



*Wishing everyone a very happy and healthy New Year!
Remember with every new year comes a clean slate, one
you control.*

*Set small realistic goals to achieve on what matters
most to you! Call a friend, write a letter, come to the
center for a program, read more books, get enough
sleep, drink more water, try a new exercise, take a walk,
use the stairs, build a snowman, eat more vegetables,
explore new hobbies or a new skill, visit with Maggie to
have your vitals taken, fill out a file of life form, prac-
tice laughing and one of my personal favorites ease
stress with kindness and turn the frown upside down!*

*Our newsletter has exercise ideas from Kerri on page 2,
center programs on page 3, craft ideas by Kim on page
5, library programs on page 5, as well as benefits of
laughter on page 5.*

*Use some of the ideas above or come up with
your own to make 2021 a wonderful and joyful
year!!*



Senior & Totally Disabled Tax Relief

The filing period for all homeowners tax benefit programs run **February 1st thru May 15th**. The tax assessor contacts those who need to provide documentation for the program.

If you have never applied, the Town of Monroe website (www.monroect.org) under the assessor tab has the information listed under "resident tax relief." There is a brochure that breaks down all of the information and details including age and income limits for the Local and State programs.

All program required proof of income which are done by your:

1. Federal Tax Return
2. 1099 Social Security Statement

Applications with documentation are done by the Assessor's Office. Please contact them with any questions or to set up an appointment at **(203) 452-2803**.

HOLIDAY CLOSINGS

In observance of the upcoming holidays the center will be closed with no transportation.
Friday, January 1 ~ New Year's Day
Monday, January ~ Martin Luther King Jr. Day

FILE OF LIFE

Is a form for you to list all of your current medical information in one simple place to share with your doctors or EMS personnel in an emergency. Items on the form include: medical issues, medications, allergies, preferred hospital, emergency contacts, your physicians, insurance information and more.

The form can be downloaded from the Town of Monroe website under Senior Center, then go to TRIAD and finally File of Life. No computer? No problem! We have forms available at the center. Call Ronnie at ext. 3.

Looking for a gift as the weather gets cooler?
We have handmade knitted hats, scarves,
baby items and lap blankets from our
Friday Knit & Crochet group. Call to set
up an appointment to check out our wares?



Maggie Sessa, RN, from Griffin Hospital, will be here Wednesday, January 6 and Friday January 22 from 9:30 am to 11:30 am to check blood pressure, vital signs as well as answer questions regarding various health matters. Registration is required, call Kerri at ext. 0, for your appointment time.

Handmade cloth facemasks,
call Kim ext. 1.



In Memory

Lucy Quinto

Maureen Chuga



Energy Assistance

Ronnie Jensen & Mary Ann Kalm continue to take applications for the 2020-2021 heating season. For a list of documents and how to apply contact Ronnie at 203-452-2815, ext. 3, vjensen@monroect.org or Mary Ann at 203-452-2813, mkalm@monroect.org.

Center Staff

Henna Ali - Director, ext. 4

Kim Cassia - Administrative Assistant, ext. 1

Veronica Jensen - Elderly Services Coordinator, ext. 3

John Williams - Transportation Coordinator, ext. 2

Kerri Swift - Office Assistant, ext. 0

Rose Marie Syarto - Driver

John Delfino - Driver

Bob Scopoletti - Custodian

Helma Chartier - Chairperson, Commission on Aging

Kerri's Corner ~ 6 Indoor Exercise for the New Year

The weather outside may be frightful ~ but that doesn't have to make your winter any less delightful! The winter is a tough time and many start to feel cooped up during these cold, winter months and may even experience "cabin fever" and all of the feelings that go along with it ~ including sadness, lethargy and irritability.

To help reduce the *winter blues* here are six indoor exercises and activities perfect for helping you work on your endurance, strength, balance, and flexibility all winter long and beyond.

