



**July - August 2020 Issue 69**

*OUR MISSION STATEMENT:*

*The Mission of Bridgewater's Hilltop Center is to identify the total needs of our aging population, promote and encourage new and existing activities, provide services and education to enhance the quality of life for all of us.*

Hello friends,

There have been many changes in all of our lives and the ability to be patient, to care for ourselves and others, and to persevere has become even more important in today's world. We have been thinking of everyone often and we hope you are enjoying the warm weather which allows us to get outside more. The senior center has been quiet and we miss you all! We are starting to offer a very limited number of classes and opportunities to socialize outside while following the proper guidelines. We will be meeting outside as long as weather permits. When the center is reopened you will be the first to know!

We are thankful for all those essential workers who risk their health to take care of our needs. They all deserve our deepest gratitude. ***Pat Babbage***

When you come to the Center you will be required to follow the safety protocols, wear a mask and please do not come to the center if you are not feeling well. We have masks available if you need one. At the time of the printing of this newsletter all gatherings will be outside and limited in size. We will be doing our part in keeping the center clean and sanitized.

## Health & Wellness Classes

Classes will resume in the center when it is safe to do so. When that happens they will be limited in size and participants will be safely spaced.

## Chair Yoga

Friday, 9:30 via ZOOM, Elaine will be our instructor. This is a yoga class suitable for all levels. No fee while on ZOOM, but Elaine will be ready to bring it into the center as soon as possible. \$7 per class when in center.

## Body Conditioning

Monday & Wednesday, 10:30 – 11:15 via ZOOM with Pat. We will need your email address to send you an invitation to join us. No limit to the size of this class and you can do it in the privacy of your own home!

## Tai Chi

Wednesday, 10:30 Suspended until we can return inside but Dee is ready to return as soon as possible. \$7 per class.



## **Moving Meditation**

a **NEW** class that will be coming when we are able to hold class inside.

Aline Marie – Instructor **NO Date Set Yet**

Learn how to meditate with a gentle to moderate class that can be experienced sitting or standing, blending Qi/Gong/ChiGong (pronounced Chee-gone), yoga stretching, balance and breathing exploration followed by guided mindful meditation which can be enjoyed sitting or laying down. No previous experience necessary. Build quiet strength and peace in your body, mind and heart. Leave feeling refreshed, stretched and inspired. **Please call the center to register since class size will be limited. The first 2 classes will be free.**

## **Social Gatherings on the Patio**

(Weather permitting)

Computer Club Social – Tuesday, 10:00

Silver Needles Social – Tuesday, 1:00

Mahjong Social – Wednesday, 1:00

Canasta Group Social – Friday, 1:00

Book Group – Thursday, 10:30, starting July 23<sup>rd</sup>

We will be discussing the books that you have been reading during this stay at home time. Bring your book and let's share ideas and discuss what you have been reading! Call center to sign up.



## **The Supper Club/Concert on the Patio**

Sunday, July 19<sup>th</sup> @ 4:00 – Supper/Comedy  
Shorts Playlist

Sunday, Aug. 16<sup>th</sup> @ 4:00 – Supper/Movie –  
Casablanca

## **Birthday Social on the Patio**

**We have some catching up to do!**

Thursday, July 16<sup>th</sup> @ 1:00 – Birthdays in  
March and April will be celebrated.

Thursday, July 30<sup>th</sup> @ 1:00 – Birthdays in  
May and June will be celebrated.

Thursday, August 20<sup>th</sup> @ 1:00 – Birthdays in  
July and August will be celebrated.

Cake and ice cream will be served! If the weather doesn't cooperate we will reschedule. Please call or email ASAP to reserve your place since attendance is limited.

## **Lunch at the Pavilion**

Tuesday, July 21<sup>th</sup> @ 12:00

We will be picking up a lunch to go from  
The General Store in Newtown. They have delicious  
specialty sandwiches.

Choices:

**The Dodgingtown** – Cracked pepper turkey w/  
pickles, onions, Swiss cheese, lettuce, tomato,  
mustard and a dash of Italian dressing on a hard roll

**The Flagpole** – Chicken cutlet w/ ranch dressing,  
lots of bacon, melted Cheddar, lettuce tomatoes on a  
hard roll

**The Flatbush** – hot lean pastrami w/ melted Swiss  
cheese, mustard & sauerkraut on a grinder roll

**Cheddar Wrap** – Hot roast beef w/ ranch dressing,  
lots of melted Cheddar cheese, lettuce, rolling in a  
flour wrap

**Italian Combo** – cold sandwich using Boar's Head  
cold cuts.

Bottled water and individual bags of chips will be  
provided. Cost is \$5.00 pp.

We will dine together at the pavilion across the street  
from the senior center. Please call or email us with  
your choice of sandwich. We need your choice by  
Friday, July 17<sup>th</sup>.



