

WOODBURY SENIOR CENTER REPORTER



APRIL 2021

Mission Statement: The Woodbury Senior Center will serve as a community focal point providing information, programs, services and links to promote independent living for adults at least 60 years of age.

A GOOD NEWS LETTER FROM LORYN



A little more than a year ago, amidst the early days of COVID shutdown, the Senior Center doors closed to the public. I will never forget the image of the last two people to leave that day, as we locked the doors just after lunch service. The two women left through our front doors, turned around and asked, "When will we be back, do you think?" None of us were prepared for the answer – more than a year has passed; and what a year it's been. Now, finally, we have our answer to that question, "When will we be back, do you think?"

Beginning April 1, our patio furniture will be ready for use. On Monday, April 19, our doors will officially open for those who make appointments or who are registered in advance for a class. We will slowly begin adding in-person programs and activities to our schedule. The news, my friends, is good. The staff and I thank you for hanging in there with us for the past year. We've all endured a great deal of loss, grief, and difficulty. Now the time is coming for new beginnings, the chance to be with friends and family while still maintaining the safety standards needed for the foreseeable future; at last to see and speak and be with each other in person.

Our important services that have not stopped during the pandemic will continue: office calls, Meals on Wheels, transportation, Congregate Lunch Grab & Go, and Foot Care Clinic. We'll also bring back the Blood Pressure Clinic, Therapeutic Massage, and use of the Fitness Room beginning 4/19, along with in-house appointments for Social Services and personal appointments. We'll add more classes, services and programs over the coming months. We know not everyone will be ready to "jump back in" to in-person programs, so we plan to keep some things virtual, and will offer some hybrid classes too, where you can choose to be here in person or take part virtually at home. We'll also add more outdoor programs when the weather suits, so we can all meet safely outside.

We will be complying with all state and local guidance regarding safety. That means masks will be mandatory, you will be asked to clean your hands regularly and 6 foot distancing must be observed.

I urge you to read our newsletter closely over the next few months as you prepare to re-enter daily life outside your home. **You can help us help you; please fill out our survey on Page 7 so we know what YOU are looking for in our senior center as we reopen.**

In next month's issue we will have much more to say about May programs; for April's in-house information, please read this issue.

There is some good that's come from the last year. The best "tarnished silver lining", in my opinion, has been the way we've come to know you personally during the past year. Thank you for allowing us to be part of your year, for those conversations over the phone, through email, parking lot discussions and and even through the windows at a distance. No matter where you are in being ready to emerge from home, or not—let's keep moving forward, together. And finally, the words we've waited so long to say ...WELCOME BACK!

Warmly,
Loryn

PLEASE NOTE THIS HOLIDAY OFFICE CLOSURE

All town offices will be closed on **Friday, April 2** for the Good Friday Holiday.
There will be no senior bus transportation or Meals on Wheel deliveries.



GRAB AND GO CONGREGATE MEALS

New Opportunities, Inc. has brought back Congregate Lunches, as a Grab-and-Go option for seniors. This allows you to enjoy a Senior Dine style main meal of the day as a grab and go portion. Lunches will be available on Tuesdays and Thursdays, with pick up at the Center from 11 to 11:30 a.m. Each day there will be a choice of two entrees and you must choose one at sign up. All meals will be served with multigrain bread, fresh fruit and low fat milk. Thank you to Annoula’s restaurant for making this option available for our congregate diners!



Suggested donation for this program is \$3.50 per meal. Please make checks payable to Senior Nutrition Services. You can sign up for one or more days. Call the Senior Center at 203-263-2828 to sign up for the dates you would like to pick up your meal; (203) 263-2828. The deadline is **THURSDAY** of each week for ordering the next week’s meals, or you can reserve your meals for the month in one phone call; it’s up to you.

APRIL MENU

- Thursday, April 1** - Baked Macaroni and Cheese, small salad **OR** Greek Salad Plate
- Tuesday, April 6** - Shepherd’s Pie, vegetable **OR** Mediterranean Chicken with roasted potato, vegetable
- Thursday, April 8** - Chicken Francese, roasted potato, vegetable **OR** Pasta Bolognese with small salad
- Tuesday, April 13** - Beef Gyro, roasted potato, vegetable **OR** Baked macaroni and cheese, small salad
- Thursday, April 15** - Greek salad plate **OR** Hamburger, roasted potato, vegetable
- Tuesday, April 20** - American chop suey, small salad **OR** Chicken marsala, mashed potato and vegetable
- Thursday, April 22** - Mediterranean chicken with roasted potato, vegetable **OR** Pasta Bolognese with small salad
- Tuesday, April 27** - Baked Macaroni and cheese, small salad **OR** Shepherd’s Pie, vegetable
- Thursday, April 29** - Chicken Pot Pie, vegetable **OR** Greek Salad plate



REOPENING INFORMATION: APRIL 2021

- Patio furniture will be out and ready beginning April 1. Please enjoy visiting outside. The Center doors will be locked. If you need us, please ring the doorbell.
- You are welcome, weather permitting, to meet outside for cards or knitting, or just chatting. First come, first served – we will not be reserving spaces. Please bring all your own supplies and take them home with you.
- Beginning April 19, the building opens for seniors to use the Fitness Room by appointment, or for personal appointments.
- Masks and 6-foot social distancing are **mandatory** when inside the building. Yes, even if you are vaccinated.
- Beginning 4/19 you can make an appointment to play pool.
 - While you are welcome to drop by to say hi or ask questions, indoor spaces are reserved for planned programs and services only at this time. The lounge and other indoor gathering spaces will not be available in April.
 - All reopening plans are subject to change.
- Social Distancing Measures will be in place:**
 - Masks are mandatory inside (even if you’re vaccinated).
 - You will be asked to clean your hands when entering and frequently while here.
 - 6-foot distancing will be in place.
 - Vaccination is strongly recommended but not mandatory.
 - We cannot serve refreshments inside the building, or host indoor cards and games yet per state guidance.



