

Bridgewater Hilltop Center Newsletter

February - March 2019 Issue 61

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.

TAI CHI – THE BEST WAY TO WARD OFF FALLS

A small randomized and controlled trial---the gold standard in research---found that Tai Chi is the best way to ward off falls. The study published online Sept. 10, 2018 by JAMA Internal Medicine found this to be true. Researchers took 670 older adults with a reported history of falls or mobility problems and divided them randomly into three groups. One group did Tai Chi only; one group did stretching exercises only; and one group did aerobics, strength training, and balance and flexibility exercise. All of the participants took part in their assigned activities twice a week, for an hour. After six months, people in the Tai Chi group had experienced 58 % fewer falls compared with people in the stretching group, and 31% fewer falls compared with those in the group doing several types of exercises. Tai Chi in general is effective for improving balance. It uses a series of slow, flowing motions and deep breathing. The gradual shifting of weight boosts your strength, flexibility, range of motion and reflexes.

INJURY WHILE SHOVELING SNOW

It's one of the evils of winter – snow shoveling. Just make sure that if you choose to shovel, you take some precautions. Remember, when it's cold outside the heart works double time to keep you warm. Strenuous activities like shoveling snow may put too much strain on your heart, especially if you have heart disease. Shoveling can also be dangerous if you have problems with balance or have "thin bones" (osteoporosis).

Ask your Healthcare Provider whether shoveling or other work in the snow is safe for you.

FALLS IN WINTER

It is easy to slip and fall in the winter, especially in icy and snowy conditions.

Precautions to take:

Make sure steps and walkways are clear. Be especially careful if you see wet pavements that could be iced over.

Clear away snow and salt your walkways at home, or hire someone to do it.

Wear boots with non-skid soles – this will help prevent you from slipping.

If you use a cane, replace the rubber tip before it is worn smooth.

Consider an ice pick-like attachment that fits onto the end of the cane for addition traction.

**PLEASE REMEMBER: IF REGION 12 (SHEPAUG SCHOOL SYSTEM)
IS CLOSED – WE ARE CLOSED!
IF THERE IS A 2 HOUR DELAY – WE ARE OPEN!**

BREAKFAST CLUB

First Thursday of the month at 9:00AM.

Special:

February 7th

"Scotch Eggs".

March 7th

"Four Cheese Egg Strata".



Our Regular Fare includes Belgian Waffles with Strawberries and Cream, Pancakes and your choice of Sausage, Bacon, Scrambled Eggs, Orange Juice, Toast, Jelly, and Coffee or Tea for **\$5.00.**

FEBRUARY 14TH

VALENTINE'S DAY LUNCH



Lasagna prepared by Chef Annie and Chef Rudy.
Entertainment by Jim Moker.

Suggested donation \$10.00.

Reservations required

MARCH 14TH, ST PATRICK'S DAY LUNCH

Prepared by Chef Lisa with music by our good friend on the accordion Anita!



***Suggested donation \$10.
Reservations required***

TRIPS:

Our travel group is busy working on some wonderful trips for this year. As soon as they are finalized we will let you know. If you have any ideas yourself as to where would be an interesting place to go, please let us know!

We are always looking for new players for Poker,
**Friday morning 10 – 12,
Mahjong, Wednesday 1 – 4
and Canasta 12:30 – 3:30.**

DID YOU KNOW? The oldest evidence for soup is from 6,000 B.C. and calls for hippopotamus and sparrow meat.

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. 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.**

THE COMPUTER GROUP

Meets Tuesdays 10:00AM to Noon

February and March 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.



Look for our "Free" Laptop giveaway in January.

Class Sessions are detailed on our Web Site each week.

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

THE SUPPER/CONCERT GROUP

The Group meets once a month on Sundays for Soup and Bread or Sandwich.
Supper Concert Club Playlist Videos are created by the Computer Club.

