

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 (3)



JULY 2020

Phase 1—Senior Center Without Walls

We miss you all so much and know everyone is getting antsy wondering when the senior center will open. The staff has been working hard coming up with alternative programming. We're operating as a Senior Center without walls for the month of July. A lot of this is trial and error for all of us. We appreciate your patience as we figure this out together.

What you'll find in this newsletter is our Phase 1 plan. We are offering a ton of activities to go and beginning some outdoor social visits. As always, preference will be given to Middletown residents.

Sign-ups will be on a first come-first serve basis beginning on June 18th. Please don't try and register before then. You can call (860) 638-4540 or email seniorcenter@middletownct.gov to register. We will return voicemails. If you've sent an email or left a voicemail, please wait for a staff member to get back to you. It can only confuse the registration process by repeatedly calling.

All activities listed are FREE. If you want to make a donation towards future programs, you can donate by cash or check in a sealed envelope. Donations are not required. We ask that you only sign-up for the activities you plan to participate in; not just to acquire supplies for other personal projects.

In preparation for registration, please make a list of the activities you want to sign-up for. We expect a high call volume and want to be as efficient as possible. Some of the DIY packets as well as the bingo cards can be mailed to you. The other activities need to be picked up at your designated reservation time. Pick-up reservations will be available between June 23rd-June 30th. Remaining supplies can be distributed after that time. All pick-ups will be outdoors as the building is closed. You are welcome to drive up during your reservation time. If driving up, use the Durant Street entrance. If parking, park in the south parking lot by the dumpster. The north parking lot is closed.



Still in Need of a Mask?

Several of our members have sewn face coverings and have been making deliveries for the past 2 months.

If you are in need of a mask, you can order one when calling in for your activity reservations. We will put it in your to-go bag. If you need one mailed, please let us know. Supplies are limited. First come-first serve.

Wearing a face covering is required for all activities listed in the newsletter, even when outdoors.

In Need of Essential Grocery Items?

The Amazing Grace Food Pantry is open Wednesdays and Fridays from 11am-4pm. If you are in need of essential grocery items, you can go to the food pantry at 16 Stack St when open or call (860) 344-0097 to arrange for a delivery. We were assisting with deliveries out of the senior center from March through May, but due to decreased demand, this has been transitioned back to Amazing Grace.

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Arts & Crafts On-The-Go Activity Kits

Painted Flower Pots



Includes instructions, paints, brushes, 5" clay pot, planting soil, and wildflower seeds. The possibilities are endless. No special skill required. You can paint it with just colors, make your own design, use polka dots, or write a phrase.

Kindness Rocks



It's as easy as it sounds. Paint a rock with an inspirational message or saying. You can display in your home, in your garden, or leave them in public places for people to find. Spread kindness. Includes paints, brushes, smooth river rocks and sample ideas.

Mandala Rocks



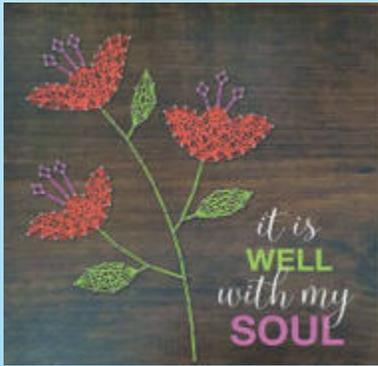
Make beautiful patterns using just a series of dots. This kit includes smooth river rocks and acrylic paint pens.

Decoupage Trays

These trays are the perfect size to keep your keys and wallet handy, store your notepad or to-do list, or even serve yourself your afternoon tea and snack. This kit includes an unfinished wooden tray, paints, brushes, pretty craft paper, and mod-podge for decoupage.

