

Trends & Traditions

March 2021

Madison Senior Center

| | |
|---|----|
| Featured Events..... | 1 |
| General Information/New & Noteworthy..... | 2 |
| COVID VACCINE INFORMATION..... | 3 |
| Messages from the Municipal Agent..... | 4 |
| General information/Ongoing Activities..... | 5 |
| Senior Center Services..... | 6 |
| Classes & Programs..... | 7 |
| Virtual Activities..... | 8 |
| Things to do at Home..... | 9 |
| Back Pages..... | 10 |

FEATURED EVENTS

AARP TAX HELP

AARP Tax Prep will begin on Tuesday, March 2nd at the Madison Senior Center. Appointments will be available every Tuesday until April 13th. Appointments are extremely limited and will be on a first come first served basis.

In order to keep everyone safe due to COVID the procedure will be different this year. Here's how:

- You will be required to pick up and fill out an intake form and printed directions prior to your appointment date.
- When you arrive on your appointment day, you will pull up under the bus overhang, and a AARP Rep will meet you and take all of your paperwork including: 1) 2019 Tax Return 2) the Intake Form 3) all related tax documents for 2020. 4) Your cell phone number • You then will park your car and await a call from the Preparer.
- When your return is complete, the preparer will call you and you will pull up to the bus overhang. The preparer will bring all of your documents and your completed tax return to your vehicle. **Madison residents can call for appointments on Tues., Feb. 16th non-Madison residents can call on Mon., March 1st. Call 203-245-5627. FREE**

MADISON ALERTS

Madison Town Hall is pleased to announce a new communication method. You can now subscribe to Everbridge and receive Madison Alerts and Updates from the First Selectwoman. These messages will come in your email, by SMS (text message), in the Everbridge App and by voice phone call. To find out more copy and paste this link into your browser window. <https://www.madisonct.org/1073/Alerts>

MEIGS POINT NATURE CENTER

Join Ranger Russ from our own Meig's Point Nature Center at Hammonasset Beach State Park in Madison, to learn how Madison's first residents, the Native Americans told their stories. Listen to traditional stories and learn how symbols were used to pass these stories down through the generations. **Wednesday, March 24th at 1:30pm FREE**

Please register for this event with the Senior Center.

ZUMBA WITH CASSIE

Zumba Gold is perfect for the active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity. The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Join Cassie Morrison on Zoom from your own home, come ready to sweat, and prepare to leave empowered and feeling strong. Classes focus on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance! For your safety we ask you wear sneakers and clothes you can move in! **(6 classes) Thursdays, Mar. 11th - Apr. 15th 5:45 - 6:30pm Fee: MM\$51 | NMM\$61**

COVID Vaccine Information: Please see Page 3 for information on how to get an appointment and much more

**Did you know you can receive your Trends and Traditions Newsletter in a timely fashion by email?
If this sounds good to you give us a call we will put you on the list.**

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

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
Rosalyn Fahey
Chris Abbott

The Senior Commission meets on the second Thursday of the month. The next meeting will be Mar. 11th, at 5:30pm, to get the Zoom link go to: <https://www.madisonct.org/Calendar>

SENIOR CENTER STAFF

Dir. of Senior ServicesAustin Hall
Asst. DirectorHeather Noblin
Program CoordinatorEllie Gillespie
ReceptionistAri Potter
ChefKevin Wolfe
Server.....Amy Butler
Server.....Laurie Bragg
Bus Driver:Helen Sneider
Bus Driver:Dennis Marron
Bus DriverTom Lufsey
Facility AttendantSteve Radley

FROM THE DIRECTOR

It is March 2021, that means the Senior Center has been closed to the public for one entire year. Some days it feels like a year, and sometimes it feels like just yesterday the building was packed with Members. We have all learned a new acronym, VAMS (Vaccine Administration Management System), to go along with CDC, MRC, PPE and so on.

Vaccines are available and Senior Center staff are feverishly assisting Madison seniors in getting appointments, making email addresses and VAMS accounts. If you are reading this and have not received your vaccine, please contact us and we will help you get on the path to vaccination. Please spread the word to your Madison friends and neighbors that we are here to help. Here's to finally seeing a glimmer of light at the end of this long tunnel.

