

# Trends & Traditions

October 2020

Madison Senior Center

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## FEATURED EVENTS

### VOTING INFORMATION

With so many important issues confronting our town, our state and our nation, this is not an election to sit out. Here are some resources for voting, to get info on candidates, where to vote and how to do it safely.

**DATE:** Tues., Nov. 3<sup>rd</sup> 6am - 8pm District 1: Voting moves from the Madison Senior Center to Polson Middle School District 2: Voting remains at Brown School

<https://www.vote411.org/>

<https://www.madisonct.org/400/Voting-Elections>

<https://www.consumerreports.org/voting/guide-to-voting-during-the-pandemic/>

<https://www.vote.org/state/connecticut/>

<https://madisondemocrats.org/elections/vote/>

<https://www.madisonrtc.org/voter-info>

<https://portal.ct.gov/SOTS/Election-Services/Voter-Information/Absentee-Voting>

### TAI CHI IS BACK!

Suzanne Hanley is back and offering Tai Chi via Zoom. T'ai Ch'uan is a gentle way to nourish body, mind, and spirit. The slow movements can improve health, vitality, balance, and concentration. All the things we need right now. **We are offering the first class of this series free to give you a chance to try out the Zoom format and see if you like it.** If you would like to learn to use Zoom, try our Zoom 101 class or contact us, we can help! Minimum 6 students (5 classes including the free one) **Tuesday, Oct. 6<sup>th</sup> - Nov. 3<sup>rd</sup> at 10am Fee: MM\$32 | NMM\$42**

### MEDITATION MINDFULNESS MOVEMENT

Tai Chi and Yoga instructor, Kim Langley, has created a class from her trainings and experiences, to provide and share with you Meditation and Mindfulness practices and techniques, as well as a full body stretch and toning segment in each class. Breathing exercises and balance exercises will also be shared. Class can be done in a chair, or standing and will be delivered via Zoom. **The first class is a free demonstration, so you can try the class with no risk. Min.: 5 students (4 classes) including the free class. Fri., Oct. 2<sup>nd</sup> - 23<sup>rd</sup> at 10:30am. Fee: MM\$29 | NMM\$39**

### ZOOM 101

From the comfort of your own home, Zoom meetings are a fun way to engage with others socially, learn new things, and take a class. All you need is a computer with a webcam and microphone, a tablet, or a smartphone and an internet connection. You could even join the class with a regular telephone to hear the audio portion. If you would like to learn about this new way of connecting, interacting and learning, join Ellie Gillespie as she walks you through the basics of joining a Zoom meeting. You will also receive a zoom primer to help you remember the ins and outs. Please register on the date corresponding to the device you will be using. *Zoom info is sent to all registrants prior to class.* **Monday, Oct. 12<sup>th</sup> (computers), 19<sup>th</sup> (tablets) and 26<sup>th</sup> (smartphones) at 2pm FREE**

## GENERAL INFORMATION/NEW & NOTEWORTHY

### MADISON SENIOR CENTER

29 Bradley Rd, Madison, CT 06443

PHONE: (203) 245-5627

TTY: 203.245.5638

FAX: (203) 318-0670

WEBSITE: [www.madisonct.org/seniors](http://www.madisonct.org/seniors)

HOURS: Mon.-Wed. 8:30-4pm

Thurs.: 8:30 - 6; Fri.: 8:30 - 2pm

SENIOR CAFÉ: (203) 245-5627

DIAL-A-RIDE (203) 245-5695

Operates on Mondays, Wednesdays and Fridays only.

MUNICIPAL AGENT FOR

THE ELDERLY (203) 245-5687

### SENIOR COMMISSION

**Vice-Chairs** Dr. Gerard Kerins  
Wendy Oberg

**Members** Dale Kach  
Lori Murphy  
Jim Ryan  
Ruth Diona  
Roselyn Fahey  
Chris Abbott

The Senior Commission meets on the second Thursday of the month. The next meeting will be *Oct. 8<sup>th</sup> at 5:30pm*

To get the Zoom link go to [Calendar on the Town Website](#)

### SENIOR CENTER STAFF

Dir. of Senior Services Austin Hall

Asst. Director Heather Noblin

Program Coordinator Ellie Gillespie

Receptionist Ari Potter

Chef Kevin Wolfe

Server Amy Butler

Server Laurie Bragg

Bus Driver: Helen Sneider

Bus Driver: Dennis Marron

Bus Driver Tom Lufsey

Facility Attendant Steve Radley

### FROM THE DIRECTOR

Fall is here and as the seasons change, we need to change and adapt as well. I promise you the leaves don't want to fall off the tree, the sun doesn't want to set earlier and the water at the beach doesn't want to cool down. But they will do all those things and then come back stronger the next time around. The Senior Center staff feels the same exact way. We don't want to have our doors closed, we don't want to not have lunch in the Café and we wish we were able to provide you with transportation. But, we know not doing all those things will make us, and you, stronger and more prepared for when the time comes to reopen and invite you back in to the Center.

