

HAPPY★NEW★YEAR

Important Numbers:

First Selectman
860-927-4627
Town Clerk
860-927-3433
Tax Collector
860-927-3269
Park & Recreation
860-927-1003
Kent Affordable Housing
860-927-5022
Kent Memorial Library
860-927-3761
Kent Senior Center
860-927-2055
Social Services & Municipal Agent
860-927-1586
Probate Court
860-927-3729
Registrar of Voters
860-927-1953
FISH
860-927-4627
Meals on Wheels
800-994-9422
NW Transit
866-906-RIDE
CHORE Services
860-435-9177
State Representative 64th District
800-842-8267
State Senator 30th District
800-240-1421
Templeton Farm Senior Apartments
860-927-4000

State of Connecticut, Department of Aging and Disability Services: Programs and Services

Congregate Housing Services Program - Congregate Housing Services Program is designed to prevent the premature and unnecessary institutionalization of adults aged 62 years + and adults of any age with permanent or temporary disabilities living in designated rural housing sites. CHSP provides housing combined with professional service coordination and supportive services to allow residents to remain safe and independent at home.

Connecticut Partnership for Long-Term Care - This alliance between the State of Connecticut, Office of Policy and Management and the private insurance industry through which Connecticut residents can purchase quality, affordable long-term care insurance designed to help older adults pay for long-term care without depleting their assets. The partnership provided one-on-one counseling; distributed education materials and conducts outreach through community forums.

Connecticut Statewide Respite Care Program - The Statewide Respite Care Program offers relief to stressed caregivers by providing information, support, in-home assessments and services for the individual with Alzheimer's disease or related dementias. Respite is designed to assist fatigued caregivers.

Long Term Care Ombudsman Program - Mandated by the Federal Older American's Act and Connecticut General Statute 17b-400, the Office of the Long Term Care Ombudsman protects and promotes the rights and quality of life for residents of skilled nursing facilities, residential care homes and managed residential care communities (also known as assisted living facilities). The State Long Term Care Ombudsman advocates with policy makers, legislators and stakeholders to ensure quality care and services and the well-being of residents at the state level.

Senior Medicare Patrol - Informs and empowers Medicare beneficiaries, family members and caregivers to prevent, detect, and report health care fraud. Trained volunteers educated seniors how to detect and handle fraud, errors, and abuse and other deceptive healthcare practices through outreach and public awareness campaigns.

Veteran's Directed Home and Community Based Services Program - The program gives veterans the opportunity to self-direct their own care and receive services in their own homes from the caregiver of their choice. This program is designed to keep veterans in their communities.

For further information follow this link <https://portal.ct.gov/AgingandDisability/Content-Pages/Main/Programs-and-Services>



ADDITIONAL TRIPS AND ACTIVITIES FOR KENT RESIDENTS...

The Warren Parks and Recreation Department 2020 Trip Schedule is here! Based on availability, trips are open to Kent residents. **MORE INFORMATION COMING SOON**

Additional information and cost, as available, will be posted on the Warren Parks and Recreation page on the Warren town website www.warrenct.org. To get further information and to register for any of these trips contact the Warren Parks and Recreation office 860-868-7881 ext.113.

HELP US BE GREEN. If you no longer wish to be on our mailing list, please contact Kent Social Services. If you would like to receive the **SENIORTIMES** electronically, please send a request via email to socialservices@townofkentct.org.

Selectmen's E-newsletter and Emergency Alerts: Residents can sign-up to receive the Selectman's monthly newsletter by sending an email request to firstselectman@townofkentct.org. To receive town and state emergency alerts register through the following link on the Town website: www.townofkentct.org/emergency-and-safety-services. **Selectmen's Meetings:** If you cannot attend in person, all meetings are recorded and are available to be viewed via YouTube. Please use the following link: https://www.youtube.com/channel/UCFJci08_V79oZQl_dfbvhpw

The editor wishes to acknowledge the printing of this newsletter by Kent School. Thank you, Kent School, for your donation. A special thank you to Ruth Woodard and a group of Templeton Senior Housing residents for preparing the newsletter for mailing.



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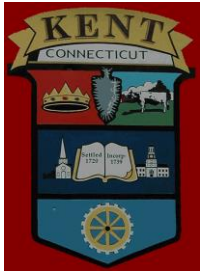
Editor reserves the right to edit submissions for content and space

Easy Tai Chi Class

Kent Park and Recreation announces Easy Tai Chi, a simplified Tai Chi exercise class with Christopher Kiely Tuesday mornings, 10-11 a.m. at the Kent Community House, North Main Street, Kent. The six-week course will be offered January 7 through February 18. The cost is \$60/session.

Tai Chi is a traditional Chinese fitness system rooted in the natural integration of mind, body and spirit. This class was developed in collaboration between Kent Park and Recreation and Christopher Kiely, founder of the Falling Water Tai Chi School with the sole intention of providing an easier path to learning. No experience necessary. The only pre-requisite is being able to stay on one's feet for at least an hour.

Pre-registration is required by contacting Chris at clouhandy@yahoo.com or call 802-349-2725; or Lesly Ferris at parkandrec@townofkentct.org or call 860-927-1003.



