

The Loop

April, May and June of 2023



Waterford Senior Services Art Show: Categories will include: Painting -Photography- Sculpture- Drawing. We will have display only categories, too. Artists may submit 1-3 pieces of original artwork created within the years 2022-2023. **Submit by Thursday, May 4th. Prize winners will be posted on May 12th. Artwork will be on display May 9th – June 6th.**

Senior Picnic: Waterford Beach Pavilions June 21, 12pm-3pm

Tickets \$15.00. *Waterford Residents ages 62 & over can come as our guests this year* All guests must preregister by June 14th. Chicken with all the Fixins, Ice Cream, Beverages. Music and games!



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WATERFORD SENIOR SERVICES

24 ROPE FERRY RD, WATERFORD, CT 06385

860.444.5839

Waterfordct.org/community-center/senior-services





Carol Sanders
Senior Citizens
Commission
Chair

Joyce M. Vlaun
Senior Citizens
Commission
Vice-Chair

**Kathleen
McNamara**
Senior Citizens
Commission
Vice-Chair

Anita Collins
Senior Citizens
Commission

Anne Darling
Senior Citizens
Commission

Dina Lopes
Senior Citizens
Commission

Dr. Dan Rissi
Senior Citizens
Commission
**New
Appointment**

MAIN STAFF

Name	Title	Email	Phone #
Dani Gorman	Human Services Administrator	DGorman@WaterfordCT.org	860.444.5839 EX. 2753
Terry Wheeler	Assistant Director	TWheeler@WaterfordCT.org	860.444.5839 EX.2754
Heidi McSwain	Human Services Coordinator	HMcSwain@WaterfordCT.org	860.444.5839 EX. 2572
Donna Payne	Senior Services Assistant	DPayne@WaterfordCT.org	860.444.5839 EX. 2768
Meaghan Lineburgh	Senior Services Technician	MLineburgh@WaterfordCT.org	860.444.5839 EX. 2764
Jen Bracciale	Instructor WSS	JBracciale@WaterfordCT.org	860.444.5839 EX. 2839
Joseph Trelli	Program Coordinator WYFS	JTrelli@WaterfordCT.org	860.444.5848 EX.2616
Andy Staunton	LCSW, Clinician WYFS/WSS	Stauntonandrew8@gmail.com	860.444.5848

ADDITIONAL STAFF

Name	Title	Name	Title
Suzanne Bouffard Mahon	Café Manager	Paul Berman	Van Driver WSS
Jamie Reagan	Day Custodian	Tricia Duford	Van Driver WSS
Anne Ogden	Volunteer Food Bank Coordinator	Colleen Lineburgh	Van Driver WSS
Lou Monatalvo	Van Driver WSS	Ruth Menghi	Van Driver WSS

In loving memory of
Jody-Marie DeAngelis Nazarchyk

1952 - 2023



It is with love and honor that we remember the life and legacy of Jody-Marie DeAngelis Nazarchyk. She had a passion for volunteering from a young age, and this passion continued throughout her life. Jody was a beloved member of the Waterford community, where she volunteered extensively and dedicated her life to the betterment of the town's youth. While Jody was only on the Senior Services Commission for a short time, her legacy and commitment to our community will continue. Jody will be remembered as a kind, selfless, and giving person who always put others first.

MESSAGE FROM FIRST SELECTMAN ROB BRULE



As the quiet winter season comes to a close, it is with great excitement that we welcome the spring season. Even though Waterford enjoys 4 beautiful seasons, our coastal address makes it the perfect place to enjoy warmer weather, our beaches, Eugene O'Neill Theatre and Harkness Park. I have been working closely with Senior Services and Recreation and Parks to plan for beach passes and other ways in which to make it more enjoyable for our seniors to visit our beaches, attend concerts, tour the historical green, and sit at the duck pond. This edition of The Loop will certainly provide you with many different opportunities and we hope you'll partake in as much as possible. Enjoy the months ahead, but especially take advantage of everything Senior Services has planned for you.

- Rob

MESSAGE FROM SENIOR SERVICE COMMISSION CHAIR CAROL SANDERS



On behalf of the Senior Citizens Commission, I want to let you know that with each 2 month cycle of program offerings published in The Loop, we are finding that the staff is working hard to understand needs of its consumers (that's you and I) and then develop programs that are directly responsive of those needs. In some cases we have added more sections of more popular programs and in other areas we are launching new programs and piloting new ideas. I think you're going to like what we have planned for you this spring season and if there is something you're missing or would like for us to know about, contact us. We have a suggestion box in the main office too. Enjoy the season and enjoy senior services! It's the perfect time of year to get out and come in to see us.

