

**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 64<sup>th</sup> District*  
800-842-8267  
*State Senator 30<sup>th</sup> District*  
800-240-1421  
*Templeton Farm Senior Apartments*  
860-927-4000

## 10 Easy Safety Tips for Seniors Who Live Alone

1. Stay in good health. Exercise, a healthy diet and staying hydrated can dramatically reduce health risks.
2. Stay social. Having a close group of friends can help fight depression and cognitive decline.
3. Keep extra medication on hand. Having extra doses of medicine can stop frantic trips to the pharmacy and will come in handy in case of emergency.
4. Create a disaster kit. Include: dried foods, blankets, bottled water, flashlights, matches, candles and medical supplies. Great for power outages, extreme weather and natural disasters.
5. Keep the home in good repair. Hazards like exposed cords, frayed carpets and slippery stairs can cause falls and serious injury.
6. Keep the house secure. Lock doors and windows and consider installing a home security system in order to prevent burglary. Using peepholes and motion activated lights can be effective tools when securing your home. Having friends or family pick up packages while you're traveling can help prevent your house looking vacant.
7. Consider an alert system. Products like Life Alert are easy to set up and they can be a life saver.
8. Keep a list of emergency contacts. Having important contact information easily available can be handy in an emergency. **Fill out the Town of Kent Emergency Information Form enclosed with this issue of the Senior Times.**
9. Install handholds and bars in the bathroom. Installing secure handholds and bars in the bathroom can significantly reduce the risk of falls.
10. Check-in often. You should check in often with friends and family members. Maintaining frequent contact can help seniors feel more connected and can alert friends and family to potential problems.



### ADDITIONAL TRIPS AND ACTIVITIES FOR KENT RESIDENTS...

The Warren Parks and Recreation Department 2018 Trip Schedule is here! Based on availability, trips are open to Kent residents.

- November 11<sup>th</sup> Broadway your Way.
- November 21<sup>st</sup> Thanksgiving Eve Balloons, NYC.
- December 1 – 2 Vintage Christmas, Portsmouth, New Hampshire.
- December 12<sup>th</sup> 'Christmas Spectacular', Radio City Music Hall.
- December 13<sup>th</sup> Traveler's Chorale at the Bushnell.
- December 20<sup>th</sup> Holiday Light Fantasia.

Additional information and cost, as available, will be posted on the Warren Parks and Recreation page on the Warren town website [www.warrenct.org](http://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** via e-mail, please send an email to [socialservices@townofkentct.org](mailto:socialservices@townofkentct.org).

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\*Editor reserves the right to edit submissions  
for content and space\*

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# Medicare

**Medicare’s annual Open Enrollment period** is a good time to review your current coverage and decide if there may be a better fit based on changes to current plans, your budget or health needs.

During Medicare Open Enrollment, which runs October 15, 2018 through December 7, 2018, you can enroll in or make changes to your Medicare health or prescription drug plan. Your coverage begins January 1, 2018. If you miss the deadline, you will likely have to wait a full year before you are able to make changes to your plan.

During Medicare Open Enrollment, follow these 2 important steps:

1. Read any notices from your current Medicare plan about changes for next year, especially your “Annual Notice of Change” letter. Look at your plan’s information to make sure your drugs are still covered and your doctors are still in network.
2. Important questions: Do you need a new primary care doctor? Does your network include the specialist you want for an upcoming surgery? Does your current plan cover your new medication? Does another plan offer the same coverage at a lower cost?



# Town Business & Reminders

**Energy Assistance Program:** Kent Social Services is now 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 \$35,116.00; Household size 2/Max income \$45,920.00; Household size 3/\$56,725.00; etc. To determine if your household qualifies for this program or to schedule an appointment, contact Leah Pullaro, Kent Social Services 860-927-1586.

