

Montville Senior Center News

TOWN OF MONTVILLE
DEPARTMENT OF SENIOR & SOCIAL SERVICES
& THE MONTVILLE SENIOR CENTER
KATHLEEN DOHERTY-PECK, DIRECTOR

860-848-0422

Monday - Friday 8:00 - 4:30 pm

Ruth Massey-Abruzzo - Senior & Social Services
Asst. Jenniffer Adams - Social Services Specialist

Montville Silver Times

Established December 1996



MONTVILLE **COMMISSION ON AGING**

Chairperson Kathie Doherty-Peck
Secretary..... Deb Suarez
Member Karen Perkins
Member Lou Ziegler
Member Mary Adams
Member Irene Taylor
Member Lyndsey O'Brien
Town Council Liaison Billy Caron
Police Liaison..... Lt. Radford

**Meetings First Wednesday of the Month in the
Senior Center Library at 10:00am**

November 2024

Thanksgiving Dinner

Friday, November 8th

1:00 PM

*Dinner: Roasted Turkey, Kathie's Savory Stuffing, Mashed Potatoes,
Cranberry Jelly, Veggies, Dessert & more!*

Cost: \$8.00 Donation Request

Join us for our annual Thanksgiving Dinner where you will enjoy great food, good friends, and some fun Thanksgiving Activities. We will also be holding our regular raffles! Make sure to sign up for this dinner by calling the senior center at (860)848-0422 or by signing up on the bulletin board!



"Everbridge" Presentation Stay Up To Date

When: Wednesday, November 6th at 2 PM Cost: Free



Do you want to stay up to date and in the know the moment something happens? Sign up for our Everbridge Presentation, led by the Montville Police Department! Everbridge is an emergency notification system that can help you become aware of emergencies in your area, anything from flooding to road closures, etc. It can also be used to notify you of events specific to the senior center; closures, cancelations, up-coming events.

Did you know that the programs, classes, services, and activities at the Montville Senior Center are **FREE** to our seniors. This is done to afford every senior the opportunity to participate and benefit from all of we have to offer. As the first Director of the Montville Senior Center, this was always important for me to implement and maintain. This is only possible due to the many grants that I write, our fundraising, and donations we receive. Please note that the regular and special dinners are fundraising efforts to help off-set the costs of all of the instructors, supplies, & more for you. A huge **THANK YOU** to my awesome staff & volunteers, who work tirelessly on all of our events for our seniors to enjoy! Montville has the best seniors & community!

Thanksgiving Baskets

If you or someone you know is in need of a Holiday Food Basket with Turkey and all the fixings, plus many other food staples, please call Kathie Peck, Director of the Town of Montville Department of Senior & Social Services @ **860-848-0422**. Please make sure to call to sign up for our FOOD Baskets this Thanksgiving Holiday. Don't miss out, let us help you enjoy the holidays. Last day to sign up is Wednesday, November 20th. Our Baskets will be distributed on Saturday, November 23rd from 9:00 – 12:00 a.m.



Must sign up to receive a basket.

Volunteers Needed

Seniors—If you love to volunteer and would like to help the Montville Senior Center Volunteer club during the holiday season, please call Kathie Peck at (860)848-0422, or stop by the Montville Senior Center. We are in need of volunteers to help assemble the Thanksgiving baskets between Nov. 18th—22nd.

FRIDAYS ON THE BUS



November 1st - Mashantucket Pequot Museum
November 8th - Thanksgiving Dinner @ Montville Senior Center
November 15th - Westbrook Mall
November 22nd - Lisbon Shopping Center
November 29th - Closed for Holiday

A NOTE FROM YOUR LIAISON:

I hope everyone is doing well as we head into winter and the cold season! Remember to reach out for assistance for heating and any other services that might be available to you. Our senior center not only provides a tremendous amount of enjoyable programs, but also, a great deal of social service assistance for our elderly residents in need. I hope you all enjoy your Thanksgiving Dinner at the Center and with loved ones. Please feel free to contact me with any questions or concerns.

