

OCTOBER



TRANSPORTATION: 860-632-3451 | PHONE: 860-632-3447 | FAX: 860-632-3446

OUR TEAM

Amy Saada
Human Services Director

Cathi Jackson
Senior Center Assistant

Gabriella Brown
Human Services Assistant

Nicolas Talbot
Outreach/Program Coordinator

Mario Genovese
FT Bus Driver

Paul Pierce
FT Bus Driver

Senior Commission Members

- Luella Landis, Chair
- Paula Luna, Vice Chair
- Linda Polke
- Shirley Banic
- Ann Jordan
- Madeline Lowry
- Patricia Sienna
- Mertie Terry
- Helen Zalewski

Next Meeting: 10/19/2020



41 West Street
Cromwell CT 06416

PUMPKIN DECORATING CONTEST



**The Great Pumpkin Contest
October 16, 2020**

In this new era of Covid19 when our regular social engagements have been halted, we want to make sure we continue with some FALL FUN, so we are bringing the FUN to you! We hope that you will join in and make this a community wide event for all to enjoy!

So here's the scoop! We will supply you with a pumpkin. You will carve or paint your pumpkin and proudly display your masterpiece outside your home on **Friday, October 16th.**

We will then have our staff visit each pumpkin display and we will be taking pictures of each pumpkin to post on our Facebook Page and judging in 2 categories...

The Best Painted & The Best Carved
Winners will be awarded a Special Treat!
Prizes sponsored by Pilgrim Manor Skilled Nursing- Covenant Living of Cromwell!

You must call to register for this event by 10/09/20 so that we have enough time to get you a Free Pumpkin!

AND THEN....you have the option to donate this pumpkin to be included in the Cromwell Children's Coalition Drive through Pumpkin event to be held at Pierson Park on October 17th, where families can drive through and see a spectacular pumpkin display without having to get out of their cars or worry about social distancing!

Happy Halloween!

As you know, we have always had a great Halloween Party and your costumes have always been amazing! This year we still want to see those costumes and bring some Halloween Spirit to you.



We plan on decorating our bus and dressing in our costumes, dropping some candy and photographing you in your costumes! If you'd like us to stop by to see your costume and receive a treat, all you need to do is register for this event by October 26th! We will call you the day of to let you know about what time we will be driving by!

**Event will be held on
10/30/20**

Some Upcoming Dates to Remember!

- 10/1- Cultural Travel with Lia
- 10/9- Chat with our New Outreach Coordinator, Nick!
- 10/12- Columbus Day
- 10/14- Flu Clinic @ Town Hall
- 10/15- Medicare Seminar
- 10/16- Pumpkin Decorating Contest
- 10/20- Current Issues Discussion
- 10/28- Flu Clinic Town Hall
- 10/30- Halloween Costume Contest
- 11/1- Daylight Savings Ends
- 11/3- Voting Day!

Virtual Travel with Lia Levitt!

What is the true story behind the legend of Dracula? Come explore his home in Romania as well as



take in the culture of this riveting Eastern European destination with decadent architecture, food and locations. As a bonus, we will also travel to Bulgaria to observe ancient rituals, sites and stunning scenery.

WHEN: October 1st 2020

TIME: 1:00 pm

Current Issues Discussion

LET'S TALK ABOUT is a monthly informative discussion led by retired Social Studies teacher Barbara Grotheer. **Let's Talk About "What Happened to Iraq and Afghanistan?"**

At the beginning of September, the administration announced significant troop withdrawals from Iraq and Afghanistan, where we have had a presence for nearly 20 years. With all the current health, economic, and environmental crises within the United States, we have not heard much about what the current situation in the Middle East is like. Why are we withdrawing troops now? Has the situation improved? What is the U.S. role in the area today?

WHEN: October 20th

Time: 10:30 a.m.

Flu Clinics

The Cromwell Health Department will be conducting 2 flu clinics this month with special hours for Seniors!

October 14th & 28th– 10:00am-12:00pm is for Seniors and First Responders Only.

The clinics will be held in the Town Hall Gym. They do request you bring your consent form and COVID questionnaire completed. Please see the flyer insert for more details on the flu clinics and the forms needed are also included in the flyer inserts to this newsletter.

ZOOM Exercise Classes

Yoga with Lisa Eberhardt

M, W, F @ 11:00am

Tai Chi with Sandra Diamond

Tu, TH @ 9:00am

THE ONLY BAD
WORKOUT IS THE
ONE THAT DIDN'T
HAPPEN

THE DAILY QUOTES.COM

To register for these exercise classes, please contact the Senior Center and provide us with your email address and we will send you the Meeting ID and Password.

From the comfort
of your home you
can now enjoy



virtual classes and workshops directly through the SilverSneakers website. And since it's included in the SilverSneakers benefit, SilverSneakers LIVE is available at no additional cost to members and offers virtual classes and workshops via Zoom.

If you have SilverSneakers included in your Medicare Advantage Plan, you'll automatically have access to all LIVE virtual classes and workshops!

To sign up or to see if you qualify, visit:

<https://tools.silversneakers.com/>

Quilting Class is Back!

Did you know that Carolyn, our Quilting Instructor, has returned and is teaching VIRTUAL quilting each Monday at 1:00pm!



We hope you will join our ZOOM Quilting Classes to maybe learn something new, see familiar faces and have live discussions with your classmates!

The class will work on new projects, we will send you the patterns in advance and don't worry...if you are new, the best way to learn is to observe! All are welcome! Call us for the ZOOM info!

Outreach Corner!



Please give a warm welcome to our new Outreach Coordinator, Nicolas Talbot! Nick is a CCSU graduate who has been working with seniors for over 6 years. Starting out as a waiter at Heritage Commons Retirement Community, Nick grew to build strong

connections with the residents. During this time, Nick realized he wanted to start his career doing something he thoroughly enjoyed- working with seniors. Born and raised in Middletown, Nick is very familiar with Cromwell and the surrounding area. Every year, Nick volunteers during the holidays with the We are the Children Christmas Party to give gifts to kids. For fun, Nick enjoys being outdoors, practicing mindfulness meditation and listening to music. He especially likes listening to his wide-ranging collection of records and cassettes. One fun fact about Nick is that he taught himself how to juggle when he was a child. Above all, Nick is excited to get started in the Senior Center and to begin to make a difference in the Town of Cromwell!

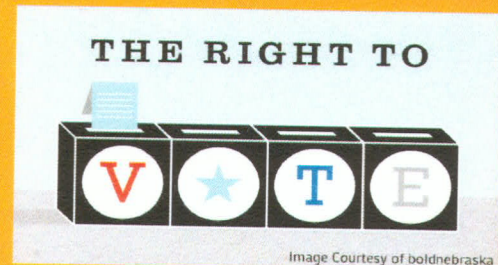
It's Your Right To Vote!!!

Registered voters who have already submitted an absentee ballot application for the November election should not submit another application.

Once you have completed your absentee ballot application, you can mail it back to the Town Clerk's Office, or use the secure ballot drop box near the front entrance of Town Hall. If you do not receive an application by mid-September, you can print and fill out the application by visiting the Secretary of State Website, or by contacting the Town Clerk's Office.

The Town Clerk's Office will be responsible for the administration of absentee ballots, which will become available for our office to mail out beginning October 2nd. Instructions will be included with the ballot for signature, completion and depositing into the secure drop box at Town Hall.

Voters will also have the option of going to the polls on November 3rd, if they choose to do so.



Friday Chat's with Nick!

Nick's primary role is to conduct outreach in the community and the main focus of outreach activities is to get help to those who need it. During this pandemic, its difficult to be out in the community, meeting with seniors, caregivers and families, linking folks with the necessary resources when social distancing is a must. With the continued recommendation from the State of Connecticut for those 65 and over to remain home and healthy, we know there are people experiencing a sense of loneliness and isolation and we want to help combat that!

We are going to start a NEW Chat with Nick weekly session using just a telephone or virtual platforms such as ZOOM, so that seniors, family members, neighbors etc. can ask questions, get resources or just chat and have fun interacting with others and get to know our new Outreach Worker. This is something that you can just call in, using just your phone, so technology wont' be the barrier.

