



CORRIDORS

NOVEMBER 2018

November is National Family Caregiver's Month

November is National Family Caregivers Month. According to Caregiver Action Network there are more than 90 million Americans who care for loved ones with chronic conditions, disabilities, disease, or the frailties of old age. Here are their 10 tips for Family Caregivers:

1. Seek support from other caregivers. You are not alone!
2. Take care of your own health so that you can be strong enough to take care of your loved one.
3. Accept offers of help and suggest specific things people can do to help you.
4. Learn how to communicate effectively with doctors.
5. Caregiving is hard work so take respite breaks often.
6. Watch out for signs of depression and don't delay getting professional help when you need it.
7. Be open to new technologies that can help you care for your loved one.
8. Organize medical information so it's up to date and easy to find.
9. Make sure legal documents are in order.
10. Give yourself credit for doing the best you can in one of the toughest jobs there is!

For many more resources including a Family Caregiver Toolbox, instructional videos, condition-specific caregiving information (caring for loved ones with Alzheimer's, mental health concerns, cancer, etc.) and online community supports, go to <http://www.caregiveraction.org/>

Other helpful websites include the website for the National Family Caregiver Alliance at www.caregiving.org and the Southwestern Connecticut Agency on Aging at www.swcaa.org.

Locally, Visiting Nurse and Hospice runs an eight-week caregivers support group at the Wilton Library. This support group is free-of-charge and open to the public but pre-registration is required. For more information and to register, please call Laurie Petrasanta at Visiting Nurse & Hospice of Fairfield County at 203-762-8958, ext. 316. Please see page 7 for information on caregivers groups run at Bridges by EPOCH.

If you have additional questions about local resources and supports, please contact Wilton Social Services at 203-834-6238. *Remember, you must take care of yourself to be able to care for others!*



Where to Start?

First, recognize that you need to care for yourself and "put on your own oxygen mask first". You cannot give what you do not have. Make a commitment to take responsibility for your own care-no one else can do it for you!

Next, identify personal barriers to self-care. Look at your own attitudes and beliefs about caregiving and self-care. Next, look at some tools you can implement to begin practicing self-care...

Self-Care Tools (from the National Family Caregiver Alliance)

Tool #1: Reducing personal stress-recognize warning signs early, identify sources of stress, identify what you can and cannot change, take some action to give yourself a sense of control.

Tool #2: Setting goals-set healthy goals but then break them down into smaller action steps.

Tool #3: Seeking solutions-identify a problem, list potential solutions, try one, evaluate-and repeat!

Tool #4: Communicating constructively, use "I statements" (such as "I feel angry"), be clear and specific, respect others' rights and feelings

Tool #5: Asking for and accepting help-make a mental list of ways others can help you, don't wait until you are overwhelmed-reaching out is a sign of strength!

Tool #6: Talking to the physician-about your loved one's health AND your health!

Tool #7: Starting to exercise-do something you enjoy, and fit it into your day-even in short increments.

Tool #8: Learning from our emotions-our emotions give us tools to understand what is happening to us, listen, and take action.

Find the full article online at <https://www.caregiver.org/taking-care-you-self-care-family-caregivers>

WILTON MUNICIPAL ELECTION

**Tuesday, November 6,
6:00 a.m. to 8:00 p.m.**

On Tuesday November 6, 2018, Connecticut voters will elect a new Governor, a new Lieutenant Governor, a new State Treasurer and a new State Attorney General. Wilton and Norwalk voters will also elect a new Judge of Probate. Other offices on the ballot include United States Senator, Representative in Congress, State Senator, State Representative as well as other state Constitutional officers.

All of Wilton's polling places will be open from 6 am to 8 pm on Election Day.

District 1 – Wilton High School, 395 Danbury Road

District 2 – Cider Mill School, 240 School Road

District 3 – Middlebrook School, 131 School Road

If you are unable to appear at the polls on Election Day because of absence from Wilton, physical disability, illness, military service or religious prohibitions you may apply to vote by absentee ballot.

