



THE SENIOR CONNECTION

A Monthly Publication of programs, events, trips and news
for South Windsor residents 55+

150 Nevers Road 860-648-6361 www.southwindsor.org



April 2020



Like us on Facebook: [Facebook.com/swseniorcenter](https://www.facebook.com/swseniorcenter)

1980

Celebrating 40 Years

2020



From the Director

I hope this email finds you doing as well as can be expected during this unprecedented time. We have seen such a great sense of community from people of all ages, wanting to assist in any way possible. We have volunteers wanting to make calls on a regular basis to older adults and assist with grocery shopping. The community has responded to our need for food, gift cards and monetary donations for our Food and Fuel Bank. It is truly heartwarming. We are LONELY without all of you coming in! It is with a heavy heart that I tell you we will be closed to the public for the month of April. We will continue to update our status as time goes on. Staff still reports to work on a rotating schedule; when Group A is in the office, Group B is working at home, so there is always someone at the community center Monday through Friday, 8 AM to 4:30 PM. We are continuing to reach out via phone calls, emails and social media. You are welcome to contact us, we would love to hear from you! In the meantime, stay well and we look forward to celebrating when you return!

Andrea S. Cofrancesco, Director of Human Services

From the Health Department

The current guidance from the CT Department of Health is that if you are experiencing both a fever and a cough, you can presume that you are positive for COVID-19 and should treat it as such. Stay home and treat your symptoms. If you need medical care, call your doctor and follow their guidance. For someone with a presumed positive COVID-19 case, they must stay quarantined until they are fever-free without medication for 72 hours, have improving symptoms, and it has been at least seven days since symptom onset. If someone in your home is ill, all people in your home should quarantine for 14 days after the ill person is feeling better.

Heather Oatis, South Windsor Health Department



Social Distance BINGO!

Nothing can stop us from playing one of our most popular activities! BINGO will continue on **Monday, April 20 at 1:00 PM**, and the best part—you can play from the comfort of your own home! We will be calling the numbers on Facebook Live. If you do not have Facebook, please let us know ahead of time and we will connect with you over the phone. We have cards available for drop-off or pick-up. No cost, no prizes, just good clean fun! Call Victoria at 860-648-6361 ext. 3340.



Homemade Facemask

Donations to Hartford Healthcare

The COVID-19 pandemic has caused international shortages of critical PPE (Personal Protective Equipment). As such, Hartford HealthCare is accepting donations of homemade face masks. **You may only make a mask if the answer to the following questions are NO:** Have you been in contact with anyone suspected or confirmed to have COVID-19 in the past two weeks? Do you have fever, cough or shortness of breath? Limited material to make the masks are available for pick-up at the Senior Center on a first come, first serve basis. Material donated by Joann's Fabrics. Instructions provided. Video tutorial available on Youtube—search How To Make a Facemask by JOANN Fabric and Craft Stores (lightweight interfacing not necessary). Must already have a sewing materials (machine, thread, needle..). Please bring mask to the Center by **Friday, April 24** in a re-sealable plastic bag. Please call us if you are interested.

In-person Senior Center
Programs are Cancelled
for April



SOUTH WINDSOR SENIOR CENTER
CHARLES ENES COMMUNITY CENTER
150 NEVERS ROAD
SOUTH WINDSOR, CT 06074

PRSTD STD
U.S. POSTAGE
PAID
PERMIT #5162
HARTFORD
CT

Mailing Address
Goes Here

Visit our Website:
www.southwindsor-ct.gov/adult-senior-services

Adult and Senior Services Contact Information:

Main Number: 860-648-6361

Transportation: Cindy Malone ext. 3310
Program Sign Ups: Liz O'Brien ext. 3335
Lunch Reservations: Sharon Bosco ext. 3328
Program Coordinators: Susan Gouin ext. 3339
Victoria Hellberg ext. 3340
CARES Coordinator: Amy Patterson ext. 3311
Caseworkers: Stephen Clapp ext. 3325

Assistant Director of Adult & Senior Services:

Lindsey Ravalese ext. 3319

Director of Human Services:

Andrea Cofrancesco ext. 3316



Mission

The South Windsor Department of Human Services is a multi-generation service agency incorporating youth, adult and senior services. Our mission is to enable South Windsor residents to achieve and maintain personal and social well being by providing a variety of services, programs and resources that are both proactive and responsive to the community's needs.



Adult and Senior Services Division Mission:

The Adult and Senior Services Division responds to the economic, social and emotional needs of the adult and older citizens of South Windsor. This is accomplished through social service delivery, senior center programming, outreach and other supportive services.

