

Bethany Seniority  
August 2018

2018 State Wide Senior Outing

Monday August 20, 2018 at Holiday Hill, 43 Candee Road Prospect CT from 9:00AM to 4:00PM.

9-12:Noon-An unlimited buffet of Continental breakfast

12Noon-2:00PM-Unlimited buffet-Clam Chowder, fresh cheeses, snack crackers,

12Noon-3:00PM Clams on the half shell (Now you'll know where to find me),

11:30AM-3:30PM, where do I begin-Dogs, burgers, baked chicken, sausage and potatoes, baked beans (okay, there's much more) Cake, apple pie, (yes look for me lurking around the apple pie. Hot beverages, cold beverages chips, pretzels, and more available all day.

Entertainment raffle prizes, dancing, singing with Vinnie Carr. Bocci, horseshoes, ping pong mini golf. Ice Cream Treats. Pools (heated I may add), bingo. Free Parking with shuttle service available. All inclusive Price-\$34.00. Call 800-533-0029 by August 8<sup>th</sup> to purchase tickets-Visa, MasterCard or Amex. You may also pay by check. Make check payable to Holiday Hill and mail to the main office Holiday Hill, P.O. Box 338, Cheshire, CT. 06410. Tickets will be mailed upon receipt of check or money order. **NON-REFUNDABLE!** Senior Citizens only.

As far as the seniors who attend our lunches regularly, we have intentions on making up our own picnic table. My suggestion would be if you cannot tolerate sitting at the picnic bench, may I suggest bringing your own comfortable portable chair.

Lets show some of that Bethany Senior spirit, and come, we'll make up our own table.

Connecticut Senior Farmers' Market Nutrition Program

What Is Senior Farmers' Market Nutrition Program?- The Senior Farmers' Market Nutrition Program (SFMNP) awards grants to States, U.S. Territories, and federally recognized Indian tribal governments to provide low-income seniors with coupons that can be exchanged for eligible foods (fruits, vegetables, honey, and fresh-cut herbs, nothing else) at farmers' markets, roadside stands (that participate in the SFMNP), and community-supported agriculture programs. The SFMNP is administered by State agencies such as your State Department of Agriculture or Agency on Aging and in my office to Bethany residents only.

What is the age requirement? All participants must be 60 years old or older.

If I am homebound due to my health condition or driving restraint how do I go about participating in the Senior Farmers' Market Nutrition Program? An alternate/caretaker that you choose (just send them with your proof of income), you are authorizing to pick up your vouchers and to shop for you at certified farmers' markets.

What do I need to bring? Proof of your income e.g. Income tax return statement, if you do not make out an income tax return then bring in your most social security benefit statement.

How much are the coupons worth? Eighteen dollars (\$18.00).

How long are the coupons good for? Must be used by October 31, 2017 and cannot be used passed the expiration date or in future years.

Farmers' Market Nutrition Program Coupons are available in the Bethany Human Resources and Service Office, call (203 393-2100 ext. 124) to apply and receive the coupons.

Income guidelines: Single \$22,311.00, Couple \$30,044.00.

Bethany Bocce Boys

These guys are looking for a few good men or women to play any or every Monday, Wednesday and Friday. The bocce court is open to all throughout the spring, summer and fall. NO EXPERIENCE NEEDED. The start time is 9:30am, bring a friend. Location is Munson Road, just behind Billy's Ice Cream. A short note, Twilight League will start in August, get a 5 person team and enter with the Bethany Athletic Association.

## Flag Disposal

When you come by the Town Hall on the landing before you enter into the business offices on the left hand side you will find a "storage bin" where you can place your American Flag that is no longer a fitting emblem for display. The storage bin is clearly marked for its purpose. When the storage bin is full, a proper flag retirement ceremony will take place. The Town Hall is opened Monday through Friday, 9:00AM to 4:30PM except for holidays. Thank you to Art Slicer who comes by and checks constantly on the storage bin.

AAA Roadwise Driver Improvement Course Is Scheduled for Seniors Thursday August 9, 2018 from 9:00AM to 1:00PM in the Janice von Beren Senior Center located in the Bethany Town Hall 40 Peck Road, Bethany. This course offered by AAA is free!! Pre-registration is required. The course is parallel to the other Driver Safety Course that most of us are familiar with (you know who I'm talking about). Again the course is free, yes I said the course is free. Potential discount on insurance premiums. Check with your vehicle insurance agent and ask if they accept AAA Driver Improvement Program. This course is dedicated to Safe Driving for mature operators.