BREAKFAST BONANZA!
Monday, April 12 at 9 a.m.
Sign ups are a must by Thursday, April 8!
\$1 for sandwich and coffee

Step up to our ‘take out’ window and enjoy breakfast on our patio, featuring a hot bacon, egg and cheese sandwich (or just egg and cheese sandwich) and a hot cup of coffee or tea! Catch up with friends while you enjoy your sandwich. Please bring a lawn chair, as outside seating will be limited.

THERAPEUTIC MASSAGE WITH ANDREA RETURNS
Wednesdays, 11 a.m. to 3 p.m.
by appointment beginning April 21st



Massage therapy returns by appointment. All State protocols will be followed to ensure a safe and relaxing experience. Who has tight muscles after this past year? Who doesn’t?!

- 30 minute massage - \$30
- 60 minute massage - \$55

Call the Center to book your appointment with Andrea or to find out more.

GRAB AND GO LUNCH VOLUNTEER NEEDED



We are looking for a volunteer to assist with the pickup and drop off of our Grab & Go meals on Tuesdays and Thursdays.

The position takes just 30 minutes once or twice per week, and involves meeting the Meals on Wheels Driver at Annoula’s Restaurant, helping to load the truck with our Congregate Grab & Go Meals, then driving to the Center to help unload the meals before we distribute them. Pick up for the meals is at 10 am. If you would like to volunteer for this position which ensures people get their Grab & Go meal, please call the Center for more information at (203) 263- 2828.

MISSING YOU, WISH YOU WERE HERE!

Post cards are simple yet personal ways to express “I am thinking of you and I wish you were here”. This project challenges you to create connection by creating a postcard and sending it to someone you miss. This paper lends well to watercolor, colored pencil, decoupage, gouache, etc..



TIPS:

When designing the perfect postcard, consider what the recipient likes. If you know them well, it shouldn’t be hard to find a design that suits their tastes. Try to pick a color scheme that fit the occasion as well. Of course, you can always break this rule if you feel other colors are a better fit.

Start with a friendly greeting when writing your message on the back of the card. Also, keep your personal message on the left side, as the right section is strictly for the recipient’s address. Send in a photo of your completed card to be entered to win a free book of stamps!

Call the Senior Center at 203-263-2828 to pick up your free blank postcard to create and send to someone!

WHEN IT BUILDS UP, TALK IT OUT

To further their efforts in supporting and empowering families, the Department of Children and Families (DCF) partnered with United Way of Connecticut 2-1-1 and community providers to establish a “When it Builds Up, Talk it Out” campaign.

Parents and caregivers who need someone to listen, to understand and to talk your feelings out with can connect with trained professionals by dialing 833-258-5011.

Anyone who wishes to access supports are invited to call 833-258-5011 and engage with trained professionals who will listen and speak with them about their concerns. If additional help is needed, parents and caregivers will be referred to community-based services.

The “Talk It Out” Line can also be accessed via cell phone by visiting www.talkitoutct.com and clicking on the linked phone number to connect to the same caring professionals.



HIKING GROUP: Take a hike!

We’re starting a hiking group! Interested? We will start by meeting once per month at a nearby trail to enjoy a good dose of nature, exercise and companionship. Our first hike will be on **Thursday, April 29 at 9 am** (unless pouring rain cancels!) We’ll choose a different trail each month. Bring good walking shoes, a water bottle, a snack, a hat and sunscreen and maybe bug spray. Please call to sign up and get location details.

RANDOM ACTS OF WILDFLOWERS

In honor of April showers bringing May flowers, we are calling for Random Acts of Wildflowers! Seed packets are limited to 60, call the Woodbury Senior Center (203)263-2828 and pick up your “Bee Happy Seed Packet”

Flowers changed the face of the planet. Without them, the world we know – even man himself – would never have existed...Today we know that the appearance of the flowers contained also the equally mystifying emergence of man.
– Loren Eiseley, “How Flowers Changed the World”

Let me give you a glimpse of what I know about wildflowers. For a sense of their extraordinary reach and service, here are a few of the things they are doing for us and have been doing for eons:

- Attracting and sustaining beneficial wildlife (the pollinators and other creatures essential to keeping the plant and animal kingdom – and us – going)
- Creating extensive recycling, composting, land repurposing and self-regulating water filtration systems
 - Mastering extreme weather survival
 - Developing a continent-wide erosion control program
- Nurturing the expansion of a wide range of living organisms
- Doing all of this practical work while giving us the great gift of their beauty

A few other things to know about them: they don’t require watering or fertilizing and they filter pollutants and regulate the air quality. Their monetary value is incalculable, both for the food production that they enable and for the services they render to the ecology of the planet.