Health and Wellness

*Here are some resources to continue your exercise regimen from the comfort of your own home!
Please exercise at your own comfort level and pace.*



Silver Sneakers

Continue your exercise regimen with Silver Sneakers online! You can find a plethora of workouts on their Facebook Page: www.facebook.com/silversneakers/ or find it by searching “silver sneakers”. Browse their videos or join them when they go live!

YouTube Exercise Videos:

Did you know that you can access tons of videos online FOR FREE that you can follow along to workout? We encourage you to browse YouTube using keywords like “exercise” “yoga” “aerobics”. Here are some that we found! Exercise at your own pace.

Seated Chair Exercise: Video by HASFit. Go to YouTube.com and search “HASFIT 20 Min Exercise for Seniors, Elderly, & Older People - Seated Chair Exercise Senior Workout Routines”.

Light Aerobics: Video by Jenny McClendon. Go to Youtube.com and search “Jenny McClendon Quarantined Home?? 20 minute exercise routine for seniors and beginners”.

Fit Over Fifty: Video by Jenny McClendon. Go to Youtube.com and search “Jenny McClendon GREAT 20 minute exercise workout for Beginners and Seniors!!”

Headspace

Headspace, a guided meditation service, is offering free meditations through its app (downloaded onto your smartphone—search “Headspace”). The free programs include meditations, sleep and movement exercises and can be found in the “Weathering the storm” collection on the app. Creating a Headspace account is also free. (via Forbes.com)

Core Power Yoga

Core Power Yoga, a popular yoga studio chain, is currently offering free online classes through its Core Power Yoga On Demand platform. The classes are pre-recorded and range from 30 minutes to up to an hour long. The studio is also offering online guided breathing practices and meditations. Access it by typing this URL into your web browser:

<https://www.corepoweryogaondemand.com/keep-up-your-practice>. (via Forbes.com).

Golds Gym

Golds Gym is offering free access to its app GOLD’S AMP until the end of May. The app comes with more than 600 audio and video workouts. To enroll, individuals should head to goldsamp.com/promo and redeem the code FIT60 at check out. The promo code must be activated by April 30 and users will have free GOLD’S AMP access until May 31. (via Forbes.com)

Planet Fitness

National gym-chain Planet Fitness is offering free workouts on Facebook Live daily at 7 p.m. ET (Facebook.com/planetfitness). For individuals who can’t make it to the live workout, they will be able to view the workout afterwards on the Planet Fitness Facebook page and YouTube channel (youtube.com/planetfitness). (via Forbes.com)

Introducing: Zoom! Attend Senior Center Programs from your Home

Zoom is a way for you to watch our programs live from the comfort of your own home. You can access Zoom on your computer desktop (zoom.us) or download the app on your smartphone (iPhone App Store or Android Google Play). Once you download the app, open up Zoom and choose “join meeting.” You will need to input a Meeting ID. We will notify you via Facebook, email and phone of the program topic, date and time, and Meeting ID. Please call the Senior Center with questions on how to use Zoom or to indicate your interest!

A Note About Trips

Unfortunately we have had to put our trips on hold for the time being but are hoping they will be back up and running soon! Everyone that was signed up for a cancelled trip will be receiving a full refund. Please be patient as it will take longer than usual for you to receive your refund. For trips that have been cancelled but are rescheduled in the future, those already signed up will be prioritized for the new date. We will contact you when we have a new date to re-register you. Refunds will be issued for anyone who can't make the new date.



Trips that have been cancelled:

St. Patrick's Day at the Aquaturf
Connecticut River Museum (will reschedule)
Rose Hill (will reschedule)
MCC Culinary School (will reschedule)
Richie Mitnick at the Aquaturf
MGM/Majestic Theater
West Point Dress Parade
The Great Gatsby, Ivoryton Playhouse
Albany Tulip Festival (we are looking at a date for 2021)

We are monitoring our Switzerland trip and Father Misgivings, but these have not been cancelled yet

The following trips have been given a new date:

Martha Washington at Wood Memorial rescheduled to **Wednesday, September 23**
Dancing Dream ABBA Tribute rescheduled to **Thursday, August 13**
Lizzie Borden at Wood Memorial is likely to be rescheduled to a **date TBD**

If you are signed up for these trips and the new date does not work for you, we will refund you

What to look forward to!:

Sunday, June 7: *Forbidden Broadway*, Ivoryton Playhouse / Cantina Lose Charros

Tuesday, June 16: NYC Cruise & Chelsea Market

Wednesday, June 17: Strawberry Festival & BBQ

July 14: Celebrate Italia! At The Aquaturf

July 14: Vanderbilt Mansion and Planetarium

July 23: Buddy Holly at The Majestic Theater

August 18: Plymouth, MA for America 400

September 7—September 9: Escape to Acadia Overnight (*Portland, ME / Camden, ME / Acadia National Park / Boothbay Harbor*).

