

Sherman Senior Center

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WEBSITE: www.townofshermanct.org • EMAIL: shermanseniorcenter@gmail.com



HELPFUL CONTACTS

Coordinator

Suzette Berger

860-354-2414, ext.1

shermanseniorcenter@gmail.com

Van Drivers

Anna Miskiv • Sue Moore

FISH

860-355-4334

Director of Social Services

Beth Trott, MSW

860-354-2414, ext.2

shermansocserv@gmail.com

Commission on Aging

Dr. Juan Garcia, MD

Ed Hayes • Sheila McMahon

Jean McRoberts • Janet Wey

Rick Hudson • Lynda Lee Arnold

Carol Sperling • Art Von Plachecki

Ex Officio • Don Lowe

Editor • Mutsumi Hyuga

The Sherman Senior Center is committed to ensuring that no person is excluded from participation, denied benefits, or otherwise subjected to discrimination under any program or activity, on the basis of race, color, national origin, sexual orientation, age or disability.

SHERMAN FLU CLINIC

 **Monday, October 5th
10am-12pm**

New Milford VNA nurses will once again offer a flu clinic at the Sherman Firehouse. We will be offering the standard and senior dose seasonal influenza vaccine. Both are Quadrivalent this year. Insurance accepted will be Anthem BC/BS, AETNA/Medicare Advantage, Connecticut, Cigna and Medicare. **Call 860.354.2414 ext 1 and sign up for an appointment.**

We will have all required forms available prior to the date so you can bring your forms filled out to your appointment. Masks and social distancing will be required.

Activities and Webinars Celebrating National Senior Center Month

WALKING GROUP

Join us at the Sherman Track any **Monday, Wednesday and Friday at 9AM.**

Let's stretch our legs with some friends.

Please remember social distancing.

CHAIR YOGA with ZOOM

Join the fun! Classes will be **Wednesday at 10:30am** online with LARA WARD, Founder & Director of Lotus Gardens, LLC. There is no cost for the class for Sherman residents 60+.

NMVNA Informal Wellness Check

September 21 and October 19 from 11:30-1pm. Sign up for your private appointment with a nurse who will check your vitals and answer any questions you have about the FLU and COVID. You can meet your nurse outdoors if you prefer.

AARP CT Webinar Wednesday: "Gen Silent"

Join us September 16, 2020 @ 1PM for a screening of the documentary "Gen Silent" to hear the stories of LGBT older adults in Greater Boston dealing with the challenges and hopes of growing older. Since 2010, this landmark movie has inspired a world-wide movement of LGBT & aging advocates to create safe & welcoming community experiences for older adults and caregivers.

Registration: <https://aarp.cvent.com/GenSilentSept>

AARP CT Presents: Mondays at Mystic Seaport: The Gerda 111 Story

September 28, 2020 @ 12PM Mystic Seaport Museum volunteer and researcher Howard Veisz shares the extraordinary story of Gerda III, a wooden boat built in 1926 to re-supply offshore lighthouses along the Danish coast. During the Nazi occupation of Denmark in World War II, she took on another cargo: clandestine groups of Jewish refugees that she transported to freedom. The session will conclude with a live Q&A with Howard and museum staff. Registration: <https://aarp.cvent.com/MysticMonSept28>

LUMOS

Join us at the Sherman Beach Pavilion on **Tuesday, September 29 at 11:30-12:30pm** for the sweet music of LUMOS. Bring your lunch and enjoy our beautiful beach. RSVP required and social distancing rules will be followed. Unfortunately there is no raindate.

AARP CT Webinar Wednesday: The Emotional Lives of Persons with Dementia and Their Care Partners

September 30, 2020 @ 1PM This conversation offers participants with the latest science of how emotions influence health for persons with dementia and their care partners. Joan K. Monin, PhD, Associate Professor at Yale School of Public Health, will discuss effective ways in which care partners can manage their negative emotions and increase positive emotions with benefits for quality of life. Reg: <https://aarp.cvent.com/Sept30MoninWW>

Sherman Medicare Information Session

October 8th at 11 AM on Medicare and Medicare Part D and any other new information regarding changes in Federal and State of CT programs. Come with questions about Medicare, Medicaid, Social Security and any others questions you have about how to tackle medical and financial concerns. If we are not meeting in person we will have a zoom presentation and conversation.

Medicare Part D *Review and Enrollment*



It is time to look at your **Medicare drug plan for 2021** and see if it still fits your needs with your current medications and costs. Please set up an appointment between October 15th- December 7th to discuss your options with Beth. She has been doing this since 2005 and can make the process very easy. All you need is your Medicare card and names and doses of your medications. We are available **Monday- Friday 9 AM-2 PM** or other times as needed. Please schedule an hour long appointment per person so if you are a couple please schedule 2 hours. This service is free for Sherman residents. It can take from 20 minutes to an hour depending on how complicated your medications are.

