

# Enter for a Chance to Win the Central Connecticut 60 Strong Contest!

Winners will participate in a professional photo shoot and will be featured on the 2021 calendar!

*this could be you!*

## You, or someone you know, could be a winner of the Central Connecticut 60 Strong contest!

Twelve ambassadors in their 60s who represent what it takes to be inspiring in mind, body or spirit, will be selected to appear on a special Central Connecticut 60 Strong calendar. A panel of celebrity judges will choose area residents who are inspirational. Perhaps they've achieved remarkable levels of fitness, or are passionately fighting chronic conditions. Or maybe they are pursuing a new hobby or devoting their life to helping others. Think about family members and friends in their 60s who inspire you - and nominate them!

**Here's how it works.** Winners will participate in a 5-7 hour professional photo shoot, and will receive \$75 per hour for their time and participation. They will be prominently featured on a Central Connecticut 60 Strong calendar and may receive local media coverage.

**Nominate someone today!** If your nominee is chosen, you will receive a \$50 gift card to an area establishment (unless you submit yourself).

**To enter and for more details, go to [CentralCT60Strong.com](http://CentralCT60Strong.com). Official rules and conditions are also on the website.**

**ENTRIES MUST BE POSTMARKED BY THURSDAY, AUGUST 6, 2020, OR SUBMITTED ELECTRONICALLY BY MIDNIGHT ON MONDAY, AUGUST 10, 2020.**

**If you have a question about the contest, email us at [CentralCT60Strong@StarlingSCA.com](mailto:CentralCT60Strong@StarlingSCA.com).**

**Winners will be notified by Monday, August 17, 2020, and announced by Wednesday, August 19, 2020, on the website.**



Mike and Joyce Smith  
Bristol, Connecticut

"Turning 60 was a huge milestone in our lives. If we wanted to continue living each day to the fullest, we needed to make health and exercise a priority. We try to incorporate more fresh fruits and vegetables into our diets and have instituted a regular exercise regimen, like biking.

Cooking always brought such joy to our lives and now it is a way to give back to our community. We recently began volunteering to cook at the WYCA for families in need. We've seen what we've learned about healthy cooking and helped introduce more nutritious options to their menu. It's wonderful to see families eating healthy and we're glad to make a difference in their lives."



October 2021



Starling Physicians is proud to announce the introduction of Starling Senior Care Advantage, a program based on Starling's vision to provide seamless and greater coordination of care for their senior patients. In honor of helping patients maintain their best level of health and enjoyment of life, Starling Senior Care Advantage is sponsoring the Central Connecticut 60 Strong contest. In addition to celebrating inspiring Central Connecticut residents, the Central Connecticut 60 Strong calendar will feature health tips, events around town, as well as public service programs designed to help people turning 65 navigate the complexities of Medicare eligibility. If you are turning 65, you have from three months prior to your 65th birthday, including your birth month, to three months after your birth month to select your initial Medicare coverage. If you need assistance, you can email a Starling Senior Care Advantage Medicare Advisor at [MedicareInfo@StarlingSCA.com](mailto:MedicareInfo@StarlingSCA.com)

# Official Rules for the Central Connecticut 60 Strong Contest

Submission of an entry in the contest constitutes acceptance and agreement to the following rules:

**1. No Purchase Necessary.**

**2. Sponsor:** The contest is sponsored by Starling Senior Care Advantage and Starling Physicians. No other party has any obligations as the Sponsor or agent thereof.

**3. How to Enter:** There are two ways to enter:

**Online:** Go to CentralCT60Strong.com, follow the prompts, fill out the application and type in a 200-400 word essay about the contestant, and upload a head shot and full-length photo. Instead of the essay, you can also upload a smart phone video of yourself (not to exceed 1:30), including your first and last name, birth date, home town, what you are doing to stay healthy and fit, past accomplishments, and how you have contributed to charities and/or your community. If you choose this option, you must still submit an entry form, but do not need to send an essay.

**By mail:** Fill out the printed application form (below) and attach a 200-400 word essay, 4x6 head shot and 4x6 full-length shot of the candidate. Mail your entry form to Central Connecticut 60 Strong Contest, c/o Rosemary Hokanson, 1 Lake Street, Door #5, 3rd Floor, New Britain, CT 06052. If you have a question about the contest, email us at CentralCT60Strong@StarlingSCA.com. Professional photos are not necessary; a cell phone photo is adequate.

**4. Judging Criteria:** Judging will be based on the 200-400 word essay. The essay should include what contestants are doing to stay healthy and fit; how they are involved in their community; contributions they make to charitable organizations; and most importantly, why they are inspirational to others.

**5. General Rules:** Anyone who is 18 and over and living in the continental U.S. is eligible to nominate a candidate for the Central Connecticut 60 Strong Contest. Applicants can nominate more than one person and can nominate themselves. **Candidates must be between age 60 and 69 by September 1, 2020; a resident of the following counties: Hartford CT, Middlesex CT, Tolland CT, Litchfield CT, Hampden MA and Hampshire MA.; as defined by Sponsor and within its sole discretion and must sign a privacy information release when received from the Sponsor.**

Winners will be required to show proof of age and residency: birth certificate, passport or driver's license. When notified, winners must sign an agreement to use their name and or likeness for social media, publicity, advertising, and commercial purposes. Contestants must abide by and be bound by these official rules. **Each Ambassador must be available for a professional photo shoot August 27-29, which is expected to last 5-7 hours.** In exchange for their time and participation, Ambassadors will receive \$75 per hour. They will be prominently featured on the Central Connecticut 60 Strong calendar and may receive local media coverage.

**6. Prizes:** Anyone who nominates a winning contestant, other than themselves, will receive a \$50 gift card to a Central Connecticut area establishment.

**7. Winners:** Winners will be notified by email or cell phone by August 17 and announced on the CentralCT60Strong.com website by August 19.

*Starling Physicians, executives and their family members can nominate a candidate for the contest, however they will not receive a prize for the nomination. These persons are also excluded from participating as an Central Connecticut 60 Strong Ambassador.*

## OFFICIAL CENTRAL CONNECTICUT 60 STRONG CONTEST ENTRY FORM

Yes, I would like to enter myself, or my friend/relative, in the contest and will submit online at CentralCT60Strong.com or will complete and submit the form below along with photos of the contestant and a 200-400 word essay and mail to: Central Connecticut 60 Strong Contest, c/o Rosemary Hokanson, 1 Lake Street, Door #5, 3rd Floor, New Britain, CT 06052. Essays should include what contestants are doing to stay healthy and fit; how they are involved in their community; contributions they make to charitable organizations; and why they are inspirational to others.

Name of 60 Strong Contestant: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Street Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Cell Phone: \_\_\_\_\_ Email Address: \_\_\_\_\_

Your Name (person nominating contestant) \_\_\_\_\_

Street Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Cell Phone: \_\_\_\_\_ Email Address: \_\_\_\_\_

**Please send this application and attach a head shot photo, full-length photo and 200-400 word essay about why this contestant should be chosen as an Central Connecticut 60 Strong Ambassador to: Central Connecticut 60 Strong Contest, c/o Rosemary Hokanson, 1 Lake Street, Door #5, 3rd Floor, New Britain, CT 06052.**

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