

Bethany Seniority
September 2019

The Bethany Town Hall will be closed on Monday September 2nd in observation of Labor Day. There will be no senior bus transportation, so plan accordingly. Have a safe holiday.

FLU CLINIC Bethany Town Hall Community Room 40 Peck Road - Bethany
Wednesday – October 23, 2019 From: 10:00 a.m. - 12:00 p.m.

Bring your insurance card *OR* a copy of it **front and back**

- Wear short sleeves
- And remember to wash your hands frequently to prevent the spread of germs
- We use preservative free vaccine

Vaccines are administered by licensed and experienced nurses from the East Shore District Health Department

For more information about the flu and a list of our public flu clinics visit: www.esdhd.org



Participating Insurances:

65 years or older

- Medicare Part B
- Aetna Medicare
- Anthem BCBS Medicare
- ConnectiCare VIP
- United Healthcare Managed Medicare Plans

All others 18 years and over:

- Aetna
- Anthem BCBS
- CIGNA
- ConnectiCare
- Harvard Pilgrim Health
- Husky
- Medicaid
- United Healthcare



Now on to the annual Health Fair held on the same day, and what to expect

The health fair will begin from 9:30am to 12:30pm, at the Bethany Town Hall gymnasium.

The goal of this event is to connect and serve with vendors attending to provide means of awareness of the services that are available to assist us in our day to day lives.

To perhaps meet up with friends and neighbors. To enjoy the music, sweet treats, hot and cold beverages, a delicious soup. Coachman Square of Woodbridge will be giving us a box lunch for you to enjoy. A chance to win one of the raffles (MUST BE PRESENT TO TAKE HOME YOUR PRIZE). Bring your expired prescriptions, outdated over the counter pills; Officer Dave Merriam will be available to take back your pills. Registrar of Voters will be on hand, and Veterans Affairs advocate Anne James and John Riley will also be there to answer your questions, and if you have any concerns regarding Veterans matters. And many more vendors. This is a free event. More info to follow in next months issue so stay tuned.

The senior bus will be available to Bethany residents to take advantage to come to the Town Hall and get a flu shot, and/or to attend the health fair at no charge for this event.

Tell your friends about it, they do not have to be a Bethany resident to attend the health fair.

Seems to be universal agreement that July went by way too fast! As we start dreaming of cooler fall temps and pumpkins, My thoughts are turning also to autumn and oh what fun to rake leaves (just kidding).

But what about that homemade apple pie you're going to bake or maybe get a start on the Holiday shopping.

The Town of Bethany Senior Bus may be used by Bethany senior residents age 60 and older, or any person with a disability, who is unable to provide their own transportation or temporarily without their own. The vehicle is equipped with a wheelchair lift. Service is "curb to curb", therefore riders that may require assistance getting to and from the curb should be accompanied by a companion who can provide such assistance. The bus driver will assist the wheelchair-confined client on and off the wheelchair lift. Non wheelchair-confined bus clients are expected to independently get on and off the bus. The driver can handle up to 3 packages or bags for the bus client. Safety is a main concern for both party's rider and bus driver. The driver may use his/her discretion to determine whether or not transportation will be provided in the event that safety is a factor. This includes personal modes of transportation other than a wheelchair, such as a scooter or motorized wheelchair. The passenger's mode of transportation must be able to be tied down securely, both in the front and back of unit.

Bethany Senior Bus Scheduling Information

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For reservations call 203 393-2100 Ext.1324. Reservations must be made at least one (1) working day in advance. Monday thru Friday. (Same day service cannot be guaranteed and is only considered for a medical appointment.)

Please remember to have the doctor's name, address, telephone number and the time of appointment available when making your reservation. You are responsible for providing the correct information when scheduling transportation.

The senior bus operates Monday, Wednesday, and Friday.

For your ride home call the number indicated on the card given to you by the driver upon drop-off.

There is a charge per destination.

Important Information

Riders are responsible for canceling reservations as soon as possible. To cancel a ride, call 203 393-2100 Ext. 1124.

All persons should be prepared for the mini-bus to arrive up to fifteen (15) minutes before OR after their scheduled pick-up time.

