HEALTH SERVICES

Blood Pressure – Drop In
Cathy Drouin, RN, BSN, Sr Ctr Nurse
Wed, MAR 04 2020  9:00 a.m. – 12:00 Noon
Wed, MAR 11, 2020 9:00 a.m. – 12:00 Noon
Wed, MAR 18, 2020 9:00 a.m. – 12:00 Noon
Wed, MAR 25, 2020 9:00 a.m. – 12:00 Noon

If you have any questions, please contact the Health Department at 860-647-3173 or go online at http://humanservice.townofmanchester.org/health

ECHN-Medical Group
Dr. Hall will be at the Senior Center the First Friday of every month from 9:00a.m. – 12:00 p.m. To make an appointment, please call 860-533-4678 or stop by the ECHN Medical Office at the Senior Center to check same day availability*

*PLEASE PROVIDE MEDICAL INSURANCE INFORMATION

Wednesday Blood Pressure Clinic will continue as scheduled.

Foot Care–Appointment Only
Friday, MAR 6th & MAR 20th
The cost of foot care is now $29 due to substantial increases in insurance and supply costs as well as maintaining a professional nursing staff. As always, if anyone has a problem with the increase we will adjust accordingly. This is a valuable service we offer, so give the Health Department a call at 860-647-3173 and make that important appointment today! This service is not billed to Medicare, Medicaid, or private insurance. THIS CLINIC IS NOT FOR DIABETICS. If you have diabetes, diabetic neuropathy and loss of protection in your foot, MEDICARE PART B covers One (1) diabetic foot exam every SIX (6) months by a Podiatrist.

March is National Nutrition Month!

Fats, All about Fats!
Join us on Tuesday, March 3rd from 1-2pm at Orford Village Commons, Community Room, 370 West Center Street, and UCONN nutrition students for a FREE nutrition class. Please call 860-647-3173 to REGISTER with the Manchester Health Department.

Come Learn:
• How to trim the fat in your diet
• Which types of fats are more healthy
• How to cook with less fat and much more!

Live Stronger – Moving for Better Balance
The Manchester Health Department sponsors “Live Strong – Moving for Better Balance” an exercise program at the Community Y from 10-11am on Tuesdays and Thursdays. Class will run from March 3rd to May 21st. This class is taught by Chlake Raineau, a multi-certified fitness specialist with a focus on improving core strength and flexibility including exercises that reduce the risk of falling. ALL CLASS PARTICIPANTS ARE REQUIRED TO CONTACT THEIR DOCTOR AND OBTAIN AND RETURN A SIGNED WAIVER TO ATTEND. Class size is LIMITED. Please call the Manchester Health Department at 860-647-3173 to REGISTER and OBTAIN A WAIVER FORM.
HEALTH SERVICES

Arthritis Lunch & Learn
Join us on Tuesday, March 3 as Crestfield presents an informational lunch. Crestfield’s program manager, Niki Salisbury, a Physical Therapist by trade, will discuss arthritis and how it relates to the human body. She will also provide different handouts relating to the above topic and how to better manage the pain that goes with arthritis. Crestfield’s food Service Director, Candace Keeney, will provide a lunch of homemade chicken salad on a croissant, served with coleslaw and macaroni salad. Lunch will begin at 11:30 AM with the arthritis presentation to follow. Please call the front office at 860-647-3211 to REGISTER ahead of time.

March is National Nutrition Month!

Nutrition Educational Program
Krissy Anderson a Community Nutrition Educator will do a one hour cooking class followed by a cooking demonstration which will include registered class participation and eating what is cooked. Topics to be covered include label reading, fibers and sugars, shopping on a budget, fast foods and saturated and unsaturated fats and much more. This program is being held at West Hill Congregate located at 10 Ada Lane for four (4) consecutive weeks starting March 12th from 2:30pm-4:00pm. Please call the Manchester Health Department to REGISTER at (860)647-3173

Stress and Seniors
“There is more to life than increasing speed” Mohandas K. Gandhi. Positive and negative stress is a constant influence on all of our lives. The trick is to maximize the positive stress and to minimize the negative stress. Jo Anne Harrison Becker will discuss “what causes some seniors so much stress and offer tips and techniques to reduce/eliminate stress, plus much more. This program is being held Tuesday, March 12th from 10-11am at the Manchester Senior Center. TO REGISTER, please contact the Manchester Health Department at 860-647-3173.

March is National Nutrition Month!

Get Your Plate in Shape!
Join us on Tuesday, March 31st from 1:30-2:30pm at West Hill Congregate, 24 Ada Lane and learn how to boost your nutrition at mealtime and snack time based on the latest guidelines for older adults. Join UConn nutrition students for a FREE nutrition class! Presented by UConn nutrition students. Food demo and tasting included. Those who register/attend will receive a gift from UConn SNAP-Ed School & Family Services. Bring a friend! TO REGISTER, please contact the Manchester Health Department at 860-647-3173.

