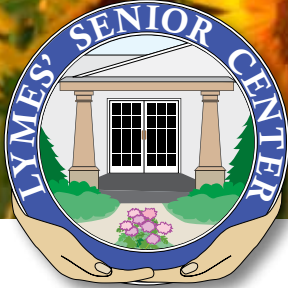


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FAMOUS BIRTHDAYS TO CELEBRATE IN AUGUST

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

BARACK OBAMA ALFRED HITCHCOCK

ANNIE OAKLEY DAVY CROCKETT DUSTIN HOFFMAN

JULIA CHILD LONI ANDERSON LOUIS ARMSTRONG

LUCILLE BALL MARTIN SHEEN NEIL ARMSTRONG

ROBERT DENIRO SAM ELLIOTT TOM BRADY

TONY BENNETT

Dear Members,

As we hit the dog days of summer, I hope you are finding ways to keep cool and stay busy during these unprecedented times. Please remember we will be delivering books and puzzles again this month. If you find yourself looking for more to do this summer....let us help! Call us and request a book or puzzle drop off. Let us know your name, address, phone number, and authors or genres you enjoy reading and/ or the size of puzzles you like to do. Please take a good look at the combined virtual program calendar on the next couple of pages. There are over _____ virtual programs that are listed for you to take part in. They are free of charge unless noted differently.

WE MISS YOU ALL!!! We are inviting members to come have fun with us by decorating your cars or dressing up in funny outfits or costumes on Friday, August 21st from 9:30am-11:30am for a **PICK-UP FIESTA PARADE!** You can even bring noise makers, bells or whatever you have. Everyone will remain in their cars and will be required to have masks on. We will have you drive on a path around the building stopping at each staff person to pick up goodies, boredom busters, and other fun and useful items. We will load the items in your passenger side back seat, or your trunk and we can't wait to say "hello"! Please call to RSVP that you are coming so we have enough goodies for everyone. RAIN DATE will be Monday August 24th from 9:30-11:30am.

Starting in September we will be welcoming back Jared Day, PhD here to resume our **American History and Current Events Lectures**. The American History lectures will be held virtually at 2pm the first Friday of each month. Likewise, the Current Events lectures will be held virtually at 2:00pm the third Friday of each month. Please call to register for either or both sessions and get the sign-in code for them. September's & October's lecture topics along with a description are listed below. November & December topics will be announced in an upcoming newsletter.

Andrew Jackson - Hero of Democracy? Part 1- September 4th at 2pm, Part 2- October 2nd at 2pm

This set of lectures will examine one of the most transformative and controversial presidents in US history, Andrew Jackson, a politician and leader who became a political and social icon for a generation of Americans in the first half of the nineteenth century. We will explore Jackson's early life and military career along with the political rise of the "near west" as a distinct region and a force in American society. With seminal crises involving the Second National Bank, Nullification, the Cherokees' "Trail of Tears," and many other events, Jackson's presidential tenure represented a clear demarcation away from the patrician politics of the era of the founding fathers and towards a democracy that was, by turns, more inclusive, more populist, and more volatile.

Educational Policy - September 18th at 2pm

This lecture examines the current landscape of education policy and reform in America with special emphasis on the issues getting the most attention from reformers such as the role of charter schools, school vouchers, property-tax-based funding. We will also be looking at how the US compares to other countries and what is working elsewhere in the developed world.

India: An Asian Superpower? - October 16th at 2pm

This lecture will examine the exceptional economic development of the world's largest democracy, India. It will explore the key strengths and weaknesses of its economic development strategies as well as the historical, cultural and geographical limitations the country has had to endure.