1. **Walking** – go outside if the weather is nice but if it's not, walk around inside your house, see how many laps you can do and how many times you can go up and down your stairs.
2. **Doing Chores** – cleaning your house, cleaning out closets and purging "stuff" is great exercise.
3. **Yoga/Tai Chi** - these forms of movement are low impact and can help work many different muscle groups and joints at once, helping you improve flexibility, balance, and strength in one easy routine. Yoga, chair yoga and tai chi have been shown to help reduce stress levels while boosting participants' moods and energy levels. Our Yoga and Tai Chi instructors are doing these programs via zoom each week.
4. **Balance Exercises** - a few different indoor exercises that can help you focus on your balance can include leg raises, toe stands and core stretches. Kim does these while she waits for the microwave to heat her food or the Keurig to make her hot drink or even while waiting for the dryer to finish.
5. **Light Dancing** – turn on your favorite music and dance to the beat, great for movement as well as breathing exercises.
6. **Light Resistance Training** - for a light workout with no additional equipment, you can do some "body weight" exercises, such as squats or gentle push-ups. You can exercise with light hand weights or resistance bands, a popular tool in many types of physical therapy. No weights no worries try using water bottles ~ if they are too heavy remove some water and secure the cap.



We know this is a little late, but thought you might all enjoy this holiday poem!

'Twas a month before Christmas, and all through town, people wore masks that covered their frown!

The frown had begun way back in the spring, when a global pandemic changed everything!

They called it Corona, but unlike the beer, it didn't bring good times, it didn't bring cheer!

Airplanes were grounded, travel was banned. Borders were closed, across air, sea and land!

As the world entered lockdown to flatten the curve, the economy halted, and folks lost their nerve!

From March to July we rode the first wave. People stayed home, they tried to behave!

When summer emerged the lockdown was lifted, but away from caution, many folks drifted!

Now in November cases are spiking, wave two has arrived, much to our disliking!

It's true that this year has had sadness a plenty, we will never forget the year 2020!

And just round the corner, the holiday season. But why be merry? Is there even one reason?

To decorate the house and put up the tree, who will see it no one but me!

But outside my window the snow gently falls, and I think to myself let's deck the halls!

So, I gather the ribbon, the garland and bows, as I play those old carols, my happiness grows!

Christmas is not cancelled and neither is hope. If we lean on each other, I know we can cope!

January Programs

Programs from 10:00 ~ 12:00

Monday	Quilting
Tuesday	Social Club
Wednesday	Anything Goes
Thursday	Movie
Friday	Knit & Crochet

HEALTH CHECKS BY MAGGIE
 Wednesday, January 6 ~ 9:30 am to 11:30 am
 Friday January 22 ~ 9:30 am to 11:30 am

Any Thing Goes on Wednesdays from 10:00 ~ 12:00

- 6 Brain Teasers ~ variety of word games and trivia**
- 13 Game Day**
- 20 Zoom Tutorial**
- 27 Snapple Trivia ~ Fact or Fiction Fun Facts**

Join Katie Regan, Director of Community Services, and Claire Volain, Choices Coordinator from SWCAA on Thursday, January 21st at 6pm. They will lead an informational session through Zoom, highlighting caregiver support programs, technology grants, and in-home services and support programs in our region. In this current climate we are all living in, SWCAA can help you navigate the options available to you and your loved ones! To register, please contact 203-452-2815 ext 0.

Registration for all programs is a must due to limited seating. Call 203-452-2815 ext. 0 to register.

Movies

January 7 ~ "About Time": Rated R/ Comedy, Drama, Fantasy/ 2h 3 min

At the age of 21, Tim discovers he can travel in time and change what happens. His decision to make his world a better place by getting a girlfriend turns out not to be as easy you might think.

January 14 ~ "The Favourite": Rated R/ Biography, Comedy, Drama / 1 hr 59 min

In early 18th century England, a frail Queen Anne occupies the throne, and her close friend, Lady Sarah, governs the country in her stead. When a new servant, Abigail, arrives, her charm endears her to Sarah.

