

Maple Street Monthly—October 2020

Ellington Senior Center Newsletter

A Note from the Director

Greetings!

As we proceed with following the sector rules from the Governor for Phase 2, we are projecting a tentative date to reopen January 2021.

We continue to provide a series of virtual programs. Staff has partnered with a variety of agencies for additional programs, as explained inside this newsletter. Another partnership is with the Motion Picture Television Fund to bring a Social Call program to Ellington residents. More information will be forthcoming in November.

At a recent meeting we learned of a new resource to help you attain the best technological device for your needs under the Connecticut Tech Act Project under the Stay Connected Program. All details are inside to see if you are eligible for assistance.

Just a reminder, the Town of Ellington Human Services Department has a program where someone will contact you in the event of a town-wide emergency. A form “Request to Conduct Well-Being Check in Event of Emergency Incident” needs to be on file. If you would like to take part in this, please let us know. A drop box has been installed on the exterior of the Senior Center building, under the alcove, to the right of the front door. Please use this for dropping off any forms securely.

If you would like a flu shot, North Central District Health Department will be having a Drive Up Clinic on October 28 from 1pm-3pm. Please make sure to call before October 15 to schedule your appointment. No walk-in’s will be accepted.

Be Well, Stay Safe

Erin R. Graziani, Director

The building is currently closed to the public; however you can still reach us:

Phone: 860-870-3133

Website: <http://seniorcenter.ellington-ct.gov/>

Facebook: <https://www.facebook.com/Ellington-Senior-Center-547859522023852/>

YouTube: https://www.youtube.com/channel/UC6gJol0FV9sS_btqI49Pi9Q

Come take a class with us virtually via Zoom, Telephone, Facebook Live, and/or YouTube!

Here's How to Join us for a Class:



Download the Zoom app on your mobile device or laptop and use the following meeting ID for all classes with the Zoom logo: 251 344 4651



To log onto Zoom without a smartphone or computer, dial the following phone number and follow the prompts: 1-929-205-6099. The meeting ID is 251 344 4651.



Facebook Live: Log onto our Facebook page during the class time or view it afterwards at:
<https://www.facebook.com/Ellington-Senior-Center-547859522023852>



Most classes will be posted to YouTube at the end of the live class.
https://www.youtube.com/channel/UC6gJol0FV9sS_btqI49Pi9Q

For instructions on how to access any of these platforms please call us at 860-870-3133

TECHNOLOGY CORNER

Tech Assistance:



Do you need help with your computer, laptop, tablet, or smartphone? Do you need help figuring out how to use My Active Center to register for programs? Maybe we can help!

Alisha or Sam will be available by appointment only.
You **MUST** reserve a time slot.
Appointments are limited to 30 minutes per person.

To schedule your time slot call 860-870-3133 or email us:
Android users email Alisha: Agoss@ellington-ct.gov
Apple users email Sam: sbaer@ellington-ct.gov
Phone, Facetime, & Zoom Options are available.



iPad & iPhone Apps



Do you own an iPhone or iPad and often think
“I know this thing can do a lot more than I use it for....”
Wonder no more! Join Sam on Zoom for a tutorial:

Monday, October 19 at 1:00 pm

Learn about features such as how to:

- ◆ Brighten and/or darken your screen
 - ◆ Personalize your background
 - ◆ Change the size of your font
 - ◆ Make and organize folders
 - ◆ Hook up to WiFi
 - ◆ Turn on Airplane Mode
 - ◆ Connect to Bluetooth
 - ◆ ..and much, much more!

Please call to register in advance: 860-870-3133
Zoom ID will be provided upon registration



TECHNOLOGY CORNER

STAY CONNECTED: Helping Older Adults and Persons with Disabilities engage with medical providers, community, family and friends during COVID-19



The **Stay Connected Program** is funded by the Administration for Community Living, Federal CARES Act in response to COVID-19. This a new program is operated out of the Dept of Aging and Disability Services in collaboration by the State Unit on Aging and the CT Tech Act Project.

Objective

To connect adults aged 18 years of age or older with a disability or adults sixty years of age or older to the most appropriate Assistive Technology (AT) to foster improved communication and connection with medical professionals, family/friends and the community during this pandemic when many of us are staying home to stay safe.

