Falls Ave Senior Genter AUGUST NEWSLETTER

HELLO AUGUST

311 FALLS AVE OAKVILLE, CT 06779 (860)945-5250



Watertown Human, Social & Leisure Services Senior Services - Falls Ave Senior Center 311 Falls Ave Oakville, CT 06779 (860) 945-5250

Hello FASC Seniors,

Happy August! We are finally experiencing beautiful summer weather! Bring on the dry air! It seems as if I just started yesterday. I guess it is true about what "they" say; "Time flies when you are having fun!" As I near my second month at the Center, I have much for which to be thankful! I have this amazing opportunity to work with all of you. It is truly a pleasure to begin my day with all of you. I look forward to all of our shared experiences especially our FUN times!

As you read the Newsletter, the August Activity Calendar is jamming with NEW activities: Bocce, Wii Bowling, Mah Jongg, and Beginner Billiards to name a few. Reflexology returns on August 10 so make your reservation early for your 20-minute session. Special Events/Presentations are back on Friday afternoons beginning with Art Gottlieb on August 6 with his historical piece on Lighthouses of Long Island Sound. On Friday August 13, Cooking with Corky is back! And get ready for the inauguration of our brand new Karaoke Machine on Friday August 20! We are going to party like rockstars!! We will end the month with a presentation from the Kennedy Center, "Know How To Go", that covers local and statewide transportation services. There will be a Door Prize Raffle for a transportation voucher/pass and an Ice Cream Sundae Social for anyone who attends! I can't wait!

So stay tuned in to what is happening here at the Center. It is ever changing. When working together, we can truly accomplish anything. Let's make our Center the best it can be!! Enjoy the summer weather!

Best.

Laura

Senior Center Coordinator Municipal Agent

August Activity Calendar

2021 *New Activity or Event

Falls Avenue Senior Center 311 Falls Avenue, Oakville, CT 06779 860-945-5250 (Monday through Friday: 9:00am — 4:00pm)

Monday	Tuesday	Wednesday	Thursday	Friday
				CALIFORNIA DE LA SERIE A ACTUALIDA
9:30 *Bocce 10:30 Chair Aerobics 12:00 Pinochle 1:00 Pokeno	9:00 Billiards 10:30 Line Dancing 12:00 Poker 1:00 *Wii Bowling 1:00 Knitting & Crocheting	9:00 Walking Club 9:00 Senior Exercise 10:00 Scrabble 10:00 *Wii Bowling 12:00 Setback	10:30 Chair Aerobics 11:30 *Brown Bag Lunch 12:00 Poker 1:00 BINGO	9:00 Senior Exercise 10:00 Bible Study 11:00*Beginner Billiards 1:00 *Mahjong 1:00 *Lighthouses of Long Island Sound
9:30 *Bocce 10:30 Chair Aerobics 12:00 Pinochle 1:00 Pokeno	9:00 Billiards 10:30 Line Dancing 11:30 *Reflexology 12:00 Poker 1:00 *Wii Bowling 1:00 Knitting & Crocheting	9:00 Walking Club 9:00 Senior Exercise 10:00 Scrabble 10:00 *Wii Bowling 12:00 Setback	10:30 Chair Aerobics 11:30 *Brown Bag Lunch 12:00 Poker 1:00 BINGO	9:00 Senior Exercise 10:00 Bible Study 1:00 *Mahjong 1:00 *Cooking with Corky
9:30 *Bocce 10:30 Chair Aerobics 12:00 Pinochle 1:00 Pokeno	9:00 Billiards 10:30 Line Dancing 12:00 Poker 1:00 *Wii Bowling 1:00 Knitting & Crocheting	9:00 Walking Club 9:00 Senior Exercise 10:00 Scrabble 10:00 *Wii Bowling 12:00 Setback	10:30 Chair Aerobics 11:30 *Brown Bag Lunch 12:00 Poker 1:00 BINGO	g:00 Senior Exercise 10:00 Bible Study 1:00 *Mahjong 1:00 *Karaoke Fun!
9:30 *Bocce 10:30 Chair Aerobics 12:00 Pinochle 1:00 Pokeno	9:00 Billiards 10:30 Line Dancing 12:00 Poker 1:00 *Wii Bowling 1:00 Knitting & Crocheting	9:00 Walking Club 9:00 Senior Exercise 10:00 Scrabble 10:00 *Wii Bowling 12:00 Setback	10:30 Chair Aerobics 11:30 *Brown Bag Lunch 12:00 Poker 1:00 BINGO	9:00 Senior Exercise 10:00 Bible Study 1:00 *Mahjong 1:00*"Know How to Go" & Ice Cream Sundaes
9:30 *Bocce 10:30 Chair Aerobics 12:00 Pinochle 1:00 Pokeno	9:00 Billiards 10:30 Line Dancing 12:00 Poker 1:00 *Wii Bowling 1:00 Knitting & Crocheting			

AN IMPORTANT MESSAGE FROM THE WATERTOWN POLICE DEPARTMENT



Tech Support Scams on the rise in our community and nationwide. Senior Citizens are being specifically targeted. Please talk to your seniors about these and other scams. Most of us are familiar with phishing scams where the scammer gets you to click on a suspicious link. Phishing also includes sending a phone number via email or text message for the victim to call. Many times, they will talk the victim into allowing remote control of the victim's computer. Once they get remote control, they have access to everything. Only have contact with a known and trusted phone number that you initiate, not a number given by the scammer.

When searching for a company's contact information online, only go to real sites. Scammers post "helpful hints" on websites with phone numbers to get to talk to a representative, but the numbers they post ring to them.

Other common senior scams are the "grandparent scams" where a "lawyer," "police officer" or "bondsman" will call the grandparent saying that the grandchild is in jail and needs bond money. Seniors fall for the scam more often than not.

The goal of the scammer in any situation is to rush the victim. Gift Cards are one of the most common way a scammer wants their money. Always use caution when sending gift card information. Remote control of the victim's computer is also the goal of the scammer.

For more information on scams, refer to the Federal Trade Commission's Website.

https://www.consumer.ftc.gov/articles/how-spot-avoid-and-report-tech-support-scams

(we tell you not to click a link (phishing) and then post a link). The best thing to do is go to the FTC website and research it yourself.

Keep this next to your computer as a reminder





8/1	Irene Lukasavage	8/20	Mary Ann Landry
8/3	Phyllis Ruman	8/20	Joan Paternostro
8/4	Shirley Giordano	8/21	Henry Duhamel
8/6	Gloria Dumaine	8/21	Marge Maisto
8/6	Raymond Waite	8/22	Theresa Cutillo-Schmitter
8/7	Andy Ciriello	8/22	Joyce Davidson
8/8	Dawn Horgan	8/22	Pauline Telford
8/8	Holly Paternoster	8/23	Denise Alden
8/8	Judith Russo	8/23	Carol Ann Muller
8/10	David Spadola	8/23	Leon Wartun
8/11	Dolores Brazee	8/24	Evelyn DiPaola
8/12	Claire Collier	8/24	Wayne Ripka
8/13	Margaret Hillman	8/25	Robert Filippone
8/13	Carol Odonnell	8/25	Dawn Finnemore
8/13	Barbara Scofield	8/25	Doris Marchesseault
8/14	Giovanna Alicata	8/25	Lyn Priestman
8/15	Ann Bohan	8/26	Carolyn Carey
8/15	Rolande Ouellette	8/27	Laura Brandt
8/15	John Ryan	8/27	John Rowlison
8/16	George Hinman	8/28	Joyce Elliott
8/17	Hannelore Werling	8/28	Paul Grant
8/18	Dottie Rosengrant	8/28	Gary Michaud
8/18	Jeanie Seegers	8/28	Christina Paul
8/19	Irene Lucewicz	8/29	Matthew Giordano Jr.
8/19	Everlyn Phillips	8/29	Rosa Jimenez
8/19	Sandra Sakalas	8/29	Johannes Meschter
8/19	Bernadette Stemm	8/30	Sylvia Demicco
8/19	Dale Wither	8/30	John Mcqueenie



Dates to remember in August:

August 4th - Jake Kulak & The Lowdown Band Concert

August 11th - "Sing" Movie Night

August 18th – The Secret Life of Pets Movie Night

August 19th – Commission on Aging Meeting

(Location for Concerts and Movie Nights: Veterans' Memorial Park)

What's NEW at the FASC Center?

NEW! Calling all Wii Bowlers...Wii Bowling Returns.... beginning Tuesday August 3 at 1:00 and Wednesday August 4 at 10:00. Review your August Activity Schedule.

NEW! Bocce has been added to our Activity schedule! Did you know that Bocce was originally known as Italian Lawn Bowling? Would you like to learn to play? Bocce begins on Monday August 2 at 9:30, weather permitting! Bocce is open to men and women and limited to 8 people. For more information, please call Ted @ (860) 631-6681. Review your August Activity Schedule.

NEW! Reflexology is back with Kim Stewart! On the second Tuesday of each month beginning on August 10, Kim will provide five reflexology appointments each month in (20) minute sessions: (1) 11:40-12:00, (2) 12:10-12:30, (3) 12:40-1:00, (4) 1:10-1:30, and (5) 1:40-2:00. The cost for each (20) minute session is \$20.00. Reflexology is a scientific art based on the principle that there are reflex areas in the feet and hands that correspond to all parts of the body, including organs and glands. The physical act of applying pressure to these areas can result in stress reduction that causes a physiological change in the body. Let's welcome Kim back and book her schedule! Look for the Reflexology Sign Up Sheet at the Center.

NEW! And Mahjongg is back on Friday beginning on August 6 at 1:00! The Webster Dictionary says that Mah Jongg is a Chinese game usually played by four persons with 144 tiles that are drawn and discarded until one player secures a winning hand. This game is all the CRAZE!! Review the August Activity Schedule and look for the Mah Jongg Sign Up Sheet.

New! Lighthouses of Long Island Sound Historical Presentation by Art Gottlieb is scheduled for Friday August 6 at 1:00. In a time before electricity, radar, and GPS guided navigation became commonplace, lighthouses were absolutely essential for the safe navigation of maritime trade. In the well-traveled waterways of Long Island Sound, many of these beautiful structures survive, reminding us of our seagoing heritage that was once the lifeblood of the Northeast. Review the August Activity Schedule and look for the Lighthouses of Long Island Sound Presentation Sign Up Sheet.

New! Cooking with Corky is scheduled for Friday August 13 at 1:00. Corky will prepare recipes that are both affordable and nutritious and provide samples of her great cooking. Review the August Activity Schedule and look for the Cooking with Corky Sign Up Sheet.

NEW! Brown Bag Lunch...every Thursday beginning August 3 from 11:30-12:30. Bring your own lunch and the Center will provide the coffee and/or water bottle. Enjoy time eating and socializing with your friends. Spending time with others is good for the soul!

