



761 OLD MAIN STREET • ROCKY HILL, CT 06067

The Rocky Hill Pivotal Press Senior Citizen Newsletter

Rocky Hill Human, Youth & Senior Services
Melissa Hicks, Director 860.258.2799
Denise Sanderson, Senior Services 860.258.2786
Charlene Mehr, Transportation 860.258.2701

Birthplace of the Brigantine "Minerva"

MAY 2021

Town Hall and Human Services Closed to General Public

We're still here for you, just call for an appointment if you'd like to come in to conduct business. Many of the town's departments can serve you online or over the phone as well.

Town staff can be contacted during the normal 8:30AM to 4:30PM business hours to assist with any transactions.

John Mehr TM office 860.258.2700

Melissa Hick, Dir Human Services
860.258.2799

Denise Sanderson Senior Services
860.258.2786

Charlene Mehr Transportation Services
860.258.2701



REMEMBER THE 3 W'S



WEAR A MASK



WASH YOUR HANDS



WATCH YOUR DISTANCE

HUMAN & SENIOR SERVICES

MUNICIPAL AGENT FOR THE ELDERLY

Need help or have questions regarding prescription coverage, insurance issues, Medicare Savings Program, or Snap, CT Home Care Program just to name a few. **Call Denise at 860-258-2786 to make an appointment.**

ROCKY HILL MINI BUS SERVICE

Transportation buses may be used by Rocky Hill Residents age 60 and older, or any person with a disability, who is unable to provide their own transportation. Must call 24 hrs. in advance
Monday - Friday 8:30am - 10:30am
Call Charlene @ 860.258.2701

FOOD PANTRY/GROCERIES

The Food Pantry is closed to the public. If you are in need of groceries, we are supplying groceries from the Food Pantry. Please call 860.258.2799 to arrange for a pick-up. Appointments are required for pick-up on Mondays, Wednesdays & Fridays.
Food Pantry - 673 Old Main Street



HAND MADE MASKS

Our wonderful residents are still making cloth masks. If you need any please call Denise at 860.258.2786 or the Human Services office 860.258.2799.

SENIOR SAFE RESOURCES

Protective Services for the Elderly

Provides services to protect persons aged 60 and older from maltreatment & exploitation
Call 1.888.325.4225

Statewide Legal Services

Provides free legal services and advice to socially and economically needy seniors
1.800.453.3320 or go online at www.slsc.org

Consumer Law Project for Elders

Provides free legal services and advice to socially and economically needy seniors.
1.800.296.1467

The Long Term Care Ombudsman Program

The Long-Term Care Ombudsman Program protects the health, safety, well-being and rights of individuals who reside in skilled nursing facilities, residential care homes and assisted living facilities. Call 800.828.9769

State of CT Veterans Affairs

The Connecticut Department of Veterans Affairs is a state agency located in Rocky Hill. The Department assists Connecticut veterans in the following areas:
Office of Advocacy & Assistance - 860.616.3683
Residential Facility - 860.616.3802
Sgt. John L Levitow Healthcare Ctr - 860.616.3700
Cemetery & Memorial Services - 860.616.3688
Veterans Crisis Line - 1.800.273.8255 Press 1

2-1-1 Connecticut

2-1-1 Connecticut is a free health & human service information & referral service, with a continuously updated database of more than 4,000 agencies and 40,000 programs & services. Free, confidential assistance is available 24 hours a day, 7 days a week, every day of the year online at 211ct.org and over the phone by dialing 2-1-1.

COVID—19 UPDATE

The State of Connecticut continues the vaccination rollout, all citizens ages 16 and older are eligible to receive the vaccine for COVID-19. The Town of Rocky Hill encourages its citizens to register and receive the vaccine. Citizens can find registration information below.

- Citizens can also call the Connecticut's Vaccine Appointment Assist line at 877-918-2224, 7 days a week from 8:00am to 8:00pm.
- Citizens can find information on Connecticut's COVID-19 response here: <https://portal.ct.gov/Coronavirus>
- Citizens 65 and older can find information here: <https://portal.ct.gov/Coronavirus/COVID-19-Vaccination-Scheduling-Options>
- Citizens can register for vaccinations through the Vaccination Administration Management System and find a location here: <https://portal.ct.gov/Coronavirus/COVID-19-Vaccinations---VAMS-Support>
877.918.2224
- Hartford Healthcare Medical Group COVID-19 Vaccine Clinic
1290 Silas Deane Highway Wethersfield 860.827.7690
- Walgreen's Pharmacy COVID-19 <https://www.walgreens.com/topic/covid19vac/CT.jsp>
- CVS Pharmacy COVID-19 <https://www.cvs.com/immunizations/covid-19-vaccine>

SAVE THE DATES



Rocky Hill Farmers Market

Wednesday, June 23 (Rain date 6/30)

Wednesday, July 21 (Rain date 7/28)

Wednesday, August 18 (Rain date 8/25)

Wednesday, September 15 (Rain date 9/22)

4:00 – 7:00 p.m.