Time to apply for **ENERGY ASSISTANCE**



We are taking applications for **Energy Assistance** from now until May 2021 for this winter season. Please make an appointment with Beth or Lisa if your income is below \$36,171 for a single person and \$47,300 for a couple and your assets are below \$17,000 if you are a homeowner and \$10,000 if you rent.

Emergency Support List

When the power goes out and you live alone with no family in the area; you can plunge into isolation, especially in Sherman. The mission of Sherman Social Services and the town's Emergency Management Team is to identify and reach out to Sherman's vulnerable and isolated. Anyone interested may call us at 860-354-2414, ext.2. In the hope of making our outreach more complete, we hope you will consider becoming part of the Emergency Support list.



Senior Dine Home Delivery (Sherman Residents 60+)

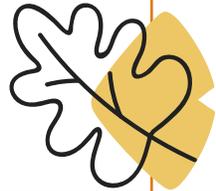
Call Sherman Senior Center before 9am to order **(860) 354-2414 ex.1**
Every Tuesday & Thursday

Cost: One meal credit / \$4 donation on your senior dine card.

If you don't currently have a CW Resources senior dine card, please contact the Senior Center to sign up.

Thank you for respecting the 6 foot social distancing at this time with the driver!

September 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Senior Dine Delivery American Pie	2 Walking Group 9am Grocery Delivery 10:30 am Chair Yoga Zoom Classes	3 Senior Dine Delivery American Pie	4 Walking Group 9am	5
6	7 Office Closed	8 Senior Dine Delivery American Pie	9 Grocery Delivery 10:30 am Chair Yoga Zoom Classes	10 Senior Dine Delivery American Pie	11 Walking Group 9am	12
13	14 Walking Group 9am	15 Senior Dine Delivery American Pie	16 Walking Group 9am Grocery Delivery 10:30 am Chair Yoga Zoom Classes	17 Senior Dine Delivery American Pie	18 Walking Group 9am	19
20	21 Walking Group 9am 11:30-1:00pm Informal Wellness Check w/NMVNA	22 Senior Dine Delivery American Pie	23 Walking Group 9am Grocery Delivery 10:30 am Chair Yoga Zoom Classes	24 Senior Dine Delivery American Pie	25 Walking Group 9am	26
27	28 Walking Group 9am	29 Senior Dine Delivery American Pie Music with LUMOS Sherman Beach Pavilion 11:30-12:30	30 Walking Group 9am Grocery Delivery 10:30 am Chair Yoga Zoom Classes			

FALL RECIPE

Delicious Pumpkin Bread

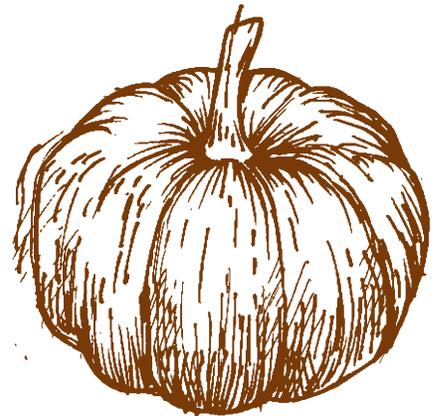
2 C sugar
 1 C canola oil
 4 eggs
 16 oz. canned pumpkin
 (not pie filling)
 3/4 C water
 3 C flour
 2 tsp baking soda
 1/2 tsp table salt
 2 tsp cinnamon
 1/2 tsp cloves (optional)
 1/2 tsp. nutmeg (or less)
 1/2 tsp allspice (optional)

Step 1: Preheat oven to 350 degrees F. Grease 2 loaf pans (don't fill pans higher than 2/3 full) with butter or non-stick spray.

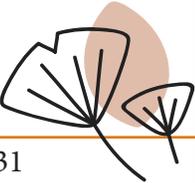
Step 2: Using a stand mixer or hand mixer, beat sugar and oil together until blended. Add eggs one at a time mixing after each addition. Add pumpkin purée and water and mix until blended.

Step 3: Whisk together the flour, baking soda, salt, cinnamon, cloves, nutmeg, and allspice. Add to the mixer and mix only until just incorporated. Pour batter into prepared pans.

Step 4: Bake for about an hour but start checking for doneness after 45 minutes.



October 2020

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4	5 Sherman Flu Clinic Firehouse 10-12pm	6 Senior Dine Delivery American Pie	7 Walking Group 9am Grocery Delivery 10:30 am Chair Yoga Zoom Class	8 Senior Dine Delivery American Pie 11am Medicare Information Program	9 Walking Group 9am	10
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Autumn Word Search

M T Y K U A B L H S A U Q S H A Y
 E J O Q O O N W L S Y E L P P A H
 P M A P L E E S U A M P R N X R D
 Q F P R U R E E L N F I I V X T E
 M T D S F W W H J A Z H C X F J Q
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 M Z H L S C A R E C R O W P W L K
 J G C S E P T E M B E R K Z E B I
 H A R V E S T O R A S B A A O E N

hay
 colors
 windy
 acorns
 scarecrow
 chilly
 festivals
 halloween
 harvest
 october
 pie
 fall
 pumpkin
 squash
 farm
 september
 apple