Top of the Hill

BRIDGEWATER COUNCIL ON AGING

COLE-YEATON SENIOR CENTER
10 WALLY KRUEGER WAY BRIDGEWATER, MA 02324
508-697-0929 | SENIORCENTER@BRIDGEWATERMA.ORG

Special Edition Summer 2021

You Always Have A Friend at the Bridgewater Senior Center

Greetings and Salutations,

Welcome to the dog days of summer where the senior center is open and keeping residents active, engaged, and well fed. What does this phrase mean anyways? According to the Farmer's Almanac, the phrase is actually a reference to the fact that, during this time, the Sun occupies the same region of the sky as Sirius, the brightest star visible from any part of Earth and part of the constellation Canis Major, the Greater Dog. This is why Sirius is sometimes called the Dog Star.

In the summer, Sirius rises and sets with the Sun. On July 23rd, specifically, it is in conjunction with the Sun, and because the star is so bright, the ancient Romans believed it actually gave off heat and added to the Sun's warmth, accounting for the long stretch of sultry weather. They referred to this time as diēs caniculārēs, or "dog days."

Thus, the term Dog Days of Summer came to mean the 20 days before and 20 days after this alignment of Sirius with the Sun—July 3 to August 11 each year. To us at the senior center, it means staying cool, taking trips to the beach, travel (yes travel!) with friends and family, and of course enjoying watermelon and one another. Come and join us for fun social events, lots of music, cornhole, trips, and dancing to name a few. We have the Bridgewater Transit program available to provide free rides for seniors. Simply call us for a lift.

Over the past few months, so many incredible people, groups, businesses have supported one another through their volunteer efforts and advocacy that I want to thank each one of them. Special thanks to the East Bridgewater COA for partnering on the first LGBTQ pride concert. A very big thanks to the dedicated staff of the senior center: Kathy, Kristen, Ann, Scott & Ken. They are the hardest working and fun people imaginable.

BRIDGEWATER RESIDENT BONNIE SLOAN, RACING THE SUN, 2001

Be well and please continue to check in on your neighbors.

Sincerely,
Emily Williams
Director

The Health Benefits of Having a Daily Routine

How and why you should incorporate healthy and sustainable habits every day.

From Hebrew Senior Life's Rebecca Donato, BA, MBA

Throughout the last year, we've all had to adjust our daily routines in many ways - like working from home or going to the grocery store during "senior hours," and figuring out how to maintain mental and emotional stability. It's caused us all to pause and take a step back and realize the way we are living now is so different than we used to. This shift has been quite hard for some but easier for others, depending on their mentality and perspective. Disruptions to our routines can be difficult at any age. People are supported by structure and routine in their life and can feel lost without it. This can be even more pronounced after retirement, when the natural rhythm of a workday is gone. A daily routine helps set your mind up for success and helps make sure important tasks get done such as taking medications, eating healthy, and daily hygiene. As executive director of Vitalize 360, I have witnessed first-hand that older adults who live with a sense of purpose and practice self-care like having a daily routine flourish as they age. Vitalize 360, which was created by Hebrew SeniorLife in partnership with Kendal, is a program in 23 nonprofit senior living organizations nationwide that fosters individualized well-being by supporting older adults in remaining focused on what matters most as they progress through life. Here are a few of the tips we share with Vitalize 360 participants about how and why a daily routine is so important, and some ways that you can add structure to your days if you're feeling a bit lost.

How a Daily Routine Can Help

Maintaining a consistent daily routine may sound a little boring to some people, but it actually has many health benefits. Our bodies like to know what's going to happen. Our nervous systems constantly take in sensory information so they can respond to what's happening around us. Routine allows the body to get used to what's going to happen next. We don't have to use as much energy to scan the environment, and we can relax into the rhythm that has been established through our routine. There are three things a consistent daily routine can help with:

Reduced Stress and Anxiety a daily routine will help with decreased levels of stress and anxiety because you can plan for what's ahead and know exactly what the day can bring. Our brains actually require most of our energy, and having routine reduces the number of decisions you make in a day. Fewer decisions can reduce stress and anxiety, which can lead to poor health and decreased energy levels. **Sleep** a daily routine will greatly help your quality of sleep each night. This benefits your mental sharpness, emotional well-being, and energy levels throughout the day. It's best if you can maintain a consistent time for waking and going to bed. Read more about ways to get a good night's sleep.

Safety and Security a daily routine lets you predict your day. It can allow you to feel safe and secure. It can be more challenging for older adults to adapt to surprises in their day, so a predictable framework can be a good coping strategy.

How to Maintain a Routine

You'll need to find a routine that works for you and your lifestyle. If something doesn't seem to be working, you can adjust and consider a new routine. Here are six tips to help you create the most successful daily routine:

Align with nature's daily cycle. It's a good idea to align major physical activities with nature's 24-hour cycle. This will give your mind and body the gift of predictability by creating rhythm. It's beneficial to aim to keep your wake time, meal time, and sleep time consistent every day. Notice when your energy peaks and dips throughout the day and plan accordingly.

Mindfully bookend your day. You should begin the day intentionally. Plan how to use your energy budget for your day and then if possible, end the day reflectively. Find a space to digest the day's activities and events and process what went well throughout your day. **Move, move, move.** Not long after waking, and throughout the day, try to get up and move as much as you can. This helps support blood flow, oxygen, and nutrition to bodily tissues: muscles, organs, and the brain. It also helps support the detoxification that our lymphatic system needs to keep pumping. Exercising in the comforts of your home can help, too. Try these three bodyweight exercises that you can do at home with only a chair, as demonstrated by Chris Young, fitness director at Orchard Cove in Canton, MA.

Get outdoors. It's important to get outside, no matter the weather or temperature. Being in nature helps our bodies to effortlessly "reset." We benefit from fresh air, sunlight, and the chance to align our system to the season's elements. Daylight also helps set our body's natural rhythms of sleeping and waking.

Make time for meaningful moments. Every day, realize moments that are meaningful to you. That can consist of many things, like connecting with a loved one, prayer, writing in a journal, daily acts of kindness, reading a book, or just doing something that makes you happy.

Restore and renew. Make sure to make a mental note of what depletes you and what restores you or "recharges your battery." Sleeping is not the only way to restore our bodies and minds. When we engage in activities that bring us calm, pleasure, or a sense of flow, such as a creative pursuit, we can actively renew our energy. Taking small breaks in the day to practice gratitude, take a 10 minute walk outdoors, or do some mindful breathing can recharge us.

