



Wethersfield

Senior Center News

Social & Youth Services

Wm. J. Pitkin Community Center

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Donna Mattison, Senior Center Coordinator

JANUARY 2012 NEWSLETTER

MEMORY ISSUES: Normal Aging Versus Dementia

Join us on **Tuesday, January 10**, In Room S-4 of the Center when Erin Hall from The Atrium, an assisted living facility in Rocky Hill, will discuss: normal aging memory issues vs. indicators of dementia, types of dementia, and tips to try to help prevent dementia. Handouts will be provided and you will have an opportunity to ask questions. At the conclusion of the presentation, The Atrium will provide a special dessert for all. **You must call Donna Mattison at 860.721.2979 by Wednesday, January 5 to reserve a spot.** You can make a reservation for a meal in the Community Café for a \$2 donation and arrive by 12Noon or just make a reservation for the program which begins at 12:45.

COMPUTER LEARNING CENTER

The next registration and information sessions is **Monday, January 9 between 1-3P.** A workshop showcasing electronic gadgets is scheduled for the morning of **Jan 25.** Staff from Best Buy will provide descriptions of, and let you try out, items such as: a notebook computer, a tablet, a smart phone, a music player and an electronic reader. A beginning Computer Course starts **January 31.** More detailed information on these events and a schedule of workshops and courses offered from January to June is now available. Come in on the 9th, call 860.721.2979 or visit www.wethersfieldclc.org for more information.

ENTERTAINMENT

The next entertainment program is Monday, February 6. Look for more information in the February Newsletter.

WEATHER CANCELLATIONS

Weather cancellations for the Senior Center will be posted on WFSB-TV Channel 3 First Alert system and Infinity radio station WTIC-AM (1080). Listen or look carefully because sometimes activities are cancelled all day or just for the morning or afternoon. In most instances, activities will be cancelled if the Wethersfield schools are closed. If there is a delayed opening the Center opens at 10 am. If there is an early dismissal afternoon programs may be

CRAFT EVENT

Calling all folks who can help us make the Senior Center Bulletin Boards look better! We will have materials and ideas, but we need more hands to get the job done. **Thursday, January 12 at 10 a.m.** Call Donna at 860.721.2979 and say you will help. You just need to have some interest in using construction paper, scissors and a glue stick. No special skills are required.



VOLUNTEERS NEEDED FOR COMPUTER LEARNING CENTER

We need individuals of any age with computer skills to join our group of dedicated and talented volunteers. Class sizes are small; instructors, coaches and workshop leaders are needed. We are especially interested in organizations or individuals who can provide workshops on the changing technological advances in communication. We are also seeking an individual with interest or experience in writing training manuals. Additionally, we have several workshops that we have done in the past—exploring the variety of tutorials that are available on line, touring museums and music lovers websites—that could be updated and taught by a volunteer with an interest in these topics. Another need is a volunteer with an interest and practice in using clip art & photos to make a flyer, create a calendar or prepare a greeting card; we have a few students who have expressed an interest in this topic. Mentoring from experienced volunteers is available as needed. Email wethclc@gmail.com or call Donna Mattison at 860-721-2979 for additional information.



NEW COMPUTER LAB SERVICE

We are experimenting with a new service through the Wethersfield Computer Learning Center. If you have a question about your computer, software you are using, a message that keeps appearing on your computer screen or another computer related question email wethclc@gmail.com or call 860-721-2979. Leave your question, name and phone number. Your question will be referred to one of the Computer Learning Center volunteers who will contact you. If volunteers are not able to answer your question they will try to find the answer or recommend someone who may be able to help. There are no fees or membership requirements for this service.

CRT ENERGY ASSISTANCE

Assistance in applying for help with fuel bills for the 2011/2012 heating season is available by calling 860-721-2977. The Energy Assistance program is for low income households. Those who heat primarily with oil will be given priority appointments. The current deadline for applications is March 15, 2012.

Households with a person 60 or older or a person with a disability may be eligible if the annual gross income is \$31,863.52 or below for an individual or \$41,667.68 for a couple. As the household size increases, the income limit goes up. Assets are considered and assets exceeding \$7,000 for renters and \$10,000 for homeowners are included in income calculations. Because of changes in funding levels individual energy grant awards will be less than last year.