Program starts on **January 13th, 2019.**

**Supper at 4PM and
Concert at 4:30PM.**

The New Video Playlists will be shown on the **2nd Sunday** of the month with the Program scheduled total time of - **4PM to 6PM.**

COIN COLLECTING

SATURDAY, MARCH 9TH,

10:00 am, Blair Soucy, professional coin dealer will be at Hilltop. He is the past president of the Bristol, Ct Coin Club, and Vice-President of the Litchfield County Coin Club. His program talks about the state of the hobby today, the U.S. Mint and its products, the gold and silver bullion market and provides a general overview of coins and currency collecting. People are encouraged to bring in any coins or currency for Blair to look at and give you an idea of value and rarity. There will be plenty of time for questions and answers. The program is designed for everyone whether you are an experienced collector or just want to know what some old coins lying around the house are worth. Please call or stop by to sign up. ***Everyone is invited to this free program.***



SEASONAL AFFECTIVE DISORDER OR "The Wintertime Blues"

Many people experience a decrease in energy and mood during the winter, which is caused by decreased daytime light. This phenomenon is known as "Seasonal Affective Disorder" or "SAD". Those who live in northern states (where daytime is shorter) are at highest risk. Open blinds and curtains during winter to let natural lighting in. Light therapy, using full-spectrum lights available at many stores, can also be used to prevent or alleviate the wintertime blues.

People experiencing depression should talk to their doctors.

FOR EXERCISE AND BALANCE

join one of our exercise classes:

Monday – **Line Dancing**

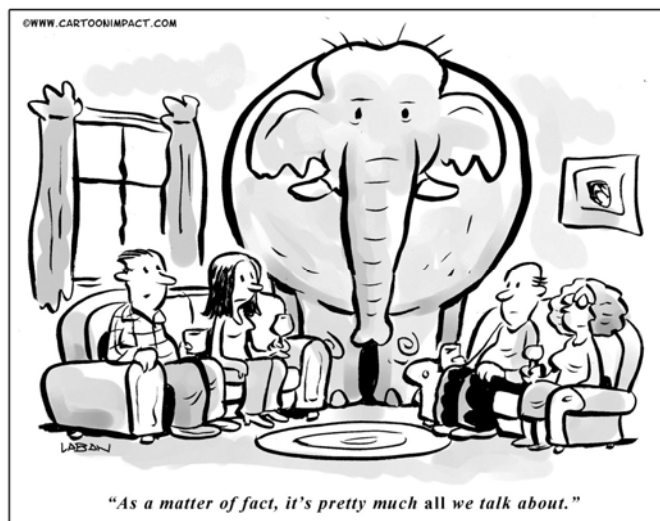
11 – 12

Wednesday morning – **Tai Chi**

10:30 – 11:30

Friday Morning – **Chair Yoga**

10:30 – 11:30



A BIG THANK YOU to **Ann Frattalone** for all her work and time in collecting and organizing gifts for our Christmas baskets, delivered this past December. This was a big effort on her part, and we know from the thank-you cards and phone calls how much that effort was appreciated. We would also like to thank the drivers, **Yoriko McClure, Susan Niesobecki, Keri Peloso, Rudy Simari** and our singing sister act, "**Bonnie and Teresa.**" Thanks to all of you who donated items and/or baked, including the **Boy Scouts** (baked goods and a poinsettia), the **Girl Scouts** (a wreath), The **Roxbury/Bridgewater Garden Club** (wreaths and a class on making boxwood tree decorations) and **Maywood** (poinsettias). The gifts and donations were beautiful and they helped to make the holiday shine.

MANY THANKS TO **John Kracen** for his delicious venison stroganoff and to **Lisa McMahon** for her delicious beef stroganoff.

SPECIAL THANK YOU to **Earl Fisher** for his generous donation to Hilltop of a painting by his late wife Carolyn, who passed away on December 25th. Carolyn was a very active member of our Center and a well regarded artist in the area. She was known for her paintings of animals, and many people have pet portraits painted by her, as well as landscapes, still lifes and portraits. She was a Kent Art Association Elected Artist. She will be greatly missed by all of us.



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Social Services and Municipal Agent -
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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

THINK SPRING:

DAYLIGHT SAVING TIME BEGINS MARCH 10th
REMEMBER TO PUT YOUR CLOCKS FORWARD ONE HOUR!
FIRST DAY OF SPRING IS MARCH 20th