



Town of Kent CONNECTICUT

SENIORTIMES

BIMONTHLY NEWSLETTER FOR KENT SENIORS

Spring can be a wonderful time of year. Flowers pop up and start blooming. The trees bud and leaf out. People start emerging from their winter cocoons. Although this Winter was exceedingly mild, we all still hunkered down waiting for Spring.

We have a few new events that we are excited about. We will start showing movies and, by popular vote, our March movie will be Mrs. Doubtfire and our April movie will be Singing in the Rain. We have had terrific attendance at our lunches! Our local schools and restaurants have been wonderful in providing food for us. We have limited space at our lunches and, therefore, we remind you to register in advance!

We are very excited about our Spring Fling coming up on April 26th. We will be bringing together Seniors and students from area private schools for a very special lunch at the Kent Community House. Turn to page 3 for more information!

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.



March-April 2023 Issue

Thank you to Kent School for printing of the newsletter.



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

Technology Programs

The Senior Center is continuing its Technology Initiative with several programs in March and April. We are planning the following:

Affordable Connectivity Program Signup

March 8th 1 pm

March 9th 11 am

April 5th 1 pm

Using Technology to Connect with Family & Friends – Facetime, Zoom, etc.

April 13th 1 pm

How to Keep Your Technology Secure

April 27th 1 pm

Please call the Senior Center at 860-927-2205 to register for these programs. Advance registration is required.



Senior Lunches

Park & Rec Lunch March 16th 12 noon Kent Senior Center

Senior Center Lunch March 22nd 12 noon Kent Senior Center

Senior Center Lunch April 12th 12 noon Kent Senior Center

Spring Fling Lunch April 26th 12 Noon Kent Community House

Advanced registration is required. Please call the Senior Center at 860-927-2055 or email ssassist@townofkentct.org

Chair Yoga with Elaine

Our very popular Chair Yoga with Elaine continues during March and April at **10 am on Mondays**. Note that there is no class on April 10th. 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 will be having special crafts for St. Patrick's Day and Spring. We welcome everyone – crafty or not – to join us at **11 am on Wednesday, March 8th (St. Patrick's Day Shamrocks) and April 5th (Egg Decorating)**. Come for a cup of coffee, a baked goodie, a craft, and conversation. No prior experience or talent needed! Please call ahead to register at 860-927-2205.

Coffee & Conversation About Kent History

The Senior Center is presenting a new series about Kent's history. The program will include a community conversation about what Kent was like in prior times. The first program, which will be held March 29th at 11 am, will feature a discussion about the Fife 'n Drum led by Elissa Potts, whose parents started the restaurant 50 years ago. Come share your memories, whether you've lived here two years or 20, and hear those of other Kent residents. Refreshments will be served. Please call ahead to register for this program at 860-927-2205 leaving your name, number of attendees, and a callback number or email us at ssassist@townofkentct.org.

Spring Fling

We are excited to announce that we will be having a Spring Fling luncheon for Seniors on April 26th at noon. We are going to bring Seniors and high school students together for a fabulous meal at the Kent Community House. We are hoping to have students from Kent, Marvelwood and South Kent schools join us for a meal provided by the schools and the Fife 'n Drum restaurant. We have capacity for a larger group so make your reservation now by calling the Kent Senior Center at 860-927-2055, or email us at ssassist@townofkentct.org.

Bingo and Cards & Coffee

Kent Park and Recreation will be continuing its popular Bingo on the **first and third Tuesdays** and **Rummikub Club** 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!

File of Life Program

The Kent Volunteer Fire Department Ambulance Corps will be assisting Seniors with completing a File of Life document after lunch on **April 12th**. This document contains important information on you that First Responders and your family may need in an emergency. Once completed, you can put it on your refrigerator so that it will be easily accessed.



March 2023 Senior Center Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
6 Chair Yoga 10-11 am	7 Bingo with Kent Park & Rec 2-3:30 pm	8 St. Patrick's Day Craft 11 am Sign up for Affordable Connectivity 1 pm	9 Sign up for Affordable Connectivity 1 pm	10
13 Chair Yoga 10-11 am	14 RummiKub with Kent Park & Rec 2-3:30 pm	15 Movie – 1 pm Mrs. Doubtfire	16 Park and Rec Lunch 12 noon 	17
20 Chair Yoga 10-11 am	21 Bingo with Kent Park & Rec 2-3:30 pm 	22 Senior Lunch – 12 noon	23	24
27 Chair Yoga 10-11 am	28 RummiKub with Kent Park & Rec 2-3:30 pm	29		

April 2023 Senior Center Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
3 Chair Yoga 10-11 am	4 Bingo with Kent Park & Rec 2-3:30 pm	5 Coffee, Conversation & Crafts 11 am-noon Sign up for Affordable Connectivity 1 pm	5 Park and Rec Lunch 12 noon	7
10 No Yoga	11 Rummikub with Kent Park & Rec 2-3:30 pm	12 Senior Lunch 12 noon File of Life Program after lunch	13 Using Tech to Connect 1 pm	14
17 Chair Yoga 10-11 am	18 Bingo with Kent Park & Rec 2-3:30 pm 	19 Movie – Singing in the Rain 1 pm	20 Sip 'n Paint 1 pm <i>Advance Registration Required</i>	21
24 Chair Yoga 10-11 am	25 Rummikub with Kent Park & Rec 2-3:30 pm	26 Spring Fling at Kent Community House 12 noon 	27 How to Keep Your Technology Secure 1 pm	

Tax Abatement & Deferral

The Assessor's Office offers programs for tax abatement and deferral to assist Seniors and disabled residents stay in their homes. Call the Assessor at 860-927-3160 for more information.

Kent Social Services Update

Energy Assistance is Open

The Connecticut Energy Assistance Program (CEAP) helps Connecticut residents afford to heat their homes. Assistance is open through May. Please call our office at 860-927-1586 for more information or 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.



Renter's Rebate Program

If you are 65 or older or totally disabled and your annual income is \$40,300 or less if single, and \$49,100 or less if married, you are eligible for a rebate from the State of Connecticut. The filing period is April 1 - October 1, 2023. To schedule an appointment, call Kent Social Services 860-927-1586 after April 1st.

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).

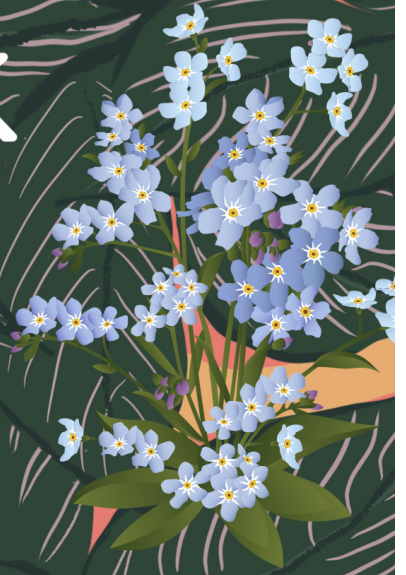
Meals on Wheels Available

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.

Open to Kent Residents!

New York Botanical Gardens



Or
Bronx Zoo

& Stop at Arthur Avenue

April 23

warrenrec.org

