



# 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

## September 2021

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### Greetings and Salutations,

Since the pandemic, life's meaning and purpose has changed for so many. For me, it means keeping my family extra safe and protected, having fun, and always learning. Marla Gibbs once said, "I truly believe that everything that we do and everyone that we meet is put in our path for a purpose. There are no accidents; we're all teachers - if we're willing to pay attention to the lessons we learn, trust our positive instincts and not be afraid to take risks or wait for some miracle to come knocking at our door." We are all teachers in life and I hope every one of you finds meaning and fulfillment in this wild journey of life.

Enjoy this edition of the newsletter. Inside we have included meaningful and fun programs as we coast into Fall. One of our goals this year, is to reduce the stigmas of memory loss and dementia. The pandemic has disrupted our routines and we may never return to how things used to be. For some, this has led to short and long term memory loss. Our ideals of bringing seniors independence, fairness, and dignity is a priority and we hope you join us and take action on how clubs, friends, families and community can get involved.

To help in these efforts around social justice, we are so proud to welcome BSU interns Rachel Birtwell, Communication Sciences & Disorders '23, Stephanie Cannistraro, Social Work '22, and Danielle Delaroca, Secondary Education and English '23 to the team. Together, they will be learning how to support older adults and their family members. Welcome!

**Please stay safe and healthy and check in on your neighbors.**

Bridgewater Resident & Artist Bonnie Sloan, *Calypso*

Sincerely,  
Emily Williams  
Director

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### Staff

**EMILY WILLIAMS**, DIRECTOR

**ANN HOLMBERG**, EXECUTIVE ASSISTANT

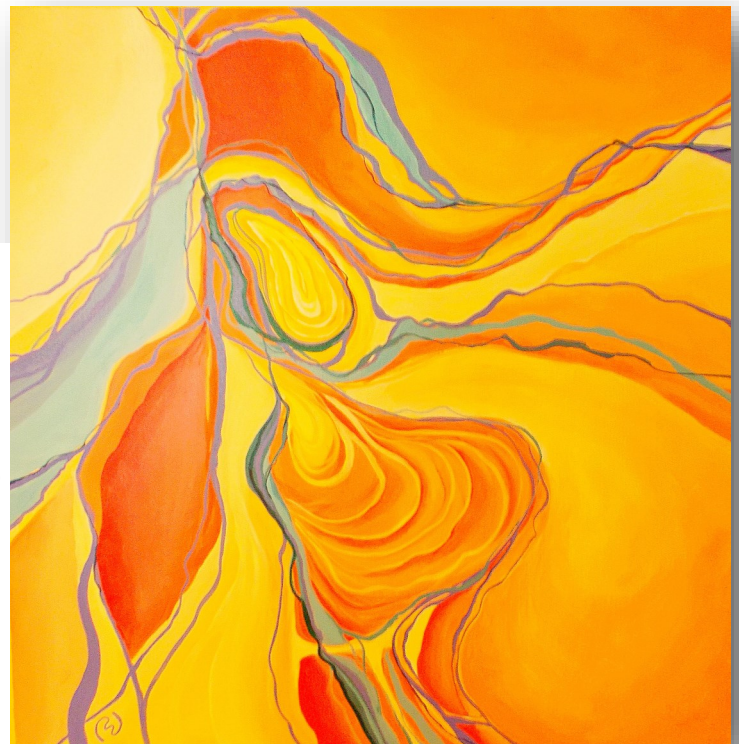
**KATHY HAYES**, OUTREACH COORDINATOR &  
SHINE COUNSELOR

WELLNESS & VOLUNTEER COORDINATOR

**KRISTEN** MOVES ON TO A NEW POSITION  
CLOSER TO HOME - CONGRATULATIONS!

**SCOTT KIRKLAND**, VAN DRIVER

**KEN PIMENTAL**, VAN DRIVER



# SEPTEMBER 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	31	1	2	3	4
8am Walking Group 10am Senior Painters 6:30pm Sassy Stitchers	8am Walking Group 10am Senior Painters 6:30pm Sassy Stitchers	Market Basket Van Trip 9am Zumba Boxed Lunches To-Go 10am Tech Class w/Jeff Fowler	Market Basket Van Trip 9am Tai Chi 9am Line Dancing 10am Crafters 9:30am Arthritis Foundation Exercise Class (Zoom)	Bistro To-Go Lunch Boxed Lunch To-Go 10am Caregiver Support 10am Chair Yoga 10:30am Country Concert 11:15am Stretch & Strengthen	9am Line Dancing 9am Bridgewater History with David Moore (Zoom) 9:30am Arthritis Foundation Exercise Class 10am Crafters 10am Mah Jong	Community Dance Class 4pm
5	6	7	8	9	10	11
	Market Basket Van Trip 9am Zumba Boxed Lunches To-Go	Market Basket Van Trip 9am Tai Chi 9am Line Dancing 10am Crafters 9:30am Arthritis Foundation Exercise Class (Zoom)	Bistro To-Go Lunch Boxed Lunch To-Go 10am Caregiver Support 10am Chair Yoga 10:30am Country Concert 11:15am Stretch & Strengthen 12:30pm Cribbage	9am Line Dancing 9am Bridgewater History with David Moore (Zoom) 9:30am Arthritis Foundation Exercise Class 10am Crafters & Mah Jong 10:30am Sharing Memories Remembering 9/11	6pm WHIST	We will never forget.
12	13	14	15	16	17	18