NEW! The Know How To Go Presentation On Friday August 27 at 1:00, April Chaplin from the Kennedy Center, will be here to discuss transportation options available to seniors locally and state-wide. Seniors will learn about travel training, paratransit and reduced fare photo id programs. Every participant will receive a door prize ticket. One winner will be selected to receive a \$25.00 bus voucher/pass of their choice. This presentation will also include an Ice Cream Sundae Social! YUMMY

NEW! Beginner Billiards... Join in the First Friday of every month beginning Friday August 6 at 11:00. This is open to both women and men who would like to learn to play pool at their own pace. Let's learn together! Review the August Activity Schedule and look for the Beginner Billiards Sign Up Sheet.

NEW! Karaoke for Seniors! It's finally here! Music is therapy for everyone! And it makes us laugh and temporarily forget our life challengers. Join me on Friday August 20 at 1:00 to kick off our weekend in the most entertaining way! Start practicing to sing your favorite songs. It's going to be a blast! Review the August Activity Schedule and look for the Beginner Billiards Sign Up Sheet.

If you would like to learn to knit and/or crochet, please join our experienced group of knitters and crocheters every Tuesday from 1:00-3:00. This group makes beautiful hats, scarves, and gloves for needy children, veterans, and shawls for patients of the Harold Leever Regional Cancer Center.

<u>It's Puzzle Time...</u> two puzzle boards are located on the lower level of the Center. Please come in and spend sometime building the frame, separating the different shapes and colors of the pieces and completing the puzzle. Building puzzles can be a very relaxing activity. So give it a try...you might just experience the benefit!

FYI...the Side Porch is Open!! If you haven't noticed, the Side Porch has been cleaned and is ready for use! And cooler weather is coming our way. Please feel free to use this space to play your games, have a cup of coffee, read the paper, book or magazine or bring your lunch and eat outside!

FYI...You may have seen larger signs posted in the Center requiring anyone entering the Center to wear a mask. This is a Town policy for ALL Town buildings. <u>Please wear your mask at all times</u>. You may lower your mask when eating or drinking ONLY. It is very important to wear your mask while speaking. This is for YOUR Safety. Thank you.

FYI... Sign Up Sheets for any NEW activities and Special Events will be posted on the large white board past the kitchen. Please ask me for assistance if you are unable to find what you are looking for. Thank you.

FYI...If you need to discard any unfinished beverage, please empty out the liquid in the restroom or kitchen before placing it in the trash. Please do not pour liquid in the water bubbler. Let's work together to keep our Center clean. Thank you.

FYI...I want to thank everyone for using sanitizing wipes, Lysol Spray, and sanitizing pumps while at the Center. Please continue to sanitize the tables, tops of the chairs and the sanitizing pump in the center of the tables. Let's work together to keep our Center clean and virus free. Thank you.

Stay tuned.... as I continue to add activities and events to our schedule. Save the Date...Chair Yoga is returning in September on Tuesdays at 9:00! Get ready for upcoming special events! You won't want to miss anything!

Our <u>Congregate Meal Program</u> will not resume until October 2021. As mentioned last month, "Grab and Go" Box Lunches may be an option before we transition to congregate meals. You may grab this lunch box to go and eat at home or stay and eat it at the Center. Just be sure to clean up after yourself!

Look for additional information at the Center regarding this start date.

Check your <u>Senior Happenings Board</u> regularly as you may see NEW happenings in between our Newsletter for which you may want to sign up!

And while you are at the board, look for local attractions I have posted you may wish to visit. I will also list any employment opportunities for anyone looking for supplemental income.

Join the <u>Wednesday Walking Club</u> with Betty Chouinard! This Club meets every Wednesday at 9:00 at Veterans Memorial Park, 570 Nova Scotia Hill Road in Watertown. Meet at the first parking lot on the left facing the pavilion. Walk at your own pace while in the company of others. You're going to love this new club! Please see the Wednesday Walking Club Flyer in this newsletter.

For Your Reading Pleasure....

Welcome to our <u>NEW</u> Reading Nook and <u>"our improved"</u> FASC Library! Located on the lower level of the Center, you will find books in great condition! Look further and read the novels of limitless stories that include westerns, romance, mystery/suspense, history, and paranormal encounters. Reading can provide a sense of peace and relaxation. So browse for a book, take a seat in the beautiful Hitchcock Rocker and transport yourself into another dimension. Let your adventure begin...Happy Reading!

P.S. Our Book Exchange is underway. Feel free to take a book and/or leave a book. We are also accepting new book donations. Please see me if you would like to make a donation. Thank you.

Coming soon...<u>Farmers' Market Coupons</u> will arrive within the next week. Please be patient. Thank you.

<u>Coming Soon...</u> Energy Assistance Applications will be accepted after September 7, 2021. Please call the Senior Center Coordinator to schedule an appointment at 860-945-5250. Thank you.

Volunteers

Get involved! I am looking for volunteers for many functions at the Center. It takes a team to make this Center successful and I need "YOU" on the team! Let's work together to make this the BEST Senior Center possible. Woohoo!

- Volunteers needed to be the point person for each activity. Someone who will take
 on the responsibility of set up, orientation for new participants and coordination,
 and/or clean up.
- Volunteer(s) to make and maintain seasonal centerpieces for our dining tables.
- Volunteers to support the Nutrition Program when we return to congregate meals in October.

- Look at this section in your monthly Newsletter for new volunteer requests.
- Thank you to the many seniors who have assisted me since our Re-Opening! Your time and help are much appreciated!

Donations to the Falls Avenue Senior Center (FASC)

I am currently accepting donations for the FASC for <u>decaffeinated coffee</u>, boxes of <u>individual non-dairy coffee creamers</u>, <u>Clorox/Lysol Sanitizing Wipes</u> and cans of <u>non-scented Lysol Spray</u>.

Food Bank

If you are in need of food or would like to make a monetary and/or food donation, please visit the Town of Watertown Town Hall, Social Services, 61 Echo Lake Road, Watertown. Please call 860-945-5252 for more information.

Renter's Rebate - April 1st through October 1st

If you or your spouse are at least 65 years of age, or totally disabled through Social Security and your income is not above the limits listed below, you will qualify for a monetary credit.

Single Person: \$37, 600.00 Income Limit Married Couple: \$45,800 Income Limit

To qualify, you will be asked to provide the following documents:

- · All Proofs of Income
- Rent Receipts
- Utility Receipts

Totally Disabled Person Before October 1st of Assessment Year

If you are totally disabled and meet the criteria listed below, as of the assessment date, you will be eligible for a property tax exemption, in the amount of \$1,000.00.

- Be a Connecticut Resident
- Record Owner of Property
- Receiving Permanent Total Disability Benefits from the Social Security Administration
- Completed Application

To qualify, you will be asked to provide the following documents:

- Social Security Disability Reward Letter <u>OR</u>
- 1099 Social Security Statement

Paying Your Town Taxes

For your convenience, your Town of Watertown tax payment may be made by dropping it in the box marked, "Payment Drop; Tax Payments Here" within the Town Hall. There are three boxes in Town Hall; (1) is located at the entrance to the Board of Education and (2) are located on the lower level of the building to the right of the entrance.

What's Happening in Your Community?

It's Public Safety Day in Watertown! Come to Veterans Memorial Park located at 570 Nova Scotia Hill Road in Watertown on Monday August 2 from 10:00 to 12:00 and join the hosts of the Watertown Police and Fire Departments, the Public Works Department and our Fire Marshal's Office for a day of FUN! The following will be featured: fire trucks and apparatuses, machines and machine operators, a police motorcycle, police drones, New Milford Police Department's "Eagle 2" Helicopter, SWAT Officers in tactical gear, School Resource Officers, police K9, Therapy Dog and Safe Haven of Greater Waterbury. The Connecticut State Police Arson K9, the Arson Unit Van, a Smoke Simulation Trailer, and the Red Cross Emergency Responder Vehicle will also be there. Look for the Informational Booths and Car Seat Safety Demonstrations. Be sure to step right up to the "Ice Cream Emergency Truck" for your summer pastime courtesy of the Watertown Police Benevolent Association! Please see the flyer enclosed in this newsletter.



Governor Lamont launched <u>Weekend Wheels</u> to help the State and its residents recover from the economic impacts of the COVID-19 pandemic. Weekend Wheels is a fare-free CT*transit* bus service that is available to everyone in Connecticut each weekend this summer. This service extends to include all local transit district bus routes statewide and Americans with Disabilities Act (ADA) paratransit services. Customers will not be required to pay any bus fares on Saturdays and Sundays in 2021 from Memorial Day weekend through Labor Day weekend. The fare-free bus service will also include the Memorial Day holiday on Monday, May 31, 2021; the observed Independence Day holiday on Monday, July 5, 2021; and the Labor Day holiday on Monday, September 6, 2021.

The <u>CTtransit Waterbury Division</u> operates fixed route and ADA paratransit services in the Waterbury area through a contract with the Northeast Transportation Company. Fixed route and paratransit bus service is provided to Waterbury, Watertown, Middlebury, Wolcott, Prospect and Naugatuck Monday through Saturday. For customer service information, please call 203-753-2538.

SeniorScam This is an important message from the Watertown Police Department...

"Technical Support Scams are on the rise in our community and nationwide. Senior Citizens are being specifically targeted...Most of us are familiar with phishing scams where the scammer gets you to click on a suspicious link. Phishing also includes sending a phone number via email or text message for a victim to call. Many times, they will talk the victim into allowing remote control of the victim's computer. Once they get remote control, they have access to everything. Only have contact with a known and trusted phone number that you initiate, not a number given by the scammer.

When searching for a company's contact information online, only go to real sites. Scammers post "helpful hints" on websites with phone numbers to get to talk to a representative, but the numbers they post ring to them.

Other common senior scams are the "grandparent scams" where a "lawyer", "police officer" or "bondsman" will call the grandparent saying that the grandchild is in jail and needs bond money. Seniors fall for the scam more often than not.

The goal of the scammer in any situation is to rush the victim. Gift Cards are one of the most common ways a scammer wants their money. Always use caution when sending gift card information. Remote control of the victim's computer is also the goal of the scammer.

For more information on scams, refer to the Federal Trade Commission's website: https://www.consumer.ftc.gov/articles/how-spot-avoid-and-report-tech-support-scams

We tell you not to click a link (phishing) and then post a link. The best thing to do is go to the FTC website and research it yourself. Keep this next to your computer as a reminder." Please see the flyer from the Watertown Police Department in this newsletter.

Older Worker Virtual Job Training Program

The Northwest Region Workforce Investment Board (NRWIB) has designed this program, funded by the US Department of Labor, to provide low-income people, ages 55 and older, access to job skills training virtually. The program connects people in rural areas or caring for family members who are unable to get to job training sites in person. This program includes a laptop and an internet hot spot. You will be able to keep this laptop upon completion of the program. If you would like more information, go to nrwib.org or please call or text Jane O'Grady of the NRWIB at (203)-510-3372.