We are hoping that we are able to keep these trips scheduled but may have to cancel or postpone depending on when we re-open. Keep an eye out for upcoming newsletters for more information.

To be scheduled when the Center reopens:

Yard Goats, Tour of State Capitol Building, UCONN Barns.....and more!

As always, please contact Victoria with any suggestions you have for trips or if you have any questions or concerns:

Phone: 860-648-6399 / Email: Victoria.hellberg@southwindsor.org

Beat the Social Distancing Blues with these Activities!

**Take these virtual tours—
It's like you're really there!**

Simply just type the URL's into your web browser as they are shown.

Tennessee Aquarium:

<https://www.tnaqua.org/live-cams>

NASA:

<https://oh.larc.nasa.gov/oh/>

National Museum of Natural History:

<https://naturalhistory.si.edu/visit/virtual-tour>

The Metropolitan Museum of Art:

<https://artsandculture.google.com/partner/the-metropolitan-museum-of-art>

Explore various parts of the world (i.e. Taj Majal!):

<https://artsandculture.google.com/>

Vatican Museums:

<http://www.museivaticani.va/content/museivaticani/en/collezioni/musei/tour-virtuali-elenco.html>

Holocaust Memorial Museum:

<https://www.ushmm.org/information/exhibitions/online-exhibitions>

National Women's History Museum:

<https://www.womenshistory.org/womens-history/online-exhibits>

The Great Wall of China:

<https://www.thechinaguide.com/destination/great-wall-of-china>

Philadelphia Museum of Art

<https://artsandculture.google.com/partner/philadelphia-museum-of-art?hl=en>

The British Museum:

<https://britishmuseum.withgoogle.com/>

Science Museum:

<https://artsandculture.google.com/partner/science-museum?hl=en>

Georgia Aquarium:

<https://www.georgiaaquarium.org/webcam/beluga-whale-webcam/>

Free online Courses

The Smithsonian Institution:

<https://www.edx.org/school/smithsonianx>

Ivy League schools have made nearly 500 online courses free to keep individuals occupied while stuck indoors. **The online courses can be found on Class Central** (ClassCentral.com) and include subjects in mathematics, programming, personal development, education and more.

Free services

Here's a list of companies offering free services to help individuals cope during the coronavirus pandemic (via forbes.com)

Amazon's Kindle is offering two free months to its unlimited ebook service for new users.

The National Hockey League is providing free streams of full replays of games from the 2019-2020 regular season.

Scribd is offering its library of ebooks, audiobooks, magazine articles and more to anyone, for free, for the next 30 days. The online reading tool has millions of titles and programs available and can be accessed via online or through its app.

SHOWTIME is offering a free 30-day trial to new customers who sign up before May 3. A credit card is required to sign up, but a SHOWTIME rep tells *Forbes* that individuals can cancel at any time before the 30 days period ends to avoid being charged.

Broadway HD Stream your favorite Broadway hits, anytime, anywhere! 7 day free trial and \$8.99 / month after the trial: <https://www.broadwayhd.com/>

Please call to let us know if you would like books or jigsaw puzzles from the Center! Packets of coloring pages, word searches, crosswords, Sudoku, crayons, and colored pencils also available.

2020 Census: Your Response Matters

Census results help determine how billions of dollars in federal funding flow into states and communities, they determine how many seats in Congress each state gets, and it's mandated by the US Constitution.

There are three ways to complete your census: online, by phone or by mail.

www.2020census.gov

Need Groceries?

Geissler's:

Delivery is available at a reduced charge of \$5.

Pick up Service: For no additional charge, place an order and the groceries can be brought out to you.

Orders should be made online, but if you prefer to call: 860-623-0176.

Community hour shopping for seniors is from 7-8 AM every day of the week.

Stop and Shop:

Community hour shopping for seniors is from 6-7:30 AM.

*Our bus will provide transportation to
IN TOWN GROCERY STORES:
Stop and Shop and Geissler's*

Wednesdays and Fridays mornings. Times vary, as we are only allowed to transport one person at a time. You will be given an approximate pick up time at time of registration.

*We reserve the right to ask you how you are feeling and respectfully request that you tell us if you have a cough and fever.
Help us keep our dedicated staff safe.*

Please call 860-648-6361 ext. 3310 to schedule your ride by noon the day before.

