

Golden Notes



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VOL XLIII NO.VVI

September 2014

CENTERS FOR MEDICARE & MEDICAID SERVICES
TUESDAY, SEPTEMBER 30, 2014
10:00 TO 11:00 AM

CMS

The Centers for Medicare & Medicaid Services (CMS) is teaming up with Connecticut authorities to present senior citizens with information and tools to help protect them against Medicare and Medicaid fraud. CMS is a branch of the U.S. Department of Health and Human Services and is the federal agency that administers Medicare, Medicaid, and the Children's Health Insurance Programs.

On Tuesday, September 30, CMS will be conducting a Town Hall Meeting here at the senior center. A guest moderator will interview a panel of Medicare and Medicaid experts answering frequently asked questions about fraud. Panelists will describe some of the common scams criminals use to obtain personal information, which often leads to identity theft. The panel will include: the Regional Administrator for CMS, the Special Agent from the Boston Regional Office of the Inspector General, representative from the Connecticut Attorney General's Office and the State Senior Medicare Patrol Office Coordinator.

Plan on attending this important and informative discussion panel discussion



Flu Clinic

The New Britain Health Department will be conducting our annual flu shot clinic on Wednesday, September 24th from 9:00 am to 2:00 pm. The clinic is open to persons 50 and older and the cost is covered through many insurances including Medicare, Anthem Blue Shield, Connecticare, Aetna and Cigna. Pre registration forms are available at the Senior Center.


CW Resources Senior Community Café

September, 2014

1% or Skim milk provided
Margarine available

MENU ITEMS SUBJECT TO CHANGE

SUGGESTED DONATION

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>Labor Day Closed</p> 	<p>2</p> <p>Grilled Chicken Breast with Chicken Gravy Rice Pilaf Chuck Wagon Veggies</p> <p>Wheat Bun</p> <p>Fresh Apple</p>	<p>3</p> <p>Orange Juice Spaghetti with Meat Sauce Tossed Salad Ranch Dressing Parmesan Cheese</p> <p>Italian Bread</p> <p>Ice Cream Cup</p>	<p>4</p> <p>Grape Juice Tuna Salad with Celery Potato Salad Spinach Salad</p> <p>12 Grain Bread</p> <p>Birthday Cake</p>	<p>5</p> <p>Veal Stew with Peppers and Onions Buttered Noodles Garden Salad Italian Dressing</p> <p>Pumpnickel Bread</p> <p>Grapes</p>
<p>8</p> <p>Beef Stroganoff Egg Noodles Diced Carrots</p> <p>Rye Bread</p> <p>Fruit Cocktail</p>	<p>9</p> <p>Cranberry Juice Southern Herb Chicken Quarter Au Jus Mashed Potatoes Spinach</p> <p>Corn Muffin</p> <p>Banana</p>	<p>10</p> <p>Chicken Noodle Soup Unsalted Crackers Cheese Lasagna Marinara Sauce Cauliflower</p> <p>Italian Bread</p> <p>Orange</p>	<p>11</p> <p>Roast Turkey LS Turkey Gravy Stuffing Chuck Wagon Veggies Cranberry Sauce</p> <p>Dinner Roll</p> <p>Sliced Melon</p>	<p>12</p> <p>Apple Juice Parmesan Crusted Pollack Baked Potato Scandinavian Veggies Sour Cream Lemon Multi Grain Bread</p> <p>Brownie</p>
<p>15</p> <p>Cream of Mushroom Unsalted Crackers Grilled Chicken Caesar Salad with Olives, Cucumbers and Croutons Caesar Dressing 100% Whole Wheat</p> <p>Cinnamon Applesauce</p>	<p>16</p> <p>Sliced Pork Au Jus Sesame Noodles 3 Bean Salad</p> <p>Rye Bread</p> <p>Pineapple Chunks</p>	<p>17</p> <p>Shepard's Pie with Ground Beef, Mashed Potatoes and Carrots Green Beans</p> <p>Biscuit</p> <p>Mixed Fruit Cup</p>	<p>18</p> <p>Orange Juice Turkey Stew Lima Beans Capri Blend Veggies</p> <p>Corn Muffin</p> <p>Oatmeal Cream Pie</p>	<p>19</p> <p>Apricot Ginger Grilled Beef Strips Au Jus White Rice Spinach</p> <p>Pumpnickel Bread</p> <p>Citrus Selections</p>
<p>22</p> <p>Apple Juice Salisbury Steak LS Beef Gravy Au Gratin Potatoes Buttered Beets</p> <p>White Bread</p> <p>Rice Pudding</p>	<p>23</p> <p>Cranberry Juice Broccoli Bake Tater Tots Romaine Salad French Dressing</p> <p>Rye Bread</p> <p>Oatmeal Raisin Cookies</p>	<p>24</p> <p>Beef Barley Soup Unsalted Crackers Chicken Salad w/Celery 4 Bean Salad Coleslaw</p> <p>Hot Dog Roll</p> <p>Sherbet</p>	<p>25</p> <p>Grape Juice Pulled Pork Au Jus Boiled Potatoes Braised Cabbage</p> <p>Hamburger Roll</p> <p>Apple</p>	<p>26</p> <p>Lemon Pepper Fish Fruited Rice(w/apples) Spinach</p> <p>Pumpnickel Bread</p> <p>Fruit Cup</p>
<p>29</p> <p>Apple Juice Lemon Grilled Chicken Breast Au Jus Lemon Parslied Rice Oriental Blend Veggies</p> <p>100% Whole Wheat Warm Peach Cobbler with Topping</p>	<p>30</p> <p>Hearty Vegetable Soup Unsalted Crackers Fish Filet French Fries Buttered Beets Tartar Sauce Whole Wheat Bun</p> <p>Tropical Fruit Cup</p>			