8am Walking Group 10am Senior Painters 6:30pm Sassy Stitchers	Market Basket Van Trip 9am Zumba Boxed Lunches To-Go	Walmart Van Trip 9am Tai Chi 9am Line Dancing 9:30am Arthritis Foundation Exercise Class (Zoom) 10:30am BINCO 10am Crafters	Bistro To-Go Lunch Boxed Lunch To-Go 10:30am Ruth Bader Ginsberg 10am Yoga w/Kelly 11:15am Stretch & Strengthen 12:30pm Cribbage 2pm Men's Group	9am Line Dancing 9am Bridgewater History with David Moore (Zoom) 9:30am Arthritis Foundation Exercise Class 10am Crafters & Mah Jong	Community Dance Class 4pm	
19	20	21	22	23	24	25
8am Walking Group 10am Senior Painters 1pm Falls Prevention Program 6:30pm Sassy Stitchers	Market Basket Van Trip 9am Zumba Boxed Lunches To-Go 12pm TRIAD Ice Cream Truck	Market Basket Van Trip 9am Tai Chi 9am Line Dancing 10am Crafters 9:30am Arthritis Foundation Exercise Class (Zoom) 10:30am Mindfulness Retreat	Bistro To-Go Lunch Boxed Lunch To-Go 10am Yoga w/Kelly Shopping Trip with Jane - Plymouth 11:15am Stretch & Strengthen 12:30pm Cribbage 12-1pm PT Plus - Neck/Shoulder	9am Line Dancing 9am Bridgewater History with David Moore (Zoom) 9:30am Arthritis Foundation Exercise Class 10am Crafters & Mah Jong	6pm WHIST	
26	27	28	29	30		
8am Walking Group 9am-11am Drive By Flu Shot Clinic 10am Senior Painters 6:30pm Sassy Stitchers	Market Basket Van Trip 9am Zumba Boxed Lunches To-Go	Market Basket Van Trip 9am Tai Chi 9am Line Dancing 10am Crafters 9:30am Arthritis Foundation Exercise Class (Zoom)	Bistro To-Go Lunch Boxed Lunch To-Go 10am Yoga w/Kelly 11:15am Stretch & Strengthen 12:30pm Cribbage 10:30am Live Life Today Program			



# LIVE LIFE TODAY

The kick-off party to  
Alice's Cafe!



Join us to hear dementia experts Mike Belville & Barb Meehan speak as part of the kick-off party to Alice's Cafe!

**Thursday,  
September  
30th  
10:30 AM**

Mike Belville, Dementia Action Alliance's board member & Barb Meehan, ; both from the Governor's Council for Alzheimer's Research, share insightful perspective of living well with memory loss. They want all communities to get away from the stigmas of dementia & take action to improve our brain health.

**"Get busy living or get  
busy dying."  
-Mike Belville**

**RSVP**

**508-697-0929**

[seniorcenter@bridgewaterma.org](mailto:seniorcenter@bridgewaterma.org)



**Back-to-School shopping means trying on new clothes...eek!****Wardrobe Malfunctions**

By Bridgewater Resident Anne Ponticelli

Ladies—have you been shopping lately? No, I don't mean at Shaw's or Roche Bros! I am referring to shopping for clothes.

Ok, anyone under the age of 20 need not read this article (unless you want to for laughs!)

This column is dedicated to the mature female adults (& you all know who you are out there!) Who want to dress fashionably but are up against the odds!

Now girls, we all want to look younger right? We don't want to look matronly, dowdy or boring, do we? Of course not!!

Ok, I know what I'm writing about—read on:

My latest foray into the fashion mecca at a fairly local clothing store resulted as follows:

1. tried on some jeans—I found the right size but they would only fit if I was 6' tall (I am 5'4")
2. Those same "trendy" jeans had long strings attached at the ankles-unsure what they were for, I tried to tie them but with my luck, I would still trip & probably break my neck!
3. Gave up on finding jeans & attempted to find a "sweat outfit". Found the right size pants & they actually fit but the corresponding jacket wasn't roomy enough to go around the average 6th grader! (where do the manufacturers get their size savvy from?)
4. Checked out some blouses but the necklines were way too low (unless you're an exotic dancer) & way too tight (hey, I thought I had the right size!)
5. Looked at another rack of "tops" but the ruffled arms came way past my fingers (ok for the monkey population but wouldn't fit anyone of the human species I know)

Ok, I left that store & decided to shop for shoes.

