

# Q.V. Times Insider



## March 2021

Quinebaug Valley Senior Center  
Where old friends gather and new friends are made!  
Serving the towns of Brooklyn, Canterbury, Eastford,  
Killingly, Plainfield, Pomfret,  
Putnam, Sterling, Thompson and Woodstock



### A Message from the Director-

The State of Connecticut has moved into Phase 1B of the vaccination schedule. As of this writing, people 75 and older are eligible to make an appointment and, we believe, before our next newsletter, people 65+ will be eligible as well. How and where you make an appointment and where you go for your shot can be a bit confusing and the information changes as the federal and state governments, health care providers and public health continue to evolve their systems. With a little patience and determination we will all get our vaccine. Even then, it will likely be some time before we can relax our safety measures and get back to normal. Once you get the vaccine you will still be required to wear your mask and social distance probably through the end of summer. It will be much nicer when the weather turns warm again and we can visit safely outdoors. We are in the planning stages of some outdoor picnics, dinners and other activities as the spring brings forth warmer temperatures and we can gather outside. Watch your newsletter for more information.



If you are 75 years of age or older, you are currently eligible to receive a COVID19 vaccine. If you haven't heard from your healthcare provider, you can register and schedule an appointment either online or by telephone. Where, when and how appointments are available are changing, Senior Center staff and volunteers, Carolyn Logee and Linda Warner are assisting seniors in making appointments. Please call 860-774-1243 and we will do our best to assist you.

The Northeast District Department of Health is currently holding clinics here at the senior center and if you are good on the computer or have a family member who can help you please go to:

VAMS.CDC.GOV/Vaccineportal or by  
calling 1-877-918-2224  
to schedule an appointment.

Pharmacies are beginning to schedule appointments for vaccinations as well:  
Walgreens, Walmart and CVS are possibilities.

Stay Safe: Linda



## Meals on Wheels

Home delivered meals are provided to seniors who cannot leave their home on a regular basis. Meals are typically delivered hot as a midday meal with an additional cold meal for the evening when necessary. The daily contact with friendly and specially trained drivers is a tremendous additional benefit. Meals are federally funded but donations are requested. Each meal provides 1/3 of the daily Dietary Reference Intake for seniors with an overall plan well suited for low sodium, cardiac, diabetic and many other dietary concerns.

Home delivered meal recipients are visited by one of our Registered Dietitians annually for an individualized in-home assessment with education and counseling as needed. This is also an opportunity to insure that other potential service needs are being met and that the homebound client has similar access to services offered through our offices and local senior centers.

To start Meals on Wheels, contact:

### Thames Valley Council for Community Action, Inc. (TVCCA):

81 Stockhouse Road  
Bozrah, CT 06334  
(800) 560-5015 or (860) 886-1720;  
[www.tvcca.org](http://www.tvcca.org) serving New London and Windham Counties

## Our March Angels...

*Thank You!*

Our March Angels Are



**LINDA WARNER**



**CAROLYN LOGEE**

For the past few weeks senior center staff have been calling our members to help sign them up for the Covid-19 vaccination. As you can well imagine the phones have been ringing off the hook! Linda and Carolyn were kind enough to offer to come in and help schedule seniors for the vaccine. This has helped staff be able to play "catch-up" on some of the day to day duties that are piling up on the desk!

These volunteers are love in motion! Thank You!

## Connecticut 2-1-1

The CT 2-1-1 system is ready to help 24 hours a day, 7 days a week, 365 days a year. Dial 211 or visit [211.org](http://211.org) if you are in need of any services like housing, mental health, free tax assistance, job training, addiction, food insecurity or if you would like to volunteer in your Community. Free and confidential help.

## Do You Need Help Paying Your Energy Bills? Help is Here!

ACCESS Agency is now accepting applications for the CT Energy Assistance which provides assistance towards the primary heat source of your home. Assistance is based on income and assets.

