



Bridgewater Hilltop Center Newsletter

March - April 2021 Issue 73

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.



The Hilltop Center staff has been busy making sure that all those who want the COVID-19 vaccine will receive one. We have made over 100 calls and have worked with the Newtown Senior Center through the Health Department to get as many seniors vaccinated as possible. If you have questions regarding the vaccine please feel free to reach out to our staff. Even with a vaccine, remember that we are still seeing widespread COVID-19 transmission so please wear a mask, wash your hands often, avoid large gatherings and stay home if you are feeling sick. We must work together to keep our community 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.

Corned Beef & Cabbage - Grab n Go

Thursday, March 11th, 12:30

Pick up a traditional St. Patrick's Day corned beef & cabbage, potatoes and carrots lunch prepared by Lisa from the Bridgewater Convenience Store. Reserve your meal by calling or emailing the center. \$10 pp.



Library Program

1:00 Zoom with Chris Fisher from the Burnham Library. Call us to set up a date. 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.

Hilltop Book Group - via Zoom

Thursday, March 25th, 10:30.

Please join us for a lively discussion and sharing of ideas. We will need your email address so we can send you an invitation. Call or email the center to find out what book we will be discussing.

The Cookhouse - Grab n Go

Thursday, March 25th, 12:30

The Cookhouse signature pulled pork sandwich with a magic combo of hot pulled pork, cool coleslaw and a tingling yummy sauce on a Portuguese roll, chips and apple crisp for dessert. Cost: \$10 pp. Sign up and reserve your meal. We must have a final count by March 19th.



Crafts to Go

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

March 11th - Zentangle Meditative Drawing Kit – Zentangle is an easy-to-learn, relaxing and fun way to create unique images by drawing structured patterns called tangles.

April 8th – Painting with Watercolors Kit –Supplies and easy-to-follow instructions included to learning traditional watercolor techniques.

Sign up for your kit!

Meals to go

Thursday, April 8th, 12:30

Menu to be determined. Look for our emails with the menu or call the center.

Thursday, April 29th, 12:30

Baked ham, scalloped potatoes, vegetable, and dessert provided by Lisa at the Bridgewater Convenience Store. \$10 pp. Reserve your meal.

Computer Club

Tuesday, 10:00. Virtual meetings using **ZOOM**. Details of each session are on our Website each week at <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

AARP Tax Aid

There is no in person tax preparation occurring this tax season. Online options are available by visiting www.aarp.org for further details.

AARP Driver Safety Program

in person nationwide closure till Sept 1st. Online courses are available at <http://www.aaa.com/defensivedriving>. \$21.95 for AARP Members and \$27.95 for non-members.



“The Doctor is In!”

Zoom program – an opportunity to ask questions of Dr. Kenneth Marici, Geriatric Specialist, Medical Director of the Candlewood Valley Health Center. RSVP at 860-355-0971 ext 11.

Take Charge of Your Health!



NEW! Tai Ji Quan:

Moving for Better Balance

This evidence-based therapeutic movement program helps participants improve balance, mobility, daily functioning and prevent falls. It was developed by Fuzhong Li, Ph.D., a Senior Scientist at Oregon Research Institute. Participants meet twice a week for 1-hour for 24 weeks via **Zoom**. Classes will meet Mondays at 1:00 and Thursdays at 10:00 beginning April 19th. This is a licensed property that the Connecticut Community Care is offering to us free of cost. Please call us with your interest.

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.

A big **Thank You** to the volunteers who delivered our Christmas Cheer Bags, Poinsettias (donated by Maywood Gardens) and Winter Comfort gift bag in December and January; Rudy Simari, Julie Stuart, Susan Niesobecki and the Bonnie & Teresa duo! These gifts brought a smile to many of our friends.

Tai Chi - SUSPENDED

Wednesday, 10:30. \$7 per class.
Instructor: Dee Calvey

Blood Pressure Clinics - SUSPENDED



Social Services News

Dawn MacNutt, MSQ, LMSW, LCSW,
Municipal Agent

Progressive Stages of Alzheimer's Disease

Early Stage:

- Less Sparkle
- Less initiative and drive
- Slowed learning and reactions
- Short term memory loss
- Word finding problems
- Person may be aware there is a problem
- Increasing inability to handle routine tasks
- Difficulty planning, making decisions
- Inability to calculate
- Seek familiar things
- Changes in ability to control temper, handle frustration
- Difficulty remember how to get from one place to another

Family Reactions:

- Family may have difficulty seeing problem
- Diagnosis may or may not be sought.
- Family may deny diagnosis.

Mid-Stage:

- Behavioral changes (sleep, wandering)
- Disorientated (time and place)
- Problems understanding
- Problems with judgment
- May not recognize familiar people
- Repetitive actions
- Great difficulty in decision making
- Memory of recent
- Lethargic, little warmth

- Family may become target of person's anger.
- Family may act out their own anger on patient
- Family may still deny problem and refuse help.

Late Stage:

- Apathetic, unable to communicate
- Poor remote and recent memory
- Incontinent

- Family burn out
- Family may experience feelings of guilt.

Alzheimer's Association – For questions, resources, advocacy and advice call 1-800-272-3900.

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, April 2nd - Good Friday

During inclement weather if Region 12 (Shepaug School System) is closed the senior center is closed and no van transportation is provided.

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