

WOODBURY SENIOR CENTER REPORTER



AUGUST 2020

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

SHOW US YOUR SELFIE CONTEST

Submit your entry (one entry per person) by August 20. Please call Jennifer Skene-Tiso at the Center if you have any questions.



Jennifer Skene-Tiso's Self-Portrait

FRIENDS OF WOODBURY SENIOR COMMUNITY CENTER, INC. MEMBERSHIP DRIVE IS HERE!

It's that time of year again...time to join or renew your "Friends" membership. Did you know that the "Friends" is a 501c3 nonprofit organization which has been in existence for the past 14 years? We help the Center with items that fall outside its budget. Some of the past "Friends" projects included sound proofing the Center's Café, installing the memorial garden, providing free community concerts and purchasing an SUV van for the Center, to name a few.

If you participate in the Senior Center virtual programs and activities, that's terrific! But just using our wonderful Senior Center does not automatically make you a member of the "Friends" nonprofit organization. We have a new project to fundraise - retrofitting the Center's computer room with new furniture and computers. Take time now to join the "Friends" and make our Center to the best it can be. "Friends" membership fees are very reasonable: Individuals - \$10; Couples or Family - \$15; Patrons - \$25; and Benefactors - \$100 or more. The "Friends" membership year runs from October 1, 2020 through September 30, 2021. To join mail your check, payable to FWSCCI, P. O. Box 493, Woodbury, CT 06798. On the check memo line write "Membership." Thank you in advance for your valued support! Be a Friend and Make a Difference.

Please Note: "Friends" membership is voluntary and not required to be a member of the Senior Center.

PRESIDENTIAL PRIMARY

**Tuesday, August 11
at the Woodbury Senior Center
6 a.m. to 8 p.m.**

All voters will be required to wear masks, enter through the door at the bus portico and exit at the back door.

The front door of the Center will be locked. Hand sanitizer stations will be available. If you need senior bus transportation, please call the Center.

Everyone should have received an absentee ballot application in the mail if you choose not to vote in person.

MARK YOUR CALENDARS!

**POMPERAUG HEALTH DISTRICT FLU SHOT CLINIC
at the Woodbury Senior Center
Friday, October 16 - by appointment only**

You can make your appointment starting in September at the Senior Center.

THE SENIOR CENTER OFFICE IS OPEN!

While the Senior Center building remains closed to the public, we are here if you need us - give us a call at 203-263-2828 if you need any assistance.



Please remember that the senior bus is available for urgent shopping trips and appointments. We are also taking riders to medical appointments in Southbury, Woodbury, Watertown and Middlebury. Call the Center to book your ride, preferably one day in advance. Only two riders (and aide if necessary) will be allowed on the bus per trip.



NEED GOOD LOCAL INFORMATION?

There is a lot of misinformation out there...be sure your information is accurate! A good resource for local information is our own Town of Woodbury website, found at www.woodburyct.org. Here you can find what's happening, who's open, what helps are available and links to resources you may need.

FREE TUTORING FOR ONLINE PROGRAMS IS AVAILABLE

Do you need help understanding and using some of the online platforms that we are all suddenly using? We have volunteer tutors who can help you over the phone. Call the Center for an appointment. We can help with your struggles with: Facebook, Instagram, Instacart, Peapod, Shop Rite or Zoom.



COFFEE TALK ON ZOOM

**Thursdays August 6, 13, 20, 27
from 10 to 10:40 a.m.**

Using social media to stay social...ZOOM! Join Jen every Thursday morning to discuss the ordinary and happy happenings of life. You will need the Zoom app to participate. Call us to sign up and for details.

**THE PRESIDENTS CONTINUED - FALL 2020 HISTORY COURSE
WITH PENNY O'CONNELL VIA ZOOM**

**Wednesdays, September 16 through November 25
(no class on November 11 - Veteran's Day)
10:30 a.m. to 12:30 p.m.**

Penny's history class continues on the presidents leading up to the Civil War, our continuing experiment in democracy and the deep divisions that have existed in this country from its founding. The presents to be covered are Jackson, Van Buren, William Henry Harrison, Tyler, Polk, Taylor, Fillmore, Pierce, Buchanan and Lincoln. These presidents, with the exception of Jackson and Lincoln, are often those about whom we have little knowledge.

The cost of the class is \$30. Fees may be paid by check made out to the "Town of Woodbury" and mailed to the Woodbury Senior Center, 281 Main Street South, Woodbury, CT 06798.

