

Durham Senior Happenings

May 2020



"'Tis like the birthday of the world,
When earth was born in bloom;
The light is made of many dyes,
The air is all perfume:
There's crimson buds, and white
and blue,
The very rainbow showers
Have turned to blossoms where
they fell,
And sown the earth with flowers."
- Thomas Hood

Durham Town Hall

Until further notice, the Durham Town Hall is closed. Staff will continue to work from home and will be accessible via email and telephone. Staff will be on location for essential only business. Thank you for your patience as we follow the Governor's Order, Stay Safe and Stay Home.

Office of the First Selectman, 860-349-3625
Building, Health & Zoning, 860-349-8253
Finance Department, 860-349-9366
Recreation Office, 860-343-6724
Registrar of Voters, 860-343-6706
Tax Office, 860-349-1165
Town Clerk Office, 860-349-3453
Social Services, 860-349-3153

For updates, please go to <https://www.townofdurhamct.org/> or
<https://www.townofdurhamct.org/coronavirus>

Morgan Perry

Social Services Coordinator

(860) 349-3153

mperry@townofdurhamct.org

Food Pantry

Call or email the Human Services Office to make arrangements. We have items available so don't hesitate to call. Donations are accepted Tuesday mornings at the Town Hall from 9-10 through the side door by the ramp. Any items can be left on the table. Monetary donations, checks (made out to Durham Neighbors in Need), or gift cards can be mailed to:

Human Services P.O. Box 428 Durham, CT 06422

To all who have donated, thank you kindly for your generosity.

Tax Relief

Town Freeze: Application process suspended. All who qualified last year automatically qualify this year. New applications will be taken July 1 – August 15. Please bring 2019 tax form 1040 and 2019 Social Security Form SSA-1099. **State Homeowners Program:** Per Executive Order No. 7S, reapplication has been suspended. Anyone who qualified two years ago (in 2018 or 2019) automatically qualifies for the benefit.

Renters Rebate

Must be 65+ as of December 31, 2019 or totally disabled. April 1—October 1. At this time we are not making in-person appointments for Renters Rebate. What you will need: 2019 tax form 1040, SSA 1099, **proof** of rent and utility payments (electric, gas, water, fuel).

Resources—For You, or to Pass Along...

CHOICES: Information on Medicare, long term care services, and any public programs: contact the CHOICES program at 800-994-9422.

Current SNAP Recipients: On March 20, 2020, DSS received approval from the USDA to extend SNAP cases due to close in March, April, or May for an additional six months. As a result, individuals who would have been renewed at the end of 3/2020 will be extended to 9/2020. Those with an end date of 4/2020 will be extended to 10/2020 etc. The DSS Commissioner authorized this extension on March 25, 2020. For assistance contact Agency on Aging: 203-785-8533.

New Horizons: Domestic Violence. Available 24/7. 860-344-9599.

Bridges: The program serves adults (55+) who may have mental health and/or substance misuse concerns. Services include education, support, counseling, referrals to senior service networks and referrals for treatment. (203) 878-6365

The National Suicide Prevention Lifeline, 1-800-273-TALK (8255).

Resources Directory: 211 or dial 1-800-203-1234

Alzheimer's Association: <https://alz.org/> (Trainings & education, virtual caregiver support groups; 24/7 Helpline: 800-272-3900

Phone, Text, Web & Chat Resources:

- **Crisis Text Line** | TEXT 741741
- **National Suicide Prevention Lifeline**
CALL 1-800-273-8255 or CHAT online
- **Veterans Crisis Line**
CALL 1-800-273-8255 (Press 1), TEXT 838255, or CHAT online
- **Alcoholics Anonymous Online Intergroup**
aa-intergroup.org
- **SMART Recovery Online**
smartrecovery.org/community
- **RAINN (Rape, Abuse & Incest National Network)**
CALL 860-656-4673 or CHAT online
- **TrevorLifeline (LGBTQ+)**
CALL 1-800-488-7386, TEXT 678678, or CHAT online



Connecticut Energy Assistance Program:

Available to CT residents with household incomes which fall below 60% of the State median income. Residents will now have until June 1, 2020 to apply for assistance to help cover this past winter's heating bills (the previous deadline was May 1).

Contact Community Renewal Team (CRT) in Middletown: (860) 347-4465

Internet Help: Comcast Internet Essentials Free for New Low-Income Customers to **June 30:**

1-855-846-8376 or visit <https://www.internetessentials.com/covid19>. Free wifi hotspot locator: www.xfinity.com/wifi

CRT Meals Available

Available to persons 60 years of age or older and their spouses. Two frozen grab and go meals will be available for pick up Mondays at 12:00 at the Activity Center. If you would like to reserve the meals, please contact the Human Services Office no later than 11:00AM Thursdays for the following Monday. Pick up will outside in the parking lot unless it is raining. Then we will be set up downstairs. Thank you for your patience as processes can change daily. Donation based (\$5.00/week) but not required to eat.