-Carol

A MESSAGE FROM HUMAN SERVICES ADMINISTRATOR DANI GORMAN



Happy Spring! It's the time of year that I look forward to the most; longer days, warmer weather, flowers, and summer being right around the corner. For the next few months, we have so many wonderful opportunities for you to engage in at Senior Services. From decorating cupcakes to our Annual Art Show, we truly have something for everyone! We also plan on assisting residents with the State's annual Renter's Rebate program, providing tech devices on loan for up to 3 months, and co-hosting **Dancing with the Stars—a wonderful show in which local celebrities compete in a dance competition. The event will be held on Friday, April 21st at 7pm in the auditorium of Waterford High School and tickets are on sale now for \$5 each.**

Dancing with the Stars—a wonderful show in which local celebrities compete in a dance competition. The event will be held on Friday, April 21st at 7pm in the auditorium of Waterford High School and tickets are on sale now for \$5 each. One of our staffers, Meaghan Lineburgh, is dancing. We can't wait to see her dance moves! Also, you may have already seen that we have a special surprise for you on the front cover of The Loop; our Annual Summer Picnic is free this year for seniors who reside in Waterford, but space is limited! Great things happening and we can't wait for Spring to arrive!

- Dani

Wellness Programs



National Prescription Drug Take Back Day

National Prescription Drug Take Back is an initiative to encourage the public to remove unneeded or expired medications from their homes as a measure of preventing medication misuse and opioid addiction from ever starting. The **Waterford Police Department** is a designated collection site

for this event as well as a year round drug drop off and disposal site.

Saturday April 22, 2023 8:00 AM- 4:00 PM

Additional area year round sites are:

CVS at 817 Bank Street New London

USN Naval Submarine Base at 1 Wahoo Ave., Sub Base NOLON Building, 449, Groton, CT

Fitness Room 101

Sign up for an appointment to learn how to use the equipment in the Community Center Fitness Room. Must be a Waterford resident and sign a waiver. The Fitness Room is open Mon thru Fri 8am- 8pm and Sat 8am- 12pm. Call or stop in for available appointments.

Tues & Thurs 10:00am-12:00pm

Fitness Tech: Michael Buscetto



Open to the beginner as well as the experienced meditator. Reconnect to your mind, heart and body through mindful meditation techniques. Meditation helps you gain clarity, develop concentration, and become more compassionate to yourself and others. **No fee**

Monday, May 8th 11:30am-12:30pm

Preregistration is required.

Ping Pong

Intermediate meet: Mondays, Wednesdays, Thursdays & Fridays 1:00pm—3:00pm

Register with Senior Services.

Indoor Paddle Programs



Intermediate Pickleball

Monday, Tuesday, and Fridays 11:45 AM—2:15 PM

No fee for Spring session

Pickleball for Beginners

This group is for those who are relatively new to the sport and/or have been playing for less than a year.

Fridays 9:45am—11:45am

No fee for Spring session

Register with Senior Services

860-444-5839 or in person



Blood Pressure Check Up

On Wednesdays Nurse Judy is at the Community Center for Blood Pressure Checks.

11:45am-1:00pm

Wellness Check Up with Nurse Judy

April 26th, May 31st & June 28th

10:00am to 12:00pm



Support Groups

Loss of A Loved One Support Group

Emotional support for those who have experienced loss held in a non-judgmental, safe environment. Help the healing process by sharing your story and learning from other's experiences. Discover coping skills to help you through your journey.

This group meets the 1st & 3rd Thursday of the month, 10:00AM—11:00AM

April 6th & 20th May 4th & 18th June 1st & 15th

Andy Staunton, LCSW

Preregistration required.

Open Doors

Program Description:

A program for those with mild-mid stage memory loss, dementia or cognitive challenges. The group provides socialization and activities in a welcoming environment where they will experience success. Call to request an enrollment packet or to learn more about Open Doors. Evaluations of our participants will be held Tuesday, April 11th at a coffee hour.

