



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.

- May 18th-20th Montreal.
- May 24th Port Jefferson.
- May 30th Yankees vs. Astros.
- June 14th Elizabeth Park Rose Garden.
- June 21st Simply Diamond Concert.
- June 24th Mets vs. Dodgers.
- June 30th Yankees vs. Red Sox.
- July 18th Yard Goats Baseball – Hartford.
- 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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Issue

19

May/June

2018

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

Senior Workshop: Aging Gracefully

Aging Gracefully is a four part series presented in three sessions, May 16th, May 23rd, and May 30th at 1:00p.m. Kent Senior Center, 1 Swifts Lane. Catherine Vlasto LCSW, Hospice Social Worker for New Milford VNA and Hospice will be presenting.

Topics include:

Emotional Ties to Clutter: If you hold onto every birthday card, paper drink umbrella, souvenir and inherited item, you might have an emotional tie to clutter. Join us for an interactive discussion about how to work through your feelings about your sentimental belongings. Discover the freedom of decluttering your life.

Five Wishes: The Five Wishes document is an advance directive that is often called a 'living will with a heart and soul' because it covers delicate conversations, such as how you want to be comforted, who you want as your caregivers, and specific situations to help you define what life support means to you. Participants will receive the document, review it in detail and Participants will be provided with the Five Wishes document and we will go over it in detail.

Challenges of New Beginnings: Have you found yourself in a new situation, such as taking a new class, or moving into a new area, or downsizing from your home or even becoming a widow or widower? Join us for a conversation about the challenges of new beginnings. Meet others in a similar situation and pick up a few tips that might help you manage these challenges.

Communicating with your Adult Children: Good communication is the key to successful relationships, but sometimes emotions get in the way. Join in this conversation to learn about ways to improve communication between you and your adult children so you can truly enjoy your time with them.

Anyone attending is welcome to join the senior lunch program at 12:30p.m. See monthly menu pages elsewhere in this newsletter. Suggested donation for lunch is \$4/person. Advanced reservations for lunch required by calling 860-927-2055.

Senior Trips

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.

Annual Regional Senior Luncheon: Seniors citizens across the six towns of Region One are invited to the annual spring social Friday, June 15, 2018 at noon at The Grove, Lakeville. The free luncheon is hosted by the region's recreation departments. Join seniors from neighboring communities for buffet luncheon, door prizes and bingo. Seating is limited, and reservations are required by calling Mike Beck at 860-435-5191 or email mbeck@salisburyct.us. Questions can be directed Lesly Ferris, 860-927-1003.



Town Business & Reminders

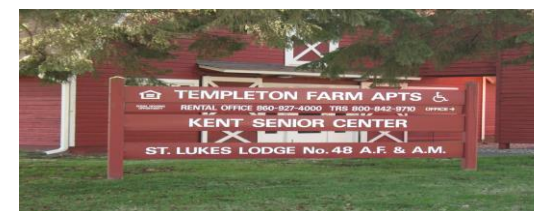
Renter's Rebate Program: If you are a senior 65+ or a person with a disability, and pay rent or share rent for an apartment, a cooperative, congregate housing, subsidized housing, or for a rooming house, you may be eligible for this program. *The application period is April 1 to October 1, 2018.* The 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.

Transfer Station Permits: Town of Kent transfer station permit renewals will be mailed at the end of May. Permits are valid July 1, 2018 – June 30, 2019. The cost of each permit is \$150.00 or \$130.00 for residents age 65 and older. The permit may be purchased at the First Selectman's Office Monday through Friday, 9 a.m. to noon and 1 to 4 p.m. Residents also can mail completed forms (also available on the Town website: townofkentct.org) to The Town of Kent, P.O. Box 678, Kent, CT 06757. Please make checks payable to the Town of Kent and include a stamped, self-addressed envelope.

Dog Licenses: Pursuant to Connecticut General Statutes §22-338, the owner of each dog over the age of six (6) months must license their dog(s) with the Office of the Town Clerk in the town of residence no later than the 30th of June each year. There is a \$1.00 per month late fee assessed for overdue licenses. Failure to license your dog(s) is punishable by a fine in the amount of \$75.00 per dog. The licensing fee is \$8.00 for each spayed or neutered dog and \$19.00 for each unaltered dog. To obtain the discounted license fee for newly spayed or neutered animals, owners must provide a copy of the spay/neuter certificate. If your dog's rabies vaccination expired after you licensed him/her last year, you must also provide a current rabies certificate in order to obtain a new license. Licenses may be obtained in person from the Kent Town Clerk's office during normal business hours; 9:00 a.m. - 4:00 p.m. Monday - Thursday, and 9:00 a.m. - 12:00 p.m. on Fridays. You may also obtain licenses by mail. Forms may be found on the town website www.townofkentct.org.

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). Suggested donation is \$4/person. Advanced reservations for lunch required by calling 860-927-2055. See the calendar inserts for Special Holiday lunches.

Friday Senior Lunch meets through May 25. 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.

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.

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.

Kent Park and Recreation

Emery Park Open

House: Kent Park and Recreation will host an Open House at Emery Park, 42 Segar Mountain Road, Friday, June 29, 4:30-6 p.m. Entertainment, free BBQ dinner, giveaways and discount seasonal park pass sales (pass is free to Kent residents age 65 and older). The inclement weather date is June 30. Park passes \$35.00.

Free Summer Concert

Series: Kent Park and Recreation presents free "Concerts on the Lawn" June 28, July 19, July 26 and August 2, 6-8 p.m., on the front lawn at Kent Town Hall, 41 Kent Green Boulevard. The inclement weather site is the Kent Community House. Bands will be announced. The concerts are free. Participants are welcome to bring a lawn chair or blanket and picnic dinner. For more information, call 860-927-1003.