The Chat with Nick will be every Friday at 9:30 stating on **Friday October 9th!**

A blue square logo with the text "CHIT CHAT." in large, outlined, yellow letters, and "friday" in smaller, white, lowercase letters below it.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>These are ZOOM events from Senior Centers across the State. If you would like to sign up for one our you would like more detail on the programs....CALL the Cromwell Senior Center and we can get you the information and how to sign up! (860-632-3447)</p>	<h1 style="color: red;">October 2020</h1>			
<p>5 12:00– Vein Health</p> <p>5:00– Reflections Café– Social gathering for those with memory loss and caregivers</p>	<p>6 11:00 Medicare Presentation</p> <p>1:00– Soul of America Discussion</p>	<p>7 1:00– Bob Steele on the Radio</p> <p>1:00– Virtual Concert– Airborne Jazz Trio</p> <p>6:30– Connecticut Partnership for Long Term Care</p>	<p>8 10:30– Osteoporosis Talk</p> <p>10:30– Common Sources of Foot Pain</p> <p>1:00– Historical Hartford: Hartford's Department Stores</p>	<p>9 9:30– Chat with Outreach Coordinator, Nick.</p> <p>Saturday October 10– 2:00 New England Vampires & Witches</p> <p>Sunday October 11– 1:00 From Opera to Broadway, Irving Berlin</p>
<p>12 1:00– Bob Steele on the Radio</p>	<p>13 10:30– Quilters Workshop– How to organize and stash your fabric</p> <p>2:00– Virtual Medicare Changes for 2021</p>	<p>14 10:30– Planning for future care needs</p> <p>2:00– Travel Stories</p> <p>6:00– The Do's and Don'ts</p>	<p>15 11:00– Bankers Life Medicare Seminar</p>	<p>16 2:00 Current Events Lecture on India: an Asian Superpower.</p> <p>2:00– You have Choices– Medicare</p>



<p>19</p> <p>3:00- Focused Awareness Meditation</p> <p>5:00- Reflections Café- memory care</p>	<p>20</p> <p>1:00- Ted Talks-Why its worthy to listen to people you disagree with</p>	<p>21</p> <p>10:00- Selling and Staging your Home</p> <p>10:30- Stocking the Pantry the Smart Way!</p> <p>1:00- Medicare 2021 Update</p> <p>3:00- Stories from the Attic, Election Edition</p>	<p>22</p>	<p>23</p> <p>1:15- Community Yoga</p> <p>Sunday October 25- 1:00 From Opera to Broadway: Trials, tribulations, triumphs- The pleasures and perils of producing professional opera.</p>
<p>26</p>	<p>27</p> <p>12:00- Art Chat- Art in all forms</p>	<p>28</p> <p>10:30- Vein Disease</p> <p>1:00- Bill Benson, Musical Program</p>	<p>29</p> <p>11:15- Prepare your garden for winter and beyond</p>	<p>30</p> <p>2:00- A Howling Sing Along with Dr. Uke.</p>

Update on Transportation Services for Seniors and Disabled

The Governor's Orders continue to suggest that those 65 and over remain home due to the impact that COVID19 has on this population. We are still operating on a very limited basis and will ONLY be transporting to the following essential destinations: doctors, pharmacies and grocery stores and other places on a case by case basis. Please understand your safety as well as our staff is our number one priority and we will continue to follow the Governor's directives in serving the senior population.

To maintain social distancing, we are only transporting 2 passengers on a bus at a time, so we are not doing any group outings at this time.

Please call us with your transportation request and we will do our best to accommodate your day and time based on our availability.

Our drivers must wear a mask at all times on the bus and they must sanitize in between each rider and they must wear gloves while assisting any riders with the lift.

All Riders **MUST** wear a mask the entire time on the bus.

All Riders **MUST** use hand sanitizer prior to entering the vehicle.

If you are feeling ill or experiencing any symptoms, please reschedule your ride.

Staff will call the day prior to your appointment to go over a pre-screening questionnaire with you.

We truly thank you for your patience during these times. Please book your rides well in advance as we are not able to accommodate as many riders during at this time.

PLEASE TO GO

Human Services Corner

Gabriella Brown, Human Services Assistant, 860-632-3449

Staff provides advocacy, information and referral, short term guidance and referrals for counseling and support services for adults, families, elderly and disabled residents. Staff assists clients in completing a variety of assistance applications for state and federal programs, and operates a client choice food bank and holiday programs.



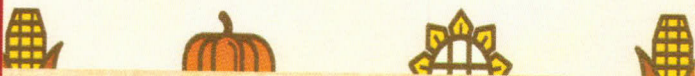
ANNUAL: THANKSGIVING FOOD BASKET DRIVE

Deadline to Register: November 6th

Forms will be made available starting October 12th
(On the Town Website, Facebook, E-Mail, or by Mail)

Registration is mandatory in order to receive a basket

Deadline to Donate: November 12th



Energy Assistance Update:

Due to COVID, only CRT is accepting Energy Assistance Applications at this time. We are receiving lots of calls with people requesting to apply for Energy Assistance, but we want to share and hope you can help us spread the word, that the only way to apply for Energy Assistance at this time is to apply through CRT directly.

CRT does have a fill-able application where you can complete the application at home and you have the option of mailing it in or emailing it in with the required list of documentation.

The application can be found here:

<https://portal.ct.gov/DSS/Economic-Security/Winter-Heating-Assistance/Energy-Assistance---Winter-Heating/Apply>

OR you can call CRT to apply: 860-560-5800



CHOICES Counseling Available!

Connecticut's program for Health insurance assistance, Outreach, Information and referral, Counseling, and Eligibility Screening helps Connecticut's older adults and persons with disabilities understand their Medicare coverage and healthcare options.

Open Enrollment runs from Sunday, November 1 through Tuesday, December 15, 2020. Coverage begins January 1, 2021.

If you don't enroll in a plan by December 15, you can't get 2021 coverage unless you qualify for a Special Enrollment Period.

**Be sure to meet with our
CHOICES Counselor
EACH YEAR!!!**

Certified CHOICES counselors provide free, objective, person-centered assistance so Medicare beneficiaries can make informed choices about their Medicare options and related benefits. CHOICES provides counseling on all types of Medicare and related insurances, including Medicare Part A, Part B, Part D, and Medicare Advantage.

DID YOU KNOW....We provide CHOICES counseling through our Senior Center. **Call us to today to make an appointment.** During the pandemic, our CHOICES Counselor, Patricia Czerwonka, will be assisting via telephone.

It's ALWAYS a good idea to review your plans! It only takes a few minutes of your time, but plans change and you may be paying more than you did last year or a medication may no longer be covered etc, so be sure to schedule an appointment today to review your current plan and coverage and to learn about any new options available.



Zoom Program
with J. Antonelle de Marcaida, MD

DATE: Thursday, October 1st

TIME: 2-3pm

PROGRAM: Ask the Doctor

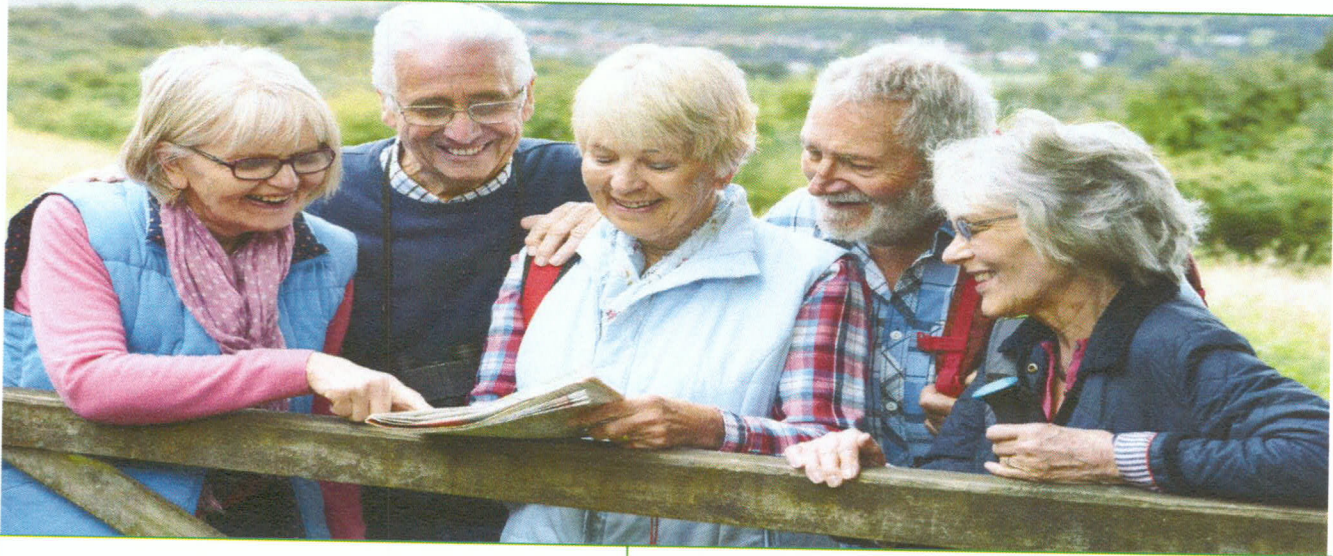
This will be a perfect opportunity to ask questions related to Parkinson's or Huntington's disease. Dr. de Marcaida is Medical Director of Hartford HealthCare Chase Family Movement Disorders Center, and a Movement Disorders Neurologist.

