

New Haven

ELDERLY SERVICES

New Haven



2008

New Haven



2008

John DeStefano, Jr.

Mayor

Patricia Wallace, Director

165 Church St.

203-946-7854

Atwater Senior Center
26 Atwater St.
946-8558

Dixwell/Newhallville Senior Center
255 Goffe St.
946-8541

East Shore Senior Center
411 Townsend Avenue
946-8544

AUGUST 2013

New Haven has been committed to shelter people who are homeless like no other City in our State. Why talk about that in August? Because we are presently taking a look at the age of those who are homeless in our City. Older adults are a vulnerable group, yet we had more than 180 in shelters in March, aged 55 and up. We know that one-third were veterans. Elderly Services, the Community Services Administration, shelter providers, Yale New Haven Hospital and the Agency on Aging, along with the State Department of Mental Health and Addiction Services and the VA are teaming up to understand why older adults become homeless, and to work together to help them. Increasing homelessness among older adults is predicted to increase in the years ahead. By working together I hope we can prevent that in New Haven.



John DeStefano, Jr., Mayor

The New Haven Land Trust and a large group of Global Health Volunteers helped to build beautiful raised beds last month at Casa



Otonal. Residents, including grandchildren who live with their grandparents at Casa Familia, will benefit for years to come as they enjoy the bounty of the plants they grow together. Common Ground High School seniors helped seniors at Tower One/Tower East to do the same thing. Food-producing plants and seeds can be purchased with SNAP. What about gathering a few friends to form a garden group where you live? We can help. Call Elderly Services staff person Doug Toth to learn more. Great eating at great prices just ahead.

Patricia Wallace, Director

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2013 STATEWIDE SENIOR PICNIC at HOLIDAY HILL

Monday August 19, 2013; 9 a.m. - 4 p.m.

\$29.00 all inclusive

Food available all day, Budweiser Beer on tap, Bocce, Horseshoes, Shuffleboard, 9 Hole Mini-Golf, Heated Pools, Bingo Games, Free Parking with Shuttle, First Aid Personnel on Duty



All ticket money must be submitted to Holiday Hill no later than Monday, August 5, 2013. Checks should be made payable to Holiday Hill and mailed to: Holiday Hill, P. O. Box 338, Cheshire, CT 06410. Please include the names of people you are paying for in the event a guest forgets or misplaces the ticket. Tickets will be mailed to you. Questions? contact the Holiday Hill office at 800-533-0029

Free Transportation will be provided by City of New Haven

Sign up at a senior center

or check with the resident services coordinator in senior housing.

ALMUERZO MENU Y ACTIVIDADES DE AUGUSTO-ATWATER SR. CENTER

<p>Todos los días 8:30 a.m. -3:30 p.m. Sala de computadores 9:00 Café gratis todo el día 11:30 a.m. Almuerzo;</p> <p>Lunes 9:00-11 a.m. Recortes de pelo; \$5, 8/5&8/19 1:00 - 4:00 p.m. Juegos de cartas,pokeno bocce, herraduras</p> <p>Martes 10:00 Clase de yoga 12:30-2:30 Clases de manualidades 1:00 - 4:00 p.m. Juegos de cartas, bocce, herraduras</p>	<p>Miercoles 1:00-4:00 p.m. Juegos de cartas y bingo, bocce, herraduras</p> <p>Jueves 8:30-2:00 Project Mothercare 1:00 p.m. Juegos de ping pong y cartas, bocce, herraduras</p> <p>Viernes 9:30-10:30 Yoga 9:30-12:30 Clínica para personas mayores 1:00-4:00 p.m. juegos de cartas, pokeno, bocce, herraduras 6 de agosto—Viaje de Foxwoods Casino 14 de agosto , 11:00, Rememorando</p>
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SAVE THE DATE

WALK TO END ALZHEIMERS

September 9, 2013

Lighthouse Point Park

Registration begins at

9 a.m.

Walk begins at 10 a.m.

Participants walk a 1.5 – 3 mile route and will learn more about Alzheimers Disease, advocacy opportunities, clinical trial enrollment, support programs and services of the Alzheimers Association.

Each walker will also join in a tribute ceremony to honor those affected by Alzheimers.

