



THE CENTER

Celebrating Life's Dimensions



235 Cutlers Farm Road | Monroe, CT 06468 | (203) 452-2815 | www.monroect.org

*As we head into the second month of the year, we hope you are well and working on your new year resolutions. One such resolution may be to keep up to date on items effecting our Town as well as COVID-19 via **Code Red messages**.*



*For those with computers, you can sign up on the Town's website, www.monroect.org, find the **Code Red** sign up link, click on it and follow the instructions. No computer no worry call Ronnie our Elderly Services Coordinator who can help you set up an account.*

HOLIDAY CLOSING

In observance of Presidents' Day the center will be closed with no transportation.
Monday, February 15

Senior & Totally Disabled Homeowner Tax Relief Programs

Starting **February 1st** through the tax assessor's office. If you have never applied, information is on the Town of Monroe website (www.monroect.org) under the assessor tab, "resident tax relief." If you are on the list, you will be mailed a letter if it's your time to renew.

Tax Preparation by AARP Volunteers

Due to COVID concerns AARP volunteers are looking into various models to hold events for those 50 and over with moderate income. Whatever model is selected, all persons will need to have an appointment, complete an intake form and have all of necessary paperwork.

Once more information is known, we will pass along the information via our newsletter or email blasts.

Mardi Gras Madness at the Senior Center

Register with Kerri for our drive thru Mardi Gras gift bag on Tuesday, February 16 between 11:00 am and noon! "Fat Tuesday" symbolizes the last day of eating rich, fatty foods before the ritual Lenten sacrifices and fasting of the Lenten season. So to indulge your cravings, we will have bags with a variety of treats. Registration is required. Hope to see you!!!



COVID-19 Vaccine Information

Please visit the Town's website for COVID-19 updates regarding the vaccine. There are 3 options to register for the vaccine.

- 1) Call your healthcare provider. Some providers have direct websites to help you register.
- 2) Call the CT COVID Vaccine Appointment Assist Line at 1-877-918-2224. Please note, that you do not need e-mail or internet for this option, but it may take several attempts.
- 3) Register with the Vaccine Administration Management System (VAMS). You need e-mail and internet for this option. If you would like help to set up an e-mail address, please call the Library at 203-452-2852. Once registered with VAMS, you can call the Senior Center at 203-452-2815 ext 1, for information on upcoming clinics. The link to register through VAMS is <https://dphsubmissions.ct.gov/OnlineVaccine>

*Please note, registration through VAMS is a two step process. You need to keep checking your e-mail from the CDC for further instructions to complete the registration process. Once completed, you will be able to find and book appointments at several locations in our area through VAMS.



Black History Month

A special conversation with Adrienne Parkmond, Esq. on Friday, February 5th at 2:00 pm via zoom

The strength of American democracy depends on the ability of citizens to express their fundamental right to vote. The election may be over, but there is much we can still learn. What are the challenges Black Americans face in voting? What does voter suppression look like and what does it mean for our future to have the first woman, and first woman of color, in the second highest office in the land?

Adrienne Parkmond, Esq. is the Chief Operating Officer of The Workplace in Bridgeport, a \$25 million non-profit agency responsible for job training, business development and human services for youths and adults, including services for veterans, older workers and at-risk populations. Registration is a must in order to obtain the link, email Kerri at kswift@monroect.org for the zoom link for the program.

In Memory



Patricia DelRocco Adria Pearlman
Richard Haight John Rose
Mary Stoccatroe Roger Hanock

Energy Assistance

Ronnie Jensen & Mary Ann Kalm continue to take applications for the 2020-2021 heating season. For a list of documents and how to apply contact Ronnie at 203-452-2815, ext. 3, vjensen@monroect.org or Mary Ann at 203-452-2813, mkalm@monroect.org.

Center Staff

Henna Ali - Director, ext. 4
Kim Cassia - Administrative Assistant, ext. 1
Veronica Jensen - Elderly Services Coordinator, ext. 3
John Williams - Transportation Coordinator, ext. 2
Kerri Swift - Office Assistant, ext. 0
Rose Marie Syarto - Driver
John Delfino - Driver
Bob Scopoletti - Custodian
Helma Chartier - Chairperson, Commission on Aging

Get Organized to Stay Organized by Kerri

Being stuck inside during the winter months in a pandemic can offer the opportunity to clean and organize drawers, closets, cabinets and more. Clutter can create anxiety, thus mess equals stress.

De-cluttering may seem like a daunting task, but in the end, can make you feel truly uplifted ~ like a breath of fresh spring air. A major benefit of less items is less items to clean / dust. Streamlining your possessions is an important step toward downsizing or a move to a 55 and over community; these communities offer an easier life style with low maintenance. So let's get started de-cluttering.

Every successful project starts with a plan. Here are 6 tried-and-true steps to make your task easier:

1. **Before you start** ~ make a plan; stock up on garbage bags, empty boxes, tape, markers, paper towels and cleaning products; set small realistic goals.
2. **Choose one room** to tackle at a time. The garage or a closet is often a good place to start. If those seem too big then work on a cabinet. Don't move on to another room or area until you've finished the first.
3. **Sort** ~ put everything in the room into four categories: Keep, Sell, Donate or Trash. A good rule of thumb, with few exceptions, if you haven't opened a box or used an item in a year, it probably isn't a necessity.
4. **Take your time.** If you're unsure about an item, place it in the Keep box, but plan to revisit items in that box again in a month. At some point you'll need to decide whether or not you can live without it.
5. **Make it fun** ~ put on your favorite music, plan on a treat at the end of the day as a reward ~ maybe ice cream, a favorite cocktail or special dinner.
6. **Give your children a say** ~ consider inviting adult children to assist in the sorting process, they may claim some of the items placed in the Sell or Donate boxes.

