

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

MAY
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

MAY 2022 NEWSLETTER

A MESSAGE FROM THE DIRECTOR: HAPPY OLDER AMERICANS MONTH

May is National Older Americans Month! The theme for 2022 is “Age My Way.” This special recognition provides an opportunity for all of us to explore the many ways older adults can remain in and be involved with their communities. Here at the Center, we’re celebrating by bringing in presenters who are experts in health, safety, finance, community and FUN for a huge offering of special programs to help you stay safe, stay active, stay connected and **age your way!** Please take a look through this month’s Connection for all full listing of programs, services and activities. Did you know you can sign up for programs online? Visit myactivecenter.com to register.

See the article on page 5 of this newsletter for detailed instructions.

Our daily in-person congregate lunch is back! Lunch is served in the cafeteria at 12:00 noon, Monday - Friday. Anyone age 60+ may register and there is a suggested \$3.00 voluntary donation per meal. Pre-registration is required; please stop by or give us a call at 860-665-8778 and we’ll give you all the details.

As always, stay safe, be kind, and stay active! We’re here for you and can’t wait to see you soon. - Jaime

SPECIAL PROGRAMS TO STAY CONNECTED AND HAVE FUN!

HIP HOP DANCE PARTY

Thursday, May 26 at 10:00 a.m. (In person)
(Event takes the place of Chair Aerobics on 5/26)



Put on your dancing shoes and exercise hip hop-style **in your chair!** Rondae Drafts of Music Dance will have you tapping your feet and moving and grooving! No dance experience required, all fitness levels welcome. Don’t miss out on this one-of-a-kind event! To register call 860-665-8778 or visit myactivecenter.com.

Help Us Stay Open Safely This Spring

We are committed to holding in-person activities as safely as possible during this phase of the COVID-19 pandemic. You can help by scanning or signing in upon arrival and staying home if you feel unwell. Masks are strongly encouraged.

HOW TO AVOID FINANCIAL EXPLOITATION

Friday, May 20 at 10:00 a.m. (in person or via Zoom)

Attorney Steve Rubin of Drazen Rubin Law LLC will discuss the signs and types of financial exploitation in older adults, as well as tips and community resources to help prevent it. Don’t miss this important event. To register call 860-665-8778 or visit myactivecenter.com.

EUROPEAN HISTORY LECTURE SERIES

MONDAY**, May 23 at 2:00 p.m. (Via Zoom)

**please note date change this month

Back by popular demand, Professor Jared Day will present an exciting look back through time with the European History Series. Lectures will be held on Zoom the 2nd Tuesday of each month. Call the office to register: 860-665-8778 or visit myactivecenter.com.



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



SPECIAL PROGRAMS TO STAY CONNECTED AND HAVE FUN! (continued)

PAINT & SIP ART CLASS

Thursday, May 5 at 9:30 a.m. (In person)

Laura from Middlewoods returns for an enjoyable morning of painting and refreshments. Laura will guide the class through the painting process - no artistic experience required! To register call 860-665-8778 or visit myactivecenter.com.

COFFEE AND CONVERSATION

Friday, May 6 at 10:00 a.m. (In person)

Guest Speaker: Michelle Puzzo, President of UR Community Cares. Everyone is invited to attend to learn more about this organization that connects communities by matching those in need to those who want to help. Light refreshments served. To register call 860-665-8778 or visit myactivecenter.com.

SAFE EXERCISE FOR SENIORS – Tuesday, May 10 at at 10:00 a.m. (In-person or via Zoom)



Whether you are a seasoned exerciser, a beginner or somewhere in between, you don't want to miss this informative discussion by Richard Vicroy PT, DPT of Ivy Rehab. Topics include what exercises should be avoided, safety tips, a 6-minute strength routine, safe neck stretches and balance boosters. To register call 860-665-8778 or visit myactivecenter.com.

SAFETY AWARENESS/FALL PREVENTION

Thursday, May 12 at 10:00 a.m. (In-person)

Chris Oleson of Bel-Aire Manor will lead a discussion on balance education and perform safety screenings. Light refreshments served. To register call 860-665-8778 or visit myactivecenter.com.

ALL ABOUT CONGESTIVE HEART FAILURE

Tuesday, May 24 at 10:00 a.m. (In-person or via Zoom)

Francis Lijadu RN, of Bel Aire Manor will provide education on heart failure with an emphasis on medication and diet compliance. To register call 860-665-8778 or visit myactivecenter.com.

MIND OVER MATTER, HEALTHY BLADDER, HEALTHY BOWELS

Tuesdays, May 17, May 31 and June 14 at 1:00 p.m. (In-person)

Did you know that half of women aged 50 and over experience issues with bladder or bowel control? This evidence-based three week workshop is designed to give women the tools they need to take care of their bladder and bowel symptoms. It's never too early or too late to take control of your bladder and bowel health! To register call 860-665-8778 or visit myactivecenter.com.



NEUROCIZE

Friday, May 27 at 11:00 a.m. (In-person or via Zoom)



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

Available in person or via Zoom. Call the office to register: 860-665-8778.

