



# Hamden Senior Citizen News

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## NOVEMBER 2020 A Virtual Approach

CLOSED WEDNESDAY, NOVEMBER 11TH, IN OBSERVANCE OF VETERAN'S DAY AND THURSDAY THE 26TH, IN OBSERVANCE OF THANKSGIVING DAY!

The Staff is onsite Monday through Friday, 8:30-4:30pm. If you need us, just call 203-287-2547 or if you have a social service need contact Elderly Outreach at 203-287-2691. [www.hamden.com](http://www.hamden.com)

### Energy Assistance through Hamden Elderly Outreach

Please contact Elderly Outreach at (203) 287-2691 to find out about this year's procedure for Energy Assistance program for Hamden Seniors. The program runs Oct. 1, 2020 through March 31.

### Drive thru Holiday Event

Hamden Seniors. Friday, December 18th, 2020 starting at 10:00am to 12:00pm. Santa and his Elves will be here to greet our drive thru event with some goodies to be handed out, weather permitting. Plan your ride ahead of time to experience a new way of celebrating this year's Holiday! \*Sponsored by the Hamden Regional Chamber's Health and Wellness Council and Elderly Services.

### Hamden Library Programs

Have you checked out the library lately? There is plenty to do, such as, cooking, book discussions, medical research sites, and children's programs. Contact the library at 203-287-2680 Reference Desk or Children's Room at 203-230-3770 or [www.hamdenlibrary.org](http://www.hamdenlibrary.org).

### VNA Community Healthcare

#### Fitness and Movement Basics Live Zoom Class

*Mondays 9:30 to 10:15 a.m., Sept. 14 to Nov. 30, \$15 for series*

This class features chair exercises that are appropriate for people with mobility challenges and provides exercises which focus on muscular strength, range of motion, agility and balance, and cardio. Activities that can be accomplished while seated and will conclude with a stretch and relaxation segment. Register on our website at [vnacommunityhealthcare.org](http://vnacommunityhealthcare.org) by clicking on the calendar icon at the top of the homepage.

#### Functional Cardio & Fitness Live Zoom Class

*Thursdays 9:30 to 10:15 a.m., Sept. 3 to Nov. 19, \$15 for series*

This class is fit for active older adults with a robust activity level and prior fitness experience. This is the perfect class for those who have taken an Exercise for Better Balance, Moving for Better Balance, Exercise to Prevent Falls or Sitercise class with us before. It provides strength training, agility, balance, coordination, range of motion and cardiovascular segments. Participants must be able to stand throughout the class. Register on our website at [vnacommunityhealthcare.org](http://vnacommunityhealthcare.org) by clicking on the calendar icon at the top of the homepage.

*Fridays, 9:30 to 10:15 a.m. Sept. 4 to Nov. 20, \$30 for series*

This course, formally known as Tai Chi: Moving for Better Balance, is an evidence-based fall prevention program aimed at improving strength, balance, mobility and daily functioning to prevent falls in older adults and individuals with balance disorders. This therapeutic regiment improves posture and awareness and mindful control of body positioning, as well as coordination. Register on our website at [vnacommunityhealthcare.org](http://vnacommunityhealthcare.org) by clicking on the calendar icon at the top of the homepage.

#### Tai Ji Quan: Moving for Better Balance - Beginners Live Zoom Class

*Wednesdays, 9:30 to 10:15 a.m. Sept. 9 to Nov. 25, \$30 for series*

This course, formally known as Tai Chi: Moving for Better Balance, is an evidence-based fall prevention program aimed at improving strength, balance, mobility and daily functioning to prevent falls in older adults and individuals with balance disorders. This therapeutic regiment improves posture and awareness and mindful control of body positioning, as well as coordination. Register on our website at [vnacommunityhealthcare.org](http://vnacommunityhealthcare.org) by clicking on the calendar icon at the top of the homepage.

### **Caregiver Support Group via Zoom**

***Wednesdays, Ongoing, 2 p.m., Free***

This group discusses solutions and challenges in a casual and supportive setting. Call our Helpline at 866.474.5230 or email [wellnessclasses@vna-commh.org](mailto:wellnessclasses@vna-commh.org) to register and receive the Zoom link.

### **Ask the Nurse Clinic**

***Nurse available to Hamden residents***

***Wednesdays, 11 a.m. to 1 p.m.***

A registered nurse can work with you to set health goals and to review your medications, help you create a medication list, and discuss how you can prepare for a medical appointment. There is no cost for this service. If you need to have an RN check your blood pressure, heart rate or weight, an in-person clinic visit may be schedule on an as-needed, case-by-case basis in our Hamden office. Our nursing staff follows strict safety guidelines to protect our patients and themselves. Call our Helpline 866.474.5230 to schedule a slot and receive Zoom or call-in information

### **Dodge Diabetes**

***Tuesdays, 2:30 to 3:30 p.m., beginning Sept. 14. \$85.***

***Call to register: 866.474.5230***

***Months 1 to 4, classes meet weekly***

***Months 5 to 6 classes meet every other week***

***Months 7 to 12 classes meet once per month***

***Class will be held virtually via Zoom with a potential for in-person, socially distanced meetings in our Hamden Program Room once it is deemed safe to do so.***

Dodge Diabetes follows the Center for Disease Control & Prevention's Prevent T2, research based program and can benefit anyone who is pre-diabetic or concerned about their potential risk for developing Diabetes to make and sustain healthy lifestyle changes. This program is supported by a grant from the State of Connecticut Department of Public Health.