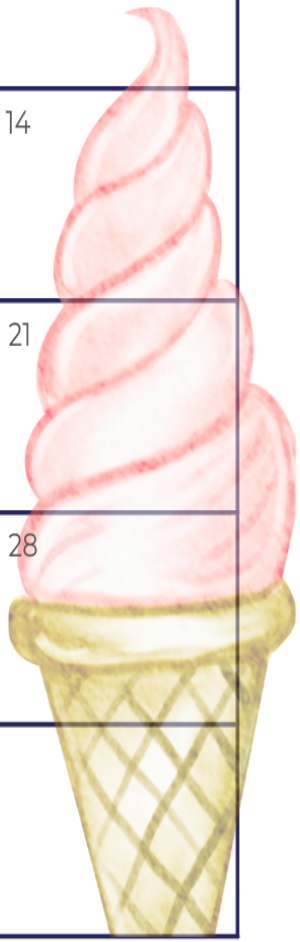
A daily routine can bring peace, predictability, and calm to your life, reducing stress and anxiety and creating a better, healthier lifestyle. I hope these tips help you or your loved one establish a daily routine that is beneficial, healthy, and safe.

JULY 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 9am Stretch Class 10:30am Independence Day Concert & BBQ	2 9:30am Bridgewater History with David Moore 10am Crafters 10:30am Chair Arthritis 7pm Community Dance Class	3
4 FIREWORKS! 9:30PM Legion Field	5 Closed for the Holiday	6 Market Basket Van Trip 9am Zumba Boxed Lunches To-Go 10:30am Music & Mindfulness with BSU	7 9am Tai Chi 9am Line Dancing 10am Crafters 10:30am Chair Arthritis 10am World Chocolate Day Event 2pm Watermelon Social	8 9am Stretch Class 10:30am Chair Yoga 11am Alice's Cafe - Art Class Bistro To-Go Lunch Boxed Lunch To-Go 10am Caregiver Support Group	9 9:30am Bridgewater History with David Moore 10am Crafters 10:30am Chair Arthritis 10am Dress a Girl	10
11	12 8am Walking Group 10am Senior Painters 10:30am Chair Yoga 1:30pm BSU Senior College: Birding 6:30pm Sassy Stitchers 2pm Tree of Life Art Class	13 Market Basket Van Trip 9am Zumba Boxed Lunches To-Go 10:30am Music & Mindfulness with BSU	14 9am Tai Chi 9am Line Dancing 10am Crafters 10:30am Chair Arthritis Class 2pm Watermelon Social	15 9am Stretch Class 10:30am Chair Yoga Bistro To-Go Lunch Boxed Lunch To-Go 1pm Movie: Fisherman's Friends	16 9:30am Bridgewater History with David Moore 10am Crafters & Dress a Girl 10:30am Chair Arthritis 7pm Community Dance Class	17
18	19 8am Walking Group 10am Senior Painters 10:30am Chair Yoga 1:30pm BSU Senior College: Birding 6:30pm Sassy Stitchers	20 Market Basket 9am Zumba Boxed Lunches To-Go 10:30am Music & Mindfulness with BSU	21 9am Tai Chi 9am Line Dancing 10am Crafters 10:30am Chair Arthritis Walmart Van Trip 1pm Mosquito Prevention 2pm Watermelon Social	22 19am Stretch Class 10:30am Chair Yoga Bistro To-Go Lunch Boxed Lunch To-Go 1pm Movie: Casablanca	23 9:30am Bridgewater History with David Moore 10am Crafters 10:30am Chair Arthritis	24
25	26 8am Walking Group 10am Senior Painters 10:30am Chair Yoga 1:30pm BSU Senior College: Birding 6:30pm Sassy Stitchers	27 Market Basket 9am Zumba Boxed Lunches To-Go 10:30am Music & Mindfulness 10am iPad Class with Jeff Fowler	28 9am Tai Chi 9am Line Dancing 10am Crafters 10:30am Chair Arthritis 2pm Watermelon Social	29 19am Stretch Class 10am Caregiver Support 10:30am Chair Yoga Bistro To-Go Lunch Boxed Lunch To-Go 2pm Summer Games	30 9:30am Bridgewater History with David Moore 10am Crafters 10:30am Chair Arthritis 7pm Community Dance Class	31

AUGUST 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3 Market Basket Van Trip 9am Zumba Boxed Lunches To-Go 10am Music & Mindfulness with BSU	4 9am Tai Chi 9am Line Dancing 10am Crafters 10:30am Chair Arthritis 2pm Watermelon Social	5 9am Stretch Class 10:30am Chair Yoga Bistro To-Go Lunch Boxed Lunch To-Go 1pm Movie: Gone with the Wind	6 9:30am Bridgewater History with David Moore 10am Crafters 10:30am Chair Arthritis 7pm Community Dance Class	7
8	9	10 Market Basket Van Trip 9am Zumba Boxed Lunches To-Go 10am Music & Mindfulness with BSU	11 9am Tai Chi 9am Line Dancing 10am Crafters 10:30am Chair Arthritis 2pm Watermelon Social	12 9am Stretch Class 10:30am Chair Yoga Bistro To-Go Lunch Boxed Lunch To-Go 10am Caregiver Support Group	13 9:30am Bridgewater History with David Moore 10am Crafters 10:30am Chair Arthritis 10am Dress a Girl	14
15	16 8am Walking Group 10am Senior Painters 10:30am Chair Yoga 6:30pm Sassy Stitchers	17 Market Basket Van Trip 9am Zumba Boxed Lunches To-Go 10am Music & Mindfulness with BSU	18 9am Tai Chi 9am Line Dancing 10am Special ice cream watermelon social 10am Crafters 10:30am Chair Arthritis Walmart Trip	19 9am Stretch Class 10:30am Chair Yoga Bistro To-Go Lunch Boxed Lunch To-Go Scituate Trip 1pm Movie: 1917	20 9:30am Bridgewater History with David Moore 10am Crafters & Dress a Girl 10:30am Chair Arthritis 7pm Community Dance Class	21
22	23 8am Walking Group 10am Senior Painters 10:30am Chair Yoga 6:30pm Sassy Stitchers	24 Market Basket 9am Zumba Boxed Lunches To-Go 10am Music & Mindfulness with BSU	25 9am Tai Chi 9am Line Dancing 10am Crafters 10:30am Chair Arthritis 2pm Watermelon Social	26 10am Caregiver Support 9am Stretch Class 10:30am Chair Yoga Bistro To-Go Lunch Boxed Lunch To-Go 1pm Movie: Way Way Back	27 9:30am Bridgewater History with David Moore 10am Crafters 10:30am Chair Arthritis	28
29	30 8am Walking Group 10am Senior Painters 10:30am Chair Yoga 6:30pm Sassy Stitchers	31 Market Basket Van Trip 9am Zumba Boxed Lunches To-Go 10am Music & Mindfulness 10am iPad Class				



Bridgewater's Firsts!

Juneteenth Celebration at the Stanley Ironworks Park & Pride Flag Raising & Ceremony at the Town Hall Academy Building

Johnie Taylor, Bridgewater's oldest resident of color was honored by Town Council, Elder Affairs, & Rep D'Emilia's office. She then danced with her son while celebrating during the festivities. Photos courtesy of Vernon Domingo from BCCR.