If you have question about whether you are registered or where you vote, call the Registrars of Voters office at 203-563-0111; we are here to help you vote!

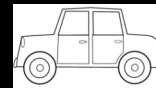
Open Enrollment Period For Medicare Part D is October 15 to December 7

For Medicare beneficiaries, November is the time to get the help you need to **choose or change** your prescription drug plan. It is recommended that you review your plan annually as plan coverage and drug costs often change for the coming year.

The Wilton Department of Social Services is pleased to offer Wilton seniors the opportunity to meet with Ellen Abend, a CHOICES volunteer, to review their Medicare Part D plans. Appointments are being scheduled for Thursdays during the current open enrollment period which ends on December 7.

Call Debbie Wolyniec at Wilton Social Services (203-834-6238) to schedule an appointment with Ellen. Appointment times are limited and are filling up fast!

AAA Roadwise Driver Training Class



Wednesday, November 14 or Wednesday, December 12
8:30 a.m. to 12:30 p.m.

Comstock Community Center, Room 31

This class is taught by Wilton Police Lieutenant Dave Hartman. There is no charge for the class. Please register by calling 866-901-8457 or go to <https://dip.northeast.aaa.com/DIP/classInfo.aspx> to register online.

Automobile insurance discounts may apply upon course completion; check with your individual insurance provider for details.

WEDNESDAY LUNCHES



Local religious and civic organization teams prepare a delicious lunch every month. Open to all Wilton seniors, lunch (\$3)* takes place at the Ogden House**, 100 River Road, at noon and is followed by entertainment or an educational program. Mark this year's schedule on your calendar! Sign-up sheets will go up in the Senior Center café or call 203-834-6238 for reservations.

Nov. 14—presented by Parks and Rec/Senior Center and served by the Parks and Grounds crew

**please note this Thanksgiving luncheon will take place at Comstock.

Dec. 19—presented by Wilton Woman's Club and served by the Wilton Firefighters

*please note there is no charge for this luncheon.

Jan. 16—presented by Wilton Congregational Church and served by Wilton Woman's Club

Feb. 20—presented by Wilton Congregational Church and served by Wilton Police

March 20—presented and served by Temple B'nai Chaim and Turnover Shop

May 15—presented by Wilton Presbyterian Church and served by Wilton Woman's Club

ACTIVITIES AT THE SENIOR CENTER

LINE DANCE FUSION

Mondays,
10:30 a.m. to 11:30 a.m.
\$3 drop-in fee

This program blends traditional dance steps with elements of modern line dancing. This is a great form of exercise, social interaction, and just plain FUN!

Beatriz Araujo, Instructor.

TUESDAY AND/OR THURSDAY YOGA

Tuesdays, 11:00 a.m. to noon
Thursdays, 10:00 a.m. to 11:00 a.m.

\$3 drop-in fee

Denise O'Hearn, owner of Vibrant Moves in Wilton, conducts this gentle yoga class that warms up your joints, stretches and strengthens your muscles and helps your balance and focus.

BEMOVED!

Tuesdays, 9:45 a.m. to 10:45 a.m., \$5 drop-in fee

BeMoved® is a dance fitness experience for adults of all movement abilities. It is designed to deliver a safe, body-friendly experience that improves the quality of a person's movement. The class starts with a warm-up and easy-to-follow therapeutic movements and concludes with a cool down that brings the workout full circle, leaving participants feeling rejuvenated. Phyllis Hirschfield, Instructor.

JEWELRY WORKSHOP

Friday, November 2 and November 16, December 7 and 21
10:00 a.m. to noon

\$5 drop-in fee

Beads, beads, beads! No prior experience is necessary. Enjoy the fun of making your own beaded jewelry. Viola Galetta, Instructor.

STUDIO KNITTING

Tuesdays, 1:00 p.m. to 2:30 p.m.

