

Trends & Traditions

May 2021

Madison Senior Center

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FEATURED EVENTS

SEN CHRISTINE COHEN & STATE REP. JOHN-MICHAEL PARKER

Join Sen. Cohen and State Rep. John-Michael Parker as they share the updates on the topics they've been working on that relate to seniors. Bring your questions and concerns about issues that are important to you. *Registration is required for this Zoom meeting, login information will be emailed to all registrants.*

Tuesday, May 18th at 1:30pm FREE

MEIGS POINT NATURE CENTER PRESENTS VIA ZOOM A SPRING PLANT WALK

This presentation will cover three different programs that the Nature Center offers, *Signs of Spring Plant Walk*, *Under Invasion* and *Ethnobotany*. *Signs of Spring* portion will cover just that, where we can see the signs of spring popping up in our area. *Under Invasion* will cover plants and animals from around the world that have invaded CT and Long Island Sound. Next to habitat destruction and loss, introduced species may be our biggest ecological problem. Meet them and learn why some are so successful and problematic in their new land and possible solutions. On our Zoom hike we will see firsthand what happens when they are allowed to grow with no natural controls. *Ethnobotany* will teach us the ways Native people use plants for food, medicine and technology. We will see what common plants were used for toothbrushes, stomachaches, tool making, healing wounds, and food. *Registration is required for this Zoom meeting, login information will be emailed to all registrants.* Monday, May 10th at 1:30pm FREE

NEW BRITAIN MUSEUM OF AMERICAN ART - HELEN FRANKENTHALER LATE WORKS 1990-2003

Join us for a guided Zoom tour of the *Helen Frankenthaler: Late Works, 1990-2003* exhibit at the New Britain Museum of American Art. This exhibit will feature approximately 22 works on paper dating from 1990 to 2003—some measuring over 6 feet. Frankenthaler (1928–2011), whose career spanned six decades, has long been recognized as one of the great American artists of the 20th century. Through her invention of the soak-stain technique, she expanded the possibilities of abstract painting while referencing figuration and landscape in unique ways. In later years, her practice continued to evolve through her use of diverse media and processes, as she shifted from painting canvas on the floor to using larger sheets of paper that were laid out on the floor or on table tops for easier accessibility. *Registration is required for this Zoom meeting, login information will be emailed to all registrants.* Wednesday, May 19th at 1:30pm Fee: \$10

WEEKLY DRIVE-THROUGH LUNCHES - BEGINNING WEDNESDAYS IN MAY

5th - Steak Quesadilla, Peach Pie

12th - Curried Chicken Salad, Blondies

19th - Buffalo Ricotta Ravioli, Chocolate Cake

26th - Cavatelli with Broccoli & Sausage, Lemon Cake

Fee: \$7 *The meal includes condiments, a beverage, napkins, utensils and a bag to carry it all.*

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 **May 13th at 5:30pm**. To get the Zoom link go to <http://bit.ly/3kV9hsf>

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

April showers bring May flowers. And as I look out my office window I see yellow daffodils in bloom; which must mean we are on the right track. By now you should have gotten your Covid vaccine, and I hope that has brought with it a little peace of mind. I encourage you to enjoy the spring and get outside to breathe in this beautiful Madison air. Just getting a little sun and fresh air could be just what your soul needs to put your winter hibernation in the rearview mirror. In the coming months, look out for some exciting news from the Senior Center. Until then, I hope you enjoy this edition of Trends and Traditions
Austin

VACCINE CLINIC SCHEDULE

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

WAYS TO ACCESS A VACCINE APPOINTMENT

Telephone

Those without internet access can call CT's COVID Vaccine Appointment Assist Line 1877-918-2224. The line is open seven days a week from 8:00am to 8pm. 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 NEW 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 HEALTH (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 4:30pm 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. 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.