Healthy Brain Series!
Join Hartford HealthCare Center for Healthy Aging at the Whiton Library located at 100 North Main Street, for a FREE four-part series on keeping memory strong. This program will start on Thursday April 9th and run from 2:00–3:00pm. This program will offer tips to keep your brain sharp and activities to challenge the mind. Participants are encouraged to attend all sessions. The following topics will be covered: Eat Brain Foods and Stay Hydrated, Challenge Your Mind Daily: Activities to Stay Sharp, Coping with Changes & Managing Stress – Be Social, Count Sheep-Sleep Deprivation and Memory Loss, Be Positive – Find a Purpose. Please call (860) 645-0821 to REGISTER as seating is limited and call the Manchester Senior Center at (860) 647-3211 if you require transportation.
Lesbian, Gay, Bisexual and Transgender (LGBT) Adults and Allies of the LGBT Community are invited to join the LGBT Moveable Senior Center—a partnership among Senior Centers in the Greater Hartford area to connect the LGBT community to mind-body-spirit, to each other and to services and supports for healthy aging!

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**Work_Space**

903 Main Street
Manchester, CT 06040

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**Please RSVP to:**
Missy Rankin
860-647-3210
mrankin@manchesterct.gov

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**Thursday, March 12**
5:30 PM

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<th>Times</th>
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| 5:30 PM – 6:00 PM| Welcome
Start your St. Patrick’s Day celebrations early as we enjoy an Irish themed evening! |
| 6:00 PM – 7:30 PM| Movie Screening: The Queen of Ireland
The Queen of Ireland follows Ireland’s most famous drag queen and self-styled accidental activist Panti Bliss, created by Rory O’Neill. Watch as she becomes a figurehead in the fight for LGBT rights in Ireland and a vital part of the successful campaign for marriage equality. |
| 7:30 PM – 8:30 PM| Cocktails, Coffee, & Conversation
Enjoy a glass of wine, beer, coffee or tea and delicious desserts while we discuss the movie we have just watched. |

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*The LGBT Moveable Senior Center is sponsored by CCC as part of “Getting it Right”: Creating an LGBT-Inclusive Organization, a project funded by the John H. and Ethel G. Noble Charitable Trust and was guided by CT LGBT Aging Advocacy.*
**HEALTH SERVICES**

**Better Breathers Club Meeting**
Riverside Health & Rehabilitation Center is sponsoring a Better Breathers Club meeting at the Manchester Senior Center on **Wednesday, April 15th from 2:00-3:00pm.** The topic is “Living with Asthma and COPD” and the speaker will be Becky Simons, Respiratory Therapist from Riverside. We invite all community members with asthma, COPD, lung cancer, pulmonary fibrosis and other chronic lung conditions to attend. Caregivers welcome. Complimentary refreshments will be provided. Please call the Manchester Health Department at (860) 647-3173 to REGISTER.

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**PROGRAM NOTES**

**AARP Smart Driver Safety Program (card rm)**
If you have any questions about the information outlined, you are encouraged to contact a volunteer in your area or contact 1-800-569-1658 or drive@aarp.org. Classes are scheduled for **March 26th, April 30th, May 28th, June 25th.** You may SAVE at least 5% on your Auto Insurance. The class is limited to 25 participants. **Class time begins at 8:45 a.m. to 12:45 p.m.** (Feel free to bring a coffee or tea and a snack with you. There is a break around 11a.m.) AARP does not accept walk-ins the day of the class. You may sign up at the Front Desk in person to REGISTER. **$15.00 for AARP members or $20.00 non-AARP members. Payments made by Check only, made payable to AARP.**

Beginning **JULY 1st** the price for AARP’s Smart Driver Safety program will increase to **$20 for AARP MEMBERS and $25 for NON MEMBERS.** The price for this classroom course has not increased since January 1, 2014, while the cost of administering the course has increased significantly. The new price will allow AARP to better cover these rising costs which affect everything from course material to course postcards. Participants who qualify will continue to receive savings on their auto insurance. If you have any questions or concerns please feel free to contact **Brent Leveille, AARP Driver Safety State Coordinator at 860-558-9229.** (posted 2/1/20)

**Advisory Committee Meeting**
YOUR Advisory Committee will be meeting on **Friday, March 6th at 9:00am.** in the Library to discuss issues of concern to members! Attending meetings is your chance to see the committee in action and to let them know that you support them 100%. All Senior Center and New Members are encouraged to attend.

**Birthday Lunch**
We will be celebrating all **March Birthdays on Wednesday, March 25th 12:00 Noon in the cafeteria** with cake. Join us on the **LAST WEDNESDAY of every month** to celebrate birthdays for that month!

**Book Group**
The Book Group will meet on **Tuesday, Mar 17th at 10:30am in the Library. “Educated” by Tara Westover.** An unforgettable memoir about a young girl who, kept out of school, leaves her survivalist family and goes on to earn a PhD from Cambridge University.