

# 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](http://www.newingtonct.gov)

MAY  
2021



# 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

## MAY 2021 NEWSLETTER

### A MESSAGE FROM THE DIRECTOR

May is Older Americans' Month and we invite you to celebrate with us! The theme this year, *Communities of Strength*, is a perfect characterization of our Town and our Center over the past year. And that is because of you! You can read more about Older American's month and how we are celebrating in this newsletter. May is also the time that we recognize our volunteers and, like last year, we will have a virtual Volunteer Dinner. We have some new volunteers this year—our grocery shoppers for example—and some of our existing volunteers were able to work with modifications—our gardeners, Meals-On-Wheels drivers, Commission members and, Tax-Aide volunteers. We celebrate them and our volunteers who stayed home. We know they would have been here if allowed and we look forward to bringing them back. I will also take a moment to thank the core Center staff. They bring energy and creativity, strength and resilience, to work every day. Its been a long year but we continue to move forward together!

#### DAILY CALL SHEET PROGRAM NOW

#### ACCEPTING PARTICIPANTS & VOLUNTEERS



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 DAILY CALL SHEET, 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](mailto:bwomer@newingtonct.org) or 860-665-8772.

#### MOVING FORWARD TOGETHER:

#### SENIOR & DISABLED CENTER PLANS

As Newington's infection rates continue to decline and under the guidance of the Central CT Health District and the Town, we are able to begin a gradual reopening! This will start with individual services that are provided by appointment. Masks are required at all times in the building and we will collect contact and screening information at the door. We hope to continue to expand to individual and small group activities that can be done with distancing and around the facility work (see page 3). In the meantime, we will continue our high tech, low tech and no tech programs and services outside the Center. Things are looking up!

#### CT VIRTUAL SENIOR CENTER PRESENTS: CELEBRATE OLDER AMERICANS MONTH

**Friday, May 21 at 1:00 PM - Presented Via Zoom**

Featuring Cindy Eastman author of *Flip-Flops After 50: And Other Thoughts on Aging I Remembered to Write Down*. Cindy will share excerpts from her book and discuss the phenomenology of writing. We will breakout into smaller groups and use writing prompts to practice finding your writing voice to celebrate your story! Contact 860-665-8778 for registration link.

**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 a distance or the comfort and safety of your own home!  
**Please contact the office at 860-665-8778 or email [cmagnano@newingtonct.gov](mailto:cmagnano@newingtonct.gov) to register.**

### COMMUNITIES OF STRENGTH DRIVE-THROUGH

**Wednesday, May 19 at 2:00 p.m.**

May is Older Americans Month! The theme for 2021 is "Communities of Strength." Older adults have built resilience and strength over their lives through successes, failures, joys, and difficulties. We're celebrating Communities of Strength with a special drive-through event! Stop by the Center to receive a goodie bag celebrating Older Americans Month, and if you'd like there will be an opportunity to share your thoughts on resilience and strength for an exhibit that will be on display as the Center reopens. Contact the office to register: 860-665-8778.

**SAVE THE DATE:**

**BASEBALL RIVALRY DAY**

**DRIVE-THROUGH**

**Friday, June 4 at 3:00 p.m.**

Go Red Sox? Go Yankees? None of the above? No matter who you root for, hot dogs are on us! More details about this fun drive-through event are to follow.

### AMERICAN HISTORY LECTURES

**Tuesdays, May 11 & 25 at 2:00 p.m.**

Carnegie Mellon University Professor Jared Day will present the next installments of this popular American History Lecture series. April's topics are May's topics are Silent Sentry: The Presidency of Dwight Eisenhower, Pt 2 and Essential Greatness: the Life and Presidency of JFK, Pt 1. Program will be held via Zoom.

Contact the office to register: 860-665-8778.

### NEUROCIZE - EXERCISE FOR YOUR BRAIN

**Thursday, May 27 at 11:00 a.m.**



Back by popular demand! Join us for a virtual, interactive class that uses fun activities to stimulate different parts of the brain. Program is FREE and will be held via Zoom.