Transportation Services

Medical Transportation

We know that getting to appointments is important, so we are continuing to offer this service. However, we reserve the right to ask you how you are feeling and respectfully request that you tell us if you have a cough and fever. Help us keep our staff safe.

Medical transportation is available on a limited basis to Manchester, South Windsor, Glastonbury, Vernon, East Hartford and Hartford. Please call us for a schedule. To book an appointment, please register at least two days in advance. 860-648-6361 ext. 3310

Updates on Financial Assistance Programs:

Property Tax Relief for Elderly and People With Disabilities: At the time of printing, there is a proposal to extend the application period to August 15. Watch our May newsletter for more information.

Renter's Rebate Program: Staff will start processing applications May 1. This is subject to change. The deadline is not until October so there is time. Watch our May newsletter for more information.

Income Tax Appointments: AARP hopes to accommodate appointments at a later time. If you already have an appointment scheduled with us, we will call you to schedule a new appointment when a decision has been made. If they decide not to continue with these appointments, we will also call you. At this time, we are not taking any additional appointments, we are only accommodating existing appointments.

Infoline-2-1-1

2-1-1 is your one-stop connection to the local services you need, from utility assistance, food, housing, child care, after school programs, elder care, crisis intervention and much more. 2-1-1 is always ready to assist you in finding the help you need. Dial 2-1-1 or search online. If you are outside Connecticut or have a problem using the 2-1-1 number, dial 1-800-203-1234.

Text CTCOVID to 898211 for updates

Stay Connected With Us!



Follow us on Facebook @swseniorcenter



Check out Facebook for Live Programming, with dates announced on Facebook and through email.



Follow us on Instagram: SWSeniorCenter



Do you want to get emails with helpful information from us?

Email: swseniors@southwindsor.org to sign up!

Things turn out best for those who make the best out of the way things turn out.

Submitted by Lucy B. for task # 4 of our Scavenger Hunt!

Scavenger Hunt FUN!

Our Version of a Scavenger hunt!
Share these tasks with us in one of three ways:

On Facebook as a post: @swseniorcenter Or
through Facebook Messenger or
by email at swseniors@southwindsor.org

1. Take a selfie
2. Take a photo of you and your take out meal from a local restaurant (supporting local businesses!)
3. Take a photo of your animal, or any animal!
4. Send us an inspirational quote or poem
5. A photo of anything outdoors!
6. A photo of your house or something in your house
7. Tell us what your favorite senior center program is
8. Take a picture of your favorite television show

If you complete all 8 tasks, you get a prize!
If you complete only some of the tasks, you will be **entered** to win a prize (deadline 4/24)

Scavenger Hunt Task #4 Responses:

Send us an Inspirational Quote or Poem:

April H.: The greatest thing you'll ever learn is just to love and be loved in return.

Lucy B.: It doesn't matter if the glass is half full or half empty. Be thankful you have a glass and there's something in it.

Sandi P.: Love the Moment, and the energy from that moment will spread beyond all boundaries

Kathy O.: Do small things with great love (see painted picture of this painted by her granddaughter on back page!)

Scavenger Hunt Task #7 Responses:

Tell us your Favorite Senior Center Program

Kathy O: Looooove the Community Service Group!

Norene: My favorite program is...wait for it...PICKLEBALL!

Lucy B: My favorite is the early bird dinners. No wait a minute it's the Bingos. Or maybe it's the Special presentations on different subjects. Could be all the exercise classes as well. And I do like Chair volleyball. And then there's the trips.....Hummmm. I'll have to get back to you on this!!!



Triad for Senior Safety

2020 Medicare Card Scam

A new scam has arisen in 2020 where calls are being made to seniors about a new Medicare card. The callers ask you to provide them with the number on your current Medicare and may ask for additional personal info (social security number, address, etc.). **There is no new Medicare card and Medicare will never call to ask for your info. DO NOT PROVIDE ANY INFORMATION.**

COVID-19 Scam (Coronavirus)

Criminals looking to make a buck are calling, emailing and advertising cures to prevent and /or stop COVID-19. **These are fake. There is currently no cure for COVID-19.**

Malware Related to COVID-19

The Department of Health and Human Services (HHS) issues information on a fake online Coronavirus map that delivers a well-known malware. A malicious website pretending to be the live map for Coronavirus COVID-19 Global Cases by Johns Hopkins University is circulating on the internet waiting for unwitting internet users to visit the website. Visiting the website infects the user with the AZORult trojan, an information stealing program which can exfiltrate a variety of sensitive data. It is likely being spread via infected email attachments, malicious online advertisements, and social engineering. Furthermore, anyone searching the internet for a Coronavirus map could unwittingly navigate to this malicious website.



