AVON SENIOR CENTER

635 WEST AVON ROAD
AVON, CONNECTICUT 06001
860.675.4355

Jennifer Bennett, LMSW, CDP Avon Senior Center Coordinator
Elizabeth Shaffer, Administrative Secretary



MARCH 2021

See our newsletter online at: https://www.avonct.gov/senior-center

Senior Center Coordinator's Message

Happy March!! I hope this newsletter finds you well. We are thinking positive thoughts as we head into the Spring Season!

We have some great programs this month and you want to join us! All of our programs are virtual. We're starting our "Unearthing History" series that is co-sponsored by the Avon Historical Society, Avon Library & Avon Senior Center. It's a year-long series and we have awesome speakers and presenters!

Our Spring classes will be starting up soon, please check them out. All of our classes are virtual. We are so pleased to have excellent instructors for our classes, you don't want to miss out. Please sign up.

March is "Social Work Month!" We have 5 interns this semester from different schools of social work. Interns: Joanna, Alex, Faridah, Emma, Kaleighana. We thank them for all of the work that they're accomplishing and we celebrate them.

We are here for you! We miss seeing you, will continue to reach out and call you. If you have any questions, need any information or just want to chat, please feel free to call us.

Enjoy this month, have fun, try something new, stay safe and healthy!

Please take care,
Jennifer Bennett, LMSW, CDP

MARCH

Grab & Go Meal
Wednesday, March 24
12:30 pm

GRAB & GO

LASAGNA LOVE

Join us for a special event as we celebrate March with a FREE Grab & Go Meal. Everyone signed up will receive a delicious meal. We will hand them out as you drive up to the front door of the Avon Senior Center. We want to celebrate you, in a safe and socially distant way, so please wear a mask. Please call 860-675-4355 to sign up. We look forward to seeing you!



On-line Activities to do at home

Museums
https://robbreport.com/lifestyle/news/14-virtual-museum-to-visit-during-social-distancing-and-quarantine-2905827/

https://www.wvlt.tv/content/news/Stuck-at-Home-with-the-kids-here-are-12-Famous-Museums-Offer-Virtual-Tours--568830661.html



National Museum of Natural History: https://naturalhistory.si.edu/visit/virtual-tour

MOMA Classes: https://www.coursera.org/learn/modern-art-ideas?ran-MID=40328&ranEAID=Cu8bOePBZBg&ranSiteID=Cu8bOePBZBg-1i9OSsiZhVaw475BGWDWPA&siteID=Cu8bOePBZBg-1i9OSsiZhVaw475BGWDW-PA&utm_content=10&utm_medium=partners&utm_source=linkshare&utm_campaign=Cu8bOePBZBg



New Britain Museum of American Art: https://nbmaa.org/online

Grammy Museum: https://www.billboard.com/articles/news/9337126/grammy-museum-free-online-programs-brandi-carlile-bob-newhart

Museums, Libraries, Zoos Offer Online Programs https://www.wvxu.org/post/museums-libraries-zoo-offer-online-programs-during-coronavirus-closures#stream/0

Smithsonian https://www.edx.org/school/smithsonianx

CT Historical Society https://chs.org/bringchshome/

Courses
You can now take classes from prestigious universities in the safe haven of your home, and they are free.
https://www.classcentral.com/collection/ivy-league-moocs
https://www.open.edu/openlearn/free-courses



https://www.coursera.org/

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



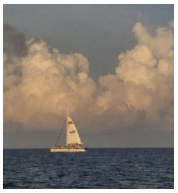
Ted Talks https://www.ted.com/

JIGSAW PUZZLES: https://games.aarp.org/games/jigsaw





Documentaries
https://documentaryheaven.com/
https://www.discovery.com/



Opera
https://www.vulture.com/2020/03/coronavirus-the-metropolitan-opera-to-stream-free-operas.html?utm_campaign=nym&utm_source=fb&utm_medium=s1&fbclid=IwAR1TXT9zz_SNyRYp_oy7IpXFFBsDmpcEn0Gkqm5JfgT2I_If5mOuoYoMIwI



Animals
https://zoo.sandiegozoo.org/live-cams
https://www.youtube.com/user/LionWhispererTV
https://nationalzoo.si.edu/webcams



Webcams
Yellowstone-https://www.nps.gov/yell/learn/photosmultimedia/webcams.htm#north
All different types: https://www.earthcam.com/
Volcanoes: https://www.ospo.noaa.gov/Products/atmosphere/vaac/webcams.html

Games
Online games/crosswords/word searches, etc.
http://games.courant.com/category/allgames/