It is important to use this time to get stronger and not let all of the gains you have made waste away. Keep reading, keep exercising (safely), keep learning new things, and most importantly keep in touch with friends. Please use our services as much as you can. Everything you participate in with us makes you a better and stronger person in all aspects of your life.

Be well,

*Austin Hall*

### YALE ART GALLERY VIRTUAL GUIDED TOUR

While we can't travel to the gallery for an in-person tour right now, we can visit virtually! Join us for a guided tour via Zoom of the Yale Art Gallery's *American Painting and Sculpture* collection. "The collection of American paintings and sculpture at the Gallery offers a teaching resource unparalleled in any university museum and is considered among the greatest public collections of American art in the nation."

Superb examples from a "who's who" of American painters and sculptors—including works by Benjamin West, John Singleton Copley, Ralph Earl, Hiram Powers, Frederic Church, Frederick Remington, Thomas Eakins, Winslow Homer, Augustus Saint-Gaudens, George Bellows, John Singer Sargent, Joseph Stella, Gerald Murphy, Eli Nadelman, Thomas Hart Benton, Edward Hopper, Alexander Calder, and Stuart Davis—bring the complex American story to life. Zoom links will be sent out to all registered participants.

**Registration Required.**

**Tuesday, October 20<sup>th</sup> at 1:30pm**

## MESSAGES FROM THE MUNICIPAL AGENT

### **DO YOU HAVE AN EMAIL ADDRESS & ARE ONE OF HEATHER'S CLIENTS?**

Please email her so that she has your address on file at noblinh@madisonct.org

### **RENT REBATE: DEADLINE OCT. 1ST, 2020**

One-time assistance that helps to offset rental expenses. Proof of 2019 income, payments made for rent, heating, water bills, and electric are required. 2019 Maximum Annual Income Single: \$37,000 and Couple: \$45,100

### **CONNECTICUT ENERGY ASSISTANCE PROGRAM**

Application Intake has begun! Helps to offset heating expenses during the winter. All fuel sources welcome to apply. An applicant must meet income & asset guidelines. Income and assets are counted for ALL members living in the home. Asset limit for homeowners is \$15,000 & for renters is \$12,000. Proof of all income, rent, & utility expenses, & bank statements for the month prior to the application date are required.

Monthly Income: Single: \$3,137.08 Couple: \$4,102.34

### **MEDICARE SAVINGS PROGRAM**

Helps to pay the monthly Medicare Part B premiums. Depending on income level this program may also lower co-pays for prescriptions to between \$3.30 and \$8.80 and may cover doctor's co-pays, if your doctor accepts State Medical Insurance. There is no asset test or filing deadline for this program.

**Monthly Income Guidelines: Single: \$2,617.44 & Couple: \$3,535.02**

### **FARMERS MARKET COUPONS**

**Farmer's Market Coupons have arrived!** Eligible participants enjoy CT Grown fruits, vegetables, fresh cut herbs, & honey from local Farmers' Markets. To be eligible: age 60 or older & participating in another program that has means testing and meet income requirements. Eligible participants receive coupons, good at the Madison Farmers' Market. The market is open on the town green on Fridays from 3 to 6pm until the end of October. Due to COVID-19, you can assign someone else to shop for you at the market. Contact Heather for more details.

***\*\*\*Maximum Monthly Guidelines\*\*\* Single: \$1,968 Couple: \$2,658***

### **HOLIDAY BASKETS REGISTRATION OCTOBER 1ST-NOVEMBER 1ST, 2020**

Due to the ongoing safety concerns surrounding COVID-19, the November Food Basket Program will be different this year. In lieu of prepackaged grocery bags you will receive a turkey (for families) or a chicken (for seniors and singles) and a gift card. If you are interested you must register online and opt-in to receive the basket. For those that are able to pick your basket up at the pantry, you will select a pick up day and time for pick up at the Food Pantry on Tuesday, November 24<sup>th</sup> or Wednesday, November 25<sup>th</sup>. For those who are unable to pick up their items, deliveries will be made on Monday, November 23<sup>rd</sup>, by volunteer drivers. If you are unable to shop for yourself or you do not have anyone who can shop for you, please let me know ASAP.

