



Bridgewater Hilltop Center Newsletter

December 2018 - January 2019 Issue 60

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 .

TELEMARKETING FRAUD

Here are some warning signs of telemarketing fraud – what a caller may tell you:

“You must act “now” or the offer won’t be good.”

“You’ve won a ‘free’ gift, vacation, or prize. “But you have to pay for “postage and handling” or other charges.

“You must send money, give a credit card or bank account number, or have a check picked up by courier.” You may hear this before you have a chance to consider the offer carefully.

“You don’t need to check out the company with anyone.” The callers say you do not need to speak to anyone including your family, lawyer, accountant, local Better Business Bureau, or consumer protection agency.

“You don’t need any written information about the company or their references.”

“You can’t afford to miss this ‘high-profit, no risk’ offer”

If you hear these or similar “lines” from a telephone salesperson, just say “no thank you” and hang up the phone!

KNOW YOUR NUMBERS: NEW GUIDELINES FOR BLOOD PRESSURE 120/80 AND IF YOU NEED SOME EXERCISE TO HELP ATTAIN THIS NUMBER. REMEMBER, WE HAVE SOME WONDERFUL PROGRAMS, SUCH AS **TAI CHI**, (WEDNESDAY MORNING 10:30 – 11:30), **CHAIR YOGA** (FRIDAY MORNING 10:30 – 11:30) AND **LINE DANCING** (MONDAY MORNING 11 – 12).
THE FIRST CLASS IS FREE SO COME AND TRY ONE OR ALL!

NEW MILFORD VNA IS HERE ON THE SECOND TUESDAY OF EACH MONTH FOR BLOOD PRESSURE READINGS FROM 1:00 PM – 2:00 PM. NO APPOINTMENT NEEDED.

WHAT IS A MUNICIPAL AGENT?

Every town and city has a Municipal Agent for the elderly who assist town residents ages 60+ by providing information and referrals to local, state, and Federal services and benefit programs. Municipal Agents are familiar with program and benefits such as: Medicare, Medicaid, Snap, Social Security, Protective Services, Legal Services, Adult Daycare, Housing, Transportation, and local Senior and Community groups. Many also help seniors fill out application forms for benefits. The Municipal Agent for Bridgewater is Dawn MacNutt who can be reached at 860-354-1348.

“Anyone who stops learning is old whether at twenty or eighty. Anyone who keeps learning stays young. The greatest thing in life is to keep your mind young.”

Henry Ford

DECEMBER LUNCH –

THURSDAY DECEMBER 20TH NOON

We will be serving a delicious Christmas ham with all the trimmings. Festive desserts will also be served and to put you in the Christmas spirit our very own Hilltop singers will be with us for a fun sing-a-long of a medley of Christmas songs. ***Suggested donation \$12. Reservations required by December 17th. We will also be having an UGLY CHRISTMAS SWEATER competition with prizes.***

JANUARY LUNCH –

THURSDAY JANUARY 17TH NOON

Chef John will be cooking up his usual wild game beef stroganoff. We will also have beef stroganoff for those of you who prefer it. Following lunch our Hilltop Center Board will be presenting the financial statements and will answer any question you may have.

Suggested donation \$10 per person. Reservations required by January 14th.

THE BREAKFAST CLUB

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

Special:

December 6th

"Creamy Almond Oatmeal with Seasonal Fruit".



January 3rd

"Egg in French Bread".

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 **\$5.00**.

THE SUPPER/CONCERT GROUP

The Rockettes DVD will be shown on

December 2, 2018.

4:00PM for the Supper Concert Club.

The New Video Programs will be on the 2nd Sunday of the month - 4PM to 6PM.



Program starts on January 13th 2019.

THE COMPUTER GROUP

Meets Tuesdays

10:00AM to Noon

December and January Meetings:

The first Session of each month will be

"Creating Video Playlists".

Learning from and creating "Trips and Tricks". Workshops on new Windows 10 Features.



Class Sessions are detailed on our Web Site each week.

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

www.bwsccomputergroup.blogspot.com/ for

FALLS AND OLDER ADULTS

Many people have a friend or relative who has fallen. The person may have slipped while walking or felt dizzy when standing up from a chair and fallen. If you or someone you know has fallen, you are not alone. More than one in three people age 60 or older falls each year. The risk of falling – and fall-related problems RISES WITH AGE!

