

Dear Connecticut Chapter Members:

A note from Karoll Wiater, ARENU CT Chapter President

I hope this newsletter finds you well and enjoying our new lifestyle. Our lives have changed drastically with what is going on in the world. Many things are impacting us so we are living more and more in our houses than going about and seeing our friends and families, going on trips to see new places or to rest and relax, and enjoying the cultural and sports events in the area.

I don't know how you are all doing it, but with more time in the house I am finding that there are more things to clean and take care of because I use it more. So I try to get out of the house with different activities that do not bring you in contact with many people, and I try to keep busy with activities such as gardening, golf, tennis, kayaking and walking. I try to avoid one of my favorite hobbies, *shopping*, because being retired now is the time for downsizing in the house and it also brings you in contact with many more people. I have found a few websites to provide some of the things that are missing from my life that I've mentioned above. Here's a couple that you may find of interest:

Go.silversneakers.com - Exercise videos

Viking.TV - Weekly travel shows

Letsgoarts.org - Events in Greater Hartford Area weekly

Your local museums and libraries have online events.

Your local cultural locations such as the Bushnell, Schubert, and the Garde Arts Center have online events.

Try to find something you will enjoy doing to help you keep you from being a couch potato. Whatever you are doing in this time of the pandemic, racial and political upheavals, please be careful and stay safe.

COVID-19 Scams are Abundant

Some COVID-19 scams are targeting older adults, and I feel obliged to share them with you. You would think that being at home would keep all of us completely safe! Unfortunately, people are using COVID-19 as a way to scare us into complying with their SCAMS.

- **Counterfeit Stimulus Checks:** You might receive a fake check with a number to call for you to verify your information. Providing this information to them is simply a way for them to gain access to your checking account so they can take your money or use your personal information to secure credit cards and other documents
- **IRS Scams:** Someone calls you pretending to be from the IRS saying that they need your financial information in order for you to receive your stimulus check. Don't fall for this! The IRS has told us that they will never call you unless they are returning your call. They will also not contact you via text message or on social media
- **Fake COVID Vaccines/Test Kits:** Someone might try to sell you test kits or other products that they say you can use to test for the virus or that will prevent the virus. These might be vaccines, pills with high doses of Vitamin C or some kind of air filter system that they say will remove COVID-19 from the air in your home. There is no cure or vaccine for this virus and

testing is only available from your medical professional or through your local and state governments. And, none of these are delivered to your house

- **Errands-Grocery-shopping/Medication Pick-up:** Be careful of someone you don't know calling to offer to run errands for you such as grocery shopping and picking up medications or other supplies. These individuals will take your cash and never be seen again, leaving you empty-handed
- **Scams Targeting Your Social Security Benefits:** Someone is calling you to say that, due to COVID-19, your Social Security benefits will be decreased or suspended unless you provide personal information or send them money to maintain regular benefit payments during this period. Whether by text, email or letter, any communication saying that you will not receive your benefits due to COVID-19 is a scam
- **Online Shopping:** Many of us are now going online to buy groceries, medical masks and cleaning supplies. Be sure to purchase these goods directly from an established store or internet service that offers contactless delivery. Some others may not even have the goods that you're trying to order
- **Person in Need Scams:** This is a variation of the grandchild scam. Someone might contact you claiming to be a grandchild, friend, or relative who is ill or stranded someplace and needs for you to send them money. They might also ask you to keep it a secret. Hang up and call the person they're pretending to be to see if they are okay. Do not send money unless you are sure their story checks out
- **Census Scam:** Census scammers may contact you by phone, email, regular mail or visit you seeking your personal and financial information. They may also tell you that this information is required before you can receive your stimulus check. Real Census

workers will never ask for financial information and receiving your stimulus check is not connected with completing the Census.

Past Meetings

Audrey Carlson, was our speaker on June 17th and she gave us a great Zoom Meeting on 'The Happiness Club'. Audrey offered strategies for improving your outlook and suggested ways that we can become happier people. The following link will take you to a video of the Zoom meeting: Link to Video → [The Happiness Club](#). Audrey and George Millerd, our Technology Manager, helped make our first Zoom meeting a successful meeting. We plan to continue with Zoom Meetings until it is safe to hold a large meeting for retirees in person.

Future Meetings

**September 16, 2020, Wednesday, at 10:00am
Zoom Meeting**

Kevin Manning, M.D. "Sharper Minds: Ways to Maximize Cognitive and Brain Health"

Dr. Kevin Manning earned his Ph.D. in clinical neuropsychology from Drexel University and completed internship at Brown University and fellowship at the Weill Cornell Institute of Geriatric Psychiatry. His research focuses on the intersection of mood and cognition and he has an ongoing study from the National Institute of Mental Health investigating whether brain games can lead to improvements in depression and thinking and memory in older adults. For the past six years, Dr. Manning has also maintained a clinical practice at the UConn Center on Aging where he evaluates patients with mild cognitive impairment or early dementia and educates patients and families on ways to stay cognitively fit.

