Rose City Senior Center

www.norwichct.org/seniors

APRIL 2021

VOICES

Monday - Friday
8:00 AM - 4:00 PM
8 Mahan Drive, Norwich, CT 06360
(860) 889-5960 Fax (860) 885-1160

ATTENTION:

Due to the Coronavirus (COVID-19), the Rose City Senior Center is currently closed to the public.

Information in this newsletter is as up-to-date as possible but is subject to change.

We will do our best to keep you up-to-date on the re-opening status of the Senior Center.

We are currently offering help with grocery shopping and rides to medical appointments.

If you have a question or are looking for services or resources to help you, please contact us at (860) 889-5960.

MyFreeTaxes

A free tax service offered by United Way

Still looking for a way to file your taxes for free? United Way offers a safe and simple online option for people called MyFreeTaxes. With MyFreeTaxes, filing your simple returns is free! That means you can file your federal and state returns without spending any money in tax preparation fees.

The secure software walks you through the filing process and screens for common tax deductions. You can also use MyFreeTaxes to claim missed stimulus payments. If you need help, MyFreeTaxes also offers a Helpline you can call to talk to a real person trained by the IRS.

For more information or to get started filing your taxes visit: www.myfreetaxes.com

Wishing Natalie a Happy Retirement…*For Real this time!*

We wanted to give our well-wishes to Natalie Lindberg, who has been our Benefits Counselor for the last 9 years.

Initially hired as the Outreach Administrator for the Senior Center back in November of 2005, Natalie demonstrated great ability to assist the older adult population with many aspects of their lives. She did so with a hard to match work ethic and determination to get a good end result for her clients. The types of programs and services she assisted with was billing disputes, supplemental insurances, housing options and application assistance, food assistance and the many aspect of dealing with Medicare to name a few.

When Natalie retired in March of 2012 from the City of Norwich, she agreed to stay on through the end of the Grant that she was also working under (September 2012). We were lucky enough that the extra 6 months she agreed to turned into 9 years.

Natalie has forever left her mark here at the Senior Center and in the lives of many of our seniors who entrusted her with their most valuable information and required her great assistance.

We wish her all the best in her life after work and hope for great health for her as well.

With extreme gratitude,

The Rose City Senior Center staff and many seniors who have had the honor to work with you.

CONDOLENCES

Our Sympathy to the family of Charles Ternes, Bonnie Hong, Mary Carroll Fitzgerald, Patricia VanKeuren, Walter Prokop, Carol Connor, Deb Jakubielski and Adeline Kutia.

Facebook

The Rose City Senior Center now has a Facebook page!

Search for us on Facebook!

Stay up to date on Senior Center, community and senior related information.

Voices Newsletter Home Delivery

Home Delivery is available for $8 a year.

Your newsletter will be mailed to your home as soon as we receive it.

To sign up for home delivery:

- Call and sign up over the phone and pay by credit card
- Mail in your $8 check along with your name & mailing address

Please send check to: Rose City Senior Center-VOICES, 8 Mahan Drive, Norwich, CT 06360

TVCCA Energy Assistance Program

Winter is coming and home heating costs can be a struggle for many. There is help.

TVCCA is now taking applications for the *Connecticut Energy Assistance Program* which provides assistance towards a homes primary source of heat. Priority is given to "vulnerable households" with young children, elderly or disabled individuals.

Income and Asset Limits apply:

Household Size:	1	2	Asset Limits:	Homeowner	Renter
Annual Income	$37,645	$49,228		$15,000	$12,000

Applications accepted until May 3rd and can be done online or through the mail.

For an application or for additional information, please call TVCCA (860) 425-6681

Virtual ZOOM Program

Are You Ready to Quit Smoking?

Classes Begin Tuesday, May 5th 7:00 p.m.

A 7-Week program, meeting once a week, to help you become tobacco-free!

