

# Hamden Senior Citizen News

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## FEBRUARY 2021 A Virtual Approach

CLOSED FRIDAY, FEBRUARY 12TH IN OBSERVANCE OF LINCOLN'S BIRTHDAY  
AND MONDAY, FEBRUARY 15TH IN OBSERVANCE OF WASHINGTON'S BIRTHDAY!

The Staff is onsite Monday through Friday, 8:30-4:30pm. If you need us, just call 203-287-2547 or if you have a social service need contact Elderly Outreach at 203-287-2691. [www.hamden.com](http://www.hamden.com)

### Energy Assistance through Hamden Elderly Outreach

Please contact Elderly Outreach at (203) 287-2691 to find out about the procedure for the Hamden Senior's Energy Assistance program.

### VNA Community Helpline

When your in need, it's best to call an expert. Our Helpline is available toll free at 1-866-474-5230 Monday through Friday from 8:30am to 4:30pm. On off hours, call our main number at 203-458-4200 and someone will assist you.

### **What we can help with:**

- Information and referrals to community resources
- Understanding homecare for all ages
- Determining what kind of help is needed
- Caring, supportive listening and tips for family caregivers
- Finding benefits of entitlements for seniors
- Information on personal medical alert systems
- Finding non-medical, private pay homemaker, companion personal care or live-in help
- Information on our Ask the Nurse coaching and chronic disease management program
- Signing up for VNA Community Healthcare & Hospice wellness programs
- Providing information on Family Caregiver Support Groups

### Who we can help

You do not need to be a patient or family member of

a patient of VNA Community Healthcare & Hospice to call our helpline. Any resident of the communities we serve or caregiver of a resident looking for resources can benefit from speaking to one of our trained staff members on the Helpline. We are here to provide clear information and helpful tips for anyone with health and wellness needs. We are happy to connect you with other members of our staff should you find through a conversation with a Helpline team member that you might benefit from our services or the services of one of our affiliates.

### Caregiver Support Group via Zoom *Wednesdays, Ongoing, 2 p.m., Free*

This group discusses solutions and challenges in a casual and supportive setting. Call our Helpline at 866.474.5230 or email [wellnessclasses@vna-commh.org](mailto:wellnessclasses@vna-commh.org) to register and receive the Zoom link.

### Parkinson's Exercise Live Zoom Class

Tues & Thurs: Ongoing, 10:30am to 11:30 am, \$4/ class Beneficial exercise program for those living with Parkinson's Disease.

To register email [wellnessclasses@vna-commh.org](mailto:wellnessclasses@vna-commh.org).

### Parkinson's Support Group via Zoom

1st Tues. of each month, ongoing, 11:30am to 12:30pm.

Call our helpline at 866-474-5230 or email [wellnessclasses@vna-commh.org](mailto:wellnessclasses@vna-commh.org) to register and receive the Zoom link. This program is supported by the MJ Petretto Foundation.

### Fitness and Movement Basics Live Zoom Class

Mondays 9:30am-10:15am, Jan. 11 to March 29th, \$15 for series.

This class features chair exercises that are appropriate for people with mobility challenges and provides

exercises which focus on muscular strength, range of motion, agility and balance, and cardio. Activities that can be accomplished while seated and will conclude with a stretch and relaxation segment. Register on our website at [vnacommunityhealthcare.org](http://vnacommunityhealthcare.org) by clicking on the calendar button at the top of the homepage.

### **Functional Cardio & Fitness Live Zoom Class**

Thursdays 12:30pm-to 1:15pm, Jan. 14th to March 25th, \$15 for series.

This class is fit for active older adults with a robust activity level and prior fitness experience. This is the perfect class for those who have taken an Exercise for Better Balance, Moving for Better Balance, Exercise to Prevent Falls or Sitercise class with us before. It provides strength training, agility, balance, coordination, range of motion and cardiovascular segments. Register on our website at [vnacommunityhealthcare.org](http://vnacommunityhealthcare.org) by clicking on the calendar button at the top of the homepage.

### **Tai Ji Quan: Moving for Better Balance Advanced Live Zoom Class**

Fridays, 9:30am to 10:15am Jan. 15th to April 2nd, \$30 for series.

This course, formally known as Tai Chi: Moving for Better Balance, is an evidence-based fall prevention program aimed at improving strength, balance, mobility and daily functioning to prevent falls in older adults and individuals with balance disorders. This therapeutic regimen improves posture and awareness and mindful control of body positioning, as well as coordination. Register on our website at [vnacommunityhealthcare.org](http://vnacommunityhealthcare.org) by clicking on the calendar button at the top of the homepage.

### **Tai Ji Quan: Moving for Better Balance—Beginners Live Zoom Class**

Wednesdays, 9:30am to 10:15am Jan. 13th to March 31st, \$30 for series

This course, formally know as Tai Chi: Moving for Better Balance, is an evidence-based fall prevention program aimed at improving strength, balance, mobility and daily functioning to prevent falls in older adults and individuals with balance disorders. Register on our website at [vnacommunityhealthcare.org](http://vnacommunityhealthcare.org) by clicking on the calendar button at the top of the homepage.

### **Tai Chi for Arthritis**

Wednesdays, 3pm to 4pm. Jan. 13th to March 31st, \$120 for series

Increase balance and stability in this course that helps

you stay on your feet and manage your arthritis. This is a live class via Zoom. Register on our website at [vnacommunityhealthcare.org](http://vnacommunityhealthcare.org) by clicking on the calendar button at the top of the homepage.