Basic instruction will be provided for projects. The company will be great. If you have a work-in-progress, bring it. If it's all new to you, come give knitting a try! We'll supply the practice materials. Not a knitter? Bring your own handiwork and enjoy the company.

TAI CHI

Wednesdays, 10:30 a.m. to 11:30 a.m.

\$3 drop-in fee

Tai Chi contains a series of gentle and graceful movements performed with respiration coordination and deep concentration. Tai Chi has been shown to prevent falls and improve the functioning of daily activities. Joe Alampi, Instructor.

THURSDAY LUNCH

Most Thursdays, 12 noon, \$3

Join other seniors for lunch in the café on most Thursdays. Seating is limited. Reservations required. Elizabeth Chambers, Chef.

FELDENKRAIS

Fridays, 10:00 a.m. to 11:00 a.m.

\$5 drop-in fee

Explore this exciting and innovative movement method designed to relieve pain, exercise your brain and teach you to move with greater comfort, ease, and fluidity. Cathy Paine, Instructor.

THURSDAY BINGO

Most Thursdays, 12:45 p.m., 25 cents per card

Don't miss BINGO at the Comstock Community Center on Thursdays. Winners get "the pot" each game.

FIVE CROWNS

Tuesdays, 12:30 p.m.

Five Crowns is a progressive rummy-style card game. It has spades, hearts, diamonds, clubs, and stars! It can be played by two to seven players. It's easy to learn and lots of fun to play. Call Nerina Klobas at 203-210-5624 for details.

AMERICAN MAH JONGG

Wednesdays, 1:00 p.m.

American Mah Jongg is different from Chinese Mah Jongg in several ways. American Mah Jongg utilizes racks, jokers, and "Hands and Rules" score cards, and has several distinct game-play mechanics. Come and see this game in action. In order to play, call Gale Roeder 203-762-3784 or Pat Wernig 203-762-1739.

CHINESE MAH JONGG

Second Tuesday of the month at 1:30 p.m.

Fourth Tuesday of the month at 12:30 p.m.

Kay Chann supervises the Chinese Mah Jongg. If you would like to learn how to play, Kay will be happy to instruct you. Come and see the game in action. Call Kay at 203-544-7414 for information regarding the group.

BRIDGE GROUPS

If you like to join other seniors in an afternoon of bridge, call the organizers listed below:

Duplicate Bridge: First Wednesday of the month, contact person Diego Tomayo 203-858-0264.

Duplicate Bridge: Third Tuesday of the month, contact Maureen Turnier at 203-762-9386.

Contract Bridge: Fridays, contact Eleanor Mihailidis at 203-762-8720.

Open Bridge: If you prefer a morning game, come to Open Bridge with Mike, Wednesdays, 10:00 a.m. to 12:00 p.m., \$5 drop-in fee. Michael Hess supervises.

Intermediate Bridge is on Fridays from 1:00 p.m. to 3:00 p.m. and runs in 8-week sessions. The next session will meet on 11/9, 11/16, 12/7, 12/14, 12/21, 1/4, 1/11, 1/18. The fee is \$85.00. Checks can be made out to Town of Wilton and given to Debbie Wolyniec in the Social Services office.



Take An Active Role in Your Healthcare: Questions to Ask Your Doctor

from www.aplaceformom.com



Today, patients take an active role in their health care. You and your doctor will work in partnership to achieve your best possible level of health. An important part of this relationship is good communication. Here are some questions you can ask your doctor to get your discussion started:

Questions about my disease or disorder

- What is my diagnosis?
- What caused my condition?
- Can my condition be treated?
- How will this condition affect my vision now and in the future?
- Should I watch for any particular symptoms and notify you if they occur?
- Should I make any lifestyle changes?

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Questions about my treatment

- What is the treatment for my condition?
- When will the treatment start, and how long will it last?
- What are the benefits of this treatment, and how successful is it?
- What are the risks and side effects associated with this treatment?
- Are there foods, drugs, or activities I should avoid while I'm on this treatment?
- If my treatment includes taking a medication, what should I do if I miss a dose?
- Are other treatments available?