**You must register by November 1<sup>st</sup> to receive a basket.** Registrations to pick up your basket can be done by going to Madison Community Services website at <https://madisoncommunityservices.org/> ***If you are unable to register online, please contact Madison Community Services at (203)245-3031***

### **MEDICARE'S ANNUAL OPEN ENROLLMENT PERIOD**

It's time to look over your health insurance and prescription drug coverage and consider whether you would like to make changes for 2021. The open enrollment period is from October 15<sup>th</sup> through December 7<sup>th</sup>. The Senior Center has two CHOICES trained Medicare Counselors, Austin Hall, the Director and Heather Noblin, the Assistant Director. They are able to help you navigate through your options. Consultations are by appointment only.

## FINANCIAL RESOURCES NEW UPDATED INFO

### **Eversource- (800)286-2000**

Due to the COVID-19 pandemic, two new programs have been developed by the Utility Companies to provide additional assistance.

### **Matching Payment Program Phase 2 “Lite” (new)**

MPP Phase 2 “Lite” is a new program offered to eligible low-income, heating customers who would have otherwise been eligible to enroll in MPP during the normal Program year (Nov – May) but did not. Starting in July, customers only need to make four (4) payments of \$75 (total \$300) to be eligible to receive a “match,” down to a zero balance on their electric bill. Payments must be made by the end of the Phase 2 “Lite” program which is October 31. (CEAP is not a requirement for Phase 2 “Lite”) MPP Phase 2 “Lite” (available now through Oct 31) is a completely separate program from the normal MPP which is year-round (Nov-Oct). Instead this will be for customers *who did not* participate in the MPP this program year but would have otherwise been eligible.

### **Below Budget Worksheets during Phase 2 (for regular MPP)**

Customers who enrolled on MPP during normal Phase 1 program (Nov – May 1) have the ability to lower their MPP total monthly payment amount. This will only be available to lower *existing* MPP total monthly payment amounts up through October 31, 2020. The minimum total monthly is \$75, but the budget is calculated based on income vs. expenses. To access either program or for more information regarding how these program might assist you, please contact Heather Noblin.

### **Internet Service:**

According to Comcast, they are taking the following steps to assist people for the next 60-days:

- “Xfinity WiFi Free For Everyone”: Xfinity WiFi hotspots across the country will be available to anyone who needs them for free, including non-Xfinity Internet subscribers. For a map of Xfinity WiFi hotspots, visit [www.xfinity.com/wifi](http://www.xfinity.com/wifi). Once at a hotspot, consumers should select the “xfinitywifi” network name in the list of available hotspots, then launch a browser.
- “No Disconnects or Late Fees”: Comcast states it will not disconnect a customer’s internet service or assess late fees if they are unable to contact them. Contact Comcast’s Care Team to make a flexible payment arrangement.
- “Internet Essentials Free to New Customers”: Comcast states that low-income families who live in a Comcast service area can sign-up for “Internet Essentials”. New customers will receive 60 days of complimentary Internet Essentials service, which is normally available to all qualified low-income households for a nominal monthly fee.

### **More Help**

#### **Unemployment:**

If you become unemployed due to COVID-19 you should apply for unemployment benefits. Please visit [www.ctdol.state.ct.us](http://www.ctdol.state.ct.us) or contact (860) 263-6000 with any questions.

If you have an existing healthcare appointment, or think you need to see your doctor, please call them first to see if your appointment can be conducted over a smartphone with video capability or any device using video technology, like a tablet or a laptop. For some appointments, a simple check-in over the phone without video capabilities may suffice.

### **FINANCIAL HELP WITH YOUR PETS**

Are you or someone you know having difficulty buying food or caring for your beloved companions? With the virus making people ill and the drops in people’s incomes changing lives, some folks are unable to support their animal families.

