



Bridgewater Senior Center Newsletter

June– July 2018 Issue 57

OUR MISSION STATEMENT :

We believe in the importance of aging with dignity and independence. To that end, the mission of Bridgewater's Senior Center is to identify the needs of our senior population and to promote activities, services and education that will enhance our seniors' lives.



SATURDAY, JULY 28, 4:00 pm – 7:00 pm

Join us for some wonderful live music and delicious food, while sipping a glass of wine and enjoying a summer's night view from our patio.

We will also have our silent auction with baskets of food and drinks, lunches, entertainment, etc., as well as our usual restaurant tower raffle and basket of some wonderful wines!

LIVE AUCTION ITEMS:

TRIP TO BE ANNOUNCED!

MOHONK DAY TRIP FOR FOUR – Plan a day for 4 people in nearby New Paltz, New York at this historic and breath taking American resort built in 1869. Included will be unforgettable buffet lunch and access to resort activities, such as tours of the Greenhouse and Victorian Gardens and original barns and farm. This trip can be taken any season on any weekday.

COUNTRY EXPERIENCE – Hay Ride on antique trailer on Town Line Road fields and farms, featuring gorgeous views with Happy Hour and old Bridgewater stories of the area. Saturday/Sunday early evening in September.

Memorial Marker Dedication: Thursday, June 14, 2018, Flag Day

The Roxbury Bridgewater Garden club is dedicating two Blue Star Memorial Marker signs and two Cherokee Princess White Dogwood trees in Bridgewater and Roxbury on June 14, Flag Day, to honor the individuals who have served, are serving, and will serve in all branches of the Armed Forces of the United States.

We would like to invite all the members of our communities and their friends and families to join us for the two dedications which will take place on **Thursday, June 14, as follows:**

11:00 AM in Bridgewater in front of the Capt. Burnham home on Rt. 133, in the center of town and at Noon in Roxbury at the Town Hall on Rt. 67.

REMEMBER: Older adults are at higher risk for dehydration. SO KEEP DRINKING WATER! The senior center is air-conditioned. If you need a break from the heat this summer, come on over. We have many activities available or just bring a book to read and spend some time cooling off. If you need help of any kind or know someone who does, call us. We can also arrange transportation to and from the center!

THE COMPUTER GROUP
Meets Tuesdays 10:00AM to Noon

June and July Meetings:

Learning from "Trips and Tricks"
 Making picture collages of Events and Family gatherings.
 Sharing files too big to Email.
 How to use the TV, DVD and Computer displayed to the TV.
 Class Sessions are detailed on our Web Site each week. Check at
<http://www.bwsccomputergroup.blogspot.com/>
 for details.

BREAKFAST CLUB 9:00 AM

JUNE 7TH 2018

This month's special:
 "EGG PAN FRIED IN BAQUETTE".



JULY 5TH

Next month's special:
 "TURKEY HASH WITH FRIED EGG"
 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.**



**LUNCH,
 JULY 19 - NOON
 ANNUAL SUMMER
 BARBEQUE
 WITH THE BRISTOL
 OL'E TIME FIDDLERS.**

LUNCH - JUNE 21 - NOON

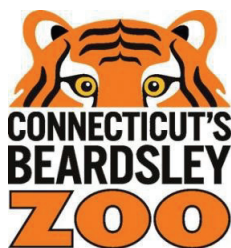
MENU, Chicken Francese, Pasta, Salad, Italian bread, Dessert.
Suggested donation \$7

Following lunch we have a special event: we are going to broadcast live from the Grand Canyon where Park Ranger Tarryn Bartkus (daughter of Jeanne Colin who works here at the Senior Center). You will journey back through time as you learn to look at the landscape through the eyes of an archaeologist and explore 12,000 years of human history at Grand Canyon.



THURSDAY, JUNE 14TH 1:00 PM
BEARDSLEY ZOO:
NEW THIS YEAR - ZOOMOBILE

One of the excellent educators from Beardsley Zoo will come to our Senior Center with a variety of live animals and artifacts to present an educational and fun program. They will also provide information about their senior volunteer opportunities and special events.



This program is limited to 30 seniors (no children). Refreshments will be served.

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 although we make every effort to meet your needs. Our drivers are: Michele King, Alan Dinho, Matt DeVito, Ann Frattalone. The van has a limited destination distance of no more than 20 miles. Please contact the Senior Van Director - Ann Frattalone, 860-350-3042 at least two weeks in advance for your appointments.

