

MIDDLETOWN



Prime Times

A Monthly Publication of Programming, Events, and News for Middletown Residents 60+

61 Durant Terrace

(860) 638-4540

www.middletownct.gov/seniors

COVID-19 NEWSLETTER (5)



SEPTEMBER 2020

This newsletter was written the last week of July 2020.

A Message from Ann....

Hi Everyone! September is National Senior Center Month and I don't think any of us envisioned celebrating quite this way! We won't let the pandemic keep us from celebrating all that our Senior Center represents to our members, staff, and the Middletown Community.

As we put together this newsletter 5 weeks before September, the Governor has "paused" Connecticut's Phase 3 and talks of a possible Fall resurgence have increased. We will not be moving forward with our phased in reopening until Connecticut moves forward with its reopening plan. Your health and safety as well as the staff's health and safety is paramount. When we are able to proceed with additional indoor programming, I will put out an automated recorded call as well as an email. Until then, we'll continue with outdoor activities, drive-thru programs, virtual programs, and our "to-go" activity kits. These are all ways to keep connected.

To date, I'm incredibly proud to say we've handed out over 600 activities "to-go" with plans in the works for over 1,000 more. We are serving approximately 60 people a week in our outdoor exercise programs. Around 70 people will receive strawberry shortcake and 70 more our first early bird dinner drive-thru. Our August entertainment allows for 25 people. We've had 23 people regularly participate in our virtual trivia games. Virtual bingo is attended by just as many people as when we held it in person. We're starting virtual pokeno in August. We're offering in-person health services (foot care and blood pressure checks) as well as a curbside pickup of our CRT lunch program. We've distributed 54 Farmer's Market vouchers as of the printing of this newsletter and had 8 in-person social visits. Heidi, Laura, Shaun, and myself have been brainstorming round the clock and inventing new and exciting ways to keep you busy and engaged. As always, your feedback and suggestions are taken seriously and incorporated wherever possible.

It's a very busy yet very different feel here at the Senior Center, but our goal remains the same... We will continue to serve as many Middletown seniors as possible and strive to keep you active, engaged, healthy, and happy! Great care is put into our program offerings to make sure there is something for everyone. You are our motivation! There isn't a minute that goes by that we aren't thinking about you. You are all like family. I know this has been especially difficult for you. Please don't hesitate to reach out to us if there's something we can do, or services we can connect you with.

Lastly, I want to thank you for your positivity, your humor, your letters and calls. The people, both members and staff are what make this the best senior center! Thank you Heidi, Laura, Shaun, and Becky for jumping on this wild ride with me and being so open to continue to improve and build this family and this home we call the Middletown Senior Center. Stay Strong, Stay Safe. *With Love, Ann Gregg (Manager of Senior Services)*

How Do I Register For September Activities?

Call (860) 638-4540 OR email: seniorcenter@middletownct.gov

Arts & Crafts to Go, Baking to Go, DIY Kits, Food & Entertainment, and Book Club:

Priority Registration for Middletown Residents is open August 26th through September 1st on a first-come, first-serve basis. General Registration including non-residents opens September 2nd.

Foot Care, CRT Lunch Frozen Meals, Blood Pressure, Pokeno, Bingo, Social Visits, Ping-Pong, Farmer's Market Vouchers, Virtual Coffee with Ann, City Updates Conference Call with the Mayor, and Exercise Programs: Registration is open now

This is probably the last month the items listed in this newsletter will be offered without fees. Please consider making a donation towards your activities to help defray the costs so we can continue to serve as many people as possible. Please, please follow the above registration instructions.

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Reiki by Deborah

My Name is *Deborah Page*.

I am a Reiki 2 Practitioner.

Along with usui reiki I also do chair reiki and distance reiki. I can test chakras & work with Angels.

I currently hold my reiki sessions at the Red Barn in Durham.