BOB STEELE ON THE RADIO: THE LIFE OF CT'S BELOVED BROADCASTER

Thursday, May 19 at 11:00 a.m.

Bob Steele is a name that is instantly recognized in CT. Presenter Paul Hensler will discuss Bob's life, voice and achievements in a presentation you don't want to miss! To register call 860-665-8778 or visit myactivecenter.com.

WEEKLY FUN OVER THE PHONE

TELEPHONE BINGO

Tuesdays 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.

IN PERSON REGULAR PROGRAMS & ACTIVITIES

STAY ACTIVE! STAY HEALTHY!

Chair Aerobics - Tuesdays & Thursdays at 10:00 a.m. Get a great workout while remaining seated! No registration required!

Walk With Me - Mondays, Wednesdays & Fridays at 12:30 p.m. - a fun, video-based exercise program. No registration required

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

Billiards Room - Open daily - no registration required

Wii Bowling - Wednesdays at 10:00 a.m. This exciting virtual bowling game is a great workout!

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

Play Cornhole! Mondays at 2:00 p.m. - come play a round of this fun and easy-to-learn beanbag toss!

Table Tennis - Thursdays at 2:00 p.m. Join a friendly game and get moving! No experience necessary.

Foot Care - offered twice per month - call for an appointment.

Parks & Recreation Exercise Programs at the Center - Zumba, Tai Chi, Line Dancing and Ballroom Dancing - call P&R at 860-665-8666 to register.

Blood Pressure Clinics - Sponsored by Berlin VNA. Stop by the second Tuesday of each month from 12:30 - 1:30 in the health office. No registration required.

STAY CONNECTED!

Tech Help - Wednesdays by appointment. Volunteers Jim, Jay and Ken are back to help with your tech needs: smart phones, tablets or computers! Call for an appointment: 860-665-8778

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

Computer Room - Computers with internet access are available for member use. Open daily - no registration required.

TV Lounge/Puzzles - Stop by to work on a puzzle or watch your favorite show. Open daily - no registration

HAVE FUN!

BINGO! - Thursdays at 1:00 p.m. Join us in the cafeteria for fun and friendship. Prizes awarded! Prefer to play over the phone? We offer telephone bingo each Tuesday. See page 2 for details.

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. Please see page 6 for this month's schedule!

Bridge/Pinochle - Fridays at 12:30 p.m.

Cribbage - Mondays at 10:00 a.m.

Canasta - Mondays and Wednesdays at 1:00 p.m.

Mah Jongg - Wednesdays at 9:30 a.m.

Setback - Wednesdays at 1:00 p.m. in the cafeteria - no pre-registration required. Please arrive by 12:45 to participate.

Scrabble - Tuesdays at 12:30 p.m.

Woodshop - Open daily - no registration required. New users - please stop by the main office for more info. Safety training required to use power equipment.

Puzzles for Pickup - Stop by and pick out a puzzle to take home for free!

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

MONTHLY BLOOD PRESSURE CLINICS

Second Tuesday of Every Month 12:30 - 1:30 p.m.

Blood pressure clinics will be provided by Karen Bellini, R.N. of Berlin VNA the second Tuesday of each month beginning on May 10. Stop by the health office between 12:30 - 1:30 p.m, to check your numbers! No registration required.

THE COFFEE SHOP IS BACK!



We're excited to bring back the popular Coffee Shop! Stop by for a hot cup, cold beverage, snack, light breakfast or sandwich! Check the office for hours (as volunteers' schedules permit).

STAY HEALTHY! STAY ACTIVE! STAY CONNECTED!

AGE MY WAY: OLDER AMERICANS MONTH 2022

By: Barbara Womer, Program Coordinator

Older adults play vital, positive roles in our communities – as family members, friends, mentors, volunteers, civic leaders, members of the workforce, and more. Just as every person is unique, so too is how they age and how they choose to do it – and there is no “right” way. That’s why the theme for Older Americans Month (OAM) 2022 is Age My Way.

Every May, the Administration for Community Living (ACL) leads the celebration of OAM. This year’s theme focuses on how older adults can age in their communities, living independently for as long as possible and participating in ways they choose.



While Age My Way will look different for each person, here are common things everyone can consider:

- **Planning:** Think about what you will need and want in the future, from home and community-based services to community activities that interest you.
- **Engagement:** Remain involved and contribute to your community through work, volunteer, and/or civic participation opportunities.
- **Access:** Make home improvements and modifications, use assistive technologies, and customize supports to help you better age in place.
- **Connection:** Maintain social activities and relationships to combat social isolation and stay connected to your community.

This year, Newington Senior & Disabled Center is excited to celebrate Older Americans Month. The Center offers resources to plan, engage, access, and connect so you can age your way! Check out our activities and programs to engage and stay connected. Visit our Information and Referral Center to access resources and plan for the future. Contact staff with any questions. Create an individual plan that will allow you to say “I’m Aging My Way”.



On Memorial Day, please honor the fallen heroes. They are the reason we are free.

