

# Trends & Traditions

July 2020

Madison Senior Center

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## FEATURED EVENTS

### ZOOM 101

Right now, it is safer to stay at home than join large groups. Zoom meetings are a great way to engage with others socially, learn about new things, or take an exercise class. All you need is a computer with a webcam and microphone, or a tablet, or a smartphone. You could even join the class with just a regular telephone, but you would only get the audio portion. If you don't want to miss out on the fun any more, join Ellie Gillespie as she walks you through the basics of joining a Zoom meeting. You will also receive a zoom primer to help you remember the ins and outs. **Monday, July 13<sup>th</sup> at 2pm FREE** Zoom links will be sent out to all registrants the morning of the class.

### A JOURNEY THROUGH AMERICA'S PAST

An interactive series of seminars about the history of the United States of America

America's story will be related in a series of hour-long seminars focused on the key events, as well as the people whose life, work, and achievements shaped the destiny of this country. Philip Restifo has had a life-long personal interest in and passion for both American and European history. In the storyteller's style, he brings to life historical events as part and parcel of a complex tapestry originated in the past, but which continues to be woven in contemporary times. The class will pick up at the end of the War of Independence.

We will present this through the video conferencing program Zoom. If you are interested but are concerned about the Zoom platform, please feel free to reach out to the Senior Center and we will help you learn to navigate this software. Zoom links will be sent to all registrants 1-2 days prior to the class start. Thursdays starting July 9<sup>th</sup> from 10:30-11:30am FREE

### MEDITATION WITH SARAH

Mental health and wellbeing is so important right now. Take time to prioritize your wellness this year and join our Zoom meditation group. Sarah Johnson will share guided meditations, breath and body awareness, and mindfulness to help you relax, learn to manage stress, and find greater ease and wellbeing in your life. All levels are welcome!

**Sarah will send out the Zoom link a day or two before class, if for any reason you don't get it please contact her at sejohnsonlmt@gmail.com (4 classes) Tues., July. 7th - 28th at 10:30am Fee: MM\$27 | NMM\$37**

### GERALDINE BROWN GIOMBLANCO TO DISCUSS HER BOOK *GERALDINA AND THE COMPASS ROSE*

*Geraldina and the Compass Rose* is an uplifting and empowering story about faith and maintaining hope, because prayers do get answered and miraculous things do happen to ordinary people.

Geraldine "Geri" Brown Giomblanco is an inspirational speaker and award-winning author. She leverages her skills as a top-performing marketing executive and her natural intuitiveness and empathy to help people chart their courses in life and realize their dreams. Geri cherishes "*the little girl inside,*" so you might find her playing in the sand on a pristine Montauk beach or riding her bike on the Connecticut shoreline with her husband, Captain Mark. Zoom links will be sent to all registrants 1-2 days prior to the class start. Registration with the Senior Center Required **Wednesday, July 15th at 10:30am FREE**

## GENERAL INFORMATION/ONGOING ACTIVITIES

### MADISON SENIOR CENTER

29 Bradley Rd, Madison, CT 06443

**PHONE: (203) 245-5627**

**TTY: 203.245.5638**

**FAX: (203) 318-0670**

**WEBSITE: [www.madisonct.org/seniors](http://www.madisonct.org/seniors)**

**HOURS: Mon.-Wed. 8:30-4pm**

**Thurs.: 8:30 - 6; Fri.: 8:30 - 2pm**

**SENIOR CAFÉ: (203) 245-5627**

**DIAL-A-RIDE (203) 245-5695**

Operates on Mondays, Wednesdays and Fridays only.

### MUNICIPAL AGENT FOR

**THE ELDERLY (203) 245-5687**

### SENIOR COMMISSION

**Vice-Chairs** Dr. Gerard Kerins  
Wendy Oberg

**Members** Dale Kach  
Lori Murphy  
Jim Ryan  
Ruth Diona  
Roselyn Fahey  
Chris Abbott

*The Senior Commission meets on the second Thursday of the month at the Senior Center. The next meeting will be **July 9<sup>th</sup> at 5:30pm***

Go to

[www.madisonct.org/Calendar.aspx?EID=4263&month=7&year=2020&day=9&calType=0](http://www.madisonct.org/Calendar.aspx?EID=4263&month=7&year=2020&day=9&calType=0) to get the Zoom link.

