

# 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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### Substance Free Family Fun Day

The City of New Britain's Community Services Department will be conducting the annual Substance Free Family Day on Saturday, August 24<sup>th</sup> starting at 12 noon and continuing until 5:00 pm. The event will be held at Walnut Hill Park and the day will be filled with great activities, food and entertainment. This is a terrific opportunity for people to gather their families together and spend the day in a wonderful setting and enjoy the many fun activities. Hope you will spend the afternoon with friends and families.

### SCAM ALERT

Recently there has been an increase of reported scams, especially focusing on taking advantage of seniors. Scammers are becoming more creative and diverse with respect to the scenarios and plots they present via phone calls. By utilizing phone calls to seniors, the scammers may tell a story that may involve a grandchild or family member who they claim has gotten to trouble with the police or some other story that plays on the emotional reaction of the senior. Often the scammers will ask that money be wired to a certain address or they may ask for bank account numbers or social security numbers. Remember, never give out personal information, especially Social Security/Medicare numbers to anyone you do not know. Whenever you receive a questionable phone call, asking for personal information,

**JUST HANG UP**



## CW Resources Senior Community Café

- \* High Sugar Content
- \*\* High Salt Content
- + High Fat/Cholesterol



# August Menu



1% or Skim milk provided  
Margarine available

### MENU ITEMS SUBJECT TO CHANGE

### SUGGESTED DONATION

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<p>1</p> <p>Cranberry Juice Tuna Salad w/ Celery Potato Salad Spinach Salad</p> <p><i>Happy Birthday</i></p> <p>Pumpnickel Bread</p> <p>Birthday Cake</p>	<p>2</p> <p>Meat Ravioli Marinara Sauce Garden Salad Italian Dressing Parmesan Cheese</p> <p>Italian Bread</p> <p>Peaches</p>
<p>5</p> <p>Knockwurst Sauerkraut &amp; Onions German Potato Salad California Blend Veggies Mustard</p> <p>Hot Dog Roll</p> <p>Sliced Melon</p>	<p>6</p> <p>Chicken Cacciatore Brown Rice Capri Blend Vegetables</p> <p style="text-align: center;"> </p> <p>100% Whole Wheat</p> <p>Fresh Apple</p>	<p>7</p> <p>Apple Juice Chunky Turkey Salad with Cranberries Pasta Primavera with Vegetables</p> <p>Multi Grain Bread</p> <p>Cookies</p>	<p>8</p> <p>Minestrone Soup Unsalted Crackers Broccoli Quiche Peas &amp; Carrots</p> <p>Pumpnickel Bread</p> <p>Fruited Yogurt</p>	<p>9</p> <p>Orange Juice Baked Filet of Sole with Lemon Sauce Rice Pilaf Yellow &amp; Green Squash</p> <p>Oat Bread</p> <p>Banana</p>
<p>12</p> <p>Cream of Broccoli Soup Unsalted Crackers Grilled Chicken over Caesar Salad with Olives, Cucumbers and Croutons Caesar Dressing 100% Whole Wheat</p> <p>Chunky Applesauce</p>	<p>13</p> <p>Philly Cheesesteak with Cheese, Onions &amp; Peppers Mashed Potatoes Peas</p> <p>Grinder Roll</p> <p>Tropical Fruit Cup</p>	<p>14</p> <p>Orange Juice Boneless Pork Chop Onion Gravy Red Beans &amp; Rice Green Beans</p> <p>Corn Bread</p> <p>Sherbet</p>	<p>15</p> <p>Eggplant Parmesan Ziti w/ Meat Sauce Italian Blend Veggies</p> <p>Italian Bread</p> <p>Pineapple Chunks</p>	<p>16</p> <p>Grape Juice Pier 17 Fish Baked Yam Versailles Veggies</p> <p style="text-align: center;"> </p> <p>Rye Bread Little Debbie Raisin Cream Pie</p>
<p>19</p> <p>Roast Beef Au Jus Au Gratin Potato Pickled Beet Salad</p> <p style="text-align: center;"> </p> <p>Pumpnickel Bread</p> <p>Fruit Cup</p>	<p>20</p> <p>Pea Soup Unsalted Crackers Turkey, Ham &amp; Swiss Hero Sandwich Lettuce Bed Broccoli Slaw Mayonnaise &amp; Mustard Grinder Roll</p> <p>Pears</p>	<p>21</p> <p>Cheeseburger Lettuce &amp; Tomato Tater Tots Broccoli Florets Mayonnaise</p> <p>Hamburger Bun</p> <p>Italian Ice</p>	<p>22</p> <p>Lemon Pepper Fish Tartar Sauce Baked Sweet Potato 3 Bean Salad with Chick Peas</p> <p>Marbled Rye Bread</p> <p>Banana</p>	<p>23</p> <p>Apple Juice Hawaiian Chicken Quarter with Pineapple Sauce Rice Pilaf Oriental Blend Veggies</p> <p>Oatmeal Bread</p> <p>Pecan Spinwheel</p>
<p>26</p> <p>Orange Juice Spaghetti with Sauce Meatballs Parmesan Cheese Italian Blend Vegetables</p> <p>Italian Bread</p>	<p>27</p> <p>Un-breaded Veal Cutlet with Sauteed Peppers and Onions Roasted Potato Wedges Scandinavian Veggies</p> <p>Rye Bread</p>	<p><b>Labor Day Lunch 28</b></p> <p>Pineapple Juice Pulled Pork  BBQ Sauce Macaroni Salad Cucumber Salad</p> <p>Sub Roll</p>	<p>29</p> <p>Roast Turkey Turkey Gravy Herbed Stuffing Carrot Coins Cranberry Sauce</p> <p>Dinner Roll</p>	<p>30</p> <p>Beef Barley Soup Unsalted Crackers Chunky Seafood Salad Lettuce Bed/Tomato Sl. Spinach Pasta Salad</p> <p>Wheat Bread</p>

