



# The Sharing Tree

Your source of information at the Glastonbury Senior Center.

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

Summer/Fall 2020



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

Dear Friends:

As we continue to safely navigate our way through the new normal brought on by the Covid 19 Virus, we are working to offer you as many opportunities as possible to stay active, engaged and connected to the community with virtual programming primarily through Zoom.

To use Zoom you will need to have access to the internet and an email address to receive a link to join a class or activity. If you haven't used zoom before, no worries! We can help you with tutorials and one-on-one assistance. Many seniors are now participating in classes throughout the state who never used zoom before the pandemic. On the next page you will find links to tutorials that can help you get started.

You can also send Norma Carey our Program Coordinator an email at [norma.carey@glastonbury-ct.gov](mailto:norma.carey@glastonbury-ct.gov) or call our main number at the center 860-652-7638 and leave a message. One of our staff will call you back and obtain your email address from you over the phone and provide technical support to you until you are a pro!

As we write this newsletter in late July, the center is still closed to the public and we don't know exactly when we will open and resume programming in person. Until then we hope to hear from you and look forward to seeing you in the near future. Stay safe and strong!

—Patti White, Senior Center Supervisor

**Wellness Calls:** Because we miss you and want to make sure you are doing well our staff have been making wellness calls to many of our seniors to check in and see how you are doing. We weren't created to be in isolation and it can lead to sadness and anxiety, which is normal to feel during this unprecedented time. If you would like to be added to the wellness call list please call 860-652-7650 and leave a message and your phone number. **Guess What: It helps us to talk with you, too!!!**

**Birthday Celebration:** If you are having a birthday please call 860-652-7650 and let us know the date of your birthday at least a week ahead of time. On your birthday one of us will call you or if possible visit you from our cars to wish you well.

**Virtual Lunch Bunch via Zoom:** Let's have lunch together virtually! Prepare your lunch and join senior center staff and others via Zoom from your home to catch up on how everyone is doing! This program is offered every other Friday, 12:00 to 12:30pm. In August, we'll meet on August 14<sup>th</sup> and 28<sup>th</sup>. Please join us! To get help learning how to zoom and obtain more info call 860-652-7650.



**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>

### **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.

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

-information provided by article in National Council on Aging newsletter



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.



Now more than ever volunteers are wanted to assist with Zoom programming. Here is a list of programs volunteers can assist in: Movies followed with discussion; Bingo; Lifelong Learning and Virtual games.

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**

### **Glastonbury Age-Friendly Community Initiative Update**

The Glastonbury Age-Friendly Community Initiative has continued to move forward with creating an action plan to be submitted to the World Health Organization in the coming months. The three Domains of Livability that have emerged through community meetings and focus groups as priorities for Glastonbury are: Housing, Outdoor Space & Buildings, and Transportation.

On behalf of the Senior Services Department, the Commission on Aging and the Age-Friendly Initiative Core Leadership team, we would like to acknowledge the hard work and inspiring dedication of Rosemary Hokanson whose time as chairperson of the Commission has ended. We wish Rosemary the very best in all of her new endeavors.

Stay tuned for future updates on the work of the COA and Age-Friendly Core Leadership Team.

**To register for all Programs:**

**Email: [norma.carey@glastonburyct.gov](mailto:norma.carey@glastonburyct.gov) or call (860)652-7650 and leave your name, phone# and email address.**

**Virtual Monday Games****1:00 pm**

We have put together some fun interactive games - Play as a team or 1:1 it all depends on the number of people interested. Let us keep our brains active with fun interaction.

**Jukebox Bingo****Monday, August 31, 2020****6:30 pm**

Get ready for Jukebox Bingo from the comfort of your home with Keith Alan Productions. LLC!

**How it works:** This is the new way of playing Bingo! We have replaced the 75 numbers with 75 songs! A 30 second music clip will play, you name the song, check you card, mark it off, get 5 in a row—Yell BINGO!

Sign up using Sign-up Genius and Bingo cards and the ZOOM link will be emailed to you on August 30th before the big game!