860-797-7977

dnpage391@gmail.com

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Food & Entertainment

Ice Cream Social Sept. 10th between 2pm—3pm Sponsored by Water's Edge Center for Health & Rehabilitation

With summer coming to a close, we are calling for one last Ice Cream treat! Water's Edge Center for Health & Rehabilitation has sponsored an ice cream truck with lots of different choices for you. You'll get to choose between Good Humor, Ben & Jerry's, Klondike, Popsicle and more! This is a drive-thru program.



Early Bird Dinner To Go Sept. 16th 3:30pm- 4pm

What could be better than BBQ chicken on the grill? We'll be grilling up a BBQ chicken dinner with macaroni and cheese, and cole slaw. A sweet treat will be included for dessert.



The meals will be warm when you pick-up and will be packaged in a microwave safe container.

You will be assigned a time slot for you to drive-thru and pick up your meal. Pre-registration is required.

Hot Dog Lunch To Go September 24th at 1pm



Don't forget to register for a delicious foot long hotdog, bag of chips, and a small side of chili to make it a chili dog if you choose to. You will also receive a small dessert. Pre-registration is required. This is a drive-thru program.

Peach Pie to Go Sept. 4th 2pm-3pm

Grab a delicious slice of homemade peach pie. This will be offered as a to-go treat in our drive-thru. Pre-registration is required. It will be packaged in a to go container so it will stay fresh on your drive home. It should be refrigerated and consumed within 1 day.



Outdoor Entertainment—Sept. 9th 2:30pm

José Paulo's voice will mesmerize you and his personality will charm you! He is very versatile and that permits him to sing all styles of music in English, Portuguese, Spanish, Italian and French.

José Paulo is a native of Rio de Janeiro, Brazil. Since Brazil is in his blood, he enjoys performing Bossa Nova and Samba music. He also released his first CD in 2008, "Canzoni Stonate". In addition, he has been part of many performances and events. Pre-registration is required.



Breakfast To Go September 2nd between 8:30-9:00am

This month's breakfast is an egg, bacon and cheese sandwich on a hard roll served with a fruit cup. Cooked by Middletown Fire Chief Kronenberger and sous chefs Deputy Chief Leary, Director of Central Communication Wayne Bartolotta, and Deputy Director of Central Communications Robert Grauer. Pre-registration required. A pick-up time will be assigned for you to drive-thru.

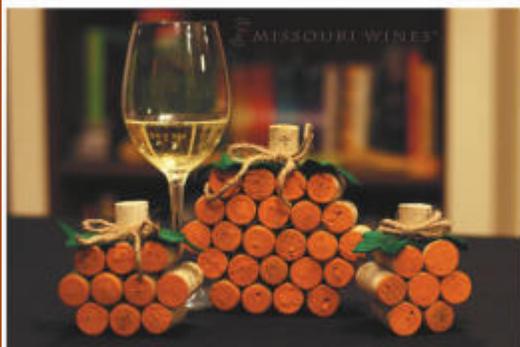


Farmer's Market Vouchers

In order to qualify, you will be required to verbally attest that you meet the following criteria:
You are a resident of Middletown, 60 or older, You do not live in one of these properties that are handing out vouchers: Middletown Housing Authority, Newfield Towers, Old Middletown High, Pondview, Shiloh Manor, South Green Apartments, St. Luke's Apartments, or Stoneycrest Towers, You have not received a check booklet already this year, You meet the 2020 annual income limits which are \$23,606 or less for a single household and \$31,894 or less for a double household. If you meet these eligibility guidelines, you can call or email us to schedule pickup of your vouchers. We are a distribution site and do not create the program rules or the distribution rules. We also don't control the farmers markets or the pricing.

Arts & Crafts On-The-Go Activity Kits

WINE CORK PUMPKINS



Includes wine corks, adhesive, felt, twine, instructions, and a link to a how-to video created by staff. No special skills required. These pumpkins make excellent home décor.

