

BEACON FALLS SENIOR CENTER

57 N MAIN STREET, BEACON FALLS, CT 06403

beaconfalls-ct.org 203-723-2344

HOURS: MONDAY - FRIDAY 9 AM – 4 PM



MARCH 2024 NEWSLETTER

A NOTE FROM THE DIRECTOR:

Dear Members of the Senior Center,

As the Director of our senior community, I am happy to reach out to you all on this March and wish you joyous St. Patrick's Day! 🍀

St. Patrick's Day is not just about shamrocks and leprechauns; it's a celebration of resilience, camaraderie, and the spirit of togetherness. Our Senior Center embodies these very qualities, and I am so proud of each one of you.

Here are some exciting ways we can make this St. Patrick's Day memorable:

1. **Wear Green:** Let's deck ourselves out in shades of green! Whether it's a cozy sweater, a scarf, or even a funky hat, let's embrace the color that symbolizes luck and renewal.
2. **Saint Patrick's Day Lunch March 6th** Meals provided by Ken George Catering Food brings us together like nothing else. Let's organize a potluck feast with Irish-inspired dishes. From Corned Beef and Cabbage to soda bread, let our taste buds travel to the Emerald Isle.



3. ***Irish Tunes: The Agua Turf Lunch Irish Music has a magical way of connecting hearts.***
4. ***Decorations: Our creative souls can work wonders with our Library Crew create paper shamrocks, leprechaun hats, or even a rainbow collage. Our Senior Center will be adorned with the spirit of St. Patrick.***

Remember, our Senior Center is more than just a place—it's a family. Let's celebrate St. Patrick's Day with laughter, friendship, and a touch of Irish magic.

May the luck of the Irish be with you all! 🍀

With warm regards,

Artie O'Daigle

Director, St. Patrick Senior Center

MARCH NOTES:

Sunday, March 10th – Daylight Savings Time Begins

Sunday, March 17th – St. Patrick's Day

Sunday, March 31st – Easter Sunday

SENIOR CENTER MEMBERSHIP:

\$7.00 PER YEAR RESIDENTS

\$10.00 PER YEAR NON-RESIDENTS

OVER 90 YEARS OLD – FREE!!!

Connecting with others is so important, our weekly activities do just that along with our great friendly members. Our membership will renew in January 2024.



VOLUNTEERS MAKE THINGS HAPPEN:

Thank you to all who volunteer your time to the Center, we could not do it without you. We are always looking for volunteers. Please see Art or Kim if you are interested in volunteering.

WINTER WEATHER POLICY:



On days of inclement weather, if Region 16 Schools are closed, there will be NO transportation and NO scheduled classes or programs at the Center. The Senior Center will remain open unless we are advised to close by Town Hall. Call ahead before heading out. Watch WFSB, Channel 3, Eyewitness News

FRIDAY LUNCHES:

These have been a great success. If you are looking to try new places or even visit some of your favorite places and enjoy laughter and fun Friday Lunch is the place to do it. See the weekly sign-up sheet on the bulletin board at the Center. We have some great new places coming up in the next several months!!!

BINGO AND HOT DOGS - Every Thursday:

If you want to purchase a delicious Hummel hot dog, please wait until 12:15 PM to come into the Center so as not to interrupt the Yoga Class which runs from 11:00 AM – 12 PM.



SIGN UP REMINDER:

When signing up for a trip or event at the Center, payment is always due at the time of sign up or when posted on the sign-up sheet. If you are unable to come to the center in person, you may mail your check to:

**Beacon Falls Senior Center
57 N. Main Street
Beacon Falls, CT 06403**

Your name will be added to the event list when payment is received.

We have some new trips and are planning our events at the Center for March, April, and May. Please check the bulletin board at the Center so you do not miss out.

HAIR BY DONNA:

Hair Stylist specializing in formal hair color and cuts - \$10 Haircuts.

Must call to schedule: 203-214-2884 / 203-929-5341 or Dohrng23@yahoo.com

MINIBUS REMINDER:

IF YOU ARE NEW TO THE BUS,

PLEASE FILL OUT FORM 5.

CONTACT KIM: 203-516-8498

Our free transportation service is available for Beacon Falls residents over the age of 60 or disabled adult residents who ARE UNABLE to drive and do not have a family member available to drive them.



We have a handicap accessible vehicle and can provide rides for medical appointments, shopping, and other needs (subject to availability).