1. Tried on one pair, but no human foot that I ever saw could ever fit into that shoe-no matter what size you bought!
2. Found some shoes with "way out" colors that probably wouldn't match anything I owned so I decided not to buy those shoes.
3. Hey, a bargain-shoes marked way down to \$4...kind of ugly in a way & I'll probably never wear them, but cannot pass up a sale-so I bought them!
4. Checked out the pocketbooks-passed on these as I couldn't find one to match my "ugly" shoes.

Well, deciding that I had enough of shopping for one day, I drove home, still wondering just how much more weight I would have to lose to fit into a size "0".



**P**oet, writer, and retired police dispatcher, Anne Ponticelli will be featured in *Top of the Hill* over the next few months. One of her pieces, "And Now They're Gone" was written and published after 9/11. She will be reading this poem at our 20th Anniversary remembrance program September 10th at 10:30am. All are invited to share where they were and how they were affected by that tragic day in US history.

Anne can also be heard playing beautiful music on the piano each Monday morning at 9:30am. Stop by for a fresh cup of coffee, a Honey Dew muffin & her beautiful music. Who knows? You may even make a new friend.

**We hope you enjoy her words and music here at the Center.**

**If you are a writer, poet, musician, or artist & would like to be in our newsletter, please call Director Emily Williams.**





Bridgewater Council on Aging &amp; Health Department

# Avoid the Flu

Get The Flu Shot Here

Monday September 27

9am-11am

*In partnership with Walgreens, we're taking proactive measures to help ensure you are protected from the flu. No appointment necessary as this is a drive-by flu clinic. High-dose vaccines for seniors & regular dose will be available.*



**Bring Your Insurance Card**

Bridgewater Senior Center  
10 Wally Krueger Way  
Questions: 508-697-0929

## Physical Therapy Plus

Where Pain Relief is Just a Heartbeat Away



**Thursday September 23rd  
12pm**

Join us for a lecture from Physical Therapy Plus on all the components involved in shoulder motion, common shoulder injuries in older adults, and ways to help alleviate some of these issues as well. Attendees will receive a complimentary boxed lunch to-go.

RSVP 508-697-0929

seniorcenter@bridgewaterma.org

## Ice Cream Social

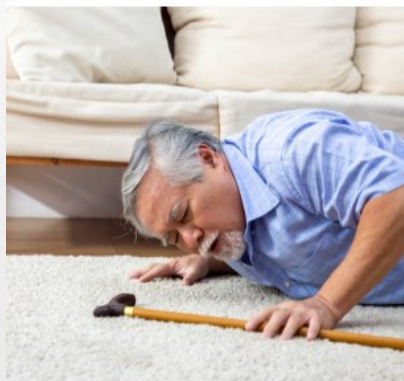
with

Plymouth County  
Sheriff Joseph D. McDonald Jr.

**Learn about the history of the  
Plymouth County Sheriff's  
Department**

**Tuesday, September 21st at 12:30pm**

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



**OCES**



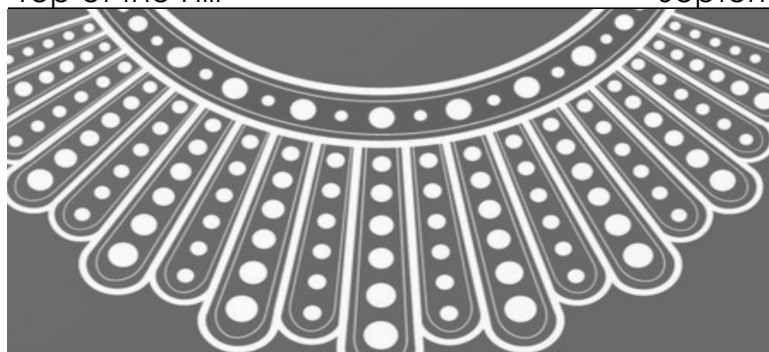
## SEPTEMBER IS NATIONAL FALL PREVENTION AWARENESS MONTH

Falls can be preventable!  
Register for the upcoming Workshop!

- Learn ways to remain independent
- Learn ways to identify fall risks
- Take simple steps to prevent falls
- Receive a safety checklist for your home

**BRIDGEWATER COUNCIL ON AGING  
MONDAY, SEPTEMBER 20, 2021  
1:00PM TO 2:30PM**





SHERYL FAYE PRESENTS

## RUTH BADER GINSBURG

Our favorite actress will be IN PERSON for a renowned performance of RBG.

**SEPTEMBER 16, 2021 10:00AM  
OUTSIDE UNDER THE TENT**

An American lawyer and jurist who served as an associate justice of the Supreme Court of the United States from 1993 until her death in September 2020. A champion of fairness and equality, she objected to different expectations for men and women and prejudice against minority groups.