**CCSU and SENIOR CENTER
Research Project**

Students from Central Connecticut State University will be at the senior center during the month of September to conduct a research project. The students will be asking seniors to complete a short satisfaction survey that will help the senior center plan for the future and will help us serve you better. We will also be mailing surveys to those members who participate in our programs. This project is very important to the Senior Center so we are asking for your assistance and cooperation in working with the students. If you are asked to complete a survey form, please take the time to do so and return the completed form to the senior center. The survey forms will not ask for any personal information so you do not have to identify yourself.

Thanks for taking the time to help us with this project

**New Britain TRIAD
Alzheimer's Disease, the Benefits of Early Detection**



On Tuesday, September 9th the New Britain TRIAD organization and the Alzheimer's Association will be presenting the monthly seminar; Alzheimer's Disease, The Benefits of Early Detection here at the Senior Center. Learn the 10 signs of early detection of the disease and differences between Alzheimer's and normal aging as well as tips to follow up on any concerns attendees may have about themselves or someone they care about. The program starts at 8:30 am with a complimentary continental breakfast followed by the discussion.

This is the last of the TRIAD seminars through the fall period, so stop by and learn,

This program is sponsored by: Arbor Rose at Jerome Home.

Book Group Update

The Senior Center/NB Public Library Book Group will meet on Tuesday, September 16th at 1:00 PM. The September read is The Monuments Men by Robert Edsel.

A special force of American and British museum directors, curators, art historians, and others, called the Monuments Men, risked their lives scouring Europe to prevent the destruction of thousands of years of art and culture.

October 21 st	What's Eating Gilbert Grape by Peter Hedges
November 18 th	Travels With Charlie by John Steinbeck
December 16 th	Still Life by Louise Penny.

Remember to join us on the 3rd Tuesday of each month.

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

Persons 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

It is hard to think about the flu season when the weather is warm and sunny, but it is that time to start planning to get your flu vaccine. Check out the Flu Clinin information in this months Golden Notes. . The nurse is available to provide basic services and to answer any questions seniors may have. . 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 on the day you wish to come.

GOLDEN NOTES SUBSCRIPTIONS

NAME _____ DATE _____
STREET _____
ADDRESS _____
CITY _____ STATE, ZIP _____
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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 _____
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Renewal _____

FRIDAY at the MOVIES

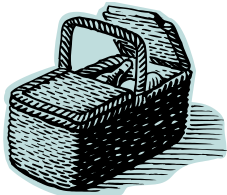
Sister Act 2

Friday, September 19th at 12:45 PM

Everybody's favorite nun is back in the habit as Academy Award winner Whoopi Goldberg stirs up more laughs than ever.



Stop by the senior center and stay cool while watching the movie of the month. Hope you will join us for this entertaining film.



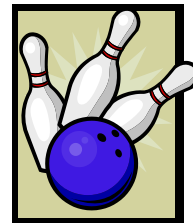
**Senior Center Picnic
Friday, September 26th
9:30 am to 1:30 pm**

The senior center will be sponsoring our annual fall picnic on September 26th. The menu will include; coffee and donuts, hot dogs, burgers, chips, baked beans, sauerkraut, dessert and all the fixings. The cost for tickets will be; \$5.00 for senior center members and \$10.00 for non members. Tickets are available at the front desk.

Bowling is Back!

