

# WOODBURY SENIOR CENTER REPORTER



JUNE 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.

## SMARTPHONE PHOTOGRAPHY CONTEST



### Instructions:

- Photographers must use an iPhone, iPad, Android Smartphone or Android Tablet.
- The 3 categories for the photography contest are Abstract, Nature and Animals.
- One category entry per person. Photograph submission due Wednesday, June 17. Images can be emailed to Jennifer Skene-Tiso - jtiso@woodburyct.org.

### Judging Criteria:

- Judges will review all entries and score images based on artistic merit, originality, subject, style and ultimately decide the winners.

### Awards:

- The prize for each category will be a \$10 gift certificate to The Garden in Woodbury.

- Winner Notification:** -Woodbury Senior Center will notify winners of the contest by Tuesday, June 23. WSC kindly requests to publish the winners names and a copy of their photographs in our July newsletter.



Join the club 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.

What do you need from us right now?  
Please let us know how we could be of help to you during this time.  
Give us a call at 203-263-2828

How can we help you?

## WOODBURY SENIOR CENTER AT-HOME MARATHON-IN-A-MONTH

"When you rest, you rust" - Helen Hayes

Being at home to maintain social distance is our new reality, but being a couch potato is optional. Dis you know that just two weeks of limited physical activity raises the risk of falls in older adults? Let's keep moving, even while we are at home. Most health care professionals agree that walking is the best exercise; and now is the time to get and keep moving! **The first 20 people to register will receive a digital pedometer to count steps** (pedometers are co-sponsored by The Lutheran Home of Southbury). All registered participants will be entered in a drawing for a new-edition **Fitbit Inspire HR Fitness Tracker!**



How it works:

- Register by calling the Center at 203-263-2828.
- From June 1 through June 30, keep track of your steps and miles. You don't have to do it all at once...steps around the house count. Walk in your yard, walk in your driveway, walk in the house or walk in your neighborhood (don't forget your mask).
- Log your distance daily on our chart (we will send it to you) and return it, filled out, no later than July 8. Can you do 26 miles in a month? That's a marathon!
- We will cheer you on with tips, reminders and funny stories...plus a few mystery gifts.
- Free to participate...sign up beginning May 28 to be one of the first 20 people to get your free step counter.
- The entrant with the most steps at the finish line will win the Fitbit Inspire!



**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](http://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.

**ARE YOU FEELING RESTLESS? TRY THESE IDEAS...**

-Look for the simple pleasures and really take notice. When we focus on the simple joys, time and frustration can melt away. Think about things like the taste of a sun-warmed piece of fruit or the feeling of clean sheets at night.



-Set yourself one goal and one pleasure each day and go for it! Try to make it something different each day of the week.

-Learn something new. If you have internet access, try an app like DuoLingo and learn a new language. Or check out YouTube, where you can learn "how to" just about anything. No internet? Call a grandchild or friend and ask them to tell you something new.

-MOVE! We feel restlessness as a physical sensation; moving helps dissipate the energy. Walk, do yoga on the floor or in a chair - exercise with a video, but MOVE.

-Get outside. There is nothing quite like some time in nature to ease our restlessness. Find a stream to sit beside, walk at home or on a trail or just listen to the crickets at dusk.

Please remember that the senior bus is available for urgent shopping trips and delivery of masks (as available). Call the Center to book your ride, preferably one day in advance. Only one passenger (and aide if necessary) will be allowed on the bus per trip. Masks will be required.

**ATTEND A VIRTUAL AGING MASTERY CLASS ON ZOOM**

**Mondays and Wednesdays, June 22 through July 22  
10:30 a.m. to 12 p.m.**



This virtual class will meet two days a week for five weeks and will be facilitated by a Woodbury Senior Center instructor. The Aging Master Program® (AMP) encourages developing behaviors across many dimensions that will lead to improved health, stronger financial security and overall well-being. By participating in the virtual AMP, you will make and maintain small but impactful changes in your health behaviors, financial well-being and enrichment in later life. You'll get real incentives and rewards for taking small steps that can improve your well-being. And best of all, you'll feel less isolated, more connected and meet new friends. Call the Center at 203-263-2828 to register and for more information.

Also available - the Aging Mastery Starter Kit - a do-it-yourself version for at-home use.

