NOVEMBER 2018

Joyce C. Budrow North Haven Senior Center
189 Pool Road, North Haven, CT 06473
Office: 203-239-5432 Fax: 203-234-7185
Hours: Weekdays 8:00 a.m. to 4:00 p.m.
www.town.north-haven.ct.us

Café: Tuesday, Thursday and Friday
Hours: 9:00 am - 12 noon
Café: 203-239-4030

Mission

The mission of the Center is to respond to the ever-changing needs of North Haven adults and their families by providing opportunities for personal enrichment, information and referral, advocacy, volunteerism, wellness and social and recreational activities in the Town of North Haven.

Manager and Municipal Agent for Elderly: Judy Amarone
email: amarone.judy@town.north-haven.ct.us
Program Coordinator: Marlene Thorp
Secretary: Laurie Feldman, Maggie Maiden
Transportation: Keith Baedor and Richard Kaman
Café Manager: Arlene Herzog
**Daily Transportation**

Transportation is available for eligible residents who do not drive their own vehicles, or who cannot access a public transportation system to reach their desired destination. Those who do drive their own vehicles may use the system on a temporary basis if their vehicle is in for repairs or if they are experiencing a temporary disabling condition that prevents them from driving on their own. Service is curb to curb. Standing rides to the Center can be arranged for your convenience. Daily reservations are required by 12 noon of the preceding workday by contacting the Center 203-239-5432.

**Schedule**

For errand, grocery, grooming, and mini trips all riders must be on time and ready for pick up beginning at 9:00 a.m. You must advise the driver if you are making other arrangements for your return trip. If you are not at your designated pick up point when driver arrives, there will be a ten-minute wait time. If you miss the bus it is your responsibility to obtain transportation home. Due to schedule restrictions under no circumstances will the driver return at a later time to pick you up on that day. If you drive on your own and would like to join us on mini trips, you must drive to the Center by 9:30 a.m. to participate in the trip, the driver will not pick you up at your home.

**Mondays:** (time frame for mini trips will be an hour and a half from time of drop off)

**Mini Trips:** November 19 - Universal Drive

**Tuesdays:** (time frame for grocery shopping will be an hour and a half from time of drop off)
- Grocery Shopping

**Wednesdays:** (time frame for errands will be up to an hour for a single stop from time of drop off)
- Errands to include – pharmacies, bank, post office, card shop

**Thursdays:** (time frame for mini trips will be an hour and a half from time of drop off)
- Hairdressers, Barbers and Nail Salons

**Fridays:** (time frame for grocery shopping will be an hour and a half from time of drop off)
- Grocery Shopping

**Medical Transportation** *

Only one medical ride may be scheduled per day. All reservations are on a first-come, first-served basis. Reservations can be made as early as three months prior to the medical appointment.

Every effort will be made to accommodate an individual’s appointment. However, an alternative time and transportation service may be suggested in order to better serve all requests. **Pickup times are approximate.** Please be patient as traffic and number of riders may impact your pickup. Non-Emergency Medical appointments include transportation to North Haven and **on a very limited basis** to New Haven.

Passengers are to have the following information ready when calling for a medical reservation: name, address, telephone number of doctor’s office; date and time of appointment; name of any other person who rider will be traveling with to doctor’s office.

The Center will be closed on January 1, 15; February 12, 19; March 30; May 28; July 4; September 3; October 8; November 12, 22; December 7, 25.

**Please Note:**

A staff member will contact you the day before to inform you of your pick up time when you have a scheduled medical appointment for the following day.

All scheduled Grocery Shopping, Hairdressers, Errands and Mini Trips begin pickups at 9:00 a.m. Reservations for mini trips begin on the first day of the month. If scheduled trips are canceled for any reason, there will not be a make-up day during that week for transportation.

The hours of medical transports to doctors will be limited. Appointments for medicals will begin no earlier than 9:30 am and you must be ready to go home by 12 noon. There may be times where you have to wait or go early since we are doing our best to serve your needs.