Holocaust survivor, Andy Sarkany, will be sharing his story on a virtual platform on **Tuesday, September 22nd** at 7:00pm. Born in Budapest, Hungary on October 31, 1936. Mr. Sarkany lived inside the Budapest ghetto which is where he remained during the Holocaust. Over the past 10 years Mr. Sarkany has been speaking to audiences about his personal experiences during the holocaust, living under the brutality of the Soviet Union regime in Hungary, and finding a home in the United States. This program is free and Sponsored by The Friends of the Lyme Public Library. PTo register and get the zoom code please email the senior center at seniorcenter@oldlyme-ct.gov.

We are hoping to offer the **Aging Mastery Program** again this October using a virtual platform. We invite anyone who is interested and anyone who was in the program this spring to join us as we launch a new session. Although the program won't start until this fall, we must have everyone registered by the end of July due to program funding. If you are interested in learning how to develop behaviors across many dimensions that lead to improved health, stronger financial security and overall increased wellbeing this is the program for you. Please call us at 860-434-4127 option 2 or email cparsons@oldlyme-ct.gov by July 28, 2020, to register or for additional information. The program is free to all members.

AUGUST 2020

Monday	Tuesday	Wednesday	Thursday	Friday
<p>11:00 Yoga to register email asaada@cromwellct.com</p> <p style="text-align: right;">3</p>	<p>9:00 Tai Chi to register email asaada@cromwellct.com</p> <p>11:00 Game-Likewise, call the Vernon Senior Center at 860-870-3680 for registration info</p> <p>11:15 Ageless Grace- Cutting Edge Programs that activate all 5 parts of the Brain to register email lisa.hanse@westhartfordct.gov</p> <p>1:00 The Soul of America- based on the book by John Meecham to register email lisa.hanse@westhartfordct.gov</p> <p style="text-align: right;">4</p>	<p>10:00 Storm Preparedness to register Sign up with Hartford HealthCare Center for Healthy Aging 1.877.424.4641</p> <p>11:00 Line Dancing with Jim Gregory to register email lisa.hanse@westhartfordct.gov</p> <p>11:00 Yoga to register email asaada@cromwellct.com</p> <p>11:00 Drop in Poetry Class with Dr Richard Singer. To register email seniorcenter@oldlyme-ct.gov</p> <p>1:30 Biography of Bob Steele, the Radio Voice of Southern New England to register email Deborah.kennedy@westhartfordct.gov</p> <p>2:00-3:00 Virtual Ballet email jtessman@townofcantontct.org</p> <p>3:00-4:00 Virtual Tapperize email jtessman@townofcantontct.org</p> <p style="text-align: right;">5</p>	<p>9:00 Tai Chi to register email asaada@cromwellct.com</p> <p>11:00 Mozart at the Movies, 8 week program, to register email floodmh@mansfieldct.org</p> <p>1:30 Compelling Vision Workshop, to register email mmarici@candlewoodvalley.com</p> <p>1:00 Passport in Place (Virtually Travel around the World) to register email asaada@cromwellct.com</p> <p>1:00 Verified Driver Program via Zoom to register email lgravel@cheshirect.org</p> <p>2:00 Great Painters: Game Changers, Evolutionists and Rebels email Deborah.kennedy@westhartfordct.gov</p> <p style="text-align: right;">6</p>	<p>11:00 Yoga to register email asaada@cromwellct.com</p> <p>1:00 Online Bingo, to register email floodmh@mansfieldct.org</p> <p style="text-align: right;">7</p>
<p>10:30 Senior Bullying Program via Zoom to register email lgravel@cheshirect.org</p> <p>11:00 Yoga to register email asaada@cromwellct.com</p> <p>1:00 AARP-What I need to know about Electric Suppliers, register at aarp.event.com/ElectricAugust10Wethersfield</p> <p style="text-align: right;">10</p>	<p>9:00 Tai Chi to register email asaada@cromwellct.com</p> <p>11:00 Food for Thought-Live Facebook Demonstration, visit Facebook Vernon Senior Center</p> <p>11:00 Game - Boggle call the Vernon Senior Center at 860-870-3680 for registration info</p> <p>11:15 Ageless Grace- Cutting Edge Programs that activate all 5 parts of the Brain to register email lisa.hanse@westhartfordct.gov</p> <p style="text-align: right;">11</p>	<p>9:00 Veteran's Coffee Hour