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# Community News For The Farmington Valley Edition

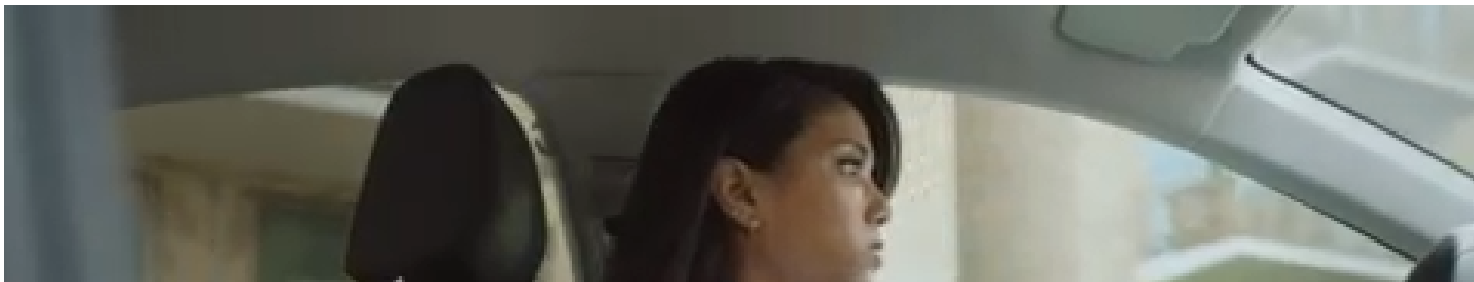
HARTFORD COURANT | NOV 19, 2020



FEEDBACK

## TODAY'S TOP NEWS VIDEOS

Up Next - RELATED NEWS: COVID-19: How to navigate the holiday season





Closing Player

FEEDBACK

## **Avon Scouts tree and wreath sale taking place**

AVON — AVON -- Avon Scout Troop 274 is ready to start spreading the holiday cheer as their annual holiday tree and wreath sale gets underway on Nov. 27. The tree stand is located outside J. Foster's Ice Cream Shop at the corner of Route 44 and Bailey Road.

Featuring Fraser firs, Balsams, and Spruce trees, Scouts can help you find a holiday tree to fit any price range and size. All proceeds from the holiday tree and wreath sale go directly to scouts attending high adventure trips this summer to New Mexico and New Hampshire, as well as summer camp and other scouting activities happening throughout the year. The Scout Holiday Tree Stand will be open Nov. 27 and 28 from 10 a.m. to 7 p.m. and Nov. 29 from 10 a.m. to 4 p.m., and then every Thursday and Friday from from 4:30 to 7:30 p.m. and every Saturday

and Sunday from 10 a.m. to 7 p.m. throughout December until trees are sold out or the holidays arrive, whichever comes first.

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## **Simsbury Library presents virtual programs**

SIMSBURY -- On Tuesday, Dec. 1, at 6 p.m., Erica Cirino will provide a sneak peak into the life of a wildlife rehabilitator, nursing sick, injured and orphaned wildlife back to health for eventual return into the wild. Cirion has worked in the field as a licensed wildlife rehabilitator for 11 years with seven of those years spent in the clinical setting. Learn how to best help wildlife in need, along with some tricks of the wildlife rehabilitation trade. Register for Zoom login information.

Join the Simsbury Camera Club for Start to finish by Betty Wiley on Wednesday, Dec. 2, at 7 p.m. Wiley will discuss her processing workflow from Start to Finish using both Lightroom and Photoshop along with several different plug-ins such as Luminar and/or Topaz. Register for Zoom login information.

[\[Related\] Valley Community Baptist Church holds three-month food drive »](#)

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On Wednesday, Dec. 2, at 6 p.m., join readers in their 20s, 30s, and 40s to talk about current book picks. You do not need to be reading anything to participate. This is a partnership with the Bloomfield Public Library. Registration is required for Zoom login information. There is no call-in option. For more information, contact the Simsbury Public Library at 860-658-7663, ext. 2112.

## **Lobby book sale taking place at Farmington Library**

FARMINGTON -- The Friends of the Farmington Libraries are sponsoring a lobby book sale, ongoing during regular library hours, at the main Farmington Library at 6 Monteith Drive.



With the Book Nook closed due to virus concerns, the lobby offers a spacious viewing area. The sale features adult fiction as well as a variety of regularly changing genres (e.g., current political topics, history, biographies and memories, cookbooks and large print books). A large selection of puzzles is included. All sale items have been quarantined. Payment is on the honor system.

