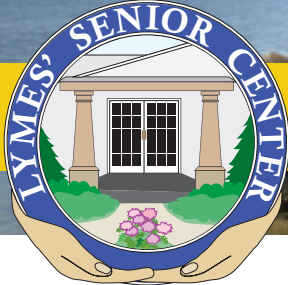


Lymes' Senior Center

June 2020



26 Town Woods Road • Old Lyme, CT 06371
860-434-4127 www.seniorcenterct.org

Coronavirus
Scams to
Avoid /
Gratitude is
about Attitude
Page 2

Tips for
Managing
Mental Health
Page 3

Word Search
Page 4

Word
Scramble
Page 5

Virtual
Programs
Pages 6-7



**Don't put off getting the care you
need in the safety of your home**

WE'RE HERE FOR YOU

Our staff is trained in infection control and fully prepared to navigate these challenging circumstances. Rest assured, we will continue to provide care you can count on.



Visiting Nurses
of the Lower Valley

860-767-0186 | www.visitingnurses.org

6 Coronavirus Scams to Avoid

1. Beware fraudulent products claiming a cure

From special teas to essential oils to silver lozenges, numerous companies have been touting that their products have the ability to prevent or treat coronavirus. There currently are no approved vaccines, drugs, or investigational products available to prevent or cure the virus. Report suspected scams to the National Center for Disaster Fraud hotline at 866-720-5721.

2. Don't give money to charities you don't know

Whenever a crisis occurs, scammers will try to draw on individual goodwill to seek "donations" for a worthy cause. It's very easy for anyone to set up an account on crowdsourcing platforms to request support from the public.

3. Hang up on impostor callers

Phony callers pretending to represent a government agency were one of the top-reported scams in 2019. Last year alone, more than 166,000 people complained to the FTC about fake Social Security calls, wherein victims lost a median \$1,500 each. Get a call like this? Hang up! Note that government agencies rarely contact persons by phone unless you have ongoing business with them and they never make threats about arrest or legal action. Report suspicious calls to the SSA Office of the Inspector General by calling 1-800-269-0271, and report instances of IRS-related fraud to the Treasury Inspector General for Tax Administration at 1-800-366-4484.

4. Be wary of new investment opportunities

A biotech company you've never heard of is working hard on developing a vaccine for the coronavirus. If you buy company stock now, you're sure to get a windfall when the markets go up, right? If this sounds too good to be true, it probably is.

5. Fraudsters have been contacting consumers to ask for their personal information, telling them it is needed before individuals can begin to receive the stimulus checks that many consumers will receive as a result of recent legislation. The FTC notes that the government will not call and ask for information, nor require you to submit any upfront payment to receive these checks, which will be mailed in the coming weeks.

6. Social Security reports that some people who receive benefits are getting fraudulent letters claiming their benefits will be suspended due to COVID-19 related office closures. Social Security is not suspending any benefits and never requests people to pay a fee to receive their benefits *Excerpt from the EH Bridges*

Gratitude Is About Attitude

Taking time to smell the flowers may seem cliché, but being grateful while rushing through the daily grind or disappointments in life may be a good way to begin the day. It isn't easy to be grateful all the time, especially when navigating through life's challenges, but learning to be grateful for even the smallest things in our lives — and living in the moment and noticing all the reasons to be thankful — can do wonders for mental health and make it more bearable to get through the tough times.

Gratitude Benefits: · Greater happiness · Improved health · Strengthened relationships · Increased spiritualism · More contentment · Better sleep · Increased energy

- List three things you are grateful for each day. This quickly puts life into perspective.
- Send thank you cards to old friends, family, acquaintances, or caregivers, thanking them for their care and friendship.
- Keep a gratitude journal to help focus on the wonderful aspect of the day and to provide a reference for those times when life is hard.
- Say thank you when you wake up. A new day is never promised, so being grateful every morning starts the day off on the right foot.
- Find the light in the dark. Think of the good during the bad times to help refocus your attitude.
- Take a few minutes each day to focus on gratitude- pray, meditate or just thinking about who or what makes you grateful. Do it at the same time every day.
- Share your life by volunteering and giving your time and talent to benefit others. No matter our age, we all have talents we can share!

