

OCTOBER 2016



Senior Happenings

Dedicated to Tolland's Senior Citizens

Hi Folks!!

Welcome Autumn! Your glorious displays, your cooler days, your slower pace from summer's rat race... Welcome!

As a reminder, anyone interested in taking the Driving Course, sponsored by AARP, don't hesitate to sign up. The course is **Saturday, October 8th at 8:30 am**. Please call the Senior Center if you are interested.

Also, a reminder about the Flu Shot Clinic, here at the Senior Center on **Tuesday, October 25th, 9:30 – 11:00 am**. Accepted payment is: Medicare part B, Aetna, Anthem Blue Cross, ConnectiCare, Healthy CT, Wellcare or \$35 cash. They are unable to accept United Healthcare or Cigna at this time.

I'd like to thank Janet Barrett, author of *They Called Her Reckless*, for her presentation to our Book Club. Those who attended were very impressed and thoroughly enjoyed her visit. Thank you, Janet!

As you know, our Birthday Celebration is always an enjoyable event. I want to take the time to thank Dave and Doreen Shaw for their constant faithfulness. Recently they have had the help of their daughter, Teri Locke, who had spent the summer here in CT. She unfortunately will be returning to North Carolina for the winter season. I want to thank you, Teri, for your help. The meals you all prepared together were superb, and your help invaluable!

For October, we will be having our annual Senior Banquet, in lieu of the Thursday noon birthday party. This year, the Banquet will be held here, at the Senior Center on **Thursday, October 27th**. The doors open at 5:30 p.m., not before. The cost is \$10 per person. There will be assigned seating, and payment is due when you sign up.

The trip to Lancaster PA to see "Samson" was a huge success. I'd like to thank Travel Group tour company for making this possible. Our next trip is **October 12th to Krucker's** in Pomona, N.Y. This is another planned trip that you mustn't miss! Check the flyer within this newsletter for details.

As of **Friday, September 30**, there will be no more Painting Class. This will resume in the new year, if there's enough interest.

A reminder, all programs are subject to change....when in doubt, give the Senior Center a call.

See you at the Senior Center! 😊

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, October 20th

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

Blood Pressure and Blood Sugar

Monday, October 17th from 10 am—11:30 am

Lunch

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

Our Birthday Celebration will be part of the Senior Banquet on October 27th



Thinking of You!!

***Richard Carlson Prudence Shifley Irene Mantlik
Mary Zuckerman Jeanne Lemek***

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



**Tuesday, October 25th
9:30—11:00 am**



At the Senior Center

A Note About Outreach Activities

Rebecca Ellert, Elderly Outreach Caseworker

Greetings...

Another season come and gone; there's a bit of a nip in the air this morning. Ahhh, New England, thank you for the beauty you bring this time of year. Let's go for a hike!!

So a couple of weeks ago, I received several cell phone calls, sometimes in one day, from an unknown number. I don't usually answer, but wait for it to go to my voice mail, then retrieve it. As I said, this happened numerous times, until finally, "they" left a message. The message stated that there is a lawsuit against me, filed by the IRS, and it is imperative that I call this number back. Hmm... red flag, but she sounded so professional. A lawsuit against me? Curious, I dialed the number. A man with a thick accent answered and said "IRS". I laughed. Seriously, IRS? I told him I was responding to a voice mail that someone left for me regarding a lawsuit against me?? "Yes", he said, "I can take care of this for you, but I need some information from you." Red flag. I said, "Noooo, I need information from YOU – tell me about this lawsuit"

We went back and forth with him saying he cannot give me information until he has my full name. I said "You called ME – you tell ME my name". I probably should have hung up at this point because I sensed SCAM all over the place. This is where it gets ugly. He started raising his voice and insisting I give him more information so he could tell me more about the "lawsuit". I began to feel uneasy...Is this guy really yelling at me? The insistent pressure to give up info, the nasty tone – really freaked me out. I said "I'm reporting you". And I hung up. Upon examining my feelings at that moment, I have to say I was a bit shaken. I began to realize this is happening all over the place, and the unsuspecting, uninformed people out there, especially the more vulnerable, are falling for it, probably losing thousands of dollars as a result. So I went on line to the official website of IRS, and found within a section to report such scams. I was able to convey the 4 different phone numbers the scammers used, the content of the conversation, including the tone of voice. Having reported this, I felt a little better, but promised myself to tell this story to you. I know I've spoken about these scams before, but honestly, never from an experiential point of view. I know of someone who recently lost over \$5,000 because of this particular scam.

