



Social Services News

JULY 2017

LP Wilson Community Center
599 Matianuck Avenue
860-285-1839



Look for us on Twitter at:
[@WindsorSocSrv](https://twitter.com/WindsorSocSrv)



Look for us on Facebook at:
[Town of Windsor Social Services.](https://www.facebook.com/TownofWindsorSocialServices)

www.townofwindsorct.com/socialservices

FREE Daily Summer Meals for children 18 and younger

The Summer Meals program takes place throughout Connecticut and across the country providing **FREE daily meals to kids and teens 18 years and younger.**

The Windsor locations for the program are as follows:

- Poquonock School: 11:AM -12:15 PM**
- Deerfield Apartments: 11:30 AM—12:45 PM**
- Sharshon Park at Goslee Pool: 11:30 AM-12:45 PM**
- Wilson Library: 1:00 PM—1:45 PM**

The program runs Monday through Friday throughout the summer from June 19th through August 25th and provides FREE lunches and snacks. For additional sites or to confirm meal times: text CTmeals to 877877 or call 211. This program is supported by the CT State Dept. of Education, the No Kid Hungry CT Campaign, End Hunger CT and the Windsor Hunger Action Team.

Activities with Summer Meals

Activities planned at the Deerfield site as follows:

- Tues., 10:45-11:30AM-Special fun and activities
- Thurs., 10:30-11:30 AM-birth to 5 themed weeks.

Many activities happen throughout the week at the Wilson library. Check out their website for details.

INSPIRATION THOUGHT FOR JULY!

LIFE IS A GREAT BIG CANVAS, AND YOU SHOULD THROW ALL THE PAINT ON IT YOU CAN.
DANNY KAYE

EASY WAYS TO STAY HYDRATED DURING THE SUMMER

DEHYDRATION happens when the body loses more water or fluid than it takes in, which can have serious effects on blood pressure and other body functions. **Headaches, dizziness and drowsiness are all signs of dehydration.** Keeping up your fluid intake will keep you feeling healthy and alert. Staying hydrated can be a challenge, especially during hot summer days. As we age, our thirst sensation decreases so seniors may not even realize they are thirsty.

Here are some tips for staying hydrated:

1. Don't wait until you are thirsty to drink, by this time you are already dehydrated.
2. Carry a water bottle with you and drink it regularly.
3. The Institute of Medicine recommends drinking 13 cups of water for the average healthy man and 9 cups for the average healthy woman per day.
4. Keep a full water bottle in the refrigerator and take a drink from it each time you open the refrigerator.
5. Make your water more interesting by adding a slice of lemon, lime, tangerines, grapefruit or strawberries (or combinations of them), cucumbers or herbal ice teas mixes (decaffeinated).
6. If you are headed for a workout outside or an outing at the pool, make sure to pack plenty of fluids. Avoid alcoholic and caffeinated beverages which can contribute to dehydration.

Allow yourself to feel good about your decision to drink more water knowing that you are making a conscious decision to have better physical health, clearer thinking, nicer skin, and allowing your body what it needs to flush toxins out of your system.



GROCERIES TO GO
Friday, July 14th & 28th
10:30 AM—11:30 AM
Windsor Senior Center



MOBILE FOODSHARE
Friday, July 7th & 21st
8:45 AM —9:15 AM
130 Deerfield Rd., Old Elk's Lodge

Social Services News JULY 2017

SOCIAL SERVICES CASEWORKER AT THE LIBRARY

Maggie Goodman, caseworker in the Social Services Department, will be available every Tuesday from 1:00 pm—3:00 pm on the lower level of the Windsor Public Library main branch. Maggie will be happy to answer questions, provide information and give resources to people in need of assistance.

GOT MEDICARE QUESTIONS?

If you are confused about your medical insurance choices, we can help. Please contact the Social Services office and schedule an appointment with a CHOICES counselor who can help you to understand which insurance choice will be best suited for your needs. Call Maggie Goodman at 860-285-1839.

JULY SNAP OUTREACH

Supplemental Nutritional Assistance Program.

Wednesday, July 12th between 1:-4:00 pm and Friday, July 21st between 9:-12:00 noon at the LP Wilson Community Center. Please contact Windsor Social Services at 860-285-1839 for more information or to schedule an appointment.

WINDSOR HUNGER ACTION TEAM

The Windsor HAT meets the first Wednesday of each month at 9 AM in the Ludlow room, lower level at the Windsor Town Hall. Join us to help to eliminate hunger in our local community. Next meeting July 5th. Please contact Susan Nunes for information at 860-285-1839.

WIC IN WINDSOR

WIC— Women, Infants, Children—is a supplemental nutrition program providing education and foods to young women and children. WIC meets monthly at the LP Wilson Community Center the first Tuesday of each month. Appointments are taken between 10:00 am and 1:00 pm. Call 860-757-4860 to schedule an appmt.

SUPPORT GROUPS

Windsor C.A.R.E.S.: Meets the 2nd Tuesday of each month at the LP Wilson Community Center, AP1 room. This is a group of adults who are committed to volunteerism. The group takes on community service projects for people of all ages. **Next meeting Sept. 12th at 1 PM.** Call Deb for more info. at 860-285-1839.

Diabetic Support Group: Meets the 3rd Tuesday of each month at 11AM at the LP Wilson Community Center, AP1 room. This group is open to all diabetics and their family members. Topics vary by month. **Next meeting Sept. 19th at 11am.** Call Evelyn for more information at 860-285-1839.

SHARE Group: Fitch Court SHARE group meets the 2nd Wednesday of each month from 2:-3:00 PM. **Next meeting Sept. 13th.** Millbrook Village SHARE group meets the 4th Wednesday of each month from 10:-11:00 AM. **Next meeting Sept. 27th.** Meetings are open to all residents at these housing sites. Call Maggie for more info. at 860-285-1839.

VETERAN'S COUNSELING

The Hartford Vet Center Windsor location is open every other Friday from 8:00 am to 3:00 pm. Walk ins are welcome at 8:00 AM and appointments scheduled between 9am-3pm. **CALL 860-563-8800 TO SCHEDULE AN APPOINTMENT.**

ENERGY ASSISTANCE UPDATE

Please contact Social Services at 860-285-1839 to discuss eligibility for electric, gas and water assistance through the **Windsor Food & Fuel Bank.**

FOOD BANK HOURS

Monday & Tuesday 9:00 AM - 11:00 AM

Wednesday & Thursday 1:00 - 3:00 PM

Thursday 5:00 PM - 6:45 PM

Meet the Social Services Staff

Anne Wakelin, Human Svc. Director

Sue Raggio, Dept. Coordinator

Maggie Goodman, Caseworker &

Municipal Veteran's Svc. Contact

Susan Nunes, Administrative Aide

Andy Price, Caseworker

Deb Sheldon, Caseworker

Evelyn Baez, Caseworker

Ted Hughes, Food Bank