

# Golden Notes

## NEW BRITAIN SENIOR CENTER

MICHAEL KARWAN, DIRECTOR

55 PEARL STREET

NEW BRITAIN, CT 06051

PHONE: 860-826-3553

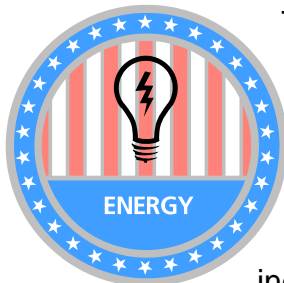
FAX: 860-826-3557

WEB ACCESS: <http://www.newbritainct.gov> Go to Documents and click on Senior Center to find the current issue of the monthly newsletter

VOL XLI NO.VIII

October 2013

## ENERGY ASSISTANCE



The Senior Center in cooperation with the New Britain Resource Agency, is taking appointments for the state of Connecticut's Energy Assistance Program. Proof of all income from the month prior to applying must be available. This includes all pages of the latest bank statement on a checking or saving account. Copies of oil, gas or electric bills, a rent receipt or a property tax bill are also required. You may have up to \$10,000.00 in assets as a home owner and \$7,000.00 in assets as a renter to qualify. If you were ineligible in the past years, this may be the year to reapply for energy assistance.

Call the Senior Center for an appointment or contact HRA at 860-223-2288 for more information. Appointments at the Senior Center are on Tuesdays and Thursdays only.

## Special Bingo



Monsignor Bojnowski Manor and Advance Healthcare will be sponsoring a special bingo on Thursday, October 24<sup>th</sup> starting at 1:00 pm. Plan on coming by and join in with the fun!



### **Internet for Beginners**

This will be an eight session course for people that want to use the Internet with computers or iPads for sending and receiving messages and pictures to and from others, for gathering information that will be useful to them like how to do things, and also for gathering and presenting their views to others regarding national and world issues. Knowledge of how to use a computer is required. The class will be restricted to five people. The Internet class will be held on Fridays starting on October 11, 2013 at 9:30 am. Interested persons can sign up starting on October 1<sup>st</sup> and remember this class is limited to 5 persons.

### **Dream Class Meeting**

The monthly meeting of the Dream Class will be held on Wednesday, October 9<sup>th</sup> starting at 10:00 am. Hope you will stop by and check it out.

### **Book Group Meeting**

The Public Library and Senior Center Book Group will be meeting on Tuesday, October 15<sup>th</sup> at 1:00 PM. The book read for this month is *QUIET: The power of introverts in a world that can't stop talking* written by Susan Cain. All are welcome so we hope you will join us on the third Tuesday of each month.

November 19<sup>th</sup> – Faithful Place by Tana French  
December 17<sup>th</sup> – Devil in the White City by Eric Larsen

**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**

Due to unforeseen circumstances, the Nurse from the New Britain Health Department will be available on a limited schedule for the next several weeks. Persons wishing to see the nurse for any reason should call the Senior Center during the morning hours to see if a Health Department nurse is available. We hope this interruption is for a short duration and we appreciate your patience with this matter.

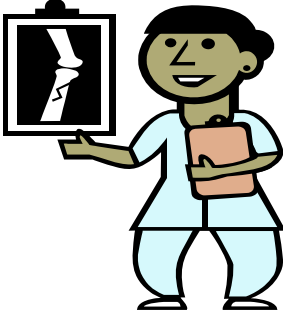
-----  
**GOLDEN NOTES SUBSCRIPTIONS**

NAME \_\_\_\_\_ DATE \_\_\_\_\_  
STREET \_\_\_\_\_  
ADDRESS \_\_\_\_\_  
CITY \_\_\_\_\_ STATE, ZIP CODE \_\_\_\_\_  
PHONE # \_\_\_\_\_

Make checks payable to: NEW BRITAIN SENIOR CENTER

Return to: GOLDEN NOTES  
New Britain Senior Center  
55 Pearl Street  
New Britain, CT 06051

Annual Fee: \$6.00 non refundable  
Cash \_\_\_\_\_ Check \_\_\_\_\_  
New Subscription \_\_\_\_\_  
Renewal \_\_\_\_\_

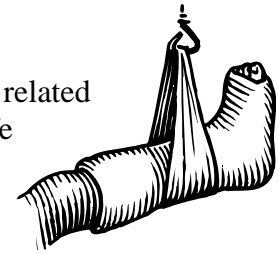


## HEALTHY JOINT CARE PROGRAM

On Monday, October 28<sup>th</sup> staff persons from Bristol Hospital's Healthy Joint Care Program will be at the Senior Center to present a discussion on healthy joint practices. The program will start at 12 noon and Bristol Hospital will provide a free lunch. Persons interested in attending must sign up and participation will be limited. This is a great opportunity to learn practices that can help all of us with our ongoing aches and pains so make sure you sign up.

## Fall Prevention Awareness

Every 15 seconds an older adult is seen in an emergency department for a fall related injury. There are several simple steps that adults can take to help them stay safe from the consequences of falling.



1. Find a good balance and exercise program like the one here at the senior center held on Mondays and Tuesdays.
2. Talk to your health care provider and ask for an assessment of your risk of falling.
3. Regularly review your medications with your doctor or pharmacist to make sure side effects aren't increasing your risk of falling.
4. Get your vision and hearing checked annually and update your eyeglasses, your eyes and ears are key to keeping you on your feet.
5. Keep your home safe, remove tripping hazards, increase lighting, make stairs safe and install grab bars in key areas.
6. Talk to your family members, enlist their support in taking simple steps to stay safe.