



Echoes From Somers Seniors

January 2017 Newsletter



A Monthly Publication of the Town of Somers Human Services Department

Somers Senior Center

Monday thru Friday 8:00am-4:00pm
 19 Battle St. ~P.O. Box 308
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Somers Senior Center Staff

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 Donna LaVallee.....Dial-a-Ride Driver
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SPECIAL EVENTS IN JANUARY 2016

- 1/5 Blair Manor Breakfast
- 1/6 Diabetes Support Group
- 1/10 Advisory Committee for Seniors
- 1/13 Friday Matinee: *It's Complicated*
- 1/20 Trip: *Mohegan Sun*
- 1/23 Presentation: *Healthy Eating*

****Sign up is required for all events****



*The Town of Somers Senior Center and activities offered at the Senior Center are open to all individuals ages 55+. **There is no membership required.** All seniors are welcome! It is our goal to create a warm and welcoming environment where seniors feel at home and can take part in social, educational and recreational activities. All activities within this newsletter take place at the Somers Senior Center, unless otherwise noted. Please note, Senior Center staff cannot physically assist or act in the capacity of an aide to residents who are unable to ambulate independently. If you find that you are experiencing difficulty ambulating independently and require extra assistance via a friend, family member, or aide, the Somers Senior Center encourages you to bring your companion with you when you attend activities and events so that you may continue to enjoy all that the Senior Center has to offer. If you are in need of information on how to obtain these types of services, please contact us at 860-763-4379. We will be happy to provide you with the resources you need.*

A NOTE FROM OUR FIRST SELECTMAN

Happy New Year Everyone!

Can you believe it is 2017 already? Where does the time go? I was reorganizing my closet over the weekend and tucked all the way in the back were three massive photo albums that I haven't looked at in years. Needless to say, I abandoned all hopes of organization and ended up sitting in the middle of the room paging through the years. I love looking at all the old photos and can share with you a few things: The 80's were very good years, my brother was the cutest little boy ever and it was evident I loved, loved, loved my beagles Daisy and Spot. I was three years old when we first got them and I have lots of pictures of them galloping around with me and my brother laughing hysterically. How adorable.

But if you ask me what I cherish the most it will always be the old black and white photos from 1916 to the late 1940's of my great grandparents and grandparents. My great grandparents had a legendary love affair and looking at photos of them when they were first engaged in 1916 (with my great grandfather in his WW1 uniform), married in 1917 (stunning photo of the bride in her wedding dress) and the various family portraits through the years you can't help but notice one thing. He always, always, always had his arm around her with just the slightest smile.

So where am I going with this story...

It's 2017, a brand new year. Start it out fresh. Throw out the ugly, get rid of the things that drag you down, depress you and cause you doubt and fear. Surround yourself with people that love you, cherish you and care about you. Accept their love. Allow yourself to love them back. Realize time is a precious commodity and spend your time doing the things you love. Don't postpone the things that you always wanted to do because time is limited and you might not get another chance.

When you practice this you will find peace and serenity. And it is truly amazing as to what happens next...because that tranquility will attract like-minded individuals to you. Remember...like attracts like. I have the pictures to prove it.

All my love to you for a healthy and happy New Year!

Lisa Pellegrini
 First Selectman



FROM ALL OF US AT THE SOMERS SENIOR CENTER, WE WISH YOU ALL THE BEST FOR A VERY HAPPY, HEALTHY, AND SAFE 2017.

Healthy Eating in the New Year

A Presentation by Evergreen Healthcare Center

Have you made a New Year's resolution to begin eating healthier this year? Let us help! Learn how to choose foods that will help you control your weight, have more energy and prevent chronic disease. Eating healthy can be easy, tasty, and budget friendly. Join us on **Monday January 23rd at 1pm** for this informative presentation courtesy of Evergreen Healthcare Center's dietitian, Karen Lafayette.



