

The Senior Connections

SENIOR CITIZENS



Plainfield Senior Citizen Center
482 Norwich Road, Plainfield, CT 06374
Telephone: 564-1455



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January, 2019



Dear Members and Friends,

*May the dream of the new year
bring new joys for you.*

*May your new year
be blessed with
peace, prosperity, and
happiness.*

Happy New Year!

Terry, Rosalie, Betty, and Judy

FOR YOUR INFORMATION

From Joyce Hoffman, Social Service Coordinator

Joyce is in her office here at the Center on Mondays from 9-2.
Call if you need her services!
860.564.1819, Ext. 28

Medicare Update

The Center for Medicare and Medicaid Services has released the 2019 premiums, deductibles, and coinsurance amounts for parts A & B of Medicare.

The standard premium for Medicare part B will be \$135.50 a month and the part B calendar year deductible will increase to \$185.00.

The part A deductible will increase to \$1,364.00 in 2019.

Premiums for Medicare Advantage plans, a for-profit alternative to traditional Medicare, will decline in 2019, while plan choices and benefits offered by these plans will increase. Some benefits offered include: dental (including some coverage for implants), hearing aid repairs & replacements, eye exams and vision wear discounts, gym memberships, and no-cost generic medication copays. Referrals for specialists have been eliminated from some plans. Additionally, there are choices for "snowbirds" that include a national network.

Remember, if you are on the Medicare Savings Program through the state of CT Department of Social Services, you can switch Medicare plans at any time during the year.

Contact Joyce at 860-564-1819, #28 if you have any questions.

Free Income Tax Assistance

Sponsored by AARP at the Norwich Senior Center on Tuesdays & Thursdays in January and February, 2019. Call 860-889-5960 to schedule an appointment.

In Need of a Volunteer

A 50 year old woman in Brooklyn CT looking for a female volunteer to take her to hair appointments, local shopping, and local appointments. Contact Joyce at 860.564.1819, #28 if you have a car and some free time once or twice a week.

SOCIALS UPDATE

Our Christmas Social on December 11th was once again enjoyed by over 100 members and guests. The Imperial Room was beautifully decorated, the dinner was delicious. Our entertainer Ashly Cruz kept everyone in a holiday spirit! Thanks to each of you who purchased raffle tickets for the lovely baskets that were made and donated by the Executive Board, Josie Nason, our Assistant Travel Director, and the beautiful handmade crochet table cloth donated by Diane Welsh. The proceeds of \$510.00 were donated to Project Pin to help keep their shelves filled.

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.



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.

LIBRARY NEWS

BOOK REVIEW ---by Linda Mannix, Senior Center Librarian



THE LAST FOUR DAYS OF PADDY BUCKLEY by Jeremy Massey

Paddy Buckley is a grieving widower who has worked for years at Gallagher's, a long established funeral company – some say the best in Dublin. One night while he is driving home after an unexpected encounter with a client, Paddy hits a pedestrian crossing the street. He pulls over and gets out of his car, intending to do the right thing. As he bends over to help the man, he recognizes him. It's Donal Cullen, brother of one of the most notorious mobsters in Dublin, and he's dead. Shocked and scared, Paddy jumps back in his car and drives away before anyone notices what's happened.

The next morning, the Cullen family calls Gallagher's to oversee the funeral arrangements. Paddy, to his dismay, is given the task of meeting with the grieving Vincent Cullen, Dublin's crime boss and his cronies. Here comes an unexpected eddy of intrigue, deceit, and treachery.

SPOTLIGHT: Senior Club Travel Update



Our last trip of 2018 was to the Newport Playhouse where 66 of our members enjoyed another great day of delicious food and fun entertainment.

In February we will once again try our luck in Atlantic City for our annual 2-day trip. Hopefully this year we will have a few winners!

I know many of you have been asking when our Travel Brochure will be distributed. Unfortunately because of circumstances beyond anyone's control, the flyers have been very slow in getting back to the office. Consequently, we are experiencing a delay in being able to get them printed. We will try to expedite them as soon as possible. Thank you for your understanding.

PLEASE NOTE IMPORTANT TRAVEL DATE

Tuesday, January 15.....Final Payment – Atlantic City

UPDATE ON MEMBERSHIP MEETING

We held our Special General Membership Meeting on Thursday, December 6th with 32 in attendance. The proposed revisions of the BYLAWS were passed by a majority vote and became effective at the close of that meeting. Copies of the new BYLAWS will be available in the Senior Office. We want to thank the committee who worked on these revisions...it was no easy task!

Senior Resources: A place for elderly resources. Visit their website at:
seniorresourcesec.org





Am I Too Sick To Go Out?