***You must sign up no later than Sunday, August 30<sup>th</sup> at noon*** since there is a max of 100 households!

**Sign up by typing in this URL address in your browser:**

**<https://www.signupgenius.com/go/508054CA4AC2EA0FA7-community2>**

**Cooking with Lindsey, Retail Dietitian at ShopRite****\*Wednesday, August 19, 2020 1:00 pm**

**Registration required: Email [norma.carey@glastonbury-ct.gov](mailto:norma.carey@glastonbury-ct.gov) or call 860-652-7650**

Follow along as we make **Healthy No Bake Chocolate Tarts!**



**Ingredients: BASE:** 1 C whole almonds; 15 whole dates (with stones removed); 2 tbsp. coconut oil melted; 1 tablespoon unsweetened cocoa powder and a tsp. of vanilla extract.

**FILLING:** 4 oz. cream cheese; 4 oz of Greek yogurt; 1/2 tsp. orange juice; 1/4 tsp. orange zest and 1/4 tsp. vanilla extract.

**Alternate Filling:** Coconut whipped cream: 1 can of coconut milk left in fridge for 2+ hours.

Carefully open and scoop out the solid cream. Whisk in a bowl with vanilla extract and 1-2 TBS sugar. **Fruit Topping:** Any fruit of your choice, all chopped.

**\*Lindsey will whip up some great recipes for Wednesdays, September 16 & October 21 -Same time slot so mark your calendar and request the recipe two weeks prior to demo.**

**Veterans Social w/Sherri Vogt, Veteran Liaison Hartford Healthcare @ Home****Friday, August 28, September 25 & October 23, 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.

## The Wonderful Sound of Music

Enjoy virtual concerts through zoom with a few of our favorite entertainers!  
All from the comforts of home! To register please call (860) 652-7650

**"Those Hot Summer Days" with Tom Stankus aka T- Bone**  
Wednesday, August 12, 2020 1:00 pm—1:45 pm

Tune in to hear Tom "T-Bone" Stankus performing comedic stylings with his acoustic guitar.



### Sing A Long with Dr. Uke

Join us on Friday, August 28, 2020 2 pm—3 pm  
Songs will be displayed for your singing pleasure.

### "United We Stand" with Brian Gillie

Friday, September 11, 2020 1:00 pm—1:45 pm

Brian will entertain us with his upbeat music and patriotic songs.

### A Howling Sing-A-Long with Dr. Uke

Join us on Friday, October 30, 2020 2 pm—3 pm

Sing along to songs like "The Monster Mash" or snap your fingers to "The Addams Family" - wear your favorite mask for a virtual snap shot photo.

## Watercolor Series with Let's Make Art - Watercolor Classes Virtually

The hardest part of learning something new is knowing where to start, but they make it simple. They have created some amazing products and tutorials just for you, so you can focus on the good part: learning and making art!

Kit includes everything needed to complete painting.



### "Floral Truck"

**Tuesdays starting September 1, 2020 9:30 am - 11:30 am**

**Cost: \$10.00 Kit - Registration Required by August 14, 2020**

This project is a fun way to understand a few different art principles: value, perspective, depth, and shape. Make it your own by changing the license plate, color of your truck, or even the flowers!



### "Sunset Mountain"

**Tuesdays starting October 6, 2020**

**9:30 am - 11:30 am**

**Cost: \$10.00 Kit - Registration Required by September 18, 2020**

This project is a great way to practice color transitions, value, and detail work – it has it all! It might seem overwhelming at first but we break it down with five easy steps that will ensure a colorful, mystical landscape!

**Virtual Health Talks through Zoom****RSVP by calling: 860-652-7650****Making the Most of Your Tele-Medicine Visit    Tuesday, September 15, 2020    11:30 am**

During the covid-19 era, telemedicine visits have been utilized in high demand due to physical distancing measures and expansion of insurance coverage. Learn more about the different types of virtual services, pros and cons, and tips for environment, technology, and preparation. Presented by Kaitlin Cuas, Transitional Care Nurse, Hartford HealthCare Center for Healthy Aging. *Sponsored by Hartford HealthCare Center for Healthy Aging.*

**Please RSVP to Glastonbury Senior Center, (860)652-7650 by September 8, 2020****Medicare 101    Wednesday, September 23, 2020    11:30 am**

Medicare 101 is a free educational seminar focused on the basics of Medicare and understanding your Medicare options. In this seminar, you will learn more about what Medicare is and how it works, the different parts of Medicare, when to enroll in Medicare, and things to think about when choosing your Medicare plan.