RSVP 508-697-0929 [seniorcenter@bridgewaterma.org](mailto:seniorcenter@bridgewaterma.org)

END OF SUMMER CONCERT WITH

## JIMBO AND THE CRANBERRY JUNCTION BAND

Thursday  
September  
9th  
10:30am

Free Concert  
& Line  
Dancing with  
Margaret  
under the  
TENT!

Bistro Lunch  
to-go \$5  
12pm



## Sharing Memories

REMEMBERING 9/11  
20 YEARS AGO -  
BEFORE WE WERE SENIORS

Bridgewater Senior Center  
Friday September 10, 2021  
10:30am

## MINDFULNESS

*be strong, be stable*



Music in itself is healing. It's an explosive expression in humanity. It's something we are all touched by no matter what our culture or background. We all love music! We combined chair yoga, guided meditation, & music for a chance to relax & s l o w d o w n this fall.

**Join us for a mini retreat**  
**Wednesday September 22nd at 10:30am**  
**RSVP 508-697-0929**  
**[seniorcenter@bridgewaterma.org](mailto:seniorcenter@bridgewaterma.org)**

Chair Yoga with Tori Best  
Music & Mindfulness program with Brian Mello

Essential Oils Raffle Entry & Lunch for all participants.





Starting September 9<sup>th</sup>,  
Thursday cribbage returns!  
12:30pm

They are looking for new members.

**Call Martha Shionis  
508-279-2712 for details**



Starting September 3<sup>rd</sup>,  
Friday MahJong returns!  
10am

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

**Players wanted.**



## BINGO WITH NICK!

Wednesday, September 15  
10:30am-12pm

**RSVP for lunch to-go & to  
enter the raffle 508-697-0929**



## SATURDAY NIGHT WHIST RETURNS!

every 2nd & 4th  
Saturday at 6pm

**STARTS SEPTEMBER  
11TH**

*Shopping trips  
with Jane!*

SHOPPING, LUNCH, & FUN  
EVERY 3RD THURSDAY

September 23  
Plymouth shopping &  
lunch



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

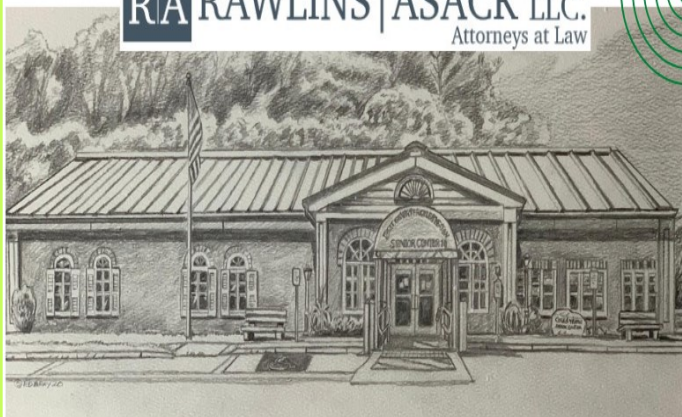
PROTECT YOUR RIGHTS

## LEGAL APPOINTMENTS

30-MINUTE INDIVIDUALIZED CONSULTATIONS  
EVERY FIRST WEDNESDAY WITH ELDER LAW  
ATTORNEY ALYSSA ASACK.

CALL TO BOOK AN APPOINTMENT: 508-697-0929

**RIA RAWLINS | ASACK LLC.**  
Attorneys at Law



*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.

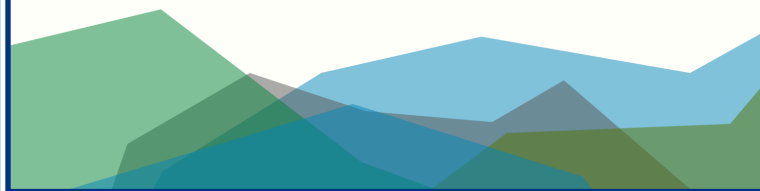


**HILLTOPPERS**  
BRIDGEWATER SENIOR  
MENS GROUP

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**





## INTERGENERATIONAL *Community Dance Classes* with Sam Baumgarten

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

### NEW SCHEDULE

4-6PM

Sept. 4, 18

Oct. 2, 16

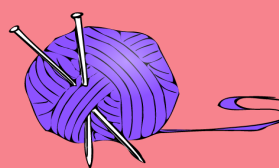
\$5 per person



*Dance the afternoon away!*

No prior experience required & all dances are taught.

For more information call us at 508-697-0929 or  
email [seniorcenter@bridgewaterma.org](mailto: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.



## The Senior College at Bridgewater State University is open for Fall enrollment.

This fall the growing Senior College program offers 50 affordable, convenient, stimulating, non-credit, short-term, courses for mature learners (50+). For the low registration fee of \$85 per person, learners can enroll in as many courses as they like. There is no course limit and no other expenses; but there will be plenty of conversation, fun, and community shared in these virtual courses.