Bridgewater Communities for Civil Rights (BCCR) is a community-based organization "dedicated to educating residents and the greater community about the value of diversity, the richness of cultural differences, and the sanctity of human rights. We believe that all people want a place in their community, for themselves and their family, where they feel, safe, heard, and valued." We are proud to have them as their mission aligns with the Council on Aging's mission "to promote the emotional, physical, and economic well-being of older adults and to encourage their participation in all aspects of community life."

BRIDGEWATER STATE UNIVERSITY
STUDENT JACOB
TEACHES CREATIVE MINDFULNESS
THROUGH INTERACTIVE MUSIC
EVERY TUESDAY AT 10:00AM
THIS IS SURE TO
INSPIRE YOUR MUSICAL CREATIVITY

SUMMER KICK OFF

AT THE BRIDGEWATER SENIOR CENTER

LGBTQ Events Summer 2021
Eveyone is Welcome from All Communities

Backyard Parties at the DSC!

Come to the Duxbury Senior Center

July 15th

Ice cream sundaes & music by Steve Lanzillotta

(rain date July 29)

August 19th

Lobster Roll Dinner $15

September 9th

Entertainment by Lisa Yves

All summer parties are from 4:00 to 5:30 p.m. and include Bocce, Lawn Games, Music, Friendship, Food, and Summer Fun!

To register, go to duxburyseniorcenter.org and click, Register for a Program

DUXBURY SENIOR CENTER · Duxbury Rotary Club · LGBT AGING PROJECT

INTERGENERATIONAL

Community Dance Classes

with Sam Baumgarten

Learn different styles like international folk, line dancing, New England square dance, and contras!

ALL SUMMER LONG!
7-9PM

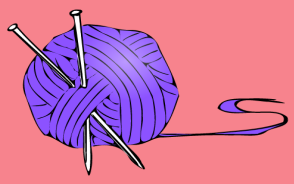
July: 16, 30
August: 6, 20

$5 per person

Dance the night away!

No prior experience required & all dances are taught.

For more information call us at 508-697-0929 or email seniorcenter@bridgewaterma.org



Sassy Stitchers

with Karen Kelleher & Diane Roza

Mondays

6:30pm to 8pm
10 Wally Krueger Way

Whether you like to run, slip, zigzag, cross or baste stitch, learn a new stitch or teach one to others. This needle craft program is for all abilities. Bring craft items you are working on, and we can complete them together.

Starting September 9th,
Thursday cribbage returns!
12:30pm

They are looking for new members.

Call Martha Shionis
508-279-2712 for details

Starting September 3rd,
Friday MahJong returns!
10am

Mahjong is a tile-based game that was developed in the 19th century in China and has spread throughout the world since the early 20th century.
Players wanted.

HATE SKEETERS?

Learn MOSQUITO BITE PREVENTION with Cathy Drinan from the Plymouth County Mosquito Control Project. Bring your grandchildren!

Wednesday. July 21, 1pm

For as long as people have been alive on this earth, mosquitoes have existed. More than just annoying, mosquitoes may be the most dangerous animal in the world. Serious diseases are associated with mosquitoes, including malaria, yellow fever, and Zika. Fortunately, many are either rare or absent Massachusetts. However, the incidence of Eastern Equine Encephalitis (EEE) in Plymouth County ranks among the highest in the nation.

Why do mosquitoes bite? Why do they carry these diseases? Is there anything we can do about all of this?

Learn about:

- ★ mosquito biology
- ★ mosquito pathogens
- ★ protection methods
- ★ habitat management

With the right knowledge and awareness, we can minimize risk and keep safe from mosquitoes.

Senior Whole Health & Vitra Health are bringing an ice cream truck to the senior center!
Join the outdoor refreshments August 18th at 10am. We'll also learn about their programs available to residents age 65+.

Please RSVP to 508-697-0929

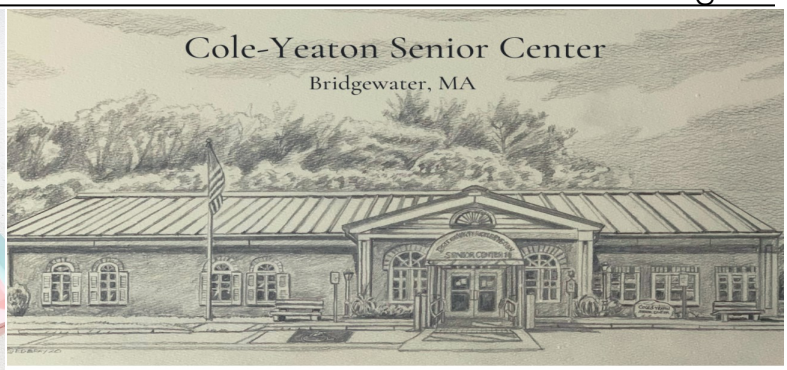
SWH
SENIOR WHOLE HEALTH®
Simple. Secure. Independent.

Shopping trips with Jane!

SHOPPING, LUNCH, & FUN EVERY 3RD THURSDAY

August 19 Scituate shopping & Mill Wharf lunch
September 23 Plymouth shopping, East Bay Grille lunch

Enter the lottery by sending us your name & phone.
10 people will be chosen the Thursday before trip takes place.



LEGAL APPOINTMENTS

EVERY 1ST WEDNESDAY

Bridgewater Elder Law Attorney Alyssa Asack returns to the center to offer 30-minute individualized legal consultations June 2.

RA RAWLINS | ASACK LLC.
Attorneys at Law

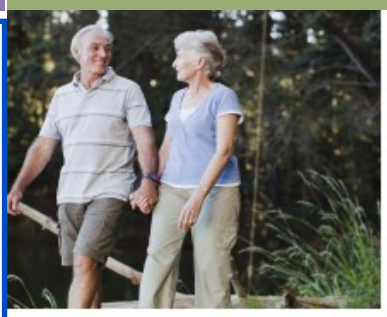
To book your appointment please call or email:
508-697-0929
seniorcenter@bridgewaterma.org

Bridgewater MA

History of Bridgewater
with town historian David Moore

Fridays on Zoom
9am

Zoom ID# 828 6582 0794
or
learn with us in our Zoom room at the center.



OCES

HEALTHY LIVING PROGRAM PRESENTS

A MATTER OF BALANCE

A workshop to help you reduce the fear of falls and increase activity levels.

STARTING
AUGUST 17, 2021 - SEPTEMBER 14, 2021
4.5 WEEKS
TUESDAYS AND THURSDAYS, 1 PM - 3 PM
VIA ZOOM
REGISTRATION DEADLINE: AUGUST 5, 2021

the healthy living Center of Excellence

A MATTER OF BALANCE
MANAGING CONCERNS ABOUT FALLS

For more information or to register, contact Pat Livie at plivie@ocesma.org or 508-584-1561 ext. 373

Bridgewater Senior Center & Senior College team up for

Not Just a Hobby: Birding as a Conduit for Conservation Action

Join Instructor Doug Lowry from Mass Audubon, as he leads a class on this famed New England pastime while connecting it to advocacy & conservation efforts.