January 21 ~ "Bombshell": Rated R/ Biography, Drama/ 1 hr 49 min

A group of women take on Fox news Roger Ailes and the toxic environment he presided over at the network.

January 28 ~ "Dolittle": PG / Adventure, Comedy, Family/ 1 hr 41 min

A physician who can talk to animals embarks on an adventure to find a legendary island with a young apprentice and a crew of strange pets.



THIS SPACE IS
AVAILABLE

Proudly serving the Monroe community.

Dignity[®]
LIFE WELL CELEBRATED[®]

**SPADACCINO &
LEO P. GALLAGHER & SON**
COMMUNITY FUNERAL HOME
SpadaccinoFuneralHome.com
203-445-8500

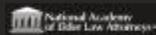
... because experience matters

LAW OFFICES OF

Eliovson and Tenore

Estate planning • Asset protection • Wills & Trusts • Special needs trusts
Probate & conservatorships • Medicaid/Title XIX eligibility/
planning & applications

(203) 259-7195 • ConnecticutElderlaw.com



117 Tunxis Hill Road • Fairfield, CT 06825

**FREE
AD DESIGN
WITH PURCHASE
OF THIS SPACE.**
- 800-477-4574 -

Anne H. Lynn,

M.S. CCC-A, FAAA

Licensed & Certified Clinical Audiologist

Diagnostic Hearing Evaluations

Hearing Aids, Repairs, Service

Custom Earmold Products

Participating w/most Health Ins.

203-304-9744

107 Church Hill Rd., Ste. 2E | Sandy Hook, CT

annehear711@gmail.com

**PROTECTING SENIORS NATIONWIDE
MEDICAL ALERT SYSTEM**



\$29.95/MO

BILLED QUARTERLY

PLUS
SPECIAL
OFFER

CALL NOW! 1.877.801.5055
WWW.24-7MED.COM



**WE'RE HIRING
AD SALES EXECUTIVES**



- Full Time Position with Benefits
- Sales Experience Preferred
- Paid Training
- Overnight Travel Required
- Expense Reimbursement

CONTACT US AT

careers@4LPi.com • www.4LPi.com/careers

Thrive
Locally

DON'T SHOP. AD PAW PT.



UPGRADE TO A

VIBRANT

Contact us for details *ad*

800-477-4574



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.lpiseniors.com

Monroe Senior Center, Monroe, CT

04-0772



Kim's Kraft's ~ wondering what to do with the toilet paper or paper towel cores ~ make fun winter crafts of course!! My favorite items are bears and snow people but you can do whatever suits your fancy. Items needed depends on the extent of your craft (markers, paint, buttons, pipe cleaners, felt, etc.). Look at the examples or come up with your own, have fun creating a decoration for your home or a gift for a loved one.



EDITH WHEELER MEMORIAL LIBRARY JANUARY HAPPENINGS

The library has a variety of programs to help you with your **technology and computer programs**. There are tech help hours, introduction to Google Apps, introduction to Microsoft word and introduction to Microsoft Excel. Go to their website at www.ewml.org, click on the events tab and scroll down to find the program you want to review and attend.

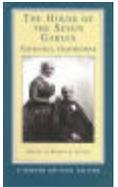
The library is open for express walk-in browsing and limited computer use by appointment. They also have the library-to-go curbside service. **Two featured January programs are:**

BAKING WITH JANINA ~ RASPBERRY GANACHE BROWNIES on Wednesday January 20, 6:30 ~ 7:30 pm. Join Janina of Red Poppy Cakery in making fudgy raspberry brownies topped with dark chocolate ganache! The rich combo is sure to make everyone in your house, regardless of dietary preference, happy and satisfied! *Tickets are required to access the Zoom meeting so you need to go to the website and sign up.*



Janina Kotulich is a Monroe native, now the owner of Red Poppy Cakery in Burlington, Vermont. In addition to making extravagant cakes and cupcakes, she leads home bakers all over the world through some of her favorite recipes step by step over zoom. She is passionate about making great pastries feel accessible at home!