~ Liaison Billy Caron

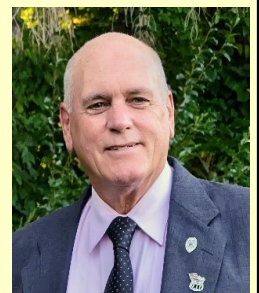
PLEASE continue to send your request to the Center's email—which is our **Virtual Program Leader**, Caitlin, and your email address will be on our list of current virtual programs, events, our newsletter & more! Our special events and new classes and programs as well. The present email to send your information to is below:

montvilleseniors@montville-ct.org

A Message From The Mayor's Office

As we move into the colder months, please remember that this month is very special as we focus on giving thanks to all of you and to those who help support our Center throughout the year! Please join in on our Thanksgiving Dinner that will be held at the Center. A Thanksgiving Food Basket will also be distributed to those in need.

Please remember to bundle up as Jack Frost will begin to display his artwork soon! For those who need to apply for heating assistance, applications will be available soon.



Bus Trip to the Bronx Zoo *Saturday, November 2nd, 2024*



This free trip includes admission and entrance to all rides, activities, and special events (excluding the camel ride). Note: Wagons, strollers, and wheelchairs, can be brought into the zoo and are also available to rent on property. You can also bring food/drinks into the park!

Sign up by calling (860)848-0422 or stop in to the front office at the Center. This trip is first come, first serve, so sign up fast!

Bus leaves the Montville Senior Center at 7:30 AM. Please arrive between 7—7:15 AM to begin boarding! We will return at approximately 8:00 PM.

Bus Trip to the Breakers & Marble House— Newport, RI *Saturday, December 2nd, 2024*

This bus trip includes admission to the Breakers & the Marble House, and also the “on-the-bus” activities such as Bingo with prizes, a “Scavenger Hunt”, raffle, movie and driver’s gratuity.



First day to sign-up is Tuesday, November 12th. Sign up by calling (860)848-0422 or by coming in to the front office at the Center. This trip is first come, first serve, so make sure to sign up fast! You will receive more information upon sign-up.

New Class **STRENGTH TRAINING** W/ Bethany Nadow Thursdays 2:00-3:00 FREE



Join us on Thursdays for our new Strength Training Class.

Please wear comfortable clothing and foot ware. These classes are geared toward our senior population, you can go at your own pace. Come and build strength to help you stay and maintain a healthy life while having fun socializing with friends and peers. All seniors must register in the front office when joining the Center. Classes are on-going and you may join at any time.



Craft Class **Holiday Gift Bag & Hand Tag** w/Cathie

Monday, November 4th from 1-3:30 PM
Cost: Free

Join us as we make beautiful Holiday Gift Bags & Hand Tags! These crafts are perfect to celebrate the holidays by putting your own personal touch on them. Decorate them and make your gift all the more special! There is limited capacity so make sure to sign up by calling (860)848-0422, or stop by the Montville Senior Center office!

MONTVILLE SENIOR CENTER

SENIOR CENTER DIRECTOR: KATHLEEN PECK

12 MAPLE AVENUE, UNCASVILLE • PHONE 848-0422



MONTVILLE HEALTH SERVICES

- * **Monday** - Mental Health Services
- * **Tuesday** - Facials w/ Dori, Mental Health Services
- * **Wednesday** - REIKI & Facials
- * **Thursday** - Podiatry - Dr. Thomas Walter
- * **Friday** - Support Groups & Mental Health Counseling—UCFS & Massage Therapy - Therapist Marie Arsenault

SERVICES ARE FREE TO OUR MONTVILLE SENIORS. THE INSTRUCTORS OR CLINICIANS ARE PAID FOR MOSTLY BY GRANTS AND FUNDRAISERS. PLEASE NOTE THAT ALL OF OUR SPECIAL DINNERS AND LUNCH PROGRAMS ARE FUNDRAISERS FOR THE CENTER.