Call the Center to register for the class at 203-263-2828. We ask that all participants register as members of the Center - it is free and allows us to effectively communicate through our MySeniorCenter program. Participates will receive an email with a ZOOM link to connect to the course.

When registering for a program or activity, we ask that you please provide us with your phone number and email, which will allow us to be in touch with any programming updates. If you are not currently a member of the Center, we ask that you sign up over the phone. Membership is free.



ZOOM HAPPY HOUR

Friday, August 14 at 3:30 p.m.

Join your friends for a Virtual Happy Hour in one of the world's great pubs. We will "visit" the pub with virtual backgrounds, facts and more about the world's famous watering holes, along with plenty of time for talking and visiting. Each Happy Hour will feature a different pub. Our first Happy Hour will be a visit to Munich, Germany's Hofbrauhaus, one of Munich's oldest beer halls founded in 1589 by the Duke of Bavaria. Bring your beverage of choice to your computer or smartphone right at home, joining us on Zoom. Call the Center to sign up and be sure to give us your email address so we could send you the link for this program.

DIVERSITY: A RESPECTFUL CONVERSATION

Wednesday, August 19 from 1 to 2 p.m.

With topics jumping right out of the headlines, join Loryn and Jen for a moderated discussion on diversity in 2020. Using tools from a professional training workshop we will raise our own awareness of old and new issues and learn to think and talk about our own diversity thoughts and experiences in a respectful manner. Call to sign up and get login information for participation by phone or by computer or smartphone.

MEDICAL APPOINTMENT TRANSPORTATION

The senior bus is available for rides to medical appointments on Tuesday, Wednesday and Fridays in the immediate area, including Woodbury, Southbury, Watertown and Middlebury. We will be adding more destinations and days as the program develops. Due to restrictions, we can only transport two riders at a time; each rider may bring a caregiver if necessary. Masks must be worn, and riders will be screened before entering the vehicle. For more information and for ride reservation, please call the Senior Center at 203-263-2828.

BOGGLE WITH KAREN

Friday, August 21 at 11 a.m.

Keep your brain sharp by playing the word game Boggle with Karen and others virtually. It's amazing how much fun group games can be in a Zoom format. For the program you'll need to bring your brain, a piece of paper and pencil, and get ready to have a great time staying mentally sharp. Please call to sign up.



INFORMATION FROM SOCIAL SERVICES...

RENTER’S REBATE

The State of CT **Renter’s Rebate** program will run through October 11, 2020. Eligible residents, 65 years of age or disabled, with an annual income not exceeding \$37,000 for an unmarried person and \$45,100 for a married couple, are asked to contact Social Services at 203-263-4117 if they wish to apply for Renter’s Rebate for the year 2019. Residents of Spruce Bank Farm, Woodbury, may also apply with Jeff McKenna, Resident Services Coordinator at Spruce Bank Farm at 263-4047.

However, due to our current health crisis of Coronavirus/COVID-19, the Town of Woodbury offices are temporarily closed for in-person appointments at this time. We do not have a return to regular office procedures/appointments date yet. Please get your documents ready now so that you will be fully prepared when we are able to take applications for the program. Please call the office numbers listed above for further information and details.

Applicants must bring **proof of all income received in 2019** and **proof of expenses, i.e. all rent and utilities paid for the year 2019.**

Regarding electricity, Eversource will supply a summary of your account for the year at your request, as well as needing copies/statements for the year 2019 of all payments made towards, gas, water and fuel from said sources. A copy of Social Security benefits (a 1099 or TPQY), a copy of Income Tax Return (required if you completed and submitted a 2019 tax return) and any other income such as pensions and IRA distributions must also be supplied.

EXTRA SNAP BENEFITS

The Department of Social Services (DSS) has provided \$15.4 million in Emergency Supplemental Nutrition Assistance Program (SNAP) benefits to nearly half of CT’s SNAP participants as of May 8, 2020, authorized by the federal Families First Coronavirus Response Act of 2020. Emergency benefits will allow the household’s SNAP benefit to increase to the maximum allotment for a household of that size as follows: Household size of 1 (\$194); 2 (\$355); 3 (\$509); 4 (\$646); 5 (\$768); 6 (\$921); 7 (\$1018); 8 (\$1164) and each additional person add \$146.