To exercise your neurons, register by calling 860-665-8778 or email [cmagnano@newingtonct.gov](mailto:cmagnano@newingtonct.gov)



### CRAFTS WITH KAREN - GARDEN STEPPING STONES

**Friday, May 21 2:30 - 3:30 via Zoom**



Join our craftiest staff member, Karen, for an afternoon of crafting and conversation via Zoom. This month's craft is a stepping stone and matching card to decorate your home or give as a gift. All materials provided. Space is limited - contact the office to register: 860-665-8778.

### BUILDING SOCIALLY INTEGRATED COMMUNITIES

**Start date based on registration - TBD**

Join the Senior and Disabled Center for a virtual evidence-based pilot program that provides participants with an opportunity to increase their social integration while helping others in the community. Participants will learn about the social aspects of health, social networking, and social isolation while taking part in active learning through case studies, reminiscing, and group discussions using the Zoom platform. To register call Barbara Womer at 860-665-8772 or email [bwomer@newingtonct.gov](mailto:bwomer@newingtonct.gov). 

### VIRTUAL HEALTH PROGRAMS PRESENTED BY HARTFORD HEALTH CARE

Let's Talk About the Brain - Friday, May 14 at 10:00 a.m. In this free webinar join Michelle Wyman, CDP, to learn about the important tasks and functions of the brain, keeping your brain healthy, symptoms of normal age-related brain changes vs. symptoms of dementia. Q&A will follow.

The Best Gift Is You: Putting Yourself First - Wednesday, May 26 at 2:00 p.m. Making self-care a priority to meet your physical, emotional, and spiritual needs. Participants will learn the causes and symptoms of stress and explore different creative self-care strategies. Presented by Amina Weiland, HHC Center for Healthy Aging. Q&A will follow.

**To register for either class : call 1-855-442-4373**

**Moving Forward Together in 2021**

**SENIOR & DISABLED CENTER BUILDING UPDATES**



Its been more than 35 years since the old New Meadow school was renovated to become the Senior and Disabled Center. Over the years, we have kept up with routine maintenance and made many improvements and its time for a few more. Last summer/fall the Town replaced the front parking lot, improving the sidewalks and lighting in the process. In the next few weeks the interior of the Center will get a fresh coat of paint. The HVAC will be replaced soon (we had no A/C last summer!) and all of the Center's windows will be replaced! This is all being done through the Town's facilities and Capital Improvement funding and will result in a cool, watertight and energy efficient building.

**JOIN US AS WE NAVIGATE 2021 - TOGETHER!**

FREE Program Kits - Still Available! Give us a call at 860-665-8778 to reserve your kit to take home and complete at your convenience. We'd love to see your progress! Email a picture of your completed kit to: [jtrevethan@newingtonct.gov](mailto:jtrevethan@newingtonct.gov). Supplies are limited.

**JOURNAL KIT:** Get your thoughts down on paper! Journaling can help you reduce stress, prioritize problems and concerns, express gratitude and creativity, and provide an opportunity for positive self-talk. Kit includes a bound mini-journal, gel pen and several writing prompts to get you started.



**BAKE AND DECORATE SUGAR COOKIE KIT** Get creative and enjoy a sweet treat! This kit contains packaged sugar cookie dough mix, two cookie cutters, and colored icing to make a batch of colorful and delicious sugar cookies.



**WEEKLY FUN OVER THE PHONE**



**Telephone Bingo**  
Tuesdays & Thursdays at 1:00 pm

Stay safe, stay home and play BINGO over the phone! Play for free using our conference line - several rounds/patterns played per session! We provide the cards.

Sign up by calling the main office at 860-665-8778.

**Meditation Mondays**  
Mondays at 10:00 am

Start your week with guided meditation! 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 Boggle**  
Wednesdays at 1:30 p.m.

Boggle is a fun and exciting brain game that can be played using our conference call line. If you like word games, Boggle is for you! Players attempt to find words in sequences of adjacent letters in a given time frame. Materials provided. Sign up by calling the office at 860-665-8778.

**NEW TO ZOOM? WE CAN HELP!**

Did you know that anyone with a smartphone, tablet or computer & internet access can use Zoom to participate in our virtual programs? Basic Zoom accounts are free for participants and easy to set up! If you need help getting started with Zoom, give us a call at 860-665-8778 and we'll set you up with a CCSU student intern who can help you over the phone.