PAINTER'S TAPE ABSTRACT ART

It's as easy as it sounds. Paint your canvas in whatever way you would like. When you take off the painter's tape, you're left with an original abstract painting. You can display in your home or give as a gift. Included is an 11x14" canvas, assorted primary acrylic paints which you can mix into a variety of colors, a roll of painter's tape, written instructions, and a link to a how-to video created by staff.



MIRROR ETCHING



Have you ever wondered how to do mirror etching? Even if you've never etched before, this technique is something anyone can do. This includes a square mirror, stencils, etching cream, a paintbrush, battery operated tea light candles, written instructions, and a link to a how-to video created by staff. When finished you can hang this or use it as a table centerpiece.

DECORATIVE BOWLS

This is a super fun and simple way to brighten up your space. Using a ceramic bowl and sharpies, you can create this decorative bowl to be used as a serving piece, centerpiece, candy dish, or planter. This includes bowl, sharpies, written instructions, and a link to a how-to video created by staff.



Easy Baking/Cooking Project Activity Kits



Nutella Brownies

Includes the supplies, recipe, and link to a video with staff member instruction. This quick 3 ingredient recipe is delicious and great for dessert or as a snack!

Cinnamon/Sugar Twists

Includes the supplies needed as well as the recipe, and a link to a video with staff member instruction. Delicious treat at any time!



Mug Cake

Includes the supplies needed, recipe, and a link to a video with staff member instruction. You can make this quick, easy dessert and impress your family & friends.

CRT Lunch Program—Open to All

Our new café worker Julie will be here running this drive through service every Friday from 11am-12pm. You will be provided 5 frozen lunches, 5 dairy (usually 3 individual milks, a yogurt, and cheese stick), and 5 snacks. You can opt in at anytime. There are no substitutions and it's all or nothing. There is a maximum of 35 participants per week. Each week, we will need a count by Wednesday for the following week. Open all of August and September. You can sign-up for the month at once! We've heard the food is delicious!

The congregate meal elderly nutrition program was established as part of the Older Americans Act. This subsidized program is funded by Federal and State pass-through dollars. Due to the Coronavirus, there is additional CARES act funds. The only eligibility requirements to participate are that you are a Middletown resident 60 or older and that you have a Federal Form 5 on file. There are no income limits to participate. We can fill out the form for you by phone. The questions may seem intrusive, but they are confidential questions used to get partial reimbursement from the Government since this is a government run program. Call Laura to fill out your form by phone (860) 638-4542 or email her at: laura.runte@middletownct.gov. If you've had lunch at our center provided by CRT in 2020, then you already have a form 5 on file. Either way, it's easy to get started! Give it a try!

Donations are not required, however there is a suggested donation of \$2.50 per meal which would be \$12.50 for the 5 meals. If you want to donate, please make out a check to CRT and put frozen meals in the memo line. You can give Julie your donation when you pick up your weekly meals. This is separate from the Senior Center. These donations go directly to CRT.

DIY Activity Kits

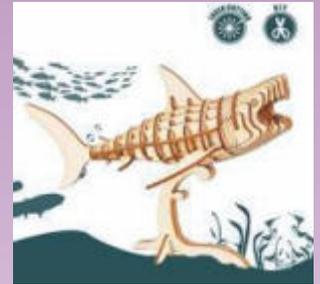


Diamond Painting Kit

Diamond Painting is a new craft hobby that's a mix between Cross Stitch and Paint By Numbers. ... With Diamond Painting, you apply tiny resin "diamonds" to a DMC-coded adhesive canvas to create vibrant mosaic paintings. The picture to the left is a picture of the finished diamond painting kit.

3D Wooden Puzzles

If you've never put together a 3D puzzle before, you might be wondering what they are. Jigsaw puzzles can be beautiful and challenging, of course, but 3D puzzles combine putting all those little pieces together with building a three-dimensional model or replica.



