

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

JANUARY
2022



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

JANUARY 2022 NEWSLETTER

A MESSAGE FROM THE DIRECTORS

From Dianne: Many of us start a new year with resolutions – setting goals for ourselves to improve our lives in some way. It's a great concept! And, if we get a chance to improve the lives of the people around us, even better. I was fortunate to spend the past 23 ½ years doing that. I inherited one of the top Centers in the state in 1998. I did my best here with the help of so many volunteers and a great staff team. I am so happy to pass the torch now to Jaime Trevethan. I have full faith and confidence in her ability to lead the Center in its mission to improve lives. I am so grateful that I could meet so many wonderful people who have enriched my life. Thank you to you all.

From Jaime: We will miss Dianne immensely but are so proud and happy for her as she moves on to a role that will benefit senior centers across the country! I'm honored to take on the role Director, effective January 1. While it will certainly be a bit of adjustment for everyone, please be assured that all of us at the Senior & Disabled Center will do our very best to continue to improve the well-being of older adults and adults with disabilities in the community. We'll continue to do our best to offer a variety of activities, services and programs to help keep you active, healthy and connected. And, we'll continue to navigate whatever this pandemic throws at us -

ACTIVE EVERYDAY LIVING WITH CHRONIC CONDITIONS

Tuesdays, January 18 thru February 22 at 11:00 a.m. (via conference call)



If you have a chronic condition such as heart disease, arthritis, depression or diabetes, the **Live Well with Chronic Conditions workshop** is now available to you in the comfort of your home using the telephone. Participants will learn:

How to better manage their chronic condition • Physical activity, exercise and healthy eating • Dealing with difficult emotions • Decision-making and communications skills • Working with healthcare providers • Action Planning

A FREE toolkit is sent directly to participants and includes a *Living a Healthy Life Book*, tips booklet, and exercise and relaxation CDs. Weekly phone calls from a trained leader enhances the experience and can help to alleviate social isolation during the pandemic. Calls take place each Tuesday for 6 weeks, for approx. 45 minutes, conference-call style with 4 - 6 participants.

Contact Barbara Womer to register: 860-665-8772

NATIONAL HAT & BAGEL DAY EVENT!

Friday, Jan.14 at 10:00 a.m.

Join us again this year in celebrating two fun national observances - **Hat Day** and **Bagel Day**! Don a hat (optional) and pick up a fresh bagel! We will have prizes for the most creative, the craziest, and best in show hats. This will be a drive-thru event.

To register: 860-665-8778

Stay safe this winter - get your
COVID-19 vaccine booster!
Info on page 7.



THERE'S MORE INSIDE! CHECK OUT OUR PROGRAMS, ACTIVITIES & SERVICES!



SPECIAL PROGRAMS TO STAY CONNECTED AND HAVE FUN!

HIP HOP DANCE PARTY

Thursday, January 27 at 10:00 a.m.

This event will take the place of chair aerobics.

Put your dancing shoes on and exercise hip hop style in your chair! Rondae Drafts of Music Dance will have you tapping your feet and movin' and groovin'. This party is open to all levels.

LIVING YOUR BEST LIFE, MIDLIFE AND BEYOND

Thursday, January 13 at 10:00 a.m.

Presented by Sharon Gutterman, PhD. What makes a good life? While acknowledging the aging process involves losses and challenges, this time of life can also be a pathway to profound wisdom. Join a supportive community of peers for teachings and heartfelt conversation. We'll look at the myths and realities of aging with a focus on how living mindfully helps reframe life changes and points you to inner resilience.

EUROPEAN HISTORY LECTURE SERIES

COMING IN FEBRUARY!

Mark your calendars! The next history lecture series presented by Professor Day will begin in February and occur on the second Tuesday of each month at 2:00pm for the year. Up next is European History. Newcomers welcome!

NEUROCIZE

Tuesday, January 11 at 11:00 a.m.

Keeping your brain fit is just as important as keeping your body fit! Join us on Zoom for an interactive class that uses fun activities to stimulate different parts of the brain. Zoom link will be sent the evening of the class.

To exercise your neurons, call 860-665-8778 or email cmagnano@newingtonct.gov.

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! Materials provided.

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

WEEKLY GET-TOGETHERS

Join for weekly fun and friendship. All current COVID-19 protocol will be followed. **NOTE: Programs will be cancelled in the event of a RED COVID Status in Newington.** To register, call the main office at 860-665-8778.

PLAY CORN HOLE! Mondays at 1:00 p.m. - Auditorium or Outdoors (weather permitting) Corn Hole is an easy beanbag toss game that anyone can play. Players can play individually or in pairs.

TUESDAY TEA & TRIVIA Tuesdays at 1:30pm - Multi-Purpose Room

Enjoy holiday trivia, sip a hot beverage, and enjoy a sweet treat.