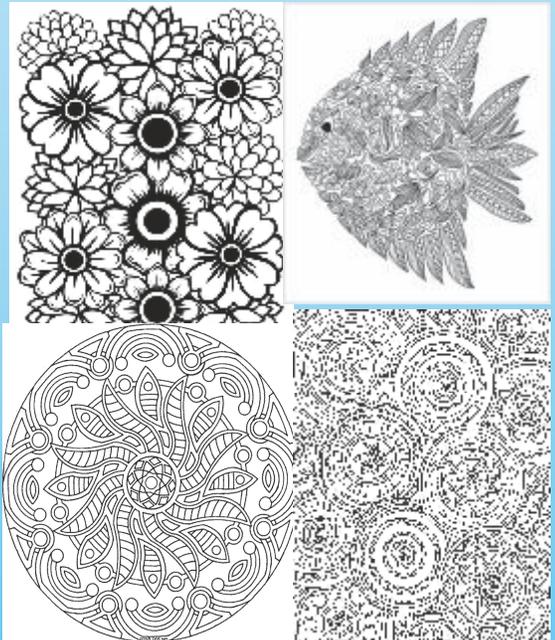


DIY Activity Kits



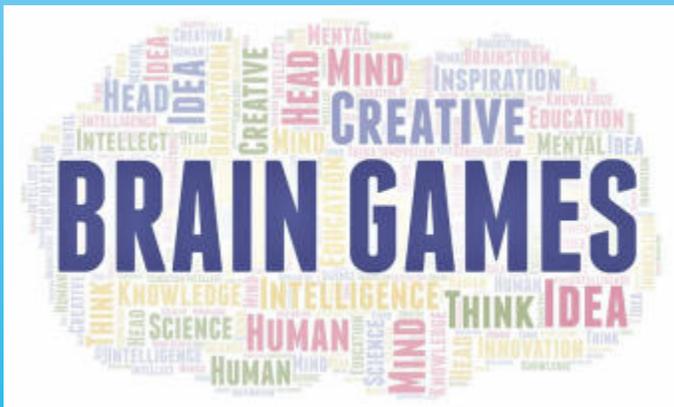
String Art

This is an all-inclusive kit with instructions from the manufacturer to complete this DIY project (as pictured).



Adult Coloring Packs

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 packets of coloring pages, colored pencils, and pencil sharpeners.



Brain Games

Are you up to the challenge? Logic, crossword, Sudoku, word roundups, and hidato puzzles to keep you busy. We've put together packets of puzzles for those interested.

Solar Paper

The solar paper lets you make beautiful pictures by placing objects on the paper and exposing it to the sun. The paper undergoes a chemical change when exposed to sunlight. Save the print by soaking it in water then drying. You can experiment with things around the house or objects from outside. Easy—no experience needed.



AARP Safe Driving Class

All Safe Driving classes at the Senior Center have been postponed. We will advertise once we are ready to resume hosting the classes, but we don't anticipate any in-person class until the Fall.

The class is being offered online by AARP and there is a 25% discount.

We provide these classes and information as a courtesy to our member, but please know that we are just a "host". Any specific questions should be directed towards AARP.

Website: www.aarpdriversafety.org

Promo code for 25% discount: DRIVINGSKILLS

Good through: August 31, 2020



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

This is new to all of us. If you have a suggestion, don't hold back! Let us know! You can leave us a voicemail or email a staff member. The best ideas come out of brainstorming together!



Online purchasing of food with SNAP benefits

The Department of Social Services is working with participating food retailers—Amazon, Walmart and ShopRite—to offer online purchasing of food with SNAP benefits in Connecticut.

After federal approval and successful system testing by the state's electronic benefit transfer (EBT) vendor, online food purchasing will be implemented over a two-day period on Tuesday, June 2, and Wednesday, June 3. SNAP enrollees will be able to use SNAP benefits available on their EBT debit-type card to purchase eligible food items online for delivery or curbside pickup at participating food retailers.

Retailers approved for the initial launch of online SNAP purchasing are Amazon, including Amazon Pantry and Amazon Fresh; 12 Walmart stores and Wakefern Food Corp., with 22 participating ShopRite stores. On June 2, Walmart in Cromwell and Manchester (beginning at 3 a.m.); ShopRite in Canton and Waterbury (beginning at 5:30 a.m.); and Amazon (beginning at 2 p.m.); and will offer online SNAP purchasing. On June 3, the other participating stores will launch online SNAP purchasing.

Online contact points are www.amazon.com/snap-ebt; www.walmart.com/grocery; and <https://shoprite.com/Store-Locator>

SNAP enrollees will be able to place food orders online by using the identifying numbers on their EBT cards and individually selected PINs. Please note that only SNAP benefits on EBT cards can be used for online purchases. At this time, cash assistance benefits on EBT cards cannot be used for any part of online shopping, including shipping, delivery or service fees. Federal rules do not allow any SNAP benefits to be used for shipping, delivery or service fees, but some food retailers may choose to waive fees (as Amazon does for orders over \$35). Online shopping customers using SNAP benefits will be able to use other debit or credit cards to pay for any fees and/or any non-SNAP-eligible items they wish to purchase.