Program hosted by Riverside Health & Rehabilitation in East Hartford. Please RSVP to Laura Falt @860.335.7526 or via email at lfalt@nathealthcare.com to receive the Zoom meeting code.

You Are Cordially Invited to Attend A Free ZOOM Seminar

Thursday Oct. 15, 2020 @ 11:00am
Join us online via **ZOOM** and Discover:

MEDICARE – What it covers and *WHAT IT DOES NOT*.
Learn about the potential gaps in your Medicare coverage.



- HOME HEALTH CARE (CAN YOU STAY AT HOME?)
- WHAT HAPPENS IF YOU NEED LONG TERM CARE?
- MEDICARE COSTS (Are you paying more than you should?)
- PROTECTING YOUR HOME AND ASSETS
- SAFE DISCHARGE
- “OBSERVATION” RULES
- TITLE 19 (Are you vulnerable?)

Please contact Nicolas Talbot, Town of Cromwell Outreach Coordinator, at 860-632-3447 to register for the event.

Friends and Family Are Welcome to Join Us!

Sponsored by:



06-B006 Insurance Advertisement. Neither Bankers nor its agents are connected with the Federal Medicare Program.

SEASONAL FLU CLINICS
41 West Street, Cromwell
Town Hall Gymnasium

PNEUMONIA & SHINGLES VACCINATIONS ALSO AVAILABLE

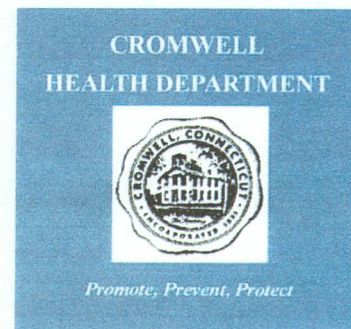
Brought to you by:

Cromwell Health Department & Stop and Shop Pharmacy

September 30	10:00 am to 12:00 pm 12:00 pm to 6:00 pm	Seniors & First Responders Only All
October 14 & 28	10:00 am to 12:00 pm 12:00 pm to 6:00 pm	Seniors & First Responders Only All
November 7	9:00 am to 3:00 pm	All

- ♦ **Must be at least 18 years of age and in good health.**
- ♦ **Free Flu vaccine with most insurance plans (please bring your insurance card).**
- ♦ **Limited supply of flu vaccine available for those without insurance.**
- ♦ **Insurance required to receive pneumonia, or shingles vaccine (please bring your insurance card).**
- ♦ **Appointments not taken (first-come, first-served).**
- ♦ **Residency not required.**
- ♦ **Please wear a mask, social distance and follow all COVID safety protocols.**
- ♦ **Please bring pre-filled consent form and Covid questionnaire.**

Link to forms: www.cromwellct.com/health-department



Stop & Shop Pharmacy Vaccine Informed Consent Form

Name: _____ Date of Birth: ___/___/___ Age: _____ Gender: _____
 Street Address: _____ City: _____ State: _____ Zip: _____
 Phone: (____) _____ - _____
 Primary Care Provider: _____ Address: _____

Vaccine(s) to be given today: _____ / _____ / _____

(NJ Only) I authorize the pharmacist to send copies of my vaccine documents to my primary care provider. Failure to select one of these boxes will result in the vaccine documents being sent to my primary care provider, if known, as state laws and regulations require for my state. YES NO

The following questions will help us determine your eligibility to be vaccinated today. If any questions are unclear, please ask for assistance.	YES	NO
Do you feel sick today or currently have a fever or infection?		
Are you allergic to any medications, foods, or vaccines? (i.e. eggs, yeast, preservatives, phenol, thimerosal, streptomycin, neomycin, gelatin, latex, bovine protein)		
Have you ever had a severe reaction to any vaccine which required medical care?		
Do you have a long-term health problem with heart, lung, kidney, diabetes, asthma, blood disorder, no spleen, complement component deficiency, a cochlear implant, or a spinal fluid leak? Are you on long term aspirin therapy?		
Have you had a seizure, brain or any other neurological disorder, or have you had Guillain-Barré Syndrome, a condition which causes paralysis?		
Have you received Immune (gamma) Globulin or a transfusion of blood or plasma in the past year?		
Have you taken any antivirals (i.e. Tamiflu, valacyclovir) within the past 48 hours?		
Are you, anyone in your home, or anyone you take care of being treated with prednisone, other steroids, weekly injections, anticancer drugs or radiation?		
Do you, anyone in your home, or anyone you take care of have cancer, HIV/AIDS or any other immune deficiency disorder?		
If <17 years of age: Are you currently taking aspirin or any aspirin-containing products?		
For women: Are you pregnant, nursing, or planning a pregnancy in the next 3 months?		
Have you received any vaccinations in the past 4 weeks?		

Check any condition below that applies to you:

Diabetes Asthma Smoker Heart Condition Lung Condition 50 or older

Have you received the following vaccinations?

Influenza Pneumonia Meningitis Shingles (50 or older) Tetanus Whooping Cough Hepatitis

I certify that I am: (i) the Patient and at least 18 years of age; (ii) the patient's personal representative. I consent to, or give consent for, the administration of the vaccine(s) marked below by a Stop & Shop pharmacist. Where applicable and accepted by state regulations, I consent to my vaccine being administered by a Stop & Shop pharmacy intern. I acknowledge I have the right to ask for a copy of the Stop & Shop Notice of Privacy Practices. I have read, or have had read to me, the Vaccine Information Statement (VIS) indicated below. I have had the opportunity to ask questions that were answered to my satisfaction. I understand the benefits and risks of the vaccine(s). I authorize the information to be forwarded to my primary care physician, authorizing physician or local Dept. of Health/registry, if applicable. **I agree to stay in the general area for 20 minutes after receiving my vaccination in case any immediate reactions occur.** I consent to the emergency administration of epinephrine and/or diphenhydramine, if necessary, to treat an adverse event following vaccine administration I understand that if I experience any side effects, it will be my responsibility to follow up with my physician at my expense. I hereby release Stop & Shop Pharmacy and its parent, subsidiary and affiliates, and its officers, employees and agents, respectively, from any & all liability that might arise from this vaccination on behalf of me, my heirs and personal representatives.

X _____ Date: ___/___/___

Signature of Patient or Patient's Personal Representative (A Personal Representative is someone who has legal authority to make healthcare decisions on the behalf of the patient.)

FOR PHARMACIST USE ONLY

Admin Date/ VIS Given	Vaccine	Vaccine Lot #	Exp Date	Manufacturer	Dose	Site of Injection	VIS Date
						PLUA: Post Lateral Upper arm (SQ), Deltoid (IM)	
						IM / SQ L / R Deltoid / PLUA	
						IM / SQ L / R Deltoid / PLUA	
						IM / SQ L / R Deltoid / PLUA	

-I have reviewed the Informed Consent Form to assess patient for potential contraindications and precautions to the vaccine(s) being administered today, and I have confirmed the vaccine(s) requested is/are indicated for this patient. **RPh Initials:** _____

-I have received verbal consent to report vaccine(s) to the registry for patients age 19 and older (NY only). **RPh Initials:** _____

-Certificate of Immunization given to patient: YES NO

-Copy sent to provider: YES NO

Pharmacist Signature/Title: _____ RPh _____ Date: _____

Pharmacy Intern Signature: _____ Date: _____

Location of Pharmacy/Administration: _____ Phone: _____

Additional Vaccine Administration Screening Questionnaire/Customer Information
During COVID-19 Community Transmission

To help protect customers and associates during any period of declared COVID-19 community transmission, we are asking that all customers complete the following additional screening questions prior to being evaluated for vaccination need and administration.

We require customers to wear a face mask (*at minimum a disposable, ear loop surgical mask*) during the entirety of the vaccination process during any period of declared COVID-19 community transmission. If you do not have an appropriate face mask, one will be provided to you at no charge. If you have any condition that prevents you from wearing a mask, please alert the pharmacist and discuss deferring the vaccine administration until a time when there is no community transmission of COVID-19.