**Another way to
pass the time:
TEDTalks!**

TED is a nonprofit devoted to spreading ideas, usually in the form of short, powerful talks (18 minutes or less). Choose from over 3,300 videos of varying topics to watch and stir your curiosity. Here's one to get you started:
www.ted.com/talks/susan_david_how_to_be_your_best_self_in_times_of_crisis

South Windsor Senior Center

B	I	N	G	O
List 3 places: You want the senior center to go to when this is all over!	Complete: 20 arm curls 20 knee lifts 20 ankle rolls	Take a Walk OR Get some Sun!	Take 3 deep breaths! -In through your nose, count 1...2...3 -Hold, count 1...2...3 -Out through your mouth, count 1...2...3	Clean out your junk drawer! Throw away garbage, wash the drawer and share the weird items you find with us!
List 3 things: You are grateful for today!	Call: A senior center friend or a family member !	Clean out your pantry/cupboards. How many expired items do you have?	Share: An easy recipe you love!	Name ALL 50 States! NO CHEATING!
Drink 64 oz. of water in one day! Daily Suggestion Source: Webmd.com	Stimulate your mind! Complete one crossword, word search, Sudoku or other puzzle		Reminisce! Look through old photos !	Listen to music that makes you happy !
Attempt a self portrait! Look in the mirror put your skills to work!	Write about: A positive & memorable time in your life!	How many words can you come up with in two minutes using the letters from: CORONAVIRUS	Mail: A letter to a friend or family member	Play a Card Game
Make something creative (Ex: Cooking, drawing, craft, etc..)	Pay it forward! Give someone a compliment	List 3 things: Of which you are grateful	Write down: A piece of advice you would give to younger generations.	Purge ! Go through your phone and clean out apps / pictures that you no longer want or use.

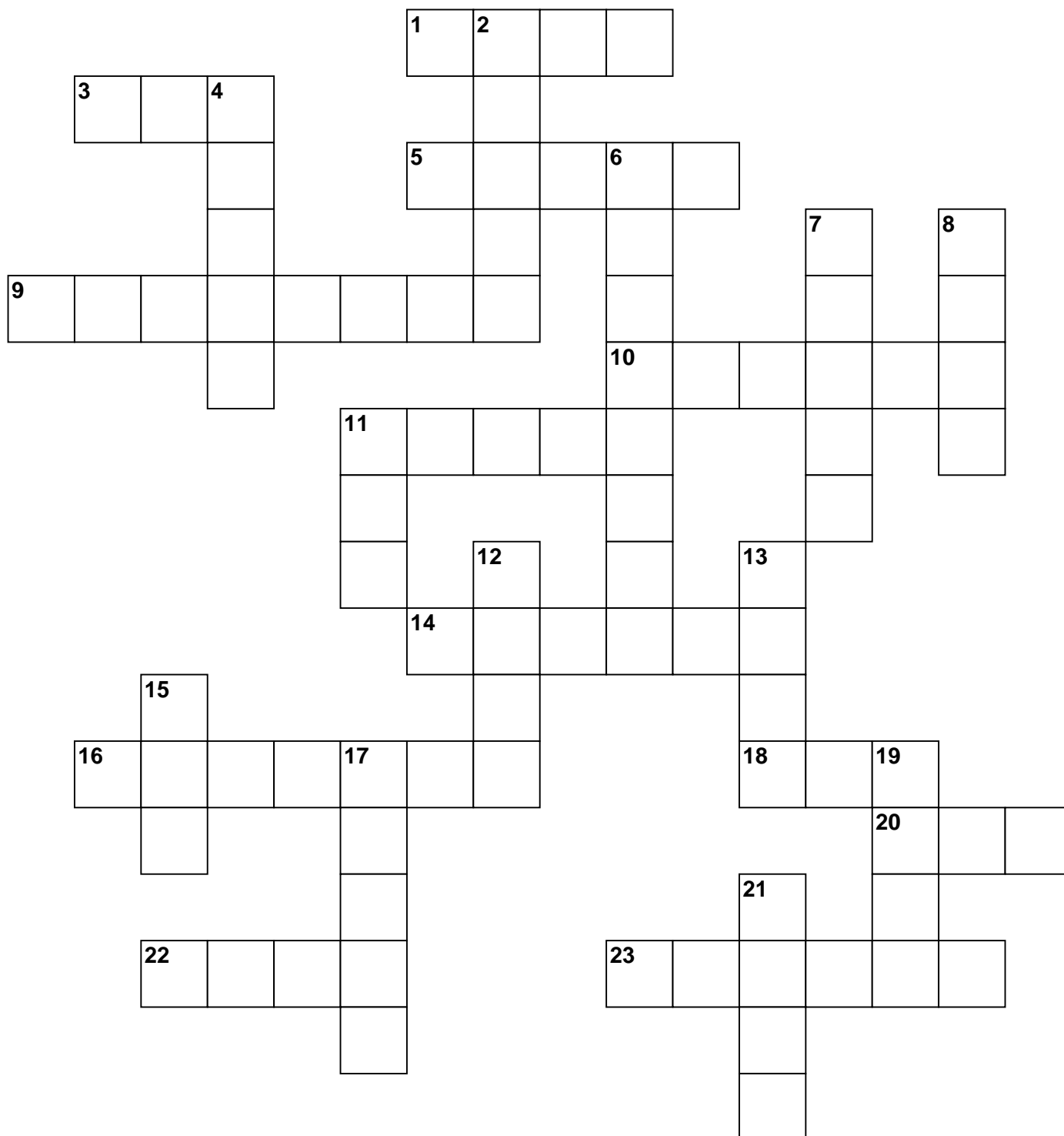
HOW TO PLAY: Complete a row vertically, horizontally or diagonally. Let us know when you have achieved a BINGO and we will enter one ticket into our raffle with your name on it!