Austin

| TOWN | Appointments Are Listed On VAMS | Clinic Information |
|---|--|--|
| Guilford | Thursdays 12 noon | Mon. 10am - 2pm at Guilford Com. Ctr. |
| N. Branford | Thursdays 12 noon | Tues. 9:30am - 1:30pm Stanley T. Williams Com. Ctr |
| Branford | Mondays 12 noon | Wednesdays 10am - 2pm at Branford Com. House |
| Madison | Mondays 12 noon | Thurs. 10am - 2pm at Madison Town Campus Gym |
| East Haven | Mondays 12 noon | Fri. 9am - 1pm at East Haven Senior Center |
| At these clinics 2nd dose appointments are automatically scheduled at your 1st dose appointments | | |

COVID VACCINE INFORMATION

Currently seniors 65 and up are eligible to receive the vaccine.

WAYS TO ACCESS A VACCINE APPOINTMENT

Telephone

Those without internet access can call CT's Covid Vaccine Appointment Assistance Line- 1-877-918-2224. The line is open Mondays through Fridays from 8:00am to 4:30pm. This line offers a call back option when the specialists are busy serving other callers. Their goal is a same day response, however due to extremely high call volume, it might take longer.

Yale Haven Health 475-246-9780

To schedule an appointment with Yale, follow the directions on how to set up a Mychart account if you do not already have one. You should be able to schedule through this system. You can also schedule an appointment by going on their website <http://bit.ly/3jFVlwg>

Middlesex Hospital (860) 358-7050

Each Monday, Middlesex Health opens up new vaccine appointment slots for that week. The number of appointments that will be available will be based on the number of vaccines that have been allocated to Middlesex Health for that week. <http://bit.ly/3rJY3ZV>

Their call center is open from 8am to 5 pm Monday through Friday.

VAMS Online:

A form can be accessed online at Online VAMS Enrollment (ct.gov) that allows individuals to schedule an appointment through the web-based Vaccine Administration Management System (VAMS). This is the initial step. There are follow

up emails that you need to address in order to fully get registered. This follow up email can take several days to receive. Once you officially set up your account on VAMS you can use this link to schedule appointments. www.ct.gov/covidvaccine.

East Shore Health District has excellent information on the Shoreline clinics. Check them out here: <http://esdhd.org/Covid19vaccination>

CVS

Appointments should be available at local CVS locations beginning 2/11/21. You can set up an appointment by going to www.cvs.com click on the link - Covid-19 vaccine info, you can then search for local eligibility and availability guidelines. You will then be able to schedule your appointment.

Have you tried these pathways and can't get an appointment?? The Madison Senior Center will help! Please call (203) 245-5627, leave a clear message with your name and contact number and a staff member will get back in touch with you as soon as possible.

Information about the Town of Madison Vaccine Clinics

The Town of Madison hosts a vaccine clinic each Thursday from 10-2, by appointment only. The Town of Madison is working regionally with East Haven, North Branford, Branford, & Guilford to procure vaccines. This partnership affords the town more access to the vaccine. Registration for an appointment at any of the regional clinics must be done through the VAMS system. *(see page 2 for scheduling information)* If you need

assistance setting this up, please contact the Madison Senior Center.

For Transportation To Your Appointment

Transportation is available on a limited, first come first served basis, through the Madison Senior Center. Transportation is available to the following towns: Madison, Guilford, Branford, East Haven, North Branford. Please call the Madison Senior Center. Because transportation is extremely limited, if you have a family member, friend or neighbor available, please try that first.

Another transportation option is:

The Estuary Transit District is offering complimentary COVID Vaccination Transportation. Transportation must begin in the following towns: Clinton, Chester, Essex, East Haddam, Deep River, Haddam, Killingworth, Lyme, Madison, Old Lyme Old Saybrook, and Westbrook and may be to any Vaccination site in those towns, as well as Guilford or Middletown. This includes drive through vaccination sites. Any resident regardless of age or ability is eligible and up to four people may travel together.