Definition of A Senior Center

A Senior Center is a community focal point where older persons (as individuals or in groups) come together for services and/or activities which enhance their dignity, reflect their experience and skills, support their independence, encourage their involvement in and with the Center and community, and respond to their diverse needs and interests. The primary role of the Center is to meet these needs by linking participants with resources offered by other agencies and offering services/activities within the Center. Senior Citizen Centers strive to fulfill the wide-ranging needs of the older community by providing a variety of services/activities to a wide spectrum of older people from young-old and healthy to the very old and at risk, addressing the needs of this population through general and specialized programs. These programs cover such areas as creative arts, education, health, leadership development, nutrition, recreation, social and other support services. The Center also serves as a resource for the entire community for information on aging and support for family caregivers, training professionals and lay leaders and students, and for development of innovative approaches to aid pressing aging issues. We welcome all Montville Senior Citizens to the Center.

SENIOR CENTER MEMBERSHIP NEWS

The Montville Senior Center and the Montville Senior Club are now one entity. To make things much less complicated and more efficient, there is only one membership—the Montville SENIOR CENTER MEMBERSHIP. The annual membership dues are \$25.00. (I am certainly able to work with any senior that cannot afford the membership dues, please come see me—we can absolutely work this out in the privacy of my office) Though most folks have not had any issues, few have made indirect comments so I wanted to remind everyone that Montville is one of the only centers in our area and very few throughout our state that does not charge for any of our classes and most programs. I spend a great deal of time writing grants and my dedicated staff and volunteers work very hard on all of our fundraisers so that we can offer these programs for free. The dinners that we have and our lunch program are fundraisers so that all of our seniors can participate in the programs without concern of being able to afford them. For a quick breakdown of the cost:

\$25.00 year = \$2.08 a month = \$0.48 a week = \$0.06 a day

vs.

Instructors for one month range between = \$200—\$1,000 (per classes or programs) we presently offer over 30 programs (and can participate in all or some or none) seniors can also come down for coffee & pastry every morning (no additional charge), lunch daily (\$1.00 donation request to help us off set items needed), socialization, health programs, computer use, library & more. Please feel free to contact me if the membership fee poses a hardship and I will always make sure to help. Also feel free to contact me with any questions.

ACTIVITIES AT THE SENIOR CENTER

MONDAY	COUNTRY LINE DANCING	9:15-10:15 AM	HALL
	PAINTING.....	9:00-11:00 AM.....	ARTS & CRAFTS ROOM
	ARTS & CRAFTS	To be announced	ARTS & CRAFTS ROOM
	CARDIO & STRENGTH TRAINING	to be announced	HALL
	ZUMBA	5:00—6:00 PM	HALL
TUESDAY	WALKING / BETTER HEALTH.....	DAILY	CENTER OR VIRTUAL
	MENTAL HEALTH SESSIONS.....	BY APPT.....	HEALTH CLINIC
	MINI-FACIALS	9:00— 1:00 PM	HEALTH CLINIC
	TAI CHI	TO BE ANNOUNCED	HALL
	YOGA	TO BE ANNOUNCED	HALL
WEDNESDAY	ZENTANGLE	2:00-4:00 PM	HALL
	CREATIVE WRITING	To be announced	ARTS & CRAFTS
	COMPUTER CLASS	To be announced	COMPUTER ROOM
	SPECIAL ARTS & CRAFTS	1:00-3:30	ARTS & CRAFTS ROOM
	LINE & COUNTRY DANCING	1:15—2:15 PM	HALL
THURSDAY	BOWLING	9:30 AM	HOLIDAY BOWL
	CARD PLAYING	various times	HALL
	DRAWING	10-12:00 & 1:00-3:00 PM.....	ARTS & CRAFTS ROOM
	MEDITATION	10:00—11:00 AM	HALL
	STRENGTH TRAINING.....	3:00— 4:00 PM	HALL
FRIDAY	REIKI.....	BY APPOINTMENT.....	HEALTH CLINIC
	MINI-FACIALS	9:00-1:00 PM.....	HEALTH CLINIC
	PAINTING.....	10-12 PM	ARTS & CRAFTS ROOM
	PAINTING.....	12:30-2:30 PM	ARTS & CRAFTS ROOM
	ZUMBA CHAIR.....	TO BE ANNOUNCED.....	HALL
FRIDAY	HEALTHY STRETCHING.....	2:00 - 3:00 PM	HALL
	CARD PLAYING	12:30 PM.....	HALL
	SPECIAL EVENTS	2:00—?	AS LISTED
	GROUP	3:00—4:00 PM	LIBRARY
	MASSAGE THERAPY	by appointment	HEALTH CLINIC