Fitness/Yoga/Dance/Meditation



Online fitness classes from the YMCA: https://www.youtube.com/channel/UCOGt_IpceP_xQhhCMCrut_A

Free Fitness Classes online: https://www.9news.com/article/news/health/coronavirus/free-home-workouts/73-ca117ae0-6de3-42ba-a68c-aa67eab158c5



Free Adult Dance Classes: http://www.danceplace.org/virtual-adult-classes/

Free Meditation: http://www.freemeditation.com/

YouTube Free Yoga Classes: https://www.youtube.list=PLZkDZKOcvYTh4dRDXQ71m7gQUmW

Medicare & Beyond

Wednesday, March 17 at 6:30 pm - 8:00 pm
Or Wednesday, March 31 at 6:30-8 pm



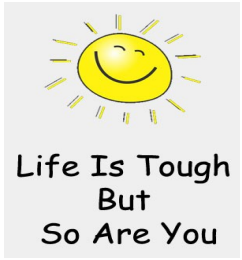
Are you turning 65 or just confused about Medicare? Medicare can be a confusing topic. This FREE seminar by the father-daughter team of Lou Pelletier & Jessica Pelletier from American Senior Benefits will educate you on the options & programs available. Learn what Medicare options best meet your needs. If you are over 65, educate yourself about the many laws and programs that may be relevant to your situation, such as maximizing social security or protecting your assets from long term care exposure without insurance.

Please register and a Zoom link will be sent to you before the event.

Same content available at both sessions.

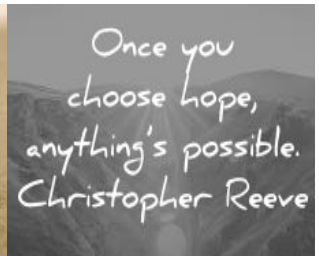
Sponsored by the Avon Senior Center & the Avon Free Public Library.

https://www.avonctlibrary.info/event/medicare-beyond-3/











HAPPY SOCIAL WORK MONTH

SOCIAL WORKERS ARE ESSENTIAL

NASW National Association of Social Workers CONNECTICUT CHAPTER

AVON SENIOR CENTER CLASSES

Please note: all classes are VIRTUAL through Zoom. Participants will receive a link after registering.

Tai Chi
Wednesdays, 4:00-5:00 p.m.
January 13 – March 31
Fee: $71.00 Senior Fee: $63.90

Chair Yoga
Fridays, 1:30-2:30 p.m.
March 19 – May 7
Fee: $77.00 Senior Fee: $69.30

Meditation
Tuesdays, 2:00-3:00 p.m.
March 16 - June 1
FREE

Zumba Gold - Mondays
Mondays, 5:45-6:45 p.m.
January 11 – March 29
Fee: $71.00 Senior Fee: $63.90

Zumba Gold - Wednesdays
Wednesdays, 5:45-6:45 p.m.
January 13 –March 31
Fee: $71.00 Senior Fee: $63.90

Silver Sneakers Chair Aerobics
Silver Sneakers Chair Aerobics is a chair work-out for people ages 65 and older paid through your health insurance. If you don't have Silver Sneakers, you may pay the instructor $3.00 per class.
Mondays 3:00-4:00 p.m. & Thursdays 10:30-11:30 a.m. and 3:00-4:00 p.m. This class is ongoing; join any time. Please call Avon Senior Center to register.

For more information about registering, classes and setting up your account please visit: **ww.avonrec.com.**





CRT Lunch

Please let us know if you want to be added to our CRT grab & go lunch list. Each person receives two frozen meals plus fruit, milk & other sides. Pick up is Thursdays at 12:00 p.m. You drive up and we will hand the meals to you while you're in your vehicle for safe social distancing. There are no Congregate in-person meals at this time.



Connecticut SMP
Empowering Seniors To Prevent Healthcare Fraud



Contact tracing is key to slowing spread of COVID & helps protect you, your family, & your community:
* Let people know they may have been exposed to COVID-19, monitor for signs & symptoms,
* Help people who have been exposed get tested,
* Asking people to self-isolate or self-quarantine to reduce the risk of spreading COVID-19 to others.

Green flags

Contact tracers:
* State/local Dept of Health employees/contractors,
* Ask about symptoms to gauge for infection,
* Recent contact with others,
* Refer you to other medical & social resources,
* Insured– ask, connect uninsured with resources.

Red flags

Be cautious of anyone who:
* Asks about your health insurance (Medicare #),
* Demands money to pay for COVID-19 test,
* Wants personal information to set up COVID test.