SPECIAL PRESENTATION (re-scheduled):

Please join us for a Presentation at the Senior Center on Monday, April 15, 2024, at 1:00 pm sponsored by Albert Ruggiero. "Pearls from Carol" is available everywhere including in over 170 library catalogs in five states. Carol Ruggiero belonged to a writing group in Milford, CT for over twenty years. Upon her passing her devoted husband Albert Ruggiero felt her writing deserved a bigger audience, so he published a collection of her work in "Pearls from Carol". The presentation is designed to both engage and entertain please join to hear about Carol's life and her short, funny, and thought-provoking stories, poems, and essays. Also, Albert will have a musical interlude with a saxophone singing along so you do not want to miss this one!

SENIORS STAYING CONNECTED:

Saturdays 11:00 AM – 12:00 PM

A great opportunity to have help with technology needs:

(laptops, computers, iPad tablets, android, or iPhones).

BE SURE TO BRING CHARGING CABLES FOR YOUR DEVICES!!!!

Please call the center to make an appointment.

LIBRARY CRAFT:

Monday, March 4, 2024, 1:00 PM

Leprechaun gnome jars

Sign up is required!!!

Please see sheet on The Center

Bulletin Board



MOBILE FOOD PANTRY:

Will be at the Beacon Falls Commuter Lot every other Wednesday 12 – 1 PM. The next dates are March 6th and 20th. Please bring your own bags. It is walk-up style. No registration, questions, or paperwork. Open to residents of all towns.

MARCH BIRTHDAYS:



Salvatore Napoleone	March 1
Jane Kudasik	March 3
Mike Braceland	March 4
Sandy Burkbuckler	March 6
Deborah Lester	March 9
Nick Bandanza	March 17
Yvonne Posick	March 21
Florence Doiron	March 22
Richard Minnick	March 25
Josephine Krymowski	March 27

INCOME TAX ASSISTANCE:

Connecticut free tax preparation is available if your household earned \$60,000 or less in 2023. You may be eligible for free tax filing with an IRS certified Volunteer Income Tax Assistance (VITA) preparer. The VITA Program will be held at the Center on Wednesdays starting 01/31/24. Appointments only, beginning at 5:30, 6:15 and 7:00. Please contact Kim at (203) 516-8498 or (203) 723-2344

TODAY'S HISTORY LESSON:

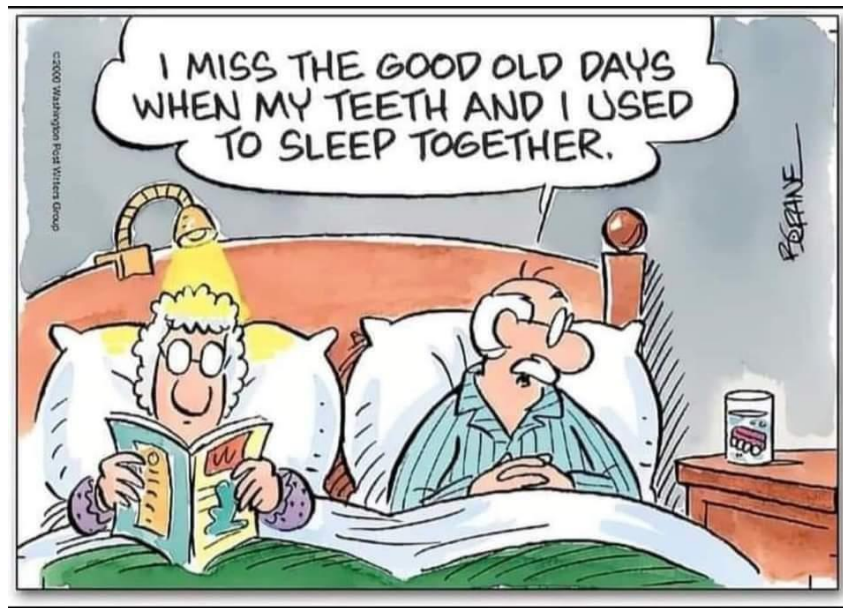
Saint Patrick, who lived during the fifth century, is the patron saint of Ireland and its national apostle. Born in Roman Britain, he was kidnapped and brought to Ireland as a slave at 16. He later escaped, but returned to Ireland and was credited with bringing Christianity to its people.

In the centuries following Patrick's death (believed to have been on March 17, 461), the mythology surrounding his life became ever more ingrained in the Irish culture. Perhaps the most well-known legend of St. Patrick is that he explained the Holy Trinity (Father, Son, and Holy Spirit) using the three leaves of a native Irish clover, the shamrock.

Since around the ninth or 10th century, people in Ireland have been observing the Roman Catholic feast day of St. Patrick on March 17. The first St. Patrick's Day parade took place not in Ireland but in America. Records show that a St. Patrick's Day parade was held on March 17, 1601, in a Spanish colony in what is now St. Augustine, Florida. The parade, and a St. Patrick's Day celebration a year earlier were organized by the Spanish Colony's Irish vicar Ricardo Artur.

