



September, 2020  
**Heritage Center  
Social Services Update**

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**Michelle Stillman**  
Heritage Center Administrative Assistant  
203-938-9725  
Click **here** to email Michelle

**Angelica Fontanez**  
Director of Social Services  
203-938-3580  
Click **here** to email Angelica



## Heritage Center IN PERSON Classes

*Heritage Center will begin holding the following **OUTDOOR** classes, weather permitting. You **MUST** call **Michelle** at **203-938-9725** to register and reserve your spot as there are only a limited number of spaces available.*

### **Mondays:**

**9:00 a.m.** Beginner Qi Gong & Tai Chi \$5.00 / session  
Instructor: Master Sensei June Fagan  
*(Grassy area in front of building)*

### **Tuesdays:**

**9:30 a.m.** Fitness to Fit You \$5.00 / session  
Instructor: Garner Lester  
*(Parking lot in front of building)*

**11:00 a.m.** Tai Chi \$5.00 / session  
Instructor: Deby Goldenberg  
*(Grassy area in front of building)*

### **Wednesdays:**

**9:00 a.m.** Yoga \$5.00 / session  
Instructor: Laurie Mayper  
*(Field at the end of main parking lot)*

**9:30 a.m.** Intermediate Qi Gong & Tai Chi \$5.00 / session  
Instructor: Master Sensei June Fagan  
*(Grassy area in front of building)*

**10:00 a.m.** Sketch, Paint & Create \$8.00 / session  
Instructor: Laura McCormick  
*(Back patio; park in main lot)*

### **Thursdays:**

**9:30 a.m.** Fitness to Fit You \$5.00 / session  
Instructor: Garner Lester  
*(Parking lot in front of building)*

**11:00 a.m.** Tai Chi \$5.00 / session  
Instructor: Deby Goldenberg  
*(Grassy area in front of building)*



## Heritage Center VIRTUAL Classes

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

### **Mondays:**

**9:00 a.m.** Beginner Qi Gong & Tai Chi \$5.00 / session

Instructor: Master Sensei June Fagan

Email: [kemposenseijune@gmail.com](mailto:kemposenseijune@gmail.com)

**For Monday's class please register by 6 p.m. Sunday.**

### **Tuesdays:**

**9:30 a.m.** Fitness to Fit You \$5.00 / session

Instructor: Garner Lester

Email: [lestergarner27@gmail.com](mailto:lestergarner27@gmail.com)

### **Wednesdays:**

**9:30 a.m.** Intermediate Qi Gong & Tai Chi \$5.00/ session

Instructor: Master Sensei June Fagan

Email: [kemposenseijune@gmail.com](mailto:kemposenseijune@gmail.com)

### **Thursdays:**

**9:30 a.m.** Fitness to Fit You \$5.00 / session

Instructor: Garner Lester

Email: [lestergarner27@gmail.com](mailto:lestergarner27@gmail.com)

### **Fridays:**

**9:30 a.m.** Balance & Stretching \$5.00 / session

Instructor: Garner Lester

Email: [lestergarner27@gmail.com](mailto:lestergarner27@gmail.com)

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# Don't Be Like Her! Get Your Flu Shot!!!



*With the Covid 19 Pandemic affecting our state, it is more important this year than ever to protect ourselves against the Flu.*

## Flu Clinics!

- Tuesday, September 22nd, from 9:00 am to 12:00 noon at the RCC
- Thursday, October 15th from 9:00 am to 11:00 am at the RCC
- Thursday, October 22nd from 4:30 pm to 7:30 pm at John Read MS

*Please note: Preservative-free Quadrivalent Flu Vaccine for ages 6 months and older and Preservative-Free High-Dose Flu Vaccine for ages 65 years and older will be available as supplies allow.*

- *Please bring your current primary medical insurance card.*
- *Participating insurance carriers for the 2020-21 flu season are: Aetna, Anthem/BCBS, Connecticare, Harvard Pilgrim, Medicare Part B & Medicare Advantage Plans With Aetna, Anthem/BCBS and Connecticare.*
- *No charge for vaccines for all children, 18 years and younger, regardless of insurance carrier.*
- *For non-participating insurance plans, payment accepted by cash, check, HSA, debit or credit card.*

*\*\*Masks are required for all participants entering clinic sites\*\*  
Please practice social distancing at all times*

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## Energy assistance program

The energy assistance program will begin soon (*see details below*). Please contact **Angelica Fontanez**, Director of Social Services after September 15, 2020 either by phone, **203-938-3580** or click **here** to email Angelica to make an appointment.