For info or to start a team, visit www.alz.org/ct or call 800-272-3900

Hispanic Luncheon Menu - Atwater Sr. Center

<p>8/2 Seasoned Ground Beef with macaroni & cheese, Pigeon Peas, Wheat bread, Peaches</p>	<p>8/9 Seasoned steak strips w/ green peppers & onions, steamed rice, broccoli, apple juice, coffee cake, milk</p>
	<p>8/27 Baked Pernil, applesauce granish, sweet potato pone, French green beans, rye bread, pears, milk</p>



It's Never Too Late To Learn

Janie Johnson and her husband, Glenn, have over the years traveled around the world. Janie must have viewed many wondrous sights, witnessed different cultures and gained knowledge that one does through travel. Just recently they, along with other members from the Dixwell-Newhallville Senior Center, went on an almost two week trip in June, traveling



by bus across the country to New Mexico, another amazing adventure.

But all those wonderful experiences pale by a wide margin after Janie returned home to find a letter written by the Dean of Student Affairs at Gateway Community College informing her that she had made the Dean's List for the Spring 2013 semester. Janie's

voice just bubbles over with sheer excitement and her face lights up as she relates this to folks.

"I was so surprised, I couldn't believe it." It was not merely making the Dean's List that amazed her, but rather the fact that she went into her class, which was music, not knowing anything about the subject. "I didn't know how to read music. I couldn't read notes," she admitted. "I didn't know a quarter-note or a half-note or a whole note or how many beats to count. I really underestimated myself," she recalls.

That is why Janie is so thrilled with herself that she worked her way all the way up to be rewarded for "academic excellence," and "high scholastic achievement". "I am so proud of me," she proclaims. "I surprised myself." And it's also a testament to others she said. "If I could do it, somebody else can." Janie wants especially to share this insight with someone who might be thinking about taking on something new. "This might inspire someone else," she said. "After all, it's never too late."

Janie Johnson has proven that.

Margery Mills

CITY SEED FARMERS' MARKETS

Saturdays—Wooster Square 9am-1pm

Sundays - Edgewood Park 10am– 2pm

Wednesdays—Downtown: New Haven Green; Temple & Chapel Sts. 11am-3pm

Thursdays—Fair Haven: Corner of Grand & Poplar Sts. 2pm-6 pm

Fridays—The Hill: CT Mental Health Center; Corner of Park & South Sts. 11am-2pm



AUGUST 2013 SENIOR CENTER ACTIVITIES/PROGRAMS

Senior Swims, Career High School, 10 am-12, Friday August 2 & 9

	Atwater	Dixwell Newhallville	East Shore
August 5, 12, 19, 26	Computer Room (8:30-3:30) Morning Coffee (9:00) Haircuts \$5 (9:00-11:00) 8/5&8/19 Lunch (11:30) Pokeno/Cards/Games (1-4:00)	Computer, Pool Room & Cards (8:30-3:30) Breakfast Club (9:00-10:00) Lunch (11:30)	Computer Room (8:30-3:30) Coffee/Conversation (9:00-10:00)
Tuesdays August 6, 13, 20, 27	Computer Room (8:30-3:30) Morning Coffee (9:00) Yoga & Ping Pong (10:00) Lunch (11:30) Crafts (12:30-2:00) Sr. Assoc. Trip to Foxwoods 8/6	Computer, Pool Room & Cards (8:30-3:30) Breakfast Club (9:00-10:00) Tai Chi (10:00) Lunch (11:30) Sr. Drama Group (1:00-3:00) Spanish Class (1:30-3:30)	Computer Room (8:30-3:30) Coffee/Conversation (9:00-10:00) Lunch (11:30)
Wednesdays August 7, 14, 21, 28	Computer Room (8:30-3:30) Morning Coffee (9:00) Reminiscing 8/14 (11:00) Lunch (11:30)	Computer, Pool Room & Cards (8:30-3:30) Breakfast Club (9:00-10:00) Lunch (11:30) Sr Club Meeting-Speaker (1-3)	Computer Room (8:30-3:30) Coffee/ Conversation (9:00-10:00) Yoga 10:30-11:30 Lunch (11:30) Knit/Crochet/Sew (1:00-3:00)
Thursdays August 8, 15, 22, 29	Computer Room (8:30-3:30) Project Mothercare (8:30-2:00) Morning Coffee (9:00) Lunch (11:30)	Computer, Pool Room & Cards (8:30-3:30) Breakfast Club (9:00-10:00) Yoga (9:30-10:30) Lunch (11:30) Sr. Drama Group (1:00-3:00) Spanish Class (1:30-3:30)	Computer Room (8:30-3:30) Coffee/Conversation (9:00-10:00) Tai Chi-Kathy Brennan(10:00-11:00) Lunch (11:30)
Fridays August 9, 16, 23, 30	Computer Room (8:30-3:30) Morning Coffee (9:00) Project Eldercare (9:30-12:30) Yoga - Debbie Kahan (9:30-10:30) Lunch (11:30)	Computer, Pool Room & Cards (8:30-3:30) Breakfast Club (9:00-10:00) Lunch (11:30) Bingo (12:30)	Computer Room (8:30-3:30) Coffee & Conversation (9:00-10:00) Lunch (11:30)



