

FEBRUARY 2016



Senior Happenings

Dedicated to Tolland's Senior Citizens

Hello Folks!

February is Heart Healthy Month. So, I want to wish you a very Happy Valentine's Day. Speaking of hearts...I want to encourage all of you to take advantage of the Blood Pressure clinic, a service that we provide here every month. It's a perfect way to maintain a healthy heart!!

At the risk of being redundant, (and this is from the Department of Redundancy Department) I want to remind you all that the Senior Center will be providing a free income tax service and it will be up and running **Tuesday, February 9th**. This program will run every Tuesday up to and including **April 12th**. This is open to the public. More information can be found on page 4 of this newsletter.

Let us welcome Spring on **Sunday, April 3rd**, by having an open house to celebrate the many facets of our Senior Center. This is one way to thank everyone who contributed to the completion of our canopy, and also serves as an open invitation to the general public to see what a fine establishment we have here. I can think of no better way to bring in Spring than a large gathering of some of the finest people on earth. Mark your calendars and help spread the word. 🤗

In the past year, we have introduced a couple of new programs, among them, Yoga on Wednesday afternoon and Meditation on Monday afternoon. They are running quite smoothly. It is my hope that this year we'll add a few more, one being Adult Coloring. Trending right now, coloring is an activity that taps into our "inner child" and is both stress-relieving and creative. Look for more information on page 8 of the newsletter.

We are offering a Driving Course again sponsored by AARP and led by Bill Ward and Irene Raiche. This course will be held **Saturday, April 9th, from 8:30 to noon**. Most insurance companies will give a premium discount if you attend this class. Call the Senior Center to sign up.

We have a tech savvy volunteer willing to offer classes on using the computer. **They meet every Thursday morning from 9:30 am – 10:30 am**. Charlie can answer many of your questions about computers, and if he can't, he knows where to get the answers. This is a free program, and one that will greatly benefit those who feel computer illiterate. Come join us!

-Fran

Thinking of You!!

Lena Cressotti, Kathy Dovhan, Richard Carlson

*A special hello to all our friends at
Fox Hill, Vernon Manor and Woodlake.*



Save the Date!

Annual Senior Center Variety Show
Friday, April 29, 2016 at 7 pm
Tolland High School



Health and Wellness

Exercise: Tuesdays at 9:00 a.m.

Yoga: Wednesdays at 2:30 p.m.

Tai Chi: Thursdays at 9:30 a.m.



Foot Care

Thursday, February 18

(please call 860-870-3730 for an appointment) \$29.00 fee

Blood Pressure and Blood Sugar

Monday, February 22 from 10 am—11:30 am

Lunch

Mondays and Wednesdays at 12:00 noon, \$4.00 per lunch

Our Birthday Party Lunch will be on February 25th

A Note About Outreach Activities

Rebecca Ellert, Elderly Outreach Caseworker

February 2016. The month that celebrates LOVE! Webster says the word “love” is a noun. We use the word in so many ways, don’t we? I’ve come to see this word more as a verb – an action taken, or an act of your will. Well, however you view this word ”love”, I’m hoping you all know how very loved you all are!! Happy Valentine’s Day – now go celebrate with someone you love!

I’d like to discuss something that’s been taking up residence in my mind lately. That is the dangers of seniors living alone, and when is it time to make the change so you can feel safe. This is not a fun topic for many, and I totally understand why. Most of us want to stay in our home for as long as possible. Some statistics point out that about 29% or 11.3 million older adults lived alone in 2010; I’m sure that number is greater now six years later. Statistics also show that 12% of these older adults need assistance with long term care just to perform activities of daily life (Administration of Aging). Seniors with lower income are even more likely to live at home rather than in a facility, even if they require more care. And let’s face it, these facilities are not cheap.

I just get to wondering how many of the health issues I see are a result of loneliness, sadness, boredom, anxiety, isolation. We all know how many illnesses can be traced back to our emotions. The Alzheimer’s Association reports that of the 60 – 70% of seniors with dementia living in the community, 25% live alone. If you live alone, it’s very important to make sure your environment is appropriate to your physical and emotional needs, particularly if there are early signs of cognitive impairment.

