

Newington Senior & Disabled Center

120 Cedar Street • Newington, CT 06111 • 860-665-8778 (voice)

HOURS OF OPERATION: Monday - Friday 8:30 AM—4:30 PM

Website: www.newingtonct.gov

DECEMBER
2020



CONNECTION

MISSION STATEMENT - *The mission of the Newington Senior and Disabled Center is to improve the wellbeing of older adults and adults with disabilities in the Town of Newington.*

Accredited by 
National Institute of
Senior Centers

SPECIAL NEWSLETTER FOR DECEMBER 2020



We Miss You! We're Here For You! A Message from the Director

We are in the last month of 2020—finally! And, while we might be in the darkest place in terms of COVID-19 and its risks, we also are starting to see hope for a return to a more normal life in 2021! We are certainly looking forward to that. And in the meantime, we will make the most of this pause that life has presented. We reflect on the past year and we mourn losses, celebrate successes and, above all, appreciate what we have gained. And we will continue. Together.

The staff of the Senior and Disabled Center have worked incredibly hard over the past eight months adapting, adjusting, creating and innovating to provide the programs and services we think will help most. I am very proud of them. And we are all grateful to you—our members—for showing us how to be resilient! Please continue to stay safe, stay active, and stay connected!

We hope you will celebrate the holidays by enjoying the gifts that fill your life, including the love that you share with your family and friends. In addition, we wish that this holiday season will create many joyous reflections for the years to come.



It's a Wonderful Life:

A Statewide Senior Center Virtual Holiday Bash!

Friday, December 18 at 1:00

You don't want to miss this! "It's A Wonderful Life" Holiday Bash will feature holiday wishes from around the state, seasonal music, ballroom dancing performances from Fred Astaire Dance Studios, a greeting from the Mark Twain House, holiday vignettes celebrating diverse cultures and traditions and many more of our favorite things!

Program held via Zoom.

To Register - please visit the following website:
www.cthealthyliving.org/events/statewide-senior-center-holiday-bash



LOOK INSIDE! MORE PROGRAMS, FUN THINGS TO TRY, RESOURCES & MORE!



Virtual & Social Distancing Special Programs

Check out our special programs for you to enjoy from the comfort and safety of your own home! **Please contact the office at 860-665-8778 or email cmagnano@newingtonct.gov to register.**

Winter Wonderland Parade

Friday, December 4 at 1:00 p.m.



The holidays are upon us! Give us a call to be placed on our frosty fun parade route and we'll stop by your house with some goodies and conversation to get you in the spirit. Space is limited, masks and social distancing is required.

Crafts with Karen

Tuesday, December 8 at 1:00 p.m.

Our craftiest SDC staff member, Karen, will lead a winter-themed craft class (project TBD) via Zoom. We'll send participants all the materials needed to complete the project. Just sign in and enjoy a relaxing afternoon of creativity and conversation!

American History Lecture Series

TUESDAYS, December 1 & 15 at 2:00 p.m.

Carnegie Mellon University Professor Jared Day will present the next installments of this popular series. December's topic is "The Coming of World War II, parts 1 and 2." Class will be presented via Zoom.

Holiday Trivia Contest

Monday, December 21 at 1:00 p.m.

Don't miss out! Join us on Zoom for a fun and festive afternoon of holiday-themed trivia. Five rounds will be played and topics may include, movies, sports, music, history and more!



The Importance of Checklists in Your Life

Tuesday, December 15 at 11:00 a.m.



Presented by Cahill & Associates Financial Services. Who needs a financial checklist and why? When is the best time to make one? Cahill & Associates will present this important financial topic via Zoom.

Let's Play Boggle!

Wednesdays at 1:30 p.m.
(game played via telephone)

If you like word games, Boggle is for you! Players attempt to find words in sequences of adjacent letters in a given time frame. Boggle is a fun and exciting brain game that can be played using our conference call line. Materials and directions will be supplied.

Move to Improve!

Move to Improve is designed to increase strength and flexibility with support from staff to answer questions and keep you on track. Participants will receive a *Fit Kit* with instructions that are easy to follow and the program can be personalized to accommodate your level of fitness. The only thing you need to supply is a sturdy chair and a desire to move. For more information or to register, please contact Barbara Womer at 860-665-8772.

Other Ways to Stay Connected & Informed!



Have you liked us on Facebook? Go to www.facebook.com/newingtonsdc or search "Newington Senior & Disabled Center" in Facebook for lots of info about the Center, things to do at home, resources, live videos, interesting facts and the occasional bad joke! New content is posted often; check us out and leave us a comment.



Senior & Disabled Center staff have been reaching out to members via email and weekly robocalls to provide the latest info and to just check in! If you need to update your contact information, please call the main office at 860-665-8778 or email cmagnano@newingtonct.gov.

STAY CONNECTED!



