



Town of Kent CONNECTICUT

SENIORTIMES

BIMONTHLY NEWSLETTER FOR KENT SENIORS

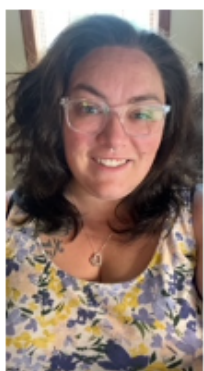
Happy New Year!

This is a challenging time of year for many seniors. It's cold out, it can be snowy and icy. We all worry about falling. Heating is expensive. We don't see friends as often.

We are here to help you do something different in the New Year! Think about getting out for a senior lunch or come join us on craft days. The Senior Center at 16 Swifts Lane is a warm and welcoming place. Come stretch with chair yoga! Connect with old friends and make some new ones!

Let's make this a great year!

Our Staff



Samantha Hasenflue, Social Services Director, helps residents with issues such as finances, housing, prescriptions, energy assistance and health care coverage. She also runs the Kent Food Bank on Fridays. You can reach her at 860-927-1586 or at socialservices@townofkentct.org.

Rosemary Jones, Social Services Assistant, helps with Senior Center programming. You can reach her at 860-927-1586 or ssassist@townofkentct.org.



January-February 2023 Issue

Thank you to Kent School for printing of the newsletter.



16 Swifts Lane, Kent, CT 06757 | (860) 927-1586

Affordable Connectivity Program Comes to Kent

Would you like to learn more about how to use a tablet, phone or computer you got during the holidays? Are you interested in how to stay connected with your family and loved ones? Did you know that it may be possible for you to receive a basic internet connection with your bill paid by the federal Affordable Connectivity Program?

A launch for the Affordable Connectivity Program will be held on **Thursday, February 2, 2023 at the Senior Center at 12:45 pm immediately following a free lunch** provided by local restaurant J.P. Gifford. Connecticut State Representative Maria Horn and First Selectman Jean C. Speck have been invited to attend, together with Charter Communications representatives. Enter to win a drawing to win a special prize!

The Senior Center will offer more information on who qualifies for the Affordable Connectivity program and Social Services can help those who need help registering. We hope to offer classes on how to use devices such as phones, tablets and computers in the Spring. Call Social Services at 860-927-1586 for more information.



Senior Lunches Continue!

We will continue to offer Senior Lunches periodically during the Winter. **Registration is required** in advance so that we have a head count and so that we have a contact list in the event of bad weather. Please call 860-927-1586 to register.

January 12th Park and Recreation New Years Luncheon

January 26th Lunch provided by South Kent School

February 2nd Lunch provided by Giffords

February 9th Park and Recreation Valentine's Day Luncheon

Senior Center Activities

Chair Yoga with Elaine

Our very popular Chair Yoga with Elaine continues during January and February at **10 am on Mondays**. The class will restart on January 9th and continue through the end of February. Note that there will be no class on January 16th and February 13th. In the event that Region 1 is closed or delayed, please see our snow policy on page 5.

This class is great for those who want to incorporate stretching and movement into their lives. Elaine is an experienced instructor who can help you at your current fitness level.



Coffee, Crafts and Conversation

We have had a wonderful group of talented crafters presenting beautiful craft items this fall. We welcome everyone – crafty or not – to join us at **11 am on Wednesdays**. Come for a cup of coffee, a baked goodie, a craft, and conversation. No prior experience or talent needed!

Here are some of the items we will be making this winter but come for company even if you're not into crafting:

Special Valentines Day Tea

We are working on finalizing a Valentine's Day Tea at **11:30 am on Monday, February 6th**. Wear your best red or pink outfit and come enjoy sweet and savory Valentine's Day nibbles with coffee or tea. Registration is limited to the first 25 lucky seniors. Call Social Services at 860-927-1586 to register, leaving your name and phone number, as well as the number of attendees.

Bingo and Cards & Coffee


Kent Park and Recreation will be continuing its popular Bingo on the **first and third Tuesdays in January and February** and will be adding **Cards & Coffee** on the **second and fourth Tuesdays**. Both programs will be held **2-3:30 pm**. Come for the fun and companionship at the Senior Center!