Zoom classes will be held Monday afternoons at 1:30PM at the senior center:
July 12, 19,26, August 2
1:30pm-2:30pm

RSVP: 508-697-0929 seniorcenter@bridgewaterma.org

What is Senior College?

Learn everything you need to know to be a successful Senior College participant!
Monday, July 19, 4 - 5 pm
This is an introductory session geared for people who are considering joining the Senior College. You will learn more about their program, courses, how to register, how to stay organized, how to access Zoom, and most importantly, how to get the most out of your learning experience!

Senior College Virtual Information Sessions
Tuesday, July 13, 10 - 11 am
Wednesday, August 11, 6 - 7 pm
Monday, August 23, 2 - 3 pm
Join any of the above Senior College fall 2021 virtual information sessions. During these events, you will get an opportunity to learn about their offerings, meet and talk with current participants, meet staff and their knowledgeable instructors too! Each event will feature different instructors.

BRIDGEWATER
STATE UNIVERSITY

Register here: www.bridgew.edu/ccs/seniorcollege

EMERGENCY BROADBAND BENEFIT PROGRAM

A Federal Communications Commission program that provides a temporary discount on monthly broadband bills for qualifying households.

IF YOUR HOUSEHOLD IS ELIGIBLE, YOU CAN RECEIVE:

- **Monthly Benefit:** Up to a $50/month discount on your broadband service and associated equipment rentals
- **Enhanced Tribal Benefit:** Up to a $75/month discount if your household is on qualifying Tribal lands
- **One-time Device Discount:** Up to $100 for a laptop, tablet, or desktop computer (with a co-payment of more than $10 but less than $50) where available

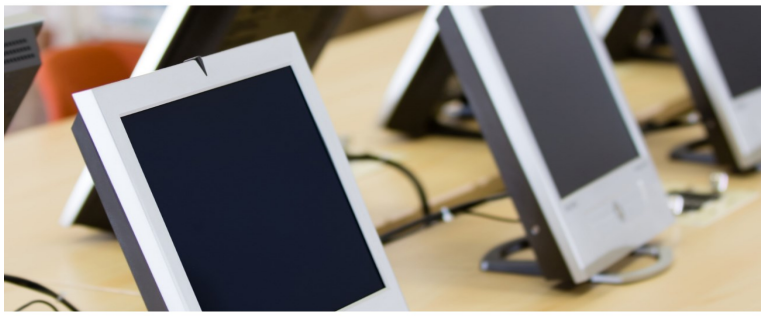
Only one monthly service discount and one device discount is allowed per household. The program rules recognize there may be more than one eligible household at the same address.

To learn about eligibility and application options, visit GetEmergencyBroadband.org.

Universal Service Administrative Co. FCC

EMERGENCY BROADBAND SUPPORT CENTER
(833) 511-0311 | 9 am-9 pm ET
7 DAYS PER WEEK | EBBHelp@usac.org

Ever wanted to try an iPad? They're fun, user friendly, & available at the senior center for loan!



iPad Class with Jeff Fowler July 27th 10am

Learn how to use an iPad with Jeff, an expert in all things technology, in this fun, entry-to-intermediate level program!

BRIDGEWATER

TABLET LEND & LEARN PROGRAM

WE CAN HELP YOU STAY CONNECTED

Recently, Bridgewater resident Jean Guarino submitted an entry to the Buzz Around writing contest and she won! We are incredibly proud and honored to be mentioned in her article and wanted to share it with you. All can relate to her story.

Walking on Monday Mornings

Covid-19 created many restrictions and limited our ability to socialize in the ways we normally would. Because of this, we created the Monday Morning Walkers, which has helped participants fulfill their minds, bodies, and souls by getting outdoors, getting exercise, seeing, listening, learning, talking, sharing, making new friendships.

The seed for a walking group for seniors was planted when a steward of one of the local parks in Bridgewater presented a program for the Ousamequin Women's Club. At that meeting, members and guests learned that our town has six parks. After the meeting Emily, the director of the Cole-Yeaton Senior Center in Bridgewater, mentioned she wanted to create a walking group for seniors. Walking is pleasant and social, can be fast or slow, long or short and can be done in almost any weather. At the start of the Covid-19 pandemic, a lot of ideas went on the back burner, but this was still on Emily's mind. She knows firsthand what can happen to people without social contact. In late summer of last year, Emily contacted me about starting up the walking group. We decided on a day of the week and a time and posted the event, thus the name Monday Morning Walkers. Assuming that our walking adventures would be limited to town locations, I tried to think of places including our town parks that would make an enjoyable walking experience and people would want to do each week. I did not want to go to the same place each week. At that time, I had no idea where the Monday Morning Walkers would take us.

Emily posted the first meet up for the parking lot at the senior center. Five women of varying hiking experience showed up. We started as acquaintances and have now become friends. When we think back to that first walk, basically in the parking lot of the senior center, we are amazed at where we have been. There are six regulars who have met for Monday morning walks since the end of last summer. We now have 7 to 8 people depending on schedules. We've walked and hiked in all kinds of weather. Our average mileage goal has become four miles, through woods, over streams, up and down hills, in wind, sometimes light rain, maybe a flurry of snow. Looking for a new location each week has been fun and a learning experience. There are so many places to go right here in southeastern Massachusetts.

Our walks have taken us through Bridgewater—Ironworks Park, Carver's Pond, Titicut Reservation, Great River Preserve, BSU Trails—and onto trails in other towns–Striar Conservancy in Halifax; Pratt Farm in Middleboro; Massasoit State Park and Betty's Neck in Lakeville; Eel River Preserve and Russell Mill Pond Conservation Area, the Plymouth Rail Trail and back along the beach, Myles Standish State Park, Morton's Park (Billington Sea and Little Pond), a lovely walk along Town River in Plymouth; F. Gilbert Hills State Forest and the trail behind Bass Pro in Foxboro area; Rockland Rail Trail; Burrage Pond in Hanson; Gertrude Boyden Wildlife Refuge (Three Mile River) in Taunton; Borderland State Park, G. Clifford Grant Trail Loop and Wheaton Farm in Easton; and Ames Nowell State Park in Abington; Indian Head River Loop in Pembroke. All have been interesting and different. We are planning to revisit some throughout the different seasons.

It's amazing how many places there are to hike in Bridgewater and not far from the Bridgewater borders; and some are more enjoyable than others. Our preferred choices have been rivers or ponds. There is something peaceful and soothing about water. Standing quietly to listen to the movement of a stream is so relaxing, and we've seen various shore birds. There have been short and long trails, easy and difficult trails, woody, slushy, mushy, icy and rocky trails. We have trudged through snow, put a raincoat on in drizzle, ended a walk as the snow was starting. Recently we had to ford a small mucky area and stream on a makeshift bridge of logs created by someone before us.

Throughout this pandemic, this social contact has been so important. We have learned what our capabilities are and what places there are to visit in our area. We find ourselves looking for and noting locations to check out for future meetings. I love every minute I am out with these women. It has been a pleasure becoming friends with each of these women.