Ferry Park

Memorial Day Parade

Monday, May 31, 2021 starting at 9:30 a.m. at Rocky Hill High School

Office: (860) 258-2772

Email: rchhabra@rockyhillct.gov



31 REASONS TO CELEBRATE MAY

May 1st May Day May Day celebrations are thrown to honor the spring season in the Northern hemisphere. Some traditions include dancing around the maypole, indulging in treats, and showering loved ones with gifts. During the 19th century, May Day took on a new meaning. Born out of the movement for better working conditions, International Workers' Day was created to raise awareness of poor conditions.

May 2nd National Truffle Day Traditionally truffles are made with a chocolate ganache center and are coated in chocolate, icing, and cocoa powder. Nontraditionally (but still deliciously), they can be filled with marshmallow cream, liqueur, fruit, or caramel. To celebrate this day in style, invite your friends over to sample some chocolatey truffles.

May 3rd World Press Freedom Day The press informs the public, and World Press Freedom Day was started to raise awareness of the importance of freedom of the press and expression. No matter your political leanings or news outlet of choice, a free press is vital to all people and their knowledge of world happenings.

May 4th Bird Day Birds are pretty amazing. Many birds fly thousands of miles to migrate, and they're descendants of dinosaurs. Some species can even develop a robust vocabulary of human words. If you're a bird owner, celebrate Bird Day by giving some tasty treats to your feathered friend.

May 5th Cinco de Mayo Day Cinco de Mayo commemorates the Mexican victory over the French during the Battle of Puebla on May 5, 1862. Over time, it has evolved into a day of celebrating Mexican culture.

May 6th International No Diet Day International No Diet Day is the perfect time to indulge in some of your favorite foods. Grab a gooey grilled cheese with fries, a pizza with your favorite toppings, or a sweet ice cream sundae.

May 7th National Cosmopolitan Day Cosmopolitans are traditionally made with vodka, orange liqueur, lime juice, and cranberry juice. These shaken cocktails are the perfect combination of sweet and tart flavors. Order a cosmopolitan (or try making your own), and channel your inner Carrie Bradshaw from "Sex and the City."

May 8th Iris Day After weeks of spring showers, it's finally time to celebrate May flowers. In particular, [irises](#) deserve a special day. They are stunning flowers that add drama to spring floral arrangements or a perennial flower garden.

May 9th Mother's Day From being supportive to teaching important life skills, there are countless reasons why mothers are the best. Treat your mom or a maternal figure in your life to a homemade brunch, [floral arrangement](#), or [gift](#) to show her how much you appreciate everything she does.

May 10th Stay Up All Night, Night Do you need an excuse to stay up all night? We've got you covered. May 10th is Stay Up All Night. Be wild, grab some extra caffeine at dinner to keep you going, and hydrate, hydrate, hydrate! It's going to be a great night for fun.

May 11th National Eat What You Want Day Of course healthy foods are best for us. But sometimes you just have to splurge. And National Eat What You Want Day is the perfect excuse to treat yourself to something a little more decadent than you'd normally eat. Whether it's pizza loaded with toppings, or a dense chocolate cake, enjoy some of your favorite foods today.

May 12th National Limerick Day Limericks are quirky, funny poems in which the first two lines rhyme with the fifth line, and the third and fourth lines rhyme with each other. Try your hand at writing some of your own five-line poems to celebrate National Limerick Day.

May 13th Hummus Day Hummus is so simple. It's a delicious blend of chickpeas, garlic, tahini, and lemon juice. It tastes great on veggie sticks, chips and pretzels, sandwiches, burgers, and more. Plus, it's a good source of plant-based protein. Try making your own hummus to celebrate Hummus Day. You can jazz up your regular recipe by adding jalapeños, chopped olives, or roasted garlic for some extra flavor.

May 14th National Buttermilk Biscuit Day Whether it's covered in butter, stuffed with bacon and eggs, or filled with ice cream, there's no wrong way to eat a buttermilk biscuit. Learn how to [make your own biscuits](#) at home, and enjoy them while they're still fresh and warm.