The Magic & Mystery of Crop Circles

Join naturalist, John Root, on **Monday Feb. 6th at 1pm** for an exploration of this phenomenon. The presentation will feature images of these complex designs found annually in farmer's crops, theories of their origins and meaning, and their effect on soils, plants, and animals.



FRIDAY MATINEE

It's Complicated

Friday January 13th @1pm

From the writer/producer/director who brought you "Something's Gotta Give" and "The Intern", comes this hilarious romantic comedy starring Meryl Streep, Alec Baldwin, and Steve Martin.

When a successful bakery owner and single mother of three starts an affair with her former husband ten years after their divorce and then finds herself drawn to another man (her architect), hilarity and mischief ensues. This film received multiple Golden Globe nominations for Best Motion Picture, Best Actress, and Best Supporting Actor. Popcorn will be served!

Rated: R Running time: 121 min.



NEW ENGLAND
GoldCare
Adult Day Care Center

FREE HAIRCUTS!

New England GoldCare Adult Day Care Center, located at 179 Main Street in Somers, is offering free haircuts to seniors in Somers! Haircuts will be provided on the **first Friday of each month from 10am-1pm** and provided by a licensed cosmetologist. Call **860-878-9828** to schedule an appointment! Thank you to New England GoldCare for offering this valuable service to the seniors of Somers!

AARP
Tax-Aide

We regret to inform you that, due to a lack of volunteers, AARP will be unable to offer an income tax preparation site in the Town of Somers this coming season. The AARP Foundation Tax-Aide Program is very much in need of additional volunteers in order to restore the site in Somers in 2018. Tax-Aide is an AARP Foundation program that offers free tax filing help for those who need it most, especially adults 50 and older, during the tax season. Volunteer tax preparers complete tax preparation training and IRS certification prior to working with taxpayers. There are a variety of roles for individuals at every level of experience who want to make a difference in someone else's life. There is also a need for grass-roots leadership, on-site greeters, those who can provide technical assistance and interpreters who can provide language assistance. To learn more about volunteering with AARP, visit www.aarpfoundation.org/taxaide or call 1-888-OURAARP (1-888-687-2277). AARP Foundation Tax-Aide is offered in coordination with the IRS.

If you are in need of AARP tax preparation services, you may attempt to obtain an appointment at a nearby site. We encourage you to do so early in the season to have the best chance of being accommodated. The following AARP tax preparation sites are closest in proximity to Somers:

Ellington Senior Center 860-870-3133
Enfield Senior Center 860-763-7425
Vernon Senior Center 860-870-3680
Tolland Senior Center 860-870-3730

We apologize for any inconvenience this may cause and are hopeful that volunteers will come forward so that the program will be reinstated in Somers in the future.

Blood Pressure/Blood Sugar Screenings



Did you know that free blood pressure and blood sugar screenings are available at the Somers Senior Center every month? Stop in between 11:30am-12:30pm on any of the following dates in 2017 for your screening:

January 25
February 22
March 22
April 26
May 24
June 28
July 26
August 23
September 27
October 25
November 29

Thank you to ECHN Visiting Nurse & Health Services of CT for providing this beneficial service to our seniors every month.




Medical Equipment Available!

Are you in need of a cane, walker, wheelchair, commode, or shower seat? Did you know that the Senior Center has a large supply of gently used medical equipment available for you to utilize for as long as you should need it free of charge? If you are in need of a specific item, please contact us to inquire on availability and to make arrangements for pick up or delivery!

Medical Equipment Check-Ups!

If you do use a cane, walker, or wheelchair, has it recently been checked to ensure it is the right fit for you and in good working condition? On **Wednesday, January 4th, from 11:30am-12:30pm** Home Helpers will be on site to inspect your medical equipment free of charge! Home Helpers partners with Agawam Medical Supply Corp and Connecticut Medical Supply Company to provide this *free* clinic.



 Our dominoes group meets on **Wednesdays at 1pm**. The group is open to anyone and is currently seeking new players! You are encouraged to call ahead to ensure the game is on!

Qigong time has changed to 9:15am on Fridays. Come give it a try! \$5 per class and your first class is FREE!!!

