



The Senior Citizens of Burlington Newsletter

200 Spielman Highway, Burlington, Connecticut 06013

Stay Home Together Edition

May & June 2020

Volume 65

Dear Friends,

We hope you are doing well and staying safe at home. We want you to know that you are not alone and that we have received many offers from Burlington residents who want to help seniors who may need extra assistance during this challenging time.

We are working remotely from our homes and continuing to reach out via phone calls and emails. If you need assistance, please contact our main line 860-673-6789 ext 7 (which we are checking daily) and we will try to help in whatever way possible.

We hope you find the information and resources provided here in this special edition newsletter to be helpful to you in the next coming months. We look forward to seeing each of you as soon as we can safely reopen the senior center!

Stay well, stay strong, and know that we are all looking forward to once again sharing many good laughs and fun adventures!

Sincerely,

The Burlington Parks and Recreation Staff

Burlington Senior Phone Chain

Our Parks and Recreation and Dial-A-Ride Staff, along with the Commission on Senior Citizens' members have been making calls to over 215 Burlington Seniors per week. We are calling to check-in, say hello, and make sure you are doing okay. If you or a friend would like to be added to our list, please leave a message with your name and phone number on our machine 860-673-6789 ext 7.

Face Masks----COMING SOON!

Our very own Lena Pelletier has been making face masks out of her home. She is currently making over 100 masks, that will be ready as soon as a shipment of elastic arrives. If you are in need of a face mask please contact the First Selectman's Office 860-673-6789 ext 1. First Selectman Ted Shafer and Administrative Assistant Linne Ursaki will be distributing the masks to town residents. Thank you for your dedication to helping others Lena!!

Social Services

If you have any questions or are looking for assistance during this time, please contact Gjyl Kozlu at 860-550-5415 or socialservices@burlingtonct.us.

Mobile Foodshare

Foodshare will be at Town Hall on Tuesdays, May 5, 19, June 2, 16, 30 from 11:15-11:45 am
You do not need to be pre-registered to get food. If you are in need please come! We ask everyone to stay in your vehicles. You will be directed where to go upon arrival.

Burlington Food Pantry

At this time we are not collecting food for the food pantry due to COVID-19, but we are collecting monetary donations and food store gift cards. If you would like to donate, please mail your donation to Burlington Food Pantry, 200 Spielman Highway, Burlington, CT 06013 or leave in the lock box in the front of town hall. The Food pantry is available by request to previously registered residents. Please call Gjyl with Social Services for questions.

Trash and Recycling Pickup Changes

Simple Recycling (Pink Bags) for clothing will not be picked up during the COVID-19 Crisis. Bulk Pick-Up is every Friday by appointment only. Please call 860.379.1662 to schedule.

Town Clerk Updates:

During these trying times business at the Town Clerk's Office continues. With the building not open to the public we continue to help our residents and customers by phone, mail, email and online.

The Presidential Primary has been moved to August 11, 2020. The Secretary of the State's Office is working with the Registrars and Town Clerks of Connecticut to make voting as safe as possible.

Absentee Ballots will be available July 21, 2020 by mail. The application is on our website; or contact our office and we'll mail you an application.

June is dog licensing month. At this time the Governor has not extended the time to license dogs.

Please renew by mail or drop in the green drop box in front of Town Hall. We will miss seeing you and our four-legged friends this summer. Contact our office with any questions or concerns at 860 673-6789 x2 or ugalde.m@burlingtonct.us . Be safe and stay well.

Tax Assessor Updates:

Homeowners and Totally Disabled who have qualified for Tax Relief in the past, and were supposed to file an application this year (you generally file every two years, and I forwarded applications to anyone needing to re-file this year back in January) **are NOT REQUIRED to file an application this year** due to the coronavirus outbreak. If you qualified either last year or the year before, you will automatically receive your tax relief based on the figures last filed. If you have any questions, feel free to call the office at 860-673-6789 ext. 3. If there is no answer, leave a message and your call will be returned. Renters Rebate applications are not due until October 1st. Feel free to call to have an application sent out to you.

Note from First Selectman Ted Shafer:

Hope everyone is staying well. Please see the Town's website homepage at www.burlingtonct.us for updated information. If you need any assistance, please contact First Selectman Ted Shafer at 860.673.6789 ext 1.

