

# Hamden Senior Citizen News

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

## JULY 2021 HAPPY FOURTH OF JULY!

The Staff is onsite Monday through Friday from 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.

### **HAPPY DAY!**

We are opening for programming indoor so let's celebrate by knowing how this opening will work—and work by keeping you and our staff safe and healthy.

We need your help to continue our safe opening by following the protocols below:

\*Mask wearing is required at all times and social distancing will be observed at all programs.

\*You must register for every in-person program you attend. Registrations will be taken over the phone beginning on the first business day of the month or through your instructor, such as VNA or exercise programs.

\*Space for in-person programs will be limited.

Reservations will be taken on a first-come-first served basis.

\*Wash hands frequently. Hand sanitizing stations will be located at entrance and in each classroom for your convenience.

\*Coffee, baked goods and donated food will not be available, at this time.

\*People should pre-register for programs. Some class space is limited.

We appreciate your understanding and cooperation in upholding these new standards. So let's work on keeping the protocols in place so we can continue to keep you and the staff members safe!

### **Computer Lab Available (203)287-2547**

Hamden Seniors are able to use the computers located in the center's lab independently. Please call to reserve a time and date during business hours.

### **Elderly & Totally Disabled Renters Rebate**

Please call the Elderly Outreach program at 203-287-2691 to receive an application starting the first week in April for Rent Rebate which begins in April. Eligibility for this program is you must have turned 65 by Dec. 31, 2020, or were deemed disabled by Social Security. Your 2020 annual income must not have exceeded \$37,600 if single and \$45,800 if married.

Documents Needed:

\*Documentation of all 2020 income: Social Security Form 1099 or SS4926; 1099 Pension statement; W-2 Wage Statement; Interest & Dividends, etc.

\*2020 Income Tax 1040, if filed

\*Social Security 1099 for year 2020

\*A printout from your rental management company or corporation verifying rent paid for Jan thru Dec 2020. If your landlord is a private individual then a notarized letter stating rent paid for Jan -Dec. 2020 is required. If your landlord is a friend/relative a notarized letter stating rent has been paid for Jan. - Dec. 2020 will be necessary along with a copy of his/her 2020 income tax 1040 verifying the rent income.

\*Payment history for water, gas, oil, or electric (you can obtain this history from the utility companies).

### **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. Classes for exercise coming in September onsite. Register thru VNA.

### **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](mailto:wellnessclasses@vna-commh.org).

### **Dodge Diabetes**

Thursdays, 6pm-7pm beginning June 8th, \$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.

### **Fitness and Movement basics Live Zoom Class**

Mondays 9:30 to 10:15am, July 19th to August 23rd, \$10 for 6 week 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](http://vnacommunityhealthcare.org) by clicking on the calendar button at the top of the homepage.

### **Functional Cardio & Fitness Live Zoom Class**

Thursdays 9:30-to 10:15am, July 15 to August 19th, \$10 for 6 week 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. Participants must be able to stand throughout the class. Register on or website at [vnacommunityhealthcare.org](http://vnacommunityhealthcare.org) by clicking on the calendar button at the top of the homepage.

### **Hamden Ask the Nurse**

Nurse available virtually to Hamden residents Wednesdays, 11:15am to 1:15pm.

Call our Helpline 866-474-5230 to schedule a slot and receive Zoom or call-in information. A registered nurse can work with you to set health goals and to review your medications, help you create a medication list, and discuss how you can prepare for a medical appointment. There is no cost for this service. If you need to have an RN check your blood pressure, heart

rate or weight, an in-person visit may be scheduled on an as-needed, case-by-case basis in our Guilford and Hamden offices only. Our nursing staff follows strict safety guidelines to protect our patients and themselves. Hoping to have nurse onsite in September.

### **Journeys in the Activity Room**

Welcome everyone to Journeys, a group dedicated to preserving memories of Hamden in times past. The group meets the 3rd Wednesday of the month. This month's meeting is September 15, 2021, at 1:30 pm. Bring your pictures and memories of Hamden to share, or just enjoy some good conversation.

### **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](http://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:** July 13th and 27th

**From 12noon-4pm** July 6th and 20th

### **2021 HOLIDAY HILL SENIOR OUTING**

Seniors only. Holiday Hill

Monday, August 23,2021 9am – 4pm

To purchase tickets:

Make a check payable to Holiday Hill & mail to there office: Holiday Hill, PO Box 338, Cheshire, CT 06410

Call 800-533-0029 by 8/9/2021 to purchase tickets with Visa, MasterCard or Amex. Tickets will be mailed upon receipt of payment.