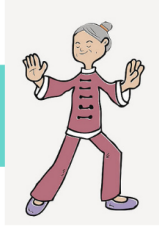
You can easily create your own walking club. Walking and hiking is good for the soul, body, and mind. There are sights, sounds and smells that relax and lift the spirit. Exercise helps the body. Socialization benefits the soul. It is the best medicine and it does not need to cost much beyond a good pair of hiking shoes, some bug spray and the right clothes relative to weather.

WELLNESS PROGRAMS

Zoom & In-Person

Please Register by calling 508-697-0929 or email seniorcenter@bridgewaterma.org

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 AM	Walking Group				
9:00 AM		Zumba Gold	Tai Chi, Line Dancing	Stretch & Strengthen	
9:30 AM			Chair Arthritis Class-Zoom		Chair Arthritis Class-Zoom
10:30 AM	Chair Yoga			Chair Yoga	



Arthritis Foundation Chair Exercise with Wendy Moore
Wendy leads this class every Wednesday & Friday at 9:30am on Zoom. $5/class

Walking Group with Jean Guarino
Jean leads an **active** walking group every Monday at 8am.
Every week the location changes, call or email us the Friday before for location.

Stretch & Strengthen with Stephanie
This individualized class is taught every Thursday at 9am. $5/class

Tai Chi
Peggy leads Tai Chi classes every Wednesday outdoors at 9am. $5/class

Zumba Gold
Jen leads Zumba Gold classes every Tuesday at 9am. $5/class

Chair Yoga
Carl leads chair yoga classes every Monday & Thursday at 10:30am. $5/class

Line Dancing
Margaret leads a class every Wednesday at 9am.
No partner required. $5/class

TRI-TOWN TV GUIDE

Cable 98

Bridgewater, East Bridgewater & West Bridgewater COA's collaborated to present you with these quality programs. Enjoy!

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00 AM	Cooking as Self Care	Senior Safety with Plymouth County D.A. Tim Cruz	Tai Chi with Peggy	Safety Net Tracking System	Balance Training with Bob
8:00 AM	Mat Yoga with Pat	Chair Arthritis with Wendy	Strength/ Muscle Training with RoseMarie	Josie's Mindful Bites	
8:30 AM					Balance Training with Bob
4:00 PM	How to Zoom	Senior Medicare Patrol	Dance Fitness with Jen	Tai Chi with Peggy	Dance Fitness with Marlene
4:30 PM	How to Zoom				
5:00 PM	Senior Safety with Plymouth County D.A. Tim Cruz	Reverse Mortgage Workshop	Safety Net Tracking System	Reverse Mortgage Workshop	Cooking as Self Care
5:30 PM		Balance Training with Bob		How to Zoom	

Program Descriptions

Cooking as Self Care—NEW series! Easy recipes, wicked fun & entertaining to watch.

Mat Yoga with Pat—Mat Yoga with Pat Murphy. A chair may also be used with this class.

How to Zoom— Bayley walks you through how to access a Zoom meeting on your laptop, smart phone, or computer.

Senior Safety with Plymouth County District Attorney Tim Cruz — A series of presentations to help Seniors feel safe in their home and community.

Chair Arthritis Class—Arthritis Foundation Chair Exercise with Wendy

MA Senior Medicare Patrol — Learn how to prevent, detect, report healthcare errors, fraud & abuse.

Reverse Mortgage Workshop —David Tourtillott, CRMP® of Homestead Mortgage will present an educational workshop on Reverse Mortgages.

Balance Training w/Bob—Classes will focus and build upon your posture, gait and balance. Some simple exercises will be performed to help improve your balance and prevent falls.

Tai Chi with Peggy—Slow and gentle Tai Chi class.

Strength & Muscle Training with Rosemarie—Gentle strength training

Dance Fitness with Jen—Dance and get fit in your living room!

Safety Net Tracking Systems—Ralph Poland of SafetyNet Tracking Systems, will talk about the many ways you can keep you loved one safe at home.

Josie's Mindful Bites—Simple, healthy cooking show with Chef Leslee. Great for caregivers!

Dance Fitness with Marlene—Dance and get fit in your living room!

Good news!

Bistro will be served in the dining room in September.
Stay tuned on the date.

Bridgewater COA Bistro

$5 home cooked meal for seniors & caregivers

July Menu

8th Chicken Salad Roll, pea salad, Banana Cream Pie
15th Cheesy Baked Fish Casserole, mixed vegetables, homemade bread, Strawberry Marshmallow with whipped cream
22nd Zucchini Egg Bake with Sausage Links, homemade bread, Fruit Cup
29th Bruschetta Chicken Bake, green beans, homemade bread, Pineapple Blueberry Crunch

August Menu

5th Macaroni & cheese with ham, salad, homemade bread, brownies
12th Turkey & cheese roll-up, macaroni salad, Heath Bar crunch trifle...yummmm
19th Pork tenderloin with gravy, sweet potato, green beans, homemade bread, vanilla pudding
26th Baked stuffed chicken, cranberry sauce, peas & carrots, homemade bread, Lemon Bundt cake

This homecooked meal is delivered to Bridgewater seniors & their caregivers on Thursday mornings. We accept cash or check (made out to the Bridgewater Senior Center) & must be received the Monday prior to the meal.

Summer Lunches

This September, we plan to re-open the dining room and coffee bar.

They were pretty popular places to be! Until then, enjoy a boxed lunch under the tent or to take home. Each meal includes a sandwich or wrap, chips, pasta or potato salad, veggies, & a dessert. Menu changes each week. Call us for details.

The suggested donation is $2.50 per meal.

508-697-0929
seniorcenter@bridgewaterma.org

New Transportation Program

What is Bridgewater Cares Transit?
The Bridgewater Council on Aging is excited to announce a new grant funded program that will provide free transportation to Bridgewater's older adults, people with disabilities, isolated Bridgewater State University students, & essential workers.

Where Can I Go?
With Bridgewater Cares Transit, you can schedule rides for medical & non-medical needs such as: doctors/dentist, library, food pantry, church, grocery & pharmacy stores, support groups, MBTA, hairdresser/barber, **the senior center** and more.

How Can I Schedule A Ride?
Scheduling a ride with Bridgewater Cares Transit is very easy. To schedule a ride, visit the website http://bridgewaterseniorcenter.org/transit. You can also call or email us 508-697-0929 seniorcenter@bridgewaterma.org

Are There Any Fees Involved?
There are no fees for using our transportation program. Bridgewater Cares Transit is offered through a grant.

Who Can Travel With Me?
We encourage riders to bring their partner, spouse, family member, friend, PCA or homecare companion to ride with you, should the need arise.

In partnership with

A&A METRO TRANSPORTATION

For more information, visit us at
http://bridgewaterseniorcenter.org/transit
seniorcenter@bridgewaterma.org
(508) 697-0929

Food Pantries—Free Delivery

A **NEW** food pantry delivery program for Bridgewater seniors and people with disabilities is now available.
Each week, participants will choose what they use from a menu. Options include toiletries, paper products, meats/fish/dairy items, non-perishables, and so much more.

