



*February 2012*

# *Senior Happenings*

*Dedicated to Tolland's Senior Citizens*

## *Hi Folks:*

February is National Heart Month.....so I'd like to send out a Happy Valentine's wish to all of you. Of course, I wish for you to have health hearts, too. And as a reminder, please remember that every month, here at the Senior Center, there is opportunity to have your blood pressure and blood sugar taken. **February 27th, Monday**, will be your next opportunity. Take advantage of that.

I wanted to let you know that recently we purchased a new television for the Senior Center. It's a beautiful 52" screen and the clarity and color is something else! Stop by and watch it for a while – it's in our Media Room. Speaking of our Media Room, this room has 2 comfortable couches, plenty of books, The Hartford Courant, puzzles and computers. Great lighting for reading, or shut the light off and watch the news, your favorite program or bring a movie. This room is very user friendly!!

I'd like to elaborate a little on a couple of the trips planned for 2012. On **Thursday, March 22nd**, we will be going to the **Grand Oak Villa in Oakville, CT**, celebrating the **Music Of Italy**. This show will feature Emil Stucchio and the Classics. It's looking to be a special day of fun and celebration. The show will include songs from The Fifties to standards, from Sinatra to Dean Martin, and is complete with fun comedy routines. This is just the entertainment part ~ the food....Well you know it will be wonderful. Cost is \$78 pp for Tolland Seniors. Reserve your seat today with a small deposit. Speaking of trips – don't forget our over-nighter from **April 18th – 20th to Pennsylvania to the Millennium Theater to see Jonah**. Pick up the flyer at the Senior Center and sign up for this exciting trip.

Last year, we had so much fun at the **Ice Cream Social/Game Day** that was sponsored by the Tolland High School students. The students have contacted me and they want to do it again. It'll be held **Saturday, at the Senior Center, on February 18th, from 12:30 p.m. to 2:30p.m.** No need to sign up, just come to the Senior Center, bring a friend and enjoy.

How do you all feel about being ambassadors? Not a lot of work is required in this...just a friendly nature. If you are aware of any seniors out in our community that could use some friends, activities, diversion, or even help, why not invite them to the Senior Center. You represent our little community here, and you can easily attest to the fact that it's a great deal of fun to belong.

*...Continued page 2*

Be mindful of this while you're out shopping or just chatting with acquaintances about how you spend your time. Just today, a woman and her husband stopped in to see Rebecca. After initial business was done, I took them around the Senior Center and "showed it off". They were so impressed, that she agreed to help out in the kitchen occasionally, and teach Mahjong (a table game similar to the card game of rummy – not to be confused with the computer game) Can you beat that?? So, we've not only gained 2 more people, but they've already committed to volunteering.

Lastly, just a reminder, that if the schools are closed, the Senior Center is closed for activities. Rebecca and I will be here, but programming would be cancelled. If there is a 90 minute delay, we will remain open for programming, but it would be a good idea to call first and make sure.

Come visit us!

*Fran Weigand*  
*Senior Center Director*



### *Thinking of You !!*

*Judy Goodman*  
*Walter Hrynhunck*  
*Ted Blow*  
*Terry Palmer*



### **Tai Chi**

One 1997 study had senior subjects report back to researchers four months after completing 15 weeks of either Tai Chi training, simple balance training, education about exercise or nothing. The subjects who had Tai Chi or balance training said that they were more confident about daily movement, but only Tai Chi subjects said their overall life and sense of well being had improved.

Tai Chi's emphasis on slow, flowing movements requires abdominal strength and one-legged balance throughout the practice. You may not actually hold a stance for a long time, but you move through it. To achieve the smooth flow of Tai Chi you must have balance and torso strength, perhaps more so than to perform more traditional exercises.