Trips must be booked at least one day in advance by calling Curtin Transportation at 860-443-1655 between 9 AM and 1:30PM Monday through Friday. Wheelchair accessible vehicles are available upon request. Face coverings are required when riding. Wait and return service will be provided. Full program details are available at www.estuarytransit.org

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

BE ON THE LOOKOUT

Please be on the look out for the 2020 income tax documents. You may need these whether you are planning to file income taxes or not. Be sure to save them. New benefit letters for Social Security are usually mailed in the middle of December. Be sure to keep these as well. This will act as your current proof of income.

CONNECTICUT ENERGY ASSISTANCE PROGRAM DEADLINE FOR FUEL DELIVERIES - MARCH 15TH

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**

PROPERTY TAX SAVINGS PROGRAMS

The Town of Madison and the State of Connecticut have programs to assist residents with tax savings. The following programs are available to eligible residents: **Local Tax Relief, Local Tax Deferral, Local Tax Freeze, and the State of Connecticut Tax Relief/Circuit Breaker Program.** There are also Veteran's and a Disability exemptions that may be available. There are eligibility and income guidelines for each program. Contact us for more information or to schedule an appointment. If you intend on filing income taxes for 2020, they must be filed first, prior to filing for these programs. **Filing period: February 1st - May 15th, 2021**

MEDICARE ADVANTAGE PLAN OPEN ENROLLMENT PERIOD (OEP) JANUARY 1ST - MARCH 31ST

During the Medicare Advantage Plan Open Enrollment Period you can:

Switch from one Medicare Advantage Plan (*with or without drug coverage*) to another (*with or without drug coverage*) Leave the Medicare Advantage Plan & return to Original Medicare & select a prescription drug plan (Part D)

What beneficiaries cannot do:

Switch from Original Medicare to a Medicare Advantage Plan Join a Medicare Part D Plan

Switch from a Medicare Part D Plan to another Medicare Part D Plan.

The change can only be used **once** during the MA OEP. The new plan becomes effective the first of the month after the plan receives your request. Please contact us if you would like help looking over your options. CHOICES trained counselors are available to help you review your choices.

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 ***New Guidelines not available at time of printing - updated in March.***

THE FOOD PANTRY

Madison Community Services operates a food pantry for those residents who need a little extra help and food support. The Food Pantry is located at 50 Mungertown Rd, Madison, CT and is open on Tuesdays and Wednesdays from 11am to 3pm. Due to COVID, to use the pantry you must register for a time slot. This can be done via their website www.madisoncommunityservices.org/food-pantry or via phone at (203) 245-3031. Proof of residency is required. For those unable to drive to the pantry, arrangements can be made for a delivery. Please contact Heather Noblin for more information.

GENERAL INFORMATION/ONGOING ACTIVITIES

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 user guide to help you remember the ins and outs. **Call Ellie to set up a one-on-one meeting *Zoom info is sent to all registrants prior to the class.* FREE**

ZOOM PRACTICE & SOCIAL HOUR

Join us for Zoom sessions twice a month to practice your newly acquired Zooming skills. We will explore and practice the chat features, icons and have fun zooming with each other. Registration Required

Monday, March 22nd & 25th at 1:30pm

SNOWY & ICY WEATHER

When inclement weather arises, the Madison Senior Center will post **closing information on your local NBC, CBS, ABC News channels.** This will potentially effect **Meals on Wheels** and **Drive Through Lunches.** If you would like further information regarding the status of individual programs, transportation or the Center, please call (203) 245-5627.

ST PATRICK'S DAY RECIPES

EMERALD ISLE LAMB CHOPS

1. Combine 1 tablespoon oil, mustard, whiskey, rosemary and garlic in small bowl to form paste. Season lamb chops with salt and pepper; spreads paste over both sides. Cover and marinate 30 minutes at room temperature or refrigerate 2-3 hours.
2. Heat remaining tablespoon of oil in large skillet over medium-high heat. Add lamb chops in single layer; cook 2 to 3 minutes per side or until desired doneness. Remove to serving plate and keep warm.
3. Drain excess fat from skillet. Stir in jam until well blended. Remove from heat; stir in butter until melted. Serve over lamb chops.