An ounce of prevention is worth a pound of cure. I’m sure you’ve all heard that one. But it’s true, isn’t it? Now is the time to take stock of your environment, your daily living activities. Be honest with yourself, and talk to your children or loved ones about possible changes. Sentimental reasons for staying in your home when your emotional and physical health is at risk is something to be examined. I recently read “Dangers of Seniors Living Alone”, posted to the web on September 17, 2015 by Sarah Stevenson, and at the end of the article, there was space for “comments” from the public. One woman, obviously frustrated about the living conditions of her mother, wrote *“Until someone actually deals with the family member and their unique personality they can’t imagine how difficult to almost impossible it can be to get some seniors to see the light. In the meantime, we, all those who care for family members, try to do the best we can, given difficult circumstances”*.

Trying to care for the loved ones and still respect their wishes and desires is not easy. So you see, sometimes love is a verb. A plan of action taken to care for someone that is dear to you is showing love. Even self-love – making it an act of your own will to make the best possible decisions for your health and well-being, and to create a lifestyle for yourself that benefits you. As you make new decisions for yourself, bear in mind that most senior facilities have a long waiting list. So if you put your name on today, you’ll have plenty of time to take care of all the things that involve a move. I have some contacts. Just sayin...

Peace and (of course) Love!
Rebecca

AARP Tax-Aide

AARP Tax Aid: Tolland Senior Center is pleased to offer on-site assistance with filing your taxes. There are no age requirements and you do not have to be a Tolland resident or an AARP member. This is a free service and is staffed by trained volunteers willing to give their time.

Appointments will be available from **February 9th-April 12th** on consecutive Tuesdays. (February 9th, February 16th, February 23rd, March 1st, March 8th, March 15th, March 22nd, March 29th, April 5th, April 12th.) One hour time slots will be available starting from 12 pm -1 pm, 1 pm-2 pm, 2 pm-3 pm, 3 pm-4 pm. Appointments must be made either in person at the Senior Center (674 Tolland Stage Road) or call Fran Weigand at 860-870-3725.

On the day of your appointment you will be required to complete an interview questionnaire, bring a form of photo identification, and bring the following documents as applicable to your financial situation:

- copy of last year's tax return
- proof of all income sources (which could include W2 for earned wages, unemployment compensation)
- SSA-1099 for Social Security
- 1099-MISC for miscellaneous income
- 1099-R for pension or annuity income
- proof of interest or dividends (all 1099 forms)
- all forms indicating federal income tax paid
- dependent care provider information
- all receipts or cancelled checks for itemized deductions (such as property tax, car tax, medical expenses),
- **Social Security cards for you and all dependents.**

Also, please bring your checkbook for refunds to be directly deposited into your account.



Sunday, April 3rd
12:30 pm—3:00 pm

Open to the general public

Don't miss an opportunity to see the Senior Center and everything we have to offer!

Need Help With Food?
Find Out If You Are Eligible for
(formerly known as Food Stamps)



Did you know... you may qualify for SNAP even if:

- you own a home ◇ you are working full or part-time ◇ you have retirement income
 you have a car ◇ you are living with others

You may qualify if you meet these SNAP income guidelines:

Household Size/ Maximum Monthly Income Guidelines for SNAP						
1	2	3	4	5	6	7
\$1,815	\$2,456	\$3,098	\$3,739	\$4,380	\$5,022	higher

Foodshare will be offering **SNAP eligibility screening and application assistance** at the United Congregational Church of Tolland (in the church office), 45 Tolland Green, Tolland, CT

By Appointment from 10:00 am—12:00 pm
 on the following Saturdays:
February 20, 2016
March 19, 2016

Call the church office for an appointment @ 860-875-4160.

Connecticut Energy Assistance Program

Hard to believe, but heating season is right around the corner! Appointments to apply for the 2015/2016 Energy Assistance Program will be scheduled beginning September 8; deliveries of fuel will begin **November 10**. On behalf of eligible households, the winter heating assistance pays for such heating sources as oil, natural gas, electricity, propane, kerosene, coal and wood/pellets. Homeowners and renters may apply. **Income Guidelines are listed below.**

Application Documentation- Residents must provide proof of all Income (employment/ unemployment, Social Security, pensions, child support, etc.) and Assets (checking, savings, CD's, stocks, bonds, shares, certificates of deposit and individual retirement accounts if the accounts are in the name of a household member who is at least 59 ½ years old) for ALL household members for the four weeks prior to the application date.

Tolland residents may contact the following with inquiries or to schedule an appointment to apply for energy assistance:

Seniors- contact Rebecca Ellert, (860) 870-3726;

All others residents contact Nancy Dunn, (860) 871-3612; residents may also contact the ACCESS Agency in Willimantic, (860) 450-7423. We are unable to process walk-in applications.