Qigong
氣功

Keys to Aging Well

Here are some health tips that are good advice at any stage of life:



- * Physical activity is a great way to have fun, be with friends and family, enjoy the outdoors, improve your fitness and maintain your independence. The National Institute of Health says to aim for 150 minutes of moderately intense exercise throughout the week. Try to do exercise for endurance, strength, flexibility and balance. Check with your doctor about what is right for you.
- * Stay socially active with family and friends and within your community.
- * Eat a healthy, well-balanced diet – dump the junk food in favor of fiber-rich, low-fat, low-cholesterol eating. Include lots of fruits and vegetables.
- * Don't neglect yourself. Regular check-ups with your doctor, your dentist and your eye doctor are even more important now.
- * Take all your medication as directed by your doctor. Pre-pour your meds in a weekly pill box to help you remember.
- * Limit alcohol consumption and cut out smoking.
- * Get the sleep that your body needs.
- * Count your blessings. While taking care of your physical health is vital, it's also important that you tend to your emotional and spiritual health as well.

Reap the rewards of your long life. Enjoy each and every day.

Info from www.everydayhealth.com/senior-health and www.nih.gov
Article submitted by Ailene Henry

SCAMS

TARGET YOU

PROTECT YOURSELF

Unfortunately, scammers frequently target veterans. This happens either via direct scams offering illegitimate services, or in charity scams that closely mimic the names of legitimate organizations helping veterans and military families. Be aware of and warn your loved ones of these tricks:

Bogus sales – A scammer claiming to be a deploying service member posts a large ticket item on a classified ad website that he needs to sell right away and at a steep discount. The scammer asks for upfront payment with a wire transfer or gift cards.

Real estate rip-off – A scammer posts a fake rental property on a classified ad website offering military discounts. You just need to wire transfer a security deposit to the landlord.

VA phishing – A caller claiming to be from the Department of Veterans Affairs calls to "update" your information.

Fake charities – Fake charities use names that are close to the names of legitimate charities, often referencing Armed Forces, veterans, or military families.

Benefits buyout scam – Scammers will target veterans in need of money by offering cash in exchange for their future disability or pension payments. These buyouts are typically a fraction of the value of the benefit.

Dubious investment advice – An “adviser” will tell the veteran she is missing out on benefits, and wants to review her investment portfolio. He'll then want to put the veteran's investments in a trust, to appear to have fewer assets and to therefore be eligible for an additional pension.

Here's how to avoid falling for scams like these:

- Be suspicious anytime you are asked to pay by wire transfer or gift cards.
- Know that the VA will never call, text or e-mail you to update your information.
- Check out the charity on www.give.org or www.charitynavigator.org before giving any money. Make donations directly to the veterans' organizations you know.
- Only work with VA-accredited representatives when dealing with VA benefits; you can search for them online at the [VA Office of General Counsel website](http://www.va.gov).

Information from the AARP Fraud Watch Network



TOWN OF SOMERS DIAL-A-RIDE

Senior/disabled transportation service is available to Somers residents age 60+ or to individuals age 18+ on Social Security Disability. Service is “curb to curb”, meaning that passengers must be able to reach the bus independently. Drivers are not permitted to physically assist passengers or enter passenger’s homes or apartments. If a passenger requires assistance boarding or disembarking from the bus, the passenger must have an aid/friend/family member, etc. accompany them. Aids *are permitted* to

travel with passengers. Our hours of operation are 8am-4pm Monday through Friday. Medical appointments must be scheduled between 8:30am and 2pm. Our service area includes the Town of Somers, the Town of Enfield, and transportation to Johnson Memorial Medical Center in Stafford Springs. Medical appointments always take priority. In addition to medical appointments, transportation is provided to the Somers Senior Center, Somers Public Library, voting, shopping/errands, hair and nail appointments, and other activities.

Scheduling Transportation

You must call 860-763-4379 to schedule your ride one week in advance in order to guarantee accommodations.

