

WOODBURY SENIOR CENTER REPORTER



JULY 2020

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.

SHOW US YOUR SELFIE CONTEST

Contest begins July 1 and runs through August 20

The most familiar subject in art and life is staring back at you in the mirror everyday! Welcome to the Woodbury Senior Center's "Show Us Your Selfie" Contest. Go surreal, abstract, fantasy or realistic, sketch your likeness, paint yourself, take a funky selfie doctored with any editing app...anything goes as long as it's creative, original and it's uniquely you! Entries are limited to ONE per person.

Please let us know if you plan to enter the contest. If you need any assistance/guidance, please reach out to Jennifer Skene-Tiso. Enter a photograph of your submission to jtiso@woodburyct.org with the word "Selfie" in the subject line, along with an email address and best contact phone number. If you do not have email, you may take a snapshot of your piece and place it in our drop box located outside the Senior Center or bring your piece to the Center and we will take a picture (call 203-263-2828 to set a time for that).

The Woodbury Senior Center kindly asks to publish the winner's name and the photograph of the winning piece in the August newsletter.

First prize winner will receive a \$20 gift certificate to a local (Woodbury) business. An Honorable Mention winner will receive a \$10 gift certificate from a Woodbury business.



Jennifer Skene-Tiso's Self-Portrait

ENTER OUR JULY AT-HOME CONTEST

Your Best Pandemic Recipe



Tired of cooking every day? Share your best "pandemic" recipe with us and you might just win a gift certificate for a Woodbury restaurant for take out or outdoor dining.

Here's how:

-Send in your best "pandemic" recipe by email, mail or use our drop-off box outside the Center July 1 through July 20.

-One entry per person please.

-Winner will be contacted on or about July 24.

How to submit your recipe:

Email: seniorcenter2@woodburyct.org

Mail: Woodbury Senior Center, 281 Main Street South,
Woodbury, CT 06798

Drop off: Drop off box is located outside the main entrance at the Center on the bench.

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. Call the Center to book your ride, preferably one day in advance. Only two passengers (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 in July 2, 9, 16, 23 & 30 from 10 to 10:40 a.m.

Using social media to stay social...ZOOM! Join Jen & 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.

MEDICAL EQUIPMENT LOAN CLOSET

Due to sanitation reasons, we have discontinued our medical equipment loan closet. We are sorry for the inconvenience.

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.

While supplies last, there are puzzles and books available for you to take home on a table located outside of the senior center. We ask that you do not return what you have taken for sanitary reasons. Thank you and enjoy!



The **Memory Café** has been suspended due to the Stay Safe/Stay Home situation. Online resources are available - please call us for details.

VIRTUAL AGING MASTERY CLASS ON ZOOM



For those currently signed up, this virtual class continues to meet two days a week on Mondays and Wednesdays from 10:30 a.m. to 12 p.m. through July 22.

VIRTUAL VOLUNTEERING OPPORTUNITIES

- Send a card, letter or note once a week to someone undergoing chemotherapy. Apply at [Chemo Angels](#).
- Record audiobooks for [Librivox](#).
- Help nature and ecosystem researchers with real projects by observing and reporting at <https://www.zooniverse.org/projects>.
- Be an online emotional support person at [7 Cups](#).
- Proofread ebooks for [Project Gutenberg](#).
- Transcribe historical documents for the [Smithsonian](#).
- Fight loneliness during the COVID outbreak by sending letters to those in nursing homes and assisted living. Helps and prompts available. <https://www.allforgood.org/projects/iQ9R1o8e>.
- Help the Red Cross with projects, phone calls and paperwork from home. https://volunteerconnection.redcross.org/?nd=rco_opportunity_browse_list.
- AARP vets many home-based volunteering opportunities, from fighting digital fraud to counseling low income high school students to recording audiobooks and planning events <https://createthegood.aarp.org/volunteer-search/?remoteOpps=true>.
- Volunteer match has more than 24,000 opportunities for helping from home, including organizations in your own community <https://www.volunteermatch.org/search/opp3290371.jsp>.

HOW TO WATCH OUR FACEBOOK LIVE EVENTS WITHOUT A FACEBOOK ACCOUNT

As we do more Facebook Live events, you can watch - even if you don't have a Facebook account. Just put this link in your search bar and go to the Videos section facebook.com/woodburyseniorcenter
Do you miss our Balance Class? It's there - it's free - and it's ready when you are.

INFORMATION FROM JENNIFER MOSHIER...

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 Jennifer Moshier, Social Services Director and Municipal Agent for the Town of Woodbury 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 203-263-4047.

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.

Please contact Jennifer with any questions or to verify your eligibility.

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.

We have received "Craft in a Bag" crafting kits from our friends at Candlewood Valley Health & Rehabilitation Center.



