



THE CENTER

Celebrating Life's Dimensions

JUNE 2021



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

Dear Senior Center Members.

For those members not on our e-mail distribution list, I am writing this with a heavy heart to let you know that Friday, May 21, was my last day working with the Monroe Senior Center, as my family and I are re-locating out of State. It has been an honor and a privilege to get to know you all. Thank you for showing me great support during my time here. Your kindness has truly been appreciated.



*With gratitude,
Henna Ali*

As you may know, the Centers for Disease Control continues to issue guidance and directives that the Governor and our Emergency Management Team monitor. Our team keeps us updated on what we need to do to keep everyone safe ~ from mask wearing to social distancing to cleaning and disinfecting procedures and more. With these guidelines, we are slowly bringing back some of your favorite activities.

For programming purposes, we are compiling a list of participants who would return for in person exercise classes. So please call 203-452-2815, ext. 0 and let us know what class you would attend.

AMERICAN COIN PICKER

Tuesday, June 29 at 1:00 pm

Blair Soucy has been collecting coins for over 50 years and is a professional coin dealer. He is also President of the Litchfield County Coin Club and a former President of the Bristol Coin Club. Blair is an ANA (American Numismatic Association) life member and a FUN (Florida United Numismatists) life member.

Blair will review the state of the hobby today, the U.S. Mint and its products, the gold and silver bullion market and provide a general overview of coin currency collecting.

You are encouraged to bring any coins or currency for Blair to look at to give you an idea of value and rarity. There will be plenty of time for questions and answers. The program is designed for everyone, whether you are an experienced collector or if you just want to know what some old coins that are lying around the house are worth.

MEMBERSHIP DUES - we are accepting dues 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.

Summer BBQ ~ Tuesday June 22 at 12:00

Please join us in welcoming the start of Summer. We are excited to offer this in person event to see our friends and enjoy the outdoors.



DrewbaQ food truck will be here with an incredible menu including: pulled pork or pulled chicken on a roll or plate, with mac & cheese or corn bread, water or a can of soda and for dessert a choice of BBQ brownie or bread pudding.

Registration will be open till Friday June 18 at noon or until we fulfil the allotted number of seats for this event.

Do you know what programs and services are available to help you and your loved ones? Are you tired of trying to navigate the web?

On **Tuesday, June 15 at 10:00 am** join Katie Reagan, Director of Community Services and Claire Volain from the Southwestern Agency on Aging (SWCAA) as they lead an informational session highlighting Caregiver Support Programs, Technology Grants, Support Programs and In home Services available in our region. They will help you find the options available for you and your loved ones.

Maggie Sessa, RN, from Griffin Hospital, will be here **Wednesday June 9 from 9:30 am to 11:30 am** to check your blood pressure, vital signs as well as answer questions regarding various health or medication matters. Registration is required, call Kerri at ext. 0, for your appointment time.



In Memory



Eleanor Bogey	Mary Mulroy
William Gavin	Andrew Bandre
Patricia Hurley	Gloria Lampugnale

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

Kerri's Korner



Swimming is a fun way to pass time and a terrific way to stay in shape. It is a low-impact sport, which is great for people suffering from sports injuries or conditions such as arthritis.

