

North Branford Senior Newsletter June 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

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



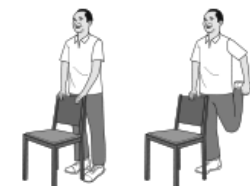
5. Single Leg Stand

Flexibility Exercise



6. Triceps Stretch

Cool Down



7. Standing Quadriceps Stretch

June 2020 Menu

	Monday	Monday Meal 2	Wednesday	Wednesday Meal 2	Friday + Sandwich
<p>*Lunch costs \$3 and is served at 12:00 unless otherwise noted.</p> <p><i>Please call in by 9:00</i></p>	1 Baked Ziti Roll Dessert	2 Butternut Squash Bisque Crackers Dessert	3 Hot Dogs, Potatoes, Peppers, Onions Roll Dessert	4 Bacon, egg & cheese On a croissant Fruit Dessert	5 Chicken in gravy Over mashed potatoes Vegetable Dessert
	8 Grilled Cheese Tomato soup Dessert	9 Chicken, potatoes & peas Roll Dessert	10 Macaroni & Cheese Roll Dessert	11 Stuffed Cabbage Potatoes Roll Dessert	12 Ground Beef in gravy Mashed Potatoes Vegetable Dessert
	15 Chicken Cutlets Rice Vegetable Dessert	16 Vegetable Quiche Roll Dessert	17 Eggplant Parmesan Subs Dessert	18 Vegetable Lasagna Roll Dessert	19 Pasta with Diced Chicken Vegetable Roll Dessert
	22 Penne ala Vodka Roll Dessert	23 Tuna Salad On a croissant Chips Dessert	24 French Toast Casserole Sausage Roll Dessert	25 Cheeseburgers Fries Pickles Dessert	26 Kielbasa & Potatoes Vegetables Dessert
	29 Swedish Meatballs Over Noodles Vegetable Dessert	30 Fish Sandwich With Cheese Vegetable Dessert	Menu Subject to change		