Join Zoom Meeting

Click on this link:

<https://us02web.zoom.us/j/88157840898?pwd=dzhaWk8rSHN4bnRjYXd3SmFkR3pUUT09>

Meeting ID: 881 5784 0898

Passcode: 975643

**October 23, 2020, Wednesday, at 10:00am,
Zoom Meeting (Meeting logistics will be sent in
future email)**

Margery Winters, “Beyond Bird Feeders”.

Learn what you can plant in your yard while also promoting biodiversity. Margery is the Assistant Director of the Roaring Brook Nature Center and a Master Landscape Design Consultant. She was previously an environmental scientist with the Argonne National Laboratory in Chicago.

To Be Determined Tentative: *December 2, 2020, Wednesday, HOLIDAY LUNCHEON, at the AQUA TURF, ‘GLASS PAVILLION ROOM’ (same banquet room as 2019).*

Our speaker for the December 2nd Holiday Luncheon will be Attorney Leonard Boyle, who is the First Assistant to the United States Attorney, John Durham. His cases include prosecutions of the criminal underworld, including the infamous “Whitey” Bulger case. This gave rise to the movies “Black Mass” and “The Departed.” He will tell us about this and many other of his interesting cases.

Len began his law enforcement career in 1975 as a police officer in the Town of East Hartford. He graduated from the University of Connecticut School of Law in 1983 and served in a number of positions in the criminal justice system. After many years as an Assistant United States Attorney, Len was appointed Commissioner of the CT State Police in 2004. In 2007 he was named Director of the FBI’s Terrorist Screening Center in Washington,

D.C., which is responsible for maintaining the United States government’s unified terrorist watchlist. Len returned to CT in 2009 and served as the Deputy Chief States’s Attorney for the next nine years. He now supervises the criminal, civil, and administrative divisions of the Chief States Attorney’s office. We think you’ll hearing about the “Whitey” Bulger case and many other juicy parts of the criminal justice system.

ARENU Coordinated Trips for 2021 - 2021

Travel information is to be determined with the state of the pandemic.

For additional information, visit www.arenu.org, or contact our travel coordinator, Anne Kaiser, at annemkaiser@yahoo.com

OBITUARIES

Our sympathy to the family and friends of those listed below.

(For your information, we are now providing the company subsidiary associated with the retiree when it is available.)

<u>Name</u>	<u>Date of Death</u>	<u>Retirement Date</u>	<u>Company</u>
Carol Mandingo	10/27/2019		CT Berlin
Norman O. Rogers	3/18/2020	4/1/2001	CL&P
Walter I. Chowanec	4/9/2020	6/1/1991	CL&P
Arthur W. Barstow	4/17/2020	7/1/1989	ES
David L. Charron	4/19/2020	1/1/2014	PSNH
John Lewis	4/24/2020	12/31/1991	ES
George H. Hamlin	4/30/2020	11/1/1993	CL&P
George A. Jackson	5/9/2020	2/1/1991	CL&P
Theodore Bandurski	5/14/2020	5/1/1986	CL&P
Russell E. Slocomb	5/16/2020	11/1/2006	ES
Ross D. Morrison	5/19/2020	2/1/2018	PSNH
Joseph A. Czerpak	5/22/2020	5/1/2007	WMECO
Russell C. Raymond	5/29/2020	11/1/1993	CL&P
Chester J. Hieck	5/30/2020	2/1/1992	YG
Ruth H. Bennett	6/1/2020	9/17/1987	PSNH
Donald G. Poehnert	6/6/2020	2/1/1986	CL&P
Frederick J. Rempp	6/7/2020	11/1/1993	WMECO
Andrew M. Boucher	6/14/2020	2/1/2000	CL&P
Edward L. Bouffard	6/14/2020	11/1/1993	CL&P
Donald R. Olsen	6/18/2020	12/1/1993	ES
Margaret A. Hecht	6/19/2020	2/1/2018	YG
Dennis E. Gilliam	7/18/2020	9/1/2002	CL&P
Paul F Geiger, Jr.	7/19/2020	4/1/2017	YG
Gary W. Lacroix	7/19/2020	7/1/2000	ES
Charles J. Sladky, Jr.	7/19/2020	11/1/1995	ES
Thomas J. Festa	7/20/2020	5/2/1999	YG
Margaret A. Febbraio	7/23/2020	4/1/1995	CL&P
Alan C. McDonald	7/24/2020	2/1/2004	CL&P
Lawrence Mello	7/25/2020	12/1/1995	CL&P
Gary J. Grechika	7/30/2020	7/1/2007	CL&P
Terrence L. Debeathan	8/13/2020	11/1/1995	CL&P
Kenneth E. Grohs	8/14/2020		YG
Paul J. Randanzo	8/14/2020	11/1/1993	CL&P

Please note that the above information is received from the HR Depts. and we attempt to get the information that you are used to getting. Occasionally, there are staff changes and then it takes a little while for us to get the same information for you. Hopefully we will get all the same information by the next announcement.

ARENU Member Contact Information

Send email changes to Karoll Wiater at Karollw@yahoo.com.