WAYS TO PREVENT FALLS

Exercise TO IMPROVE YOUR BALANCE AND STRENGTHEN YOUR MUSCLES. Not wearing bifocal or multifocal glasses when you walk, especially on stairs will make you less likely to fall. You can also make your home safer by removing loose rugs, adding handrails to stairs, and hallways and making sure you have adequate lighting in dark areas.

Falls are not an inevitable part of life even as a person gets older. **YOU CAN TAKE ACTION TO PREVENT FALLS!**

Your doctor or other health care providers can help you decide the changes you need to make.

BRIDGEWATER SENIOR VAN

The van is available weekdays for doctors' appointments, grocery shopping and special activities. Availability is on a first come, first serve basis although we make every effort to meet your needs. Our drivers are Michele King, Matt DeVito and Ann Frattalone. The van has a limited destination distance of no more than 20 miles.

THE VAN IS AVAILABLE FOR TRANSPORTATION TO AND FROM HILLTOP CENTER AT ANY TIME.

Please contact the van director Ann Frattalone, (860-350-3042)

at least two weeks in advance for appointments.

Guess what? We have changed our name to Hilltop Center to more accurately reflect the services and programs we offer.

No, there won't be less activity for our seniors, but, there will be a lot more things to do for our up-and-coming participants.

Just take a look at some of our offerings:

Exercise Programs	Blood pressure monitoring	Lunch with notable speakers
Flu Shots	Trips – day and over-night	Computer education at various levels
Breakfast club	Sun. movie program w. light supper	Birthday socials
Bingo	Special events	

And if you don't see something here to tickle your fancy, make a suggestion. If enough folks like the idea, we will add it to our program.

Also Hilltop Center is available at very reasonable cost for private parties, such as wedding receptions, birthday parties, etc. Just ask and we will set you up.

Any questions please contact us at 860-355-3090.



WINTER WEATHER

With another storm season looming, it's important for all of us to have emergency supplies in the house.

CHECK LIST FOR EMERGENCY PREPARATION:

Even though it is unlikely that an emergency would cut off your food

supplies for two weeks, consider maintaining a supply that will last that long. An emergency supply kit is a collection of basic items that could be needed in the event of an emergency:

Water – one gallon per person, per day.

Food – nonperishable, easy to prepare items

Manual can opener – flashlight – extra batteries

Battery powered or hand crank radio (NOAA weather radio, if possible)

First aid kit – medications (7 day supply) and medical items – medication list

Cell phone with chargers – family and emergency contact information – extra cash

GREETING CARDS:

We have a wonderful selection of greeting cards, including Christmas cards. Noella English is available to help you select your own card design and add your very own personal message. If you are interested give us a call and we will set you up with her.

CHRISTMAS BASKETS:

If you would like to help out with our Christmas Baskets we are looking for cookies to be included in each basket. This year we are looking for 32 cookies from anyone who can bake.

Please bring them to Hilltop Center by Monday, December 10th during regular hours, 10 – 4.

We will also need drivers to deliver the baskets on Wednesday, December 12th at 1:00 pm. Please call or stop in to sign up. Monetary donations are welcome any time.



HOLIDAY SCHEDULE:

December 24th Christmas Eve – CLOSED

December 25th Christmas Day – CLOSED

December 26th Boxing Day – CLOSED

December 31st New Year's Eve – CLOSED

January 1, New Year's Day – CLOSED

A BIG THANK YOU to all who came and participated in our Veterans' Day. Our very own resident, Joe Buchheit, LTC-USA (Ret), organized a fitting tribute to our veterans. Our thanks also to First Selectman Curtis Read, the Rev. Peter Hammond, The Hilltop Singers and all who participated.

THANK YOU, VETERANS, FOR ALL YOU HAVE DONE.

It has been another fun filled year for all of us at Hilltop Center and we would like to thank all of you for your help, your ideas and your friendship in making this possible.



A BIG THANK YOU to all our volunteers for the help you have given us throughout the past year. We could never run the programs; organize the lunches and other social activities without you.

We are already working on plans to make 2019 another fun filled year and look forward to working with all of you.

WE WISH YOU ALL A VERY MERRY CHRISTMAS AND A HAPPY AND HEALTH NEW YEAR.

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Marilyn Curtin – Director
Ann Frattalone – Administrative Assistant

Board:

Ken Lightcap – Chairman
Jane Bernstein – Vice chairman
Jim Evans – Treasurer
Julie Stuart – Secretary
Dawn MacNutt
Rudy Simari
Jean Robinson Co-Treasurer
Marilyn Curtin

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

SENIOR CENTER CLOSINGS:

**If Region 12 closes due to inclement
weather, we will be closed.**