**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!

ANSWERS - RHYMONNYMS (Page 5): 1. pillar, tiller, 2. tissue, issue, 3. ghoul, drool, 4. collar, equalor, 5. hymnist, gymnast, 6. tumor, rumor, 7. paler, taller, 8. fever, cleaver, 9. gutter, flutter, 10. rapture, capture, 11. scents, dense, 12. fluke, duke

## STAY HEALTHY! STAY CONNECTED!

### COMMUNITIES OF STRENGTH



Every May, the Administration for Community Living leads our nation's observance of Older Americans Month. The theme for 2021 is *Communities of Strength*. In tough times, communities find strength in people, and people find strength in their communities. In the past year, we've seen this time and again in Newington as friends, neighbors, and businesses have found new ways to support each other.

In our community, older adults are a key source of this strength. Through their experiences, successes, and difficulties, they have built resilience that helps them to face new challenges. When communities tap into this, they become stronger too.

*Communities of Strength* recognizes the important role older adults play in fostering the connection and engagement that build strong, resilient communities. Strength is built and shown in big, bold acts but also in small ones of day-to-day life such as a conversation with a friend, working together in a community garden, or sharing a meal with a neighbor who lives alone. When we share these activities with others, we help them build resilience too.

Resilience is not something you are born with; it's an adaptive process that can be learned at any age. It is defined as the process of adapting well in the face of adversity, trauma, tragedy, threats, or significant sources of stress. It's not just bouncing back, it can also lead to profound personal growth.

While certain factors make some more resilient than others, anyone can learn and develop the thoughts, behaviors, and actions necessary to be resilient. Like building a muscle, increasing your resilience takes time. The following tips can help you to practice the behaviors of resilient aging in an effort to increase your own ability to cope with difficult circumstances:

- Maintain an optimistic attitude and always look for the "silver lining."
- Engage in something new.
- Cultivate new friendships or join a social group.
- Accept that some things are out of your control, and act on the things you can affect.
- Practice stress-management techniques.
- Develop a spiritual practice like prayer, meditation, yoga or mindful journaling.
- Maintain perspective; don't let your thoughts run away with you.
- Practice self-care through proper nutrition, regular exercise and good sleep habits.
- Volunteer your time to help others.
- Ask for help when you need it, seeking professional help if necessary.
- Look for the lessons you can learn from the situation.

#### MOVE TO IMPROVE PROGRAM: EXERCISE AT HOME WITH SUPPORT FROM SDC STAFF

*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. *Move to Improve* monthly conference calls take place at 10:00am on the first Thursday of each month. For more information or to register, please contact Barbara Womer at 860-665-8772 or [bwomer@newingtonct.gov](mailto:bwomer@newingtonct.gov)

#### ZERO ISOLATION PROGRAM

Zero Isolation is a six-week interactive program. Participants learn about how to recognize social isolation while taking part in active learning activities such as group discussions, case studies, games, and reminiscence activities. The program provides an opportunity for participants to restore health, connect with others and learn about relationships.

Contact Barbara Womer for info: 860-665-8772.

Just for Fun!



HAPPY  
MOTHERS  
DAY  
TULIPS  
POLLEN  
PARADE  
EMERALD  
SUNSHINE  
MAYDAY  
GEMINI  
FLAG  
PARADE  
MEMORIAL  
PICNIC

SENIOR & DISABLED CENTER **MAY** WORD SEARCH

E T K R V V R D E S E J Z L O A N T L T  
 G P I C N I C D A Y N Z F A I C M U N U  
 L Y M E V X E Q K K Q F J I S Y D V Q L  
 I O A F V W B L S B T S B R B F U P M I  
 K N L D S M Q K U Y G V H O R O K A V P  
 Y A E L Y H O F T P S K D M W G G R J S  
 G P I M W A C T O J D J L E R M G A K O  
 O B P N E Z M L H H O E A M W U I D U P  
 T H D A D G L T D E T Z R E H W R E R B  
 W Y V M H E S F B F R V E K Q Q K N Q B  
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Contact the Main Office at 860-665-8778 to register. Participant waiver required.