Planting Tip:

Wildflowers are usually planted in April and May
Scatter your wildflower seeds over the soil - a little at a time for an even spread. ... Rake the soil again - gently - to **just** cover the **seeds** with a very thin layer (1mm) of fine crumbly soil. **Seeds** need sunlight, so be careful not to bury them or they won't grow.



FITNESS CHALLENGE WALK ACROSS AMERICA UPDATE



Since our last update our small group of 12 have walked 654 miles!

After leaving Louisville, KY we headed to Nashville, TN. One of the first sites we saw was the Nashville Zoo which is the 9th largest zoo in land mass with 90 of its 188 acres developed. One of my favorite sites that we visited was the Grand Ole Opry. Did you know it was founded in 1925 and is the longest-running radio broadcast in US history?



From Nashville we headed to Memphis, TN. We discovered that Memphis has so much more to offer than just its numerous Elvis attractions. The city is also known for its blues venues, rock 'n' roll heritage, chic restaurants, historic museums, and also where Martin Luther King Jr. was assassinated in 1968.



After our busy time we decided we needed a back to nature break. We arrived at the Ozark National Forest in AK. This national forest encompasses 1,200,000 acres primarily in the scenic Ozark Mountains in northern Arkansas.



The forest contains the tallest mountain in Arkansas, Mount Magazine, and Blanchard Springs Caverns. The forest was created in 1908 by proclamation of President Theodore Roosevelt. The forest is home to over 500 species of trees and woody plants. Let's keep walking! It's not too late to join our Walk Across America.



SCAM ALERT

You may have seen that the Center was the victim of a "spoofing" scam recently. In this scam, hackers steal a phone number and make calls seemingly from that number, usually requesting personal information. In this case people received phone calls from our phone number (203-263-2828). We issued an alert and thank you for your patience and for knowing we would never forward "a message" from the SSA over the phone. As always, protect yourself from those who would exploit you.

UPDATED SENIOR BUS TRANSPORTATION NEWS

We are adapting our senior bus transportation on a monthly basis to meet your needs. We can now take 2 riders at a time (plus aide if required). We will continue bus rides for doctor appointments in Woodbury, Southbury, Middlebury, Watertown and Waterbury. Shopping is now being extended to Southbury and, as always, in Woodbury for any of your needs. Please call us to reserve your seat at 203-263-2828. All riders will be screened before getting on the bus and must wear a mask at all times while on the bus.



Bus schedule is subject to change.

WOODBURY SENIOR CENTER STAFF



Loryn Ray
Director of Senior Services



Jennifer Skene-Tiso
Program Assistant



Karen Blanchet
Office Manager



Tom Davis
Senior Bus Driver



Bob Hughes
Senior Bus Driver
Currently on Medica Leave



Nancy Gubiotti
Senior Bus Driver



John White
Custodian



Donna Cole
Senior Nutrition Services

Director of Social Services/
Municipal Agent
currently vacant

281 Main Street South (mailing address)
265 Main Street South (physical address)
Woodbury, CT 06798
Phone: 203-263-2828
Fax: 203-266-4308

Email: SeniorCenter@woodburyct.org
Website: woodburyseniorct.org
Our newsletter is available on our website.
And "Like" us on Facebook at Woodbury Senior Center.

WE ARE NOW TAKING CREDIT CARD PAYMENTS!

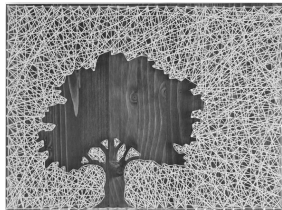
For your convenience we are now taking credit card payments! Cash and checks are, of course, still accepted.



EARTH DAY PROJECT

Make this beautiful String Art Tree Craft!
Thursday, April 22 from 12:30 to 2:30 p.m.
at the Center

Not just for kids anymore; make a gorgeous art piece you can take home at the end of class. Outside if weather is fair! Limited to 10 people, in person, with social distancing measures in place. So much fun to meet up in a safe manner and enjoy this beautiful relaxing time together. Sign up now to avoid disappointment.



BRASS CITY HARVEST VIRTUAL COOKING CLASSES
with Nutritionist Nichole Texiera

Mondays, April 19 through May 24 1 to 2 p.m.

Join us for some cooking fun with Nichole from Brass City Harvest. With a specialty in senior nutrition, she will be leading a six week virtual Cooking Experience.

If you wish, you can prepare it with her OR just watch the demonstration. These recipes are easy, quick, healthy, and fun! Please RSVP before Thursday, April 15th by calling (203)263-2828. A zoom link will be sent to you after you register.



JELLY BEAN GUESSING CONTEST

Ooh, jelly beans! Take a guess at how many jelly beans are in our jar and YOU might win a valuable gift certificate! The jar will be at our "take out" window at the Senior Center office; stop by and take a guess! Winner will be announced on Friday, April 23 and the winning name will be published in the May newsletter.



PLEASE BE SURE TO MAKE ALL CHECKS PAYABLE TO:

"TOWN OF WOODBURY"



CHECKS CANNOT BE ACCEPTED MADE OUT TO WOODBURY SENIOR CENTER

HAPPY SPRING!

VIRTUAL EXERCISE CLASSES

A Note About our Virtual Exercise Classes:

At the beginning of the pandemic, we made a decision to discount the fees for our virtual exercise programs until the end of the calendar year. This decision meant that all virtual exercise programs offered by the Woodbury Senior Center would have a monthly fee of \$10 if the class meets once per week, or \$20 if the class meets twice per week, a savings to participants of \$10-\$15 per month. We are happy to announce that we will continue this policy through April 2021. Please use this opportunity to try one of our virtual classes. Stay connected to others and stay fit in mind and body.

