



CHESHIRE SENIOR CENTER FRONT PORCH NEWS FEBRUARY 2022

Town of Cheshire
The Bedding
Plant Capital of
Connecticut

Cheshire Senior Center 240 Maple Avenue, Cheshire, CT 06410

Phone: 203-272-8286 Fax: 203-272-6296

OPEN TO THE PUBLIC: Monday - Friday, 9:00 am - 3:30 pm

www.cheshirect.org/senior-services



Staff:

Stefanie D. Theroux, LCSW, Coordinator of Senior Services: 203-272-3165; stheroux@cheshirect.org

Laura Gravel, Program Supervisor: 203-272-8286; lgravel@cheshirect.org

Kristen Schechter, Town Social Worker: 203-272-8030; kschechter@cheshirect.org

Transportation Department/ENP Lunch Reservations: 203-272-0047

Tracey Kozlowski, Administrative Assistant: 203-272-8286; trkozlowski@cheshirect.org

Gig McHugh, Nutrition Site-Manager

Mini-Bus Drivers and Building Supervisors:

Eric Granoth, Nick Halkias, David Sheehan, Steven Bank, Joe D'Eugenio, Bill Gormbard, Andy Lucibello, David Berson, Ken Boynton, Larry Munson and Bob Trussell

In-person activities
are on hold at the
Cheshire Senior
Center for February,
limited transportation
services will be
re-starting February 1st.
See newsletter for
more details.

Wishing
Eileen Colwell
the best of times
as she starts her
Retirement,
she will be missed!



Thank you for your
20 years of service to the Cheshire
Senior Center and Transportation.

From the Desk of Stefanie

Happy February! This month we celebrate Presidents Day and Black History Month. Test your knowledge with the fun quizzes on both these topics inside our newsletter.

Our activities and programs remain on-line and we hope to return to in person programming next month. The building is open from 9:00am- 3:30pm for in- person appointments.

Our transportation services resume this month; however, our bus capacity is limited. We will only be transporting to medical appointments and the grocery store. Please remember our snow policy. Typically, if school is cancelled our vans don't run and when school is delayed early morning pick-ups are also cancelled. The complete snow policy for our transportation services is available inside the newsletter.

Also, a friendly reminder, the Senior Center will be closed on Monday, February 21 in observance of Presidents Day. Stay healthy and we hope to see you soon!



News From the Senior Center

Support for the Senior Center

Financial support for the Senior Center is very much appreciated and provides additional assistance to the Center in serving our seniors today and throughout the coming years. A gift can be made anonymously, in recognition of the donor(s) or in honor of, or in memory of a friend or loved one. Gifts can be made in the following way:
Donations can be made payable to the Town of Cheshire Senior Center and can be designated for a specific purpose or as an undesignated gift, which will be used at the discretion of the staff. Donations to the Senior Center will be held in a gift account to support the mission of the Senior Center.

All donations should be sent to:

The Cheshire Senior Center
240 Maple Avenue
Cheshire, CT 06410

Cheshire Senior Center Membership Association, Inc.

The Cheshire Senior Center Membership Association, Inc. is an independent nonprofit, 501 (c) (3) organization whose mission is to support the members of the Cheshire Senior Center. Our support is accomplished through fundraising events and we also accept donations/contributions to support our mission.

To make a tax deductible donation, checks should be made out to:

Cheshire Senior Center Membership Association, Inc.

Board of Directors:

Chairperson: Linda Buckley, Vice-Chairperson: Lois Benis, Secretary: Cathy Cappelletti, Treasurer: Jack Lyons

Board Members:

Lois Benis, Sandy Chase, Shirley Gilhuly, Eric Granoth, Pat Hartmann, Maureen Krebs, Patricia McKelvey, Sharon Ort, Martha Pickett, William Saguta

The Board welcomes and encourages the Cheshire Senior Center Members to contact them with suggestions and feedback at sandic46@gmail.com.



**Valentine
Dash & Dine**
Monday, February 7th
with a snow date of
Monday, February 14th.

See page 8 for more details.

