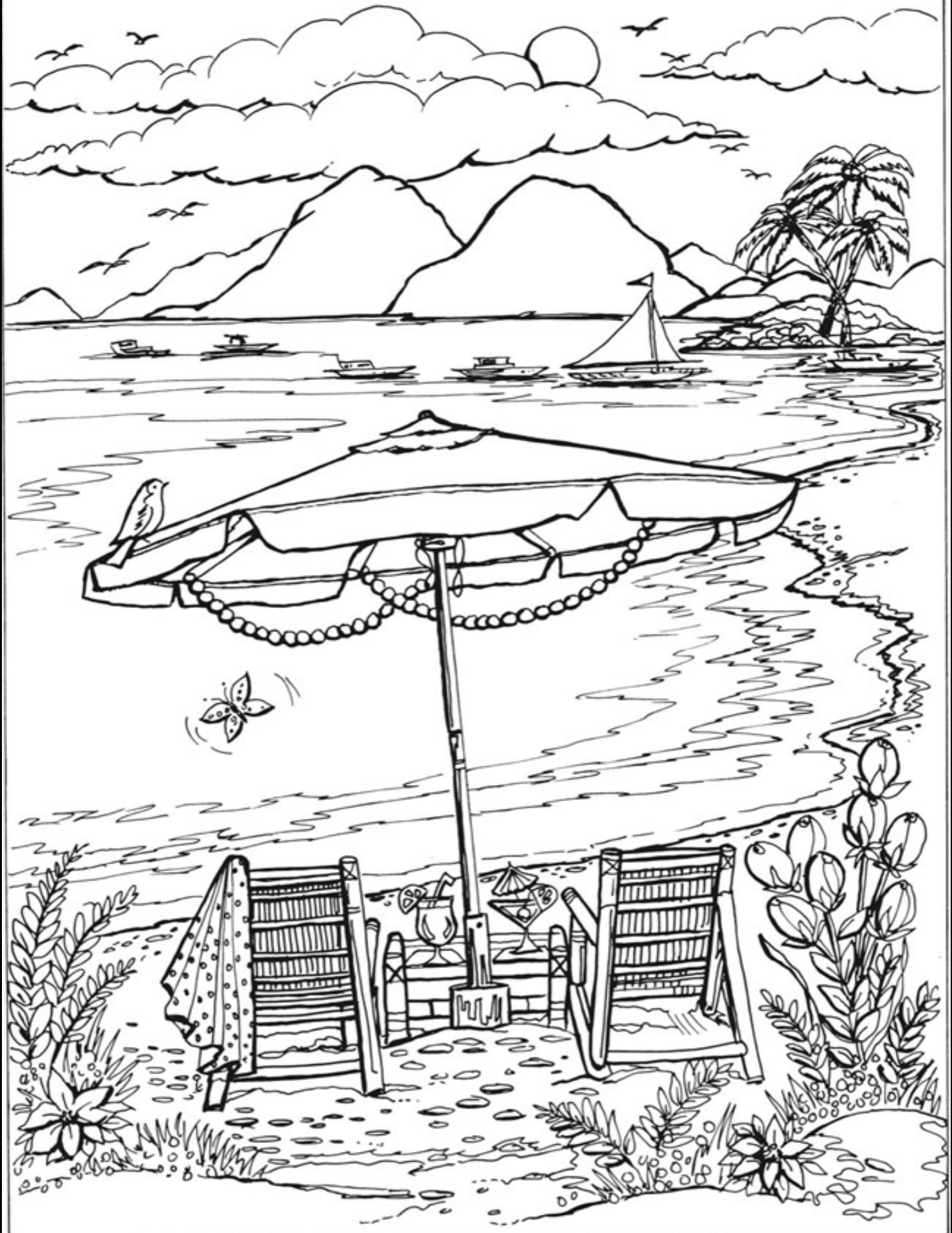
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Responses to the 2020 Census will shape how hundreds of billions of dollars in federal funding are distributed to local communities annually.

