The staff of the Commission on Aging and Greenwich Senior Center are working remotely. You can still call the office or email us if you have a specific question or concern. We’d love to know what you all have been doing to cope and connect. Feel free to share by emailing agefriendlygreenwich@gmail.com.

Commission on Aging
203-862-6710
Greenwich Senior Center
203-862-6700

Lori Contadino, MS, Director
Commission on Aging

Town of Greenwich, CT
www.greenwichct.org
Thank You To Our Generous Sponsors!

Morgan Stanley

Proud Supporter

Morgan Stanley is proud to support
The Greenwich Commission on Aging.

Greenwich Branch
One Fawcett Place, 3rd FL
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Amy.Mooney@morganstanley.com

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New York (914) 517-0529
Email: info@sterlingcare.com Website: www.sterlingcare.com

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Coxe & Graziano Funeral Home
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(203) 489.3333

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www.theriverhouse.org
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Donna Spillman, MS Executive Director

Waveny LifeCare Network
(203) 594.5200

Yale NewHaven Health Greenwich Hospital
(203) 863.3000

CareFinders Total Care
(203)569.4900 • 188 North Street, Stamford, CT 06901 • carefinders.org

Greenwich Library
(203) 622.7900
SOCIAL DISTANCING

The Greenwich Commission on Aging is collaborating with Greenwich High School, under the stewardship of Headmaster, Ralph Mayo, to connect high school students with older adults in our community that would like to receive a regular friendly telephone call. The need for daily socialization, social interaction and connection with others has never been more important than now. Practicing “social distancing” doesn’t mean that we have to be “socially disconnected!” If you are an older adult interested in receiving a regular call to connect, chat and check-in, please call or email Sharon Wilson at Greenwich High School at 203-554-2780 or sharon_wilson@greenwich.k12.ct.us.

VIRTUAL TAX PREP

Free, On-Line Tax Preparation Available

- VITA (Volunteer Income Tax Assistance), the IRS’s companion to the AARP volunteer income tax program, has initiated a virtual (on-line) option for the free preparation and e-filing of your taxes.
- You will need 20 to 30 minutes to complete and submit the form.
- VITA will then schedule a one hour time slot on the portal to have a phone or video interview to complete and go over your return.

Please click here for answers to frequently asked questions and further information (en español).

Begin the process now.
WE WANT TO HEAR FROM YOU!

greenwich
UNITED WAY

YOUR PARTICIPATION IS GREATLY NEEDED!
Please take the Greenwich United Way Needs Assessment survey – conducted every five years – to help create the road map to ensure every resident of Greenwich has the opportunity to be healthy, educated and self-sufficient.

We Find It. We Fund It. We Fix It.
We are Greenwich.

GREENWICHUNITEDWAY.ORG/NA2020/
Please share with others dedicated to the people of Greenwich!
La encuesta también está disponible en español.

Free Online Brain Coaching to Keep You Sharp at Home
Hosted by Cognitive Wellness Expert Dr. Cynthia Green

Looking for ways to stay intellectually engaged while isolated? Join us for a series of 6 pre-recorded online brain training sessions you can use to:
- build focus and attention
- boost memory skills
- improve speed of processing
- jump start nimbleness

All from the comfort of your home!
How does it work?
- Visit our TBH On Demand YouTube channel @ http://totalbrainhealth.com/tbh-on-demand
- Watch the video or listen to the podcast-style audio recording
- Train with Dr. Green as she shares the research and guides you through interactive brain-building workouts
- Keep training with printable worksheets you can do on your own
- Share your feedback and suggestions on what training you’d like next using the survey included with each video
- Subscribe to the TBH On Demand Channel and check back regularly!

TOTAL BRAIN HEALTH
ON DEMAND
www.totalbrainhealth.com • info@totalbrainhealth.com
Travel challenges in the 17th and 18th centuries

The main route from Boston to New York, called "The Country Road," in the seventeenth and eighteenth centuries, went through Greenwich (later becoming U.S. Route 1), but it was a very rocky, hilly—even precipitous—route until improvements were made in the late eighteenth or early nineteenth century. Many travelers recorded their experiences in diaries or books.