Questions about my tests

- What kinds of tests will I have?
- What do you expect to find out from these tests?
- When will I know the results?
- Do I have to do anything special to prepare for any of the tests?
- Do these tests have any side effects or risks?
- Will I need more tests later?

Understanding your doctor's responses is es-

sential to good communication. Here are a few more tips:

- If you don't understand your doctor's responses, ask questions until you do understand.
- Take notes, or get a friend or family member to take notes for you. Or, bring a tape-recorder to assist in your recollection of the discussion.
- Ask your doctor to write down his or her instructions to you.
- Ask your doctor for printed material about your condition.
- If you still have trouble understanding your doctor's answers, ask where you can go for more information.

Other members of your health care team, such as nurses and pharmacists, can be good sources of information. Talk to them, too.

For more information on A Place for Mom, a free service that helps families find senior living that is right for them, call Lance Galassi, A Place for Mom Healthcare Account Executive, at 203-788-8922.

COMSTOCK WRITERS GROUP

The Comstock Writers group will meet on the following Wednesdays from 10 a.m. to 11:30 a.m. at the Senior Center:writer

November 14
November 28
December 12

Additional winter dates to be determined. For more information, contact Magdalen Livesay at 203-417-7203.



HOLIDAY HAPPENINGS

Thanksgiving Luncheon

A Thanksgiving luncheon will take place on Wednesday November 14, at 12:00 p.m. at the Comstock Community Center. The lunch is sponsored by the Wilton Parks and Recreation Department. The cost is \$3. For reservations, please call 203-834-6238.

Holiday Luncheon

The annual holiday luncheon will take place on Wednesday, December 19 at Ogden House, 100 River Rd. The luncheon is presented by the Wilton Woman's Club and will be served by the Wilton Firefighters. There is no charge for this luncheon. For reservations, please call 203-834-6238.



Turnover Shop Jewelry Sale

November 14, 2018 from 11:30 a.m. to 1 p.m.
Comstock Community Center

All jewelry will be priced at \$1.00 for each item. There will be necklaces, bracelets, pins, and watches rings, pendants, and more!

The Turnover Shop is located at 98 Ridgefield Rd, Wilton. It was established 80 years ago and is a 501(c)3 charitable organization run by volunteers. Beneficiaries include Visiting Nurse and Hospice, Wilton PTA, Wilton Relay for Life, Wilton Volunteer Ambulance, Salvation Army plus many other local groups that consign their donations that are credited to their account.

The Turnover Shop is open Monday through Friday 10 a.m. to 4 p.m. and Saturday 10 a.m. to 1 p.m.

Consignments are Tuesday and Thursday 10 a.m. to 11:15 a.m.
Donations are accepted during these hours.


For more information, visit the website: www.turnovershopwilton.org or call 203-762-3160.

They are also looking for shop volunteers!