Beer and Bacon Muffins

- 1 Preheat oven to 375°F. Grease 12 - 2½" muffin cups.
2. Cook bacon in large skillet over medium heat until crisp, stirring occasionally. Remove bacon to paper towel lined plate with slotted spoon. Add onions, 1 teaspoon sugar and thyme to skillet; cook 12 minutes or until onions are golden brown, stirring occasionally. Cool 5 minutes, stir in bacon.
3. Combine flour, cheese, baking powder, salt and remaining 2 teaspoons sugar in large bowl. Whisk lager, eggs and oil in medium bowl. Add to flour mixture; stir just until moistened, Gently stir in onion mixture. Spoon batter evenly into prepared muffin cups. Bake 15 minutes or until toothpick inserted into center comes out clean. Cool in pan 5 minutes. Serve warm or at room temperature.

Many thanks to Culinary Institute graduate, Joe Burbela, for this submission.

SENIOR CENTER SERVICES

LEGAL ASSISTANCE

Erin Duques is an estate planning, elder law, and special needs planning attorney, practicing in the Madison office of the law firm of Czepiga, Daly, Pope & Perri. Sessions are intended to provide seniors an opportunity to ask and get information regarding general legal questions. The attorney cannot provide specific legal advice during this limited session and a formal attorney-client relationship is not established. Call the Senior Center to schedule an appointment on: **Friday, March 5th and 19th at 9-10am**

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., March 11th & 25th 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, please 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.

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.

INSTACART - www.instacart.com - requires subscription and internet access. The Instacart Senior Support Line is new and reachable at 1 (844) 981-3433, daily from 8 am. - 11 pm. ET. For more information, you can visit www.instacart.com/help. **PEAPOD** - www.peapod.com -requires subscription and internet access.

SHOPRITE - www.shoprite.com Requires subscription and internet access. Accepts SNAP EBT Card.

ERRANDS ON WHEELS

Are you in need of someone to grocery shop for you? Do you need a prescription picked up or an important errand run? Are you concerned about a Madison family member getting out to get supplies?

The Madison Senior Center will help! Guidance from the CDC suggests that if you are an older adult or have a compromised immune system or with a serious underlying medical condition, making every effort to stay home is in your best interest. Let us match you up with a local volunteer to run these errands for you, while you stay safe at home.

The Madison Senior Center has developed guidelines and has screened local volunteers to help. We are currently recruiting more shopper volunteers if you would like to be placed on our **Errands on Wheels** wait-list we will try to match you with a shopper as soon as possible. *Please email noblinh@madisonct.org or call (203)245-5627.*

CLASSES & PROGRAMS

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 to increase muscle tone, joint flexibility, and cardiovascular strength. *Zoom info is sent to all registrants prior to the class.* **Wednesday, March 3rd – 31st at 10:30am** **FREE**

CHAIR YOGA WITH PATTY

A gentle form of yoga that is practiced sitting on a chair intermingled with a bit of mindfulness and meditation. **Thurs., March 4th - 25th at 1–2pm** **FREE**

MEDITATION, MINDFULNESS, MOVEMENT

Tai Chi and Yoga instructor, Kim Langley, has created a class from her knowledge and experience, to 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. **Min.: 5 students (4 classes) Fridays, March 5th - 26th at 11am. Fee: MM\$40|NMM\$50**

MEDITATION WITH BETH

We are offering you live, Zoom meditation classes to keep you strong, healthy and happy! Meditation is a soothing gift of inner connection and relaxation that gives your body, mind and spirit rest, calm and rejuvenation. 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 is a certified teacher in meditation and has been teaching healing arts since 2002. (6 classes). **Begins Tues., Mar. 23rd at 5:30pm** **Fee: \$45**

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. 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 no class on Mar. 4th)* **Thursdays, Mar. 11th - 25th 10:30-11:30am** **FREE**