January 2023 Senior Center Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
2 SENIOR CENTER CLOSED	3 Bingo with Kent Park & Rec 2-3:30 pm	4	5	6
9 Chair Yoga 10-11 am	10 Cards & Coffee with Kent Park & Rec 2-3:30 pm	11 Coffee, Conversation & Crafts  11 am-noon	12 Park and Rec Lunch 12 noon	13
16 Martin Luther King Day – Senior Center Closed	17 Bingo with Kent Park & Rec 2-3:30 pm	18 Coffee, Conversation & Crafts 11 am-noon	19	20
23 Chair Yoga 10-11 am	24  Cards & Coffee with Kent Park & Rec 2-3:30 pm	25 Coffee, Conversation & Crafts 11 am-noon	26 Lunch provided by South Kent School 12 noon	27
30 Chair Yoga 10-11 am	31			

February 2023 Senior Center Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Coffee, Conversation & Crafts 11 am-noon	2 Lunch provided by J.P. Gifford 12 noon with Affordable Connectivity Program Launch! 	3
6 Chair Yoga 10-11 am Valentine's Day Tea 11:30 am 	7 Bingo with Kent Park & Rec 2-3:30 pm	8 Coffee, Conversation & Crafts 11 am-noon 	9 Park and Rec Lunch 12 noon	10
13 Presidents Day- Senior Center Closed	14 Cards & Coffee with Kent Park & Rec 2-3:30 pm	15 Coffee, Conversation & Crafts 11 am-noon	16	17
20 Chair Yoga 10-11 am	21 Bingo with Kent Park & Rec 2-3:30 pm 	22 Coffee, Conversation & Crafts 11 am-noon	23 Senior Center Lunch 12 noon	24
27 Chair Yoga 10-11 am	28 Cards & Coffee with Kent Park & Rec 2-3:30 pm			

Senior Center Snow Policy

Whenever the Kent Center School (Region One) is CLOSED due to bad weather, the Senior Center will also be closed. In the event of a DELAY for Region One, all morning programs such as Chair Yoga and Coffee, Crafts and Conversation will be canceled. We reserve the right to cancel other programs during the winter months. Delays and closings are announced on CT channels 8, 3, and 30 and radio stations WTIC, WZBG, WHDD, WSBS, and WDAQ/WLAD.

Kent Social Services Update

Energy Assistance is Open



- The Connecticut Energy Assistance Program (CEAP) helps Connecticut residents afford to heat their homes.
- Basic benefits towards your heating bill range between \$100 to \$600 depending on your income level, household size and whether there is a vulnerable member in the household. These benefits are usually paid directly to your utility company or fuel supplier. Households that heat with deliverable fuels like oil or propane may be eligible for additional fuel deliveries.
- CEAP recipients may also be eligible for matching payment plans, protection from shut-offs, and replacement and/or repairs for heating equipment and water heater(s).

CALL 860-927-1586 TO MAKE AN APPOINTMENT

Affordable Connectivity Program

- \$30/Month Discount for Internet Service; All SNAP & Medicaid Members Eligible
- Enrollees in SNAP, Medicaid (HUSKY A, D and C), Supplemental Security Income (SSI), and several other services are automatically eligible for the Affordable Connectivity Program.
- A household is eligible for the Affordable Connectivity Program if the household income is at or below 200% of the Federal Poverty Guidelines (\$27,180 for a single person and \$36,620 for a family of 2)

Kent Food Bank

The Kent Food Bank is open Fridays from 10am to 12pm.

Registration is required prior to participating (call the office to register).

Please bring reusable bags! Donations: Donations are always welcomed and appreciated. Please do not leave any donations outside the Food Bank door, items left without prior consent will be discarded.

To make an appointment or for any questions or concerns, please contact us at 860-927-1586 or via email at socialservices@townofkentct.org.