1. Swimming is considered a **low-impact, non-weight-bearing exercise** as it doesn't put pressure on the spine, knees, or hips; in fact, the buoyancy of water supports some of your body weight and reduces the effect of gravity, which alleviates some of the regular strain on these joints. It's particularly helpful for seniors who have arthritis or other conditions such as fibromyalgia.
2. Buoyancy also reduces the ordinary strain on joints, as swimmers are able to move their limbs and joints through the full range of motion more easily in the water, to keep joints supple and **improves flexibility**, an important factor for older adults' health and well-being.
3. Swimming works all major muscle groups, resulting in stronger muscles overall, especially the upper body, core muscles, and leg muscles – all important muscle groups for posture and stability, which **reduce the risk of falls**. A study conducted in Australia evaluated 1,700 men age 70 and older and found that those who swam were 33% less likely to fall compared to men who did not swim.
4. Swimming for 30 minutes per day can **reduce coronary heart disease (CHD)** by 30 to 40 percent in women. This aerobic exercise reduces blood pressure and helps to raise good cholesterol levels (HDLs). An increase of 1 percent in HDL cholesterol reduces the risk of dying from heart disease by 3.5 percent. If you have a medical condition, particularly a heart condition, it's always best to check with your doctor before beginning a new exercise program or activity.
5. Swimming also **improves self-reported sleep and quality of life among older adults** as it's a demanding exercise that burns a lot of calories and works all the major muscle groups. Many people say that swimming leaves them feeling relaxed, which is also a necessary ingredient for a good night's sleep. Since swimming is a good way to relax the body and the mind, it can also help to reduce stress and anxiety, promoting overall well-being and boosting mental health.

Feeling Tired, Stressed or Overwhelmed!!! Do you have COVID-19 Fatigue? If this is you or someone you know, join us Tuesday June 1 at 10:00 am

The Family & Children's Agency in Norwalk has a grant funded **COACH program** that can provide support to anyone in Fairfield County who is **feeling stressed** during the COVID 19 health crisis. COACH stands for COVID 19 Assistance for Community Health. The program offers information, education, emotional support and links to resources for anyone in Fairfield County. We assist individuals with recognizing common reactions to the pandemic and build coping skills by using breathing techniques, meditation & exercise routines. We can provide presentations on self-care and stress management. *It is confidential, anonymous, free and available to any individual, group or organization.*

Contact a COACH Counselor who will contact you by telephone, via Zoom or in-person by following CDC guidelines.

Valerie Boucard, vboucard@fcagency.org, 203-523-5429
 Ana Guzman, aguzman@fcagency.org, 203-523-5424
 Sheila Hughes, shughes@fcagency.org, 203-523-5375

June Programs

Registration for all programs is a must due to limited seating due to social distancing. Call Kerri at 203-452-2815 ext. 0 to register.

Day of Week	Morning ~ 10:00	Afternoon
Monday	Quilting	
Tuesday	Anything Goes (see items & times below)	
Wednesday	BINGO	
Thursday		12:30 ~ Movie (see below)
Friday	Knit & Crochet	1:00 ~ Social Club

June 22 BBQ



Wellness Checks by RN Maggie blood pressure, pulse, oxygen level and more June 9 at 9:30 am

Any Thing Goes on Tuesdays

- 1 COVID-19 Fatigue at 10:00 am (page 3)
- 8 Word Games with Center Staff
- 15 Katie Reagan & SWCAA at 10:00 am (page 1)
- 22 No programs due to BBQ by DrewbaQ (page 1)
- 29 American Coin Picker at 1:00 pm (page 1)

Movies

June 3 ~ "The Book Club" | PG-13 | Comedy, Drama, Romance | 1 hr. 44 min.

Four lifelong friends' lives are turned upside down to hilarious ends when their book club attempts to shake things up by tackling the infamous Fifty Shades of Grey. From discovering new romance to rekindling old flames, they inspire each other to make their next chapter the best chapter.

June 10 ~ "Wonder Woman 1984" | PG-13 | Action, Adventure, Fantasy | 2 hr. 31 min.

Diana Prince must contend with a work colleague and businessman, whose desire for extreme wealth sends the world down a path of destruction, after an ancient artifact that grants wishes goes missing.

June 17 ~ "News of the World" | PG-13 | Action, Adventure, Drama | 1 hr. 58 min.

A Civil War veteran agrees to deliver a girl, taken by the Kiowa people years ago, to her aunt and uncle, against her will. They travel hundreds of miles and face grave dangers as they search for a place that either can call home.

June 24 ~ "Yesterday" | OG-13 | Comedy, Fantasy, Music | 1 hr. 56 min.

A struggling musician realizes he's the only person on Earth who can remember The Beatles after waking up in an alternate timeline where they never existed.



