

February 2022

Chaplin Senior Center

132 Chaplin Street
Chaplin, CT 06235
860-455-1327

Lisa Kegler, Director
Bob Grindle & Dawn Gilbert, Kitchen
Ann Lewis, Municipal Agent



Energy Assistance – Need help paying your home heating bills? Applications for energy assistance for the 2021 – 2022 heating season are now being accepted. Appointments are currently available during the Access Agency's normal business hours of 8:00am – 4:00pm. Applications can be done either by phone, by mail, in person, or directly online at CEAP. This program is designed to offset winter heating costs for income-eligible households in Windham and Tolland counties. Contact Access in Willimantic at 860-450-7400 for more information.

Who needs a TV? – We have received a donation of a 24" flat screen TV with remote and manual. Please call 860-455-1327 if interested.

AARP Tax Assistance – Please call the tax assistance site locator at 1-888-227-7669 to find a location near you to schedule your appointment for in-person or virtual tax assistance free of charge.

Yoga – There will be no yoga on Monday Feb. 7th. Also, anytime the center is closed for a Monday holiday you can always join in on Zoom. Just give Jennifer a call at 860-617-4476 to sign up with your email.

Bingo – We will be having a special Valentine Bingo on Wednesday Feb. 9th with prizes! Come and join the fun from 9:45am – 11:45am.

Podiatry – We still have a couple spots open to see Dr. Morgan the Colchester Foot Specialist on Wed. Feb. 9th. Give the center a call to book your appointment.

Quick Fix Haircuts – Cindi will be at the center on Thursday Feb. 17th from 9:00 till 2:00 for all your haircare needs. Call 860-455-1327 to schedule your appointment.

Crafts with Lisa – We will be making super cute farmhouse mini pedestal planters on Thursday Feb. 10th (snow date Feb. 24th) at 10:00am. Give us a call to sign up by Feb. 3rd. This class will have a cost of \$3.00.

Massage with Carlie – Massage therapy appointments can be scheduled for Thursdays, Feb. 3rd and 17th. \$30.00 for ½ hour and \$50.00 for an hour.

Don't forget the center will be closed Monday Feb. 21st for Presidents Day.

CURBSIDE PICKUP LUNCHES

CHAPLIN SENIOR CENTER

Every Monday and Wednesday

\$5.00 a meal

Pickups will be from 11:45 till 12:15

You must call in your order on the Thursday before by 2:00pm for Monday lunch and call in on Monday before for Wednesday lunch.

February 2022 Menu

Wed. Feb. 2nd - Roast Pork with Mashed Potatoes and Gravy, Applesauce, Vegetable, Roll and Dessert

Monday Feb. 7th - Baked Chicken Quarter, Home Fried Potatoes, Vegetable, Homemade Bread and Dessert

Wed. Feb. 9th - Swedish Meatballs over Noodles, Broccoli with Cheese Sauce, Dinner Roll and Dessert

Monday Feb. 14th - Cheese Ravioli w/ Homemade Marinara Sauce, Roasted Green Beans, Garlic Bread and Valentine's Dessert w/ Dark Chocolate Ganache

Wed. Feb. 16th - Baked Meat Loaf, Mashed Potatoes w/ Gravy Vegetable, Dinner Roll and Dessert

Monday Feb. 21st - NO LUNCH - SENIOR CENTER CLOSED

Wed. Feb. 23rd - Chicken Parmesan with Pasta, Vegetable, Garlic Bread and Dessert

Monday Feb. 28th - 4 Cheese Macaroni and Cheese, Vegetable, Bread and Fruit Cobbler with Ice Cream

Please Note: If there should be inclement weather on a meal day, please check cancelations on Channel 3.

Services provided by the Municipal Agent for the Elderly

The Chaplin Municipal Agent for the Elderly is a position funded by the state of Connecticut to provide information to Chaplin senior citizens on human services programs and services that are available to meet their various needs. I have been serving as Chaplin's Municipal Agent for the Elderly for the past three years. Examples of services I can help you access are:

- Transportation
- Heating fuel assistance
- Meals-On-Wheels
- SNAP benefits (aka food stamps)
- Legal aid
- Finding in-home caregivers
- And more

My role is to answer your questions and to direct you to the agency or program that might provide the service that you are in need of. I can also assist with completing the applications for these services.

The Municipal agent is also available to the caregivers of senior citizens to assist with questions they may have on providing the best care at home for their loved ones.

