

Bethany Seniority
July 2018

Picnic Wednesday July 18, 2018 Lakeview Lodge!

You Know It's Summer Time at Lakeview Lodge it's our annual picnic

A date has been set for Wednesday July 18th rain or shine.

Where? Lakeview Lodge 265 Beacon Road, Bethany CT.

What time? 12Noon

Cost? \$5.00 per person, payable at the door.

Reserve? Yes, but of course, 203 393-2100 Ext. 1124. Start Calling Now!

Can I reserve now? Yes, but of course, 203 393-2100 Ext. 1124. Start Calling me now!!

Can I bring someone who doesn't live in Bethany, yes but of course, just reserve 203 393-2100 Ext. 1124.

What are we having? Live entertainment, hot dogs, hamburgers, with more foods and you know there's no picnic unless we have watermelon, cake, ice cream, hot beverages, and cold beverages.

There's more...come and find out. Where else are you going to go eat, be entertained, for \$5dollars? Chef Allyson will be your chef.

Remember this day is for you, so keep the grandkiddies at home.

We are limited to 140 people, so reserve early by calling 203 393-2100 Ext. 124, this is a sellout event! No take out available.

How to Join the Bethany Senior Center

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

Lunches are served every Wednesday at 12Noon, you do have to reserve by calling 203 393-2100 Ext. 124 by Monday. The cost is still only \$3.00.

Keeping Food Safe During A Power Outage

Sooner or later, the electricity may fail due to a power outage, and a refrigerator without electricity cannot keep food safe very long. To be prepared, keep an appliance thermometer in both refrigerator and freezer to monitor the temperature.

Foods in the Freezer: Even when the power is off, a full freezer may stay frozen for about two days; a half-full freezer about one day. **KEEP THE FREEZER DOOR SHUT!**

If you think power will be out for several days, locate some block ice, bags of ice or dry ice to put in the freezer along with your refrigerated perishable food, or keep the food continually iced in an insulated cooler. You can also pack foods tightly together to insulate one another.

All thawed raw or cooked foods can be refrozen if they still contain ice crystals or are 40 degrees or below, but there may be quality loss. Foods thawed and held above 40 degrees F for more than two hours should be discarded.

Foods in the Refrigerator: Refrigerated foods should be edible as long as power is out no more than four hours. Discard any perishable foods that have been above 40 degrees F for more than two hours or more, and any food that has an unusual odor, color, texture, or feels warm to touch. If you have any doubts about the safety of any item in your refrigerator after power is restored, it's best to err on the side of caution and discard it. "When in doubt, throw it out". For additional information about food safety during power outages, call the toll-free USDA Meat and Poultry Hotline at 1-800-535-4555.

This information was disseminated by Quinnipiack Valley Health District, 1151 Hartford Turnpike, North Haven CT. 06473 203-248-4528.

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 to learn more. If you are not computer savvy, please call me Jeanne DelVecchio 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.

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 8th prior to our lunch, 11:00AM to 11:45AM. And August 22nd 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 session are free. I will evaluate the sessions to see if this exercise class will be continued and the interest there is by the attendees.

Seniors of Bethany...

State Representative Lezlye Zupkus invites you to a casual meet and greet and legislative update following lunch.

Wednesday, July 25th 12:30-1:30pm with question and answering session

Bethany Town Hall in the Janice von Beren Senior Center

following our regularly scheduled luncheon

Call Representative Zupkus at 1-800-842-1423 or email

Lezlye.Zupkus@housegop.ct.gov for more information.

As your Representative, it is important for me to know the concerns of the people that I serve. Please meet with me to discuss the recently concluded legislative session and ask any questions you may have about state government.

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 8th 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.