

# North Branford Senior Newsletter May 2020

## Institute On Aging's Friendship Line

TOLL FREE 800-971-0016

During this unprecedented time, it is not uncommon to feel isolated or lonely. Sometimes talking to anyone, even if you don't personally know the person, can help alleviate feelings of loneliness.

The Institute on Aging's 24-hour toll-free Friendship Line is the only accredited crisis line in the country for people aged 60 years and older. The Friendship Line is both a crisis intervention hotline and a warmline for non-emergency emotional support calls. Founded in 1973 by Dr. Patrick Arbore and the Friendship Line provides round-the-clock support services including:

- Providing emotional support
  - Elder abuse reporting
  - Well-being checks
- Grief support through assistance & reassurance
  - Active suicide intervention
- Information & referrals for isolated older adults

Any aging adult or person living with disabilities, who suffers from depression, loneliness, isolation, anxiousness, or may be thinking about death or suicide, can benefit from completely confidential phone calls with Friendship Line volunteers. Sometimes the road to happiness begins by simply saying hello to someone who cares.

(<https://www.ioaging.org/services/all-inclusive-health-care/friendship-line>)

Sponsored by the  
North Branford Parks and Recreation Commission  
1332 Middletown Ave., Northford, CT 06472  
203-484-6017 ~ [www.nbrecreation.com](http://www.nbrecreation.com)

## 7 EASY EXERCISES

Try these exercises twice a week to build up your strength, balance and flexibility.

### Warm-Up



### 1. Stationary March with Arm Swing/Seated March

### Strength Exercises



### 2. Sit to Stand



### 3. Standing Hip Extension

### Balance Exercises



### 4. Side Leg Raise



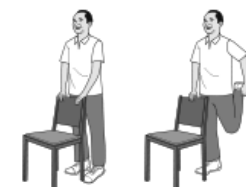
### 5. Single Leg Stand

### Flexibility Exercise



### 6. Triceps Stretch

### Cool Down



### 7. Standing Quadriceps Stretch

## May 2020 Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
<p>*Lunch costs \$3 and is served at 12:00 unless otherwise noted.</p> <p>Please call in by 9:00</p>	<p><b>Menu Subject to change</b></p>				<p>1</p> <p>Meatloaf w/ gravy Mashed potatoes Corn Dessert</p>
	<p>4</p> <p>Italian Wedding Soup Crackers Dessert</p>	<p>5</p> <p>Ziti w/ Meatball Roll Dessert</p>	<p>6</p> <p>Bacon, egg &amp; cheese On a croissant Muffin Fruit</p>	<p>7</p> <p>Kielbasa, cabbage &amp; Noodles Roll Dessert</p>	<p>8</p> <p>Beer battered fish Fries Dessert</p>
	<p>11</p> <p>Hot dogs &amp; beans Sweet potato fries Dessert</p>	<p>12</p> <p>Macaroni &amp; Cheese Vegetable Roll Dessert</p>	<p>13</p> <p>Grilled cheese w/ bacon Chips Dessert</p>	<p>14</p> <p>Chicken &amp; Broccoli Casserole Roll Dessert</p>	<p>15</p> <p>Pasta Fagioli Roll Dessert</p>
	<p>18</p> <p>Spaghetti Pie Roll Dessert</p>	<p>19</p> <p>Chicken Salad On a croissant Chips Dessert</p>	<p>20</p> <p>Pierogies w/ grilled onions Vegetable Roll Dessert</p>	<p>21</p> <p>Stuffed cabbage Vegetable Roll Dessert</p>	<p>22</p> <p>Cheeseburger Orzo Salad Dessert</p>
	<p>25</p> <p style="text-align: center;"><b>CLOSED</b> <b>MEMORIAL DAY</b></p>	<p>26</p> <p>Chili w/ cornbread Dessert</p>	<p>27</p> <p>Tuna Wrap Chips Dessert</p>	<p>28</p> <p>American Chop Suey Roll Dessert</p>	<p>29</p> <p>Vegetable Lasagna Vegetable Roll Dessert</p>