Classes 4/18, 4/25, 5/2, 5/9, 5/16, 5/30, 6/6, 6/13

*No class May 23rd

Tuesdays, 9:30 AM- 12:00 PM

Fee: \$90.00

Instructor: Jen Bracciale

Registration and evaluation is required



Veteran's Coffeehouse at Filomena's

Meets monthly the second Tuesday of each month from 9am -11am. Open to all veterans. Meet, socialize and connect with one another. This is a free program for all veterans.

Upcoming Dates: April 11th, May 9th, June 13th

Caregiver Support Group

Meeting with other caregivers who are taking care of a spouse, parent, sibling, child or grandchild. Express feelings and thoughts, share ideas and suggestions, belong to a safe, supportive community who can relate to you

This group meets the 2nd & 4th Tuesday of the month, 1:00PM—2:00PM

April 11th & 25th May 9th & 23rd June 13th & 27th

Andy Staunton, LCSW

Preregistration required.

Medicare Counseling

Free, unbiased, one-on-one benefits counseling on all parts of Medicare, including Original Medicare (Parts A and B) Medicare Advantage (Part C), Medicare Supplement, and Prescription Drug Coverage (Part D)

Wednesdays from 10am-2pm by appointment.

Preregistration required

860-444-5839



Enrichment Programs and Groups

Waterford Seniors Quilting Group Our quilters make quilts for sick and hospitalized preemies, babies and children as well as veterans. They have donated to organizations such as Shriner's Hospital, Hole in the Wall, L&M Hospital, and CT VA Hospital. Our talented quilters will teach you to quilt! Join this worthwhile cause and make new friends

Monday group meets every Mon. 1pm -3pm
Wednesday group meets 1st & 3rd Wed. 10am-2pm

Knitting and Crocheting Club

Whether you're renewing your love of knitting or crocheting, or this is the first time you're trying it, this is the group for you! Experienced members are ready and willing to provide tips and discuss projects.

Wednesdays 10:00 PM to 12:00 PM
FREE Please sign up with Senior Services in person

Brain Flex

Exercise your brain and meet new friends.

Drop in for puzzles, games and more!

Thursdays 10:30 AM to 11:30 AM

Instructor: Jen Bracciale

Please sign up with Senior Services

Beautiful Decoupage Oyster Shells

Learn the art of decoupage and create a piece of art to be used as a jewelry or trinket dish, ornament or decoration. Make 4 to take home or gift.

Wednesday June 14, 10:00AM to 12:00pm

Price \$7.00

Instructor: Jen Braciale



Cupcake Decorating

Make 6 beautifully decorated cupcakes with Jen. All materials will be supplied.

Wednesday, April 26th, 10:00 AM to 12:00 PM

Price: \$10 Instructor: Jen Bracciale



Spring Book Club: The Radium Girls by Kate Moore

Historical Non-Fiction A New York Times, USA Today, Wall Street Journal, and Amazon Charts Best-seller! The story of the inspiring young women exposed to the "wonder" substance of radium. The glittering chemical covers their body while they worked in American radium factories. They are considered the luckiest girls alive, "shining girls," until they began to fall mysteriously ill. Sign up through Senior Services and a book will be on hold for you to pick up at Waterford Public Library in mid to late April. **We will notify you when it is ready to be picked up. The book discussion will be held on Thursday, June 8 at 10:30AM-12:30PM in partnership with the staff from Waterford Public Library.**

Connect to Technology

There are two ways to Connect to Technology in this NEW program!

1. Senior Services will lend Chromebook Idea Pads to older adults without access at home. Borrowers may keep the Chromebook for 3 months to help them connect with friends and family, browse the internet, connect with health care providers and use mobile apps.

2. Appointments are also available for IT help and training on your own laptop, IPad or cell phone. Bring your own device to the appointment. Learn how to connect to your health care provider, bank, Facebook, Virtual Meetings, Town Websites, Waterford Public Library, Brain Games, Mindfulness Apps and more.