COFFEE, CONVERSATION & A TREAT Fridays at 10:00 a.m. - Multi-Purpose Room

Meet special guests from the Town of Newington and the greater community and enjoy a hot beverage with a little something sweet. Guests TBA

CHAIR AEROBICS Weekly, Tuesdays & Thursdays at 10:00 a.m. - Auditorium

Join us for this popular and invigorating video exercise class. All exercises take place sitting safely in a chair. Great for beginners and experienced exercise fans alike!

MORE ACTIVITIES & SERVICES

STAY ACTIVE

Chair Aerobics - Tuesdays and Thursdays at 10:00 a.m..

Parks & Rec Zumba at the SDC- Please see the Parks & Rec Winter 2021 catalogue for details

Walk With Me - Coming Soon!

Exercise Room (Fitness Members Only) - Daily by appointment.

Billiards Room - Daily by appointment.

Woodworking Room - Daily by appointment.

Wii Bowling - Wednesdays - coming soon!

STAY CONNECTED

BINGO (In person) - Bingo will be held in the cafeteria with a limited capacity. Thursdays at 1:00 p.m.

Computer Room - Daily by appointment.

Cards & Games - Play bridge, pinochle, mah jongg, Scrabble or canasta in the card room! Call for schedule.

STAY CONNECTED (continued)

Tech Help - Wednesdays - by appointment. Volunteers Jim and Jay are back to help with your tech needs.

TOPS - Taking off Pounds Sensibly - Tuesdays at 9:00 a.m.

Knitting Group - Mondays at 9:30 a.m.

Beading Group - Mondays at 10:00 a.m.

Movies in the TV Lounge - Fridays at 1:00 p.m.

Office Assistance - Monday through Friday 8:30 a.m. - 4:30 p.m. No appointment necessary!

Free Paper Shredding - Monday through Friday 8:30 - 4:30 p.m. No appointment necessary!

Foot Care - call for appointment.

PUZZLES FOR PICKUP - Take a puzzle home for free! Call the office to schedule pickup.

****In-Person Programs are by registration or appointment only (except where indicated). Programs may be added, moved or cancelled based on Newington's current COVID-19 status.**

EXERCISE SAFELY THIS WINTER!

You've made a plan to be more active, and you're ready to go outside and get started! But before you do, make sure that you can exercise safely in your neighborhood. Here are a few tips that can help you stay safe as you get moving.

- Carry your ID with emergency contact information and bring a small amount of cash and a cell phone with you, especially if walking alone. Stay alert by not talking on the phone as you walk and keeping the volume low on your headphones.
- Let others know where you're going and when you plan to be back.
- Stick to well-lit places with other people around.
- Be seen to be safe. Wear light or brightly colored clothing during the day. Wear reflective material on your clothing and carry a flashlight at night. Put lights on the front and back of your bike.
- Wear sturdy, appropriate shoes for your activity that give you proper footing.



You can exercise outdoors in the winter, but take a few extra steps to stay safe before braving the cold. Exposure to cold can cause health problems such as hypothermia, a dangerous drop in body temperature.

- Check the weather forecast. If it's very windy or cold, exercise inside with videos online and go out another time.
- Watch out for snow and icy sidewalks, roads and driveways
- Warm up your muscles first. Try walking or light arm pumping before you go out.
- Pick the right clothes. Wear several layers of loose clothing. The layers will trap warm air between them. Avoid tight clothing, which can keep your blood from flowing freely and lead to loss of body heat.
- Wear a waterproof coat or jacket if it's snowy or rainy. Wear a hat, scarf, and gloves.
- Learn the signs of hypothermia and seek medical help immediately if you experience any of the following: shivering, drowsiness, confusion, fumbling hands, Memory loss, slurred speech.

(Source: National Institute on Aging)

STAY HEALTHY! STAY ACTIVE! STAY CONNECTED!

ENVIRONMENTAL WELLNESS

By: Barbara Womer, Program Coordinator

Our mission statement at the Newington Senior & Disabled Center is to improve the well-being of older adults and adults with disabilities in the Town of Newington. Well-being is unique to each person, and there are eight inter-related dimensions of wellness we use to support individuals and measure our impact.

Environmental wellness is one of the eight dimensions of wellness along with the social, intellectual, physical, emotional, financial, spiritual and purpose dimensions. It is likely the least understood. Environmental wellness refers to your sense of safety, comfort, and connection with your surroundings. It takes into considerations the interactions between your environment, your community, and yourself. A focus on environmental wellness will contribute to your personal well-being as well as the well-being of your community and the planet. The following are ways you can improve your environmental wellness.

Create a healthy, happy living space by evaluating your personal space. What is pleasing to you and what bothers you? Improving your space is as easy as clearing clutter, adding splashes of color, or bringing in more light. It includes getting rid of toxic chemicals and cleaning products, using hygiene products that don't have harmful substances, and reducing exposure to allergens so that you and your family stay healthy.*

Stay safe in all environments. Be careful in hot weather so as not to get heat stroke and guard against the cold to avoid a drop in body temperature. Be safe in the car by wearing your seatbelt. Take measures to be safe in the shower or tub, in each room in your home, and in all places in your community. Being mindful of the present as you go about your day can help you avoid accidents.

