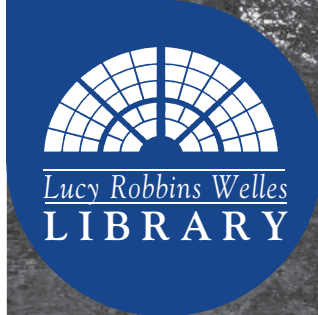




TOWN OF Newington CONNECTICUT EST. 1871



Living Strong – Be Safe, Be Active, Be Connected, Be Secure!

What's Inside?

For each of the four areas – **Be Safe, Be Active, Be Connected, and Be Secure** – you will find helpful information about programs and services and activities provided by the Town that you can try. Review them, think about what you want to do and make a plan!

For the past year we have stayed home more, stayed away from family and friends, and restricted our regular activities. It is what we all needed to do. We now appear to be moving into a new phase with COVID-19, one that is more hopeful, but that still poses risks and requires us to continue those things that have kept us safe—masks, hand washing, physical distancing, and avoiding group settings. We know that this takes its toll. We are all tired, but we want to continue to make a difference!

Let's make the most of the next few months! The best way is to make a plan! How will you continue to Be Safe, Be Active, Be Connected, and Be Secure? While our Town facilities have been closed to the public **we are here to help!**



We have information, programs and services—some existing that have been modified for safety, and some that are brand new. The information in this newsletter will help you make your plan!

A note about technology...

Some days it seems like everyone lives on the information superhighway instead of on our streets! There are ways to stay active and connected without going online but opportunities do open up if you are able to access technology. And help is always available if you need it!

If you are feeling alone and want someone to talk to, our Social Call Program will match you with someone for a regular phone conversation.

**Call
860-665-8778
for more
information!**

- Visit Senior Planet at <https://seniorplanet.org/> for information, technical support, and online classes that will help you get going! You can call the National Senior Planet Hotline: 920-666-1959 where you can also find information about how to get affordable internet access.
- Many virtual programs (like Zoom) also provide telephone access.
- The Lucy Robbins Welles Library provides technical assistance.
- Give it a try and ask for help when you need it!

Take a few minutes to read the Senior's Guide to Internet Safety at <https://www.connectsafely.org/seniors>



BE CONNECTED

Social relationships have as much impact on physical health as blood pressure, physical activity, and obesity. Being isolated from family and friends doesn't just feel bad, studies show that it can have the same negative

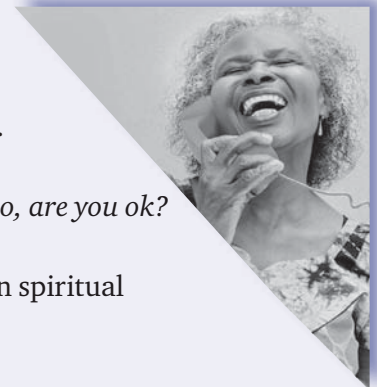
health impact as smoking 15 cigarettes a day. While we are social distancing and isolating, and our usual interactions are not available, it's important to find new ways of connecting—with family, friends, and community. Think about how much time you spent with friends and family before COVID. And include those informal interactions that you had with people in stores, in church, at the library, or senior center. How can you replace that? Below you will find ideas and things to try.

Loneliness affects one in three older adults. There are times when we all need more support, and we are here for you!



What you can do...

- Reach out to someone – it can be as helpful to you as it is to them.
 - Regular phone calls, Zoom or Facetime with friends and family.
 - Schedule weekly outreach to a neighbor, people you spent time with on a regular basis, or someone you know who might benefit from this check-in.
 - Take a moment to wave and talk to a neighbor.
 - Daily texts with those in your circle who live alone- *just saying hello, are you ok?*
 - Write letters – they are still fun to receive!
 - Check out faith-based organizations in town to participate in spiritual engagement or to participate in activities and events
 - Call that friend you haven't seen in a long time.
 - Facebook can be a great way to reconnect.
 - Join an online community or take a class.
 - Volunteer! Contact local agencies to see if they can use a hand.



Things to try...



Join the Newington Senior and Disabled Center:

Call the Center at 860-665-8778 to get information about the programs, services and activities that are available including high tech Zoom classes, low tech telephone programs, no tech local cable programming and at-home and drive through programs. Call 860-665-8778 for a membership application – no cost – get connected or read our newsletter at <https://www.ourseniorcenter.com/find/newington-senior-and-disabled-center>.



