New Fairfield Senior Center Newsletter

From the Desk of Director Kathy Hull:

In early March, I pointed out the negative health effects of loneliness, especially as it relates to social isolation. Honestly, that has not changed but almost everything else has since then. However, I’m happy to report it seems that our staff and our members have found new ways to combat isolation while staying safe. Yes, we’re social distancing but we’re also distance socializing and distance learning and distance exercising. While re-opening for in-person group activities is not in the near future, we want to make sure that we reach everyone either virtually or telephonically. Let us know if you haven’t heard from us and we’ll give you a call.

This won’t last forever. Let’s make the most of it, follow the rules, and help each other through it.

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Summer 2020

On a post-storm home visit, we got to see one of Chuck Finnegan’s paintings proudly displayed by his wife Olga.

Paola and Tony DeCristofaro kept up our long tradition of seniors helping the Candlewood Lake Authority. Helen Galskoy and Judy Paniccia were out there getting water samples every week, too.

DeeDee Calvey was able to record a number of Tai Chi classes for her students.

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2020 Flu Clinics

The Centers for Disease Control and Prevention (CDC) is urging all individuals who are without contraindications to receive the influenza vaccine for the 2020 – 2021 influenza season, saying it is even more important during the COVID-19 pandemic than in normal years.

The Senior Center has scheduled 3 Flu Shot Clinics in October. Protocols have been put in place to make it a safe and easy experience here. Appointments are required this year so call soon to find out when you can make yours.
MEDICARE OPEN ENROLLMENT—we can help
OCTOBER 15– DECEMBER 7

The Medicare Open Enrollment Period, also known as the annual election period or annual coordinated election period – refers to the annual period (October 15 through December 7) during which Medicare plan enrollees can reevaluate their coverage — whether it’s Original Medicare with supplemental drug coverage or Medicare Advantage, and make changes if they want to do so.

The CHOICES Program (Connecticut's programs for Health insurance, Outreach, Information and Eligibility Screening) is designated as the official State Health Insurance Program (SHIP) for Connecticut. It is funded in large part by the Centers for Medicare and Medicaid Services (CMS) of the U.S. Dept. of Health and Human Services. It provides unbiased information and counseling, on Medicare, Medigap, Medicare Managed Care, Medicaid, Medicare Savings Program, Long Term Care Insurance and other related state & federal programs.

Opportunities:
Monday, September 21st at 10:30 am CHOICES will be providing our Senior Center with a Zoom presentation explaining Open Enrollment and answering all your questions. Please contact us for an invitation.

November 5—CHOICES has set aside the day just for our members to get help with there Medicare decisions in one-on-one appointments via Zoom. If you don’t use Zoom, you can call us and we will help you work that out.

Remember:
⇒ If you’re thinking about staying in the same Advantage plan, review its network providers.
⇒ If you’re planning to stick with the same Part D plan, reassess your prescription drug needs and evaluate your options.
⇒ Don’t assume that the same Part D plan is the best choice for both you and your spouse.

Bereavement Group

Grief is a strong and sometimes overwhelming emotion. For many, what can be most helpful is being with people who understand. You are invited to join the Senior Center bereavement group that will meet once a week for 10 weeks beginning September 16th at 12:30 pm via Zoom. In this warm and friendly virtual gathering facilitated by Anita Brown, you can feel comfortable sharing your experience and expressing yourself.

Grief is challenging both emotionally and physically. It is unique for each individual, but there is no need to feel alone.

Call Kathy at 203 312-5665 to become a part of this group. There is no cost.

Curbside Lunch Pickup still available: Mondays and Wednesdays from 11:30-12:00

Place your order for lunch by Wednesday morning prior to the week you would like lunch. On Monday pick up both Monday and Tuesday lunch. Come back Wednesday to pick up Wednesday and Thursday lunch. These nutritional lunches are a great way to stretch out your trips to the store.

Congratulations to Jim Mellett, PhD

NF Commission on Aging’s choice for Outstanding Senior of the Year 2020

Jim is a member of the Senior Center and a 50 year resident of New Fairfield. During that time he spent countless hours volunteering on various boards and commissions for the betterment of our town.

You can view some of the presentations that Jim produced for our Senior Center on the Highlights page of our website

www.newfairfieldseniorcenter.com
Wheel of Fortune: Mondays at 1:30
Please contact us for an invitation to this Zoom meeting
Join us either as a contestant or a member of the audience. Contestants guess hidden phrases by guessing letters one at a time. Points are determined by a spin of the wheel for each correct consonant you guess. Spend your points on a vowel. There are even prizes.

Technology Assistance: Mondays and Wednesday at 1:00
I-Pads? I-Phones? Kindle? Internet? E-Mail? If you find yourself struggling with technology sign up to get some help. We will be offering assistance with any of your devices. Call to set up an appointment today.

Dementia Care: Safety Considerations: Monday, September 14 at 6:00PM
Please contact us for an invitation to this Zoom meeting
Safety is essential for everyone, but the need for a comprehensive safety plan is especially important for a person living with Alzheimer’s and other dementias. Taking measures to improve safety can prevent injuries and help a person living with dementia feel at ease and maintain his or her independence longer.