*No Medicals – December 7 & 10

*Except if you already have an appointment scheduled with the Senior Center.
From the Desk of Judy,

A warm and appreciative thank you to the following for donating to our 2018 Annual Holiday Fair raffle table;

Anna D’Agostino, Arlene D’Angelo, Rick DiNorscia, Fran Bartlett, Joanne Broga, Joan DeMatteo, Pauline Duquette, Betty Ferrara, Yolanda Gagliardi, Claudia Giulietti, Madeline Guido, Jan Helland, Robin Kolodecik, Terri Langley, Virginia & George LaMarsh, Lynn Lassman, Margaret Maybury, Sandra Mastroianni, and Jan Rapuano

Please note that there were a few raffles that were left in our offices without a name, thank you to our anonymous donors as well.

Along with the raffles a mammoth thank you goes to our volunteers who helped with the fair by donating to the Grannie’s Attic, Cookie Walk, and time volunteering prior to and on the day of the fair as well as Craft and Ceramic Group for all their hours they put into making such beautiful ceramics and crafts

*A full list of volunteers will be noted in December’s Newsletter since the Fair was held three days into November and the newsletter was printed on October 31.*

November 4 Daylight Saving Time Ends- Don’t forget to turn your clocks back an hour

*Signups for the Annual Christmas Party for December 7 will end on November 9. If you haven’t purchased your ticket as of yet please do so now. Don’t sit home on December 7 wondering why you didn’t buy a ticket stop by the office today.*

Finance Committee will meet on November 5, at 9am in the Ceramic Room. Please make every effort to be here. Edward Swinkoski, Finance Director will be bringing the Senior Citizen Bank statements to review with the committee.

With the winter months upon us all medical appointments will begin at 9:30am This will give the driver time to warm up the bus and defrost the windows if necessary.

*Halloween Fun!*

Our winner from the guess the number of candy corns in the jar is Arlene Herzog. Arlene’s guess was 270 and the total number of candy corns was 269. Congratulations Arlene!!
So much to celebrate in November!

Happy Veteran’s Day!!
Thank you to all who have served our Country!!

In 1621, the Plymouth colonists and Wampanoag Indians shared an autumn harvest feast that is acknowledged today as one of the first Thanksgiving celebrations in the colonies.
NORTH HAVEN SENIOR CENTER
189 Pool Road    203-239-5432

ANNUAL CRAFT FAIR
Saturday, November 3 - 9:00 a.m. to 3:00 p.m.
Come and see our beautiful selection of Crafts, Ceramics, Grannies Attic and More!

Refreshments for Sale
Fried Dough Pizza, Meatball Subs, Coffee, Tea, Soda
Ample Parking Available
November Events…

Ask the Nurse will be held on Wednesday, November 14, 12noon - 1:30 pm Services at the Clinic include blood pressure, heart rate, weight and setting health goals, medication reviews and lists, and medical appointment preparation.

Ask the Physical Therapist will be held on Wednesday, November 28, 12noon -1:30pm; Have your walker and cane measured for you as well ask a question about safety risks in the home.

Both services are sponsored by the Town of North Haven and provided by VNA Community Healthcare & Hospice.

Free!
No appointment necessary

Caregiver Support Group
North Haven Community Services
5 Linley Street, North Haven

- 1st Monday of each month 10AM-11AM.
- Free drop in group for residents of North Haven, CT
- Contact: 203-239-5321 x501
- Are you caring for an elderly parent or family member?
- Share your caregiving experiences in a safe and confidential setting
- Discuss self care, problem solving and coping skills
No Bingo
Due to Technical Difficulties our bingo machine needs repair!
Unfortunately there will be NO Bingo
November 5th, 7th and 9th

Mini Trips: Monday, November 19, Universal Drive
All interested members who drive are asked to meet at the Center by 9:30 am.
Reserve your space by calling the office 203-239-5432

Finance Meetings for the Month of November will be held on
Monday, November 5 and Wednesday, November 21.
Both meetings are held at 9 am and meet in the ceramic room.
All are welcome.