More than a century later, homesick Irish soldiers serving in the English military marched in New York City on March 17, 1772, to honor the Irish patron saint. Enthusiasm for the St. Patrick's Day parades in New York City, Boston and other early American cities only grew from there.

Among the legends associated with St. Patrick is that he stood atop an Irish hillside and banished snakes from Ireland—prompting all serpents to slither away into the sea. In fact, research suggests snakes never occupied the Emerald Isle in the first place. There are no signs of snakes in the country's fossil record. And water has surrounded Ireland since the last glacial period. Before that, the region was covered in ice and would have been too cold for the reptiles.



SENIOR SERVICES LISTED ON THE TOWN WEBSITE:

beaconfalls-ct.org/senior-services

Farmers Market Nutrition Food

Health Information

Minibus Service

Naugatuck YMCA/ Beacon Falls Parks and Recreation

New England Young at Heart

Senior Caring Services

Senior Center Membership Information

Senior Discount List

Senior Living Help

Silver Sneakers Health and Fitness Information

Tax Relief

Weekly Activities

Western Connecticut Agency on Aging

WEEKLY ACTIVITIES:

MONDAY

9:30 AM – Tai-Chi with Ellen

Known for its slow, intentional movements, tai chi is a form of gentle exercise and moving meditation, with benefits to mental and physical health.



11:00 AM - TBD

12:00 PM - Canasta with Kim

1:00 PM – Pinochle

1:00 PM – March 4th - Library Craft - Leprechaun gnome jars

1:00 PM – April 15th Albert Ruggerio, “Pearls from Carol”

TUESDAY

Grocery Shopping - sign up required as day may change.

9:30 AM - Exercise with Mary

1:00 PM – Pinochle

WEDNESDAY

12:00 PM - Senior Lunch - sign up required. CHANGED FROM 12:30!!!

1:00 PM – Pinochle

2:00 PM - Wii Bowling

THURSDAY

9:30 AM - Exercise with Mary

11:00 AM – Co-ed Chair Yoga (Silver Sneakers / Naugatuck YMCA)

12:30 PM - Bingo & Hot Dogs - DOORS OPEN at 12:15, Bingo starts at 1:00

FRIDAY

“Lunch on your own” - every Friday a different restaurant is chosen, seating is limited, sign-up sheet located at Senior Center. Time may vary check sign-up sheet.

8:00 AM – Yoga

1:00 PM – Pinochle

PREVENTING HIGH BLOOD PRESSURE:

About 1 in 3 U.S. adults have high blood pressure. Blood pressure depends on how much blood your heart is pumping and how much resistance there is to blood flow in your arteries. If you have narrow arteries, your blood pressure will be higher.

High blood pressure, also called hypertension, makes individuals high-risk for developing a wide variety of other health conditions and diseases, including cardiovascular ones such as heart disease and stroke. Some of these diseases are among the leading causes of death in the U.S. Taking steps and making lifestyle changes to avoid high blood pressure is crucial to living a healthy life.

Here are some tips to help avoid developing high blood pressure:

Be Physically Active

Staying physically active can help you maintain a healthy weight and therefore maintain healthy blood pressure. It is recommended that adults get at least 2 hours and 30 minutes of moderate to intense exercise every week.

Have a Healthy Diet

Having a healthy, wholesome diet is key to avoiding High Blood Pressure. Some foods that you should incorporate into your diet that contribute to lower blood pressure include fruits and vegetables. Be sure to create a diet that is rich in potassium, fiber, and protein and low in sodium and saturated fat.

Maintain a Healthy Weight

Being overweight or obese makes an individual high-risk for developing HBP and therefore cardiovascular diseases. To determine if your weight is at a healthy level, you should calculate your BMI (body mass index). To maintain a healthy weight, it is crucial to maintain a good diet and stay physically active.