Sarah Knight, 38, journeying by horseback in 1704, remarked on the "mountanos" (sic) incline the road took on the east side of Greenwich, which "broke my heart in ascending." (It was very probably the steep "Putnam Staircase" that features in the account of Israel Putnam's flight during the American Revolution.)

Scottish physician, Alexander Hamilton (no relation to the more famous founding father), journeyed from Maryland to Maine in 1744, arriving in Norwalk on August 29. That day, the traveler wrote (with his spelling), he "rid 10 miles of stonny road, crossing several brook and sand rivuletts that run into the Sound, till I came to Stamford. A littel before I reached this town, from the top of a stonny hill, I had a large open view or prospect of the country westward. The greatest part of it seemed as if it were covered with a white crust of stone, for the country here is exceeding rocky, and the roads very rough, rather worse than Stonnington."

On the return trip, Hamilton experienced the relief many travelers wrote about when he got over the New York border onto better roads: "Farewell, Connecticut," said I, as I passed along the bridge. "I have had a surfeit of your ragged money, rough roads and enthusiastick people."

In 1750, James Bircket, traveling toward New York, wrote that the stretch between Greenwich and Stamford was a "Most Intolllerable bad road" (his spelling). In 1786, another traveler, Englishman Robert Hunter Jr., made note of the "steep precipice that General Putnam galloped down when he was surprised by the enemy. One would think to look at it, it must be a certain death. - The road is made to wind around this precipice so as to avoid (it) entirely. You have an elegant view of the country from the summit of it. In areas where farmers had cut down trees, the views from Connecticut hills were likely much more noticeable than today.

America's Founding Fathers also passed through town on the road. In 1774, the Massachusetts delegation to the First Continental Congress began riding along the route: John Adams, Samuel Adams, Robert Treat Paine and Thomas Cushing all rode together.

George Washington came through the area during the American Revolution and again, as president, in October 1789. Between New York state and Stamford, the Virginia farmer thought the land seemed "strong" with plenty of grass. He also noticed the crops and livestock: plenty of pumpkins and Indian corn visible, droves of beef cattle and a flock of sheep. "The cattle seemed to be of good quality, and their hogs large, but rather long legged." He particularly noted the numerous "fences of stone.

"By the 18th century, plans were underway to improve the road between Fairfield and the New York border, "for even travelers from overseas were learning to avoid this part of the road by taking the boat between New Haven and New York," according to Louise H. McLean.
BRAIN TEASERS

1. What is at the end of a rainbow?
2. How many months have 28 days?
3. Railroad crossing, watch out for cars. Can you spell that without any Rs?
4. Two mothers and two daughters went out to eat. Everyone ate one burger, yet only three burgers were eaten in all. How is this possible?
5. A man was taking a walk outside when it started to rain. The man didn’t have an umbrella, and he wasn’t wearing a hat. His clothes got soaked, yet not a single hair on his head got wet. How could this happen?
6. How many seconds are there in a year?
7. You walk across a bridge and you see a boat full of people, yet there isn’t a single person on board. How is that possible?
8. Beth’s mother has three daughters. One is called Laura, the other one is Sarah. What is the name of the third daughter?
9. What’s full of holes but still holds water?
10. How can you throw a ball as hard as you can, only to have it come back to you, even if it doesn’t bounce off anything?
11. I am an odd number. Take away one letter and I become even. What number am I?
12. What never asks questions but is often answered?
13. What belongs to you but other people use it more than you?
14. I have a large money box, 10 inches wide and 5 inches tall. Roughly how many coins can I place in my empty money box?
15. A sundial has the fewest moving parts of any timepiece. Which has the most?

ANSWERS ON PAGE 18

The Remote Associates Test (RAT)

The Remote Associates test is a test of creative potential. It was developed by Martha Mednick in 1962 and has since been considered as a valid measure of creativity.

Each RAT question presents three cue words that are linked by a fourth word, which is the correct answer.

1. Example: fountain / baking / pop (Answer = Soda)
2. aid / rubber / wagon
3. high / district / house
4. sense / courtesy / place
5. piece / mind / dating
6. pie / luck / belly
7. opera / hand / dish
8. stick / maker / point
9. fox / man / peep
10. dust / cereal / fish
11. shine / beam / struck
12. peach / arm / tar
13. right / cat / carbon
14. home / sea / bed
15. sage / paint / hair
16. French / car / shoe
17. mill / tooth / dust
18. main / sweeper / light
19. office / mail / hat
20. fly / clip / wall
21. tank / hill / secret
22. age / mile / sand
23. lift / card / mask
24. guy / rain / down

(ANSWERS ON PAGE 18)
"Get Organized!" Class
Free Online Training - New Session Now Available!