**#shapeyourfuture**

There's still time to shape the future for the Glastonbury community. You can complete the [#2020Census](#) now online, by phone, or by mail. Visit [2020Census.gov](https://2020Census.gov) to respond.  
[#shapeyourfuture](#)





## BOSTON

ARNOLD Arboretum (Harvard's botanical gardens)	CHARLES River (major waterway)	John HANCOCK Tower (lofty landmark)
BEACON Hill (historic neighborhood)	Boston COMMON (central square)	HARVARD University (founded 1636)
William BLACKSTONE (Boston's first resident)	COMMONWEALTH Avenue (exclusive address)	LOGAN (international airport)
BRANDEIS University (founded 1948)	U.S.S. CONSTITUTION ("Old Ironsides," docked in Boston Harbor)	PARKER House (oldest hotel still operating in U.S.)
BROOKLINE (notable suburb)	FANEUIL Hall (historic market and meeting house)	Paul REVERE (Revolutionary War hero)
Charles BULFINCH (influential Boston architect)	FENWAY Park (baseball stadium, home of the Red Sox)	STORROW Drive (waterside way)
BUNKER Hill (Revolutionary War battle site)	FRANKLIN Park (site of zoo)	Ted WILLIAMS Tunnel (named for Red Sox' greatest hitter)
CAMBRIDGE (city across the Charles River)	FREEDOM Trail (links many important sites)	
CELTICS (Boston's pro basketball team)		

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

## DENMARK/GREENLAND

AALBORG (port in Denmark)	ESBJERG (city and port in Denmark)	NIKOLAI Grundtvig (poet)
AARHUS (port in Denmark)	FOX (animal)	ODENSE (city in Denmark)
CHEESE (product)	FURNITURE (industry)	Iron ORE (Greenland resource)
COD (fish/export)	Natural GAS (resource)	Harp SEAL (Greenland mammal)
COPENHAGEN (capital of Denmark)	GLACIER	SHIPbuilding (industry)
CRYOLITE (mineral found in Greenland)	GODTHAAB (former capital of Greenland)	SILVER (resource of Denmark)
DUNDAS (strategic area in Greenland)	GUDENAA (river in Denmark)	SJOA (river in Denmark)
Hans EGEDE (missionary who began colonization of Greenland)	HANS Christian Andersen (author)	TIVOLI Gardens (amusement park)
EGESKOV Castle (fortress built in 1554)	HERRING (fish/export)	TUNDRA (treeless grassy land in Greenland)
EJER Bavrehøj (mountain in Denmark)	INUIT (Arctic people of Greenland)	ZINC (Greenland resource)
ERIC the Red (founded first European settlement in Greenland in 986)	Søren KIERKEGAARD (philosopher)	
	KRONE (currency)	
	LEAD (Greenland resource)	
	"Little MERMAID" (popular seaside sculpture)	

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





(315) **CHOCOLATE MOUSSE II***(Refrigerator tray)**The following is a very economical chocolate mousse.*

- 1 can undiluted evaporated milk, whipped
- ½ teaspoon salt
- ½ cup rich chocolate sauce

Make a chocolate sauce as follows:

- |                                      |                              |
|--------------------------------------|------------------------------|
| • 2 squares bitter chocolate, grated | • ½ teaspoon salt            |
| • 6 tablespoons water                | • 3 tablespoons butter       |
| • ½ cup granulated sugar             | • ¼ teaspoon vanilla extract |

Add grated chocolate to water (hot or cold) and cook over direct flame, stirring constantly until blended. Add sugar and salt and cook over low flame until sugar is dissolved and mixture slightly thickened, stirring constantly. Remove from the flame, add butter and vanilla, and stir well. This will make 1 standard cup. Store the remaining unused half cup which may come very handy, in an airtight jar and keep in refrigerator until wanted. May be served hot or cold. Have the undiluted evaporated milk thoroughly chilled and whip as indicated for No. 8. Fold in the salt and chocolate sauce, mold and freeze in refrigerator tray for 3 hours.