Please answer each of the following questions:			
1)	Within the past 3 days, have you experienced fever or chills?	(circle)	YES NO
2)	Are you currently experiencing any of the following symptoms? Cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, or diarrhea.	(circle)	YES NO
3)	If you have recently experienced any of the above symptoms, have they improved over time? <input type="checkbox"/> YES, symptoms have improved <input type="checkbox"/> NO, symptoms have stayed the same or have gotten worse <input type="checkbox"/> N/A, have not experienced symptoms (skip to question 5)		
4)	How many days has it been since your symptoms first began?	_____	
5)	In the past 14 days, have you had close contact with any person with confirmed or suspected active COVID-19 infection?	(circle)	YES NO

SEASONAL FLU CLINICS

Middletown, Cromwell, and Durham Health Departments
&
Southington - Plainville Regional Health District

- Sept 23** **8:00 AM - 10:00 AM**
Senior Center, 61 Durant Street, Middletown
- Sept 30** **10:00 AM – 12:00 PM** Seniors & First Responders Only
12:00 PM – 6:00 PM All
Town Hall Gymnasium, 41 West Street, Cromwell
- Oct 7** **10:00 AM - 4:00 PM**
MARC Community Resources, 25 Industrial Park Road, Middletown
- Oct 14** **10:00 AM – 12:00 PM** Seniors & First Responders Only
12:00 PM – 6:00 PM All
Town Hall Gymnasium, 41 West Street, Cromwell
- Oct 21** **9:00 AM - 3:00 PM**
Community Center, 405 Main Street, Middlefield
- Oct 28** **10:00 AM – 12:00 PM** Seniors & First Responders Only
12:00 PM – 6:00 PM All
Town Hall Gymnasium, 41 West Street, Cromwell
- Nov 3** **Noon - 6:00 PM**
Activity Center, (2nd floor), 350 Main Street, Durham
- Nov 7** **9:00 AM -3:00 PM**
Town Hall Gymnasium, 41 West Street, Cromwell
- Nov 10** **10:00 AM - 4:00 PM**
Cross Street AME Zion Church, 440 West Street, Middletown

- *Must be at least 18 years of age and in good health.*
- *No co-pay (please bring your insurance card).*
- *Appointments not taken (first-come, first-served); residency not required.*
- *Please wear a mask, social distance and follow all COVID safety protocols.*
- *Bring your pre-filled consent form and COVID questionnaire.*

Pneumonia & Shingles vaccines also available (please bring your insurance card)

Consent Form and COVID Questionnaire can be found on-line@:

www.cromwellct.com

www.townofdurhamct.org

www.pshd.org (Middlefield)

www.middletownct.gov

Cromwell	860-632-3426
Durham	860-349-8253
Middlefield	860-276-6275
Middletown	860-638-4962

STOP & SHOP PHARMACIES (logo insert)

CROMWELL SENIOR CENTER

REOPENING AND PROGRAM PARTICIPATION SURVEY

Your feedback is important to us. This survey will help us to make important decisions regarding the reopening of the Cromwell Senior Center and plan for future programs and services to meet the needs of our Community. To help us put a plan in place that best suits our seniors, please answer the following questions.

1. When do you plan on returning to the Senior Center?

- | | |
|----------------------------------------------------|-------------------------------------------------------|
| <input type="checkbox"/> As soon as the doors open | <input type="checkbox"/> Not until there is a vaccine |
| <input type="checkbox"/> Late Fall | <input type="checkbox"/> Never Again* |
| <input type="checkbox"/> Winter | <input type="checkbox"/> I am unsure at this time* |
| <input type="checkbox"/> Next Spring | |

* If never again or you are unsure, please tell us your concerns (ie. Health issues, cleanliness, being able to safely distant, time etc):

2. Please indicate how you would prefer to participate in the following programs when we reopen:

	At the Center	Virtually <small>(Zoom, Facebook Live, Youtube)</small>	Neither
Drop-in (billiards, socialize, TV, etc)			
Educational Programs			
Classes- Art, Quilting			
Exercise / Yoga/Tai Chi Classes			
Entertainment/Special Events			
BINGO			
Cards (Setback, Bridge)			
Games (Mah jongg, Wii Bowling)			

3. Please circle the in-person programs you would participate in when the Center reopens:

Congregate Lunch	Fitness Classes	Movie
Lunch & Learn Events	Senior Bus Day Trips	Getaway Tours Day Trips
Group Classes (art, quilting)	Parties/Special Events	Cards/Games
OTHER: _____		

4. Registration will be required for all of our programs when we reopen. How would you prefer to register for programs?

Over the phone

Online using a registration program

5. Are you able to participate in the Cromwell Senior Center's Virtual Programs?

Yes, I have attended some programs and enjoy them

Yes, but I have not attended any programs because they are not appealing to me

No, I do not have the necessary technology at home (computer, tablet, smartphone)

No, I do not have access to the Internet at home

No, I do not know how to sign in/use the Virtual Programs but would be interested in learning

No, I have no interest in participating in Virtual Programs

6. Please indicate if you would like help signing up/accessing any of the following online resources:

<input type="checkbox"/> Zoom	<input type="checkbox"/> YouTube
<input type="checkbox"/> Facebook	<input type="checkbox"/> Email
<input type="checkbox"/> Instagram	<input type="checkbox"/> Other: _____

7. We send out an email updates with a list of upcoming programs and other useful information and things to do. If you would like to receive these updates, please leave us your email address:

8. How worried are you about the impact of coronavirus on you personally?

Very Worried Somewhat Worried Not So Worried Not Worried at All

9. Please leave any final comments/thoughts/concerns/questions you have for us:

Name (optional): _____

Date: _____

Thank you! We can't wait to see you again!

Please return by email to asaada@cromwellct.com or by mail or drop off to:
Cromwell Senior Center, 41 West Street, Cromwell, CT 06416



September 2020

Dear Congregate Recipients:

We are writing to let you know that as of October 1, 2020, which is the start of our new fiscal year, the Community Renewal Team (CRT) will be adjusting the suggested donation amount for our congregate meal service from \$2.50 to \$3.00 per meal.

This is the first time we have adjusted the price for this service in many years. Unfortunately, the cost of preparing and delivering these meals has gone up a lot, and we need to make this price adjustment to help keep up with those rising expenses.

We will do all that we can to ensure that you receive excellent value for the price per meal that we are asking you to give; and we will do all that we can to continue to provide nutritious meals to you even during these difficult times.

And, like we have always done, NO ONE will ever be turned away from our meal service for lack of ability to make this donation.

We appreciate your understanding regarding this change to our congregate meal service, and we look forward to continuing to serve your needs in the days ahead.

If you should have any questions about these pending changes to our congregate meal program, please contact: Shannon MacNeil at 860-560-5634.

Thank you for your trust in our services,

Gariann Chiarella, Director of Nutrition
Community Renewal Team

DONATIONS MAY BE MAILED TO
Community Renewal Team
Attn: Nutrition Dept – Congregate
555 Windsor Street
Hartford, CT 06120

AARP Smart Driver Course Information, Rules of the Road, and Quick Tips for Seniors

By taking the AARP Smart Driver course, drivers will refresh their knowledge of the *rules of the road* and learn research-based safety strategies to help maintain their confidence behind the wheel. They will also learn how to adapt to changes – changes to themselves, their vehicles, and the driving environment to keep them driving longer and safely.

Retooling: Relearning to Drive

After weeks in coronavirus lockdown mode, some drivers are 'speeding like crazy' but others are learning they need to shake off the rust. Police are seeing an increase in:

1. Speeding
2. Delayed reaction to signs and signals
3. Illegal turns

Do You Know the rules of the Road?

When you have been driving for decades it is easy to feel like you know it all. Yet for years, national surveys have shown that about one in five of us would flunk a written driver's test. There are also laws that evolve with the times, like those regarding pedestrians and cell phone use that many people simply do not know.

Test your own road IQ:

At What distance before making a turn should you put on your turn signal?

- A. 50 feet before the turn
- B. 100 feet before the turn
- C. It depends on whether anyone is behind you to see you turning
- D. Early enough to give drivers behind you time to react

Answer: B – 100 feet before the turn

Top 4 Driving Safety Tips:

1. **Always focus on driving – Keep 100% of your attention on driving** no multi-tasking, do not use your cell phone or any other electronic device while driving.
2. **Drive Defensively** – Keep a 3-second cushion between you and the car in front of you.
3. **Make a safe driving plan** – adjust your seat, mirrors, radio, and climate controls before putting the car in gear.
4. **Practice safety** – Always wear your seat belt and driver sober and drug-free.

These are just a few of things that you will learn by taking the AARP Smart Driver Safety Class.

As a precaution against the COVID-19 Coronavirus pandemic all in person classes are canceled until December 31, 2020. However, the course is available on-line. Any Participant taking the on-line course will receive a 25% discount through the end of the year.