## **Griffin Health opens free COVID-19 testing**

STATEWIDE -- Griffin Health is offering free drive-through COVID-19 testing for residents across the state with Community Outbreak Testing Sites in Derby, Naugatuck, Middlebury, Farmington, and Willimantic.

The Naugatuck testing site is located at Ion Bank, 1430 New Haven Road., and is open on Wednesdays from 11 a.m. to 3 p.m. The Middlebury testing site is located at Quassy Amusement Park, 2132 Middlebury Road, and is

open on Fridays from 11 a.m. to 3 p.m.

[\[Related\] Valley Community Baptist Church holds three-month food drive »](#)

The Farmington testing site is located at Tunxis Community College, 271 Scott Swamp Road, and is open on Thursdays from 11 a.m. to 3 p.m. The Willimantic testing site is located at Rec Park, 79 Main St., and is open on Mondays and Fridays from 11 a.m. to 5 p.m.

No appointment is necessary for the Naugatuck, Farmington, Middlebury and Willimantic testing sites. The Derby testing site is at The Hewitt Center for Breast Wellness, 350 Seymour Ave. and is open on weekdays starting Friday, Nov. 13. Tests are by appointment only for this site. Contact the Griffin Call Center at 203-437-6815 Monday-Friday between 8 a.m. to 3 p.m. Individuals without a doctor's note for testing can use the promo code "Community" to schedule a test.

All test sites will have results available within 24 to 48 hours. A valid ID is required for all test sites. Visit [griffinhealth.org/covid](http://griffinhealth.org/covid) for more information.

FEEDBACK

## **Nutmeg Big Brothers Big Sisters hosting virtual gala featuring "The Voice" winner**

AREA -- Nutmeg Big Brothers Big Sisters will hold its annual gala virtually on Thursday, Dec. 10, at 7 p.m., featuring Governor Edward M. "Ned" Lamont and other celebrities, including winner of the inaugural season of "The Voice," Javier Colon.

"Over the summer, we heard from a wide range of past Gala attendees," said Andy Fleischmann, President & CEO of Nutmeg Big Brothers Big Sisters. "They were unanimous in their desire to find a way to still hold their 'favorite

event of the year.’ Our Board and staff were in agreement. This online version will preserve all the key Gala elements: inspiring mentors and children, uplifting special guests and supporters, and a chance to appreciate all that our kids and their ‘Bigs’ are achieving. This online version of the gala – the 2020 Challenge – is an evening we believe will capture the wonderful feelings our guests have felt at past galas, without compromising anyone’s health or safety.”

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Adding undeniable luster to the Nutmeg Big Brothers Big Sisters 2020 Challenge are a constellation of celebrities with strong ties to the state’s communities. On hand will be musician, songwriter and singer Javier Colon. A native of Stratford and the winner of the first season of NBC’s “The Voice”, Colon will entertain the virtual audience with his rendition of a song that has topped the charts in multiple decades.

Emceeding the event is South Windsor born and bred Tim Lammers, weekday news anchor for the Fox 61 Morning News. Over the years, Lammers has reported on Nutmeg and volunteered as host at a number of the organization’s events. Offering well-chosen remarks and his congratulations to attendees will be the 89th Governor of the State of Connecticut, Edward M. “Ned” Lamont, Jr. A friend of the organization and a longtime advocate for children’s issues - both in his public and private life - Governor Lamont was the recipient of a Visionary Leader Award at the 2019 Nutmeg Big Brothers Big Sisters of the Year Awards event.

Ryan Matthews, Director of Programs at Nutmeg Big Brothers Big Sisters, said, “With a lineup like Javier Colon, Governor Lamont and Tim Lammers, our 2020 Challenge certainly has an abundance of star power. Yet, I like to think the real stars of the evening are the ‘Bigs’ (adult mentors) and ‘Littles’ (children being mentored), who event attendees will meet and get to know during the course of the evening. Mentors and mentees like Donovan Williams and his Little Brother Elijah, Jenn Pascal and her Little Sister Meladee and Big Brother Michael Johnson and his Little Brother Zamarion. Our ‘Bigs’ and ‘Littles’ are the backbone of our organization. They are its heart and soul. Their generosity of spirit, I believe, is immediately obvious. I can’t wait for attendees to see them in action.”