**Roberta Villanova**

**Health and Wellness**

**Exercise:** Tuesdays at 9:00 a.m.

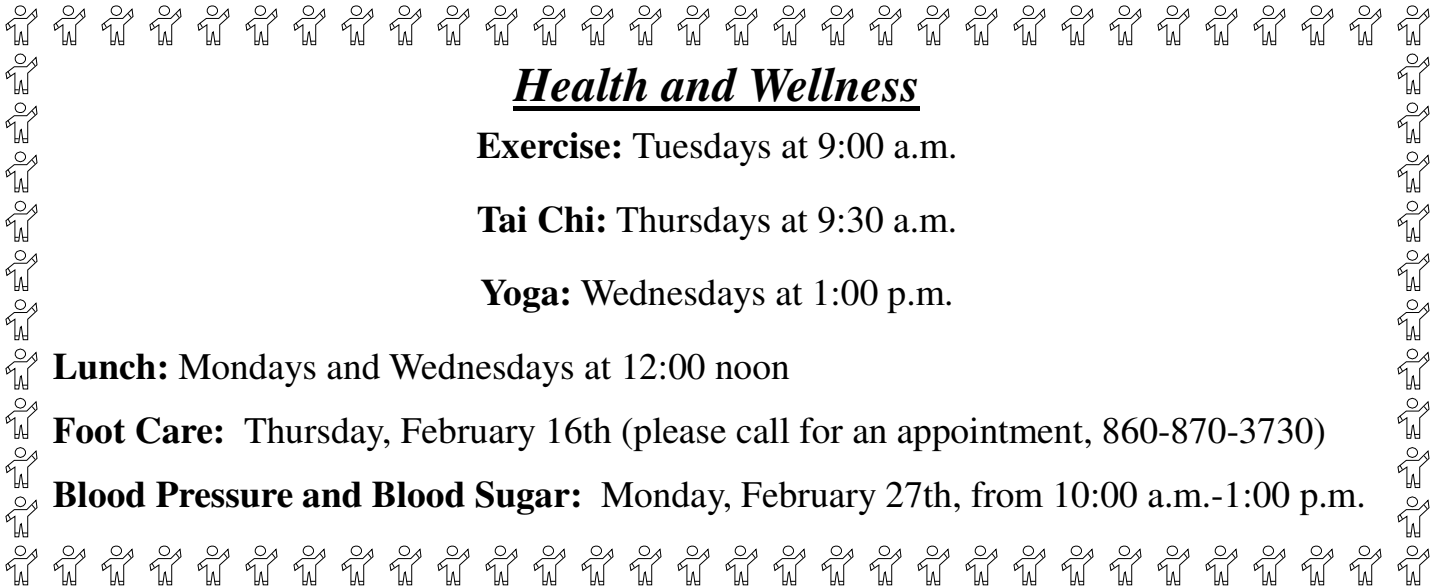
**Tai Chi:** Thursdays at 9:30 a.m.

**Yoga:** Wednesdays at 1:00 p.m.

**Lunch:** Mondays and Wednesdays at 12:00 noon

**Foot Care:** Thursday, February 16th (please call for an appointment, 860-870-3730)

**Blood Pressure and Blood Sugar:** Monday, February 27th, from 10:00 a.m.-1:00 p.m.




*Please join us!*

**Ice Cream Social / Game Day**  
**Saturday, February 18th**  
**12:30 p.m. — 2:30 p.m.**  
**At the Senior Center**

*Sponsored by the Tolland High School students*

**The Book Discussion Group**  
*will meet on*  
**Monday,**  
*February 27th*  
**at 1:00 p.m.**



**2012 Senior Center Trips**

**March 22 - Grand Oak Villa to enjoy *Music of Italy***

**April 18-20 - Pennsylvania to see "Jonah"**

**May 2 - Foxwoods to see Vicki Lawrence**

**July 12 - Gloucester - Lobster and Rockport**

**September 25 - Log Cabin Banquet - the Edward's Twins**

**October 11 - Westchester - Fiddler on the Roof**

**November/December - Radio City**



**Programs for Homebound, Seniors and Their Caregivers**  
**Rebecca Ellert, Elderly Outreach Caseworker**

Greetings!!

I awoke with a thought on my mind this morning and I thought I'd share it with you. It is this: "Every inch of me, down to a cellular level is alive with hope. Come what may". Upon thinking of that, I asked "Where did that come from??" I like the thought, don't get me wrong. And even though I'm an optimistic person, "Come what may??" That's a broad declaration. As we enter the month that celebrates Love, I wish for all of you this kind of confidence and hope for your future. Heaven knows, there's enough negativity in the world to discourage even the strongest of us. But coming from a place of hope sheds new light on every situation, because *anything can happen*.

Joseph Jefferson wrote "*Go out and do something for somebody. Go out and give something to somebody, to anybody, even if it's only a pair of woolen stockings to a poor old woman. It will bring them hope, take you away from yourself and make you happy.*" Best idea ever for a lonely soul....