*For the chocolate sauce, you may use ½ cup cocoa, instead of chocolate, if desired.*

(316) **CHOCOLATE MOUSSE III***(Refrigerator tray)**A very rich, nourishing as well as smooth mousse.*

- |   |                                      |
|---|--------------------------------------|
| • 2 cups heavy cream, whipped stiff   | • 1 whole fresh egg, slightly beaten |
| • ¼ teaspoon salt   |                                      |
| • ¾ generous cup chocolate syrup<br>made as for No. 315, Chocolate<br>Mousse II |                                      |

To the heavy cream whipped with the salt, add the slightly beaten whole fresh egg, and beat until well blended. Add, folding gently, but thoroughly, the chocolate syrup, and mold or freeze in refrigerator tray for 3 hours.

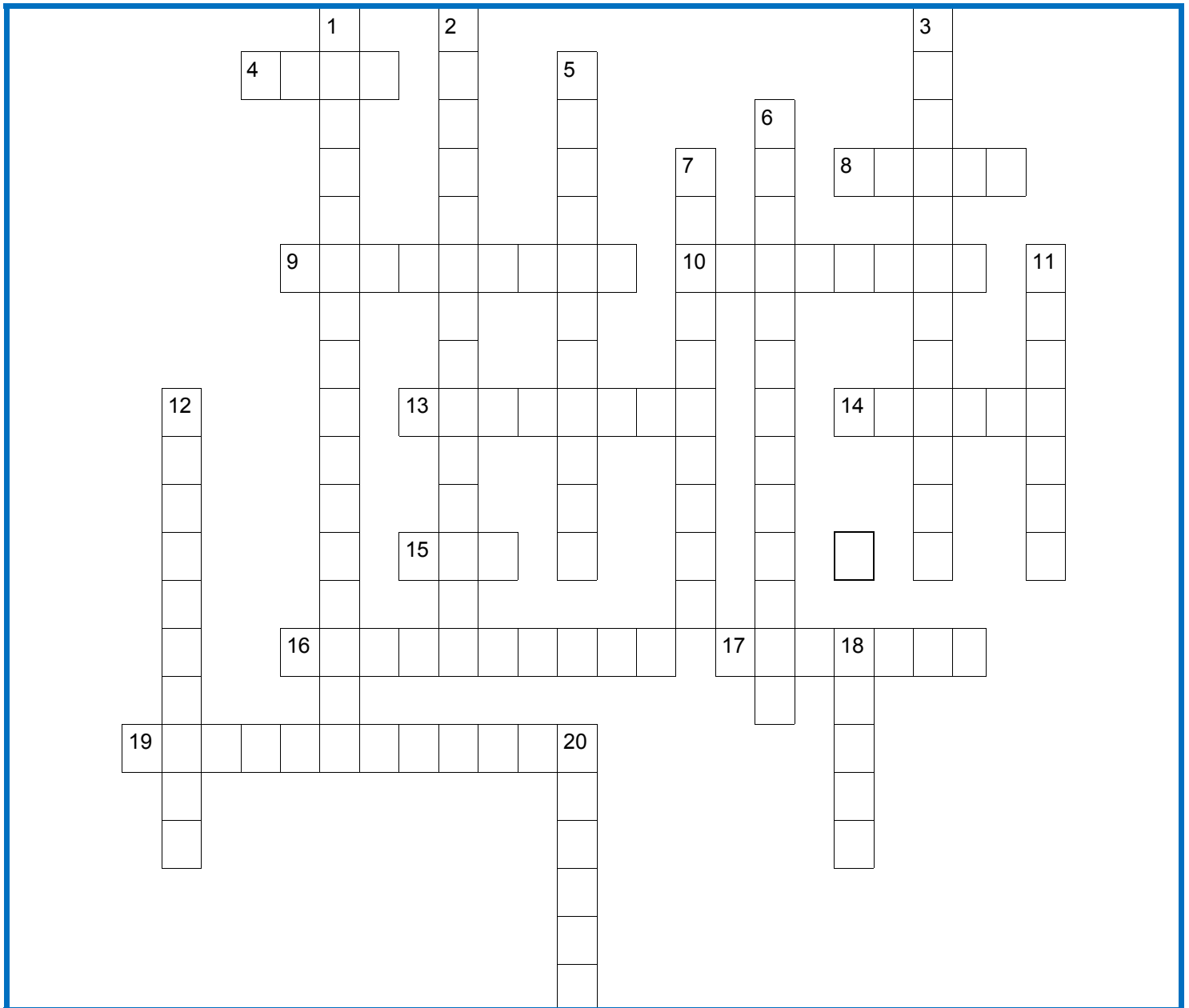
What Happens at the Senior Center  
Unscramble the words to see.