Non-refundable.

You must provide your own transportation.

### **Tai Chi Classes**

Tai Chi classes are held Tues. & Thurs. 10:15-11:15am in the Thornton Wilder Hall by Bill Banick. Fee, \$10, is paid to instructor.



### **Bingo**

Bingo will be starting in July at 1pm to 3pm in the Thornton Wilder Hall with Covid 19 protocols in place until further notice. All participants must sign in and wear a mask while indoors. Bingo will resume to 2x a week in the near future depending on demand.

### **Hamden Bulk Trash Collection Returns**

September 2021/April 2022

“Hamden residents may put bulk trash curbside in front of their homes anytime between September 1st and September 30th. Acceptable items will be picked up by Hamden’s trash hauler throughout the entire month of September. No phone calls are necessary. Residents are urged to have bulk at the curb by or before their last regular refuse pick-up day for the month of September. Please remember to place bulk trash away from Town-issued trash and recycling carts and do not place any regular refuse with the bulk trash.”

### **The Hamden Quilters & Crafters**

Come enjoy the fun while sharing skills in knitting, quilting, etc. You will have a good time while wondering where the time went. The meetings take place 2nd and 4th Thursday at 6:30pm in the Activity Room beginning August 12. Contact Cheryl at 203-248-4343 or Susan at shamilton0434@sbcglobal.net. The center is closed for all State holidays, such as Veteran’s Day Nov. 11.






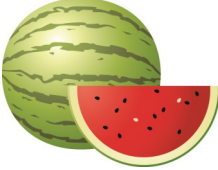

More programs are being added as we go along. Please contact with any program updates.

### **Miller Center’s Sewing Club**

We are starting a sewing club where you can bring your projects. The club will meet the 4th Monday of the month at 1pm in the Activity Room. The first meeting will be July 26, except on holidays. Call 203-287-2547 for more information or to register.



# JULY 2021

		<b>1 Thursday</b> 8:30-11:00 Billiards  1:00-3:00 Knit & Crochet	<b>2 Friday</b> 8:30-11:00 Billiards 1pm-3pm Arts & Crafts will resume in Mid July. Hamden residents only and must register.	
	<b>6 Tuesday</b> 8:30-11:00 Billiards  10:15-11:15 Tai Chi TWH  1:00-2:30 Bingo TWH		<b>7 Wednesday</b> 8:30-11:00 Billiards  <b>8 Thursday</b> 8:30-11:00 Billiards  10:15-11:15 Tai Chi TWH  1:00-3:00 Knit & Crochet	<b>9 Friday</b> 8:30-11:00 Billiards  1pm-3pm Arts & Crafts will resume in Mid July. Hamden residents only and must register.
<b>12</b> 8:30-11:00 Billiards  	<b>13</b> 8:30-11:00 Billiards  10:15-11:15 Tai Chi TWH  1:00-2:30 Bingo TWH		<b>14</b> 8:30-11:00 Billiards  <b>15</b> 8:30-11:00 Billiards  10:15-11:15 Tai Chi TWH  1:00-3:00 Knit & Crochet	<b>16</b> 8:30-11:00 Billiards  1pm-3pm Arts & Crafts will resume in Mid July. Hamden residents only and must register.
<b>19</b> 8:30-11:00 Billiards  	<b>20</b> 8:30-11:00 Billiards  10:15-11:15 Tai Chi TWH  1:00-2:30 Bingo TWH	<b>21</b> 8:30-11:00 Billiards  10:00AM Miller Assoc Board Mtg.	<b>22</b> 8:30-11:00 Billiards  10:15-11:15 Tai Chi TWH  1:00-3:00 Knit & Crochet	<b>23</b> 8:30-11:00 Billiards  1pm-3pm Arts & Crafts will resume in Mid July. Hamden residents only and must register.
<b>26</b> 8:30-11:00 Billiards  1:00 Miller Center's Sewing Club AR	<b>27</b> 8:30-11:00 Billiards  10:15-11:15 Tai Chi TWH  1:00-2:30 Bingo TWH		<b>28</b> 8:30-11:00 Billiards  <b>29</b> 8:30-11:00 Billiards  10:15-11:15 Tai Chi TWH  1:00-3:00 Knit & Crochet	<b>30</b> 8:30-11:00 Billiards  1pm-3pm Arts & Crafts will resume in Mid July. Hamden residents only and must register.