Join us to learn more about your Medicare options including:

- Medicare Advantage Plans
- Medicare Supplement Plans
- Prescription Drug Plans

Presented by Marissa Hiebel, Medicare Educator.

*Sponsored by Hartford HealthCare Integrated Care Partners.*

**Please RSVP to Glastonbury Senior Center, (860)652-7650 by September 16, 2020****Dimensions of Wellness    Tuesday, October 13, 2020    11:30 am**

This is an interactive and engaging presentation that reviews a wellness model that encompasses the following dimensions of wellness: physical, emotional, intellectual, spiritual, vocational, and environmental. It is a guide to help you look closely at your life and recognize and celebrate your unique triumphs and what you're already doing to live your best life. You might be wondering, "What might I like to change or add to my life to enhance my sense of well-being?" Come join us and share ideas on what it means to be fully engaged in life!

Presented by Transitional Care Nurse, Hartford HealthCare Center for Healthy Aging.

*Sponsored by Hartford HealthCare Center for Healthy Aging.*

**RSVP to Glastonbury Senior Center, (860)652-7650 by October 6, 2020****Storm Preparedness: How can you be ready? Tuesday, October 27, 2020    11:30 am**

Prevention and preparedness build the foundation to make a positive impact when it comes to a medical emergency during a storm. Steps to prepare your health, emergency plans considerations for long term health conditions, and essential tips for during a storm will be discussed.

Presented by Kaitlin Cuas, Transitional Care Nurse, Hartford HealthCare Center for Healthy Aging.

*Sponsored by Hartford HealthCare Center for Healthy Aging.*

**RSVP to Glastonbury Senior Center, (860)652-7650 by October 20, 2020**



**Tuesday Movies showing on Zoom 1:00 pm**  
**After the movie enjoy a lively conversation with your fellow movie watchers**  
**that will be facilitated by a volunteer. Share your movie critic views!**



**August 4 "Feel the Beat" (2020) \*\*\*\*** Starring Sofia Carson, Wolfgang Novogratz and Donna Lynne Champlin - After blowing a Broadway audition, a self-centered dancer reluctantly returns home and agrees to coach a squad of young misfits. Rated TV-G/Heartfelt/1 hour 49 minutes.

**August 11 "Desperados" (2020) \*\*\*\*** Starring Nasim Pedrad, Anna Camp and Lamorne Morris - After drunkenly sending a cringeworthy email, hopeless romantic Wes heads to Mexico with her best friends to erase the note before her new love reads it. Rated TV-MA/Comedy/1 hour 46 minutes.

**August 18 "Becoming" (2020) \*\*\*\*\*** Starring Michelle Obama - Join former first lady Michelle Obama in an intimate documentary looking at her life, hopes and connection with others as she tours with "Becoming." Rated PG/Documentary/1 hour 29 minutes.

**August 25 "Love Wedding Repeat" (2020) \*\*\*\*** Starring Sam Claflin, Olivia Munn and Fredida Pinto - Different versions of the same day unfold as Jack juggles difficult guests, unbridled chaos and potential romance at his sister's wedding. Rated TV-MA/British Comedy/1 hour 40 minutes.

**September 1 "Angel Has Fallen" (2019) \*\*\*\*** Starring Gerard Butler, Morgan Freeman and Nick Nolte - Secret Service agent Mike Banning is caught in the crossfire when he's framed for a deadly attack on the president and forced to run for his life. Rated R/Action, Thriller/2 hours (caution contains violent scenes).

**September 8 "Where The Money Is" (2000) \*\*\*\*** Starring Paul Newman, Linda Fiorentino and Dermot Mulroney - Paul Newman playing an aging bank robber who may have one last job in him. Faking a stroke, the incarcerated Newman is transferred to a nursing home and... Rated PG-13/Comedy, Drama/1hour 28 minutes.

