

The Senior Connections

SENIOR CITIZENS



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



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Dear Members and Friends:

*May You Have The Sprit Of Christmas
Which Is Peace,
The Gladness Of Christmas
Which Is Hope,
And The Heart Of Christmas
Which Is Love.*

*MERRY CHRISTMAS AND
HAPPY NEW YEAR*

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

Diabetes Workshop

The last two classes for this program will be held on December 4th and December 11th from 9:30 – 12:00PM at the Plainfield Senior Center.

Commodity Supplemental Food Program

Monthly Food Distribution for income eligible individuals age 60 or over. The monthly distribution of \$50 worth of healthy and nutritious foods at no cost for income eligible seniors. Contact – Joyce Hoffman, Outreach Coordinator at 860-564-1819 x 28 to apply. The Gross Monthly Income Limits are: Individual - \$1,316.00 and Couples - \$1,784.00

Another Reminder About The “Medicare Savings Program” and “Low Income Subsidy”

Enrollment for the **Medicare Savings Program (MSP)** is always open. Assets “do not” count if you apply for the **MSP**, and that will automatically enroll you into the **Low Income Subsidy (LIS.)** Your **Medicare Part B Premium (\$134.00 in 2018)** will be paid for, so that money will be put back into your monthly social security payment.

The **LIS** pays off your **PART D premium** (prescription drugs) in its entirety if it is a “**benchmark**” plan. If it is not a “**benchmark**” plan, then it will apply **\$35.58** towards the monthly **Part D premium**. Also, you will not pay any more than **\$3.35** for a generic drug and **\$8.35** for a brand name drug. As mentioned earlier, assets **do not** count, but there is an **income limit**.

The income limits changed as of March 1, 2018. If you are **single** and your monthly income is no more than **\$2,489.52** you will qualify, and if you are **married** and your combined monthly income is not more than **\$3,375.12** then you and your spouse will qualify. If you have any questions or you would like to apply, call Joyce at **860-564-1819 #28** to get the paperwork or set up an appointment and we will help you fill it out right here at the Center.

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.

SOCIALS UPDATE

Our last social of this year will be our annual Christmas Party which will be held at the Imperial Room in Danielson on Tuesday, December 11th at 12 Noon. Doors will open at 11:15AM. We have tickets available in the Senior Office, however our cut-off date for the sale of the tickets is December 5th. The cost is \$20.00 for members and \$22.00 for non-members. Our entertainer this year is Ashly Cruz.



AARP CONNECTICUT The latest news, information and events for CT residents 50+ Check the website for the latest information www.aarp.org

LIBRARY NEWS

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

HEFT by Liz Moore



"These are the things you must know about me and this is my apology for the many years I have misled you by intent or omission. The slow descent of my health and the ascent of my reclusiveness have occasionally made it difficult for me to come up with suitable material for our correspondence, and the fact of the matter is that "I couldn't bear the thought of an end to ours."

Arthur Opp weighs 550 lbs. and hasn't left his rambling Brooklyn home in a decade. Twenty miles away, in Yonkers, seventeen year old Kel Keller navigates life as a poor kid in a rich school and pins his hopes on what seems like a promising baseball career. The link between this unlikely pair is Kel's mother, Charlene, a former student of Arthurs. This is the story of two improbably heroes whose connection transforms both their lives.

SPOTLIGHT: Senior Club Travel Update



We still have some openings for our trip Atlantic City in February. Be sure to call in as soon as possible for more information on getting your name added to this trip.

As we are winding down our 2018 travel program, I would like to thank everyone who has participated in our trips this past year. We are still waiting for some of our flyers for next years' trips...and hopefully, we will be able to distribute the 2019 Travel Brochure in early January. Thank you for your understanding.

PLEASE NOTE THESE IMPORTANT TRAVEL DATES

Thur. Dec. 13 Depart 9:30AM– Newport Playhouse

Tues. Jan. 15 Final Pmt. Due: - Atlantic City

TOWN HALL NEWS



BUILDING MONITOR POSITION: The Building Monitor position is needed for Fridays from 7am – 1pm. Salary is \$11.00 per hour. Duties include: unlocking building (Probate works 8-12), monitoring hallways, locker rooms, and bathrooms, cleaning locker rooms, taking out trash, shutting lights off, and locking up the building securely at end of shift. For more information.....contact the First Selectman's Office at 860-230-3001.