The Power of Practicing Gratitude at any age, life is challenging, so everyone can benefit from having a grateful heart. Pain, loneliness, feelings of abandonment, and struggling with usefulness can be debilitating for seniors. But being grateful every day for small things can make the pain easier to handle. Learning to appreciate all we have at any given time can help boost our mood and turn a bad day around. ©LPi

7 Tips for Managing Your Mental Health During the COVID-19 Pandemic

During this time of physical distancing and uncertainty, many older adults and caregivers are feeling isolated, lonely, agitated, and withdrawn. It's critically important for you to stay in touch with your counselor, therapist, or psychiatrist if you have an existing mental health condition or substance use disorder. **Telemedicine**—video or phone chat—is the safest way right now to have an appointment. The good news is that under Medicare, healthcare providers can reduce or waive cost-sharing for telemedicine visits. (Check with your provider about specifics.) Relieving stress and anxiety is also critically important now. Here are seven tips that all of us can use as we navigate these uncertain times:

- Stay informed and take practical steps to protect yourself and loved ones. Get the facts from trusted sources such as the CDC, the World Health Organization, your local health department, and NCOA (National Council on Aging). Do not stay glued to the news as this will only worsen the distress you may be feeling right now.
- Engage in healthy activities: Get 7-9 hours of sleep each night; eat a healthy, well-balanced diet; do not smoke; drink no more than 1 alcoholic drink per day or none at all, per your doctor's instructions; and, finally, exercise your body and mind. Meditation, walking, gardening, and doing **exercise routines in your home** are all beneficial to your mental health.
- Make sure you have at least a one-month supply of the prescription and over-the-counter medications you need to manage your mental health and other on-going conditions. Take all your medications as directed by your health care providers. Go to **BenefitsCheckUp.org** if you need assistance paying for your prescription medications.
- Stick to regular routines as much as possible. You may need to create a new routine to account for working at home, exercising indoors, caring for grandchildren, cleaning, and other daily activities. Integrate old and new enjoyable hobbies into your daily routine.
- Stay connected with your family, friends, and other support networks (faith, hobbies, etc.). Having someone to talk to about your needs and feelings is vital for mental health. Make a commitment to contact at least one person per day for continued social connection through telephone, or e-mail, video conference, and social media, if you have Internet access. Consider asking one person to be your support buddy and have daily check-ins. If you are a member of a peer support group, stay connected through the telephone or a video platform such as Zoom. Many groups, such as Alcoholics Anonymous, are moving meetings to **digital platforms**.
- Try as much as possible to be positive and relish the simple things in life. So many people across the country are helping their neighbors and communities **during this crisis**. After this pandemic is over, it is hopeful that we will be stronger, kinder, and more connected with each other.
- Help others, through peer support, neighbor checking, and childcare for medical personnel restricted in hospitals fighting against COVID-19 when safe to do so. Helping others gives us a sense of purpose and feelings of control during these uncertain times. Excerpt from EWSCH

Mental Health Resources

National Alliance for Mental Illness (NAMI)

Contact your **NAMI Affiliate** to find out what types of programs and supports they offer.

National Suicide Prevention Lifeline: 1-800-273-8255 Free and confidential support and resources, 24/7.

Disaster Distress Helpline: 1-800-985-5990 or text TalkWithUs to 66746 A toll-free, 24/7, multilingual, and confidential crisis support service, available to all U.S. and U.S. territory residents. Run by the Substance Abuse and Mental Health Services Administration (SAMHSA).

LYMES' SENIOR CENTER

Membership is open to seniors 55 Years Young & Better

26 TOWN WOODS ROAD - OLD LYME

We are on Facebook listed as Lymes Senior Center

Follow and like us to keep up to date on upcoming events!