**September 15 "Double Jeopardy" (1999) \*\*\*\*** Starring Tommy Lee Jones, Ashley Judd and Bruce Greenwood - After being framed and serving time for her husband's supposed murder, Libby decides to kill her "late" husband for good. Rated R/Thriller/1 hour 45 minutes.

**September 22 "Roped" (2020) \*\*** Starring Josh Swickard, Casper Van Dien and Lorynn York - A star cowboy in a traveling rodeo gets thrown off course when he falls in love with the daughter of a tough-minded town councilman. Rated PG/Heartfelt/1 hour 30 minutes

**September 29 "Quartet" (2012) \*\*\*\*** Starring Maggie Smith Tom Courtenay and Billy Connolly - A trio of retired opera singers' annual celebration of Verdi's birthday sours when their estranged fourth member shows up but refuses to sing. Rated PG-13/ British Movie Comedy/1 hour 38 minutes.

**October 6 "Casper" (1995) \*\*\*\*** Starring Christina Ricci, Bill Pullman and Cathy Moriarty - A doctor who specializes in ghosts is hired by an heiress to rid a mansion of spirits, but his daughter befriends a friendly ghost that lives there. Rated PG/Family/1 hour 40 minutes.

**"The Chronicles of Narnia Series:**

**October 13 "The Lion, the Witch and the Wardrobe" (2005)**

\*\*\*\* Starring Georgie Henley, Skandar Keynes and William Moseley - Four siblings play a game of hide and seek and wind up entering a magical land. Once there, they discover a world inhabited by beasts, dwarfs and giants and find themselves in a battle to defeat a witch. Rated PG/Adventure/2 hours 22 minutes.

**October 20 "Prince Caspian" (2008) \*\*\*\*** The Pevensie siblings return to Narnia a thousand years later. Rated PG/Adventure/2 hours 30 minutes.

**October 27 "The Voyage of the Dawn Treader" (2010) \*\*\*\*** Edmund and Lucy Pevensie, along with their cousin Eustace, their royal friend King Caspian and a warrior mouse named Reepicheep, find themselves swallowed into a painting and on the fantastic ship, the Dawn Treader. Rated PG/Adventure/1 hour 52 minutes.

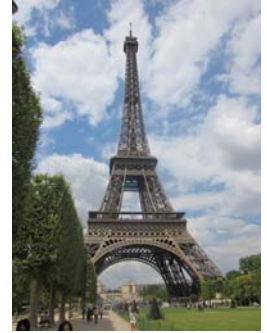


### Lifelong Learning: The Great Tours: "France through the Ages"

Fridays noon - 1:30 pm

September 18, 2020 - December 11, 2020

France is the world's most visited destination for travelers. From the beloved city of Paris—a global archetype of beauty, romance, and fine living—to the sunshine and lavender fields of Provence, the medieval splendor of Carcassonne and Avignon, the glittering seaside life of the Côte d'Azur, and more, France ignites the imagination and dazzles the senses like no other country on Earth.



## Enjoy the Arts & Culture -

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

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

**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.

**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=vv4kVAVsV34&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.

### 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/>

**San Diego Zoo Live Cams** - Did you know you can visit the San Diego Zoo from your home? Check out their live streams of various zoo residents such as hippos, tigers, owls, giraffes, elephants and more! Visit [zoo.sandiegozoo.org](http://zoo.sandiegozoo.org) and scroll down to live feeds.

**Resources For You:**

**For information on town departments and important resources please visit:**

**<http://www.glastonbury-ct.gov/covid19>  
**and State of CT: <https://portal.ct.gov/Coronavirus>****

**2-1-1** is your one-stop connection to the local services you need, from utility assistance, food, housing, child care, after school programs, elder care, crisis intervention and much more. 2-1-1 is always ready to assist you find the help you need. Dial 2-1-1 or search online.