**Congratulations to
Sandy Zambruski
who was the Membership
Association's Winter
Wonderland Fundraiser
winner of the \$50 gift card to
Cheshire Nursery and
Garden Center.**

Per current Town Policy,

**All visitors must wear a mask while at the
Senior Center, regardless of vaccination status.**

Please see Stefanie with any questions or concerns.

**Members can access the building Monday through Friday
from 9:00am - 3:30pm.** Staff continues to be available by phone and email Monday
through Friday 8:30am - 4:00pm.

Transportation Services

Please call the Transportation Office at 203-272-0047 for information and reservations.



With additional Covid-19 restrictions in place, Transportation will be resuming on February 1st for the following services only at this time:

- Medical Appointments in Service Area
- Grocery Shopping

Ride Requests are Accepted 2 weeks in Advance. Any Request made after 11:00AM the day before a ride is needed, is subject to availability.

Schedule for Out of Town Medical Appointments:

MONDAY – Meriden

TUESDAY – North Haven & Hamden

WEDNESDAY – Wallingford

THURSDAY – New Haven

FRIDAY – Southington

Rides are accepted for Out of Town appointments between 10:00am and 2:00pm

**** Bus drivers accept cash donations as you step on the bus. ****

Pricing is .50 cents each way for in town rides and \$5.00 round trip for out of town appointments.

Dial-A-Ride is available on Fridays for the Waterbury area.

Masks are required while on all public transportation, including all Cheshire Senior Center bus rides.

“Thank you to our Local Businesses” that Support the Cheshire Senior Center

Verizon Wireless
191 Highland Avenue
Cheshire

Vespucci's Restaurant
150 Main Street
Cheshire

Viron Rondo Osteria Restaurant
1721 Highland Avenue
Cheshire

Social Services News

If you are interested in learning more about the following programs and services please call Kristen Schechter, Town Social Worker at 203-272-8030



Social Services:

- Caregiver Support Services
- Community Based Services and Resources
- Medicare, Medicare Assistance Program, Medicaid, and Long Term Planning
- Energy Assistance, Supplemental Nutrition Assistance Program
- Mini-Bus Evaluations

Energy Assistance

program applications will be taken by appointment only, or can be completed through the mail, if you prefer. Please contact Kristen Schechter at 203-272-8030 with any questions or to schedule an appointment.

Managing Chronic Disease and Pain

Living with a chronic disease and/or chronic pain can have a significant impact on your day-to-day life and can be expensive to treat. Chronic disease and chronic pain can be difficult to manage.

In addition to disease-specific symptoms, pain and stress can often occur with chronic disease. Both are linked: pain that interferes with daily activities can often cause stress and the stress of managing symptoms may increase the level of pain you feel.

Strategies to Managing Chronic Disease and Pain

Managing a chronic disease can be difficult. It can often involve a range of treatments and lifestyle changes. While there may not yet be a cure for some chronic diseases, the symptoms they cause can be alleviated.

- 1. Take a proactive approach in your illness and health care.** Learn about your condition, the symptoms it causes and the various treatment methods available. Once you start to gain an understanding, develop a list of questions to ask your doctor.
- 2. Seek out a good general practitioner (GP).** A GP is a medical doctor specifically trained to treat chronic diseases and provide preventative care. They can answer any questions you may have and suggest a treatment plan.
- 3. Build a team.** Managing pain and the symptoms of a chronic disease may require more than just a GP. Consult a team of specialists and coordinate between them to best treat each problem.
- 4. Make a commitment.** It can be a serious undertaking to manage a chronic disease. To best combat the symptoms that arise, you may consider making a change in your habits.
- 5. Manage medications.** Prescription drugs are often one of the first methods of treatment for a chronic disease.

Support Groups and Counseling

Consider joining a support group or pursuing individual or family counseling to help you understand and cope with your chronic disease. Individual and family therapy might also be beneficial in treating a chronic disease. A one-on-one session with a counselor may help you more effectively express how the illness impacts your physical, mental and social health.

Stress Management

Stress is common with chronic disease. Stress can intensify chronic pain and hinder daily activities and mood. Here are some simple ways to decrease stress: Go for a walk; Listen to soothing music; Try yoga or meditation; Practice deep breathing; Find a hobby or interest; Spend time with a friend.