“The Event Committee and I have been busy securing items for the Live Auction,” said Mariah Nolan, Nutmeg’s Development and Events Manager. “I’m one hundred percent certain that everybody who joins us for the 2020 Challenge will be thrilled with the range of offerings we’ve assembled. I’m also happy to say that professional auctioneer and attendee-favorite Paul Stansel is back this year to preside over our Live Auction and Fund-the-Mission portion of the program. Our event is different this time around, and I see this as an opportunity. In years gone by, our galas were held at locations that could only accommodate a couple of hundred people. Now, because



we're going virtual, an unlimited number of people can take part in a unique night of fun, inspiration and surprises.”

For more information on the Nutmeg Big Brothers Big Sisters 2020 Challenge, or for registration and sponsorship details, go to: <https://www.betterunite.com/NutmegBigBrothersBigSisters-2020challenge> or contact Mariah Nolan at [mariahn@nbbbs.org](mailto:mariahn@nbbbs.org) or 781-844-6993.

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## **Hartford HealthCare Center for Healthy Aging offers virtual classes in December**

AREA -- Hartford HealthCare Center for Healthy Aging, a not for profit member of Hartford HealthCare Senior Services, offers many educational events each year, often in conjunction with area senior centers. Observing current social guidelines and restrictions, HHC Center for Healthy Aging is continuing to provide pertinent health information through virtual platforms. For more information about Hartford HealthCare Center for Healthy Aging, visit <http://hhccenterforhealthyaging.org> or call 1-877-424-4641.

Virtual Dementia Caregiver Support Groups meet: Caregivers often have overwhelming responsibilities assisting their loved ones in doing the most basic tasks while juggling their own lives. To provide education and a venue to discuss challenges and helpful strategies, Hartford HealthCare Center for Healthy Aging offers a variety of virtual dementia caregiver support groups.

FEEDBACK

Topics include: communication techniques, caregiver support, benefits of activities, family dynamics and safety issues. Each virtual group requires one-time registration after which instructions for joining will be provided. The groups meet at various times to make it easier for more people to participate:

Second Wednesday of every month (Dec. 9), 10 to 11 a.m., facilitated by Adrienne DeVivo, dementia specialist. Registration is required; call 1-855-442-4373 or visit [HartfordHealthCare.org/VirtualClasses](https://HartfordHealthCare.org/VirtualClasses).

Second Wednesday of every month (Dec. 9) 6:30 to 8 p.m., facilitated by Patty O'Brian, CDP, certified dementia specialist. This group is associated with the Alzheimer's Association Connecticut Chapter and is sponsored by HHC Center for Healthy Aging and Southington Care Center. Registration is required; call 1-855-442-4373 or visit [HartfordHealthCare.org/VirtualClasses](https://HartfordHealthCare.org/VirtualClasses).

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Third Monday of every month (Dec. 21) excepting holidays, 1 to 2:30 p.m., facilitated by Patty O'Brian, CDP, dementia specialist. This group is coordinated with the Berlin-Peck Library and sponsored by HHC Center for Healthy Aging and Alzheimer's Association Connecticut Chapter. Registration is required; call 1-855-442-4373 or visit [HartfordHealthCare.org/VirtualClasses](http://HartfordHealthCare.org/VirtualClasses).

Last Monday of every month (Dec. 28), 10:30 to 11:30 a.m., facilitated by Michelle Wyman, dementia specialist. This group is sponsored by HHC Center for Healthy Aging and Duncaster. Registration is required; call 1-855-442-4373 or visit [HartfordHealthCare.org/VirtualClasses](http://HartfordHealthCare.org/VirtualClasses).

Call-in Dementia Caregivers Support Group – Meets every Friday from 2 to 3 p.m., facilitated by a dementia specialist. Registration is not required. To join Hartford HealthCare's Virtual Meeting Room, call: 860-972-6338 and when prompted, enter the access code 19623#.

FEEDBACK

CHOICES counseling sessions focus on Medicare benefit options: Hartford HealthCare Center for Healthy Aging is offering free CHOICES counseling sessions during Medicare's Annual Open Enrollment period currently underway to Dec. 7. Individuals can meet one-on-one with a CHOICES counselor to discuss Medicare benefit plans. CHOICES counseling is by appointment and is available in the Center for Healthy Aging offices, telephonically and virtually.

CHOICES is Connecticut's program for Health insurance assistance, Outreach, Information and referral, Counseling, and Eligibility Screening. CHOICES counselors advise, educate and empower individuals to navigate the increasingly complex Medicare program and help beneficiaries make choices among a vast array of options to best meet their needs. This free service is available to individuals new to Medicare as well as those already

enrolled. Appointments must be made. For more information or to make an appointment, contact HHC Center for Healthy Aging at 1-877-424-4641.

