

*JANUARY 2017*



## *Senior Happenings*

***Dedicated to Tolland's Senior Citizens***

Hi Folks!!

I trust everyone has had a wonderful holiday season. May this be the start of many new and exciting things. Winter has set in....so, just as a reminder, our policy here is that if the schools are closed, the Senior Center is too. If there's a delay due to inclement weather, we will remain open for programs, but watch WFSB Channel 3 for closings. I will put our status up as soon as possible; when in doubt, watch for school closings. Rebecca and I still have to report to work, so we will be here regardless.

Our annual Bake & Craft Sale was a huge success. So many of you put your heart and soul into one of our biggest fund raisers. Thanks to Barbara Stone for coordinating, and for all the help (crafters, bakers, table movers, etc.) setting up and taking down. You women rock! The proceeds will go toward different items needed at the Senior Center. Now we can check a few more things off our "wish list."

Tolland Senior Center is a permanent site for the AARP Tax Aid Program. **Our volunteers will be here on February 7th (only on Tuesdays), until April 11, 2017.** Check page 6 in the newsletter for more details.

A new program has been added to our roster....Line Dancing . I'd like to thank Susan Beeching for volunteering her expertise, time **Come on by every Thursday, at 1:30.** This is a great way to exercise a little, while having fun! And remember, even if you "can't dance", *beginners are welcome.*

I'd like to thank John Littell, Director of Public Safety, for attending our November birthday dinner, and for his very informative talk on safety issues. He's such a personable guy, and it's so very helpful to all of us to get to know our local fire department employees, and the volunteers. Thank you, John, for all you do!

It's been two days, and the glow of the Volunteer Firemen's Holiday Social is still with us. The food was amazing, and the tables decorated with such love and beauty. Thank you Debbie Galuin, Carmella Littell, Jim and Jessica (the amazing chefs) and all the volunteers who served, helped clean up, baked. And the gifts!! Oh my word! The lovely candy dishes and all the cookie boxes, so pretty and delicious! Words cannot express how grateful we all are to this fabulous group of people, who's only job is to make our world better. And Santa??....There will always be a warm place in our hearts for you. Thank you. And I'm waiting on that Mustang 🙌👉👈

Happy New Year to All,

*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**

**Wednesday, January 11**

**Thursday, January 19**

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

**Blood Pressure and Blood Sugar**

**Monday, January 23**

from 10 am—11:30 am

**Lunch**

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

**It is with great sadness we mourn the loss of three of our old time members Joseph Clemento, Helen Blanchfield and Leila Gorsky. These members supported the Senior Center when it first started. We appreciate all they did for us. We will never forget you. To all their family and friends, you have our deepest sympathy.**



**Thinking of You!!**

**Richard Carlson**

**Prudence Shifley**

**Carol Bunce**

**Dorothy McMahon**

**Norm Duval**

**Welcome back - Irene Mantlik & Jeanne Lemek**

**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 and Happy New Year!

I hope all of you had a wonderful holiday season, filled with joy and peace.

Some things I have learned over time bears repeating. I am sure you have learned them as well, because I see them manifest. However perplexed you may be at any given time, whatever the doubt or concern, there is always one resource: you can do something for someone besides yourself. When the burden you carry is heaviest, you can always lighten someone else's load. Let this thought stay with you...there may be times when you cannot find help, but there is no time when you cannot give help.

Speaking of helping others, our Care & Share Program was a great success this year. Our heartfelt gratitude goes to all of you who lent a hand in one way or another. It truly makes a difference and we at Human Services appreciate every bit of it!

We had a number of food/health & beauty donations made to Tolland's Food Pantry over the last two months. Our shelves are looking good, but it doesn't take long for the stock to diminish. We've just come through the season of "giving", and we are so very grateful for all the donations. If you would like to donate over the course of the year, please give me a call first to find out what items we need.

I hope you all made the right CHOICES in your health insurance company decisions. Open Enrollment ended Dec. 7<sup>th</sup>, but if you're turning 65 in 2017 and are a little confused as to what to do about that, give me a call. I will answer any questions, and if I don't know the answers, I know of others that do.

As we bring in the New Year 2017, I'd like to say thank you to all who volunteer their time and effort to make our world a better place to live in. We cannot change the way the world is on a global level, but we certainly can do our part locally. So many of you "get that". I'd like to encourage all of us to get involved in whatever way brings you happiness, and brings happiness to others. "Each one, reach one" is a great motto. Let's all bring in the new year with this in mind.