PARTICIPATING PHARMACIES & GROCERY STORES

Walgreens: bit.ly/39sFAue

- 1116 Boston Post Rd. Guilford
 - 329 E Main St. Branford
 - 1036 W Main St. Branford
 - 218 E Main St. Clinton
- CVS Pharmacy -bit.ly/3dj8iP8
- 1057 Boston Post Rd. Guilford
- Stop & Shop via their website bit.ly/3teAIAu

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, N. 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 9am 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

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

PROPERTY TAX SAVINGS PROGRAMS DEADLINE: MAY 15TH, 2021

The Town of Madison and the State of Connecticut have programs to assist residents with property 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. If you intend on filing income taxes for 2020, they must be filed first. **** Please note**** if you received the Local & State Tax Relief, as well as the Tax Freeze program last year, no action is required this year. Due to COVID, your eligibility/benefit will roll over. If your income changed significantly or you are new to the program, applications will be accepted. Below please find general details regarding each tax discount program. The Assessor's office will process each application and will determine which program will be the most beneficial for the participant. Please contact the Madison Senior Center for in-depth information sheets regarding each program or to schedule an appointment.

LOCAL & STATE TAX RELIEF PROGRAM

An eligible participant may receive a discount off their property taxes in July. Discounts adjusted based off income. An eligible participant will be aged 65 or old OR under age 65 and declared disabled by the end of the 2020. They will own their own home in town and be responsible for the property taxes in that home. They will live in the home for which they are applying for assistance at least 250 days out of the year, this must be their primary residence. If married, income is counted jointly regardless of filing status. Participants must reapply bi-annually. **Local Maximum Income: \$69,321, State Maximum Income Single: \$37,600 or Couple: \$45,800.**

LOCAL TAX DEFERRAL PROGRAM

See the above guidelines. An eligible participant may defer paying up to \$8,000 in taxes per year. A lien will be placed on the property with a 1% interest rate. Full or partial repayments may be made at any time. Lien must be satisfied upon the sale of the home. Participants must reapply annually. **Maximum Income: \$69,321.**

LOCAL TAX FREEZE PROGRAM

An eligible participant may have their property taxes frozen at the rate that they are at in July, participants must reapply annually to show continued eligibility. An eligible participant will be aged 65 or old OR under age 65 and declared disabled by the end of the 2020. They will own their own home in town and be responsible for the property taxes in that home. They will live in the home for which they are applying for assistance at least 250 days out of the year, this must be their primary residence. Currently maximum assessed value of the home can not exceed \$390,800. Income Guidelines adjusted based on years of residency and marital status.

RENT REBATE

Eligible participants will receive one-time assistance annually that helps to offset rental expenses. Documentation of 2020 income, (income taxes if you file them) payments made for rent, heating, water bills, and electric are required to apply. You may begin dropping off your paperwork after May 15th, 2021, please call the Senior Center to let us know when you will be dropping off your paperwork. Please make sure you include a contact number with your paperwork. **2020 Maximum Annual Income Single: \$37,600 and Couple: \$45,800 .**

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, May 24th at 1:30pm

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:

April 26th: Disappearing Earth

May 23rd to June 1st: Engineer's Wife

June 20th to 28th: Lady Clementine

July 27th to 31st: Pull of The Stars

August 24th to 29th: Fall of Marigolds

Sept. 28th to 30th: Code Girls

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 are presenting 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. These will be the last sessions until we reconvene in the fall. Thursdays, May 6th 20th & 27th at 10:30-11:30am*** **FREE**

FLASH FICTION WRITING GROUP

What is flash fiction? It's a story you make up in 1,000 words or less with a beginning, a middle, and an end. Participants will write works of flash fiction each week and bring them to share with the group. The group is open to all who are interested. No professional writing experience necessary, just a desire to write fiction. Come and try it out.

Contact Virginia Raff at virginiaraff@gmail.com for meeting days and times **FREE**

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! **Monday, May 3rd & 17th, 1:30pm**

FREE PLEASE REGISTER

GENERAL INFORMATION & ONGOING ACTIVITIES

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 for an appointment.

Friday, May 7 & 21st 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., May 13^h & 27th FREE**

DIAL-A-RIDE IS BACK!

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. • Dial-A-Ride has resumed service in a very limited capacity.

- **One passenger on the bus at a time. The driver will disinfect the bus between passengers.**
- **We are booking medical appointments as well as trips to Stop & Shop.**
- **Properly worn masks are required at all times while on the bus.**
- **Priority will be given to folks for COVID vaccinations. We will contact you ASAP in the unlikely event that your appointment needs to be moved to another time.**

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.

ARE YOU A JIGSAW JUNKIE? The Senior Center has tons of jigsaw puzzles! If you are looking for a puzzle give us a call (203) 245-5627 and we will pick one out for you. Due to COVID we can't take it back but you could pass it on to someone else.

