

# Golden Notes

## NEW BRITAIN SENIOR CENTER

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### AARP Income Tax Assistance

AARP Tax Assistance, a free program, provides income tax preparation assistance for low and middle-income taxpayers of all ages, with special attention to those 60 and older. Appointments will be scheduled on Tuesdays and Fridays starting on February 8, 2013. Here's all you need to do:

- If married, both spouses should be present during the income tax session. Both signatures are required.
- Taxes are completed in one session, so taxpayers must bring with them all documents necessary to complete their returns:
  - Complete copy of last year's 2011 tax return.
  - Social Security or Individual Taxpayer ID numbers for household members and personal identification.
  - A personal check showing bank account and routing numbers (if direct/withdrawal is requested).
  - All documents that relate to deductible expenses.
  - All 2012 income tax forms that have been received, including:
    - SSA 1099, Social Security Benefit Statement.
    - 1099 forms (1099-int, 1099 DIV, 1099-R, 1099-B, 1099 MISC).
    - W-2, Wage and Tax Statement forms
    - W-2, Certain Gambling Winner forms.
- Documentation showing original cost and assets sold during 2012

People who do not itemize may want to bring their property tax bill for credit on their CT income tax. If people have a mortgage they usually receive a form 1098 Mortgage and Interest Statement which reports property taxes.

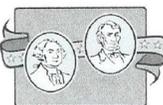
To schedule an appointment call the New Britain Senior Center at (860) 826-3553

CW Resources Senior Community Café

- \* High Sugar Content
- \*\* High Salt Content
- + High Fat/Cholesterol

February, 2013

1% or Skim milk provided  
Margarine available

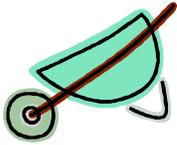
MENU ITEMS SUBJECT TO CHANGE			SUGGESTED DONATION OF	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>February is Age-Related Macular Degeneration Month</p> <p><b>Do you have low vision? There are an estimated 3.5 million people with this condition.</b></p> <p>Low vision is defined as vision loss that cannot be corrected. There are two types of Age-Related Macular Degeneration. Wet and Dry. 80-90% of people have the dry form which occurs in the early stage of the disease. ARMD is the leading cause of vision loss among people age 65 and older.</p> <p><b>Symptoms to watch for:</b> Straight lines or center of vision is distorted by a dark or white area, change in color or diminishing color perception. <b>Risk Factors:</b> Inactivity, Heredity, Smoking, High Blood Pressure</p> <p><b>EARLY DETECTION IS IMPORTANT.</b> While there is not yet a cure for ARMD, there are some types of intervention that has shown promise in slowing the progression of the disease.</p> <p><b>For more information go to:</b> <a href="http://www.lighthouse.org">www.lighthouse.org</a> or <a href="http://www.allaboutvision.com">www.allaboutvision.com</a></p>				1
<p>4</p> <p>Apricot Glazed Chicken Breast Whipped Potatoes Capri Blend Veggies</p> <p>Multi Grain Bread</p> <p>Fresh Apple</p>	<p>5</p> <p>Hearty Vegetable Soup Unsalted Crackers Meatloaf Mushroom Gravy Diced Potatoes Buttered Beets</p> <p>Split Top Wheat Bread</p> <p>Tropical Fruit Cup</p>	<p>6</p> <p>Pork Stir Fry with Au Jus and Vegetables Brown Rice</p> <p>Rye Bread</p> <p>Pineapple Chunks</p>	<p>7</p> <p>Grape Juice Unbreaded Veal Parmesan Baked Ziti with Marinara Sauce Garden Salad Italian Dressing 100% W. Wheat Roll <b>HAPPY BIRTHDAY</b> Birthday Cake</p>	<p>8</p> <p>Butternut Squash Soup Unsalted Crackers Philly Cheesesteak Onions and Peppers Coleslaw</p> <p>Hamburger Roll Banana</p> <p>Cranberry Juice White Fish Filet Lemon Sauce Baked Yam Marinated Cucumbers</p> <p>Pumpnickel Bread</p> <p>Apricots</p>
<p>11</p> <p>Sliced Ham Mustard Glaze Parslied Buttered Noodles Green Beans</p> <p>Dinner Roll</p> <p>Stewed Fruit</p>	<p>12</p> <p>Lincoln's Birthday Center Closed</p>	<p>13</p> <p><b>Ash Wednesday</b> Mushroom Barley Soup Unsalted Crackers Ravioli Marinara Sauce Italian Blend Vegetables</p> <p>Italian Bread</p> <p>Fresh Tangerine</p>	<p>14</p> <p><b>Special Dessert</b> Grape Juice Roast Beef with Gravy Baked Potato Green &amp; Gold Beans <b>Happy Valentines Day!</b> 12 Grain Bread <b>Strawberry Shortcake with Whipped Topping</b></p>	<p>15</p> <p>Lemon Pepper Fish Whipped Potatoes Zucchini</p> <p>Multigrain Bread</p> <p>Fruit Cocktail</p>
<p>18</p> <p><b>President's Day</b> <b>CLOSED</b></p> 	<p>19</p> <p><b>Special Dessert</b> Orange Juice Spaghetti with Meatballs Parmesan Cheese Italian Blend Vegetables</p> <p>Rye Bread <b>Apple Pie with Whipped Topping</b></p>	<p>20</p> <p>Cranberry Juice Homemade Turkey Loaf Turkey Gravy O'Brien Potatoes Country Style Veggies</p> <p>Pumpnickel Bread</p> <p>Lemon Pudding</p>	<p>21</p> <p>Beef Stew Diced Potatoes Cucumber Onion Salad</p> <p>Biscuit</p> <p>Fruit Cocktail</p>	<p>22</p> <p>Minestrone Soup Unsalted Crackers Baked Codfish Tartar Sauce Harvest Rice Steamed Broccoli 12 Grain Bread</p> <p>Fresh Orange</p>
<p>25</p> <p>Roast Pork Apple Glaze Oven Brownd Potato Diced Carrots</p> <p>100% Whole Wheat Cinnamon Applesauce</p>	<p>26</p> <p>Escarole White Bean Unsalted Crackers Lasagna Marinara Sauce Peas</p> <p>Italian Bread Mandarin Oranges</p>	<p>27</p> <p>Pineapple Juice Cranberry Glazed Chicken Buttered Noodles Scandinavian Veggies</p> <p>Multi Grain Bread Rainbow Sherbet</p>	<p>28</p> <p>Cream of Carrot Soup Unsalted Crackers Roast Beef Mushroom Gravy Rice Pilaf Chuck Wagon Veggies Pumpnickel Bread Banana</p>	<p><b>Remember, to make your vision appointment today!</b></p> 

