



THE CENTER

Celebrating Life's Dimensions

JULY 2021



235 Cutlers Farm Road | Monroe, CT 06468 | (203) 452-2815 | www.monroect.org

PROGRAM UPDATES

We are happy to announce that board games and card programs are now on our July schedule. We ask that the card groups bring in their own cards at this time as we can not properly clean them. We will have hand sanitizer on each table for players to use.

We are looking to resume Exercise Programs and Chorus in September and Book Club in October with the book The Giver of Stars by Jojo Moyes.



ICE CREAM SOCIAL

Tuesday, July 20 at 2:00 pm

July is national ice cream and blueberry month, so to celebrate we are having an Ice Cream Social. We will have the usual flavors chocolate, vanilla and strawberry, with a variety of toppings. Registration required with a \$2.00 fee payable at the front desk.

MEMBERSHIP DUES - are being accepted for the 2021-2022 year. Monroe residents remain at \$15.00 and non residents at \$20.00.

Checks payable to the Monroe Senior Center can be mailed or brought in if you are attending one of our programs. Cash is also accepted.



What's On Your Mind ~ come share your thoughts, stories and more with others. Join Pat Sacatos as she leads the group through various topics and discussions to get to know each other, have some laughs, reminisce and more. **Fridays July 9 and 23 at 1:00 pm.**

Senior Youth Bridge Pen Pal Program ~ if you are interested in being a pen pal with a high school student, we have letters you can pick up and respond to their questions. No computer, no problem! We can scan it in and share with your pen pal.



Maggie Sessa, RN, from Griffin Hospital, will be here **Tuesday, July 20 from 1:30 to 3:00 pm** to check your blood pressure, vital signs and answer questions regarding various health or medication matters you have. Sign up sheet for time slot on the counter at the center.



Have an idea for a program? Call or email Kim as we are always looking for new ideas . . .

Duplicate Bridge Players ~ our bridge master John Farwell would like to hear from you as we want to bring back our **Thursday afternoon** group.



Call him at 203-401-1592 to let him know if you're interested.

HOLIDAY CLOSING

In observance of Independence Day the center will be closed with no transportation on Monday, July 5

Griffin Hospital Lifeline Program ~ Tuesday, July 6 at 2:00 pm

Individuals in the United States are living longer than ever before. According to the National Vital Statistics Reports, a person aged 65 years can expect to live another 19.3 years. As we age, the risk of developing chronic conditions increases. Therefore, aging care should include carefully managing multiple chronic conditions in order for you or your loved one to remain independent. A Personal Emergency Response Service (PERS), such as Griffin Hospital Lifeline, enables older adults to get the help they need in an emergency situation, such as a sudden worsening of a chronic condition, a fall or other injury. Often, a PERS is used to signal for help to prevent further injury due to lying on the floor for an extended time after experiencing a fall. While fall management is an important aspect of PERS, other acute emergency situations may also occur, such as worsening chronic conditions. Brianna Trzcinski, Lifeline Representative with Griffin Hospital will be here to do a presentation, provide brochures, answer questions and more.



In Memory



Janet Benson
Corinne Meyer
Adelaide Davey



Center Staff

- Director, ext. 4

Kim Cassia - Administrative Assistant, ext. 1

Veronica Jensen - Elderly Services Coordinator, ext. 3

John Williams - Transportation Coordinator, ext. 2

Kerri Swift - Office Assistant, ext. 0

Rose Marie Syarto - Driver

John Delfino - Driver

Bob Scopoletti - Custodian

Helma Chartier - Chairperson, Commission on Aging

GREAT NEWS for Pickleball!!! Thanks to Parks & Recreation Director Missy Orosz we have the pickleball courts assigned to us on the dates and times listed below.



All players must be current members of the Monroe Senior Center to participate, so stop in to renew your membership and get on the Pickleball email list to stay abreast of games and events. The center is open Monday through Friday 8:30 am to 4:30 pm.

Court 8 is ours on the following dates and times:

- Mondays from May 31 through September 6, 7:30 – 11:45 am
- Wednesdays from June 2 through September 1, 7:30 – 11:45 am
- Fridays from June 4 through September 3, 1:30 to 4:15 pm

If no one is on the court next to 8 you can use it, however, if someone has a permit you must yield the court.

Please bring lawn chairs, a towel, water, Gatorade / Powerade or any thing else to maintain hydration.

Residents are welcome to park in the Wolfe park parking lot or center lot, nonresidents can park in the overflow lot or the senior center lot.

OUTDOOR ACTIVITIES ~ at the request of the Commission on Aging the Center purchased a **cornhole set**. We scheduled Friday's at 10:00 am as your opportunity to come and play. Bring water and a lawn chair and give it a try. . .



