

SENIOR SPARKS

MANSFIELD SENIOR CENTER NEWSLETTER

~ SPECIAL EDITION OCTOBER 2020 ~

Reopening Update:

We continue to work closely with Town officials to develop policies, procedures and a timeline for reopening, and we have decided that the Senior Center *building* will not reopen to the public until Phase III and/or when the public health data supports doing so safely. We do want to stress that, as the State continues to move through Phase II of reopening, the recommended CDC guideline for anyone 65+ or considered high risk is to continue to “stay home and stay safe.” While we’re all anxious to return to a sense of normalcy, it’s important to continue to put your health and safety first. We will continue to use the Senior Center website, Facebook page, Sparks and emails to communicate any news or announcements, and we will let you know about re-opening and what it will look like as soon as we do! Although the building is not open, we are working daily to provide meal delivery, information & referrals, transportation to medical appointments, wellness calls and many creative online programs. If you or anyone you know could use any support at all, please let us know. You can always reach us at 860-429-0262.



Pumpkin Bread Pickup!

Nothing says fall quite like pumpkin spice!
Stop by the Senior Center at **10:00am**
Wednesday, October 14th to pick up some pumpkin bread and coffee, perfect for a fall day. Please be sure to wear a mask and stay in your vehicle. Please call 860-429-0262 to sign up by 10/9



Chili To Go!

~Thursday, October 29th at 11:30am~

~Menu~

Chili, Cornbread, Cider, and Pumpkin Patch Brownies for Dessert!

\$5 per person

Cozy up with a bowl of chili to keep you warm in this cool weather! Please wear a mask and stay in your car during pickup. Payment accepted at time of pickup. **Check or exact change only.** Registration is required by 10/23 and spaces are limited. Please call 860-429-0262 to sign up.

Mansfield Senior Center
303 Maple Road, Mansfield, CT 06268
Tel: 860-429-0262 Website: www.mansfieldct.gov/seniors



Online Programs

Join us for our online programming using your smart phone, tablet, or computer! Call Mary Flood at 860-487-9872 for information on how to get started!

Tel: 860-429-0262
Fax: 860-429-3905
www.mansfieldct.gov/seniors

Hours:

Monday through Friday
8:30am to 4:30pm

Senior Center Supervisor:

Sarah Taylor
860-487-9874
Taylors@mansfieldct.org

Program Coordinator:

Mary Flood
860-487-9872
Floodmh@mansfieldct.org

Transportation & Program Assistant:

Jordan Dabkowski
860-487-9877
Dabkowskij@Mansfieldct.org

Site Server:

Sharon Caron
860-487-9876

Free Wifi Access

We have extended our Wifi out to our front parking lot for public use! Choose "MnsfldGuest," no password needed, to access free Wifi from your vehicle!



Monday

Sing-Along Group—1:00pm

Zoom Meeting ID: 893 1592 2993

Password: 4wjSeP

Genealogy Social Hour— 2:00pm

Monday, October 12

Zoom Meeting ID: 924 7912 9071

Password: 6U7SXf

Tuesday

Trivia—3:00pm

Meeting ID: 838 4457 1268

Passcode: 6U7SXf

Wednesday

Social Hour—1:00pm

Zoom Meeting ID: 844 8033 3179

Password: 3iYuap

Thursday

Yoga with Angie—10:00am

Zoom Meeting ID: 853 6786 5877

Password: 547590

Mozart at the Movies—1:00pm

Zoom Meeting ID: 868 2639 3161

Password: p8bttb

Friday

Bingo—1:00pm

Zoom Meeting ID: 884 6725 2846

Password: 6U7SXf

Senior Center Happenings

Computer Access at the Senior Center

Need a computer or internet access?

Starting October 19th, we will offer individual appointments for Seniors to use a computer or chromebook at the Senior Center in order to access online resources. Try a virtual program, connect with family or friends, meet with a CHOICES counselor to update your Medicare plan during Open Enrollment, or simply surf the web for a bit! One hour appointment slots are available. Appointments and masks are required, as well as a self-certification that you have not experienced any COVID symptoms nor had contact with anyone who's experienced COVID symptoms.

Appointments will be on a first come, first serve basis, and will only be available on certain days due to existing events in the facility. For more information or to schedule your appointment, please call Program Assistant Jordan Dabkowski at 860-487-9877.



Tech Help Available



1) Our tech guru, Bob Valk is offering one on one technology help via phone or email to folks who are in need of support. Please call Mary Flood at 860-487-9872 to make an appointment.