Samantha Hasenflue, Director of Social Services

Rosemary Jones, Social Services Assistant



Programs of Interest to Kent Seniors

RVNAhealth: Health Promotion Program Available

In cooperation with the Kent Community Fund, RVNAhealth, a visiting nurse association serving the area, provides a Health Promotion Program that aims to keep residents, especially elders, healthy at home. The program provides the following:

- A once monthly head-to-toe nursing assessment to monitor for changes in conditions which would necessitate a higher level of care;
- Medication review and education regarding medications;
- Disease management and education;
- Assistance with obtaining a Lifeline emergency alert system, if warranted.

The Health Promotion Program is supported by funding from the Kent Community Fund and there is no fee to the patient. For further information, please contact Olivia DeVale, RN, BSN at 203-438-5555 Ex. 1090.



FISH Transportation

FISH volunteers provide transportation to medical and dental appointments only outside of Kent and to medical and dental appointments, the IGA, hairdresser, Food Bank, banks, etc. within Kent. Medical appointments take priority over other kinds of rides.

FISH clients must be ambulatory and be able to get in and out of a vehicle on their own. FISH provides rides when family members, neighbors, the NW Transit District bus and other options are not available – and when

volunteers are available. Rides are provided Monday through Friday before 5 p.m. and not on holidays.

Rides must be scheduled as early as possible and definitely at least 3 to 5 days before the need. To schedule a ride, call Carol at Kent Fabrics at 860 927-3640. The best time to call is a weekday morning.

For longer and distant appointments, FISH encourages use of the Northwest Transit District Dial-a-Ride program (860-489-2535).

Meals on Wheels Available

A dedicated group of Kent volunteers delivers Meals on Wheels (MOW) on Mondays and Wednesdays of each week. The program is open to all home-bound seniors regardless of income who are sixty years of age or older – with a doctor's recommendation. Spouses and disabled dependents of an eligible senior are also eligible for MOW.

In addition to a hot meal delivered each Monday and Wednesday, extra meals (frozen and cold) for the remainder of the week are also delivered by the volunteers. The meals come through the Litchfield Hills Northwest Elderly Nutrition Program in Torrington. Registration for the Meals on Wheels program is handled by the Western Connecticut Area Agency on Aging. The toll-free number is 1-800-994-9422. Call MOW staff in Torrington at 1-860 482-4151 or Samantha Hasenflue at 927-1586 if you have any questions about how the program can serve you or a friend, family member or neighbor.

Flu and Covid Vaccines

The CDC recommends that everyone age 6 months and over get a flu shot and stay up to date on COVID vaccines/boosters.

This flu season is particularly bad. The flu vaccine appears to be a good match for the circulating strains this year. If you have not had a flu shot, now is a good time to get one!

The new "Bivalent" COVID booster has been available since September. The data shows that it is working well by keeping people from getting severely ill and hospitalized with COVID.

To find a vaccine, text your zip code to 438829 or visit www.vaccines.gov. Kent Station Pharmacy (860-927-3725/www.kentstationpharmacy.com) and other area pharmacies offer them. An advance appointment may be necessary.

Information provided by the Torrington Area Health District and CDC.gov

Tea at 3 Intergenerational Program

**ADULTS AGE 55+,
JOIN FOR ALL AGES'**
**FREE 12-WEEK
INTERGENERATIONAL
FRIENDSHIP COMMUNITY**



**Begins
Feb. 20, 2023**

**Get matched with a college student
& enjoy a weekly phone call.**



**Stay engaged with weekly
emails and 3 live Zoom events.**

**Includes welcome kit with tea,
handmade mug cozy
& conversation starters.**



www.forallages.org/tea-at-3

SIGN UP TODAY!



We all yearn for connection. A program that fosters intergenerational togetherness is called Tea at 3. The program, run by a Connecticut nonprofit, matches college students with older adults for a weekly phone call. Last year, I participated and was matched with a sophomore at Amherst College. We talked about our lives and I learned a lot about what it means to be a college student facing academic, financial and career challenges in today's world. If you are interested, please contact Tea at 3 through the information provided in the adjacent ad. – Rosemary Jones