April 13, 17, 21, 27

May 1, 3, 5, 11, 23, 25

Sessions are 10:00am-10:45am and 11:00am-11:45am

3. Tech Tutor This program matches an older adult with a WHS student to patiently teach technology skills. We are confident that with a little guidance and practice you can get the hang of any technology you'd like to learn. Laptop, Cell Phone or IPad education and support for Waterford Residents 55+. **Appointments available Tuesday, April 4 and Thursday, April 6**

1:00-1:30pm 1:30-2:00pm

FREE Please sign up with Senior Services in person or by calling 860-444-5839



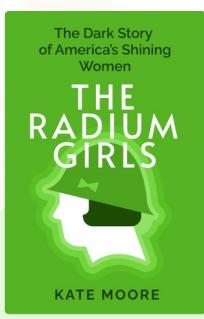
Learn to Paint a Starry Night Sky with

Christine Mercado: Learn how to paint the night sky, with or without added landscapes. Acrylics.

Wednesday, May 31st, 10am-12pm

Price : \$6.00

Please register by May 29th



Café Programs

Spring Fling Luncheon

Welcome Spring with Senior Services!

Menu: Assorted Sandwiches, Salads, Desserts and Beverage

Special entertainment! More details to come!

Wednesday April 19th, 12:00pm-3:00pm

Price \$15.00

All tickets must be purchased by April 12th



Older Americans Month Luncheon

May is Older Americans Month. This year's theme is Aging Unbound. The new older American can be active, engaged and independent. We're celebrating the contributions older Americans have made to our community and promoting updated thinking about aging. Special Menu! Special Entertainment! More details to come! All tickets must be purchased by May 10th

Wednesday, May 17th from 12:00PM—3:00PM

Price: \$15.00



Coffee with a Cop

Enjoy free coffee and pastries provided by Starbucks and sit down with Waterford Police Officers to ask questions and share what's on your mind

**Monday, April 24th 8:30AM to 10:30AM
FREE**

Senior Services Coffee Shop

Say hello to Senior Services Staff, meet other seniors, and get information on upcoming programs. \$2 suggested donation for muffin and coffee.

Mondays-Fridays 8:30 AM to 10:00 AM

Coffee Club Sponsor

Support your Senior Services by becoming a Coffee Sponsor! Help provide refreshments to our patrons. Sponsor a month with a \$20 donation.

Thank you to the following donors:

**Raymond Pollick, Chuck Ambulos and
Paul Majeski**



Out to Lunch with Jen:

Join Jen for lunch and lively conversation. Separate checks will be issued. Transportation is available, call to reserve your spot.

Thursday, May 4th 11:30-1:30 Chili's

(New London) Reserve by May 1st

Thursday, June 1st 11:30-1:30 Flanders Fish

(East Lyme) Reserve by May 29th



Pizza & a Movie! Thursdays

April 27, May 25, June 29

2 Slices of Cheese Pizza, popcorn, and beverage

Movies TBA Ticket: \$6.00

Must pre-register with Senior Services

Lunch & Learn Thursday, June 15th

Summer Health Tips for 50+ with Terry

Menu- TBA

Tickets- \$6.00

12:00PM—1:30PM

**Please purchase ticket by
Monday June 12th**

860-444-5839 or in person



Cards, Games

Mahjongg

Mondays and Thursdays 10:00 AM to 12:00 PM



Casual Bridge

Mondays and Wednesdays 9:00 AM to 12:00 PM

Cribbage

Tuesdays and Fridays 8:30 AM to 9:30 AM

Canasta

Thursdays 12:30 PM to 3:00 PM

Pinochle

Tuesdays and Fridays 12:15 PM to 3:00 PM

Pitch

Tuesdays 9:30 AM to 10:30 AM



BUNCO

Every Friday come to The Community Center to join BUNCO!

Fridays 1:00PM to 3:00PM

BINGO

- April 12th- With Lunch
- April 26th
- May 10th- With Lunch
- May 31st
- June 7th- With Lunch
- June-28th

Wednesday 12:00 PM to 2:30 PM



Social Services

Intro Medicare Presentation

Medicare is health insurance for people 65 or older. You're first eligible to sign up for Medicare 3 months before you turn 65. This presentation will teach you about Medicare, how to sign up, and your coverage options.

Monday, April 10th 5:30 PM to 7:00 PM

Medicare Choices Counselor

Register at Senior Services

Boost Your Budget with Senior Resources

Are you 60 or older? Give yourself a boost with benefits! Make an appointment to see if you qualify for benefits programs that can help you pay for food, medicine, housing and more. Our BenefitsCheckUp event is free and confidential.