open to Veteran's, their spouses and family members to register email Deborah.kennedy@westhartfordct.gov</p> <p>11:00 Line Dancing with Jim Gregory to register email lisa.hanse@westhartfordct.gov</p> <p>11:00 Yoga to register email asaada@cromwellct.com</p> <p>11:00 Drop in Poetry Class with Dr Richard Singer. To register email seniorcenter@oldlyme-ct.gov</p> <p>1:00 Senior Voting and More to register email Deborah.kennedy@westhartfordct.gov</p> <p>2:00-3:00 Virtual Ballet email jtessman@townofcantontct.org</p> <p>3:00-4:00 Virtual Tapperize email jtessman@townofcantontct.org</p> <p style="text-align: right;">12</p>	<p>9:00 Tai Chi to register email asaada@cromwellct.com</p> <p>11:00 Mozart at the Movies, 8 week program, to register email floodmh@mansfieldct.org</p> <p style="text-align: right;">13</p>	<p>11:00 Yoga to register email asaada@cromwellct.com</p> <p>1:00 Online Bingo, to register email floodmh@mansfieldct.org</p> <p style="text-align: right;">14</p>
<p>10:30 Dementia Friends Program via Zoom to register email lgravel@cheshirect.org</p> <p>11:00 Yoga to register email asaada@cromwellct.com</p> <p style="text-align: right;">17</p>	<p>9:00 Tai Chi to register email asaada@cromwellct.com</p> <p>11:00 Game-Trivia, call the Vernon Senior Center at 860-870-3680 for registration info</p> <p>11:15 Ageless Grace- Cutting Edge Programs that activate all 5 parts of the Brain to register email lisa.hanse@westhartfordct.gov</p> <p>1:00 Can Memory Loss be Prevented call 860-747-5728 to register</p> <p>2:00 Frogs-Fact vs Fiction with Denison Pequotsepos Nature Center to register programreg@lymepl.org</p> <p style="text-align: right;">18</p>	<p>11:00 Yoga to register email asaada@cromwellct.com</p> <p>11:00 Drop in Poetry Class with Dr Richard Singer. To register email seniorcenter@oldlyme-ct.gov</p> <p>11:00 Line Dancing with Jim Gregory to register email lisa.hanse@westhartfordct.gov</p> <p>1:00 Musical Bingo to register email senior@granby-ct.gov</p> <p>1:30 The Benefits of Cardiac Rehab to register email mmarici@candlewoodvalley.com</p> <p style="text-align: right;">19</p>	<p>9:00 Tai Chi to register email asaada@cromwellct.com</p> <p>11:00 Mozart at the Movies, 8 week program, to register email floodmh@mansfieldct.org</p> <p style="text-align: right;">20</p>	<p>11:00 Yoga to register email asaada@cromwellct.com</p> <p>1:00 Online Bingo, to register email floodmh@mansfieldct.org</p> <p style="text-align: right;">21</p>
<p>11:00 Yoga to register email asaada@cromwellct.com</p> <p>1:00 AARP-Caregivers Road Show for CT Families, register at aarp.event.com/caregiversAug24Wethersfield</p> <p style="text-align: right;">24</p>	<p>9:00 Tai Chi to register email asaada@cromwellct.com</p> <p>11:00 Food for Thought-Live Facebook Demonstration, visit Facebook Vernon Senior Center</p> <p>11:00 Game -Family Feud call the Vernon Senior Center at 860-870-3680 for registration info</p> <p>11:15 Ageless Grace- Cutting Edge Programs that activate all 5 parts of the Brain to register email lisa.hanse@westhartfordct.gov</p> <p style="text-align: right;">25</p>	<p>11:00 Yoga to register email asaada@cromwellct.com</p> <p>11:00 Drop in Poetry Class with Dr Richard Singer. To register email seniorcenter@oldlyme-ct.gov</p> <p>11:00 Line Dancing with Jim Gregory to register email lisa.hanse@westhartfordct.gov</p> <p style="text-align: right;">26</p>	<p>9:00 Tai Chi to register email asaada@cromwellct.com</p> <p>11:00 Mozart at the Movies, 8 week program, to register email floodmh@mansfieldct.org</p> <p>10:30 Financial Fitness during COVID via Zoom to register email lgravel@cheshirect.org</p> <p style="text-align: right;">27</p>	<p>11:00 Yoga to register email asaada@cromwellct.com</p> <p>1:00 Online Bingo, to register email floodmh@mansfieldct.org</p> <p style="text-align: right;">28</p>
<p>11:00 Yoga to register email asaada@cromwellct.com</p> <p style="text-align: right;">31</p>		<p>On Saturday August 22nd at 10:30am Laughter Yoga to register email kcaramanica@easthartfordct.gov</p>	<p>ALL PROGRAM CONTACTS SHOULD BE CONTACTED AT LEAST 24 HOURS BEFORE PROGRAM IS SCHEDULED TO BEGIN</p>	