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**Virtual Class: Movement Disorders Caregivers Support Group.** For those who care for people with movement disorders or neurological conditions, a virtual caregivers support group is offered on the first and third Tuesdays (Dec. 1 and 15), 10 to 11 a.m. Each session will spotlight a different caregiver/care-partner topic. Meetings will begin with a brief clinician-led presentation. Afterwards, participants can share and contribute their own thoughts and experiences related to the session topic. Sessions will take place bi-weekly through Zoom and everyone is encouraged to connect via audio and video, if possible.

Facilitators include Jennifer McCaughey, MS, CDP, Hartford HealthCare Center for Healthy Aging, and Amanda Brill, LCSW, and Jennifer Lambert, LCSW, of Chase Family Movement Disorder Center.

FEEDBACK

Registration is required once to join the virtual class. To register, contact [amanda.brill@hhchealth.org](mailto:amanda.brill@hhchealth.org) or [jennifer.mccaughey@hhchealth.org](mailto:jennifer.mccaughey@hhchealth.org). After registration, an email will be sent with easy instructions on joining the virtual class.

**Virtual Class: Staying on Your Feet in the Ice and Snow.** Avoiding slips and falls isn't always easy especially in the winter. However, there are a few basic strategies to prevent falls and reduce injury if a fall is inevitable. The virtual class, "Staying on Your Feet on the Ice and Snow," will be held Tuesday, Dec. 1, 1 to 2 p.m. Mitchell Nyser, exercise physiologist with GoodLife Fitness, will lead the program. Registration is required. Call 1-855-442-4373 or visit [HartfordHealthCare.org/VirtualClasses](http://HartfordHealthCare.org/VirtualClasses). After registration, an email will be sent with easy instructions on joining the virtual class.

GoodLife Fitness, a program of Hartford HealthCare, is geared toward the older adult to build energy, strength and endurance for an active lifestyle. An exercise physiologist works one-to-one with each person to improve muscular strength, balance, cardiovascular health and self-esteem, while reducing the risk of falls and injuries. For more information and about the eight locations, visit <https://hhcseniorservices.org/health-wellness/goodlife-fitness>.

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Virtual Class: Understanding Arthritis on Dec. 2. Doctors have identified more than 100 types of arthritis, a condition commonly characterized by pain and stiffness of the joints. A virtual class, “Understanding Arthritis,” will explore how dietary factors, free radicals and trauma can cause arthritis, how it is diagnosed, and what can be done to prevent it. This program will be held Wednesday, Dec. 2, 10 to 11 a.m. Evan Gross, exercise physiologist with GoodLife Fitness, will lead the program. Registration is required. To register, call 1-855-442-4373 or visit [HartfordHealthCare.org/VirtualClasses](http://HartfordHealthCare.org/VirtualClasses). After registration, an email will be sent with easy instructions on joining the virtual class.

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GoodLife Fitness, a program of Hartford HealthCare, is geared toward the older adult to build energy, strength and endurance for an active lifestyle. An exercise physiologist works one-to-one with each person to improve muscular strength, balance, cardiovascular health and self-esteem, while reducing the risk of falls and injuries. For more information and about the eight locations, visit <https://hhcseniorservices.org/health-wellness/goodlife-fitness>.

Virtual Class: Nutrition and the Anti-Inflammatory Diet. Inflammation, the body's natural reaction to injury or illness, can play a role in impacting chronic diseases including diabetes, heart disease and even cancer. A free virtual program, "Nutrition and the Anti-Inflammatory Diet," will be held Thursday, Dec. 3, noon to 1 p.m. Facilitator will be Eric Secor, ND, PhD, LAc, chief of integrative medicine at Hartford Hospital. Topics will include: allergy and immunology; functional medicine, herbal medicine and pain management; and anti-inflammatory diet. Registration is required; call 1-855-HHC-HERE/ or visit [www.HartfordHealthCare.org/VirtualClasses](http://www.HartfordHealthCare.org/VirtualClasses). After registration, participants will receive an email with easy instructions on joining the webinar.

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Monthly Virtual Memory Café open to those with memory loss: The Virtual Memory Café is a welcoming place for people with memory loss, mild cognitive impairment, early dementia and for their families and friends. Memory café offers an easy and fun way to socialize with others who have a shared experience. The "café" meets every Monday effective Dec. 7 from 10:30 to 11:30 a.m. The group is facilitated by a dementia specialist with Hartford HealthCare Center for Healthy Aging.