For Your Information...

"A New Invasive Pest May Be in Connecticut

The U.S. Department of Agriculture (USDA) is responding to a significant plant health threat and needs your help. Please check your boxwood plants for the invasive and destructive box tree moth. During the spring, a number of U.S. nurseries received potentially infested Canadian boxwood plants. This invasive pest feeds on the plants' leaves, and can cause complete defoliation, eventually killing the plant. Many Connecticut residents have already purchased and planted these boxwoods. If you bought one, you may have infested boxwood on your property. USDA wants to prevent the box tree moth from spreading and establishing itself in the State and beyond."

The University of Connecticut, College of Agriculture, is asking anyone to report signs of infestation to your USDA local office @ http://www.aphis.usda.gov/planthealth/sphd or call (203) 741-5660.

AARP Connecticut

AARP is offering the, "Wildlife Conservation with Connecticut's Beardsley Zoo" on August 18 at 7:00. This is a virtual program to learn about wildlife conservation on a local, national, and global level. This program is FREE by registering at www.AARP.org/CTEvent

Songs for Smiles x The World Concert

The Hotchkiss School in Lakeville, CT is offering the above online initiative. This is the link to this concert, https://youtu.be/AllnsqYfO1s Please enjoy these two performances.

On June 24, 2021, Congresswoman Jahana Hayes serving the 5th District of Connecticut that includes Oakville-Watertown, co-led the introduction of the below legislation that expands and strengthens the Supplemental Nutrition Assistance Program (SNAP) benefits for vulnerable community members who struggle to make ends meet.



"The Closing the Meal Gap Act 2021 Congresswoman Alma S. Adams, Ph.D., and Senator Kirsten Gillibrand

Right now, more than 42 million Americans are struggling with food insecurity – including an estimated 13 million children, over 18 million Americans are receiving unemployment benefits, and up to 40 million Americans cannot afford rent and fear eviction. However, even before the COVID-19 pandemic, 35 million Americans were food insecure. In the richest nation in the world, that's unacceptable. That is why permanently strengthening the Supplemental Nutrition Assistance Program (SNAP) is more important than ever.

The rising cost of food in America outpaces SNAP benefits each year, forcing families to choose between placing food on the table and covering other important expenses. Despite the program's success, SNAP benefits provide a mere \$1.40 per meal and, due to this inadequacy, roughly half of all households participating in SNAP are still food insecure. Benefit levels for SNAP are based on the Thrifty Food Plan, a restrictive model used to calculate food costs that does not meet the needs of today's low wage workers and their families. The 2019 USDA Household Food Security report showed that the typical U.S. household spent 24 percent more on food than Thrifty Food Plan estimates – an increase of two percent increase since 2016.

The Closing the Meal Gap Act would help to address these issues by raising the baseline benefit for all SNAP households and allocating more funds to those with large medical and housing expenses.

The Closing the Meal Gap Act will:

- Increase the baseline for SNAP benefits by approximately 30 percent by using the Low-Cost Food Plan as
 the basis for the calculating the SNAP formula, to better take into account how much working people spend
 on food.
- Eliminate eligibility limits & unrealistic barriers by: 2
- o **Permanently authorizing the standard medical deduction in every state** for seniors and disabled individuals applying for SNAP benefits at a minimum of \$140. Individuals with high expenses could continue to apply for a higher, itemized medical deduction.
- o **Eliminating the cap on the Excess Shelter Deduction** in the SNAP formula for all households to take into account the cost of living for SNAP recipients in areas with high rent and utilities.
- o Eliminating Time-Limits on Benefits for all Americans.
- Expand benefits for territories, ending discrimination against those who live and work in U.S. territories by creating a path to transition them to SNAP and treating them as if they were states."

Pictures from the falls Ave Senion Center grand Re-Opening









Welcome Back Senions!

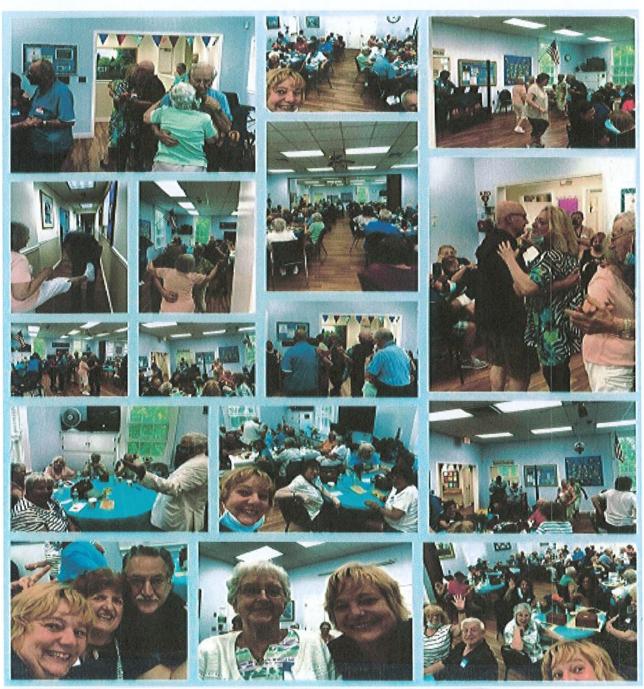




Take a look at more great pictures from our Grand Re-Opening Celebration on June 30, 2021! So many smiling faces in one room!

You may view all the photos from the FASC Grand Re-Opening on Facebook @ watertownparks-recdept

A special thank you to LaBonne's Market for the delightful box lunches and cookies. Let's not forget Nicky B for the enjoyable music and Gene "The Amazing" Magician for entertaining all of us for the afternoon! The afternoon was topped off with tasty ice cream sandwiches!



Thank You! Photos Submitted by Dee Brazee.

Also, Thank you to former Parks & Rec staff member and current Fire Marshal Kim Calabrese for Photo Bombing many of the photos ... Kim is Dee Brazee's Daughter [©]

Watertown Human, Social & Leisure Services - Senior Services Division

Falls Avenue Senior Center

311 Falls Avenue, Oakville, CT 06779 860.945.5250



NEW! Calling all Wii Bowlers...Wii Bowling Returns

WHEN: Tuesdays at 1:00 PM and Wednesdays at 10:00 AM.

WHERE: FASC Main Level



Falls Avenue Senior Center

311 Falls Avenue, Oakville, CT 06779 860.945.5250



WHEN: Mondays, 9:30 AM (weather permitting)

WHO: Open to men and women – limited to 8 players

WHERE: The FASC Bocce Court

Donated by the Oakville-Watertown UNICO CLUB

INFO? Contact Ted at 860-631-6681

Did you know that Bocce was originally known as Italian Lawn Bowling?

Would you like to learn to play? Call Ted!

Falls Avenue Senior Center

311 Falls Avenue, Oakville, CT 06779 860.945.5250



Reflexology is Back with Kim Stewart!

DATE & TIMES: On the second Tuesday of each month beginning on August 10,

APPOINTMENTS: Kim will provide five reflexology appointments each month in (20) minute sessions:

11:40-12:00

12:10-12:30

12:40-1:00

1:10-1:30

1:40-2:00

FEE: The cost for each (20) minute session is \$20.00.

INFORMATION: Reflexology is a scientific art based on the principle that there are reflex areas in the feet and hands that correspond to all parts of the body, including organs and glands. The physical act of applying pressure to these areas can result in stress reduction that causes a physiological change in the body. Let's welcome Kim back and book her schedule!

SIGN-UP: Look for the Reflexology Sign Up Sheet at the Center.

Falls Avenue Senior Center

311 Falls Avenue, Oakville, CT 06779 860.945.5250



WHEN: Fridays at 1:00 PM (Starting in August)

INFO? Interested? Look for the Mah Jongg Sign Up Sheet.

About the Game:

The Webster Dictionary says that Mah Jongg is a Chinese game usually played by four persons with 144 tiles that are drawn and discarded until one player secures a winning hand.

Come & try it.... This game is all the CRAZE!!

Falls Avenue Senior Center

311 Falls Avenue Oakville, CT 06779

Announces a Special Presentation by:

Arthur N. Gottlieb, LCSW, CSA



Lighthouses of Long Island Sound

In a time before electricity, radar and GPS guided navigation became commonplace, lighthouses were absolutely essential for the safe navigation of maritime trade. In the well-traveled waterways of Long Island Sound, many of these beautiful structures survive, reminding us of our seagoing heritage that was once the lifeblood of the Northeast

Friday August 6, 2021 1:00pm

Review the August Activity Schedule and look for the Lighthouses of Long Island Sound Presentation Sign Up Sheet to register.

Falls Avenue Senior Center

311 Falls Avenue, Oakville, CT 06779 860.945.5250



She's Back!!

COOKING WITH CORKY!

WHEN: Friday, August 13 at 1:00 PM

WHAT: Corky will prepare recipes that are both affordable and nutritious and provide samples of her great cooking.

INFORMATION/REGISTRATION: Look for the Cooking with Corky Sign Up Sheet.

Falls Avenue Senior Center

311 Falls Avenue, Oakville, CT 06779 860.945.5250



WHEN: Every Thursday from 11:30 to 12:30

BYOL: Bring Your Own Lunch and the Center will provide the coffee and/or water bottle.

WHY: Enjoy time eating and socializing with your friends. Spending time with others is good for the soul (3)

he Kennedy Center, Inc.







"Interpretation Services Available for Persons with Limited English Proficiency."









KNOW HOW TO GO

MOBILITY RESOURCES FOR NORTHWEST CT







Falls Avenue Senior Center

311 Falls Avenue, Oakville, CT 06779 860.945.5250

BEGINNERS BILLIARDS



WHEN: First Friday of Every Month

TIME: 11:00 AM

WHO: Anyone interested in learning

beginner's billiards

REGISTRATION: Sign-up on the Beginners Billiards

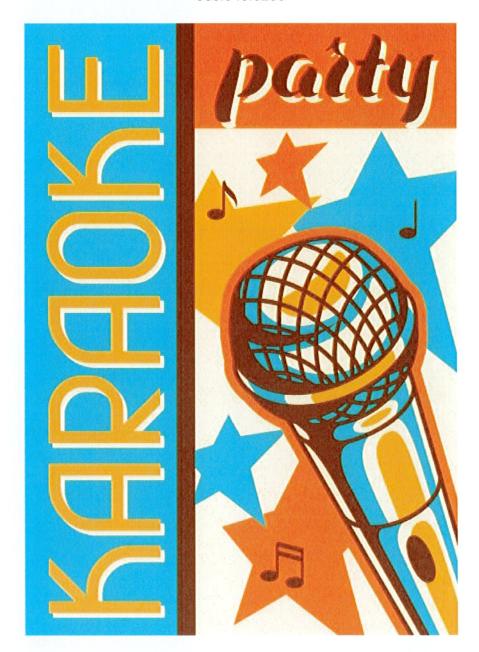
Sign-Up Sheet

QUESTIONS: For more information on this new and exciting program, please check with a staff member at the FASC.