### SENIOR CENTER STAFF

Dir. of Senior Services Austin Hall

Asst. Director Heather Noblin

Program Coordinator Ellie Gillespie

Receptionist Ari Potter

Chef Kevin Wolfe

Server Amy Butler

Server Laurie Bragg

Dishwasher Dan Lux

Bus Driver: Helen Sneider

Bus Driver: Dennis Marron

Bus Driver Tom Lufsey

Facility Attendant Steve Radley

### FROM THE DIRECTOR

I hope you are all doing well and staying safe. It seems like an eternity since we have been able to see each other at the Senior Center. As I am typing this letter, the Senior Center has been closed to the public for almost three months. Having the building closed is frustrating, saddening, stressful; not only to you, but all of the Senior Center Staff. We miss seeing you and long for the day when we reopen to the community.

With all that said, staying home is the right thing to do. Seniors are at high risk to both contract Covid and suffer from severe symptoms. By staying home you are making a sound healthcare decision for you and your fellow seniors. If you do venture out, I highly recommend wearing a mask, using hand sanitizer and social distancing yourself. Please remember that we have volunteers that can grocery shop and run errands for you. We have been doing this for a few months now and a fool proof system in place to ensure your safety while helping you grocery shop from home. Please use our services as we have numerous volunteers on call waiting for you!

Have you been on a Zoom call yet? I can tell you that I use this technology multiple times a day and it is a fantastic way to stay in touch with loved ones and participate in recreational type activities. As you will see in this newsletter, we are offering numerous Zoom opportunities for you to participate in. If you have a computer, laptop, smart phone, or tablet, you can Zoom! If you need assistance with the app, we can help you get started. It is very user friendly and I promise you will be glad you learned how to use it.

When we reopen, know that we have your best interests at heart. We will do so methodically and thoughtfully to ensure safe phasing-in for all members. Just as quickly as these past three months have gone by, the day we open the doors will be here soon.

Stay **home**, Stay **safe** and Stay **active**

Be well,

*Austin Hall*

## MESSAGES FROM THE MUNICIPAL AGENT

### COVID-19 AND APPOINTMENTS WITH HEATHER

We know that these are scary and difficult times. Appointments are available via phone and in person. We would like to encourage you to continue to stay safe, stay at home. Most appointments can be done via phone, alternative arrangements can be made for you to fax, email, or drop off paperwork. Heather Noblin is available via email at noblinh@madisonct.org or by phone (203) 245-5627. Please leave a detailed message with your contact information, including email address if you have one and we will be in touch with you. If you have important papers you need reviewed, please drop them off in the Madison Senior Center letterbox, located at the main entrance at the back of the building, by the bus drop-off.

### DO YOU HAVE AN EMAIL ADDRESS & ARE ONE OF HEATHER'S CLIENTS?

Please email her so that she has your address on file at noblinh@madisonct.org

### RENT REBATE: APPLICATION INTAKE UNTIL OCT. 1ST, 2020

One-time assistance that helps to offset rental expenses. Documentation of 2019 income, payments made for rent, heating, water bills, and electric are required to apply. Application intake begins after May 15th, 2020. In preparation for an appointment, call your utility/rental companies now and request a statement of your payments made in 2019.

2019 Maximum Annual Income Single: \$37,000 and Couple: \$45,100

### MEDICARE SAVINGS PROGRAM

Helps to pay the monthly Medicare Part B premiums. Depending on income level this program may also lower co-pays for prescriptions to between \$3.30 and \$8.80 and may cover doctor's co-pays, if your doctor accepts State Medical Insurance. There is no asset test or filing deadline for this program. Single: \$2,617.44/mo. Couple: \$3,535.02/mo.