Check out the Lucy Robbins Welles Library:

Your library card allows you to enjoy hours of entertainment from the library's website (streaming movies, music, and audio books); check out books and DVD's using curbside pick up, or have them delivered through the homebound program; get information about virtual book discussions and other programs. Call the library at 860 665-8700 to find out more.



Contact Human Services:

Our social workers can assist you in connecting with supportive counseling and/or with ongoing therapy coordinated with health insurance. If you are feeling alone, call 860 665-8590 for information about this and other programs and activities.

BE ACTIVE

What you should know...

You want to stay healthy in mind and body. The best way to do that is to keep moving! We usually think about this as exercising but it also includes the movement that is part of every day life – walking to the car, cleaning the house, standing up – anything that gets your body moving. Physical activity will lower your risk of all kinds of chronic diseases, give you stronger muscles and bones, lower your risk of falling, improve your brain health, mood and overall well-being. Experts recommend that older adults get 150 minutes of moderate exercise a week – and that can be as little as 10 minutes at a time. For some that is less than they normally do, for others it can seem like a lot! Start with where you are. Think about how much you moved before the pandemic and find ways to replace that. Any movement is good! The best brain exercise is movement. Add in some activities to stimulate your mind too!

What you can do...

- Watching TV? Use the commercials to stand up, walk in place, stretch or do some leg lifts!
- Get outside and walk – down your driveway, around the block, or at a park!
- Check out YouTube for exercise videos – we like the Leslie Sansone Walking videos!
- Put on some music and dance or if sitting, pretend you are the conductor!
- Spend time stretching every day!
- Take an exercise class online or, as the weather improves, outdoors!
- Hop on your treadmill, bike, rowing machine – whatever you have!
- Do the daily crossword, a jigsaw puzzle, sudokus, or read a book!
- Learn a new skill, a language, a musical instrument!



Things to try...

Join the Newington Senior and Disabled Center – Call the Center at 860-665-8778 to get information about the programs and activities that are available including exercise classes on NCTV and a home fit kit, virtual fall prevention classes, online lectures and classes, free puzzles and activities and more. Call 860-665-8778 for a membership application – no charge – get connected or read our newsletter at <https://www.ourseniorcenter.com/find/newington-senior-and-disabled-center>.

Get a library card and check out the Lucy Robbins Welles Library – With your library card, you have access to many print and online resources to keep you active. including fitness books and exercise DVDs, online classes, music and audiobooks. Call the library at 860-665-8700 or go online at www.newingtonct.gov/library for more information.

Human Services – Check out our Intergenerational Book Discussion “*Human Kind: Changing the World One Small Act at a Time*” by Brad Aronson coming soon! Call 860-665-8594 to register for this free program available via zoom or phone.

Check out Newington Parks and Recreation – Whether or not the facilities are open, Parks and Recreation offers something for everyone. Check out their program guide for the latest classes. And stay tuned for opportunities at the new AARP Fit Lot at the Clem Lemire Recreation Complex. Call Parks and Recreation at 860-665-8666 or go online at www.newingtonct.gov for more information.

BE SECURE!

Helpful
Info...

— Getting Help —

Whether you have been impacted by a loss of income, need to find other ways to access the things we all need, or are feeling at risk, there are many resources, old and new, to help you.

- **Volunteer Grocery Shopping** – call in your small order, a volunteer will do the shopping and the Senior and Disabled Center will deliver. Call 860-665-8778 to learn more about this service.
- **Newington Food Pantry** – all eligible households can sign up to pick up groceries once a month. Call 860-665-8590. Delivery may be available for those unable to pick up.
- **Meals-on-Wheels** – adults 60+ who are homebound can apply to receive a hot meal Monday through Friday. Call 860-665-8778.
- **Grab and Go lunches** – replacing the daily hot lunch at the Senior and Disabled Center, adults 60+ can receive 5 complete meals conveniently packaged and available for pick up every Wednesday. Call 860-665-8778. Delivery may be available for those unable to pick up.

— Accessing Assistance —

Human Services: Assistance with SNAP applications and other possible income sources such as Unemployment Benefits, Social Security, Medical coverage through Medicare, Medicaid, Medicare Savings Programs, Referral to Money Coach for assistance with debts, and identity theft issues. Special Needs Assistance with Basic Needs of Food, Rent/Mortgage, Utilities, Heat, and prescriptions. Call 860-665-8590 to schedule a phone appointment.

Senior and Disabled Center: Assistance with Medicare Counseling, SNAP applications, Medical Coverage through Medicare, Medicaid, and Medicare Savings Programs, Energy Assistance applications, and medical equipment loan closet. Call 860-665-8778 to schedule a phone appointment.