Information to take the on-line course is listed below:

Website: www.aarpdriversafety.org

Promo code for 25% discount: DRIVINGSKILLS

Good Through: December 31, 2020

Monthly Birthday Celebration!

Happy
Birthdays

October Birthdays

October 1st - Arlene Eriksen	October 18th - Mary Piaskowski
October 1st - Daksha Khambholja	October 22nd - Joann Golden
October 2nd - Lori Adamowicz	October 22nd - Margaret Larkin
October 4th - Mary Proia	October 22nd - Raymond Loiseau
October 5th - Sandra Murawski	October 22nd - Marge Steiner
October 7th - George Miller	October 22nd - Karen Yeske
October 8th - Al Bussier	October 23rd - Dennis Bardoni
October 9th - Pasquale Gizzi	October 25th - Betty DeMezzo
October 12th - Patricia Gengler	October 25th - Veena Kantesaria
October 14th - John Clark	October 26th - Deborah Breaux
October 15th - Alfred Nocera	October 27th - Roland Bonaiuto
October 16th - Deborah Pellows	October 27th - Bob DeMezzo

October 27th - Jackie Walsh
October 29th - Pariscilla Hop
October 30th - Maureen Fler+

Register your Birthday now!
860-632-3447

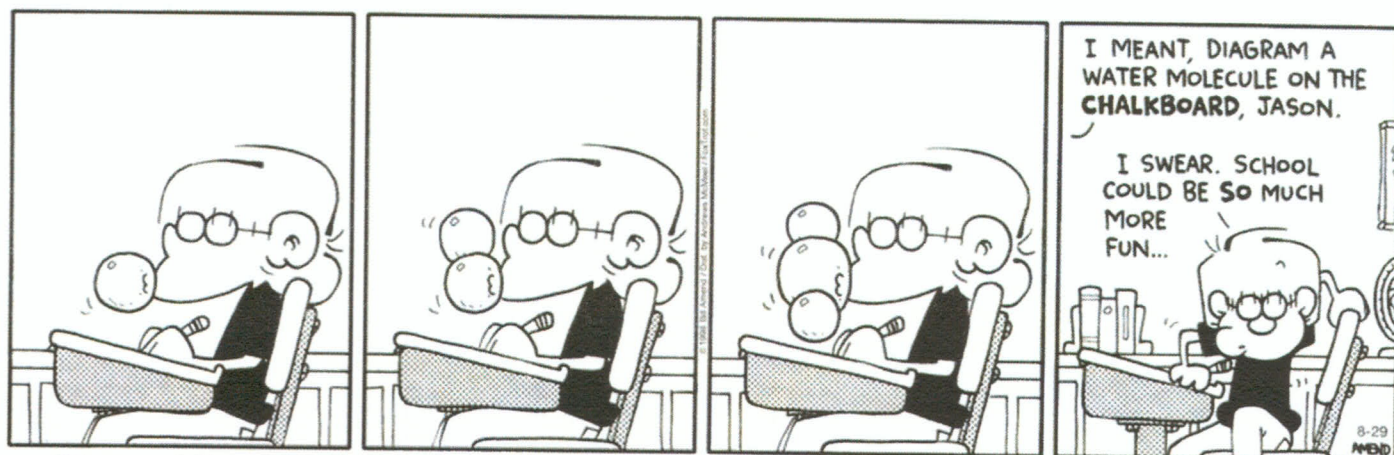
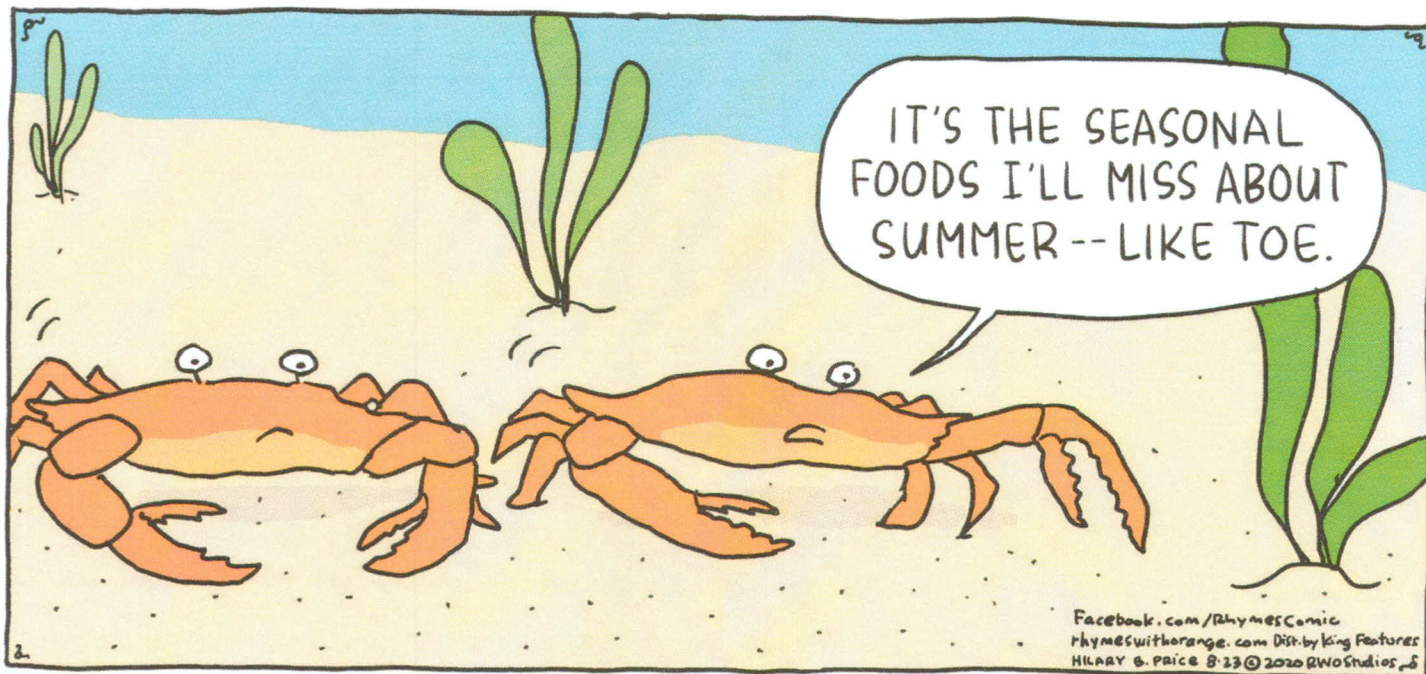




Halloween Word Scramble

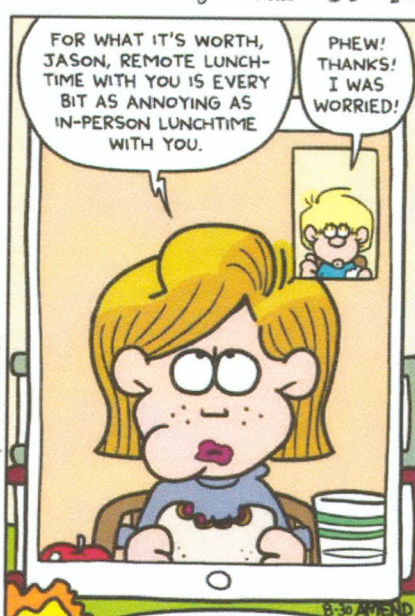
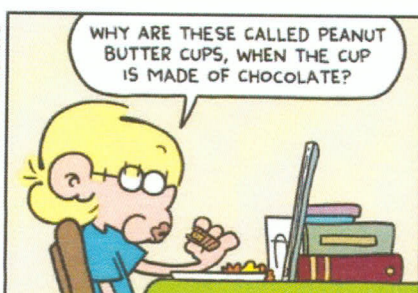
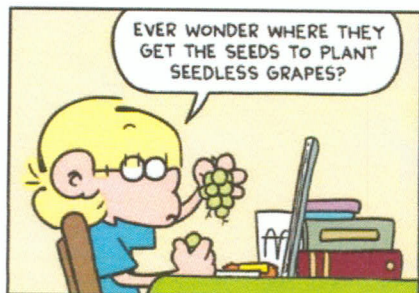
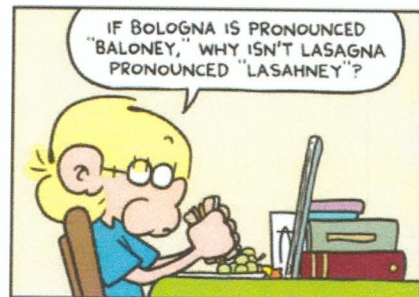