Household Income Guidelines for Energy Assistance- 2015/2016						
1	2	3	4	5	6	7
Under \$33,132	Under \$43,327	Under \$53,521	Under \$63,716	Under \$73,910	Under \$84,105	Under \$86,016



February Birthdays ... *Happy Birthday!!*

Mike Bradley	2/1	Harry Stone	2/12
Helen Orr	2/1	Carolyn Fenner	2/13
Jean Desjarlais	2/1	Doris Farr	2/15
Gerry Liebla	2/2	Maria Hirth	2/15
Trudy Nicholls	2/2	Gina Palmer	2/16
John Hirth	2/4	Philip Buckley	2/17
Harry Holmes	2/5	Gerry Guiles	2/18
Martin Harris	2/7	Laura Stevens	2/21
Fay Flaherty	2/7	MaryAnn Miller	2/22
Pat Wearne	2/7	Barbara McDermott	2/25
Joan Kerkin	2/11	Arlene Ferreira	2/26
Gloria Thompson	2/11	MaryAnn Thomas	2/29

BIRTHDAY PARTY LUNCH



It is typically held on the last Thursday of the month at noon.
Here are the guidelines to participate:

- ◆ By Reservation Only-we cannot accept walk-ins
- ◆ Put your name on the sign up sheet by the Tuesday before the event
- ◆ Payment is required in advance (\$4)
- ◆ If you need to cancel, please call 860-870-3730.

Next Birthday Party Lunch for February is February 25



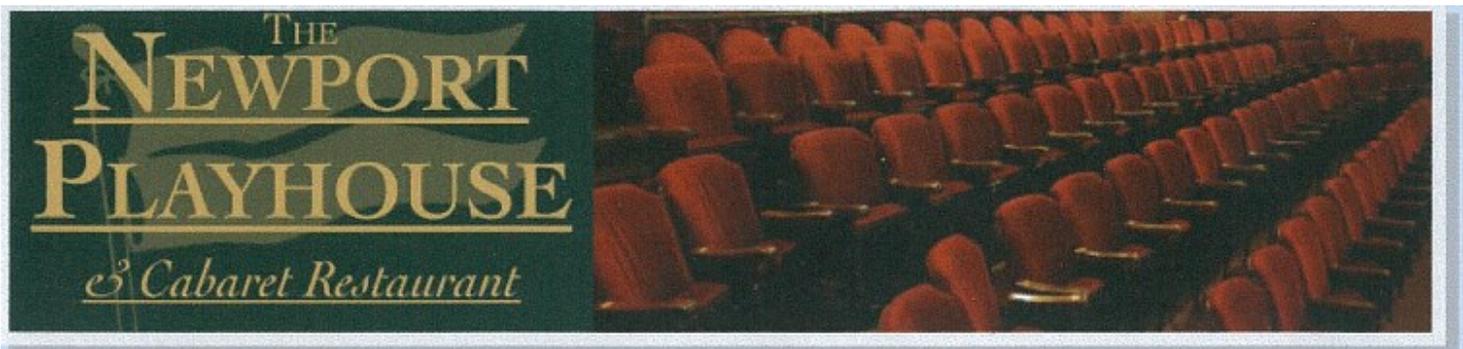
ADULT COLORING

Have you tried Adult Coloring yet? It may sound like a silly activity, but people who do it say that it helps them to unwind. Experts say that it stimulates your right brain and helps you think more clearly. Some say that the soothing activity can be meditative. Whether it does any of those things or is just plain fun, why not give it a try?

Adult coloring books are in all of the craft and book stores at prices beginning at \$5.00. Colored pencils, crayons, watercolor pencils or felt tipped markers are also in plentiful supply at the stores now that this trend has swept the nation.

Please sign up if you are interested in trying this fun activity.

We will meet every other Tuesday (when Pen & Tell doesn't meet) from 1:00 to 2:30, starting on **February 23rd** (if there is enough interest).



“ONE SLIGHT HITCH”

Tuesday, April 19, 2016

Enjoy a Great Buffet with a wide variety of Salads, Hot & Cold Entrees, Desserts, Beverage
ALL FOOD IS PREPARED ON THE PREMISES & ENJOYED IN THE MAIN DINING ROOM.

After dining, take your reserved seats in the theater.

After the Play, return to the dining room for the Cabaret Show.

