MAY 2020

NEW MILFORD SENIOR CENTER

discover

SOCIAL DISTANCING: SPECIAL EDITION
A NOTE TO ALL OUR NEW MILFORD SENIOR CENTER MEMBERS

Happy May, “stay home, stay safe”\(^{1}\)! From our cover you see we are working as usual, but our delivery of services have changed due to our concerns with COVID19. Erin and Tom continue to drive clients to work and other essential trips. But, mainly they are delivering meals prepared by the Culinary School to our Seniors home. They are also delivering food to food bank recipients. Erin and Tom have dedicated volunteers helping to deliver the food by being their “runners”. Mira and Leo continue to provide many services remotely from home or from their offices here at the Center. Jasmin, Kim and I are also working remotely from home as well as from the office to maintain the operations of the agency. These are difficult and challenging times, but the Senior Center Team rose to the occasion and we’ve modified all operations to adhere to recommendations and precautions deemed necessary by our Governor and Mayor Pete. We look forward to the time when restrictions are lifted and we can all be together soon.

Carolyn
New Milford Senior Center Director

\(^{1}\) Within the capacities of our Governor and Mayor Pete.
LEONARDO S. GHIO & MIRA LEVASSEUR
MUNICIPAL AGENTS FOR THE ELDERLY/SENIOR SERVICE ADVISORS
Our two Municipal Agents/Senior Service Advisors are available for appointments at the
Senior Center, home visits and may be also contacted by phone and email.

SERVICES AVAILABLE TO NEW MILFORD RESIDENTS AND THEIR FAMILIES ONLY
• Information and Referrals • Housing Options • Prescription Drug Plans • Energy Assistance • Renter & Tax Rebates •
• Medicaid • Medicare and Supplemental Plans • Medicare Advantage Plans • Long Term Care Planning and Insurance •
• Social Security Counseling • Meals On Wheels • Home Care Options • Life Line • Financial Counseling • Transportation •
• Title 5 Senior Employment Options • Chores • Elderly Nutrition/SNAP/Farmers Market Coupons •
• Volunteer Opportunities • Support Groups •

MUNICIPAL AGENTS/SENIOR SERVICES ADVISORS
OFFICE AND CHORE SERVICES NEW PHONE NUMBER: 860-457-4191

2020 SOCIAL SECURITY CHANGES
Social Security and Supplemental Security Income (SSI) beneficiaries will receive a 1.6 percent COLA (Cost-of-Living Adjustment) for 2020.

APPLICANTS THAT WERE DUE TO REFILE FOR HOMEOWNERS TAX CREDIT IN 2020
Due to the current situation with COVID-19, Governor Lamont has enacted Executive Order No. 7S which suspends the reapplication filing requirements for the Homeowners’ Elderly/Disabled Tax Relief Program. This means that if you received Homeowner’s benefit and were due to reapply this year, you do not have to AND you will not have to for the next two years. The Assessor's Office will send you out a reminder/reapplication in 2022.

RENTER’S REBATE: APRIL 1ST—OCTOBER 1ST
If you are a renter and turned 65 or were deemed Social Security Disabled in 2019 and your income is below $37,000 for individuals and $45,100 for couples, you may be eligible for a Rebate from the State of CT. Please call the Senior Center to make an appointment with one of the counselors and be sure to have with you: a completed 2019 tax return including your SSA 1099 form (if you filed taxes), or your 2019 income (W2’s, and all 1099 forms including the SSA 1099), as well as a letter from your landlord stating the total amount of rent that was paid in the year of 2019.