Courses are designed for adults in search of unpressured learning free from term papers, tests, or exams, and participation in class is purely voluntary. Anyone can attend Senior College regardless of your background, educational experience, or age! Their 4- and 8-week courses meet weekly with many courses starting in **September and October**.

Courses are currently offered via Zoom, a popular video conferencing platform that is easy to use. BSU is here to help you learn more about Zoom if you are new to the platform. We also record most of our courses, so if you have missed a course or a class meeting, you can view it later at your own convenience.

Please visit their website to learn more about courses and to register:

**<https://www.bridgew.edu/ccs/seniorcollege>**



**BRIDGEWATER**

STATE UNIVERSITY

## 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.



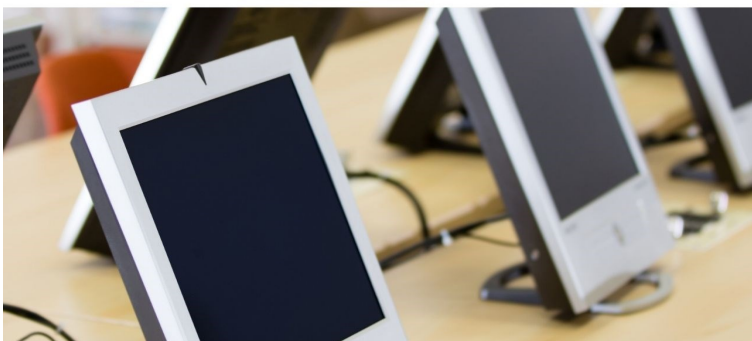
To learn about eligibility and application options, visit [GetEmergencyBroadband.org](https://www.getemergencybroadband.org).



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



Ever wanted to try an iPad, learn new ways to handle a smart phone, or laptop?



## Tech Class with Jeff Fowler August 31st 10am

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

## BRIDGEWATER TABLET LEND & LEARN PROGRAM

WE CAN HELP YOU STAY  
CONNECTED





## WELLNESS PROGRAMS

### Zoom & In-Person

Please Register by calling  
508-697-0929 or email  
[seniorcenter@bridgewaterma.org](mailto:seniorcenter@bridgewaterma.org)

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 AM	<b>Walking Group</b>				
9:00 AM		<b>Zumba Gold</b>	<b>Tai Chi, Line Dancing</b>		<b>Line Dancing</b>
9:30 AM			<b>Chair Arthritis Class-Zoom</b>		<b>Chair Arthritis Class - in person &amp; Zoom</b>
10:00 AM				<b>Chair Yoga</b>	
11:15 AM				<b>Stretch &amp; Strengthen</b>	



### Arthritis Foundation Exercise Class with Wendy Moore

Wendy leads this evidence-based class every Wednesday on Zoom & Friday in-person & Zoom at 9:30am. \$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

This individualized class is taught by PT University's physical therapist Stephanie every Thursday at 11:15am. \$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

Our new instructor Kelly leads chair yoga classes every Thursday at 10am. \$5/class



### Line Dancing

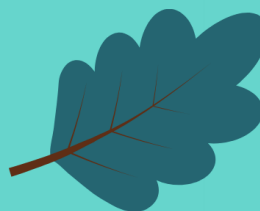
Margaret leads a class every Wednesday & Friday at 9am. No partner required. \$5/class

# 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	FRIDAY	
8:00 AM	Tai Chi				
8:30 AM	Mat Yoga				
9:00 AM		Tai Chi		Tai Chi	
9:30 AM		Mat Yoga	Tai Chi	Mat Yoga	



## Program Descriptions

### Mat Yoga with Pat      **What Actually Is Mat/Chair Yoga and How Do I Do It?**

Originally introduced to the fitness world as a modified version of hatha yoga for individuals with health implications and older adults, mat and chair yoga has gained many new fans. With the amount of time people sit at their desks or watching TV, there is a movement to bring increased circulation and exercise into our daily routines through mat and chair yoga.

Improving flexibility, relieving cramps and stiffness, and creating a happy mental state are a few benefits that mat or chair yoga can provide for our bodies. We offer chair yoga in person every Thursday at 10am as well.

### Tai Chi with Peggy      **What is tai chi?**

Tai chi is an ancient Chinese tradition that, today, is practiced as a graceful form of exercise. It involves a series of movements performed in a slow, focused manner and accompanied by deep breathing.

Tai chi, also called tai chi chuan, is a noncompetitive, self-paced system of gentle physical exercise and stretching. Each posture flows into the next without pause, ensuring that your body is in constant motion.

Tai chi has many different styles. Each style may subtly emphasize various tai chi principles and methods. There are variations within each style. Some styles may focus on health maintenance, while others focus on the martial arts aspect of tai chi.

Tai chi is different from yoga, another type of meditative movement. Yoga includes various physical postures and breathing techniques, along with meditation. We offer in person tai chi with Peggy every Wednesday as well.

Let's get moving!



## Great news!

Starting September 1st,  
Bistro lunch will be served  
in person under the tent  
(weather permitting) every  
Wednesday at 12pm. We'll  
have prizes each week!  
RSVP info below.

