

The Senior Connections

Plainfield Senior Citizen Center
482 Norwich Road, Plainfield, CT 06374
Telephone: 860.564.1819



VOL. 30

ISSUE 1

JANUARY, 2022

New In This Issue

Free "Live Well" Workshops via Telephone

Find out more inside!

Plainfield Historical Society January Meeting

Topic is "Show and Tell."

Plainfield Senior Chorus Concert

A show you won't want to miss. Details inside!

Senior Club News, Travel News, And More

Terry keeps us informed on what's going on.

New Connecticut Water Program (LIHWAP)

Read about this program and more in Joyce's *Healthy Aging* section inside.

Monitor My Health Program

Starts Jan 4th. Find out more on Joyce's page.

Dear Members and Friends-

The traditional wish for the New Year is for peace on earth and goodwill towards all. As I begin to write this newsletter the need for the entire world to treat each other with the love and respect that is so necessary for "peace on earth" is more necessary than ever. Let us hope that 2022 will be a year that goodwill towards each other will prevail.

I would like to thank all of you for your help and understanding this past year despite all the challenges the pandemic has caused. I would also like to extend my heartfelt thanks to my office staff for making my job such a pleasure. The success of any job can only be accomplished by the hard work and dedication of such dedicated volunteers. Without their help and the help of our Executive Board, our senior center wouldn't be as successful as it is. Let's all look forward to another great year!!

We are beginning to make plans for this year. An updated schedule of events is always listed in the newsletter and flyers will always be included for special events. We will be holding elections this year. Flyers will be included in next month's newsletter for nominations for officers for the 2022-2024 term. Also, be sure to check out the latest information on our travel program in the Travel News.

The center is open from 8:30 to 4:30 daily. You are welcome to come and enjoy meeting your friends for a card game, craft class or any of our many activities. Books are available in the library to take home to read, just return them when you are finished. The Senior Office is open from 9:00AM to 12:00PM Monday through Thursday, stop in to sign up for any activity or just for a friendly chat.

My wish for you as we begin this new year is:

"May the road you walk on be a smooth one, may your troubles be few, may the days that lie ahead be healthy, happy and many, and may God's love always surround you".

Thank you for being my friend,
Terry Cwynar, President

Plainfield Senior Center Hours Of Operation

Call 860.564.1819 for more information.

- ♦ The Plainfield Senior Center and Town of Plainfield Recreation Department are housed in the same building at 482 Norwich Road (Rt. 12) in Plainfield, CT. The building is open Monday through Friday 8:30 am to 4:30 pm, except for holidays.
- ♦ The Senior Citizen Club Office is open Monday through Thursday 9 am to 12:00 pm.
- ♦ **Closings due to inclement weather, or for other reasons, will be aired on WFSB Channel 3, or by calling the Cancellation Line at the Center at 860-564-1819, ext. 8.**

What's Going On Here At The Center?

More Info @ 860.564.1819. Items may change, so check these lists regularly!

Every Week

Bingo-Tuesdays Noon to 3 pm. Nominal Fee.

"Linda's Craft Corner"- Crafts, lectures, guest speakers, and more! Wednesdays and Thursdays @ 10 am. See insert for schedule of events. Free or small fee.

Knit For A Cause- Fridays @ 10 am. Self led. Supplies provided. Items donated to "Knit For Kids." Free.

Pitch League- Wednesdays at 10 am. League runs 13 weeks then starts again.

Social Services Office- Mon. & Fri. mornings. Assistance with State & Federal benefits, referrals to area programs, and help with many issues related to healthy aging. Appointment recommended. Free.

Art Classes- Mondays at 10 am. Free.

Chorus- Mondays 1 to 2:30 pm. Free.

Rummikub- Tuesdays 10 to 11:30. Free.

Dominos, Canasta, Open-Play Pitch- Fridays, 1pm. Free.

Line Dancing- Different ability levels on different days; all classes 6:30 to 8:00pm. Fee applies.

Historical Society- Open by appointment. Call Ruth Bergeron at 860-564-8561 to schedule an appointment.

TVCCA Café Meal Program- Thursdays, 11:30 to 12:30 in the Dining Room. Suggested Donation: \$3.

Available Daily

Library- Borrow and return books and DVDs on the honor system. Donations of books and DVDs accepted. Free.

Billiards- Two pool tables, assortment of cue sticks. Free.