ENERGY ASSISTANCE
The Senior Center is taking applications for the CT Energy Assistance Program. Qualifying income guidelines are as follows: $36,171 for individuals and $47,300 for couples. Assets under $12,000 for renters and $15,000 for homeowners are excluded. Anything over that is added to your income. The total must be below the above numbers to be eligible. Make sure you have all documents before coming in to apply. We will need your current income, such as, Social Security benefit, wages from work (previous 4 weeks worth of pay-stubs), interest and/or dividends, etc. If you are self-employed, please call before you make an appointment to find out what you will need to bring. We will also need proof of assets which will be ALL bank accounts, stocks, bonds and any other liquid assets and whether you heat with electricity or not, we need a current electric bill. When all of your documents are ready, call the Center to make an appointment. Last day to apply for Energy Assistance is June 1, 2020.
**SUMMARY OF CORONAVIRUS STIMULUS PACKAGE AND HOW IT AFFECTS SENIORS**

**Are seniors eligible?**
- Seniors who have a SSN and who are not dependents of another taxpayer qualify for the rebate check, even if their only income is from Social Security.
- Seniors will receive $1,200 if their adjusted gross income is under $75,000. These rebate checks are considered refundable tax credits and therefore are not taxable.

**Will I be eligible if I have a lien against me, but I am in non-collect status?**
- Yes, rebates will not be subject to garnishment unless back child support is owed and has been reported to the federal government.

**Do rebates need to be repaid?**
- No, rebates do not need to be repaid. If you experienced income loss in 2020 or if you have an increase in family size, you may be able to claim an additional credit of the difference when you file your 2020 federal income tax return in 2021.

**How do I claim my check?**
- The rebates will be paid automatically in the form of checks or direct deposit.

**How long will it take for the check to be delivered?**
- Rebates sent via direct deposit will take a few weeks. Rebates sent via check may take a few months.

Further information on this COVID-19 relief package can be found on Senator Chris Murphy’s website: https://www.murphy.senate.gov/coronavirus

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**AQUARIAN WATER CUSTOMER ASSISTANCE PROGRAM**

Aquarion Water Company has been allocated $50,000 to assist customers in need with the payment of their water bills. A one-time voucher, per customer, in the amount of $50 will be granted to 1,000 customers in 2020 who are either home-owners in Aquarion’s service territory or contractual renters (water bill must be in renter’s name) who pay a quarterly water bill. Please contact one of the counselors for more details on applying by calling the Center.

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**IMPORTANT CHANGE IN MEDICARE SAVINGS PROGRAM SPECIAL ENROLLMENT PERIOD**

Individuals who participate in the Medicare Savings Program; effective this year, are permitted to change Part D plans (prescription drug plans) or Medicare Advantage plans once per quarter. This applies to the first three quarters of the year only. For example, if one makes a change during the first three quarters, the effective date for the new plan begins the first day of the following month. However, for those who wish to make a change in the fourth quarter, it can only be done during Medicare Open Enrollment (Oct. 15-Dec. 7) and the new plan will not take effect until Jan. 1, 2020. For those who decide to make a change after December 7th, which is now considered outside the special enrollment period, they will have to wait until January 2020 to make the change and their plan will not become effective until February 1, 2020. Article by: Amanda Halle, WCAAA staff Source: https://www.medicareinteractive.org/pdf/SEPChart.pdf

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**NOW TAKING “NEW” APPLICATIONS FOR HOMEOWNER’S TAX CREDIT**

If you turned 65 or were deemed Social Security Disabled in the year 2019, you may qualify for this program. The new State income limits for 2020 are $37,300 for individuals and $45,100 for married couples. Half of the Social Security income is used to determine eligibility for the Town tax credit only. Assets are not counted. If you think you may qualify, please call the Senior Center and make an appointment with one of the Senior Services Counselors. Please be sure to bring your Social Security 1099 showing your annual benefit amount for the year of 2019, as well as any 1099’s from Pensions/annuities etc. and if you still file taxes, a completed tax return for 2019. The filing period ends on May 15, 2020. There are other tax credit programs and abatements for veterans, disabled and legally blind residents. Please contact the Assessor’s Office for more details on these programs at (860)-355-6070.
PLEASE NOTE THAT DUE TO THE CONCERNS OF COVID-19, ALL PROGRAMS AND ACTIVITIES AT THE NEW MILFORD SENIOR CENTER ARE SUSPENDED UNTIL FURTHER NOTICE

HANDIWORK CIRCLE
Mondays, 10:00 AM
Do you enjoy knitting/crocheting? Meeting every week throughout the year, all are welcome to work on their own personal pieces or ones that will be donated within our community. If you’ve never knitted or crocheted before, there are plenty of hands willing to assist and yarn donations in excellent condition are always welcome!