## PROPERTY TAX RELIEF



The Senior Center is taking applications for the HOMEOWNERS, Additional Veterans and FREEZE Property Tax Relief Programs. Persons 65 and older in year 2012 or who receive Social Security Disability Benefits are eligible for a discount on their property taxes. Individuals earning less than \$33,500 and married couples earning less than \$40,900 during 2012 may be eligible for the discount. Homeowner income levels include 2012 social security benefits. Those persons who have received benefits under the old FREEZE program are eligible to maintain their property tax relief if their income, excluding social security, was less than \$6,000. Those persons who have been enrolled in either program during the past years will receive a letter from the City Tax Assessor. If they must reapply during 2013. If a married couple wishes to apply for the benefit, it is only necessary for one of the spouses to have been over 65 years of age to be eligible for the program. Call the Senior Center if you wish to make an appointment or if you have any questions.

### Attention Home Owners: Need a Helping Hand?



Do you have home repairs, maintenance or yard work that needs to get done, but just can't find a way? **Rebuilding Together New Britain** can help. Rebuilding Together is the nation's largest volunteer based provider of home repair services. Our goal is to assist low-income homeowners with repairs and improvements that they cannot manage on their own because of physical and/or financial limitations. Repairs are completed by community volunteers at no cost to selected homeowners. Typical services range from yard work and general cleaning to light carpentry, electrical and plumbing repairs, as well as installing grab bars and other simple modifications. We are neighbors helping neighbors, one house at a time.

**Rebuilding Together New Britain** currently has room for a few more projects for the next scheduled Rebuilding Day Event, to be held on April 27, 2013. Applications are available at the Senior Center or by calling the Rebuilding Together office at (860) 832-4389. If you have any questions about the program call Kathi Brummett at the Rebuilding Together number listed above.

