



Pomfret Senior Center Newsletter

Tai Chi

Tai Chi is an ancient Chinese tradition that involves a series of slow, focused movements accompanied by deep breathing. It is a non-competitive, self-paced system of gentle stretching.

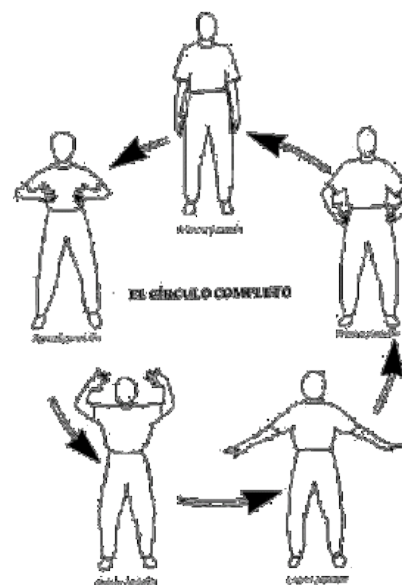
Tai Chi is an inexpensive form of low impact movement generally safe for all ages and fitness levels. No special equipment is required, so you can do Tai Chi indoors or outside, in a group or alone.

Stress and sleep disturbance are major contributors to inflammation in the body. A new study published in the current issue of Biological Psychiatry reports that Tai Chi reduces inflammation levels in adults over 55 years of age. Other health benefits of tai chi include increased flexibility and strengthened muscles. Tai Chi is believed to delay aging and prolong life, promote calmness, aid in the treatment of heart disease, high blood

pressure, arthritis, digestive disorders, skin diseases, depression and cancer.

Kim and Jeff Bocaccio of Quiet Korner Health and Wellness brought Tai Chi to the center on November 10th and November 24th. The program will continue on December 1st and December 15th. Established in 2009, the company was formed to share healthy alternatives with individuals who are willing to make a lifelong commitment to their health and well-being, through proper nutrition, exercise, and mind body balance. We are able to offer this class free of charge and if there is in-

terest, we would like to continue to offer it for a small fee in coming months. The class is held every other Tuesday from 10:30 to 11:15. As we look ahead, we would like to offer the class on a weekly basis. Please feel free to let the staff at the Center know what times and days might work best for you. As always, classes are open to all seniors, regardless of their town of residence, so please feel free to bring a friend!



Pumpkin Carving

John Carter and his brother Jim have been putting on a Halloween display at their family farm for 40 years. Each year, setup begins in early October. The display is a combination of hand-carved pumpkins, both real and artificial, covering the farm's landscape. The display features many other items as well, such as; 75 funny tombstones, vampire bunnies, milk-jug skeletons, a color changing milk jug house and car, innovative figurines, mountain high people and a group of aliens surrounding Santa Claus. This year some of the seniors at the Pomfret Senior Center, along with students from the Pomfret School, helped carve the pumpkins. Twenty pumpkins were carved and added to the spectacular display. This year John reports that the attendance to this event was the highest it has ever been reaching over 1000 visitors. If you have



never been to the display be sure to make time for it next year. The farm is located on Babbit Hill Road, just around the corner from the Pomfret Senior Center.



Walking Club News

On November 4th, the Pomfret Senior Center had the first of hopefully many walks on the beautiful Air Line Trail. The Senior Center is ideally situated to take advantage of the many miles of this well maintained trail system. We could not have asked for better weather than we experienced on this first walk. Nine participants walked an average of two miles through leaf covered landscape taking in the crisp, clean autumn air, and absorbing the many soothing colors that this time of year affords us. Everyone who participated seemed committed to continuing this effort toward a healthy lifestyle. It was clear to me as a participant that not only was physical fitness at stake, but the socialization that was evidenced by way of the numerous good natured conversations, were equally as important to this group.

Each of the participants in the walking club have received, or will receive, a pedometer to assist them with their walking goals. As an assist to motivation, all miles are recorded on a poster inside of the Center, and at the end of each month, a prize will be given to the senior with the most miles walked.

So come join us – walking not only helps with physical fitness, but also can improve mood and affords you the opportunity to make new friends. The walking club meets Wednesday mornings at 10am at the Pomfret Senior Center.

Submitted by: Jim Jutras



By HikingArtist.com

Paying it Forward

“Paying it forward” is an expression for describing the beneficiary of a good deed repaying it to others rather than to the initial benefactor. Perhaps you have been the recipient of a coffee purchased for you by the stranger ahead of you in line. Or, maybe you are grateful to Linda Colangelo, who came to the Senior Center to sing songs to help to celebrate Veterans Day. Maybe you took a Yoga or Thai Chi class at no cost, because the instructor just wanted to share his or her passion for the activity.