WEEKLY BINGO
Mondays, 12:45 PM
Join us for an afternoon of BINGO! Whether across, down, or diagonally—everyone will walk out a winner when they have a BINGO! Walk-ins welcome.

SENIOR SONGBIRDS—SENIOR SINGING GROUP
First Tuesdays, 1:00 PM
Come and sing with us! We are a casual group who enjoy gathering on the first Tuesday of every month to lift our spirits with song. You do not need to know how to read music - All voices are welcome to come and sing along!

ASK THE ATTORNEY—RONTABOUT
Third Tuesdays, 10:00 AM
Do you have an elder law concern? This free informational service is offered by elder care Attorney Rudy Kuss or Attorney Michelle Liguori of Kuss & Liguori, LLC. Every third Tuesday of the month either Attorney will meet in a roundtable discussion to discuss any ELDER LAW issue that might be of interest such as estate planning, living wills, transfer of assets, Medicare, and Medicaid. These are informational discussions only; no legal advice is offered. Pre-registration is required so if you would like to join the discussion, please call the Center to sign up.

WII BOWLING
Fridays, 11:00 AM
Join in the excitement of Wii Bowling, a virtual bowling game that simulates all the movements of bowling minus the heavy ball!

BOOK EXCHANGE WITH THE NEW MILFORD PUBLIC LIBRARY
First Wednesday, 11:15 AM
At the beginning of the month, a volunteer from the New Milford Library comes to the Center with a new selection of books for you to “sign-out”. It’s just like the library is coming to you! When you are done with your book, either bring it back the first Wednesday of the following month when the library volunteer is here or drop them off with a staff member at any time. Come by and see what stories await you!

BOOK DISCUSSIONS
Fourth Tuesday and Thursday, 1:00 PM
Join our book discussion groups where readers can come together and talk about books and the reading experience! We have two book discussion groups that typically meet every fourth Tuesday and Thursday of the month at 1:00 PM at the Center and books are provided by the New Milford Public Library. Our discussions are informal but lively, so see where the story takes you!

ONE-ON-ONE TECH HELP
By Appointment
Do you have questions about your technical devices such as a cellphone, computer, or tablet and would like some individualized guidance? 30 minute, one-on-one appointments are available with trained experts in the field for answers.

BOARD GAMES AND CARD GAMES
Join in on a variety of group games that are offered throughout the week:

BRIDGE
Mondays, 10:00 AM and Wednesdays, 12:30 PM
MAHJONG
Mondays, 12:30 PM and Fridays, 9:30 AM
SCRABBLE
Tuesdays, 12:30 PM

QUILT CIRCLE
Tuesdays, 1:00 PM
Calling all quilters! All levels of “stitchers” are welcome! The group works on individual projects with help from other members when needed and on group quilts. We have fabric, thread, quilting tools, and sewing machines. We can help you create a simple quilt or guide you through advanced techniques.

MIDWEEK MATINEE
Wednesdays (except Special Bingo Wednesdays), 1:00 PM
What better way to get over “hump day” than with lunch and a movie? Join us as we turn the Grand Room into a movie theater! The upcoming movies are on display by the Sign-in Computer or call the Center to find out what’s playing.
THE LUNCH BUNCH
Third Saturday
The Lunch Bunch meets once a month to enjoy a new or favorite area restaurant. Join in for delicious fair and friendship around the table!