Sugar on the Brain

As the holidays approach, sweet treats seem to be everywhere! We may even give and receive edible gifts during this special time of year. It's a well-known fact that many gain weight over the holidays, but have you ever considered how the sweet stuff may affect your brain?

The average American eats 17 teaspoons of sugar a day. That adds up to a whopping 57 pounds of sugar a year. It's likely that the amount of sugar consumed between Thanksgiving and New

Year's Day increases substantially. Cookies, candy, pie – oh my!

While it's perfectly fine to indulge a bit during the holidays, knowing a little more about how sugar affects your brain may help to curb consumption during the season. Studies over time have shown that sugar has been linked to obesity, increased risk of type 2 diabetes, heart disease, and liver disease. Recent research, however, suggests that high amounts of sugar in the diet may affect the brain and alter its ability to learn and remember information.

The type of sugar consumed is important. Fructose is found in fresh fruits and some veggies but it can also be processed into a sweetener for food and drink – think high fructose corn syrup. Sucrose is table sugar and is typically the sugar found in baked goods, candy, and ice cream. Glucose is a simple sugar found in dried fruit, honey, corn and fruit juices. These three types of sugar are digested and used by the body and brain in different ways.

Sucrose is broken down into glucose and fructose during digestion. Glucose is processed in the small intestine and sent to cells for energy. It signals the release of insulin which allows us to feel full and stop eating. Too much glucose will be stored as fat. Fructose does not stimulate insulin production very well and causes us to overeat. High amounts of fructose in the brain affects communication between cells and increases toxins leading to cognitive impairment. Unfortunately, scientists are finding the aging brain is more vulnerable to sugar.

So during this special time of year, indulge a little, but keep in mind that your brain will function better when you eat less sugar. That's a great gift to give yourself!



Meditation Mondays

Mondays at 10:00 am via telephone

Explore the benefits of meditation in this weekly program. A different type of meditation will be offered each Monday for approximately 20 minutes over the phone using our conference call line. Sign up for one or more sessions by calling the office at 860-665-8778.

Telephone Bingo

**Tuesdays and Thursdays at 1:00 p.m.
via telephone**

Stay safe, stay home and play Bingo over the phone! Play for free using our conference line - we provide the cards. Sign up by calling the main office at 860-665-8778.



STAY CONNECTED!



Join the VIRTUAL Adventure - Aging Mastery Program Begins Autumn 2020!

The Newington Senior & Disabled Center and the CT Healthy Living Collective will be running a **VIRTUAL Aging Mastery Program in Autumn 2020!**

The Aging Mastery Program (AMP) encourages mastery - developing behaviors across many dimensions that lead to improved health, stronger financial security and overall well-being.

Limited spots available - sign up now! 860-665-8778

This 10-session program will run on Fridays from 10:00 - 11:30 (no class on holidays). The class will be held online via Zoom.. You'll need a computer, tablet, or smartphone with a camera and microphone. New to Zoom? We can help!

Class topics include: Navigating Longer Lives, Exercise and You, Sleep, Community Engagement, Healthy Relationships, Financial Fitness, Falls Prevention, Healthy Eating & Hydration, Medication Management and Advance Planning

Wanted: Your Ideas!

Do you have a suggestion for a virtual program or activity, An idea on how to stay connected or a fun activity to share?

Give us a call at 860-665-8778 or email jtrevetan@newingtonct.gov to share your ideas!



Chat Away! Group Phone Chats

Would you like to set up a group chat over the phone to catch up with your fellow Senior & Disabled Center members and friends? We're pleased to offer "Chat Away" - a FREE conference line service for members to connect.

To schedule a group chat, please call the main office at 860-665-8778.

Let us be your new party line!



Participants & Volunteers Wanted for the Social Call Program

During the pandemic, maintaining social connections has been difficult. Yet connecting with others is still important. There are many benefits to socializing, including improved physical health and a delay in cognitive decline.

The Senior and Disabled Center is offering a new program, The Social Call, which provides you with an opportunity to connect with someone with similar interests for friendly conversation on a weekly basis.

To sign up for your weekly social call, or to be a volunteer to make calls, contact Barbara Womer at bwomer@newingtonct.org or 860-665-8772.

Puzzles for Pickup



Need a new jigsaw puzzle to put together at home? We're pleased to offer Puzzles for Pickup! Just give us a call at 860-665-8778 and let us know your puzzle preference (we have 100 piece through 2000 piece puzzles available) and we'll arrange a time for you to pick them up at the Center. They're yours to keep! We'll even deliver to Dial A Ride members! We're also happy to take donations of complete, gently used jigsaw puzzles. Give us a call for details.

Just for Fun!



CCSU Scholars for Life Program

The series is presented by **CCSU** faculty and distinguished guest lecturers, and includes topics from across all of our schools, from History to Communication and Politics to Physics. The program is being offered for **FREE** online.

For more info and December's lecture schedule, visit: <https://ce.ccsu.edu/life-leisure/>

Try Sudoku!