Stitch by Stitch Quilting: Tuesdays at 10:30
Please contact us for an invitation to this Zoom meeting
This group is staying safe and busy at the same time. Join their Zoom meeting and find out the latest easy mask pattern and materials available. What works, what doesn’t. Also a fun show and tell of their latest projects.

Investment Club – Tuesdays at 1:30
Please contact us for an invitation to this Zoom meeting
Meet weekly to share money lessons and tips on stocks and portfolios shared with like-minded individuals. Stay on top of the world’s changing financial picture with discussions covering today’s hottest financial topics.

The Soul of America: Tuesday, September 1 at 1:00
Please contact us for an invitation to this Zoom meeting
Based on the book by John Meacham. We can better understand the present moment in American politics and life by looking back at critical times in our history when hope overcame division and fear.

Kathy’s Discussion Group: Tuesday, September 15 at 2
Please contact us for an invitation to this Zoom meeting
We look forward to exploring a topic and sharing your thoughts.

Bronx Club: Wednesday, September 2 at 11:00 am
Please contact us for an invitation to this Zoom meeting
We will share memories and experiences and meet other “Bronx Transplants”. We may live in Connecticut now, but our hearts will always be in the Bronx!

NEW Zoom Name That Tune: Wednesdays, at 1:30
Please contact us for an invitation to this Zoom meeting
Another fun game is now available via Zoom. Test your knowledge of song titles with this fun musical game. As the music plays, the first contestant to correctly name the song wins a point. An extra point if you are able to sing the song. Fun with friends.

Healthy Living for Your Brain and Body: Tips from the Latest Research: Wednesday, September 2 at 10:00
Please contact us for an invitation to this Zoom meeting
For centuries, we’ve known that the health of the brain and the body are connected. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use tools to help you incorporate these recommendations into a plan for healthy aging.

Stories From The Attic: Wednesday, September 9 at 3:00
Please contact us for an invitation to this Zoom meeting
Hear about some of the best discoveries and the stories behind them. Greg Van Antwerp will present the heroism of a soldier in the South Pacific; a portrait artist’s fateful visit with a President; a section of floor tile and the evil that trod upon it and much more.

The Downsized Gourmet: Monday, September 14 at 12
Please contact us for an invitation to this Zoom meeting
It is hard to cook for one or two. Let our chefs help you solve the problem and prepare a few healthy, affordable, easy-to-prepare meals for your downsized lifestyle. Zoom into the presentation and see what they come up with and leave with a shopping list and easy-to-follow recipes! Sponsored by our friends at Oasis Senior Advisors.

10 Warning Signs of Alzheimer’s: Wednesday, September 16 at 12:00
Alzheimer’s and other dementias cause memory, thinking, and behavior changes that interfere with daily living. Learn about common warning signs of Alzheimer’s and what symptoms to look for as well as tips on how to approach someone who is experiencing changes in their memory, the benefit of early detection and diagnosis, and more.

Owls: What’s All the Screeching About?: Friday, September 18 at 12:30 with Brookfield Senior Center
Please contact us for an invitation to this Zoom meeting
Let’s welcome the Audubon’s Community Conservation Manager, Kenneth Elkins! Keep your eyes wide open for a fascinating look into the secret lives of all eleven species of owls that have been known to appear in Connecticut. A few species are much more common than most people realize, but we’ll discuss the threats to all owls created by humans. The group will learn more about their natural history by sharing their personal experiences with owls.
### Highlights:

**Free Home Care Education Seminar:** *Wednesday, September 23 at 1:30*  
Please contact us for an invitation to this Zoom meeting. Learn how to find the non-medical care you need, find ways to assist with payment and live a safer, better quality of life – independently!

**Zoom Social Hour:** *Wednesday, September 23 at 2:00*  
Please contact us for an invitation to this Zoom meeting. We are getting together via Zoom another Social Hour. Give us your email and we will send you an invitation. This is a great chance to safely visit with some friends that you might not have seen since the pandemic happened.

**Friends Meeting:** *Wednesday, September 16 at 4:00*  
The Friends are always looking to welcome new members and fresh ideas for their projects and fundraising events.

**French Class:** *Thursdays 9:00 am*  
Please contact us for an invitation to this Zoom meeting. This fun and casual class taught by Claire Tuffereau is for those who have a basic knowledge of French and want to keep that knowledge alive.

**Science & Art of Changing Your Brain:** *Please contact us for an invitation to these Zoom meetings*  
**Thursday, September 3 at 4:00**  
Neuromyths & Neuroplasticity: Navigating the Brain, Mind, and Health Connection

**Thursday, September 10 at 4:00**  
Please contact us for an invitation to this Zoom meeting. Neurodiversity, Memory and Risk/Protective Factors Related to Brain Function

**Thursday, September 17 at 4:00**  
Attention, Cognitive Load and Consolidation: Increasing Memory Through Attention, Practice and Sleep

**Thursday, September 24 at 4:00**  
Please contact us for an invitation to this Zoom meeting. Mindfulness and Cognitive Flexibility: Transforming Your Mind, Brain and Life.