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10 Proven Ways to Keep the Mind Sharp as You Age

By Merritt Whitley April 10, 2020
www.aplaceformom.com

Just as exercise improves your physical health, brain workouts make your brain stronger, boosting your memory and thinking skills. Even better, it's never too late to begin exercising your most important muscle. Read on for 10 easy ways to stimulate your brain.

1. Exercise for a healthier mind

Your mind and body are interconnected so, often, what benefits the body benefits the brain. Regular exercise, even taking a simple walk, goes a long way toward improving your memory and cognitive skills, according to Dr. Scott McGinnis, an instructor in neurology at Harvard Medical School.

In fact, the foot's impact during a walk sends pressure waves through the arteries, increasing blood flow and resulting in a healthier mind, according to researchers at New Mexico Highlands University. Try adding some of these physical activities to your daily or weekly routine to boost blood flow to your brain:

- Hiking on nearby nature trails
- Tennis or pickle ball
- Walking your dog
- Yoga or tai chi
- Water aerobics
- Functional fitness
- Weightlifting

2. Read for intellectual stimulation

In a study in the journal *Neurology*, regular reading and writing in late life reduced the rate of memory decline by 32%. Here are ideas to get reading more often:

- Join or start a book club through your church, temple, or local library or book store.
- Read to your grandchildren in person or via FaceTime or Skype.
- Subscribe to a magazine or newspaper.
- Set aside a time of day for reading.
- Read only what you like — it's OK to give up and choose something else.

3. Eat healthy to stimulate your brain

You may know that nuts, fish, and red wine have been

linked to a healthy brain. For an extra brain boost, try including these foods in your diet, suggests Healthline:

- **Salmon** is filled with Omega-3 fatty acids, major building blocks of the brain.
- **Green tea** improves alertness and focus. It's rich in polyphenols and antioxidants and has been linked with a reduction in the risk of Alzheimer's disease and Parkinson's.
- **Eggs** have many nutrients tied to brain health such as B6, B12, folate, and choline. Choline helps create a neurotransmitter called acetylcholine, which helps regulate mood and memory.
- **Blueberries** have antioxidants, which have been shown to improve communication between brain cells, delay short-term memory loss, and reduce inflammation.

4. Strive for good posture

If your mother or teachers told you to sit up, they were right to — maintaining an upright posture improves circulation and blood flow to the brain. Here are three ways to improve yours:

- **Sleep with your spine aligned:** Sleeping on your back or side is generally less stressful on your spine, according to Cleveland Clinic. In back sleeping, gravity keeps your body centered over your spine. If you sleep on your side, keep your head in neutral posture with your chin straight ahead.
- **Improve your balance:** Staying balanced reduces the risk of falls and benefits the spine. Try online or in-person yoga for beginner's classes to improve balance.
- **Maintain a healthy weight:** Carrying extra weight adds stress to your muscles and makes it more difficult to maintain proper posture.