No one should have to surrender their animals. This is a tragedy, AND there’s help out there! Here is an article that lists numerous resources, national and state wide: [www.dogingtonpost.com/need-help-with-vet-bills-or-pet-food-there-are-resources-available](http://www.dogingtonpost.com/need-help-with-vet-bills-or-pet-food-there-are-resources-available)

This website also has lots of resources, some for specific diseases and some national resources. [www.keepyour-pet.com/vet-care-assistance..](http://www.keepyour-pet.com/vet-care-assistance..)

## FINANCIAL RESOURCES

### **STATE OF CONNECTICUT TEMPORARY MORTGAGE ASSISTANCE PROGRAM (T-MAP)**

The Connecticut Housing Finance Authority, with financial support from the State of Connecticut, has launched a homeowner assistance program for low and moderate income households in Connecticut who are struggling to pay their mortgages due to the impact of the COVID-19 Pandemic.

- ❖ Up to \$10,000,000 in emergency loan funds will be available to help homeowners pay their housing costs, allowing them to remain in their homes as they work to regain financial stability.
- ❖ Eligible Households with incomes at or below 120% of the area median income will be eligible to apply for up to \$25,000 in the form of a second mortgage loan.
- ❖ Potential applicants will be directed to a Centralized Call Center for Threshold Eligibility, after which a detailed application must be completed, including verification of documentation.

**Beginning 8am on Wednesday, July 15, call the number below and speak to a Call Center Representative to determine if you qualify for T-MAP assistance. For additional information about the program, please visit <https://www.chfa.org> 1-860-785-3111**

### **STATE OF CONNECTICUT TEMPORARY RENTAL HOUSING ASSISTANCE PROGRAM (TRHAP)**

The State of Connecticut with financial support from the Connecticut Housing Finance Authority has launched a rental assistance program for Connecticut residents impacted by COVID-19, administered through the Department of Housing:

- ❖ Potential applicants will be directed to a Centralized Call Center for Threshold Eligibility, after which a detailed application must be completed, including verification of documentation.
- ❖ Initial priority for assistance will be targeted at individuals and families who have been denied unemployment assistance from the Department of Labor.
- ❖ If you are unemployed/under-employed and have not yet filed for unemployment assistance, you should do so as soon as possible.
- ❖ Please make every attempt to remain in contact with your landlord, and to make rental payments.

**Beginning 8 am on Wednesday, July 15, call the number below and speak to a Call Center Representative to determine if you qualify for TRHAP assistance. For additional information about the program, please visit <https://portal.ct.gov/doh> 1-860-785-3111**

## GENERAL INFORMATION & ONGOING ACTIVITIES

### LEGAL ASSISTANCE

Thursday, Oct. 3<sup>rd</sup> & 15<sup>th</sup> at 9-10am Attorney Patrick Sweeney of the Sweeney Law Firm is offering offer private 15 minute counseling services over the phone. **Call the Senior Center for an appointment.**

### FINANCIAL COUNSELING FOR SENIORS

Madison Financial Planning will be offering general advice on financial matters for seniors on subjects such as reverse mortgages, retirement planning, credit card debt, debt consolidation, and estate planning. These **phone** appointments will be scheduled in 15-minute increments twice a month on Thursdays **by appointment only, at 9:15-10:15am Thurs., Oct. 8<sup>th</sup> & 22<sup>nd</sup> FREE**

### “SAFETY CHECK LIST”

Are you concerned for your safety in the event of emergency or weather event? In the days following an emergency/weather event, a representative from Madison Senior Services will contact those on the list. To add your name to the list, call (203) 245-5627.

### DIAL-A-RIDE

**Mondays: 8am - 4pm; Wednesdays: 8am - 4pm ; Fridays: from 8am - 2pm (203) 245-5695 or (203) 245-5627**  
**Due to the pandemic our transportation is not running, check with the Center for updates.**

### MEALS-ON-WHEELS

The Meals on Wheels program is ongoing. For more information regarding the Meals on Wheels Program, please call (203)245-5627. Leave a message with your name and contact information. Meals on Wheels call the Madison Senior Center at (203) 245-5627 and someone will get back to you as soon as possible. Space is limited. A doctor's note is required to be eligible to receive meals. Have your doctor fax the note to: (203) 318-0670

### HANDICAPPED PARKING PERMIT

APPLICATION Permit applications are available in the Senior Center office.