Property Tax Relief: If you were 65 or older as of December 1, 2020 or 100% disabled and your income is below \$45,800 (married) or \$37,600 (single) you may be eligible for property tax relief (apply by May 15) or a renter's rebate (apply after April 1). Contact the Assessor's Office at 860-665-8535 or the Senior and Disabled Center at 860-665-8778 or visit: <https://www.newingtonct.gov/2274/Elderly-Home-Owner-Totally-Disabled-Pers>.

CT Infoline: 2-1-1 is your one-stop connection to the Connecticut local services you need, from utility assistance, food, housing, child care, after school programs, elder care, crisis intervention and much more. 2-1-1 is always ready to assist you in finding the help you need. Dial 2-1-1 or go to <https://211ct.org/>.

Protect Yourself from Fraud and Scams: The pandemic has created new opportunities for scammers. Be aware and be safe! Do not give personal info over the phone, do not click on links in emails. If an offer sounds too good to be true, it probably is! For more information, visit AARP's Fraud Resources at: www.aarp.org/money/scams-fraud/

A Word About Abuse: Older adults can be at an increased risk of abuse – physical, financial and neglect – and the pandemic has made this worse. If you or someone you know is at risk, please act! You can learn more about elder abuse including how to report it at <https://elderjusticect.org/> You can also contact Human Services at 860-665-8590, the Senior and Disabled Center at 860-665-8778 or the Newington Police Department at 860-666-8445.

BE SAFE

Helpful
Info...

— COVID 19 Information —

COVID-19 is a highly contagious illness. People with COVID-19 have reported a wide range of symptoms – from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19:

Fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, or diarrhea.

Risk for severe illness with COVID-19 increases with age, with older adults at highest risk. Certain medical conditions can also increase risk for severe illness. People at increased risk, and those who live or visit with them, need to take precautions to protect themselves from getting COVID-19. For information on COVID-19 in Connecticut, including testing and vaccines, visit: ct.gov/coronavirus.

— Protect Yourself —

The best way to protect yourself and to help reduce the spread of the virus that causes COVID-19 is to:

- Wear a mask when you interact with others.
- Limit your in-person interactions with other people as much as possible, particularly when indoors.
- Keep space between yourself and others (stay 6 feet away, which is about 2 arm lengths).
- Wash your hands often. If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Cover coughs and sneezes with a tissue or the inside of your elbow. Then wash your hands.
- Clean and disinfect surfaces and things you touch often.
- Get vaccinated as soon as you can!

— Get Vaccinated —

As of March 1, all adults aged 55+ were eligible to schedule an appointment for vaccination. There are more than 130 vaccination sites across the state and several different registration systems.

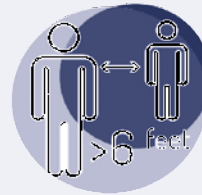
The best place to start is <https://ct.gov/covidvaccine>. You can enter your zip code to see where there are clinics near you that have appointments. If you do not have internet access, you can call 877-918-2224. Additionally, the Central Connecticut Health District is scheduling clinics. For more information, call the Senior and Disabled Center at 860-665-8778. Studies show COVID-19 vaccines are safe and very effective. They will prevent serious illness and get us all closer to an end to this pandemic.



Get vaccinated.



Wear a mask.



Stay 6 feet from others,
and avoid crowds.



Wash
hands often.

For more information about COVID, visit:

www.cdc.gov • www.ct.gov/coronavirus • www.cchd.org

or call Newington's Emergency Management Director at 860-256-5056

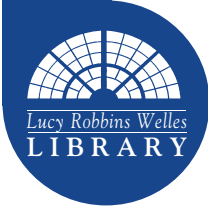


Human Services
 200 Garfield Street, Newington, CT
 06111
 Voice: 860-665-8590
www.newingtonct.gov