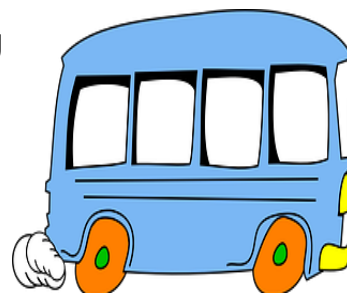
COFFEE & PASTRIES DAILY (WHEN AVAILABLE)
IN THE DINING HALL FROM 9:00-11:00 AM -\$1.00 DONATION REQUEST

LUNCH DAILY IN THE DINING HALL FROM 11:00 - 12:30 PM
NO APPOINTMENT NECESSARY - \$1.00 DONATION REQUEST

SENIOR BUS SCHEDULE – Subject to Change

Call #860-848-0422 for reservations

MONDAY	Senior Center, N.L. / Waterford area Shopping
TUESDAY	Senior Center, Shopping, Banking
WEDNESDAY	Senior Center, Norwich area Shopping
THURSDAY	Senior Center, Shopping, Banking
FRIDAY	Senior Center or Special Trips



Who's Who at the Montville Senior & Social Services Department



Jennifer Adams

"We, Social Services, are thrilled to be back in our old building, now refurnished and offering that warm and inviting feel needed for a social services office to be welcoming and less intimidating for our residents in need. However, the biggest asset to our Social Services Office and our residents in Town, by far, is Jen! Without a doubt, Jen is a incredible asset and my team, and our residents are truly blessed to have her with us!"

- Kathleen Doherty-Peck

Meet: **Jennifer Adams**, Social Services

Specialist for the Town of Montville

Are you a Montville resident experiencing difficulties and in need of town social services? Are you in need of food, clothing, pet food, energy assistance, rental assistance or need counseling? Do you need assistance in obtaining Federal, State and Local programs? Do you need to talk to someone who can understand and help you and assist you in signing up for services? Do you need someone with a smiling face to comfort you? Are you home bound and wonder how to receive these town services? If you are seeking employment do you need help with your resume and finding appropriate job interview attire? Are you a disabled veteran 65 years old or older?

Do you know that the Montville Senior and Social Services Department has clinician services available for free to the residents of the Town of Montville?

Who you "gonna call?" **Jennifer Adams, Social Services Specialist.** She is only a phone call away. Don't hesitate to call her and ask about available social services. Jennifer has been working for the Town of Montville since October 2023.

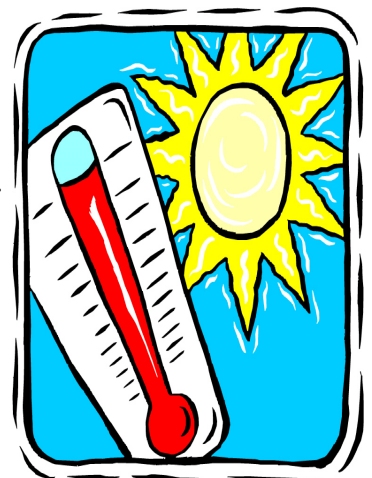
Kathleen Doherty-Peck, Director of Montville Senior & Social Services is thrilled to have Jennifer's full time assistance in the social services department. "Jen adds so much to this department," Kathie tells me. "She has the exact personality with the warmth and compassion needed for the job and our clients!"