Process

All five Area Agencies on Aging (AAA) and Centers for Independent Living (CIL) in CT conduct Information & Referral with individuals who call their centers. The AAAs & CILs will use a validated screening tool during calls to identify individuals who would gain the most from technology assistance. Eligible individuals will be referred to one of three CT Tech Act Project AT partner agencies for a remote technology consultation. The participating AT partner agencies are EASTCONN, the NEAT Center and UCP of Eastern CT. During this consultation, the AT Partner will recommend the best selection of AT device based on the person's needs and preference. Various funding sources have been identified to assist with the purchase of the technology device and internet (when needed). Once the technology arrives, training will be provided to the individual and any support person in the home to assist in learning how to use the device to stay connected with loved ones, family, friends and medical providers. Connections to community supports will also be made to help the individual in continuing to utilize the device and engage with others.

Referrals

Refer individuals who would benefit to the "Stay Connected" program to their Area Agency on Aging (1-800-994-9422) or Center for Independent Living Program. For More Information contact: Patricia.Richardson@ct.gov or Arlene.Lugo@ct.gov.

TRAVELING VIRTUALLY



TRAVEL *Stories*

Wednesday, October 14
2:00 pm

All of our travels are made up of great stories — ones filled with drama, cultural misunderstandings and frustration, as well as happiness, joy and grace.

Join Tyler Zajacz, President and CEO of Tours of Distinction for a fun-filled Zoom escape to hear some of the most interesting and unusual stories of travel around the globe.

Call the Senior Center at 860-870-3133 to register for this Zoom program. Upon registration you will be given the Zoom link with meeting ID and passcode.

All trips the Senior Center has planned with Friendship Tours for 2020 have been cancelled. In the meantime, they have come up with a solution for safer travels:



“More Than Tours”

Stay up to date about current tour dates, access new video links, webinar links, highlights of virtual tours, announcements, articles, and so much more.

Visit their website for a list of virtual programs:
<https://www.friendshiptours.net/more-than-tours>

- ⇒ Are you craving social interaction?
- ⇒ Looking for mental stimulation?
- ⇒ Want to “meet” new people?
- ⇒ Want to engage in meaningful, non-judgemental conversation?

COME JOIN US WEEKLY ON ZOOM!



Directions for Virtual TED Talk Discussions:



Click and watch the video link at your convenience. The link will also be posted on our website: <http://seniorcenter.ellington-ct.gov/> and Facebook page: <https://www.facebook.com/Ellington-Senior-Center-547859522023852>

Feel free to take notes.

At 1:30 pm on the day listed, log into Zoom with Meeting ID: 251 344 4651 and join the discussion. You may also call in, if you prefer, and follow the prompts: 1-929-205-6099

If you need help installing Zoom call or email us.

<u>Date:</u>	<u>Topic:</u>	<u>Video Presenter:</u>
10/6	Why schools should teach for the real world https://www.ted.com/talks/ted_dintersmith_why_schools_should_teach_for_the_real_world	Ted Dintersmith
10/13	How businesses can plan for the road to recovery https://www.ted.com/talks/rich_lesser_how_businesses_can_plan_for_the_road_to_recovery	Rich Lesser
10/20	To overcome challenges stop comparing yourself to others https://www.ted.com/talks/dean_furness_to_overcome_challenges_stop_comparing_yourself_to_others	Dean Furness
10/27	The US is addicted to incarceration. Here’s how to break the cycle. https://www.ted.com/talks/rob_in_steinberg_and_manoush_zomorodi_the_us_is_addicted_to_incarceration_here_s_how_to_break_the_cycle	Robin Steinberg & Manoush Zomorodi

OCTOBER 2020

Exercise Classes with Linda Stein



Fit & Strong - Level 1

Tuesdays & Thursdays

10 am



This beginner class is designed for people who have issues with balance and standing for long periods. It incorporates a variety of light movement, weights, and exercise bands. All exercises can be done in or out of a chair.



Power Fitness - Level 2

Tuesdays & Thursdays

11 am



Challenge yourself to increase your strength, flexibility, and balance in this intermediate level class. Exercises are done standing and on the floor and can be modified as needed. A mat is recommended.

