

Bridgewater Hilltop Center Newsletter

September - October 2019 Issue 65

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.

FLU SEASON IS ON THE WAY

The flu is a highly contagious disease. The flu virus is spread when you either inhale infected droplets in the air (spreads when an infected person coughs or sneezes) or when you come in direct contact with an infected person's secretions (by kissing, touching, sharing objects such as spoons and forks). You can also transfer the flu virus to your hands by touching smooth surfaces such as doorknobs, handles, television remotes, computer keyboards and telephones, then when you touch your hands to your nose, eyes or mouth, the flu virus gets absorbed.

GET YOUR FLU SHOT! (check with your doctor to make sure you are a suitable candidate for this shot).

IF YOU DO HAPPEN TO GET THE FLU OR COLD, PLEASE RESPECT ALL OF OUR SENIORS BY STAYING HOME UNTIL IT HAS PASSED!

FLU CLINIC:

The New Milford Visiting Nurse will be providing the flu vaccine for seniors only, at the center on Thursday, October 3rd 11 – 1. Registration is required so please call or stop by to be put on the list.

Accepted Insurance:

**Medicare
Medicare Advantage
Anthem Blue Cross
Blue Cross (other than Anthem)
Cigna**

The consent form must be completed legibly with the primary insurance number and policy holder information. You can pick this form up when you register.

VETERANS DAY – MONDAY, NOVEMBER 11

Please join us for our Veterans Day Ceremony. Bridgewater resident, Joe Buchheit, retired US Army Lieutenant Colonel will again lead us in a moving tribute to all our veterans. First Selectman, Curtis Read will give an address and our guest speaker Brigid Carney, will give a talk on what it's like growing up in a military family. Our very own Hilltop singers will do their usual wonderful rendition of some of our favorite military music.

We would ask that you be in your seats no later than 10:45.

Refreshments will be served after the ceremony.

THE BREAKFAST CLUB

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

Maximum is 40, Seats only available from Cancellations by Regulars. Seats filled from the Replacement list by the Tuesday before the Breakfast.

Featured: October 3rd and November 7th – “French Toast”.

Our Regular Fare includes, Scrambled Eggs, Pancakes with Blueberries or Strawberries and Cream. Monthly Features will be French Toast, Belgian Waffles or a Special. Your choices of Sausage, Bacon, Orange Juice, and Coffee or Tea are included. All this for a Special Discount of 5 Breakfasts for \$20.00.

A single meal is \$6.00.



THURSDAY, OCTOBER 31ST.

Representatives from BrandyWine Senior Living Facility in Litchfield CT. will be here a **12 noon** for a presentation and complimentary lunch.

We will also be joined by Dr. Bing Shue MD, and his vascular experts. For those who are interested, vascular screenings will be available.

Separate signup sheets will be provided for the presentation and lunch and one for those for the vascular screening.

Vascular screening is a preventive measure which can be used to identify risks for heart attack and stroke.

Signup sheets will be out as soon as we receive them, so please call or stop by to signup.



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

THE COMPUTER GROUP

Meets Tuesdays 10:00AM to Noon

October and November Meetings:

The Sessions have been changed to a “New Model”. Students will be active in presenting what they have learned.

Solving Computer Issues brought to the Meeting will continue.

Reviewing and Re-creating “Trips and Tricks” will start.

Class Sessions are detailed on our Web Site each week.

Check at <http://>

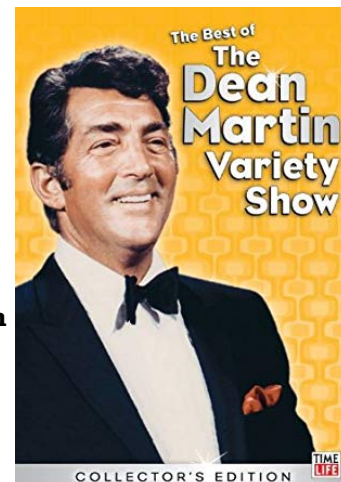
www.bwsccomputergroup.blogspot.com/ for details.

THE SUPPER and ENTERTAINMENT GROUP

The Group meets once a month on Sundays for Supper with a choice of 9 Sandwiches.

Program starts with Supper at 4PM and the Entertainment begins between 4:30 and 5:00PM.