1. TCEBSAK \_\_\_\_\_
2. UBMCIEUR \_\_\_\_\_
3. ONGIB \_\_\_\_\_
4. CSSHE \_\_\_\_\_
5. ELKALPILCB \_\_\_\_\_
6. DFIHSEPRIN RLCEIC \_\_\_\_\_
7. EPALCSI NUHLC \_\_\_\_\_
8. SAEREPSK \_\_\_\_\_
9. REAPTS \_\_\_\_\_
10. EARRFSTC \_\_\_\_\_
11. TSIRNEKT \_\_\_\_\_
12. CHCRTOE \_\_\_\_\_
13. CIARESCM \_\_\_\_\_
14. LIIDLRSBA \_\_\_\_\_
15. XICEERSE \_\_\_\_\_
16. NCEDA \_\_\_\_\_
17. GEOYLOTHNC \_\_\_\_\_
18. BDIGRE \_\_\_\_\_
19. HNECLIOOP \_\_\_\_\_
20. RIIVAT \_\_\_\_\_
21. FLNGILEO NNRGEIAL \_\_\_\_\_
22. MOVEIS \_\_\_\_\_
23. RRTECNU SISESU \_\_\_\_\_
24. BOKO SISIOSDUNC \_\_\_\_\_
25. CRABBIGE \_\_\_\_\_
26. MHGJOAGN \_\_\_\_\_

# Disney Movies (animated)

1. IREEALNDCL \_\_\_\_\_
2. BBIAM \_\_\_\_\_
3. EHT TELILT EIRMMAD \_\_\_\_\_
4. NMALU \_\_\_\_\_
5. ALDY ADN HTE TMARP \_\_\_\_\_
6. TAUBYE AND EHT ABSTE \_\_\_\_\_
7. ADNILDA \_\_\_\_\_
8. LREOIV ADN CMAYONP \_\_\_\_\_
9. NRZFEO \_\_\_\_\_
10. BAEVR \_\_\_\_\_
11. BEEBLP NDA ETH GUPEIN \_\_\_\_\_
12. NGEJUL KOOB \_\_\_\_\_
13. TRPEE NPA \_\_\_\_\_
14. OIHOPNNIC \_\_\_\_\_
15. IIENNW EHT OOP \_\_\_\_\_
16. YTO YROST \_\_\_\_\_
17. 011 MSONTAADLI \_\_\_\_\_
18. LEUCSHER \_\_\_\_\_
19. UBDOM \_\_\_\_\_
20. IPSNGELE BAUEYT \_\_\_\_\_
21. ADNLETG \_\_\_\_\_
22. YAMR PNOPSIP \_\_\_\_\_
23. HTE NBCHCKUGA FO NORET EDAM \_\_\_\_\_
24. ERMOTSSN CI.N \_\_\_\_\_
25. RSDWO AND ETH NEOTS \_\_\_\_\_
26. HET CILIBEERNSD \_\_\_\_\_

# Glastonbury Senior Center



## Across

4. Meet on 1st & 3rd Tuesdays with Winter and Summer off
8. Knight to Bishop game
9. Eight ball in the Corner game
10. Use a kiln
13. Rummy tile game
14. Cafe Worker
15. Virtual Bowling name
16. Smart phones and computers
17. Thursday card game
19. Where is the Senior Center located?

## Down

1. Group that makes decorations and things
2. Discuss Monthly Reads
3. Chair Exercise group
5. Learn Walls and Steps
6. Discusses news and other topics
7. The game that sounds like something you eat
11. Cooks lunches
12. Many help
18. The game you shout out
20. Calm movement exercise (two words)