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Mail or



E-mail

**RHYMONYMS™**

Synonyms are words that mean the same. Replace each word with a synonym so that both words rhyme. Example: **nice, tie** becomes **kind, bind**. **Answers on page 3.**

- |                        |                       |
|------------------------|-----------------------|
| 1. column, cultivator  | 7. whiter, adapt      |
| 2. hankie, concern     | 8. zeal, hatchet      |
| 3. ghost, slobber      | 9. trench, quiver     |
| 4. neckline, filth     | 10. bliss, arrest     |
| 5. songwriter, tumbler | 11. perfumes, compact |
| 6. lump, gossip        | 12. quirk, aristocrat |

**CCSU SCHOLARS FOR LIFE**



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.

May's offerings include **Music of the 50s, Predators & Parks** and more!

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

happy  
mother's day!

**Information & Resources**

*WELLNESS SUPPORT GROUPS facilitated by HARTFORD HEALTHCARE*  
**Contact Hartford Healthcare 855-442-4373 to register.**

- Alzheimer's & Dementia Caregiver Support - First Tuesday of every month, 10:00 a.m.
- Call-in Dementia Caregivers Support - Fridays, 2:00 p.m.
- Memory Café for People with Memory Loss - Mondays, 10:30 a.m.
- Virtual Memory Screenings - by appointment
- Bereavement Support - First & Third Mondays of every month 1:00 p.m. or Second & Fourth Wednesdays of every month 1:00 p.m.
- Call-in Bereavement Support - Thursdays, 1:00 p.m.
- Stroke Support - contact Hartford Healthcare at 855-442-4373 to schedule
- Gynecological Cancer Support - Mondays, April 5, May 3 and June 7, 6:00 p.m.
- Younger Onset Dementia Caregiver Support Group - Third Wednesdays: April 21, May 19 and June 16, 1:00 p.m.
- Metamorphosis: Honoring the Sacred Journey of Grief - Second and fourth Fridays, 11:00 a.m.
- 



**MENTAL HEALTH RESOURCES**

- For mental health counseling and community mental health agency information dial 211 or visit [agewellct.org](http://agewellct.org).

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## Information & Resources



### 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.



### GET VACCINATED!

**As of April 1, 2021, Connecticut residents age 16+ are eligible to receive a COVID-19 vaccine. The vaccine is safe, effective and gets us closer to an end to this pandemic!**

Current information for scheduling an appointment can be found at:

- [ct.gov/covidvaccine](https://ct.gov/covidvaccine)
- <https://portal.ct.gov/Coronavirus/COVID-19-Vaccination>
- CT COVID Vaccine Appointment Assist Telephone Line: 877-918-2224.

Questions? Call us at 860-665-8778.

**Wear your mask, wash your hands, watch your distance, get vaccinated!**

### 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?

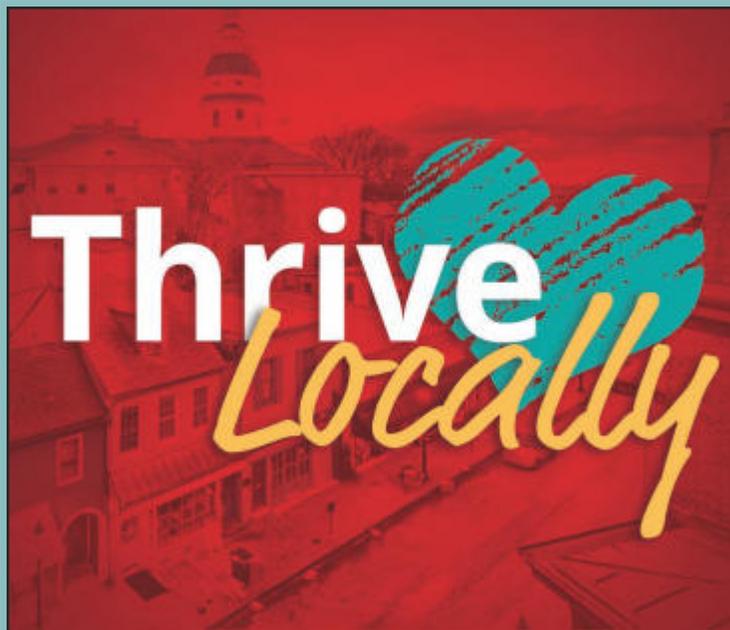
If you are over 60 and/or have a serious underlying medical condition, please call us to discuss your options for getting groceries, toiletries, and other necessary items.

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

(KEEP BLANK)

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