Friday, April 14th 9:00AM to 3:00PM

Benefits Counselors from Senior Resources

Agency on Aging

Register at Senior Services

AARP Smart Driver Course

This course will help you refresh your driving skills and give you the knowledge to drive safely on today's roads. You may even save money on your auto insurance.

Cost: \$20.00 AARP Member

\$25.00 Non-AARP

Thursday April 20th 12:30 PM to 4:30 PM

Register at Senior Services

Connecticut's Renters' Rebate Program

Current Waterford residents 65+ as of 12/31/22, or totally and permanently disabled residents 18+ who paid rent in CT in 2022. **Registrations begin April 15th**

Income guidelines:

- Singles- \$40,300.00
- Couples- \$49,100.00

Following Documentation needed for appointment:

- Copy of 2022 Income Tax (if one was filed)
- Proof of rent paid
- Proof of utility bills paid in 2022
- Copies of all sources of income for 2022

Trips

Daffodil Days with Tea at Blithewold, Bristol, RI

A guided tour of Blithewold garden and Mansion. Tea lunch on heated porch.

Thursday, April 20th 10:30 AM

to 5:15 PM

Fee: \$130.00 per person

Register by

Mar 23, 2023



The High Line & the Edge at Hudson Yards, New York City * WITH TERRY *

Walk along the High Line in NYC, visit Hudson Yards, experience The Edge. **Our Asst. Director, Terry Wheeler will join you on this trip.**



Tuesday, May 23rd 6:30 AM to 7:00 PM

Fee: \$132.00

Register by Apr 21, 2023

Beautiful: The Carole King Musical, Theatre by the Sea So Kingston, RI

Carole King's inspiring true story. Tony and Grammy award winning musical. Preshow lunch included.

Thursday, July 6th

10:30 AM to 5:30 PM

Resident Fee: \$155.00



Encore Boston Harbor

Encore Boston Harbor resort and casino, Lunch on your own, Stroll Harbor Walk

Thursday, June 15th 8:30 AM to 6:30 PM

Senior Fee: \$86.00

Register by May 15, 2023

Shades of Bublé Musical Tribute Show, Aqua Turf Club

A three man tribute, singing your favorite Michael Bublé songs, Coffee and Donuts and Lunch included.

Thursday, August 10th 10:00 AM to 5:00 PM

Resident Fee: \$122.00

Register by Jul 07, 2023

Spirit of Boston Luncheon Cruise

Enjoy a 2 hour Boston Harbor cruise and a luncheon buffet. Time to shop at Quincy Market afterwards.

Thursday August 24th 8:30 AM to 6:30 PM

Fee: \$158.00

Register by Jul 24, 2023



Nashville & the Smoky Mountains Holiday

Grand Ole Opry, Historic RCA Studio B, Country Music Hall of Fame, Gaylord Opryland Resort Dinner and Holiday Show. Great Smokey Mountains National Park, Dollywood, Asheville, and Biltmore Estates (8 days)

\$3, 529.00 (double occupancy)

December 7th-December 14th o

Senior Fee: \$3, 529.00

Register at Senior Services

by Jun 07, 2023



Registration Information Spring 2023

Cash or checks only. Make checks payable to the "Town of Waterford".

A Matter of Balance

**Tuesdays 1-2 p.m.
Apr 11 to Jun 20**

Taught by our Master Trainer Michele Flowers. This class will help decrease the fear of falling by practicing exercises to improve strength, coordination and balance.

**Waterford Senior Rate \$ 44
Resident under age 65 \$ 49
Non-Resident \$ 54
Class size: Min 12/Max 25**

YOGA

**Tuesdays 11:30—12:30 p.m.
Apr 11 - Jun 20**

Learn to use stretching and proper breathing techniques to promote relaxation, healing, and to increase flexibility.

**Waterford Senior Rate \$ 44
Resident under age 65 \$ 49
Non-Resident \$ 54
Class size: Min 12/Max 25**

Chair Yoga

**Thursdays 1-2pm
Apr 13 - Jun 22**

Learn yoga poses and experience the great physical and mental benefits of yoga without leaving a chair!

**Waterford Senior Rate \$ 32
Resident under age 65 \$ 37
Non-Resident \$ 42
Class size: Min 12/Max 20**

Healthy Stretch

**Thursdays 11:30 am-12:30 pm
Apr 27 -Jun 22**

As we age, our muscles become shorter and lose their elasticity. Stretching is an excellent way to help relieve pain, increase flexibility, and increase range of motion to enhance our everyday life.

