



Town of Kent CONNECTICUT

Senior Center Newsletter

October-November 2022



The Kent Senior Center is open and we have a variety of programs this fall for seniors. Approximately 43% of Kent's population is over the age of 60. We offer a welcoming space for you to enjoy friends, food and fun!

We seek to offer programs that help seniors be more creative, social, and spiritual as well as improving physical and cognitive health. If you have an idea for a program, let us know!

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.



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Thank you to Kent School for printing of the newsletter.



1 Swifts Lane, Kent, CT 06757 | (860) 927-2205

Healthy Living Speaker Series

The Kent Senior Center will be hosting a series of speakers on health topics relevant to seniors this fall. All of these programs begin at 10:30 am on Thursdays:

October 6th - Stress Management

Karren Garrity, a Kent therapist, will talk about how to manage stress. Seniors often face challenges of isolation, lack of mobility, and chronic medical problems and Karren will offer strategies to reduce daily stress.

October 13th – Brain Health

Tina Hogan from the Alzheimer's Association will talk about how to maintain a healthy brain. New research is showing that there may be ways to prevent or delay this devastating disease.

October 20th – Financial Assistance

Samantha Hasenflue, Social Services Director for the Town of Kent, will discuss how to navigate tough financial times. As inflation rises, seniors often struggle to pay for housing, food, medicine, energy and everyday expenses. This program will explain programs available to help seniors.

October 27th – Fall Prevention

A representative from the Foothills VNA will talk about how to prevent falls at home. Falls and balance issues are key reasons that seniors lose their independence. Learn how to stay at home safely.

November 3rd – Legal Planning

Lynda Arnold, an attorney from Czepiga Daly Pope & Perri, will talk about legal planning for your future. Attorney Arnold will discuss the importance of legal documents such as powers of attorney, living will and wills.

November 10th – Prescription Management

Peter D'Aprile, owner of Kent Pharmacy, will talk about how to manage (and afford) prescriptions. Balancing multiple prescriptions can be a challenge. Peter will offer his perspective as a pharmacist on how to handle this important issue.

November 17th

Hartford Healthcare

Senior Lunches are Back!



We will be offering lunches on Thursdays at the Senior Center on the following schedule:

October 13th hosted by South Kent School

October 27th hosted by Kent Social Services and Kent Parks & Recreation

November 10th hosted by Kent School

Advance Registration is required by leaving a message at 860-927-2205 or emailing ssassist@townofkentct.org by the Monday prior to the Thursday lunch so that we know how many meals to plan. Lunch is free! Come join old and new friends!

Senior Center Activities

Bingo

Kent Parks and Recreation will be hosting Bingo on the following Tuesdays from 2 to 3 pm:

October 4th, 18th

November 1st, 15th and 29th

Come join Parks and Rec director Jared Kuczynski for a fun time!



Chair Yoga

Experienced yoga instructor Elaine Donahue will be offering weekly chair yoga classes on Mondays at 10 am at no charge! Elaine teaches at several other senior centers so she brings a number of years of experience in working to improve seniors' flexibility and health through yoga. Elaine's class is fun as well!

Arts and Crafts

Throughout October and November, we will be offering Arts and Crafts including special projects for Fall and Thanksgiving at 11 am on Wednesdays. All ability levels are welcome!

Medicare Open Enrollment

The Western CT Area Agency on Aging will do an informational presentation on Medicare enrollment and fraud on Monday, October 31st at 11 am. In addition, a limited number of seniors can make an appointment for assistance in enrolling in Medicare supplements and Part D programs on Wednesday, November 2nd. Advance registration for this program is required, as paperwork needs to be completed in advance. Please call the Kent Social Services office at 860-927-1586 to register.

Board Games and Cards

We have a great opportunity to see old friends, meet new ones and have some fun playing Board Games and cards with students from Marvelwood School at 10 am on Wednesdays. Don't feel like playing? Just come and hang out! Refreshments will be served.



October 2022 Senior Center Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
3 Chair Yoga 10-11 am	4 Bingo with Kent Parks & Rec 2-3 pm	5 Board Games & Cards 10-11 am Arts & Crafts 11 am-noon	6 Healthy Living Speaker Series Stress Management 10:30 am	7
10 COLUMBUS DAY - CENTER CLOSED	11	12 Board Games & Cards 10-11 am Arts & Crafts 11 am-noon	13 Healthy Living Speaker Series How to Maintain a Healthy Brain 10:30 am Senior Lunch Noon	14
17 Chair Yoga 10-11 am	18 Bingo with Kent Parks & Rec 2-3 pm	19 Board Games & Cards 10-11 am Arts & Crafts 11 am- noon	20 Healthy Living Speaker Series How to Navigate Tough Financial Times 10:30 am	21
24 Chair Yoga 10-11 am	25	26 Board Games & Cards with Marvelwood 10-11 am Arts & Crafts 11 am-noon	27 Healthy Living Speaker Series How to Prevent Falls at Home 10:30 am Senior Lunch Noon	24
31 Chair Yoga 10-11 am SPECIAL EVENT Medicare Options for 2022 11 am				



Kent Station Pharmacy Flu Clinics

Kent Station Pharmacy will be offering flu clinics from 9 am to noon each Tuesday and Thursday in October. They also offer the Covid booster and Shingles vaccine. Please bring your current insurance card. For more information call 860-927-3725.