Call (860) 434-4127 to register or for more information on becoming a member

Visit southeastern CT senior center website FOR UPCOMING EVENTS

<http://seniorcenterct.org>

Birds of New England

fly catcher

T O G S N I R E H S I F G N I K D
 W S R S Q S O O K C U C D Q F Y R
 U H E E E M R G E X R T Y Y F J I
 C R S L K A A E B E O H P P H P B
 O W E U G C G L C Y V T G R G S T
 M Q E L R A E U L B N R I M W Q A
 M R D P B H E P L A T E R G E J C
 O E R J L R T K D L R T I F J S Y
 N P I O A W A D A O R D U R U P A
 L I B S N K C W O B O Q F H S A R
 O P G N I Y N Y T O Y W V T T R G
 O D N O D M H Q L M W Z X A F R R
 N N I W R B C H I C K A D E E O Z
 E A K Y A T P P P E B F U M O W A
 Q S C O C T T G V I M R A A Y K L
 F A O W S M P O W T Y T J U B M E
 K Y M L J B D R O B I N T Y O D I

Sea Gull Eagle Mallard Cardinal
 Chickadee Common Loon Cuckoo Dove
 Egret Gray Catbird Kingfisher
 Mockingbird Phoebe Robin Sandpiper
 Snowy Owl Sparrow Warbler
 Wood Thrush Woodpecker

Advertise Here
Contact
860-767-9087

The Hideaway
Restaurant & Pub
"Good Food, Good Times, Good Company"

Your Hosts,
The Caramantes

(860) 434-1455
 (860) 434-1854
 (860) 434-3335

In the Courtyard
 Old Lyme Shopping Center
 (860) 434-5186 fax

Old Lyme, CT 06371 (Exit 70 off I-95)

How Does Your Garden Grow?

1. USLNAAAN _____

2. IDRT _____

3. RUNEHGSEEO _____

4. RLWSOEF _____

5. ENDRARGE _____

6. NEILBAIN _____

7. HSEVOL _____

8. NSSEIUNH _____

9. WAETR _____

10. GELVOS _____

11. EWDGNIE _____

12. REWLSFO _____

13. TNNLGAIP _____

14. CMOPSTO _____

15. INLLOITOPNA _____

16. ITFLZRRIEE _____

17. OAGNRCI _____

Want to Splurge?

Below is a recipe for an Easy Chocolate Mug Cake Recipe featured in the NY Times.

Ingredients used are common ingredients you can probably find in your pantry. Yield - 1 Serving

Ingredients

1 tablespoon unsalted butter

1 egg

A few drops vanilla extract

3 to 4 tablespoons granulated sugar, to taste

3 tablespoons unsweetened cocoa powder

A pinch of kosher salt

1 teaspoon mini chocolate chips (optional)

Confectioners' sugar or vanilla ice cream (optional)

Preparation

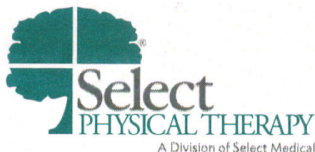
1. Microwave the butter in a microwave-safe mug in 10-second increments until melted, 20 to 30 seconds. Crack the egg into a small bowl; add the vanilla and whisk to combine using a small whisk or fork. Pour the egg mixture into the mug over the butter and whisk to combine.
2. Add the sugar, cocoa powder and salt and whisk until mostly smooth (a few lumps are O.K.). Scrape down the sides the best you can with a spoon or a small silicone spatula. Sprinkle with mini chocolate chips, if desired.
3. Cook in the microwave on high for 1 to 1 1/2 minutes, or until a toothpick inserted in the center comes out mostly clean. Sift a little confectioners' sugar on top or serve with a scoop of vanilla ice cream, if desired. Dig in with a spoon.

Nutritional analysis per serving (1 serving)

371 calories; 18 grams fat; 10 grams saturated fat; 0 grams trans-fat; 5 grams monounsaturated fat; 1 gram polyunsaturated fat; 54 grams carbohydrates; 6 grams dietary fiber; 44 grams sugars; 9 grams protein; 184 milligrams sodium;

Note: The information shown is Edamam's estimate based on available ingredients and preparation. It should not be considered a substitute for a professional nutritionist's advice.

