



# Bridgewater Hilltop Center Newsletter

November - December 2020 Issue 71

## 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.*

Wishing you and your whole family a Happy and Healthy Thanksgiving and a Very Merry Christmas! This year's celebrations may be different but the sentiments and the wishes are the same. Peace and Joy to you all!

## **Library Program**

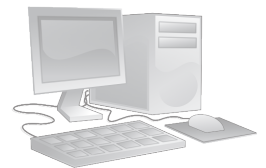
**NEW** Starting Wednesday, November 18<sup>th</sup>, 1:00 – 2:00 we will be hosting as a Burnham Library's Satellite Library. Once per month, library staff will be available at the Hilltop Center with a selection of books and materials to borrow. They will be available to teach us about their downloadable audiobooks, eBooks and free movies. They will get you signed up for a library card if you don't have one. All materials can be returned to the center when you are done. Please call to let us know you are coming.

## **Quinnipiac University Study**

Dr. Nicholson from Quinnipiac University is leading a study researching the effectiveness of an online program to enhance social integration. This is a structured evidence-based program designed to reduce social isolation and increase social integration. He is looking to enroll adults age 60 and over. The time commitment is about 90 mins a week for 6 weeks. If you are interested in participating contact Dr. Nicholson at 203-582-6542 or email at [Nicholas.nicholson@quinnipiac.edu](mailto:Nicholas.nicholson@quinnipiac.edu). This is a very interesting opportunity!

## **Computer Club**

Tuesday, 10:00 - 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 at the center. Medicare Open Enrollment runs October 15<sup>th</sup> – December 7<sup>th</sup>.

**Silver Needles** - Tuesday, 1:00

**Mahjong** - Wednesday, 1:00 (on patio, weather permitting)

**Canasta** - Friday, 1:00 (on patio, weather permitting)



## **Preparing for Medicare Open Enrollment**

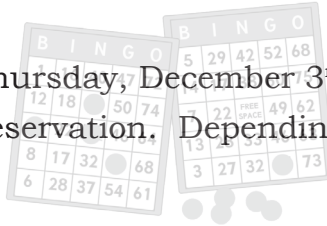
CHOICES PRESENTATION via Zoom with Amanda Asch Halle, Medicare Patrol Counselor, Western CT Area Agency on Aging

Thursday, November 5<sup>th</sup>, 11:00. This will be an update on changes planned for 2021 Medicare health plans (Prescription Drug Plans, Medicare Advantage Plans, Supplemental/Medigap plans) and Medicare Assistance programs which can help beneficiaries pay for their Medicare costs. We will need your email address to send you an invitation. Call to sign up.

## **B I N G O on the Patio**

Thursday, November 5<sup>th</sup> @ 1:00 and Thursday, December 3<sup>rd</sup> @ 1:00

Please call or email us to make your reservation. Depending on circumstances, subsequent bingo events may be held via ZOOM.



## **Last Will and Embezzlement**

Thursday, November 12<sup>th</sup>, 10:30.

A film that tackles the growing global threat of financial exploitation of the elderly. This documentary features deeply moving first-hand accounts from real-life victims, including Mr. Mickey Rooney, as well as in-depth interviews with experts who discuss such key issues as victim profiles, the perpetrators' 'modus operandi', the effects of these crimes, as well as potential solutions to this ever-increasing worldwide problem. This film slams home the atrocities but also finds solace and conciliation in its message of hope.

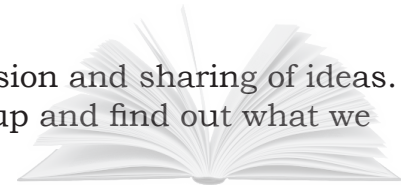
## **Matinee/Concert Club**

Sunday, November 15<sup>th</sup>, 2:00. - **Aloha from Hawaii Concert**

Sunday, December 13<sup>th</sup>, 2:00. - **Christmas Theme Concert**

## **Hilltop Book Group**

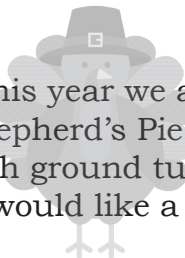
Thursday, November 19<sup>th</sup>, 10:30. Please join us for a lively discussion and sharing of ideas. You can join us at the center or via zoom. Call the center to sign up and find out what we are currently reading. No meeting in December.



## **Thanksgiving Takeaway Meal**

Thursday, November 19<sup>th</sup>, 12:00.

Even though we can't be all together this year we are cooking something up for you! Sign up for our Thanksgiving Individual Shepherd's Pie take out lunch. You will receive a personal size shepherd's pie (made with ground turkey) and a dessert. Cost: \$8.00 pp. Call to make your reservation. If you would like a meal, but have no transportation we will deliver the meal to you.



## **Afternoon at the Movies**

Friday, December 11<sup>th</sup>, 1:00.

Check with center the week before to see what's playing and make your reservation!