Watertown Human, Social & Leisure Services - Senior Services Division

Falls Avenue Senior Center

311 Falls Avenue, Oakville, CT 06779 860.945.5250



NEW! Karaoke for Seniors! It's finally here! Music is therapy for everyone! And it makes us laugh and temporarily forget our life challengers. Join me on Friday August 20 at 1:00 to kick off our weekend in the most entertaining way! Start practicing to sing your favorite songs. It's going to be a blast!

Review the August Activity Schedule and look for the Beginner Billiards Sign Up Sheet.

Watertown Human, Social & Leisure Services

Falls Avenue Senior Center

311 Falls Avenue, Oakville, CT 06779

860.945.5250

Proudly presents...

Wednesday Walking Club



If you've been looking forward to getting back out and about, come and join us at the Wednesday Walking Club.

Come and join us. Walk at your own pace! Have fun walking with other members of the club.

You're gonna LOVE this new club!

WHEN:

Wednesday mornings

TIME:

9:00 AM

LOCATION:

Veterans' Memorial Park, 570 Nova Scotia Hill Road, WTN









Your Quality of Life Department

Falls Avenue Senior Center

311 Falls Avenue, Oakville, CT 06779 860.945.5250





OLDER WORKER VIRTUAL JOB TRAINING PROGRAM

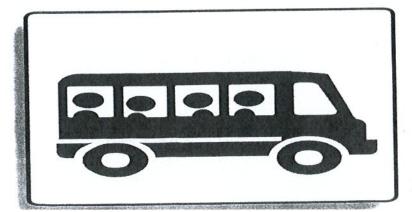
For more information on this new and exciting program, please check with a staff member at the FASC.

TRANSPORTATION AVAILABLE TO SENIORS IN OAKVILLE/WATERTOWN

TRANSI ORTATION	AVAILABLE TO SENIORS IN OAK	WILLEY WATERTOWN
Falls Ave Senior Center	Who Can Ride?	Where Can Riders Travel?
Shuttle Service	Age 60+ or people with disabilities	Waterbury, Watertown, Oakville
Phone:860-945-5250	Reservations: Morning before ride needed	Trip Types:
Days & Hours of Service:	Mon Thurs. 8:30 a.m 12:30 p.m.	Medical, shopping, personal, etc.
Monday-Friday, 9:00a.m.to 3:30p.m.	Fri. 8:30 a.m 11:30 a.m.	Service Provider: Town of Watertown
Fares: Free, donations if rider wishes	Curb to curb service/Wheelchair Access?Yes	Website: www.watertownct.org
Greater Waterbury Transit	Who Can Ride:	Where Can Riders Travel?
District Dial-a-Ride	Age 60+ or people with disabilities	Cheshire, Middlebury, Naugatuck,
		Prospect, Thomaston, Waterbury,
Phone:203-756-5550	Reservations:	Watertown, Wolcott
Days:	2 weeks in advance but will accept	Trip Types:
Tuesday, 9:00 a.m. to 3:45 p.m.,	1 week or last minute depending	Medical, shopping, personal, etc.
Watertown residents	on availabity	Service Provider:
Fares: Free on Tuesday	Door to door service	Greater Waterbury Transit District,
is .		North East Transit
	Wheelchair Access? Yes	Website:www.northeasbus.com
Greater Waterbury Paratransit - ADA	Who Can Ride:	Where Can Riders Travel?
and Non-ADA	ADA Certified: disability prevents use	Cheshire, Middlebury, Naugatuck,
	of public bus service, certification	Prospect, Thomaston, Waterbury,
Phone:	by application and interview	Watertown and Wolcott. In addition,
203-756-5550		travels to Southbury and Gaylord
Days & Hours of Service:	Reservations:	Hospital are available on a more
Mon Sat. 6:00a.m. to midnight	2 weeks in advance but will accept	limited Schedule Monday - Friday
Sun. 9:00 a.m. to 4:00 p.m.	1 week or last minute depending	Trip Types: All types of trips
	on availabality	Service Provider:Greater Waterbury Transit
Fares: \$6 round trip	Door to door service	District, North East Transit
	Wheelchair Access? Yes	Website:www.northeastbus.com
Be Well Bus	Who Can Ride?	Where Can Riders Travel?
	Patients of doctors affiliated with	Waterbury Hospital or participating
Phone: 203-573-7711	Waterbury Hospital; participating	medical offices in Waterbury and
	doctors pay a fee so their patients	Middlebury
Days & Hours of Service:	can use this service	,
Mon Fri., 6:30 a.m. to 5:30 p.m.	Reservations:	Service Provider:
Mon. 111., 6.36 d.m. to 3.36 p.m.	2 weeks in advance, but will accept 1 week	Waterbury Hospital
Fares: Free, rider can bring an	or last minute depending on availability	Waterbury Hospital
assistant along for the ride	Wheelchair Access/Yes but must be able to	Website:www.waterburyhospital.org
without charge	walk. Curb to curb service.	website.www.waterburyilospital.org
Road to Recovery	Who Can Ride?	Where Can Riders Travel?
noad to necovery	2 × 12 × 5 × 6 × 6 × 6 × 6 × 6 × 6 × 6 × 6 × 6	As needed, based on where volunteers
Phone: 900 227 2245	Cancer patients of Litchfield County,	
Phone: 800-227-2345	Greater Danbury, Greater Waterbury.	are able to go
	Patients under 18 must be accompanied	Trin Tunos
5	by a legally responsible adult such as a	Trip Types:
Fares: Free	parent or caregiver. Patient must be	Travelling to a cancer-related
	able to walk unassisted to and from the	appointment or treatment
	vehicle or have a caregiver to assist	
	Reservations: 4 business days in advance	Service Provider:
	2 business days may be possible	Service Provider: American Cancer Society
	The second control of	

TRANSPORTATION AVAILABLE TO SENIORS IN OAKVILLE/WATERTOWN

Campion Ambulance Services	Who Can Ride?	Where Can Riders Travel?
	Ambulance, wheelchair van and	City of Waterbury and surrounding towns
Phone: 1-800-382-3222;	medical livery - medical transportation	
203-753-5055 x224;		Trip Types:
Medicaid patients must book	Reservations:	Those in need of medical transport
through Logisticare	Emergency and non-emergency	
Days & Hours of Service:	medical transport	Service Provider:
Call for details	Door to door service	Campion Ambulance Service, Inc.
Fares: Private pay, Medicare or		
Medicaid, depends on eligibility and	Wheelchair Access?	Website: www.campionambulance.com
type of transportation	Yes, ambulance and wheelchair van	
Logisticare	Who Can Ride?	Where Can Riders Travel?
	Husky A, C, D, Medicaid members who	Any town
Phone: 888-248-9395	need to see a doctor for a non-emergency	Trip Types:
	medical appointment	Non-emergency medical appointments
Days & Hours of Service:	Reservations: 2 business days before	Service Provider:
Flexible	scheduled appointment	Logisticare Solutions LLC
	Door to door service	
Fares: Paid by state	Wheelchair Access? Yes	Website: www.logisticare.com
Transportation Reaching	Who Can Ride:	Where Can Riders Travel?
Every Direction (TRED)	Those seeking treatment for a substance	Litchfield County
	abuse problem who need transportation	- 11X
Phone: 860-482-1852	or those who are leaving residential	Trip Types:
	treatment and need transportation to	Employment interviews, doctor and
Days & Hours of Service:	community services among others	therapy visits, classes and food shopping
Monday-Friday, 8:00 a.m. to 4:30 p.m.	Reservations:	among others
	First come, first served, call 860-482-1852,	the second secon
Fares: Free to DMHAS clients	24 hour notice. Title 19 recipients should	Service Provider:
	use Logisticare for medical transport first	TRED administered by Education
	Door to door service	Connection
	Wheelchair Access?	Website: www.educationconnection.org
192	No, except folding wheelchairs are	
	permitted	
American Medical	Who Can Ride?	Where Can Riders Travel?
Response (AMR)	Residents of Greater Waterbury	Within Greater Waterbury, Farmington
Phone: 203-781-1000	Upper Naugatuck Valley	Valley, Upper Naugatuck Valley
Days & Hours of Service: As needed	Reservations:	Trip Types: Those in need of
Fares: Private pay, Medicare or	Call 1-800-379-7700, emergency	medical transport
Medicaid, depends on eligibility	and non-emergency medical transport	Service Provider: AMR
and type of transportation	Door to door service/Wheelchair Access?Yes	Website: www.amr.net





Provided by the Staff at the

Falls Avenue Senior Center

311 Falls Avenue, Oakville, CT 06779

860.945.5250 September 2016

Housing Authorities In the Watertown-Oakville Area

Atwood Court (Section 8) 38-3 Atwood Court Watertown, Ct 06795 860-274-0029

Bantam Housing Authority c/o Wells Run 55 Whiting Street Box 805 Plainville, CT 06062 860-567-5308

Bethlehem Housing Authority c/o North Purchase 11 Jackson Lane Bethlehem, CT 06751 203-266-5353

Green Briar Hill 148 Falls Terrace Oakville, Ct 06779 860-274-7591

Morris Housing Authority c/o Eldridge Senior Housing 109 East Street Morris CT 06763 860-567-7437

Naugatuck Housing Authority 16 Otis Street Naugatuck, CT 06770 860-729-8214

Southbury Housing Authority c/o Grace Meadows 380 North Poverty Road Southbury, CT 06488 203-264-3228

Robbin Ridge 990 West Main Street Waterbury, CT 06708 203-753-9818 Southbury Housing c/o Grace Meadows 380 North Poverty Road Southbury, Ct. 06488 203-264-3228

Thomaston Social Services Green Manor P.O. Box 136 Main Street Thomaston, CT 06787 860-283-0756

Waterbury Housing 2 Lakewood Road Waterbury, CT 06704 203-596-2650

Watertown Housing Authority Truman & Buckingham Terrace 1091 Buckingham Street Watertown, Ct. 06795 860-274-0598

Woodbury Elderly Housing 823 Main Street South Woodbury, Ct. 06798 203-266-4628

Wood view Apartments 88 Cobb Street Oakville, Ct. 06779 860-274-1789





Summer Emergency Drive-Thru Food Distributions

NORWICH

Mondays (June/July/August) 28 Stonington Road *(In the parking lot across from Pistol Pete's Bar and Grill) Norwich, CT 06360 9:30 am - 12:00 pm

