

November 2015



Senior Happenings

Dedicated to Tolland's Senior Citizens

Hi folks!

Guess what? Yes it's true, our canopy is almost complete. By the time you get this newsletter, more than likely, it will be finished. How exciting!! Again, I'd like to thank the Town Council for approving this project and also Beverly Bellody for her tenacity in seeing this through. Last but not least, all who donated and helped with fund raising over the years. Thank you all so much. 😊

I am pleased to announce that **Tolland Senior Center** has agreed to become an **AARP Income Tax Return site**. This means that you can come to our senior center and have your taxes done here by trained volunteers. For more information, see page 4 of this newsletter. This is a free service to our community and surrounding towns, with no age limit, and offered by appointment only.

I'd like to bring to your attention to a time change for the **Wellness Clinic for Blood Pressure & Blood Sugar**. It was from 10:00am – 1:00 pm. It will now be held from 10:00 – 11:30 am. Please make note.

Our annual **Tag Sale**, coordinated by Elizabeth Cook and so many volunteers was a huge success. I can't thank all of you enough. It's been said that "Beauty is in the eye of the beholder". This appears to be true, because we realized \$1512.00! How awesome is that!! Elizabeth organized it so well, it was just amazing. Thanks to the men that stepped up to the plate in handling the heavier pieces. And the clean-up! Monday morning, it was as if nothing happened.

Our annual **Bake/Craft Sale** will be held **Saturday, December 5th**. This is another big fund raiser for us. There's much work involved, again, with most of the same volunteers. If you haven't been a part of this event, and are looking for something fulfilling to do, why not help us out. Barbara Stone coordinates this program, and would love your help. We're asking for baked goods and craft items, such as scarves, mittens, quilts, etc. Barbara will have a sign-up sheet.

We have one last trip for the year, and that's to **Stage Loft Theater on Sunday, December 6**. We have a few seats available. The Travel Committee has been working hard to select trips for 2016. A sneak preview is a trip to the Bushnell to see "**Love Letters**", with Ali McGraw and Ryan O'Neal. For more details, please see the flyers for both trips in the newsletter.

Because of Thanksgiving, there will be some schedule changes made. Please check the calendar.

I'd like to take this opportunity to thank all of you who so willingly come forward and give of your time and talents, week after week. You make this center what it is! I'm also grateful to all of you who continue to visit us, week after week, building friendships, and spreading the joy. You also make this center what it is. Thank You!!

Happy Thanksgiving!

Fran Weigand

A Note About Outreach Activities

Rebecca Ellert, Elderly Outreach Caseworker

Greetings!

My portion of this newsletter will be more informative than fun. Fun's good, but information is important. Below you will see a brief guide to resources in Connecticut for seniors. It'd be a good idea to keep this page on your refrigerator.

Beginning with.....

Protective Services for the Elderly (PSE)

1-888-385-4225

Safeguards people 60 years of age and older from physical, mental, and emotional abuse, neglect, abandonment, and/or financial exploitation.

The Elder Financial Abuse Prevention Project

860-424-5241

The Elder Rights project was developed to address financial exploitation of the elderly.

Connecticut Home Care Program for Elders

1-800-445-5394

Provides adult day health, homemaker, companion, chore assistance, home delivered meals, emergency response systems, case management, home health services, mental health counseling and adult foster care.

Visiting Nurses & Health Services of CT

860-872-9163

VNHS of CT provides a full range of home health services including home health aides, Hospice, Meals on Wheels, medical social workers, nursing and support groups. There is also A Caring Hand, their private care subsidiary.

Alzheimer's Association CT Chapter

24/7 Helpline: 1-800-272-3900

website: www.alz.org

Offers the following services: family support group network, educational materials, training and consultation, and a telephone help line to provide information about community resources

Connecticut Center for Medicare Advocacy

1-800-262-4414 or 860-456-7790

Provides legal aid, self-help material, and representation to the elderly.

CHOICES for Seniors

1-800-994-9422

Provides Health Insurance assistance, Outreach, Information, and Referral and Counseling services and Eligibility Screening for state and federal benefit and/or support programs in their regions.