Bocce court ~ we are coordinating with Parks & Recreation to fix the court. Our question for you ~ do you want a bocce court or do we turn it into a **horseshoe court**? Call Kerri and her know what you prefer.



The **Commission on Aging** meets at the Center on the 1st Wednesday of the month at 2:00 pm. Their job is to develop and coordinate programs for the seniors in Town regarding housing, economic, employment, health, recreational and other matters and to make recommendations to the Town Council. If you have ideas please plan to come to their meeting.



July Programs

Every Monday	Every Tuesday	Every Wednesday	Every Thursday	Every Friday
9:00 Poker 9:30 Quilting 1:00 Bingo 1:00 Mah-Jongg	10:00 Mexican Train & Triominos 1:30 Bridge	9:00 TRIAD Walkers 9:30 Pinochle 11:00 Canasta 1:30 Bridge	9:00 Bridge 9:00 Poker 9:30 Chess 9:30 Mah-Jongg 12:30 Movie 12:30 Duplicate Bridge 1:30 Bridge	Big Y Shopping 9:00 Mah-Jongg 10:00 Cornhole 10:00 Knit & Crochet
Monday Specials	Tuesday Specials	Wednesday Specials	Thursday Specials	Friday Specials
			1	2
Birthstone: Ruby Flower: Water Lily or Larkspur Cancer (June 21 ~ July 20) Leo (July 21 ~ August 20)				12:30 Movie ~ "Yankee Doodle Dandy" <i>No Duplicate Bridge</i> 
5	6	7	8	9
Center closed No transportation	2:00 Lifeline 	2:00 Commission on Aging meeting	12:30 Movie ~ "Date Night" 	1:00 What's On Your Mind
12	13	14	15	16
	1:00 Farkle 		12:30 Movie "Pocketful of Miracles" 	
19	20	21	22	23
	1:30 ~ 3:00 Blood Pressure Screening 2:00 Ice Cream Social  		12:30 Movie "Big Daddy" 	1:00 What's on Your Mind
26	27	28	29	30
	1:00 Farkle 		12:30 Movie "Heaven Knows Mr. Allison" 	



News Release

FOR IMMEDIATE RELEASE: June 15, 2021

CONTACT: Chris Boyle, Director of Communications
(860) 706-9654 – christopher.boyle@ct.gov

DPH ANNOUNCES FIRST CASES OF POWASSAN VIRUS INFECTION THIS YEAR

Residents Are Advised To Protect Themselves And Their Children From Tick Bites

HARTFORD, Conn.-- The Connecticut Department of Public Health (DPH) today announced that two Connecticut residents have tested positive for Powassan virus (POWV) infection. These are the first cases of POWV associated illness identified in Connecticut in 2021. During 2016 to 2020, 10 cases of POWV associated illness were reported in Connecticut, including 2 in 2020. Two of the infections were fatal.

The patients, who are between 50-79 years of age, became ill during the third week of April. Laboratory tests performed at the Centers for Disease Control and Prevention (CDC) Laboratory in Ft. Collins, Colorado confirmed the presence of antibodies to POWV. Both patients were hospitalized with central nervous system disease and have been discharged and are recovering. The patients reside in Fairfield and New Haven Counties.

"The identification of two Connecticut residents with Powassan virus associated illness emphasizes the need to take actions to prevent tick bites while ticks are most active, from now through the late fall." said DPH Acting Commissioner Deidra S. Gifford, MD, MPH. "Using insect repellent, avoiding areas where ticks are likely, and checking carefully for ticks after being outside can reduce the chance of you or your children being infected with this virus."

Powassan virus is spread to people through the bite of an infected tick black-legged, or 'deer' tick. It takes 1 week to 1 month after the bite of an infected tick to develop symptoms of POWV disease, and the virus can be transmitted in as little as 15 minutes after the tick first attaches. Powassan virus associated illness have been reported from early spring until late fall.

While most people infected with POWV likely experience no symptoms or a mild flu-like illness, some people will develop severe illness affecting the central nervous system. About 1 out of 10 cases of severe illness are fatal and approximately half of survivors experience long term health problems. Severe cases may begin with fever, vomiting, headache, or weakness and rapidly progress to confusion, loss of coordination, difficulty speaking, or seizures. There is not a vaccine or a specific treatment for POWV associated illness. Severe illnesses are treated by supportive therapy which may include hospitalization, respiratory support, IV fluids, and prevention of other infections.