So if you find that you are in need of some assistance with any of the practical aspects of senior life, please stop by and see me or call. I am available at the Chaplin Senior Center two mornings a month (usually the second and the fourth Tuesdays) from 10:00 am until 1:00 pm. You can call ahead to let me know you're coming or just stop by. The number at the Senior Center is (860) 455-1327.

I look forward to talking with you!

Ann Lewis

Chaplin Municipal Agent for the Elderly



COVID-19 Self-Test Frequently Asked Questions

Why Use a COVID-19 Self-Test?

COVID-19 self-tests are one of many actions you can take to protect yourself and your close contacts. To [protect yourself and others](#) against COVID-19, you should:

- Get the COVID19 vaccine and your booster
- Wear a mask
- Practice social distancing, whenever possible

Are COVID-19 self-tests difficult to use?

Self-tests can be taken at home or anywhere, are easy to use, and produce quick results.

How do I use the iHealth self-test?

Please follow the [iHealth instructions](#) for performing the test. They are also enclosed in the test kit. Additional languages are available online.

Each kit has two test cards. Can I use one of them for two people?

Each kit is meant for one person. If your first test is negative, use the second test 24-48 hours later, per manufacturer's instructions.

When should I use it?

- Around the holidays - don't spread COVID-19!
- Use a self-test before going to indoor gatherings with people who are not in your household, in order to make sure you are not spreading infection.
- Use a self-test if you are feeling sick to quickly learn if you might have COVID-19.

If I am vaccinated or unvaccinated, will the test still work?

Yes. You can use self-tests, regardless of vaccination status.

How long do I need to be sick before I use the test kit?

You can use self-tests, even when you are not sick. Consider using these self-tests before joining indoor gatherings or activities with others who are not your close contacts.

I feel fine, but I am going to a party on New Year's Eve. Should I use it?

Yes. Before joining others at an indoor party, use the test to make sure you aren't infecting others.

(more)

What does a positive COVID-19 Self-Test Result Mean?

If you test positive, you should isolate and inform your healthcare provider, as well as any close contacts. You **do not** need to get another test through a doctor or pharmacy.

- A positive self-test result means that the test detected the virus, and you are very likely to have COVID-19.
- Stay home or isolate for five days, even if you are asymptomatic or your symptoms are resolving.
- Wear a mask if you have contact with others.
- Avoid indoor gatherings to reduce the risk of spreading disease to someone else.

What does a negative COVID-19 Self-Test Mean?

A negative self-test result means that the test did not detect the virus and you may not have an infection, *but it does not entirely rule out infection*. Repeating the test within a few days, with at least 24 hours between tests, will increase the confidence that you are not infected. (That is why each kit comes with two tests.)

What does an inconclusive or invalid COVID-19 Self-Test Mean?

If your home test is inconclusive, use the second test card and try again. If both are inconclusive, then consider getting tested through your health care provider, a pharmacy, or at a community site.

Do I need to report my COVID-19 test result to the state or local health authorities?

No. You do not need to report your result to public health authorities, but you should tell your close contacts (people you have spent time with lately) that you have COVID-19, so that they can get tested and protect others, too. In addition, if a child who attends daycare or school tests positive, you should inform the institution.

Will this test detect variants?

The self-test kits are able to identify COVID-19 variants.

How accurate are the iHealth COVID-19 self-tests?

Based on the results of a clinical study where the iHealth® COVID-19 Antigen Rapid Test was compared to an FDA authorized molecular SARS-CoV-2 test, iHealth® COVID-19 Antigen Rapid Test correctly identified 94.3% of positive specimens and 98.1% of negative specimens.

For more information on the iHealth test kits, please visit their website at (scroll to bottom of page for FAQs) : [iHealth Covid 19 Antigen Rapid Test Details – iHealth Labs Inc](#)

For more information on self-test kits, please visit the CDC website at: [Self-Testing | CDC](#)

We hope you will enjoy this memoir from 2013

In loving memory of Terese Ridgeway

A GREAT BIRTHDAY PARTY

By Teresa Ridgeway

As I have written in my MEMOIRS I was born on Mother's Day, 1936, so my daughter decided to combine the events and invited the entire tribe to her house for a cook-out. All of my family came except Kristoffer's wife Charlene and their older (six year-old) son Noah who went to Charlene's mother's for Mother's Day. We had a simple lunch of hotdogs and hamburgers and later all gathered around the Sweeney's large table for cake and ice cream. There were Lesley and her husband Steve and their children Emily (age 13), Erin (12) and Ryan (almost 10), Benton and his wife Cristina and their children Theodore (age 13) and Samantha (9), and Kristoffer with Isaiah (age 3). What a wonderful big family! Kristoffer asked me, "Mom, did you ever imagine that you would be the source of such a family?"

