

AUGUST ISSUE 2021

POSITIVE INSIGHTS

FITNESS

FITNESS IS MORE THAN
WEIGHT LOSS

GET READY FOR FALL

POSITIVE OUTLOOKS, LLC. NEWSLETTER

POSITIVE UPDATES.

EDITOR

Positive Outlooks Family,

Thank you for viewing the 7th Issue of Positive Insights a publication by Positive Outlooks to keep you informed about upcoming activities, events, community information, and health and safety news.

We hope this publication becomes a community publication that has submissions from our clients, community, and staff. We invite you to share anything from articles, artwork, questions, poetry, photos or anything else. Your submission does not have to be about home care or community services, it could be personal to you.

Christine Sedita

Development Coordinator

IMPORTANT:

The Positive Outlooks, LLC. office will be closed to the public and walk-in staff until September 1, 2021 until renovations are complete.





We're counting down to the grand opening of our new headquarters on 1484 Highland Ave. in Cheshire.

Stay tuned for our invitation to our Grand Opening Day Ribbon Cutting ceremony which will take place after we open!

Our new Positive Outlooks, LLC. headquarters will offer an array of services to meet the needs of our clients and the community. We would enjoy your feedback about some of the activities, training, games and fun activities including trips you would like to see through Positive Outlooks, LLC.

Please take the time to fill out the below survey, or email csedita@positiveoutlookslc.com to share your ideas or suggestions.



- ☐ I am a client ☐ I am a provider ☐ I am a family member

- ☐ I would like to see more day trips (Bus trips, casino, museum, zoo, bowling, plays, etc.) for myself or my clients.

- ☐ I would like to have games, video games, paint nights, crafts and other recreation in the office for myself or clients.

- ☐ I would like access to a computer lab in the office for myself or clients.

- ☐ I would like to see more educational programs or training classes for myself or clients.

- ☐ **Other:**

If you would like to send more detailed suggestions or would even like to be a part of the planning process or provide a class please email our Development Coordinator, Christine at csedita@positiveoutlookslc.com.



CONNECTICUT'S RENTERS' REBATE PROGRAM

For Elderly and
Disabled Renters

The State provides reimbursements to elderly or disabled renters in need. These rebates can be up to \$900 for married couples and \$700 for individuals.

APPLICATION PERIOD

April 1, 2021 - October 1, 2021

FOR INFORMATION

Visit: bit.ly/3m6clSQ

Call: 860.418.6377

Applications can be made to your town social service agency or the Assessor's Office

- More than 350,000 yellow, orange, and red sunflowers make up this year's maze.
- The maze is approximately 3 acres in size
- The average time to make it through the maze is about 30 minutes
- During your walk amidst the sunflowers you'll see butterflies and yellow finches, with the surrounding orchard hills as a beautiful scenic backdrop.
- Your trip through the Sunflower Maze will be educational too as you'll learn all about Arthur Read, the star of the popular CPTV Kid's series "Arthur"

The maze will be open daily from 9:00 a.m. to 5:00 p.m. Admission is \$10 for adults, \$6 for ages 4 – 12, and free for children under 3 years.

The last entrance to the maze is at 4:30 p.m. For daily updates on the maze and Pick Your own, call our 24-hour hotline at 860-349-6015.

lymanorchards.com



**2021 Sunflower Maze at
Lyman Orchards
July 31, 2021 - August 31**

FITNESS MONTH

Fitness is more than a weight loss regimen. For individuals with disabilities or those aging in place, fitness can improve overall health, provide energy, improve mental health and wellness, increase range of motion, help with bladder or bowel movements, reduce pain and even reduce the risk of injury.

However, fitness needs to be geared towards each individual based on their needs, disabilities, injuries, or illnesses. It is important to speak to a physician or specialist before starting any fitness routine to ensure it is safe and right for you.

Here are some easy things you can start today:

-Go for a Walk. Those who utilize a wheelchair or walker could benefit from going outside, getting fresh air, and moving around. A walk can benefit you by providing fresh air, sunlight, movement and even socializing in the community. Those who go for walks tend to say hello to their neighbors more frequently. Keep the walk simple and short until you work yourself up to be able to go farther. Save energy for your return home and drink plenty of water.

- Stretch. As long as it is safe to do so, stretch your arms, legs, hands, or torso. Try to do this if you are sitting for any prolonged period of time. It helps stretch muscles to decrease pain from tightened muscles, increases blood flow, and provides a quick boost of energy.

