



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 all Kent residents.

- March 29th 'Chorus Line'.
- April 21st New York City Food Tour.
- May 18th-20th Montreal.
- May 30th Yankees vs. Astros.
- June 24th Mets vs. Dodgers.
- June 30th Yankees vs. Red Sox.
- July 21st Ellis Island & Statue of Liberty.
- August 11th Whale Watch, Massachusetts.
- September 8th Red Sox vs. Astros.
- September 16th Stockbridge Experience.
- October 13th - 14th Vermont Leaf Peeping.
- November 11th Broadway your Way.
- November 21st Thanksgiving Eve Balloons, NYC.
- December 1 – 2 Vintage Christmas, Portsmouth, New Hampshire.
- December 12th 'Christmas Spectacular', Radio City Music Hall.

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** via e-mail, please send an email to socialservices@townofkentct.org.

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Editor reserves the right to edit submissions for content and space

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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

SENIORTIMES

BIMONTHLY NEWSLETTER FOR KENT SENIORS

**2018 CTMOM Free Dental Clinic
April 20-21, 2018, Doors Open 8:00a.m.**

Torrington High School
50 Major Besse Drive
Torrington, CT 06790

The Connecticut Mission of Mercy (CTMOM) is a large-scale dental clinic where dental treatment is provided at no cost to individuals who cannot afford dental care.

You can be a CTMOM patient if: You **do not** have enough money to pay for dental care; you **do not** have a medically compromising condition that will prohibit you from receiving care; personal identification/documentation is not required. Treatment to patients of all ages. Children under age 18 must be accompanied by an adult.

What to expect: No appointments. Patients are seen on a first come, first served basis. The number of patients seen will be limited to the clinic capacity. There will be a waiting line to enter the clinic. Once inside, you will meet with a medical professional and a dentist for an initial evaluation of your dental needs. Due to the numbers of patients seen at CTMOM, we will not be able to treat every dental problem you may have.

In most cases, interpreters will be available to assist patients that speak languages other than English. Sign Language interpreters will be available to assist hearing impaired patients.

Services Provided: Cleanings; Extractions; Fillings; Limited root canals on front teeth only; Oral health education; Pre and post treatment medications - NO NARCOTICS; X-rays.

What to bring: Please bring a list of all your current medications. On the day of the clinic, please be sure to take your medications according to your prescriptions. Due to possible extended wait times, it is advisable to bring something to help you pass the time such as reading material, knitting, and crossword puzzles. It is important to bring water, food and snacks with you.

Limited transportation may be available. If you have any questions, please contact Kent Social Services 860-927-1586.



Prescription Drug

Take-Back Day



The Northwest Corner Prevention Network in partnership with the Kent Resident State Trooper and state police at Troop B will host Prescription Drug Take-Back Saturday, April 28, 2018 from 10 a.m. to 2 p.m. at Kent Town Hall, 41 Kent Green Boulevard, Kent and Troop B barracks, Route 7 in North Canaan. Prevention Network representatives will hand out free lockbags designed to safeguard prescription medications in homes, as well as literature and other promotional materials.

The event, held nationally twice yearly, provides families and community members with a free, safe and confidential way to dispose of unused and unwanted prescription drugs and medications. For more information, contact Lesly Ferris, 860-927-1003.



Town Business & Reminders

Energy Assistance Program: Kent Social Services is now scheduling appointments for the CT Energy Assistance Program (EA) for electric heat households only. The application period ends May 1st. 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. This year's gross income guideline is: Household size 1/ Max income \$34,366.28; Household size 2/Max income \$44,940.52; Household size 3/\$55,514.76. To determine if your household qualifies for this program or to schedule an appointment, contact Leah Pullaro, Kent Social Services 860-927-1586.

National Walking Day: Kent residents, in particular older citizens, are encouraged to participate in a local observance of National Walking Day April 4 at 10:30 a.m. at Kent Common Park, Swifts Lane. Marvelwood School students and the New Milford VNA will join Kent Park and Recreation to participate in the walk at the park's walking tract. For more information, call 860-927-1003.