Monday, November 19- Parkinson’s Support Group in Hamden Senior Center 1-2 pm
In collaboration and guidance thru the VNA Community Healthcare our Center has formed an ongoing Parkinson’s Disease Support Group. Groups will meet every third Monday of the month alternating at our North Haven Center and at the Miller Hamden Senior Center. For many, support groups can be tremendously effective in helping one cope with the day to day realities of having Parkinson’s Disease.
Our group welcomes people with Parkinson’s disease, their family members, and caregivers.
Join to share your experience, challenges and concerns.
Register with the Center 203-239-5432 or by calling 1-866-474-5230.
NORTH HAVEN SENIOR CENTER
CHRISTMAS PARTY

Collection Continues until November 9 - 9am-2pm
If you would like to sit with a group please fill out the form that is in the newsletter.

DATE:  Friday, December 7, 2018
TIME:  11:45 a.m. to 2:45 p.m.
PLACE:  Zandri’s Stillwood Inn
1074 South Colony Road, Route 5
Wallingford, CT

Entertainment By:
Boogie Boys

Cost: $30.00
Checks Only Payable to:
Treasurer Town of North Haven

Menu consists of:
individual antipasto, family style ziti with meat sauce, choice Stuffed Filet of Sole
Prime Rib, or Roast Pork Loin, and vegetable medley,
roasted potatoes, dessert, coffee and diet soda on tables

Cash Bar

Registration begins on Tuesday, October 9th
through Friday, November 9th

Transportation available from the Center and Home for North Haven Residents
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Received by: ________________________________

Senior Signature: ________________________________

Date: ________________________________
Come paint a flower garden on your T-shirt! We will use fabric paints so your shirt will be washable.

Please be sure your shirt is at least 40% cotton. Launder your shirt before class and do not use fabric softener or dryer sheets.

Cost $15
Wednesday, November 7
10am-2pm

Sign up by November 5

A sample of the T-shirt is in Marlene’s office

Checks payable to Patricia Cavanaugh
PLEASE JOIN US AT THE NORTH HAVEN SENIOR CENTER FOR A FUN AND INSPIRATIONAL ACTIVITY!

SPONSORED BY

GOAL #1: INSPIRE OTHERS THROUGH RANDOMLY PLACED ROCKS, ALONG THE WAY OR GIVE THE GIFT OF A ROCK TO MAKE SOMEONE’S DAY!

GOAL #2: RECRUIT EVERY PERSON WHO STUMBLES UPON IT, TO JOIN IN THE PURSUIT OF INSPIRING OTHERS, THROUGH RANDOM ACTS OF KINDNESS

GOAL #3: HAVE FUN!!

Seabury will provide paint! BYOR!!! (Bring your own Rocks) or we will bring some extras!! Join us for this fun and inspirational activity and bring a friend!!

Thursday, November 8
10:00 –11:30 am
RSVP – Now until - November 7
COFFEE HOUR

Do You Have Medicare Questions???
Do You Know Your Options???
Join Kate Hesse from Anthem Blue Cross and Blue Shield on November 9, 2018 at 10 a.m. at the Center for an informal and informational coffee hour.
Remember it's Open Enrollment and now is the time to ask questions so you can make an informed decision regarding your health insurance for 2019.

Note: This is an informational meeting only and there is no obligation to enroll in the Anthem Blue Cross and Blue Shield if you attend.
Spend The Day Serving Veterans!

In collaboration with the First Selectman and the American Legion Post 76 we are going to do leaf clean ups for veterans in North Haven. The projects will take place on Saturday, November 10th and will be completed that day.

All volunteers will meet at the North Haven Congregational Church at 28 Church Street in North Haven at 9:00 am on Saturday, November 10, 2018. We will share some coffee & donuts and be greeted by the First Selectman. We will then break off into groups to the veteran’s home and begin.

You may sign up as a group or individual. All you need to bring that day is yourself and a rake! Any North Haven grandchild who volunteers will receive community service hours. There will be a group leader at every site. Our Veterans deserve it!

To sign up or get more information please use the contact information below:
Paulette DeMaio
203-824-6707
servingveterans112@gmail.com
Don’t Forget our Oktoberfest in November!!