Town Business & Reminders

Energy Assistance Program: Beginning in September, Kent Social Services will be scheduling appointments for the CT Energy Assistance Program (EA). Kent Social Services serves as a voluntary intake site for all Kent residents that qualify for EA. Application review and final approval is completed by Community Action Agency of Western CT. During the winter months, this program assists with the purchase of heating fuel including oil, propane, kerosene, electric, wood, and wood pellets. EA has specific gross income and asset limit requirements. Since the entire household benefits from this program, income and asset verification will be required for all adult household members. For example, this year's gross income guidelines are: Household size 1/ Max income \$36,171.00; Household size 2/Max income \$47,300.00; Household size 3/\$58,430.00; etc. To determine if your household qualifies for this program or to schedule an appointment, contact Leah Pullaro, Kent Social Services 860-927-1586.

Adult Men's League Basketball: Kent Park and Recreation sponsors the program Wednesday evening at 6:30 p.m. at Kent Center School gymnasium, 9 Judd Avenue. Free. The program will meet January 8, 22, 29 and February 12, 19, 26 and March 11, 18. Please note the program would not meet on these scheduled days if KCS is closed or dismisses early due to weather. Call 860-927-1003 for more information.

Kent Parks and Recreation Senior Trips: Trips are scheduled monthly on a Tuesday or Thursday. The bus departs from Kent Town Hall parking lot. Pick-up service is available. If you are interested in being placed on the mailing list to receive notices about upcoming trips or to make a reservation for a trip, contact Park and Recreation, 860-927-1003

Weekend Ice Skating: Park and Recreation, in cooperation with South Kent School, will offer open skating at South Kent School ice rink, Bulls Bridge Road, as follows: Jan. 5, 11 a.m.-12:30 p.m.; Jan. 26, 4:30-6 p.m.; Feb. 2, 4:30-6 p.m.; Feb. 8, 12 noon-1 p.m.; Feb. 9, 2-4 p.m.; Feb. 15, 1-2 p.m.; Feb. 23, 2-4 p.m.; March 1, 2-4 p.m. Participants must wear hat and skates on the ice. A park pass is required to participate and can be purchased at the rink during skating hours. Passes are \$35 for Kent residents; free to Kent residents ages 65 and older or \$5/day/person. For more information, call 860-927-1003.

Kent Senior Center

1 Swifts Lane



Senior Lunch Program: lunch is served *year around* on Monday and Wednesday at 12:30 p.m. at the Center (see monthly menu pages elsewhere in this newsletter). Suggested donation is \$4/person. Advanced reservations required by calling 860-927-2055. **First lunch of the new year January 6th.**

Holiday Luncheon: *New Year's Luncheon:* Ring in the new year January 8 with your friends and neighbors or make a new friend. Lunch menu, which is served at 12:30 p.m., is lemon chicken, tossed salad, broccoli, and white chocolate raspberry layer cake. Suggested donation is \$4/person, and reservations are required by calling 860-927-2055 by January 3.

Inclement Weather Policy: The Kent Senior Center Nutrition Program will be closed and Meals on Wheels Program will not be delivered when the Torrington Schools are closed due to inclement weather this winter. Listen to WZBG 97.3 or watch Channel 3 WFSB TV.

Friday Senior Lunch Program: *Friday Lunch program returning in 2020 on March 20th.* The center opens at 11:30 a.m., and the meal is served at noon. The program is offered in conjunction with Kent, Marvelwood, South Kent Schools, and Kent area restaurants. The cost is \$2/person. Reservations are not necessary.

Bridge Group: All level Players are welcome Thursday afternoons, 1:15-4, at Kent Senior Center, 16 Swifts Lane. Contact Robert Norton 860-927-4980 for further information. *New: Also Saturdays (beginning 1/25/2020), 1-4 for five consecutive Saturdays.*

Monthly Wellness and Blood Pressure Clinics: Free screenings are available at Kent Senior Center on the first Wednesday of each month at 1:00p.m. This service is provided by New Milford VNA. *Salisbury VNA offers a free blood pressure screening on the third Wednesday of each month at Kent Station Pharmacy.*

Senior Art Group: Kent Park and Recreation will host the senior art group Thursday from 9:30 a.m. to noon at the Kent Senior Center, Swifts Lane. Participants bring their own supplies. There is no charge to join this group. For more information, call Park and Recreation at 860-927-1003.

Medicare and Preventative Services

Preventative services, under Medicare, include exams, shots, lab tests, and screenings. They also include counseling and education to help you take care of your own health. This is a partial list of those services:

- Alcohol misuse screening and treatment.
- Abdominal aortic aneurism screening.
- Bone mass measurement.
- Cardiovascular screening.
- Depression screening.
- Diabetes screening.
- Flu shot.
- Glaucoma test.
- HIV screening.
- Prostate cancer screening.
- Mammogram.
- Pap test and pelvic exam.
- Hepatitis B screening and shot.
- Obesity screening and counseling.

For a full list of covered services go to: <https://www.medicare.gov/coverage/preventive-screening-services>