Virtual Cardio Dance with Andrea on Zoom

Wednesdays and Fridays from 9 to 10 a.m. on April 7, 9, 14, 16, 21, 23, 28 & 30

Great music and dance moves in this energetic class! The cost is for the month of April (8 classes). You must sign up for the full session. Call the Center to sign up. We will need your email to send you the Zoom link.



Virtual Fitness Fury with Susan on Zoom

Tuesdays from 11 to 11:45 a.m. and Thursdays from 10 to 10:45 a.m. - April 1, 6, 8, 13, 15, 20, 22, 27 & 29

You will need a ball, weights, a tube/band, paper plates, a chair and water. The cost is for the April session (9 classes). You must sign up for the full session. Call the Center to sign up. We will need your email at sign up to send you the Zoom link.



IN HOUSE OR VIRTUAL: HYBRID EXERCISE CLASS

Tai Chi with Susan

Two 6-week sessions, each includes 1 class per week - take one or both sessions; \$25 per session or \$45 for both

Session 1: Mondays from 10:30 - 11:30 a.m. - April 19, 26 and May 3, 10, 17, & 24

Session 2: Wednesdays from 1 to 2 p.m. - April 21, 28 and May 5, 12, 19 & 26

You can choose to come to the Center (indoors) for class or do it from your own home on Zoom.

Wear comfortable clothing and shoes, bring a mask and a water bottle. Call to register by April 12.





ALL ARE WELCOME HERE

Woodbury Senior Center respects the diversity of our participants. You will find a warm welcome here, regardless of sex, age, race, ethnicity, national origin, range of abilities, sexual orientation, gender identity, financial means, education and political perspective.

NO-CONTACT PICK UP/DROP OFF AT THE CENTER

The Center offers no-contact pick up and drop off for Senior Center in a Bag, program materials, newsletters, masks, payments and more. You'll find it outside our front entrance in an enclosed cabinet which will keep materials safe from bad weather. Give us a call if you'd like us to leave any materials outside for you for pick up or if you are dropping off something to us.



FREE MONTHLY "SENIOR CENTER IN A BAG"

Sign up for the monthly SCB today. The bag is full of opportunities to exercise your brain, your body and your mind. This isn't child's play! Call the Center at 203-263-2828 to make arrangements for pick up or delivery. This program will continue through May.



GET WELL CARDS FOR BOB HUGHES

One of our staff members is in need of having his spirits lifted - Bob Hughes is currently out on a medical leave, undergoing a course of treatment. If you would like to send Bob a card, please mail or drop off your cards to the Senior Center and we will forward them to Bob.



FITNESS ROOM REOPENS ON APRIL 19 by appointment



Time to get back into the Fitness Room? Beginning April 1, call to make your appointments for April 19 and into May. Make as many as 5 session appointments with one call. Each session will last 50 minutes and begins on the half-hour. Appointments are available Monday through Friday, 8:30 a.m. – 2:30 p.m.



FACE MASK MUST BE WORN

Two people per session with no equipment sharing necessary. Appointments and masks are a must; windows will be open. Current Fitness Room memberships are extended until June 30, 2021.

WOODBURY UKULELE BAND

WUB returns on Sunday, April 18 at 2 p.m. in the Center parking lot program area (near the portico entrance). Fair weather only, and only if it's at least 55 degrees out that day. If so, bring your lawn chair, your uke, and play and sing with us! WUB is for people of ALL ages, sponsored by Woodbury Senior Center. For more information, click on <https://woodburyukes.org/>

**GREAT PROGRAMS YOU CAN DO FROM HOME!
BROUGHT TO YOU BY AARP**



The Senior Learning Network has ceased programming, so this month we are bringing you more programs from new places. Check out these programs being offered by AARP. All these programs are free of charge. Advanced registration is required.

Register here: www.aarp.org/CTEvents.

-Ten Technology Treasures for Individuals with Vision Concerns

Thursday, April 1 at noon.

Learn from the experts about apps, technology and devices to improve living with vision loss.

-America's Greatest Idea: National Parks

Tuesday, Apr 13, 2021 at noon

-Savoring Sicily: 2,000 Years of History in 100 Iconic Dishes

Tuesday, April 13 at 5:30 p.m.

-Asian Studies Part 2: The East India Company:

Big Business, Big Government

Wednesday, April 21 at 7 p.m.

A close look at the activities of the British East India Company reveals its substantial political prowess as well as the legacies it leaves behind with Dr. Nita Verma Prasad, Associate Professor of History and Director of Asian Studies at Quinnipiac University

-Five Easy Ways to Keep Your Smart Devices Safe and Protected—protect your device and your identity

Tuesday, April 27 at noon

-The History of Chocolate - yummy!

Tuesday, April 27 at 5:30 p.m.

-Virtual Wellness Series: The Mind-Body Connection by

AARP CT Webinar

Wednesday, April 28 at 1 p.m.

Join Dr. Murray Low, as he explores with you questions around the link of physical activity to improving mental health offering a look at examples of Evidence Based Medical Research.