TAE CHI FOR SENIORS WITH SASHA
Mondays, 2:00 PM
Research has found that those who regularly practice tai chi are steadier on their feet, less likely to suffer high blood pressure, and physically stronger. Join Tai Chi instructor, Sasha Chalif as she guides you through this form of ancient Chinese martial art that descends from qigong, a discipline that involves the mind, breath, and motion, to create a calm balance. Tai chi, described as meditation in motion, is believed to clear your mind and reduce your stress through focused concentration on the movements. It has even been known to improve hand/eye coordination, increase circulation, and even promote a better night’s sleep. See what benefits this class can bring! The cost of the class is $50 for an 8 class session. Trial classes are available by request.

ZUMBA GOLD WITH JASMIN
Mondays, 5:00 PM
Get ready to join the party every Monday afternoon! Join Jasmin Ducusin-Jara, certified Zumba Gold instructor for a class that’s perfect for active older adults who are looking for a Zumba® class that recreates the original moves you love at a lower-intensity. The class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination as well as all the elements of fitness: cardiovascular, muscular conditioning, flexibility and balance. Come ready to sweat, and prepare to leave empowered and feeling strong! The cost of the class is $50 for an 8 class session. Trial classes are available by request.

STRENGTH & BALANCE WITH KERRY
Tuesdays & Thursdays, 11:15 AM
Join Kerry Swift, our Strength and Balance exercise instructor who will be teaching a low-impact exercise program which includes strength training with light hand weights, stretchy bands, chair exercises and lots of laughter! This class is designed to benefit individuals of all abilities and is geared to help reduce joint and muscle pain, and stiffness plus help improve mobility, muscle strength, balance, posture and functional capacity. The exercise techniques are performed while sitting and/or standing. Class meets twice a week for 45 minute sessions. The cost of the class is $30 for an 8 class session. Trial classes are available by request.

CHAIR YOGA WITH ELAINE
Wednesdays, 11:00 AM
Join Elaine Donahue, Certified Yoga Instructor, for an enriching gentle yoga class where you have a partner on the mat: a chair! Elaine aims to offer a range of poses along with their many variations so that this class is relaxed, fun, and accessible for all. Improve balance, strength and flexibility by practicing classic yoga poses while supported by your chair. Learn and practice deep breathing and relaxation techniques in a setting that welcomes all to bring their own practice to the mat. This class is welcome to all who are striving for increased energy, improved wellness, and an enhanced enthusiasm for life! Please bring your own yoga mat to place under the chair. The cost of the class is $50 for an 8 class session. Trial classes are available by request.

GENTLE YOGA WITH KRISTIN
Thursdays, 9:00 AM
YOGA WITH KRISTIN
Fridays, 10:00 AM
Join yoga instructor, Kristin Wilkins who brings compassion and a positive approach to her work by helping people maintain a healthy lifestyle! With two levels available, Yoga and Gentle Yoga it is not only a type of exercise, but a discipline that includes breath control, simple meditation, and specific bodily postures for health and relaxation. Both classes are practiced on the mat though Gentle Yoga is practiced at a more slow and relaxing pace. So come calm your mind, relieve stress, and strengthen your body because taking time to care for you is an important part of staying active for a lifetime! The cost of the class is $50 for an 8 class session. Trial classes are available by request.

NEW MILFORD CHORE SERVICES
The mission of New Milford Chore Services is to assist senior residents of New Milford with light chores work so that they are able to remain living independently and with dignity, at home. We assess work on a case by case basis, but here are some examples of how we might be able to help: Trim hedges, rake leaves, weed the garden, wash windows, spring cleaning, decluttering, rearrange furniture, switch out screen/storm windows, change lightbulbs, or even tighten screws. The New Milford Chore Services program is funded through federal and state grants and donations based on a sliding scale of client fees. At this time, we are not accepting any requests for service, but we look forward to working with you again soon!
SUPPORT GROUPS

**CAREGIVERS SUPPORT GROUP**
First and Third Tuesday, 10:00 - 11:30 AM
Join us every first and third Tuesdays for a place to relax, express your feelings, and connect with other caregivers! Facilitated by Catherine Vlasto, LCSW, you will have professional guidance in addition to support from your peers. For more information, please call the New Milford VNA at 860-354-2216.