### FREE CELLPHONE & MONTHLY MINUTES

Provides eligible low-income households a free cell phone, mobile access to emergency services, and 3 different plan choices with free minutes of airtime monthly for 1 year. A qualifying customer must participate in one of the following programs: state energy assistance, Federal Public Housing Assistance/Section 8, Food Stamps, Medicaid/Title 19, Personal Care Assistance, Refugee Program, Rental Assistance, SAGA, State Supplement to the Aged, Blind, or Disabled, SSI, TFA.

### HOW ARE YOU DOING?

Change to routine can be difficult. The current situation can be overwhelming at times. It is important to not only care for our bodies but our emotions and thoughts as well. Do you need help? Do you need someone to talk to? Or do you know someone who needs help? Please reach out and let us know, we can get you in touch with the appropriate assistance. *"The strongest people are those who win battles we know nothing about,"* Unknown.

### CAREGIVER SUPPORT GROUP

Join VNA's Caregiver Support Network During this time of social distancing, we have launched a virtual caregiver support group. If you are on the journey of caring for an ill or aging loved one and Looking for support – particularly during this challenging time of being homebound – join us online Wednesdays at 2 p.m. <https://connecticuthomecare.org/our-care-programs/family-caregiver-resources>.

### Farmers Market Coupons Info on Back Page

## FINANCIAL RESOURCES

### UTILITIES

**Eversource (800) 286-2000** [www.eversource.com](http://www.eversource.com) and other utility suppliers are in a 30-day shutoff moratorium. At the end of the 30 days they state that they will reevaluate and update their customers. If you have questions please contact your utility supplier directly at the applicable number below:

#### UTILITY SHUT OFF PROTECTION:

State regulators have announced that utilities will not be able to shut off the water, electricity or natural gas of residential customers if they don't pay their bills for during the Governors State of Emergency. The order came during a week when Gov. Ned Lamont declared a public health emergency in response to the global COVID-19 pandemic.

Should you need assistance with this or other Energy Assistance needs, please contact The Madison Senior Center at (203) 245-5627

**CT Water: 800-286-5700**

**Southern CT Gas (SCG):800-513-8898**

#### INTERNET SERVICE:

According to Comcast, they are taking the following steps to assist people for the next 60-days:

- “*Xfinity WiFi Free For Everyone*”: Xfinity WiFi hotspots across the country will be available to anyone who needs them for free, including non-Xfinity Internet subscribers. For a map of Xfinity WiFi hotspots, visit [www.xfinity.com/wifi](http://www.xfinity.com/wifi). Once at a hotspot, consumers should select the “xfinitywifi” network name in the list of available hotspots, then launch a browser.
- “*No Disconnects or Late Fees*”: Comcast states it will not disconnect a customer's internet service or assess late fees if they are unable to contact them. Contact Comcast's Care Team to make a flexible payment arrangement.
- “*Internet Essentials Free to New Customers*”: Comcast states that low-income families who live in a Comcast service area can sign-up for “Internet Essentials”. New customers will receive 60 days of complimentary Internet Essentials service, which is normally available to all qualified low-income households for a nominal monthly fee.

### MORE HELP

#### Unemployment:

If you become unemployed due to COVID-19 you should apply for unemployment benefits. Please visit [www.ctdol.state.ct.us](http://www.ctdol.state.ct.us) or contact (860) 263-6000 with any questions.

**Income Tax Deadline has been extended:** for individuals and businesses to file their Income taxes to July 15<sup>th</sup>. See back cover for help with filing your taxes.

#### Medicare Telehealth Benefits:

Medicare has temporarily expanded its coverage of telehealth benefits [www.medicare.gov/coverage/telehealth](http://www.medicare.gov/coverage/telehealth) to respond to COVID-19. Medicare beneficiaries can temporarily use telehealth services for common office visits, mental health counseling and preventive health screenings. This will help ensure Medicare beneficiaries are able to visit with their doctor from their home, without having to go to a doctor's office or hospital, which puts themselves and others at risk.

*If you have an existing healthcare appointment, or think you need to see your doctor, please call them first to see if your appointment can be conducted over a smartphone with video capability or any device using video technology, like a tablet or a laptop. For some appointments, a simple check-in over the phone without video capabilities may suffice.*

#### Financial Help with Your Pets

Are you or someone you know having difficulty buying food or caring for your beloved companions? With the virus making people ill and the drops in people's incomes changing lives, some folks are unable to support their animal families.