Metal Wire Brain Teasers

Metal puzzle brain teasers originate from Chinese culture and were designed to aid with concentration and focus. They also help develop creative thinking, problem solving, and more. These metal brain teasers have wire pieces twisted together, to unlock the ring puzzle you need to maneuver the pieces until you are able to separate them.

Jeopardy Trivia Pack # 1

This fun activity pack consists of questions similar to those found on Jeopardy. An answer key is provided.

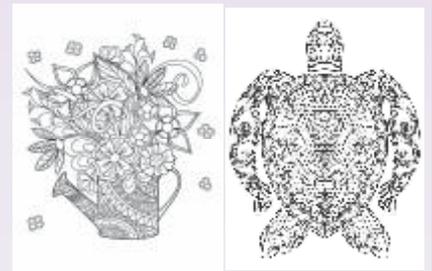


Brain Games Packet # 3

We've put together an all new packet of brain games for September. This month's challenges are geared to right brain or left brain activity. An answer key is provided.

Adult Coloring Packet # 3

This easy fun activity has been proven to have the ability to relax the fear center of your brain, the amygdala. It induces the same state as meditating by reducing the thoughts of a restless mind. It provides an outlet for emotional expression. We've put together a whole new set of coloring pages and colored pencils for you.



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Virtual Programming

We know that using some of these new technologies can make you feel anxious. We've simplified the process so you can connect simply using your phone. Don't forget—unlike in-person programs, when you connect virtually there's no commute time. It's instantaneous! Programs start at the advertised time. Connecting any more than 10 minutes in advance is confusing to both you and the staff. The program will not be in progress. If you connect early, we won't be there.



Virtual Pokeno Fridays 2:00pm-3:30pm

Now that we've got the hang of our virtual bingo and it's running well, we have added Pokeno on Fridays.

To participate by phone, on Fridays at 2pm, call 1-408-418-9388. The access code is 36445222#. You are not the host, answer # to the next 2 questions. If you want to join on your computer, laptop, or tablet—we can email you a link to the game. Prizes for the first 3 overall winners. Call us for Pokeno cards!

Virtual BINGO Wednesdays 1:30pm-3:00pm

You can play by phone OR computer, laptop, or tablet. If you will be participating other than by phone, please give us a call or send us an email so we can send you the link. If you are interested in playing, give us a call so we can get you your cards! We'll be playing for fun with prizes for the first 3 blackout winners. To participate by phone, on Wednesdays at 1:30pm, call 1-408-418-9388. The access code is 36445222#. You are not the host, answer # to the next 2 questions.



Senior Services YouTube Channel

You Can Use Anytime

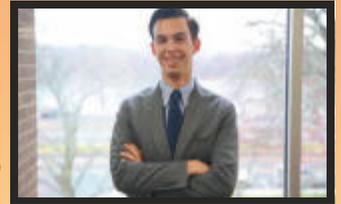


Don't forget to check out our YouTube channel featuring videos check-ins with staff, activity project videos, Exercise with Jane, Tai Chi, Qigong, Zumba, Guided Meditation, and more! There's also a collection of playlists where we've gathered a variety of virtual tours (aquariums, zoos, museums, national parks, etc.), craft projects, cooking and baking videos, entertainment (nostalgic tv, music, etc.), covid-19 videos, and computer and technical resources.

To access our channel, open up your web browser on your computer OR go to your YouTube App on your tablet or smart phone and search for: Middletown Senior Services. Click on the picture of our building and get started!

Conference Call with the Mayor September 3rd at 1:30pm

We've invited the Mayor to attend a conference call to fill us in on City updates as well as Middletown's response to Covid-19. Don't panic, it's very easy to participate! All you need is a phone. If you have any trouble connecting in, a staff member would be happy to connect you.



To participate by phone, call 1-408-418-9388. The access code is 36445222#. You are not the host, answer # to the next 2 questions.

If you prefer to connect using a computer or tablet, give us a call for the link.



