

FEBRUARY 2017



Senior Happenings

Dedicated to Tolland's Senior Citizens

Hi Folks!!

Some of the information that I pass on to you is repetitious, but I feel it is worth mentioning again. I'm referring to weather related programming. As you know, if the schools are closed, we are closed. If there is just a delay in the school system, we will remain open for activities. Please use common sense when venturing out in inclement weather. Our hot, delicious meals are not worth risking a fall, right?

Speaking of hot, delicious meals, we have a new chef for our Wednesday Lunch Box program. I'd like to welcome aboard Scott, who has recently joined us. Our steady chefs have been Lori, Sandy, Mary and Shelia. We are so very grateful for all the help, and I know you are, too. Of course, our *ever so faithful* Monday crew, Dave and Doreen, provide nutritional meals, and you can't beat the price. So, there's your invitation to join us – make new friends, reunite with old ones and maybe even find a way to volunteer.

This is another reminder about the **AARP Tax Aide Program** - Please call the Senior Center to make an appointment to get your 2016 income taxes done! Please see page 6 for details. All ages, All welcome! FREE

I'd like to encourage you to read our bulletin board more often. Sometimes activities are added only after the newsletter goes out, and I would not want to you miss out on anything.

Painting class will resume on **Friday, February 10th** at 9 am.

It's not too early to start talking about our Senior Center Variety Show this year which will be held on **Friday, April 28th** at Tolland High School. Tickets will go on sale the end of March. Please mark your calendars for this, our biggest fundraiser. You won't want to miss out on all the fun.

We will be offering the AARP Driving Course on **Saturday, April 8th**. Call or come in to sign up. Pay when you come for the course.

There's something here at the Tolland Senior Center for everyone. Please share your newsletters with your neighbors and friends and bring them along with you. No one should feel alone, eat alone or be alone. We are here for you! 🙌😊

-Fran



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 16th

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

Blood Pressure and Blood Sugar

Monday, February 27th

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 23rd



Save the Date!

Annual Senior Center Variety Show

Friday, April 28, 2017 at 7 pm

Tolland High School

Thinking of You!!

*Richard Carlson Prudence Shifley Carol Bunce
Dorothy McMahon Dan Burbank Pat Kramer
Norm Duval Nick Lesbines Kathy Dovhan*

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



A Note About Outreach Activities

Rebecca Ellert, Elderly Outreach Caseworker

Greetings!

Safety Tips for Older Drivers

Often in my line of work, I'm asked by the children of older parents "How can I get dad/mom to give up driving?" It is one of the touchiest subjects to broach because it deals with loss of independence for our parent. And yet... there are numerous reasons to have this conversation.

Now, aging does not automatically equal total loss of driving ability. There are many things you can do to continue driving safely, including modifying your car, the way and when you drive, and understanding and rectifying physical issues that may interfere with driving.

Stay on top of your health – regular check-ups are critical. Eye exams, corrective lenses...keep your windshield, mirrors, and headlights clean and turn up the brightness on your instrument panel on your dashboard.

Have your hearing checked annually, and when driving, make sure you actually WEAR those hearing aids you paid thousands for.

Talk with your doctor about the effects that ailments or medications may have on your driving ability. For example, if you have glaucoma, you may find tinted eyeglass lenses useful in reducing glare.

Make sure you get plenty of sleep, especially if you're on meds that induce sleep! Which you probably should not be driving while on them...

Drive defensively – Leave adequate space for the car in front of you, pay extra attention at intersections, and make sure you are driving appropriate to the flow of traffic. Avoid distractions such as talking on the phone while driving or trying to puzzle out a map. And remember to allow sufficient braking distance. If a driving situation makes you uncomfortable, don't do it. Common sense prevails, right?

Enjoy February, the month that celebrates LOVE!

Peace ~
Rebecca

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
 Bev's Corner, Union Church, 3 Elm Street, Rockville, CT

From 9:00 am—11:30 am
 on the following Mondays:

February 27
March 13

(Please bring a photo ID, proof of address,
 and recent pay stubs for anyone working in the household.)

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 16
March 2 & 16

Residents participating in the program must bring their own bags.



February Birthdays ...

Happy Birthday!!

Mike Bradley	2/1	Gloria Thompson	2/11
Helen Orr	2/1	Harry Stone	2/12
Jean Desjarlais	2/1	Carolyn Fenner	2/13
Gerry Liebla	2/2	Doris Farr	2/15
Trudy Nicholls	2/2	Maria Hirth	2/15
John Hirth	2/4	Gina Palmer	2/16
Harry Holmes	2/5	Philip Buckley	2/17
Martin Harris	2/7	Gerry Guiles	2/18
Fay Flaherty	2/7	Laura Stevens	2/21
Pat Wearne	2/7	Arlene Ferreira	2/26
Donna Nosal	2/10	Mary Ann Thomas	2/29
Joan Kerkin	2/11		

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 and payment is required at that time (\$4)
- ◆ If you need to cancel, please call 860-870-3730.

Next Birthday Party Lunch is February 23

AARP Tax-Aide

AARP Tax-Aide: 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 7th-April 11th** on consecutive Tuesdays. (February 7th, February 14th, February 21st, February 28th, March 7th, March 14th, March 21st, March 28th, April 4th, April 11th.) 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.