Senior Transportation- Restrictions apply. See ad in this newsletter. Donations are welcomed and appreciated.

Once A Month

Trivia, Origami, Learning Through Documentaries, Scrabble, Card Making- See "Linda's Craft Corner" insert for dates, times, prices.

Movie On The Big Screen- Third Thursday of each month at 1pm. Free.

Women's Club- Third Wed. of the month, 1-4 pm. Free.

Special Events

Travel Opportunities -Many (15 + per year) travel options ranging from day trips to overnights. Prices vary.

Socials, Speakers, & Other Events- Themed socials, useful workshops, and interesting speakers throughout the year. Info posted in this Newsletter. Prices vary.

SENIOR CLUB NEWS

A Note From Terry

Thank you to everyone who have renewed their membership for 2022. The deadline for renewal is March 1st. Anyone who has not completed their membership will be removed from our roster after that date.

Please note that the Senior Office WILL BE CLOSED FROM DECEMBER 22ND TO JANUARY 3RD.



Travel News

A Note From Terry

Our Travel Brochure for 2022 should be available very soon. I was hopeful that it would be completed by the end of December, but I'm still waiting for final approval of trips and flyers. Hopefully all will be completed by the middle of January. Start saving your pennies, we have some great overnight trips planned!

IMPORTANT TRAVEL DATE AND NOTICE
FINAL PAYMENT FOR ATLANTIC CITY IS DUE ON JANUARY 9TH



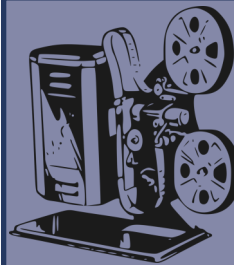
Plainfield Historical Society News

The Plainfield Historical Society is pleased to announce a meeting on **Thursday Jan 27th at 7 pm** here at the Center. The topic of the meeting is "**Show and Tell**" where Ruth will be displaying many of the items acquired in the last year or so. The public is invited, and may bring items to show. Please note that the meeting will be cancelled *if schools are cancelled* on that day. Future meetings, which take place on the 4th Thursday on the month, will be posted here in the Senior Newsletter. Contact Ruth Bergeron at 860-564-8651 for more information.



Plainfield Senior Chorus Concert

The Plainfield Senior Chorus will be having their "BACK IN THE SADDLE AGAIN" Concert on **Friday, January 28th, 2022 beginning at 7 pm** at Plainfield High School. Tickets are \$10.00 each and can be purchased from any Chorus member, or at the door the day of the performance. You won't want to miss this wonderful show!



Movies on the Big Screen

Please note that there will **not** be a movie shown for the month of January. Movies will resume on the third Thursday of each month at 1 pm in February.

DO YOU NO LONGER DRIVE? ARE YOU HOMEBOUND? DO YOU NEED A RIDE ?

Call the Recreation Department at 860-564-1819 For More Information or to Schedule a Ride. For residents of Plainfield, Canterbury, and Sterling who are 60+.

This program is partially funded through the Town of Plainfield and a grant from Title III Older Americans Act and Senior Resources Agency on Aging.



Senior Resources Agency on Aging Offers Free “Live Well” Workshops via Telephone



Senior Resources is now offering three different FREE Live Well telephone workshops for area adults and their caregivers: *Chronic Conditions Self-Management*, *Diabetes Self-Management*, and *Chronic Pain Self-Management*. No technology other than a phone is needed for participants to connect for one hour weekly for six weeks to a trained Live Well Leader who facilitates the sessions. Workshop participants receive FREE toolkits, including a *Living a Healthy Life* book, an instruction booklet, and exercise and relaxation CD's. Read below for dates, times, and program overviews.

Chronic Disease Self-Management

Dates and Times:

01/04/2022 - 02/08/2022 from 4:00 pm - 5:00 pm

01/06/2022 - 02/10/2022 from 10:00 am - 11:00 am

01/13/2022 - 02/17/2022 from 10:30 am - 11:30 am

About This Workshop:

Are you an adult with an ongoing health condition such as arthritis, high blood pressure, heart disease, chronic pain, anxiety or depression, or do you care for someone who has these issues? This workshop can help you be in control and feel better. You will learn to set your own goals and make a step-by-step plan to improve your health, and your life.