The American Lung Association's Freedom From Smoking® program is designed to give you the support you need in a comfortable, confidential group setting offered via ZOOM. Our Tobacco Treatment Specialist has worked with hundreds of people on their journey to becoming tobacco-free.

This program is being offered by Ledge Light Health District and is open to anyone who lives or works in Southeastern Connecticut. This program is FREE and includes FREE nicotine replacement therapy.

For more information or to register, Contact Carolyn Wilson

(860) 446-3062 cwilson@llhd.org

This program is supported by the Preventive Health & Health Services Block Grant funded by the Centers for Disease Control and Prevention.

Take Control

Feel Better

Energize

Live

Enjoy

Live Well

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

Live Well & Manage Your Chronic Pain
Virtual Workshop via Zoom

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, isolation, poor sleep
- Exercises to help with pain
- Ways to improve your nutrition
- Appropriate use of medications
- Other helpful information for managing your pain day to day

Materials will be sent directly to participants at no cost and include a Living a Healthy Life Book, instruction booklet, and exercise and relaxation CDs.

We will meet via Zoom, once a week for six weeks, each session is 2.5 hours.

Tuesdays, 2:30 p.m. – 5:00 p.m.
April 27, May 4, 11, 18, 25, June 1

RSVP Lori R at lrygielski@seniorresourceses.org

Or call Lori R at 860 887-3561 extension 127

Aging and Disability Services

Senior Resources Agency on Aging

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

Tips to Avoid COVID-19 Vaccine Related Scams

- **Don't pay to sign up for the vaccine.** Anyone who asks for a payment to put you on a list, make an appointment for you, or reserve a spot in line is a scammer.
- **Ignore sales ads for the COVID-19 vaccine.** You can't buy it – anywhere, including online pharmacies. The vaccine is only available at federal- and state-approved locations, such as vaccination centers and pharmacies.
- **Don't share your personal, financial, or health information** with people you don't know. No one from a vaccine distribution site, health care provider's office, pharmacy, health insurance company or Medicare, will call, text, or email you asking for your Social Security, credit card, or bank account number to sign you up to get the vaccine.
- **Watch for unexpected or unusual texts.** Don't click on links in text messages, especially messages you didn't expect. If your healthcare provider or pharmacist has used text messages to contact you in the past and you get a text claiming it is from your healthcare provider, call your doctor or pharmacist directly to make sure they sent the text. Scammers are texting, too.
- **Don't open emails, attachments, or links** from people you don't know, or that come unexpectedly. You could download dangerous malware onto your computer or phone.

For more information visit: www.fcc.gov/covid-19-vaccines-scams

Report Scams, Fraud and Identity Theft

If you think you have been a victim of a scam, fraud or identity theft, report it to protect yourself.

CT Office of the Attorney General (860) 808-5318

File a complaint with the Federal Trade Commission:

www.reportfraud.ftc.gov 1-877-382-4357

www.identitytheft.gov 1-877-438-4338

www.identitytheft.gov/top-company-contacts

Email Address

If you would like to be contacted by email about updates and information about the Senior Center during our closure, please send me your email address. Although we are uncertain at this point of when we will be reopening and all the changes, we will email you we have definite information in place.

Send your email address to: hsandberg@cityofnorwich.org

Elderly/Disabled (Circuit Breaker) Property Tax Credit Program

Property Tax Credit (Circuit Breaker) Program is available to all CT real property owners who are age 65 or older **or** totally disabled. Annual income cannot exceed $37,600 for an individual or $45,800 for a couple in 2020. Discounts are based on a graduated income scale and are calculated by your town's Tax Assessors Office. Discount is applied directly to the applicant's real property tax bill.

Norwich Residents: For more information or to apply for the Property Tax Credit Program, please call the Norwich Tax Assessor's Office. ***Applications accepted until May 15, 2021.***

Norwich Tax Assessor (860) 823-3723

Veterans with established Connecticut residency may also be eligible for other tax credits.