No one should have to surrender their animals. This is a tragedy, AND there's help out there! **Red Rover** staff and volunteers provide temporary emergency sheltering, resources, financial assistance, and emotional support when animals and people are in crisis. [www.red-rover.org](http://www.red-rover.org) This website has lots of resources, some for specific diseases and some national resources. [Vet Care assistance](#). The Senior Center also has some pet food available.

## GENERAL INFORMATION/ONGOING ACTIVITIES

### LEGAL ASSISTANCE

**Thursday - July. 2<sup>nd</sup> & 16<sup>th</sup> at 9-10am**

Attorney Patrick Sweeney of the Sweeney Law Firm is offering offer private 15 minute counseling services over the phone. Call the Senior Center for an appointment.

### FINANCIAL COUNSELING FOR SENIORS

Madison Financial Planning will be offering general advice on financial matters for seniors on subjects such as reverse mortgages, retirement planning, credit card debt, debt consolidation, and estate planning. These **phone** appointments will be scheduled in 15-minute increments twice a month on Thursdays **by appointment only, at 9:15-10:15am Thurs., July 9<sup>th</sup> & 23<sup>rd</sup> FREE**

### "SAFETY CHECK LIST"

Are you concerned for your safety in the event of emergency or weather event? In the days following an emergency/weather event, a representative from Madison Senior Services will contact those on the list. To add your name to the list, call **(203) 245-5627**.

### ART IN ISOLATION

Are you a visual artist making art while staying safe at home? We would love to see it and display it on our website so everyone can be inspired by your art. For more information contact:

Austin at [halla@madisonct.org](mailto:halla@madisonct.org) or Ellie at [gillespie@madisonct.org](mailto:gillespie@madisonct.org) or call (203) 245- 5627

**DIAL-A-RIDE** (203) 245-5695 or (203) 245-5627 **Mondays: 8am - 4pm Wednesdays: 8am - 4pm and Fridays: 8am to 2pm**

The Senior Center provides transportation for Madison residents age 60 or older and disabled Madison residents over the age 18 having certification of a medical disability. Rides are given in a 14 town region for medical appointments, and personal business on a first come first served basis, so call early as we are often booked several days in advance. **Due to the pandemic our transportation is not running, check with the Center for updates.**

### MEALS-ON-WHEELS

The Meals on Wheels program is ongoing. For more information regarding the Meals on Wheels Program, please call (203)245-5627. Leave a message with your name and contact information. Meals on Wheels call the Madison Senior Center at **(203) 245-5627** and someone will get back to you as soon as possible. Space is limited. A doctor's note is required to be eligible to receive meals. Have your doctor fax the note to: **(203) 318-0670**

**HANDICAPPED PARKING PERMIT APPLICATION** :Permit applications are available in the Senior Center office.

### THE EIGHTEEN MOVEMENTS VIDEO PRACTICE

For those who have been coming to the Senior Center and participating in the online Qi Gong class in the library, here's the link for that: [www.youtube.com/watch?v=xBoCrEswHvQ&feature=youtu.be](https://www.youtube.com/watch?v=xBoCrEswHvQ&feature=youtu.be)

### AARP DRIVER SAFETY COURSE

**Refresh** your driving skills and you could save on auto insurance

When you take the AARP Smart Driver™ online course, you could be eligible for a multi-year discount on your auto insurance.\* Plus safer driving can save you more than just money. The course teaches proven driving techniques to help keep you and your loved ones safe on the road.

Additionally, you'll learn:

- Important facts about the effects of medication on driving.
- How to reduce driver distractions.
- How to maintain the proper following distance behind another car.
- Proper use of safety belts, air bags, anti-lock brakes and new technology found in cars today.
- Techniques for handling left turns, right-of-way, and roundabouts.
- Age-related physical changes and how to adjust your driving to compensate.

In addition, *the special 25% off discount for the AARP Smart Driver online course has been extended through December 31<sup>st</sup>, 2020.* This would be helpful for participants who may not be able to renew their car insurance discount due to course cancellations.