**LIVING WITHOUT A PARTNER (BEREAVEMENT) SUPPORT GROUP**
Second and Fourth Tuesday, 10:00 - 11:30 AM
The death of a spouse or a partner is a life altering experience. Living alone can be a difficult adjustment. Meet others who are going through a similar journey and learn ways to cope during this time. This group is facilitated by Catherine Vlasto, LCSW, a clinical social worker from the New Milford VNA & Hospice and is geared towards men and women whose partners have died in the past two years. For more information, please call the New Milford VNA at 860-354-2216.

**PARKINSON’S SUPPORT GROUP**
Third Wednesday, 9:15 AM
Those living with Parkinson’s have many reasons to be hopeful from cutting-edge research to better education that can help you stay in charge. Connect and share with those living with Parkinson’s in an American Parkinson’s Disease Association affiliated monthly support group facilitated by Dawn MacNutt, MSW.

**DIABETES SUPPORT GROUP**
Fourth Thursdays Quarterly, 1:00 PM
Join us for a quarterly Diabetes Support Group facilitated by NM VNA’s Diabetes Educator, Joanne Tiebout. Connect and learn from others managing diabetes.

REIKI HEALING
Second and Fourth Tuesday, 1:00 - 3:00 PM
Reiki is used to reduce stress, promote relaxation, and restore physical, mental, and emotional health through simple hands-on healing techniques with Reiki Master, Mary-Ellen Foster. A 10 minute Reiki Healing session is a suggested donation of $7.00 and clients are received on a first come, first served basis.

CHAIR MASSAGE
Third Tuesday 1:00 - 3:00 PM
Take a moment to relax, recharge and renew with a chair massage. Join us as we welcome back Debora Brockmeier, LMT who will be offering chair massages right here in our Health and Wellness Room. A 10 minute Chair Massage session is a suggested donation of $7.00 and clients are received on a first come, first served basis.

WIDOW’S SOCIAL GROUP
Third Tuesday, 1:00 PM
Join us for a social group for any and all widows looking for a place of acceptance, talk about their losses, develop friendships, and to obtain a feeling of connectedness after the loss of a loved one. Light refreshments will be served.

BLOOD PRESSURE SCREENINGS
Wednesdays, 10:30 - 11:30 AM
Join us for a weekly, first come, first serve blood pressure screening with a New Milford VNA nurse. This FREE service provides you with an opportunity to check and track your blood pressure. Walk-ins encouraged.

ALZHEIMER’S ASSOCIATION
The Alzheimer’s Association has an office in our Center for you to get connected with resources, advocacy, and advice. For more information, please contact the Alzheimer’s Association at 1-800-272-3900. A representative of the Alzheimer’s Association is also available to meet one-on-one at the Senior Center for questions/information by appointment.

Ask your healthcare professional for
860.354.9365
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Your safe PASSPORT to home
Short term rehabilitation
and
long term care