NOVEMBER 2018



Monday	Tuesday	Wednesday	Thursday	Friday
GUIDE TO WILTON SENIOR SER-	Social Services: 203-834-6238 Sarah Heath, Director, Social Services ext. 1606 Lauren Hughes, Coordinator, Senior Services ext. 1607 Phoebe Musico, Adult and Family Social Worker ext. 1613 Senior Center: 203-834-6240		1 10:00 Yoga 11:00-12:00 Blood Pressure Screening 12:00 Lunch 12:45 Bingo	2 10:00 Feldenkrais 10:00 Jewelry Workshop 12:00 Bridge 1:00 Intermediate Bridge-last day of this session
	5 10:30 Line Dancing 12:00 Movie 1:00 Bridge	6 9:45 BeMoved! 11:00 Yoga 12:30 Five Crowns 1:00 Studio Knitting	7 10:00 Open Bridge 10:30 Tai Chi 1:00 Duplicate Bridge 1:00 Mah Jongg	8 10:00 Yoga 12:00 Lunch 12:45 Bingo
	Senior Volunteer Program quilt sale this week at Senior Center			9 10:00 Feldenkrais 12:00 Bridge 1:00 Intermediate Bridge-new session starts
	12 VETERANS DAY SENIOR CENTER CLOSED <i>Thank you to all our veterans for their service!</i>	13 9:45 BeMoved 11:00 Yoga 12:30 Five Crowns 1:00 Studio Knitting 1:30 Mah Jongg	14 10:00 Writers Group 10:00 Open Bridge 12:00 Thanksgiving Lunch (Senior Center) 10:30 Tai Chi 1:00 Mah Jongg	15 10:00 Yoga 12:00 Lunch 12:45 Bingo
	Senior Volunteer Program quilt sale this week at Senior Center			16 10:00 Feldenkrais 10:00 Jewelry Workshop 12:00 Bridge 1:00 Intermediate Bridge
19 10:30 Line Dancing 12:00 Movie 1:00 Bridge	20 9:45 BeMoved! 11:00 Yoga 12:00 Duplicate Bridge 12:30 Five Crowns 1:00 Studio Knitting	21 10:00 Open Bridge 10:30 Tai Chi 1:00 Mah Jongg	22 Thanksgiving Day SENIOR CENTER CLOSED 	23 SENIOR CENTER CLOSED
26 10:30 Line Dancing 12:00 Movie 1:00 Bridge	27 9:45 BeMoved! 11:00 Yoga 11:00 Book Discussion 12:30 Five Crowns 12:30 Mah Jongg 1:00 Studio Knitting	28 10:00 Writers Group 10:00 Open Bridge 10:30 Tai Chi 1:00 Mah Jongg	29 10:00 Yoga 12:00 Lunch 12:45 Bingo	30 10:00 Feldenkrais 12:00 Bridge 1:00 NO Intermediate Bridge

OH	Ogden House	100 River Road	203-762-8035
Y	Wilton YMCA	404 Danbury Road	203-762-8384
WL	Wilton Library	137 Old Ridgefield Road	203-762-3950
VM	Village Market	Old Ridgefield Road	203-762-7283
VNH	Visiting Nurse & Hospice	761 Main Ave., Norwalk	203-762-8958
BE	Bridge by EPOCH	123 Richards Ave., Norwalk	203-523-0510
SAHW	Stay at Home in Wilton		203-423-3225
RVNA	Ridgefield Visiting Nurse	27 Governor Street	203-438-5555
W	Waveny Life Care	3 Farm Road, New Canaan	203-594-5310

Q: What kind of weather does a turkey like?
A: Fowl weather!



