May, 2020
Heritage Center BLAST

Heritage Center Updates
Greetings from the Heritage Center Staff!

We sincerely hope you are all doing well, staying safe, and finding creative and productive ways of filling these stay-at-home days. Never have we felt such a need for computers and social media. That need is certainly being filled by a vast variety of virtual experiences and “Zoom” encounters to which we can connect. Here are some selections we think you may find enjoyable.
Travel virtually to some of the world's greatest destinations or enjoy a fun video. Here's just a sample (click on each name to link directly to the site):

- Disney
- Smithsonian
- Buckingham Palace
- Dublin Zoo
- Metropolitan Museum of Art
- Country Music Hall of Fame
- Stamford Symphony
- Daddy-Daughter 20 Piano Moments
- White Memorial Conservation Center
- Library of Congress

In addition, several of our Heritage Center instructors are now offering their classes on the computer app “Zoom” as we try to keep our center alive in these times of isolation. These are listed below with specific days and times for the class and an email address to contact the instructor so you can be invited into the Zoom session. If you do participate in a Heritage Center Zoom class, we ask that you make a voluntary contribution to the Heritage Center so we can continue to pay these instructors for their offerings. Please make your check payable to: **Town of Redding** and send to: **Heritage Center, P.O. Box 1118, Redding, CT 06875, Attn: Michelle Stillman.** Thank you so much for your support.

Above all else, we hope everyone is staying connected with others. Try to reach out and call someone...you’d be surprised how welcome your call will be. Heritage Center staff is trying to do this on a regular basis, especially to those who live alone. As spring brings new growth in nature, may it bring new growth in each of us as we enter a new way of life. Celebrate Mother Earth as we note the 50th Earth Day on April 22nd. The town green will be decked out for the occasion on Saturday, April 25th. Drive by and check it out.

**Heritage Center Classes Offered on Zoom:**

Prior to the class please connect with the instructor via the listed email so you join the Zoom session.

**Spanish w/Senora Doscher**: Tuesdays @ 10 a.m.
- Intermediate level. Email: mldoscher@gmail.com

**Tai Chi w/Deby Goldenberg**: Mondays @ 9 a.m. Begins May 4th
- Beginners class. Email: karateyogagirl@yahoo.com

**Yoga Nidra w/Deby Goldenberg**: Thursdays @ 1:45 p.m. Begins May 7th
- No prior experience necessary. This class allows you to access stillness of mind, and a relaxed body. Have a pillow and blanket to prepare for the class. Email: karateyogagirl@yahoo.com
Yoga for the Rest of Us w/Jean Rexford: Monday - Friday @ 5 p.m
• Must have attended previous classes. Email: jeanrexford@aol.com

Travels w/Toni McKeen: Tuesdays @ 2 p.m. Begins May 5th
• Each week a webinar of a new location which will include Machu Picchu, Matera, The Ghetto of Venice, & The Vatican. Email: tonimckeen47@hotmail.com

*Ukulele Instruction w/Wendy Matthews: Wednesdays @ 1p.m. Begins April 22nd
• Advanced beginner class Email: edukatedfleas@gmail.com

*Qi Gong & Tai Chi w/Sensei June: Various times and levels of instruction are available
• Email: kemposenseijune@gmail.com

*Fee for this class is paid directly to the instructor

Support the Redding Food Pantry

There is great demand from our friends and neighbors at this difficult time. If you are able to, please support the Redding Food Pantry by writing a check out to Town of Redding, PO BOX 1118, Redding, CT 06875. Please note that we are trying to create an online link so please be patient as we work to create this. Thank you!

1. What gets wetter and wetter the more it dries?

2. What has a head and tail but no body?

3. What is made of water, but if you put it into water it will die?

4. What can travel around the world while staying in a corner?

100 WORD CHALLENGE

Using only the letters in this phrase, see how many words you can create.

GRATEFUL FOR YOU

Challenge is to create at least 100. Good luck!
Grocery Delivery and/or Curbside Pickup Options:

The Village Market in Wilton is offering curbside pick-up for seniors 70 and older. See rules regarding pickup on their website: Village Market.

The Redding Roadhouse is offering curbside pickup of grocery items. Access their website here: Redding Roadhouse.

Senior shopping hours at local food stores:

- Caraluzzi’s: daily 6:30 – 7:30 a.m.
- Costco: Tues. – Thurs. 8 – 9 a.m.
- Shop Rite: daily 6 – 7 a.m.
- Stop ‘n Shop: daily 6 – 7:30 a.m.
- Trader Joe’s: daily 9 – 10 a.m.
- Whole Foods: daily 8 – 9 a.m.

New date for voting in Connecticut’s Presidential Primary: Tues. June 2nd
You can apply for an absentee ballot here: Absentee Ballot

Answers to Riddles:
1. a towel
2. a coin
3. an ice cube

Just for Laughs!

- If you need 144 rolls of toilet paper for a 14 day quarantine you probably should’ve been seeing a doctor long before COVID-19.
- My 50th birthday is today, but I just want everyone to know that I am postponing it indefinitely due to coronavirus. I will be turning 50 at a later date. Thank you.
- I used to spin that toilet paper like
4. a stamp

I was on Wheel of Fortune. Now I turn it like I’m cracking a safe.