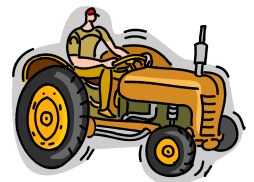
Wii bowling will restart on Tuesday, September 16th at 12:30 pm and all those persons who may be interested in trying this fun activity are welcome to attend. Current bowlers are welcome to come and get some practice in.

Wii bowling is fun, easy to do great exercise so stop by and join us.



**AARP
Safe Drivers Course**

AARP and the senior center will be conducting a safe driver's course on Thursday September 18th from 8:30 am to 12:20 pm. This is a one day course and the cost is \$15.00 for AARP members and \$20.00 for non members. Sign up will start on Tuesday, September 2nd.





GREATER HARTFORD LEGAL AID SENIOR OUTREACH PROJECT

Attorney Marilyn Denny from the Senior Project at Greater Hartford Legal Aid will be at the senior center on Tuesday, September 16th from 10:00 to 11:00 am. Attorney Denny will be talking about the resources and supports that are available to help keep seniors in their homes. Topics covered will include; the Connecticut Home Care Program, Money Follows the Person and the requirements and responsibilities of the Personal Care Assistant Program. This is a great opportunity to learn about the options seniors have to access the resources and supports that will help persons stay in the community with a good quality of life status.

Also, if time allows, Attorney Denny will take questions and discuss other legal concerns.

Friday Afternoon Square Dancing

The Friday Afternoon Square Dancing group will resume meeting and dancing starting on Friday, September 5th at 1:00 pm. The group is always looking for new dancers and all are welcome to come by and learn about the program, Lots of great dancing and fun on Friday afternoons.



A Day at Mohegan Sun Casino

Tuesday, September 9, 2014

Cost: \$19.00

Call Elda Spaczynski at 860 229-2502 for more information.

COMPUTER CLASS OFFERED

The Senior Center will be offering a computer learning class starting on Tuesday, September 23rd from 9:00 to 11:00 am. The class will focus on the interests and skills of the participants. A variety of topics including basic computer skills, some word processing and accessing and using the internet will be covered. Sign up for this class will start on September 3rd.

Daily Calendar of Activities

September 2014

Mondays

8:15 am to 11:00 am – Snack bar open

8:45 am to 9:15 am – Line Dancing Instruction for persons wishing to learn line dancing

9:15 am to 10:00 am – Exercise Class Senior appropriate exercise class with Chris

9:15 am to 11:30 am – Art class open

10:15 am to 11:00 am - Line dancing class

12:45 pm to 3:00 pm - Bingo

Tuesdays

8:15 am to 11:00 am – Snack bar open

8:30 am to 9:00 am – Line Dancing Instruction for persons wishing to learn line dancing

9:00 am to 11:00 am – Computer class Starts on September 23rd.

9:10 am to 10:15 am – Exercise Class Senior appropriate exercise class with Chris

9; 15 am to 1: 30 am - Craft group meets

10; 30 am to 11:15 am – Line dancing class with Chris

12:30 pm to 3:00 pm Wii Bowling – starting on September 16th

1:00 pm to 3:30 pm – Craft group meets

Wednesdays

8:15 am to 11:00 am – Snack bar open

9:00 am to 11:30 am - Card group

9:15 am to 11:30 am – Art class open

9:15 am to 11:30 am - Ceramics class open

12:45 pm to 3:00 pm - Bingo

1:00 pm to 3:00 pm - Ballroom dancing

Thursdays

8:15 am to 11:00 am – Snack bar open

9; 15 am to 11; 30 am – Craft group meets

1;00 pm to 3:30 pm – Pinochle club

1:00 pm to 3:30 pm - Craft group meets

Fridays

8:15 am to 11:00 am – Snack bar open

9:15 am to 11:30 am – Art class open

9:15 am to 11:30 am - Ceramics class open

12:45 pm to 3:00 pm - Bingo

1:15 pm to 3:30 pm Square Dancing

September 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Labor Day Center Closed	2	3	4	5	6
	8	9	10	11	12	13
	15	16 Legal Program 10:00 AM	17	18 AARP Drivers 8:30 AM to 12:15 PM	19 Movie Sister Act 2 12:45 PM	20
	22	23	24 Flu Clinic 9:00 AM to 2:00 PM	25	26	27
	29	30			Senior Center Picnic 9:30 AM to 1:30 PM	
	Exercise/Dance Art Bingo	Exercise/Dance Crafts Computer Class Wii Bowling	Art Ceramics Cards Dancing Bingo	Crafts Pinochle	Art Ceramics Bingo Sq. Dancing	