Photography Contest

This quarantine has brought us all back to the basics. Remember when you could get a disposable 35mm camera... no zoom... no previewing your pictures...you'd have to wait until they were developed to see if you got any good shots?



We're going old school and bringing this back with a friendly competition. We're looking for pictures that shows the beauty in going back to basics during quarantine. The pictures can be of anything! Your house, your cup of tea, your garden work, pictures from your trip to a store, your nature walk, your family, etc. You can call and reserve your camera and schedule a pick-up time. Then, you'll have until July 22nd to return it. We'll have the pictures developed and then we'll share the results. What do you have to lose? No cheating, all photography has to be done on the old cameras issued.

Trivia Tuesdays on Kahoot!

Every Tuesday, we will be hosting a trivia challenge on Kahoot for all of our members! The topics will vary. You can play whatever time you like on Tuesday until 11pm and we will send out the top 5 winners on Wednesdays. You can play from your smartphone, tablet, or computer. Simply go to kahoot.it from your browser OR you can download the app. All you'll need is the game pin. Enter the game pin for that day's game and select "enter". Please only play once each Tuesday. Enter your full name if you want to be recognized as a winner. Game on!!

Game PIN

Enter

June 9th Food & Drink Trivia Code: 03940683
June 16th All Trivia Code: 08160958
June 23rd Miscellaneous Trivia Code: 07965411
June 30th Jeopardy Trivia Code: 05786514
July 7th 50 Classic Movie Quotes Trivia Code: Pending
July 14th 1960's TV Trivia Trivia Code: Pending

**Pending—Our software won't let us give out codes more than 3 weeks in advance. We'll release those codes in a few weeks. Go to middletownct.gov/seniors and look under Online Programming for Trivia Tuesdays!*

Social Visits by Reservation 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.

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. You are welcome to bring a snack or bagged lunch that is self-contained.

No Shared Supplies



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Easy Baking/Cooking Project Activity Kits



When placing your order, please be specific about which project or projects you are interested in.

Make Your Own Wheat Crackers

Includes the supplies, recipe, and link to a video with staff member instruction. These are great with dip, any spread, or cheese!

Frozen Pudding Pops

Includes the supplies needed as well as the popsicle mold, recipe, and a link to a video with staff member instruction. Delicious treat for a warm summer day!

Amazing Healthy Dark Chocolate

Includes the supplies needed, mini muffin liners for the truffle option, recipe, and a link to a video with staff member instruction. You can use this 3 ingredient dark chocolate to dip fruits in, roll into truffles, or make hot chocolate.

Outdoor Exercise—Coming Soon (Target Goal: July 6th)

The north parking lot is closed. We will be setting up canopies in the hopes of phasing in some outdoor exercise classes in July. Nothing has been finalized yet. We will notify you as soon as we have a confirmed plan. Class size will be severely limited to insure social distancing can be followed. There will be a sign-up process and you will be assigned a certain day of week/time of day slot. We realize this is not ideal in the warm summer months, but we're doing everything we can to make it as safe and comfortable as possible. We hope to be able to record and/or stream the classes for those who can't come in person.

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Session includes:

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- Supplemental Plans
- Enrollment
- Various Medicare Options
- Making Medicare Affordable—Medicare Financial Assistance Programs



Registration is required. Visit: www.seniorresourcesec.org to register.

Once registered, you'll receive an email with information on joining the webinar.

Just because you don't have a tablet, computer, or smart phone—we don't want you to feel left out! We have made dvd's of the following programs from our YouTube channel. If you have a dvd player at home, this is for you!

When ordering, please let us know which dvds you would like:

- Exercise with Jane (4 classes)
- Zumba with Diane (3 classes)
- Tai Chi & Qigong with Lisa (3 classes)
- Guided Meditation with Elizabeth (4 classes)
- Videos of the staff catching up with each other
- Recycling presentation with Kim
- Copy of the video made by members for the Class of 2020

Recorded Programs

On DVD



Online By Phone



We know you've been missing Bingo so we're going to try and bring it back in a new way. We

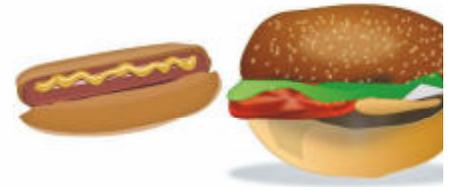
aren't ready to get back to normal, but several senior centers have had luck running bingo virtually. We don't want to leave anyone out, so you will be able to participate by phone, computer, or tablet. Most importantly, we need to know right away if you are interested, so we can get you your cards. We'll be distributing laminated copies of bingo cards along with a dry-erase marker. The cards are numbered so when someone calls bingo, we can verify using the computer if there is a good bingo. We'll be playing for fun with prizes just for blackout. We have some snack baskets and summer fun baskets available for prizes. Bingo will be held every Wednesday from 1:30 until approximately 3pm beginning July 1st.