Residents of other towns: *Call your town's Tax Assessor's Office for more information.*

COVID-19 VACCINE - Sign up Information

To check your eligibility and find ways to sign up for a COVID-19 vaccination, please visit **www.ct.gov/covidvaccine**

****If you do not have access to a computer, see below for ways to sign up by phone****

Please be aware that due to limited COVID-19 vaccines available to the state, it may take some time for appointments to become available in order for you to sign up and receive the vaccine.

For Vaccine Appointment Scheduling options visit:
https://covidvaccinefinder.ct.gov

On this State of Connecticut website, you will find options on how to sign up with different providers offering the vaccine. Ways to sign up include either online or by phone, with online sign up being the best option at this point. You may want to check appointment availability with different providers and at different locations as vaccine availability will vary from one to another on any given day.

1) **ONLINE** - Schedule through the online Vaccine Administration Management System (VAMS). VAMS is an online scheduling portal that allows individuals with an email address to create an account and search for a vaccine clinic near them.

Providers that can be accessed through the VAMS scheduling system include: Local Health Departments (including Uncas Health District) and Health Centers (including UCFS and Generations).

VAMS: **https://dphsubmissions.ct.gov/OnlineVaccine**

2) **ONLINE** - Schedule *directly* with a participating provider. This includes scheduling and receiving your vaccine through one of the following providers:

Hartford Healthcare (including Foxwoods Clinics):
www.hartfordhealthcare.org/health-wellness/covid-vaccine

Yale New Haven Hospital (including Mohegan Sun clinics): **https://covidvaccine.ynhh.org**

Walgreens: **www.walgreens.com/findcare/vaccination/covid-19**

Walmart: **www.walmart.com/covidvaccine**

CVS Pharmacy: **www.cvs.com/immunizations/covid-19-vaccine**

Stop & Shop Pharmacy: **www.stopandshop.com/pages/ss-pharmacy**

3) **PHONE** - If you do not have access to a computer or have trouble signing up online, you can schedule your vaccine appointment on the phone. Due to high call volumes, please be patient when calling to schedule by phone as wait times may vary.

Hartford Healthcare (including Foxwoods Clinics) 1-833-943-5721

Yale New Haven Hospital (including New London and Mohegan Sun clinics) 1-833-275-9644

CT COVID Vaccine Appointment Assist Line 1-877-918-2224 Daily from 8:00 a.m. to 8:00 p.m.

CURRENT PATIENTS of UCFS or Generations Family Health Center

COVID-19 Vaccine Appointments

If you are *currently* a patient at UCFS you can schedule a vaccine appointment directly with them. For information visit: **www.ucfs.org/covid-19** or call (860) 822-2874

If you are *currently* a patient at Generations Family Health Center you can schedule a vaccine appointment directly with them. Norwich Office, call (860) 885-1308

Reach the Senior Market

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CONTACT

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

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New to Medicare - Virtual Presentation

Offered by Senior Resources Agency on Aging

Know your Medicare options. Choose a date that works for you!

April 6th 10:00a.m. May 4th 2:00p.m. June 1st 5:00p.m.

Session includes:

- Enrollment - Know when to enroll to avoid penalties
- Medicare options
- Make Medicare affordable—Medicare financial assistance programs

To register for one of the ZOOM presentations, visit www.seniorresourcesec.org

Virtual Monday's with Mark Twain

Join AARP Mondays in May at noon to discover and explore the history and adventure with the Mark Twain House & Museum. Each week offers a new page of history to uncover and discover. Live virtual event on ZOOM.

Join one or more of the upcoming lectures. You must register for each presentation you are interested in. These presentations are open to anyone.