AFTERNOON SOCIAL

Join us on Zoom to beat the Pandemic Blues! We are meeting once a month, to chat, to laugh, and to support each other to get through this last phase of the pandemic. We will share the things that have helped us get through as well as the things to avoid. Pour yourself a cup of tea, grab a couple of cookies and pull up a chair for a great hour of talk and socializing. Have you got a friend that would enjoy this too? Bring them along! **Friday, Mar. 12th at 1pm.** **FREE**

CAREGIVERS' 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 on Zoom on **Wednesdays at 2 p.m.** **You can find all the pertinent information at this web address: <http://connecticuthomecare.org/our-care-programs/family-caregiver-resources>.** *registrants prior to the class.* **Thursdays, Feb. 4th - 25th 10:30-11:30am** **FREE**

JOINT EFFORT – GUIDED EXERCISE

Joint Effort is an exercise concept for seniors with locations on the shoreline, that guides their clients to improved strength, balance, posture, stamina and overall functionality in a fun, safe and effective manner!

For more information call **Joint Effort** at (203) 458-6683 or email JointEffortexercise@gmail.com. They are located at 300 Village Walk, in Guilford

VIRTUAL ACTIVITIES

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.

PILATES AT HOME

While you are at home staying safe try out these at home Pilates sites and amaze your friends come summer time with how great, flexible and strong you are!

<http://bit.ly/2N429ND> • <https://www.youtube.com/watch?v=LKQzfHYaHio> • <http://bit.ly/2N429ND>

A FREE MONTH OF YOGA FROM EKHART YOGA

If you're feeling a little overwhelmed at the moment and even choosing the 'right' yoga class is too much, please check out Ekhart Yoga's **Free Month of Yoga playlist** (<https://bit.ly/3qkQ70Q>) - we've made the choice for you!

Plus, they're offering an extended free trial to support you all the way through. Use the code: **1month** at sign up (<https://www.ekhartyoga.com/register>) and enjoy a month-long trial!

THE PLAYLIST FEATURES A COLLECTION OF SOME OF THEIR FAVORITE YOGA CLASSES, WITH A MIX OF STYLES AND TEACHERS TO KEEP YOU HEALTHY, STRONG AND CALM. THE METROPOLITAN OPERA

The MET is streaming performances free, every night at 7:30 pm EST and then saving the playback for 24 hours.

www.metopera.org. They also have a YouTube Channel where they post performances.

<https://www.youtube.com/user/MetropolitanOpera>

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:

March 23: The Henna Artist • **April 26:** Disappearing Earth

May 23 to June 1: Engineer's Wife • **June 20 to June 28:** Lady Clementine • **July 27th to 31st:** Pull Of The Stars

August 24th to 29th: Fall of Marigolds

VIRTUAL CONNECTIONS

This is the hub for free activities, entertainment, spiritual and wellness-minded resources as well as sports and entertainment. It will take you to some sites that are free (ie guided tours of National Parks) or a site where you may need to subscribe to explore the full benefits of the website(Harvard Health). Do yourself a favor and check this out!

<https://www.slvirtual.com>

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! **Mondays Mar. 1st, 15th & 29th, at 1:30pm FREE PLEASE REGISTER**

THINGS TO DO AT HOME

WADSWORTH ATHENEUM VIRTUAL TOUR

SERIES: EUROPEAN ARTISTS

Wednesday, Mar. 24th 7pm to 8pm EST Contact: AARP CT Email: ctaarp@aarp.org

Please join us for a very special virtual tour series with the Wadsworth Atheneum Museum of Art. Please be sure to sign up to receive log-in information.

You can register for the by going to www.aarp.org/ctevents Capacity is limited.

Please note that AARP will email you the link to the Wadsworth Atheneum online platform on which the event will be hosted. Any information you share on that online platform will be governed by the privacy policy of the Wadsworth Atheneum Museum of Art.