PLEASE NOTE THAT DUE TO THE CONCERNS OF COVID-19, ALL PROGRAMS AND ACTIVITIES AT THE NEW MILFORD SENIOR CENTER ARE SUSPENDED UNTIL FURTHER NOTICE
RESERVATIONS AND RIDERSHIP
Transportation is available for seniors and individuals who are ADA-certified to head to the Senior Center, work, shopping, and anywhere within New Milford. To reserve a ride, please call the Center at 860-354-6075 at least three days before you need transportation and you will receive a phone call the afternoon before your bus ride (Friday afternoon for Monday rides), for confirmation and your pickup time. We require at least 24 hours notice for a change in destination as all “stops” are scheduled accordingly. We ask that bus riders be ready at least 15 minutes before your scheduled pickup time! When you are finished with your appointment and/or have been waiting for more than 15 minutes for your ride, please call the Center. All walkers and canes must be secured and wheelchairs will be secured in appropriate locked positions while onboard the bus. For the safety of yourself and others, please limit yourself to bringing no more than 3 reasonably sized bags of groceries or other goods/belongings that can be easily stored at your feet or on your lap. Bus riders must be able to independently handle/carry your belongings and purchases on and off the bus as the bus drivers are not permitted to handle your personal items and must remain within 3 feet of the bus at all times. For the comfort and security of our riders, we ask that you please refrain from any cell phone conversations while riding the Senior Center bus.

SUGGESTED DONATION IS $1.00 PER ONE-WAY RIDE
Senior Center Bus riders must present their MySeniorCenter Card upon entering the bus and bus riders must have independently mobility. If you need assistance, aides and companions (>18 years old) are welcome to ride with you free of charge, but you must indicate that there will be an additional passenger with you at time of scheduling.

SHOPPING SCHEDULES
Monday - Friday: Big Y
Wednesdays & Fridays - Stop & Shop/ Walmart Plaza, Litchfield Crossings Retail Center, Aldi’s, Thrift Mart of New Milford

For information regarding Title VI, please refer to www.newmilford.org: Departments —> Senior Center

WHEELS PROGRAM OF GREATER NEW MILFORD
WHEELS is a volunteer organization that provides seniors and individuals who are ADA-certified to non-emergency medical appointments in and around the greater New Milford area. Two cars and a wheelchair accessible van are available to transport based on availability. The WHEELS Office, located on the lower level of the Senior Center, is open Monday - Thursday, 9:00 AM - 12:00 PM and can be reached at 860-354-6012 or through their website: www.wheelsofnewmilford.org

PLEASE NOTE THAT DUE TO THE CONCERNS OF COVID-19, ALL TRANSPORTATION SERVICES WILL BE FUNCTIONING AT A LIMITED CAPACITY UNTIL FURTHER NOTICE
A LETTER FROM THE COMMUNITY CULINARY SCHOOL OF NORTHWESTERN CONNECTICUT

The Community Culinary School is not in session, but we are continuing to carry out our responsibility of feeding our community. Chef Instructor, Blythe Roberts, and New Milford Senior Center Chef, Jason Streck-Weller are working diligently to prepare meals for the Senior Center, delivered by their staff and volunteers, as well as for the New Milford Food Bank. As the emergency food provider for the Town of New Milford, the school is also ready to furnish meals if called upon. Staff are all ServSafe Food Protection Manager certified and all food is prepared in the school's certified facility. Food recipients can rest assured that every precaution is being taken to ensure the safety of each and every meal that goes out of our kitchen.

It is not just our staff though who are providing food during this pandemic. A large percentage of Community Culinary School graduates are employed in healthcare where they are on the front lines of this event, preparing food for residents, patients, and staff at hospitals, senior living facilities, and nursing homes. If a loved one is in an area facility there is a very good chance that a graduate is providing their food.

We are looking ahead to the time when we can start a new job training session and carry out our mission which is to empower participants, qualifying them for jobs that earn a living wage in the food service industry and helping to feed the community while doing so. Our generous supporters make our work possible. Donations can be sent to:

Community Culinary School
40 Main Street
New Milford, CT 06776
or online at: http://www.communityculinaryschool.org
Stay well!

Very truly yours,
Dawn Hammacott
Community Culinary School Executive Director
FOR YOUR INFORMATION

ROBO-CALLS FOR ANNOUNCEMENTS AND REMINDERS

Please note that the New Milford Senior Center occasionally utilizes a robo-call system from MySeniorCenter for special announcements, program invitations and reminders that will now come in as the New Milford Senior Center’s Phone Number 860-355-6075 and with a voice recording of one of the New Milford Senior Center staff members.
**RHYME TIME**

Each question in this game includes two definitions for two different words. The twist is, they will rhyme.