"Our Social Services Department is open Monday-Friday **8:30 a.m.-3:00 p.m.**" Jennifer explains. "You can telephone me at **860-848-8820** or just drop in for a chat. Where are we located? Our department address is: **310B Norwich-New London Tpke. Uncasville, CT 06382.**

We are located in the far rear corner of the original town hall building. You can park in front of the little white house. When you get out of your vehicle, turn and look towards the rear of the building. You will see the blue door with a green & white sign with Social Services written on it." Jennifer starts her days early... "The first thing I do is have a team meeting with Kathleen Doherty Peck and other department members. This meeting is essential to my day. It grounds me. Helps me set up the day's plan of action. I open the Social Services Building, answer and return phone calls, assist community residents with different services, stock food donations, sort clothing donations and set them up for our residents. We have volunteers to assist and volunteers are always appreciated." What does Jennifer like best about her work? "I love having the opportunity to work with our community and helping people". Welcome to your new job, Jen. Welcome home!

-Interviewed by Maren Schober

If you would like to sign-up for Energy Assistance, please call the Center at #860-848-0422 or Social Services #860-848-8820 for your appointment. Documentation needed: all (current) income, name, DOB, SS # for everyone in the home, heating source & company with Acct#, and most recent Electric Bill. Don't miss out on the opportunity to get a little heat with your heating costs this winter season.



MONTVILLE MEDRIDES**MedRIDE****Free Transportation Program**

The Montville Senior Center **Med RIDE I** program is available to take seniors to any/all medical appointments. Doctor, pharmacy, hospital screenings & tests, dentists, etc. To make an appointment, call Kathie or Ruthie at the Senior Center 860-848-0422. It is best to schedule your appointment as soon as it is made to avoid any scheduling conflicts. This program is supported by the Town of Montville and Senior Resources with Title III funds made available under the Older Americans Act. Donations accepted. Donation requests of \$5.00 per ride can be deposited in the lockbox on the van.

MedRIDE II**Free Regional Transportation Program Montville & Norwich Seniors**

If you are in need of medical transportation, call the new MedRIDE II program. WE can help. The town of Montville and City of Norwich have joined together and received a grant to help transport seniors to medically necessary appointments. Do you need to go to Yale, New Haven, Hartford Hospital or Farmington to a specialist? Let us take you! Call 860-889-5960 for your appointment.

Please tune into Channel 3 News, Channel 8 News, Channel 30, Channel 61 and WICH radio for cancellations/ closure of Senior Center/ programs.

**BETTER HEALTH PROGRAM**

Available 4 days a week—call and come down to meet Michelle. Our new clinician for our mental health one-on-one services and group therapy! The Montville Senior & Social services is offering a FREE Mental Health Services at both the Montville Senior Center and Montville Social Services. Many people find the holidays difficult, or suffer from depression, have anxiety, addictions or just need someone to talk to. Mental Health is a very important part of health care. Don't neglect your mind while taking care of your body! This program at the Center is made possible with a grant received from Senior Resources with Title III funds made available under the Older Americans Act. Call for details and/or an appointment! A suggested donation of \$1.00 per visit is appreciated!

FOOT CARE PROGRAM

Come and get the Foot Care you need. Our On-A-Good-Foot Program can help. Foot care not covered by Medicare will be paid by a grant received from Senior Resources with Title III funds made available under the Older Americans Act. A suggested donation of \$10.00 is appreciated and helpful, not required. Dr. Thomas Walter, Podiatrist comes to our Center once a month to perform routine foot care. Call for an appointment and/or details 860-848-0422.