- Join a class. There are many classes such as yoga, line dancing, cycling, and more that are specifically designed for individuals of all abilities.

For more great fitness ideas visit:

Senior Lifestyles:

<https://www.seniorlifestyle.com/resources/blog/7-best-exercises-for-seniors-and-a-few-to-avoid/>





COOLING SMOOTHIE

- 8-10 Frozen Strawberries (greens removed)
- 1 Banana (fresh or frozen)
- 1 Greek Yogurt - (Plain or vanilla)
- 1 cup of diced kale (optional)
- 2 cups of milk (almond, oat, or protein milk)

Put the above ingredients into a blender and blend until it is the consistency that you want, 20-30 seconds approximately.

If the smoothie is too thin, you can add an additional milk base.

Try other fruit combinations such as blueberries and strawberries or peaches and bananas. You can also add protein or nutritional powders such as matcha, Shakeology, or protein to your shake based on your own nutritional needs.





Positive Outlooks, LLC. will be at the Cheshire Fall Festival on September 11th!

Come visit us as we make our headquarters debut in Cheshire Connecticut.

For full schedule, times and list of vendors please visit:
<http://cheshirefestival.com/>

Friday, September 10th, 2021 – Food Trucks and Music

Saturday September 11th, 2021 – Cheshire Fall Festival. Vendors, crafters, Raffles and so much more.

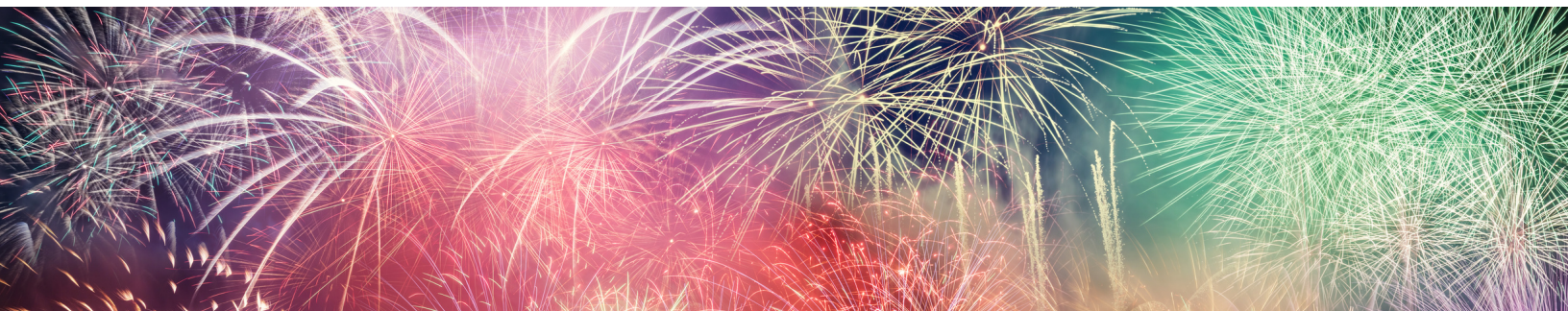
September 11th, 7:30 PM - 8:30 PM Fireworks

Classic Car Show

\$10.00 Entry Fee

Saturday, September 11th, 2021

Raindate Sunday September 12th



Get Ready for School?

It's never too late to go back to college.

Returning to school is not always about getting the perfect job or making more money. Many individuals return to school to socialize, learn something new, and to stay active. Returning to school can be an incredible goal to set for one's self.

Did you know that senior citizens and individuals with disabilities get an incredible discount and even free college tuition?