February Programs

Call 203-272-8286 or email LGravel@cheshirect.org to register

Monthly Programs

Monthly Reflexology with Kim

Will not be held in February, we hope to welcome Kim back in March.

Sit Down with Stefanie

Thursday, February 17th at 11:00am

You are invited to join Stefanie online via Zoom for a discussion where she hopes to answer any questions that you may have regarding the Senior Center functioning and programs. Please register in advance.

Cheshire Readers Book Club

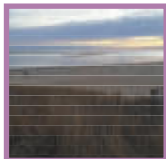
Tuesday, February 15th Zoom at 10:45am



Book choice for discussion in February is *Apples Never Fall* by Liane Moriarty, join us on Zoom. Registration required. New members welcome.

Our Reflections Café

Tuesday, February 15th at 1:30pm on Zoom



Join us every month for this group setting, social gathering place for persons with memory loss, mild cognitive impairment, early Alzheimer's or other Dementia along with their family and friends to share an hour of exploring positive topics. Registration required.

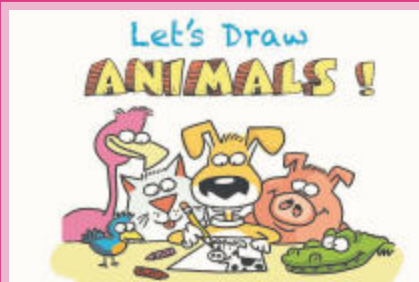
The Cheshire Sherlock Holmes Society:

Thursday, February 17th at 1:00pm



Join us online via Zoom and please read the novel "The Sign of Four". For additional information contact Andy Tranquilli at tranquilli@hotmail.com

Special Programs



Let's Draw Animals!

Tuesday, February 15th at 1:30pm

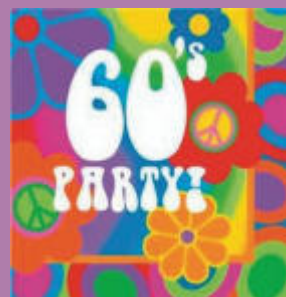
Learn to draw cartoon animals in this virtual Zoom program with award winning cartoonist, Rick Stromoski. You will learn to draw a variety of our furry, hooved and feathered friends in this FUN, INTERACTIVE program! Registration in advance is required.

Sixties Revival Party!

Saturday, February 26th
1:00—3:00pm

Feeling the Winter blues? The Wallingford Senior Center, along with students of Quinnipiac Community Services, have invited the members of the Cheshire Senior Center to join them for a Sixties Revival Party. There will be DJ music, Bingo, Line Dancing, refreshments, raffle, prizes and much more. And the best part is this event is it's FREE! Guests and non-members are welcome. If you wear or bring a nostalgic item from the 60's, you will be given an extra raffle ticket. This is going to be a GROOVY GOOD TIME! Registration in advanced is required, by Friday, February 18th


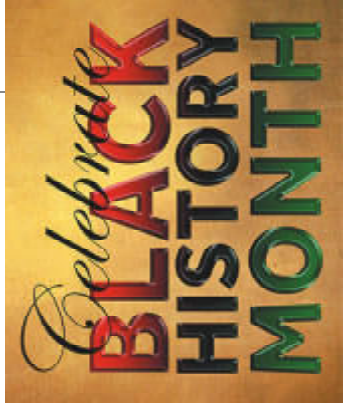
by calling the Cheshire Senior Center at 203-272-8286. You will be responsible for your own transportation, buses will not be available for this event.