(I AM ALSO A CHOICES COUNSELOR)

(continued on page 4)

The CT Partnership for Long Term Care

1-800-547-3443

Residents of Ct. may purchase long term care insurance. Department of Social Services

Medicare/Social Security Administration

1-800-772-1213 (Social Security)

Provides health insurance for individuals 65 and older, including hospital stays and medical care.

Care & Share Program

A reminder about our November (**11/24/2015**) and December (**12/22/2015**) Care & Share Program. We're looking for those people who would like to *sponsor* a family or senior. All it takes is a little time, a little money and a lot of compassion. We have quite a few clients participating this time around, and would appreciate any help you can give. What we're looking for would be for you to purchase a holiday meal. You don't have cook anything – you just put it all in a special box and bring it to the senior center on the scheduled day. We make sure the family/senior receives your offering ☺ Gift cards are welcome, as well, if you choose not to shop. All anonymous, of course. It's that simple!

How do you sign up to help?

- ◆ Call me (860-870-3726) and let me know if you'd like more information about sponsoring a family or senior household this holiday season.
- ◆ I'll give you information about the Care & Share Program, and send you a letter which includes:
 - ◆ Ways to participate at Thanksgiving or during the December holidays
 - ◆ A Participation Form
 - ◆ A List of items included in a typical Holiday Food Basket
 - ◆ A schedule of when items need to be dropped off

Thank you in advance for your thoughtful consideration.

If wrinkles must be written upon our brows, let them not be written upon the heart. The spirit should not grow old.

-James Garfield

Happy Thanksgiving, and Peace to all...

Rebecca



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 to April 12th** on consecutive Tuesdays. One hour time slots will be available starting at 12 pm and ending at 4 pm. Appointments must be made either in person at the Senior Center or by phone beginning in December. Please see the December newsletter for more details.

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
\$1,800	\$2,425	\$3,052	\$3,678	\$4,303	\$4,930	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:
November 21, 2015
December 19, 2015

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



November Birthdays ... *Happy Birthday!!*

Howard Larson	11/2	Edward Lashetski	11/14
Ellen Soracchi	11/4	Betty King	11/15
Judy Sullivan	11/4	Barbara Stone	11/17
Nicholas Lesbines	11/5	Jean Fournier	11/20
Joseph Clemento	11/6	Norm Duval	11/23
Alice Galo	11/6	Judy Bureau	11/23
Elaine Fetko	11/8	Irving Fuller	11/25
Larry Guardiani	11/9	Marcia Fuller	11/25
Norma Marriner	11/12	Betty-Lou Griffin	11/25
David Hawkes	11/12	Fran Plant	11/25
Lynn Lacoss	11/14	Lori Kleef	11/25



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 November is November 19

NOVEMBER 2015

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

Billiards
Book Club
Bridge
Cards
Chorus
Computer Lab

10:00 a.m.
1:00 p.m.
12:30 pm
1:00 p.m.
10:00 a.m.
9:30 a.m.

Dominoes
Exercise
Knitting Group
Lunch
Meditation
Painting

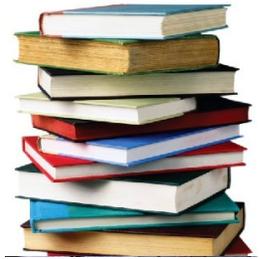
1:00 p.m.
9:00 a.m.
9:30 a.m.
12:00 p.m.
1:30 pm
9:00 a.m.

Pen & Tell
Ping Pong
Quilting Group
Social
Tai Chi
Yoga

1:00 p.m.
9:30 a.m.
10:00 a.m.
10:00 a.m.
9:30 a.m.
2:30 p.m.



Senior Center Book Club Selections for 2015-2016



November 16, 2015
EMILY AND EINSTEIN by Linda Frances

January 25, 2016
THE DRESSMAKER by Kate Alcott

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:

*Autumn/Winter 2015 dates are:
November 12th
December 10th & 24th*

Residents participating in the program must bring their own bags.