### ASK THE NURSE IS NOW ON ZOOM!

VNA Nurse will take your Zoom appointment on the 2<sup>nd</sup> and 4<sup>th</sup> Tuesdays of the month, where she can review your medications, help you to create a medication list, help you prepare for an appointment with your doctor. To schedule an appointment please call the Senior Center, we will give then give the appointment information to the VNA and they will send you a Zoom link. Not sure about Zoom? Join the Zoom 101 class (page 1). **Tuesday, Oct. 13<sup>th</sup> & 27<sup>th</sup> at 12:30pm**

### DRIVER SAFETY – AARP REAL POSSIBILITIES

#### Refresh your driving skills and you could save on auto insurance

When you take the AARP Smart Driver™ online course, you could be eligible for a multi-year discount on your auto insurance.\* Plus safer driving can save you more than just money. The course teaches proven driving techniques to help keep you and your loved ones safe on the road. In addition, *the special 25% off discount for the AARP Smart Driver online course has been extended through December 31<sup>st</sup>, 2020.* This would be helpful for participants who may not be able to renew their car insurance discount due to course cancellations.

Go to [ww.aarpdriversafety.org](http://ww.aarpdriversafety.org) Promo code for 25% discount: **DRIVINGSKILLS** Good through: **Dec. 31<sup>st</sup>, 2020**

### GROCERY STORES

Grocery stores will be open from 6am to 7:30 am only for customers over the age of 60 who the CDC and local health officials say are the most vulnerable. There are many grocery stores offering delivery services. They can look like they are booked for days, but keep checking as people do cancel and often you can get in that day.

**INSTACART** - [www.instacart.com](http://www.instacart.com) - requires subscription and internet access.

**PEAPOD** - [www.peapod.com](http://www.peapod.com) -requires subscription and internet access.

**SHOPRITE** - [www.shoprite.com](http://www.shoprite.com) Requires subscription and internet access. Accepts SNAP EBT Card.

## EXERCISE CLASSES, ACTIVITIES & GROUPS

### SENIOR'S IN MOTION

Join Patty Velleca on Zoom, see your Senior Center friends and get moving again! All you need is a computer, a tablet or a smartphone and an internet connection, you can do this! Call us if you have any questions and we can walk you through it. Seated and standing exercise. Increase muscle tone, joint flexibility, and cardiovascular strength. **Wed. Wednesday, Oct. 2<sup>nd</sup> - 30<sup>th</sup> at 10:30 4 Classes FREE!**

### A JOURNEY THROUGH AMERICA'S PAST AN INTERACTIVE SERIES OF SEMINARS ABOUT THE HISTORY OF THE UNITED STATES

America's story is related in a series of hour-long seminars on the key events, as well as the people whose life, work, and achievements shaped the destiny of this country. In the storyteller's style, he brings to life historical events as part and parcel of a complex tapestry originated in the past, but which continues to be woven in contemporary times. We will present on **Zoom**. If you are new to Zoom, please feel free to reach out to us and we will help you learn it. *Zoom info is sent to all registrants prior to the class.* **Thursdays 10:30-11:30am FREE**

### MEDITATION WITH BETH LAZOR

We are thrilled to offer you live, Zoom meditation classes to keep you strong, healthy and happy from the inside out! Meditation is a soothing gift of inner connection and relaxation that enables your body, mind and spirit rest, calm and rejuvenation. Beth's sessions are all unique, allowing you to meditate on each level of your being: body, breath/energy, mind/emotions, wisdom/witness and bliss/healing. The benefits are many including better sleep, increased energy levels, strengthened immune system, lower blood pressure, healing, clarity and more. This class is for all levels, from beginner to advanced meditators. Beth Lazor is a certified teacher in meditation, Hatha Yoga, Divine Sleep Yoga Nidra, certified hypnotist, certified stress management instructor, Reiki Master, holds a master's degree in integrative health and healing. She has taught in the healing arts since 2002. **Classes are forming please call us at (203) 245-5627 if you are interested.**

### TECH SAVVY SENIORS

Tech Savvy Seniors is a service offered by Nick Koobatian, a student at Hand High School and who came to the Senior Center and assist seniors one on one with their devices. He has now adapted this service to keep seniors safe and taken his considerable knowledge to the internet.