Contact us via email at: swseniors@southwindsor.org or call us at 860-648-6361.

FIVE BINGO MAXIMUM = 5 RAFFLE TICKET MAXIMUM

Winner will be drawn on **Monday, May 4.**

SPRING



SPRING

ACROSS

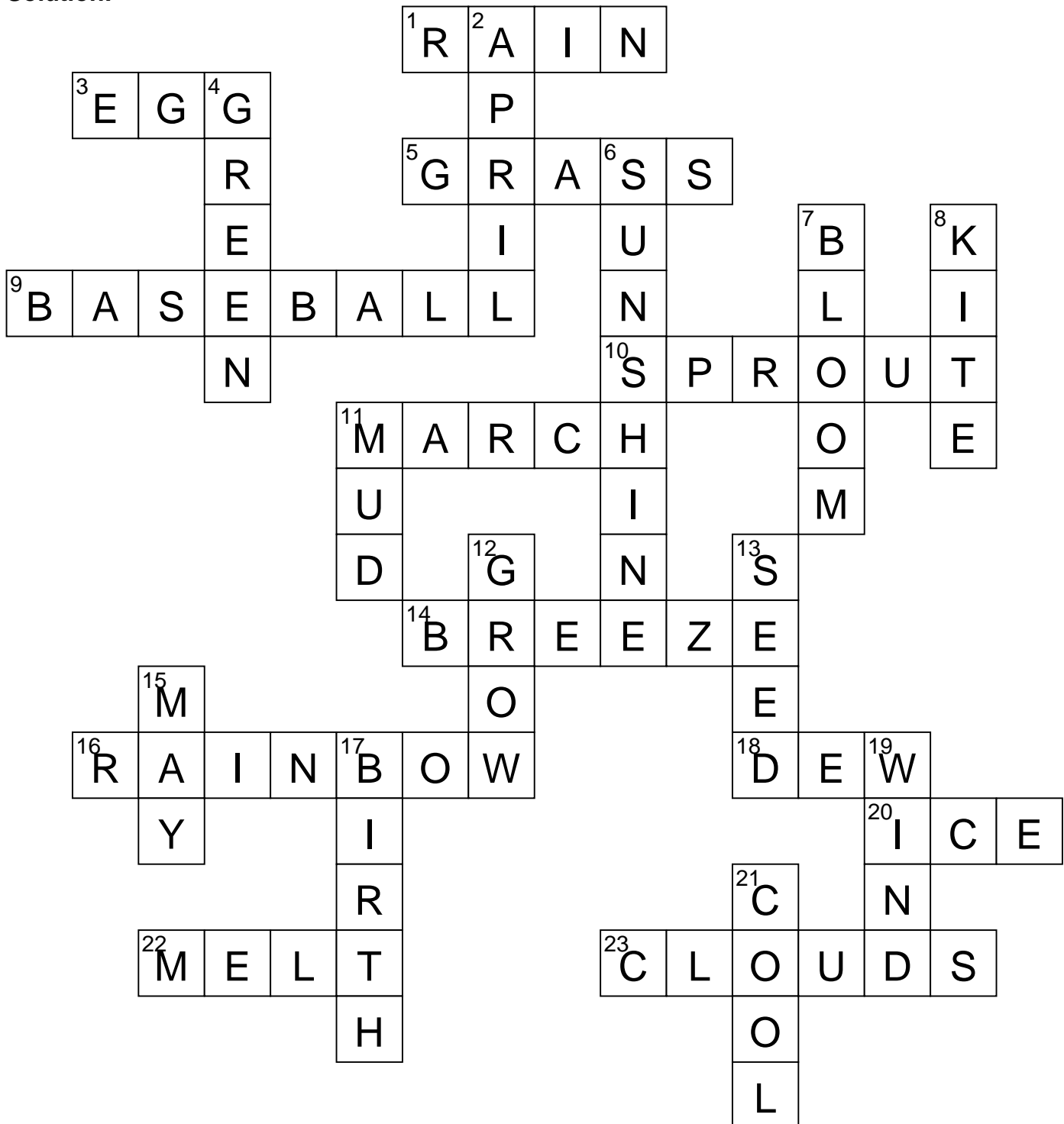
- 1** Water vapor that condenses and falls from the sky
- 3** Thin-shelled ovum of a bird or reptile
- 5** Green plant with narrow flat leaves
- 9** Game played with a bat and ball
- 10** Start to grow as a shoot or bud
- 11** Month spring begins this year
- 14** Light or gentle wind
- 16** Arc in the sky containing the colors of the visible spectrum
- 18** Water droplets that collect at night on cool surfaces
- 20** Water in a frozen state
- 22** Change from a solid to liquid state
- 23** Visible body of water droplets high in the earth's atmosphere