Both courses are offered FREE of charge thanks to generous sponsorship from the Anthem Blue Cross Blue Shield Foundation.

**HOW TO WATCH OUR FACEBOOK LIKE EVENTS EVEN 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](https://facebook.com/woodburyseniorcenter)  
Do you miss our Balance Class? It's there - it's free - and it's ready when you are.

**COFFEE TALK ON ZOOM**

**Thursdays in June 4, 11, 18 & 25 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 for details.  
Sign up for one or all of our meetings.



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.

**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/COBID-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.

**SENIOR CENTER IN A BAG**

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

The bags are filled with mandala 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.



**A NOTE FROM THE FRIENDS OF THE WOODBURY SENIOR/COMMUNITY CENTER**

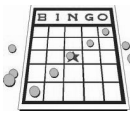


You have probably noticed the personalized bricks around the front of the garden at the Senior Community Center. They were placed there in 2007 when the

Friends launched an initial fundraising campaign. Now the Center needs our help once again. In these times of social distancing, it will be necessary to update the Computer Room with new computers and desks, as well as divider walls between work spaces. When the time is right, the Friends would like to launch a new Brick Campaign for this purpose. Please consider purchasing a brick to celebrate yourself, your family or other loved ones.

We'll keep you posted when we start.

*No orders are being taken at the current time.*



If you have not yet submitted your completed **BINGO Contest**, you have until June 1 to enter. A winner will be drawn from the entries and will receive a \$20 gift card to LaBonne's.

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



The Senior Center staff has been busy sorting congregate meals for delivery to our qualified seniors by our dedicated volunteers on a weekly basis.



### JUNE CONTEST!

Using the letters in this phrase (including authors name), but not the actual words of the quote, create as many three or more letter words that you can. The person who creates the most words will be the winner and will receive a \$10 gift certificate to a local business. Please email your list to [jtiso@woodburyct.org](mailto:jtiso@woodburyct.org), drop them in the mail to the Center at 281 Main Street South, Woodbury, CT 06798, or drop them off at the Center in our pick up/drop off bin on the bench outside by Tuesday, June 30.

## 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 June 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 Monday, June 1.

### Pilates with Megan on GoToMeeting

**Wednesdays, June 3, 10, 17 & 24**

**9:30 to 10:30 a.m.**

Megan will offer this class live via GoToMeeting. Please call the Center to sign up. At the time of sign up we will need your name, phone number and email so that Megan could send you a link to each class meeting, and she would like to do a phone consultation by June 1 to help you set up GoToMeeting and to give you tips for a smooth, quiet class. The cost is \$10 for the June session. 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.

### 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>

**POETRY CONTEST WINNER !!!!!**

The following poem, written by Sylvia A. Brockman is our poetry contest winner.  
Sylvia won a beautiful handcrafted leather journal.

**Be Present**

**by Sylvia A. Brockman**

Be Present God -

present to those in worry, in doubt, in dire confusion,  
in perilous mourning landscape.

Be present -

in me, in you, in we, through grace:  
to heal, to give breath, to live, to love;  
to give life in food and drink.

Be present -

in me, in you, in we through grace:  
to bring mercy, hope, love, joy, peace, light;  
to speak truth, to listen, to circle love in every soul and in every heart;

Be present -

in me, in you, in we, through grace:  
through warm hand held on hand, to melt fever torment,  
through open heart, every soft smile, every kiss.

Be present -

In me, in, through grace:  
to open amateur eye to capture candid picture window of nature:  
in morning mist, moonlight, vast landscape, wild flower, tree, stream, ocean;  
through art in vision of color to dazzle, to please.

Be present God -

in me, in you, in we, through grace:  
present to those in worry, in doubt, in dire confusion,  
in perilous mourning landscape;  
to dream of more world love and peace.

Be present God -

Be present in me, in you, in we, through grace.

Then God is present -

Then God is present always, through eternity -

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We'd like to also give an honorable mention to Irene Chattaway and Barbara Caruso for their creative poems.