**Resources for Mental Health:**

If you or a loved one is having a mental health crisis:

CT Information Hotline 211 or go to [www.211ct.org](http://www.211ct.org) for mobile crisis support for individuals and/or children. - Mental Health Crisis Text Line - Text "SHARE" to 741741

**National Suicide Prevention Lifeline: 800-273-TALK (8255) -**

**NAMI (National Alliance on Mental Health):** If you need to talk to someone, text NAMI to 741741 or call the NAMI Helpline at 1-800-950- NAMI (6264). -

**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)

Coming soon: Peapod.com is becoming stopandshop.com

**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). Deliveries are available through Amazon Prime.

**SHOP RITE IN MANCHESTER** now accepting EBT for SNAP . You can 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.



## Groceries and Meals Resources continued

### **PASTA VITA - [wethersfield@pastavita.com](mailto:wethersfield@pastavita.com)**

Curbside Pick-Up Delicious Prepared Meals, Soups, Salads and Desserts. Menu changes daily. Call 860-200-8905 to order. Accepts credit cards over the phone.

**AMAZON & WALMART IN MANCHESTER (pick up and delivery)** Now accepting online EBT. The Rocky Hill Walmart is not on the list of participating stores.

**If these options are not available to you we have Glastonbury resident volunteers who can help with delivering groceries and prescriptions if they can be picked up curbside. For assistance call 860-652-7638**

## **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."

## Aging Mastery Program®

# Join the VIRTUAL adventure!



## Aging Mastery Program®

National Council on Aging



CT Healthy Living  
COLLECTIVE

The Glastonbury Senior Center and the CT Healthy Living Collective will be running a **VIRTUAL Aging Mastery Program®** starting September 16, 2020.

The Aging Mastery Program® (AMP) encourages mastery – developing behaviors across many dimensions that will lead to improved health, stronger financial security, and overall well-being.

By participating in the VIRTUAL AMP, you will:

- Make and maintain small but impactful changes in your health behaviors, financial well-being, and enrichment in later life.
- Get REAL incentives and rewards for taking small steps that can improve your well-being.
- Feel less isolated, more connected and meet new friends!
- Receive a tool kit complete with the Aging Mastery Manual, an Exercise DVD, a Pen and a complementary shopping bag with the Aging Mastery Logo.

**Limited spots available: Sign up now!**

This 10-week program will run from September 16, 2020 through – November 18, 2020  
10:00 am – 11:30 am

This is a virtual class to be held on-line through Zoom. You will need a computer or smartphone with a camera and a microphone. If you need help with Zoom, we will work with you!

*The goal of the class, created by the National Council on Aging (NCOA) and sponsored by the Anthem Blue Cross and Blue Shield Foundation, is to empower older adults with the knowledge to make important decisions that will allow them to age well. Topics of the sessions include Navigating Longer Lives, Physical Activity, Sleep, Healthy Eating and Hydration, Financial Fitness, Medication Management, Advanced Planning, Healthy Relationships, Falls Prevention and Community Engagement.*



BlueCross BlueShield  
Anthem Blue Cross and Blue Shield Foundation



To reserve your space, please email Diana Patterson -  
[diana.patterson@glastonbury-ct.gov](mailto:diana.patterson@glastonbury-ct.gov)

For more information contact Patti White: (860)652-7646

## 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**

**Theresa Buckson: 860-652-7640**

**Evelyn Lopez: 860-652-7652**

**Susan Parrotta: 860-652-7636**

**Additional Veteran's Exemption** - Applications for Additional Veteran's Exemption **from property tax** are being taken through Thursday, October 1, 2020. Income limits, based on 2019 income, are \$36,000 for an individual and \$43,900 for a married couple.

Income includes Social Security, all interest, taxable and non-taxable income. You are required to provide a copy of your federal income tax return, if filing, and/or copies of all your interest and income statements and also the Social Security end-of-year statement (SSA-1099).

For more information, please contact the Assessor's Office at 860-652-7600 or Social Services at 860-652-7638.

**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, August 12, 2020.

**Carol's Closet** – The paper pantry is scheduled for Saturday, August 15, 2020 - Saturday, September 19, 2020 and Saturday, October 17, 2020 from 10AM to 12 noon, St. James Church, 2584 Main Street. Drive through to receive your items!

**Outreach at Center Village and Village Green** – 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** – **At this time there are no in-person appointments. Completed applications can be e-mailed, mailed or dropped off.** Applications are being taken for the State of Connecticut's Renters Rebate Program through October 1, 2020. Glastonbury residents age 65 or older by 12/31/2019, or those receiving Social Security Disability are eligible if their 2019 income was \$37,000 or less for a single person or \$45,100 or less for a married couple. There is no asset limit for this program.