5. Get plenty of sleep to improve memory

Sleep problems can lead to trouble with memory, concentration, and other cognitive functions, says the National Institute on Aging. Memories and newly learned skills move to more permanent regions of the brain while you sleep, according to the National Sleep Foundation (NSF). This makes them easier to recall.

Adults 65 and older should aim for seven to eight hours of sleep, says the NSF. If you're between the ages of 26 and 64, the goal is to get seven to nine hours of sleep.

Do you want to ensure you're getting the best sleep possible? Here are some tips to help:

- **Stay consistent:** Pick a bedtime and stick with it — a routine will help you sleep better overall. This also includes setting a regular time to wake up on weekends.
- **Avoid heavy food:** Large serving sizes can irritate your stomach causing you to lose sleep. Instead, when you're hungry at night, have small snacks like nuts or slices of fruit.
- **Limit stimulants:** Try to avoid coffee, cola, cigarettes, and chocolate for up to four to six hours before bed.
- **Limit alcohol:** Alcohol disrupts REM and slow-wave sleep, which are important for memory. It's best to avoid alcohol four to six hours before bed.

6. Play games or draw

Paint, color in an adult coloring book, or grab a pen and paper and draw. Whether it's a masterpiece, or a mere doodle, making something artistic is a creative workout and an intellectual activity for the brain. Games are another excellent and simple way to sharpen and stimulate your mind. Here are a few fun games for your brain:

- Sudoku
- Chess
- Scrabble
- Trivia

7. Listen to music or play an instrument

Many people find listening to or playing music enjoyable, but that's not the only benefit — it also improves memory function in older adults, according to a 2019 study in *Frontiers in Psychology*. Finding your favorite tunes, or learning to read or play music is easier than ever thanks to versatile platforms and technology:

- **YouTube:** A classic way to search for your favorite songs, music videos, or instrument tutorials. You can listen to your favorite songs while learning to play them.
- **Spotify:** A popular platform that includes new and older songs from all around the world. Create playlists easily and listen to your favorite songs anytime you want.
- **Pandora:** Stream music for free and check out new artist or song recommendations. You can easily discover new music based on artists you already like and build your catalog.
- **Take Lessons:** Schedule a lesson online or in-person with an instructor at a price that works for

you. Group lessons are available too, so you can learn with loved ones.

8. Learn a foreign language to boost cognitive functioning

Even if international travel isn't in your plans, learning a new language can be beneficial. It improves cognitive functioning in older adults, according to a review of several studies in *Frontiers in Human Neuroscience*.

9. Find a new hobby to strengthen your brain

Learning a craft or skill can stimulate your mind, relieve boredom, and liven up your daily routine. Many colleges and senior centers offer engaging, low-cost lectures and classes for older adults. Whether you're learning a new recipe, beefing up your computer skills, ongoing education is a surefire way to stay sharp. What interests you?

- Carpentry
- Sewing
- Gardening
- Cooking
- Knitting
- Photography
- Fishing
- Golfing
- Swimming

10. Write frequently

Writing improves working memory and communication abilities. In the end, it doesn't matter what you decide to write because simply expressing yourself will boost your brain activity. These 9 easy writing exercises can jumpstart your creative energy. Have fun, and enjoy a brain workout by writing one of the following:

- Poetry
- Creative stories
- Song lyrics
- Handwritten letters
- Emails
- Blog posts
- Cards

Although there are no clinically proven ways to reverse the course of brain diseases like Alzheimer's, these tips may help combat normal, age-related mental decline. By continuing to find unique ways to stimulate your brain, you increase the odds your brain will thrive for years to come.



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