Go to [www.aarpdriversafety.org](http://www.aarpdriversafety.org) **Promo code for 25% discount: DRIVINGSKILLS**

Good through: December 31<sup>st</sup>, 2020 Fee: \$25

## **THE BIG EVENT**

The Madison Senior Center and Madison Youth and Family

Services are partnering to bring The Big Event to Madison, again! However, this year the Big Event will look different due to Covid-19. Instead of doing the projects on one day, they will be spread out throughout July and August, based on senior needs and volunteer availability. Like in years past, seniors will be able to apply for a job request and the youth volunteers, along with adult volunteers, will show up on an agreed upon date to complete the job. These jobs can include but are not limited to; mulching, trimming bushes, washing windows, misc. yardwork, etc. However, jobs **CANNOT** require power tools or ladders for liability reasons. Job request forms will available at the Senior Center. This project provides a great opportunity for intergenerational collaboration as usual, but we will be enforcing all social distancing guidelines strictly.

## **ERRANDS ON WHEELS**

Are you in need of someone to grocery shop for you? Do you need a prescription picked up or an important errand run? Are you concerned about a Madison family member getting out to get supplies? The Madison Senior Center has a program to match volunteers for grocery shopping and running errands for Seniors who need to stay safe at home. The Senior Center has developed guidelines and screened the volunteers to help. For more information on this great program please email [noblinh@madisonct.org](mailto:noblinh@madisonct.org) or call (203) 245-5627.

## **50 ONLINE ACTIVITIES FOR OLDER ADULTS**

Online activities for older people – games, travel, spirituality etc! Check it out!

[www.goldencarers.com/50-activities-for-the-elderly-in-lockdown-and-isolation/6265](http://www.goldencarers.com/50-activities-for-the-elderly-in-lockdown-and-isolation/6265)

## **FREE EXERCISE PROGRAM FOR SENIORS**

<https://www.healthline.com/health/everyday-fitness/senior-workouts#minute-strength-routine> Free

## **YOGA**

**EkhartYoga** wants to support anyone directly affected physically or emotionally, by the coronavirus outbreak with free online yoga & meditation classes. Our mission at EkhartYoga is to create positive change in the world through yoga.

[www.ekhartyoga.com](http://www.ekhartyoga.com)

## **YMCA 360**

Check out your virtual YMCA! Whether you are looking for Yoga, Barre, Boot Camp or Active Older Adult Classes they have them all – and the best part? It's all FREE. Check it out! **YMCA360 Channel on YouTube!** [YMCA 360 on YouTube](#)

# SOW GROW SAVOR

*This is for you, if you garden, or cook, or eat, or read, or write, or create, or explore.*

Are you looking for a fun and delicious way to spend your summer? Celebrate the season's bounty with fellow Madison residents through Sow, Grow, Savor. Develop and share recipes with different generations incorporating the ripe produce you've grown in your home garden. Attend virtual meetings with local farmers, Master Gardeners, and chefs. Appreciate the wonders of growing and cooking with fresh produce and see your recipes featured in a community cookbook to be sold in downtown Madison this September!

Sow, Grow, Savor was launched by Sarah Platt in February 2020 with the mission to promote the long-term health and well-being of the people in Madison through gardening and cooking exploration. Sarah is a premedical student at the University of Connecticut with a passion for gardening and cooking. She is a graduate of The Country School and Choate Rosemary Hall and is the recipient of a UConn IDEA Grant. The program, will fill the need for intergenerational play and creative learning, bridging different generations through multi-sensory activities. In light of the advised COVID-19 precautions, Sarah has redesigned this program to allow for engagement and documentation through this website, eliminating face-to face intergenerational contact to protect participants. Sarah intends to organize in-person activities for seniors and youth once it is safe to do so. For registration information please contact the Madison Senior Center.

## **PROGRAM OBJECTIVES**

Facilitate kinship and exchanges of knowledge between different generations.

- Provide interpersonal and practical skill development opportunities for youth.
- Increase awareness of the benefits of sustainable living through gardening & cooking.
- Support local businesses.