Tech Savvy Seniors is offering a free seven-part zoom webinar series beginning on August 20<sup>th</sup> and continuing every Tuesday and Thursday at 2pm. Each webinar lasts 40 minutes. The webinars will cover: Social Media, Video Chatting, Streaming, Internet Safety, Email, Online Shopping, and Senior Friendly Sites. You can find this webinar on his website [www.tech-savvy-seniors.org](http://www.tech-savvy-seniors.org). If you have an issue you would like to work on one on one with Nick, you can do that by contacting Nick at [nick@tech-savvy-seniors.org](mailto:nick@tech-savvy-seniors.org).

### CAREGIVERS' SUPPORT GROUP

During this time of social distancing, we have launched a virtual caregiver support group. If you are on the journey of caring for an ill or aging loved one and looking for support – particularly during this challenging time of being homebound – join us online **Wednesdays at 2 p.m.** <http://connecticuthomecare.org/our-care-programs/family-caregiver-resources>.

### VNA BOOTCAMP – NOW LIVE ON ZOOM!

For those who need to increase muscle strength and improve flexibility. Enjoy live Zoom classes. Register by calling the Senior Center and you will be added to the list to receive weekly emails with the Zoom information to connect to that week's class with instructor, Sue Adnani. (12 weeks) **Begins Wed., Sept. 9<sup>th</sup> at 5:30pm Fee: \$23**

## VIRTUAL EVENTS

### **ONLINE BRIDGE - BRIDGEBASE.COM**

For our many bridge players who are missing the interactive experience of playing bridge is Bridge Base Online. This has something for everyone from learning how to play, to advanced play. You can even play with your partner. **There are many ways to play some free and some require payment.** So if you haven't tried it yet, check it out. BBO offers free and premium bridge services to bridge players of all levels. The home page lets you play bridge using your browser. Windows, Macs and Linux are all welcome. They offer duplicate match points, duplicate IMPs, rubber bridge, duplicate tournaments and team matches. The friendly volunteers are usually online to help with questions and problems.

### **MAHJONGG IN THE TIME OF COVID**

Trying to find the things we love to do, while staying safe at home is more important than ever before right now. [RealMahJongg.com](http://RealMahJongg.com) is American MahJongg and you can do a 14 day free trial and if you want to stick with it, it is \$5.99/month after that. [MyJongg.net](http://MyJongg.net) is free but seems not quite as robust as RealMahJongg, but you could try them both and see which one you like best.

### **ART IN ISOLATION**

Are you a visual artist making art while staying safe at home? We would love to see it and display it on our website so everyone can be inspired by your art. For more information contact: Austin at [halla@madisonct.org](mailto:halla@madisonct.org) or, Ellie at [gillespiee@madisonct.org](mailto:gillespiee@madisonct.org) or call (203) 245- 5627

### **PLAY HAND & FOOT ONLINE**

The classic competitive multi-card deck game where players create books while trying to burn through their two decks - [The Hand and The Foot](#). Able to support 2-8 players. Players may compete individually, or divide into even numbers of competing teams. If you need more instructions read the comments, they are very helpful! And it's FREE

### **THE EIGHTEEN MOVEMENTS VIDEO PRACTICE**

For those who have been coming to the Senior Center and participating in the online [Eighteen Movements Qi Gong](#) class in the library, click on the above link.

### **MADISON SENIOR CENTER BOOK CLUB**

The Madison Senior Center Book Club is adapting to the COVID pandemic and is shifting in-person meetings to email reviews. If you are interested call the Senior Center and we will forward your contact information to Barbara Zekala, who is overseeing the Book Club. She will contact you with the details of how to participate. The upcoming books to discuss are:

**September 22:** East of Eden    **October 27:**    The Book Woman of Troublesome Creek

**November 24:** Captains and Kings    **December 22:** The Thorn Birds

**January 26:**    A Town Called Alice    **February 23:**    The Tuscan Child

**March 23:**    The Henna Artist

### **THE NIMBLE THIMBLE GROUP**

Cynthia Barker, an experienced needlepoint teacher is running a needlepoint group! Join the group, share the projects you've been working on and chat with your friends as you "point" away!

Never been on Zoom? All you need is a computer, a tablet or a smartphone and an internet connection. Still nervous? Call the Senior Center, we can help you become a Zoom Master! **Thursdays, 1:30pm FREE PLEASE REGISTER**



## THINGS TO DO AT HOME

### LEARN TO RECOGNIZE MISINFORMATION ON THE INTERNET

As seniors, we are vulnerable to misinformation online even under normal circumstances. But the pandemic has made the problem especially pressing. We are more susceptible to the virus, making discerning reliable health information vitally important now. And then there's the election...