Virtual Chess

Every Monday at 9 am

VPL: Alex Cardoni

Join the Ellington Chess Mates in a virtual match on Mondays at 9am

on **Chess.com!**

For more information, or to be added to the group, contact Will Maynard at:
maynardwe@comcast.net

AARP[®]

Driver Safety

AARP is offering a **25% discount** to take the course online.

Website:

www.aarpdriversafety.org

Promo code for 25% discount:

DRIVINGSKILLS

Note: All in-person classes have been cancelled through 2020.

Mind & Body Classes with Sam Baer

Meditation

Mondays at 3:00 pm



Chair Yoga

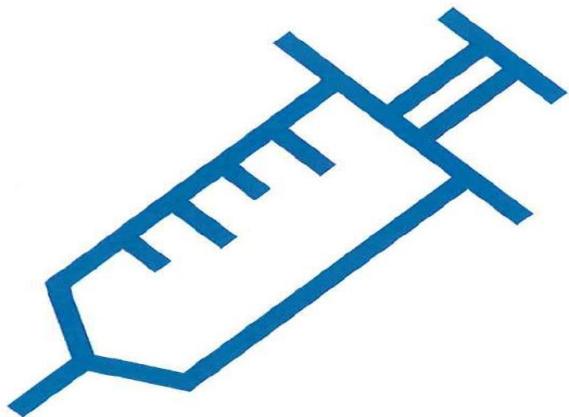
Wednesdays at 10:30 am



Gentle Yoga

Wednesdays at 9:00 am





DRIVE UP FLU SHOT CLINIC

Wednesday, October 28th, 2020

1:00-3:00pm

Accepted Insurance:

AETNA
ANTHEM
CIGNA
CTCARE
HARVARD PILGRIM
HUSKY
MEDICARE PART B
MEDICARE
(VIA AN ACCEPTED INSURANCE)
UNITED HEALTHCARE
(MEDICARE ONLY)

Cash Payment:

\$25-Standard Dose
\$55.00—High Dose

Reservations required.

Please call the Senior Center
to reserve your spot
by 10-15-2020.
Limited spots available.



860-745-0383

WWW.NCDHD.ORG



40 Maple Street
Ellington, CT
860-870-3133



Special Events Offered with **AARP**

AARP will be hosting a few virtual programs that we thought might interest you. You can join virtually from your home computer, tablet, or smartphone.

If you'd like to register for the below classes please call the Senior Center and we will provide you with registration instructions. 860-870-3133

AARP Fraud Watch Network Presents:
The Con Artist Playbook

October 13, 2020 @ 6:30PM

Take a look at the psychology behind ID Theft, Fraud & Scams through actual footage of scammers, insights and advice. Participants will walk away armed with the tools they need to keep themselves and their families safe.

AARP CT Every Vote Counts –
Every Voter's Safety Should Too

October 16, 2020 @ 1PM

Join the conversation to learn about ensuring your vote counts! Learn about voting safely by mail or in person, as well as some of AARP's issues for candidates.

When Trust is Betrayed:
A Cautionary Tale to Combat Elder Abuse

October 20, 2020 @ 3PM

AARP is committed to fighting fraud and abuse in any form giving you the tools and resources you need to protect yourself and your family. Join us for a 90-minute virtual session to hear from former San Diego Deputy District Attorney **Paul Greenwood**, whose vast legal career and experiences will take you through his journey of pursuing justice on behalf of older adults. Additional remarks from the State Long Term Care Ombudsman, Director for Protective Services to the Elderly, United States Postal Inspection Service, AARP Fraud Watch Network, Quinnipiac University and more! You won't want to miss this! *This event powered by AARP CT in collaboration with Quinnipiac University.*

AARP CT Webinar Wednesday: Dementia:
After the Diagnosis- Empathy and Empowerment and the LiveWell Experience:

October 28, 2020 @ 1PM

Erica DeFrancesco, MS, OTR/L, Director of Community Education at LiveWell will offer a conversation about living with dementia. Receiving a diagnosis of dementia can be overwhelming, both for the person with dementia and family members. It is not uncommon for several emotions to surface and for families to be uncertain of next steps. LiveWell partners with people living with dementia and their family members to support them in better understanding dementia while also providing resources related to emotional support, health and wellness, social and meaningful engagement, and planning. Living well with dementia is possible and involves knowing one's life story and empowering people with dementia!