**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 4<sup>th</sup> 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.

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**\_\_\_\_\_



### **Emergency Registry**

The City of New Britain's Emergency Management Department, along with a coalition of community partners, is working on a project that will identify persons who may require assistance during an emergency. This may include persons with physical, cognitive, mobility or developmental limitations. As all of are aware, emergencies can take on a variety of different appearances. Winter storms, excessive heat periods, hurricanes and extreme weather events are all familiar happenings that have impacted our community over time. During emergency conditions electrical power may be out for extended period of time. This situation can be very dangerous for persons with special needs and with limited options for assistance. The Emergency Registry is a listing that includes persons with special needs who have signed up for assistance in the event of an emergency. Registered persons can be checked on via phone calls and outreach during emergencies to make sure they are safe and secure.

Persons with special needs who wish to register for the program must complete a registration form that includes some basic background and contact information. All information remains strictly confidential and will only be used for emergency purposes. Registration forms are available here at the Senior Center as well as at the New Britain Health department. You can register by phone at (860) 612-4240 or Online at [www.newbritainct.gov](http://www.newbritainct.gov) .

### **Stanley Senior's Casino Trips**

Mohegan Sun

Tuesday, August 13, 2013  
Tuesday, September 10, 2013  
Tuesday, October 8, 2013

Call Elda Spacznski (860) 229-2502



### **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.



## **SAVE THE DATE FOR SEPTEMBER**

Book Group Meeting  
Tuesday, September 17, 2013  
1:00 PM

1984  
By George Orwell  
And  
Brave New World  
By Aldous Huxley

Friday, September 6, 2013

Square Dancing Starts  
1:30 PM

SNAP (Food Stamps)  
Wednesday, September 24, 2013  
11:00 AM  
Learn about the new food stamp program

AARP Safe Drivers Course

Thursday, September 26, 2013  
8:45 AM

Computer Classes Start Up  
Watch the September Newsletter for details

Wii Bowling  
Starts in September

# August 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14 Dream Class 10:00 AM	15	16	17
18	19	20	21	22	23	24 Substance Free Family Fun Day Walnut Hill Park
25	26	27	28	29	30	31
	Exercise/Line Dance Bingo	Exercise/Line Dance Ceramics Crafts	Art Class Ceramics Bingo Ballroom Dance	Pinochle Crafts	Art Class Bingo	