Wednesday, November 14
11:00 am - 1:00pm *

Entertainment by John Banker

Dressed in authentic Lederhosen, John presents authentic German Folk Music combined with traditional Oktoberfest Drinking Songs & lots of Polkas. John performs on Tuba, Trumpet and Accordian supported by a background recording. Show Highlights include selections on Alpine Bells and solos on a 12 ft. Alpenhorn from Switzerland. Songs are performed in German, Polish & English with lots of audience participation.

*Bingo will be played immediately after Oktoberfest.
A Gaylord wellness Lecture

Join us

Nutrition Myths and Facts

Thursday, November 15, 2018 from 10:30-11:30 a.m.

Tools for Making Informed Choices

Corinne Larson, RD-N, has been a Clinical Inpatient and Outpatient Dietitian at Gaylord for over 3 years. Her interests include diabetes education and community health promotion. Corinne’s presentation will include common myths and facts surrounding nutrition topics. She will help dispel some common misunderstandings with regards to what we should eat and what we should not eat. Topics will include gluten, cholesterol, sugar, and more!

Presented by:
Corinne Larson, RD-N
Registered Dietitian-Nutritionist
The North Haven Senior Center
189 Pool Road, North Haven | (203) 239-5432
Do you have difficulty with near vision?

Come to the North Haven Senior Center
Thursday, November 15th 11:30-12:30

Quinnipiac University Home Lighting Study

Approximately 1 in every 6 senior has challenges completing activities that require near vision. Seniors need 3 to 4 times the lighting levels of young individuals; however, most lighting levels at home are lower than recommended guidelines. Quinnipiac University occupational therapy department is conducting a study to determine if proper lighting promotes the ability to do close-up activities. Occupational therapy faculty and a graduate student will visit Individuals in their homes, assess their home lighting, and their ability to read and perform close activities. Each senior will be given a task lamp to keep. OT faculty will call the senior after a few weeks to find out if the light was helpful. We invite you to participate in the study!

We will provide information about the study on Nov. 15th 11:30-12:30 pm at the North Haven Senior Center.

For more information contact: Martha J. Sanders PhD MSOSH OTR/L CPE

Martha.sanders@quinnipiac.edu
Trip Committee Meeting
Come help choose the trips for 2019
Friday, November 16 at 10am

Free Movie
Second Hand Lions
Thursday, November 29, 1:30pm
Afternoon Treats will be sold

A shy adolescent boy, Walter (Haley Joel Osment), is taken by his greedy mother (Kyra Sedgwick) to spend the summer with his two hard-boiled great-uncles, Hub (Robert Duvall) and Garth (Michael Caine), who are rumored to possess a great fortune. At first, the two old men, both set in their ways, find Walter's presence a nuisance, but they eventually warm up to the boy and regale him with tall tales from their past. In return, Walter helps reawaken their youthful spirit.
Senior to Senior Breakfast  
December 4, 2018  
8-9:30am

All members are invited to the Annual Senior to Senior Breakfast held at the North Haven High School. This Annual Event is Free! Raffles, Prizes, and Homemade Breakfast Treats baked by the Culinary Department will be served. Best of all you get to meet and greet the seniors of the North Haven High School. The annual event is very popular in Town so sign up today. Transportation from the Center and home is available.

Call 203-239-5432  
or Stop by the Office to RSVP
Come Treat yourself for the Holidays!

Come in and have a Free Make Over by a License Cosmetologist, Rachelle
Monday, December 3
Appointments will be Every 15 minutes - Starting at 9:30 am
Please sign up in the office starting Monday, November 5

Come get your Nails Polished by Pam and make your hands look pretty
Monday, December 17
Appointments will be Every 15 minutes - Starting at 9:30 am
For only $5.00
Please sign up in the office starting Monday, November 5
Line Dancing is coming back to the Senior Center

Please join us on Mondays and Wednesdays from 1-2pm
If you are interested, sign up in the office and a start date will follow

Here is a list of some of the health benefits you will enjoy if you line dance on a regular basis:

* Cardiovascular and muscular strength and flexibility become better;

* High blood pressure, high cholesterol levels and high triglyceride levels, as well as high blood sugar levels can all improve;

* Coordination improves as you work through the different movements;

* Bone strength can increase; bone loss can be stopped or slowed down

* Help with weight control – half an hour of continuous line dancing can burn an average of 300 calories

* The social aspects of line dancing are obvious. Your sense of well-being and the camaraderie you have with the other dancers is wonderful for your health.