Please call the senior center to get started.

No one should ever go hungry.

St. Vincent DePaul
103 Centre St. (St. Thomas Church)
Contact: Joe Souto 508-697-9528 or 508-697-6797

Central Square Congregational Church Food Pantry
71 Central Square
Contact: Jack Melcher, Director
508-596-4492

Thinking about retirement?

SHINE is a federally funded program that provides free, unbiased assistance with understanding your Medicare options.
Call Kathy Hayes, our SHINE counselor for more information 508-697-0929.

Please call us to sign up 508-697-0929

COA Van Schedule

Bridgewater Cole-Yeaton SENIOR CENTER

Medical Appointment Monday - trips within 15 mile radius
Market Basket - Tuesday
Walmart - every 3rd Wednesday & Thursday

Masks Mandatory

Farmer's Market Coupon Time!

Coordinated through the Massachusetts Department of Agriculture, the program provides income eligible older adults with $25 in coupon vouchers to purchase locally grown produce at participating farmers' markets. Coupons can be used to purchase fresh fruits, vegetables, herbs, and honey.

For more information on how to receive the coupons, please call please call Kathy Hayes mid-July.

Coupons are limited and available while supplies last. If coupons run out, applicants may request to be put on a waiting list.

Outreach Notes

FROM KATHY HAYES

DID YOU KNOW……

The dog days of summer have arrived!!!! In the past, I have encountered older adults inquiring about service animals and how they might benefit from having one. In the past, service dogs were used for individuals who were visually or hearing impaired. Today, a much wider population is benefiting from having a furry friend. Service dogs are currently used to help those living with dementia increase their interaction with others and calm anxiety. A study in the Western Journal of Nursing Research, found less behavioral issues when specially trained dogs took up residence in a skilled nursing facility unit. So, what is the difference between a service dog, a therapy dog, and an emotional support animal?

SERVICE DOGS:
Service dogs are trained to perform assistance tasks. They are protected by the Americans with Disabilities Act (ADA). Service dogs are legally allowed to accompany their person on different modes of public transportation and they are allowed to go into public buildings. These dogs may benefit older adults because they can be trained to wake people up, fetch medications, pick up dropped items, guide the visually impaired , and keep those with dementia from wandering from their home. These dogs should NOT be petted or distracted from their job. Service dogs can cost anywhere from $15,000-$30,000 due to their extensive training.

THERAPY DOGS:
Therapy dogs are trained to provide comfort and psychological support to people OTHER than their owners. They visit people in hospitals, skilled nursing facilities, hospices, and retirement homes. I attended a funeral home where a therapy dog was present during the visitation! These dogs have friendly, stable temperaments because they ARE petted by many different people. Therapy dogs are NOT protected by the ADA so they don't have the same access to public transportation and spaces.

EMOTIONAL SUPPORT DOGS:
Emotional support dogs are pets that comfort and ease anxiety their owners may be experiencing. Many types of dogs can be emotional support dogs but Labs, Golden Retrievers, and Cavalier King Charles Spaniels are good choices. These dogs do NOT require any special training and are NOT covered by the ADA. However, these dogs ARE protected by the Fair Housing Act. That means that they are allowed to live with their owner in housing complexes that do not allow pets. A doctor's recommendation is required by the housing complex.

JOIN US in our ZOOM ROOM for a Conference with TEEPA SNOW
GETTING TO YES: A PRAGMATIC APPROACH TO DEMENTIA CARE

August 20, 2021 8:30 AM to 12pm

The **2021 John Levin Memorial Conference presented by the Alzheimer's Family Support Center of Cape Cod** will be a video conference this year! The conference is from 8:30am-4pm Caregivers and those who want to learn more about managing the care of adults with dementia are invited to attend the first half of the day with us at the Senior Center.

There is NO CHARGE for this event and a home made lunch will be provided for attendees.

8:30 AM – 9:15 AM WELCOME & INTRODUCTIONS

9:15 AM – 10:15 AM Teepa Snow, OTR/L

Session I: SORTING OUT THE THREE D'S: DELIRIUM, DEPRESSION & DEMENTIA

At the end of this session, learners will be able to:

Describe the value and importance of obtaining the correct diagnosis for an individual Compare and contrast the conditions of delirium, depression/anxiety, and dementia

Describe simple screening & assessment strategies that may be used to identify the conditions.

10:15 AM – 11:15 AM Teepa Snow, OTR/L

Session II: CHANGING RESISTANCE TO CARE TO PARTICIPATION IN CARE

At the end of this session, learners will be able to:

Discuss common causes for refusals and resistance to care

Describe methods that assistance should be modified based on level of dementia and brain changes, personal history and preferences, and caregiver approach and behavior

Demonstrate key verbal and physical care skills that can improve initial interactions

11:15 AM – 12:15 PM Teepa Snow, OTR/L

Session III: WHY DO THEY DO THAT? UNDERSTANDING SYMPTOMS & BEHAVIORS IN DEMENTIA

At the end of this session, learners will be able to:

Describe selected key differences between normal and not normal aging

Identify changes in the brain during dementia that result in the typical changes in behavior and function.

Describe common behaviors that are symptoms of dementia in the areas of memory, understanding, language use, movement & sensation, & impulse control

Identify effective versus typical caregiver responses to common behaviors

All participants must register to ensure we have space and food:
508-697-0929
If you can't join us, watch the conference from home:
https://bridgewaterseniorcenter.org/Teepa

Transition Support Services
help with the move back home from Hospital or Rehabilitation Facility

As individuals age, they may experience health status changes that sometimes necessitate an admission to a hospital, rehabilitation or skilled nursing facility. Upon discharge from a facility, individuals often need additional support to navigate their care plan and any community services as they return home. For many older adults, it is a comfort to know that assistance is available to help them transition from one care setting to another, with the end goal being that they return home safely and avoid readmission.

Old Colony Elder Services' (OCES) mission is to support the independence and dignity of older adults and individuals with disabilities by providing essential information and services that promote healthy and safe living. OCES has a Transition Support Program that works with individuals to ensure they have all of the necessary services they need upon discharge from a facility before re-entering the community.

How does it work?

Individuals are often referred for OCES' Transition Support services by facility social workers, other OCES team members, or family members.

OCES' Registered Nurses (RN) and Transition Support Advisors meet with an individual and his/her family members at the hospital, rehabilitation or long-term care setting and work with them and facility staff throughout the discharge planning process. The program builds upon existing facility discharge planning and serves as a natural extension to support individuals being successful at each care setting and at home. A Transition Support Advisor will meet the individual, starting with a hospital visit, a skilled nursing facility and/or rehab visit if applicable, a home visit, and three follow-up calls.