Please check the insert for information on the Energy Assistance program that is being offered. This is a federal and state funded program that offers assistance in purchasing fuel for heating. So many have benefited from this program, and if you qualify, you will benefit, too.

Our Food Pantry is looking so amazing. I have had 2 wonderful volunteers in there organizing the shelves. I went down the other day and found every can, box and package labeled with a date. This makes everything so much easier and allows us to use up the food that is nearest expiration before anything else. We cannot give away food that is beyond shelf life dates, so when you donate to the pantry, make sure you check the date on the items. You'd be surprised how far back some of the donated food goes....try 1989!!! I guess some are not aware of this. And thank you, if you are one of the many that donates to our Food Pantry. We are ever so grateful and so are our clients!

Remember, as we rush headlong into 2012, that we are here to help you. Fran and I have our separate responsibilities through Human Services, but together, we make a great team – all to help you folks. Don't ever hesitate to call or stop in, and please don't think you are bothering us, as some have said. That is why we are here.

Spring is only 62 days away! Yeah!

Blessings,  
**Rebecca**



**Winter Heating Assistance**  
**Updated 2011-2012 Guidelines**

Residents may call any of the following Tolland Human Services personnel for more information about federal & state programs and local initiatives:

Rebecca Ellert, Seniors call 860-870-3726  
 Nancy Taylor Dunn, L.P.C., Families call 860-871-3612  
 Or contact Donna Francis, Human Services Secretary 860-871-3648, for referral to the appropriate personnel.

Tolland Human Services is now taking applications for the **Connecticut Energy Assistance Program** so that households will be preapproved when the program officially had reopened on November 15, 2011. **The program is open to both deliverable fuel and utility heated households.**

This is not an entitlement program. All benefits are subject to the availability of funds.

Households (homeowners and renters) that are responsible for paying for their primary heating costs, and whose annual gross income is at or below 60 % of the FY 2012 State Median Income Guidelines, are eligible to apply for heating assistance

**60 PERCENT OF STATE MEDIAN INCOME GUIDELINES**

Household Size	1	2	3	4	5	6	7	8
Annual Income	\$31,863	\$41,667	\$51,472	\$61,276	\$71,080	\$80,884	\$82,722	\$84,561

*(For households with more than eight members, add \$1,838 for each additional member.)*

Renters whose heat is included in their rent and whose rent is more than 30% of their gross income may be eligible to receive a Rental Assistance benefit if gross household income is less than

**150 Percent of the FY 2012 Federal Poverty Guidelines:**

Household Size	1	2	3	4	5	6	7	8
Annual Income	\$16,335	\$22,065	\$27,795	\$33,525	\$39,255	\$44,985	\$50,715	\$56,445

*(For households with more than eight members, add \$5,730 for each additional member.)*

On behalf of eligible households (homeowners and renters), the winter heating assistance pays for such heating sources as oil, natural gas, electricity, propane, kerosene, coal and wood.

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: ; seniors contact Rebecca Ellert, 860-870-3726; families contact Nancy Dunn, 860-871-3612 or contact the ACCESS Agency in Willimantic, 860-450-7423. When you make your appointment, you will be provided with a list of the documentation that will be needed. If for any reason you cannot make a scheduled appointment, please contact the provider to reschedule your appointment. We are unable to process walk-in applications.

**Apply Early for Maximum Benefits!**

**Oct. 1, 2011**

**"ROSES ARE RED, VIOLETS ARE BLUE  
SUGAR IS SWEET AND SO ARE YOU....."**

ANON

Once again February is upon our doorstep. It waits with many special days; from Groundhog Day on the 2nd to Valentine's Day on the 14th; also Washington's and Lincoln's birthdays and the celebratory Presidents' Day as well as the more updated "Wear red for women's hearts" come later in the month.

Remembering school days of long ago, I recall the decorated Valentine Boxes the class room teachers brought out of the closet near Valentine's Day. The boxes might need some repair from year to year as children in say, grade three or grade six, even. Gathered in the afternoon with wall paper books, paper doilies and construction paper plus scissors and paste (OR did we use glue?) and went to work making the box more beautiful than it had been for the previous year. We were in awe over the wallpaper flowers which were cut into heart shapes and adhered to the big box, sometimes with pieces of ribbon or lace. Making the box was pure joy.....(artists know it's the process not the product) but to us, our box was the greatest creation ever!