SENIOR FARMERS MARKET NUTRITION PROGRAM VOUCHERS ARE AVAILABLE FOR PICK UP BY APPOINTMENT ONLY

The Senior Farmers Market Nutrition Program (SFMNP) is a supplemental food program for individuals over the age of 60 or those who are disabled living in housing where congregate nutrition services are provided and meet income eligibility. Participants must be enrolled in another program with proper means testing (ex. Renters Rebate) to verify income. Each eligible participant receives one (1) \$18 check booklet annually containing six (6) three dollar (\$3) checks. SFMNP checks can be redeemed at SFMNP authorized locations throughout Connecticut for fruits, vegetables, fresh cut herbs and honey.

Participant Eligibility: Checks can only be distributed to eligible individuals who are residents of Woodbury. One (1) booklet annual can be provided to each eligible participant. If a senior participant is unable to come to the office to receive the SFMNP checks or to a certified farmers market to redeem their SFMNP checks, a proxy may go in their stead. The Senior Participant Proxy Form must be completed and signed by the participant to allow for a proxy.

Participant eligibility includes: 1. The individual is 60 years of age or older OR is a disabled individual under the age of 60 living in housing facilities occupied primarily by older individuals where congregate nutrition serves are provided. 2. The individual has a maximum household income of not more than 185% of the annual poverty income guidelines is acceptable for the participant to verbally attest to meeting the income eligibility guidelines.

2020 Income Limits:

Household Size	Monthly Income	Annual Income
1	\$1968	\$23,606
2	\$2658	\$31,894

NEW CT DEPARTMENT OF LABOR UNEMPLOYMENT HELP PHONE NUMBERS

If you need assistance with unemployment claims please call the following numbers 8:30 a.m. to 4:30 p.m. Monday through Friday: 860-967-0493, 203-941-6868, or toll free 800-956-3294



Check us out on Facebook. Our page "Woodbury Senior Center" has daily posts, quizzes, resources links and more. Our popular BALANCE CLASS on video for you to use anytime is also featured.

CHECK OUT MATHERINSTITUTE.COM

Are you looking for a first-rate virtual program that will unlock a world of remarkable online learning experiences including lectures, performances, classes and more exploring topics across the arts, religion, education and recreation. It's easy to subscribe for an exciting opportunity to enjoy enriching digital programs that are FREE for 90 days. If you choose to continue, the membership fee would be \$3.99 per month.



AT-HOME MARATHON-IN-A-MONTH

Joe Wishrowski is the winner! Joe walked a total of 251 miles in the month of June and won a Fitbit.

By popular demand we will be bringing back Marathon-in-a-Month in September, at which time all who participate will be put into a drawing and one winner will be chosen. Prize to be announced.

FREE MONTHLY SENIOR CENTER IN A BAG

We are offering a free monthly Senior Center packet that would provide you with activities, opportunities for feedback and enrichment, resources and a surprise or two. We can deliver this packet to your door or you can pick it up at the Center at our outside pick up area. If you are interested, call to sign up.

VIRTUAL SENIOR CENTER EXERCISE CLASSES

Cardio Dance with Andrea on Zoom

Mondays, Wednesdays and Fridays from 9 to 10 a.m.

Andrea will offer this class live via Zoom. Great music and dance moves in this energetic class! Take this class on Mondays and/or Wednesdays. The cost is \$30 for the month of August (12 classes). You can mail your check (made out to the Town of Woodbury) to the Woodbury Senior Center at 281 Main Street South, Woodbury, CT 06798 or drop your payment off at the Center in our drop off/pick up bin located on the bench outside. Call the Center for details and registration. Class will begin on Monday, August 3. **NO CLASS WILL BE HELD ON FRIDAY, AUGUST 14!**

Virtual Chair Pilates with Megan on GoToMeeting

Wednesdays, 9:30 to 10:30 a.m.

Bend forward, backward and sideways while practicing supported Pilates postures on a chair, in the comfort of your home. Class includes energetic flowing movement, guided relaxation, healing imagery and gentle stretches guided by breath. Register by sending a check (\$10 to the Town of Woodbury) for the month of August to Woodbury Senior Center, 281 Main Street South, Woodbury, CT 06798 or use our drop box outside of the Center. Please send Megan an email to set you up for your first class at Megan@peacefulwaywellness.com. If you have any questions, please call the Center at 203-263-2828 or contact us at seniorcenter2@woodburyct.org.

Rise and Shine Stretch with Susan from Fitness Fury

Tuesdays and Thursdays at 10 a.m.