Knitters and Crochets

Tuesdays 10am-12:15pm

Calling all interested members who want to learn how to crochet or knit. This group is for beginners and the experienced person. Our class is in full swing and always open to new participants.

Computer Class with Pat

Fall Classes are in Session and Full. If you would like to join us for the next session please call the office to reserve your seat.

4 week session - 203-239-5432
Residents Only (Free)
Upcoming Events

December –
Monday, December 3, Free Make over with Rachelle
Tuesday, December 4, Senior to Senior Breakfast
Friday, December 7, 2018 Christmas Party at Zandri’s - Center will be closed
Monday, December 10, White Christmas at Aqua Turf
Monday, December 17, Nail Polishing with Pam
Tuesday, December 25, Town of North Haven closed in Celebration of Christmas

January –
Tuesday, January 1, Town of North Haven closed in Celebration of New Year’s Day
Tuesday, January 15, Senior Center Second Art Gala
Monday, January 21, Town of North Haven closed in Celebration of Martin Luther King Jr Day

February –
Thursday, February 14, East Chicago Joe - Back by popular demand

Senior Entertainment Events at Aqua Turf:
Tuesday, March 19, 2019, St. Patrick’s Day Celebration
Tuesday, April 16, 2019, The Glen Campbell Xperience
Lunch and Entertainment, More information to follow

For your donations…
Carole Labagnara, Nancy McKee, Delia Countey, Margaret Kelly

Your kindness and support is a true measure of community spirit 😊

To our new members:
Patricia Gannon, Patricia Krosky, Antonio&Theresa Gomes, Lorraine Savino, Ann Schneider, Audrey Stuber
**Paid and Unpaid Classes**

All checks made payable to: Treasurer Town of North Haven, unless otherwise noted

Registration will be taken Monday through Friday from 9:00 a.m. to 2:00 p.m.

A class with insufficient enrollment will be cancelled prior to the starting date and participants will receive a refund as well as being notified. Once a class is in session there are no refunds or adjustments to the required payment, as instructors are based on payment once the class is filled.

**CERAMICS CLASSES** – Tuesday and Thursday, 9-11am. Creative activities such as ceramics encourage a sense of competence, purpose, and growth—all of which contribute to aging well. Join us weekly in the ceramic room for socialization and a path to unlock your creativity. Novice and experienced are welcome to join in on the fun, above all it’s FREE!

**COMPUTER CLASSES** – Tuesday, 9:00 to 10:30 a.m. would you like to learn how to use a computer. Learning computers and basic internet skills is not only for accessing information. It is the tool now for keeping in touch with family members. Don’t be left behind in the world of technology and sign up for a free four week session. Next session will start November 27.

**OIL PAINTING** – Tuesday, 12:45 to 2:45 p.m. Learn to Oil Paint class is taught by Patty Meglio, who has more than eighteen years of experience as a professional artist and who has been teaching privately and in the classroom for more than a year. In the 12- week session, students will work from photographs to create scenes of still-life, seascapes, and urban and country landscapes. Each student will receive individual attention at every step along the way and learn techniques to create a beautiful picture to treasure for years to come. This class is geared for novice painters as well as experienced painters who want to expand their painting abilities December 4 – March 12, 2019. No class on December 25, January 1, and February 12. Registration begins November 6. Cost: $30 Residents $35 Non Residents

**SITERCISE** – Monday and Wednesday, 10:30 to 11:30 a.m. Sponsored by the Town of North Haven and class led staff of the VNA Community Healthcare. Sitercise will focus on increasing muscle strength, improve flexibility, gait and balance to help avoid falls; exercises can be done in a chair or standing; a specially designed program for those 50 and older who are at risk for falls. Cost: $30 for residents $35 for non-residents Maximum participants 15 people. *Checks payable to VNA Community Healthcare. Current Session: Monday, September 17, 2018 thru Wednesday, December 5, 2018.