Renter's Rebate Program: If you are a senior 65+ or a person with a disability, and pay rent or share rent for an apartment, a cooperative, congregate housing, subsidized housing, or for a rooming house, you may be eligible for this program. *The application period is April 1 to October 1, 2018.* The rebate amount you may receive is based on a graduated income scale and the amount of rent and utility payments you made in the PRIOR year (2017). Income limits: single person \$35,300.00; married couple \$43,000. Those that apply must meet at least one of the following criteria: Individual or spouse must be 65 years of age or older as of December 31, 2017. Renter must be 50 years of age or older and the surviving spouse of a renter who at the time of death had qualified and was entitled to this program (provided the couple was living together at the time of death). Renter must be 18 years of age or older who is permanently and totally disabled under Social Security Disability guidelines. All Renters must have resided in the State of Connecticut for at least one year at any given time. To schedule an appointment, contact Leah Pullaro, Kent Social Services 860-927-1586.

Winter Ice Skating Schedule: Kent Park and Recreation in cooperation with South Kent School will host winter ice skating at the SKS ice rink, 40 Bull's Bridge Road as follows: Final open skate for the season: March 4: 2-4 p.m. A park pass is required and can be purchased at the rink during skating hours. Skaters must wear hat and skates on the ice. For more information, call 860-927-1003.

Kent Senior Center

1 Swifts Lane



Caregiver Support Group: Catherine Vlasto, LCSW, a clinical social worker from New Milford VNA and Hospice, will facilitate Caregiver Support Group on the third Wednesday of each month at 10:00a.m. All caregivers are welcome. If you are unable to attend the support group due to the needs of the person you are caring for and are interested in learning more, please contact Leah Pullaro, Kent Social Services, 860-927-1586.

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). A *St. Patrick's Day Luncheon* is Wednesday, March 14 at noon at the Kent Senior Center, Swifts Lane. Menu is apple juice, corned beef and cabbage, carrots, boiled potatoes, Irish soda bread, and bread pudding. *Easter Egg Coloring with Kent Center School student council members* March 26, Kent Senior Center, Swifts Lane. Join us to decorate eggs following the 12:30 p.m. lunch. Lunch menu is Tuscan bean soup, ravioli with meat sauce, broccoli, and peaches. An *Easter Celebration Luncheon* is Wednesday, March 28, at noon at the Kent Senior Center, Swifts Lane. Menu is glazed ham, au gratin potatoes, roasted squash, and carrot layer cake. Suggested donation is \$4/person. Advanced reservations required by calling 860-927-2055.. Advanced reservations for lunch required by calling 860-927-2055.

Friday Senior Lunch resumes March 23 and meets through May 25 (no lunch March 30). 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. March 23rd includes a program on transportation in our region presented by April Chaplin of the Kennedy Center.

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. For further information call Park and Recreation at 860-927-1003.

Free Programs

Diabetes Awareness Program: Anne Hummel, a retired nurse, will present a six session **Diabetes Awareness Program.** The dates are April 19th, April 26th, May 3rd, May 10th, May 17th and Monday, May 21st, 2:00p.m. – 4:00p.m. The program will meet at Swift House, Swifts Lane. For those who wish to participate, each session will begin with a walk at 1:45p.m. To register call Leah Pullaro, Kent Social Services, 860-927-1586. For further information about the program, contact Anne Hummel 860-672-2325.

Know Your Numbers: Do you want to know what your risk for diabetes and/or cardiovascular disease is? On April 23rd, 10:00a.m.-Noon at Kent Town Hall, first floor meeting room nurses from New Milford VNA and Hospice will be available to check your weight, waist measurements, BMI, cholesterol and blood sugar followed by advice from the nurse. To schedule a 15 minute appointment, please call Leah Pullaro 860-927-1586.