MAY BREAKFAST SANDWICH PARTY HONORS THE LADIES

Monday, May 10 from 9 – 10 am

Enjoy a beautiful morning with a breakfast sandwich and a coffee on our patio! Place your orders with us by

Thursday, May 6; just \$1 for your choice of bacon, egg & cheese or egg & cheese sandwich and a hot coffee, served at our "take out" window! Watch for some surprise announcements to add to the fun.



Reopening Survey

Please help us by filling out this short survey and returning it to Woodbury Senior Center by April 20 to help us in planning out the early months of reopening.

Please circle those that apply.

What WSC services and programs did you find helpful during the pandemic that you would like to see continue:

Food Bank delivery

Masks and Hand soap outreach

Senior Center in a Bag

Zoom exercise classes

Virtual learning programs (senior learning network)

Grab & Go meals

Outdoor concerts and parking lot parties

Other _____

How likely are you to attend a program indoors at WSC in the next three months (masks and social distancing will be mandatory):

Very likely

I'm not sure yet

No, not likely

If you attended programs at the Center prior to the pandemic, which of those programs do you most want to see return? _____

What new programs or suggestions do you have for us ? _____

Please return this to the Center in the mail, or stop by and put it in our dropbox on the patio by **April 20**. Thank you.

VACCINES FOR PEOPLE AT HOME

We are curating a list of homebound residents of Woodbury who are interested in receiving COVID-19 vaccine. Methods are being developed statewide to reach those who cannot leave home in order to ensure all people have the opportunity to receive the vaccine.

If you want to be included on this list please call the Center at (203) 263-2828. Likewise, if you can leave home, but have no transportation, please call the Center for assistance.

FREE MASKS

The Center has free masks available for Woodbury seniors and those who care for them. These are white cotton, double ply masks which can be hand or machine washed, are comfortable to wear, and come in a sealed pack of five. We can offer you a pack of five masks for each older adult in your household, while supplies last. Please call us or stop by the Center to pick up your set of 5 free masks.

**BLOOD PRESSURE CLINIC RETURNS**

First and Third Tuesdays of the Month

Begins Tuesday, April 20 from 10 to 11 a.m. at the Center



Get your blood pressure checked twice per month by a registered nurse from Pomperaug District Department of Health.

FREE service, but no walk-ins.

Please let us know if you plan to come.

ATOMIC FIREBALL CHALLENGE!

The winner of the Woodbury Senior Center's Fire Ball Challenge is...

ABBY WELLS



Thank you to all of you brave folks who participated - please stop by the Senior Center to pick up a small reward for your bravery.

GETTING YOUR COVID-19 VACCINE

New information - Revised March 2021

The State of CT has now established an eligibility schedule for CT residents.

The remaining dates of eligibility are: Currently—people age 45 and older; educators and child care workers. April 5—all people age 16 and older

There are different ways to make an appointment. As more technologically savvy people seek appointments, most appointments are found online.

Using a computer to make your appointment:

Start your search at the CT COVID-19 Vaccine Information website at <https://portal.ct.gov/Vaccine-Portal>

Enter your zip code and find options in your area along with links for registration.

Pomperaug District Department of Health (PDDH). Check their website frequently for more information:

<http://pddh.org/>

Using a phone to make your appointment:

If you don't use a computer, call the **CT COVID Vaccine Appointment Assist Line at 877-918-2224 seven days per week from 8:00 a.m. to 8:00 p.m.** Leave a message and receive a return call within hours to days,

depending on call volume. You can then choose from available appointments in your area

Woodbury Drug is providing vaccine appointments. Call 203-263-2282 to be put on the waiting list.

Pomperaug District Department of Health (PDDH), Call 203-264-9616.

We are here to help. If you, as an older adult, are still seeking a vaccine appointment without success, please call Woodbury Senior Services as soon as possible. **Please note if you have special needs to consider (such as being homebound, needing transportation, dementia, etc.). We are actively seeking information from Woodbury people of any age who are homebound, and who want to receive the COVID-19 shot.**

Please call our office at (203) 263-2828.



CENTER PROGRAMS AND SERVICES IN APRIL**(A quick reference of details throughout the newsletter)****The newsletter is always available by email or pick-up outside the Center in our Pick-up Cabinet**In Person at the Center:**Enjoy the Patio** – beginning April 1 with new furniture and a warm welcome**Fitness Room** – opens on April 19 by appointment – in person (Page 6)**Blood Pressure Clinic** - First and Third Tuesdays from 10 to 11 a.m. (April 20) Please call. (Page 8)**Therapeutic Massage** – by appointment (Page 2)**Woodbury Ukulele Band** – (Page 10)**Earth Day Art Class** - create a beautiful piece to take home (Page 5)**Jelly Beach Guessing Contest**— you might win a valuable store gift certificate (Page 5)**Grab and Go Lunch** – drive up, pick up, enjoy at home (Page 2)**Breakfast Sandwich Take Out**– hungry yet? (Page 2)**Red Cross Blood Drive** – Saturday, April 17 (see the calendar, page**Tai Chi** -a slow, gentle class; this class is also being offered on Zoom (Page 5)In Person in the Community:**Hiking Club** – (Page 3)**Foot Care Clinic** – call for information**AARP Tax Program** – concludes 4/8 (all appointments filled)At Home programs (no computer required)**Senior Center in a Bag** – through May (Page 6)**Postcard Art Project** - send someone you love a special message and maybe win some stamps! (Page 3)**Meals on Wheels** - Please call New Opportunities, Inc. at 203-757-7738 to inquire**Walk Across America Challenge** – (Page 4)**Random Act of Wildflowers** – while supplies last! (Page 3)**Candlewood Valley Writing Contest** - cash prizes! Email from home or bring your entry to the Center; we will scan and email it for you. (Page 10)Virtual Programs:**Cardio Dance** – a fun and energetic dance exercise class (Page 5)**Fitness Fury** – a moderate, full body stretch and flexibility class (Page 5)**Water Water Everywhere** – a celebration of getting outdoors with great ideas and practical tips (Page 11)**AARP Virtual Great Events** – (Page 6)**Brass City Harvest Cooking Class** - (Page 5)Coming soon in May...and more!**Parking Lot Pizza Party** - a celebration of being able to be together (and yummy too!)**Dental Cleaning Clinic Returns** - Look for more information in the May newsletter**Basic Balance Class** – a 4-week class for those who need a slow and safe start to get back to fitness and exercise**Painting Class** - An in-person beginners guide to painting flowers with acrylics**Computer Room Opens** - by appointment