- **May 3rd - Adventures of Huckleberry Finn: An American Story**
- **May 10th - The Character of the Place**
- **May 17th - Seventeen Summers in a Garden**
- **May 24th - Mark Twain, World Traveler**

Registration required at www.aarp.org/ctevents

Food Pantries ~ Food Assistance

If you are in need of food assistance, please contact Rose City Senior Center (860) 889-5960 or Norwich Human Services (860) 823-3778 for information on Norwich Area Food Pantries and other services. Reach out if you need help!

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THIS SPACE IS AVAILABLE
Call LPi at 1.800.477.4574 for more information.

Senior Center Staff and Services Offered

Mike Wolak-Senior Center Director
Hilary Sandberg-Program Administrator
Carolyn McAuliffe-Outreach Administrator
Melissa Bresnan-Gilbo-Receptionist
Shirley Ganoe-Lead Van Driver
Lorie Trainor-Van Driver
Debbi Hayslip-Escort Driver

****GRANT Funded Staff****

Anne Barriere-MedRide II
Leonna White-Health Clinic Nurse

OUTREACH - Is available with **Carolyn** for Norwich residents, 55 years old or over. Carolyn can assist you with your questions about Medicare Program, Housing, Supplemental Insurances, State Programs, Renter's Rebate and more. Please call 860-889-5960.

PREVENTIVE HEALTH CLINIC

Appointments available one Saturday per month.
Call (860) 889-5960 to schedule an appointment.
Toenail Cutting - $15.00 per visit.
Ear Flushing - $3.00 for one ear, $5.00 for both.

THE PREVENTIVE HEALTH CLINIC IS FUNDED THROUGH THE GENEROUS SUPPORT OF THE EDWARD AND MARY LORD FOUNDATION.

MEDICAL APPOINTMENTS - Transportation to needed medical appointments is available.

WHEELCHAIR VAN - Wheelchair accessible transportation is available to medical appointments.

MED RIDE II - Transportation is available for Seniors or Disabled Residents of Norwich and Montville to out-of-town medical appointments.

GROCERY SHOPPING - Currently offering grocery shopping assistance. Please call for information.

Please call (860) 889-5960 for information.

PODIATRY CLINIC - *Dr. Thomas Walter, D.P.M.*

Appointments are scheduled at the Senior Center on the 1st Friday of each month for toenail cutting.
Suggested Donation is $15.00 per visit and an appointment is necessary.

Call Mike for an appointment. (860) 889-5960

The Podiatry Clinic is supported by Senior Resources Agency on Aging with Title III funds made available under the Older Americans Act.

Sudoku

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

	1	3	7	5			6	
6	4						7	
						8		
		4				5	8	
1	7							
		6		8				4
						1	5	
			1	3			4	
	5			9		7		6

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ENIGMA™ CRYPTOGRAM

Enigma cryptograms are created from quotations and proverbs from around the world. Each letter stands for another letter. *Hint: "W" = "A"*

"WC HCYK BU MHTQ YWCCBM RQ
RBOGKM FHMK WC HCYK BU GBLD."
— YKHCQJQ EVBNQVR

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Answer to Cryptogram

"An inch of time cannot be bought with an inch of gold."
- Chinese proverb

Answer to Sudoku

8	1	3	7	5	2	4	6	9
6	4	2	8	1	9	3	7	5
7	9	5	6	4	3	8	2	1
9	2	4	3	6	1	5	8	7
1	7	8	5	2	4	6	9	3
5	3	6	9	8	7	2	1	4
3	8	9	4	7	6	1	5	2
2	6	7	1	3	5	9	4	8
4	5	1	2	9	8	7	3	6

Drive-Thru COVID-19 Testing

Anyone living in Connecticut is able to get tested for free, whenever needed.

Free Drive-Thru COVID Testing is available at the following locations.

No appointment required. No symptoms needed. Face masks must be worn.

The Edward & Mary Lord Family Health Center - UCFS

47 Town Street, Norwich

Monday, Wednesday & Friday 9:00a.m. - 11:00a.m.

UCFS Healthcare
Well-Being Redefined.