# WOODBURY SENIOR CENTER

## JUNE 2020 PROGRAMS

S U N	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	S A T
<b>1</b>	<b>Marathon-in-a-Month June 1 - June 30</b>  9-10: Cardio Dance with Andrea via Zoom -Congregate Meal Deliveries	<b>2</b>  Trivia Tuesday on Facebook	<b>3</b>  9-10: Cardio Dance with Andrea via Zoom 9:30-10:30 Pilates with Megan via GoToMeeting	<b>4</b>  10-10:40: Coffee Talk on Zoom with Jen & Jen -Food Bank Deliveries	<b>5</b>  If you need a mask, call us	<b>6</b>
<b>7</b>	<b>8</b>  9-10: Cardio Dance with Andrea via Zoom -Congregate Meal Deliveries and Pick Up at the Center	<b>9</b>  Trivia Tuesday on Facebook	<b>10</b>  9-10: Cardio Dance with Andrea via Zoom 9:30-10:30 Pilates with Megan via GoToMeeting	<b>11</b>  10-10:40: Coffee Talk on Zoom with Jen & Jen -Food Bank Deliveries	<b>12</b>  Don't forget to enter your smartphone photo for the contest	<b>13</b>
<b>14</b>	<b>15</b>  9-10: Cardio Dance with Andrea via Zoom -Congregate Meal Deliveries and pick up at the Center	<b>16</b>  Trivia Tuesday on Facebook	<b>17</b>  9-10: Cardio Dance with Andrea via Zoom 9:30-10:30 Pilates with Megan via GoToMeeting  Smartphone Photography Due Date	<b>18</b>  10-10:40: Coffee Talk on Zoom with Jen & Jen -Food Bank Deliveries	<b>19</b>  Try the Balance Class Video on our Facebook page	<b>20</b>
<b>21</b>	<b>22</b>  9-10: Cardio Dance with Andrea via Zoom 10:30-12 Virtual Aging Mastery Program -Congregate Meal Deliveries and pick up at the Center	<b>23</b>  Trivia Tuesday on Facebook	<b>24</b>  9-10: Cardio Dance with Andrea via Zoom 9:30-10:30 Pilates with Megan via GoToMeeting 10:30-12 Virtual Aging Mastery Program	<b>25</b>  10-10:40: Coffee Talk on Zoom with Jen & Jen -Food Bank Deliveries	<b>26</b>  Don't forget to play and enter our word game this month.	<b>27</b>
<b>28</b>	<b>29</b>  9-10: Cardio Dance with Andrea via Zoom 10:30-12 Virtual Aging Mastery Program -Congregate Meal Deliveries and pick up at the Center	<b>30</b>  Trivia Tuesday on Facebook  Turn in your Marathon-In-A-Month Entries				



## **Woodbury Senior Center At-Home Marathon-in-a-Month!**



**“When you rest, you rust” - Helen Hayes**

*Being at home to maintain social distance is our new reality, but being a couch potato is optional. Did you know that for just two weeks of limited physical activity raises the risk of falls in older adults? Let's keep moving, even while we are at home. Most health care professionals agree that walking is the best exercise ; and now is the time to get and keep moving! The first 20 people to register will receive a digital pedometer to count steps; all registered participants will be entered in a drawing for a Fitbit Inspire HR fitness tracker!*



### **How it works:**

- Register by calling the Center at (203-263-2828) beginning May 20
- Beginning June 1, keep track of your steps and miles. You don't have to do it all at once...steps around the house count. Walk in your yard, walk in your drive, walk in the house, or walk in your neighborhood (don't forget your mask!)
- Log your distance daily on our chart (we'll send it to you), and return it, filled out at the end of the month. Can you do 26 miles in a month? That's a marathon!
- We will cheer you on with tips, reminders and funny stories...plus a few mystery gifts.
- Free to participate...sign up beginning May 20 to be one of the first 20 people and get your free step counter!



**You're invited!**  
**To the first**  
**Woodbury Senior**  
**Center drive-by**  
**ice cream social!**



For seniors who are young at heart—enjoy a free ice cream treat and a quick chat with Senior Center staff. Share a smile and a laugh, and get an old-fashioned ice cream treat to go!

**Wednesday, July 1, 2020**

**Raindate : Wednesday, July 8, 2020**

**Curbside at the Center: 1-3 pm**

**With delivery to Spruce Bank Farm and  
Judson Avenue Apartments between  
11 am–12 pm; listen for the bell!**