

Q.V. Times Insider

HAPPY
GROUNDHOG
DAY!



February 2022

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

To Our Wonderful Members, Friends, Supporters and Community Partners...

If Valentine's Day did not exist, no flowers, gifts or cards, we'd search to find another way to send you our regards. We must communicate to you appreciation and respect, hoping our heartfelt message has a warm and good effect. But Valentine's Day is here again, so we send this poem to say: You're extraordinary, special and rare... HAPPY VALENTINE'S DAY!

Health Updates: We are still experiencing the impact of the Covid pandemic in our area. Hopefully, as we move toward spring and warmer weather, it will again subside and life will seem more normal...(whatever that looks like!) Meanwhile, as of the printing of this newsletter, masks must still be worn upon entering the Senior Center and we are following all mandates and guidelines to keep everyone as safe as possible. Many groups are meeting including the Book Club, Bridge Players, Art Group, Quilting, Bible Study, the Veteran's Canteen, Knitters & Crocheters, Pokeeno, Rummikube and our Exercise Group is thriving and working hard to stay healthy led by Leia Faucher.

Check out some new programs and activities within this newsletter coming soon!

Let It Snow! Weather Alerts...



Snow and ice make the world seem like a magical place shimmering in the sunlight. Snow and ice are also very dangerous to walk in and drive in.

Weather related cancellations and closings for QVSCC are posted on WFSB TV Channel 3 or on WINY 1350 Radio Station in the morning for an overnight storm.

During the day if you are unsure of our status CALL before you come out. 860-774-1243.

Be safe!



FUN FACT!

The use of "X" came to represent Christianity, or the cross, in the Middle Ages. During the same time, the symbol was used to sign off on documents. After marking with an X, the writer would often kiss the mark as a sign of their oath. As the gesture grew among kings and commoners to certify books, letters and paperwork, these records were described as having been "sealed with a kiss."



SPRING FLING SENIOR PICNIC ! SAVE THE DATE!

In Partnership with the Brooklyn Recreation Department

May 16th – Monday Rain Date – May 23rd. Time: 11:00am-1:00pm

Where: Maury Bowen Complex at Riverside Park in Brooklyn.

Cost per person: \$5.00, received by May 3rd, 2022 and made payable to:

QVSCC, 69 South Main St., Brooklyn, CT 06234

Bring your own chair and join us for a picnic outside with music! Bagged lunch choices will be provided. Music courtesy of Cats DJ with the sounds of the 50's & 60's.

Want to really get in the "swing of spring"? Get out your poodle skirt and bobby socks!

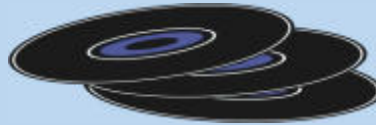
Prize given for best outfit showcasing the 50's & 60's!

Pre-registration is needed with the Senior Center.

No registration is complete until payment has been received. Call: 860-774-1243 to register.

More updates as the spring approaches.

Current health guidelines including possible limited reservations may be in effect for this event.



Thank You!
**OCEAN STATE
JOB LOT
DONATION**

The staff at the Ocean State Job Lot Store in Brooklyn voted to make a donation to the Senior Center in recognition of our work helping seniors in the community.

Employee Representative Carolyn Foisey and Store Manager, Scott Plouff (pictured far right) presented a store gift card in the amount of \$150 to QVSCC Board President Harry Adams and Director Linda Lamoureux.

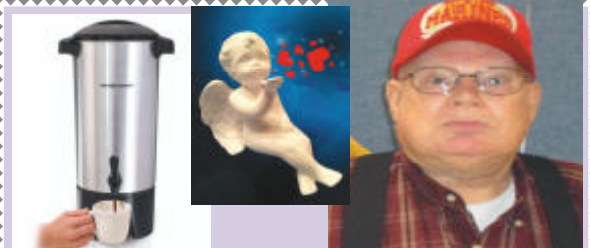
We are most grateful to the staff of the Ocean State Job Lot for their generosity and kindness to our local seniors. The staff at the Senior Center believe in shopping local. This gift card will be put to good use for many of our activities and services that benefit seniors this year.

Senior Resources

Contact: Lori Rygielski at:
860-887-3561 or
lrygielski@seniorresourcesec.org

Live Well w/Chronic Pain
Live Well w/Diabetes

Free Living A Healthy Life Book
Free Exercise & Relaxation CD
New workshops every month.
All workshops done over the telephone!



Our February Angel!

Our large 100 cup coffee pot no longer works... thanks to Donald Manns for donating a brand new stainless steel coffee pot for all our programs and activities! Thank You!

COMMUNITY NEWS... YOU CAN USE!

*Caregiver Support Group—For Families caring for someone with Dementia or Alzheimer's Disease The group will hold virtual Zoom meetings (participants can also phone in) on the second Thursday of each month 1:30 p.m.-2:30 p.m. To register contact facilitator Kathy Demers 860-377-6416 or at kdemers48@gmail.com

*Mobile Food Pantry—Wauregan Assembly of God—Wed. February 9th & 23rd
at 11:00 a.m.

*Veteran's Only: Putnam Kennedy Drive Farmer's Market Pavilion—
Thurs. February 3rd 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..... Every Wednesday.

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.: Tuesday, 2/1 Movie 1 p.m.—Love Affair, Tuesday, 2/8 Bingo 2 pm.

For more information on these and other activities please call: 860-779-5383

***Chef Harry Is Back By Popular Demand!
Gotta have that turkey soup! It's a
tradition here at QVSCC!***

***Monday, February 28th
"Snow" date of Tuesday, March 1st.***

We anticipate being together in the senior center however, if health concerns dictate with Covid, we will do like last year and hold a "Drive-Up Event" between 11:30—12:30 p.m. on Monday, February 28th. You will be notified by phone with any updates if needed.