The Power of Physical Therapy™



86 Halls Road, Unit C
Old Lyme, CT 06371
ph: 860.434.9155
fax: 860.434.3889

Ashley Gualandri, PT, DPT
Bryan Schmidt, PT, DPT
Christopher Dentch, PTA, BS

TREATMENT OF ALL ORTHOPEDIC DYSFUNCTION AND DISORDERS



BOUVIER
INSURANCE

CHAMPION
Now Available from Our Agency

AARP

Auto Insurance
Program from
THE HARTFORD

Contact Betsy Avery, Personal Home & Auto

Local: 860-434-1611 • Toll Free: 800-835-3077

Virtual Senior Center Programs

A Free Zoom **Poetry Class** will run for June 9th – July 7th on Tuesdays at 10am. Those interested are asked to commit to all 5 weeks, if possible, as it will not be a drop in class. Instructor, Dr. Roger Singer, presently Old Lyme's Poet Laureate and the president of the Shoreline Poetry Chapter, in association with the Connecticut Poetry Society has been published in numerous magazines, books and on the internet, and was a Pushcart Prize nominee in 2017. Singer says "My goal is to inspire you. Exposing you to a new arena of writing. New avenues of expression, developing your style, allowing it to change while discovering your creative voice. He continues, "I believe everyone has a message within, filled with numerous threads of material from their past, shaping who they are in the present." In describing the class he says "I have compiled various instructional methods to guide students onto a path to express themselves. To register and get the Zoom code for this class please contact the Senior Center at (860)434-4127 ext. 1.

In collaboration with the East Hartford and Wethersfield Senior Centers we will be offering a free Self-Care Series via Zoom. This series will contain three sessions. Feel free to attend one or all three of them. The first session is **Creative Expressions through Journaling** which will be held on June 17th at 10:30am, the second session on **The Benefits of Meditation** which will be held on July 15th at 10:30am, and the third session is on **Dance and Playful Movement** which will be held on August 19th at 10:30am. To register and get the Zoom code for this class please contact the Senior Center at (860)434-4127 ext. 1. Limited seats available so register soon!

In collaboration with senior centers state wide here are the dates and times of some programs that might interest you. Please email me at seniorcenter@oldlyme-ct.gov (at least 2 days before program) including your name, and the name, date and time of the desired program you wish to attend and an invite will be sent to your email.

Stress- How to Break the Cycle

Senior Financial Abuse with Attorney Andrew Veale Maintaining Lung Health during the Pandemic

Presented by Gaylord Hospital

Smart Market, Smart Retirement

Presented by USA Financial

Medicaid Asset Protection

Presented by USA Financial

Wednesday, June 10th, 1:00pm

Thursday, June 11th, 1:00pm

Tuesday, June 16th, 11:00am

Wed., June 17th, 1:00pm & 6:30PM

Thursday, June 18th, 1:00pm

BOOKS AND PUZZLE DELIVERIES

On Monday, June 15th, we will be dropping off books on the front steps of those needing a book. You can call us by Friday, June 12th and let us know that you would like a book and what genre you prefer (ie. biography, romance, mystery etc.); you may even share authors you like and we will try to match your preferences as best as we can. We just ask that you do not open your front door until after we have left, therefore guaranteeing contactless delivery.

On Wednesday, May 17th, we will be dropping off puzzles on the front step of those needing a puzzle. All of our puzzles are 1,000 pieces or less. We will have you call us by Monday, May 15th and let us know you would like a puzzle delivered. Again, we just ask that you do not open your front door until after we have left, therefore guaranteeing contactless delivery.

WHAT ARE TED TALKS? TED Talks are influential videos from expert speakers on education, business, science, tech and creativity, with subtitles in 100+ languages. Ideas free to stream and download.

RECOMMENDED TED TALKS IN OUR TIME OF SELF ISOLATION (Videos 10 Minutes & Less)

1. **Nature. Beauty. Gratitude.** https://www.ted.com/talks/louie_schwartzberg_nature_beauty_gratitude?language=en
2. **What makes a good life? Lessons from the longest study on happiness** https://www.ted.com/talks/robert_waldinger_what_makes_a_good_life_lessons_from_the_longest_study_on_happiness?language=en
3. **All it takes is 10 mindful minutes** https://www.ted.com/talks/andy_puddicombe_all_it_takes_is_10_mindful_minutes?language=en
4. **Try something new for 30 days** https://www.ted.com/talks/matt_cutts_try_something_new_for_30_days?language=en
5. **A simple trick to improve positive thinking** https://www.ted.com/talks/alison_ledgerwood_a_simple_trick_to_improve_positive_thinking?language=en



Medicare Bootcamp

Understand your Medicare Benefits – WEBINAR

Choose a date & time
that works for you!