## **PARTICIPANTS WILL HAVE THE OPPORTUNITY TO:**

- Document your summer gardening and cooking explorations and have your content featured on our website.
- Connect and learn from different generations on our ongoing Facebook blog and Instagram page.
- Learn gardening and cooking techniques from local experts through virtual meetings.
- Lead a virtual gardening or cooking activity for fellow participants.
- Receive vouchers to local farms.
- Contribute to a cookbook publication & fundraiser event helping to sustain this initiative in the future.

Each virtual session meets on Monday and Wednesday mornings, and Friday afternoons Call the Senior Center for details

**Session I: June 8<sup>th</sup> – 26<sup>th</sup>**

**Session II: July 13<sup>th</sup> – 31<sup>st</sup>**

**Session III: August 10<sup>th</sup> – 21<sup>st</sup>**

## **Sow Grow Savor Links**

[SGS Facebook page](#)

[SGS YouTube video](#)

[sowgrowsavorwebsite](#)

# MADISON LAND CONSERVATION TRUST

[WWW.MADISONLANDTRUST.ORG/](http://WWW.MADISONLANDTRUST.ORG/)

You're probably feeling the need to get outside as much as we are at the MLCT. As we all do our part to lessen the spread of this virus by staying home, we still need to stay fit and do things that relieve stress and make us happy. According to *Time Magazine*,

*"Spending time outdoors, especially in green spaces, is one of the fastest ways to improve your health and happiness. It's been shown to lower stress, blood pressure, and heart rate, while encouraging physical activity and buoying mood and mental health. ... **Just 20 minutes in a park ... is enough to improve well-being.**"*

The Land Trust wants to help you get out and get some fresh air, exercise, and mood uplift—while social distancing, of course! Let our trails help you stay “grounded”!

We encourage you to visit our preserves while also observing the latest recommendations regarding social distancing. ● Stay at least six feet or more apart at all times. ● No groups larger than 3 people. ● Please keep your dog on a leash. ● Keep your distance and do not reach out to touch other dogs you may meet on the trail. ● If you visit a trail head that already has three cars, please visit another trail or come at another time. ● Please pay attention to trespassing and pet restrictions on neighboring private, State Forest, and Water Authority land. Water Authority land requires a permit for hiking and does not allow pets especially around the reservoir. Note that State Parks and Forests are open for **solitary outdoor enjoyment**.

**To our friends in other towns:** at this time staying close to home and enjoying the trails near you helps limit the spread of the virus. We look forward to seeing you when this pandemic is past!

## FACE MASKS

### HOW TO WEAR THEM • SOLVING THE PROBLEMS

#### Cloth Face Coverings Should...

- fit snugly but comfortably against the side of the face
- be secured with ties or ear loops
- use multiple layers of fabric
- allow for breathing without restriction
- be able to be laundered and machine dried without damage or change to shape.

#### Homemade Face Coverings

CDC recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies), *especially* in areas of significant community-based transmission. CDC also advises the use of simple cloth face coverings to slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others. Cloth face coverings made from household items or from common materials at low cost can be used as an additional, voluntary public health measure.

Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the cloth face covering without assistance.

The cloth face coverings recommended are not surgical masks or N-95 respirators. Those are critical supplies that must continue to be reserved for healthcare workers and other medical first responders, as recommended by current CDC guidance.

#### Should cloth face coverings be washed or otherwise cleaned regularly? How regularly?

Yes. They should be routinely washed depending on the frequency of use. How does one safely sterilize/clean a cloth face covering? A washing machine should suffice in properly washing a cloth face covering.

#### How does one safely remove a used cloth face covering?

Individuals should be careful not to touch their eyes, nose, and mouth when removing the cloth face covering and make sure to wash hands immediately after removing.