EAST HARTFORD

Tuesdays (June/July/August) Old Showcase Cinema 936 Silver Lane East Hartford, CT 06118 8:30 am - 12:00 pm

NORWALK

Wednesdays (June/July/August) Veteran's Memorial Park 42 Seaview Avenue Norwalk, CT 06855 8:30 am - 11:30 am

WEST HAVEN

Thursdays (June/July/August) Vertical Church 225 Meloy Road West Haven, CT 06516 9:30 am - 12:00 pm

BRISTOL

Thursdays (6/17, 7/1, 7/15, 8/5, 8/19) 95 Vincent P Kelly Road Bristol, CT 06010 4:30 pm - 6:30 pm

PUTNAM

Saturdays (6/19, 7/10, 7/24, 8/7, 8/21) Putnam Elementary School 33 Wicker Street Putnam, CT 06260 9:00 am - 12:00 pm

TORRINGTON

Saturdays (7/17, 8/14) Torrington Industrial Park 500 Technology Park Drive Torrington, CT 06790 9:00 am - 11:00 am

BRIDGEPORT

Saturdays (June/July (closed on 7/3) /August) 1316 Barnum Avenue Bridgeport, CT 06610 7:45 am - 10:30 am

WINSTED

Saturdays (6/19, 7/31, 8/28) Old Bank of America 44 Elm Street Winsted, CT 06098 9:00 am - 11:00 am

Our full schedule of Mobile Distributions and links to more food resources can be found at:

- www.ctfoodbank.org/gethelp
- www.foodshare.org/findhelp
- www.211ct.org or call 2-1-1

FOOD BANK

FCODSHARE

Connecticut Food Bank 203-469-5000 Foodshare 860-286-9999











If you can help with any of these items, please contact us at 203-597-9080 or staff@carolynsplace.net

The Snail And The Worm

Ted Elliss

The Snail And The Worm

Said the worm to the snail,
"What a splendid day!"
Said the snail to the worm,
"Much too hot, I say!"
Together they crawled
Side by side
Upon dirt between concrete and sand,
Unnerved by wind and tide.

Said the worm to the snail,
"Let us visit Mister Crab by the moor."
Said the snail to the worm,
"Oh, must we? He's such a bore/"
A gully was soon upon them...
First a drink and some rest,
Then continuation of their journey...
But the snail moved slower in protest.

Said the worm to the snail,
"What is the meaning of life to you?"
Said the snail to the worm,
"Fighting to succeed in everything I do."

Thought the worm to himself,
'Poor pitifully selfish Mister Snail!'

Thought the snail to himself,
'Woefully sincere Mister Worm...you shall fail!'

Said the worm to the snail,
"is that pastry I do smell, sir?"
Said the snail to the worm,
"Indeed it is - there, yonder."
A large crumb of coffeecake
Sat warmly under the sun.
Meanwhile, it was the snail's intention
That the worm would have none.

Said the snail to the worm,
"Let us race - winner take all!"
Said the worm to the snail,
"Oh, such rivalry for rewards so small!"
The snail and the worm evenly lined,
Countdown - three...two...one...
They crawled fervently side by side,
Since neither could walk nor run.

Said the snail to the worm,
"I'm going to win - I always do."
Said the worm to the snail,
"You do not always - quite untrue."
They came upon a half-buried pipe...
The worm climbed, the snail went around.
Now the worm was inches ahead,
And soon approached the tasty mound.

Eventually the snail completed the course - Visibly envious of the worm victorious. Yet, the worm offered half his prize... The snail felt less than illustrious. Said the snail to the worm, "You won - why bother to share?" Said the worm to the snail, "Because, my friend...! care."

The snail and the worm dined together,
Then bathed nearby in a puddle of water.
A clump of grass would provide night's rest...
The following morning would resume their adventure.
Said the worm to the snail,
"A splendid day it was, I say!"
Said the snail to the worm,
"Indeed it was...a splendid day
I" Ted Elliss

Cannon Grange Agricultural Fair - 30 August 29

25 Cannon Road, Wilton CT 06897 cannongrange.org 203-762-1900

Simsbury Grange Ag. Fair & Septemberfeast - 33 September 10-11 22 Iron Horse Blvd

Simsbury, CT 06092 simsburygrange.org

860-413-9567

Hillstown Grange Agricultural Fair - 32 September 11 617 Hills Street, East Hartford, CT 06118

hillstowngrange.org 860-690-2845

Wallingford Grange Fair - 34 Returns in 2022

586 Center Street, Wallingford, CT 06492 203-314-6922

All member fairs will be in compliance with all local, state, and CDC guidelines. Please refer to CTAgFairs.org to connect to each fair's website before attending for specific guidelines, fair dates, and any updates.

Enter one or all of the State Contests

- · Baking Contests
- · Quilt Contests
- · Photography Contests
- · Scholarships

For classes, entry information, contest rules or the scholarship application go to www.CTAgFairs.org.



Go to CTAgFairs.org for detailed information about ticket sales. All Fair Season Passes are mailed during the month of June each year.

FAIR SEASON PASS • Order Form

Mail this coupon with a check payable to:

The Association of Connecticut Fairs in the amount of \$100.00 with to:

Mail order with SASE" to:

Association of Connecticut Fairs, Fair Season Pass 86 Margaret Henry Road, Danielson, CT 06239

Name to be printed on ticket:		
Mail to:		
Address:		
City:	State Zip	

Ticket Price: \$100.00 each + SASE

- · Orders MUST include a *Self Addressed Stamped Envelope with order.
- Make checks payable to: The Association of Connecticut Fairs

FOR ADDITIONAL COPIES OF THIS BROCHURE

SEND A SELF ADDRESSED STAMPED ENVELOPE TO: CTAgFairs/Assoc. of CT Fairs, 44 Washington Ave., Suite 5, Berlin, CT 06037 To arrange for greater quantities call 860-982-1366 or email: info@CTAgFairs.org







for specific guidelines, fair dates, and any updates.









Major Fairs

North Stonington Fair - 1 July 8-11

21 Wyassup Rd, North Stonington, CT 06359 northstoningtonfair.com 860-535-3956

Lebanon Country Fair - 2

August 6-8

122 Mack Rd, Lebanon, CT 06249 lebanoncountryfair.org 860-642-6012

Bridgewater Country Fair - 3

Returns in 2022

100 Main St. South, Bridgewater, CT 06752 bridgewaterfair.com 860-354-1509

Wolcott Lions Country Fair - 4 August 20-22

245 Wolcott St., Wolcott, CT 06716 wolcottfair.com 203-879-5466

Brooklyn Fair - 5

August 28-29

15 Fairgrounds Rd., Brooklyn, CT 06234 brooklynfair.org 860-779-0012

Chester Fair - 6

August 27-29

11 Kirtland Terrace, Chester, CT 06412 chesterfair.org 860-526-5947

Terryville Lions Country Fair - 7 August 27-29

171 Townhill Rd, Terryville, CT 06786 terryvillefair.org 860-582-0709

Haddam Neck Fair - 8

September 3-6

26 Quarry Hill Rd., Haddam Neck, CT 06424 haddamneckfair.com 860-267-5922

Woodstock Fair - 9

September 3-6

281 Route 169, South Woodstock, CT 06267 woodstockfair.com 860-928-3246

Goshen Fair - 10

September 4-8

116 Old Middle St., Goshen, CT 06756 goshenfair.org 860-491-3655

Hebron Harvest Fair - 11

September 9-12

347 Gilead St., Hebron, CT 06248 hebronharvestfair.org 860-228-0892

North Haven Fair - 12

September 9-12

290 Washington Ave, North Haven, CT 06473 northhaven-fair.com 203-239-3700

Bethlehem Fair -13

September 10-12

384 Main St. North, Bethlehem, CT 06751 bethlehemfair.com 203-266-5350

Four Town Fair - 14

September 16-19

56 Egypt Road, Somers, CT 06071 860-749-6527 fourtownfair.com

Berlin Lions Agricultural Fair - 15

September 17-19

430 Beckley Road, East Berlin, CT 06032 ctberlinfair.com 860-828-0063

Guilford Fair - 17

Guilford, Ct 06437

September 17-19 Stone House Ln. & Lovers Ln.

guilfordfair.org 203-453-3543

Orange Country Fair - 16

September 18-19

525 Orange Center Road, Orange, CT 06477 orangectfair.com 203-430-6044

Durham Fair - 18

September 23-26

68 Main St., Durham, CT 06422 860-349-9495 www.durhamfair.com

Harwinton Fair - 19 October 1-3

150 Locust Road, Harwinton, CT 06791 harwintonfair.com

Portland Agricultural Fair - 20

October 1-3

Rt 17A, Portland, CT 06480 portlandfair.com 860-342-0188

District Fairs

Hamburg Fair - 21

Returns in 2022

1 Sterling City Road, Lyme, CT 06371

Hamburgfair.org 860-304-1344

Wapping Fair - 22

September 9-12

Fairgrounds at Rye Street Park

75 Brookfield St., South Windsor, CT 06074 wappingfair.org 860-573-6780

Ledyard Fair - 23

Returns in 2022 ledyardfair.org 860-464-9122

Riverton Fair - 24

October 8-10

12 Riverton Rd, Riverton, CT 06065 rivertonfair.org 860-379-0060

4-H Fairs

New London County 4-H Expo & Fair -1

July 23-25*

21 Wyassup Rd, North Stonington, CT 06359 newlondoncounty4h.uconn.edu/Expo.php 860-885-2824

Windham County 4-H Fair - 5

July 23-25*

15 Fairgrounds Rd., Brooklyn, CT 06234 860-774-9600

Litchfield County 4-H Fair - 10

August 6-8*

116 Old Middle St, Goshen, CT 06756 860-626-6854

Middlesex & New Haven County 4-H Fair - 18

August 6-8*

68 Main St., Durham, CT 06422 4-hfair.org (860) 345-4511

Tolland County 4-H Fair - 25

August 13-15*

24 Hyde Avenue, Vernon, CT 06066 facebook.com/tollandcounty4hfair/ 860-875-3331

Hartford County 4-H Fair - 14

August 20-22*

56 Egypt Road, Somers, CT 06071 hartfordcounty4hfair.org

Grange Fairs

Ekonk Grange Fair - 26

August 14

723 Ekonk Hill Rd, Sterling, CT 06377 860-564-2131

Winchester Grange Fair - 27

August 14

100 Newfield Rd, Winchester Center, CT 060§ winchestergrange.org 860-307-1522

Riverton Grange Fair - 28

August 21

17 Riverton Rd. Route 20, Riverton, CT 0606 860-309-3160

Cheshire Grange Community Fair - 29

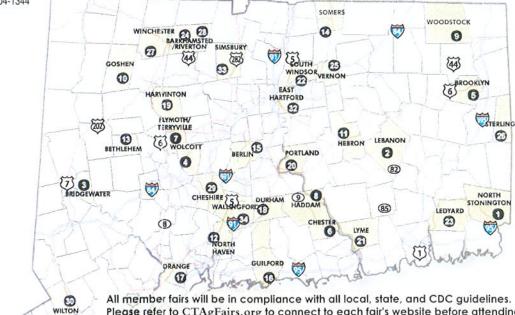
August 21

44 Wallingford Road, Cheshire, CT 06410 cheshiregrange.org 203-537-5213

*4.H Fairs are planning on holding their fairs. Please check the website to

determine if 4-H Fairs are open to the public.

more



All member fairs will be in compliance with all local, state, and CDC guidelines. Please refer to CTAgFairs.org to connect to each fair's website before attending for specific guidelines, fair dates, and any updates.