THURSDAY, JUNE 28TH, 10:30
stress relief workshop

Nadya will be here to teach us how to release stress, negative emotions and memories.

MONDAY OCTOBER 23 - 25. TRIP TO PHILADELPHIA

There are still seats available for this trip. Enjoy visiting ONE LIBERTY OBSERVATION DECK and experience the city with once in a lifetime views.

Join the local costumed guide for a HISTORIC WALKING CITY TOUR, enjoy READING TERMINAL MARKETPLACE for shopping and lunch. Visit the NATIONAL CONSTITUTION CENTER - begin with a multimedia "Freedom Rising" fascinating exhibit "Who Can Vote", take the Oath of Office, walk among 42 life size bronze statues of the signers of the Constitution, celebrate our nation's history.

Visit the brand new MUSEUM OF THE AMERICAN REVOLUTION.

Cost per person \$455 double.

Includes: Deluxe motorcoach, 2 nights hotel, 2 dinners, 2 breakfasts, sightseeing & admissions as per itinerary, Friendship Tours Escort.



OPIOID CRISIS IN CONNECTICUT

Opioids are a class of medication used to reduce pain. These can include prescription drugs used to treat moderate to severe pain, like oxycodone (oxycontin), hydrocodone (vicodin), morphine, and methadone. Other types of opioids are fentanyl, and the illegal drug heroin.

The misuse of prescription medications and opioid-based drugs have increased significantly over the years and is a public health concern in Connecticut. This misuse includes taking prescribed medications in a higher dose than authorized by a professional or taking a medication that was not prescribed to you. Opioid overdose is often characterized by decreased breathing, which if left untreated can lead to death.

There are approximately 41 Opioid Treatment programs in Connecticut. To learn more about where to access Opioid treatment or the costs for treatment, please call the Western Ct. Area Agency on Aging's CHOICES department.



**PRESCRIPTION OPIOIDS CAN BE ADDICTIVE AND DANGEROUS.
IT ONLY TAKES A LITTLE TO LOSE A LOT.**

NEWS FROM DAWN

State Budget 2018

Medicare

The new state budget for 2018 will start on July 1, 2018. Last Wednesday the legislators, in a bipartisan vote, voted to restore funding for the popular Medicare Savings Program, which helps more than 1,000,000 senior citizens and the disabled to pay for their medical care. The agreement also blocks any increases in bus and train fares that Governor Malloy had threatened to impose on July 1.

Lawmakers also agreed to restore funding for the HUSKY A Medicaid program for about 13,500 low-income parents who are "working poor" according to legislators.

FRAUD AGAINST SENIORS

The FBI's Common Fraud Schemes webpage provides tips on how you can protect yourself and your family from fraud. Senior citizens especially should be aware of fraud schemes for the following reasons:

Senior citizens are most likely to have a "nest egg," to own their home, and/or to have excellent credit – all of which make them attractive to con artists.

People who grew up in the 1930's, 1940's and 1950's were generally raised to be polite and trusting. Con artists exploit these traits, knowing that it is difficult or impossible for these individuals to say "no" or just hang up the telephone.

Older Americans are less likely to report a fraud because they don't know they have been scammed. Elderly victims may not report crimes, for example, because they are concerned that relatives may think the victims no longer have the mental capacity to take care of their own financial affairs.

When an elderly victim does report the crime, they often make poor witnesses. Con artists know the effects of age on memory, and they are counting on elderly victims not being able to supply enough detailed information to investigators. In addition, the victims' realization that they have been swindled may take weeks – or more likely, months – after contact with the fraudster. This extended time frame makes it even more difficult to remember details from the events.

Senior citizens are more interested in and susceptible to properties, and so on. In a country where new cures and vaccinations for old diseases have given every American hope for a long and fruitful life, it is not so unbelievable that the con artists' products can do what they claim.



TELEMARKETING FRAUD FOR SENIORS

If you are age 60 or older – and especially if you are an older woman living alone – you may be a special target of people who sell bogus products and services by telephone. Telemarketing scams often involve offers of free prizes, low-cost vitamins and health care products, and inexpensive vacations. For more information and tips to avoid these scams please visit the Telemarketing Fraud webpage (<https://www.fbi.gov/scams-and-safety/common-fraud-schemes/telemarketing-fraud>).

Resources from the United States Senate Special Committee on Aging.

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Bridgewater Senior Center

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Rudy Simari
Jean Robinson
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

**THE SENIOR CENTER IS AIR CONDITIONED
COME ON DOWN AND KEEP COOL!**