

DURHAM SENIOR HAPPENINGS

FEBRUARY 2018

Staff

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Senior and Disabled Tax Relief Programs

The filing period is February 1 - May 15

Applications are filed in the Town Hall with the Social Service's Department or the Assessor's Office. Applications for the local relief must be filed every year, although the state program only requires applications every two years

Contact for more info:

Assessor's Office 860-349-3452 or Social Services 860-349-3153



In the event on inclement weather, please check NBC Channel 30 or WTNH Channel 8

**Please note - If RSD 13 is closed, the Durham Activity Center will also be closed.

Social Services Hours/Location

Monday 8:30-1:00 DAC
1:15-3:00 Town Hall

Tuesday 8:30-3:00 Town Hall

Wednesday 8:30-1:00 DAC
1:15-3:00 DAC

Thursday 8:30-2:00 Town Hall

Friday Off

Town Hall - 30 Town House Road Durham
Durham Activity Center - 350 Main St. 2nd Floor (above Core Club)

Senior Board Members

<u>Elaine Melvin, Chairperson</u>	<u>Lainymelvin@gmail.com</u>
<u>Henry Coe, Vice Chairperson</u>	<u>Hcoect@gmail.com</u>
<u>Norm Hicks</u>	<u>Hicks@snet.net</u>
<u>Stu Keating</u>	<u>Irishstu4@yahoo.com</u>
<u>Carol Kleeman</u>	<u>Carol.Kleeman@ravies.com</u>
<u>Jim Martinelli</u>	<u>Jim_martinelli@hotmail.com</u>
<u>Beverly Pedersen</u>	<u>Bvrlpdrsn@sbcglobal.net</u>
<u>Doug Marden</u>	
<u>Deb Frey</u>	<u>djfrey161@gmail.com</u>

SENIOR LUNCHESES

The Elderly Nutrition program is designed to provide nutritional meals, at a low cost to all persons ages 60 and over, and their spouses. To help cover the cost of the meal, a suggested donation of \$2.50 is welcomed.

Please come join us for lunch! This program is open to all patrons, regardless of your ability to pay. Reservations must be made 24 hours in advance.

Please call Jaclyn 860-349-3153 to register.

Hot lunches are available at the **Durham Activity Center 350 Main Street, 2nd Floor every Monday and Wednesday at noon.**

Please see menu on next page

Birthday's are celebrated on the last Wednesday of the month, after the senior lunch. Cake is sponsored by the Durham Senior Board. February birthday cake will be served on Wednesday February 28th



SENIOR COMMUNITY CAFÉ CONGREGATE CALENDAR

FEBRUARY 2018

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
5 Pineapple Orange Juice Lemon Baked Chicken Bowtie Pasta Broccoli Oatnut bread Pears	6	7 Roast Turkey w/ gravy Mashed potatoes Mixed veggies Cranberry sauce Wheat Bread Fresh Orange	8	9
12 Orange Pineapple Juice Sliced Meatloaf w/ gravy Spanish rice Carrots Whole Wheat Bread Fruit Cocktail	13	14 Happy Valentines's Day! Cream of broccoli soup Tuna salad on Multi grain bread Tomato/Lettuce Three Bean Salad Frosted German Chocolate Cake	15	16
19 Happy President's Day No Meal Served	20	21 Beef Chili w/ beans Shredded Cheese Elbow Macaroni Green Beans Whole Wheat Bread Fresh Orange	22	23
26 Orange Juice Hot Dog Vegetarian Baked Beans Ice Cream Cup	27	28 Beef vegetable soup Hamburger w/ broth Potato salad Tomato/Lettuce Multi-grain bun Pears		

**Elderly Nutrition Program meals are served Monday thru Friday to persons
60 years of age or older and their spouses.**

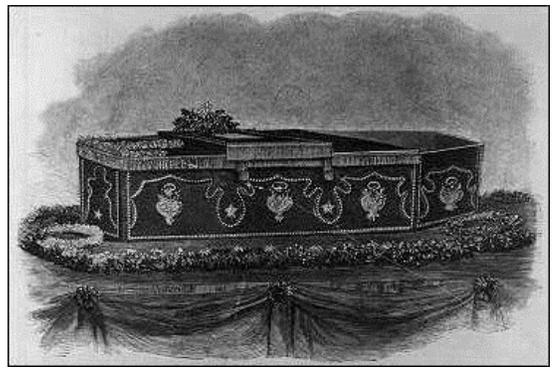
All meals are served with milk, bread and margarine. DONATIONS: \$2.50
(or whatever you can afford)