May 15th Chocolate Chip Day Whether eaten by the handful, or baked into cookies and other desserts, chocolate chips make life a little sweeter. Celebrate Chocolate Chip Day by trying out a [new recipe](#) that uses chocolate chips.

May 16th Love a Tree Day Even though Love a Tree Day is officially celebrated once a year, you should love trees every single day because they enable us to breathe. To show your appreciation, give your favorite tree a hug. Even better, plant a new tree to be enjoyed in your yard.

31 REASONS TO CELEBRATE MAY

May 17th National Walnut Day Walnuts contain healthy fats and are high in antioxidants. Plus, they can add texture and flavor to many recipes. Choose a walnut-centric recipe to make today in honor of this powerhouse nut.

May 18th National No Dirty Dishes Day Not many people actually like doing the dishes. But it's a chore that inevitably has to be done. For National No Dirty Dishes Day, make a point to [wash dishes](#) or load them into your [dishwasher](#) immediately, so you can avoid a dish pile gathering in your sink. It might just become a new habit.

May 19th National Devil's Food Cake Day If you're a chocolate cake lover, today's your day. Devil's food cake recipes are specifically crafted to bring out the chocolate flavor in the cake. In honor of the day, learn how to make your own devil's food cake, or pick up a slice from your local bakery.

May 20th National Quiche Lorraine Day Quiche Lorraine is made by combining eggs, bacon, Swiss cheese, and onions and then baking them in a golden crust. Enjoy this eggy delight for a sa-vory [brunch](#) or even paired with a bright salad for dinner.

May 21st National Memo Day On National Memo Day, flex your leadership skills and send out a helpful work memo. You can even celebrate the day just for fun by writing a newsletter for friends and family. Or you can simply put a few sticky notes around your house for your family with some fun facts.

May 22nd National Vanilla Pudding Day Whether you prefer it straight out of the bowl or in the center of a cake, vanilla pudding is a sweet, easy-to-make addition to many desserts. Look up a recipe that uses vanilla pudding to try out for National Vanilla Pudding Day.

May 23rd World Turtle Day With their shells that serve as protection and pre-historic appearance, turtles are very interesting creatures. Some species can even live for decades. Take some time on World Turtle Day to learn more about these reptiles and how you can help protect them in the wild.

May 24th Asparagus Day Asparagus is one of the first veggies to appear at the springtime farmers markets. Try it roasted with garlic and your favorite seasonings, blended into a creamy soup, or scalloped with creamy cheddar sauce in honor of Asparagus Day.

May 25th National Wine Day National Wine Day gives you a pretty good reason to indulge in a glass of wine. Pour a glass from your favorite bottle, or try a completely new varietal. You can also have fun serving themed flights (a sampling of various wines) from specific regions of the world.

May 26th National Blueberry Cheesecake Day Blueberry cheesecake is a decadent treat that should definitely be enjoyed on this day. Pick up a [New York-style variety](#) from your favorite bakery, or experiment with creating your own blueberry cheesecakes at home.

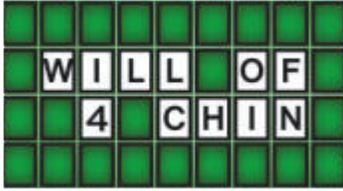
May 27th National Grape Popsicle Day Nothing's more refreshing on a hot day than a juicy, grape popsicle sure to leave your tongue a bright shade of purple. National Grape Popsicle Day is the perfect excuse to reminisce about your childhood, eating ice pops in the summer heat.

May 28th International Hamburger Day There's nothing quite like a juicy burger piled high with all the fixings. Whether you prefer classic beef patties with American cheese, creative Italian-style burgers, or delicious meatless burgers, this is the day for kicking back and enjoying one for a meal.

May 29th Learn About Composting Day Composting or letting food and yard waste break down over time, can create super fertile soil to use in your garden or potted plants. Give those earthworms a place to thrive, and use this day as a reason to set up a composting station for your yard.

May 30th Water a Flower Day Use Water a Flower Day as a reminder to keep your May flowers watered when they're in need of a drink. However, don't get overzealous and give them [too much water](#). Make sure you know your plants' care needs.

May 31st National Macaroon Day If you're confused by the differences between macaroons and macarons, you're not alone. Fortunately, there is an easy way to distinguish between the two tasty desserts. Macaroons are coconut-based and limited in variety. Macarons are meringue-based and can be made in a wide range of colors and flavors.