### **Mobility and Movement**

Wednesdays, 12:30pm to 1:15pm. Jan. 13th to March 31st, \$85 for series.

Stretching and mindfulness for releasing tight and restricted muscles and improving joint mobility ideal for anyone looking to learn correct stretching and to improve strength. Appropriate for those with osteoporosis or struggles with joint flexibility. Register on our website at [vnacommunityhealthcare.org](http://vnacommunityhealthcare.org) by clicking on the calendar button at the top of the homepage.

### **Senior Boot Camp**

Wednesdays, 5:30pm. To 6:30pm. Jan 13th to March 31st, \$23 for series.

For those 50 and older who need to increase muscle strength and improve flexibility. Register with the Madison Senior Center at 203-245-5627 and you will be contacted by BNA Community Healthcare & Hospice with Zoom participation information. This class is sponsored by the Town of Madison but open to anyone for participation.

### **Dodge Diabetes**

Thursdays, 6pm-7pm beginning Jan. 28th, \$85 for series.

Months 1 to 4, classes meet weekly

Months 5 to 6 classes meet every other week

Months 7 to 12 classes meet once per month

Classes will be held virtually via Zoom with a potential for in-person, socially distanced meetings in our Hamden Program Room and Guilford Wellness Center once it is deemed safe to do so. This Group Lifestyle Balance Program follows curriculum approved by the CDC National Diabetes Prevention Program. This program is supported by grant funding form the Connecticut Department of Public Health and the CDC. Call 866-474-5230 to register

**AARP HAS CANCELLED ALL In Person DRIVER SAFETY PROGRAMS through March 31, 2021.**

**The On-Line course is still available at [www.aarpdriversafety.org](http://www.aarpdriversafety.org).**

**Use promotion code: DRIVINGSKILLS.**

**There is a 25% discount which has been extended through March 31, 2021.**

## **INCOME TAX INFORMATION CAN BE FOUND**

**AT** <https://portal.ct.gov/DRS/Individuals/VITA-TCE/Free-Income-Tax-Assistance>

\*DRS does not provide assistance in completing your federal return. You may be eligible for free assistance from the Internal Revenue Service (800-829-1040) or from one of the organizations listed below.

Those who cannot come to any of the offices can still receive tax help by calling (800)-382-9463. or (860)-297-5962 from anywhere Monday-Friday (8:30-am to 4:30pm).

### **IRS phone number**

### **Filing Season**

(January - April)

Our help lines are open Monday through Friday.

### **Individuals**

[800-829-1040](tel:800-829-1040) 7 a.m. to 7 p.m. local time

[800-829-4933](tel:800-829-4933) 7 a.m. to 7 p.m. local time

### **Non-profit taxes**

[877-829-5500](tel:877-829-5500) 8 a.m. to 5 p.m. local time

### **Estate and gift taxes (Form 706/709)**

[866-699-4083](tel:866-699-4083) 8 a.m. to 3:30 p.m. Eastern time

### **Excise taxes**

[866-699-4096](tel:866-699-4096) 8 a.m. to 6 p.m. Eastern time

### **Callers who are hearing impaired**

TTY/TDD [800-829-4059](tel:800-829-4059)

### **AARP Tax-Aide**

Services have been suspended until further notice due to the COVID-19 pandemic. Check the link above for AARP Tax-Aide updates.

### **VITA**

VITA sites across the state have closed due to the COVID-19 pandemic. Visit Connecticut's 2-1-1 website (<https://www.211ct.org/>) and 'Free Tax Help' for updates, including Virtual VITA (<http://www.irs.gov/Individuals/IRS-Free-Taxhelp/>).



## FEBRUARY 2021

<p><b>1</b> National Freedom Day! No Politics Day!</p>	<p><b>2</b> Ground hog Day!</p>	<p><b>3</b> Feed the Birds Day! The Day the Music Died!</p>	<p><b>4</b> Thank a Mailman Day! Stuffed Mushroom Day! Create a Vacuum Day!</p>	<p><b>5</b> Bubble Gum Day! National Weatherman's Day!</p>
<p><b>8</b> Boy Scout Day! Clean out Your Computer Day! Kite Flying Day!</p>	<p><b>9</b> National Pizza Day! Toothache Day!</p>	<p><b>10</b> Umbrella Day!</p>	<p><b>11</b> Don't Cry over Spilled Milk Day! Make a Friend Day! National Inventors Day! White T-shirt Day!</p>	<p><b>12</b> Lincoln's Birthday! Chinese New Year! National Lost Penny Day! Plum Pudding Day!</p>
<p><b>15</b> President's Day! National Gum Drop Day! Singles Awareness Day! Susan B Anthony Day!</p>	<p><b>16</b> Mardi Gras/Fat Tuesday! Do a Grouch a Favor Day!</p>	<p><b>17</b> Ash Wednesday! Random Acts of Kindness Day!</p>	<p><b>18</b> National Battery Day! National Drink Wine Day!</p>	<p><b>19</b> National Chocolate Mint Day!</p>
<p><b>22</b> Washington's Birthday! Be Humble Day! International World Thinking Day! National Margarita-Day! Walking the Dog Day!</p>	<p><b>23</b> International Dog Biscuit Appreciation Day! Tennis Day!</p>	<p><b>24</b> National Tortilla Chip Day! World Bartender Day!</p>	<p><b>25</b> Pistol Patent Day!</p>	<p><b>26</b> Carnival Day! National Pistachio Day! Tell a Fairy Tale Day!</p>