Writing Contest

Seniors Ages 60 Years Plus

Submissions Due by June 1st

500-750 Words Maximum

- First Prize: \$200 Gift Card
- Second Prize: \$100 Gift Card
- Third Prize: \$25 Gift Card(s)

Creative Topic:

Submit an original story focusing on a special experience, person, or period of time in your life.

Submit Entries To:

mmarici@candlewoodvalley.com



Candlewood Valley

HEALTH AND REHABILITATION CENTER



WATER, WATER
everywhere!

APRIL 30, 2021
1 - 2:30 PM
VIA ZOOM

Join us for a fun and engaging presentation about the oceans and rivers in CT including Sea Shanties performed by Tom Callinan, a multi-faceted performing artist designated Connecticut's first "Official State Troubadour" in 1991.

Go to this site to register:

<https://hipaa.iotform.com/210706239190148>

Brought to you by



CT Healthy Living
COLLECTIVE



With funding from

AARP Real Possibilities
Connecticut

SERVICES AND INFORMATION

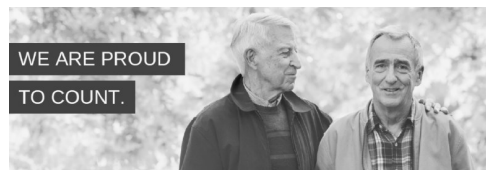
COMMUNITY SERVICES COUNCIL OF WOODBURY AND FOOD BANK: A local emergency service organization that provides Woodbury household access to crisis and financial assistance. The Food Bank offers households in Woodbury living below poverty level groceries once per week. 203-263-3869.

MEALS ON WHEELS: Subsidized nutritious meals are delivered to homebound seniors. Meals are provided Monday through Friday by New Opportunities, Inc. 203-757-7738

SPRUCE BANK FARM (SUBSIDIZED HOUSING): This subsidized elderly and disabled housing facility consists of 60 ground-level apartment units in a landscaped hilltop setting. Rent includes refuse collection, snow removal, building and grounds maintenance, water, and in some, heat and electricity. Income eligibility requirements apply and there is an application process. 203-266-4628

CHOICES (Connecticut's programs for Health insurance, Outreach, Information and Eligibility Screening): Call the Western CT Area Agency on Aging, who can provide information regarding resources, programs and services for persons 60 and older in the 41 towns of western Connecticut at 1-800-994-9422.

BE DRIVEN: Non-emergency wheelchair van transportation. Rates vary. 203-426-7820



Connecticut's First LGBTQ+ Survey

The first statewide **LGBTQ+ Survey** in Connecticut has been launched! The Survey aims to:

- 1) Enhance the understanding of the number of people that identify as part of the LGBTQ+ community in our State and
- 2) Identify the needs of the LGBTQ+ Community in Connecticut by asking questions related to their service needs, service access, and experiences of discrimination.

Without this Survey, Connecticut lacks sufficient data to identify the scale and diversity of needs of the community. Limited data also means that organizations in the state often struggle to secure adequate funding to provide LGBTQ+ services and supports.

Join CT Community Care, through its CT Healthy Living Collective initiative and the Moveable Senior Center, as we work together to make every voice count!

TO TAKE THE SURVEY, COPY AND PASTE THE SURVEY LINK:

https://yalesurvey.ca1.qualtrics.com/jfe/form/SV_3sCRIqANsi5QXFY

IMPORTANT CHANGES TO CONNECTICUT ENERGY ASSISTANCE PROGRAM (CEAP)**Changes to Policy & Procedure Guidance Applicable in Program Year 2020-2021****Effective Date: March 22, 2021****Applicant households already determined eligible will not be affected by these changes.****Program Date Changes**

- Deliverable fuel deliveries extended to Thursday, May 20, 2021. That will be last day for deliverable fuel authorizations requests and week will be added in the system to ensure all authorized deliveries are made.
- Last day for application intake for all households extended to Tuesday, June 15, 2021

Liquid Assets Flexibilities

The liquid asset component has been suspended for the remainder of the 2020-2021 CEAP Program Year.

Social Security/Pension Income Flexibilities

If the applicant applied and was approved a CEAP benefit within the last two years and the verification was provided, they do not have to provide the pension statement.