You may call anytime Monday thru Friday between the hours of 8am-4pm to schedule transportation. If an urgent situation should arise and you are unable to provide a 1 week notice, we will make every attempt to accommodate you, but cannot guarantee availability.

When you call to schedule your transportation, please ensure you have the following information available:

- Full name of passenger
- Passengers’ address and telephone number
- Date and time of appointment
- Destination information: address, telephone number, physicians’ name (if applicable)
- Passengers’ approximate return time

Please be sure to inform us when you call if you are in a wheelchair or motorized scooter.

Other Transportation Resources

Nutmeg Senior Rides: Available 365 days a year to seniors age 50+ and to vision impaired adults ages 18+, Nutmeg Senior Rides is a transportation program with an annual membership and mileage-based fees. Call 860-758-7833 for more information. The Somers Senior Center can also provide you with additional information and an application.

American Cancer Society: Transportation is offered to cancer related medical appointments. You must call two days in advance (4 days is preferred). Call 1-800- 227-2345. Passenger must be able to get to and from the vehicle without assistance.

Logisticare: Transportation is available to medical appointments only to those on *Medicaid* (not Medicare) by calling 1- 888-248-9895. A minimum of 2 days’ notice is required. Insurance will cover maximum of 15 miles to appointment and 15 miles back.

Inclement Weather Policy

The safety of our passengers as well as our drivers is of utmost importance to us. Therefore, our transportation service follows the Somers Public Schools with regards to weather related closures/delays. If schools are delayed or closed, our services will be delayed/canceled as well. Please tune into WFSB Channel 3 or NBC30 and look for “Somers Senior Center” for up to date information on delays/closings.

Registration/Cost

Registering for transportation is easy! Simply call us at 860-763-4379 to request a registration form. We will be happy to mail the form to you. Once you have completed the form, you may return it to us by mail or hand it to the driver on your first trip. You must have your form completed, however, before you will be able to utilize our service. Passengers under 60 years of age who are eligible for transportation based upon disability are required to provide proof of disability with their registration form.

There is no required fee for this service, but donations are encouraged and help to offset our costs. Donations can be made at the Senior Center via cash or check made payable to “Town of Somers Dial-a-Ride”.

Important Reminders

- Be sure to provide a one week notice in order to guarantee your ride
- We will provide you with an approximate pick up time. However, we ask that you be ready for your ride 15 minutes prior to the pick-up time and be prepared to wait up to 15 minutes after your scheduled pick-up time.
- Contact the Somers Senior Center at 860-763-4379 to make reservations or changes to existing reservations. DO NOT call the driver or inform the driver directly.
- Don’t forget to call the Senior Center at 860-763-4379 to cancel if you no longer need a ride you have scheduled.
- Medical appointments must take priority. Medical appointments are scheduled first and, if the schedule permits, we will then accommodate all other requests. *No medical appointments after 2pm.*



Trips & Travel



Join us on an adventure!

At the Somers Senior Center, two types of trips are offered.

1. *Trips that are offered directly through the Senior Center:* We utilize our own Town of Somers buses for these types of trips. They are typically to destinations within an hour to 90 minutes from the Senior Center. Seating for these types of trips is extremely limited and you cannot sign up until the date indicated for each trip. These trips are open to Somers Seniors only, due to the limited seating. Due to the high likelihood of inclement weather, we do not run trips on our Town of Somers buses in January or February.

EFFECTIVE NOVEMBER 2016: ALL TRIPS ON OUR TOWN OF SOMERS BUSES MUST HAVE AT LEAST 10 PASSENGERS SIGNED UP BY ONE WEEK PRIOR TO THE SCHEDULED DATE OF THE TRIP. IF THE 10 PASSENGER MINIMUM IS NOT MET, THE TRIP WILL BE CANCELLED.