I cannot stress this enough – the IRS does not call you. Ever. So, there it is. Also, it's not just scams using IRS, there are many forms these scams take. Beware, be careful, be diligent, be safe.

REMINDERS

Medicare Open Enrollment: October 15th - December 7th.

During Medicare Open Enrollment, anyone eligible for Medicare can enroll in or switch Medicare plans. If you want to change your Advantage Plan or Prescription Drug plan, now's the time.

Energy Assistance

I have started to take appointments for energy assistance, to help with the heating costs. Please see page 7 to see if you qualify and if you're a senior, call me at 860.870.3730.

-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 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:
October 15, 2016

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:

Fall dates are:
October 13 & 27
November 10

Residents participating in the program must bring their own bags.

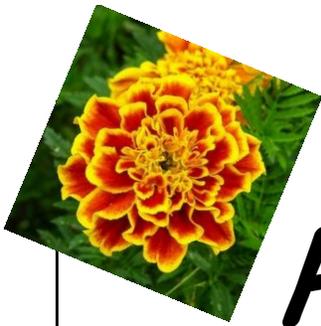
AARP Driving Course

Offered at the Tolland Senior Center

October 8, 2016

8:30 am to 12:30 pm

Registration is required,
please call the Senior Center at
860-870-3730.



October Birthdays ... *Happy Birthday!!*

Mike Moutafis	10/1	Judi Carlson	10/15
Agatha Beaupre	10/6	Carolyn Tryon	10/16
Patricia Pfistner	10/7	John Sobieski	10/17
Elizabeth Gray	10/7	Carolyn Bach	10/19
Doris Poster	10/11	Geraldine Tripp	10/19
Carole Buffington	10/12	Jeanne Phelps	10/22
Patricia Fraser	10/13	Rose Bossie	10/31
Virginia Leckfor	10/14		

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.

**The October Birthday Celebration will be part of
the Senior Banquet on October 27th at 5:30 pm**



OCTOBER 2016

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

Adult Coloring 1:00 p.m.
 Billiards 10:00 a.m.
 Book Club 1:00 p.m.
 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 (resumes in 2017) 9:30 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.



CONNECTICUT ENERGY ASSISTANCE PROGRAM (CEAP)

Tolland Human Services is now taking applications for the Connecticut Energy Assistance Program so that households will be preapproved when the program officially opens on **November 9, 2016**.

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!

Tolland Senior Center Presents:

Krucker's OKTOBERFEST

OCTOBER 12, 2016 *Wednesday*

ENJOY A FULL DAY OF ENTERTAINMENT, FOOD, FUN,
MUSIC, AND DANCING AT KRUCKER'S IN
POMONA, NY.

This lovely resort features its popular Oktoberfest with great food
and music, the genuine spirit of an Oktoberfest.

- Welcome Reception – Coffee, Tea, Buttermilk Scones, Pancake with Maple Syrup, and Apple Cider
- Lunch: Beef Barley Soup, Applesauce, Choice of: Sauerbraten with Red Cabbage OR Sliced Pork Loin with Sauerkraut, Mashed Potatoes, Brussel Sprouts, Glazed Carrots, Apple Strudel & Vanilla Ice Cream
- Beer, Wine & Soft Drinks 12:00p-4:30p
- Entertainment throughout the day - Music, Dancing & Games
- Bratwurst Sandwich & Cucumber Salad served at 4:00p

COST: \$89 pp based on 40-52

Reservations: Tolland Senior Center
860-870-3725

Depart: 7:30a Tolland Senior Center
674 Tolland Stage Road

Return: 8:00p Tolland



Friendship Tours arranges the components of the tours and does not own or operate the independent providers 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.