1. Extreme anger; and area in a theater where the play takes place
2. To reprimand and rebuke; and not young
3. Small garden area; and luxury boat
4. Juicy purple fruit; and rundown area of a city with substandard housing
5. Low-valued playing card; and a waterfowl known for flying in V-formation during migration
6. A spectral figure; and cooked bread
7. A soldier’s water bottle; and the stimulant in tea and coffee
8. The capital of Arkansas; and a device that wakes you up
9. Veracity; and, as the saying goes, this is wasted on the young
10. Physics or chemistry; and dishwasher or refrigerator
11. Islands north of Cuba; and sleepwear
12. To swear or blaspheme; and Florence Nightingale’s profession

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**ADD IT UP**

This game involves simple addition—but you have to figure out which numbers to add up.

1. Add the number of sides in a pentagon to the area code for Washington, DC
2. Add the year that Pearl Harbor was attacked to the year of the Cuban Missile Crisis
3. Add the number of U.S. states to the number of countries in the United Kingdom
4. Add the number of keys on a piano to the number of days in Hanukkah
5. Add the number of Supreme Court justices to the length of one term in office for a U.S. Senator
6. Add the number of days in a fortnight to the number of years in a score
7. Add the Roman numerals X plus C to V and give the number in English
8. Add the boiling point of water (in Farenheit) to the normal temperature of the human body
How Does Your Garden Grow?

Word List:

ANNUALS
DIGGING
FOLIAGE
GREENHOUSE
HOSE
PITCH
RAIN
SEEDS
SPADE
VEGETABLES

BIENNIAL
DIRT
GARDENER
GROW
ORGANIC
FORK
RAKE
SHOVEL
SUNSHINE
WATER

COMPOST
FERTILIZER
GLOVES
HOES
FERENNAL
PLANTING
RELAXING
SHRUBS
TROWEL
WEEDING

CULTIVATING
FLOWERS
 GNOME
HORTICULTURE
PINWHEEL
POLLINATION
ROWS
SOIL
TULIPS
WHEELBARROW
Enigma Cryptogram
“Gardens are not made by singing “Oh how beautiful,” and sitting in the shade—Rudyard Kipling

RHYME TIME
1. Rage; and stage  2. Scold; and old  3. Plot; and yacht  4. Plum; and slum  5. Deuce; and goose
6. Ghost; and toast  7. Canteen; and caffeine  8. Little Rock; and alarm clock  9. Truth; and youth
10. Science; and appliance  11. Bahamas; and pajamas  12. Curse; and nurse

ADD IT UP
1. 5 (sides in a pentagon) + 202 (area code for Washington, DC) = 207  2. 1941 + 1962 = 3903  3. 50 (U.S. States) + 4 (U.K. countries: England, Northern Ireland, Scotland, and Wales) = 54  4. 88 + 8 = 96  5. 9 + 6 = 15  6. 14 + 20 = 34  7. 10 (X) + 100 (C) + 5 (V) = 115  8. 212 degrees F + 98.6 degrees = 310.6
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Director

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New Milford Senior Center, New Milford, CT 06-5288
Practice Social Distancing.
What does this mean?

- Avoid non-essential travel.
- Avoid places where large groups of people gather.
- Limit any gatherings that include high-risk individuals.

Stop the Spread of Germs
Help prevent the spread of respiratory diseases like COVID-19.

- Avoid close contact with people who are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.
- Wash your hands often with soap and water for at least 20 seconds.
- Avoid touching your eyes, nose, and mouth.
- When in public, wear a cloth face covering over your nose and mouth.
- Stay home when you are sick, except to get medical care.

cdc.gov/coronavirus