2. *Trips that are offered through tour companies:* These types of trips utilize motor coaches (or cruise ships!), offer a wider variety of destinations, and can travel much further distances. You can sign up for these trips as soon as they are posted and you should sign up right away if interested. Some trips are shared with other senior centers and we are allotted a certain number of seats. If we run a trip independently, typically at least 40 passengers are required. In either case, if minimums are not met by the deadline indicated, the trip will be cancelled and payment will be refunded. These trips are open to both Somers residents and non-residents.

*******PAYMENT IS DUE UPON SIGN-UP FOR ALL TRIPS*******

Payments for all trips are non-refundable unless you find a substitute or have purchased insurance. Payment will be reimbursed only if minimums are not met and the trip itself is cancelled.

Checks should always be made payable to the Town of Somers, unless otherwise noted.



DAVID GWILLIAM MOHEGAN SUN CASINO TRIP

FRIDAY JANUARY 20th- Bus departs at 8:30am

The David Gwilliam Mohegan Sun Trip includes: Round trip deluxe motor coach, two \$10 gambling vouchers, \$15 food voucher and driver's gratuity. **\$25 per person non-**

refundable payment due upon sign up. Open to all! This is a very popular trip and seats fill fast!



JERSEY BOYS

MARCH 23, 2017

Follow the rags to rock to riches tale of four blue collar kids working their way through the streets of Newark to the heights of stardom. They wrote their

own songs, invented their own sounds and sold 175 million records worldwide...all before they were thirty. Jersey Boys is presented in a documentary style format that dramatizes the formation, success, and, eventual break up of The Four Seasons. "Big Girls Don't Cry", "Sherry", and "Can't Take My Eyes Off of You" are just a few of the hits performed in this Broadway production, coming to the Bushnell for a limited number of performances. This is a matinee performance. Be sure to grab a bite to eat before we depart or bring a snack with you. **Total cost is \$99pp with a deposit of \$60pp due by January 6th. Cost includes motor coach transportation and theater ticket. Sign up has begun. Open to all!**

WEST POINT DRESS PARADE

APRIL 29, 2017

West Point Academy invites you to view the famous Dress Parade conducted with great pomp and circumstance



on the parade grounds. The cadets march in full uniform, in cadence with the military music, presenting arms in unison. You will enjoy a bountiful buffet lunch at the West Point Club featuring a wonderful assortment of salads, hot & cold entrees and delicious desserts. A guided tour of West Point will include Cadet Chapel, Trophy Point, and the Hudson River lookout. All passengers are required to bring valid identification. **Total cost is \$99pp and includes motor coach transportation, buffet lunch, parade and tour. Deadline to sign up is March 29th. Sign up early before seats sell out! Open to all!**

Trips & Travel



MAMMA MIA!

MAMMA MIA!

MAY 24th

Westchester dinner theater located in Elmsford, NY is an elegant, year round equity theater, featuring fine dining and full scale musical productions. Once seated at your reserved table, you'll select from an excellent menu and enjoy a

pre-show lunch. After lunch, it's a matinee performance of "Mamma Mia!": Abba's greatest hits woven into 3 wonderful love stories. A young girl about to be married, her mother about to confront the past, and the best love story of all. A great, fun show with lots of energy! **Total cost is \$101pp and includes motor coach transportation, lunch, and theater ticket. Deadline to sign up is April 24th. Open to all!**

NEWPORT PLAYHOUSE LOBSTERFEST JUNE 26th



This unique dinner theater is a favorite for locals and visitors since 1983. Enjoy a great buffet featuring boiled lobster (1 per person), shrimp cocktail, clam chowder, a wide variety of salads, hot & cold entrees, desserts, and beverages. All food is prepared on the premises and enjoyed in the main dining room. After dining, you will take your reserved seats in the theater to see "Lunch With Mrs. Baskin"; the story of a sweet, retired widow who has no intention of buying anything, yet continuously sets up appointments with sales people just to have lunch and conversation with them. After the play, return to the dining room for the Cabaret Show! **Total cost is \$96pp and includes motor coach transportation, buffet lunch, and theater tickets. Deadline to sign up is May 26th. Open to all!**