**PS Lunch on us for your  
birthday!**

# Bridgewater COA Bistro

\$5 home cooked meal for seniors  
& caregivers



## September Menu

**2nd** Tuna Noodle Casserole, mixed vegetables, homemade bread,  
pineapple Angel Lush Trifle

**9th** American Chop Suey, salad, homemade bread, mini eclairs

**16th** Creamy Chicken Casserole, green beans, homemade bread, strawberry marshmallow  
whip

**23rd** Zucchini Egg Bake, potato puffs, homemade bread, fresh fruit cup

**30th** Infamous Meatloaf, baked potato, summer squash, homemade bread, apple crisp

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.

If eating at the senior center, please let us know the Friday before the  
meal you're coming. We're incredibly excited to bring this program back,  
and are taking all precautions to make diners feel safe.



## Fall Lunches

We offer a variety of sandwiches each Tuesday  
& Thursday all thanks to OCES. \$2.50 donation  
includes a sandwich, salad, chips or veggie  
sticks, drink & dessert.

Enjoy them under the tent with a friend.

**9/7 Tuna Roll**

**9/9 Ham & Cheese Wrap**

**9/14 Egg Salad & Croissant**

**9/16 Turkey & Cheese on Kaiser**

**9/21 Chicken Caesar Salad Wrap**

**9/23 Humus & Veggie Wrap**

**9/28 Italian Chicken Salad on Focaccia**

**9/30 Hearty Roast Beef & Swiss on Kaiser**

Bridgewater Senior Center



## COFFEE BAR

*Bottomless Cup!*

★ ONLY A BUCK! ★



# ALICE'S CAFE

*a place to gather & make  
everlasting friendships.  
Every 1st & 3rd Thursday  
Coffee at 10am, Program at  
10:30am  
Bridgewater Senior Center  
KICKS OFF OCTOBER 7!*



HEALTHY LIVING PROGRAM PRESENTS

## SAVVY CAREGIVER WORKSHOP

A workshop to help understand the impact of dementia, strengthen family resources and gain confidence about your caregiving. Learn ways to take care of YOU and decrease caregiver burnout.

SEPTEMBER 23 - NOVEMBER 4  
7 WEEKS  
THURSDAYS, 10:00 AM - 12:00 PM  
VIA ZOOM  
REGISTRATION DEADLINE: SEPT. 9, 2021

the **healthy** living  
Center of Excellence

Harvard Pilgrim  
Health Care Foundation

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

**Become a Dementia Friend  
with  
Kathy Hayes  
September 16th, 2pm**

A Dementia Friend learns about dementia and then turns that understanding into action. We all have a part to play in creating dementia friendly communities! Kathy leads this fun workshop for anyone interested in learning more about memory loss and how to recognize the signs of dementia and simple actions you can take.

RSVP 508-697-0929



## 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







## Step by Step - Fall Prevention

Are you or someone you know afraid of falling? For some older adults, the fear of falling is constant. As a result, older adults may restrict or even avoid certain daily activities and doing the things they enjoy. Those who develop this fear risk physical weakness, making the risk of falling even greater.

According to the National Council on Aging (NCOA), each year one in four Americans over the age of 65 has a fall. More than 3 million injuries are treated in emergency departments annually because of falls, resulting in over 800,000 hospitalizations according to the U.S. Centers for Disease Control and Prevention (CDC).

While falls are not an “official” sign of aging, they are unfortunately common and can threaten the health and independence of older adults. A number of factors may contribute to a risk of falling including diabetes, heart disease, medications that may cause dizziness or drowsiness, and vision or hearing changes. A fall could also indicate a new or worsening health condition.

Here are a few safety steps that you can take to help prevent falls:

Wear sensible shoes. Choose footwear that has a low-heel and a non-skid sole. Even when you are at home, opt for footwear that is supportive, provides traction, and stays put on your feet (unlike some slippers). Sneakers are a good example.

Eliminate trip hazards in your home. Remove “throw rugs” that may shift when you walk on them and potentially cause you to slip or trip. Make sure that small furniture and other objects (foot stools, magazine racks, floor plants, wastepaper baskets, etc.) are not in the way as you walk through your home.

Watch out for slippery surfaces. Whether it’s a wet floor or an icy walkway, don’t take a chance. Avoid walking on these areas.

Take it slow. For some older adults, bending over or standing up may cause dizziness; this may be attributed to medication or a medical issue. Sometimes standing up too quickly can cause a drop in blood pressure, which causes a feeling of unsteadiness. Move slowly and with care.

Good lighting. Don’t try to maneuver around your home in the dark. Always turn the lights on. Consider using night lights in the bathroom and hallways. Keep a flashlight in your bedside table in case the power goes out.

Falls Prevention Awareness Week is a national campaign that begins on Wednesday, September 22, 2021. As a nonprofit agency serving older adults and individuals with disabilities throughout Plymouth County and surrounding towns, Old Colony Elder Services (OCES) has a Healthy Living Program that offers “A Matter of Balance” virtual workshops.