Amongst the younger children were the paste eaters which I encountered again when I became an elementary school teacher and gave the 'talk" about sanitary pasting.

Excitement grew as we viewed our beautiful box and thought about who might give us a card on the 14th; this especially caused the sixth graders to blush and to oh and ah.

Invariably our teachers passed out the class list with each name spelled correctly and so it was, our valentines also became a lesson in respect for what's more important than one's name.....I passed out class lists also when I became a teacher....I wanted nothing left to chance. I didn't want to wipe away the tears of someone who was forgotten. In the 60's and earlier, Valentine's Day was equitable; at least the teachers tried to keep it so.

Valentine's Day may be out of vogue these days but it's still a Hallmark Holiday and I do have fun getting cards out in the mail to friends and relations.

Don't tell anyone but I have a cherished Valentine card tucked in a drawer that was sent many years ago to me from my late husband. It's a musical card which plays "You Light Up My Life" when you open it! Some things like Valentines are meant to be kept.....

Make this Valentine's Day special for someone.....And Happy Groundhog Day, too!!!

\*\*\*\*\*

**DULY NOTED**

Dick Symonds, Tolland's former Fire Chief, has a newly published book you may want to look for / 'EAGLE LAKE AND WESTBRANCH RAILROAD:  
MEETING THE CHALLENGE OF LOGGING IN THE NORTH MAINE WOODS'

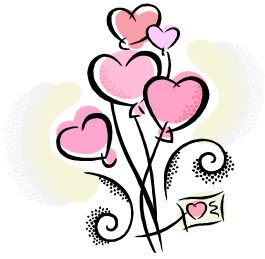
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*Love,  
Judy*

# FEBRUARY 2012

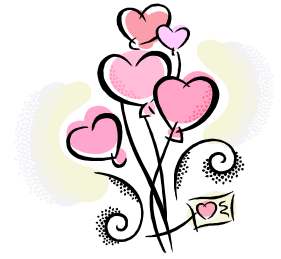
Sun	Mon	Tue	Wed	Thu	Fri	Sat
***** Please see activity times below *****			<b>1</b> LUNCH MEN'S BILLIARDS CRAFTS, CARDS, YOGA DOMINOES	<b>2</b> COMPUTER LAB TAI CHI BINGO	<b>3</b> BILLIARDS: MEN AND WOMEN	<b>4</b>
<b>5</b>	<b>6</b> LUNCH CHORUS <b>10:00</b> SOCIAL DRUM CIRCLE	<b>7</b> EXERCISE	<b>8</b> LUNCH MEN'S BILLIARDS CRAFTS, CARDS, YOGA DOMINOES	<b>9</b> COMPUTER LAB TAI CHI	<b>10</b> BILLIARDS: MEN AND WOMEN	<b>11</b>
<b>12</b> ANTIQUES SHOW <b>10:00 A.M.— 4:00 P.M.</b> AT TMS	<b>13</b> LUNCH CHORUS <b>10:00</b> SOCIAL	<b>14</b>  EXERCISE	<b>15</b> LUNCH MEN'S BILLIARDS CRAFTS, CARDS, YOGA DOMINOES	<b>16</b> COMPUTER LAB TAI CHI	<b>17</b> BILLIARDS: MEN AND WOMEN	<b>18</b> ICE CREAM SOCIAL/ GAME DAY <b>12:30- 2:30 PM</b> AT SR. CENTER
<b>19</b>	<b>20</b> CLOSED <b>PRESIDENTS' DAY</b>	<b>21</b> EXERCISE	<b>22</b> <b>NO LUNCH</b> MEN'S BILLIARDS CRAFTS, CARDS, YOGA DOMINOES	<b>23</b> COMP. LAB TAI CHI <b>12:00 NOON BIRTHDAY/ DINNER</b>	<b>24</b> BILLIARDS: MEN AND WOMEN	<b>25</b>
<b>26</b>	<b>27</b> LUNCH CHORUS <b>10:00</b> SOCIAL BOOK CLUB	<b>28</b> EXERCISE	<b>29</b> LUNCH MEN'S BILLIARDS CRAFTS, CARDS, YOGA DOMINOES		<u>PLEASE CALL</u> <u>860-870-3730</u>  <u>TO</u> <u>CONFIRM</u> <u>PROGRAMS</u>	<b>ALL PROGRAMS ARE SUBJECT TO CHANGE WITHOUT NOTICE</b>

Billiards	9:30 a.m.	Dominoes	1:00 p.m.
Bingo	1:00 p.m.	Drum Circle	1:00 p.m.
Book Club	1:00 p.m.	Exercise	9:00 a.m.
Cards	1:00 p.m.	Lunch	12:00 noon
Chorus	10:00 a.m.	Social	10:00 a.m.
Computer Lab	9:00 a.m.	Tai Chi	9:30 a.m.
Crafts	10:00 a.m.	Yoga	1:00 p.m.