Tai Chi- Monday, 10:30-11:30 a.m. In this class you will explore balance, alignment, flexibility and strength and coordination of body and mind and spirit. This class requires no prior experience New session will begin: Monday, January 7 - Monday, April 8, 2019 No Class: January 21 and February 18. Registration begins December 3. Cost: $40 for residents $45 for non-residents Max 15/Min 12 people.
BEGINNER CHAIR YOGA - Tuesday, 10:30 to 11:45 a.m. Yoga is a gentle yoga practice incorporating stretches while sitting on chairs as well as some standing poses. Suitable for all and anyone who feels uncomfortable getting up and down from the floor. Yoga will help to improve posture and breathing, help restore and maintain normal mobility and a healthy range of motion, and help you to grow and expand psychologically and spiritually.

Next Session: Tuesday, November 27 thru March 5, 2019 No class on December 25, January 1, and February 12. Registration begins November 6. Cost: $75 residents, $75 non-residents.

* Registration: If there is availability for non-residents, one may register two weeks prior to class start date.

Day Trip Policies*

☑ Trips are open to all North Haven seniors on a first come first serve basis starting on the collection date. Non-resident seniors may sign up two weeks after collection date. A $5.00 non-resident fee will be charged for each trip.

☑ Residents on the waiting list will take precedence over non-residents.

☑ Full payment is due in order to secure your reservation. Please see description as to whom to make checks payable to.

☑ Please remember to bring in your emergency contact information, their name and telephone numbers where they can be reached during the day (including work and cell numbers.) Please remember to bring your emergency forms with you on day of trip. This is important since it has an emergency contact person, medications and allergies.

☑ Please make the staff aware of any special seating requests for the bus as you sign up for the trips. The first two rows are reserved for persons with disabilities. Unfortunately due to the fact some trips are sponsored by a Travel Agent, special menus cannot be accommodated.

☑ If special assistance is needed, it is asked that you bring a family member or friend.

☑ There will be no refunds. If the Travel Agent or the Center cancels the trip, refunds will be issued.

☑ Departure and return times are subject to change by the Travel Agent.

☑ Please arrive at least 15 minutes prior to departure time. If you are not on time as specified for departure time, the bus will leave without you and there will not be a refund issued. You must come into the Center to check in prior to boarding the bus. No passengers are to board the bus until your name is called and checked off by the North Haven Senior staff member.

☑ In consideration of members who need the handicap parking spaces who will be at the Center while you are away on your day trip, please park in the staff parking spaces, regular parking spaces or on the grass in the field across from the Center.

*In the event it is determined that the weather is a safety issue for Travel the scheduled trip may be canceled and/or postponed for an alternate show at a different date.
Community News…

- Community Suppers at St. John’s Episcopal Church, 3 Trumbull Place, North Haven, holds weekly community suppers from 6-7pm Fridays, during the school year (Starting September 14). All community members are invited for companionship and a great meal. For more information call the Church Office 203-239-0156. Call to see when it starts up, actual date.

- Community Services Food Bank needs Replenishing and is in need of cereal, pancake mix, syrup, peanut butter, tuna, rice, granola bars, coffee, canned fruit, and juice boxes. Donated items may be dropped off at the Center.

- Give Old Flags an Honorable End by dropping off your old flags to the American Legion, Montowese Fire Station, West Ridge Fire Station, or Northeast Fire Station. A flag disposal barrel is located in the front of each location.

- Box Tops for Education can be dropped off at the Center and will be donated and divided equally among participating public schools in North Haven.

- Old eyeglasses may be dropped off at the Center in the front vestibule supporting the mission of the Lions Club.

- Books in Gentle Used Condition May be Dropped off at the Center for the lending library or may be dropped off at the Town of North Haven Library.

- The Center is accepting afghan blankets; knitted/crocheted (acrylic yarn only) for Hospice in Branford. Donations may be dropped off in the office Monday-Friday from 8am-3pm.