Senior Center Overnight Trip for 2017

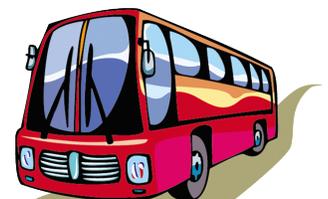
All trips are subject to change

Contact the Senior Center to make a reservation
(860-870-3730).

May 31-June 2, 2017

Bar Harbor, Maine

\$ 481.00 PP double



FEBRUARY 2017

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

Adult Coloring	1:00 p.m.	Dominoes	1:00 p.m.	Painting	9:00 a.m.
Billiards	10:00 a.m.	Exercise	9:00 a.m.	Pen & Tell	1:00 p.m.
Book Club	1:00 p.m.	Knitting Group	9:30 a.m.	Ping Pong	9:30 a.m.
Cards	1:00 p.m.	Line Dancing	1:30 pm	Quilting Group	10:00 a.m.
Chorus	10:00 a.m.	Lunch	12:00 p.m.	Social	10:00 a.m.
Computer Lab	9:30 a.m.	Meditation	1:30 pm	Tai Chi	9:30 a.m.
Crafts	10:00 a.m.				



CONNECTICUT ENERGY ASSISTANCE PROGRAM (CEAP)

Tolland Human Services will continue taking applications for the Connecticut Energy Assistance Program through 4/27/17 (utility-heated with shut-off notice, thru 5/11/17)

Energy Assistance - Winter Heating Assistance - program dates

3/15/17 Deadline for fuel authorizations

5/1/17 Last day that a household can apply to establish its eligibility for benefits unless the household is utility heated and has a shut off notice for its primary source of heat.

5/15/17 Last day that a utility heated household with a shut-off notice may apply

Eligibility for Energy Assistance is based on the **annual gross income, liquid assets** and the **size of the household**.

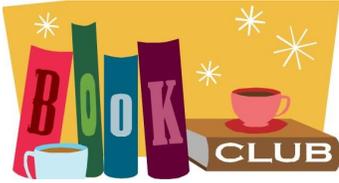
2016-2017 Gross Income Guidelines for homeowners, and renters *(additional criteria apply)*.

Household Income Guidelines - 2016/2017						
1	2	3	4	5	6	7
Under \$33,880	Under \$43,305	Under \$54,730	Under \$65,155	Under \$75,579	Under \$86,004	Under \$87,959

On behalf of eligible households, the winter heating assistance pays for such heating sources as oil, natural gas, electricity, propane, kerosene, coal and wood. Homeowners and renters may apply. Households eligible for the winter heating program may also be eligible to receive weatherization assistance. This can help conserve energy and lower heating bills.

The Connecticut Energy Assistance Program and the Contingency Heating Assistance Program are administered by the Department of Social Services and coordinated by regional Community Action Agencies, in cooperation with municipal and other non-profit human service agencies. Tolland residents may contact any of the following for an appointment to apply for Energy assistance: families contact Nancy Dunn, 860-871-3612; seniors, contact Rebecca Ellert, 860-870-3726; or contact the ACCESS Agency in Willimantic, 860-450-7423. If for any reason you cannot make a scheduled appointment, please contact the provider to reschedule. We are unable to process walk-in applications.

Apply Early for Maximum Benefits!



Senior Center Book Club Selections For 2017

February 27, 2017

THE FALL OF MARIGOLDS by Susan Meissner

March 27, 2017

OUR SOULS AT NIGHT by Kent Haraf

April 24, 2017

THE BOSTON GIRL by Anita Diamant



May 22, 2017

SUDDEN SEA: The Great Hurricane of 1938 by R.A. Scotti

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 June, July, August and December

Senior Center Trips for 2017

All trips are subject to change

Contact the Senior Center to make a reservation (860-870-3730).

March 21st

Pasta & Shamrocks (\$87.00)

Grand Oak Villa, Oakville, CT (*20 seats available*)

April 19th

Westchester Dinner Theatre- "Mama Mia" (\$99.00)

July 18th

Maine Lobster Kennebunkport (\$92.00)

October 12th

Vermont Foliage Train Ride (\$96.00)

December 7th

Stageloft Theatre/lunch at Salem Cross Inn

"Winter Wanderettes" (\$80.00)

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

The Town of Tolland is An Affirmative Action/Equal Opportunity Employer.



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

Dial-A-Ride services are available to Tolland residents who are at least 60 years of age or disabled adults (18 to 60 years of age). Transportation is provided between 8:30 a.m. - 4:00 p.m., Monday through Friday excluding holidays. This program will provide transportation to locations in Vernon, Ellington and Tolland for medical appointments, shopping, social and recreational activities.

For medical appointments only, they also go to Manchester on Mondays and Thursdays and South Windsor on the first and third Tuesday.

Medical reservations should be made well in advance. All other reservations should be made at least one week in advance of the appointment.

A \$2.00 donation will be applied 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 - Thursday between 8:30 a.m. - 5:00 p.m. Friday 8:30 a.m.—1:00 p.m. (Closed for lunch Monday-Thursday 12:30-1:30 pm).