Visit the New Haven Public Library website: www.nhfpl.org Also visit the City of New Haven website www.cityofnewhaven.com. Click on the "calendars" tab along the top of the page and select the event calendar that you wish to view including: Parks Department and Elderly Services

MAIN LIBRARY

August 3; 1:30-3:00 p.m., AARP Worksearch; By appointment. Contact Kate Cosgrove at 203-946-7001

August 7; 5:30-7:30 pm, Ask A Lawyer. Have a legal question you need to have answered? Check out this monthly program and have a one on one conversation. No signups required. Free & open to the public.

August 1, 6:00-7:00 p.m. Affordable Health Care Act Explained, with Rand Oster.

August 1, 8, 15, 22, 29; 6:00-8:00 p.m., or August 8, 15, 22, 29 ; 6:00-8:00 pm; ESL; Learn to improve your pronunciation, listening and speaking skills in an informal English conversation group. Presented by library, Adult Education and Literacy Volunteers. La Biblioteca Principal les invita a participar en nuestras clases de conversacion en ingles.

August 2, 9, 16, 23, 30 ; 1:00-2:00 p.m. Library Yoga with Alan Bitker. Alan Bitker is a certified yoga teacher with extensive training in Iyengar, Anusara and Kripalu styles of yoga. His is also a licensed massage therapist (newhavenmassage.com)

August 3, 10, 17, 24, 31 ; 11:00-12:00 Tai Chi on the Terrace. 6-week series is designed for adults at a beginners level or as a refresher for those with some knowledge of tai chi. International award-winning instructor Kathleen Brenner teaches a 10-form set of Yang style tai chi. \$30 series, payable to instructor at first class, or \$8 per single class. Register at www.taichiaug2013.eventbrite.com

August 3, 2:00pm-3:00 pm; Lemons into Limoncello with Dr. Raeleen Mautner. Author, columnist, radio personality and self-help specialist advocates Italian lifestyle traditions as pathways to physical and emotional well-being. Read more at raeleenmautner.com

August 5, 12, 19, 26 ; 3:30-4:30 p.m. Sign Language Club. Have you ever wanted to learn sign language but have no one to practice with? Join us! This is not a formal class, but a casual weekly gathering of people who are interested in learning, teaching, or practicing sign language. We are all learning and growing together, and all levels of experience are welcome. Free. Ages 13 and up.

August 10, 2 p.m. Film: Charulata; **Charulata was screened as part of Cannes 2013's celebration of the centenary of the birth of Indian cinema..** NHFPL Librarian Soma Mitra, who grew up in the director's hometown of Kolkata and enjoyed watching his films, will invite discussion following the screening.

August 28, 6:00-7:30; Stress and the Mind-Body Connection. 3-part series taught by Christine Ucich. August 28 **The Stress Response: How it Works & Affects Our Physical Health Practice Techniques...** acupressure massage, exercise/relaxation, muscle testing. September 4 **Stress & Psychological Health: Mood, Sleep, Anxiety & Addiction Practice Techniques...** mantra meditation, breath meditation, visualization. September 11 Stress Management: Flexible Responses & Hopeful Clues to Success Practice Techniques... **Qi Gong, Five Element Stretching, Healing Soundwork.**

MITCHELL LIBRARY

August 5, 5:30-6:30 pm - Artist Reception, Meet Barbara Hendrix, the artist behind this month's exhibition of photographs from Provence.

Beecher Park Summer Concerts sponsored by Westville Renaissance Experience; 6:30-7:30, Outdoors; bring blanket or chair—August 5, Afro-Semitic Experience ; August 12 Like Violet; pop performance; **August 19, Dr. Caterwaul's Cadre of Clairvoyant Claptraps.**

August 7, 11:00-noon; Experience Corps Information Session; Are you 50+ and looking for a way to give back? Come get information on Experience Corps' opportunities for reading tutors. Please register by calling Sheila at (203) 752-3059.

August 22, 11:00-noon; Under One Sky: A Celebration of Cultural Diversity; Musical performer Roger Tincknell presents this fun, interactive family concert. Sponsored by the Seymour L. Lustman Fund and the International Association of New Haven. All ages

WILSON LIBRARY

August 1, 8, 15, 22, 29; 5:15-6:15 p.m. or August 7, 14, 21, 28; 4:30-5:30 p.m. Family HEALTHercise: Dance your way to health with the Cornell Scott Hill Center. Ages 6+.

