

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

**TIPS FOR CONSUMERS TO STOP
ILLEGAL ROBOCALLS.**

There is no completely effective method to stop unwanted robocalls, and the real solutions require that the Federal Communications Commission use the laws effectively to regulate robocallers and require phone companies to authenticate all calls. Yet, the following tips can help callers take some control:

1. File complaints with the **Federal Communications Commission (FCC)** 888-225-5322.
2. Add your number to the **Do-Not-Call list** 888-382-1222.
3. **Revoke consent:** If you are receiving phone calls from a company you do business with, they likely have your consent, hidden in fine print, to robocall you. You can revoke your consent at any time. Tell the caller you “revoke consent”. If the calls continue, contact customer service and tell them you do not consent to receive calls and that you want your number added to their do not call list. This won’t stop illegal scam calls but it will reduce the volume of robocalls that you receive.
4. **Don’t engage with the caller:** Most autodialed robocalls include a prompt to press a key or give a voice command. DON’T! Pressing a key, even if the recording says it’s to remove your number from the list, tells the caller that your number is active and that you’ll likely answer future calls. Even worse, the voice commands can be recorded and used against you by scammers to represent consent to purchase products or services.
5. If possible, **block or do not answer calls from unknown numbers** on your mobile device.
6. **Install call blocking apps:** Various call blocking apps, like YouMail or NoMoRobo, provide a free or low-cost service to mobile smart phone users that filter out identified scam robocalls and allow users to block specific numbers and report the calls. However, typically these apps don’t help landline users.

Excerpt from the National Center on Lay and Elder Rights, Tip Sheet, July 2019.



ADDITIONAL TRIPS AND ACTIVITIES FOR KENT RESIDENTS...

The Warren Parks and Recreation Department 2019 Trip Schedule is here! Based on availability, trips are open to Kent residents.

- September 5th (Seniors Only) Hammonasset Beach State Park.
- September 15th Dodgers vs Mets.
- September 18th The Big E.
- October 19th The Stockbridge Experience.

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.

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.



Editor:

Leah Pullaro, Kent Social Services
860-927-1586
socialservices@townofkentct.org

Editor reserves the right to edit submissions for content and space

Goodspeed Opera House

Trips: The Region One Recreation Directors announce 2019 Goodspeed Opera House Theatre trips, including lunch at Gelston House, open to residents of Region One towns:

Billy Elliot: October 9: Celebrate the idea of being yourself in the Goodspeed premiere of this powerful dance-filled story.

The outing includes 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 (times to be announced). The cost is \$95/person. Seating is limited and reservations are required by calling Lesly Ferris, 860-927-1003.

Monthly Trips for Seniors: Kent Park and Recreation organizes monthly outings for Kent seniors. The transportation is free. Passengers pay the cost of any other trip-related expenses, i.e., admission and meals. Trips are scheduled monthly on a Tuesday or Thursday. The bus departs from Kent Town Hall parking lot. Pick-up service is available. Contact Park and Recreation, 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.

Seasonal Flu Clinic: Seasonal flu vaccination clinic will be offered Wednesday, Oct. 21, 2018 for Kent seniors from 10 to 11 a.m. and any age resident from 11 a.m. to noon in Kent Town Hall, first floor large meeting room. Accepted insurance plans will be announced. Registration forms and related information packet are available at the Kent Senior Center, Swifts Lane, and in the Kent Town Hall lobby. The clinic is sponsored by the New Milford Visiting Nurse Association and Kent Community Fund in conjunction with the Town of Kent. For more information, call Lesly Ferris at 860-927-1003.

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.

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). **Special Halloween Lunch Wednesday, October 30th. Wear your Costumes! Activities and Prizes.** Suggested donation is \$4/person. Advanced reservations required by calling 860-927-2055.

Friday Senior Lunch Program: Begins September 13, 2019. 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.

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.

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, beginning March 20th at 1:00p.m., offers a free blood pressure screening on the third Wednesday of each month at Kent Station Pharmacy.*

New Milford Visiting Nurse Association's Adult Health Promotion Program

New Milford Visiting Nurse Association's Adult Health Promotion program helps to prevent hospitalizations and promote healthy habits by providing home visits from a VNA nurse, usually once a month. The nurse checks vital signs, evaluates nutritional status, home safety and provides health and safety education. The free program is supported by the Kent Community Fund.

For further information or to sign up for the program, contact New Milford VNA intake at 860 354-2216.

Memory Garden Annual Planting



Kent senior citizens are invited Friday, Sept. 20 at 1:15 p.m. to honor of a loved one or friend in the Memory Garden, Kent Common Park, Swifts Lane. All supplies will be provided.

The garden, dedicated in September 2013, was created by Kent Social Services Director Leah Pullaro and Park and Recreation Director Lesly Ferris as a way for town seniors to honor and remember family and friends.

For more information, call 860-927-1003.