Shopping for Durham Residents Ages 60+ and Immunocompromised During Pandemic

- Contact the Human Services office Monday – Thursday by 12:00PM if interested in ordering groceries.
 - Grocery pick up is currently available for Lino’s Market, Brenda’s Main Street Feed and JC Farm and Greenhouses.
 - Please contact us first before calling the store with your order so we can reach out to a volunteer. Then you can contact Lino’s Market, Brenda’s Feed store or JC Farms to place your order and pay over the phone (by card only).
 - The volunteer will pick up and drop off your items outside your door.
 - It is recommended that you wipe down any items received.
- If you are interested in being a volunteer feel free to let us know. Contact the Human Services office with any questions: (860) 349-3153 or mperry@townofdurhamct.org

Be Aware of Scams

Scams connected to the coronavirus pandemic continue to increase.

The SMP recommends:

- Contact your own doctor if you are experiencing potential symptoms of COVID-19.
- Do not give out your Medicare number, Social Security number, or personal information in response to unsolicited calls, texts, emails, home visits. If your personal information is compromised, it may be used in other fraud schemes as well.
- Be suspicious of anyone going door-to-door to offer free coronavirus or COVID-19 testing, supplies, or treatments. Do not allow people in your home and call the police.
- To see what Medicare covers or will cover related to COVID, visit medicare.gov
- **Contact** your local SMP for help regarding concerns related to Medicare fraud or abuse.



We have cloth masks available. Let the Human Services Office know if you need some!

Be on high alert for scams, fraud, and malware infected emails perpetrated by people who want to capitalize on the COVID-19 health emergency, including those impersonating utility companies such as Eversource. More information can be found at: <https://www.aoascc.org/News-and-Events/coronavirus-information-and-resources/scams-and-fraud/>

Common Reactions During COVID-19:

- Concerns about protecting oneself from the virus
- Concern that regular medical care or community services may be disrupted
- Feeling socially isolated, especially if living alone or are in a community setting that is not allowing visitors because of the outbreak.
- Guilt if loved ones help them with activities of daily living.

Coping with Stress:

- Take breaks from watching, reading, or listening to news stories. Hearing about the pandemic repeatedly can be upsetting. Acknowledge facts, discard rumors.
- Take care of your body. Try to eat healthy, well-balanced meals. Exercise regularly and get plenty of sleep.
- Take deep breaths, stretch, or meditate. Do activities you enjoy
- Connect with others. Talk with people you trust about your concerns and how you are feeling.

Source: Centers for Disease Control and Prevention

Looking for phone support?

Call a Friend!

Call a warm line: <https://portal.ct.gov/DMHAS/Programs-and-Services/Advocacy/Warm-Lines>

Join Rise Be Statewide Young Adult Warmline Initiative:
1-855-6HOPENOW 12-9pm daily

Advocacy Unlimited Phone Based Peer Support: (888) 770-4478 M-F 9am-5pm

Call SAMHSA's free 24-hour Disaster Distress Helpline at 1-800-985-5990, if you feel lonely or need support.

Looking for online support?

www.InTheRooms.com (offers many types of online meetings including AA, NA, Al-Anon, All Recovery, wellness, spirituality, etc.)

Smart Recovery: <http://www.smartrecovery.org/srol-2/>

NAMI-CT: <https://namict.org/find-support/support-groups/>

A.U. peer support: M-F 3-4:30pm
<https://zoom.us/j/466017514>
Dial In: 646 876 9923

TOIVO's holistic/other support options:

Mondays

Women's Group on Zoom (6:30-8:30pm)
Online: <https://zoom.us/j/808331737>
Dial In: 646 876 9923
Meeting ID: 808 331 737

Tuesdays

Yoga on Facebook Live (10-11am)
facebook.com/toivocenter/
Qi Gong on Facebook Live (6-7pm)
facebook.com/toivocenter/

Wednesdays

Alternatives to Suicide on Zoom (3:30-4:30pm)
Online: <https://zoom.us/j/793918997>
Dial In: 646 876 9923
Meeting ID: 793 918 997

Thursdays

Yoga on Facebook Live (10-11am)
facebook.com/toivocenter/

Fridays

Meditative Coloring on Facebook (12-1pm)
facebook.com/toivocenter/

Saturdays

Qi Gong and Tea on Zoom (9:30-11:30am)
Online: <https://zoom.us/j/735219697>
Dial In: 646 876 9923
Meeting ID: 735 219 697