#### Senior Planet's 'How to Spot Fake News'

Senior Planet has a one-hour online class that gives an overview of several different kinds of misinformation found on the internet, such as manipulated videos, false advertising and fabricated news. Available on Zoom, the workshop also discusses confirmation bias (*the direct influence of desire on beliefs, when you would like a certain idea or concept to be true, you end up believing it to be true*), recognizing satire and the idea that opinions that are different from yours do not automatically constitute "fake news."

They offer many ways for finding misinformation and avoiding sharing it including checking whether news is from a known media outlet; noting the publication date, who authored the content and whether the author is reputable; checking if a website has a .gov, .edu, .org or .com suffix; and determining if a website is selling a product. Participants also learn about fact-checking websites like Snopes.com, FactCheck.org and Politifact.com. The schedule of classes is posted about a week ahead of time on [Senior Planet's website](#). Registration is not required.

#### Media Wise for Seniors

In this online self-paced course, Christiane Amanpour and Joan Lunden will help you improve your media literacy. You'll learn tools and techniques for fact-checking what you see on the internet so you can protect yourself against misinformation. All course material will be available Oct. 1, 2020.

[www.poynter.org/shop/self-directed-course/mediawise-for-seniors-hands-on-lessons-on-separating-fact-and-fiction-online](http://www.poynter.org/shop/self-directed-course/mediawise-for-seniors-hands-on-lessons-on-separating-fact-and-fiction-online).

### VIRTUAL MUSEUM TOURS

Google Arts & Culture: <https://artsandculture.google.com/>

Google Arts & Culture is a non-profit initiative. They work with cultural institutions and artists around the world. Together, their mission is to preserve and bring the world's art and culture online so it's accessible to anyone, anywhere.

And here's a link to the [New Britain Museum of American Art digital collection](#).

### LIVE NATURE CAMS

Watching live wildlife nature cams can be relaxing, exciting and addictive! Below are a few links that will give you some great choices.

[Explore.org Live Cams](#)

[National Zoo webcams](#)

[Audubon Society's 10 wildlife cams](#)

[Yellowstone national Park Webcams](#)

### SUDDENLY SENIOR

<https://www.suddenlysenior.com/>

This top-ranked site now has over 4,000 pages of humor, nostalgia, senior advocacy and useful information for seniors 50+. Updates weekly! The daily e-zine for everyone over 50 who feels way too young to be old.

## BACK PAGES

### MSC CAFÉ DRIVE-THRU LUNCH

#### Oktoberfest

Thursday, October 15<sup>th</sup> at 12pm

Registration and pre-payment via phone or your account. Space is limited.

**Madison Residents sign-up:** Wednesday, Sept. 30<sup>th</sup>

**Non-Madison Residents sign-up:** Friday, Oct. 2<sup>nd</sup>

**Fee:** \$4

### DRIVE THROUGH FLU CLINIC AT MADISON SENIOR CENTER

Our vaccines are preservative free and will be administered by a licensed and experienced nurse. This year, as a result of the COVID-19 pandemic, the clinic will be held as a **DRIVE-THRU** clinic, outdoors in the parking lot.

**Tuesday, October 13, 2020, 12:30 p.m. – 3:30 p.m.**

#### PRE-REGISTRATION FOR THE FLU VACCINATION IS REQUIRED

Clients can register by going to [www.vnacommunityhealthcare.org/flu](http://www.vnacommunityhealthcare.org/flu). If a person is unable to register online, they may call the VNA HELPLINE at 866.474.5230. **Registration will include insurance information, consent for the vaccine, HIPAA information, flu vaccine information, and selection of a specific appointment time.** We accept participating insurance or private pay (\$46 per vaccine)

#### Participating Insurances

**65 Years or Older:** Medicare Part B, Aetna Medicare, Anthem BCBS Medicare, Connecticare VIP

**18 & Older:** Aetna, Anthem BCBS, Connecticare, Harvard Pilgrim Health

**Not Participating:** Cigna and United Healthcare

*A Zoom Webinar will be held Thurs., Sept. 17 at 2 p.m. for those interested in learning more about VNA's drive-thru clinics and how to protect yourself from both the flu and COVID-19 during the upcoming flu season. To register for the webinar, email [wellnessclasses@vna-commh.org](mailto:wellnessclasses@vna-commh.org) or call 866.474.5230*