

**MARCH  
2017**

## Westbrook Senior Center

SENIOR CENTER  
866 Boston Post Road  
Westbrook, Ct 06498  
860-399-2029  
www.westbrookct.us



### Hours of Operation

Monday 8am-4pm

Tuesday 8am-4pm

Wednesday 8am-4pm

Thursday 8am-4pm

Friday 8am-12pm

### \*NEW PROGRAM ALERT\*

**"Ask the Pharmacist"** A medication review with Daniel Tavares PharmD from Quality Care Drug. Bring with you a list of your current medications or current pill bottles to participate in this new program. **March 8th @ 9:30am.**

**Please sign up at the Reception Desk**

### MARCH MENU

3/1 Clam Chowder w/ Fish Sandwich

3/2 Chicken Cacciatore over Pasta

3/8 Shepherd's Pie

3/9 Tuna Noodle casserole

3/15 Pasta Faggirole and Pizza

3/16 Corned Beef, Boiled Potatoes, carrots, cabbage

3/22 Macaroni and Cheese with Salad

3/23 Sloppy Joes and French Fries

3/29 Broccoli and Cheese Soup w/ ham or egg salad sandwich

3/30 Spaghetti and Meatballs

\*24 hour notice of reservation required for Wednesday AND Thursday meal\*

**LUNCH SERVED AT NOON**

*The mission of the Westbrook Senior Center is to improve the quality of life for Senior Citizens of Westbrook and our neighboring shoreline towns. The Senior Center welcomes citizens 60 years of age or older to participate in our many daily activities directed by staff and volunteers. The goal of these programs is to promote the physical and mental well being of our Senior community.*

# MARCH CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 8:15 SENIOR FITNESS 9-11 HAIRCUTS 9:15 SENIOR FITNESS 10:00 YOGA 12:00 LUNCH	2 10:45CHAIR EXERCISE 12:00 LUNCH 1:00 RUMMIKUB 1:00 POOL	3 8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 9:30 TAI CHI
6 8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 10:30 HAND & FOOT CARD GAME	7 8:00 BREAKFAST 10:00 LINE DANCING 11:00 CHAIR EXERCISE 1:00 POOL	8 8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 9:30 <b>“ASK THE PHARMACIST”</b> 10:00 YOGA 12:00 LUNCH	9 10:45CHAIR EXERCISE 12:00 LUNCH 1:00 RUMMIKUB 1:00 POOL	10 8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 9:30 TAI CHI
13 8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 10:30 HAND & FOOT CARD GAME	14 8:00 BREAKFAST 9:00 ATtY SWEENEY 10:00 LINE DANCING 11:00 CHAIR EXERCISE 1:00 POOL	15 8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 10:00 YOGA 12:00 LUNCH	16 10:45CHAIR EXERCISE 12:00 LUNCH 1:00 RUMMIKUB 1:00 POOL	17 8:15 SENIOR FITNESS 9:15 SENIOR FITNESS
8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 10:30 HAND & FOOT CARD GAME	21 8:00 BREAKFAST 8:30 BP CLINIC 10:00 LINE DANCING 11:00 CHAIR EXERCISE 1:00 POOL	22 8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 10:00 YOGA 12:00 LUNCH	23 10:45CHAIR EXERCISE 12:00 LUNCH 1:00 GARDEN CLUB PRESENTATION 1:00 RUMMIKUB 1:00 POOL	24 8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 9:30 TAI CHI
27 8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 10:30 HAND & FOOT CARD GAME	28 8:00 BREAKFAST 10:00 LINE DANCING 11:00 CHAIR EXERCISE 1:00 POOL	29 8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 10:00 YOGA 12:00 LUNCH	30 10:45CHAIR EXERCISE 12:00 LUNCH 1:00 RUMMIKUB 1:00 POOL 1:00 PRESENTATION	31 8:15 SENIOR FITNESS 9:15 SENIOR FITNESS 9:30 TAI CHI


**FREE SERVICES TO ALL PARTICIPANTS**

**FREE HAIRCUTS  
BY SONIA  
9AM-11AM  
1ST WEDNESDAY OF  
EVERY MONTH**




**FREE LEGAL ADVICE  
PROVIDED BY ATTORNEY  
MICHAEL SWEENEY  
2ND TUESDAY OF EVERY  
MONTH  
SIGN UP AT RECEPTION  
DESK**