Sundays

Men's Group on Zoom (6-8pm, biweekly)
Online: <https://zoom.us/j/809960273>
Dial In: 646 876 9923
Meeting ID: 809 960 273

Durham Exercise Classes: Sherry Hill-
860-343-6724

Middletown Senior Services YouTube Page:

www.youtube.com/channel/UC5SqmgcYTUbhXuzxXCsc5UQ

Agency on Aging- Main Line: 203-785-8533

Virtual Caregiver Support Groups:
203-785-8533 ext 3163

Hartford Healthcare 24/7 Hotline:

860-972-8100 or
hartfordhealthcare.org/coronavirus

Community Health Center List of Resources:

www.chc1.com/covid-resources/

You've heard of a Pen-Pal, right? How would you like to make a Phone-Pal?!

Sign up to receive a weekly phone call from a member of the Senior Board– just to chat!

These times are challenging but we don't have to go through them alone. Contact the Human Services office and we will connect you with a new pal.

>>>Make the call to connect during these physically distant times!!

(860) 349-3153 or mperry@townofdurhamct.org



The **Durham Middlefield Local Wellness Coalition** has free medication disposal bags available for delivery in mid to late May. To sign up: <https://events.constantcontact.com/register/event?llr=9wxakreab&oeidk=a07eh1q7ap5c4977f43>

Questions? Email Dena: dmiccinello@dmyfs.org

Steps to Dispose of Medicines in the Household Trash:

- Mix medications (do not crush tablets or capsules) with an unpalatable substance such as dirt, cat litter, or used coffee grounds;
- Place the mixture in a container such as a sealed plastic bag;
- Throw the container in your household trash;
- Scratch out all personal information on the prescription label of your empty pill bottle or empty medicine packaging to make it unreadable, then dispose of the container.

Other neat websites...

New York Botanical Garden: <https://www.nybg.org/nybg-at-home>

Durham Public Library: <https://www.durhamlibrary.org/> Streaming Service: <https://www.durhamlibrary.org/new-service-streaming-movies-and-tv/> Contact (860) 349-9544, ext. 5 or at dpl@durhamlibrary.org for a temporary library card or with questions.

Yellowstone National Park: www.nps.gov/yell/learn/photosmultimedia/virtualtours.htm

Medicare: Free computer classes: <https://www.medicare.org/articles/senior-computer-classes-to-try-online-for-free/>

Tennessee Aquarium: <https://www.tnaqua.org/live-cams>

NASA: <https://oh.larc.nasa.gov/oh/>

Georgia Aquarium: <https://www.georgiaaquarium.org/webcam/belugawhale-webcam/>

Explore various parts of the world: <https://artsandculture.google.com/>

National Museum of Natural History: <https://naturalhistory.si.edu/visit/virtual-tour>

Philadelphia Museum of Art: <https://philamuseum.org/>

The Metropolitan Museum of Art: <https://artsandculture.google.com/partner/the-metropolitan-museum-of-art>

Vatican Museums: <http://www.museivaticani.va/content/museivaticani/en/collezioni/musei/tour-virtuali-elenco.html>

National Women's History Museum: <https://www.womenshistory.org/womens-history/online-exhibits>

Chattanooga Zoo: <http://www.chattzoo.org/>

National Park Service Air Quality Webcams: <https://www.nps.gov/subjects/air/webcams.htm>

Ripley's Aquariums: <https://www.ripleyaquariums.com/at-home/>

Country Music Hall of Fame: <https://countrymusichalloffame.org/videos/>

Various National Parks: <https://www.insider.com/national-parks-america-virtual-tours-3d-visit-2020-3#take-in-the-stunning-canyons-found-in-big-bend-national-park-4>

Games: <https://games.aarp.org/category/all-games>

UR Community Cares - A Nonprofit Providing Free Assistance to Those 70+ or Physically Disabled

UR COMMUNITY CARES (UCC) is a secure online resource that connects volunteers with community members who are age 70 and older or age 18+ if the person has a physical injury or disability. UCC is up-to-date and compliant with the CDC's COVID-19 protocols. It's free for residents or groups to enroll online, complete a background check, and then schedule assistance for household tasks/errands, yard work and companionship visits (currently via remote/distant contact). Services include (but are not limited to) shopping and drop-off of food and other essentials including medical supplies, pet walking, taking out the trash, yard clean-up and anything else that provides peace of mind in difficult times. Once enrollment is done, "Community Deeds" can be scheduled quickly online, completed within a day or a few days at most, and repeated as needed (weekly, monthly or intermittently). To get started, visit URCommunityCares.org. UCC founder and president Michelle Puzzo can be reached at 860-430-4557 or info@urcommunitycares.org.

Note: If you do not have a computer, you can contact the Human Services Office: (860) 349-3153 and we can sign you up!