



Social Services News

JANUARY 2019

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

SLIPPERY SEASON ACCIDENTS HAPPEN MAYO CLINIC OFFERS TIPS

Even if you are healthy and active, accidents happen! Here are ten tips recommended by the Mayo Clinic to help you avoid falls:

- Inspect your home for hazards inside and out. Floors, steps, sidewalks.
- Arrange to have driveways and sidewalks plowed and salted.
- Walk like a penguin. People of any age should take short, careful steps when navigating snow or ice, adopting a wide stance and pointing feet slightly outward to maintain a center of balance. Keep your hands out of your pockets for added leverage.
- Exercise your legs and core to improve strength and balance.
- Know your limitations.
- Protect yourself with good footwear-inside and out.
- Keep your head up. Pay close attention to where you're walking.
- Use railings. Get in the habit of holding the hand railings whenever they are available.
- Take it easy. Give yourself plenty of time to get in and out of your car and to walk to and from your destination.
- Be prepared. Wear winter gear even for short walks so you will be protected if you take a spill.

Taking steps to modify your environment or behavior can go a long way to ensure that you stay safe this winter season. For more health tips and information, please visit mayoclinic.org.

CLOSINGS IN JANUARY:

Tuesday, January 1st, New Year's Day.
Monday, January 21st, Presents' Day
LP Wilson Closed. Food bank closed.

BAD WEATHER ALERT:

If Windsor schools are closed, then Mobile Foodshare & Groceries To Go are cancelled. Watch for closings on Channel 3 and Channel 30 news.

HOLIDAY PROGRAMS!

- *On November 15th and the days leading up to Thanksgiving, the Windsor Food Bank distributed over 200 turkeys to households in Windsor!
- *In the month leading up to and into December, the Project Santa program, sponsored by First Town Downtown, supported by many local "elves" fulfilled the holiday wishes of more than 300 children in Windsor!
- *Windsor CARES annual Socktober sock collection collected 450 socks which their volunteers stuffed with personal care items and delivered to a local shelter.
- *CARES volunteers also assembled over 200 holiday bags filled with fresh fruit and candy which were delivered to the residents at the Windsor housing sites. Groceries to Go participants were also treated to the same bags during the recent distribution.

We would like to thank EVERYONE who volunteered their time and/or donated to the many projects and programs during the holiday season that help to make a difference in the lives of people in need!



GROCERIES TO GO

Jan. 11th & 25th
10:30 AM—11:30 AM
Windsor Senior Center



MOBILE FOODSHARE

Jan. 4th & 18th
8:45 AM —9:15 AM
130 Deerfield Rd., Old Elk's Lodge

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ENERGY ASSISTANCE UPDATE CRT

CRT is currently taking appointments at all office locations, including LP Wilson, for the 2018-2019 energy season. Call (860) 560-2694 to schedule an appointment. All appointments must be scheduled through the Hartford main office.

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

GOT MEDICARE QUESTIONS?

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

CASEWORKER AT THE LIBRARY

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

JANUARY SNAP OUTREACH

Supplemental Nutritional Assistance Program. Wednesday, **January 2nd** between 1:-4:00 pm and Friday, **January 18th** between 9:-12:00 noon at the LP Wilson Community Center. Call 860-285-1839 for more information or to schedule an appointment.

WINDSOR HUNGER ACTION TEAM

Windsor HAT meets the 1st 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 **Jan. 2nd**. Contact Susan Nunes for information at 860-285-1839.

MONTHLY 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 will be held **January 8th** at 1:00 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. The next meeting will be on Tuesday, **January 15th** at 11am. Call Social Services for more information at 860-285-1839.

Fitch Court SHARE Group:

Meets on Wed., **January 9th** from 2:-3:00 PM in the Community Room. Call Maggie at 860-285-1839 for information.

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

HAPPY NEW YEAR!

The staff at the **Windsor Social Services Department** - Anne, Sue, Deb, Andy, Maggie, Jasmine, Ted and Susan - wish you all a very happy and healthy 2019.

Please always feel free to give us a call.
We would be happy to assist you with program information and community resources.

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

Jasmine Hall, Caseworker

Ted Hughes, Food Bank