All return times are approximate and subject to change. Although no return times are guaranteed, every effort is made to return clients as quickly and efficiently as possible.

Ride reservations are accepted on a first come, first served basis, medical appointments take priority. Service is not guaranteed, but provided as the schedule permits.

Inspirational and Encouraging Teacup Story

There was a couple that used to go to England to shop in the beautiful stores. They both liked antiques and pottery, especially *teacups*. This was their twenty-fifth wedding anniversary. One day in a beautiful shop they saw an exquisite teacup. They asked the clerk, "May we see that? we've never seen one quite so lovely."

As the lady handed it to them, suddenly the teacup spoke. "you don't understand," it said. "I haven't always been a teacup. There was a time when I was red, and I was clay. My master took me and rolled me and patted me over and over, and I yelled out, 'let me alone,' but, he only smiled and said, 'Not yet.' Then I was placed on a spinning wheel and suddenly spun around, and around, and around. Stop it! I'm getting dizzy!" I screamed.

The Master Is At Work In You

"But the master only nodded and said, 'Not yet'. then he put me in the oven. I never felt such heat. I wondered why he wanted to burn me, and I yelled and knocked on the door. I could see him through the opening, and I could read his lips, as he shook his head, "Not yet."

"Finally the door opened, he put me on a shelf, and I began to cool. 'There that's better', I said. And he brushed and painted me all over. The fumes were horrible. I thought I would gag. 'Stop it, stop it!' I cried. He only nodded, 'Not yet.' Then suddenly he put me back into the oven, not like the first one. This was twice as hot, and I knew I would suffocate. I begged. I pleaded.

I screamed. I cried. All the time I could see him through the opening nodding his head saying, 'Not yet.'

"Then I knew there wasn't any hope. I would never make it. I was ready to give up. But the door opened, and he took me out and placed me on a shelf. One hour later he handed me a mirror and said, 'Look at yourself.' And I did. I said, 'That's not me, that couldn't be me. It's beautiful. I'm beautiful.'

"I want you to remember, then' he said, 'I know it hurts to be rolled and patted, but if I had left you alone, you'd have dried up. I know it made you dizzy to spin around on the wheel, but if I had stopped, you would have crumbled. I knew it hurt and was hot and disagreeable in the oven, but if I hadn't put you there, you would have cracked.

"I know the fumes were bad when I brushed and painted you all over, but if I hadn't done that, you never would have hardened; you would not have held. Now you are a finished product. You are what I had in mind when I first began with you."

Allow Me to get a little Philosophical on you

Two thing to remember in life...:Take care of your thoughts when you are alone" and "Take care of your words when you are with people".

Driving Course

On August 8, 2019 I sponsored and held a AAA safety driving course, what you need to know is that I only sponsored one, once a year usually in August. I have tried having two per year, but the second class was a very low response, and had to cancel the class (not my doing to cancel). So keep in mind once a year.

Where's Waldo and Where's the Card Tables

I'm wondering what ever happened to the two card tables that were in the Janice von Beren Senior Center room? If you know their whereabouts please see that they get back to the Janice von Beren Senior Center. Maybe you borrowed them with good intentions on returning them after your event. Maybe you forgot you even borrowed them. Please return the card tables to me with no questions asked. Love to have them back, the card tables come in very handy for programs that I have here.

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, 2019 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 \$23,107.00, Couple \$31,284.00. Please call me 203 393-2100 Ext. 1124.

Something You Should Know

Griffin Pharmacy & Gifts Offers free prescription delivery!

You do not have to be a Griffin Hospital patient

Pet medications are available

Over the counter medications

Griffin Pharmacy accepts: Cash, Check, Credit Card (over the phone),

Days and times for deliveries: Monday through Friday from 12Noon to 7:00PM. Closed no deliveries on holidays. So plan accordingly.

Health Fair, Flu Shots

Health Fair Wednesday October 23rd 9:30AM to 12:30PM Town Hall Gymnasium

Flu Shots Wednesday October 23rd from 10:00AM to 12Noon.

Want to belong to the Lunch Bunch

Then are you coming for lunch on Wednesday?: Lunch is served at 12Noon, the cost is \$3.00.

Reservations are required by calling 203 393-2100 Ext. 1124 no later than Monday.