Kim's Kraft's ~ Decorating Jars ~ you can use mason jars, pasta sauce jars, jam/jelly jars or whatever you have. Be sure to clean them out very well. Decorate with paint, markers, felt or whatever is available to store candy or treats, organize supplies, use as a vase for flowers or a candle holder. The possibilities are endless. Here are some examples of projects.



February Programs

CREATIVE WRITING

Writing Instructor Sharon Cohen will be here on February 3rd. Please bring in an introduction piece about yourself, which includes where you were born, interests, employment information, and anything else you would like to include about yourself! Please call to register.

Programs from 10:00 ~ 12:00

Monday	Quilting
Tuesday	Movie
Wednesday	Anything Goes
Thursday	No Program
Friday	Knit & Crochet

Any Thing Goes on Wednesdays from 10:00 ~ 12:00

3	Creative Writing
10	Valentine's Trivia
17	Game Day
24	Snapple Trivia ~ Fact or Fiction Fun Facts

Registration for all programs is a must due to limited seating.
Call 203-452-2815 ext. 0 to register.

Movies

February 4 ~ "Before I Fall" PG-13 | Drama, Fantasy, Mystery | 1 h 38 min

February 12 is just another day in Sam's charmed life, until it turns out to be her last. Stuck re-living her last day over and over, Sam untangles the mystery around her death and discovers everything she's losing.

February 11 ~ "Love Actually" R | Comedy, Drama, Romance | 2h 15 min

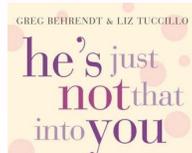
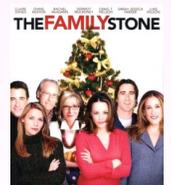
Follows the lives of eight very different couples in dealing with their love lives in various loosely interrelated tales all set during a frantic month before Christmas in London, England.

February 18 ~ "The Family Stone" PG 13 | Comedy, Drama, Romance | 1 hr 43 min

An uptight, conservative businesswoman accompanies her boyfriend to his eccentric and outgoing family's annual Christmas celebration and finds that she is a fish out of water in their free spirited way of life.

February 25 ~ "He's Just Not That Into You" PG-13 | Comedy, Drama, Romance | 2 hrs 9 min

This a Baltimore set movie of interconnecting story arcs deals with the challenges of reading or misreading the human behavior.





EDITH WHEELER MEMORIAL LIBRARY FEBRUARY HAPPENINGS

www.ewml.org click on events, then adult events for more information

Book Discussion ~ Tuesday, February 9 ~ 6:30 pm to 7:30 pm, via zoom. This month's selection is *Eleanor Oliphant is Completely Fine*, by Gail Honeyman

From Amazon: "Meet Eleanor Oliphant: She struggles with appropriate social skills and tends to say exactly what she's thinking. Nothing is missing in her carefully timetabled life of avoiding social interactions, where weekends are punctuated by frozen pizza, vodka, and phone chats with Mummy.

But everything changes when Eleanor meets Raymond, the bumbling and deeply unhygienic IT guy from her office. When she and Raymond together save Sammy, an elderly gentleman who has fallen on the sidewalk, the three become the kinds of friends who rescue one another from the lives of isolation they have each been living. And it is Raymond's big heart that will ultimately help Eleanor find the way to repair her own profoundly damaged one."

Books are available a month prior to the program and can be picked up at the Circulation Desk or via our Library-to-Go service.

America's War in Vietnam: Part 1: French Indochina, Presented by Arthur Gottlieb via zoom Wednesday, February 3, 2:00 pm to 3:00 pm. Part 2: America's War in Vietnam: The US Way of War, February 17, 2:00 pm to 3:00 pm. Registration is required.

With the possible exception of the Afghanistan and Iraq Wars of the 21st Century the Vietnam War of the 20th Century has left the greatest impact on the national psyche of the United States than any other foreign conflict in this nation's history. In this multi-part series on the Vietnam war Mr. Gottlieb will take a slightly unconventional approach as the series' primary focus will not be on the military aspects of the various campaigns, but seeks instead to add historical and contextual understanding of why America became involved in Southeast Asia to begin with, the nature of the military escalation that followed, and the reasons why U.S. foreign policy eventually shifted towards seeking a negotiated peace, and finally, the military and social legacies of what was, until recently, America's longest war.

Co-sponsored by the Monroe Historical Society.

Tech Help for seniors ~ 9:15 am Fridays February 19 & 26

Tech Help: Open Call-In Hours 10:00 am Fridays February 5, 12, 19 & 26

Baking with Janina ~ Chocolate lava Cake, Thursday, February 11, 6:30 pm to 7:30 pm via zoom and Granola Bars, Wednesday, February 24 at 4:30 pm to 5:30 pm via zoom, click on the links to reserve access

Crafts-to-Go ~ Clear your mind and get creative with a Craft-to-Go! Kits will be available outside the upstairs Library-to-Go station at 9:00 am, while supplies last. Kits are first-come, first-served and very limited. We can not put craft kits on hold. Directions and necessary materials will be included in the kits - some additional supplies may be needed.

Tuesday, February 9, 9:00 am to 11:00 am & Tuesday, February 23, 9:00 am to 11:00 am Ehlers Meeting Room



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