Daily Calendar Bizarre, Unique and Special Holidays - June, 2021

Month:

- Aquarium Month
- Candy Month
- Dairy Month
- Effective Communications Month
- Fight the Filthy Fly Month
- Gay and Lesbian Pride Month
- Great Outdoors Month
- National Accordion Awareness Month
- National Adopt a Cat Month
- National Fresh Fruit and Vegetables Month
- National Iced Tea Month
- Rose Month
- Turkey Lovers Month

Weekly Events:

- Fishing Week, Week 1
- Email Week, Week 2
- Lightning Safety Week - Last full week of Month
- National Flag Week - the Week of Flag Day
- National Gardening Week - First full week of month



Flag Day, Monday, June 14, is a day for all Americans to celebrate and show respect for our flag, its designers and makers. Our flag represents the United States of America and its citizens. We should pause today, to recognize our great country and our great citizens over the ages. Our flag represents our independence and our unity as a nation, one nation, under God, indivisible. Our flag has a proud and glorious history. It was at the lead of every battle fought by Americans. Many people have died protecting it. It even stands proudly on the surface of the moon.

The American Flag is lovingly referred to by other names, including: Old Glory, Stars and Stripes, The Red, White and Blue.

As Americans, we have every right to be proud of our culture, our nation, and our flag. So raise the flag today and every day with pride!

Properly Display Our Flag

Care and handling of the American flag is steeped in tradition and respect. There is a right way and a wrong way to display the flag, this is called **Flag Etiquette**. The American flag should be held in the highest of regards. It represents our nation and the many people who gave their lives for our country and our flag.

Here are the basics on displaying the American flag:

- The flag is normally flown from sunrise to sunset.
- In the morning, raise the flag briskly. At sunset, lower it slowly. Always, raise and lower it ceremoniously.
- The flag should not be flown at night without a light on it.
- The flag should not be flown in the rain or inclement weather.
- After a tragedy or death, the flag is flown at half staff for 30 days. It's called "half staff" on land and "half mast" on a ship.
- When flown vertically on a pole, the stars and blue field, or "union", is at the top and at the end of the pole (away from your house).
- The American flag is always flown at the top of the pole. Your state flag and other flags fly below it.
- The union is always on top. When displayed in print, the stars and blue field are always on the left.
- Never let your flag touch the ground, never. . . period.
- Fold your flag when storing. Don't just stuff it in a drawer or box.
- When your flag is old and has seen better days, it is time to retire it. Old flags should be burned or buried. Please do not throw it in the trash.

Transportation Survey ~ thank you to those individuals who use the car and completed the transportation survey. Your comments are being reviewed. For those who mentioned the car wasn't comfortable we would like to know what we can do to help make your experience better! If you want to call John and let him know or drop an anonymous note we would love to hear from you.

WELCOME TO MEDICARE | JUNE 23, 2021 | 3:00 PM - 7:00 PM



This virtual Medicare fair is for people turning 65 or joining Medicare because of a disability who want to learn about signing up for Medicare and all of its parts to assist you in your initial enrollment decisions. There is no cost to attend. This is an opportunity for you to get trusted, unbiased Medicare education to help you make Medicare choices that best meet your needs. There will be national expert presenters on Medicare eligibility, enrollment, and coverage options. There will also be exhibitors from state health insurance assistance programs (SHIPs) to answer your individual questions. Go to <https://www.shiptacenter.org/> to register for the program.

If you don't have a computer or the time doesn't work for your schedule and have questions, no worries, Veronica (Ronnie) Jensen, Elderly Services Coordinator is a Choices Counselor and can explain the Medicare system and help you make an informed decision. You can call or email her to set up an appointment - 203-452-2815 ext. 3 or vjensen@monroect.org.

Monroe Parks & Recreation News



Pickleball ~ if you haven't heard the Parks & Recreation pickleball courts are open. Unfortunately we cannot reserve the courts for our members to play, but you can. There is a small fee to secure a permit, but you are still welcomed to use courts without one as long as the courts are not already in use by programs run through the Parks and Recreation Department and others who already have a permit.