AARP Presents Up Close & Personal at CT's Beardsley Zoo -A 4-Part Series

If you'd like to register for the below classes call the Senior Center and we will provide you with registration instructions: 860-870-3133

Animal Enrichment

October 1, 2020 @ Noon

Animal welfare is a top priority at the Zoo, and that includes enrichment activities for everyone. Enrichment allows animals to be more active, gives them an interesting environment, and permits them to exhibit natural behaviors. Learn more about how Zoo staff works to stimulate our animals' senses and how it benefits them.



Animal Commissary

October 8, 2020 @ Noon

You will be welcomed to the Zoo's Animal Commissary, where Zoo staff prepare all food and meals for each animal! Learn more about the diets of various animals, including how much they eat in a week, what the Zoo feeds the animals, and why.



Animal Health & Wellness

October 15, 2020 @ Noon

Just like people, animals at the Zoo go in for regular visits and check-ups at the Animal Clinic. Animals in human care have longer lifespans than animals in the wild, and that is due largely in part to the outstanding care they receive from Zoo staff. Learn more at this session about how they measure an animal's health, including how they train them to participate in their own wellness check.



Endangered Species

October 22, 2020 @ Noon

Connecticut's Beardsley Zoo has a proud history of almost 100 years as Connecticut's only Zoo. As an accredited member of the Association of Zoos and Aquariums (AZA) and participant in its Species Survival Plan (SSP) programs, they are committed to the preservation of endangered animals and are actively developing strategies that will protect species and preserve their wild habitats. At this session, Zoo staff will tie the previous sessions together (register separately for 10/1, 10/8, & 10/15) to show how everything they do at the Zoo actively works to protect endangered species around the world.

AARP Presents Up Close & Personal at The Mystic Aquarium - A 4-Part Series

To register for the below classes call the Senior Center and we will provide you with registration instructions: 860-870-3133

Beluga Whales

October 7, 2020 @ Noon

Explore the Mystic Aquariums Beluga Whale Program – the largest outdoor habitat for Belugas in the U.S. With their distinct color and shape, belugas are considered to be the most easily distinguishable of all whale species. They may be best known for their most unique feature- their bulging melon. Some other notable distinctions include their dorsal ridge (most whales have fins) and their ability to easily navigate in both shallow river mouths and estuaries as well as ocean depths of over 2,500 feet.



Penguins

October 14, 2020 @ Noon

There are many unique characteristics about the endangered African penguin. The pattern of black spots on a penguin's chest is as unique as a human fingerprint and they have a bare patch above their eyes to help regulate their body temperature. Penguins are one of only a few flightless bird species and they are the only penguin to breed in Africa. Join us to learn more.



Seals

October 21, 2020 @ Noon

The Mystic Aquarium is one of only three facilities to care for Northern fur seals in the United States. They care for 2 other species of seals, the Harbor seal and the Spotted seal. Learn the difference between them and sea lions.



Aquarium Tour

October 28, 2020 @ Noon

Virtually explore the Mystic Aquarium on a guided tour and see more exhibits, learn about research, conservation, sustainable sea efforts, and more.



What's New In Programs?

We have been working hard at finding ways to bring back your favorite programs in a **safe** way once the senior center reopens, (still TBD at this time) .

We hope you will join us in “thinking outside of the box” as we add some non-traditional spins to traditional programs in order to make them work in our new, “touchless” world we are all living in.

Some Basics:

- * Pre-registration will be required for **ALL** programs. See the page on MyActiveCenter for more information. Drop-in visits will not be allowed.
- * BYOM (Bring your own mask). They will be required.
- * 6' Social distancing will be required & groups will be limited in size due to space. Yes, groups will be much smaller (6-21 depending on the room).
- * Hand sanitizer will be available and rooms will be sanitized between use.
- * Ellington residents will have priority registering and non-residents may be placed on a wait list.

So How Do You Play a Game 6' Apart?