- June 5 | 10:00 – 11:30 a.m.
- June 11 | 1:00 – 2:30 p.m.
- June 16 | 5:00 – 6:30 p.m.

Please visit our website to
register:

www.seniorresourcec.org

This **FREE** presentation is provided by a Certified CHOICES
Counselor from Senior Resources Agency on Aging.

No insurance will be sold.

Session includes:

- Medicare Parts A, B, C and D
- Supplemental Plans
- Enrollment
- Various Medicare Options
- Making Medicare Affordable – Medicare Financial Assistance Programs

Registration is required:

Visit www.seniorresourcec.org

Once registered, you'll receive an email with information on
joining the webinar.



19 Ohio Avenue, Suite 2 • Norwich, CT 06250 • www.SeniorResourcec.org
Phone 860.897.3361 • 800.490.6919 • Fax 860.896.4736

This project was supported, in part by grant #90SAP0056, from the US Administration for Community Living, Dept. of Health & Human Services, Washington DC, 20201

FEELING CREATIVE? TRY A FREE ONLINE ART LESSON

Painting a Rose on YOUTUBE <https://youtu.be/vK3672AhgQc>

Open Resources

PressReader - free e-newspapers and e-magazines <https://www.pressreader.com/catalog>

RBdigital - ebooks and audiobooks; to register use the code ctstatelib20 <https://iconnct.rbdigital.com/>

Project Gutenberg - **free** ebooks of out-of-copyright works <https://www.gutenberg.org/>

National Emergency Library - old movies and TV shows, plus books and research materials <https://archive.org/details/nationalemergencylibrary>

AudiobookCloud - audiobooks, all ages <https://www.audiobookcloud.com/ViewByCover.aspx?categoryID=35&subcategoryID=19>

RomanceBookCloud - **adult romance books** <https://www.romancebookcloud.com/Home.aspx>

edX - **online classes** <https://www.edx.org/>

DigitalLearn <https://www.digitallearn.org/> and LearnFree.org (GCF) <https://edu.gcfglobal.org/en/subjects/tech-technology-learning>

Darebee - **300 no-equipment workouts** <https://darebee.com/no-equipment-workouts.html>

Virtual Museum & Zoo Tours

Where & When to Stream Live Concerts- <https://www.npr.org/2020/03/17/816504058/a-list-of-live-virtual-concerts-to-watch-during-the-coronavirus-shutdown>

Mark Twain House **Virtual Tour** <https://marktwainhouse.org/about/the-house/virtual-tour/>

Smithsonian Museum of Natural History <https://naturalhistory.si.edu/visit/virtual-tour>

Cincinnati Zoo **Home Safari** <https://cincinnati-zoo.org/home-safari-resources/>

San Diego Zoo **Live Cameras** <https://zoo.sandiegozoo.org/live-cams>

Monterey Bay Aquarium **Live Streams** <https://www.montereybayaquarium.org/animals/live-cams>

Aquarium of the Pacific **Online Academy** <http://www.aquariumofpacific.org/news/aquariumacademy/>
Seattle Symphony <https://seattlesymphony.org/live>

Yellowstone National Park **Virtual Tours** <https://www.nps.gov/yell/learn/photosmultimedia/virtualtours.htm>

Vizcaya Museum and Gardens, Miami **Virtual Tour** <https://vizcaya.org/virtualtour/index.html>



Lymes' Senior Center

26 Town Woods Road • Old Lyme, CT 06371

PRSR STD
U.S. Postage
PAID
Permit No. 155
Deep River, CT

Proudly serving seniors 55 & better

huh?

What are you waiting for?
Get your hearing checked!
Monthly hearing clinics here at the Senior Center.

AUDIOLOGY™
Concierge

EMPOWERING LIVES THROUGH BETTER HEARING

We make house calls! (203) 668-0619
www.audiologyconcierge.com