Your scrumptious soup is made with love. Whether we enjoy it together here at the center, or you take it home and warm it up—we know you will find it's so-o-o-o-o good! The soup will include bread and dessert.

Thank you, once again, to our Chef Harry and his kitchen elves for providing us with this wonderful meal.

**Seniors must call 860-774-1243 to sign up for this event by:
Friday, February 18th.**



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

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

9:00am –12:00pm 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. Fridays...
February 4th & 18th

***Tis The Season
for***



***Refrigerated Food: Save It or Throw It Out?
If the power is out for more than 2 hours and
the food in your fridge is held above 40 degrees
Fahrenheit.***

Discard:

***Raw or leftover cooked meat, poultry, fish, or sea-
food. Thawing meat or poultry.***

***Salads: Meat, tuna, shrimp, chicken or egg
salad. Gravy, stuffing or broth.***

Lunchmeats, hot dogs, bacon, sausage, dried beef.

Pizza with any topping.

Canned hams labeled “keep refrigerated”.

Canned meats and fish, opened.

Casseroles, soups, stews.

Soft cheeses, shredded cheeses, low fat cheeses.

***Milk and dairy products including eggs and egg
dishes. Fresh fruits and coconut.***

***Opened mayonnaise, tartar sauce, horseradish, fish
sauce, oyster sauce, open creamy based dressings,
or opened spaghetti sauce.***

Refrigerator biscuits, rolls, cookie dough.

***Cooked rice, pasta, potatoes, fresh pasta or cheese-
cake.***

***Fresh cut vegetables, all greens, cooked vegetables
or tofu, vegetable juice opened, baked potatoes, po-
tato salad, casseroles, soups and stews.***

***Cream filled pastries, pies like custard, cheese filled
or quiche.***

Foods OK to Keep:

**Hard cheeses, processed cheeses, grated cheese.
Butter, margarine.**

**Fresh uncut fruits, fruit, cheeses, canned fruits,
Dried fruits, raisins, candied fruits, dates.**

**Peanut butter, jelly, relish, taco sauce, mustard,
Catsup, olives, pickles, Worcestershire, soy or
barbecue sauces.**

**Baked breads, rolls, muffins, waffles, pancakes,
bagels and fruit pies.**

Fresh uncut vegetables.

Fresh mushrooms, herbs, spices.



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

**February 22nd at 12:30 p.m.
February Book...
“The Rosie Project”**

Book available at the Killingly Public Library

**A 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 PartD 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.

To make an appointment please call the Senior Center at 860-774-1243
We’re here to help!

NEVER MISS A NEWSLETTER!

Sign up to have our newsletter emailed to you at www.mycommunityonline.com



TILLINGHAST FUNERAL HOMES

Danielson | Central Village

Pre-Planning • Funeral Services • Cremation

Steve Bennardo, Funeral Director

860-774-3284

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@4ipi.com
www.4ipi.com/careers

Gilman & Valade

Funeral Homes and Crematory

860-928-7723 • www.GilmanAndValade.com

Gilman Funeral Home - Putnam • Valade Funeral Home - N. Grosvenordale
We operate Windham County's only Crematory

The Law Office of
Andrea L. Truppa, LLC

Wills • Deeds
Personal Injury

860-779-1000



DANIEL R. SANTOS, CPA
860-779-1522



179 Hartford Pike #B
Dayville, CT 06241



"Good Conquers!"

10 Thurber Road, Putnam, CT
860-928-7976



5 Star Quality Care
Short-Term Rehabilitation
Longer Term Services
The Best Recreation

111 Westcott Road, Danielson CT
(860) 774-9540
www.davisplacehcc.com



CHRISTOPHER HEIGHTS™
AN ASSISTED LIVING COMMUNITY

338 Thompson Road
Webster, MA 01570
508-949-0400
www.christopherheights.com

Rhode Island's Premier Retirement Destination Since 1990



'Best Retirement Community'

for the fourth consecutive year
in Providence Journal's
Readers' Choice Awards!

(410) 949-1333



715 Putnam Pike Greenville, RI | www.VillageRetirement.com

Northeastern Connecticut Transit District

Our deviated fixed routes run 7 days a week.

Check our Facebook page for closures or delays. To ride with us you can FLAG the bus down, call at least 24 hours in advance for a reservation, or take the bus from one of our scheduled stops. Our buses are fully ADA certified, have bicycle racks, and wheelchair lifts.

Come Ride with Us!

860-774-3902

Purchase a discount ticket from your driver - 15 rides for only \$10!



@NECTDdayville



125 Putnam Pk. P.O. Box 759
Dayville, CT 06241

Deviated fixed route service in Brooklyn, Killingly, Putnam & Thompson and now serving Plainfield & Lisbon!

NECTD.ORG

Only \$1
a ride

Public transportation is for EVERYONE.
TRY TRANSIT!

**AVAILABLE FOR
A LIMITED TIME!**

ADVERTISE HERE NOW!

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

SUPPORT OUR ADVERTISERS!



**ADMINISTRATIVE
BOARD OF
DIRECTORS**

Harry Adams
Wanda Ben
Fay Beriau
Dale Clark
Robert C. Codding
Joan Duggan
Barbara M. Gilmore
Eunice Goodman
Tamsen H. Harris
Carolyn Logee
JoAnn Szela

Alternates:
Diane Allen
Jim Montgomery
Yvette Zahansky

**DIRECTORS
MEETINGS
EVERY 3rd THURSDAY**



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
Manny Meneses
1-860-886-0139
Editors Linda Lamoureux
Marcia Manns
QVSCC e-mail address is
QVSCC@sbcglobal.net

Presorted
Standard
PAID
Permit No. 59
Non-Profit
Organization

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