AT THE BEACH WORD SEARCH PUZZLE

U	Р	Р	Ζ	F	L	Ε	٧	Р	Α	L	М	Τ	R	Ε	Ε	S
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BEACH BALL BOARDWALK BOOGIE BOARD CORAL REEF DOLPHIN HIGH TIDE
JELLY FISH
LIFEGUARD
LIGHTHOUSE
PALM TREES

PELICAN
SAND CASTLE
SAND DUNES
SEA SHELL
STARFISH

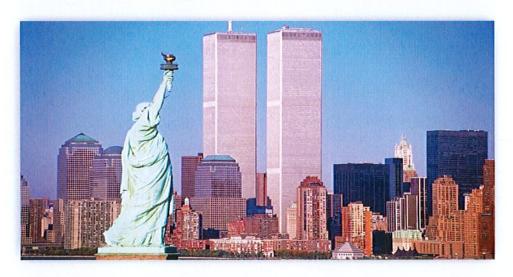
SUNBATHERS SURFBOARD SWIMSUIT UMBRELLA WHITE CAPS

www.WordSearchAddict.com

The Town of Watertown Connecticut

Please join us

Remembering the 20th Anniversary



September 11th

Annual Wreath Laying Ceremony

Remembering and Honoring those lost that day in a senseless attack, as well as the First Responders lost in the Rescue Efforts that day and years later.

Please join us on the 20th anniversary - Saturday, September 11, 2021

LOCATION:

Watertown Fire Department, 935 Main Street, Watertown, CT

DATE:

Saturday, September 11, 2021

TIME:

9:30 AM

WREATHS:

Citizens are welcome to place a wreath at the monument.

The Town of Watertown received a section of the **World Trade Center** in 2014. The section has been fitted to a permanent monument, located at the Watertown Fire Department.

The Fire Department location is used every 5 years to mark this solemn occasion. There is also a dedicated plague at the entrance to the Watertown Plaza on Main Street

The public is encouraged to attend.

www.watetownct.org

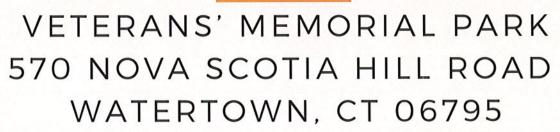


42nd Annual Watertown





FOOD - FACE PAINTING - FAMILY GAMES - LIVE MUSIC - SHOPPING



FOR MORE INFO CONTACT THE WATERTOWN PARKS AND RECREATION DEPARTMENT: OFFICE 860-945-5246 | INFO-LINE 860-945-5272

SPONSORS & VENDORS ALWAYS NEEDED















Car Show & Market Place

Co-Sponsored by the Watertown Parks & Recreation Department and Watertown Lions Club



When:

Sunday, September 26, 2021 10:00 AM to 3:00 PM

Rain Date Sunday, October 3, 2021

Where:

Watertown High School, 324 French Street, Wtn, CT

Rules:

Any Year Welcome! including Motor Cycles!

Multiple Classes and 26 Trophies

Raffles, Music, Vendors & Food Court

Admission:

Show Cars \$10.00 / Free Admission for spectators

Info:

1st 50 Cars Get A Free T-Shirt

"Would appreciate nonperishable food items for Watertown Food Bank"

If you are interested in being a vendor at our Marketplace, please contact

Carrie 203.305.7876 • Kathie 959-209-4301

For more information contact the Watertown Parks & Recreation Department at 860.945.5247





AUGUST - SEPTEMBER 2021

MEDICARE ANNUAL ENROLLMENT OCTOBER 15 - DECEMBER 7

MAKE INFORMED MEDICARE DECISIONS

YOUR LOCAL CHOICES COUNSELORS ARE LOCATED AT

WESTERN CT AREA AGENCY ON AGING







A local CHOICES counselor can:

Help you compare your Medicare health or drug plan with other Medicare choices
Help you sign up for a new plan
Help you avoid high-pressure sales tactics

CHOICES Counselors **DO NOT** sell health insurance or recommend one plan over the other.

They provide **FREE UNBIASED COUNSELING** to give options to help you make an informed decision about your own Medicare health and drug plan

\$\$\$\$\$ LAST YEAR WE SAVED OUR CLIENTS HUNDREDS AND IN SOME CASES THOUSANDS OF DOLLARS WITH A BENEFITS CHECK UP \$\$\$\$\$

FOR MORE INFORMATION CALL YOUR LOCAL CHOICES COUNSELOR TODAY TO SCHEDULE A BENEFITS CHECK UP

203-757-5449 or 1-800-994-9422

This project was supported, in part by grant numbers 90SAPG0068, 2003CTMIAA and 2003CTMISH from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration for Community Living policy.





MEDICARE OPEN
ENROLLMENT
PERIOD BEGINS
OCTOBER 15, 2021 AND
ENDS ON
DECEMBER 07, 2021

TO BRING TO OPEN ENROLLMENT

(contact us to schedule an appointment with a <u>certified</u> CHOICES Counselor at: 203-757-5449 Ext. 134)

- Create an online Medicare.gov account <u>prior</u> to your appointment (see information to your right)
- Medicare card, with effective dates for Part A or Part B



- Date of birth
- Zip code
- List of medicines that includes dosage, how many times per day, & quantity (30, 60, 90 day supply)
- Name and address of preferred pharmacy
- Name of your current Medicare plan (if applicable)
- · Gray Connect Card, and/or Medicaid (Husky) card.



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HOW TO CREATE AN ONLINE MEDICARE.GOV ACCOUNT

WHY CREATE THE ACCOUNT: When you create an account, you can:

- Build a better drug list. We'll make suggestions based on prescriptions you filled within the last 12 months.
- Modify your drug list and save changes.
- Compare benefits and costs in your current plan to other plans available in your area.
- See prices based on any help you get with drug costs.

If you want access to personalized information and features, and/or to enroll in the plan of your choice, you'll need to create an online medicare.gov account.

HOW TO CREATE THE ACCOUNT: Visit *Medicare.gov/plan-compare* and click "Log in or Create Account."

YOU WILL NEED:

- 1.Medicare Number You can find this on your red, white, and blue Medicare card. If you're new to Medicare and don't have your card yet, you can get your Medicare Number by logging into your Social Security account at socialsecurity.gov/myaccount, or on the letter you get from Social Security after you enroll.
- 2.Last name
- 3. Date of birth
- Current address with ZIP code or city
- 5.Part A or Part B coverage start date – You can find this on your Medicare card.



Once you add this information and select "Next," you can create a username and password and use your new Medicare account. **Remember** to keep your username and password in a safe place to protect your privacy.

FORGOT YOUR USERNAME OR PASSWORD?

If you have an existing account, but forgot the username or password, click "Trouble logging in?" under the username box on the log in page. You'll need this information:

- 1. Medicare Number
- 2. Last name
- 3. Date of birth



CMS Piculaid No. 1200

If you don't have computer access or need assistance creating this account, contact us at least 3 days prior to your scheduled appointment and we will help you.

Our phone number is: 203-757-5449 EXT. 134

City of Waterbury Awarded \$4 Million Federal Grant to Address Health Literacy and Increase Access to Primary Care

n Monday, June 21, 2021, the City of Waterbury was awarded a \$4 million federal grant from the Office of Public Health and Science and the Office of Minority Health at the US Department of Health and Human Services to fund Advancing Health Literacy for Improved Health Outcomes. The focus of the two-year grant is to increase health literacy, improve COVID-19 vaccination rates and access to primary care in underserved urban and rural communities across the nation. The City of Waterbury was one of only 30 such awards made to cities nationally.

Building upon successful relationships with partners involved in the COVID-19 Vaccine Equity Partners Response, this gran twill support mobile primary care services and linkage to medical home for adults and children in communities hard-hit by COVID-19. Community Health Workers will be employed to improve COVID-19 and routine vaccination rates, assist with navigation of health insurance and promote uptake of the Unite Us electronic platform to enhance case management. In addition, health and social service providers will be coached on effective communication skills and cultural competence to assure their patients are informed participants in their own health field. Fixed-site Community Health Information Hubs will be situated in areas of the City where residents are disproportionately impacted by poor health outcomes. Residents will be able to obtain COVID and other adult vaccinations, health screenings and referrals to a medical home at the Health Information Hubs.

The Project will be implemented by the City of Waterbury Department of Public Health. In addition to the Waterbury Health Department, the project is founded on the expertise of an existing infrastructure of community partners, including the Center for Human Development, Grace Baptist Church, Greater Waterbury Health Partnership (GWHP), Hispanic Coalition of Greater Waterbury, Madre Latina Inc., New Opportunities Inc., St. Mary's Hospital, Waterbury Senior Center and Western CT Area Agency on Aging who will provide community health workers and community hubs to assist residents. Western Connecticut Area Agency on Aging will seek to hire 1 bilingual Information & Benefit Specialist to provide community outreach to seniors and persons with disabilities and provide person-centered approach to each client served by helping them navigate these connect to these community resources. Western CT Area Agency on Aging is already utilizing the Unite Us platform for live-time referrals to care and the proposed bi-lingual Information and Benefit Specialist will be assigned as the primary point of contact handle referrals though this grant, collaborate with our community partners and outreach and education in the community.



Learn Medicare Coverage Rules: Before getting a service, check to make sure Medicare covers it and if there are any steps you must take to receive it. If Original Medicare or your Medicare Advantage Plan does not cover a service, it may be because you did not follow coverage rules. To learn about Original Medicare's coverage of a needed service, call 1-800-MEDICARE, visit www.medicare.gov, read the relevant sections of your Medicare & You handbook, and/or speak with your provider. To learn about how your Medicare Advantage Plan covers a needed service, call your plan, read your plan's benefits handbook and/or speak with your provider.

KNOW WHO TO CONTACT FOR ASSISTANCE WHEN ISSUES ARISE

State Health Insurance Assistance Prog. (SHIP): Contact your SHIP for personalized counseling around your Medicare.