## **Paint Craft in a Bag to Go!**

Pick up Wed., August 5<sup>th</sup> @ 11:30 at the Center

Wendy Mutter from the Lutheran Home Southbury  
has put together a craft package with a sample  
painting, that Wendy painted, and all the supplies  
and directions you will need to  
complete your own painting.  
Please call or email the center to  
sign up so we will hold a bag for  
you!



## **Health Check Up**

Our movements have been limited for a long time now and this can affect your mood. There are many activities you can do to help lift your mood:

- **Don't blame yourself.** Be as kind and patient with yourself as you would be to a good friend.
- **Focus on the positive.** Start a gratitude journal. List five things per day that went well for you or that you are thankful for. Review it often!
- **Eat Well.** Much of the body's serotonin (a chemical believed to act as a mood stabilizer) comes from the intestines of bowels. A healthy, well balanced diet can increase serotonin and help boost mood.
- **Remain physically active.** Exercise is known to release endorphins or "feel good" chemicals from your brain.
- **Take all your medicine** as prescribed and directed. Never change medications or skip doses.
- **Remember... you are not alone.** Call us. We are here for you!

## **Watch Out For COVID-19 Scams**

There will always be those who take advantage of situations like a pandemic and try to steal your Medicare number, personal information and even money. Some of these scams are:

~ Robo calls offering you masks that you will never receive.

~ Appeals on Social Media looking for donations for fake charities.

~ Offers of testing kits, pills and other protective equipment.

You can go to the website [Medicare.gov/fraud](https://www.Medicare.gov/fraud) for additional information and tips.



## **Social Services News**

Dawn MacNutt, MSQ, LMSW, LCSW, Municipal Agent

### **Medicare Savings Program (MSP)**

**QMB:** This Program pays your Part B premium and all Medicare deductibles and co-insurance.

Your Medicare Part B covers doctors' costs, outpatient hospital and preventive care. The deductible is the amount that you pay for medical services before Medicare or any other insurance begins to pay.

Co-insurance is the portion of Medicare approved services that you are responsible for paying.

Monthly income to qualify: \$2,245.04 Single/\$3,032.07 Couple

**SLMB:** This program pays for your Part B Premium only.

Monthly income to qualify: \$2,457.84 Single/\$3,319.47 Couple

**ALMB:** This program pays for your Part B Premium only. This program is subject to available program funding. You are not eligible for this program if you received Medicaid.

All three of these programs enroll you into a program that helps pay for Medicare prescription benefits, called Low Income Subsidy or Extra Help. The QMB program is the only program that acts like a Medicare Supplemental Plan.

Dawn is available by phone, 917-685-9899.

## **2020 Census**

If you haven't done so already, make sure you complete the 2020 Census.

The Census will influence community funding and congressional representation for the next decade! The Census counts every generation and for more information you can go to [2020CENSUS.GOV](https://www.2020CENSUS.GOV).

## **AARP Safe Driving Program**

All AARP Driver Safety in-person events have been cancelled through December 2020. The online courses remain an alternative.

Website: [www.aarpdriversafety.org](https://www.aarpdriversafety.org)

Promo code for 25% discount:

**DRIVINGSKILLS**

## **UPCOMING Events**

### **UPCOMING ZOOM EVENTS SPONSORED BY CANDLEWOOD VALLEY HEALTH & REHAB CENTER**

Cardiac Health & Rehab with Dr. Kolwicz –  
Wed., July 15<sup>th</sup> & Aug. 19<sup>th</sup> @ 1:30

Cooking Lesson – Sensational Summer Salad W/ "First Bite  
Catering" – Tue., July 21<sup>st</sup> @ 1:30

Sign up at [Mmarici@candlewoodvalley.com](mailto:Mmarici@candlewoodvalley.com)

If you don't think we have your email address or it has changed recently, please call us to let us know at 860-355-3090. We are always sending out updates and keeping in touch. So make sure you are on our list!

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**WEB SITES OF INTEREST:**

Consumer Law Project for Elders:  
[www.connlegalservices.org](http://www.connlegalservices.org) or call  
1-800-296-1467

Online Living Will Forms:  
[www.ctelderlaw.org](http://www.ctelderlaw.org)

CT Dept. of Veterans' Affairs:  
[www.state.ct.us.ctva/](http://www.state.ct.us.ctva/)

**CENTER HOURS:**

**Mon, Tue, Wed, Fri, 10 - 4**  
**Thur, 10 - 3**

**The Center will be closed:**

Friday, July 3<sup>rd</sup> – Independence Day

**Hilltop Center is available for private parties,  
if you are interested or have any questions,  
please give us a call or stop by.**

**During a Power Outage our Emergency  
Land Line is 860-350-1080**