This program is sponsored by the Durham Senior Citizen Board

February Soup & Salad

*The Assassination & Funeral of President
Abraham Lincoln*

Friday February 2, 2018
Durham Activity Center
12:00—2:00



Join us as for a presentation from Matthew Bailey on the fascinating story of the Assassination of President Abraham Lincoln and the subsequent funeral.

Lincoln's funeral was the most elaborate in U.S. history, covering 20 days and 1,654 miles. The Lincoln funeral train traveled through 180 cities and seven states before reaching Springfield. Not until Kennedy's televised death in 1963 did so many millions witness a funeral.

*This program is free to seniors of Durham and Middlefield. Please call
Jaclyn at 860-349-3153 to make a reservation or sign up at
Durham Activity Center.*

DURHAM ACTIVITY CENTER

Next Blood Pressure Clinic

Monday February
12:00 at DAC

Sponsored by Middlesex Hospital
Homecare

Bridge games are held every Friday evening at 6:15pm. Classes are adapted to suit any person's needs or concerns. Come and join us for some fun!



*Next bidding class is Sunday
February 18th*

Next Senior Citizen Board meeting is Wednesday February 28th 1:15 at the Durham Activity Center. Meetings are open to the public. All are welcome to express concerns or ideas at the beginning of each meeting.

Middlefield-Durham



Every Tuesday, 9:00am at the Durham Activity Center
350 Main St. - Second Floor

NEW MEMBERS WELCOME!

Whether you knit, crochet or anything in between – come join us!

Free & open to the public



Call Jaclyn for more information
860-349-3153

Tai Chi

Tuesday & Thursday at DAC

Register on

<https://durhamct.recdesk.com/Community/Home>
or contact Sherry Hill 860-343-6724

Senior Exercise

M-W-F at DAC

Class 1: 9:00am-10:00am

This class is for the more active Senior.

Class 2: 10:00AM-11:00am

This class is for the Senior that may want to use a chair.

Classes are free for Durham and Middlefield Seniors. Out of town residents may be invited for \$3.00 a class. Classes are scheduled all year. Senior is age 55 and older for class.

NEW MEDICARE CARDS ARE COMING

Medicare will mail new Medicare cards between April 2018—April 2019
Your card will have a new Medicare number that's unique to you, instead of your Social Security number.

- You don't need to take any action to get your new Medicare card
- The new card won't change your Medicare benefits or coverage
 - There's no charge for your new card
- Medicare will never ask for private or personal information to get the new card

WATCH OUT FOR SCAMS! Scammers often claim to be from Medicare use various scams to get your Medicare number including:

- Asking you to confirm your Medicare or SS number so they can send you a new card
- Telling you there's a charge for your new card and they need to verify your personal information
- Threatening to cancel your health benefits if you don't share your Medicare number with them

Call 1-800-633-4227 for more information
(Destroy your old card to protect your identity. Cut up your old card and dispose pieces in the trash)

Apply for Energy Assistance

CT Energy Assistance Program is available to CT residents to offset the winter heating costs for lower income households, specifically those households whose income falls at or below 60 percent of the state median income.



Required Documents

Social Security numbers for all household members
Dates of birth for all household members
For electric or natural gas: Current utility bill in name of a household member over 18
For oil, kerosene, wood or propane: Name of fuel company
Proof of current gross income (Social Security and other monthly benefits, pay stubs, bank statements) for all household members for 4 weeks prior to application date
Current rent or mortgage statement
Electric bill (regardless of heat source)
Proof of current assets (bank statements, stocks, bonds, etc)

Applications are being accepted starting October 2nd in the Social Services office. Call Jaclyn for more information 860-349-3153

Filing your Taxes

Please contact the Cromwell Senior Center to make an appointment with an IRS trained AARP volunteer. They will complete Federal and State income tax returns at no charge for seniors 60 and over with low or moderate incomes.