In the process of transition, OCES Transition RNs and Advisors communicate directly with individuals (and their caregiver/family members) to learn about their needs, concerns, and services in place as well as any possible barriers to successful transition and will offer suggestions on how they may be addressed. The Transition RN or Advisor provides education about in-home supports and community services as well as direct referrals to these resources. For example, individuals are educated on Mass Health Home and Community Based Waivers, home modification loan programs, adaptive equipment, services to meet complex medication management and a wide range of additional community resources.

OCES' Transition Support Program also provides a tracking service for individuals with existing Home Care service plans who have entered a hospital or other facility. This service consists of making contact with facility social workers to discuss care plans, need for changes in services and maintaining awareness of possible discharge plans. A patient information network, PatientPing, is linked with the electronic health record systems of facilities and provides OCES' Transition Team with up-to-date information on an individual's admissions and discharges. With this system, the Transition Team is able to inform the Home Care department of admissions so services can be suspended as needed, and it also aids in the prompt notification of discharges eliminating gaps in the reactivation of services.

Actively Engaging Individuals & their Caregivers

Intervention from the Transition Support Program staff can help reduce hospital readmissions by 20- 50 percent, while improving the health and quality of life of patients. These individuals and their caregivers learn medication management skills, how to identify red flags in their care management, planning Primary Care Provider and/or Specialist follow-up appointments, and maintaining a personal health record. Most importantly, individuals become more engaged, activated and empowered in their own self-care management skills.

For more information on the OCES Transition Support Program, contact OCES at 508-584-1561.

Bridgewater Senior Bocce Travel Team

Bridgewater Cole-Yeaton SENIOR CENTER

Monday July 19
Bridgewater vs. Duxbury.
Bus leaves our senior center at 1:15pm for a 2:30pm game at the Duxbury Senior Center. Call Emily for details.

BRIDGEWATER COA

SUMMER GAMES

1PM RAIN OR SHINE

CORNHOLE
PING PONG

FREE LUNCH

THURSDAY, 07.29.2021 | 10 WALLY KRUEGER WAY, BRIDGEWATER

508-697-0929

HILLTOPPERS
BRIDGEWATER SENIOR MENS GROUP

We provide a great place to meet for "real-talk" topics such as sports, military experience, food, & how things used to be.

Please leave politics at the door.

2PM EVERY 3RD THURSDAY AT THE SENIOR CENTER

Caregiver Support Group with Kathy Hayes, Outreach Coordinator

Every second & last Thursday
10:00am—11:30am

The group helps caregivers in need of information, advice and emotional support while providing care for a spouse, parent or other older adult loved one.

This peer-to-peer group is a safe place where members offer tips, guidance and support to each other.

Please call Kathy Hayes to sign up
508-697-0929

BRIDGEWATER SENIOR CENTER

Want to Become a Volunteer?

Help is always welcome!

BECOME SOMEONE'S HERO.

How much time do I have to contribute?

You can volunteer as little or as much time as you like.
Your volunteering can be for one hour a week or one hour a month.
Any time that you give is a help and greatly appreciated.
All of the time you give is valuable

Register today and become our newest member!

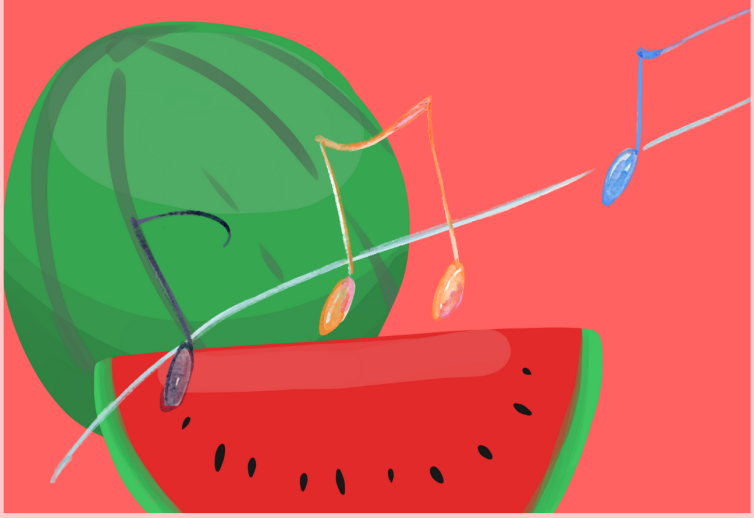
If you wish to learn more about our team and our services, please contact Kristen Noonan at knoonan@ridgewaterma.org or 508-697-0929 x1231

We hope to work with you soon!

BRIDGEWATER SENIOR CENTER INVITES YOU TO

WATERMELON WEDNESDAYS

EVERY WEDNESDAY THIS SUMMER AT 2PM UNDER THE TENT ENJOY FRESH WATERMELON, SOOTHING TUNES, & WICKED GOOD COMPANY.

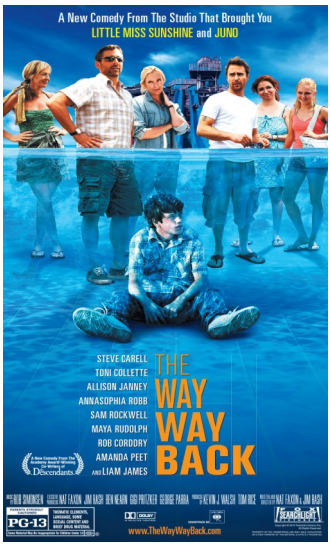


Movies are always at 1pm on our LARGE screen TV with Surround Sound

July 15

August 5

August 19



August 26

Kathy's Banana Split Cake-she made this at MANY summer family gatherings because it's a no bake.

Crust:
2 Cups graham cracker crumbs
1 stick melted butter
Combine and pat into bottom of 9x13 inch glass pan (if you use metal or Teflon covered, spray with cooking spray)

Filling:
2 cups confectioners' sugar
2 sticks soft butter
1tsp vanilla
2 eggs
Combine and beat with electric mixer on high speed for 15 minutes
Spread on crust
Use 4 large or 6 medium bananas, sliced and cover filling
Third layer:
Use 20 oz can crushed pineapple, drained.
Spread over bananas
Fourth layer:
Use large Cool Whip and spread over pineapple
Top with chopped walnuts (optional) and decorate with maraschino cherries
CHILL 24 HOURS

Bridgewater Senior Center
TEAM CUISINE
STAFF RECIPES

Kristen's Peach Cobbler
1/2 cup unsalted butter
1 cup all-purpose flour
2 cups sugar, divided
1 tablespoon baking powder
pinch of salt
1 cup milk
4 cups fresh peach slices
1 tablespoon lemon juice
Ground cinnamon or nutmeg (optional)

Step 1
Melt butter in a 13- x 9-inch baking dish.
Step 2
Combine flour, 1 cup sugar, baking powder, and salt; add milk, stirring just until dry ingredients are moistened. Pour batter over butter (do not stir).
Step 3
Bring remaining 1 cup sugar, peach slices, and lemon juice to a boil over high heat, stirring constantly; pour over batter (do not stir). Sprinkle with cinnamon, if desired.
Step 4
Bake at 375° for 40 to 45 minutes or until golden brown. Serve cobbler warm or cool.