**Waterford Senior Rate \$ 30
Resident under age 65 \$ 35
Non-Resident \$ 40
Class size: Min 15/Max 20**

GENTLE DANCE MIX

**Tap/Ballet/Jazz
WEDNESDAY**

**10:45 A.M.—11:45 A.M.
Apr 12—Jun 14**

Gentle, old school smooth dancing to the oldies. This class is good for people who are new to dance and for those who are returning to dance. Combination of dance at the bar and across the floor

**WATERFORD SENIOR RATE \$40
RESIDENT \$45**

Spin Cycle class

for 50+!

**Thursday 5:30pm—6:30pm
Apr 20 -Jun 22**

Class is for beginners. We have a class designed just for people 50+ who want to exercise in a spin bike class. Class is limited to 10 students.

**Waterford Senior Rate \$64
Resident \$69
Non-Resident \$74**

Line Dancing

Line dancing fun that includes a mix of salsa, country, pop and more!

Mondays & Fridays

10 am -11am Apr 10-Jun 23

Waterford Senior Rate —\$ 70 Resident under age 65—\$ 75 Non Resident—\$80

Zumba Gold

Zumba Gold is for active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower-intensity

Tuesday Apr 11, 2023 to Jun 20, 2023 12:00PM to 1:00PM

**Senior Fee: \$44.00 Resident Fee: \$49.00 Non-Resident Fee: \$54.00
Instructor: Colette Mercier**



Strength Training 3 sessions offered: April 24th—June 22nd

Instructor—Lorraine Raimondi

This class will guide you through a variety of exercises designed to increase muscular strength, range of movement and flexibility. All sessions are the same level.

A. Tues. & Thurs. 9:00-10:00 a.m. B. Tues. & Thurs 10:15-11:15 a.m. Waterford Senior Rate —\$ 60 Resident under age 65—\$ 65 Non Resident—\$ 70

C. Mon. & Wed.. ZOOM 9-10a.m. Waterford Senior Rate —\$ 55 Resident under age 65—\$60 Non Resident—\$ 65

Registration Waiver

Mail or drop off beginning March 16th for residents

- Non-residents may register beginning Tuesday, March 21st.
- **Classes begin in April**
- We accept cash or checks only. Make checks payable to the "Town of Waterford".

Exercise class registration and waiver

Participant name: _____ Date of Birth _____

Email Address: _____

In consideration for participation in the above-referenced program/activity sponsored by the Senior Services Department of the Town of Waterford, I hereby waive and release the Town of Waterford its agents, officers and employees, whether paid or voluntary, from and against any and all claims, suits, actions, damages, liabilities, costs, expenses and or judgments, including attorney's fees and court costs which may arise from my participation in the above-referenced program/activity or any illness or injury resulting there from, either directly or incidentally.

I hereby represent that I understand and am familiar with the nature and type of activity in which I will participate as part of the above-referenced program/activity. I further represent that I am in good physical and mental health condition and that I am unaware of any physical or other health condition that would affect my ability to participate in the referenced program/activity. I acknowledge that I will be solely responsible for the furnishing of necessary safeguards and appropriate equipment for protection against injury. I have read this document and understand and agree to its terms and conditions.

Signature: _____

Date: _____

ADDRESS: _____

Check # _____

Amount _____

Phone # _____

Emergency Contact: _____

Phone: _____

Registration information

Class: 1. _____ Price: _____
2. _____
3. _____

Total: _____

A separate registration form is required for each participant.

TOWN OF WATERFORD- Senior Services Dept., 15 Rope Ferry Road, Waterford CT 06385

WATERFORD SENIOR SERVICES

15 ROPE FERRY ROAD

WATERFORD, CT 06385

ADDRESS SERVICE REQUESTED

PRSR STANDARD

US POSTAGE

PAID

NEW LONDON CT

PERMIT NO 485

The Town of Waterford does not discriminate on the basis of race, color, national origin, gender, religion age or disability. Individuals with disabilities who require modifications to participate in Town of Waterford (TOW) sponsored programs and activities or to access TOW services or goods are asked to submit their request with 48 hours notice to the Town's ADA Coordinator. Reasonable modifications will be made on a case by case basis. Documentation may be required when requesting modifications.