UPCOMING ZOOM PROGRAMS FOR MONTH OF MAY

You know the game from watching Pat & Vanna over the years. We call it "Will of 4 Chin"! It's the same game! Players take turns spinning our virtual wheel for point values (no money, sorry) and then guess a letter to solve the puzzle. Keith Alan Productions will be the Master of Ceremonies for this event. **FREE**

THURSDAY, MAY 20TH 2:00PM - 3:00PM

**HISTORICAL WOMEN PERFORMANCES PROGRAM**

**Anne Frank—A Life to Remember: A Story of Perseverance
Hope, and Love
performed by Sheryl Faye**

Our story starts on July 6, 1942 in the secret Annex and gives you a taste of what life was like for her. In this world where there is a lot of hate this a wonderful program about Perseverance, Hope, and Love leaving us all with a stronger message. **FREE**

WEDNESDAY, MAY 12TH 1:30pm - 2:15pm

If you have any questions or would like to register please call Denise @ 860.258.2786
or email dsanderson@rockyhillct.gov

Once you are register you will receive your Zoom invite the day before or the morning of the event .

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THE HISTORY OF MOTHER'S DAY

The celebration of Mother's Day dates back all the way to ancient times, but the idea of the celebration was first kicked around in 1872. Julia Ward Howe, author of the words to the "Battle Hymn of the Republic," proposed Mother's Day as a day dedicated to peace.

But it was Ann Jarvis of West Virginia, however, who really pushed for a national day to honor mothers. On the second anniversary of her mother's death, Jarvis asked her mother's church in Grafton, West Virginia, to celebrate a day to honor mothers. Her mother had died on the second Sunday in May. The church obliged and the following year, the city of Philadelphia joined in the celebration. Thanks to a campaign by Jarvis and her supporters, by 1911 almost every state celebrated Mother's Day. In 1914, President Woodrow Wilson made it a national holiday.

Other countries also celebrate Mother's Day, but some on different days. In England, Mothering Sunday is celebrated on the fourth Sunday of Lent.

So with the original spirit of Mother's Day and the example of our heavenly mother in mind, here are some suggestions for getting back to the roots of this holiday:

- Call your mom just to say "I love you," even if you talk to her or see her on a regular basis. If your mom has passed away, honor her by taking flowers to her grave, fixing one of her favorite recipes or telling a favorite story about her.
- Give the gift of time. For years I struggled with what to get my mom for Mother's Day. Then one year it dawned on me that my mom and I always would await Mother's Day as the day to start planting flowers in our garden. So I suggested that, as her gift, I would come over on Mother's Day and help her plant flowers in her garden. It's now become a tradition that we both look forward to and cherish.
- Don't forget the other 364 days a year. While it's nice to have a day devoted to recognizing all that moms do, remember that you don't have to save up your "thank you's" and "I love you's" for Mother's Day.
- Think outside the box. Instead of a card or a gift, try to come up with a more personal, creative idea for your gift-giving. For instance, make your own card, stuff a box with little slips of paper containing all the things you love about your mom or fill a journal with all the lessons that your mom has taught you.



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ZOOM GROOVES & QUARANTINE MOVES

Karen Chorney will be teaching this class. This class will consist of standing warm-up, dance-based seated toning, standing balance and chair stretch. T

Tuesdays starting April 6 - May 25 2021 from 10:00am – 10:45am.

Cost: \$20/session

To sign up for this **virtual zoom** program please call Denise at 860.258.2786 or email dsanderson@rockyhillct.gov

Please note once you register I will email the instructor with your email address and the instructor will send you the invite. Every week an invite from the instructor will be sent either prior or on the morning class is to meet. If you have questions or issues please call me at 860.258.2786 or email dsanderson@rockyhillct.gov



SILVER SNEAKERS IS EXPANDING CLASSES

Monday through Friday you can exercise 5 days a week doing SilverSneakers or pick and choose the days/times that work best into your schedule.

Mondays & Wednesdays at 3:00pm
Tuesdays Thursdays & Fridays at 10:30am

All classes run 45 minutes, and they are on going, you choose when to start or stop. SilverSneakers taught by Nancy Pandolfo.

If your insurance covers Silver Sneakers the classes are free; no insurance coverage \$20.00/month for unlimited classes, and you will be billed monthly. **To sign-up for this class you will need to sign a waiver form to participate in SilverSneakers, provide your email address, and SilverSneakers membership number.** Please call Denise @ 860.258.2786 or email dsanderson@rockyhillct.gov to sign-up.



PERSONAL
EUPHORIA
— Keep Moving —

Personal Euphoria is offering virtual exercise classes. They are open to anyone. You do not have to be enrolled in one of our town classes. To gain access to their classes you will need to register on the Personal Euphoria website. Registration is free. There you can see a list of all the classes they have available some are free and some have a cost. www.personaleuphoria.org

SHRED—IT EVENT 2021
ROCKY HILL RESIDENTS ONLY

We will be offering public shredding as a service to Rocky Hill residents. Shredding sensitive personal documents is an important aspect of protecting your identity against theft. All material collected at Town shredding events is recycled.

