

Bethany Seniority
June 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.

Bethany Lions Club Distributes Eyeglass collection boxes

Their mission is services for visually impaired. One part of this mission to collect usable eyeglasses that are then distributed to the people in need. The Bethany Lions Club has distributed to various locations in our Town eyeglass collection boxes. You will find a collection box on my bulletin board shelf. You'll recognize the collection boxes at the schools and our local businesses.

If you're unable to come to a drop off location, you may contact Lion Clark Hurlburt at 203-444-4469, he will accommodate and pick them up at your convenience, now how that for is service?

I see that our Town citizens are leaving usable eyeglasses in our collection box, what can I say? I know what I can say, Thank you, and keep them coming!

First Time Ever! A Senior Prom! For Folks 55+

Wednesday June 27th 6:30PM to 9:00PM Clark Memorial Library-538 amity Road Bethany, CT.

Reserve your bid 202 393-2103. The bids are FREE! Nibbles will be served. Ladies to receive a flower from Bethany Florist. Dress as your best self. Dance, laugh, and enjoy!

Let's Get Down to some serious stuff

First and foremost a standing ovation for our Highway Crew Hero's and Fire Department, and Emergency Operations, our CERT TEAM, for all their endless time, effort, labor.

I want to make you aware of Generator Safety. Here goes:

Downed utility line (assume all and any wires down are LIVE!), power company blackouts, heavy snow falls, summer storms can all lead to power outages. People turn a portable generator for temporary solution (and even their propane gas grills) WITHOUT KNOWING THE RISKS.

Generators should be used in well ventilated locations outside at least 5 feet (1.5) meters away from all doors, windows, and vent openings. Measure the 5 foot distance from the generator exhaust system to the building. Never use a generator in an attached garage, even with the

door opened. Please generators so that exhaust fumes can't enter the home through windows, doors or other openings in the building. The exhaust must be directed away from the building. Make sure to install carbon monoxide (CO) alarms in your home and be tested on a regular basis. Turn off generators and let them cool down before refueling. Never refuel a generator while it's hot. Store fuel for the generator in a container that is intended for the purpose and is correctly labeled. Just remember when plugging in appliances, make sure they are plugged directly into the generator or a heavy duty outdoor-rated extension cord. Check the cords for cuts, tears and that the plug has all three prongs, especially a grounding pin. If you must connect the generator to the house wiring to power appliances, have a qualified electrician install a properly rated transfer switch in accordance with the National Electrical Code (NEC) and all applicable state and local electrical codes. This information has been disseminated by National Fire Protection Association.

Not done Yet with the serious stuff

Please, please sign up with the Code Red. Keep in mind if you have changed your cell phone number, or home phone number, keep the information updated with Code Red.

It was a very valuable tool for those who were signed up with Code Red, when we got stricken with last months tornado. Those who signed up with Code Red were informed of school closings, where to get water, where to bring brush, and hours of operation, food garbage due to the power outage, closing of recycle center. So once again please sign up with Code Red, it will give you vital information when we are in a disaster of some sort.

Parkinson's Disease Workshop Saturday June 9th will be held Branford Firehouse
95 North Main Street Branford, CT.

Registration is from 8:15-9:15AM

9:15-10:00- Latest New Research Being Done to find a cure

10:15-11:00- How to Fight Parkinson's Disease with Natural Products to receive promising results.

11:00-11:45- Food, Refreshments & Exhibitor Interactions

11:45-12:30- Choosing the Correct doctor is the most important decision a patient with Parkinson's Can Make.

12:30-1:30 Ask the Doctors.

The workshop is being presented by all doctors.

Questions: Allyson Kinney, CAP Lead-Branford 203-996-8861 or allysonk11@yahoo.com

Sponsors: Medtronic.

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.