2) Technology Support is also available at the Mansfield Public Library, with transportation available through WRD.

For more information, call
Mansfield Library: 860-423-2501
WRD: 860- 456-2223

3) Senior Planet also provides free tech support for Seniors via a tollfree hotline, available Mondays-Fridays from 9am-5pm
Call 1-920-666-1959

For more information on their other services and classes, visit www.seniorplanet.org

Flu Clinic

In collaboration with CVS there will be a Flu Shot Clinic at the Senior Center on October 9th and October 16th from 9 am – 1 pm. Participants can schedule appointments online through the link on our website. For those who do not have online access patrons can contact 860-429-3315 for assistance to set up an appointment.



Town of Mansfield Drug Take Back Day

A national survey shows that 9.9 million Americans misused controlled prescription drugs and that a majority of them were obtained from family and friends, often from the home medicine cabinet.

Last October, Mansfield collected over 60 pounds of medications you no longer wanted in your homes, making our community that much safer. Now, more than ever, during these challenging and isolating times, don't let your medicine cabinet become a source of addiction or overdose for yourself or those you love.

Stop by the Senior Center on October 23rd or October 24th between 9am-4pm for your free Deterra Drug Deactivation pouches. Each pouch can deactivate up to 45 pills or 6 ounces of liquid and destroys medications you no longer need in a safe and environmentally friendly way.

Together we keep our community safer!





October Craft:

Halloween is coming—
Show your Spooky Crafty Spirit!

Pick up a craft kit from the
Senior Center and make your own
Watercolor Spiderweb & Spider
for your window or door!

Please call Mary at 860-487-9872
by Friday, October 9th to request a
kit; kits will be available for pick-up at
the Center on Tuesday, October 13th
& Wednesday, October 14th
between 9am-4pm.



Hartford Healthcare Virtual Dementia Caregivers Support Group

Mondays at 10am, Tuesdays at 3pm,
Wednesdays at 10am & Fridays at 2pm

To join the virtual meeting, call 860-972-6338,
access code 19623. No RSVP needed.

For more information,
please call 877-424-4641

Senior Resources' Angel Fund

Senior Resources has been awarded a grant
from the Turfts Health Plan Foundation to
support the health and wellness of our aging
community. The primary focus for these funds
will be to subsidize medical transportation and
durable medical equipment, but other
requests will be considered.

For more information or an application, please
contact Senior Resources at 860-887-3561.

Medicare Open Enrollment is here!

October 15th- December 7th is Medicare Open Enrollment when you have the option of
making changes to your Medicare plans.

Learn all you need to know in this virtual webinar with Senior Resources:

Know Your Medicare Options

Oct 15th 2:00-4:00pm

Session will include information on Medicare Parts A, B, C and D,
Supplemental Plans, Enrollment and more.

Visit www.seniorresourcesec.org or call 860-887-3561 to register.

Virtual appointments with trained CHOICES counselors will be available through
Senior Resources via Zoom during the Enrollment period. In addition, the
Mansfield Senior Center will host 2 Enrollment Days in November
to provide computer and internet access for those who need it.

For more information on appointments through Senior Resources, please call 860-887-3561
or visit SeniorResourcesEC.org. If you need an appointment for computer and internet access
at the Senior Center, please call Program Assistant Jordan Dabkowski at 860-487-9877.



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Legal matters aren't always easy.
Talking to your lawyer should be.

Vernon: 860.646.1974
Storrs: 860.487.1842

Attorney Stephen F. Sutton
KCC-law.com

PLEASE BE SURE TO PATRONIZE AND THANK OUR SPONSORS -

THEY HELP MAKE THIS NEWSLETTER POSSIBLE!

YOUR BUSINESS COULD BE HERE!

12 ISSUES OF ADVERTISING:

FOUR LINES FOR \$100.00. BUSINESS CARD SIZE FOR \$300.00.

For more information, please contact the Human Services office at 860-429-3315.

**Mansfield Senior Center
303 Maple Road
Mansfield, Connecticut 06268**

**Postmaster: Dated Material
Please Deliver Promptly**

**PUT LABEL
IN THIS BLOCK
TO COVER AREA**

STAY CONNECTED & INFORMED
Town of Mansfield
www.mansfieldct.gov
Eastern Highlands Health District
www.ehhd.org
Center for Disease Control
www.cdc.gov
Medicare
www.medicare.gov
211 CT Infoline
www.211ct.org
Senior Resources Agency on Aging
seniorresourcesec.org
WRTD Dial-A-Ride Transportation
www.wrtd.org or 860-456-1462

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