Wolfe Park pool memberships went on sale May 17, with the pool slated to open on May 29. Some Covid-19 restrictions may still be in effect with pool capacity limited to 100 visitors at any given time. As restrictions change, the Parks & Recreation Department will provide updates. The schedule of days and hours is available on their website.



Their website is www.MonroeRec.org or you can call them with specific questions 203-452-2806.



As the warm weather approaches and summer is upon us, many think of cookouts and barbeques. At the end of the meal it's time to relax and sit around the campfire to socialize, have a campfire cone or smore. Whatever the case, don't forget to register with the Fire Marshal to obtain your free campfire permit. Applications are on the Town of Monroe website, under the Fire Marshal page or you can obtain one from Town Hall. Questions call the Fire Marshal office at 203-452-2807.

FARMERS MARKET ~ opens Friday June 18 from 3:00 to 6 pm till October 22 on the Monroe Town Green. Spaces will be set aside in the Town Hall parking lot for seniors who are coming to shop.

You can subscribe to the market newsletter by going to <https://www.monroefarmersmarket.org/about-the-market.html> and at the very bottom choose 'Subscribe to our newsletter' which will send you an email newsletter every Sunday with reminders, recipes, events and more.



KN95 MASKS - the Senior Center and Social Services received a donation of masks from the United Way. If you want a pack of 10 or some cloth masks please let us know.



June, 2021 Daily Holidays, Special and Wacky Days

June 1

Dare Day
Flip a Coin Day

June 2

National Bubba Day
National Rocky Road Day

June 3

World Bicycle Day
Repeat Day (I said "Repeat Day")

June 4

Applesauce Cake Day
Hug Your Cat Day
National Cheese Day
National Doughnut Day
Old Maid's Day

June 5

Hot Air Balloon Day
National Trails Day
World Environment Day

June 6

D-Day, WWII
National Gardening Exercise Day
National Frozen Yogurt Day
National Yo-Yo Day

June 7

National Chocolate Ice Cream Day
VCR Day

June 8

Best Friends Day
Name Your Poison Day
World Ocean Day

June 9

Donald Duck Day
National Strawberry Rhubarb Pie Day

June 10

Ball Point Pen Day
Herb and Spices Day
Iced Tea Day

June 11

National Corn on the Cob Day
National Flip Flop Day

June 12

National Jerky Day
National Peanut Butter Cookie Day
Red Rose Day

June 13

National Weed Your Garden Day
Sewing Machine Day

June 14

Chinese Dragon Boat Festival
Flag Day
Monkey Around Day

June 15

National Nature Photography Day
National Prune Day
Smile Power Day
Global Wind Day

June 16

Fresh Veggies Day
International Waterfall Day

June 17

Eat Your Vegetables Day
Nursing Assistants Day

June 18

Go Fishing Day
International Panic Day
International Picnic Day
International Sushi Day
National Splurge Day - Oh yeah!!
Take a Road Trip Day

June 19

Juneteenth
National Hollerin' Contest Day
National Kissing Day
World Juggler's Day
World Sauntering Day

June 20

Father's Day - third Sunday
Finally Summer Day / Summer Solstice
Ice Cream Soda Day
National Bald Eagle Day
National Turkey Lovers Day

June 21

Go Skateboarding Day
International Yoga Day
National Sea Shell Day
National Selfie Day

June 22

National Chocolate Eclair Day
National Columnists Day
National Onion Ring Day
World Rainforest Day

June 23

International Widows Day
Let it Go Day
National Pink Day

June 24

International Fairy (or Faery) Day
National Handshake Day
Swim a Lap Day

June 25

Log Cabin Day
National Catfish Day
National Food Truck Day
Take Your Dog to Work Day

June 26

Beautician's Day
Forgiveness Day
National Canoe Day

June 27

National Onion Day
Sun Glasses Day

June 28

International Body Piercing Day
Paul Bunyan Day

June 29

Camera Day
Hug Holiday
International Mud Day
Waffle Iron Day

June 30

Meteor Day