A Matter of Balance is an evidence-based program that emphasizes practical strategies to control and manage or avoid falls. Participants in the program learn to:  
View falls as controllable; Set goals for increasing activity; Make changes to reduce fall risks at home; and Exercises to increase strength and balance.

**To learn more about A Matter of Balance programs or for more information about fall prevention, contact OCES’ Healthy Living Program at 508-584-1561 or visit [www.ocesma.org](http://www.ocesma.org).**

Please call us to sign up 508-697-0929

## COA Van Schedule



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

Masks are Mandatory

## 24th Citizens Police Academy Class

Bridgewater Police Department | 220 Pleasant St. | Bridgewater, MA 02324

**NOW ACCEPTING APPLICATIONS!**

### 10 WEEK PROGRAM

**START DATE: TUES., OCTOBER 12, 2021**

**WHERE:** Bridgewater Police Station

**WHEN:** TUESDAYS from 6-9 p.m.

**WHAT:** Bridgewater Police Officers teach classes designed to familiarize residents with the daily operations of the police department.

#### TOPICS INCLUDE:

Constitutional Law, Motor Vehicle Law, Community Policing, Use of Force, K-9 Unit, Domestic Violence, Patrol Procedures, Officer Survival, ALICE, Defensive Tactics, Drone Operations, OUI Liquor, Mock Trial & Courtroom Procedures and Drug Enforcement.

Participants will also have the opportunity to ride-along with officers on patrol, tour the Old Colony Correctional Institution at Bridgewater and observe the judicial process at Brockton District Court.

\*\*Applications are available on our website at [bridgewaterpolice.org](http://bridgewaterpolice.org) and can be emailed to Officer O'Connell at: [roconnell@bridgewaterma.org](mailto:roconnell@bridgewaterma.org) or dropped off to the Police Station

## Community Nursing is back!

April Panos, RN returns to provide you with blood pressure checks, nursing assessments on your overall health & wellness, navigating the healthcare system, & so much more.

**Thursdays  
10am-2pm  
office hours**



## Food Pantries

Each month, participants will choose what they use from a menu.

Options include toiletries, paper products, meats/fish/dairy items, non-perishables, and so much more.

Call the food pantry to learn more.

**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



# MEDICARE 101

## LUNCH & LEARN

**15** SEPTEMBER  
12PM

BRIDGEWATER  
SENIOR CENTER

REGIONAL SHINE DIRECTOR, CHRISTIE REXFORD WILL HELP YOU LEARN MORE ABOUT MEDICARE ENROLLMENT PERIODS, BENEFITS, COVERAGE OPTIONS, & PROGRAMS THAT HELP WITH OUT-OF-POCKET COSTS

RSVP  
508-697-0929



### I'm in the "donut hole"

#### What can I do??

If you have reached or are about to reach that gap in your Part D plan, the Commonwealth's Prescription Advantage program can help. For individuals with an annual income less than \$38,640 (single) or \$52,260 (married), Prescription Advantage can lower your co-payments while in this gap. There is no premium for this state-sponsored pharmacy assistance program. Call Kathy Hayes, SHINE Counselor for more information at 508-697-0929.

**You can also learn more online at**  
**[www.prescriptionadvantagemma.org](http://www.prescriptionadvantagemma.org)**

### Why do I need Prescription Advantage?

Even if you have a **Medicare Part D** plan or coverage from a former employer, there many reasons to join Prescription Advantage, including:

- ★ It does not replace your existing coverage, it supplements it;
- ★ It can lower your co-pays if you reach that coverage gap also known as the "donut hole;"
- ★ It allows you to change your Medicare plan outside of Medicare's open enrollment;
- ★ AND at certain income levels it's FREE!

*Join us*

**September 21, 10:30am**

Kathy Devine from the Massachusetts Executive Office of Elder Affairs will explain how Prescription Advantage can lower your Prescription Drug costs.

You don't want to miss this important presentation!

### MEDICARE OPEN ENROLLMENT October 15-December 7

SHINE is a federally funded program that offers free unbiased health insurance information and counseling for people with Medicare. Every year at open enrollment, it is important to review your coverage to make sure that you have the best coverage for the best price!!!

Call to book your appointment with SHINE  
Counselor, Kathy Hayes.  
Appointments fill up quickly so don't  
delay!  
508 697-0929



## DID YOU KNOW.....

Summer is over and we welcome the crisp cool air of autumn! This time of year is rejuvenating after the humidity and all the rain of this past summer. As the weather turns cooler, it is important to know about the Low-Income Energy Assistance Program (LIHEAP). Self Help Inc. is the area agency that administers this benefit. If eligible, you will be awarded a monetary amount toward your heating bill. In addition to assistance with your heating bill, you may also access other benefits through their Conservation Department. Eligibility for the LIHEAP benefit is based on income and number of people in the household. It is NOT based on assets.

