

Bethany Seniority  
September 2018

Why attend a health fair?

Human Resources and Services will be hosting a Health Fair. The new Living Healthy series will bring you cutting-edge health information. Informational: Yes, there will be rows of tables with vendors, but that doesn't mean boring. Each vendor provides an opportunity to learn something new and sometimes it is something that you might never have been exposed to or something you wanted to know but were afraid to ask. Oftentimes, the booth will present items for you to take home or sample.

Share: It's a great way to meet new people and medical professionals both in traditional and non-traditional medicine.

Have fun, Learn, Freebies, raffle prizes, music. Wednesday October 24, 2018. No reservations required, just come on down. More details in next month's issue, so stay tuned or just call me 203 393-2100 Ext 1124.

An Ode to Grandma's Apron

The strings were tied, it was freshly washed, and maybe even pressed.

For Grandma, it was everyday to choose one when she dressed.

The simple apron that it was, you would never think about;  
the things she used it for, that made it look worn out.

She may have used it to hold some wildflowers that she'd found.

Or to hide a crying child's face when a stranger came around.

Imagine all the little tears that were wiped with just that cloth.

Or it became a potholder to serve some chicken broth.

She probably carried kindling to stoke the kitchen fire.

To hold a load of laundry, or to wipe the clothesline wire.

When canning all her vegetables, it was used to wipe her brow.

You never know, she might have used it to shoo flies from the cow.

She might have carried eggs in from the chicken coop outside.

Whatever chore she used it for, she did them all with pride.

When Grandma went to heaven, God said she now could rest.

I'm sure the apron that she chose, was her Sunday best.

Grandpa

Has ears that truly listen, arms that always hold, love that's never ending, and a heart that's made of gold.

Grandparents Day is Sunday September 9<sup>th</sup>!

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.

Worth Repeating

May I be emphatic any phone calls from a person whether it be man or woman don't give out any any any information from your personal life.

## Chair Yoga

It appears that we love, love our chair yoga, so I will continue this exercise event. September 5<sup>th</sup> and September 19<sup>th</sup>. Beginning at 11:00AM to 11:45AM in the Janice von Beren Senior Center. The Chair Yoga is free. Yes you read it right, its free.

## 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.1124) to apply and receive the coupons.

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

## 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.

Join us for laughter, learning, and living! Janice von Beren Senior Center.

"Energize Your Life. Just by passing the milestone of being 60 years or older you can improve your mind, enliven your body and lift your spirits. To learn more about the programs and events offered at each center, read the monthly newsletters. There are no dues or membership fees, but charges may apply for some individual classes, trips, parties, etc. Because senior centers are non-profit, volunteers are critical to our operation.

## 101Ways to Wellness

Keep a positive attitude - Control your stress - Stay active - Do self-exams - Stop smoking NOW! Soothe your fears - Challenge your mind - Get a massage - Budget time and money - Forgive and forget - Walk miles each week - Enjoy the outdoors - Go bananas for fruits- Value your veggies - Avoid overload - Exercise your mind, body & spirit - Knock out bad fats - Think happy thoughts - Avoid dangerous drugs -Eat a balanced diet - Drink green tea - Maintain lower blood pressure - Slow down on sugar - Learn to breathe deeply - Rinse fresh fruits & veggies - Practice cleanliness - Take medications as directed - Count your calories and your blessings -

Scale down your weight - Walk briskly - Curb cholesterol with oatmeal - Keep up with checkups - Give people more than they expect and do it cheerfully - Talk slowly, but think quickly - Cherish your values - Be gentle with the earth - Share your feelings with others - Meditate - Appreciate life - Keep an open mind - Protect your hearing, avoid loud noises - Eat smart - Warm up and stretch before exercising - Buckle your seatbelt - Use common sense - Drink 8 glasses of water each day - Take charge of your own money and life - Don't drink & drive - Eat fruits for dessert - Learn to say no - Get regular dental checkups - Take vitamin E - Practice portion control - Sit up straight - Cut the caffeine - Stretch out during the day - PRAY and give thanks - Brush and floss often - Stay fit for life - Vary your routine - Proclaim your greatness - Laugh often - Don't believe all you hear - When you lose, don't lose the lesson - Mind your own business - Take responsibility for your actions - Never laugh at anyone else's dream - Be skeptical of scams - Don't neglect diabetes - Substitute the salt - Cook and store food safely - Organize your life - Wear your helmet for biking and skating - Shun the sun - Look for new adventures - Detox with antioxidants - Get enough sleep - Accept success - Count your blessings - Keep a journal of happiness - Work at relationships - Cool down and stretch after exercising - Manage anger wisely - Keep up with health news - Resolve conflicts peacefully - Dress for the weather - Respect your body - Fuel up with fiber - Reduce your risks - Be tobacco-free --- Search for goodness - Be adequately insured - Learn Internet safety skills - Avoid eyestrain - Feel good...volunteer - Ask questions of your doctor - Weight-train for bone and muscle strength - Share your feelings with others - Celebrate life - Love others - Love yourself - Be peaceful

#### 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.