How Can Senior Medicare Patrol (SMP) Help?
SMP will provide you with information to **PROTECT** from Medicare fraud, errors, and abuse; **DETECT** potential fraud, errors, and abuse; and **REPORT** your concerns. SMPs educate & empower against health care fraud. Help with questions, concerns, complaints & provide information and educational presentations.

For more information, contact the Senior Medicare Patrol at your local Area Agency on Aging at 1-800-994-9422 or visit www.smpresource.org.

E-mail List

If you would like our newsletter emailed to you, please send an email to: eshaffer@avonct.gov requesting to be added to the newsletter email list.



Farmington Valley Visiting Nurse Association

Blood Pressure/Blood Sugars
FV VNA Simsbury Office
Thursdays 11 am- 1 pm

Appointments Only
Please call: 860-651-3539
8 Old Mill Lane, Simsbury.
Everyone must wear a mask.

Books, Movies, Puzzles
Available to borrow.
Please call or email your request & items available for pick up.



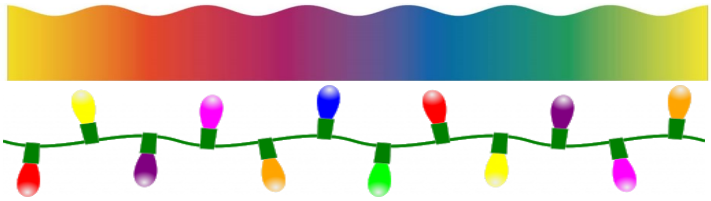
Receive Emergency Updates from the Town of Avon!



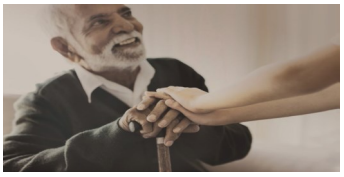
The Town of Avon is committed to providing up to date information. Please read below:

SUBSCRIBE TO NEWS - Email updates on website (https://www.avonct.gov/subscribe). Select "Town Alerts" & "Town News and Announcements" to receive updates regarding storms, emergencies, & timely news.

CT ALERTS - Critical emergency information: CTAlert system (https://portal.ct.gov/ctalert) sends notices to: home, cell, business, texts, email, hearing impaired devices & more. **State of CT & Town of Avon have the ability to send alerts to those registered with CTAlert system.** When the State or Town issues an emergency message, it will be sent to all contacts enrolled in system. If you do not confirm receipt of message, the system will attempt to reach next contact entered. **The Town suggests enrolling in both Subscribe to News and CTAlert.**



MYPLACECT.ORG
The Virtual Home of No Wrong Door



MyPlaceCT.org—free web-based resource from the State of CT—offers information on these topics:
Health and Well-being: Managing Chronic Disease & Pain, Preventing Falls, Medication Management, Geriatric Assessments, Holistic Health, Mental Health & Addiction, Memory Loss—and more!
Services and Supports: In-Home Care, Housing, Technology & Home Modifications, Meals & Groceries, Transportation, Social Engagement, Veteran Services, End-of-Life Planning—and more!
Learn: Plan for the Future, Assess Your Needs, Medicaid/Medicare, Financial Tools—and more!
Family Caregivers: Respite Services, Support Groups, Online Resources, Legal Matters, and more!

SENIOR CITIZENS OF AVON ORGANIZATION

635 WEST AVON ROAD• AVON, CONNECTICUT 06001
860.675.4355

President & Cheer– Marie Evans
Vice President & Programs– Helen M. Toth
Treasurer - Barbara Schicker, Hospitality - Jean Pelletier
Secretary - Marian Hurlbut, Financial Secretary - Katie Ruez

Programs Through June 2021 - Cancelled.

Message from the Board of Directors . . .

We wish you a Happy St. Patrick's Day. Hope you enjoy the day. This month we also will return to Daylight Savings Time and welcome the first day of Spring.

The pandemic however, is still fluid and we need to continue our vigilance. The State has expanded the criteria for immunizations so more and more citizens will be eligible for the vaccine.

Please consider rolling up your sleeve and getting that shot. It's a great way to protect ourselves against this horrible disease. Please be sure to wear your mask and carefully social distance. We care about you.

We are still planning to have a wonderful celebration for our 50th anniversary and it will be very special to mark this awesome occasion.

We will continue to evaluate the status of getting together for our Monday Organization meeting and will communicate any changes as we go from month to month.

Happy Birthday to the following Members:
March 2nd – James Martino
March 3rd – Barbara Martino
March 26th – Norm Jennings

Please stay safe and know that during this trying time you are in our thoughts and we look forward to resuming our programs in the Fall of 2021.
Helen M. Toth



Mutual Cares an online resource to help seniors stay well, connected, active, entertained. (https://cares.mutualofomaha.com/).