Risk Assessment Flexibility

To eliminate barriers for clients and administrative burdens for energy staff the risk assessment has been suspended for the remainder of the 2020-2021 CEAP Program Year.

Bank Statement Flexibility

Bank statements are not required. However, an applicant can opt to use their bank statement to verify income. If an applicant uses their bank statement to verify income and large deposits are noticed, agencies are still permitted to ask about an applicant's income and request bank statements, if necessary.

Categorical Eligibility for recipients of DSS Cash Programs (Temporary Family Assistance (TFA), State Supplemental Income, or Refugee Cash)

TFA recipient households are categorically eligible for a Level 1 CEAP benefit. Households who were certified prior to the change do not need to be contacted and recertified. However, a household that receives TFA and was awarded a Level 3 benefit, can recertify their application.

Categorical Eligibility for Supplemental Nutritional Assistance Program (SNAP) Recipients

Any household with an individual who is responsible for the heating costs and receives a SNAP benefit will be eligible for a Level 4 CEAP benefit. As a result, it is determined that those households receiving DSS benefits in programs, including SNAP, whose income requirements were lower than the CEAP threshold meet the CEAP income requirements. Therefore, if the household feels that they should be eligible for a higher benefit, the household can provide income documentation for all its members and have their eligibility redetermined.

Data Match Flexibilities

Initial data matches suggested that some clients who had not yet been determined eligible for CEAP could be eligible based on their active receipt of benefits from programs administered directly by DSS. DSS has worked on a full data match that will allow CAAs to grant more applications quickly. DSS will be working with agencies to devise electronic matching protocols and methods for increasing the level of automatic benefit grants based on this data.

To apply for Energy Assistance, contact New Opportunities Community Action line (203)756-8151

From the Office of Social Services:**IMPORTANT INFORMATION REGARDING ASSISTANCE PROGRAMS****-Emergency Rental Assistance for Connecticut's Economy- UniteCT**

- Acting through the Department of Housing (DOH), the State of Connecticut is developing the UniteCT Program. The goal of UniteCT is to help stabilize Connecticut's Rental Housing Market
- This \$235 million program will provide rental and utility payment assistance to qualified Connecticut households financially impacted by the COVID-19 pandemic
 - The program will financially support households up to 80% of the HUD Area Median Income
 - Launch date Monday, March 15th

The Yardi online portal is open and accessible through any computer or smartphone by visiting:

<https://portal.ct.gov/DOH/DOH/Programs/UniteCT>

Click "apply now" button on the top of the page. Once a tenant or landlord logs in to Yardi there is step by step guidance to complete the application through written explanation and training videos. In the upper right hand corner of each screen of the application there is a question mark (?) that opens video training support as well. Tenants and landlords will work together to complete their sections of the application and track the progress online.

ELIGIBILITY

- Those who have qualified for unemployment or have experienced a reduction in household income, incurred significant costs, or experienced a financial hardship due to COVID-19
 - Demonstrates a risk of experiencing homelessness or housing instability
- Household income at or below 80% of the HUD AMI . Woodbury is part of the Litchfield County, CT HUD Metro FMR Area.

The 80% AMI for Woodbury is as follows:

Household of 1: \$54,950.00
 Household of 2: \$62,800.00
 Household of 3: \$70,650.00
 Household of 4: \$78,500.00
 Household of 5: \$84,800.00
 Household of 6: \$91,100.00
 Household of 7: \$97,350.00
 Household of 8: \$103,650.00

- Priority will be made to eligible household with an income less than 50% of AMI or with one or more members of the household who have been unemployed for 90 days

List of requirement documentation can be found on the UniteCT website, <http://www.bit.ly/UniteCT>

FUNDING AVAILABILITY

All funds must be obligated by September 30, 2021 - All funds must be expended by December 30, 2021

ELIGIBLE ASSISTANCE /TYPES OF ASSISTANCE

Utility Assistance– Arrears* \$1,500 cap for utility assistance

Rental Assistance– \$10,000 cap for rental assistance

Arrears Rental Assistance- UniteCT will pay 85% of the rental arrears for the 6 months prior to the application

- Landlord will write off 15% of those 6 months of arrears

Prospective Rental Assistance-UniteCT will pay 3 months of prospective rent, then applicant needs to recertify for another 3 months

Breakdown of support for prospective rent payments • 0-30% of AMI, applicant pays 0% • 31-40% of AMI, applicant pays 10% • 41-50 of AMI%, applicants pay 20% • 51-80% of AMI, applicants pay 30%

*Utilities covered by landlord will be considered as part of rental assistance.

For answers to questions Email: DOH-UniteCT@ct.gov Call center: 1-844-UniteCT or 1-844-864-8328

WOODBURY SENIOR CENTER PROGRAM REGISTRATION FORM**APRIL 2021****PLEASE FILL OUT AND RETURN TO OFFICE**

Please be sure you are registered at the Center; it only takes a few minutes and it's FREE!