Due to COVID-19, applications are being taken through the mail this year. Applications and information can be found on the Town of Glastonbury website, or by contacting Social Services at 860-652-7638. Proof of 2019 income received and 2019 rent, heat, electricity and water expenses are required. Please call Glastonbury Social Services at 860-652-7638 for more information.

**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-19. Call DSS at 1-855-626-6632 if you have questions.

**Homemade Cloth Facemasks** – Cloth facemasks graciously sewn by volunteers with 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.

## Live Well Workshops at no cost to you!!

Don't miss your chance to participate in these two separate workshop series. One is for individuals living with a chronic condition and the other one is specific to those living with Diabetes.

**Take Control**

When:

Time:


**Feel Better**

Phone:


**Energize**

**Live**

**Enjoy**



"It's Your Life...Live it Well"



### Live Well with Chronic Conditions Virtual Workshop

Join this free 6-week workshop and learn how to better manage your ongoing health condition


Participants will need a computer, tablet or cell phone and a reliable internet connection. A technology training session will be provided prior to starting the workshop.

**You will learn:**

- Techniques to deal with frustration, fatigue, and pain
- How to communicate effectively with family, friends and healthcare professionals
- How to make healthy eating and physical activity choices
- How to manage stress and deal with difficult emotions
- Problem solving and decision making skills
- Action Planning

Materials will be sent directly to participants at no cost and include a Living a Healthy Life Book and relaxation CD. Workshops take place once a week for six weeks, for up to 2.5 hours.

**Contact Barbara Womer, Regional Coordinator**  
[barbara.womer@ncaaact.org](mailto:barbara.womer@ncaaact.org)  
 860-724-6443 x 224


Sponsored by the Department of Rehabilitation Services ~ State Unit on Aging, CT. Dept. of Public Health, and North Central Area Agency on Aging.

**Take Control**

When:

Time:

**Feel Better**

Phone:

**Energize**

**Live**

**Enjoy**



## Diabetes Virtual Workshop

"It's Your Life...Live it Well"

Join this free 6-week workshop and learn how to better manage your diabetes

Participants will need a computer, tablet or cell phone and a reliable internet connection. A technology training session will be provided prior to starting the workshop.

Learn about diabetes including:

- What to eat
- Foot care
- Low and High blood sugar
- Sick day guidelines
- Tips for dealing with stress.
- How to set small and achievable



Materials will be sent directly to participants at no cost and include a Living a Healthy Life Book, instruction booklet, exercise and relaxation CDs, and a My Diabetes Plate magnet. Workshops take place once a week for six weeks, for up to 2.5 hours.

**Contact Barbara Womer, Regional Coordinator**  
[barbara.womer@ncaaact.org](mailto:barbara.womer@ncaaact.org)  
 860-724-6443 Ext. 224

An evidence-based self-management program originally developed at Stanford University. This program supported by funds made available for the Centers for Disease Control and Prevention, Office of State, Tribal, Local and Territorial Support under grant DP13-105.




Sponsored by the Connecticut Department of Public Health, Department of Aging and Disability Services, and the North Central Area Agency on Aging.

## USE IT OR LOSE IT (UNSCRAMBLE THE LETTERS)

GICEITOVN _____	VMTENEOM _____
DANIMETE _____	RESSST _____
ALISIOZCE _____	AGNIG _____
GNCDANI _____	ENAIMDTOT _____
ENALBAC _____	ERTAHEB _____

MEDITATION	BREATHE	STRESS	AGING	MOVEMENT	BALANCE	DANCING	SOCIALIZE	DEMENTIA	COGNITIVE
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**Summer/Fall Class Schedule 2020****Offered Virtually with Zoom**

Registration for all classes will begin on August 1, 2020. To register and find out about payment options please email Norma Carey at norma.carey@glastonbury-ct.gov or call Norma at 860-652-7655. All participants will require a zoom invitation/password to join the class.