CCSU's Scholars For Life! Speaking Series
Made possible by our sponsors

CCSU ALUMNI ASSOCIATION

Hartford HealthCare
The Hospital of Central Connecticut

***Important Details**

- We use Cisco WebEx Meeting.
- Will receive 'Joining Link' the day of talk.
- Registration required.
- Practice session, email: csterling@ccsu.edu.

UPCOMING MARCH PROGRAMS

Monday, March 8 Secret London: Romans, Rogues & where to sell your wife
Thursday, March 11 The Paradoxes of Medieval Chivalry: Love, Honor, Shame & Violence
Wednesday, March 17 Contemporary Africa
Wednesday, March 24 Ann Bradstreet
Wednesday, March 31 The Federated States of Micronesia

Christa Sterling csterling@ccsu.edu
CCSU Director of Continuing Education

Money Matters with Mike Sloan of Mutual of Omaha
Please click the link below to watch a video. Program will focus on the HECM reverse mortgage (the HUD sponsored and FHA insured product). https://youtu.be/myYr3vTRphs



Photo provided by Archaeological and Historical Services, Storrs, CT

Spear point, broken during manufacture, recovered at the Brian D. Jones Paleo-Indian site

UNEARTHING HISTORY:

THE DISCOVERY OF A 12,500 YEAR OLD PALEO-INDIAN SITE ALONG THE FARMINGTON RIVER IN AVON, CT

Lecture series will cover the archaeology, geology, and anthropology of life along the Farmington River, with a focus on the Brian D. Jones Paleo-Indian discovery in Avon, Connecticut.

7:00 PM, VIA ZOOM FREE TO ATTEND
REGISTER AT: WWW.AVONCTLIBRARY.INFO

MARCH 4:

Digging into Deep History: Archaeology, Artifacts, and Avocation

Presented by Scott Brady, President, Friends of the State Archaeologist & Paul Wegner, Assistant Director, Institute for American Indian Studies Museum (IAIS), Washington, CT

APRIL 8:

A Rift, not the River, made the Farmington Valley: The Geology of western Connecticut along US RT 44

Presented by Howard Wright, Renbrook School Science Department Head

MAY 6:

Connecticut Before History: The Deep Story of Human Settlement of the Farmington Valley

Presented by Dr. Ken Feder, Archaeologist, Central Connecticut State University, and Founder of the Farmington River Archaeology Project

SEPTEMBER 9:

Connecticut Native American Communities Past and Present

Presented by Dr. Lucianne Lavin, Director of Research and Collections, Institute for American Indian Studies Museum (IAIS), Washington, CT

OCTOBER 7:

Connecticut's Paleo-Indian Sites
October is Connecticut Archaeology Month!

Presented by Dr. Zachary (Zac) Singer, Research Archaeologist, Maryland Historical Trust and Dr. David Leslie, Archaeological and Historical Services, Storrs, CT

2021 Webinar Series created by :
Avon Historical Society
Avon Free Public Library
Avon Senior Center

Sponsored by a grant from:

FARMINGTON BANK Community Foundation

Thankful For...

Find and circle all of the people and things to be thankful for.
The remaining letters spell a secret message.

S E O M R A I N B O W S M E P E M U S I C O
P Y A M D N A R G L V O L U N T E E R S S R
S E S S A L G E Y E D E H E A R I N G C E A
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Y I P E S G R A E O U M B M O B U O A E S L
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S Y H E C S A V R L S A M T S I R H C E B R
O S E T E F I L S F A P L A C E T O L I V E

ACTS OF KINDNESS
A PLACE TO LIVE
BEACHES
BEAUTIFUL NATURE
BLESSINGS
BOOKS
BROTHERS
CARE GIVERS
CHILDREN
CHRISTMAS
CLEAN WATER
CLOTHING
COMPUTERS
ELECTRICITY
EYEGLASSES
EYESIGHT
FAITH
FAMILY
FLOWERS
FOOD
FREEDOM
FRESH AIR
FRIENDS
FUN
GOOD HEALTH
GRANDMA
GRANDPA
HAPPY MEMORIES
HEARING
HOLIDAYS
HUMOR
INTERNET
LAUGHTER
LIFE
LOVE
MUSIC
NURSES
PARENTS
PEACE
PETS
RAINBOWS
SCHOOL
SINGING
SISTERS
SMART PHONES
SMILES
SUNSHINE
TEACHERS
TELEVISION
VOLUNTEERS
WARM SHOWERS

RESERVED FOR SPONSORS