Introducing “In-Person Virtual Programming”

(Yes, we hear you thinking: “Nope. Not for me. What does that even mean?!”)

- * Yes, it does mean electronics may be involved. But we know you can do it!
- * We have found several apps for all sorts of games - from traditional cards, to games such as Scrabble, Dominoes, Uno, Scattergories, and more.
- * We know not everyone is (or frankly wants to be) tech savvy but we will have an easy-to-use device here for you and will show you how to use it (multiple times if need be). Or you can bring your own device.

Still Not Sure What We Mean? Take Chess for Example:

How do you play chess without touching the pieces? Just ask the Ellington Chess Mates! The pandemic has not stopped this group from “meeting” and playing every Monday. How? Virtually. Members connect with one another on the app “Chess.com” on their tablets and computers in an online setting that is just for their members—all from the safety of their home—or 6' apart.

Suggestions?

Do you have any games you are currently playing with friends online? Perhaps “Words with Friends” or “Scrabble Go”? What else? We'd love to hear your suggestions! Let Sam know by email at sbaer@ellington-ct.gov or by phone 860-870-3133. We can't wait to get “together” again soon!

Introducing:



What is MyActiveCenter?

MyActiveCenter is a part of the MySeniorCenter program we have been using at the senior center for years. They have recently developed this enhancement to that allows members to view and register online for programs at the senior center.

How do I Activate My Account?

- * If you have been issued a MySeniorCenter Key Tag, (the thing you use to “swipe in” at the Senior Center) MyActiveCenter is for you.
- * To activate your account go to: <https://myactivecenter.com/#signup>
- * From there you’ll be asked to select your local center and type in your
- * MySeniorCenter Key Tag number and home phone number. If you don’t have your key tag, call 860-870-3133 and we can help you.
- * Once you’ve activated your account, you can join groups and enroll in activities online.
- * When you enroll in an activity, it appears on your My Activities page.
- * If you and your spouse share an email address, you can add them to your account from the My Account page.

So What’s the Big Deal?

Once we are open to the public, we will be requiring all participants to register in advance for all programs. With class size limits due to the mandatory 6’ spacing requirements, this will allow us to have members pre-register for all in-house programs so we can keep track of spots available, or let us know if we have reached full capacity. Another great feature is that it will allow you to sign up for multiple programs at once, and enable you to make just one payment for all classes, instead of multiple payments. Also, since this is online, you will have access to signing up for programs at your convenience, not just when the senior center is open.

How are Payments Made?

Going forward, the senior center will not be accepting cash payments. We will be accepting credit cards and checks made payable to SCAF. All payments will be made securely at the front desk. At this time we have opted not to offer online payments due to the high processing fees.

Do I Have to Use This?

No. You will need to pre-register for all programs, but you do have an option of calling in to register for a program and, space permitting, staff will be able to sign you up over the phone: 860-870-3133.

HUMAN SERVICES

Physical Address: 31 Arbor Way, Ellington, CT 06029

Mailing Address: P.O. Box 187, Ellington, CT 06029

Phone: 860.870.3128

Joy Hollister, Director of Human Services

jhollister@ellington-ct.gov

Rebecca Stack, Elderly Outreach/Social Worker

rstack@ellington-ct.gov

The Ellington Human Services Department provides programs and services that meet the social services, health care, and transportation needs of the community. Ellington senior residents and their families are provided with information on programs and services that can assist the elderly in living independently in our community.

PLEASE CALL TO SCHEDULE AN APPOINTMENT

Residents are provided direct service or referred to community-based programs.

Virtual Meet & Greet With Rebecca Stack

Elderly Outreach Social Worker

October 1st at 1:00 pm

Check out the Senior Center Facebook Page for Details

October Topic of the Month

Medicare - 2021 Updates

Rebecca is also available by appointment

860-870-3128 or rstack@ellington-ct.gov

We're now on
Instagram



"like" us on
facebook

Medicare Annual Election Period

October 15th - December 7th

During the Annual Election Period you can make changes to your current Medicare Coverage. You can change from Original Medicare or your Supplemental plan to a Medicare Advantage plan, enroll in or switch to a different Medicare Advantage Plan, or enroll in a Medicare Part D Prescription Drug Plan or change plans.