Scott's Peach Cream Cake
(Makes 10-12 servings)

1 (7-inch) prepared
loaf angel food cake, frozen
1 (14-ounce) can Eagle®
Brand Sweetened
Condensed Milk (NOT evaporated milk)
1 cup cold water
1 (3 1/2 – ounce) package instant vanilla pudding and pie filling mix
1 teaspoon almond extract
2 cups (1 pint) whipping cream, whipped
4 cups sliced, pared fresh peaches or 1 (20-ounce) package frozen sliced peaches, thawed

Cut cake into 1/4-inch slices; arrange half the slices on bottom of 13x9-inch baking dish. In large mixer bowl, combine sweetened condensed milk and water; mix well. Add pudding mix; beat until well blended. Chill 5 minutes. Stir in extract; fold in whipped cream. Pour half the cream mixture over cake slices; arrange half the peach slices on top. Repeat layering, ending with peach slices. Chill 4 hours or until set. Cut into squares to serve. Refrigerate leftovers.

Ann's No Bake Rainbow Sherbet Ice Cream Cake

1 angel food cake (pre-made, store bought)
Sherbet Ice cream (lime, orange, raspberry) slightly softened
1 pint whipping cream
Confectioner's sugar (2 Tbsp or to taste)

Beat 1 pint whipping cream with confectioner's sugar to firm peaks. Set aside.
Slice angel food cake horizontally into 4 layers.
On bottom layer of angel food cake, spread softened lime sherbet,
Top with next layer of angel food cake and spread softened orange sherbet
Top with next layer of angel food cake and spread softened raspberry sherbet
Top with final layer of angel food cake
"Frost" by spreading sweetened whipped cream over sides and top of cake. Freeze for 2 hours until firm.

PAN-SEARED COD IN WHITE WINE TOMATO BASIL SAUCE

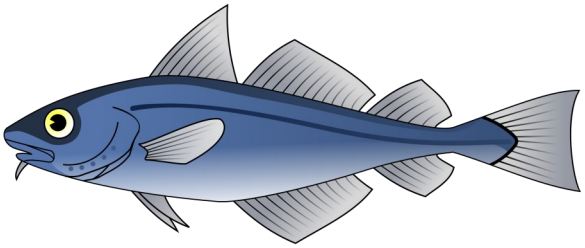
EMILY'S FAVORITE FROM THE SNUG HARBOR FISH COMPANY

Prep 15 mins—Cook 25 mins—Total 40 mins—Yield 4 servings
A quick and easy recipe for Pan-Seared Cod in White Wine Tomato Basil Sauce!

Ingredients

For the White Wine Tomato Basil Sauce:

- 2 tablespoons olive oil
- 1/2 teaspoon crushed red pepper flakes
- 2 large cloves garlic, finely minced
- 1 pint cherry tomatoes, sliced in half
- 1/4 cup dry white wine
- 1/2 cup fresh basil, finely chopped
- 2 tablespoons fresh lemon juice
- 1/2 teaspoon fresh lemon zest
- 1/2 teaspoon salt (more to taste)
- 1/4 teaspoon fresh ground black pepper (more to taste)



For the Cod:

- 2 tablespoons olive oil
- 1 and 1/2 pounds fresh cod, cut into 4 fillets (or four 6 ounce fillets)
- Salt and pepper

For the White Wine Tomato Basil Sauce:
Heat oil in a large non-stick saute pan over medium heat. Add crushed red pepper flakes and garlic and saute for 1 minute, or until garlic is fragrant. Add the cherry tomatoes and cook, stirring occasionally, until they're soft and blistering, but still hold their shape, about 12 minutes. Add in the white wine, stir, and allow the mixture to come to a light simmer. Stir in the basil, lemon juice, lemon zest, salt, and pepper and cook for 2 minutes. Transfer the sauce into a bowl and set aside until needed.

For the Cod:

Heat oil in a large non-stick saute pan over medium heat. Season both sides of cod with salt and pepper. Place cod in the oil and cook until golden brown, about 5 minutes. Carefully flip the cod over and place the pan in the oven to continue cooking for another 5 minutes, or until it's cooked through. 3. Pour the white wine tomato basil sauce over the cod and serve at once. Serves well over linguine cooked in olive oil and lemon.

...Listen Up!

Brief news of interest to Bridgewater veterans and their families.

.....FDR Signs GI Bill

On June 22, 1944, U.S. President Roosevelt signed the GI Bill, an unprecedented act of legislation designed to compensate returning members of the armed services for their efforts in World War II

As the last of its sweeping New Deal reforms, Roosevelt's administration created the GI Bill, officially the Servicemen's Readjustment Act of 1944, hoping to avoid a relapse into the Great Depression after the war ended. FDR particularly wanted to prevent a repeat of the Bonus March of 1932, when 20,000 unemployed veterans and their families flocked in protest to Washington.

The American Legion and the Veterans of Foreign Wars, successfully fought for many of the provisions included in the bill, which gave returning servicemen access to unemployment compensation, low-interest home, and business loans, and most importantly funding for education.

By giving veterans money for tuition, living expenses, books, supplies and equipment, the GI Bill effectively transformed higher education in America. Before the war, college had been an option for only 10 to 15 percent of young Americans, and university campuses had become known as a haven for the most privileged classes. By 1947, in contrast, Veterans made up half of the nation's college enrollment; three years later, nearly 500,000 Americans graduated from college, compared with 160,000 in 1939.

As educational institutions opened their doors to this diverse new group of students, overcrowded classrooms and residences prompted widespread improvement and expansion of university facilities and teaching staffs. An array of new vocational courses was developed across the country, including advanced training in education, agriculture, commerce, mining, and other skills that had previously been taught only informally.

The GI Bill became one of the major forces that drove an economic expansion in America that lasted 30 years after World War II. Only 20 percent of the money set aside for unemployment compensation under the bill was given out, as most veterans found jobs or pursued higher education. Low interest home loans enabled millions of American families to move out of urban centers and buy or build homes outside the city, changing the face of the suburbs.

Over 50 years, the impact of the G.I. Bill was enormous, with 20 million veterans and dependents using the education benefits and 14 million home loans guaranteed, for a total federal investment of $67 billion.

The GI Bill continues today under the control of the United States Department of Veterans Affairs

RODERICK K. WALSH
MSG, USA (Ret)
Director

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CONTACT US

seniorcenter@bridgewaterma.org

Email us to receive the newsletter electronically & keep in touch.

Follow us on Facebook & Twitter!

Elder Affairs Commission Public Meetings on Zoom & in-person every 2nd Monday at 3pm—join us!

OFFICE OF ELDER AFFAIRS MISSION

The mission of the Office of Elder Affairs is to promote the emotional, physical, and economic well-being of older adults and to encourage their participation in all aspects of community life.

The printing of this newsletter is made possible by a grant from the Massachusetts Executive Office of Elder Affairs.