



Bridgewater Hilltop Center Newsletter

January - February 2021 Issue 72

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.

Welcome 2021! We hope this will be a healing year. We all need to have our spirits uplifted to find peace and harmony. HAPPY NEW YEAR!!

Due to the sharp increase of positivity rates of COVID-19 in our communities, the senior center will not be holding indoor classes or activities until it is deemed safe again. Hopefully, by the time you read this newsletter the COVID-19 vaccine will begin to be distributed in CT. The Calvary is coming! It will still take a while for everyone to receive the vaccine and for it to take effect, but there is light at the end of the tunnel. We must keep up our vigilance to protect each other. If you know someone who could use help, please let us know. We take this new increase in cases very seriously and want to make sure we are doing everything we can to keep everyone safe. Even though the Center is closed for programs, the staff is available to help you through this crisis. We are available by phone or email to assist you with information on issues that matter to you. Dawn MacNutt, Municipal Agent, is just a phone call away and our senior van is available for residents for medical appointments and shopping. For more local health information visit our health district website: newtown-health-district.com.

Winter Lunch - Grab n Go

Thursday, January 21st, 12:00



Pick up a delicious hot lunch to warm you up and help keep you toasty on a winter day. Lisa from the Bridgewater Convenience Store will be making her Beef Stroganoff with Noodles, Garden Green Salad, Buttered Roll and Dessert. Sign up and reserve your meal by calling or emailing the center. \$10 pp.

Virtual B I N G O - via Zoom

Thursday, January 14th, 1:00 and Thursday, February 18th, 1:00

Sponsored by Melissa Marici from the Candlewood Valley Health & Rehabilitation Center

Please call or email us to make your reservation and we will mail you the materials needed. If you

don't know how to use ZOOM give us a call and we will assist you. Virtual Bingo can be very fun - and it will be a lifesaver through the winter and dwindling months of COVID. It will take some getting use to, but let's give it a try! Prizes can be picked up any time after game day.

Library Program

Wednesday, January 20th, 1:00 Zoom with Chris Fisher from the Burnham Library.

He will be available to teach you about their downloadable audiobooks, eBooks and free movies. The senior center is now considered a Burnham Library's Satellite Library. All materials can be returned to the center when you are done. We have books, audio books and DVDs at the Center from the Burnham Library in addition to our own materials that you are welcome to borrow.

JANUARY 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
				1	2/3
				<p>CLOSED NEW YEAR'S DAY</p> 	
4	5	6	7	8	9/10
<p>Body Conditioning (via zoom) 10:30-11:10</p> 	<p>Dawn MacNutt (by phone) 9:00-12:00</p> <p>Computer Club (by Meet) 10:00</p> <p>Silver Needles (suspended) 1:00</p>	<p>Tai Chi 10:30 (suspended)</p> <p>Body Conditioning (via zoom) 12:00 - 12:40</p> <p>Mahjong 1:00 (suspended)</p>	<p>AA Meeting 5:30 (suspended)</p>	<p>Chair Yoga 10:30 (via zoom)</p> <p>Canasta 1:00 (suspended)</p>	
11	12	13	14	15	16/17
<p>Body Conditioning (via zoom) 10:30-11:10</p> 	<p>Dawn MacNutt (by phone) 9:00-12:00</p> <p>Computer Club (by Meet) 10:00</p> <p>Silver Needles (suspended) 1:00</p>	<p>Tai Chi 10:30 (suspended)</p> <p>Body Conditioning (via zoom) 12:00 - 12:40</p> <p>Mahjong 1:00 (suspended)</p>	<p>Bingo (via zoom) 1:00</p>  <p>AA Meeting 5:30 (suspended)</p>	<p>Chair Yoga 10:30 (via zoom)</p> <p>Canasta 1:00 (suspended)</p>	
18	19	20	21	22	23/24
<p>CLOSED</p> <p>MARTIN LUTHER KING, JR. DAY</p>	<p>Dawn MacNutt (by phone) 9:00-12:00</p> <p>Computer Club (by Meet) 10:00</p> <p>Silver Needles (suspended) 1:00</p>	<p>Tai Chi 10:30 (suspended)</p> <p>Body Conditioning (via zoom) 12:00 - 12:40</p> <p>Burnham Library 1:00 (via zoom)</p> <p>Mahjong 1:00 (suspended)</p>	<p>Winter Lunch (grab 'n go) 12:00</p> <p>AA Meeting 5:30 (suspended)</p>	<p>Chair Yoga 10:30 (via zoom)</p> <p>Canasta 1:00 (suspended)</p>	
25	26	27	28	29	30/31
<p>Body Conditioning (via zoom) 10:30-11:10</p> 	<p>Dawn MacNutt (by phone) 9:00-12:00</p> <p>Computer Club (by Meet) 10:00</p> <p>Silver Needles (suspended) 1:00</p>	<p>Tai Chi 10:30 (suspended)</p> <p>Body Conditioning (via zoom) 12:00 - 12:40</p> <p>Mahjong 1:00 (suspended)</p>	<p>Book Group (via zoom) 10:30</p>  <p>AA Meeting 5:30 (suspended)</p>	<p>Chair Yoga 10:30 (via zoom)</p> <p>Canasta 1:00 (suspended)</p>	

Hilltop Book Group - via Zoom

Thursday, January 28th, 10:30. Please join us for a lively discussion and sharing of ideas. Call the center to sign up to join the group and give us your email address. We will be discussing the book, *The Red Address Book* by Sofia Lundberg.

