

# Q.V. Times Insider



## January 2022

Quinebaug Valley Senior Center  
Where old friends gather and new friends are made!  
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Killingly, Plainfield, Pomfret,  
Putnam, Sterling, Thompson and Woodstock

### *A New Year Message from the Office...*

In reviewing last year's New Year message we were filled with joyful anticipation that the vaccines had been created, Covid 19 was on its way out and the political climate in our country would take a turn for the better. Wishful thinking. Not only is Covid still here but it has morphed into other contagious variants that threaten our health and well-being. Many people in our country are believing false information regarding the safety and viability of the vaccines. This is resulting in not being able to wipe out the virus. As for the political climate in our country... one only has to watch the evening news to be sickened by the lack of integrity, honor, justice and fairness that exists everywhere...

*We need to set ourselves a new mindset... in the words of Winston Churchill...* "The pessimist sees difficulty in every opportunity. The optimist sees the opportunity in every difficulty." **If we try to live according to those words surely life will improve!**

Here at the Senior Center we are planning for a year filled with hope that we will be able to continue our monthly dinners, have interesting and informative speakers, special programs and activities, more services and yes—seeing each other in-person (without a mask!)

In the meantime, everyone here at the Quinebaug Valley Senior Center is here for you for anything you may need. We hope you will call us to let us know how we can help or just to say hello! We wish each and every one a very happy, healthy and prosperous new year!

Sincerely,

The Board of Directors, Tammy, Linda, Marcia, John, Gordon & Lisa

## 4 Financial Resolutions You Can Make Right Now!

1. **Build An Emergency Fund:** Just having \$2,500 socked away can mean the difference between muddling through or falling off a cliff! That's based on sound research from the University of Colorado.
2. **Get Your Affairs In Order:** A living will can assure that your wishes are followed regarding your health care decisions and after death desires.
3. **Make Some Monetary Cuts Permanent:** If you have been cutting back on recreation, eating out and such through the pandemic, try to save money by continuing to cut back.
4. **Invest For The Roller Coaster:** Stock investments can fluctuate widely. Make sure you diversify your investments so that you have cash, as well as a sound financial plan.



Do You Enjoy Painting, Drawing, Coloring, Tracing?

QVSCC Art Group resumes on Tuesday, January 4th at 1 p.m.  
All Mediums Welcome! Call 860-774-1243 for more information.

This group is comprised of instructor Ann Causey and artists who enjoy getting together to share their talents and have fun being creative. No charge.



## Can't Put It Down Book Club

When: The Last Tuesday of the Month 12:30 p.m.

Where: OVSCC 860-774-1243 to sign up!

### Book Selections:

1/25 Onna Out Of Order, Margarite Montimore  
2/22 The Rosie Project, Graeme Simsion.



Books are available at the Killingly Public Library

One member, Nina Caron writes: "This book club is lots of fun if you like to read. Kathy Fedor leads the group in spirited discussions and always provides a tasty treat! In November we read, "What I Saw and How I Lied" which was set in Miami Beach. We enjoyed *mock* cocktails with little umbrellas and nut cups. We invite more readers to join us on the last Tuesday of the month for this great group!"

### Elder Justice Hotline

Elder Justice issues can range from age-based discrimination in the workplace to scams and frauds, elder abuse, neglect, and exploitation. If you have been a victim of a scam, or neglected, exploited or abused, we are here to help.

Call 1-860-808-555

For the Office of the Attorney General or  
An on-line complaint portal can be found at:  
<https://portal.ct.gov/ag/elderhotline>

This hotline will help law enforcement, as well as family and friends, protect our most targeted and vulnerable population. Our older populations sometimes have difficulty and fear when they are trying to report that they are a victim.

### Food Box Program Reminder....

Our food box program is thriving with about 50 seniors each month receiving a 30 lb. box of food with a 2 lb. block of cheese.

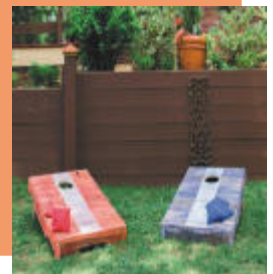
The application is easy and eligibility is based on income. If you or someone you know could benefit from extra food each month please call the senior center at 860-774-1243 and ask for Linda.



## *Have you tried the new craze? CORNHOLE!*

Senior Centers across the state and country are reporting that seniors are having a great time playing Cornhole! Cornhole is similar to horseshoes except you use wooden boxes called cornhole platforms and corn bags instead of horseshoes and metal stakes. Contestants take turns pitching their corn bags at the cornhole platform until a contestant reaches the score of 21 points. A corn bag in the hole scores 3 points, while one on the platform scores 1 point.