## **Craft with Melissa**

Thursday, December 10<sup>th</sup>, 11:00

Have some fun with Melissa from Candlewood Valley Health & Rehab Center and create a beautiful decoupage serving plate. Call to reserve your spot!

*Adults & Crafts*

# Health & Wellness



## **Blood Pressure Self-Monitoring**

A Blood Pressure Self-Monitoring Program, by Lisa O'Connor of the Regional YMCA of Western CT. A four month program to help you build confidence to self-monitor your blood pressure and take control of your health through nutrition education and coaching. It is for those who have been diagnosed with high blood pressure, or on blood pressure medication. Office hours are held virtually Wed. 5:00pm – 6:30pm & Thurs. 11:00 am-12:30pm. Monthly Nutrition Ed. Seminars are held at 6:00pm. \$60 for this 4 month program. A blood pressure cuff will be offered with a \$25 refundable deposit. Call us if interested or call Lisa directly for more information at 203.775.4444 ext. 135.

## **Body Conditioning**

Monday, 10:30 – 11:10 via ZOOM with Pat.

Wednesday, 12:00 -12:40 via ZOOM 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.

## **Indoor Classes:**

Masks do not need to be worn during class because of ample spacing, but before and after class they must be worn. **Pre-registration is necessary. Please call us if you cannot make a class so others can be offered the spot.**

## **Moving Meditation**

Monday, 1:00 -1:45. \$7 per class. Instructor: Aline Marie. Learn how to meditate with a gentle class that blends Qi/Gong/Chigong (pronounced Chee-Gone), yoga stretching, balance and breathing followed by guided mindful meditation. No previous experience necessary. Build quiet strength and peace in your body, mind & heart. Leave feeling refreshed, stretched and inspired.

## **Chair Yoga**

Friday, 10:30. \$7 per class. Instructor: Elaine

Donahue. Yoga can increase your flexibility, respiration, circulatory health, energy and vitality. Please let us know you are coming so we will know how many chairs to set up.

## **Tai Chi**

Wednesday, 10:30. \$7 per class. Instructor: Dee Calvey. Tai Chi can help to maintain better balance of body and mind and release stress. No equipment needed.

## **Blood Pressure Clinics**

Tuesday, November 10<sup>th</sup>, 1:00-2:00 and

Tuesday, December 8<sup>th</sup>, 1:00-2:00

Jill Hart, RN from the New Milford VNA will be back to check your blood pressure and to answer any questions you may have. Please call the center or email us to make an appointment.

## **STAPLES, New Milford**

If you need help deciding what device you may be thinking of buying, Josh Telesco at the New Milford Staples store will meet with you in person or on the phone to answer any questions you may have. Call 203-856-6408 or 860-355-1012 to connect with Josh for a 30 minute visit.

## **Social Services New**

**Dawn MacNutt**, MSQ, LMSW, LCSW,

Municipal Agent

### **What is needed for a Medicaid Application**

There are two forms of Medicaid: Community Medicaid and Long Term Care, whether it is in home or in a Nursing Facility.

Documentation that is needed for Both: Birth Certificate, Social Security Card, Medicare Card, Medical Insurance Card, Marriage License, Divorce or Legal Separation Papers, Copies of current monthly benefit checks (pensions, annuities, Railroad retirement, VA, monthly gross amount), Registration or title of motor vehicle and verification of loan if you have one, Verification of pre-paid funeral and copies of pre-paid funeral, Verification of all stocks and bonds, Verification of all real estate property transferred within 5 years, Bank account verification-all accounts-(checking, saving, CD's, credit unions mutual funds), Immediate 2 years prior to application all 24 months of bank statements, the remaining 3 years of lookback (only each December bank statements needed), Verification of all withdrawals over \$5,000, Mortgage payment or rent receipts, Life Insurance Policy irrevocable. As of 2020 the maximum irrevocable funeral service account is \$10,000. Face value of life insurance is \$15,000.

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](http://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.

### **WEB SITES OF INTEREST:**

Consumer Law Project for Elders:  
[www.connlegalservices.org](http://www.connlegalservices.org) or call  
1-800-296-1467

Online Living Will Forms:  
[www.ctelderlaw.org](http://www.ctelderlaw.org)

CT Dept. of Veterans' Affairs:  
[www.state.ct.us.ctva/](http://www.state.ct.us.ctva/)

### **CENTER HOURS:**

**Mon, Tue, Wed, Fri, 10 - 4**  
**Thur, 10 - 3**

### **The Center will be closed:**

Tuesday, November 3<sup>rd</sup> - Election Day  
Wednesday, November 11<sup>th</sup> - Veterans Day  
Thurs. & Fri., November 26<sup>th</sup> & 27<sup>th</sup> - Thanksgiving  
Thurs. & Fri., December 24<sup>th</sup> & 25<sup>th</sup> - Christmas

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

# HAPPENINGS AT HILLTOP....