Do Not Smoke

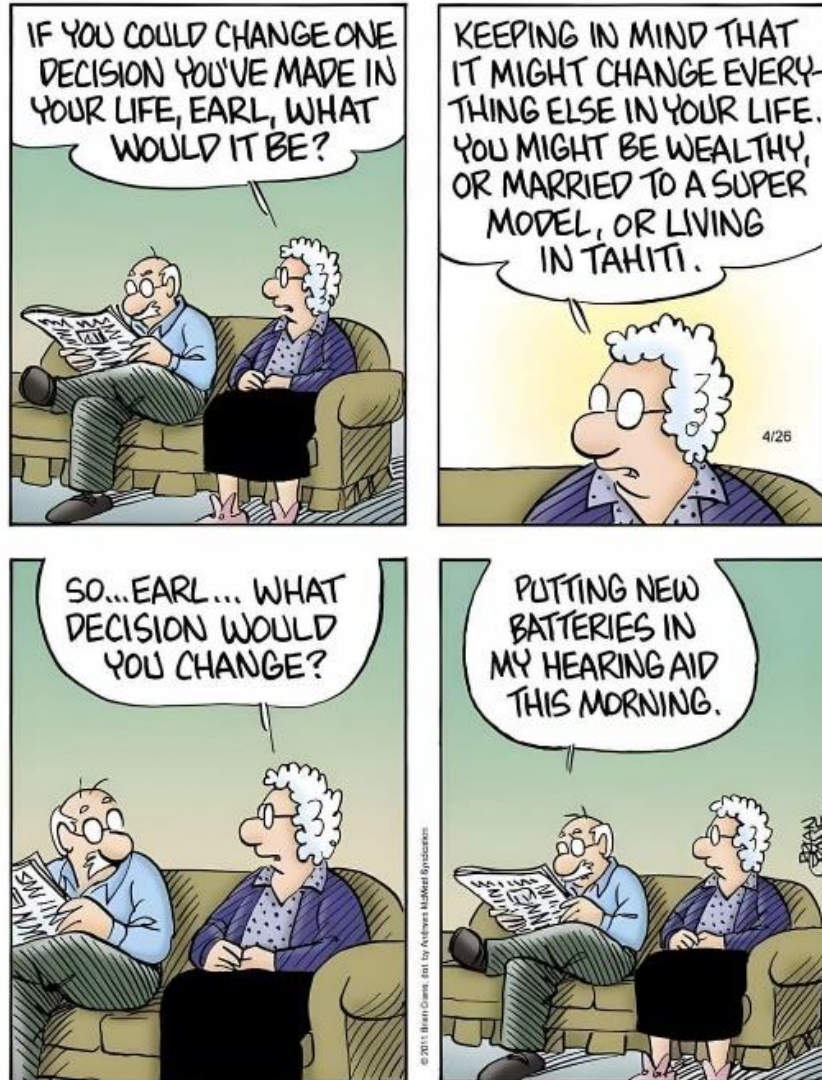
Smoking contributes to high blood pressure and therefore cardiovascular diseases as well as a variety of other health conditions. If you do smoke, quitting will help you avoid high blood pressure and maintain an overall healthy life.

Limit Alcohol Consumption

Drinking excessive amounts of alcohol can increase your blood pressure. It is recommended that men should have no more than two alcoholic drinks per day and women should have no more than one alcoholic drink per day.

Get Enough Sleep

Getting enough sleep is important because it keeps your heart and your blood pressure healthy and maintains overall good health. Not getting enough restful sleep each night is linked to HBP and cardiovascular diseases.



REVAMP YOUR MEDICARE ADVANTAGE PLAN:

The Medicare Annual Election Period ended on December 7th, 2023. If you are not too happy with the Medicare Advantage selection you made, what are your options?

Medicare Advantage Open Enrollment Period runs from January 1st to March 31st, 2023, and it provides an opportunity for those already enrolled in a Medicare Advantage plan to:



- 1. Switch to another plan with or, without drug coverage, or...**
- 2. Return to Original Medicare by enrolling in a Medicare Part D plan and a Medigap Plan.**
- 3. But...before you change:**
 - **Confirm if your healthcare providers are covered by the plan.**
 - **Verify if your prescription drugs are included in the plan's coverage.**
 - **Evaluate the cost differences between pharmacies.**
 - **Assess if generic versions of prescribed drugs are an option.**
 - **Understand the total cost of the plan, including premiums, deductibles, and cost-sharing amounts.**
 - **Ensure the plan offers benefits and services relevant to your needs (e.g., dental, hearing, vision, health clubs, transportation, etc.).**
 - **Be cautious of fraudulent offers.**
 - **Check if you qualify for extra help or programs like the Medicare Savings Program to save on premiums, deductibles, and copayments, as well as the Part D Low Income Subsidy, Employer / Military / Other Insurance.**
 - **If you travel outside your state, consider a national drug plan, or confirm if your Medicare Advantage plan covers services outside the state.**
 - **Familiarize yourself with the plan's rules and restrictions, such as preauthorization requirements and whether a referral by a primary care physician is needed to see a specialist.**
- 4. How to enroll?**
 - **Create an account on Medicare.gov to access the Medicare Plan Finder, or...**
 - **Contact a CHOICES Counselor at (800) 994-9422 / (203) 757-5449 X 134, or...**
 - **Call 1-800 Medicare**

Only one change is permitted per period, with the changes taking effect on the first day of the following month after the request is received.



An Irish Blessing

May the road rise to meet you,
May the wind be always at
your back.

May the sun shine warm upon
your face,
The rains fall soft upon your
fields.

And until we meet again,
May God hold you in the palm
of his hand.