As the holidays approach our lives become busy with the excitement of the season. It is a time of plenty for most, with delicious meals, greeting cards from friends and family and gifts under the tree. Yet there are families for whom the holidays present a challenge. Families who are just making ends meet during the

year and the stress on their budget of a holiday celebration is enough to tip the scales.

The good news is that providing a happy holiday for a family in need is a simple act that helps these families in so many ways. It empowers them by helping them stay on track with their budget while allowing them to provide a meal and some gifts for their loved ones. These families are our neighbors and friends, and although they remain anonymous to us, we can feel the satisfaction of paying forward a kindness that has been shown to us by providing a little holiday cheer for them.

When we decorate the Christmas tree at the Senior Center this year, we will include some gift tags that identify the wish lists of families that are served by

TEEG’s Holiday Giving program. If you would like to “pay it forward”, please take a tag, purchase the gift and return it unwrapped, to the center by December 15th.

Whether or not you choose to participate in the Holiday Giving program this year please consider paying it forward at some point, just to experience the smile that will glow within you. You could be the person who pays for the coffee of the person behind you. You could pay the toll for the next car in line or maybe just smile at the mother in the grocery store who is trying to calm her tired two-year-old. You never know who might benefit most from your kindness but I promise you will feel good!



Salt and Sugar Reduction Presentation

On Tuesday, October 20, 2015, Northeast District Department of Health Educator Brittany Otto presented her program “Vanquish Sodium and Sugar”. Topics included were: where the sodium in our diet comes from (naturally occurring, added at the table, and the largest percentage being in processed and prepared foods) - as well as how to reduce our overall sodium consumption. Participants also discussed the risks of a high sodium diet

leading to high blood pressure and how it affects our health by increasing the risk for heart disease and stroke. Suggestions were given on how to decrease the amount of sodium in our diets by preparing more meals at home and using herbs and spices instead of salt.

Contained within the presentation was a brief overview of sugar consumption, focusing on the many names that sugar goes by, where sugar in our diets

comes from and tips on how to reduce our average daily sugar intake. Visual examples of the amount of sugar in commonly consumed foods and beverages were passed around to add to the “shock” factor and bring attention to just how much sugar we eat every day. Participants also learned the risks of a diet high in sugar, including the promotion of tooth decay, increased risk of diabetes, and obesity.

Moving Forward...

Beginning with this issue, we will be including the meal and activity calendars in the newsletter. Because space is limited on the calendar, we will use this area to describe some events in more detail.

On December 2nd, we will be “Decking the Halls” after lunch. Decorations will be available and we will have hot chocolate, Christmas music and cookies as we trim the tree.

On the 8th, we will be making Christmas Centerpieces, there will be an example at the center and we ask that you sign up if

you would like to participate so that we can purchase the appropriate amount of supplies.

Wednesday the 9th will feature a concert from the musicians at Rectory School. The concert will feature holiday favorites, sing-a-longs and instrumental music.

Walter Hinchman will be joining us on the 15th for a “Learn at Lunch” presentation on his trip to the Balkans.

Our Christmas party is scheduled for the 16th. Join us for a delicious lunch and

holiday cheer. Please call the center to reserve your meal.

Our cookie swap will take place on the 23rd, all you need to do is bake and bring 3 dozen cookies and a container to carry your cookies home.

We will finish the month on December 31st with a Senior Center favorite “Family Heirlooms”. Bring your memorabilia to the center and share your story!

POMFRET SENIOR CENTER

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We're on Facebook
Pomfret Senior Center

Senior Spotlight

Elsie May Thornton Johnson was born in Abington and has resided in Pomfret for over 90 years. Elsie is a very active Pomfret Senior and has been a part of the Grange for 74 years holding various positions throughout the organization. She is one of the original members of the Pomfret Senior Center. Elsie has 2 sons; Dan and Charlie. Both served in the armed forces. Dan in the Army for 6 years and Charlie in the Coast guard for 23 years. Her late husband Sherwood served in the Army and was a WWII veteran. Elsie and her son Dan attend the center regularly. Both are avid gardeners who freely offer tips to anyone who asks. Their garden is an

artistic blend of fruit trees, herbs and flowers, along with many varieties of vegetables.

Elsie enjoys coming to the center to see her friends and just to be around others. Some of her favorite pastimes are gardening, crochet, sewing and making clothes. On any given day you will observe her playing Mexican Train or Dominos, knitting, crocheting or just chatting with her many friends at the center.