NAME: _____

PHONE: _____ EMAIL: _____

Check off all April classes and activities you plan to attend: (return to Center with payment, where needed)

- ____ Virtual Cardio Dance: Mondays & Fridays, (April 7, 9, 14, 16, 21, 23, 28, 30) 9 to 10 a.m. \$20
- ____ Virtual Fitness Fury: Tuesdays, 11 to 11:45 a.m. and Thursdays, (April 1, 6, 8, 13, 15, 20, 22, 27, 29), 10 to 10:45 a.m. \$20
- ____ Hybrid Tai Chi (In-house or Virtual): Session 1 - Mondays (April 19, 26 and May 3, 10, 17, 24), 10:30 to 11:30 a.m. \$25
Session 2 - Wednesdays, (April 21, 28 and May 5, 12, 19, 26), 1 to 2 p.m. \$25
Both Sessions- \$45
- ____ Blood Pressure Clinic: First and Third Tuesdays, (April 6 & 20), 10 to 11 a.m. Free
- ____ Breakfast Bonanza: April 12 at 9 a.m. Must sign up by April 8. \$1
- ____ Brass City Harvest Virtual Cooking Class: Mondays, (April 19, 26 and May 3, 10, 17, 24), 1 to 2 p.m. Free
- ____ Earth Day Project - String Art Tree: Thursday, April 22 from 12:30 to 2:30 p.m. Free
- ____ Hiking Group: Thursday, April 29 at 9 a.m. Free
- ____ Missing You, Wish You Were Here Postcard Craft: Pick up through April. Free
- ____ Random Acts of Wildflowers: Pick up through April. Free
- ____ Walk Across America Fitness Challenge: Ongoing. Free
- ____ Senior Center in a Bag. Pick up through April. Free

The following programs require appointments:

- ____ Senior Bus Rides: Monday through Friday, 9 a.m. to 3 p.m.
- ____ Grab and Go Lunches: Tuesdays and Thursdays, Pick up 11 to 11:30 a.m.
- ____ Pool Table: Monday through Friday, 8:30 a.m. to 3:30 p.m., One hour appointments
- ____ Fitness Room: Monday through Friday, 8:30 a.m. to 2:30 p.m., 50 minute appointments (Registration required)
- ____ Massages with Andrea: Wednesdays, 11 a.m. to 3 p.m., 30 Minutes - \$30, 60 minutes - \$55

Notes: _____

APRIL 2021

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
	Red Cross Blood Drive Held Here Monthly Next drive is Saturday, April 17 8 a.m.—1 p.m. Register by calling the American Red Cross at 1(800) REDCROSS or click onto www.redcrossblood.org	Woodbury Ukulele Band meets in-person in a parking lot meetup at the Center on Sunday April 18, 2 p.m. - 3:30 p.m. Fair weather only 55 degrees or warmer https://woodburyukes.org/		1 10-10:45 Fitness Fury with Susan via Zoom 11-11:30 Congregate Meal Pick Up 12-4 AARP Tax Preparation—by appointment only; no contact)	2 9-10 Cardio Dance with Andrea via Zoom	3
4	5	6 11-11:30 Congregate Meal Pick Up 11-11:45 Fitness Fury with Susan via Zoom	7 9-10 Cardio Dance with Andrea via Zoom 10:30-12 Current Events with Penny on Zoom	8 10-10:45 Fitness Fury with Susan via Zoom 11-11:30 Congregate Meal Pick Up 12-4 AARP Tax Preparation (by appointment only; no contact) 1:00 Commission on Seniors	9 9-10 Cardio Dance with Andrea via Zoom	10
11	12 9:00 Breakfast on the Patio - breakfast sandwiches and hot coffee for just a buck!	13 11-11:30 Congregate Meal Pick Up 11-11:45 Fitness Fury with Susan via Zoom	14 9-10 Cardio Dance with Andrea via Zoom 10:30-12 Current Events with Penny On Zoom	15 10-10:45 Fitness Fury with Susan via Zoom 11-11:30 Congregate Meal Pick Up	16 9-10 Cardio Dance with Andrea via Zoom	17
18	19 REOPENING DAY! Open for use of: Fitness Room Pool Table Library by appointment only 10:30-11:30 Tai Chi (in house or on Zoom) 1:00 Brass City Cooking Class (on Zoom)	20 10-11 Blood Pressure Clinic by appointment 11-11:30 Congregate Meal Pick Up 11-11:45 Fitness Fury with Susan via Zoom	21 9-10 Cardio Dance with Andrea via Zoom 10:30-12 Current Events with Penny on Zoom 11-3 Therapeutic Massage by appointment 1-2 Tai Chi (in house or on Zoom)	22 10-10:45 Fitness Fury with Susan via Zoom 11-11:30 Congregate Meal Pick Up 12:30-2:30 Earth Day Tree String Art Project (in person)	23 9-10 Cardio Dance with Andrea via Zoom Guess the Jelly Bean contest ends today; how many ARE in the jar? How good IS the prize (pretty good, I'd say!)	24
25	26 10:30-11:30 Tai Chi (in house or on Zoom) 1:00 Brass City Cooking Class (on Zoom)	27 11-11:30 Congregate Meal Pick Up 11-11:45 Fitness Fury with Susan via Zoom	28 9-10 Cardio Dance with Andrea via Zoom 10:30-12 Current Events with Penny on Zoom 11-3 Therapeutic Massage by appointment 1-2 Tai Chi (in house or on Zoom)	29 9:00 Hiking Group meets: call Center for details 10-10:45 Fitness Fury with Susan via Zoom 11-11:30 Congregate Meal Pick Up	30 9-10 Cardio Dance with Andrea via Zoom 1:00 Water Water Everywhere Statewide Senior Center program on our great rivers and waterways! (virtual on Zoom)	

MY NOTES: