

COVENTRY SENIOR CENTER

172 LAKE STREET, COVENTRY, CONNECTICUT 06238



****MAY SPECIAL EDITION****

FROM THE COORDINATOR

Hello Friends, I hope this newsletter finds you well. As we enter a new month, we find ourselves still in the midst of uncertain times and separation from each other. As I sit here in the office, I reflect on the many things for which I am grateful: my health and the health of my family, looking to the day when we can all be together again and celebrate and; the ways I can be of service to those in need. We have to recognize the importance and value of social distancing, while still finding *new* ways to make connections. Many of you have driven by my window to chat, catch up on events and share laughs. This brings me joy and makes my day. If you would like to schedule a time when we can do the same, call me at 860-742-3525. Just stay in your car and I will open my window, seriously, I mean it!!

I have tried to focus on providing a newsletter full of informational tips but if there is something you would like to see that I have not covered, please let me know. I have added a few fun activities at the back of the newsletter, have fun!

If you need anything at all, please don't hesitate to reach out, we are here for you! Stay well my friends!

Warmest Regards,

Brenda Bennett



Tel. (860) 742-3525
Fax. (860) 742-3506

LOOKING FOR MORE
INFORMATION?

Find us in **06238**

Summer publication
will be sent to every
household in
Coventry soon!

Keep an eye out for

06238

TOWN/STATE/FEDERAL RESOURCE INFORMATON

Frequently-asked questions on the State of CT's actions related to COVID-19 <https://ctstatelibrary.org/covid-19-faq-from-governor-ned-lamont>

Center for Disease Control and Prevention:
www.cdc.gov

Eastern Highland Health District www.ehhd.org

Infoline-2-1-1: 2-1-1 is your one-stop connection to the local services you need, from utility assistance, food, housing, childcare, after school programs, elder care, crisis intervention and much more. 2-1-1 is always ready to assist you to find the help you need. Dial 2-1-1 or search online food?

TOWN NOTIFICATION INFO:

Have you signed up to receive valuable information via the Town of Coventry website? Get the most up-to-date information by signing up for notifications with the "NOTIFY ME" icon

<https://www.coventryct.org/AlertCenter.aspx>

Stay Connected with Us!

Follow us on Facebook : www.facebook.com

Senior Center website:

<https://www.coventryct.org/31/Community>

Do you want emails with helpful information from The Coventry Senior Center?

Email: bbennett@coventryct.org to sign up!



MAY IS A MONTH TO CELEBRATE ALL OUR WOMEN! YOU ARE SPECIAL AND YOU ARE MY INSPIRATION, ROCK ON!

EXERCISE AND FRESH AIR.....



Silver Sneakers - Continue your exercise regimen with Silver Sneakers online! You can find a plethora of workouts of their Facebook Page: www.facebook.com/silversneakers or find it by searching "silver sneakers". Browse their videos or join them when they go live!

Unfold Yoga and Wellness—<https://tinyurl.com/yx36bem5> A series of FREE, live, web-based, 20 minute movement and meditation classes. Recorded sample classes also available anytime. The 1st Thursday of every month at 1:30pm.

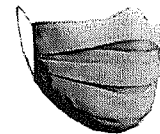
Planet Fitness Home Work-Ins—<https://tinyurl.com/ukxdgye> A FREE in-home workout for Planet Fitness members and non-members. Recorded classes available anytime. Streamed live daily at 6 pm.

YMCA— https://www.youtube.com/channel/UCOGt_lpceP_xQhhCMCrut Here's a great link to online fitness classes from YMCA.

Remember to reach out to our senior center community, friends and neighbors who may be alone, let's care for each other and we will get through this.



NEED A FACEMASK?
HOMEMADE MASKS ARE AVAILABLE, CALL TO ARRANGE FOR PICKUP



RENTERS REBATE PROGRAM The Renters' Rebate is a state funded program of reimbursement for elderly or totally disabled Connecticut renters. This program is designed to supplement rent and utility payments by reimbursing a portion of their limited income. Elderly or disabled individuals who rent apartments or houses, rent rooms, live in cooperative housing, or rent a mobile home may be eligible for this program. The amount awarded to the renter is calculated on the previous year's rent and utility payments. The Human Services/Senior Center Office serves as an official intake site for the Office of Policy and Management. The Renters' Rebate program runs annually from May 21st through October 1st. To inquire about eligibility or to schedule an appointment, please call 860-742-3525.

Scammers are taking advantage of fears surrounding the Coronavirus.

Avoid Coronavirus Scams

- ◆ Don't respond to texts, emails or calls about checks from the government. The details are still coming together.
- ◆ Ignore online offers for vaccinations and home test kits. There are no products proven to treat or prevent COVID-19 at this time.
- ◆ Hang up on robocalls. Scammers are using illegal robocalls to pitch everything from low-priced health insurance to work-at-home schemes.
- ◆ Watch for emails claiming to be from the CDC or WHO. Use sites like coronavirus.gov and usa.gov/coronavirus to get the latest information. And don't click on links from sources you don't know.
- ◆ Do your homework when it comes to donations. Never donate in cash, by gift card, or by wiring money.

MEDICAL TRANSPORTATION

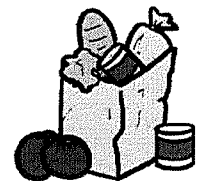
We know getting to your appointment is important and we are continuing this service. However, we reserve the right to ask "how are you feeling" and respectfully request that you tell us if you have a cough or a fever. Please help us keep our staff safe. Leave us a message and someone will call you back.

Two days prior notice is appreciated. **860-742-3525**

WHAT CAN YOU DO TO HELP....

Coventry Food Bank is looking for donations of the following basic necessities:

- | | |
|----------------------|--------------------------|
| PASTA | BREAKFAST ITEMS |
| SAUCE | PAPER PRODUCTS |
| SOUPS | CANNED VEGGIES |
| TOILTERIES | CLEANING SUPPLIES |
| PEANUT BUTTER | |



We are now set up for online donations!! All donations are used to help Coventry residents who are in need during these difficult times.

A collection box is located at Town Hall in the glass vestibule outside the Building Dept. (north side of building, lower level)

Mental Health Resources

National Alliance for Mental Illness (NAMI) Contact your NAMI Affiliate to find out what types of programs and supports they offer.

National Suicide Prevention Lifeline 1-800-273-8255 Free and confidential support and resources, 24/7.

Disaster Distress Helpline 1-800-985-5990 or text TalkWithUs to 66746

A toll-free, 24/7, multilingual, and confidential crisis support service, available to all U.S. and U.S. territory residents. Run by the Substance Abuse and Mental Health Services Administration (SAMHSA).

Open Resources

PressReader - free e-newspapers and e-magazines <https://www.pressreader.com/catalog>

RBdigital - ebooks and audiobooks; to register use the code ctstatelib20 <https://iconnect.rbdigital.com/>

Project Gutenberg - free ebooks of out-of-copyright works <https://www.gutenberg.org/>

National Emergency Library - old movies and TV shows, plus books and research materials <https://archive.org/details/nationalemergencylibrary>

AudiobookCloud - audiobooks, all ages <https://www.audiobookcloud.com/ViewByCover.aspx?categoryID=35&subcategoryID=19>

RomanceBookCloud - adult romance books <https://www.romancebookcloud.com/Home.aspx>

edX - online classes <https://www.edx.org/>

DigitalLearn <https://www.digitallearn.org/> and **LearnFree.org (GCF)** <https://edu.gcfglobal.org/en/subjects/tech/> - technology learning

Virtual Museum & Zoo Tours

Where & When to Stream Live Concerts- <https://www.npr.org/2020/03/17/816504058/a-list-of-live-virtual-concerts-to-watch-during-the-coronavirus-shutdown>

Mark Twain House Virtual Tour-<https://marktwainhouse.org/about/the-house/virtual-tour/>

Smithsonian Museum of Natural History-<https://naturalhistory.si.edu/visit/virtual-tour>

Cincinnati Zoo Home Safari-<https://cincinnati-zoo.org/home-safari-resources/>

San Diego Zoo Live Cameras-<https://zoo.sandiegozoo.org/live-cams>

Monterey Bay Aquarium Live Streams-<https://www.montereybayaquarium.org/animals/live-cams>

Aquarium of the Pacific Online Academy -<http://www.aquariumofpacific.org/news/aquariumacademy/>

Seattle Symphony-<https://seattlesymphony.org/live>

Yellowstone National Park Virtual Tours-<https://www.nps.gov/yell/learn/photosmultimedia/virtualtours.htm>

Vizcaya Museum and Gardens, Miami Virtual Tour-<https://vizcaya.org/virtualtour/index.html>

With Your Library Card

Libby - ebooks and audiobooks-<https://www.overdrive.com/apps/libby/>

Freegal - music streaming-<https://warehousepoint.freegalmusic.com/home>

UniversalClass - online education <https://warehousepointct.universalclass.com/barcode-login.htm?enter+code&loginspecial=researchIT>

researchIT CT - Free online resources <https://researchitct.org/>

Popular Magazines-<https://researchitct.org/popularmagazinespublic/>

Newspapers-<http://researchitct.org/newspapers/>

Genealogy-<https://researchitct.org/genealogy/>

Mother's Day Word Search

A O N Z C N J U A U M C Y Y W
 T P Z A A E L N R L H L H A E
 L J P Y R J X F A O I J H D Z
 H J H R D L R C C M S S Z N T
 X T R L E C A O A P W L K U H
 I E O G B C L F J K L S Z S O
 A V R U U A I N E F E Y E I U
 E T P H T P G A T I K B X R G
 G Y E E S M O M T G U A E S H
 C Z Q M M I F F F E C D L Y T
 H V Y C X S R D E A U W E R F
 Y J W C L T R E F T F J B S U
 G I F T B R V W H Q E Y X N L
 P S R E W O L F M C R D I W C
 M X Q O C E Q N M I L J L O A

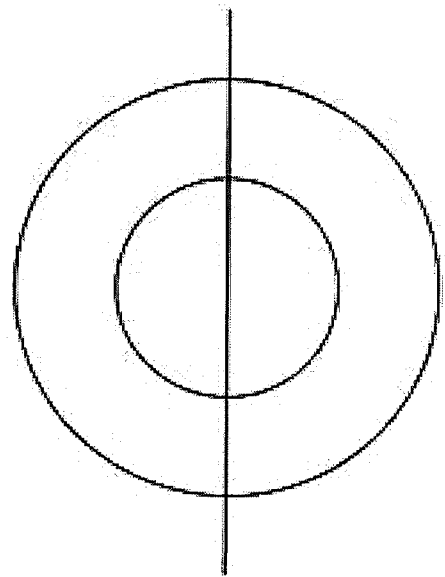
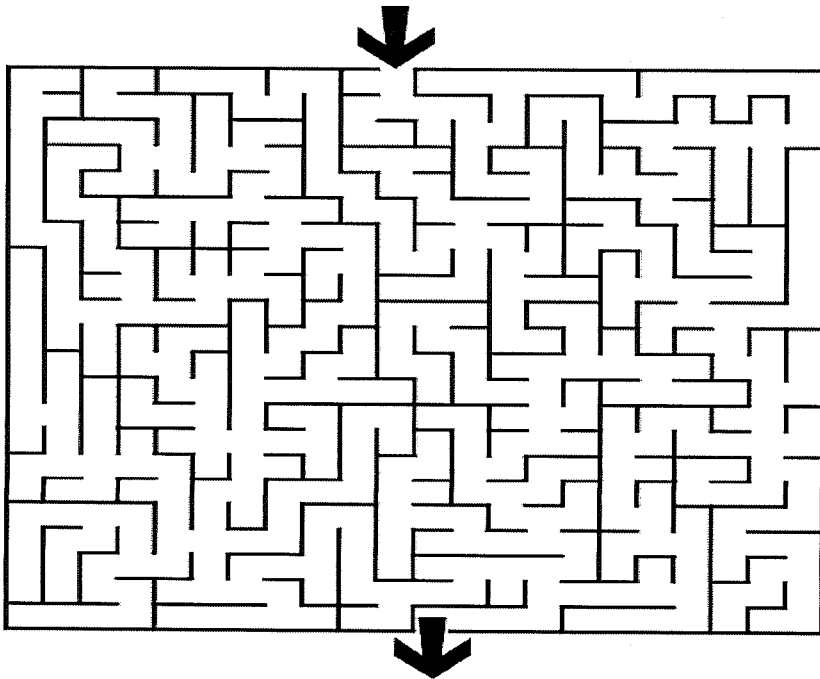
APPRECIATE	CHOCOLATE	LOVE
CAKE	FAMILY	MOM
CARD	FLOWERS	SUNDAY
CHERISH	GIFT	THOUGHTFUL



ParableParade.com



TRY TO DRAW THIS



Get your pencil and your brains busy—here is a good puzzle for both of them. See if you can draw the figure shown above without taking your pencil off the paper, without crossing a line, and without retracing a line. There is no trick or folding to this puzzle—it can be done in one continuous line.