Scoring can be swift and the lead may change hands several times in a match before the winner is decided. The game is generally played tournament style with an individual or team being named the champion at the end of the tournament. If you are interested in playing call us: 860-774-1243



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

\***Caregiver Support Group**—For Families caring for someone with Dementia or Alzheimer's Disease  
Thursday, 1:30 p.m.-2:30 p.m. January 13th. Facilitators Kathy Demers 860-377-6416 and Jean Ann Moore 860-208-8673

\***Mobile Food Pantry**—*Wauregan Assembly of God*—Wed. January 12th & 26th at 11:00 a.m.

\***Veteran's Only: Putnam Kennedy Drive Farmer's Market Pavilion**—Thurs. Jan. 7th at 11:00 a.m.

**BRING YOUR OWN BAGS!**

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

**Senior Movies**—Killingly Rec. Center 1/5—The Secret: Dare to Dream, 1/12—Becoming Cousteau, 1/19—Cry Macho, 1/26—Joe Bell... All movies start at 1:30 p.m.

**Veteran's Base Camp Food Pantry** ~ 108 England Rd. in Chaplin call 860-786-7163 open Wednesdays 12:00 p.m.-4:00 p.m. & the 1st and 3rd Sunday of the month 11a.m.—2 p.m. Bring your own bags.

**Killingly Library Happenings: 25 Wescott Rd.:** 1/4 Movie 1 p.m.—Road to Utopia, 4/11 Bingo 2 pm, 1/13 Book Club 2 pm "The Book of Longings", 1/19 Tea Trivia 1 pm, 1/26 Tea Tastings & Tea Craft 5:30 pm. For more information on these and other activities please call: 860-779-5383

**Senior Resources Benefits Enrollment Center: 860-887-3561**

### *Our January Angels...*

#### *Pierrette McCartney!*

Pierrette donates many hand crocheted items throughout the year. She was very generous this holiday season once again donating many holiday items that were sold to raise money for the programs and services offered here at QVSCC. Our thanks to Pierrette for using her talents to support our center!

*Knitting & Crocheting Group!* Thank you to members of the group who generously donated handcrafted items to our bazaar and the Veteran's group.

#### *Marcia Manns, Gordon Schies & Lisa Baxter!*

Our three office angels provided CHOICES Counseling for seniors from October 15th to December 7th in-person and over the phone. Their expertise, knowledge, patience, and willingness to help were instrumental in helping our seniors get the best insurance coverage for their needs both for their physical health and financial health.



Gordon Schies

**DID YOU HEAR ABOUT THE MAN WHO SHOPLIFETED A CALENDAR ON NEW YEAR'S EVE? HE GOT 12 MONTHS!**



### *Chef Harry Is Cooking Again!*

*The turkeys are in the freezer for now... on Monday, February*

*28th we will be having our annual Turkey Soup Day! Seniors must call 860-774-1243 to sign up for this event by Friday, February 18th. The soup is free and includes bread and a dessert! 11:30 a.m. YUM!*



*Do you know anyone who would be willing to help seniors shovel? Please call the senior center at 860-774-1243. We get many calls for help.*

### Veteran's Services At QVSCC

Veterans: Do You Need: Assistance with obtaining benefits and services?

For an appointment: Mark Dauphinais, Chapter Service Officer 860-774-1243



### VETERAN'S CANTEEN

Please join us for some good coffee, a sweet treat and a chance to visit with and share with fellow Veterans.

Friday, January 7th and Friday, January 21st at 9:00 a.m.

### AARP Smart Driver Course Information,

By taking the AARP Smart Driver Course, drivers will refresh their knowledge of the rules of the road and learn research-based safety strategies to help maintain their confidence behind the wheel. They will also learn how to adapt to changes—changes to themselves, their vehicles, and the driving environment to keep them driving longer and safely.

When you are driving for decades it is easy to feel like you know it all. Yet for years, national surveys have shown that about one in five of us would flunk a written driver's test. There are also laws that evolve with time, like those regarding pedestrians, seat belts and cell phone use that many people do not know.

Due to COVID-19 the driver safety course is available on-line at [www.aarpdriversafety.org](http://www.aarpdriversafety.org)

Participants will receive a 25% discount.

Promo code for 25% discount: DRIVINGSKILLS



All in-person AARP Safe Driving Courses cancelled until further notice.

## Free Live Well Workshops Now Offered Via Telephone!

Senior Resources is now offering three different FREE Live Well telephone workshops for area adults and their caregivers: Chronic Conditions Self-Management, Diabetes Self-Management, and Chronic Pain Self-Management. No other technology than a phone is needed for participants to connect for one hour weekly for six weeks to a trained Live Well Leader who facilitates the sessions. In these weekly interactive calls, the Leader reviews materials and the group explores different self-management tools such as action planning, problem solving, decision making, communication, healthy eating, physical activity, and planning for the future.

You will receive a FREE toolkit including a book Living a Healthy Life, an instruction booklet, and exercise and relaxation CD's. You will be asked to share your address for materials to be mailed and they are yours to keep. Workshops are limited to six adults so call to sign up.