Coffee with Ann—held virtually by Conference Call—September 1st at 11am

It's been a while since we've been able to connect! If you have any suggestions, questions, or just want to catch up and hear what's been going on, grab your coffee or tea and dial-in. Ann is the Manager of Senior Services. If you want to participate on video, give us a call. Otherwise, on 9/1 at 11, call 1-408-418-9388. The access code is 36445222#. You are not the host, answer # to the next 2 questions.



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Health Services



Foot Care Sept 1st & 15th

Jennifer Bosco, RN is taking appointments for footcare on the 1st and 3rd Tuesdays of the month. Please don't arrive earlier than 10 minutes before your scheduled appointment. \$35 payable to the practitioner. Please bring 2 hand towels.

Call the Senior Center for an appointment at 860-638-4540. **By appointment only.**

Blood Pressure Checks Thursdays by Appointment

Donna will be taking **appointments** for blood pressure checks in the month of September. If you are interested, you must make an appointment. We are limited to 6 appointments each Thursday.

Please don't enter the building more than 5 minutes before your scheduled appointment.

To make an appointment, call or email us.



Exercise

This schedule is subject to change. This newsletter was written in July when exercise is still being held outdoors.

A confirmed reservation is required to attend any of these classes. Masks are mandatory. You can sign-up 1 week in advance for the classes you are interested in. Example: Sign up this week for next week's classes. **Please don't arrive at the class more than 5 minutes before the advertised start time.**

MONDAY	CLASS 1 Exercise w/ Jane 8:30am-9:15am	CLASS 2 Exercise w/ Jane 9:45am-10:30am
TUESDAY	Tai Chi / Qi Gong Provided by Lisa 9am-9:50am	Zumba Provided by Diane 10:30am
WEDNESDAY	No Exercise Classes Today	
THURSDAY	CLASS 1 Exercise w/ Jane 8:30am-9:15am	CLASS 2 Exercise w/ Jane 9:45am-10:30am
FRIDAY	Tai Chi / Qi Gong Provided by Lisa 9am—9:50am	Zumba Provided by Diane 10:30am

September 23rd from 8am-10am

The City of Middletown in partnership with Stop & Shop will be hosting a Flu Clinic at the Middletown Senior Center. No pre-registration is required. Please bring your insurance card and ID. This clinic may be held outside.

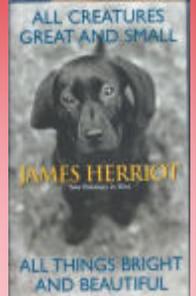
Flu Clinic

Book Club

September Book Club Meeting Will Be Held Outdoors! Sept 28th at 2:30pm

“All Things Bright and Beautiful” is our September Book. The plot is told through short anecdotes about treating animals, meeting farmers and other clients, and participating in the culture of the Dales.

This is our September book of the month. A limited number of used copies are available. To reserve your copy, please call and schedule a pickup time. You can also purchase the book online or in-store or borrow it from the library.



Other General Information

AARP Safe Driving Class

AARP has notified us that they will not be hosting any in-person safe driving classes for the remainder of 2020.

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Comcast Channel 19 Schedule

If you have Comcast Cable, you can view our programming on the City's Channel 19 using your television. In addition, when there isn't a specific program running, you can view a slideshow of updated city information. As far as we know, this information is only viewable for Comcast subscribers. If you use a digital antenna without a provider, you might have access—you can certainly look through your channels.

This Schedule Runs Each Day with a rotation of different videos.

8:00am—Exercise With Jane

9:00am—Middletown's Community Forum on Covid-19

10:15am—Tai Chi/Qigong with Lisa

11:30am—Guided Meditation with Elizabeth

1:00pm—Middletown's Community Forum on Covid-19

2:30pm—Zumba with Diane

4:00pm—Rotating Programming

5:00pm—Middletown's Community Forum on Covid-19

City Hall Now Open

City Hall opened on August 3rd. Appointments are required. Please call the specific department you need to visit to make an appointment.