1-800-MEDICARE: Contact Medicare to learn about coverage rules, to find health care providers and suppliers in your area that participate in Medicare, to request a replacement Medicare card, and to learn about Medigaps in your state.

Medicare Advantage or Part D Plan: Contact your plan with questions about your plan's coverage rules and costs. You can also contact your plan to ask more about why it denied a service or to file a grievance about customer service or administrative errors.

Social Security Administration (SSA): Contact SSA for Part A and B enrollment and premium issues, address changes, or replacement Medicare cards.

Beneficiary and Family Centered Care—Quality Improvement Organization (BFCC-QIO): Contact the BFCC-QIO with complaints about the quality of your care. You can find your BFCC-QIO by visiting www.qioprogram.org/contact.

Senior Medicare Patrol (SMP): If you believe you may be experiencing Medicare fraud, call your SMP. If you believe you are experiencing fraud because of a mistake on your MSN or EOB, first contact your provider to check if they made a billing error.

TRANSPORTATION



The Connecticut Departments of Transportation and Energy and Environmental Protection are pleased to announce the *ParkConneCT* Pilot Program, a collaboration providing safe and reliable transportation within a 10 minute walk to <u>Hammonasset</u>

<u>Beach</u>, <u>Silver Sands</u>, <u>Bluff Point</u>, <u>Fort Trumbull</u> and <u>Sleeping Giant</u> State Parks.

ParkConneCT will run through Labor Day weekend (9/6/2021). The Silver Sands Shuttle, Madison Shuttle and Clinton Trolley operate fare-free, 7 days a week through Labor Day. All other public buses statewide will operate without collecting fares on Saturdays, Sundays (if operating), Independence Day (observed 7/5/2021), and Labor Day as part of the **Weekend Wheels** program promotion. Connections to the parks listed above are available from nearby train stations, providing access to the parks on a regional basis.



Governor Ned Lamont announced *Weekend Wheels* — the fare-free CT *transit* bus service available to everyone in CT every weekend and summer holidays this summer, including all local transit district bus routes statewide, as part of his efforts to help the state and its residents recover from the

economic impacts of the COVID-19 pandemic. Supported with funding from the federal Coronavirus Aid, Relief, and Economic Security Act, aka CARES Act, customers are *NOT REQUIRED TO PAY ANY BUS FARES* on Saturdays and Sundays between Memorial Day weekend (5/31/2021) and Labor Day weekend (9/6/2021) Bus services in this promotion include all CT *transit* local routes, all routes operated by transit districts, and Americans with Disabilities Act (ADA) paratransit services.













KNOW HOW TO GO

MOBILITY RESOURCES FOR NORTHWEST CT

This transportation wordsearch was developed by the Northwest CT Regional Mobility Manager & Ombudswoman, April Chaplin from the *Kennedy Center*.

Words to Find

- ♦ ADA
- ◊ ADVANCE
- ♦ APPOINTMENT
- ◊ CANE
- ◊ CTDOT
- ♦ DIALARIDE
- DISABILITIES
- ♦ DRIVER
- ♦ FARE
- ♦ FTA
- ♦ GEER
- ♦ HART
- ♦ LIFT
- ♦ MEDICAL
- ♦ MOBILITY
- ♦ NET
- ◊ NWTD

- O PARATRANSIT
- ◊ PARKCONNECT
- ◊ PASSENGER
- O PCA
- ◊ PLANAHEAD
- ◊ RESERVE
- ⋄ SENIOR
- ◊ SENSITIVITY
- ◊ TAXI
- **♦ TRAINING**
- ♦ TRAVEL
- ♦ VAN
- WCAAA
- ◊ WEEKENDWHEELS
- ⋄ WHEELCHAIR

E W P H V G N C E G D A D A D V A N H Z R X A M X L 1 F T E S R E E D A L A D C C B R T T A B N L Z C B A F A R W 0 A K P P V E T X Q R H A M C T P A R K C O N N E A S G S E H E U S D R O ı S F S D A P A R T D Н T E Т E N X O C E T N W C R S G A L K M N V N O E N Н E E S W E E K D E E R B R R T G N N O G T Y T A H C B I M O L 0 C S E N S

FROM THE SENIOR MEDICARE PATROL



Senior Medicare Patrol

will be scheduling new training events for SMP team Volunteers in the coming months ... please call for an interview & orientation at 1-203-757-5449, ext. 127

Senior Medicare Patrol Volunteer Opportunities!!! Call 1-203-757-5449, ext.127.



Participate in office projects distribute SMP materials to senior centers, assemble supplies for community events and seek out volunteer opportunities for other volunteers.



Complex Interactions Gather facts from beneficiaries, healthcare providers, insurance companies, & Medicare surrounding beneficiary issues to aid in problem solution.





Presentations

Promote the SMP

program through

presentations at local

gatherings like clubs, support groups, retiree associations, or anywhere

seniors gather.



Attend community events to distribute SMP materials, answer basis questions about SMP, and refer seniors to other resources.







Meet with beneficiaries to help them understand Medicare Summary Notices





This project was supported, in part by grant number 90MPPG0044, from the U.S. Administration for Community Living, Department of Health and Human Services and is administered by the CT Department of Aging & Disability Services



The SMP offers volunteers an opportunity to make an important difference in their communities to ensure that the Medicare program will be protected for future generations.

CONTACT YOUR LOCAL SENIOR MEDICARE PATROL NOW TO GET STARTED!

MP SCAM WATCH COVID-19 VACCINE SU

Be on the Lookout for COVID-19 Survey Scams

- Legitimate surveys won't offer money, gits, or any incentive to them.
- Legitimate surveys won't include urgency such as "you must take this survey in the next hour or it will expire."
- Check links by hovering over them. If they seem long and suspicious, don't click them.
- ☑ Check logos, language, and phone numbers. If anything seems "doctored" or does not match what you see on legitimate vaccine provider site, don't click any provided links.

Contact the SMP to report Medicare fraud, errors, or abuse at 877.808.2468 or at smpresource.org.

TELEHEALTH FRAUD

REPORT POTENTIAL TELEHEALTH FRAUD, ERRORS, OR ABUSE IF:

- You receive an unsolicited phone call from someone wanting to verify your pain symptoms
- You receive an unsolicited phone call from someone wanting to verify your family history of cancer.

Medicare will cover telehealth services that are performed via an interactive. two-way telecommunication system.



WELCOME BACK SENIORS

Here is some excellent news; Waterbury Senior Center is open. The days and hours are Monday-Friday, 9 am-2 pm. Although things are not entirely back to normal, we are working harder to do so while keeping our members safe. As the BRASS information and benefits specialist, I am happy to announce I am resuming one on one appointments. Appointments are available only on Mondays and Thursdays

Mandates for one-on-one appointments

- *Wearing a mask is mandatory.
- *Unfortunately, no walk-ins at this time

*Appointments will be limited to an hour.

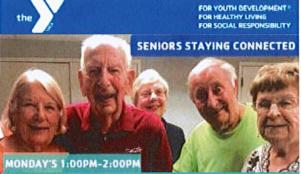
Schedule an appointment with Paola Vargas

The phone number at the Western CT Area Agency on Aging: 203-757-5449 ext 168

The phone number at the Waterbury Senior Center: 203-574-6746 THANK YOU

and Thursdays

The **Naugatuck YMCA** is providing FREE program to teach older adults how to work electronics, search the web, use cell phones, make family video calls and more!



TAKE THE DIFFICULTY OUT OF DEVICES

Seniors Staying Connected is a FREE program where Youth Leaders teach active older adults how to work electronics, search the web, use cell phones, make family video calls and more! Put the fun back into phones, take control of your devices. New iPad's* will be available to rent for FREE.

> Learn more at our Welcome Center (203) 729-9622

2021 CHOICES COUNSELOR TRAINING PROGRAM

August 31, September 10, 14, 17, 21, and 24, 2021 All classes will be virtual

CHOICES Counselor trainings are free for volunteers and \$125 for in-kind professionals. Participants will complete an orientation session, 5 full days of training and pass an online certification exam. Topics include Medicare Parts A, B, C and D, Medigap eligibility, coverage costs, coordination of benefits and transitions from other insurance, cost assistance program for low-income beneficiaries such as MSP, LIS, and Medicaid. Training manuals will be provided.

CHOICES roles include Counselor, Administrative Support, Open Enrollment Counselor, Outreach Counselor and Presenter. If you would like to make a positive difference in the lives of the Medicare beneficiaries in your community, contact Carlyn Mueller at 203-757-5449 Ext. 126. Individuals who may have a conflict of interest such as insurance agents and brokers are unable to participate. Registration and interview by your Regional Coordinator are required to attend training.

This project was supported, in part by grant number 90\$AP0056, from the U.S. Administration for Community Living. Department of Health and Human Services. Washington, D.C. 2021. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent

official Administrations for Community Living policy



Nunca es tarde para controlar la diabetes y ser más saludable Clases de Manejo Personal de la Diabetes

Estará ofreciendo 6 sesiones de información **GRATIS** los Miércoles y han sido efectivas en ayudar a las personas a ser más saludables. Las sesiones son en español.

Comenzando el Miércoles 15 de septiembre—20 de octubre 2021 De 2:00PM – 3:00PM POR TELEFONO

Para más información o para registrarse, llame al (203) 575-4276

¡Las Sesiones son interactivas y divertidas! ¡Tarjetas de Regalo para las personas que completan las 6 clases!

¡Aprenda información esencial que le ayudará a mejorar su salud!