WHEN May 8 and September 11, 2021

WHERE 322 Orchard Street—Steven's School

TIME: 9:00AM TO NOON

GUIDELINES

- Each resident is permitted to bring up to 3 copy paper sized boxes or brown paper bags of material to be shredded
- Driver's license required for proof of residency
- Please stay in your vehicle
- No one under the age of 18 can assist emptying into the bins
- Paper only
- No media, hard drives, 3-ring binders or computer binders
- Make sure there are no batteries or hazardous material within the documents

RECOVERING FROM IDENTITY THEFT

What should I do if someone steals my identity?

First, call the companies where you know fraud happened.

- Explain that someone stole your identity
- Ask them to close or freeze your accounts
- Then change your password or personal identification number (PIN)

Then visit [IdentityTheft.gov](https://www.identitytheft.gov) or call 1-877-438-4338

- Answer questions about what happened to you
- Get a recovery plan that's just for you
- You can create an account on the website
 - ⇒ The account helps you with recovery steps
 - ⇒ The account also helps you tracks your progress

What happens when I get my recovery plan?

You will want to call one of the credit bureaus. Ask the credit bureau for an initial fraud alert. It is free and lasts for 90 days. The fraud alert makes it harder for thieves to open accounts in your name. The credit bureau has to tell the other two.

Then you can ask all three credit bureaus for a credit report. If someone stole your identity, your credit report is free. Look at your credit report for things you do not recognize.

Then am I done?

Everybody's identity theft is different. But your recovery plan from [IdentityTheft.gov](https://www.identitytheft.gov) will:

- Tell you the steps to take next.
- Tell you where to call and give you the phone numbers
- Give you letters to send with your information filled in
- Give you reminders and help you track your progress



Get Up to Speed on Driver Safety Without Leaving Home



Attend AARP Driver Safety's NEW Live Virtual Workshops and learn how to get where going safer, easier and smarter. With our four FREE virtual workshops, you can get all your transportation questions answered in real-time.

[Using App-Based Ridesharing Services](#)

Tap, ride, arrive. It's that simple. Join your peers for our virtual workshop about ridesharing apps like Uber & Lyft and how they help you stay safe, mobile and connected at any age.

[CarFitSM Workshop](#)

You can improve your safety and reduce your risk of injury during a crash by making adjustments to ensure your car "fits" you properly. CarFit is a free educational program developed in collaboration with AAA, AARP and the American Occupational Therapy Association.

[Smart DriverTEK Workshop](#)

Technology is changing the driving experience. This FREE workshop familiarizes drivers with important safety technology like Blind Spot Warnings, Smart Headlights, and Automatic Braking. Join your peers on Zoom at a LIVE virtual session.

[We Need to Talk Seminar](#)

It's a tough subject, but there comes a time when older family members need to stop or limit their driving. We Need to Talk offers a free virtual seminar that helps you assess your loved one's driving skills & provides tools to help you navigate these important conversations.

[View the schedules for these four workshops and register today at Aarp.org/DriverSafetyVirtual](#)

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Mother's Day is a celebration of honoring all women in our lives. On this day wishing every woman a day filled with love, happiness and being treated like a Queen. Enjoy this special day !

OUTDOOR MEETING AREA
(during construction)

We have set up two of our 5 picnic tables out for you to enjoy as the weather is getting nicer. You are welcome to come down and meet up with your friends. You can meet for lunch, play cards, LCR or bingo, knit/crochet or just sit and enjoy each others company.

The tables are located between Human Services/Police Building and the Kennedy House. Any questions call Denise 860.258.2786 or email dsanderson@rockyhillct.gov

SAVE THE DATE

FRIDAY JUNE 18 2021

FATHER'S DAY
 BBQ LUNCHEON
 DRIVE-THRU

Registration will start on Monday, June 7. More info in the June's newsletter.....

BUSY BAGS AT THE SENIOR/HUMAN SERVICES OFFICE

We have put together (3) different types of busy bags for your enjoyment. If interested in any of them please call the office or email Denise at 860.258.2786 or dsanderson@rockyhillct.gov

- ◆ Adult Coloring Book with colored pencils
- ◆ The Puzzle Bag includes (2) books and pen
- ◆ The Walking Bag includes walking trails in Rocky Hill, water bottle, notebook to log your walks