FEBRUARY ACTIVITY CALENDAR



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT & SUN
	1 9:45 Zumba Gold via Zoom 11:30-12:00 Grab N Go Lunch	2 9:30 Pilates via Zoom 10:30 Balance & Coordination via Zoom 11:30 Get Fit with Brenda via Zoom 	3 10:00 Lifestyle Change Program via Zoom Program 12:15 Gentle Therapeutic Exercises with Kim via Zoom	4 9:30 Pound / Rumble via Zoom 10:30 Art & Painting via Zoom 11:30-12:00 Grab N Go Lunch	Sat. 5 Sun. 6
7 11:00 Guided Meditation via Zoom 11:30 Dash & Dine Lunch Pickup (snow date is Feb. 14th, if needed) <i>AARP Tax Appointments</i> 9:00am to 12:00pm	8 9:45 Zumba Gold via Zoom 11:30-12:00 Grab N Go Lunch 1:00 Caregiver Support Group via Zoom	9 9:30 Pilates via Zoom 10:30 Balance & Coordination via Zoom 11:30 Get Fit with Brenda via Zoom	10 10:00 Lifestyle Change Program via Zoom 12:15 Gentle Therapeutic Exercises with Kim via Zoom <i>AARP Tax Appointments</i> 9:00am to 12:00pm	11 9:30 Pound / Rumble via Zoom 10:30 Art & Painting via Zoom 11:30-12:00 Grab N Go Lunch	Sat. 12  Sun. 13 
14 11:00 Guided Meditation via Zoom 1:00 Membership Association Board meeting via Zoom <i>AARP Tax Appointments</i> 9:00am to 12:00pm 	15 9:45 Zumba Gold via Zoom 10:45 Cheshire Readers Book Club via Zoom 11:30-12:00 Grab N Go Lunch 1:00 Our Reflections Café via Zoom 1:30 Let's Draw Animals via Zoom	16 9:30 Pilates via Zoom 10:30 Balance & Coordination via Zoom 11:30 Get Fit with Brenda via Zoom	17 10:00 Lifestyle Change Program via Zoom 11:00 Sit Down with Stefanie via Zoom 12:15 Gentle Therapeutic Exercises with Kim via Zoom 1:00 Sherlock Holmes Society meeting via Zoom <i>AARP Tax Appointments</i> 9:00am to 12:00pm	18 9:30 Pound / Rumble via Zoom 10:30 Art & Painting via Zoom 11:30-12:00 Grab N Go Lunch	Sat. 19 Sun. 20

<p>21 Senior Center Closed in observance of holiday</p> 	<p>22 9:45 Zumba Gold via Zoom 11:30-12:00 Grab N Go Lunch 1:00 Bereavement Group via Zoom</p>	<p>23 9:30 Pilates via Zoom 10:30 Balance & Coordination via Zoom 11:30 Get Fit with Brenda via Zoom</p>	<p>24 10:00 Lifestyle Change Program via Zoom 12:15 Gentle Therapeutic Exercises with Kim via Zoom AARP Tax Appointments 9:00am to 12:00pm</p>	<p>25 9:30 Pound / Rumbleo via Zoom 10:30 Art & Painting via Zoom 11:30-12:00 Grab N Go Lunch</p>	<p>Sat. 26 1:00 Sixties Revival party at Wallingford Senior Center Sun. 27</p>
<p>28 10:00 AAA Defensive Driving Course 11:00 Guided Meditation via Zoom AARP Tax Appointments 9:00am to 12:00pm</p>					

**** REMINDER: All Winter Classes are being held on Zoom only at this time. Call 203-272-8286 to sign up for any of our programs today!**

SUPPORT OUR ADVERTISERS!



Sign up today for these upcoming programs



Valentine Dash & Dine

Monday, February 7th 11:30am—12:30pm
Snow day is Monday, February 14th

Chicken Pot Pie lunch and special Valentine goodies.
Call 203-272-8286 to sign up, registration required.

*Sponsored by Whitney
Rehabilitation Care Center and New England Young at Heart*

Sign up today to join us on Zoom at our monthly Support Programs:

Caregivers Support Group Tuesday, February 8th at 1:00pm on Zoom
This group will allow caregivers to share stories, vent, receive validation for their feelings and answer questions and concerns.



Bereavement Group Tuesday, February 22nd at 1:00pm on Zoom
This group is a place to help people struggling physically or emotionally with grief and to recognize that these reactions are part of the journey of grief.

These free support services are open to all community members.



Memory Screenings & **Drop In Blood Pressure Screenings**

Will not be held in February, we look forward to their return, hopefully in March.

Veterans Coffee House

Will not be held in February, we are hopeful we will be able to welcome everyone back in March.



