



Bridgewater Hilltop Center Newsletter

August - September 2019 Issue 64

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.

NEWS FROM DAWN MACNUTT

5 Medications that can cause Problems in Older Age

Even though you may have taken a medication for decades, your body may react differently to it in later life. One reason is that your metabolism has slowed down. The 5 medications are:

Anti-anxiety medications, such as Valium (diazepam), Ativan (lorazepam), Klonopin (clonazepam). These medications can increase the risk of falls, as well as cause confusion.

Antihistamines, such as Chlor-Trimeton, Benadryl, Nytol, Unisom, and Sominex. These medications may cause you to become groggy and unsteady on your feet.

Nonsteroidal anti-inflammatory drugs, such as Advil, Motrin, And Aleve, which may cause ulcers, stomach bleeding, and high blood pressure if used for a long time.

Sleeping pills, such as Restoril, Halcion, or Benzodiazepines, which may cause daytime sleepiness increased risk for falls, and memory loss. Drugs such as Ambien, Sonata and Lunesta have fewer side effects, but they may still cause daytime sleepiness and sleepwalking.

Antidepressants, such as Elvil and Tofranil, which are an older class of drugs. They may cause memory problems, confusion, blurry vision and irregular heartbeat.

Check with your physician if you are using any of these medications, as they need to be used carefully.

BIG Y FOODS – NO MORE PLASTIC BAGS!

As of August 1st, Big Y will no longer provide plastic bags at checkout in all of its stores. For customers who don't bring their own shopping bags, a 10 cent charge per paper bag will be added to their bill.

THE BREAKFAST CLUB

The first Thursday of the month at 9:00AM.

No Breakfast in August

Reached Maximum of 40 last March, Seats only available from Cancellations.

Seats filled from the Replacement list by the Tuesday before the Breakfast.

Special: September 5th –

“Ham and Egg Sandwich on a Croissant”.

Our Regular Fare includes Belgian Waffles with Strawberries and Cream, Pancakes and your choices of Sausage, Bacon, Scrambled Eggs, Orange Juice, Toast, Jelly, and Coffee or Tea for a Special Discount of 5 for \$20. **A single meal is \$6.00.**



THE COMPUTER GROUP

Meets Tuesdays 10:00AM to Noon
August and September Meetings:

The first Session of each month will be “Creating Video Playlists”.



Solving Computer Issues brought to the Meeting.
Reviewing and Re-creating “Trips and Tricks”.
Updating to Windows 10 1903.

Class Sessions are detailed on our Web Site each week.

Check at <http://www.bwsccomputergroup.blogspot.com/> for details.

COMING IN NOVEMBER OR DECEMBER - NEW YORK CITY, HOLIDAY EDITION (date to be announced).

See the city during everyone’s favorite time of year aboard the world’s only moving theater as you are treated to surprise performances and winter sparkle. This 75 minute experience takes you through Midtown Manhattan and Times Square via multi-million dollar coaches equipped with LED lights, flat screen monitors, three rows of stadium-style seats facing floor to ceiling glass windows.

Sign up is required. Cost \$98.00.

FALLS AMONG OLDER ADULTS:

Each year, one in every three adults age 65 and older falls. Falls can cause moderate to severe injuries such as hip fractures and head traumas and can increase the risk of early death. Fortunately, falls are a public health problem that is largely preventable.

Older adults can stay independent and reduce their chances of falling by exercising regularly. It is important that the exercises focus on increasing leg strength and improving balance and that they get more challenging over time. Ask your doctor or pharmacist to review your medicines – both prescription and over-the-counter to identify medicines that may cause side effects or interactions such as dizziness or drowsiness. Have their eyes checked by an eye doctor at least once a year and update their eyeglasses to maximize their vision.

Make homes safer by reducing tripping hazards, adding grab bars inside and outside the tub or shower and next to the toilet, adding railings on both sides of stairways and improving the lighting in your home.

Please call us if you have any questions regarding how to stay safe in your own home.

THERE WILL BE NO LUNCH IN AUGUST:

SEPTEMBER LUNCH, Thursday, September 19th at 12:15pm Chicken Parmesan from the Brick House. Our guest speaker will be Maureen Farrell, Community Wellness Director for the Regional YMCA of Western CT. As a leader in preventative health care, the Regional YMCA of western Connecticut offers a broad range of research-based programs that target specific health issues to the community. Through these programs the Y helps manage a range of health conditions. Regular exercise and healthy eating are a must, but creating a support group through difficult health journeys is invaluable.

The Aging Mastery Program is a partnership with the National Council on Aging and is delivered over 10 weekly meetings lasting one and a half hours per session. It incorporates evidence-informed materials, expert speakers, group discussion, peer support and encourages mastery of sustainable behaviors that will lead to improved health, stronger financial security and overall well-being.

Sign up required. Suggested donation for lunch is \$10.

SEPTEMBER Thursday, September 26th at 12:00pm.

Visiting Angels and Bethel Health Care will host a presentation about Aging in Place –“ What it means to me and my family.”