**Medicare Open Enrollment Event:** Kent Memorial Library and Kent Social Services will host an open enrollment event Saturday, November 17, 2018 at Kent Memorial Library, 10:00a.m. – 1:00p.m. Peter D’Aprile of Kent Station Pharmacy will be available to review Part D prescription plans. Hugh Hill, licensed insurance agent and Kent resident, will be available to review your current Medicare Supplement Plan and/or Medicare Advantage Plan. Participants should bring their current insurance cards, list of current physicians, and list of current medications. No appointment necessary.

## What is a Reverse Advent Calendar and how can you make one?

A reverse advent calendar is the opposite of a normal advent calendar. With a normal advent calendar, you open a door each day to see a picture, take out a chocolate or get some other prize. With a reverse advent calendar, you begin with an empty box. Every day for 24 days, you add one nonperishable food item to the box. After 24 days when the box is full of the 24 items, you donate it to Kent Food Bank. It is as simple as that!

Popular items to donate include: Canned vegetables, soup, beans and fruit, pastas, tomato products and sauces, cereal, juices, peanut butter and jelly, coffee and tea, healthy children snacks (boxes of raisins, granola bars etc.), personal hygiene items (adult and infant). All food items must be unopened and unexpired.

# 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. **December 12 : join us for holiday luncheon**, featuring chicken cordon bleu, roasted potatoes, roasted butternut squash, cheesecake w/cherry topping. The meal is served at 12:30 p.m. The suggested donation is \$4/person, and reservations are required by calling 860-927-2055 by December 7. **\*Save the Date\* New Year’s Luncheon:** Ring in the new year January 9 with your friends and neighbors or make a new friend. Lunch menu, which is served at 12:30 p.m., is roast beef au jus, twice baked potato, peas and mushrooms, eclair. Suggested donation is \$4/person, and reservations are required by calling 860-927-2055 by January 4. The Elderly Nutrition Meal Program at the Kent Senior Center will be closed December 24 through 31, reopening January 2, 2019.

**Friday Senior Lunch Program:** The center opens at 11:30 a.m., and the meal is served at noon. The program is offered in conjunction with Kent, Marvelwood, and South Kent Schools and Kent restaurants. The cost is \$2/person. Reservations are not necessary. Ending December 7, 2018 for the winter. December 7: the last Friday senior luncheon of 2018 will feature a holiday party with optional grab bag. Bring a wrapped gift, valued at no more than \$5. Cost of the luncheon is \$2. The Senior Center opens at 11:30 a.m., and lunch is served at noon.

**Adult Coloring Program:** Adult coloring for senior citizens meets monthly on the second Monday, 2-4 p.m., at the Kent Senior Center, 16 Swifts Lane. Coloring materials are provided. The program is hosted by the Kent Memorial Library, Templeton Farms and the Town of Kent.

**Bridge Group:** Kent seniors are invited to join the Bridge Group Thursday afternoons, 1:15-4, at the Kent Senior Center, 16 Swifts Lane. All level players, including beginners, are welcome.

**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.

# Senior Theater Bus Trip

The Region One Recreation Directors announce 2018 Goodspeed Opera House Theatre trip, including lunch at Gelston House, open to residents of Region One towns: *The Drowsy Chaperone:* November 7: “... hilarious musical comedy featuring one show-stopping song and dance number after another.” The outing will include transportation via the Northwest Connecticut Transit District bus, lunch at Gelston House and ticket to the 2 p.m. performance. The bus will pick-up at Sharon Town Hall and Kent Town Hall. The cost is \$95/person. Seating is limited and reservations are required by calling Lesly Ferris, 860-927-1003.

# Kent Center School Performances

Kent Center School, 9 Judd Avenue, welcomes seniors to its third and fourth grade play, “Journey of the Noble Gnarble,” November 2 at 1:15 p.m. or 7 p.m. KCS winter concert, featuring student choral and instrumental performances, is December 11 at 1:15 and 7 p.m. Admission is free. For more info, call 860-927-3537.