

Salem Seniors August 2017

September 12, 2017 10:30am is our next monthly meeting at the Salem Volunteer Fire Co.

The group will discuss a trip in September or October to the Connecticut State Troopers Museum and Educational Center. The Museum is located at the Leo J. Mulcahy Complex, 294 Colony Street, Meriden, CT. The meeting will adjourn with a pasta buffet provided by Harbor Village.

TVCCA News:

Visit TVCCA online at www.facebook.com/TVCCArsvp or search TVCCA RSVP – Retired & Senior Volunteer Program Meals on Wheels Volunteering (860)934-1006

Visitors/Shopper volunteering (860)425-6617

Veterans Coffeehouse in Norwich will restart September 6th (each Wednesday) 9am to 11am at United Congregational Church – 87 Broadway.

Santa Winter Boot Drive runs from October 6th to December 15th.

<http://www.midnightsuncare.com/blog/an-end-of-summer-checklist-for-seniors-and-their-loved-ones/>

An End of Summer Checklist For Seniors and Their Loved Ones

Published August 14, 2014

Below are some highlights from the above article.

- “end of summer can bring on a whole range of emotions and also trigger changes in our daily patterns. It can be a fun time of year, but it also might be a time of year that causes a little anxiety for us. As we get older, sometimes these seasonal transitions become harder to navigate.”
- “Check in on medications. Often times, our routines can be disrupted throughout the summer and our senior loved ones may or may not have kept up on medications. OR, they altered their dosages over the summer to accommodate issues that arise with heat and dehydration. It’s a good idea to check in with a senior and their doctors on medications, at least four times a year”
- “Get proactive about seasonal mood changes. Seniors can be especially vulnerable to this.”
- “Prepare for winter. We know that winter can present unique challenges to the elderly. Seniors are more susceptible to hypothermia and other cold-related problems, because their bodies can’t regulate as well as they used to. The risk of falling (which can cause major injuries) is also higher in the winter, due to ice and snow.”
- “Plan unusual activities., This can provide a lot of momentum going into the winter.”
- “Talk about the future. - make plans for the next summer. When we do this, we can change the “I didn’t get to . . .” to “We’ll do that next year!”

United Way Mobile Food Pantry; 1st Wednesday each month.

5pm @ the back of Salem School.

Senior Services

www.211ct.org

Dial 2-1-1