Smaller Sudokus are easier for those who are just starting out. If the full Sudoku frustrates you, try the 4 x 4 and 6 x 6 puzzles instead.

Fill the grid with the numbers 1 to 4 so that each number is only used once in each row, column and 2 by 2 block (dark border).

Fill the grid with the numbers 1 to 6 so that each number is only used once in each row, column and 2 by 3 block (dark border).

4			3
	2		
2		4	

	1			4	
2				6	5
		2	3	4	
6		5		1	2
	6	1			
3		4			

Pen Pal Project

Do you want a unique way to connect with others?

[Join our Pen Pal Group!](#)

You can connect & communicate with individuals in Ohio, Connecticut or other states!

Share your story today!



Connect via:



Mail or



E-mail

Contact the Main Office at 860-665-8778 to register. Participant waiver required.

Coordinated by the Wood County Committee on Aging, Bowling Green, OH

Senior & Disabled Center

DECEMBER Word Search

- SWEATER
- EGGNOG
- HOLIDAY BASH
- STOCKINGS
- MENORAH
- CHRISTMAS LIGHTS
- CAROLS
- FAMILY
- TINSEL
- JOY
- SANTA
- HAPPY NEW YEAR
- GIFT WRAP



B H D N G F C G P P M Q F J U G G O
 D J G W Y Y I C U R Y G O N G G E B
 Y S G O U Z Z F N U L S H J S W Z N
 C H S A B Y A D I L O H D I O A Z O
 A H R G E B N Y G M J T E F G Y Z V
 R A M S T H G I L S A M T S I R H C
 O R H A P P Y N E W Y E A R F I K Q
 L O Z X W I T I N S E L V G T Z R G
 S N S A A T N A S O O U I V W V K T
 P E V J H R W Z S W E A T E R X A B
 Q M G S G N I K C O T S M G A W J G
 L J J I U C G W Y L I M A F P F Q S

Information & Resources



WANT TO "STAY CONNECTED" WHILE STAYING HOME AND STAYING SAFE? The CT Department of Aging and Disability Services has a new grant program called "Stay Connected" that will provide technology such as laptops and tablets to older adults and individuals with disabilities who are increasingly socially isolated because of COVID-19. The grant even provides training on how to use the devices so you do not need to be a "techie" to give it a try. If you would like to be screened for the program, please call your local Area Agency on Aging at 1-800-994-9422 and ask for the "Stay Connected Program" in the CHOICES Department.

Mental Health Support

The Friendship Line - 800-971-0016

The Institute on Aging's 24-hour toll-free Friendship Line is the only accredited crisis line in the country for people aged 60 years and older, and adults living with disabilities.

The Disaster Distress Helpline - 800-985-5990

The SAMHSA Disaster Distress Helpline can provide immediate counseling to anyone who is seeking help in coping with mental or emotional effects caused by developments related to the coronavirus pandemic.

NAMI COVID Helpline - 800-950-6264

The National Alliance on Mental Illness (NAMI) is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.

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Information & Resources



Do You Have Any Questions About Our Services?

In these unprecedented times, information can change at the blink of an eye. *Our office is staffed and here for you!* Please call the main office for up to date information about any of our services including Dial A Ride, social work & more. 860-665-8778

Free Shredding Fridays!

The Newington Senior & Disabled Center has always been proud to offer free document shredding to members... We're thrilled to be able to offer this service once again via appointment! Appointments are available each Friday. Documents to be shredded are placed in a locked, secure container and shredded onsite by InfoShred on a monthly basis. Please call the main office at 860-665-8778 for more info or to schedule an appointment.



COVID-19 Resources

There are a lot of opinions out there. Make sure you're getting the facts!

State of Connecticut COVID-19 Response

For information and resources related to COVID-19, including testing, financial resources, statistics, reopening information and more. visit: portal.ct.gov/coronavirus.

General State Info: 211 or 211.com

Centers for Disease Control & Prevention

Visit: CDC.gov Call: 800-232-4636

Central Connecticut Health District

Visit: ccthd.org Call: 860-785-8380

Transportation Services

Dial A Ride

Available for qualifying medical appointments & other select services.

Lyft Concierge

Let us set up your Lyft ride! Call the main office for more information. 860-665-8778

Senior & Disabled Center

Nutrition Resources

Community Café (Congregate Lunch Program)

Grab & go lunches (a bag with 5 complete meals) are available to anyone aged 60+. Please call before Friday at noon to order your meals. Pick up is between 11:30-noon on Wednesday and delivery is available to Dial-A-Ride passengers. Please note this program is subject to change.

Meals on Wheels

Meals on Wheels home delivery service is continuing as normal with safeguards put in place to avoid contact with recipients at this time. Enrollment is open to new clients.

Need Groceries?

If you are over 60 and/or have a serious underlying medical condition, please call us to discuss your options for getting groceries, toiletries, and other necessary items.

Give us a call at 860-665-8778 for more info

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