Class	Description	Meets	Dates	# of Classes	Fee	Location
Powerful Aging & Fitness w/ Helene Sandquest	Increase your strength, endurance, flexibility and balance in this low impact total body workout.	Wednesdays 11:00 am—Noon	8/19 - 10/7	8	\$20	Zoom
Stretchercise with Chair Yoga	An easy way to get the health benefits of yoga. Learn how to stretch muscles, reduce anxiety Build strength and balance.	Mondays 1:00 - 1:45 pm	8/17 - 10/12	8	\$20	Zoom
Low Impact Cardio Dance Fitness	Perfect for active seniors who are looking for a class at a lower intensity w/easy to follow choreography focusing on balance, range of motion and coordination	Wednesdays 1:00 - 1:45 pm	8/19 - 10/7	8	\$20	Zoom
Let's Make Art Watercolor Class	Online learning - with Norma As we follow along these online Tutorials.	Tuesdays 9:30 - 11:30 am	"Floral Truck 9/1 - 9/29 "Sunset Mt." 10/6 - 10/27	5 4	\$10 Each Kit	Zoom
Tai Ji Quan Moving for Better Balance	Take steps now to improve your strength and balance & maintain an active lifestyle!	Mondays & Thursdays 2:30—3:15 pm	8/10 - Ongoing	48	Grant Funded No Fee	Zoom
Current Issues	Discussions range from world-wide to national to local issues. Topic chosen at prior meeting	1st & 3rd Fridays 10 - 11:30 am	Ongoing		No Fee	Zoom
Book Discussion	Join fellow readers for a lively virtual discussion on a current best seller	3rd Thursdays 11:00 am - Noon	Ongoing		No Fee	Zoom
Lifelong Learning	<i>"France through the Ages"</i> See page 7.	Fridays Noon - 1:30 pm	9/18 - 12/11	12	No Fee	Zoom
Aging Mastery Program	See Page 10	Wednesday 10 - 11:30 am	9/16 - 11/18	10	No Fee	Zoom
Bingo For fun	Make up your own cards and Play along	Fridays 2:00 - 3:00 pm	Ongoing		No Fee	Zoom
Trivia	Let us keep our brains active with fun interaction.	Mondays 1:00 pm	Ongoing		No Fee	Zoom
<b>Non Virtual Programs (Contingent upon state guidelines at time of program)</b>						
Knitting Group	Share your talents and join friends.	Mondays 11am- Noon	Ongoing		No Fee	Patio @ RCC
Tai Chi	Excellent form of mind & body fitness for all ages and fitness levels; promotes good health.	Thursdays 6:00-7:00 pm	8/13-10/1	8	\$40	Outdoors @ RCC





**Town of Glastonbury  
Senior Services Department  
300 Welles Street  
Glastonbury, Connecticut 06033**

**PRSRT - STD  
U.S. POSTAGE  
PAID  
Hartford, CT  
PERMIT # 300**

**Return Service Requested**

**Glastonbury Senior & Social Services Staff  
Monday—Friday, 8:00 AM to 4:30 PM  
(860)652-7638**

Lisa Zerio, Director, Parks & Recreation:	(860)652-7687 lisa.zerio@glastonbury-ct.gov
Patti White, Senior Center Supervisor:	(860)652-7646 patti.white@glastonbury-ct.gov
Norma Carey, Program Coordinator:	(860)652-7655 norma.carey@glastonbury-ct.gov
Nicole Mercer, Department Secretary:	(860)652-7641 nicole.mercer@glastonbury-ct.gov
Diana Patterson, Customer Service Rep:	(860)652-7650 diana.patterson@glastonbury-ct.gov
Lisa McKeon, Volunteer Coordinator:	(860)652-7605 lisa.mckeon@glastonbury-ct.gov
Kathryn Carfi, Outreach Social Work Coordinator:	(860) 652-7644 kathryn.carfi@glastonbury-ct.gov
Theresa Buckson, Outreach Social Worker:	(860)652-7640 theresa.buckson@glastonbury-ct.gov
Evelyn Lopez, Outreach Social Worker:	(860)652-7652 evelyn.lopez@glastonbury-ct.gov
Susan Parrotta, Outreach Social Worker:	(860)-652-7636 susan.parrotta@glastonbury-ct.gov