Town’s Thanksgiving Food Baskets:
They are in need of the following items:
Coffee, tea, canned fruit, cranberry sauce, stuffing, jelly & mayonnaise. Please bring these following items to the Senior Center.
Last day to donate is November 13
Thank you for your generosity
Do you enjoy talking about history and or politics?

For my senior thesis I, Chris Burr, a student of Western Connecticut State University, am conducting research on American citizens’ opinions regarding socialism. Specifically, I am researching if there are linkages between Americans’ personal attributes and their perceptions of socialism. The subjects of the study will be Americans over the age of 59. If you would like to be interviewed for a minimum of 60 minutes on your opinions regarding socialism please contact me through the information featured below. The interviews can be held here at the senior center or any location of your choosing.

I look forward to hearing from you!

Cell Phone Number- 203-917-0218
Email- Burr020@connect.wcsu.edu
Call our FREE HelpLine to talk to an expert.

1-800-LUNGUSA

4 Reasons to Call the Lung HelpLine

1. Our experts have answers.
   Our HelpLine staff consists of experienced registered nurses, respiratory therapists and certified tobacco treatment specialists. You'll speak directly to an expert about your lung disease or questions about quitting smoking or other tobacco products.

2. Understand your diagnosis and treatment options.
   Whether newly diagnosed with lung disease or dealing with a chronic condition, we can help with answers about what comes next, what your options are, and even provide you with resources, referrals and support.

3. Know your risks.
   Get information and help with your questions on smoking/tobacco use, radon, air pollution, genetic risk factors for lung disease, asthma, COPD, lung cancer and more. Find out how to reduce your risks for lung disease.

4. It's FREE.
   Our compassionate counseling is free, and there is no limit to the number or length of calls. You can call us as many times as needed.

Contact Us

Available 7 days a week, 8 a.m. to midnight (EST), except for major holidays.

Email a question to HelpLineInfo@Lung.org.


TTY for hearing impaired 1-800-501-1068.
Parkinson's Exercise & Support Group

Presented By: VNA Community Healthcare & Hospice

Join us to share your experiences, challenges and concerns, and for exercises to improve strength, balance and flexibility.

Third Monday of each month, 1:00 - 2:00 p.m.

Alternating locations:

Miller Senior Center
2901 Dixwell Ave., Hamden
Sept. 17 and Nov. 19

Joyce Budrow Senior Center
189 Pool Rd., North Haven
Oct. 15 and Dec. 17

Call to register today, 1.866.474.5230 (toll free)

Supported by the towns of Hamden and North Haven.

VNA COMMUNITY HEALTHCARE & HOSPICE
Bedeck you at every turn

Turn to us:
753 Boston Post Rd.
Guilford, CT 06437

2319 Whitney Ave.
Hamden, CT 06518

Toll Free Helpline: 1.866.474.5230

vnacommunityhealthcare.org
LEARN T’AI-CHI (TAIJQUIAN)

Bill Banick of Long River T’ai-Chi

Taijiquan is an ancient Chinese martial art based on internal energy or “chi”. T’ai chi uses slow flowing and connected movement to integrate the mind and body and generate flexibility, strength and well-being.

Offering Ongoing Authentic T’ai-Chi Classes
Mondays
10:30-11:30 AM

FIRST CLASS FREE!

NORTH HAVEN SENIOR CENTER T’AI-CHI
MONDAY MORNINGS
10:30-11:30AM
189 POOL RD
NORTH HAVEN, CT

- build strength and stamina

- IMPROVE BALANCE TO HELP AVOID FALLING

- REDUCE STRESS WHILE DEVELOPING MINDFULNESS

- NO EXPERIENCE REQUIRED

Cost: $40 for residents
$45 for non-residents.
Max 15/Min 12 people
YOU NEED TO THINK LITERALLY TO SOLVE THESE WORD PICTURES.

1. **BUT**

2. **QUICK**
   - **QUICK**
   - **QUICK**

3. **WIRE ACT**
   - **(LOW)**

4. **CON** - **TENT**

5. **AGE** - **WONDER**

6. **EARTH**
   - **EARTH**
   - **EARTH**

7. **DOWN**

8. **TRIAL**

9. **TIME**
   - **2**

**Answers on page 50**

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