1-800-994-9422

X	202	1 Benefits (Quick Guide	(rev. 4/28/21)
Medicare Part A	2021 Premium, De	ductibles & Co-pays	2023 Medic:	are Part & Premiums & Deduct
Part A Premium	(30-39 quarters)	\$259 per month	PART B	\$148.50 per month

Part A Premium Those with annual incomes: (< 30 guarters) \$471per month \$88,001-\$111,000 (single) or \$207.90 per month (2021) Part D (+ \$12.30 to premium 2021) Hospital (per benefit period \$1,484 \$176,001-\$222,000 (married) Deductible deductible) \$111,001-\$138,000 (single) or \$297 per month (2021) Part D (+ \$31.80 to premium 2021) Hospital Co-pays Days 61-90 \$371 per day \$222,001 - \$276,000 (married) \$742 per day For those over these amounts... Visit www.ssa.gov *Lifetime reserve Days 91-150* \$203 per year (2021) **Skilled Nursing** Davs 21-100 \$ 185.50 per day Part B Deductible

Facility Co-Pay Medicare Savings Program (MSP) effective 3/21 SSA COLA (1/21) 1.3 % 2021 SSI \$794 (one) or \$1191 (couple) Income Limit Income Limit NO ASSET LIMITS FOR MSP Status Program Status No Estate Recovery after 1/1/10 \$3,064/ mo QMB (Q01) 211% FPL Single \$2,265 / mo Couple Income(143% TFA) listed includes \$3,354 / mo \$2,480 / mo Couple SLMB (Q03) 231% FPL Single (1/1/21) Husky C unearned income \$3,572 / mo ALMB (Q04) 246% FPL Single \$2,641/mo Couple

disregard of \$362/single & \$1529 (reg. A) Couple Medicald (Husky C) Single \$995 (region A) \$724/couple if each has unearned \$1420 (reg. B & C) (for those 65+, blind \$885 (reg. B & C) income. Special shared: \$429/mo Eff 1/21 Eff 1/21 or with a disability) Assets: \$1600 single; \$2,400 couple Husky A (160% FPL) Caretakers w/ children < 19 years Magi: \$2,323 /mo Husky A eff 3/21 For two

If you qualify for MSP, you will automatically qualify for Extra Help and the lower co-pays for Part D

Medicare Part D Low Income Subsidy (LIS) for 2021

LIS level 1 CO-PAYS FOR MEDICATIONS:

\$3.70 - FORMULARY GENERIC DRUGS

\$9.20 - FORMULARY BRAND NAME DRUGS

LIS Level 2: Medicaid recipients up < 100% FPL: \$1.30/\$4

Max \$17/mo -No cost sharing during Fed Emergency

Medicaid Waiver/perm. SNF-no co-pays (LIS Level 3)

2021 CT LIS Benchmark Premium- \$35.16 2021 \$33.06 base premium to calculate penalty

Partial Low Income Subsidy Max Income (1/13/21)/ Assets for Partial Subsidy (1/21)

\$2,198*-	Assets under \$29,520*(1/21)
disregard	*includes \$1500 burial
	Assets under \$14,790* (1/21)

Partial dual eligible pay deductible of \$92 then 15% copayment up to \$6,550 in 2021 then \$3.70/\$9.20

2021 FPL	Single	Couple
100% FPL	\$1074	\$1,452
150% FPL	\$1611	\$2,178

\$60,811

\$72,394

\$83,977

\$95,560

3 people

4 people

5 people

6 people

Medicald Expanded Benefits (3/21) HUSKY D

Household size	MAGI Monthly Income (138%)		
1 person	\$1482		
Couple	\$2,004		

No asset limit restrictions Age 19-64 without Medicare without children. MAGI income. Apply at www.accesshealthct.com

Supplemental Nutrition Assistance Program (SNAP)-eff 10/20 - updated in October Information below is for 60 years old+ or persons with a disability

15% Emerg Covid increase eff 1/9/21 thru June Single person income - \$1968/ mo (w/ Covid: max benefit \$234; min benefit \$16) Couple income - \$2,658/ mo

(max benefit \$420; min benefit \$16) No asset limit EXCEPT for members

whose gross income is more than income listed above (185% of the FPL). (asset limit over 185%: \$3,500)

CT Health Insurance Exchange Access Health CT

Benefits Center- 1-855-805-

Special Enrollment May 1 - August 15, 2021

DSS applications mailed to: DSS Connect Scanning Center P.O.Box 1320 Manchester, CT 06045-1320

New W-1LTC Medicaid LTSS send to LTSS Application Centers

Or apply online:

www.connect.ct.gov

Questions only **DSS Benefits Line:**

1-855-626-6632

CT Energy Assistance Program (CEAP) 10/20

Accepting applications through June 15, 2021

Household 60% state *Vulnerable households receive a higher basic benefit: Vulnerable Households include a household member median income Size who is age 60+ or a person with a disability, or child under age 6. (basic benefit \$725 up to 100% FPG; \$190 for renters) 1 person \$37,645 Crisis Assistance for those unable to secure primary deliverable fuel may be eligible for up to additional \$710. \$49,228 2 people

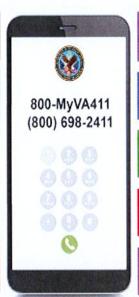
UPDATES: Liquid asset requirements are eliminated for the rest of the program year Households with a member who is responsible for paying for heat and is receiving DSS cash or SNAP benefits are categorically eligible for CEAP. Last day to apply is June 15, 2021

www.ct.gov/staywarm - (download & email/mail applications) 211

Deliverable fuel deliveries extended to Thursday, May 20, 2021





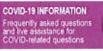














Call VA today at 1-800-MyVA411(1-800-698-2411). The number to call when you don't know who to call.

You only need to remember one number for information on VA care, benefits, and services or to speak to a live agent for assistance!

1-800-MyVA411 serves all members of the Veteran and service member community seeking information or assistance.

Call for helpful information on:

- * COVID-19 general information and updates
- * Health care eligibility and enrollment
- VA benefits, such as disability, compensation & pension, education programs, caregiver support, insurance, home loans, & burial headstones and markers, among others
- * The nearest VA medical centers, benefits offices, or cemeteries to Veterans
- * Directory assistance and connection to all VA contact centers and VA Medical Centers
- * Technical support for VA.gov
- * Debt and payment options
- * Immediate transfer to the Veterans Crisis Line or the National Call Center for Homeless Veterans

Will I be able to speak to a live agent? Yes! When you call 1-800-MyVA411 and press 0, you will reach a live agent for immediate assistance or connection to the right VA experts.

SOURCES: 1-800-MYVA411: https://blogs.va.gov/VAntage/82379/1-800-myva411/ Author: Kiran Dhillon.

Using VA Virtual Health Tools for COVID-19 Prevention and Response

COVID-19 CAUSING YOU CONCERN? VA Virtual Tools Are Always an Option. With VA's virtual care tools, you can continue to access high quality VA care safely from home.

- Get COVID-19 Test Results/Vaccine Records Online
 - Veteran Resources for COVID-19
- · Using Remote Patient Monitoring-Home Telehealth for COVID-19 Care
 - Annie Messages Can Advise you About COVID-19 and Help you Cope During the Pandemic
 - · Get a My HealthVet Premium Account Online to Access VA Care from Home
 - VA Prescription Refills and COVID-19

Video or Telephone Appointments: To set up a VA Video Connect or phone appointment, send your provider a secure message on My HealtheVet or call your local VA facility. Visit mobile.va.gov/app/va-video-connect.

Rx Refills: Request prescription refills / order / ship medications to your home using My HealtheVet or the Rx Refill mobile app. Download the app at mobile.va.gov/app/rx-refill.

Text Message Reminders: Annie's coronavirus Precautions protocol sends you automated text messages with information about COVID-19, helps you monitor for symptoms, and can assist you if you need to contact your VA facility for care. Enroll at mobile.va/gov/ annie.

Secure Messaging: With My HealtheVet, VA's online patient portal, you can send online secure messages to your VA health care team to ask them nonurgent health questions. Register at myhealth.va.gov.

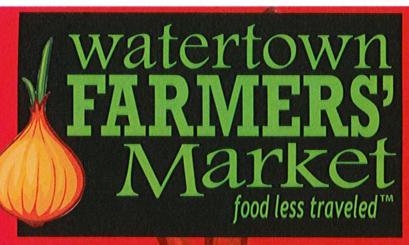
Home Telehealth: For Veterans recommended for home isolation or quarantine, your provider may use remote monitoring devices to assess your condition while you are at home. Learn more about home telehealth at telehealth.va.gov/type/home.

If you are experiencing symptoms of COVID-19, contact your VA facility as soon as possible. Visit va.gov/find-locations for contact information d operating hours for your VA facility.



cdc.gov/coronavirus | va.gov/coronavirus

Sources: VA Virtual Tools: https://connectedcare.va.gov/whatsnew/technology/protect-yourself-covid-19-va-virtual-tools



LOCAL FARMS LOCAL FOOD

Town Garage #2 690 Thomaston Road (Rt. 6)

- October 24

Thanks to our Sponsors:



Happy . Healthy . Whole Food



WELDING & FABRICATION, INC.



www.brotherstree.com Email: info@brotherstree.com 203-758-2767













Like us on Facebook Watertown, CT Farmers' Market



Follow us on Instagram watertownctfarmers

Brought to you by: **Watertown Parks and Recreation**



Water-Oak Circle of Sports 43rd Annual Awards Ceremony



Please join us on Sunday, August 15th, 2021, at 2 pm as we celebrate this year's award winners at the Pontelandolfo Community Club, La Bella Vista Pavilion 380 Farmwood Road, Waterbury, Connecticut.

2021 Circle of Sports recipients are:

- *Robert Palleria (posthumously)
- Corrado Perugini
- Stephen Martino

2021 Phil Berchonak Memorial Award:

Mark & Lisa Pavao

2021 Don Stepanek Community Service Award:

* Michael Rinaldi

2021 Dominic Romano Special Award:

Steven Gambee

Tickets can be purchased:

- Water-Oak Circle of Sports Website: https://www.wateroakcircleofsports.org.
- Eventbrite: https://www.eventbrite.com/e/43rd-water-oak-circle-of-sports-awards-ceremony-tickets-161805513647
- Members or award recipients also have tickets for purchase

Questions: Email: wocofs@gmail.com or call Bruce Cianciolo at (860)274-4537



Crestbrook Pavilion, 834 Northfield Rd, Watertown, CT 06795

Tournament will be Double Elimination with cash prizes!

Sign up today with your two-person team for your chance to win.

- WARM-UPS: 9:30-9:45 AM
- TEAM CHECK IN: 9:50 AM
- . TOURNAMENT BEGINS: 10:00 AM
- \$75.00 per 2-person Team
- Personal regulation bags allowed
- CASH PRIZES-50/50-RAFFLES

HAMBURGERS, HOT DOGS, & SOFT DRINKS INCLUDED for team members

ADULT BEVERAGES AVAILABLE (outside alcohol is not permitted)

Spectators are welcome.
Food and drink available for purchase.

Pre-registration & payment required - Using Eventbrite

Deadline is Thursday, September 23rdth, 2021

The tournament field is limited, so sign up to secure your team spot!

Go to our Facebook page or Website to signup: https://www.facebook.com/wateroakcircleofsports

or

https://www.wateroakcircleofsports.org/

WATERTOWN PARKS & RECREATION DEPT.

THE BIGE IS BACK!!

September 22, 2021 | 9 AM to 8:30 PM Cost: \$40/includes bus & fair admission (must wear mask on the bus)

DEPART 61 ECHO LAKE RD, WATERTOWN (DELAND FIELD) - 9AM LEAVE BIG E - 6:30PM ARRIVE BACK TO WATERTOWN - 8:30PM

REGISTER AT WWW.WATERTOWNCTREC.COM





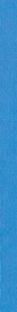












FREE SUMMER WEEKEND RIDES









KNOW HOW TO GO

MOBILITY RESOURCES FOR NORTHWEST CT

For more information achaplin@kennedyctr.org or call (475) 298-3103



"We don't stop playing because we grow old; we grow old because we stop playing."

By;
George
Bernard Shaw