



Bridgewater Hilltop Center Newsletter

September - October 2020 Issue 70

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.

Well we lost a tree in the front of the center due to the storm, but we gained a beautiful awning in the back! Many of your favorite activities are returning. We will be holding group activities outdoors or virtually to the greatest extent possible according to the Governor's guidelines. When that is not possible, we will phase in activities indoors ensuring strict adherence to the protocols. Stay safe and know that we are here for you.

Pat, Annie & Jill

Telehealth is Growing

Several barriers, including privacy laws, proper insurance reimbursement procedures and geographic constraints limited the rate of its growth in the healthcare industry. But that all changed when the Coronavirus infiltrated the country and the healthcare system. In trying to protect healthcare workers as well as safely treat and diagnose patients the Senate passed a bill that addressed various considerations regarding the pandemic, one of which provided alterations to Telehealth statutes that relaxed regulations. The advantages of Telehealth, especially in a crisis situation, is that it allows physicians to scale up their ability to see and treat patients, they are not limited by the number of exam rooms they have or staff available to work and they can see patients who live farther away. Telehealth is here to stay and is expected to grow to more than a \$13 billion industry by 2023.

Gatherings On The Patio

(Weather permitting. Masks are to be worn except when you are eating.)

Concert on the Patio

featuring the band "Walking Fish" with Jim Moker and Angela Cahill.

Thursday, September 17th, 2:30 – 4:00 (rain date Sept. 18th)

Join us for an outdoor, lively, foot tapping concert. Jim and Angela will be playing familiar songs you can sing along with. Individual snacks and beverages will be available. Please call the center or email us to make your reservation.

Computer Club

Tuesday, 10:00 - Details of each session are on our website each week at

[http:// www.bwsccomputergroup.blogspot.com/](http://www.bwsccomputergroup.blogspot.com/)

Municipal Agent, Dawn MacNutt

Tuesday 10:00 – 1:00 at the center. Energy Assistance begins September 1st and Medicare Open Enrollment runs October 15th – December 7th. Dawn is available for help with both.

Silver Needles - Tuesday, 1:00

Mahjong - Wednesday, 1:00

Canasta - Friday, 1:00

The Breakfast Club

Thursday, September 3rd @ 9:00, a menu will be determined as we get closer to the date.

Thursday, October 1st @ 9:00

B I N G O on the Patio

Thursday, September 3rd @ 1:00 and Thursday, October 1st @ 1:00

Please call or email us to make your reservation. Depending on circumstances, subsequent bingo events may be held via ZOOM.

Birthday Social

Thursday, September 10th @ 1:00. We will be celebrating September & October birthdays.

Please call or email us to make your reservation.

Aging Mastery Class Graduation

Monday September 14th @ 1:00

Maureen Farrell, Director of Community Wellness of the Regional YMCA of Western CT and leader of our Aging Mastery Class will be here to address the graduates, hand out gifts and we will celebrate with cake and coffee. Please RSVP.

The Supper Club

Sunday, September, 20th from 4:00 – 6:00. An Elvis Concert will be shown on our new outdoor projection screen.

Sunday, October, 18th from 4:00 – 6:00. A Country Favorites Concert will be featured.

Decoupage Terra Cotta Pot Class – Lead by Melissa Marcici of Candlewood Valley Health and Rehabilitation Center

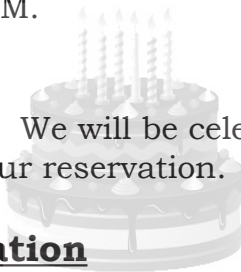
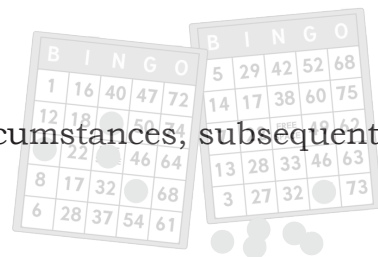
Monday, September 21st @ 1:00

Melissa will lead us in this craft using terra cotta pots, paper, fabric and/or stickers, paint, mod podge and your imagination! Materials will be supplied. Call or email the center to register for this class.