## THINGS TO DO AT HOME

### **BASEBALL ON PBS BY KEN BURNS**

With so many sporting events canceled and so much closed, PBS is working with Ken Burns to stream BASEBALL so we can all enjoy the national pastime together. Watch at the link below or on any streaming device. And please look out for those with greater needs. Play ball. Watch on the free PBS Video app or here: <https://to.pbs.org/2w8jTPx>

### **FREE GARDENING CLASSES -**

#### **[WWW.SKILLSHARE.COM/BROWSE/GARDENING](http://WWW.SKILLSHARE.COM/BROWSE/GARDENING)**

A great time to pick up this very popular pastime! Or hone your skills. SKILLSHARE has a numerous free classes on various aspects of gardening, from caring for houseplants, to growing vegetables, to pruning shrubs and trees to starting succulents from just a leaf. Take a look, find a great class or two and sign up!

### **VIRTUAL MUSEUM TOURS**

All virtual exhibits can be accessed at: [www.departures.com/artsand-culture](http://www.departures.com/artsand-culture)

- British Museum of London
- Guggenheim Museum, NYC
- National Gallery of Art - Washington D.C.
- Musee D'Orsay - Paris
- National Museum of Modern & Contemporary Art
- Pergamon Museum - Berlin
- Rijksmuseum - Amsterdam
- The J. Paul Getty Museum - Los Angeles
- Uffizi Gallery - Florence
- Masp - Sao Paulo
- National Museum of Anthropology - Mexico City

### **METROPOLITAN OPERA**

Although The Metropolitan Opera has brought down the curtain at least through the end of the month over COVID-10 concerns, the NYC Institution will stream a title from its Live in HD series each night throughout the duration of the closure. The performances, original captures as live broadcasts in Movie theaters worldwide will begin at 7:30 pm at [www.metopera.org](http://www.metopera.org) The videos in the nightly service will be free for 20 hrs following the initial stream.

### **NASA**

NASA is opening up its research library to the public in the newly launched web database PubSpace, and it's absolutely free. [www.nasa.gov/open/researchaccess/pubspace](http://www.nasa.gov/open/researchaccess/pubspace)

### **JOURNALING**

Start a journal! These are extraordinary times. Give your eyewitness account! Here's 5 smart reasons why you should begin journal writing:

- Journals help you have a better connection with your values, emotions, & goals.
- Journals improve mental clarity & help improve your focus.
- Journals improve insight & understanding
- Journals track your overall development
- Journals facilitate personal growth.

[how to start and write a journal](#)

## BACK PAGES

### FARMERS MARKET COUPONS

Eligible participants enjoy CT Grown fruits, vegetables, fresh cut herbs, and honey from local Farmers' Markets. To be eligible: you need to be age 60 or older or are disabled and living in senior housing, and participating in another program that has means testing and meet income requirements. Eligible participants receive coupons to use at the Madison Farmers' Market or other participating Farmers' Markets around the state. Coupons will not be available until the beginning of August, but can be used until the Farmer's Market closes in October.

*For more information regarding the Farmers' Market only, please contact: [madisonctfarmersmarket@gmail.com](mailto:madisonctfarmersmarket@gmail.com).*

**Monthly Guidelines:** - Single:\$1,968/mo. Married- \$2,658/mo.

### VITA IS GOING VIRTUAL!

Sign up for a free phone appointment here: <https://form.jotform.com/200715549679062>

#### Why is this happening?

To reduce the spread of coronavirus, the downtown New Haven VITA site must close. To maintain some level of service, we are offering virtual tax assistance to those who still need to file.

How will this work?

1. Complete the online intake survey at the top of this page. The survey will ask you to:

- Fill out basic personal information,
- Upload pictures of your tax forms, and
- Choose an appointment time.

2. A VITA preparer will call you at your appointment time and complete your return with you over the phone. A second VITA preparer will check their work before filing.

Who is eligible for Virtual VITA?

At this time, VITA can only assist people who are filing their 2019 taxes for the first time this year. Also, we can only help those with either a smartphone or computer and reliable WiFi.

If you need to amend a tax return that has already been filed, or need to file taxes for 2018 or earlier, please try using <https://www.myfreetaxes.com>.

### THE FOOD HUT:

Open 24/7 | Behind Walker Loden at 788 Boston Post Road | Madison White Tower holds non-perishables alongside the porch at the end of the parking lot. Please take what you need. Leave what you can.