LiveWell
DEMENTIA SPECIALISTS

Memory Screenings and More with Erica

Erica DeFrancesco from LiveWell Dementia Specialists is providing office hours at the Cheshire Senior Center each month from 9am –3pm for memory screenings, caregiver consultations and additional services, by appointment only. **Erica will NOT be at the Senior Center in February, we are hopeful Erica can return in March.**

What is UR Community Cares and how can I benefit from them?



®

Are you over 70 years old or 18+ and temporarily or permanently disabled? Do you or someone you know need help with household chores, yard work, or would like a companion? There are volunteers in our community that are willing to help you out with household chores and yardwork, or just to be a companion!

UR Community Cares recognizes the challenges that older adults face when beginning to experience declining physical and cognitive abilities, and has decided to take action. **UR Community Cares** is a digital platform that is designed to match those in need with those in the same community who are eager to help.

Many older adults and physically disabled residents have accessibility issues which limits their connections due to mobility issues. In addition, many are unable to use the Internet for things like grocery deliveries and other essentials, leaving them at risk for poor nutrition and social isolation.

Additionally, **UR Community Cares** understands that not all residents have access to or are familiar with the internet. The Cheshire Senior Center, as well as friends or family members, can advocate and sign up people in need, as **UR Community Cares** Community Members, on their behalf.

UR Community Cares is a 501(c)(3) dedicated to helping older and physically disabled residents stay safe in their homes and maintain quality of life. All participants in this program are background-checked via their secure website. There is no charge for services such as household chores, yard work, transportation and companionship visits including grocery pick-up/delivery.

Please contact Stefanie Theroux at stheroux@cheshirect.org for more information about **UR Community Cares** and the services that are available to Cheshire seniors and disabled adults.

Cheshire Senior Center Travel Opportunities

We have flyers available if you would like more information on the following trip.
Contact Laura Gravel, Program Supervisor at 203-272-8286

Join us March 10th at 1:30pm

Sign up today for an informational presentation on the following trip:

America's Cowboy Country
with optional Badlands National Park Post
Tour Extension

August 13th—21st, 2022



**Alderson
Ford**

FUNERAL HOMES, INC.
Waterbury, Naugatuck and Cheshire
www.fordfh.com
1-844-4-FORDFH

Quality Living Affordable Price
The Bradley Home
and Pavilion

Meriden, CT 06451
(203) 235-5716
www.thebradleyhome.org

DW GEM SERVICES, LLC
Cheshire's Full Service Jeweler

WE ARE BUYING!

Gold, Diamonds, Jewelry, Coins, Rolex,
Professional Insurance & Estate Appraisals

877.271.GEMS(4367)
dwgems.com



Private appointments at your home or in our office

**NOLAN'S HAMDEN
MONUMENT COMPANY
LICHTENSTEIN COMPANY**

323 WASHINGTON AVE • HAMDEN

**288-8486
1-800-852-8865**

**JOHN R. NOLAN
MICHAEL F. NOLAN**

MASTER CARD • VISA • DISCOVER

UnitedHealthcare
Medicare Solutions

Evan (Skip) Fisher

Independent Sales Agent

60 Westmore Rd
Cheshire, CT 06410

203-390-5273

Skip@Blueprintbenefit.com

Authorized to Offer

AARP

Medicare Plans
from **UnitedHealthcare**



**MICHAEL J. LADEN
ATTORNEY AT LAW**

Wills | Trusts | Guardianship
Power of Attorney | Living Wills
Advanced Health Care Directives

Administration of Estates
Probate Litigation

WWW.LADENLAW.NET

203-272-9092

350 SOUTH MAIN STREET
CHESHIRE, CT

Plan for the expected. Prepare for the unexpected.
Position your portfolio for both.



Call **203-718-0001** for a complimentary review.

Ashley W Rendson, AAMS®

Financial Advisor
100 Hinman St Ste 4
Cheshire, CT 06410
203-718-0001

edwardjones.com
Member SIPC

Edward Jones
MAKING SENSE OF INVESTING



VisitingAngels
LIVING ASSISTANCE SERVICES

America's Choice in Home Care

Specializing in Live-In
and 24 Hour Care!