Susan is offering this FREE class via Zoom. You will need a ball, weights, a tube/band, paper plates, a chair and water. Call the Center at 203-263-2828 to sign up and we will have Susan send you the link to join. We will need your email at sign up.

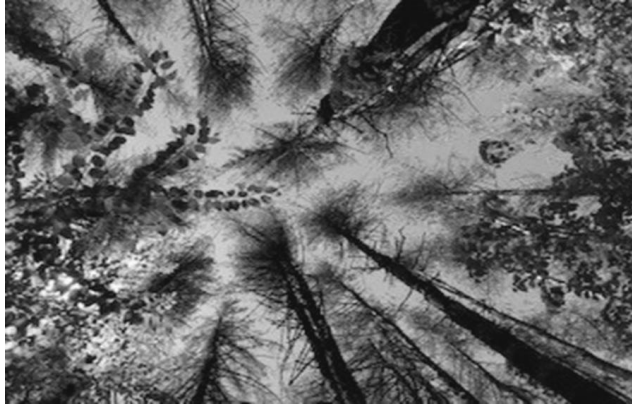
Balance Class with Loryn on Facebook Live

Loryn's Balance Class video could be found on the Woodbury Senior Center Facebook page under "Videos" for you to use at your convenience.

Woodbury Parks and Recreation is also offering an array of online classes. Be sure to check out their website at: <http://www.woodburyparksandrec.org>

The Woodbury Senior Center would like to thank everyone for their submissions to the **Smartphone Photography Contest**. We received so many great photos, it was difficult to choose just one from each category, but we've done it! Each winner will receive a \$10 gift certificate to The Garden in Woodbury. As a reminder the categories were Nature, Animals and Abstract.

The winner of the Nature category is Elizabeth Lyons



The winner of the Animal Category is Susan Lampier



The winner of the Abstract category is Elaine Pavlick



WOODBURY SENIOR CENTER

AUGUST 2020 PROGRAMS

S U N	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	S A T
23	9-10: Cardio Dance with Andrea via Zoom -Congregate Meal Deliveries and Pick Up at the Center	4 1:45-5:15 Senior Living Network (SLN) Online Program - "Cultural Perspectives in Western American Art"	5 9-10: Cardio Dance with Andrea via Zoom 9:30-10:30 Virtual Chair Pilates with Megan via GoToMeeting	6 10-10:40: Coffee Talk on Zoom with Jen 1:45-5:45 Senior Living Network (SLN) Online Program - "Western Movies 101"	7 9-10: Cardio Dance with Andrea via Zoom	8
9	10 9-10: Cardio Dance with Andrea via Zoom -Congregate Meal Deliveries and Pick Up at the Center	11 1:45-7 Senior Living Network (SLN) Online Program - "Seagrass Science-Live on Location" -6 am-8pm Presidential Primary at the Center	12 9-10: Cardio Dance with Andrea via Zoom 9:30-10:30 Virtual Chair Pilates with Megan via GoToMeeting	13 10-10:40: Coffee Talk on Zoom with Jen 1:45-5:30 Senior Living Network (SLN) Online Program - "Exploring -Food Bank Deliveries	14 <u>9-10: NO Cardio Dance with Andrea via Zoom today</u>	15
16	17 9-10: Cardio Dance with Andrea via Zoom -Congregate Meal Deliveries and pick up at the Center	18 1:45-5:45 Senior Living Network (SLN) Online Program - "Eleanor Roosevelt: Compassion and Betrayal	19 9-10: Cardio Dance with Andrea via Zoom 9:30-10:30 Virtual Chair Pilates with Megan via GoToMeeting	20 10-10:40: Coffee Talk on Zoom with Jen 1:45-5:45 Senior Living Network (SLN) Online Program - "World Wildlife Fund -Behind the Scenes" -Food Bank Deliveries	21 9-10: Cardio Dance with Andrea via Zoom	22
23	24 9-10: Cardio Dance with Andrea via Zoom -Congregate Meal Deliveries and pick up at the Center	25	26 9-10: Cardio Dance with Andrea via Zoom 9:30-10:30 Virtual Chair Pilates with Megan via GoToMeeting	27 10-10:40: Coffee Talk on Zoom with Jen -Food Bank Deliveries	28 9-10: Cardio Dance with Andrea via Zoom	29
30	31 9-10: Cardio Dance with Andrea via Zoom -Congregate Meal Deliveries and pick up at the Center					