Tax Collector Updates:

Please pay attention to the letter insert coming with your tax bill. It will explain the extension on tax due dates. For more information call Allison 860-673-6789 ext 4

Burlington Public Library Updates:

Please visit the Burlington Public Library's website burlingtonctlibrary.org for up to date information and programming. On their website they have information for a temporary card if you do not already have one, that will allow access to their digital services and AcornTV. For questions or concerns, email info@burlingtonctlibrary.org or leave a message at 860-673-3331.

Veteran's Strong Community Center

Veteran help and support is available via email: donnadognin@vetstronginc.org or info@vetstronginc.org; or by phone at 860-951-6686. Veterans Crisis Line 1-800-273-8255

Burlington Lion's Club: Help Your Neighbor Fund

the Burlington Lions Club has created a special fund to provide financial assistance and support to individuals and families in need in these unprecedented times. If you, your family, friend, or neighbor need assistance, please call Robert Dunn at 860.463.6646 or Kelly Fecteau at 860.463.7640.

If you would like to donate to the fund, please mail your donation to Burlington Lions Club, PO Box 1173, Burlington, CT 06013 or donate online at burlingtonctlions.org

COVID-19 Information

Town Website: burlingtonct.us

Center for Disease Control: www.cdc.gov

Bristol Burlington Health District: www.bbhd.org

State of Connecticut: <https://portal.ct.gov/coronavirus>

United Way: Call 2-1-1

Tips to Manage Your Mental Health During COVID-19

- Create a routine that works for you now and stick to it as much as possible.
- Pick up a new hobby. Maybe try to learn something you always wanted to learn. Now is the time!
- Get 7-9 hours of sleep a night
- Eat a healthy, well-balanced diet.
- Meditation, Walking, Gardening, and Exercising at home will help relieve stress, and benefit your mental health.
- Try, as hard as you can, to keep a positive attitude. Relish the simple things and focus on the positive. Start and end your day by thinking of 3 things that you are grateful for.
- Stay connected to others. Call, Email, Video Chat, Wave to Friends, Family, Neighbors, or Our Staff
- Help Others when you can. Call and check on your friends and family during this time.

- ❖ Wash your hands
- ❖ Wear a face mask and gloves
- ❖ Social Distance at 6 feet apart
- ❖ Stay Home
- ❖ Stay Safe


Tricia Twomey, Director of Parks and Recreation and Senior Citizen Services
Twomey.t@burlingtonct.us 860-673-6789 ext 7

Eileen Rubino, Administrative Assistant
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“Don't be pushed around by the fears in your mind. Be led by the dreams in your heart.”

– Roy T. Bennett

Burlington Senior Center

B	I	N	G	O
<p>List 3 Places:</p> <p>You want the senior center to go to when this is all over!</p>	<p>Complete:</p> <p>15 arm curls 15 knee lifts 15 ankle rolls</p>	<p>Take a Walk</p> <p>Or</p> <p>Go outside and get some sun</p>	<p>Write down:</p> <p>A piece of advice you would give a younger generation</p>	<p>Clean out and organize your junk drawer</p>
<p>List 3 things:</p> <p>You are grateful for today!</p>	<p>Call:</p> <p>A senior center friend or family member</p>	<p>Clean Out Your Pantry/cupboards</p> <p>How many expired items do you have?</p>	<p>Watch:</p> <p>A movie or tv show that makes you smile</p>	<p>Take 3 Breaths:</p> <p>-in through your nose count 1, 2,3 -Hold count 1,2,3 -out through your mouth count 1,2,3</p>
<p>Drink 64 oz of water in one day!</p> <p>This should be a goal everyday.</p>	<p>Stimulate your mind:</p> <p>Complete one crossword, word search, Sudoku or other puzzle</p>		<p>Reminisce!</p> <p>Look through old photos</p>	<p>Make something Creative:</p> <p>Use materials you have to create something fun or new</p>
<p>Listen to music that makes you happy</p>	<p>Be Creative with your next meal</p> <p>Try a new recipe</p>	<p>Write about:</p> <p>A positive and memorable time in your life</p>	<p>Take A Lap</p> <p>Around the inside of your house 3x</p>	<p>Play a Card Game</p>
<p>Stretch:</p> <p>For 30 seconds on each of your arms, legs, back, and stomach</p>	<p>Pay it forward!</p> <p>Give someone a Compliment</p>	<p>List 3 things:</p> <p>Of which you are grateful</p>	<p>Take a Walk</p> <p>Or</p> <p>Go outside and get some sun</p>	<p>Mail:</p> <p>A letter to a friend or family</p>