1. okypos
2. pkpinum
3. treta
4. oghst
5. ydanc
6. rpivame
7. keonstel
8. luhgo
9. pecyre
10. tomcuse
11. nthua
12. owaercrcs
13. iyderah
14. oblod
15. labck act
16. ogbiln
17. mymmu
18. rasyc
19. piserd
20. sremca



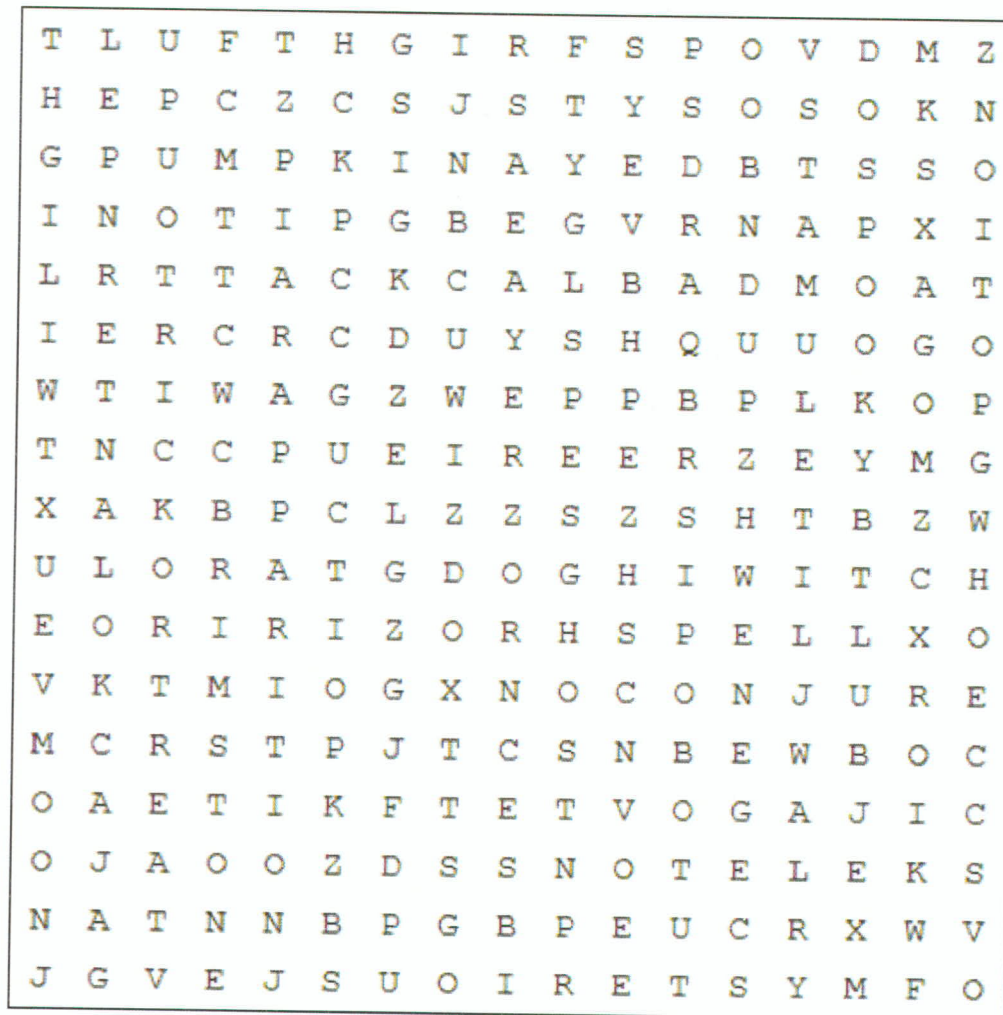
FoxTrot

by Bill Amend





Happy Halloween



AMULET
 APPARITION
 BATS
 BLACK CAT
 BOO
 BRIMSTONE
 CACKLE
 CAULDRON
 COBWEB

CONJURE
 EERIE
 FRIGHTFUL
 GHOST
 GOOSE BUMPS
 JACK-O-LANTERN
 MOON
 MYSTERIOUS
 PHANTOM

POTION
 PUMPKIN
 SKELETON
 SPELL
 SPOOKY
 TRICK OR TREAT
 TWILIGHT
 WITCH



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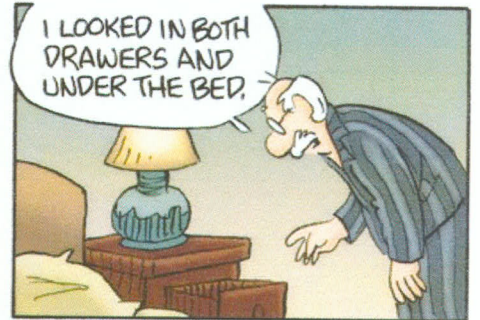
PICKLES

by BRIAN CRANE

THAT'S WEIRD!



BUT THIS MORNING IT'S NOT THERE!

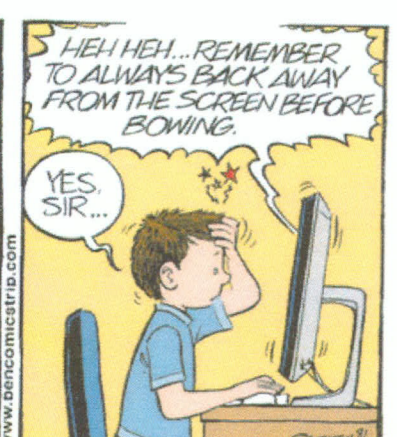
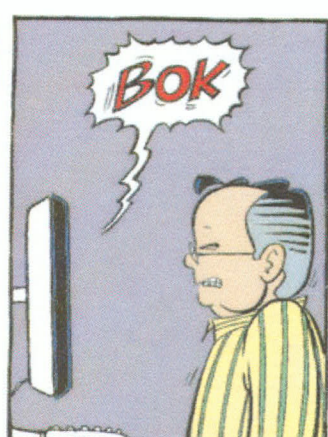
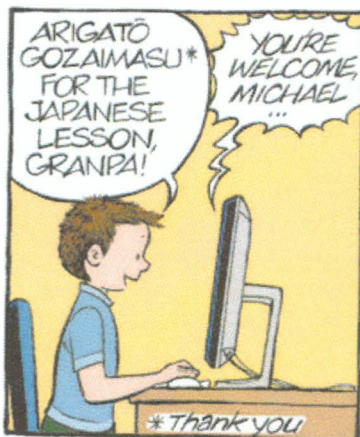
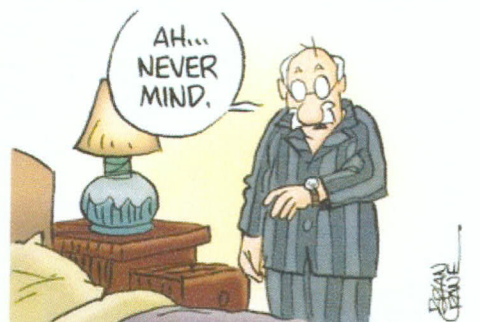


I DON'T KNOW WHERE IT WENT, IT JUST DISAPPEARED!

SCRITCH SCRATCH



8/30



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SHELDON 8/25

★ Frankenstein

All the words are hidden vertically, horizontally or diagonally—in both directions. The letters that remain unused form a sentence from left to right.