❄️ DECEMBER 2018 ❄️

Monday	Tuesday	Wednesday	Thursday	Friday
3 10:30 Line Dancing 12:00 Movie 1:00 Bridge	4 9:45 BeMoved! 11:00 Yoga 12:30 Five Crowns 1:00 Studio Knitting	5 10:00 Open Bridge 10:30 Tai Chi 1:00 Mah Jongg 1:00 Duplicate Bridge	6 10:00 Yoga 11:00-12:00 Blood Pres- sure Screening 12:00 Lunch 12:45 Bingo	7 10:00 Feldenkrais 10:00 Jewelry Work- shop 12:00 Bridge 1:00 Intermediate Bridge Last Day for Medicare Part D open enroll- ment
10 10:30 Line Dancing 12:00 Movie 1:00 Bridge	11 9:45 BeMoved! 11:00 Yoga 12:30 Five Crowns 1:00 Studio Knitting 1:30 Mah Jongg	12 10:00 Open Bridge 10:00 Writers Group 10:30 Tai Chi 1:00 Mah Jongg	13 10:00 Yoga 12:00 Lunch 12:45 Bingo	14 10:00 Feldenkrais 12:00 Bridge 1:00 Intermediate Bridge
17 10:30 Line Dancing 12:00 Movie 1:00 Bridge	18 9:45 BeMoved! 11:00 Yoga 12:00 Duplicate Bridge 12:30 Five Crowns 1:00 Studio Knitting	19 10:00 Open Bridge 10:30 Tai Chi 12:00 Holiday Lunch with Wilton Woman's Club and Firefighters OH 1:00 Mah Jongg	20 10:00 Yoga 12:00 NO Lunch 12:45 NO Bingo	21 10:00 Feldenkrais 10:00 Jewelry Work- shop 12:00 Bridge 1:00 Intermediate Bridge
24 SENIOR CENTER CLOSED	25 SENIOR CENTER CLOSED 	26 10:00 Open Bridge 10:30 Tai Chi 1:00 Mah Jongg	27 10:00 Yoga 12:00 NO Lunch 12:45 NO Bingo	28 10:00 Feldenkrais 12:00 Bridge 1:00 NO Intermediate Bridge
31 10:30 Line Dancing 12:00 Movie 1:00 Bridge	<div><div></div><div>Senior Center Closed on January 1, New Year's Day</div></div> <div>SENIOR CENTER INCLEMENT WEATHER POLICY <i>When in doubt, call 203-834-6240 after 7:30 a.m. and listen to the recording for information regarding the day's activities at the Senior Center. We do <u>not</u> follow the public school closings.</i></div>			
<i>Please note there will be no Senior Center lunch- eons on Thursday , December 20 and Thursday, Dec 27.</i>				

Q: Where did the snowman keep his money?
 A: In the snow bank!



Bridges by EPOCH Upcoming Programs

CAREGIVING THROUGH THE HOLIDAYS
THURSDAY, NOVEMBER 15 | 2:00 & 5:30 P.M.

Refreshments will be served.

Keep the happy in your holidays! Join us to learn practical stress-reducing tips and other caregiving strategies to use when planning your holiday celebrations, traditions and travels.

SPOUSAL STRESS
THURSDAY, DECEMBER 20 | 2:00 & 5:30 P.M.

Refreshments will be served.

Caring for a spouse with memory loss can be a rollercoaster of stress and emotions. Join us as we share tips for dealing with stress and getting the support you need. Plus, learn how to help your family members maintain meaningful connections with your spouse as memory loss progresses.

CAREGIVER SUPPORT GROUP
THURSDAYS | 2:00 P.M.

NOVEMBER 8

DECEMBER 13

Refreshments will be served.

Get the support you need from dementia care professionals who understand your challenges and concerns. These sessions are your chance to take a break, socialize with other caregivers and learn how to make life easier for you and your loved one.

*All programs take place at Bridges by EPOCH located at Norwalk, 123 Richard Ave, Norwalk
Please RSVP to Christy Perone at 203-523-0510 or cperone@bridgesbyeepoch.com.*



Stay at Home in Wilton for the Holidays

It's better than another wool scarf or coffee mug

Membership is a gift you can open 365 days a year!

Stay at Home in Wilton is a valuable resource to Wilton seniors. Members have access to interesting events and practical services. Vetted volunteers provide rides, move furniture, repair leaky faucets, solve computer problems and much more. No need to impose on family. We are one phone call away!

Contact: Janet Johnson
Executive Coordinator at **203-762-2600**

Inquire about gift certificates or request a brochure.

New Members receive 1 month free in December! Our gift to you!



Stay at Home in Wilton, P.O. Box 46, Wilton, CT 06897

www.StayatHomeinWilton.org

CONNECTICUT ENERGY ASSISTANCE PROGRAM (CEAP)

The Wilton Social Services Department has begun assisting with applications for the Connecticut Energy Assistance Program. The Energy Assistance Program helps offset the winter heating costs of Connecticut's lower-income households. The program officially starts in November and applications can be taken through May1-but it's best to apply earlier! Appointments will be available on Mondays, Wednesdays, and Fridays between 9:00 a.m. and 3:00 p.m. Please call Phoebe Musico, Adult and Family Social Worker, at 203-834-6238 extension 1613 for questions regarding documentation requirements or to make an appointment.