"No," I replied, "At one time I was told I would never have children, due to a tumor on my pituitary gland. Luckily I was cured and I am blessed to have three children. I am also blessed that they have done well and chosen mates that I love so much, and then produced grandchildren that are my joy!"

Later we talked about our good health and physical shape. Ryan bared his arm and flexed his muscles to show off, and the other children followed suit. I said, "I have strong arms, too. I'll take on any one of you in arm wrestling!" We cleared away the dishes and started in. It was an easy victory over Emily and Samantha, but I thought maybe Erin might win. She is what I was labeled as a child, a "big, strong girl" who is the pitcher of her winning softball team. It was a tough match, but I won. Theodore who is big and as tall as I am might have defeated me, I thought, but I again won. The last to challenge Grandma was Ryan, and I quickly got him at a 45 degree angle, but he held fast, I began to tire, and with a mighty thrust he swung my arm over, and touched the table! I don't know when I've ever enjoyed being beaten so much! I really admire that boy; it was not by strength alone that he won, but by spirit and determination. He will go far!

The party ended with many hugs and kisses, and some plants and seeds to sow in my garden. It was a great birthday party!

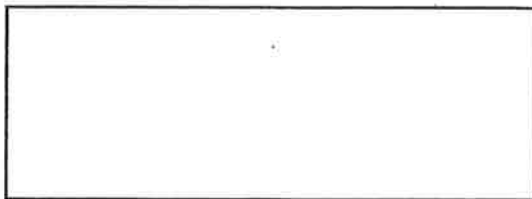
Chaplin Senior Center Monthly Calendar

February 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	1 9:00 - 10:00 Fit & Fun 10:00 Memoir Group 10:00 Mahjongg 10:00 Board Meeting	2 9:30 - 11:30 Pickleball 9:45 - 11:45 Bingo 11:45 - 12:15 Lunch see Menu	3 9:00 - 10:00 Fit & Fun 10:00 Poker /Cards 10:00-1:00 Massage Therapy by appt. Call 860-455-1327
7 9:30 Wii Bowling 9:30 - 11:30 Pickleball 11:45-12:15 LUNCH see Menu	8 9:00 - 10:00 Fit & Fun 10:00 Memoir Group 10:00 Mahjongg 10:00 - 1:00 Municipal Agent	9 9:30 - 11:30 Pickleball 9:45 - 11:45 Valentine Bingo with prizes 11:45 - 12:15 Lunch see Menu	10 9:00 - 10:00 Fit & Fun 10:00 Poker/Cards 10:00 Crafts w/ Lisa
14 9:30 Wii Bowling 9:30 - 11:30 Pickleball 11:00 Yoga 11:45-12:15 LUNCH see Menu	15 9:00-10:00 Fit & Fun 10:00 Memoir Group 10:00 Mahjongg	16 9:30 - 11:30 Pickleball 9:45 - 11:45 Bingo 11:45-12:15 LUNCH see Menu	17 9:00- 10:00 Fit & Fun 10:00 Poker/Cards 10:00-1:00 Massage Therapy by appt. Call 860-455-1327 9:00 - 2:00 Haircuts w/ Cindi
21 SENIOR CENTER CLOSED President's Day	22 9:00 - 10:00 Fit & Fun 10:00 - Memoir Group 10:00 Mahjong 10:00 - 1:00 Municipal Agent	23 9:30 - 11:30 Pickleball 9:45-11:45 Bingo w/Prizes 11:45 - 12:15 LUNCH see Menu	24 9:00 - 10:00 Fit & Fun 10:00 Poker/Cards
28 9:30 Wii Bowling 9:30 - 11:30 Pickleball 11:00 Yoga 11:45-12:15 LUNCH see Menu			

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For information call
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Reminder to all members...Dues are due!

Just a friendly reminder...Annual membership dues are due. Your annual membership dues help us to provide the many programs and services we offer to our Senior Community.

Thank you in advance for continuing to support our Center and the many programs and services we offer!

We couldn't do it without you!!!!

Thank You and we look forward to seeing you soon!



\$10.00 residents of Chaplin
\$15.00 Non Residents