Look for spaces that are calm and tranquil. Having peaceful places in your home and in the community allows you to enjoy each day with breaks in activity to pause and breath.

Positively impact the environment by recognizing the interconnectedness between you, nature and the planet. Take steps to care for the environment by recycling, shutting down electronics when not in use, using environmentally friendly products, and being mindful of unnecessary consumer purchases that end up in the trash.

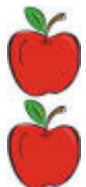
Make your community a better place to live with small steps such as picking up garbage in your neighborhood, adding trees or plants to your yard, hanging a birdfeeder, or helping with larger projects in the community.

Foster happy relationships to feel comfortable at home and out in the community. Relationships can be wonderful or they can be challenging. It can be hard to share space with a difficult person. If possible, work on the challenging relationships to bring peace into your life.

Take a fresh look at the place you live, as if you are a tourist. What interesting things would you notice if you were visiting your home or your community? What would a tourist appreciate, notice, or pass on to others? It may help you feel more connected to your community.

Environmental wellness is the responsibility of each and every one of us, for the good of each other, the community, and the planet. When our surroundings are well cared for, we experience a sense of comfort and less anxiety.

*The Environmental Working Group (EWG) is a resource for product safety. Check out <https://www.ewg.org>.



CENTRAL CT STATE UNIVERSITY SCHOLARS FOR LIFE SERIES

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 visit: <https://ce.ccsu.edu/life-leisure/>



JUST FOR FUN!

SENIOR & DISABLED CENTER JANUARY WORD SEARCH



- Snowman
- New Year
- Blizzard
- Snow Angel
- Frost
- Sweater
- Football
- Plow
- Fireplace
- Resolution
- Ice Skating
- Sledding
- Ski

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

CRYPTOGRAMS

In a **cryptogram puzzle**, one letter of the alphabet is substituted with another letter. The same substitution is used throughout a single puzzle. The player must decipher the code to solve the message. When solving cryptograms, remember that if A = Z, it will always equal Z in that puzzle. But you should not assume that Z = A. It probably does not.

Example:

Cryptogram Phrase: ZCLLA BNK ANCT!
 Answer: HAPPY NEW YEAR!

Note that letters Z = H, C = A, L = P, A = Y, B = N, N = E, K = W, T = R to solve the cryptogram

Try these two bad animal joke cryptograms:

Hints for both cryptograms: Z = W, R = T, A = E, E = P, S = N, N = R

#1 Joke: ZOANA JHJ ROA ZOCMA KG ZOAS HR ZCB GXR GP YGSAF?

#1 Punchline: RG ROA MGCS BOCND!

#2 Joke: ZOCR OCEEASAJ ZOAS ROA RZG BHMDZGNYB NCUAJ?

#2 Punchline: HR ASJAJ HS C RHA!



Have an idea for a program or activity? Contact Barb or Jaime at the main office: 860-665-8778.

Cryptogram answers: #1 Where did the whale go when it was out of money? To the loan shark! #2 What happened when the two silkworms raced? It ended in a tie!

INFORMATION AND 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 - Call for Schedule
- Younger Onset Dementia Caregiver Support Group - Call for schedule
- Metamorphosis: Honoring the Sacred Journey of Grief - Second and fourth Fridays, 11:00 a.m.



DIAL-A-RIDE INFO

Did you know that you can go shopping in Newington on Dial-A-Ride?

In addition to doctor's appointments, we're pleased to provide rides to grocery, department and drug stores, banks, hairdressers, the post office and more!

Appointments are required; shopping and quick-trip locations are scheduled on particular days.

Please call the main office for schedule info and to obtain a Dial-A-Ride booklet and pass.



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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

GET BOOSTERED!

Everyone 18 years and older should get a COVID-19 booster shot. **The CDC recommends everyone ages 18 and older get a booster** based on recent studies that suggest vaccination becomes less effective over time, especially in people aged 65 and older and at preventing infection or milder illness with symptoms.

When to get a booster:

- If you received Pfizer or Moderna: At least 6 months after your second shot
- If you received Johnson & Johnson: At least 2 months after your shot

Booster vaccines are free and available at many local pharmacies. Call 211 or visit 211.org for more information.

The Senior & Disabled Center and the Central CT Health District will host a booster clinic for adults who received their second dose at the Center this past spring. The clinic will take place on January 11.

Questions? Contact your healthcare provider.

FREE PAPER SHREDDING

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. Walk-in during business hours. 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

MENTAL HEALTH RESOURCES

For mental health counseling and community mental health agency information dial 211 or visit agewellct.org. **If you or someone you know is experiencing a mental health emergency dial 911.**

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?

Dial A Ride Services have expanded to include grocery shopping. Reservations required, three bag limit.

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

(KEEP BLANK)

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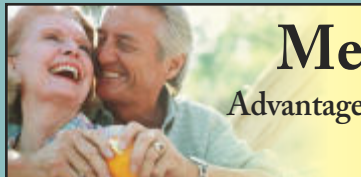
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