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.

CHANGE OF NAME
As some of you have noticed the name for our building has been changed to Hilltop Center which will be used for all general purposes, except for legal documents and writing checks which would be made out to Friends of the Bridgewater Senior Center or FOBSC

NEWS FROM DAWN:
Dawn MacNutt, LCSW, ASW Social Worker/Municipal Agent. She is available by appointment on Tuesday mornings from 10 – 1pm. She can help with Social Security, Medicare, Medicaid, Medicare Prescription Drugs, Medicare Savings Program and Supportive Counseling.

NEW MEDICARE CARDS
As people receive new safer Medicare Cards in the mail, advocates are warning about fraudulent callers who try to con people into paying money for the new card. According to Amy Nofziger, a fraud expert with AARP reports that some people have received calls asking for a fee in order to deliver a new Medicare Card, or asking for personal information before a card can be issued. The NEW MEDICARE CARE CARD IS FREE and will be mailed automatically. Suspicious calls can be reported by calling 1-800-633-4227.

The new cards began mailing this spring, according to Medicare the agency is about halfway through its mailing. Connecticut and the rest of New England began mailing in July. Everyone on Medicare should have a new card by April 2019. Doctors can accept the old cards until Dec. 31, 2019.

HOW TO PROTECT YOURSELF FROM EXTREME COLD:
Insulate your home properly, caulk windows to prevent drafts.
When outside, wear layers of warm clothing, including a hat and scarf to prevent heat loss through your head.
Use extra blankets at bedtime as hypothermia can develop during sleep.
Eat nutritious foods, exercise moderately and get an adequate amount of sleep.
Drink plenty of fluids.
If you live alone, have a relative or neighbor check in with you on a daily basis to make sure that you are okay.

REMINDER: Mark your calendar: Change for prescription drug coverage or health coverage will be October 15th through December 7th. Any questions please call Dawn MacNutt – 860-354-1348
THE COMPUTER GROUP
Meets Tuesdays 10:00AM to Noon
August and September Meetings:
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://www.bwsccomputergroup.blogspot.com/ for details.

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

Special:
October 4th
"Sausage Egg Sandwich on a Croissant".

November 1st
"French Toast Specials".
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.

OKTOBERFEST
Thursday, October 18
Once again we will be cooking up some authentic German food/ Entertainment will be provided by our friend Anita. Reservations are required by October 15th, please call or come in to sign up. Suggested donation $12.

SAVE THE DATE: Friday, November 29th
Birthday Party for people with birthdays in November or December. 1:00 pm at Hilltop Center. Come and join us, bring your friends and enjoy some cake and icecream. Sign up is required.

ELECTION DAY NOVEMBER 6TH
Voting will take place at the Center. All normal programs will be cancelled.

THE SUPPER/CONCERT GROUP
We are planning 3 supper/concert pilot programs on Sundays from 4 pm – 6 pm. These will take place on the 7th, 14th and 21st of October. The evening will consist of a light supper from 4 – 5 pm. The menu will be as follows:

7th – Sandwich of your choice
14th – Tomato basil or lobster bisque soup and bread
21st – pizza – (cheese, pepperoni or sausage).

You can have supper at three events, two, one or none. The concert will start at 5pm and you can come just to that if you like. Please let us know if you are coming.

The dinner/concert on August 4th was a big success with a great dinner followed by a concert that was projected inside the main room and also on the patio. Following the success of that evening we have decided to develop the three supper/concert evenings in preparation to having a monthly one starting in January 2019. After these pilots are presented we would like to get feedback on the content of the food, artists and videos selected and what changes you would like to see.

Here’s hoping you will come and enjoy each evening.
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

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 OCTOBER 1st, 1:00 pm. Sign up is required! Van will be available if you need a ride just call to let us know.

BRIDGEWATER 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 and Ann Frattalone. The van has a limited destination distance of no more than 20 miles. Please contact the Van Director – Ann Frattalone 860-350-3042

HALLOWEEN PARTY:
Our Halloween Party this year will be Saturday, October 27th, 4 – 7. You do not have to wear a costume however there will be prizes for the three best outfits and of course there will be our usual array of ghostly food and drinks!
For those who would like to come but do not want to drive, the van will be available, just give us a call.

A BIG THANK YOU TO our patio committee for all their hard work to make our party this past July so successful: Ann Frattalone, Jeanne Colin, Julie Stuart, Larina Cippola, Lynn Kubiseck, Michelle Brown and Susan Wilcox. Great job ladies.
One of our prizes in the live auction was a hayride around Bridgewater – This was won by two separate people, Anne Thomson and Randy and Glen Silkman, so we had two tractors, two hay wagons and planned our trip for Saturday September 15, which turned out to be a beautiful warm September day. We started at Hilltop Center at 3:30 with hors D’ourves and drinks, loaded up at 4:00, and were on our way to a wonderful adventure through the beautiful countryside of Bridgewater. We were treated to some surprises along the way when Ruth Cipola and Larina Cippola were waiting for us on their property and filled us in with the history of Lover’s Leap and surrounding areas. Next stop was Bald Man’s Hill where Walter Von Egidy was waiting to tell us a wonderful story about his growing up years in the area, in another field we saw some wonderful cow sculptures and then to top it off a visit to a field where Jeff Case was waiting with his banjo to entertain us all.
Of course none of this could have been done without the excellent tractor driving skills of Bill Stuart and Ed Bennett. Thank you guys so much, you did a great job!
BRIDGEWATER HILLTOP CENTER NEWSLETTER
SENIOR CENTER HOURS
Due to an increase in use of the facility and to fit in programs our hours are:

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(10 – 4 on lunch and birthday social days)

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/

Nov 4, 2018
Daylight Saving Time Ends