## Need help with heating bills?

*Don't delay, you might qualify for help!*

**How:** Through the federal energy assistance program

**Where:** Apply at the Redding Department of Social Services

### What are the income limits?

Family Size	1	2	3	4	5	6
Income Limit	\$25,520	34,480	43,440	52,400	61,360	70,320

### How to apply

1. Email [afontanez@townofreddingct.org](mailto:afontanez@townofreddingct.org) or call 203-938-3580

### Required Documents

- Last 4 weeks of paystubs from each household member.
- A copy of your most recent electric bill.
- A copy of your last 2 most recent bank statements.
- A copy of your mortgage bill, or lease agreement

# Scam Alerts!

## The “Grandparent” Scam

*“Grandma: I’m in the hospital, sick, please wire money right away.”*

*“Grandpa: I’m stuck overseas, please send money.”*

Grandparent scams can take a new twist – and a new sense of urgency – in these days of Coronavirus. Here’s what to keep in mind.

In grandparent scams, scammers pose as panicked grandchildren in trouble, calling or sending messages urging you to wire money immediately. They’ll say they need cash to help with an emergency – like paying a hospital bill or needing to leave a foreign country. They pull at your heartstrings so they can trick you into sending money before you realize it’s a scam. In these days of Coronavirus concerns, their lies can be particularly compelling. But we all need to save our money for the real family emergencies.

So, how can we avoid grandparent scams or family emergency scams? If someone calls or sends a message claiming to be a grandchild, other family member or friend desperate for money:

- **Resist** the urge to act immediately – no matter how dramatic the story.
- **Verify** the caller’s identity. Ask questions that a stranger couldn’t possibly answer. Call a phone number for your family member or friend that you know to be genuine. Check the story out with someone else in your family or circle of friends, even if you’ve been told to keep it a secret.
- **Don’t** send cash, gift cards, or money transfers – once the scammer gets the money, it’s gone!

For more information, click **HERE** to read **Family Emergency Scams**. And if you get a scam call, report it to the FTC at [ftc.gov/complaint](https://www.ftc.gov/complaint).

## Other Common Scams Perpetrated on Seniors

Common types of frauds and scams used to take money from seniors include claims that the intended victim has won a lottery (*but needs to send a fee to claim the winnings*); get-rich-quick “investment opportunities” that require immediate funds; and claims that the victim is owed money by the government, but their bank account identification information needs to be checked first.

### Know the signs of a scam:

- Pressure you to give immediately, so you cannot research
- Not be able to answer your questions, or will not direct you to a place where you can get an answer to your question

- Make an extremely emotional appeal to get you to give immediately
- Offer an incentive for your donation that sounds too good to be true
- Request you to give money via wire transfer, prepaid card, or other type of untraceable payment

Further information and publications on consumer fraud can be found at the United States Postal Inspection Service's website by clicking **HERE**.

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## Notes From Social Services Department

**Social Services** and the **Food Pantry** are actively open and serving the community. The **drop off** hours continue to be on **Tuesdays, from 1-3 pm** and Food Pantry **pick ups** are on **Thursdays, from 2-4 pm**. We are also accepting donations via **Paypal (link HERE)** and gift cards can be mailed to Social Services, PO BOX 1118, Redding, CT 06875.

Any resident going through hardship and needing assistance, please contact our office at **203-938-9725** or via email at **afontanez@townofreddingct.org**.

## Are You Struggling Financially?

The Temporary Mortgage Assistance Program (T-MAP) is now available for low and moderate income households in CT who are struggling to pay their mortgages due to the impact of COVID-19. If you are in need of assistance, call 860-785-3111 to see if you qualify.

# State of Connecticut Temporary Mortgage Assistance Program (T-MAP) 1-860-785-3111



CONNECTICUT  
HOUSE DEMOCRATS

*For more information on the **Connecticut Temporary Mortgage Assistance Program**, click **HERE***

# State of Connecticut Temporary Rental Housing Assistance Program (TRHAP)

The State of Connecticut with financial support from the Connecticut Housing Finance Authority has launched a rental assistance program for Connecticut residents impacted by COVID-19, administered through the Department of Housing:

- Potential applicants will be directed to a Centralized Call Center for Threshold Eligibility, after which a detailed application must be completed, including verification of documentation.
- Initial priority for assistance will be targeted at individuals and families who have been denied unemployment assistance from the Department of Labor.
- If you are unemployed/under-employed and have not yet filed for unemployment assistance, you should do so as soon as possible.
- Please make every attempt to remain in contact with your landlord, and to make rental payments.