COST: \$84 pp based on 40-52

For info: Fran Weigand (860-870-3730)

Depart: 8:15 am; Tolland Senior Center, 674 Tolland Stage Rd

Return: 6:30 pm

Checks Payable to: Town of Tolland



FEBRUARY 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
***** Please see activity times below *****	1 LUNCH CHORUS SOCIAL MEDITATION	2 EXERCISE KNITTING GROUP PEN & TELL	3 LUNCH PING PONG MEN'S BILLIARDS CRAFTS CARDS YOGA	4 TAI CHI QUILTING DOMINOES	5 BILLIARDS: MEN & WOMEN PAINTING	6
7	8 LUNCH CHORUS SOCIAL MEDITATION	9 EXERCISE KNITTING GROUP	10 LUNCH PING PONG MEN'S BILLIARDS CRAFTS CARDS YOGA	11 TAI CHI QUILTING DOMINOES	12 BILLIARDS: MEN & WOMEN PAINTING	13
14	15 CLOSED	16 EXERCISE KNITTING GROUP PEN & TELL	17 LUNCH PING PONG MEN'S BILLIARDS CRAFTS CARDS YOGA	18 COMP LAB TAI CHI QUILTING DOMINOES FOOT CARE (CALL FOR APPT.)	19 BILLIARDS: MEN & WOMEN PAINTING	20
21	22 LUNCH CHORUS SOCIAL MEDITATION BOOK CLUB BLOOD PRESSURE 10:00 - 11:30 am	23 EXERCISE KNITTING GROUP ADULT COLORIING	24 NO LUNCH PING PONG MEN'S BILLIARDS CRAFTS CARDS YOGA	25 COMP LAB TAI CHI QUILTING DOMINOES Birthday Party Lunch 12 pm	26 BILLIARDS: MEN & WOMEN PAINTING	27
28	29 LUNCH CHORUS SOCIAL MEDITATION	PLEASE CALL 860-870-3730 TO CONFIRM PROGRAMS		ALL PROGRAMS ARE SUBJECT TO CHANGE WITHOUT NOTICE		

Billiards	10:00 a.m.
Book Club	1:00 p.m.
Bridge	12:30 pm
Cards	1:00 p.m.
Chorus	10:00 a.m.
Computer Lab	9:30 a.m.
Crafts	10:00 a.m.

Dominoes	1:00 p.m.
Exercise	9:00 a.m.
Knitting Group	9:30 a.m.
Lunch	12:00 p.m.
Meditation	1:30 pm
Painting	9:00 a.m.

Pen & Tell	1:00 p.m.
Ping Pong	9:30 a.m.
Quilting Group	10:00 a.m.
Social	10:00 a.m.
Tai Chi	9:30 a.m.
Yoga	2:30 p.m.



Senior Center Book Club Selections for 2016

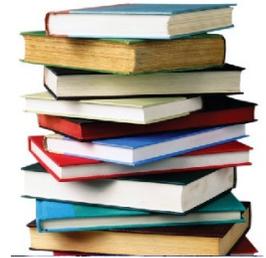
February 22, 2016

WHISTLING PAST THE GRAVEYARD by Susan Crandall



March 28, 2016

THE ROSIE PROJECT by Graeme Simsion



April 25, 2016

THE NIGHTINGALE by Kristin Hannah

May 23, 2016

THE HOUSE WE GREW UP IN by Lisa Jewell

***Book Club meets the fourth Monday of the month at 1:00pm
Date may change if Monday is a holiday
(please check calendar)***

Book Club will not meet in December, June, July and August

FOODSHARE MOBILE FOOD PANTRY



The FoodShare Mobile Food Pantry is available in Tolland on alternate Thursdays, 9-9:30 a.m. in the parking lot adjacent to the United Congregational Church of Tolland, 45 Tolland Green. Pre-registration and identification are not required. For more information about FoodShare, residents may contact FOODSHARE at (860) 286-9999 or the UCC office at (860) 875-4160, or visit the FOODSHARE website, www.foodshare.org. For the next few months, distribution at the Tolland site will be on the following dates:

*Winter dates are:
February 4 & 18
March 3, 17 & 31*

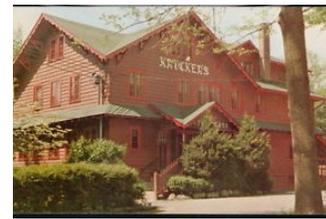
Residents participating in the program must bring their own bags.

