

Golden Notes

NEW BRITAIN SENIOR CENTER

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NEW WEB ACCESS <http://www.newbritainct.gov> - Go to Documents and click on Senior Center.

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LIFE LINE SCREENING TUESDAY, JULY 30, 2013

A Life Line Screening event will be held at the Senior Center on July 30th from 8:30 am to 4:00 pm. Life Line Screening's mission is to make people aware of undetected health problems and encourage them to seek follow up care with their physicians. Early detection is the key to prevention and preventive health screenings can detect your risk for serious disease. Life Line Screening has screened nearly 8 million persons using the latest in medical technology with painless & non-invasive tests and the results are reviewed by our staff of Board-Certified physicians. Pre-registration is required by calling 1-888-653-6450. More information about the screening can be obtained at the Senior Center.



Golden Notes Web Access

Although our monthly newsletter web site is a work in progress, we hope you will continue to check us out at this address: <http://www.newbritainct.gov> . We are working to get our web site up and running but the process has been difficult. Hopefully we will have all the kinks worked out soon.

AARP SAFE DRIVERS COURSE

A AARP Safe Drivers course will be offered on Thursday, July 25 starting at 8:45 and ending at 12:15 pm. Persons can sign up at the senior center and the cost is \$12.00 for members and \$14.00 for non members. Please make checks payable to AARP.

CW Resources Senior Community Café

July Menu

1% or Skim milk provided
Margarine available

MENU ITEMS SUBJECT TO CHANGE		SUGGESTED DONATION		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4th of July Luncheon 1 All Beef Long Dog Macaroni Salad Corn on the Cob Ketchup and Mustard Long Dog Roll Lemon Italian Ice	Grape Juice Honey Mustard Chicken Quarter Succotash w/ Pimento Capri Blend Veggies Oatmeal Bread Chocolate Pudding	BBQ Pork Ribs BBQ Sauce Red Beans and Rice Spinach Corn Muffin Applesauce		Pineapple Juice Baked Lasagna Romaine Salad Italian Dressing Italian Bread Tangerine
Orange Juice White Fish with Dill Sauce Black Beans and Corn Scandinavian Vegetables 100% W.W. Bread Chocolate Chip Cookies	Roast Turkey Turkey Gravy Cranberry Stuffing Peas Cranberry Sauce Dinner Roll Fruited Yogurt	Chicken Scampi Linguini Broccoli w/ Red Pepper 12 Grain Bread Mandarin Oranges	Apple Juice Sloppy Joe Mashed Potatoes Green Beans Hamburger Bun Birthday Cake	Minestrone Soup Unsalted Crackers Cheese Quiche Buttered Beets Pumpnickel Bread Fresh Orange
Unbreaded Veal Cutlet Picatta Sauce Sweet Potato California Blend Veggies Rye Bread Melon	Yankee Bean Soup Unsalted Crackers Eggplant Rolatini Meat Sauce Whipped Potatoes Italian Blend Veggies 12 Grain Bread Fresh Peach	Canadian Ham Slice with Pineapple Sauce Herbed Stuffing Carrots  Oat Bread Fruit Cocktail	Steamed, Unbreaded Lemony Fish Rice Pilaf Geneva Blend Veggies Multigrain Bread Grapes	Cranberry Juice Beef Stew Egg Noodles Garden Salad Ranch Dressing Biscuit Rice Pudding
Grilled Orange Chicken Orange Sauce Mashed Potatoes Winter Blend Veggies Whole Wheat Bread Pears	Cranberry Juice Turkey Noodle Casserole with Turkey, Noodles, Mushrooms, Carrots, and Peas Tuscany Blend Veggies W.W. Dinner Roll Boston Cream Pie	Asian Beef Strips with Ginger Sauce Brown Rice Oriental Blend Veggies Pumpnickel Bread Pineapple Chunks	Hearty Vegetable Soup Unsalted Crackers Macaroni and Cheese Scandinavian Veggies 12 Grain Bread Fudge Brownie	Pulled Pork with BBQ Sauce Combread Stuffing Capri Blend Veggies Sub Roll Watermelon
Eye of the Round Mushroom Gravy Baby Red Potatoes Carrots Rye Bread Pineapple Chunks	Orange Juice Pier 17 Fish Sweet Potato Fries Versaille Veggies Tartar Sauce 12 Grain Bread Ice Cream Sandwich	Lazyman Stuffed Cabbage Tuscany Blend Veggies Multigrain Bread Peach Cobbler		

SERVICES BY APPOINTMENT

DIAL-A-RIDE

At least a 2-day notice is required for rides to the Senior Center, medical appointments, shopping and other destinations at any time within the month. Call 826-3555 for an appointment. **There is a suggested donation of \$1.50 each way.**

MEDICARE/MEDICAL INSURANCE INFORMATION

Person seeking help in filing Medicare claims or appeals, interpreting medical bills and assistance in making decisions concerning Medicare supplemental insurance can make an appointment with Senior Center Staff by calling the Center at 860 826-3553. Advice on Living Wills and how to deal with advance medical directives is also available.

FROM THE NURSING DESK

Have a happy and safe 4th of July. Make sure to stay hydrated and drink lots of fluids during the hot summer weather. Stay in the shade when outdoors, wear sun block and seek air-conditioned areas.

On July 12 from 9 to 11:30 am, Dr. Kallor will be at the senior center conducting skin screenings. This is a good time to have skin issues checked out. Call the Health Department at 860 826-3464 to schedule an appointment. Skin screening

Currently, we are setting up informational health topic programs for the fall/winter period. If there are any specific topics you are interested in, please let us know and we will see what can be done.

The Nurse from the New Britain Health Department is available on MOST days to meet with members and evaluate/discuss health related issues. Blood pressures and some other screening are available so keep this great resource in mind and stop by and talk to our nurses.

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GOLDEN NOTES SUBSCRIPTIONS

NAME _____ DATE _____
STREET _____
ADDRESS _____
CITY _____ STATE, ZIP CODE _____
PHONE # _____

Make checks payable to: **NEW BRITAIN SENIOR CENTER**
Return to: **GOLDEN NOTES** Annual Fee: **\$6.00 non refundable**
New Britain Senior Center Cash _____ Check _____
55 Pearl Street New Subscription _____
New Britain, CT 06051 Renewal _____



A Helping Hand Offered to Homeowners in Need

Rebuilding Together New Britain is now accepting applications for Summer and Fall projects from low-income New Britain Homeowners in need of assistance with home repairs.

To qualify, low-income homeowners must own and live in their New Britain home, meet financial and other requirements, and be elderly, disabled or raising children. Services are performed by volunteer groups from throughout the region, and often include painting, yard work, cleaning, and basic plumbing, electrical, and carpentry repairs, as well as installation of grab bars and other simple modifications designed to allow seniors to age safely in place.

For an application, more information and to find out if you qualify, call Rebuilding Together New Britain at (860) 832-4389 or visit us at rebuildingtogetherNB.org.

Stanley Senior's Casino Trips

Mohegan Sun

Tuesday, July 9, 2013

Tuesday, August 13, 2013

Call Elda Spacznski (860) 229-2502

Or

Richard Macceitto 9860) 223-9144



Jersey Dreamers Day Trip

Tuesday, August 13, 2013

This day trip features music provided by the Jersey Dreamers All Star Band, a great new array of delicious foods provided by the Brownstone, transportation and many other features. The cost is \$72.00 per person and includes all expenses. Call Richard Macchietto (860) 223-9144 for more information.