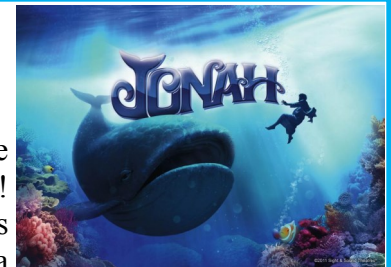


STEAMBOATIN' ON THE MISSISSIPPI; THE AMERICAN QUEEN OCTOBER 8-16

A truly unique experience not to be missed! Reviews for the American Queen have been off the charts. This excursion from Memphis to Nashville includes a sightseeing tour including Graceland, roundtrip flights, all meals included during cruise featuring the acclaimed cuisine of chef Regina Charboneau, professional showboat style entertainment, dancing nightly in the Grand Saloon, and lectures by the Riverlorian (the onboard historian). So many extras! Sign up EARLY!

From \$2899 pp twin inside cabin including air!

PENN DUTCH/ JONAH SEPT. 11-13



Explore Lancaster, PA, the heart of the Amish Country! You'll visit Peddler's Village, tour Ephrata Cloister (one of America's earliest religious communities) and enjoy two nights at the Cork Factory Hotel (a luxury boutique hotel located in historic downtown Lancaster). Your trip includes reserved seating at Sight & Sound Theatre for a spectacular production of "JONAH". On Day 3, you have the opportunity to visit Philadelphia and One Liberty Observation Deck, the city's newest attraction!

Cost is \$429 pp double. There is now a wait list!



ALASKA


THE BEST OF ALASKA; LAND & CRUISE JUNE 26-JULY 9

***Please note that this is a change from the dates originally offered for this excursion. The original dates (June 12-June 25) are filled and no longer available. This excursion is VERY POPULAR and fills extremely fast. If you are interested, you are encouraged to sign up immediately, as availability for these dates is very limited.**

6 Night Land Tour & 7 Night Cruise

*Fairbanks *Denali *Anchorage *Seward *McKinley Explorer Domed Train between Denali & Anchorage *7 night Cruise aboard Holland America's Zaandam with Glacier Bay! *Flights and Motor coach to airport included

From \$4149 pp twin inside cabin including air!