The bags are filled with crafting materials, instructions and an extra booklet with crosswords and more. They are limited to 20, so if you are a Woodbury senior and would like to receive a craft bag, call the Center at 203-263-2828.



We can arrange a delivery to your doorstep or you can pick it up at the Center at our outdoor pick up area.

BINGO CONTEST WINNER FROM MAY

The winner of our BINGO contest from May is Eleanor Phalon. Eleanor has won a \$20 gift certificate to LaBonne's.

We would like to thank the numerous volunteers who have offered to do shopping, deliver meals, and make masks for our senior population in Woodbury.



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



FREE MONTHLY SENIOR CENTER PACKET

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.



If you need help with making medical appointments online for doctors or Urgent Care, we can help you with that. Give us a call at 203-263-2828 and we will assist you.

MEMORY CHALLENGE

Look at the objects below for 2 minutes, then without peeking, write down as many of the objects that you can recall. See how many of the 20 objects you were able to remember.



VIRTUAL SENIOR CENTER EXERCISE CLASSES

Cardio Dance with Andrea on Zoom

Mondays and/or Wednesdays through June 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 \$10 for the month of June for one day or \$20 for the month of July for both days. 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 Wednesday, July 1.

Virtual Chair Pilates with Megan on GoToMeeting

Already in progress (3 classes in June) - Wednesdays, July 1, 8, 15, 22 & 29

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 July (June & July was \$20) 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.

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>

4TH OF JULY WORD SEARCH

T M N W Q J E T A R B E L E C D Y
 I M T Q H H Y M Q R Q U D U E I A
 O Q T A W Q M Z Y E X U C C N T D
 I N D E P E N D E N C E L C J A I
 A S I O U O R H A M U A A T U Q L
 N K S A M E R I C A R P P S O S O
 U R P U F U B E E A Y S T R U B H
 P O A Y D L D W T O E C I N C I P
 K W R W E A A I L P O E A U E O N
 F E K H T F O G I A D E U S D I H
 Y R L I I N T R B E M D T N A T L
 L I E T N P T Z E U R A E T R S C
 U F R E U S L Q R R R U I U A A E
 J V S O D L K V T S L R O K P J B
 W I T O E O M O Y B B F I U P J L
 I A S V Y E M R E D R E M M U S E

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|-------------|-----------|--------------|-----------|--------|
| America | Fireworks | Independence | Red | United |
| Blue | Flag | July | Sparklers | White |
| Britain | Fourth | Liberty | Stars | |
| Celebrate | Freedom | Parade | Stripes | |
| Declaration | Holiday | Picnic | Summer | |

WOODBURY SENIOR CENTER

JULY 2020 PROGRAMS

S U N	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	S A T
			1 9-10: Cardio Dance with Andrea via Zoom 9:30-10:30 Virtual Chair Pilates with Megan via GoToMeeting 10:30-12 Virtual Aging Mastery Program	2 10-10:40: Coffee Talk on Zoom with Jen & Jen -Food Bank Deliveries	3 The Center is Closed for the Independence Day Holiday	4
5 6	9-10: Cardio Dance with Andrea via Zoom 10:30-12 Virtual Aging Mastery Program -Congregate Meal Deliveries and Pick Up at the Center	7 Check out Trivia Tuesday on Facebook	8 9-10: Cardio Dance with Andrea via Zoom 9:30-10:30 Virtual Chair Pilates with Megan via GoToMeeting 10:30-12 Virtual Aging Mastery Program	9 10-10:40: Coffee Talk on Zoom with Jen & Jen -Food Bank Deliveries	10 Enter our "Show Us Your Selfie" Contest by August 20	1 1
1 2	13 9-10: Cardio Dance with Andrea via Zoom 10:30-12 Virtual Aging Mastery Program -Congregate Meal Deliveries and pick up at the Center	14 Check out Trivia Tuesday on Facebook	15 9-10: Cardio Dance with Andrea via Zoom 9:30-10:30 Virtual Chair Pilates with Megan via GoToMeeting 10:30-12 Virtual Aging Mastery Program	16 10-10:40: Coffee Talk on Zoom with Jen & Jen -Food Bank Deliveries	17 Turn in your best Pandemic Recipe by July 20 for our contest	1 8
1 9	20 9-10: Cardio Dance with Andrea via Zoom 10:30-12 Virtual Aging Mastery Program -Congregate Meal Deliveries and pick up at the Center	21 Check out Trivia Tuesday on Facebook	22 9-10: Cardio Dance with Andrea via Zoom 9:30-10:30 Virtual Chair Pilates with Megan via GoToMeeting 10:30-12 Virtual Aging Mastery Program	23 10-10:40: Coffee Talk on Zoom with Jen & Jen -Food Bank Deliveries	24 Feel free to call us at the Center to check in and to say hello	2 5
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