Driving is a skill that can and should be continually improved. AAA's Roadwise Driver™ is a course in a classroom setting is to help senior drivers keep driving knowledge fresh and get the most out of your vehicle, while reducing risk to you, your passengers and others on the road. The course covers topics like:

- Extending Your Safe Driving Career
- Distractions, Drowsiness, Aggressive Driving & Road Rage
- Managing Visibility, Time & Space
- Alcohol & Medications
- Comfort & Safety Tips

Although SeniorDriving.AAA.com contains many driving tips, taking a comprehensive driving improvement course will ensure that you have the most up-to-date driving techniques and understand the latest vehicle technologies.

As you age, it is important for senior drivers to know and understand how to adjust for slower reflexes, weaker vision and other changes. Some of the benefits related to taking AAA's Roadwise Driver™ improvement course are:

- Potential [discount on insurance premiums](#).
- Getting up to speed on the latest in vehicle technology, such as adaptive cruise control and lane-departure warning systems.
- Learn the proper use of these and other safety systems available in vehicles today.

You may sign up on line [AAA.com/SafetyPatrol](http://AAA.com/SafetyPatrol) to learn more. If you are not computer savvy, please call me Jeanne DeVecchio at 203 393-2100 Ext. 124 and I will do it for you. Class size will be limited; also you do not have to be a Bethany resident to participate.

AAA and Insurance Institute for Highway Safety and the National Highway Traffic Safety Administration want you to know DRIVING WHILE INTEXTICATED!

Yes you read it right Intexicated...Using a hand-held electronic device while driving can earn you a ticket in several States including Connecticut, New Hapshire, New Jersey, New York and Rhode Island. Now I know what you're saying to yourself, I don't text, so do me a favor, just pass on this little bit of info to anyone that will listen. Remember Intexticating is against the law.

## Chair Yoga Comes to our Center in August

Come join us for chair yoga presented Beth-Ann Scott Ph.D, Chair yoga is scheduled for August 8<sup>th</sup> prior to our lunch, 11:00AM to 11:45AM. And August 22<sup>nd</sup> from 11:00AM to 11:45AM in the Janice von Beren Senior Room. Care takers are welcome to chair yoga alongside with your

loved one. Both these sessions are free. I will evaluate the sessions to see if this exercise class will be continued and the interest there is by the attendees.

#### Wanted: Tornado Photos and Stories

Bethany Historical Society is documenting the Bethany Tornado. We need your photos and stories. Do you have any photos and stories? You may contact Linda Wooster of the Bethany Historical Society would like to hear from you, please contact her at [livwooster@gmail.com](mailto:livwooster@gmail.com) or (203) 804-2000.

#### Volunteer Opportunities with AARP Foundation Tax-Aide

There are many volunteer opportunities-from Tax-Aide Counselors to Greeters as well as Local Coordinators and Technology Coordinators.

One opportunity might be right for you.

Like working with numbers?

Tax-Aide volunteer counselors interact with clients by preparing tax returns on a one-to one basis. Tax-Aide provides training in tax law procedures, prep of tax forms, and the use of tax preparation software. No accounting or tax preparation experience necessary.

Like working with people better than working with numbers?

A tax-Aide Greeter is the first person clients meet when they enter a tax facility. Greeter make sure that the taxpayer has all the necessary paperwork before meeting with a volunteer Counselor, and they manage the flow of clients being served.

Have a knack for computers and technology?

Technology Coordinators manage computer equipment, work to ensure taxpayer data is secure, and provide technical assistance to volunteers at multiple sites on technology issues.

Good at managing people and programs?

Leadership Positions manage volunteers, synchronize plans with other volunteer leaders, and assure smooth program operation.

For additional information: Visit <https://www.aarp.org/taxaide>.

Bethany Human Resources and Service Office, has an outreach service to Homebound Bethany residents.

Library Service for the Homebound

- Eligible resident: Cannot come to the library due to physical limitations  
Or extended illness (permanent or temporary)  
Transportation constraints  
No formal application required at this time

How to reserve your library materials: Call 203 393-2103 the Clark Memorial Library to reserve your library materials during regular operating hours.

Membership to the Janice von Beren Senior Center is free per year per person and is open to anyone age 55 and older.

The Janice von Beren Senior Center newsletter, *The Bethany Seniority* is enclosed in the *Bethany Bulletin* and, is mailed monthly to all members, listing all the news, trips, and special events that are scheduled for the month and future months.

HOW TO JOIN:

Contact the Senior Center at (203) 393-2100 ext 124.

You may come by on Wednesdays around 11:30AM, lunch is served at 12Noon the cost is \$3.00. Prior reservations is requested by the Tuesday before.

I will be announcing when we will have our flu clinic and health fair in next month's issue. Stay tuned. It's an event that is always informative, bumping into old friends and making new ones.