

Enfield Senior Center
299 Elm Street, Enfield, CT 06082
860-763-7425

News Release: Week of September 27, 2021

Contact: Mary Keller, Senior Center Manager, mkeller@enfield.org

October Newsletter:

The October Newsletter is now available on-line or for pickup at the Senior Center. Registration has begun and will be accepted until classes are full. October classes start on Monday, October 4th.

Focal Point:

The Enfield Senior Center has once again been designated by the North Central Area Agency on Aging, Inc. (NCAAA) as a focal point for 2022-2024. Being a Focal Point designee continues our commitment as a visible, recognizable place where community members can find information and gain access to a full range of aging services.

CHOICES Counseling:

Questions about Medicare Open Enrollment?

CHOICES helps Connecticut's older adults and person with disabilities understand their Medicare coverage and healthcare options. Open enrollment is from October 15 – December 7. Appointments with Jennifer Switalski, LMSW, Elderly Services Care Coordinator with the Enfield Social Services Department, call 860-253-6403. Appointments with Will St. George, CHOICES Counselor, on Thursday afternoons at the Enfield Public Library or Friday mornings at the Enfield Senior Center, call 860-763-7425.

Arts & Crafts Classes:

Jewelry Making, Friday, October 1, 9:30-11:30am

Ask The ...:

The following services are available for a free 15-minute consultation during limited morning hours. Call the Senior Center at 860-763-7425 to schedule an appointment.

Ask the Lawyer: September 29

Computer Classes:

Smart Phones – Internet Search, Wednesday, September 29, 1:30-3:30pm. Resident \$3.00; Non-resident \$4.00.

Focus on "Street Names in Enfield" with Jim Malley:

Monday, September 27 at 6:30pm in the Great Room. Jim Malley will present a program on "Street Names in Enfield". The presentation will include an explanation of the street names in some of the

housing subdivisions throughout Enfield, map displays of Enfield, and aerial views of the Thompsonville and Hazardville villages. This presentation is in conjunction with the Enfield Historical Society meeting.

TRIAD – File of Life Presentation:

Wednesday, September 29 at 2:00pm

Have you ever had an emergency and emergency personnel asked what medical conditions you have, what allergies you have, do you have medical insurance, are you on any medication, etc.? Join TRIAD as they act out what happens when you call 911 and you can't remember or respond to those questions. Then see how it works when you can answer those questions because you have a completed File of Life on your refrigerator. TRIAD will answer your questions and even help you fill out the form.

TRIAD Safety Corner:

What fire hazards affect older people? Cooking accidents, unsafe use of smoking materials, heating equipment, and faulty wiring. **Safety Tips:** Most kitchen fires occur because food is left unattended on the stove or in the oven. If you must leave the kitchen while cooking, take a spoon or potholder with you to remind you to return to the kitchen. Never cook with loose, dangling sleeves that can ignite easily. Heat cooking oils gradually and use extra caution when deep frying. If a fire breaks out in a pan, put a lid on it.

Senior Living TV:

Senior Living TV is an informative program on subjects of interest to older adults. The show is produced by the Enfield Commission on Aging with the help of Cox Public Access TV. Senior Living airs on Cox Cable channel 15 on Thursdays at 6:30pm and Fridays at 9:30am. To watch Senior Living on tv go to Cox PATV channel 15 and search under the program schedule for Senior Living. To watch previous Senior Living programs on your computer or tablet go to <http://www.patv15.com> and select Enfield. Click on Enfield Program Schedule and then search for Senior Living. You will find a wide variety of guests and topics for seniors such as personal and home security, financial planning, senior center programs, socials services, transportation and many more topics that are senior related. September 2021 Guest is Mary Keller, Senior Center Manager.

Volunteer Opportunities:

The Enfield Senior Center is looking for volunteers for Congregate Lunches in the Dining Room and drivers for Meals on Wheels. If you are available weekdays between 11:00am-1:00pm, please stop by and inquire about volunteering.

Mask Mandate:

A mask mandate went into effect at the Enfield Senior Center on Monday, August 16 until further notice. Everyone visiting the Senior Center is required to wear a mask or face covering regardless of vaccination status.