Valentine Meal - Grab n Go

Thursday, February 11th, 12:00



A let us love one another lunch for all you "love bugs". Sal Corbo, from the Brick House Restaurant, will be preparing Penne Zingara (pasta with roasted red peppers, mushrooms, peas, black olives with marinara sauce), green salad and bread. Sign up and reserve your meal.

Computer Club

Tuesday, 10:00. Virtual meetings using By Meet. 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, 9:00 – 12:00 by phone 917-685-9899

Silver Needles - SUSPENDED

Tuesday, 1:00

Mahjong - SUSPENDED

Wednesday, 1:00

Canasta - SUSPENDED

Friday, 1:00

Matinee/Concert Club - SUSPENDED

Last Will and Embezzlement DVD

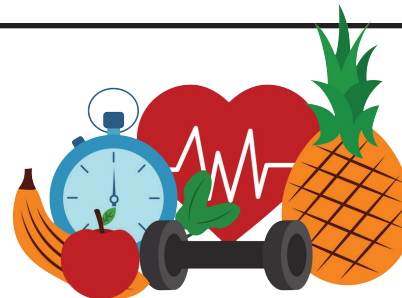
Available to borrow from the center. A film that tackles the growing global threat of financial exploitation of the elderly.

Body Conditioning - via Zoom

Monday, 10:30 – 11:10 and

Wednesday, 12:00 -12:40 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 - via Zoom

Friday, 10:30. Instructor: Elaine Donahue

Yoga can increase your flexibility, respiration, circulatory health, energy and vitality. We will need your email address to send you a zoom invitation and you will need to have Zoom downloaded on your computer or phone. No charge for this class while on zoom.

Tai Chi - SUSPENDED

Blood Pressure Clinics - SUSPENDED

Social Services News

Dawn MacNutt, MSQ, LMSW, LCSW,

Municipal Agent

Five Tips For Sundowning

Sundowning refers to a group of symptoms seen in mid-and late stage dementia and Alzheimer's disease. Those who have Sundowning display certain emotional states such as:

1. Confusion
2. Agitation
3. Restlessness
4. Disorientation
5. Suspicion

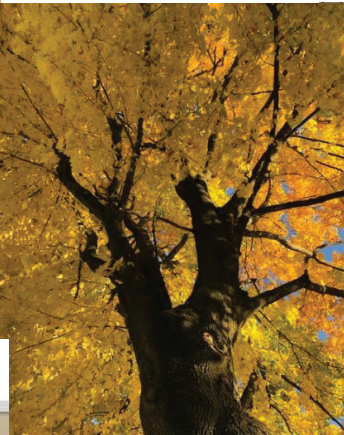
They may display certain behaviors, including yelling, pacing or wandering around the house, seeing or hearing things that aren't there. Sundowners may be obstinate and unwilling to take direction. These behaviors may last several hours.

There is no cure, but it can be treated by keeping track of what triggers episodes and avoiding those triggers as much as possible. Here are some tips:

1. Plenty of Light.
2. Healthy Sleep Cycles
3. Steady Routines
4. A calming, comforting environment
5. Doctors may prescribe medication

Sundowning is very real; it's not in your imagination. Rest assured it will fade as the evening passes.

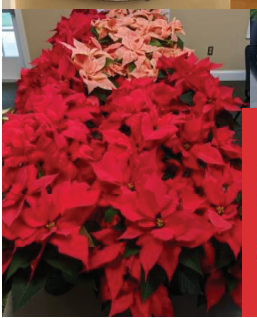
HAPPENINGS AT HILLTOP....



PEACE



JOY



2021

Bridgewater Hilltop Center
Town of Bridgewater
132 Hut Hill Road
Bridgewater, CT 06752

Presorted
US Postage
PAID
New Milford, CT 06776
Permit No. 273

Address Service Requested

Bridgewater Hilltop Center

132 Hut Hill Road • Bridgewater, CT 06752 • (860) 355-3090
bwscseniorcenter@gmail.com • bridgewater-ct.gov/hilltop-senior-center

Patricia Babbage - Director
Ann Frattalone - Administrative Assistant
Jill Peterson - Assistant

Board:

Ken Lightcap - Chairman
Rudy Simari - Vice Chairman
Jim Evans - Treasurer
Julie Stuart - Secretary
Dawn MacNutt
Jerry Ronan
Jean Robinson - Co-Treasurer

Van Driver - Ann Frattalone
Social Services and Municipal Agent - Dawn MacNutt

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. **Only transporting people that are well.**

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:

Friday, January 1st - New Year
Monday, January 18th - Martin Luther King, Jr. Day
Monday, February 15th - President's Day

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