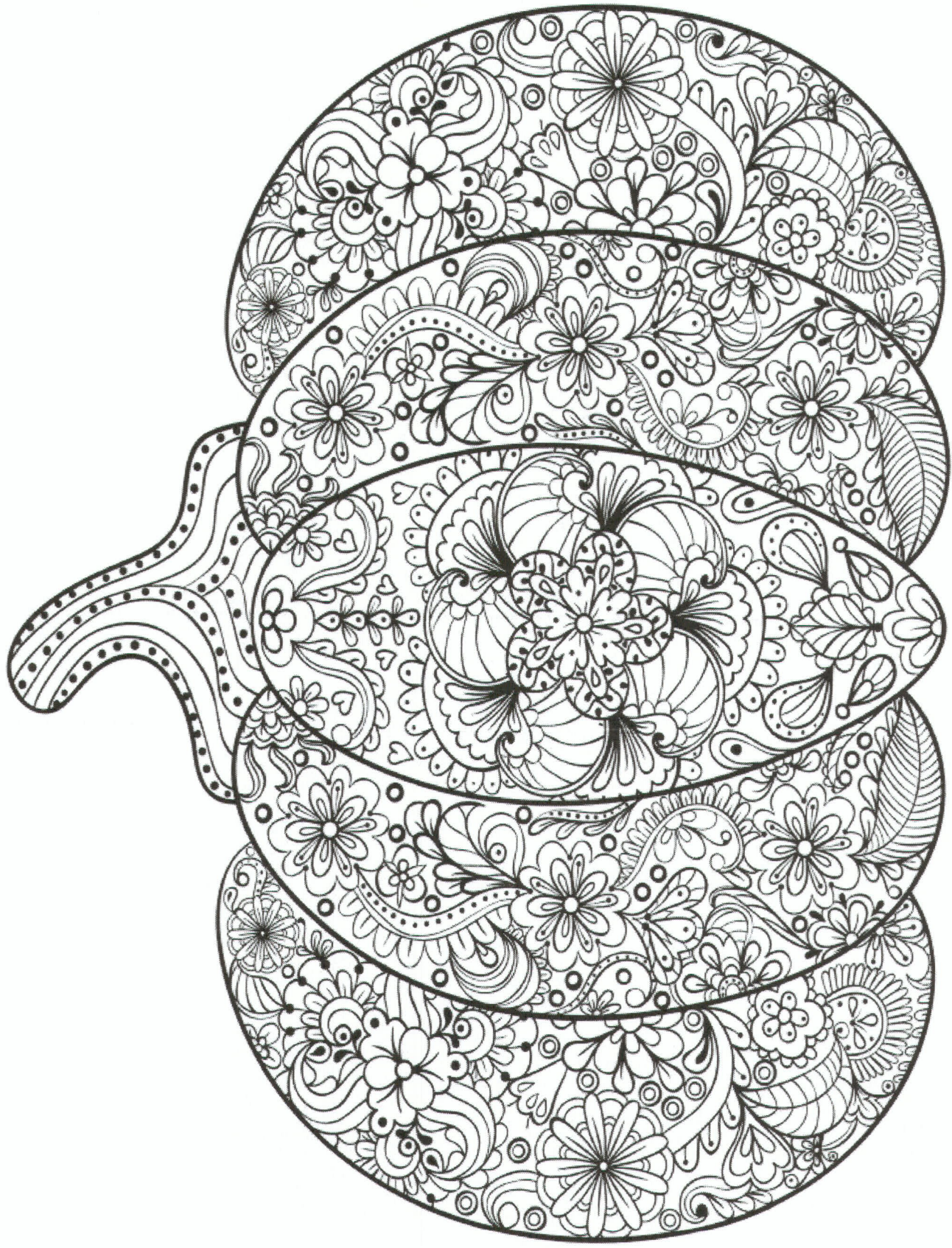
H I D E O U S L F R A N K E N
 S T D E T D O G S L E D I N E
 I S T N E N O R Y B D R O L L
 H G B S E S P R O C E N A Y C
 M E R S H I E O F T H N E R R
 D R O E S D R A M A I O H O I
 R M T N E Y E F C U T O O T C
 E A H I C D D R R T H A R A C
 F N E L I A E U T C R V R R I
 U Y R C E A T D T E D E I O T
 G T I E H E M E I S D N B B C
 E U O D N S R T E R R E L A R
 S N O E N I T S U J B G E L A
 T T H E F C O M P A N I O N K
 M O N M S S S E L E F I L C T
 D N A L R E Z T I W S E I R I
 T S W I L L I A M N O S I R P
 E L F F G O T H I C W O M A N

FIRE
 FRIEND
 GENEVA
 GERMANY
 GOTHIC
 HATE
 HIDEOUS
 HORRIBLE
 ICE SHEET
 JUSTINE
 LABORATORY
 LIFELESS
 LONESOME
 LORD BYRON
 MURDER
 PRISON
 REFUGE
 RUIN
 SICK
 STUDY
 SUICIDE
 SWITZERLAND
 WILLIAM
 WOMAN

ARCTIC CIRCLE
 BRIDE
 BROTHER

COMPANION
 CORPSES
 DECLINE

DOG SLED
 DRAMA
 FILM



★ Magic

All the words are hidden vertically, horizontally or diagonally—in both directions. The letters that remain unused form a sentence from left to right.

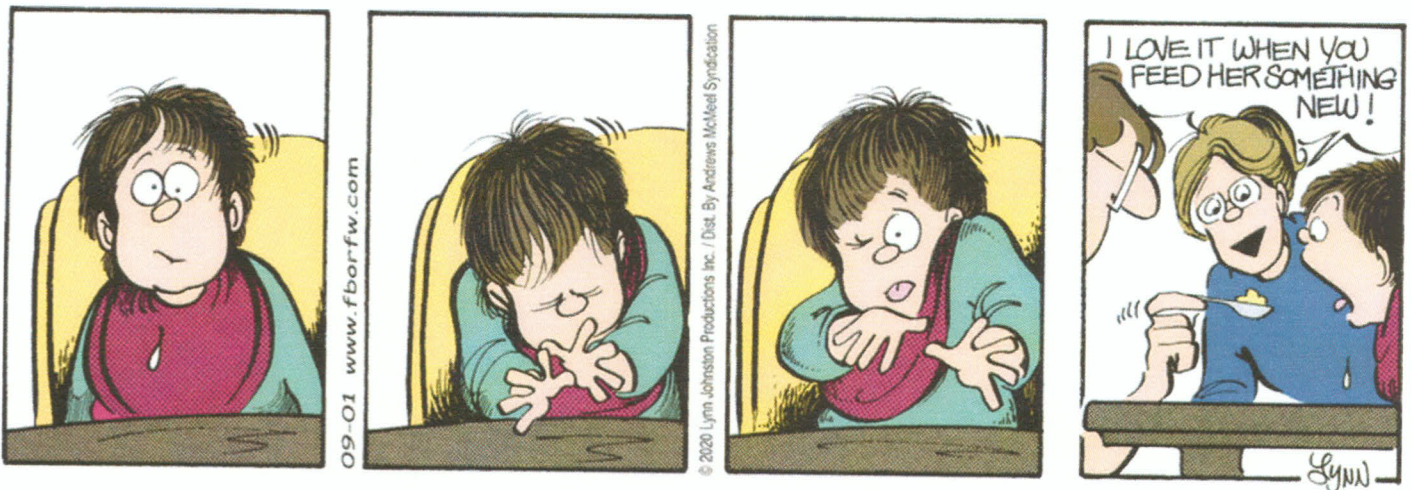
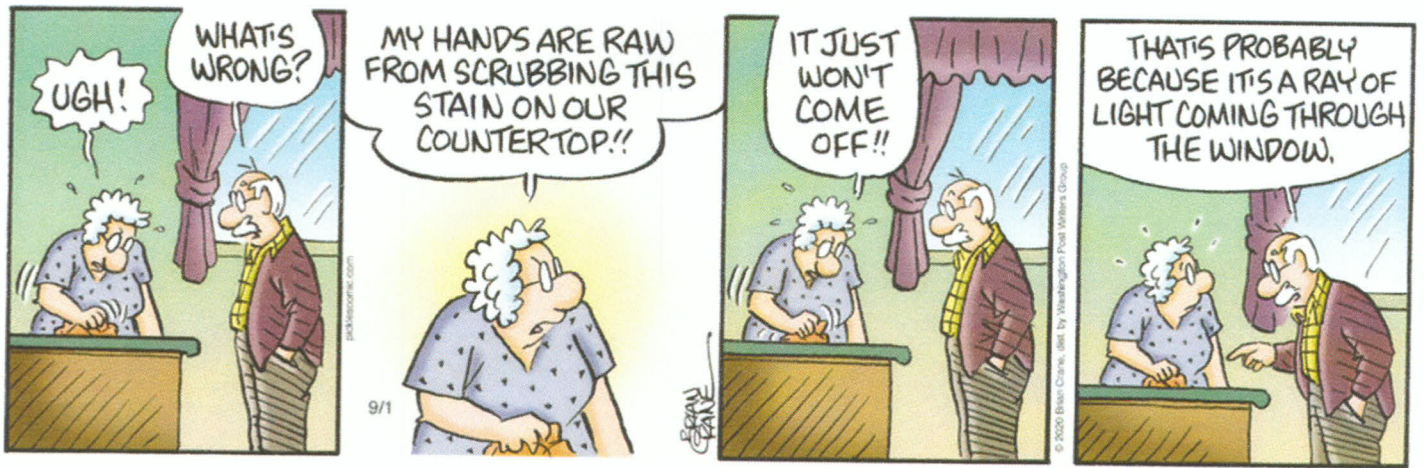
T S H S E E V E W O R C D M N
 T U O P S G A T R O F I T E I
 C O O E S R N U N I U R N D F
 A R L C T S I I D E F C I O F
 R E E T R D S N T I O U A V O
 E T V A E W H H I I E S H E C
 T X I T E E N P N D C N C S D
 A E T O T R E S R F U X C E O
 W D A R R C I C M I N O E E N
 R G T S M L A N A G I P H O S
 E A E C E I P T G R S H O W I
 D R B N I M O C K S D L S I S
 N S A B U A D N D O L S U S O
 U C B T I X I E D A L Y T E N
 E T H E I T U N B C A A N C P
 T P A T I O M N A B G R A R Y
 C H A R L A T A N E C A D E H
 A B R C A S S I S T A N T T A