Senior Center Trips for 2016

CANCELLED

~~February 14th The Bushnell—*Love Letters*—\$105~~

April 19th Newport Playhouse—*One Slight Hitch*—\$84
June 16th St. Clements Castle, Portland, CT—\$80
July 7th Westchester Dinner Theater—*Happy Days*—\$101
August 9th CT River Cruise, Hadley, MA—Lobster/Lunch—\$78
October 12th Krucker's—*Octoberfest* lunch/entertainment—\$86
December 6th Newport Playhouse—*Nana's Naughty Knickers*



SENIOR CENTER OVERNIGHT TRIP

September 20-22, 2016

SIGHT AND SOUND Theatre –

production of “Samson” 3 day/2 night trip to Pennsylvania

\$383 per person (double occupancy)

Senior Center Activities

Billiards - men meet on Wednesday mornings at 9:30 a.m. to 12 p.m. Men and women meet every Friday morning at 9:30 a.m. to 12 p.m.

Birthday Party Lunch - held once a month to celebrate all those who have had a birthday during that month. This special event is by reservation only and is held at 12:00 p.m. unless otherwise noted, and the cost is \$4.00

Book Club - book discussion is held on the fourth Monday of the month, 1:00-2:00 p.m.

Bridge - join us for a game of Bridge every fourth Wednesday, 12:30-2:00 p.m.

Cards - join us for a game of cards every Wednesday, 1:00-2:30 p.m.

Chorus - the "Note-ables" meet every Monday morning, 10:00-11:30 a.m.

Computer Lab - learn how to use a computer on Thursday mornings, 9:30-10:30 a.m.

Crafts - every Wednesday morning, 10:00-11:30 a.m. - You may bring a craft of your own choice, such as knitting, crocheting, etc. or you may participate in making center pieces for our Birthday Party Lunches.

Dominoes - held every Thursday, 1:00-3:30 p.m.

Exercise - Tuesday mornings, 9:00-10:00 a.m. - This is a stretch and balance, low-impact class

Intergenerational Programs - programs that include the young people in Tolland

Knitting Group - work on knitting projects on Tuesday mornings, 9:30-11:30 a.m.

Lunch Box Cafe - every Monday and Wednesday at 12:00 noon, lunch is served. The cost is \$4.00 per meal and the menu varies.

Meditation - held every Monday afternoon, 1:30-2:30 p.m.

Painting - Water color painting class - every Friday 9:30 a.m.

Pen & Tell - a creative writing class held every other Tuesday, 1:00-2:30 p.m.

Ping Pong - come over to the Senior Center for a game on Wednesdays, 9:30-10:30 a.m.

Quilting Group - meets on Thursdays, 10:00 a.m. to 12 p.m.

Social - every Monday at 11:30 a.m. - Join us and share a special visit with one another

Tai Chi Class - a gentle exercise class held on Thursdays, 9:30-10:30 a.m.

Yoga - every Wednesday at 2:30pm

All Programs are subject to change without notice.

***Dedicated to
Tolland Senior
Citizens***

Tolland Senior Center
674 Tolland Stage Rd
P.O. Box 159
Tolland, CT, 06084

Phone: 860-870-3730
Monday-Thursday
8:30 a.m. - 3:30 p.m.
Friday 8:30 a.m. - noon

New Members
and drop-ins are
always welcome.

*Check the Calendar
for special programs.*



Tolland Human Services Department

Senior Center Director: Fran Weigand, 860-870-3725
Elderly Outreach Caseworker: Rebecca Ellert, 860-870-3726
Newsletter Editors: Fran Weigand, Rebecca Ellert
Human Services Director: Beverly Bellody, 860-871-3611
Assistant Director of Human Services: Nancy Dunn, 860-871-3612
Human Services Case Manager: Stephanie Mansell, 860-871-3615
Human Services Administrative Assistant: Bridget Joy, 860-871-3648

Please visit us on the Tolland website at www.tolland.org

***HOCKANUM VALLEY COMMUNITY COUNCIL
DIAL-A-RIDE PROGRAM*** **860-870-7940**

Tolland residents who are at least 60 years of age or disabled adults under 60 are qualified for the Dial-a-Ride service. Transportation is provided between 8:30 a.m. - 4:00 p.m., Monday through Friday excluding holidays. Dial-a-Ride travels to all locations in Vernon, Ellington and Tolland including medical appointments, shopping, social and recreational. Whenever possible grocery and other shopping trips are provided on a group basis. They also go to Manchester on Mondays and Thursdays for doctor's appointments only.

In order to continue to provide reliable safe transportation to the Tri Town area, a \$2.00 donation will be needed when boarding the van on each trip. Round trip costs \$4.00. You must have the exact amount as the drivers will not have change. To make reservations, call 860-870-7940, Monday - Friday between 8:30 a.m. - 4:00 p.m. Reservations can be made in advance, on a first come first serve basis. The minimum amount of time to make a reservation is one week in advance of the appointment.