CLASSICS BOOK CLUB ~ Monday January 25 from 7:00 ~ 8:00 pm. Enjoy great discussion about a classic book. This month, "House of the Seven Gables" by Nathaniel Hawthorne, originally published in 1851. From Goodreads.com: "The sins of one generation are visited upon another in a haunted New England mansion until the arrival of a young woman from the country breathes new air into moldering lives and rooms." *Registration is required to receive the Zoom link.*



Laughter has many benefits triggering healthy physical and emotional changes in your body. It strengthens your immune system, boosts mood, diminishes pain, and protects you from the damaging effects of stress. Nothing works faster or more dependably to bring your mind and body back into balance than a good laugh. Humor lightens your burdens, inspires hope, connects you to others, keeps you grounded, focused and alert. It also helps you release anger and forgive sooner.



- **Laughter relaxes the whole body.** A good, hearty laugh relieves physical tension and stress, leaving your muscles relaxed for up to 45 minutes after.
- **Laughter boosts the immune system.** Laughter decreases stress hormones and increases immune cells and infection-fighting antibodies, thus improving your resistance to disease.
- **Laughter triggers the release of endorphins,** the body's natural feel-good chemicals. Endorphins promote an overall sense of well-being and can even temporarily relieve pain.
- **Laughter protects the heart.** Laughter improves the function of blood vessels and increases blood flow, which can help protect you against a heart attack and other cardiovascular problems.
- **Laughter burns calories.** Okay, so it's no replacement for going to the gym, but one study found that laughing for 10 to 15 minutes a day can burn approximately 40 calories—which could be enough to lose three or four pounds over the course of a year.
- **Laughter lightens anger's heavy load.** Nothing diffuses anger and conflict faster than a shared laugh. Looking at the funny side can put problems into perspective and enable you to move on from confrontations without holding onto bitterness or resentment.
- **Laughter may even help you to live longer.** A study in Norway found that people with a strong sense of humor outlived those who don't laugh as much. The difference was particularly notable for those battling cancer.

Monroe Senior Center
235 Cutlers Farm Road
Monroe, CT 06468



Stewart Hand & Upper
 Extremity Therapy PLLC

**CERTIFIED HAND &
 UPPER EXTREMITY SPECIALIST**

Anne Betz Stewart, Owner
 - 30 Years Of Experience -

ALL INSURANCES ACCEPTED

*One-on-One Care For 45-60 minutes
 with THERAPIST ONLY.*

**Custom Program • Splinting
 Massage • Modalities.**

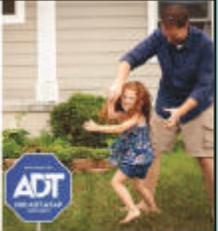
203-880-9577

BY APPOINTMENT
 Open Mon to Fri 8-7, Sat 8-4

**ADT-Monitored
 Home Security**

Get 24-Hour Protection
 From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide

ADT Authorized Provider | **SafeStreets** | **1-855-225-4251**

Wesley Village

BISHOP WICKE | CROSBY COMMONS | LIFESTYLE TRANSITIONS | WESLEY HEIGHTS

Independent & Assisted Living • Memory Support
 Short-Term Rehab • Outpatient Therapy & Fitness

Senior Living Community | Schedule Your Tour Today!
203-225-5024 | www.umh.org



➤ Reach the Senior Market

ADVERTISE HERE

CONTACT

Contact Patsy Sears to place an ad today!
 psears@4LPi.com or (800) 950-9952 x5901



SPREAD THE WORD:

**A Thriving, Vibrant
 Community Matters**



**Support Our
 Advertisers!**