DOWN

- 2** Fourth month of the Gregorian calendar year
- 4** Color lying between yellow and blue on the spectrum
- 6** Bright light of the sun
- 7** Produce flowers
- 8** Toy consisting of light frame covered in paper
- 11** Earth that has turned soft by wetting
- 12** Become larger by the process of natural development to be flown in the air
- 13** Part of plant capable of growing into a new plant
- 15** Fifth month of the year
- 17** Process or fact of being born
- 19** Movement of air over the surface of the earth
- 21** Neither warm nor very cold

SPRING

Solution:



COPY AUTHORIZATION BY THE AUTHOR

You may make unlimited copies of this original large print crossword puzzle for personal, senior center, medical facility, or classroom use. Visit www.qets.com for more large print puzzles.

Evelyn Johnson

Solve each Sudoku puzzle!

3			1			2	6	
1	9				8			3
		5	6		3	1		
	3			9			2	5
5	1		2				3	
9	6	2						1
		1	9	6		3		
8		3		1				6
	2				5			4

		4	6	2				1
	1			4		3		6
3	6		1				4	
		1		6		2		4
	3	5			4		1	
2					8	6		
7	2							3
		6	5	3		4		
4					1		6	

3		8			1		6	
	6		8	9				2
		1			3	9		8
6		4	2	3				
	8		1		6	4		
	1	2		4			3	
	3		6		2		8	
2				8	4			6
8						2	7	

8	5				1			6
		7		6	4	1		
		4		7		5	9	
2				5	6			4
6			1		9		7	
7		1		4				9
	1		9			4	6	
	9	6			8			7
	7		6					1



Flower Power!

Here's a word search printable and ready for you to solve. How quickly can you find the names of 30 flowers? Answers may appear in any direction.

Here's the twist: The word list contains just 29 flowers. You need to find the 30th one on your own. **Hint:** It's a very popular flower, spelled with just four letters.



u	l	i	s	l	h	c	p	x	t	f	o	x	g	l	o	v	e
m	a	v	u	i	s	t	y	n	o	e	p	j	k	f	w	h	c
a	r	x	l	d	c	z	n	w	x	c	g	b	y	q	a	c	a
r	k	s	o	o	k	s	j	i	o	w	m	j	c	l	a	j	l
i	s	u	i	f	z	h	n	l	c	u	t	o	v	r	i	m	i
g	p	n	d	f	u	z	u	a	i	a	r	u	n	c	m	l	l
o	u	f	a	a	u	m	c	n	p	n	y	a	l	u	v	y	t
l	r	l	l	d	b	d	a	v	f	d	t	h	m	i	y	i	a
d	e	o	g	i	s	r	l	l	i	i	r	e	s	b	p	k	m
c	n	w	n	p	e	i	o	i	o	o	h	a	u	h	i	q	a
y	o	e	z	g	t	w	r	n	u	t	l	t	g	d	y	z	r
e	m	r	m	o	e	i	y	i	n	q	t	e	a	o	t	h	y
v	e	k	a	r	r	s	c	a	s	e	n	i	t	g	n	r	l
z	n	m	e	s	n	c	s	s	r	r	s	o	d	w	o	e	l
x	a	j	j	a	t	y	h	c	g	y	r	w	j	s	x	i	i
b	g	a	p	u	r	e	u	i	r	e	d	n	e	v	a	l	s
d	g	a	v	h	a	p	r	t	d	m	v	j	v	e	x	s	d
o	u	u	c	v	a	o	m	a	q	s	w	e	e	t	p	e	a