One-time registration is required; call 1-855-HHC-HERE/ 1-855-442-4373 or visit [www.HartfordHealthCare.org/VirtualClasses](http://www.HartfordHealthCare.org/VirtualClasses). After registration, participants will receive an email with easy instructions on joining the webinar.

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Virtual Class: Storm Preparedness – Be Medically Ready. Prevention and preparedness build the foundation to have a good outcome when possibly facing a medical emergency during a storm. A free virtual class on Tuesday, Dec. 8, 1 to 2 p.m., will include steps to prepare emergency plans, considerations for long-term health conditions and essential tips. A Hartford HealthCare Center for Healthy Aging transitional care nurse will lead the program. The program is sponsored by HHC Center for Healthy Aging and Meriden Senior Center. Registration is required; call 1-855-HHC-HERE or visit [www.HartfordHealthCare.org/VirtualClasses](http://www.HartfordHealthCare.org/VirtualClasses). After registration, participants will receive an email with easy instructions on joining the webinar.

Virtual class: Helpful Hints for Happy Holidays. The holidays can increase stress for caregivers and their loved ones with dementia, possibly even more so this year. A free virtual class, “Helpful Hints for Happy Holidays,” will provide tips to help make the holiday season more stress-free, manageable and enjoyable for all family members. The program on Tuesday, Dec. 8, 6 to 7 p.m., will be led by a dementia specialist with Hartford HealthCare Center for Healthy Aging. Registration is required; call 1-855-HHC-HERE/ 1-855-442-4373 or visit [www.HartfordHealthCare.org/VirtualClasses](http://www.HartfordHealthCare.org/VirtualClasses). After registration, participants will receive an email with easy instructions on joining the webinar.

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Virtual Class: Let’s Talk About the Brain on Dec. 15. Insights into the function of the brain, keeping the brain healthy and age-related changes, are some of the topics that will be discussed at a free virtual class on Tuesday, Dec. 15, 1 to 2 p.m. The presenter will be Michelle Wyman, CDP, a certified dementia specialist with Hartford HealthCare Center for Healthy Aging. A question and answer period will follow the presentation. HHC Center for Healthy Aging and South Windsor Senior Center are sponsoring.

Registration is required; call 1-855-HHC-HERE/ 1-855-442-4373 or visit [www.HartfordHealthCare.org/VirtualClasses](http://www.HartfordHealthCare.org/VirtualClasses). After registration, participants will receive an email with easy instructions on joining the webinar.

Valley Community Baptist Church holds three-month food drive

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Virtual Class: Long-Term Planning, Asset Protection and Veterans Benefits. Issues pertaining to elder law can be confusing. A free virtual class on Thursday, Dec. 17, from noon to 1 p.m., will cover pertinent topics including estate planning, special needs planning, wills and trusts, probate, trust administration, and more. Attorney Steven Rubin will also include discussion on public benefits, Medicaid, veterans benefits and tax planning. A

question and answer period will follow the presentation. Registration is required; call 1-855-HHC-HERE/ 1-855-442-4373 or visit [www.HartfordHealthCare.org/VirtualClasses](http://www.HartfordHealthCare.org/VirtualClasses). After registration, participants will receive an email with easy instructions on joining the webinar.

## **Artist Kate Emery auctions painting to benefit INTEMPO and music education**

FEEDBACK

FARMINGTON -- Connecticut artist Kate Emery is auctioning an original oil painting to benefit INTEMPO, a Stamford-based organization devoted to making music education for children accessible, relevant and inclusive. The landscape painting, *Sunset on the Beach – Costa Rica*, depicts a vivid scene of Costa Rican mountains, sea and shore. Bids will be accepted online at [KateEmery.com/auctions](http://KateEmery.com/auctions) through 8 p.m. ET on Nov. 30.

A second-career artist who works full-time from her Farmington Valley studio, Emery founded The Walker Group, a Farmington-based technology and digital marketing services firm that donates one-third of any distributed profits to community projects. She also established reSET, a Hartford-based nonprofit that seeks to advance the social enterprise sector in the state by encouraging nontraditional entrepreneurs who wish to use business as an engine for solving community or environmental problems.



INTEMPO serves children ages 6 to 17 and aims to broaden their understanding of our world and grow their life skills through classical and traditional music. Emery will donate 75-percent of the price realized for her 24x30-inch Sunset on the Beach – Costa Rica painting, valued at \$1,000, to support the unique musical instruction and performance experiences the nonprofit provides. Interested bidders may visit [KateEmery.com](http://KateEmery.com) to see the painting.

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