### Valentine Bingo



Monsignor Bojnowski Manor and Advanced Healthcare will be sponsoring a special Valentine Day Bingo on Thursday, February 14<sup>th</sup> starting at 1:00 PM. Stop by and spend the afternoon with friends and good company.



### **Book Group Meeting**

The Senior Center/Public Library Book Group will be meeting on Tuesday, February 19<sup>th</sup> at 1:00pm here at the senior center. The book read for this month is The Immortal Life of Henrietta Lacks written by Rebecca Skloot. His nonfiction tells the story of Henrietta Lack who contributed the first “immortal” human cells that proved to be instrumental in pioneering medical advancements in the treatment of numerous diseases.

The book read for the month of March will be The Life Boat written by Char5lotte Rogan (fiction). Hope you will join us on the third Tuesday of each month.

### **Dream Class Meeting**

The monthly Dream Class discussion group will meet on Wednesday, February 13, 2013 at 10:00 am here at the center. All are welcome to attend.

### **Wii Bowling**

Sign up date for the Spring Session of Wii bowling is scheduled for Tuesday, February 12<sup>th</sup> at 12:30 pm in the Massachusetts Room.

New members are welcome. Practice starts on February 12<sup>th</sup> with regular sessions starting on Tuesday, February 19<sup>th</sup>. Hope you will join us for this fun activity.



### **SNAP and HUSKY Programs**

Ms Beth Sanchez will be at the senior center on Wednesday, February 20<sup>th</sup> to talk about the SNAP and HUSKY programs. Ms Sanchez is from the Community Health Services organization and will present an overview of both programs. The SNAP program was formally known as food stamps and the HUSkY program covers the previous State Medicaid program. Both these programs are focused on helping senior stay healthy and obtain the supports they need to access services. The program starts at 10:00 am and all are welcome. Stop by and learn about these two available programs.

**SERVICES BY APPOINTMENT**

**DIAL-A-RIDE**

At least a 2-day notice is required for rides to the Senior Center, medical appointments, shopping and other destinations at any time within the month. Call 826-3555 for an appointment. **There is a suggested donation of \$1.50 each way.**

**MEDICARE/MEDICAL INSURANCE INFORMATION**

Person seeking help in filing Medicare claims or appeals, interpreting medical bills and assistance in making decisions concerning Medicare supplemental insurance can make an appointment with Senior Center Staff by calling the Center at 860 826-3553. Advice on Living Wills and how to deal with advance medical directives is also available.

FROM THE NURSING DESK

Happy New Year and good health for 2013!

We would like to start off the New Year by offering free cholesterol screening to you. The free cholesterol screening will be on January 15<sup>th</sup> from 8:30 to 11:45 am. Please call the Senior Center Nursing office to schedule an appointment.

Stay safe. With winter weather upon us, be very careful when walking about, bundle up and watch your step.

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**GOLDEN NOTES SUBSCRIPTIONS**

**NAME** \_\_\_\_\_ **DATE** \_\_\_\_\_  
**STREET**  
**ADDRESS** \_\_\_\_\_  
**CITY** \_\_\_\_\_ **STATE, ZIP CODE** \_\_\_\_\_  
**PHONE #** \_\_\_\_\_

**Make checks payable to: NEW BRITAIN SENIOR CENTER**

**Return to: GOLDEN NOTES**  
**New Britain Senior Center**  
**55 Pearl Street**  
**New Britain, CT 06051**

**Annual Fee: \$6.00 non refundable**  
**Cash**\_\_\_\_\_**Check**\_\_\_\_\_  
**New Subscription**\_\_\_\_\_  
**Renewal**\_\_\_\_\_

**February 2013**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
					<b>1</b>	
	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	
	<b>Commission on Aging 1:00 PM</b>					
	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	
		<b>Lincoln's Birthday Center Closed</b>		<b>Valentines Day Special Bingo 1:00 PM</b>		
	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	
	<b>President's Day Center Closed</b>	<b>Book Group 1:00 PM</b>	<b>SNAP Program 10:00 AM</b>			
	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>		

Exercise Line Dancing Bingo	Exercise Line Dancing Wii Bowling	Art Bingo Dancing	Crafts Pinochle	Art Square Dancing Bingo
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