REMINDER

GENERAL MEMBERSHIP MEETING

THERE WILL BE A SPECIAL GENERAL MEMBERSHIP MEETING ON

THURSDAY, DECEMBER 6TH AT 1PM

VOTING WILL BE HELD ON THE PROPOSED REVISIONS OF THE
PLAINFIELD SENIOR CLUB BYLAWS.

LETTER TO SANTA FROM A SENIOR CITIZEN

Dear Santa,

Ahh, Christmas will soon be here – the time of year when people sit in front of a dead tree and eat candy out of socks.

I know it's been a while since I've been in contact with you – no offense you see, but as an adult I was self reliant and didn't want to ask you for things for myself. I figured your schedule was pretty busy and I generally got what I wanted.

But now it seems as I age I'm finding it difficult to get the things I want most. So I thought if I wrote to you again, maybe those gifts that are really important to me could be mine. It would help make my Christmas special.

Have you heard – “if you're happy and you know it, it's your meds”, clap clap. Well I want a lot of happy – in fact I'd like to go laughing into oblivion. Can you help with that? I remember another quote “laughter is the best medicine” would certainly apply here. Please bring me some of that.

Forget about the fancy sweaters - I have enough of those filling my closets. What would keep me feeling warm and cozy would be keeping me connected with my friends. Time has a way of making some of them fade away, and I want to keep as many of them in my life for as long as is possible. Now I know you don't control all of those types of arrangements, but I'm sure you have influence with the Big Guy.

Don't bring me any sparkly jewelry this year. Instead can you make my brain light up and sparkle with the information and memory I need to function in this ever changing world. They say my great, great grandchildren will probably do a history project on my social media posts, so let my internet legacy be inspirational to them - let them know I laughed and loved.

No watches or timepieces – I know what time it is. It's later in my life that I want it to be. Now I'm not complaining mind you. It's been a good run so far. Being in the autumn (or is it the beginning of my winter) years, has its benefits. And since none of us are getting out of here alive, help me to be good to myself and stop treating me as an after -thought. Let me eat the delicious food, walk in the sunshine, jump in the ocean, share the truth about me that I carry in my heart. Let me be silly, be kind, be weird or anything else I want to be.

One last BIG present that you really don't have to wrap – please let there be PEACE on earth. Let it be the Christmas gift that lasts all year through. For when the Power of Love overcomes the Love of Power, the world will know Peace.

MERRY CHRISTMAS TO ALL.....

Written by: Pauline Blais

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 November

Tue, Dec. 4.....9:30-12:00pm -Diabetes Workshop
Thu, Dec. 6.....1PM – General Membership Meeting
Tue, Dec. 11.....9:30-12:00pm – Diabetes Workshop
Tue, Dec. 11.....Noon-Christmas Party, doors open 11:15
Thu, Dec. 13.....9:30 Depart: Newport Playhouse
Thu, Dec. 20.....12:30-Office Closes for 2 Weeks
Office will re-open on Jan. 7th @ 8:30am

A SPECIAL RECIPE FOR "CHRISTMAS ALL YEAR LONG"

Take a heap of child-like wonder
That opens up our eyes,
To the unexpected gifts in life
Each day a sweet surprise.

Mix in fond appreciation
For the people whom we know;
Like festive Christmas candles
Each one has a special glow.
Add some giggles and some laughter,
And a dash of Christmas food
(Amazing how a piece of pie
Improves our attitude!)

Stir it up with human kindness
Wrap it up in love and peace,
Decorate with optimism and
Our Job will never cease.

If we use this healthy recipe,
We know we will remember
To be in the Christmas spirit...
EVEN WHEN IT'S NOT DECEMBER!

Senior Resources on Aging

"Our mission is to provide information and services to the aging population, individuals with disabilities, their families, and care providers to maintain or improve their independence and quality of life." More info: www.seniorresourcesec.org. Toll Free (in-state only) 800-690-6998 or 860-887-3561.

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





Thomas F. Leffler, *Director*
 30 North Main St., Jewett City
 (860) 376-4014
 lefflerfuneralhome@att.net
 www.lefflerfuneralhome.com



**Plainfield Vision
 Care Center**

Hope Bernard Marandola, O.D.
 P.O. Box 545 | 10 Norwich Road | Central Village, CT 06332
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