

Senior Happenings



Summer 2020

Joyce C. Budrow North Haven Senior Center
189 Pool Road, North Haven, CT 06473
Office: 203-239-5432 Fax: 203-234-7185
Hours: Weekdays 8:00 a.m. to 4:00 p.m.
www.town.north-haven.ct.us

We miss you!!!

Mission

The mission of the Center is to respond to the ever-changing needs of North Haven adults and their families by providing opportunities for personal enrichment, information and referral, advocacy, volunteerism, wellness and social and recreational activities in the Town of North Haven.

Manager and Municipal Agent for Elderly: Judy Amarone
email: amarone.judy@town.north-haven.ct.us
Program Coordinator: Marlene Thorp
Transportation: Keith Baedor





Daily, Medical, Errands, Grocery Shopping, Mini Trips

Daily Transportation

Transportation is available for eligible residents who do not drive their own vehicles, or who cannot access a public transportation system to reach their desired destination. Those who do drive their own vehicles may use the system on a temporary basis if their vehicle is in for repairs or if they are experiencing a temporary disabling condition that prevents them from driving on their own. Service is curb to curb. Standing rides to the Center can be arranged for your convenience. Daily reservations are required by 12 noon of the preceding workday by contacting the Center 203-239-5432.

Schedule

For errand, grocery, grooming, and mini trips all riders must be on time and ready for pick up beginning at 9:00 a.m. You must advise the driver if you are making other arrangements for your return trip. If you are not at your designated pick up point when driver arrives, there will be a ten-minute wait time. If you miss the bus it is your responsibility to obtain transportation home. Due to schedule restrictions under no circumstances will the driver return at a later time to pick you up on that day. If you drive on your own and would like to join us on mini trips, you must drive to the Center by 9:30 a.m. to participate in the trip, the driver will not pick you up at your home.

Mondays: (time frame for mini trips will be an hour and a half from time of drop off)

Mini Trips: July 27 - Universal Drive

Wednesdays: (time frame for errands will be up to an hour for a single stop from time of drop off)

- Errands to include – Pharmacies, Bank, Post Office

Thursdays: (time frame for mini trips will be an hour and a half from time of drop off)

- Hairdressers, Barbers

Fridays: (time frame for grocery shopping will be an hour and a half from time of drop off)

- Grocery Shopping

Medical Transportation *

Only one medical ride may be scheduled per day. All reservations are on a first-come, first-served basis. Reservations can be made as early as three months prior to the medical appointment.

Every effort will be made to accommodate an individual's appointment. However, an alternative time and transportation service may be suggested in order to better serve all requests. **Pickup times are approximate.** Please be patient as traffic and number of riders may impact your pickup. Non-Emergency Medical appointments include transportation to North Haven and **on a very limited basis** to New Haven.

Passengers are to have the following information ready when calling for a medical reservation: name, address, telephone number of doctor's office; date and time of appointment; name of any other person who rider will be traveling with to doctor's office.

The Center will be closed on July 3; September 7; October 12; November 11, 26; December 4, 25.

Please Note:

A staff member will contact you the day before to inform you of your pick up time when you have a scheduled medical appointment for the following day.

All scheduled Grocery Shopping, Hairdressers, Errands and Mini Trips begin pickups at 9:00 a.m. Reservations for mini trips begin on the first day of the month. If scheduled trips are canceled for any reason, there *will not* be a make-up day during that week for transportation.

The hours of medical transports to doctors will be limited. Appointments for medicals will begin no earlier than 9:00am and you must be ready to go home by 3:30pm. There may be times where you have to wait or go early since we are doing our best to serve your needs.

From the desk of Judy,

What COVID-19 Scams are Affecting Older Adults?

Vulnerable people are being preyed on by scammers using a broad range of coronavirus cons to harm them financially and emotionally. Your best defense to protect yourself is to be aware of these deceptions. Here are six coronavirus-related scams now targeting older adults:

- **Home test kits for COVID-19**

Scammers are calling or sending text messages to older adults offering “coronavirus test kits” in an attempt to collect credit card or banking information. Scammers may also ask victims to provide their home addresses, stating that they want to drop off the test kit.

- **Bogus COVID-19-related products and services**

Several text and phone scams are falsely advertising products, such as fake drugs, vaccines, and devices, that claim to prevent or cure COVID-19. **Impersonating a government agency** Scammers pose as someone from the Social Security Administration and contact elderly recipients to tell them their benefits will be suspended or decreased due to COVID-19 unless they provide personal information or payment.

- **Insurance scams**

Several scams are offering low-cost health and life insurance, often in conjunction with at-home COVID-19 test kits or other products that are being presented as “free gifts.”

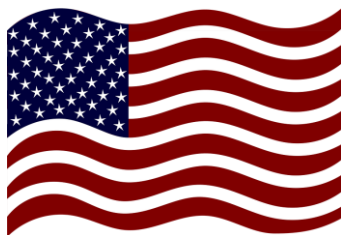
- **Stimulus-related scams**

The Federal Communications Commission (FCC) is aware of several scams related to the stimulus payments and loans that are being offered as part of the federal government’s response to COVID-19. These scams ask consumers to provide bank account information so funds can be “released” or loan applications can be approved.

- **Charity scams**

Charity scams prey on the good nature of many older adults by aiming to collect money for bogus COVID-19 relief charities.

And the newest scam, not COVID related is a bogus offering you the opportunity to purchase a Library Card that can be used anywhere. It gets tricky because your telephone ID will read “North Haven Library” with a 239-telephone number. Be on guard and if you feel you have received a call from a scammer please hang up, contact your local police, and remember if you didn’t initiate the call to any of the above **HANG UP!**



Presidential Preference Primary



Due to COVID-19 all active voters will receive an Absentee Ballot Application.