TEN TECHNOLOGY TREASURES FOR INDIVIDUALS WITH VISION CONCERNS

Thursday, Apr 1st From 12pm to 1pm - Zoom Contact: AARP CT. Email: ctaarp@aarp.org

Steve Famiglietti of The NEAT Center at Oak Hill will present on many pieces of technology available to help people with low vision or blindness as they go through different phases of their lives. Each day, we are presented with many challenges, ranging from equal access during school to staying healthy and fit. Attendees will explore and discover exciting new developments, apps, and tech supports addressing the needs of individuals with visual impairments in today's fast paced world. You will see some short videos showcasing some of my favorite pieces of technology!

KEEPING YOUR MIND & BODY PERFORMING AT THEIR BEST

Physical activity is an important part of healthy aging. Check out these articles, which were previously housed on the Go4Life exercise and physical activity website, to learn the latest on how exercise and physical activity can help you stay healthy as you age. Find tips on how to fit exercise into your daily life safely and get motivated to get moving! Check out this website from the National Institute on Aging for safe recommended exercise to keep you performing at your peak ability. <http://www.nia.nih.gov/health/exercise-physical-activity>

TECH SAVVY SENIORS

TECH SAVVY SENIORS is a service offered by Nick Koobatian, a high school student and Madison resident 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.

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.

BLOGS FOR YOU

The Joy of Aging Gracefully: <http://thejoyofaginggratefully.com> Antonia Albany is an author of the book *Golden Grace: Embracing the Richness of Our Later Years* and writes for Senior Planet.

Elderchicks: <https://elderchicks.wordpress.com> A great blog geared toward one of the fastest growing US populations; senior women in their retirement years. Read hilarious and relatable stories or leave a story of your own to share with this community of elderly women.

The Upside To Aging: <https://theupsidetoaging.com> The Upside to Aging is a blog for caregivers run by Molly Wisniewski, who has been a dementia caregiver for over 10 years. She brings a positive and optimistic side to caregiving while acknowledging the frustrations felt by many dementia caregivers. Complete with caregiving tips, stress management techniques, and dementia caregiving news, The Upside to Aging is a great place for caregivers to find community.

Senior Planet: <https://seniorplanet.org> Senior Planet is a blog that "celebrates aging by sharing information and resources that support aging with attitude, and helps people who were born long before the digital revolution to stay engaged and active by bringing a digital-technology focus to a range of topics." At Senior Planet, no topic is off limits. With topics ranging from news, health, sex, dating, and art, to senior fashion, travel, and entertainment, the site strives to engage seniors and encourage an active lifestyle through age.

BACK PAGES

MSC CAFÉ DRIVE-THRU LUNCH

Tuesday, March 16th at 12pm

Madison Resident Sign-up: Mon. March 1st

Non Resident Sign-up: Wed. March 3rd

Fee: \$8

Menu: **Braised Lamb
and Mint Pie**

The Food Hut: Open 24/7 | Behind Walker Loden at 788 Boston Post Road | Madison White Tower holds non-perishables alongside the porch at the end of the parking lot. Please take what you need. Leave what you can.

AAA's FREE Driving Improvement Classes are Back!

Starting on Tuesdays in March through July, AAA will be offering its FREE 4-hour Classes VIRTUALLY to drivers 60 years of age and older, who need to obtain a certificate for up to 5% off on a portion of their insurance premiums. Classes are open to AAA members and non-members.

To register, participants must visit www.aaa.com/defensivedriving, follow the links and then choose "Connecticut Virtual" under your home state – which for us is Connecticut

CLASSES WILL BE HELD ON TUESDAYS VIA ZOOM ON THE FOLLOWING DATES AND TIMES

From 10 am – 2 pm:

March 2 & 16;

April 6, 13, and 27;

May 11 & 25;

June 8;

July 13 & 27

From 12 Noon – 4 pm:

March 9 & 23;

April 6 & 20;

May 4 & 18;

June 1, 15, & 29;

July 6 & 20

To participate in these virtual classes, you will need:

- A PC, laptop or iPad with an integrated or portable webcam, an email address and Zoom account. To download the Zoom app, visit www.zoom.us. The free version is sufficient.
- Upon registration, participants will receive a confirmation letter with a Zoom link for the class.
- Classes will run the state-required four hours, with several breaks throughout the class.

Completion certificates will be emailed to participants within two days after the class.