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 to increase muscle tone, joint flexibility, and cardiovascular strength. Zoom info is sent to all registrants prior to the class. **Wed., May 5th - 26th at 10:30am - 4 Classes 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., May 6th - 27th at 1-2pm FREE**

BELLY DANCING

Join Gia Khalsa on Zoom for a fun, light-hearted way to exercise that you may not have tried yet! Gia has been teaching Belly Dancing in Connecticut since 1996 and for seniors since 2001. This class will work every part of your body using simple techniques and choreographed dances. The end result will be a great workout that will leave you feeling graceful, powerful and connected. **4 Classes (6 students minimum needed) Zoom information is sent to all registrants prior to the class. Fridays starting May 7th - 28th at 10am Fee: MM\$40 | NMM\$50**

ZUMBA GOLD WITH CASSIE MORRISON

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) Zoom info is sent to all registrants prior to the class. Thursdays, Apr. 22nd - May 27th 5:45 - 6:30pm Fee: MM\$51 | NMM\$61**

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

TAI CHI

Tai Chi in partnership with the VNA will continue in May. Sharon Didato, is our new instructor, who has a booming practice in Ivoryton. Sharon has been teaching for over 20 years and came highly recommended by Suzanne Hanley. **(8 classes) Tuesdays, May 4th - June 22nd at 10:30 - 11:15am FEE: \$15**

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 online **Wednesdays at 2 pm** <http://connecticuthomecare.org/our-care-programs/family-caregiver-resources>.

18 MOVEMENTS VIDEO PRACTICE

For those who have been coming to the Senior Center and participating in the online Qi Gong class in the library, here's the link: www.youtube.com/watch?v=xBoCrEswHvQ&feature=youtu.be

ACIVITIES & MORE

SSILL PROGRAMS FOR MAY & JUNE 2021

All Zoom programs are free, but you must register in advance. Register on-line at www.GuilfordParkRec.com or stop into the Guilford Community Center, with a mask on, of course. Questions? Call the Guilford Community Center at (203) 453-8086 or visit the SSILL Website at SSILL.org.

May 4 th at 10am.	Birding by Ear: A Discussion with a CT Audubon Naturalist
May 11 th at 10am	Should We Worry About the U.S. Federal Budget Deficit
May 18 th at 10am.	FILM: Fentanyl Madness
May 25 th at 10am.	Religion and the First Amendment
June 1 st at 10am.	Eating Healthy: You Are What You Eat
June 3 rd at 10am.	Jerusalem: One City, Three Faiths
June 8 th at 9:30am.	Suffragettes in Corsettes
June 15 th at 11am.	Rogers and Hammerstein: the Golden Age of Musial Theatre
June 22 nd at 10am	Modern Science, Modern Solutions: An Outlook into the Future
June 29 th at 10am.	Leaving 2020 – Humor with Joyce Saltman

EASING LONELINESS

Social isolation is a growing, factor in the health and well-being of people 65 and older. But what does “social isolation” really mean? It’s how often we interact with others, and how much we enjoy those connections. In fact, social interaction is so important that it’s actually a key factor in maintaining good health.

As we age, a support system is more important than ever – because often, basic life circumstances may have changed. For example, seniors may be on a fixed income, with less money to spend on eating out. Or may not see well enough to drive. Bottom line, it can become difficult to fulfill the basic human need to connect with others.

“Relationships really do matter when it comes to healthy aging, because there’s a strong correlation between a satisfying social life and a senior’s overall well-being,” says Larry Weinstein M.D., Chief Medical Officer of Humana Behavioral Health. “If you’re feeling isolated, the first step is to talk your doctor, and it’s important to reach out to family and friends for encouragement and support. There also are lifestyle changes we can make to better nurture our emotional health, and by extension, our physical health.”

Dr. Weinstein recommends five ways in which to become more active and engaged.

1. **Socialize on Schedule** - Nurture existing relationships by scheduling a weekly phone call, coffee date, or game night with friends or family.
2. **Volunteer** - If you love animals, consider volunteering at a local shelter. Or comforting babies at a hospital.
3. **Stay Active** - Local senior and community centers offer health and wellness activities, exercise classes, walking clubs, and social programs, often at little to no cost.
4. **Learn Something New** - Join a book club or take a class to learn a new skill. Local libraries are a wonderful community resource, often offering seminars free of charge.
5. **Get a Pet** - Pets are wonderful companions. Choose a pet that suits your needs. For example, an older, trained dog is easier to care for than a puppy. Or a cat or fish might be a good fit.