If you are feeling lonely or isolated, please reach out to us, we can help! We realize that social isolation remains a serious issue for many older adults. For those who are unable to come to the center in person, or prefer to stay home, we will continue to offer weekly programs over the phone and when possible, in-person speaker programs will also be broadcast over Zoom. We also offer social call and pen pal programs to connect older adults with their peers and can help provide other resources to combat isolation. Give us a call at 860-665-8778.

VOLUNTEERS WANTED: GIVING GARDEN

Have some time to spare and enjoy working with plants in the fresh air? Join the Giving Garden! Lead by expert gardeners Helena and Linda, volunteers design, plan, plant, maintain and harvest over 600 lbs of organic produce each year to benefit the Newington Human Services Food Bank. The Giving Garden is located right in the back yard of the Senior Center!



Stop by to learn more or give us a call at 860-665-8778. Gardening experience is appreciated, but not necessary... novice gardeners are more than welcome.

STAY HEALTHY! STAY ACTIVE! STAY CONNECTED!

GOOD TO KNOW: USE MY ACTIVE CENTER TO REGISTER FOR PROGRAMS

Did you know you can register for programs at the Senior & Disabled Center online at any time using any device? My Active Center, part of My Senior Center, allows participants to register for programs online instead of by phone. Of course, you may still call us to register if you prefer! We will no longer accept email registrations as of April 1st.

My Active Center is easy to use - just set up an account. You will need your My Senior Center scan card to do so. The steps to set up and use My Active Center are listed below, or attend one of the learning sessions to watch a demo and get help starting your account. Learning sessions will take place on Fridays in April - see page 2 for details.

Steps to activate your My Active Center account:

1. Open the browser on your device and type in *myactivecenter.com*
2. Click on the green *New Users* button in the upper right-hand corner of the screen.
3. Choose a center by typing *Newington Senior & Disabled Center* in the search box. Newington should show up at the top. Click on the name.
4. Enter your Key Tag Number and fill in the remaining information following the directions on the page. Click on *Continue*. Your account is now set up and you may register for programs or leave the site and come back to it at any point by typing *myactivecenter.com* in your browser and signing in (to sign in click on the *Sign In* button in the upper right-hand corner of the screen).

To register for a program or programs:

1. Open the browser on your device and type in *myactivecenter.com*
2. Sign in using your username and password. You will be brought to the Activities page. All available Activities will be listed.
3. Scroll down to find the activity you would like to register for. All eligible activities will be listed.
4. Click on the title of the activity to see the details
5. Using the calendar on the screen, click on the date(s) you would like to register for. To advance to the next month, click on the right arrow (>) above the calendar.
6. Once you have chosen the date(s), click on the green Register button above the calendar. A box will appear allowing you to review what you have registered for
7. Click on the green *Register* box to confirm or the *Cancel* box to delete
8. A message appears thanking you for your registration

JUST FOR FUN!



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DAY
COOKOUTS
MEMORIAL
HONOR
HEROES
BLOOM
CINCO DE MAYO
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INFORMATION AND RESOURCES

SDC SPOTLIGHT: FREE GREETING CARDS

TAKE SOME/GIVE SOME

Industrious volunteer Ann G has set up a FREE greeting card display outside of the main office! Stop by and grab a card to send to a friend (limit three cards per visit). Do you have any unused greeting cards you don't need? Please drop them off at the main office - we'll add them to the collection!

FRIDAY MOVIES IN THE TV LOUNGE: MAY 2022

Movies begin at 1:00 p.m. No registration required!

- May 6 - Belfast starring Judy Dench and Jamie Dornan (2021, PG-13)
May 13 - Dream Horse starring Toni Colette (2020, PG)
May 20 - Respect starring Jennifer Hudson (2021, PG-13)
May 27 - Only the Brave starring Josh Brolin (2017, PG-13)

happy mother's day!

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.

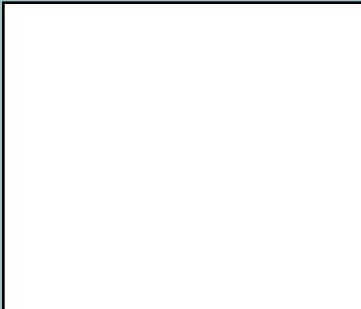
Please call the main office for schedule info and to obtain a Dial-A-Ride booklet and pass.



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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

INFORMATION & REFERRAL CENTER

Located across the hall from the Main Office, our Information and Referral Center is a one stop shop for information about all kinds of programs, services and assistance that can help older adults and their families. Our knowledgeable staff members are available to assist you. Stop by or call the office and leave your name and number and they will contact you.

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.

NEW: The CDC now recommends a second booster for everyone ages 50+ who received a booster 4+ months ago.

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

Questions? Contact your healthcare provider.

FREE PAPER SHREDDING

The Newington Senior & Disabled Center has always been proud to offer free document shredding to members... 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

Congregate Lunch Program

The daily in-person congregate lunch program is available to anyone aged 60+. Reservations for lunch must be made no later than 11:30 the weekday prior. Lunch is served at noon; menus are available at the Center. There is a suggested \$3.00 voluntary donation per lunch.

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.

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

(KEEP BLANK)

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