Griswold Health Center - UCFS

226 East Main Street, Griswold

Tuesday & Thursday 9:00a.m. - 11:00a.m.

Dodd Stadium - Backus Hospital

14 Stott Ave., Norwich

Monday - Friday 10:00a.m. - 4:00p.m.

Saturday 8:00a.m. - noon

Hartford HealthCare
Backus Hospital

For more information, please visit:

www.ucfs.org/covid-19 or **www.hartfordhealthcare.org/health-wellness/coronavirus/testing**

Or Call:

UCFS (860) 892-7042 or **Backus 1-833-621-0600**

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Yoga and Chair Yoga with Carol Klammer on Zoom

https://tinyurl.com/CarolsYogaOnline **OR** www.ahhyoga.com

Chair Yoga - Mondays & Thursdays at 1:30p.m.

Yoga - Mondays at 11:30a.m. & Thursdays at 3:00p.m.

First, register on Carol's Mind Body website (link above). On the website, use the calendar button to find the date and class you want to sign up for. The Zoom link will be emailed to you after you select your class and register. Classes are free but donations are accepted. Everyone welcome!

Contact Carol with any questions: HathaYoga@snet.net

Email Hilary to have the website link emailed to you. hsandberg@cityofnorwich.org

Virtual ZOOM Class

Tai Ji Quan: Moving for Better Balance®

Beginning April 6th

Tuesdays & Fridays 8:55 a.m. - 9:55 a.m.

Class Instructed by Carol Klammer

Tai Ji Quan: Moving for Better Balance® is a research based falls prevention exercise program that uses Tai Ji Quan based movements to improve strength, mobility, balance and daily function and to prevent falls. It is designed for older adults 60+ years old and people with balance difficulties.

This program can accommodate individuals who need assistance with walking, such as use of a cane.

No prior experience with Tai Chi is needed. This class will be taught virtually. You will learn the movements in a supportive environment over the course of this 24-week class. **This class is free** and open to individuals at least 60 years old, and interested in improving their balance and stability.

To Sign up Contact: Connie Capacchione, Uncas Health District

(860) 639-5138

This program is sponsored by Senior Resources Agency on Aging and Uncas Health District.

AARP Movies for Grownups

Film Screening ~ *Sky Blossom*

April 30th - 8:00 p.m.

The documentary *Sky Blossom* is a raw, inspiring window into 5.4 million students stepping forward as frontline heroes. Caring for family with tough medical conditions, they stay at home doing things often seen only in hospitals. They are cheerleaders, work part time, and go to college — but also live double lives — quietly growing up as America's next greatest generation.

Filmmaker, journalist and award-winning CNN/MSNBC news anchor Richard Lui says the interviews were so honest they genuinely surprised him, as they revealed insights into the lives of young people across America. Troops used to look up and say, "Here come the Sky Blossoms"—paratroopers rushing to their aid. Today, there is a new generation answering that call. These are their stories.

Register at https://watch.aarp.org/aarpmfg

Incontinence Supplies

The Senior Center occasionally has packages of disposable underwear (adult diapers), bed pad and underpads donated which are available to seniors in need. **Call if you need any. (860) 889-5960**

Virtual Presentations

These virtual presentations are being shared by AARP, Seymour Public Library, Simsbury Public Library and Lyme Public Library.