You must provide documentation of all current (within the last 30 days) income; examples of income are social security, pensions, interest or dividends from any source. You also must provide copies of bills for primary and secondary source of heat, a copy of your mortgage payment or rent receipt and written proof of all assets (savings or checking accounts, IRA's stocks, bonds, CD's, etc.). Those over sixty must provide proof of age and persons with a disability must provide verification of a disability. You can call Social Security at 1-800-772-1213 and ask for a document stating that you are a person with a disability. You can also request a document from Social Security stating the amount of your current social security or supplemental security monthly check. New applicants must provide photo identification for the head of household and Social Security cards for all household members.

UPCOMING HEALTH PROGRAMS

Free Blood Pressure Screenings-Scheduled for 10:30-11:30 a.m. Wed- Jan 11 and Jan 25. Area agencies offering this service are Willcare Home Care Agency and Advanced Home Health Care Agency.

Prescription Counseling-Schedule a free individual consultation with a pharmacist.

Appointment required; call 860-721-2818.

Foot Care Clinic-Cleaning, filing, trimming of nails, reducing corns or calluses for seniors. No Diabetics. To schedule and determine the fee call 860-721-2818.

Hearing Screening-Call now for the next scheduled appointment on January 30. A specialist from the Hearing Wellness Center will provide a free hearing screening or cleaning/testing of any type hearing aid. Call 860-721-2979 for an appointment

BE WELL BALANCED

At one time or another all of us lose our balance and take a spill, but as we get older the consequences become greater. Studies show that, for seniors, falls are the leading cause of injury-related visits to the emergency room, the most common reason for nursing home admissions and the main cause of injuries and accidental deaths in persons age 65 and older.

Fall Prevention programs recommend:

- * **Staying Active**-Exercise; go for a walk each day, or take classes that focus on balance & flexibility
- * **Know Your Medications**-Some have side effects that can cause dizziness or drowsiness
- * **Check Your Vision Regularly**
- * **Keep Your Home Safe**-Avoid clutter and small rugs that slip; have good lighting
- * **Wear Good Shoes**-Shoes should be sturdy, even when at home, sneakers with a non-slip sole are a good choice, don't go barefoot or just wear slippers or socks

WETHERSFIELD SENIORS CLUB

Mon: 10:30 a.m.-12p.m.-**Needlework Crafts** in Rm S-2-contact Pat Schmid-860-643-5683

Wed: 10- 11:30 a.m.-New **memberships or renewals**- Banquet Room

Wed: 12:30 p.m.-**Bingo**-Banquet Rm-

Thursdays: 1:15 p.m.-**Duplicate Bridge** in Room S-4 contact Everett Costa at 860-563-0400 or Sue Miller at 860-529-9621

Fridays: 12:15 p.m.-**Setback Cards**-Banquet Room-contact Joe or Claire Mehan at 860-258-0662

Bowling: **Monday** league- contact Joe Marinello at 860-563-7064 & **Thursday** league- contact John Forand at 860-529-6781

Golf League: Contact Ed Veilleux at 860-563-2778 or Jim McNamara at 860-563-4586

BOOK DISCUSSION GROUP

The next meeting is **Monday, Jan 23** at 1 p.m. in Rm S-3; the book is Home by Marilyn Robinson. Books are available from the Library.

MOBILE FOOD SHARE

Wednesday January 11 & 25 from 9:30 am-10 am in the parking lot of 55 Lancaster Rd. A variety of fresh fruits & vegetables are available to those with limited income. If you are not already registered you will need to complete one form. Call 860.721.2977, Marita Eppler, for more information.

CHECK OUT

THE SENIOR COMMUNITY CAFÉ

Hot meals are served Monday through Friday, except for scheduled Holidays. Call 860-721-2955 between 10 a.m. & 12 Noon to make a reservation for the next day. A donation of \$2 is requested.



THE COMMUNITY CENTER IS CLOSED JANUARY 2 AND 16





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