**BLOOD PRESSURE CLINIC  
3RD TUESDAY OF EVERY-  
MONTH  
8:30AM**



**HEALTH AND WELLNESS**

**MONDAY**  
SENIOR FITNESS  
8:15 & 9:15

**TUESDAY**  
LINE DANCING 10:00  
CHAIR EXERCISE 11:00

**WEDNESDAY**  
SENIOR FITNESS  
8:15 & 9:15  
YOGA (CHAIR AND FLOOR)  
10AM

**THURSDAY**  
CHAIR EXERCISE  
11:00AM

**FRIDAY**  
SENIOR FITNESS  
8:15 & 9:15  
TAI CHI 9:30

**MEDICAL EQUIPMENT LENDING CLOSET  
PROVIDED BY  
WESTBROOK VISITING NURSES  
CALL 860-399-3088**

**KNOW THE 10 SIGNS** Early Detection Matters


Sponsored By Artis Senior Living Of Branford

The warning signs of **Alzheimer's disease** are often dismissed as side effects of normal aging. If you or someone you know is experiencing memory loss or behavioral changes, it's time to learn the facts. Early detection gives you a chance to begin drug therapy, enroll in clinical studies and plan for the future. Attend this training to learn the 10 Warning Signs of Alzheimer's disease. We'll separate myth from reality and address commonly-held fears about Alzheimer's in America. Hear from an expert and find out how to recognize the signs in yourself and others.


**Thursday, March 30, 1:00pm - 2:30 PM**  
Westbrook Senior Center  
866 Boston Post Road  
Location: Lower Level

Please RSVP by 3/29 to Artis Senior Living at [203-533-7287](tel:203-533-7287) or [sthornton@ArtisMgmt.com](mailto:sthornton@ArtisMgmt.com).

At Artis Senior Living, our mission is to provide the finest level in Memory Care through individually designed programs combined with a passionate dedication to each resident's individualized comforts and needs. The Heart of Artis is fueled by a passionate philosophy of the power of Positive Partnerships to optimize and customize Memory Care for EVERY resident.



**Artis Senior Living of Branford**  
814 East Main Street  
Branford, CT 06405  
203-533-7287  
[www.artisseniorliving.com](http://www.artisseniorliving.com)



**alzheimer's association**

## WESTBROOK SENIOR CENTER

### From the office of Social Services: 860-399-3090 \*NEW DIRECT LINE\*

#### Operation Fuel Winter Program

Applicants may qualify for up to a one time heating grant of \$500.00 if the household has income below 60% of the state median income, has exhausted their CRT benefit and has not received an Operation Fuel grant during the previous 12 months. **The Program runs through Wednesday May 31, 2017.**

#### -Eversource Low Budget and Matching Payment Plans

Westbrook Eversource/Northeast Utilities customers, who heat with electric or gas, qualify for heating assistance and are having a hard time paying their electric bills may apply for additional assistance in keeping up with their payments.

#### ELDERLY (65+) AND TOTALLY DISABLED RENTERS' TAX RELIEF PROGRAM.

**Filing Dates: April 1<sup>st</sup> 2017 to October 1<sup>st</sup> 2017**

All documentation required for the Renters Program, is based on the "2016" calendar year. CT General Statutes provide for a partial refund of annual rental and utility expenses to qualified elderly and disabled renters.

## WESTBROOK VISITING NURSES AND PUBLIC HEALTH

### Services Include:

- Skilled Nursing Care
- Home Health Aide
- Physical Therapy
- Occupational Therapy
- Medical Social Services

### Community Services

- Blood Pressure Clinic
- Foot Care Clinic
- Influenza Clinic
- Health Education Programs
- Public Health Services
- Epidemiology
- Maternal/Child Health Services

### *A message from the Westbrook Visiting Nursing office*

We are faced with many choices every day. Changes in health care coverage force us to make decisions about the care we receive. The WESTBROOK VISITING NURSES, the official home care agency for the town of Westbrook is asking you to make yet another choice! When you require home care following hospitalization for an illness or injury, or the Doctor at your office visit says he/she will have the visiting nurse come out to see you, YOU must choose the WESTBROOK VISITING NURSES. If you do not **ask** for us, the **decision** will be made for you by the hospital or office staff.

The WESTBROOK VISITING NURSES is one of five remaining municipal home care agencies in the state of Connecticut. That means this agency is funded by **YOUR** tax dollars and exists to serve **YOU**. Having your own town agency allows us the autonomy to tailor our services to the specific needs of our residents of WESTBROOK.

There are other home care organizations that provide care in our town however, the **Westbrook Visiting Nurses and Public Health** agency is the **only** official town agency. Many people are not aware of the **Home Care** services that we provide for our residents (services are listed to the left of this article). When you are working with the hospital, nursing home or office staff to make plans for your discharge to home or to get healthcare assistance at home, **you** will need to **ASK** for the **Westbrook Visiting Nurses** if you wish to support your **Town Organization**.

If you have questions concerning our home care or community programs please feel free to call us at **860-399-3088**.