Aging in place is when a person lives and ages in their residence of choice for as long as they are able to. It also includes having services, care and needed support in the residence as well. These needs may change over time and as the individual ages. Join us for this informative discussion to assist you and your family as you age in place.

Lunch will be provided.



STAYING HYDRATED IN SUMMER

Combating dehydration is essential at all times of the year, but it is often at the forefront of caregivers minds during the hot and humid summer months. Detecting dehydration in an elderly loved one can be difficult, since symptoms can range in severity and may be categorized as symptoms of chronic disease. Signs include dizziness, headache, dry mouth, low blood pressure, constipation, low urine output and inability to sweat.



Dehydration is one of the most frequent causes for hospitalization among patients over 65 years old. Illness with symptoms like vomiting and diarrhea can cause dehydration. Additionally, many seniors are on a variety of medications including diuretics (water pills). In the case of frail seniors, they might have difficulty walking and are unable to get a drink as often as they would like. Frail seniors thus often need to rely on caregivers to help with accessing fluids.

Consider keeping a filled water bottle next to the bed or chair of a loved one. Often seniors will need cues or reminders to drink and they need to be consistently educated that it is still important to drink even when they are not thirsty.

THE SUPPER/CONCERT GROUP

The Group meets **once a month on Sundays** for Supper with a choice of 9 Sandwiches. We have a Special Station that creates Root Beer Floats, Shakes and Sundaes. Supper Concert Club Playlist Videos are created by the Computer Club.

Program starts with **Supper at 4PM** and the **Concert begins between 4:30 and 5:00PM**. The New Video Playlists will be shown on the **2nd Sunday of the month** with the Program scheduled total time of - 4PM to 6:30PM.

SENIOR VAN

The senior van is available for the use of residents over the age of 60 and under the age of 60 for people with disabilities. Use includes doctor appointments, grocery shopping and special activities with a limited destination distance of no more than 20 miles. Availability is on a first come, first serve basis but every effort will be made to meet your needs.

Our drivers are MICHELE KING, ALAN DINHO, MATT DEVITO AND ANN FRATTALONE.

Please contact the senior van director – ANN FRATTALONE at 860-350-3042 at least two weeks in advance for your appointments.

SOLO AGERS:

Many people won't have children to look after them as they age, either because they didn't have children or the ones they have aren't available or reliable. Without that help they face greater risks of isolation, financial exploitation, malnutrition and other ills. Who will let them know when it's time to stop driving? Who will notice signs of physical or cognitive decline and find appropriate help? Who will pay their bills, vet their financial advisors and monitor their bank accounts? Who will hire and supervise caretakers or research nursing facilities when they can no longer care for themselves?

Thinking about these realities is hard but necessary, especially for baby boomers in or approaching retirement. Solo agers need to be thinking about how to stay safe and happy and satisfied with their life and connected throughout their life..

People who don't expand their social networks can find themselves isolated and lonely as friends die or move closer to their grandkids. Strengthening ties with relatives and making new friends, particularly younger ones, can counteract that trend. So can cultivating relationships with neighbors, coffee-shop buddies and other acquaintances.

EAT FRESH

REMEMBER: THIS IS THE BEST TIME OF YEAR FOR FRESH VEGETABLES AND FRUIT. WE HAVE SOME WONDERFUL FARM STANDS IN THE AREA, MAKE THE MOST OF THEM.



A BIG, BIG THANK YOU to all who helped make our "Summer Soiree" such a resounding success. It was our best so far!

My Thanks to our committee consisting of Lynn Kubiseck, Larina Cipolla, Annie Frattalone, Julie Stuart, Cynthia Feuer, Susan Wilcox, and Michele Brown who worked extremely hard for the last six months to put this event together.

Thanks also to our kitchen staff: Annie Frattalone, Ginny Hook, Noella Englsih Angie Sturges and Michele King who put together a wonderful selection of food.

To Yoriko McClure for donating the delicious sushi and Nancy Volinski for the delicious shrimp.

We would also like to thank Kevin Hobbs and the "Nightshades" for the wonderful upbeat music enjoyed by all and special thanks to Michelle Brown for her entertaining us with her beautiful voice and Dennis MacDonald on Bass Guitar. Great music guys! Thank you to Cynthia Feuer for all the wonderful photos .



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Van Driver – Ann Frattalone
Social Services and Municipal Agent -
Dawn MacNutt

WEB SITES OF INTEREST:

Consumer Law Project for Elders:
www.connlegalservices.org or call

1-800-296-1467

Online Living Will Forms:

www.ctelderlaw.org

Ct. Dept of Veterans' Affairs:

www.state.ct.us.ctva/

SENIOR CENTER HOURS

Due to an increase in use of the facility
and to fit in programs our hours are:

MONDAY- 10 – 4

TUESDAY - 10 – 4

WEDNESDAY - 10 – 4

THURSDAY - 10 – 2

(10 – 4 on lunch and birthday social days)

FRIDAY - 10 – 4

**Friday, August 16th we will be closed for the
Bridgewater Fair. Please support our Fire
Department and COME TO THE FAIR!**