Tolland Senior Center Presents:

STAGELOFT THEATRE

STURBRIDGE, MA

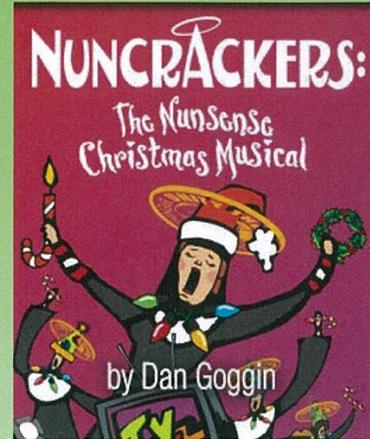
December 6, 2015
Sunday Matinee

NUNCRACKERS

THE NUNSENSE

CHRISTMAS MUSICAL

This show is filled with Nunsense humor starring the Nuns you all love! Wonderful songs, favorite carols, and an uproarious take on The Nutcracker Ballet. Nuncrackers will make you laugh and tug at your heartstrings, a perfect way to celebrate the holiday season



LUNCH AT SALEM CROSS INN

House Salad • Bread Basket • Roast Native Turkey with all the fixins' *OR* Broiled Salmon, Vegetable Potato • Ice Cream Cake Ball with Hot Fudge
• Beverage

\$78pp based on 40-52

For Info: Fran Weigand 860-870-3730

**Depart: 10:00a Tolland Senior Center,
674 Tolannnd Stage Road**

Return: 5:15p Tolland

Make Checks Payable to: TOWN OF TOLLAND

Tolland Senior Center Presents:

Coming to The Bushnell

“LOVE LETTERS”

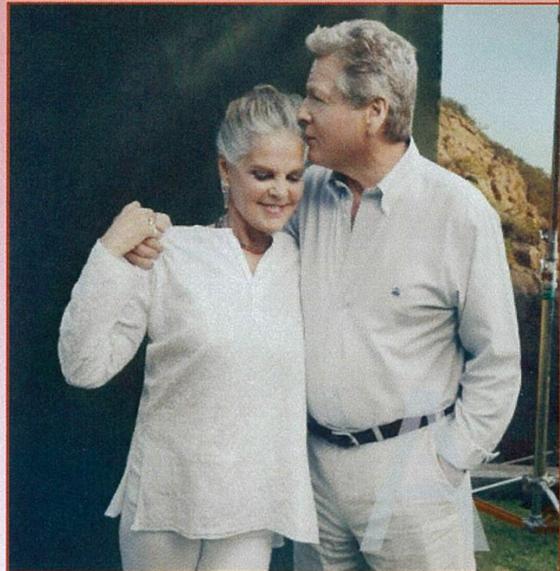
Starring Ali McGraw & Ryan O’Neal

Valentine’s Day Matinee

Sunday, February 14, 2016

*Don’t Miss This Special Treat
Featuring Two Beloved Entertainers*

Having co-starred in the popular “Love Story” the pair will now star in an upcoming National tour of Love Letters, AR Gurney’s romance about first loves and second chances. An emotional ride through the lives of lifelong friends and sometimes lovers who share their most intimate thoughts through letters.



- 1:00p Performance

Includes Deluxe Motorcoach Transportation

COST: \$105pp based on 40-52

For Info: Fran Weigand 860-870-3730

Depart: 11:30a Tolland Senior Center, 674 Tolland Stage Road

Return: 4:00p Tolland

Checks Payable to: Town of Tolland



FRIENDSHIP TOURS

THE SHIP SHOP

705 Bloomfield Ave, Bloomfield, CT 06002
860-243-1630 • 800-243-1630
www.friendshiptours.net

Friendship Tours arranges the components of the tours and does not own or operate the independent suppliers of services including motorcoaches. Trips cancelled because of weather conditions are handled on a per trip basis. Refunds will depend on timing of the cancellation and supplier policies. Tickets to theaters / events are non-refundable. Friendship Tours reserves the right to adjust cost based on fuel surcharges.

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.

