

Hamden Senior Citizen News

Suzanne Burbage, Elderly Services Coordinator 203-287-2547
Elderly Outreach 203-287-2691 Miller Cafe 203-287-0057

MARCH 2021 A Virtual Approach

The Staff is onsite Monday through Friday, 8:30-4:30pm. If you need us, just call 203-287-2547 or if you have a social service need contact Elderly Outreach at 203-287-2691. www.hamden.com ;Department;Elderly Services

Energy Assistance through Hamden Elderly Outreach (203) 287-2691

St. Paddy's Celebration —drive by on Friday, March 12 between 10am to Noon for a treat bag! *Sponsored by the Chamber's Health & Wellness Committee & the senior center.*

VNA Community Helpline

When your in need, it's best to call an expert. Our Helpline is available toll free at 1-866-474-5230 Monday through Friday from 8:30am to 4:30pm. On off hours, call our main number at 203-458-4200 and someone will assist you.

What we can help with:

- Information and referrals to community resources
- Understanding homecare for all ages
- Determining what kind of help is needed
- Caring, supportive listening and tips for family caregivers
- Finding benefits of entitlements for seniors
- Information on personal medical alert systems
- Finding non-medical, private pay homemaker, companion personal care of live-in help
- Information on our Ask the Nurse coaching and chronic disease management program
- Signing up for VNA Community Healthcare & Hospice wellness programs
- Providing information on Family Caregiver Support Groups

Caregiver Support Group via Zoom *Wednesdays, Ongoing, 2 p.m., Free*

This group discusses solutions and challenges in a casual and supportive setting. Call our Helpline at 866.474.5230 or email wellnessclasses@vna-commh.org to register and receive the Zoom link.

Parkinson's Exercise Live Zoom Class

Tues & Thurs: Ongoing, 10:30am to 11:30 am, \$4/class Beneficial exercise program for those living with Parkinson's Disease.

To register email wellnessclasses@vna-commh.org.

Parkinson's Support Group via Zoom

1st Tues. of each month, ongoing, 11:30am to 12:30pm. Call our helpline at 866-474-5230 or email wellnessclasses@vna-commh.org to register and receive the Zoom link. This program is supported by the MJ Petretto Foundation.

Fitness and Movement Basics Live Zoom Class

Mondays 9:30am-10:15am, Jan. 11 to March 29th, \$15 for series.

This class features chair exercises that are appropriate for people with mobility challenges and provides exercises which focus on muscular strength, range of motion, agility and balance, and cardio. Activities that can be accomplished while seated and will conclude with a stretch and relaxation segment. Register on our website at vnacommunityhealthcare.org by clicking on the calendar button at the top of the homepage.

Functional Cardio & Fitness Live Zoom Class

Thursdays 12:30pm-to 1:15pm, Jan. 14th to March 25th, \$15 for series.

This class is fit for active older adults with a robust activity level and prior fitness experience. This is the perfect class for those who have taken an Exercise for Better Balance, Moving for Better Balance, Exercise to Prevent Falls or Sitercise class with us before. It



provides strength training, agility, balance, coordination, range of motion and cardiovascular segments. Register on our website at vnacommunityhealthcare.org by clicking on the calendar button at the top of the homepage.

Tai Ji Quan: Moving for Better Balance Advanced Live Zoom Class

Fridays, 9:30am to 10:15am Jan. 15th to April 2nd, \$30 for series.

This course, formally known as Tai Chi: Moving for Better Balance, is an evidence-based fall prevention program aimed at improving strength, balance, mobility and daily functioning to prevent falls in older adults and individuals with balance disorders. This therapeutic regimen improves posture and awareness and mindful control of body positioning, as well as coordination. Register on our website at vnacommunityhealthcare.org by clicking on the calendar button at the top of the homepage.

Tai Ji Quan: Moving for Better Balance—Beginners Live Zoom Class

Wednesdays, 9:30am to 10:15am Jan. 13th to March 31st, \$30 for series

This course, formally known as Tai Chi: Moving for Better Balance, is an evidence-based fall prevention program aimed at improving strength, balance, mobility and daily functioning to prevent falls in older adults and individuals with balance disorders. Register on our website at vnacommunityhealthcare.org by clicking on the calendar button at the top of the homepage.

Tai Chi for Arthritis

Wednesdays, 3pm to 4pm. Jan. 13th to March 31st, \$120 for series

Increase balance and stability in this course that helps you stay on your feet and manage your arthritis. This is a live class via Zoom. Register on our website at vnacommunityhealthcare.org by clicking on the calendar button at the top of the homepage.

Mobility and Movement

Wednesdays, 12:30pm to 1:15pm. Jan. 13th to March 31st, \$85 for series.