Applications can be done through the mail or on the phone. Please call ACCESS Agency at: 860-412-1600 to apply. Note: If you live in



Many people have been calling regarding free tax assistance.

We reached out to our friends at the Killingly Public Library.

They have not heard from the AARP representatives who assist low to moderate income tax payers with special attention to

those 60 and older as yet.

We will publish in the newsletter as soon as we receive word that they are taking appointments once again

Or

You may call the Killingly Library at 860-779-5383 for updates.

**APPOINTMENTS ARE REQUIRED!**

### **COMMUNITY NEWS... YOU CAN USE!**

\*Caregiver Support Group—For Families caring for someone with Dementia. Thursday, March 12th—Monthly group PHONE meeting. Call 1-667-776-9438

\*Mobile Food Pantry—Wauregan Assembly of God—Wed. March 17th at 11:00 a.m.

\*Veteran's Only: Putnam Kennedy Drive Farmer's Market Pavilion—

Thursday, March 4th—11:00 a.m.

Veterans Free Medical Rides to CT and RI ~ Medical Facilities: Call 860-317-1025

Senior Movies—Killingly Rec. Center - Cancelled until further notice.

Veteran's Base Camp Food Pantry: 108 England Rd. in Chaplin—call 860-786-7163 open Tuesdays, 1:00—5:00 p.m. and the 1st and 3rd Sunday of the month 11:00 a.m.—2:00 p.m. Bring your own bags.



### ***Are two masks better than one???***

It has recently been found that wearing two masks has shown to be much more effective against the virus and the new variants that are showing up in the country. Layering masks significantly boosts your protection. A mask is like an obstacle course for particles to get through. Adding a second mask adds another obstacle course, increasing the chance that the particle will be trapped before it gets through to the other side. The recommendation is to wear a disposable, nonwoven mask underneath a tightly fitted cloth mask which would block about 90 percent of infectious particles.

Although Covid-19 vaccinations have started it is still important to wear your mask because the virus will continue to spread and sicken people until most of the population is immunized. The double mask also provides you extra protection against the new variants of the virus.

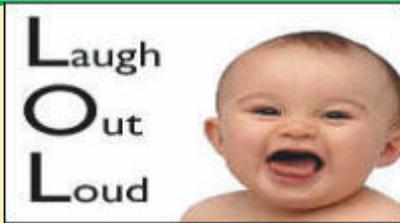
**Masks to Avoid:** The CDC recommends against the following types of masks...

- \* Masks that do not fit properly (too loose or with large gaps)
- \* Masks made from loosely woven fabric, such as fabrics that let light or air pass through.
- \* Masks with one layer, scarves or ski masks worn as a mask.
- \* Masks made of materials that are hard to breath through such as plastic or leather.
- \* Masks with exhalation valves or vents.

A snug fitting mask with a filter can block 74 to 90 percent of infectious particles. You can buy a special HEPA filter designed to fit into a mask with a pocket, or cut up a vacuum bag. Several studies that examine mask effectiveness have found vacuum bags to be among the best materials at catching tiny particles. For more information see the AARP website.

**Circuit Breaker Property Tax Credit Program** - for property owners age 65+ 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 Assessor Office. Discount is applied directly to the applicant's real property tax bill. Please note that Veteran's with established CT residency may also be eligible for other tax credits.

Applications are accepted between February 1st and May 15th, 2021 at your Tax Assessor's Office



Laughter is like a breath of fresh air that we desperately need. This seemingly simple act affects most of your body systems. Laughter strengthens the immune system by stimulating your body to increase production of immunoglobulin. It improves your heart rate and circulation by boosting the oxygen supply to your brain. Laughter controls pain by decreasing muscle tension, distracting attention, and increasing the production of endorphins, natural pain killers. Laughter is like giving yourself an internal massage as

it stimulates and soothes. It truly is medicine for the heart.

Humor, like prayer, helps us to rise above our circumstances.

- Try keeping a journal of humorous things you see, hear or read.
- Place cartoons on your refrigerator or bulletin board. They will be there when you need them.
- Avoid negative people.
- Don't put yourself down.