The cold and flu season is again upon us. If you are not feeling well, please consider staying close to home until you are symptom free. This strategy will help to keep the illness from spreading to others. Please read the general information below, taken from the website www.healthline.com.

Overview: Your head's stuffed up, your throat is sore, and your body aches like you were run over by a truck. You feel miserable enough to stay home, but you worry that work demands don't give you the luxury. Before you pack up your tissues and head into the office, consider the co-workers who'd rather not share your germs.

Sneezing, fever, and a hacking cough are all signs that you could be contagious. Even if you feel all right, your symptoms-or lack thereof-could be deceiving. People with mild illnesses can spread germs, too. Here's how to tell whether you're contagious, and if you need to stay home.

Am I contagious?: Each time you sneeze or cough due to a respiratory infection, you release a germ-filled projectile into the air. Those bacteria or virus-filled particles can fly up to 6 feet, making anyone near you a target. You also spread bacteria and viruses when you touch your eyes, nose, or mouth and then touch surfaces with those germey fingers. Certain cold and flu germs can survive on surfaces such as countertops, doorknobs, and phones for up to 24 hours. In general, here's how long you're contagious with these common illnesses:

Flu: You're first contagious 1 day before symptoms start; no longer contagious 5-7 days after you got sick with symptoms.

Cold: You're first contagious 1-2 days before symptoms start; no longer contagious 2 weeks after you were exposed to the virus.

To protect people around you, take the following steps:

- wash your hands often with warm water and soap
- warn others that you've been sick so they can remember to wash their hands, too
- sneeze or cough into your elbow, not your hands
- consider wearing a respiratory mask

Weekly Fitness Classes

For Women and Men, 60+

Fee: \$3.00 per person, per class, unless otherwise noted.

MONDAY 9:00AM Line Dancing

Join Jean for an hour of line dancing and more. Each week you work on old and new dance routines fun for everyone.

TUESDAY 9:00am Self Guided Exercise with lead by center volunteers Exercise programs uses DVDs on the TV. Simple workout—FREE

WEDNESDAY 8:30AM Chair Yoga Join Michelle for yoga poses, stretches and meditation. She will inspire you all from a chair to build strength, flexibility and mental relaxation.

THURSDAY 8:00AM Balance Marie continues with her weekly class to help you build your balance and keep you from falling!

FRIDAY 9:00am Dance Movement Please call the Recreation Department (860.564.1819) for more information.

**Each participant must complete a registration form in the Recreation Office
Please sign-in at each class. Call 860.564.1819 for more information.**



Bits and Pieces

The Plainfield Senior Center and Recreation Department building is open Monday through Friday from 8:30 to 4:30, except for holidays.

The Senior Club Office is open from Monday through Thursday from 8:30 to 12:30.

Center closings due to inclement weather will be listed on WFSB Channel 3 News.

Visit the Center Library. Borrow and return both books and DVDs on the honor system!

See Linda's Craft Corner Insert For Crafts, Trivia, Lectures, Armchair Travel, and more!

The *Town of Plainfield* website posts the "Senior Connections" monthly newsletter as well as "Linda's Craft Corner.....and More" insert. Go to www.plainfieldct.org and click on "Senior Center."

Stay in shape! Try our treadmill or step machine, or register for an exercise class listed in the Newsletter.

Do You Want To Play Wii? Remotes are located in the Recreation Office.

Visit our Historical Society Room located here at the Center for a blast from the past! Many interesting items are on display. The Room is open every Friday from 2:00 to 4:00.

Join us for "Knit For a Cause" every Friday in the Activities Room. This is a self-led class. Yarn, knitting needles, and patterns are available, and all items are donated to "Knit For Kids", a *World Vision* Program.

Important Dates in January

Tuesday, Jan. 15.....Final Pmt. Due: Atlantic City
Monday, Jan. 21.....Martin Luther King Day, Center
Closed

NOTICE: Weather Closings

Please remember that you can check for Senior Center closings on **WFSB Channel 3**. You may also call 860-564-1819, extension #8 for any cancellations.

Fun Facts About Snow

- The world's largest snowflake was reported to be 15 inches across and 8 inches thick.
- Snow is actually clear and colorless.
- The town of Capracotta in Southern Italy received 100 inches of snow in 18 hours on March 5th, 2015.
- All snowflakes have 6 sides.
- A blizzard occurs when you can't see for 1/4 mile. The winds are always 35 miles an hour or more. The storm must last at least 3 hours to be classed as a blizzard. If any of these conditions are less, it is only a snowstorm.
- 80% of all the freshwater on earth is frozen as ice or snow.
- One inch of snow makes about 1/10 of an inch of water.

**HELP PROTECT
YOUR FAMILY & HOME**
CALL NOW! 1-888-862-6429





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Plainfield Vision
 Care Center

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