# ***FEBRUARY BIRTHDAYS***

## ***HAPPY BIRTHDAY!!!***



**2/1 Mike Bradley**

**2/12 Harry Stone**

**2/1 Jean Desjarlais**

**2/13 Cecile Blouin**

**2/1 Patricia Kelly**

**2/15 Doris Farr**

**2/2 Gerry Liebla**

**2/15 Maria Hirth**

**2/2 Cecile Parent**

**2/16 Thelma Noehren**

**2/4 John Hirth**

**2/16 Gina Palmer**

**2/5 Harry Holmes**

**2/17 Philip Buckley**

**2/7 Fay Flaherty**

**2/22 Marg Gallup**

**2/7 Martin Harris**

**2/22 Mary Ann Miller**

**2/7 Pat Wearne**

**2/25 Barbara McDermott**

**2/11 Joan Kerkin**

**2/29 Mary Ann Thomas**

**2/11 Gloria Thompson**





## *Senior Center Activities*

**Billiards** - men on Wednesday mornings at 9:30 a.m. and men and women every Friday morning from 9:30 a.m. - 11:30 a.m.

**Bingo** - every first and third Thursday at 1:00 p.m., unless otherwise noted .

**Birthday Dinner** - once a month, there is a Birthday/Lunch Party to celebrate all those who have had a birthday in that month. This special event is held at 12:00 noon, unless otherwise noted, and the cost is \$3.00.

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

**Cards** - held every Wednesday at 1:00 p.m.

**Chorus** - the "Noteables" meet every Monday morning at 10:00 a.m.

**Computer Lab** - learn how to use a computer on Thursday mornings at 9:00 a.m.

**Crafts** - every Wednesday morning at 10:00 a.m. You may bring a craft of your own choice, such as knitting, crocheting, etc. Or, you may participate in making centerpieces for our Birthday Dinner Parties.

**Dominoes** - held every Wednesday at 1:00 p.m.

**Drum Circle (Djembe)** - a drumming class is held once or twice a month on Mondays.

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

**Intergenerational Programs** - programs that include the young people in Tolland.

**Line Dancing** - will resume - to be announced.

**Movie Matinee** - perhaps once a month at 1:00 p.m., a movie is shown at the Senior Center.

**Lunch Box Cafe** - every Monday and Wednesday at 12:00 noon, lunch is served. The cost is \$3.00 per meal and the menu varies.

**Painting Class** - the painting class will resume - to be announced.

**Pen & Tell** - a creative writing class will resume - to be announced.

**Social** - every Monday at 11:30 a.m. Join us and spend some special time together.

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

**Yoga Class** - a gentle exercise class held on Wednesdays at 1:00 p.m.

**\*\*All Programs are subject to change without notice.\*\***

**\*\* Any questions? Please call the Senior Center at 860-870-3730.\*\***

## Dedicated to Tolland's Senior Citizens

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

Phone: 860-870-3730  
Monday-Thursday  
8:30 a.m. - 3:30 p.m.  
Monday evenings  
7:00 p.m. - 9:00 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 Contributors: Fran Weigand, Rebecca Ellert, Gerry Liebla,  
and Judy Goodman  
Human Services Director: Beverly Bellody, 860-871-3611  
Youth Services Coordinator: Nancy Taylor Dunn, 860-871-3612  
Marriage & Family Therapist: Jennifer Therian, 860-871-3615  
Human Services Secretary: Donna Francis, 860-871-3648

*Please visit us on the Tolland website at [www.tolland.org](http://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.

In order to continue to provide reliable safe transportation to the Tri Town area, a \$1.00 donation will be needed when boarding the van on each trip. Round trip costs \$2.00. You must have the exact amount as the drivers will not have change. To make reservations, call 860-870-7940 between 8:30 a.m.–2:00 p.m. Reservations for medical appointments are taken up to 28 days in advance. All other reservations are taken up to 14 days in advance.