- My body has absorbed so much soap and disinfectant lately that when I pee it cleans the toilet.

Social Services Updates

Please remember that we need volunteers to help our most vulnerable citizens deal with this pandemic. If you feel that you can help out by grocery shopping, food pantry drop off, or simply by making a friendly phone call to lift a neighbor's spirits, please download the Town of Redding Volunteer Interest form and the Police Records Check form or right click the forms below to save them to your computer. Please note that BOTH forms must be filled out to properly vet volunteers. Forms may be emailed to Angelica Fontanez or printed out and snail mailed to Town of Redding Social Services, PO BOX 1118, Redding, CT 06875 or faxed to 203-938-5018. (For those who have already submitted their form, please note we had to update our volunteer form and have attached the police department background check application. I will reach out to those who have already sent their volunteer form and email or mail the police background application. Please be patient since this program is new and we are fixing the glitches as they surface.)

Salvation Army Food Drive!

During these trying times food insecurity is devastating those in need. Joel Barlow's Key Club is holding a food drive for the Salvation Army to aid in the fight against hunger. Boxes for food donations will be placed outside the Easton Village Store and The Spinning Wheel starting Monday, April 20th and ending Friday, April 24th. Donations will need to be dropped off between 10 am and 3 pm and will be collected nightly. All precautions have been taken to make this drive safe, and it has been cleared by medical professionals. The Salvation Army will also be accepting monetary donations which are very important for those in need to help pay medical bills. (Checks may be made payable to Town of Redding, with the notation "Salvation Army" in the memo section and mailed to Town of Redding Social Services, PO BOX 1118, Redding, CT 06875.) Please help us stop food insecurity in our neighborhoods.
Town of Redding Covid-19 Volunteer Guidelines

During this difficult time, we are grateful to the residents who are willing to help their fellow neighbors in need. For everyone’s safety, we hope the following guidelines will ensure the smooth running of this program.

Guidelines for both Seniors and Volunteers

These guidelines are set in place to help create a relationship between the “Caring Neighbor” and “Senior/Person in Need” that is gratifying for both parties.

Safe Password:
- Establish a memorable password that you and your Caring Neighbor will use when doing business. Your unique password such as “blue bird” (use your imagination) will be used each time you talk to one another. We hope that this will help protect you from the risk of scams.

Groceries:
- Please limit your grocery requests to 20 items or less.
- Be specific. For example, milk- skim only; bread- whole wheat; chicken noodle- low sodium.
- Keep in mind that grocery stores have limited supplies.
- Volunteers please take appropriate safety measures such as wearing gloves and masks. Please wash/sanitize your hands before and after shopping.
- Seniors- please wipe or clean your groceries when you bring them in your home the same way you would do if you had done your own shopping.

Payment
- Payment is due prior to the shopping or upon delivery. Cash is preferred but a check or gift card to the specific shop are acceptable. Caraluzzi’s and other stores may take credit card payment and/or EBT over the phone (please speak to a manager in advance for this arrangement because it is sensitive information)
- Please tape the cash/check/gift card in an envelope to your front door or designated area. Groceries may be left in the place you specify, such as the front door. Please no direct contact or letting anyone in your home at this time.
- Volunteers please place any change as well as the receipt in the envelope, and place together with the groceries.

Follow-Up
- Do send us a quick email and let us know how the shopping went!
- After this pandemic is over, please have a cup of coffee with each other.
Town of Redding Volunteer Interest Form

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**Occupation**

| Reference #1 |
| Name |
| Phone |

| Reference #2 |
| Name |
| Phone |

**Other Information**

Please check off volunteer job opportunity such as:
- Grocery Store errands
- Food Pantry drop off
- Friendly senior phone call service
- Other: Please describe interest.

By signing below, I acknowledge that I understand that I have voluntarily and freely elected to participate in a Town of Redding social service activity. I voluntarily and fully take responsibility for all risks associated with my participation in said activity. In exchange for the Town of Redding allowing me to participate in said social service activity, I release and hold harmless the Town of Redding from any and all legal and financial responsibility for any harm, injury or illness that I might suffer as a result of my participation, even if the harm, injury or illness is caused by the Town of Redding’s negligence.

**Sign**

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Email: afontanez@townofreddingct.org • Website: www.townofreddingct.org

Please email application to above address or mail it to PO BOX 1118 Redding, CT 06875 or fax it to 203-938-5018
The Redding Police Department
Records Division
Request for Police Records Check

*A request for a local records check will only be performed at the request of the subject of the check.*

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I request that the Redding Police Department check their internal records for any criminal or motor vehicle arrests by the Redding Police Department which pertain to me. I hold the Town of Redding and the Redding Police Department harmless for the release of this information.

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**Person authorized to pick-up requested records:**

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**Records use ONLY**

In-House Record:

- [ ] No Record
- [ ] Yes (History)

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*Always verify ID before releasing information*
Above all, stay home, stay safe, be well!

Shine on brightly,
Ruth Moran
Heritage Center Program Coordinator

Redding Heritage Center | Redding Community Center, 37 Lonetown Road, Redding, CT 06896

Unsubscribe {recipient’s email}
Update Profile | About Constant Contact
Sent by seniors@townofreddingct.org in collaboration with

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