Learn how to master memory with some easy but unusual organizational strategies!

Train anytime, anywhere with TBH On Demand, a complimentary online brain fitness training program hosted by Dr. Cynthia Green.

A new class is now available!

Get Organized! teaches 4 effective "memory tools" everyone can use to remember better. Reduce the daily frustration of losing your keys and forgetting passwords with these out-of-the-box organizational strategies! Use the provided worksheets to continue "brain training" on your own.

Find "Get Organized!" and all our great TBH On Demand free brain training classes at:

totalbrainhealth.com/tbh-on-demand.

For more information and to share this opportunity with your community, click to download the flier below.

Here's to building better brains, together!
The Team at Total Brain Health

Please join us for:
A Community Conversation with First Selectman Fred Camillo on the Town's response to the COVID-19 pandemic and the needs of our residents.

Thursday June 18, 2020
2:30 pm (subject to change)
To Join: Click the CONNECTT link on website below this Newsletter and follow directions

Protect yourself from fraud
Scammers may use COVID-19 as an opportunity to steal your identity and commit fraud. Be wary of unsolicited requests for your Medicare number or other personal information. Additionally, the US Treasury Department also wants to alert the public about scams in relation to their stimulus check.

Be cautious if you're being pressured to share any information or make a payment. Medicare, Social Security and the IRS will not call you! When in doubt, assume it's a scam.

Lori Contadino, MS, Director
Commission on Aging

Town of Greenwich, CT
www.greenwichct.org
Welcome to the monthly edition of The Greats Corner. Each month I will be bringing you the latest updates on what the Greats is up to!

Our Mission Statement tells us that since 1972, we have been: “A time honored Greenwich organization called The Greats Inc. now residing at the Greenwich Senior Center.

For all our members of the Center, we support and enhance programs with our own creative ideas. We carry on this tradition in the 21st Century with purpose, pleasure and dedication.”

I am pleased to report that we did meet on May 13. With the help of Lynn, Laurette, and GCDS, it was the first time in the history of the Greats that we met virtually on Zoom. We all thought the meeting went well.

Nothing of real substance was discussed. We had a moment of Silence for our Board Member, Teresa Kelly who sadly passed away recently.

We discussed a few administrative procedures. However, the most important decision we made was to keep meeting monthly, excluding July and August, when we recess. Hopefully, we can return to some normalcy in September. If not, we will continue having meetings virtually.

Before I close for the summer. I would like to share with you “A Few Of My New Favorite Things:”

- Walking outside of my front door and smelling the clean fresh air.
- Watching springtime as it blossoms into full glory
- Hearing the peepers on a cool damp spring evening, calling out their song.
- Getting into my car and just driving on uncrowded roads.
- Catching a glimpse of a red fox soaring down the street with a squirrel in it's mouth, bringing her catch to her pups in a nearby den.
- Sharing a meal with someone I love.
- Learning something new, ie, how to Zoom!
- Reading a good book, I just finished Devil In The White City by Eric Larson, excellent!
- Reconnecting with friends with whom I have not spoken to in a while.
- Learning to meditate.
- Taking photographs and printing them out on my printer.

These are some of my “New Favorite Things” since I have been quarantined at home. Covid-19 is the enemy, it will not defeat us. Sadly, it has taken many casualties. However, we are strong and we will outwit this virus.

I have never experienced anything quite like this before in my life. If it has taught me anything, it has shown me that we must not take anything for granted. Things I thought were so important at one time, seem to melt away into trivia now.

What is paramount to us is, to learn to cherish, appreciate, and nurture our favorite things! I only hope that when all this is over, we don’t become complacent and lose track of this and Remember... give your stress wings and let it fly away.

Stay safe, and healthy.