The income limits for this program are:

\$35,116 for a household of 1
\$45,920 for a household of 2
\$56,725 for a household of 3
\$67,530 for a household of 4



Intermediate Bridge

Once you know how to play bridge, it is time to learn how to play it well! This course is ideal for the person who used to play bridge but has not done so for years and needs to get up-to-date on the latest advances in this forever-evolving game, for the person who plays bridge but feels developmentally stalled and needs help getting to the next level of proficiency, or for the moderately experienced social and/or duplicate bridge players. The next 8-week session will meet on Fridays from 1 p.m. to 3 p.m. on the following dates: 11/9, 11/16, 12/7, 12/14, 12/21, 1/4, 1/11, 1/18. The fee is \$85 and checks can be made out to Town of Wilton and given to Debbie Wolyniec in the Social Services office.



SAVE THE DATES FOR ST. MATTHEW'S LUNCHEONS

Please mark your calendars for upcoming lunch dates at St. Matthew's Church located at 36 New Canaan Rd in Wilton! Lunch is at noon and costs \$3. Please RSVP to 203-762-7400.

Jan 17

Feb 21

Mar 21

May 16

Please note that there will be no lunch or bingo at the Senior Center on the days there is lunch at St. Matthew's.

American Diabetes Month



November is American Diabetes Month. Per the American Diabetes Association, 1 in 10 Americans have diabetes-that's more than 30 million people! Another 84 million adults in the United States are at high risk of developing type 2 diabetes.

People who are at high risk for type 2 diabetes can lower their risk by more than half if they make healthy changes. These changes include: eating healthy, getting more physical activity, and losing weight.

Per mayoclinic.org, symptoms of diabetes can vary based on how much your blood sugar is elevated. Some people, especially those with prediabetes or type 2 diabetes, might not experience symptoms initially. In type 1 diabetes, symptoms tend to come on quickly and be more severe.

Some signs and symptoms of both type 1 and type 2 diabetes are: increased thirst, frequent urination, extreme hunger, unexplained weight loss, fatigue, irritability, blurred vision, slow-healing sores, and frequent infections.

If you have individual questions or health concerns, talk to your doctor. For more information, go to www.diabetes.org or <https://healthfinder.gov> and search for "diabetes".

The Holiday Blues



Holidays are usually a time for getting together and celebrating. But sometimes people feel sad or blue around the holidays. Health conditions, financial concerns, or missing how the holidays once were can make it more challenging to enjoy the season. Here are some tips for beating the holiday blues from the American Geriatric Society's Health in Aging Foundation at Healthinaging.org:

Tips for Beating the Holiday Blues

Get out and about Ask family and friends for help traveling to parties and events. Invite family and friends over. Taking a brisk walk in the morning before you begin the day, or in the evening to wind down your day, is a great way to beat the blues.

Volunteer Helping others is a great mood lifter. To volunteer, contact your local United Way (www.unitedway.org), or call places such as local schools, hospitals, museums, or places of worship to inquire about volunteer opportunities in your neighborhood.

Drink responsibly It is easy to overindulge around the holidays, but excessive drinking will only make you feel more depressed. One drink = 12 ounces of beer, 5 ounces of wine, or 1.5 ounces of hard liquor. The recommended limit for older men is 14 drinks per week and 7 per week for older women.

Accept your feelings There's nothing wrong with not feeling jolly; many people experience sadness and feelings of loss during the holidays. Be kind to yourself, seek support, and even laugh at yourself every now and then.

Talk to someone Don't underestimate the power of friends, family, mentors, and neighbors. Talk about your feelings; it can help you understand why you feel the way you do. A simple phone call, a chat over coffee, or a nice e-mail, greeting card, or letter can brighten your mood.