Cromwell Senior Center
860-632-3447
Starts: Feb 5th

You can also call 211 to make an appointment in Middletown with The United Way or North End Action Team.

TRANSPORTATION FOR DURHAM SENIORS

Disabled /Durham-Middlefield Senior Bus: Middletown Area Transit provides out-of-county medical trips and recreational trips. This service is a curb-to-curb transportation for the elderly and disabled residents of Durham, Middlefield, and Rockfall to out-of-county medical appointments on Monday, Thursday and Friday and recreational trips on Tuesday and Wednesday. **Please see the calendar on the next page for a list of recreational trips. Calendars are sent out a month in advance.**

48 hours notice is required for out-of-county medical trips. Please call 860-346-0212 and press 2. Please mention what town you are calling from and what type of trip you are looking to book.

Dial-A-Ride: Middletown Area Transit is available for in county trips.

Provides curb-to-curb transportation for the elderly and disabled residents of Durham, Middlefield, and Rockfall to appointments in Middlefield, Durham, Middletown, Cromwell, Portland, East Hampton and East Haddam. This service can be used for medical appointments, shopping, banking and other places. This service is available 5 days a week, Monday -Friday 8:30AM-4:00PM.

Please call Albert at 860-347-3313 for a reservation. Fare is \$3.50 each way.

9 Town Transit: Public transit for Chester, Clinton, Deep River, Durham, Essex, East Haddam, Haddam, Killingworth, Lyme, Old Lyme, Old Saybrook, and Westbrook, with connections to New Haven, New London and Middletown areas.

Call 9 Town to take a medical or recreational trip to any of the participating towns. All ages welcome. Call for pricing info and to register for a trip. 860-510-0429 or visit



Please call Jaclyn if you have any questions concerning transportation - 860-349-3153

FEBRUARY 2018
Durham Middlefield
Senior/Disabled Bus
Out-of-County Medical & Recreational

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Out-of-County	2 Out-of-County
5 Out-of-County	6 Mohegan Sun	7 Peabody Museum Admission \$9.00 Lunch at Pepe's Pizza	8 Out-of-County	9 Out-of-County
12 Out-of-County	13 Olde Mystic Shoppes Lunch @ Steak Loft Restaurant	14 Shopping Wal-Mart Cromwell Lunch at Cromwell Diner	15 Out-of-County	16 Out-of-County
19 Out-of-County	20 Web's Americas Yarn Store North Hampton, MA Lunch TBD	21 Mohegan Sun	22 Out-of-County	23 Out-of-County
26 Out-of-County	27 Shopping at Marshalls & Burlington Coat Wallingford Lunch @ Panera	28 New England Air Mu- seum Windsor Locks Admission \$11.50 Lunch at Friendly's		

Transportation is provided by Middletown Area Transit. Please call 860-346-0212, and press 2 to book trips. 48 hours' notice is required for out-of-county medical trips. Please make sure you state what town you are calling from and if you are booking a medical or recreational trip.

MARCH 2018
Durham Middlefield
Senior/Disabled Bus
Out-of-County Medical & Recreational

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Out-of-County Medical	2 Out-of-County Medical
5 Out-of-County Medical	6 Boscov's Meriden Mall Lunch on your own	7 Mohegan Sun	8 Out-of-County Medical	9 Out-of-County Medical
12 Out-of-County Medical	13 The Vintage Shops East Windsor, CT Lunch at Maine Fish Market	 14 Ireland's Great Hunger Museum at Quinnipiac University Hamden, CT Lunch at Playwright Irish Pub Restaurant	15 Out-of-County Medical	16 Out-of-County Medical
19 Out-of-County Medical	20 Mohegan Sun	21 Christmas Tree Shop Orange, CT Lunch at Olive Garden	22 Out-of-County Medical	23 Out-of-County Medical
26 Out-of-County Medical	27 The Book Barn Niantic, CT Lunch TBD	28 Hobby Lobby Lunch at Twin Pine Diner East Haven	29 Out-of-County Medical	30 Out-of-County Medical

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