Face coverings are required to enter the building. There is a greeter in the lobby who will assist you. If you arrive at city hall without an appointment, the greeter will set up an appointment for you. In most cases, you will need to wait in the council chambers until the office you need has availability.

Many services can be handled by phone, online, or through the mail.



Questions about Mail-In Ballots

If you have questions about mail-in or absentee ballots, please call the Town Clerk's office at (860) 638-4910.

Questions about Registering to Vote

If you have questions about registering to vote, please call the Registrar of Voters at (860) 638-4950.

Social Visits by Reservation (We are Also Booking Virtual Visits)

Outdoor Only

The North Parking Lot is closed. We are setting up canopies in the North Parking Lot as well as utilizing our patio under the pergola for in-person social visits. When making a reservation, you are agreeing to the below requirements.

Do you want to catch up with a friend or friends in person? Our pergola is a great place to relax and reconnect. You can come alone or with up to 4 other people.

Requirements:

- You must make a reservation. Time slots available each day are 9am-10am, 10:30am-11:30am, 12pm-1pm, 1:30pm-2:30pm, and 3pm-4pm.
- When making your reservation, there is a maximum of 5 people allowed per timeslot. You can ask to have a reservation with a staff member or staff members to socialize and catch up, or you can meet up with friends. We must have the names in advance.
- Social distancing is required (6 ft)
- Wearing a mask is required (even though you are outside).
- Visits are weather dependent since they are outside only.
- Please bring water with you to stay hydrated.
- Use the bathroom before coming. In the event you need to use the bathroom, 2 people at a time will be permitted in the facility. The bathroom is sanitized twice per day, but cannot be sanitized after each use, so you are using it at your own risk.
- Please don't arrive early and please stick to the time slot given.
- At this time, there will be no sharing of any supplies. That means, no cards, no puzzles, no games, etc.



When you leave the TV on for your dog, on a news channel, and come home 8 hours later...



I PROMISED MYSELF I'D DO THINGS DIFFERENTLY TODAY, SO I'M SITTING AT THE OTHER END OF MY COUCH.

THIS SUMMER WILL BE LIKE



- This newsletter was written in July. We have not received the pictures back yet from our Photography Contest. Stay tuned to a future newsletter.
- As of the writing of this newsletter, the short story contest is still in progress. We will update you in a future newsletter.
- We are naming our 2020 Senior of the Year in August. We will update you on our Facebook page mid-August.

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www.middletownct.gov/seniors
(860) 638-4540

This newsletter was created the last week of July. All staff have returned to the office. The building remains closed, but we are here to serve you. Please feel free to call our main number and leave a message or email a staff member.

Main Number: (860) 638-4540

Ann: Ann.Gregg@MiddletownCT.gov

Heidi: Heidi.Otero@MiddletownCT.gov

Laura: Laura.Runte@MiddletownCT.gov

Becky: Becky.Carroll@MiddletownCT.gov

We will send out an automated message to all of our members if anything changes.

YouTube:
Middletown Senior Services

Facebook:
[Facebook.com/middletownseniors](https://www.facebook.com/middletownseniors)



Special Hours for Seniors at Grocery Stores

Stop & Shop: 6am-7:30am every day

Shoprite: 6:30am-7:30am every day

Walmart: 6am-7am on Tuesdays

Price Chopper: 6am-7am every day

Price Rite: 7am-8am every day

Where Can I Get Information?

City website: middletownct.gov

Mayor's Facebook: [facebook.com/BenForMiddletown](https://www.facebook.com/BenForMiddletown)

Senior Facebook: [facebook.com/middletownseniors](https://www.facebook.com/middletownseniors)

Comcast Channel 19

State website: portal.ct.gov/coronavirus

City's Covid-19 Hotline: (860) 638-4965

Centers for Disease Control: cdc.gov

United Way 2-1-1: Call 211 or text CTCOVID to 898211