- **Con Artist Playbook Wed., April 7th 1:00p.m.**

  Fraud Watch Network: Con Artist Playbook a look inside the mind of a criminal. Join us as we take a deeper look into how you can avoid being victimized and learn tools to share with friends and family.
  Registration required at www.aarp.org/ctevents

- **Let's Talk Gut Health Thurs., April 8th 1:30p.m.**

  Trillions of microorganisms live in and on our bodies. These include various species and strains of bacteria as well as viruses, yeast and fungi. Bacteria had always been considered 'bad", germs. Now we know, the vast majority of these microbes help keep us healthy.
  Registration required at www.simsburylibrary.info

- **Savoring Sicily: 2000 Years of History in 100 Dishes Tues., April 13th 5:30p.m.**

  Join food historian Francine Segan as she examines how a myriad of cultures including ancient Greece, ancient Rome, France and Spain influenced the flavors of this island's iconic dishes.
  Registration required at www.aarp.org/ctevents

- **Unsolved Mysteries Tues., April 13th 7:00p.m.**

  Have you ever wondered about some of the world's mysterious puzzles, such as: the Bermuda Triangle, Bimini Road, Amelia Earhart's disappearance, where is Jimmy Hoffa, DB Cooper and The Mary Celeste? Joseph Ouellette will be exploring these fascinating historical mysteries.
  Registration required at www.simsburylibrary.info

- **The Sinking of the Titanic Wed., April 14th 6:30p.m.**

  For over a hundred years the Titanic disaster has fascinated the public. Join Jason Scappaticci, for an lecture that covers her creation, design, interior decoration, and her final, and only voyage.
  ZOOM meeting ID: 857 3502 2860 Passcode: Ocean

- **Cybercrime: What is it and Why Should You Care? Sat., April 17th 2:00p.m.**

  Cybersecurity expert Andy Bonillo will explain the types of cybercrime operating today as well as the potential ramifications of crimes such as the recent hack of U.S. government computers allegedly by Russia. Andy has served with the U.S. Capitol Police and as a Special Agent with the United States Secret Service where he led the largest cybercrime investigation in US history.
  Registration required by emailing programreg@lymepl.org

- **Tips for First Time Gardeners Thurs., April 22nd 1:30p.m.**

  Planting a garden for the first time can be scary. Where do you begin? What do you have to know to plant and grow a successful garden? Vegetables, flowers, or both? This session will explore 10 things every first-time gardener should know, including information about soil, light, watering, and making choices of what to plant. A list of additional resources will be given to all who attend.
  Registration required at www.simsburylibrary.info

- **The History of Chocolate Tues., April 27th 5:30p.m.**

  Join food historian, Francine Segan, on a virtual guided tasting as you discover the role Christopher Columbus and Casanova played in chocolate history, how decadent high society sipped chocolate in the 17th century and modern innovations like bacon chocolate! Did you know that Napoleon indirectly helped invent a new chocolate flavor or why M&Ms and Nutella were created because of WW II? Discover the answers and more during this lively presentation.
  Registration required at www.aarp.org/ctevents

Rose City Senior Center
8 Mahan Drive
Norwich, CT 06360

MISSION STATEMENT: It is the mission of the staff and policies of the Rose City Senior Center to offer recreational, educational, social, health, and human service programs, which are designed to foster independence and community involvement, for persons age 55 and older.

CLEAN YOUR HANDS OFTEN

Wash your hands often with soap & water for at least 20 seconds. Especially after being in public, blowing your nose, coughing or sneezing. Use a hand sanitizer that contains at least 60% alcohol.

AVOID CLOSE CONTACT

Stay home as much as possible. If you have to go out, put distance (6 feet) between yourself and others when in public. Keeping your distance from others is especially important if you are at a higher risk.

WEAR A MASK OR FACE COVERING

Cover your mouth & nose with a cloth face covering when around other people in public. The cloth face cover is not a substitute for social distancing. Continue to keep 6 feet apart from others.

CLEAN & DISINFECT

Clean & disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, remotes, keyboards, toilets, faucets, and sinks.

IF YOU FEEL SICK

Please call your medical provider if you feel physically or mentally unwell. Especially if you have a fever, cough or have trouble breathing. **Do not hesitate to call 911 if you have a medical emergency.**

CORONAVIRUS COVID-19

WAYS TO PROTECT YOURSELF AND OTHERS

Do your part to help prevent the spread!

CDC
Centers for Disease Control and Prevention