If the "holiday blues" don't lift or dissipate, keep an eye out for these signs of depression: feeling depressed nearly every day for most of the day, loss of

interest or pleasure in activities you once enjoyed, changes in weight or appetite, difficulty concentrating, difficulty falling or staying asleep or sleeping too much, feeling fatigued, feeling worthless or guilty, frequent crying, or recurring thoughts of death or suicide. If you are experiencing these symptoms, talk to your doctor. If you are suicidal or having recurring thoughts of suicide, call 9-1-1, go to the nearest emergency room, or call the Department of Mental Health and Addiction Services Crisis services 1-800-586-9903 or Suicide Prevention Lifeline 1-800-273-TALK (8255).

If you know someone has a tough time around the holidays, you can help by inviting them out, lending a hand with tasks they might need help with, or encouraging them to talk to their healthcare provider about how they are feeling.

Please call Social Services for other mental health supports and resources, 203-834-6238.

UPCOMING BOOK DISCUSSION

Tuesday, November 27, 2018 (no December discussion)

11:00 a.m. Book Discussion

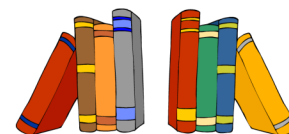
12:00 p.m. Lunch \$3

Reservations: 203-834-6240

Discussion Leader – Ray Rauth

***The Quiet American* by Graham Greene**

Graham Greene's perhaps most controversial novel *The Quiet American* combines a love triangle/murder mystery with a secret agent thriller as the substrate for a political commentary. Set in the period as the French were losing in Vietnam and the United States was taking over their neo-colonialist role, the story revolves around three major characters: the cynical British journalist; the idealistic but blundering American CIA man; and the Vietnamese woman who is and becomes mistress and fiancée to each in turn. In a 2008 NPR commentary about the novel, Pico Iyer wrote: "You must read *The Quiet American*....because it explains our past, in South-east Asia, trains light on our present in many places, and perhaps foreshadows our future if we don't take heed. It spins a heartrending romance and tale of friendship against a backdrop of murder, all the while unfolding a scary political parable."



SPOTLIGHT ON SOCIAL SERVICES



The Social Services office is located right in the Senior Center– but do you know what this department offers? Here is a brief description of how Social Services can help residents of Wilton!

These are the services that might be most helpful to seniors:

- Social Services has a food pantry on site. It is open four days per week at the Comstock Community Center.
- Social Services can also help you apply for various State and Federal programs including: the Connecticut Energy Assistance Program, HUSKY Health Insurance, Supplemental Nutrition Assistance Program (SNAP), Medicare Savings Programs, and Cash and Disability assistance.
- Social Services staff can help you enroll in Medicare and review your current prescription drug coverage.
- This department can help clients access home delivered meals, personal care assistance, lifeline services, and nursing services.
- Our Social Workers can provide basic information on the Town of Wilton Tax Relief Program for Elderly or Disabled Homeowners and screen seniors for community programs such as The CT Home Care Program for Elders.
- The Senior Center is actually part of Social Services too! As you may know, some of the Senior Center offerings include recreational programming, flu shots, blood pressure screenings, and other fun events throughout the year.

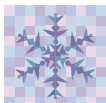
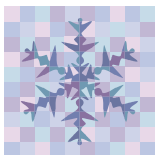
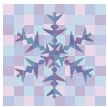
The following programs are most helpful for families with school aged children, but please pass on the information to anyone you think might benefit from it! Here are some of the family/youth programs that fall under Social Services:

- Youth Services offers short term counseling and referrals for youth and their families. Other services include crisis intervention, program development, advocacy, and case management.
- Social Services distributes school supplies in the fall and coats in the winter.
- Both Thanksgiving baskets and holiday gifts are available for families in need.

Please call 203-834-6238 or stop by (the door to our office is diagonally across from the Senior Center Café) to learn more about these resources. The Social Services office is open Monday through Friday from 8:30 a.m. to 4:30 p.m.



The Senior Center and Social Services staff would like to wish everyone happy and healthy holiday season!



Wilton Senior Center
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