CIRCUS
 CLIMAX
 COFFIN
 COINS
 DEXTEROUS
 DOVES
 EXCITING
 FIRE
 HOUDINI
 HYPNOSIS
 LEVITATE
 PODIUM
 RABBIT
 RINGS
 ROPE
 SECRET
 SHOW
 SPECTATORS
 SPEED
 STAGE
 STREET
 UNDERWATER ACT
 VANISH

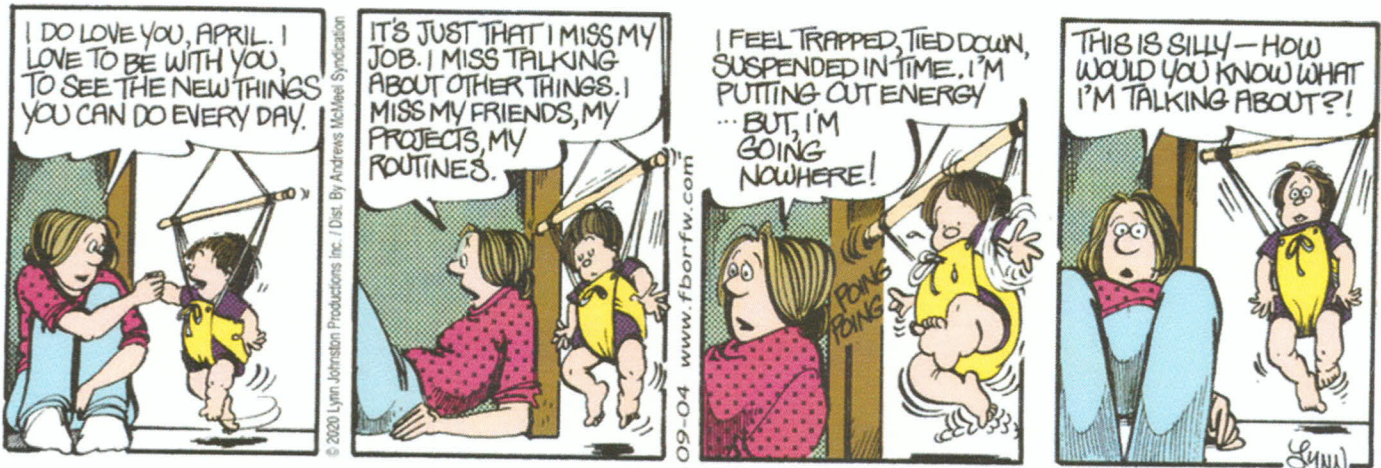
ART
 ASSISTANT
 AUDIENCE

BALLOON
 CANE
 CAPE

CARDS
 CHAIN
 CHARLATAN



For Better or For Worse by Lynn Johnston



★ Pizza

All the words are hidden vertically, horizontally or diagonally—in both directions. The letters that remain unused form a sentence from left to right.

I M A L A S P I E Z Z A M T W
 R O U N D A S Y O K O R O U I
 E G N T S U R C E V A M Z C L
 C I A N A L L Y E A A B Z I I
 E N P N M V E N S T S N A T O
 I L O C C O R B O E E T R D I
 P N L N A H O A S P V L E E C
 S D I I T P O R O B A I L S A
 L O T U N A E V H R R Y L U L
 A O P N P P D R I S D E A O Z
 O F T A P I H E S E U E H I O
 N A D E R I N S H H S M R C N
 A E P A S M S E I D N C E I E
 G S B E C O E M A S O E P L O
 E P L I S A B S A P U U L E A
 R R I I N M A L A N P Y G D P
 O A R T C S T O F N T L H H E
 W O R T A E L F R E E Z E R D

DOUGH
 EAT
 FREEZER
 HERBS
 MOZZARELLA
 MUSHROOM
 NAPOLI
 OIL
 OLIVES
 ORDER
 OREGANO
 OVEN
 PARMESAN
 PEPPER
 PIECE
 PINEAPPLE
 ROUND
 SALAMI
 SALT
 SEAFOOD
 SLICE
 TOMATO
 TUNA
 YEAST

ANCHOVIES
 BAKE
 BASIL

BROCCOLI
 CALZONE
 CAPERS

CRUST
 CUT
 DELICIOUS



AUTUMN

1	2	3	4		5	6	7	8		9	10	11	12	13
14					15					16				
17					18					19				
20				21				22	23					
			24					25						
	26	27					28				29	30	31	
32						33				34		35		
36						37				38	39			
40				41	42					43				
44					45				46					
			47	48					49					
50	51	52						53				54	55	56
57						58	59				60			
61						62					63			
64						65					66			

By Jimmy and Evelyn Johnson - www.qets.com

AUTUMN

ACROSS

- 1 Swiss mountains
- 5 Deliver by post
- 9 Piece together
- 14 Gambling game
- 15 Decorative needle case
- 16 Sound of a sneeze
- 17 On top
- 18 Doings
- 19 Belonging to you
- 20 Review
- 22 Ornamental stand
- 24 Hubbub
- 25 Bearing
- 26 African country
- 28 Compass point
- 29 April (abbr.)
- 32 Disturbance
- 33 Pulls along
- 35 Sign of the zodiac
- 36 List of highly desired guests
- 37 Atmosphere
- 38 Small talks
- 40 Permit
- 41 Courage
- 43 Comfortable
- 44 Those who make the food laws (abbr.)
- 45 Hard boiled food
- 46 Draw with crayons
- 47 What a mosquito bite does
- 49 Pole
- 50 Crop
- 53 Heat
- 57 Once more
- 58 Black
- 60 Deviate
- 61 Gathered the leaves
- 62 Baseball's Nolan
- 63 Self-esteems
- 64 Clothe
- 65 Gorgeous
- 66 Shrimp

AUTUMN

DOWN

- 1 Far away
- 2 Unpunctual
- 3 Professor (abbr.)
- 4 HBO mob show
- 5 Time of the year
- 6 Engrave
- 7 Tree seed
- 8 Unload from a ship
- 9 Recipient
- 10 Squirrel's dinner
- 11 Hoodlum
- 12 Cob vegetable
- 13 Flexible tube
- 21 Decrees
- 23 ___ pong
- 26 Bundled hay
- 27 1997 Madonna movie
- 28 Twist the water out
- 29 "Remember the ___"
- 30 ___, Paul and Mary
- 31 Good outlook
- 32 Not whole
- 33 Female children
- 34 What children attend
- 39 Held over tradition
- 42 Upper body muscles
- 46 Nook and ___
- 47 Crawling vines
- 48 Takes care of
- 50 Difficult
- 51 Seaweed substance
- 52 Collect leaves
- 53 Cajole
- 54 Prego's competition
- 55 Take the wrinkles out
- 56 Saclike structures filled with fluid or diseased matter
- 59 Farewell

AUTUMN

Solution:

1	A	2	L	3	P	4	S		5	S	6	E	7	N	8	D		9	P	10	A	11	T	12	C	13	H	
14	F	A	R	O					15	E	T	U	I					16	A	C	H	O	O					
17	A	T	O	P					18	A	C	T	S					19	Y	O	U	R	S					
20	R	E	F	R	21	E	S	H						22	E	23	P	E	R	G	N	E						
					24	A	D	O						25	M	I	E	N										
		26	B	27	E	N	I	N					28	W	B	N					29	A	30	P	31	R		
32	H	A	V	O	C					33	D	R	A	G	34	S				35	L	E	O					
36	A	L	I	S	T					37	A	I	R					38	39	C	H	A	T	S				
40	L	E	T						41	S	42	P	U	N	K				43	H	O	M	E	Y				
44	F	D	A							45	E	G	G					46	C	O	L	O	R					
						47	I	48	T	C	H							49	R	O	D							
50	H	51	A	52	R	V	E	S	T						53	C	A	L	O	54	R	55	I	56	C			
57	A	G	A	I	N					58	E	59	B	O	N					60	V	A	R	Y				
61	R	A	K	E	D					62	R	Y	A	N					63	E	G	O	S					
64	D	R	E	S	S					65	S	E	X	Y					66	R	U	N	T					

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Evelyn Johnson