Flexible Hourly Care Available

203.298.9700

www.visitingangels.com/woodbridge

**AVAILABLE FOR
A LIMITED TIME!**
ADVERTISE HERE NOW!

Contact **Bill Humphreys**
to place an ad today!
bhumphreys@4LPi.com or
(800) 477-4574 x6634

**ADT-Monitored
Home Security**

Get 24-Hour Protection
From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



ADT Authorized Provider

SafeStreets

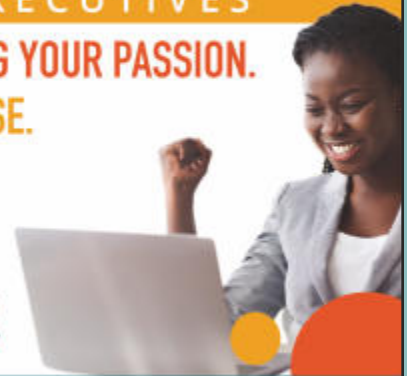
1-855-225-4251

WE'RE HIRING

AD SALES EXECUTIVES

BE YOURSELF. BRING YOUR PASSION.
WORK WITH PURPOSE.

- Paid Training
- Some Travel
- Work-Life Balance
- Full-Time with Benefits
- Serve Your Community



Contact us at **careers@4lpi.com**
www.4lpi.com/careers



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.lpicommunities.com

Cheshire Senior Center, Cheshire, CT

06-5005



THE LAW OFFICES OF
AMY E. ORLANDO

ELDER LAW • ESTATE PLANNING • PROBATE
SPECIAL NEEDS • VETERAN BENEFITS

FREE Initial Consultation
With this ad

Attorney Amy E. Orlando
www.amyorlandolaw.com

515 Highland Avenue, Cheshire, CT 06410 • 203-439-9293



UConn

Where Learning
Never Retires.

Classes and
events
coming right
to you at
home – for
now!

Fall Registration Opens
August 9th!

Classes: Tuesday, Sept. 7th
- Friday, Nov. 12th

Go to olli.uconn.edu for details
and registration

osher@uconn.edu
(475)-222-6261/6232



Dr. Christina Lee

**Our hearing experts
are here to serve you!**

The hearing expert at Comprehensive Hearing, Dr. Christina Lee, is committed to giving patients the best hearing care possible. If you or a loved one is experiencing hearing loss, call us today!

Our Services:

- Comprehensive Hearing Evaluations
 - Adults and Children
- Personalized Service
- Innovative Solutions
- Repairs
- Accessories & Assistive Devices

Call us today to learn more
about your hearing health!



415 Highland Avenue | Cheshire, CT 06410
203-272-4512 | comprehensivehearing.com



Your “Wake Up and Smell
the Flowers” Store.

Quite literally. Experience the whole plant with our first batch of USDA Certified Organic product. Grown, handled, and formulated to meet the highest and most natural standards, our new SunMed Full Spectrum is green and earthy. With third-party lab results easily accessible.



Your CBD Store™

Cheshire

1072 S Main Street
203.806.1254

Find Yours at SunFlora.org
APPLY 669CT for 10% OFF

SAVE \$15 ON YOUR IN-STORE
PURCHASE

Of \$100 or more at listed location only. Cannot be combined with other offers. Entire ad must be presented.





CHESHIRE SENIOR CENTER
240 MAPLE AVENUE
CHESHIRE, CT 06410

PRE-SORTED STANDARD
U.S. POSTAGE PAID
Permit No. 62
Cheshire, CT 06410

AARP Tax Preparation appointments start in February at the Cheshire Senior Center, call Tracey to schedule your appointment today at 203-272-8286.

Seeking Volunteers for Acts of Kindness in Cheshire

Free home-based assistance is now available to Cheshire residents in need thanks to our partnership with UR Community Cares. Are you or someone you know interested in becoming a volunteer to help a neighbor with household chores, yard work, companionship or transportation? Just one hour a week or even a month, at your convenience, will make a huge difference to help keep people living safely and independently in their homes. Learn more at

www.URCommunityCares.org or contact Stefanie at 203-272-8286 or email her at stheroux@cheshirect.org for more information.