For more information and to register call, Lori at 860-887-3561, extension 127 or email: [lrygielski@seniorresourcesec.org](mailto:lrygielski@seniorresourcesec.org)

**Chronic Disease Self-Management: Jan. 4th through Feb. 8th at 4 p.m.**

**Chronic Disease Self-Management: Jan. 6th through Feb. 10th at 10 a.m.**

**Chronic Disease Self-Management: Jan. 13th through Feb. 17th at 10:30 a.m.**

**Diabetes Self-Management: Jan 13th through Feb. 17th at 1:00 p.m.**

**Chronic Pain Self-Management: Feb. 4th through March 11th at 1:30 p.m.**



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

**MONDAYS**

9 a.m.—11 a.m. Knitting & Crocheting  
 10 a.m.-11 a.m. Fitness Over Fifty Exercise  
 9:15am—12:30pm Medicare/Medicaid,  
 Insurance CHOICES Counseling  
 1pm—4pm PO-KEE-NO

**TUESDAYS**

10 a.m.– 1 p.m. Medicare/Medicaid, Insurance  
 CHOICES Counseling  
 9am-12pm Quilting (All Levels Welcome)  
 11:30am Lunch TVCCA Café  
 1pm-4pm Art Class Multi-Medium  
 (All levels welcome!)  
 1pm-4pm Bridge Group

**WEDNESDAYS**

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

**THURSDAYS**

9am-10am Fitness Over Fifty  
 9:15am-12:30pm Medicare/Medicaid, Ins.  
 CHOICES Counseling  
 11:30am Lunch TVCCA Café  
 10:30 a.m. Bread Donations from Big Y

**FRIDAYS**

9:15am-12:30pm Medicare/Medicaid, Ins.  
 CHOICES Counseling  
 11:30am Lunch TVCCA Café  
 1pm-4pm Card Games Pitch/Setback

**Veteran's Canteen: 9:00 a.m. Friday**  
 December 10th

**Can't Put It Down Book Club**

Last Tuesday of the Month at 12:30 p.m.

Renew your CT Driver's License over the phone with  
 Call the Senior Center for details.  
 860-774-1243

**Holiday Closings:**

**Monday, January 17th**  
**Monday, February 21st**

***And a good  
time was had***

***by all!*** On December 15th the TVCCA luncheon was enjoyed by about 60 seniors. Jeannette Beaudry (left) and Diane Allen (right) served up a wonderful prime rib luncheon.



**VOLUNTEERS NEEDED TO  
HELP WITH  
TRANSPORTATION**

The office staff at the senior center get many calls, sometimes daily, from seniors who need a ride to places like the grocery store, doctors, the pharmacy or the library. Many people can no longer drive or do not have a vehicle to use. The Transit District is only providing rides for medical purposes at this time so that has left a huge transportation gap for our Seniors in the Northeast corner. If you or someone you know has some time to help provide rides to local seniors please call us at the senior center at 860-774-1243. We do not give out volunteer numbers but will call them with a request and let the volunteer contact the senior directly... **THANK YOU!**

If you would like to make an appointment to meet with one of our Counselors, please don't hesitate to call the center 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 (\$170.10 in 2022) will be paid for, so that money will be put back into your monthly social security payment.

For 2022 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 \$36.27 towards the monthly Part D premium. Also, just as important, you will "not" pay any more than \$3.95 for a generic drug and \$9.85 for a brand name drug.

As mentioned earlier, assets "do not" count, but there is an "income limit".

The income limits changed 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 three Choices Trained Counselors here at the Senior Center to help. They are:

Marcia Manns: Mondays, Thursday and Fridays from 9:15 a.m.—12:30 p.m.

Gordon Schies: Tuesdays 10:00 a.m.—1:00 p.m.

Lisa Baxter: Open enrollment or by special appointment.

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**DIRECTORS MEETINGS  
EVERY 3rd THURSDAY**

**Happy New Year!**

I pray this year will bring you  
much happiness and joy.



**IMPORTANT PHONE #'S**

QVSCC Main #	860-774-1243
Director	Linda Lamoureux 860-774-1243
CHOICES	Marcia Manns
Counseling	Gordon Schies Lisa Baxter 860-774-1243
Meals On Wheels	1-800-560-5015
Senior Café	860-779-7074 (Must have 24 hour notice for lunch)
Northeast Transit	860-774-3902
RSVP	860-774-9286
United Services	860-774-2020
INFO LINE	211
Energy Assistance	860-412-1600
Social Security	1-877-405-0488
Veterans Matters	Bernie Ducat 860-942-4110 860-963-6800x160
Editors	Manny Meneses 1-860-886-0139 Linda Lamoureux Marcia Manns

QVSCC e-mail address is  
QVSCC@sbcglobal.net

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Quinebaug Valley  
Senior Citizens Center  
69 South Main Street  
Brooklyn, CT 06234