The Program will be shown on the TV on the 2nd Sunday of the month with the Program scheduled total time of - 4PM to 6:00PM.



**October 13th – Dean Martin Variety Show Vol 1
November 17th – Dean Martin Variety Show Vol 2**

BRIDGEWATER SENIOR VAN

THE VAN IS AVAILABLE WEEKDAYS FOR DOCTOR APPOINTMENTS, GROCERY SHOPPING AND SPECIAL ACTIVITIES, such as the town fishing derby.

Availability is on a first come, first serve basis but we make every effort to meet your needs.

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

The van has a limited destination distance of no more than 20 miles.

Please contact the Senior Van Director – Ann Frattalone at 860-350-3042 at least 2 weeks in advance for your appointments.

If anyone would like to come to any event at the senior center and would prefer not to drive, please call us and we will make arrangements for the van to pick you up.

IMPORTANCE OF BALANCE TRAINING.

Why do seniors need to practice balance training? A multitude of things change as you age, not the least of which is muscle tone, eyesight and basic limb strength.

A good balance routine added to a regular exercise regimen will help you stay mobile longer than your non-exercising counterparts. Balance is the ability to move without falling and distribute your weight in order to hold a stable stationary position. It is like anything else in life, the more you practice, the better it will function.

Exercise and balance training provide multiple benefits for seniors, not the least of which is fall prevention. Here are a few other benefits you can enjoy:

Muscle tone – exercise and balance routines help you improve muscle tone, which means better balance and more cushion for your bones in case of a fall.

Better Reaction – should you become slightly overbalanced, exercise and balance routines give you better reaction time to catch yourself before you fall.

Bone Strength – exercise, particularly resistance training, builds stronger bones, which means fewer breaks.

**Here at Hilltop we offer two exercise programs that will help with all of the above: and they are:
Wednesday morning, 10:30 – 11:30 Tai Chi and Friday morning 10:30 – 11:30 Chair Yoga.**

CHRISTMAS BASKETS

Time to once again start thinking about Christmas baskets. While we think of our own family lists let's remember to include a little something for the seniors who are not able to be out and about during the holiday season.

If you would like to make a monetary donation please make checks out to

“BWSC Christmas Baskets”.

Cookies will also be needed, date of delivery to be announced. We would appreciate

anyone who can volunteer to deliver these baskets in early

December.

Signup sheets will be available at the Senior Center.



HALLOWEEN PARTY

JOIN US OCTOBER 26TH, 4:00 the theme for this year is the roaring twenties! costumes are welcome and there will be prizes for the best ones. however you do not have to dress up if you would just like to come and have some fun! think of Bonnie and Clyde, flappers, gangsters – there are many ways to dress up so have some fun with it!!!

GREETING CARDS:

The senior center has a wonderful supply of all kinds of greeting cards, including Christmas. These are made by the ladies from the Computer Club. Please stop by and check them out. They are very reasonably priced

OCTOBEFEST

THURSDAY, OCTOBER 17TH. 12 NOON

WONDERFUL FOOD BY CHEF UWE AND TOE TAPPING

MUSIC BY JIM MOKER AND HIS CREW!

SIGN UP IS REQUIRED. SUGGESTED DONATION \$12



Aging Mastery Program[®]

National Council on Aging

AGING MASTERY PROGRAM:

The Aging Mastery Program (AMP) is delivered over 11 weekly meetings lasting an hour and a half each session. AMP incorporates evidence-informed materials, expert speakers, group discussion, peer support and small reward to give participants the skills and tools to achieve measurable improvements.

Preliminary results have shown that older adults in the program significantly increased their:

- Social connectedness
- Physical activity levels
- Healthy eating habits
- Use of advanced planning
- Participation in evidence-based programs
- Adoption of several other healthy behaviors.

The program encourages mastery of sustainable behaviors that will lead to improved health, stronger financial security, and overall well-being.

“GREAT GROUP DISCUSSION AND WEEKLY ACTION STEPS”

We are planning to start this program in January possibly on an early Monday afternoon. Signup sheets and literature is available at Hilltop for you to look at. There will be no problem with weather because it is cancelled if there is even a hint of snow in the area!!

This is a great program and I look forward to having you join us.

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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

**REMEMBER TO TURN CLOCKS BACK
ONE HOUR ON NOVEMBER 3rd.
ENJOY THE EXTRA HOUR OF SLEEP!**