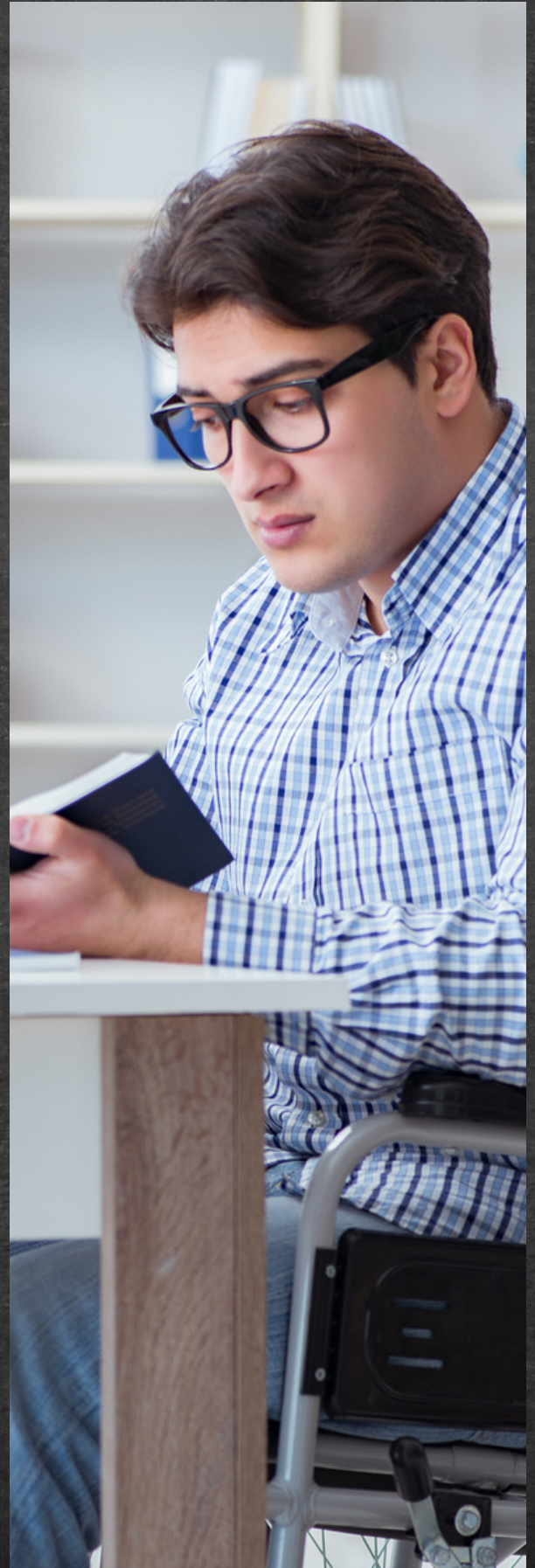
College is free for citizens 62 years and older at Uconn, University of Connecticut, and all of Connecticut's Technical Colleges. This includes everything from languages, to culinary degrees.
<https://www.cga.ct.gov/2012/rpt/2012-R-0508.htm>

Individuals with disabilities may also be eligible for free college or financial assistance through FASFA for low or limited-income individuals.

Regardless of disability, individuals of any age, may be eligible for technology and adaptation equipment to return to school through the Connecticut Tech Act Project (CTTAP).

Regardless of age and disability, there are numerous opportunities for transportation including personal care private transportation, VIOS, Valley Transit and even programs through some of the colleges that will assist individuals.

If you're interested in returning back to school, reach out to a college counselor to get information about your options and opportunities. Ask about their accommodations for individuals with disabilities.



COMMUNITY PAGE

Share your stories, art, announcements, ads, and more here!
Email Csedita@positiveoutlookslc.com



Advertise Here FREE!

Our Newsletter goes out in emails, employee boards, and social media.
csedita@positiveoutlookslc.com



Sept. 17 & 18

Naugatuck Town Green

Fried Dough, Fried Oreos, Crafters,
Education, art, Jewelry and much more.

Vendors Needed!

<https://www.troop102ct.com/index.php/harvestmoonfestival>

COLOR STREET STYLIST

*Splash of Glam
with Jenn*

- 100% Real Nail Polish Strips
- Get a nail salon-quality manicure at home or on the go
- Peel and apply! No Dry Time!
- Lasts for up to 10 days!

www.colorstreet.com/Jennifertully



**CONNECTICUT
FARMERS' MARKET TRAIL**
www.FarmersMarketTrail.com



GRIFFIN HEALTH

COVID-19 VACCINES!

<https://www.griffinhealth.org/Coronavirus-COVID19-Information/COVID-19-Vaccination>

CT
CT Adventures
Visitct.gov

our influential women
Save The Date
Our Shining Stars
11.7.2021



THE BOY SCOUTS OF AMERICA
CONNECTICUT RIVERS COUNCIL

Soaring with the Eagles



Connecticut Rivers Council
Presents

History of Eagle Scouts in Connecticut
Book Release Eagle Call
Come join us in celebrating
Eagle Scouts throughout history.

Save the Date

November 13, 2021, 3:00 PM
Free Event

Camp Mattatuck Dining Hall
Includes light refreshments.

Please see details for more information on how to nominate
or sponsor an Eagle Scout for recognition in historic collectable book.



FIRST EDITION 2021



*Happy
Birthday*

ANIJAH GODFREY

JORDYN KRAUTER

TRACI KRAUTER

BYRON PITTMAN

GEM SYKES