Beginning 8 am on Wednesday, July 15, call the number below and speak to a Call Center Representative to determine if you qualify for TRHAP assistance.

**1-860-785-3111**

*For additional information about the **Connecticut Temporary Rental Housing Assistance Program**, please click **HERE**.*



## Things to Reduce Stress

*(Practicing these things just a few minutes a day can make a huge difference)*

Here are some resources on meditation and mindfulness that could be useful at this time. Feel free to share. These are all *free* and only require payment if you want premium features. *(Click on the names for links.)*

There are several Apps you can install on your phone including:

- **Calm**
- **Headspace**
- **Abide** *(Christian Meditation App)*
- **Mindbody**
- **Insight Timer**
- **Sleep Cycle**
- **10% Happier**

**The Breathing Room** in New Haven is also offering meditation sessions via zoom, some of them are free, others have a fee. They offer Yoga and Meditation.

For those of you on **Instagram**, you're welcome to follow Social Services' own Dev Patel at *Aspire Mental Performance*, where he will be sharing weekly guided meditations, tailored specifically to the pandemic.

Visit **Insight Meditation Society** via website or Facebook page *(daily teachings and guided meditation)*.



## Crisis Resources

### **Mobile Crisis Intervention Services for Youth**

**LOCATION: WELLMORE BEHAVIORAL HEALTH - DANBURY CLINICAL SERVICES**

#### *DESCRIPTION*

Mobile crisis intervention team for children and youth will go to homes, community sites, and emergency rooms to assess psychiatric emergency and to provide emergency intervention and brief in-home follow up when indicated for children and adolescents ages 0 through 17 - Will also take 18 and 19 year old adolescents who are still in school.

Mobile response is provided M-F: 6am-10pm; Sat, Sun, Holidays: 1-10pm. Phone response is provided 24 hr/7.

*LOCATION:* 72 West Street, Unit 402, Danbury, CT 06810

*PHONE:* 203-797-9778

### **Emergency Mobile Psychiatric Services for Adults**

**DANBURY HOSPITAL - WESTERN CONNECTICUT HEALTH NETWORK**

**LOCATION: DANBURY HOSPITAL - PSYCHIATRIC EMERGENCY SERVICES/CRISIS INTERVENTION CENTER**

#### *DESCRIPTION*

Emergency psychiatric outreach for adults in Bethel, Bridgewater, Brookfield, Danbury, New Fairfield, New Milford, Newtown, Redding, Ridgefield, Roxbury, and Sherman.

*ELIGIBILITY*

Age 18+; Resident of Bethel, Bridgewater, Brookfield, Danbury, New Fairfield, New Milford, Newtown, Redding, Ridgefield, Roxbury, Sherman

*LOCATION:* 24 Hospital Avenue, Danbury, CT 06810

*PHONE:* 203-739-7799

Emergency Mobile Psychiatric Services Provided

## First Responders and Healthcare Workers Support Group.

This service is free and open to the general public. Click here: [Virtual First Responders and Healthcare Workers Support Group](#)

**High Watch:** With the COVID-19 pandemic spreading rapidly and AA meetings shutting down or becoming harder to access, **High Watch** will be providing a remote access online meeting every day of the week. This way friends and alumni can still get the recovery they need from the comfort of their own home. It is important to stay connected despite social isolation, and we must work together to protect our sobriety.

**Redding Police crisis phone number:** non-emergency phone number is 203-938-3400 or 911 for emergencies

**Please note** there is always help available at the **Redding Food Pantry** (203) 938-3580) and **United Way** program ([application here](#))

**For parents and caregivers** who need someone to listen, to understand and to talk your feelings out. Call: 1-833-258-5011, Visit: [www.talkitoutct.com](http://www.talkitoutct.com), Watch: [TalkITOutCT.com](http://TalkITOutCT.com) - PSA





For **donations** to the **Redding Food Pantry**, **Redding Shares the Warmth**, **Salvation Army Redding Unit** or **United Way Alice Program** to help your friends and neighbors, please click **here**. Donations in this time of need are greatly appreciated!



For access to the Redding home page on Facebook, click [here](#)  
[Redding CT on Facebook](#)

**Above all, stay home, stay safe, be well!**



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

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