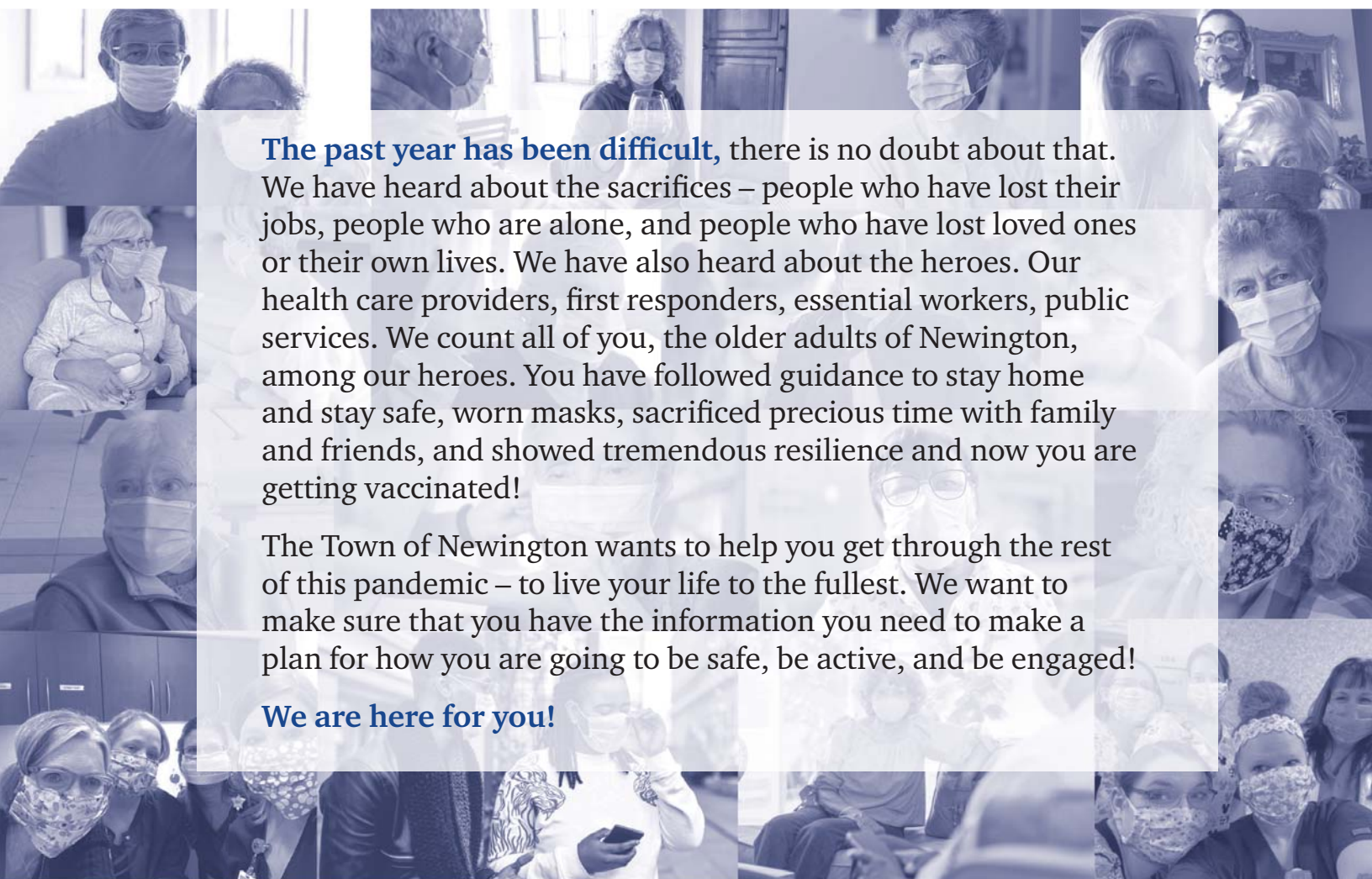
Newington Senior & Disabled Center
 120 Cedar Street, Newington CT 06111
 Voice: 860-665-8778
www.newingtonct.gov

Lucy Robbins Welles Library
 100 Cedar Street, Newington, CT 06111
 Voice: 860-665-8700
www.newingtonct.gov/library

Town of Newington
 200 Cedar Street, Newington, CT 06111
 Voice: 860-665-8500
www.newingtonct.gov



NonProf. Org
 US Postage
 Paid
 Hartford, CT
 Permit No. 786



The past year has been difficult, there is no doubt about that. We have heard about the sacrifices – people who have lost their jobs, people who are alone, and people who have lost loved ones or their own lives. We have also heard about the heroes. Our health care providers, first responders, essential workers, public services. We count all of you, the older adults of Newington, among our heroes. You have followed guidance to stay home and stay safe, worn masks, sacrificed precious time with family and friends, and showed tremendous resilience and now you are getting vaccinated!

The Town of Newington wants to help you get through the rest of this pandemic – to live your life to the fullest. We want to make sure that you have the information you need to make a plan for how you are going to be safe, be active, and be engaged!

We are here for you!