For a household of 1 the annual gross income can be \$39,105 or less

For a household of 2 the annual gross income can be \$51,137 or less

For a household of 3 the annual gross income can be \$63,169 or less

The program begins November 1st, and we will begin booking application assistance appointments in mid-October.

**For further information please call Kathy Hayes, outreach coordinator 508-697-0929**

OR

**<https://selfhelpinc.org/program-services/fuel-energy/home-energy-assistance/>**





## Listen Up!

*Brief news of interest to Bridgewater veterans and their families.*

### **USS *Leopold* (DE 319)... IN MEMORIUM**

USS *Leopold*, destroyer escort No. 319, manned by a Coast Guard crew, was commissioned in Orange, TX on 18 October 1943, and assigned to duty in the North Atlantic. Like other Coast Guard, Navy, and other Allied escorts, her job was protecting convoys carrying men and supplies against the enemy.

After one or two patrols escorting convoys to the Mediterranean, *Leopold* was assigned in early 1944 to the northern run, know as the "Murmansk Run." On 9 March 1944 she was with the Coast Guard manned destroyer escorts. *Joyce*, *Poole*, *Peterson*, *Haverson* and *Kirkpartick*, escorting an eastbound convoy some 400 miles south of Iceland, a submarine infested zone.

Just after dusk, the *Leopold* spotted a Nazi submarine on her radar screens and immediately sped to the attack, opening fire with her forward guns. Before she had fired more than a few rounds, however, she was cut in two amidships by a torpedo from an unseen submarine, which had attacked her from the flank. Both sections of the crippled ship went down within 40 minutes. Tossing survivors into the frigid North Atlantic waters.

Seaman Walter J. Selivonchik, a resident of Bridgewater, was 22 years of age. His memories of that day are very vivid, but he does not share them readily. He told me only limited accounts of what happened. He recalls being in the water after the explosion. He recalls with a low measured voice that he could hear and see what survivors were in the water with them being "sucked under" by the propellers of the rescue ships. The cries of the sailors have never left his mind.

The *Leopold* had a crew of 199, 13 officers and 186 enlisted men. All 13 officers were lost and 158 of the enlisted men. He survived an ordeal that left a mark on his memory and went on with his life, as did so many of the "Greatest Generation." He passed on 19 September 2012 but never lost his love of life and family.

Seaman Walter J. Selivonchik.....my father-in-law. (1922-2012)

Rest in Peace out of harm's way.

RODERICK K. WALSH  
MSG, USA (Ret)  
Director  
Veterans' Services  
Director

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# Bridgewater

**COUNCIL ON AGING  
&  
COLE-YEATON SENIOR CENTER**

10 WALLY KRUEGER WAY  
BRIDGEWATER, MA 02324

US Postage  
Bridgewater, MA



## Stay Connected

### WEB

[WWW.BRIDGEWATERMA.ORG/157/ELDER-AFFAIRS](http://WWW.BRIDGEWATERMA.ORG/157/ELDER-AFFAIRS)

### PHONE

508-697-0929

### EMAIL

[SENIORCENTER@BRIDGEWATERMA.ORG](mailto:SENIORCENTER@BRIDGEWATERMA.ORG)

### SOCIAL MEDIA

 @BRIDGEWATERCOA

 @BRIDGEWATER, MA SENIOR CENTER

 @BRIDGEWATER\_COA

## Elder Affairs Commission

DAVID FRIM, CHAIRPERSON

NICK BAGAS, VICE CHAIR

GLORIA LEMIEUX, TREASURER

SANDY ALLEY, SECRETARY

KAREN AICHER, REGINA COHEN, RICH GOPEN,

MARYLOU HARDING, DEB HECKBERT, DIANE

ROZA, ROBIN SHERRICK, BOARD MEMBERS

COMMISSION MEETINGS ARE OPEN TO THE  
PUBLIC & MEET EVERY 2ND MONDAY AT 3PM  
ON ZOOM & IN-PERSON AT THE SENIOR  
CENTER.

## Volunteer!

### THE COMMUNITY NEEDS YOUR HELP WITH:

GROCERY SHOPPING & PRESCRIPTION  
PICKUPS  
DRIVING TO MEDICAL APPOINTMENTS  
PROVIDING COMPANIONSHIP  
DELIVERING HOT MEALS  
MAKING WELLNESS CALLS  
TEACHING TECHNOLOGY  
HELPING WITH EVENTS  
LEADING CLASSES  
& SO MUCH MORE.

**CALL OUR VOLUNTEER COORDINATOR  
TO LEARN MORE**



## Mission Statement

**TO PROMOTE THE EMOTIONAL, PHYSICAL,  
AND ECONOMIC WELL-BEING OF OLDER  
ADULTS AND TO ENCOURAGE THEIR  
PARTICIPATION IN ALL ASPECTS OF  
COMMUNITY LIFE.**