When it comes to maintaining good health, social interaction matters. If you or a loved one are struggling with social isolation, please contact your physician.

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.*

FABULOUS FAJITA PIZZA

Fresh, crisp vegetables are tossed with your choice of a hot or mild salsa and our zest southwestern Seasoning Mix for this quick and easy pizza.

- 1 medium red bell pepper
- 1 medium green bell pepper
- 1 medium onion
- Vegetable oil
- 1 garlic clove, pressed
- 1-2 tsp. chili powder
- ½ cup thick and chunky salsa
- 1 package of refrigerated pizza dough
- Salt and pepper to taste
- 6 ozs. shredded cheddar and Monterey Jack cheese blend (1½ cups)
- 2 tbs. fresh cilantro snipped with kitchen scissors.

1. Preheat oven to 475°F. Slice peppers into 1 inch strips. Slice onion into ¼ inch thick slices.
2. Heat a skillet over high heat; spray with oil. Using a garlic press, press the garlic into the skillet, stir fry for 30 seconds, then add peppers, onion and chili powder, stir fry 1-2 minutes, remove from heat stir in salsa.
3. Roll out dough to a 14" circle with a lightly floured rolling pin. Spread vegetable mixture over crust, season with salt and pepper and then spread the shredded cheese over the top.
4. Bake 18-20 minutes or until crust is golden brown. Lastly snip cilantro with scissors over pizza.

Thanks to Culinary Institute Graduate, Joe Burbela for this submission.

WELCOME TO MEDICARE JUNE 23RD, 2021 | 3 - 7PM

Learn about signing up for Medicare! Go to www.shiphelp.org to learn more. Registration will open in April. This virtual Medicare fair is for people turning 65 or joining Medicare because of a disability. Learn about Medicare - and all its parts - to assist you in your initial enrollment decisions. *There is no cost to attend.*

Get trusted, unbiased Medicare education to help you make Medicare choices that best meet your needs. There will be national expert presenters on Medicare eligibility, enrollment, and coverage options. There will also be exhibitors from state health insurance assistance programs (SHIPs) to answer your individual questions.

CT's SHIP is CHOICES 1-800-994-9422 <https://portal.ct.gov/ADS-CHOICES> www.shiphelp.org -OR www.shiptacenter.org - info@shiptacenter.org 877-839-2675

BACK PAGES

EXCITING NEWS FROM THE MADISON SENIOR CENTER CAFÉ INSIDE!

“SAFETY CHECK LIST”

Are you concerned for your safety in the event of emergency or weather event? To add your name to the Safety Check list, call (203) 245-5627.

FCC LAUNCHES EMERGENCY BROADBAND BENEFIT PROGRAM

The Federal Communications Commission (FCC) has launched an [Emergency Broadband Benefit Program](#) to help households struggling to pay for internet service during the pandemic. This new benefit will connect eligible households to jobs, critical healthcare services, and virtual classrooms.

The Emergency Broadband Benefit will provide a discount of up to \$50 per month towards broadband service for eligible households and up to \$75 per month for households on Tribal lands. Eligible households can also receive a one-time discount of up to \$100 to purchase a laptop, desktop computer, or tablet from participating providers if they contribute \$10-\$50 toward the purchase price.

The Emergency Broadband Benefit is limited to one monthly service discount and one device discount per household.

A household is eligible if one member of the household:

- Qualifies for the [Lifeline](#) program;
- Receives benefits under the free and reduced-price school lunch program or the school breakfast program, including through the USDA Community Eligibility Provision, or did so in the 2019-2020 school year;
- Received a Federal Pell Grant during the current award year;
- Experienced a substantial loss of income since February 29, 2020, and the household had a total income in 2020 below \$99,000 for single filers and \$198,000 for joint filers; or
- Meets the eligibility criteria for a participating providers' existing low-income or COVID-19 program.

The program has been authorized by the FCC, but the start date has not yet been established. The FCC is working to make the benefit available as quickly as possible. Please continue to check the [program webpage](#) for updates.