November 2022 Senior Center Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Bingo with Kent Parks & Rec 2-3 pm	2 Medicare Enrollment Day (By Appointment)	3 Healthy Living Speaker Series Planning for your future 10:30 am	4
7 Chair Yoga 10-11 am	8	9 Board Games & Cards with Marvelwood 10-11 am Arts & Crafts for Thanksgiving 11-noon	10 Healthy Living Speaker Series How to Manage (and afford) Prescriptions 10:30 am Senior Lunch noon	11 Veteran's Day Senior Center Closed 
14 Chair Yoga 10-11 am	15 Bingo with Kent Parks & Rec 2-3 pm	16 Arts & Crafts 11 am-noon	17 Healthy Living Speaker Series Hartford Healthcare 10:30 am	18
21 Chair Yoga 10-11 am	22	23 Arts & Crafts 11 am-noon	24 Thanksgiving – Senior Center Closed	25 Day after Thanksgiving – Senior Center Closed
28 Chair Yoga 10-11 am	29 Bingo with Kent Parks & Rec 2-3 pm	30 Arts & Crafts 11 am-noon		

Visiting Nurse & Hospice of Litchfield County Flu Clinics

Several flu clinics are being offered in towns near Kent:

Cornwall Town Hall 10/12 11 am-2 pm

Sharon Pharmacy 10/20 10-noon

Warren Town Hall 10/19 11 am-1 pm & 11/8 11:30 am-1 pm

Participating insurances include: Aetna, Anthem BCBS, Connecticare, Harvard Pilgrim, Medicare, and Meritain. Self-pay cost is \$30 for a regular dose, \$80 for a high dose (over 65). For more information call 860-379-8561.

KENT SOCIAL SERVICES NEWS

Energy Assistance Opens October 17th



- 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
- A one-time discount of up to \$100 for a laptop, desktop computer, or tablet purchased through a participating provider if the household contributes more than \$10 but less than \$50 toward the purchase price.
- 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.
- The Affordable Connectivity Program is limited to one monthly service discount and one device discount per household.
- A household is eligible for the Affordable Connectivity Program if the household income is at or below 200% of the Federal Poverty Guidelines

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 B. Jones, Social Services Assistant



Other Services of Interest to Seniors

FISH Transportation Restarting

Kent's volunteer transportation program is starting up again – slowly and with fewer volunteer drivers than in pre-Covid times.

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. Drivers and riders will be vaccinated and use masks. 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. For longer rides, FISH will encourage use of the Northwest Transit District Dial-a-Ride program (860-489-2535).



RVNAhealth: Health Promotion Program Available to Kent Residents

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:

- A monthly nursing assessment to monitor for changes in conditions;
- Medication review;
- Disease management;
- 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 DoVale, RN, BSN at 203-438-5555 Ex. 1090.

Free COVID-19 Testing

Free weekly COVID testing is available at the Town of Kent Transfer Station, located at 46 Maple Street. This is a PCR-type test and results are generally available within 24-48 hours.

Tuesday and Thursday 3:00 - 6:00 pm

FREE drive-through testing is open to all. CT residency is not required. Insurance is not required. Must have an email address to get test results. Priority lane for First Responders. As of 8/31/22.

A limited number of antigen tests are also available at the Kent Senior Center.

Other Services of Interest to Seniors

RVNAhealth Chronic Care Program

The RVNAhealth Chronic Care Program aims to keep people healthy at home. It supports individuals with chronic conditions or disabilities at home by providing non-skilled nursing assistance. The program aims to keep people healthy at home by providing regular home visits, which include:

Head-to-toe assessments to monitor for any change in conditions;

- Medication pre-pours and tracking of medications (but not dispensing);
- Personal care, provided through certified home health aides.

Through these visits, patients receive maintenance support for chronic conditions like diabetes, congestive heart failure, arthritis, COPD and others, using a comprehensive plan designed in conjunction with the patient's doctor to meet individual needs and goals.

The RVNAhealth Chronic Care Program is supported by several Medicaid waiver programs which allow individuals to receive services, at a reduced cost including homemakers, companions and nonskilled nursing aides, nursing, physical therapy, occupational therapy, speech therapy and medical social work. For further information, please contact Olivia DoVale, RN, BSM at 203-438-5555 Ex. 1090

Meals on Wheels Available for Kent Residents

A dedicated group of Kent volunteers delivers Meals on Wheels (MOW) on Mondays and Wednesdays. 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. 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. The suggested donation is \$5 a day. Call MOW staff in Torrington at 1 860-482-4151 or Samantha Hasenflue at 860-927-1586 if you have any questions about how the program can serve you or a friend, family member or neighbor.