FRIENDSHIP TOURS
THE SHIP SHOP

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

Senior Center Trips for 2016

October 12th Krucker's—*Octoberfest* lunch/entertainment-\$89

December 7th Newport Playhouse—*Nana's Naughty Knickers*-\$90



Tolland Seniors

Newport Playhouse & Cabaret

“Nana’s Naughty Knickers”

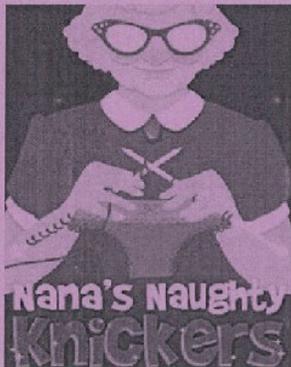
Wednesday, December 7, 2016

The Newport Playhouse & Cabaret

Bridget and her Grandmother are about to become roommates. However, what Bridget saw as a unique opportunity to stay with her favorite Nana in New York for the summer quickly turns into an experience she'll never forget. It seems her sweet Grandma is running an illegal boutique from her apartment, selling hand-made naughty knickers to every senior citizen in the five borough area!

Package Includes:

- Roundtrip Motor Coach
- Fabulous Buffet Luncheon
- Playhouse Comedy Show
- A Cabaret Show (2 Shows!)
- Driver Gratuities



\$90. PP

2 Shows!

Buffet Menu

Lettuce Bowl, Potato Salad, Beets & Onion Salad, 3 Bean Salad, BBQ Ribs, Sausage & Peppers, Roasted Chicken, Baked Ham, Baked Beans, Sweet Potatoes, Assorted Desserts, Coffee & Tea

For Reservations:
Fran Weigand
860-870-3730

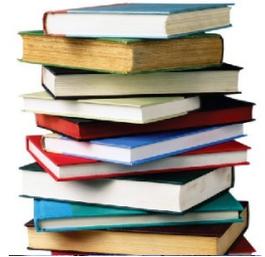
Departs at 8:45 a.m.
Tolland Senior Ctr
674 Tolland Stage Rd
Tolland, CT
Returns 7:30 p.m.



Senior Center Book Club Selections For 2016-2017

October 24, 2016

WHERE THE HEART IS by Billie Letts



November 28, 2016

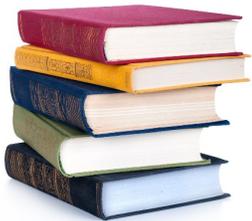
SECOND CHANCE by Jodi Picoult

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



The Town of Tolland will be sponsoring a Free Residential Electronics Recycling Event at Tolland High School, One Eagle Hill Road, on **Saturday, October 22, 2016**. The one-day event is from 8am to noon.

For details and a list of accepted and unaccepted materials, visit: www.ewaste-recycle-ct.com.

MEDICAL PRESCRIPTION DROP BOX



The Troop C State Police barracks now has a permanent drug collection drop box. The boxes were made available through a donation from CVS Pharmacy and feature the chain's red-and-white colors. Connecticut residents can deposit unwanted, unused or expired medication – including controlled substances, anytime, no questions asked. The drop boxes are intended to reduce the amount of unneeded medicine in the homes of all Connecticut residents, while decreasing the rate of prescription drug abuse. The drop box is available year-round, 24 hours a day, at the Troop C State Police barracks, 1320 Tolland Stage Road in Tolland.

CAN BE DONATED:

Over the counter medications
Prescription medications
Medication samples
Medications for household pets
Medicated lotions or ointments

CANNOT BE DONATED:

Needles or other "sharps"
Hazardous waste
Thermometers
Personal care products (ex: shampoo)

AARP Tax-Aide Volunteers

The Tolland Senior Center would like to offer Tax Preparation in February 2017, but we need some Tax-Aide Volunteers to be successful. If you have prepared your own taxes for many years, are comfortable using the computer and are math savvy, you could be a Tax-Aide Volunteer. A required training session will be held sometime in January. Educational materials are provided, as well as a mentor to answer your questions. Tax preparation would be from the beginning of February to mid April at the Tolland Senior Center. If you are interested in volunteering and would like more information, please contact Fran Weigand, Senior Center Director, at 860-870-3730.



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).