Peace on Earth,

*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:

<b>Household Size/ Maximum Monthly Income Guidelines for SNAP</b>						
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:

**January date to be determined, please call the church (875-4160)**

**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](http://www.foodshare.org). For the next few months, distribution at the Tolland site will be on the following dates:

*Winter dates are:*

***January 5 & 19***

***February 2 & 16***

Residents participating in the program must bring their own bags.



## January Birthdays ...

# Happy Birthday!!

Kathy Kolberg	1/1	Lin East	1/12
Brenda Morse	1/2	Bruce Moody	1/14
Elaine Bugbee	1/5	Lois West	1/14
Durwood Winchell	1/6	Alan Knofla	1/19
Kathy Wilcox	1/9	Tim Smith	1/26
Jean Leonard	1/11	Bill Ward	1/28
Nolan Payton	1/11	Lena Cressotti	1/28



### 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 January 26**



# AARP Tax-Aide

## 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 7<sup>th</sup>-April 11<sup>th</sup>** on consecutive Tuesdays. (February 7<sup>th</sup>, February 14<sup>th</sup>, February 21<sup>st</sup>, February 28<sup>th</sup>, March 7<sup>th</sup>, March 14<sup>th</sup>, March 21<sup>st</sup>, March 28<sup>th</sup>, April 4<sup>th</sup>, April 11<sup>th</sup>.) 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**



# JANUARY 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 	2 CLOSED	3 EXERCISE KNITTING GROUP ADULT COLORING	4 LUNCH PING PONG MEN'S BILLIARDS CRAFTS CARDS	5 COMP LAB TAI CHI QUILTING DOMINOES LINE DANCING	6 BILLIARDS: MEN & WOMEN	7
8	9 LUNCH CHORUS SOCIAL MEDITATION	10 EXERCISE KNITTING GROUP PEN & TELL	11 LUNCH PING PONG MEN'S BILLIARDS CRAFTS CARDS <b>FOOT CARE</b> CALL FOR APPT.)	12 COMP LAB TAI CHI QUILTING DOMINOES LINE DANCING	13 BILLIARDS: MEN & WOMEN	14
15	16 CLOSED 	17 EXERCISE KNITTING GROUP ADULT COLORING	18 LUNCH PING PONG MEN'S BILLIARDS CRAFTS CARDS	19 COMP LAB TAI CHI QUILTING DOMINOES LINE DANCING <b>FOOT CARE</b> (CALL FOR APPT.)	20 BILLIARDS: MEN & WOMEN	21
22	23 LUNCH CHORUS SOCIAL MEDITATION BOOK CLUB BLOOD PRESSURE 10:00 - 11:30 am	24 EXERCISE KNITTING GROUP PEN & TELL	25 <b>NO LUNCH</b> PING PONG MEN'S BILLIARDS CRAFTS CARDS	26 COMP LAB TAI CHI QUILTING DOMINOES LINE DANCING <b>Birthday Lunch</b> 12 pm	27 BILLIARDS: MEN & WOMEN	28
29	30 LUNCH CHORUS SOCIAL MEDITATION	31 EXERCISE KNITTING GROUP ADULT COLORING	***** Please see activity times below *****		<b>ALL PROGRAMS ARE SUBJECT TO CHANGE WITHOUT NOTICE AT THE DISCRETION OF THE DIRECTOR</b>	

Adult Coloring  
Billiards  
Book Club  
Cards  
Chorus  
Computer Lab  
Crafts

1:00 p.m.  
10:00 a.m.  
1:00 p.m.  
1:00 p.m.  
10:00 a.m.  
9:30 a.m.  
10:00 a.m.

Dominoes  
Exercise  
Knitting Group  
Line Dancing  
Lunch  
Meditation

1:00 p.m.  
9:00 a.m.  
9:30 a.m.  
1:30 pm  
12:00 p.m.  
1:30 pm

Pen & Tell  
Ping Pong  
Quilting Group  
Social  
Tai Chi  
Yoga (resumes next month)

1:00 p.m.  
9:30 a.m.  
10:00 a.m.  
10:00 a.m.  
9:30 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**.

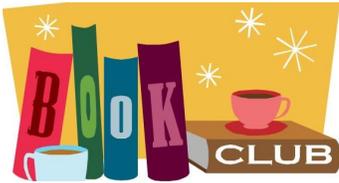
**2016-2017 Gross Income Guidelines** for homeowners, and renters *(additional criteria apply)*.

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

January 23, 2017

IN THE PRESIDENT'S SECRET SERVICE by Ronald Kessler

February 27, 2017

THE FALL OF MARIGOLDS by Susan Meissner

March 27, 2017

OUR SOULS AT NIGHT by Kent Haraf

April 24, 2017

TBD



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 13th**

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

**July 18th**

Maine Lobster Kennebunkport (\$92.00)

**October 11th**

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](http://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).