Respectfully yours,
Frank Rota
Greats Inc, President

Editor’s Note: The next Greats Board Meeting will be held:

Wednesday June 10, 2020
2:30 pm
Via Zoom

COMING SOON: Art Classes with Chris Gordon
SOCIAL SECURITY’S ONLINE SERVICES ARE READY FOR BUSINESS

By Robert Rodriguez
Social Security Public Affairs Specialist in New Britain, CT

During this time when our physical offices are closed to the public, you may wonder, “How can I get help from Social Security without visiting an office?” You can find the answer at www.ssa.gov/onlineservices, which links you to some of our most popular online services. You can apply for retirement and disability benefits, appeal a decision, and do much more.

Our newest my Social Security feature, Advance Designation, enables you to identify up to three people, in priority order, who you would like to serve as your potential representative payee in the event you ever need help managing your benefits. We have updated our Frequently Asked Questions at faq.ssa.gov/en-us/Topic/article/KA-10039 to answer questions you may have about Advance Designation.

You can also apply for Medicare online in less than 10 minutes with no forms to sign and often no required documentation. We’ll process your application and contact you if we need more information.

Visit www.ssa.gov/benefits/medicare to apply for Medicare and find other important information. If you’re eligible for Medicare at age 65, your initial enrollment period begins three months before your 65th birthday and ends three months after that birthday.

We’ve organized our Online Services webpage into four popular categories for easy navigation:

Review Your Information. You can access your secure, personal information and earnings history to make sure everything is correct. You can even print statements with ease.

Apply for Benefits. You can apply for retirement, disability, and Medicare benefits without having to visit a field office.

Manage Your Account. You can change your direct deposit information and your address online.

Find Help and Answers. We’ve answered your most frequently asked questions, and provided links to publications and other informational websites.

Let your family and friends know they can do much of their business with us online at www.ssa.gov.

PUZZLE ANSWERS

REMOTE ASSOCIATION TEST (RAT)

1. Soda 13. Copy
2. Band 14. Sick
3. School/Court 15. Brush
4. Place 16. Horn
5. Game 17. Saw
6. Pot 18. Street
7. Soap 19. Box
8. Match 20. Paper
9. Hole 21. Top
11. Moon 23. Face
12. Pit 24. Fall

BRAIN TEASERS

1. The letter 'W'
2. All 12 months
3. T-H-A-T
4. They were a grandmother, mother and daughter.
5. The man was bald
6. Twelve. Jan 2nd, Feb 2nd, March 2nd...
7. All the people on the boat are married.
8. Beth
9. A sponge
10. Throw the ball straight up in the air.
11. Seven (take away the 's' and it becomes 'even'
12. A doorbell
13. Your name
14. Just one, after which, it will no longer be empty
15. An hourglass—It has thousands of grains of sand.

TRIVIA

1. A bluebird
2. A den
3. The bark
4. Locksley
5. El Dorado
6. Violet
7. A cob
8. Hubert Humphrey
9. Minerva
10. Brass
11. Laughing gas
12. “Jarhead”
13. 1948
14. Share price and earnings
15. Stone age and iron age
16. The Delaware River
17. Christmas
18. Atlas
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<tr>
<td></td>
<td>2:30</td>
<td>Keep Your Brain Healthy</td>
</tr>
<tr>
<td>25</td>
<td>9:00</td>
<td>Meditation with Megan Young</td>
</tr>
<tr>
<td></td>
<td>10:30</td>
<td>Trivia with Lynn Mason</td>
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<td></td>
<td>1:30</td>
<td>Tai Chi with Bill Wrenn</td>
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<tr>
<td></td>
<td>4:00</td>
<td>Larry Batter’s Living Room Concert</td>
</tr>
<tr>
<td>26</td>
<td>9:30</td>
<td>Senior Stretch with Tamara</td>
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<tr>
<td></td>
<td>10:30</td>
<td>Chair Yoga w/ Denisa Neza</td>
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<tr>
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<td>1:00</td>
<td>Pilates Gold w/ Jeannie</td>
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<tr>
<td></td>
<td>2:00</td>
<td>Meditation with Brooke Rizzo</td>
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<tr>
<td></td>
<td>5:00</td>
<td>Rebecca Sweet - Harpist</td>
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To Connect to Zoom: Close newsletter and scroll down below to click anywhere on weekly calendar just below newsletter on Senior Center Website

Programs in green hosted by Greenwich Senior Center
Programs in Blue hosted by Edgehill Senior Living
All are invited to attend any program