Call a friend today to talk for a while and renew your spirit. It truly will be medicine for your heart."

*"A sense of humor can help us overlook the unattractive, tolerate the unpleasant, cope with the unexpected, and smile through the unbearable."* —Moshe Waldoks

## ***Some Irish Frivolity!!!***

**Why don't women get engaged on St. Patrick's Day?  
'Cause they don't want to get a "sham rock".**

**When is an Irish potato not an Irish potato?  
When it's a *French* fry!**



**The Irish Priest... An Irish priest is driving down to New York and gets stopped for speeding in Connecticut. The state trooper smells alcohol on the priest's breath and then sees an empty wine bottle on the floor of the car. He says, "Sir, have you been drinking?"**

**"Just water," says the priest. The trooper says, "Then why do I smell wine?" The priest looks at the bottle and says, "Good Lord! He's done it again!"**

***An Irish Blessing...* May your glass be ever full. May the roof over your head be always strong. And may you be in heaven half an hour before the devil knows you're dead.**

### ***AARP Safe Driver Course... Available On-line***

The course is available on-line in the comfort and safety of your own home. You will still receive the same auto insurance discount as the in-person class. It is a 4-hour class and it can be taken at your own pace and does not need to be completed all at one time. The class is available any time day or night!

Please consult your insurance agent for more information about discounts available to you from this class.

Go to: [www.aarpdriverssafety.org](http://www.aarpdriverssafety.org) and use the coupon code: DRIVINGSKILLS for 25% off!



*An Irish Blessing... May you always have walls for the winds, a roof for the rain, tea beside the fire, laughter to cheer you, those you love near you, and all your heart may desire. May St. Patrick guard you wherever you go, and guide you in whatever you do—and may his loving protection be a blessing to you always.*

**Regular Quinebaug Valley Senior Center**  
**Activities (860-774-1243)**  
**Lunches (860-779-7074)**

**All Activities Temporarily Postponed**  
**Due To CO-VID 19**

**MONDAYS**

9:15am—1:00 pm Medicare/Medicaid, Insurance  
 CHOICES Counseling  
 1pm—4pm PO-KEE-NO

**TUESDAYS**

8:30am—11am Knitting & Crocheting  
 9am— 10am Fitness Over Fifty  
 9am-12pm Quilting (All Levels Welcome)  
 11:30am Lunch TVCCA Café  
 1pm-4pm Art Class Multi-Medium  
 (All levels welcome!)  
 10:45—11:45 a.m. Blood Pressure Clinic  
 (1st Tuesday of the Month ONLY)  
 10:00 a.m. Massage (Mar. 3rd & 17th)

**WEDNESDAYS**

9am –12pm Medicare/Medicaid, Insurance  
 CHOICES Counseling  
 11:30am Lunch TVCCA Café  
 2:00 p.m. Rummikube

**THURSDAYS**

9am-10am Fitness Over Fifty  
 9:15am-1pm Medicare/Medicaid, Insurance  
 CHOICES Counseling  
 11:30am Lunch TVCCA Café

**FRIDAYS**

9:15am-1:00pm Medicare/Medicaid, Insurance  
 CHOICES Counseling  
 11:30am Lunch TVCCA Café  
 1pm-4pm Card Games Pitch/Setback



**Don't Forget!**

March 14, 2021 turn your clocks ahead  
 one hour...

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**Veteran's Canteen**

We were hoping to begin our Veteran's Canteen Program beginning in March however, the pandemic has put that program on-hold until we can safely re-open our doors to the public.

We hope that as more individuals receive their vaccine and the weather improves we may be able to open in late-spring or early summer for many of our programs.

The Veteran's Canteen will be a program featuring speakers, coffee and pastry, access to all QVSCC services and supports, and a friendly atmosphere in which to meet with your fellow veterans.