Flower Power Word List



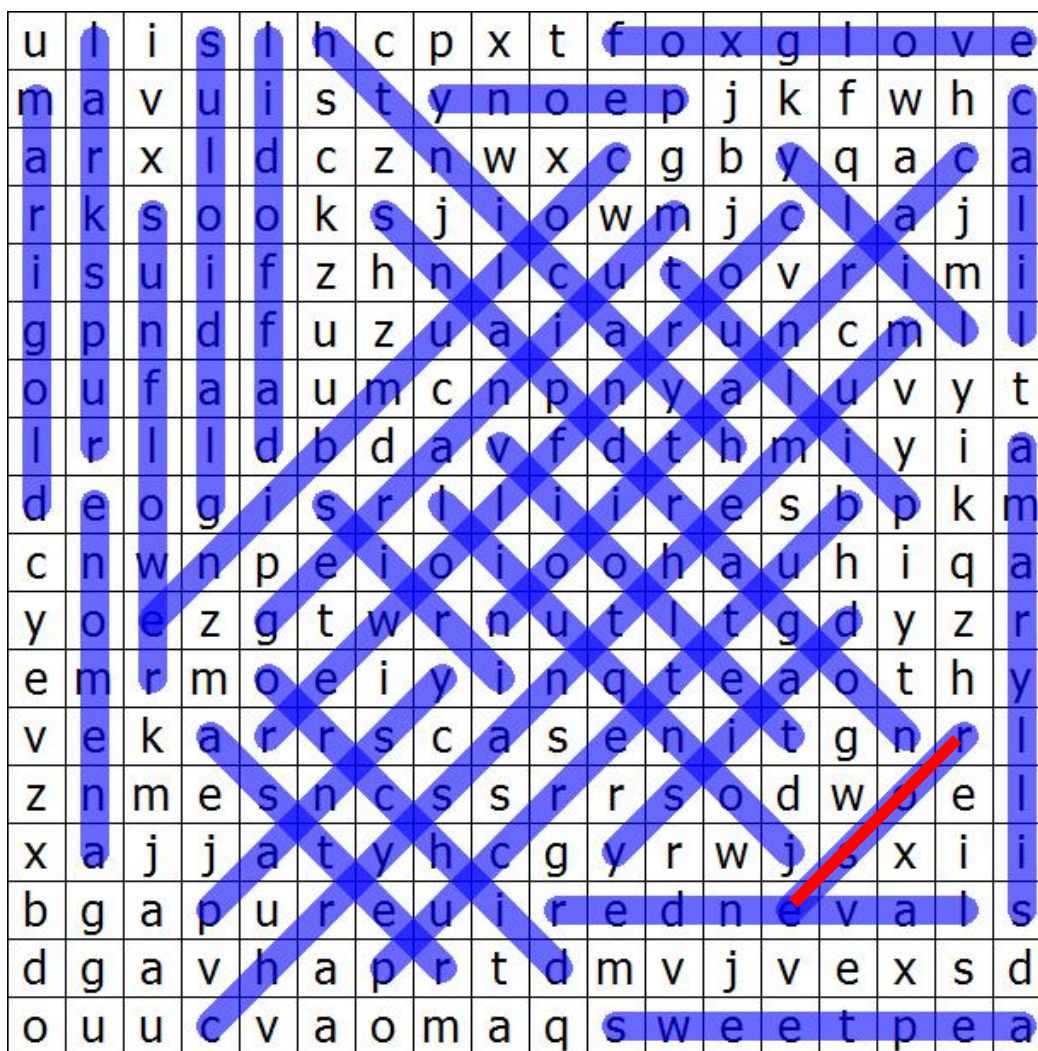
amaryllis
anemone
aster
buttercup
carnation
chrysanthemum
columbine
cornflower
daffodil
daisy
foxglove
geranium
gladiolus
hyacinth
iris

jonquil
larkspur
lavender
lilac
lily
marigold
orchid
pansy
peony
snapdragon
sunflower
sweet pea
tulip
violet

Remember, there's one more flower hidden in the puzzle that is not in the list above. What is it? Where is it?

For another fun activity, try to add to this list of flowers. Can you think of 5 more? 10? 20? Even more than that?

Flower Power Answers



The extra flower is ROSE.