Diabetes Self-Management

01/13/2022 - 02/17/2022 from 1:00 pm - 2:00 pm

About this Workshop

Are you an adult with Type 2 diabetes, or do you care for a diabetic loved one? This workshop can help you take control of your diabetes or help you in your role as a caregiver. Learn how to manage symptoms so you can get the most out of life. Topics include: meal planning and healthy nutrition choices, how to manage low and high blood sugar, tips for dealing with stress, how to fight fatigue, and how to care for your feet.

Chronic Pain Self-Management

02/04/2022– 3/11/2022 from 1:30 to 2:30pm

About This Workshop:

Are you experiencing chronic pain brought on by arthritis, stroke, neuropathy or another condition? If so, this workshop provides you with practical tools to help you develop self-management skills, while giving you the confidence and motivation you need to better manage symptoms, and meet the challenges of day-to-day tasks of living with chronic pain. You will learn: techniques to deal with problems such as frustration, fatigue, isolation, and poor sleep; appropriate exercise for maintaining and improving strength, flexibility, and endurance; appropriate use of medications and how to evaluate new treatment; and how to rest and pace yourself.

For more information or to enroll, please contact Lori Rygielski: lrygielski@seniorresourcesec.org or 860-887-3561 ext. 127.

Healthy Aging With Joyce

From Joyce Hoffman, BA Social Work, Social Service Coordinator

Joyce is in her office here at the Center on Monday & Friday mornings from 9 to 12.

INCREASE TO MEDICARE PART B

The Centers for Medicare and Medicaid Services (CMS) announced the Medicare Part B standard monthly premium would increase by 15% in 2022, from \$148.50 a month to \$170.10 a month. This is the largest increase in 15 years. For most beneficiaries, the 5.9% cost of living adjustment (COLA) to Social Security Benefits in 2022 - the largest COLA increase in 30 years, will absorb the increase.

To find out if you are eligible for the Medicare Savings Program through DSS (which pays for the Medicare Part B premium), make an appt. with Joyce on a Monday or Friday between 9 -12pm by calling 860-564-1819.

Source: Medicare Watch Newsletter online dated Nov. 18, 2021, Volume 12, Issue 43

VOLUNTEER OPPORTUNITY

Are you a neat person, like to organize and straighten out things? Mainly Clothes Clothing Closet in Moosup, CT is looking for a "folder" to fold clothes/straighten out their shelves. Also help is needed to hang clothes on racks and pick up empty hangers. If you have an hour or so of time available, call Pastor Cathy McNeil at 860-230-6804. Mainly Clothes Closet is open Wed. 10:00-12:00pm and 4:00-6:00pm; Fri 10:00-1:00pm (free lunch provided if you volunteer this day!) and Sat. 10:00-12:00pm.

CONNECTICUT WATER LIHWAP PROGRAM

Connecticut Water is pleased to announce a new program called "Low-Income Household Water Assistance Program" (LIHWAP.) Income-eligible customers can receive help to pay for water and wastewater service. The Connecticut Department of Social Services (DSS) will be making payments directly to water service providers on behalf of registered customers who qualify for the program. This program is in addition to the WRAP, H2O, and Operation Fuel programs. For more info, please visit ctwater.com/H2O or call 1-800-286-5700.

MONITER MY HEALTH PROGRAM

An evidence-based lifestyle change program, this program is completely **FREE** and is grant funded by Senior Resources Agency on Aging. Highlights of the program, *offered here at the Center* are:

- ◆ In-Group Sessions led by a Certified Lifestyle Coach
- ◆ Aerobic exercise sessions
- ◆ Individual consultations with a Registered Dietician
- ◆ Blood pressure, blood sugar, Body Mass Index screening.

Classes begin January 4th, 10:30am - 11:30am. Register online at www.painfieldrecreation.com, or by calling the Recreation office at (860) 564-1819.

FOOT CARE CLINIC HERE AT THE CENTER

Coming soon! Appointments will be available with Dr. Thomas Walter, D.P.M. More information to follow in the February Newsletter, so stay tuned!

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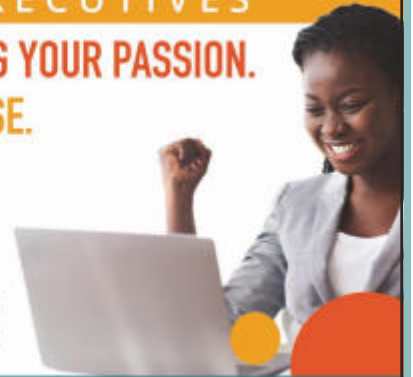
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