For more information about the Canteen or to offer ideas for programs and speakers please call Linda at:  
 860-774-1243



**ANOTHER REMINDER ABOUT THE  
“MEDICARE SAVINGS PROGRAM” AND “LOW INCOME SUBSIDY”**

Enrollment for the **Medicare Savings Program** is always open. Assets “**do not**” count if you apply for the **MSP (Medicare Savings Program)** and that will automatically enroll you into the **LIS (Low Income Subsidy)**. Your **Medicare Part B premium (\$148.50 in 2021)** will be paid for, so that money will be put back into your monthly social security payment.

For 2021 the **LIS** pays your **Part D premium** (prescription drugs) in its entirety “**if**” it is a “**benchmark**” plan. If it is not a “**benchmark**” plan, then it will apply **\$35.16** towards the monthly **Part D premium**. Also, just as important, you will “**not**” pay any more than **\$3.70** for a generic drug and **\$9.20** for a brand name drug. As mentioned earlier, assets “**do not**” count, but there is an “**income limit**”.

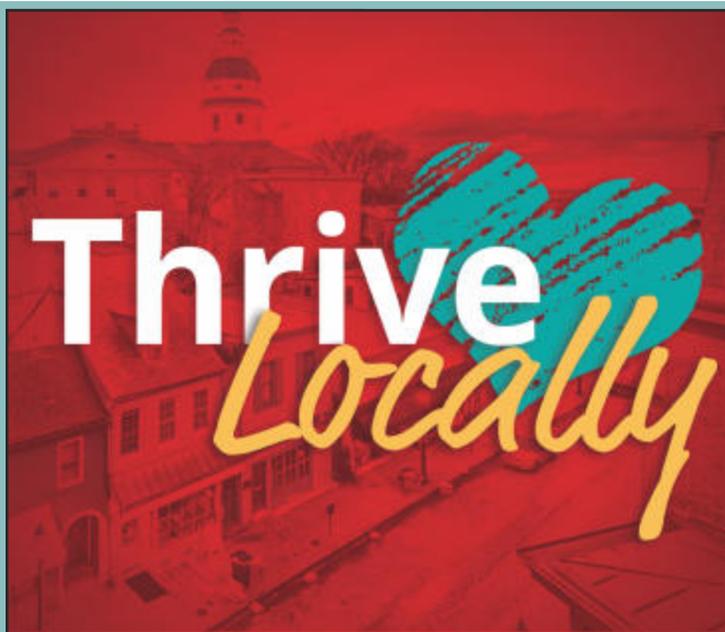
**The income limits will change as of March 1, 2021.** If you are **single** and your monthly income is no more than **\$2,641.00** you will qualify, and if you are **married** and your combined monthly income is no more than **\$3,572.00** then you and your spouse will qualify. If you have any questions or you would like to apply, call us at **860-774-1243** to get the paperwork or set up an appointment and we will help you fill it out right here at the Center.

**Reminder...** we know how daunting all the paperwork can be around applying for Medicare and the insurance options that you may have. We are so fortunate to have Choices Trained Counselors here at the Senior Center to help. They are:

**Marcia Manns: Mondays, Thursdays and Fridays from 9:15 a.m.—1:00 p.m.**

**Lisa Baxter: Wednesdays from 9:00 a.m.—12:00 p.m.**

If you would like to make an appointment to speak with one of our Counselors please don't hesitate to **call the center at 860-774-1243.** We're here to help!



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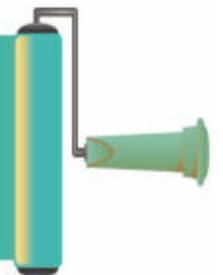
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EVERY 3rd THURSDAY**



**IMPORTANT PHONE #'S**

QVSCC Main # 860-774-1243  
Director Linda Lamoureux  
860-774-1243  
CHOICES Tammy Harris  
Counseling Marcia Manns  
Lisa Baxter  
860-774-1243  
Meals On Wheels 1-800-560-5015  
Senior Café 860-779-7074  
(Must have 24 hour notice for lunch)  
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