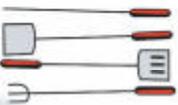
If interested, please sign-up for cards. Cards can be picked up by appointment or mailed out to you. To participate by phone, on Wednesdays at 1:30, call 1-408-418-9388. The access code is 36445222#. You are not the host, answer # to the next 2 questions. If you want to join on your computer, laptop, or tablet—we can email you a link to the game.



July 2020

National Grilling Month



Sun	Mon	Tue	Wed	Thu	Fri	Sat
National Picnic Month 			1  US Postage Stamp Day	2  World UFO Day	3  Eat Your Beans Day	 4 th JULY INDEPENDENCE DAY
5  Bikini Day	6  Fried Chicken Day	7  Macaroni Day	8  Ice Cream Sundae Day	9  Sugar Cookie Day	10  Kitten Day	11  Blueberry Muffin Day
12  Paper Bag Day	13  French Fry Day	14  Tape Measure Day	15  I love horses Day	16  World Snake Day	17  Tattoo Day	18  Sour Candy Day
19  Stick out your tongue Day	20  Moon Day	21  Legal Drinking Age Day	22  Hammock Day	23  Vanilla Ice Cream Day	24  Tequila Day	25  Merry go Round Day
26  Bagelfest Day	27  Bagpipe Appreciation Day	28  Milk Chocolate Day	29  Lipstick Day	30  Cheesecake Day	31  Avocado Day	

alwaystheholidays.com

When there are no words to say, but know that I'm always here for you.

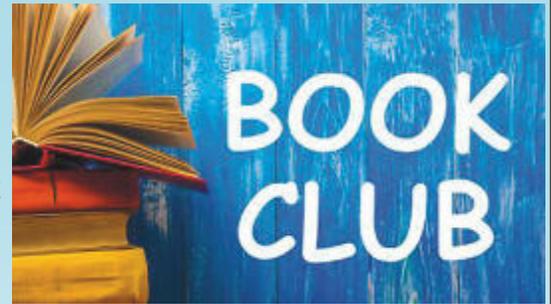
Danielle Duckery

In Loving Memory
Of Lost Loved Ones

"Some people come into our lives and quickly go. Some stay for awhile and leave footprints on our hearts and we are never, ever the same."
-C.C. Scott

To our members who are battling the virus, have a loved one battling the virus, and for those who have lost family and friends during this quarantine period, our thoughts and prayers are with you during this incredibly difficult time.

The Book Club is Back!! All Meetings Listed Will Be Held By Conference Call!



“Love and Other Consolation Prizes” by Jamie Ford

This was our March book of the month. The book club meeting previously scheduled for March 30th will be held on June 29th at 2:30pm.

“A Piece of the World” by Christina Baker Kline

This was our April book of the month. The book club meeting previously scheduled for April 27th will be held on July 13th at 2:30pm.

NEW— “Everyone Brave is Forgiven” by Chris Cleave

This is our July 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. From the #1 New York Times bestselling author of the smash bestseller Orphan Train, a stunning and atmospheric novel of friendship, passion, and art, inspired by Andrew Wyeth’s mysterious and iconic painting Christina’s World. The book club meeting will be held on July 27th at 2:30pm.



To participate—you will need a phone. On the date and time listed, call 1-408-418-9388. The access code is 36445222# - follow the instructions. You are not the host, so press # in response to that question and the next. All participants will be connected on a conference call.



While we are offering a bunch of alternative programming this month, we want to be clear... The current federal, state, and local recommendations for seniors 65 and older is to stay home and stay safe.

Any interaction with those outside your home comes with risk. We want you all to be safe and healthy.

While we are taking all of the known precautions we can, the safest thing is still to stay home. Participation is at your own risk.



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This newsletter was created the first week of June. We hope all staff will be back in the building full-time by June 15th. This will allow us to get prepared for all of the activities advertised in this newsletter. The building will remain closed until AT LEAST August. 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](https://www.cdc.gov)

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