**-The eligible voter will be mailed an absentee ballot application which will include a postage paid return envelope (addressed to the towns' Town Clerk). It will be processed at the local level, and all voters who requested an absentee ballot will receive an absentee ballot in the mail, which will include a postage paid return envelope.
You may mail the ballot in, OR drop it off at our Town Hall's secure Absentee Ballot DROP BOX.**

The absentee ballots will be available beginning Tuesday, July 21, 2020

If you rather not wait for the State to mail your application you may call the Town Clerk's Office for an Absentee Ballot application for the primary or any election. You will be sent an application, and placed on a list to receive a ballot. 203-239-5321 ext. 630

The polls will be open on Tuesday, August 11th, 6 am -8 pm, at the regular voting districts.

If a person chooses to vote in-person, at a polling location, *that a mask is required to enter & we would kindly ask that they bring their own blue or black ballpoint pen.* Bringing & using their own black or blue pen will help our election staff a great deal.

To participate in the August 11th Presidential Primaries, a voter must be enrolled as a member of party conducting the primary. For the August 11 primaries this would be the Republican or the Democratic parties.

Anyone who wishes to check on their voting status If you wish to register or make changes to your voting status contact us 203-239-5321 ext. 640 or utilize the Secretary of the State's online registration: voterregistration.ct.gov



Summer Safety Tips



1. **Stay Hydrated**-Seniors are more susceptible to dehydration than younger people because they lose their ability to conserve water as they age. They also can become less aware of their thirst and have difficulty adjusting to temperature changes. Remember to drink water often, and be sure to pack some for those long summer drives.
2. **Keep Your Cool**-Even small increases in temperature can shorten the life expectancy for seniors who are coping with chronic medical conditions.
3. **Wear the Right Stuff**- When it's warm out, some people find natural fabrics (such as cotton) to be cooler than synthetic fibers.
4. **Protect Your Eyes**-Vision loss can be common among the elderly, and too much exposure to the sun can irritate eyes and cause further damage. Wearing sunglasses can protect your eyes from harmful UV rays and preserve your vision.
5. **Use Sunscreen, Apply Bug Spray, and Wear Hats**-Wear sunscreen when outdoors. Hats are also a great idea, especially for those with light colored hair and those with only distant memories of a full head of hair. If you live in areas where there are a lot of mosquitoes and spend a lot of time outdoors (particularly at night), use mosquito repellent to help reduce the risk of getting bit by a mosquito carrying a virus.
6. **Exercise Smart**-If you enjoy outdoor activities make sure to wear the proper clothing and protective gear. It is also important to keep track of time. Do not stay out for long periods and make sure to drink even more water than usual when exercising.



Beware, School's out!

With kids out of school they are usually outside in their neighborhoods, on their bikes or playing in yard and/or in the street. When you're driving, you are largely responsible for their safety. Here are a few reminders to make sure this summer stays wonderful by watching for children playing and enjoying their summer fun.

- As you drive, scan the area around you looking for youngsters playing near the street. Children can be unpredictable and unaware of the danger around them. Keep in mind that a child might suddenly dash into your path.
- If you see a parked ice cream truck, Watch out and be alert for children/people who cross the street might step off the curb and into your path.
- Stay focused on driving, without distraction, put your cell down; wait to talk and text once you have reached your designation.

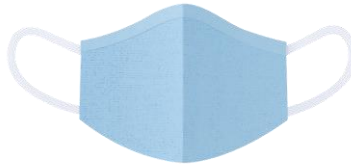
Being happy doesn't mean that everything is perfect. It means that you've decided to look beyond the imperfections.

- Gerard Way





Thank you GS troop 60109 for taking the time for making the lovely caring card for the seniors.
They were very much appreciated.



If you are in need of a mask please contact the Center, 203-239-5432

Please remember masks are required when you are out in public places, as well as on when traveling on the senior center bus. By wearing a mask it signifies that you care about you and your community. The virus needs people to keep it spreading and wearing a mask breaks down the path of moving on to others.



Ceramics: We still have some ceramics available if you interested in being creative while we are closed the Center is offering free ceramic pieces for you to paint at home. Painting supplies will be provided at no cost. Contact the Center and arrangements will be made.

We have found some fun websites to visit

<http://www.seaworld.org/>

<https://www.allfreeknitting.com/>

<http://www.thejigsawpuzzles.com/>

<http://www.artgallery.yale.edu/>

<https://connecticuthistory.org/>

Latest on the Virus

<http://www.qvhd.org/>

Keeping Everyone Connected!



Do you have an email address? If so please email us at the center and we will add you to our new email group. Send us an email to: Amarone.judy@town.north-haven.ct.us. Feel free to email us at any time with questions, concerns, or just to say hello ☺



Besides email addresses to keep us connected, this is an opportunity to update your information that we have on file. Throughout the past few months staff has been making well check calls on members however we have found many home phones have been removed and seniors are only using cell phones. If you are one of many that only use a cell phone and have discontinued your home phone please call us and update your information.



Monthly Food Bag Available for Residents in Need

In response to the current COVID pandemic, the Community Services Food Bank is offering preassembled food bags for any North Haven residents in need during this time.

Any household is able to receive one large recyclable shopping bag filled with non-perishable items once per month. Appointments for pickup are available any time between 9:00am and 3:30pm, Monday through Friday at the Town Hall Annex, 5 Linsley St.

Based on the high volume of requests, we ask that you call one day in advance. 203-239-5321 x500.