Hilltop Book Group

Thursday, September 24th @ 10:30. We will be discussing the book, Famous Father Girl, and choosing our next book.

Thursday, October 22nd @ 10:30





Health & Wellness

Body Conditioning

Monday, 10:30 – 11:15 and Wednesday, 12:00 – 12:40 *(NEW TIME on Wednesdays ONLY) starting Sept. 9th via ZOOM with Pat. New attendees will need to give us an email address so we can send you an invitation to join us. No limit to the size of class and you can do it in the privacy of your own home! A total body toning class using weights, bands and a chair. Exercises will strengthen and stretch the body from head to fingers! Strengthen muscles around arthritic joints, increase bone density, circulation, endurance and range of motion so you can remain active and independent.

Chair Yoga – outside at the Center starting September 4th

Friday, 10:30 on the patio. \$7 per class.

Instructor: Elaine Donahue

Yoga can increase your flexibility, respiration, circulatory health, energy and vitality. Please let us know you are coming so we will know how many chairs to set up. Masks do not need to be worn during class, but before and after class they must be worn.

Tai Chi – outside at the Center starting September 9th

Wednesday, 10:30 on the patio. \$7 per class.

Instructor: Dee Calvey

Tai Chi can help to maintain better balance of body and mind and release stress. No equipment needed, but please let us know you are coming so we will know how many chairs to set up. Masks do not need to be worn during class, but before and after class they must be worn.

Blood Pressure Clinics

Tuesday, September 8th from 1:00-2:00 and

Tuesday, October 13th from 1:00-2:00

Jill Hart, RN from the New Milford VNA will be back to check your blood pressure and to answer any questions you may have. Please call the center or email us to make an appointment.

Flu Clinic

October 8th from 12:00-3:00 by appointment

The New Milford VNA will be offering flu shots in a drive up fashion or on the patio.

Call the center to schedule your appointment.

Social Services New

Dawn MacNutt, MSQ, LMSW, LCSW,
Municipal Agent

Fight a Denied Advantage Claim

If a Medicare Advantage Plan denies you coverage for medically necessary care, don't take it lying down! File an appeal, and your odds are good that the plan will overturn its decision.

That's the message for consumers in a recent government report examining service and payment denials in Medicare Advantage plans, which are offered by private insurers and often combine basic Medicare benefits with drug, dental and vision coverage in a single package. Looking at appeals filed by Advantage enrollees and health care providers between 2014 and 2016, the U.S. Department of Health & Human Services Office of Inspector General (HHS-OIG) found that plans over-turned 75% of their own denials.

Inappropriate denials are a growing concern as the number of Medicare Advantage plan beneficiaries soars. Advantage plans had 22 million enrollees in 2019. As the government gives Advantage plans added flexibility, such as allowing them to offer supplemental benefits not covered by traditional Medicare, that number is likely to grow. But the denial notices that plans send to enrollees aren't always clear, say Fred Riccardi, V.P. at the Medicare Rights Center. Follow the instructions on the denial notice to make your appeal. Ask your doctor to write a letter explaining why you need the care. Advantage enrollees have only 60 days from the date of the denial notice to file for an appeal with the plan. The plan then must make a decision within 30 days. If your health could be harmed by waiting for the standard appeals to play out, request an expedited appeal, which requires a decision within 72 hours.

Medicare Rights Center on advocacy group for Medicare beneficiaries: www.medicareights.org or call 800-333-4114 for expert assistance.

Some Armchair Travel Suggestions:

Iceland Vacation – Enjoy the breathtaking beauty with a backdrop of peaceful music.
<https://www.youtube.com/watch?v=vzSH-cyXfNPw>



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Bridgewater Senior Van

Available weekdays for doctor appointments, groceries and special activities. Availability is on a first come, first serve basis but we make every effort to meet your needs. Destination distance of 20 miles. Please contact the Senior Van Director – Ann Frattalone at 860-350-3042 at least 2 weeks in advance for your appointments.

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/

CENTER HOURS:

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

The Center will be closed:

Monday, September 7th - Labor Day
Monday, October 12th - Columbus Day

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