**Hospice Expert Discussion:** *Thursday, September 17, 1:00*  
Please contact us for an invitation to this Zoom meeting. This discussion is led by experts from Seasons Hospice and Palliative Care. Learn what is Hospice, who is eligible, what are the costs, how do you access hospice Medicare benefits, where you can receive care and what is included.

**Women's Book Club** – *Thursday, September 24 at 11:00*  
Please contact us for an invitation to this Zoom meeting. We will be reading “Finding Dorothy” by Elizabeth Letts.

**Meditation:** *Fridays, at 10:15*  
Please contact us for an invitation to this Zoom meeting. Vasu Anburajan has been practicing Raja Yoga Meditation for the last 10 years. She will be teaching the basic concept of Raja Yoga Meditation. Consistent meditation boosts confidence and makes one self-assured and able to make decisions with clarity. Come learn to open up your consciousness.

**Garden Club:** *Friday, September 4 at 10:00*  
Please contact us for an invitation to this Zoom meeting. Garden Club members meet via Zoom the first Friday of every month. Newcomers are welcome.

**Kayaking:** *Fridays, Sept. 4, 11, 18, 25 at 1:30 pm*  
Bring your kayak, a life jacket and water bottle. Contact the Senior Center to hear where we will be kayaking. Sign up ahead and fill out and sign a waiver release form. Join this great group and enjoy the water this summer and autumn in your kayak.

**Judge Martin Landgrebe:** *Friday, September 11, 12:00 am-12pm*  
*Call the senior center to make a reservation for a one-on-one phone-in appointment with the judge.*

Bring questions on different aspects of probate that you may have, including guardianships, living trusts, unclaimed property, estate taxes and administering decedents’ estates.

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Below are 2 Word Jumbles related to Labor Day. The first is picnic food. The other (not so easy) words relate to “labor”.

| RMEHRAUGB | LEENICIGD |
| HUKPTEC | DOITACDENI |
| ILECPKS | ETIAVTETN |
| TTEUECL | ITORNCEFLE |
| OTMATO | OUTNISDURSI |
| DOHOTG | FNTECEIFI |
| ASTRUKEKUA | ARSIOOBLU |
| RTDUMAS | CTSMLOAEHCIMPN |
| ETNWOEMARL | TNOIERXE |
Watch these anytime on the Highlights page of our website: www.newfairfieldseniorcenter.com

**Embroidery with Gemma**

**Watercolor Lesson-Flowers**
In this video, Dominick Tomanelli gives instructions on how to get started with watercolor painting and demonstrates by doing a simple flower painting.

**Drawing a Figure with Dominick**
Dominick Tomanelli uses vine charcoal and pen to draw a figure

**Sittercise**
with Kathy and Deirdre

**Bodies in Motion**
With Gunther & Lou
A step up from Sittercise

**Painting Clouds with Dominick**
Dominick Tomanelli demonstrates his unique cloud painting technique

**Great Dessert for the Summer**
Watch Janet and Deirdre show you how to make

**Flatbread Fruit Pizza**

**Jim Mellet's Lectures:**
**20,000 Leagues Under the Sea**
and

**We Are Stardust**
and

**The Geology Leading to the Formation of Ball Pond**

**Why not try:**

**Nancy's Rock Painting Class**

Thank you to Marty and Diane Gucker for representing the Senior Center in the 4th of July Parade this year.
Don’t Forget to Exercise

Zumba Dance with Coleen: Mondays at 10:30 (suggested time) Please contact us to get on the roster and we will give you the link to this fun exercise class.

Movers and Shapers Class: Tuesdays or Thursdays 9:30am, (suggested time) Please contact us to get on the roster and we will give you the link to this fun exercise class.

Coleen Krempel’s class is a fun way to move to the music through a variety of exercises designed to improve cardiovascular health and increase muscular strength and range of movement.

Tai Chi: Tuesdays at 10:30 (suggested time) Please contact us to get on the roster and we will give you the link to this class. Improved stress reduction, balance, and agility for all is the focus of Tai Chi.

Gentle Yoga: Tuesdays at 1:00 (actual time) Please contact us for an invitation to this Zoom meeting Yoga classes weekly led by instructor Karen Gillotti.

Moderate Yoga: Fridays at 10:00 am (actual time) Please contact us for an invitation to this Zoom meeting Yoga classes weekly led by instructor Karen Gillotti.

Walking Club: Tuesday, September 8 at 10:30, General Meeting. Please contact us for an invitation to this Zoom meeting

Sittercise: Wednesdays at 1:00 pm (suggested time)
This program is a video on the New Fairfield Senior Center website under the tab “Highlights”. Sittercise is a 45-minute exercise program designed for use with all levels of ability including the physically challenged.

Bodies in Motion: Wednesdays at 1:00 pm (suggested time)
This program is a video on the New Fairfield Senior Center website under the tab “Highlights”. 