### **Zoom training session**

A Zoom tutorial class will be held by VNA Community Healthcare & Hospice Tuesday, Sept. 1 at 2 p.m. For those interested in participating in a live Zoom class who are new to the technology, email [wellnessclasses@vna-commh.org](mailto:wellnessclasses@vna-commh.org) or call our Helpline at 866.474.5230 to sign up for this session during which we will help you learn the basics of using Zoom.

### **Tai Ji Quan: Moving for Better Balance Advanced Live Zoom Class**

***Fridays, 9:30 to 10:15 a.m. Sept. 4 to Nov. 20, \$30 for series***

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regiment improves posture and awareness and mindful control of body positioning, as well as coordination.

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make and sustain healthy lifestyle changes. This program is supported by a grant from the State of Connecticut Department of Public Health.

**Medicare enrollment assistance!**

Beneficiaries will be able to enroll during Medicare open enrollment which is from Oct. 15 thru Dec. 7 for Part D coverage that begins on Jan. 1, 2021. Check with CHOICES at the Agency on Aging South Central CT. At (800) 994-9422 or [www.aoascc.org](http://www.aoascc.org).

**Beneficiaries will be able to enroll during Medicare open enrollment, which is from October 15, 2020 through December 7, 2020, for Part D coverage that begins on January 1, 2021.**

**Check with CHOICES at the Agency on Aging South Central CT.: (800) 994-9422 or [www.aoascc.org](http://www.aoascc.org).**

**Here are some fun websites to visit:**

Mystic Aquarium:

<https://www.mysticaquarium.org/penguin-live-stream>

Bronx Zoo:

<https://bronxzoo.com/virtual-zoo>.

Connecticut History:

<https://www.connecticuthistory.org>

Yale University Art Gallery:  
<https://artgallery.yale.edu/>

**Latest on the Virus**

<https://portal.ct.gov/coronavirus>

<http://www.qvhd.org/>

**YOGA from Ravi**

Now that we are in self quarantine my humble request to you all is to practice what we can from some of our Aerobics exercises and also please keep open mind and watch the YouTube video 30 mins from "Art of Living" by Sri Ravi Shankar, a humanitarian and spiritual leader who practices and teaches Yoga and many other health and spiritual programs, not only in India, but also around the world.

Art of Living 30 minute Video:

<https://youtu.be/MXeiHMc-DAU>

If above link does not work then try going to [www.Youtube.com](http://www.Youtube.com) and look for

**Tips, Breathing Techniques & Guided Meditation To Increase Immunity And Reduce Anxiety**

Hope to see everyone soon!

## NOVEMBER 2020

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> International Day to End Impunity for Crimes... National Deviled Egg Day! National Ohio Day! Job Action Day!	<b>3</b>	<b>4</b>	<b>5</b> National Red Head Day! National Doughnut Day! Cash Back Day! World Tsunami Awareness Day!	<b>6</b> National Jersey Friday! National Nachos Day! Saxophone Day!
<b>9</b> National Scrapple Day!  National Louisiana Day!	<b>10</b> Marine Corps Birthday! National Forget-Me-Not Day! National Vanilla Cupcake Day!	<b>11</b> <u>Veterans Day!</u> <b>CLOSED</b>  National Sundae Day! Enjoy!	<b>12</b> National French Dip Day! National Pizza w/ the works except Anchovies Day! National Chicken Soup Day!	<b>13</b> World Kindness Day! National Indian Pudding Day!
<b>16</b> National Fast Food Day! National Button Day! National Indiana Day!	<b>17</b> National Take a Hike Day! National Baklava Day! National Homemade Bread Day!	<b>18</b> Mickey Mouse Birthday! National Educational Support Professionals Day!	<b>19</b> Great American Smoke out! National Rural Health Day! National Play Monopoly Day!	<b>20</b> National Peanut Butter Fudge Day! Universal Children's Day!
<b>23</b> National Cashew Day! National Eat A Cranberry Day! National Espresso Day!	<b>24</b> National Sardines Day!	<b>25</b> National Jukebox Day! National Play Day with Dad! National Parfait Day!	<b>26</b> <u>Thanksgiving Day!</u> <b>CLOSED</b> National Cake Day! National mourning Day!	<b>27</b> Black Friday! National Bavarian Cream Pie Day! National Day of Listening!
<b>30</b> Cyber Monday! National Personal Space Day! National Mason Jar Day!				