Tips for preventing tick bites

- ◆ Avoid areas where ticks are likely to be, such as in in grassy, brushy, or wooded areas. Ticks are active from spring to fall and may also be active on warmer days during winter.
- ◆ Consider the use of CDC-recommended mosquito repellents, containing DEET, picaridin, oil of lemon eucalyptus, IR3535, or 2-undecanone, and apply according to directions, when outdoors.
- ◆ Check yourself and your children for ticks immediately after coming indoors. Showering within 2 hours of coming indoors may be effective in reducing the risk of tick-borne disease.
- ◆ Examine clothing, gear, and pets carefully after coming indoors. Tumble dry clothing for 10 minutes to kill ticks that were carried inside.
- ◆ Talk to your veterinarian about the best tick prevention products for your dog.
- ◆ Consider treating items such as boots, clothing, and hiking or camping gear with products containing 0.5% permethrin.

For information on Powassan virus and how to prevent tick bites, visit

<https://www.cdc.gov/powassan/index.html>

Movies

July 1 ~ "Yankee Doodle Dandy" | Biography, Drama, Music | 2 hr. 6 min.

A musical portrait of composer/singer/dancer George M. Cohan. From his early days as a child-star in his family's vaudeville show up to the time of his comeback at which he received a medal from the president for his special contributions to the US, this is the life-story of George M. Cohan, who produced, directed, wrote and starred in his own musical shows for which he composed his famous songs. The life of the renowned musical composer, playwright, actor, dancer, and singer.



July 8 ~ "Date Night" | PG-13 | Comedy, Crime, Romance | 1 hr. 42 min

Phil and Claire Foster are a couple who have been married for several years. Their days consists of them taking care of their children and going to work and coming home and going to bed. But they find time to have a date night wherein they go out and spend some time together. When another couple they know announce that they're separating because they're in a rut, Phil feels that he and Claire could be too. So when date night comes Phil decides to do something different. So they go into the city and try to get into a new popular restaurant. But when it's full and still wanting to do this, Phil decides to take the reservation of a couple who doesn't show up. While they're having dinner two men approach them and instructs them to stand up and go with them. They think the men are with the restaurant and want to talk to them about taking someone else's reservation. But it appears the couple whose reservation they took crossed someone and the two men work for this person.



July 15 ~ "Pocketful of Miracles" | Comedy, Drama | 2 hrs. 16 min

Boozy, brassy Apple Annie, a beggar with a basket of apples, is as much a part of downtown New York City as old Broadway itself. Bootlegger Dave the Dude is a sucker for her apples, he thinks they bring him luck. But Dave and girlfriend Queenie Martin need a lot more than luck when it turns out that Annie is in a jam and only they can help. Annie's daughter Louise, who has lived all her life in a Spanish convent, is coming to America with a Count and his son. The Count's son wants to marry Louise, who thinks her mother is part of New York City society. It's up to Dave and Queenie and their Runyonesque cronies to turn Annie into a lady and convince the Count and his son that they are hobnobbing with New York City's elite.



July 22 ~ "Big Daddy" | PG-13 | Comedy, Drams | 1 hr 33 min

Sonny Koufax is 32 years old. He's a law school graduate. He's got a nice apartment in Manhattan. There's just one problem. He does nothing, except sit on his butt and live off an investment that was the result of a meager lawsuit he won a year ago. But after his fed up girlfriend leaves him, he comes up with the ingenious idea to adopt a five year old boy to showcase his newfound maturity. But things don't go as planned, and Sonny finds himself the unlikely foster father that will change his perspective on just looking out for himself.



July 29 ~ "Heaven Knows, Mr. Allison" | Adventure, Drama, War | 1 hr. 47 min.

In 1944, the castaway Corporal Allison, adrift in a raft since his ship was attacked, lands on tiny Tuasiva Island, where he meets Sister Angela. She tells him that she is the only person on the island, having been left behind while trying to evacuate a priest. The nun and the marine are stranded, but the island offers a bountiful supply of food. However, their paradisiacal life ends when the Japanese arrive to build an outpost, forcing "Mr." Allison and the nun to take refuge in a cave. The marine's expertise in such conditions proves to be vital to their survival, and the two grow ever closer.



MONROE FARMERS' MARKET



Fridays 3-6PM
Jun. 18 - Oct. 22
Monroe Town Green

CT Grown Fruits & Veggies, Fresh Eggs, Homemade Pies, Jams & Honey, Weekly Entertainment & Children's Activities

www.monroefarmersmarket.org



RESERVED PARKING

New this year will be reserved parking for Seniors (65+ please) in front of Town Hall from 3:00 ~ 4:00 pm. Keep an eye out for our bright green signs in the lot parallel to the Town Hall entrance.

ITEM CARRYING & ASSISTANCE

We are also rolling out a 'Cart to Car' service to assist you getting your purchases to your car. Just find a volunteer in a 'green shirt' and we will grab our handy market cart to load your items and bring them out to your car for you!