Stretching and mindfulness for releasing tight and restricted muscles and improving joint mobility ideal for anyone looking to learn correct stretching and to improve strength. Appropriate for those with osteoporosis or struggles with joint flexibility. Register on our website at vnacommunityhealthcare.org by clicking on the calendar button at the top of the homepage.

Senior Boot Camp

Wednesdays, 5:30pm. To 6:30pm. Jan 13th to March 31st, \$23 for series.

For those 50 and older who need to increase muscle strength and improve flexibility. Register with the Madison Senior Center at 203-245-5627 and you will be contacted by BNA Community Healthcare & Hospice with Zoom participation information. This class is sponsored by the Town of Madison but open to anyone for participation.

Dodge Diabetes

Thursdays, 6pm-7pm beginning Jan. 28th, \$85 for series.

Months 1 to 4, classes meet weekly

Months 5 to 6 classes meet every other week

Months 7 to 12 classes meet once per month

Classes will be held virtually via Zoom with a potential for in-person, socially distanced meetings in our Hamden Program Room and Guilford Wellness Center once it is deemed safe to do so. This Group Lifestyle Balance Program follows curriculum approved by the CDC National Diabetes Prevention Program. This program is supported by grant funding from the Connecticut Department of Public Health and the CDC. Call 866-474-5230 to register

AARP HAS CANCELLED ALL In Person DRIVER SAFETY PROGRAMS through March 31, 2021.

The On-Line course is still available at www.aarpdriversafety.org.

Use promotion code: DRIVINGSKILLS.

There is a 25% discount which has been extended through March 31, 2021.

AAA's Free Driving Improvement Classes are Back!

Starting on Tuesdays in March through July, AAA will be offering its FREE 4-hour Classes VIRTUALLY to drivers 60 years of age and older who need to obtain a certificate for up to 5% off on a portion of their insurance premiums. Classes are open to AAA members and non-members.

To register, participants must visit www.aaa.com/defensive-driving, follow the links and then choose "Connecticut Virtual" under your home state—which in our case is Connecticut.

Classes will be held on Tuesdays via Zoom on the following dates and times:

From 10am-2pm:

March 2 and 16th

April 6, 13 and 27th

May 11 and 25th

June 8th

July 13 and 27th



From 12noon—4pm

March 9 and 23rd
April 6 and 20th
May 4 and 18th
June 1, 15 and 29th
July 6 and 20th



INCOME TAX INFORMATION CAN BE FOUND

AT <https://portal.ct.gov/DRS/Individuals/VITA-TCE/Free-Income-Tax-Assistance>

*DRS does not provide assistance in completing your federal return. You may be eligible for free assistance from the Internal Revenue Service (800-829-1040) or from one of the organizations listed below.

Those who cannot come to any of the offices can still receive tax help by calling (800)-382-9463. or (860)-297-5962 from anywhere Monday-Friday (8:30-am to 4:30pm).

AARP Tax-Aide

Services have been suspended until further notice due to the COVID-19 pandemic. Check the link above for AARP Tax-Aide updates. 211ct.org
1-888-227-7669

VITA

VITA sites across the state have closed due to the COVID-19 pandemic. Visit Connecticut's 2-1-1 website (<https://www.211ct.org/> and 'Free Tax Help' for updates, including Virtual VITA (<http://www.irs.gov/Individuals/IRS-Free-Taxhelp/>). 1-800-906-9887



MARCH 2021

1 Peace Corps Day	2 Old Stuff Day (have you boxes of treasures to share with your family)	3 Caregiver Appreciation Day! Write a note of many thanks.....	4 Did you know March was named for the Roman God "Mars"	5 Employee Appreciation Day!
8 International Working Women's Day! National Napping Day!	9 Panic Day (don't sweat the small stuff)	10 Middle Name Pride Day	11 World Kidney Day! Have you had your water today??	12 ST. PATRICKS CELEBRATION DRIVE BY 10AM TO NOON. COME GET YOUR SPECIAL BAG.
15 Consumer Rights Day!	16 Tea for Two Tuesday—make a special cup and enjoy	17 St. Patrick's Day Wear your green.. 	18 Absolutely Incredible Kid day. (call your grandkids and remind them of how special they are)	19 Red Nose Day! ST.PADDY'S SNOW DATE IF NOT HELD 2/12
22 World Water Day!	23 National AG Day! National Puppy Day! World Meteorological Day!	24 International Day for the Truth! PGA Awards! World Tuberculosis Day!	25 Greek Independent Day! Remembrance of the Victims! International Day of Solidarity with Detained! International Waffle Day!	26 National Spinach Day!
29 Vietnam War Veterans Day!	30 National Doctors' Day! Take a walk in the Park Day	31 National Crayon Day—get out the paper and draw/color a spring picture!	March 2021 is Observed as Woman's History Month! National Nutrition Month!	Birthstone- Aquamarine, Bloodstone & Jade March Flower –Daffodil Sign - Pisces (till 20th)