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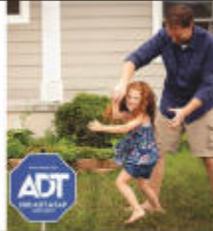
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Bloomingdale Senior Center, Bloomingdale, NJ 06-5258

WISHING ALL OF YOU A SEASON FILLED WITH BEAUTY AND WONDER

WISHING YOU PEACE FOR THE HOLIDAYS AND ALWAYS

MAY LOVE BE AN ANGEL THAT WATCHES OVER YOU  
MAY JOY BE YOUR VERY BEST FRIEND  
AND MAY THE HAPPINESS OF THE SEASON TOUCH YOUR HEART WITH ITS SPECIAL MAGIC

REMEMBERING YOU WITH BEST WISHES FOR A WONDERFUL CHRISTMAS AND A HAPPY NEW YEAR

MAY EACH DAY BRING THE JOY OF THE SEASON THROUGHOUT THE YEAR

AS YOU HONOR YOUR FAITH AND TRADITIONS, WE WISH YOU A BEAUTIFUL CELEBRATION OF LIFE AND LOVE

TRADITIONS OF CHRISTMAS COME FROM MEMORIES OF THE PAST THAT WE CHERISH IN OUR HEARTS. WE WISH YOU A MEMORABLE CHRISTMAS TO TREASURE FOR A LIFETIME

MAY ALL THE SEASONS OF YOUR LIFE BE FILLED WITH PEACE AND LOVE.

MAY THE HOPE AND PEACE OF CHRISTMAS FILL YOUR DAYS WITH JOY AND MAY YOUR HOLIDAY SEASON AND NEW YEAR BE BLESSED WITH PEACE, LOVE AND JOY

DURING THE HOLIDAY SEASON MORE THAN EVER OUR THOUGHTS TURN GRATEFULLY TO THOSE WHO HAVE MADE OUR PROGRESS POSSIBLE AND IN THAT SPIRIT WE SAY, THANK YOU.

ONE OF THE REAL JOYS OF THE HOLIDAY SEASON IS THE OPPORTUNITY TO SAY THANK YOU AND TO WISH YOU THE VERY BEST FOR THE NEW YEAR.



## ACTIVITIES AT THE BLOOMINGDALE SENIOR CENTER IN DECEMBER

- December 2nd Christmas Craft and Lunch (Lakeview)
- December 8th Bingo & Pizza - Center Program
- December 10th Program with Theresa from Hands with Heart and Lunch—Theresa will talk About dealing with the stress of the pandemic during the holidays and after.
- December 15th Advisory Committee Meeting and Lunch
- December 16th Bingo & Lunch (Bloomingtondale Health Center)
- December 17th Christmas Craft with Bloomingtondale Florist & Lunch
- December 22nd Christmas Bingo and Lunch from Lina's
- December 30th Bingo & Pizza Center Program

We will restart our Chair Yoga classes with Alan again in January. The classes will be held on Monday mornings at 11 a.m. starting January 4th. The senior center has been equipped with a completely new and safe air filtration system and the class will be limited to 10 people. Please let us know if you are interested. We hope to be able to start introducing other classes in the near future.



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## 5 Ways Seniors Can Stay Active During Covid-19 Social Distancing from Lakeland Health Care Center

Older adults who are at a higher risk of serious complications from Covid-19 are more likely to restrict their activities significantly to reduce their chances of contracting coronavirus. Although it's important for older adults to protect their health during the Covid-19 pandemic, it's also vital they stay physically and mentally active. However it can be challenging to find appropriate social distancing activities for seniors.

Here are five ways seniors can stay active while following social distancing guidelines:

### Walking

If the weather is pleasant and it's possible to avoid crowds, a walk around the neighborhood can provide sufficient exercise to reduce restlessness and deliver mood and immune boosting benefits. If you must stay indoors or the weather doesn't permit, walking around the house or marching in place can increase daily steps.

### Exercise and Strength Training

Yoga, Pilates, tai chi and stretching can help you stay fit at home during "shelter -in-place" orders and can improve balance, flexibility, core strength and overall mobility. Instructional videos can be found online or you can join a virtual class hosted by an area exercise studio or senior center. Strength training is also important for seniors.

### Dancing

Known for its cardiovascular benefits, dancing is a fun low-impact way to exercise and boost endurance during long days of social distancing.

### Gardening

For those of you who enjoy being outdoors, gardening can enhance outdoor spaces while burning calories and providing a healthy dose of fresh air.

### Arts and Craft

Those who have limited mobility can stay active at home by participating in arts and crafts. Whether knitting, crocheting, painting, coloring or working with clay, arts and crafts can help you maintain your dexterity and cognitive skills.

As you are aware the Bloomingdale Senior Center is open on a limited basis with programming that brings our participants together on a safe basis. Companionship and being with friends is so very important in these times especially for those who are elderly and living by themselves with limited interaction with their families and friends.

We hope that if you feel comfortable with being among others, that you will consider joining us for some of the programs that we have planned.

Please give me a call as I would love to hear from you and know of any concerns you might have in attending a program here at the center.

## Ten Effective Medication Management Tips for Seniors

Follow these tips to help prevent medication related health hazards:

### **1. Review your medications with your doctor**

Write down the names and dosages of all medications you take and how frequently you take them. Include over-the-counter drugs, vitamins and herbal supplements too. If you see multiple doctors, it may be helpful to write down you prescribed each medication and what it treats

### **2. Ask Questions and read medication labels.**

If starting a new drug, ask the doctor questions, such as how and when to take it and if it should be taken with or without food. Read the medication label thoroughly to understand dosages and learn about important interactions and side effects.

### **3. Learn about possible drug interactions**

In addition to reading labels, ask your doctor if certain drugs on their list shouldn't be taken together. Note that over-the-counter drugs and herbal supplements may also interact with some medications.

### **4. Understand potential side effects**

Ask the doctor about possible side effects before you start taking a new drug. See if you notice any differences in how your feeling since starting the new medication.

### **5. Ask if the dosage is age-appropriate**

The way the body processes various drugs changes with age. This means you can be more or less sensitive to certain medications and experience adverse effects.

### **6. Be aware of medications deemed unsafe for seniors**

The American Geriatric Society put together a list of medications seniors should avoid or use with caution. For instance older adults may need to avoid commonly prescribed sedatives. Ask your doctor or pharmacist if any of your medications are on the caution list.

### **7. Be aware of self prescribing**

You may be tempted to increase the dose of certain medication or take the medication more frequently or add over the counter drugs to your medications to get quicker relief. Self-medication increases the risk of overmedication that can cause serious harm to your health

### **8. Monitor medication compliance**

Medications only work if taken consistently and as directed by your doctor. If you are having trouble tracking your medications, a reminder system may be helpful.

### **9. Minimize the number of doctors and pharmacists you use.**

Having a primary care provider can help make care coordination easier as you establish good communication with other specialists. It's also best to get all of your medications from one pharmacy to add another level of review o ensure appropriate dosage and reduce the risk of adverse drug effects or interactions.

### **10. Keep your medications organized.**

If you need extra help staying organized, there are plenty of tools and devices to keep you on track. Many people find pillboxes and dispensers to be helpful, along with reminder apps. Shop around for options to help you stay safe when managing your medications such as mail-order pharmacy services like **PillPack**.



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TO YOUR OPPONENT—TOLERANCE

TO A FRIEND—YOUR HEART

TO THE NEEDY—SERVICE

TO ALL—CHARITY

TO EVERY CHILD—A GOOD EXAMPLE

TO YOURSELF—RESPECT