2. MONDAY	3. TUESDAY	4. WEDNESDAY	5. THURSDAY	6. FRIDAY
CLOSED	8:30am *Coffee & Donuts 9:00-11:00 Knitting Group 12:30 -3:30 Pinochle Group 1:00-3:00 Pitch Card Group	11:30-12:30 Med. Equip. Check 12-1pm *Lunch: Meatloaf w/ gravy roast potatoes, green beans, salad, rolls, Birthday cake 1:00-3:30 Dominoes 1:00-3:30 Wii Bowling 1:00-3:30 Pitch Card Group	8:30am Blair Manor Breakfast 10:00-11:00 Chair Aerobics 12:00-3:30 Bingo 6:30-9:30 Bridge Club	9:00-12:00 Art Group 9:15-9:45 Qigong 2:00 Diabetes support group
9. MONDAY	10. TUESDAY	11. WEDNESDAY	12. THURSDAY	13. FRIDAY
10:00-11:00 Chair Aerobics	8:30am *Coffee & Donuts 9:00-11:00 Knitting Group 12:30 -3:30 Pinochle Group 1:00-3:00 Pitch Card Group 1:30pm Advisory Committee for Seniors (Town Hall)	12-1pm *Lunch: Pasta with meatballs corn, salad, rolls, cannolis 1:00-3:30 Dominoes 1:00-3:30 Wii Bowling 1:00-3:30 Pitch Card Group	8:00-3:30 Foot care <i>(Call 860-763-4379 for appt.)</i> 10:00-11:00 Chair Aerobics 12:00-3:30 Bingo 6:30-9:30 Bridge Club	9:00-12:00 Art Group 9:15-9:45 Qigong 1:00 Friday Matinee: <i>It's Complicated</i>
16. MONDAY	17. TUESDAY	18. WEDNESDAY	19. THURSDAY	20. FRIDAY
CLOSED	8:30am *Coffee & Donuts 9:00-11:00 Knitting Group 12:30 -3:30 Pinochle Group 1:00-3:00 Pitch Card Group	12-1pm *Lunch: Pizza, salad & ice cream sandwiches. 1:00-3:30 Dominoes 1:00-3:30 Wii Bowling 1:00-3:30 Pitch Card Group	8:00-3:30 Foot care <i>(Call 860-763-4379 for appt.)</i> 8:30am Healthy Breakfast 10:00-11:00 Chair Aerobics 12:00-3:30 Bingo 6:30-9:30 Bridge Club	8:30am Trip: Mohegan Sun 9:00-12:00 Art Group 9:15- 9:45 Qigong
23. MONDAY	24. TUESDAY	25. WEDNESDAY	26. THURSDAY	27. FRIDAY
10:00-11:00 Chair Aerobics 1:00-2:00 Presentation: Healthy Eating in the New Year by Evergreen Health Care	8:30am *Coffee & Donuts 9:00-11:00 Knitting Group 12:30 -3:30 Pinochle Group 1:00-3:00 Pitch Card Group	12-1pm *Lunch: Roast pork with applesauce, scalloped potatoes, carrots, salad, rolls, Apple Pie 1:00-3:30 Dominoes 1:00-3:30 Wii Bowling 1:00-3:30 Pitch Card Group	10:00-11:00 Chair Aerobics 12:00-3:30 Bingo 6:30-9:30 Bridge Club	9:00-12:00 Art Group 9:15-9:45 Qigong
30. MONDAY	31. TUESDAY			
10:00-11:00 Chair Aerobics	8:30am *Coffee & Donuts 9:00-11:00 Knitting Group 12:30 -3:30 Pinochle Group 1:00-3:00 Pitch Card Group			
<i>*Denotes an event sponsored by the Somers Senior Citizen's Club</i>				

Somers Senior Center
19 Battle Street
PO Box 308
Somers, CT 06071

PRSTD STD
US POSTAGE
PAID
HARTFORD, CT
PERMIT #158



The Town of Somers Meals on Wheels Program was instituted in October of 1981 by the Town's Advisory Committee for Seniors. It is a "grassroots" effort, running independently of any state assistance. Meals are graciously prepared by Hometown Kitchen Restaurant for elderly, homebound residents and delivered Monday through Saturday by dedicated volunteers. The elderly population in the community is growing and with that growth comes increased demand for these types of services. The Meals on Wheels Program is *very much in need* of volunteers to deliver meals. Volunteers can deliver once a month, once a week, or whenever their schedule permits. This program cannot run without the help of volunteers. If you are or someone you know is interested in volunteering, please contact Christina Cenac at 860-265-7551 or Ccenac@somerset.gov.



**STOP
DIABETES.**

Diabetes Support Group

Friday January 6th @2pm

Blair Manor is facilitating a monthly diabetes support group. The group meets the first Friday of the month from 2-3pm to discuss the challenges of diet, exercise and health. *We would like to extend our appreciation to Blair Manor for facilitating this support group, as well as for providing the seniors of Somers with complimentary breakfast and lunch every month.*

Applications are now being accepted for the Connecticut Energy Assistance Program (heating assistance). Please contact Christina Cenac at 860-265-7551 for more information.

Applications are accepted by appointment only.

Assistance is also available for applying to the Home Energy Solutions Program, an initiative from CT's Energy Efficiency Fund. All homeowners are eligible to apply for this home energy audit and, if you are income eligible, you may receive the audit (a \$124 value) free of charge.



Operation Fuel, Inc.

The Operation Fuel Program is currently open. You can apply for Operation Fuel for *all energy sources*. Maximum gross annual income is \$33,881 for an individual and \$44,305 for a couple. Please call Christina Cenac at 860-265-7551 for more information on program guidelines, as you must meet various criteria depending on if you wish you apply for assistance with your primary heat or your secondary heat. ***Applications are accepted by appointment only.***