FSW, INC NEW HAVEN SENIOR CTNS: COMMUNITY CAFÉ— AUGUST 2013

Monday	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
PLEASE NOTE: DONATION IS REQUESTED BUT NOT REQUIRED			HAPPY AUGUST BIRTHDAYS 3 oz Roast beef with LS gravy Baked potato/mixed veggies 2 slices Rye bread 4 oz Orange juice 1 slice Frosted chocolate cake	3 oz Crab cake/ tarter sauce ½ cup Macaroni and cheese ½ cup Spinach 2 slices Wheat bread ½ cup Peaches
5	6	7	8	9
3 oz unstuffed cabbage ½ cup rice ½ cup Belgium carrots Multi grain dinner roll Fresh plum	Teriyaki Veggie burger with cheese on wheat bun ½ cup Sweet potato fries ½ cup grilled vegetables ½ cup fresh melon	3 oz Chicken stir fry ½ cup Fried rice ½ cup Oriental veggies 2 slices Oat bread ½ cup Mandarin oranges	Minestrone soup 3 oz Light crunch fish ½ cup red bliss potato ½ cup Fresh zucchini Pumpnickel dinner roll Ice cream sandwich	Philly cheese steak on grinder roll ½ cup Steak fries ½ cup Broccoli 4 oz Apple juice 1 slice Coffee cake
12	13	14	15	16
3 oz Hot Open Roast Beef Sandwich/ LS gravy ½ cup Smashed potato ½ cup Bean Blend 4 oz Grape Juice 1 Oatmeal cookie	¾ cup Escarole and Bean Soup 3 oz Grilled chicken Caesar salad/ croutons/ dressing 1 Herbed Wheat breadstick ½ cup Mandarin oranges	Barilla plus Spaghetti / chicken meatballs in marinara sauce 1 pkt Parmesan cheese Fresh zucchini/ yellow squash 1 slice Garlic bread ½ cup Italian Ice	3 oz Turkey /LS gravy/cra berry sauce ½ cup Apple stuffing ½ cup Roasted vegetables 2 slice Oat bread 4 oz Pineapple juice 1 slice Berry strudel	Parmesan encrusted scrod ½ Baked potato ½ cup Tossed salad/ tomato Italian dressing 1 Wheat dinner roll Fresh fruit-peach
19	20	21	22	23
1 cup Baked ziti /meatsauce and cheese ½ cup cauliflower Tossed salad/ tomato ranch dressing 1 slice Italian bread ½ cup Pears	1/6 Broccoli quiche ½ Broiled tomato ½ cup Cucumber salad 1 Multigrain dinner roll 4 oz Cranberry juice 1 slice Marble cake	3 oz Herb baked chicken qtr ½ cup Baked sweet potato ½ cup Scandinavian blend 2 slices Wheat bread 1 slice Fresh melon	3 oz Pot roast/LS gravy ½ cup Smashed potato ½ cup Peas and carrots 2 slices Rye bread 4 oz Orange juice ½ cup Ice cream cup	Vegetable barley soup Seafood salad/ lettuce/ tomato/ three bean salad 2 slices Pumpnickel bread ½ cup Orange jell-o with mandarin oranges
26	27	28	29	30
BBQ chicken qtr ½ cup Baked beans ½ cup Coleslaw 1 cornbread ½ cup Watermelon	3 oz Roast pork/LS gravy 1 oz Applesauce garnish ½ cup Sweet potato pone ½ cup French green beans 2 slices Rye bread ½ cup Pears	Shrimp bisque Chef salad/ ½ cup lettuce, cucumber, turkey, ham, cheese, French dressing 2 slices Oat bread ½ cup Pineapple tidbits	sweet potato encrusted fish ½ cup Brown rice ½ cup California blend Wheat dinner roll 4 oz Pineapple juice 1 slice Strawberry shortcake	Eggplant roladini/ sauce Penne pasta/ marinara sauce Parmesan cheese Tossed salad/carrot/dressing 1 Garlic breadstick ½ cup Grapes



Change is Coming to City Hall.

What do we want the future Mayor to know about the needs and hopes of older adults in New Haven?

The Mayoralty Debate: Aging in New Haven

Wednesday, August 14, 2013; 2-4 p.m.

United Church on the Green

Candidates: Mr. Kermit Carolina, Alderman Justin Elicker, Mr. Henry Fernandez, Senator Toni Harp, Mr. Sundiata Keitazulu

Moderator: Mr. Sam Chauncey, Former CEO Gaylord Hospital

Sponsors: Home Haven, Inc., the Mary Wade Home
and the Commission on Aging, City of New Haven

Free transportation will be provided from Senior Centers and senior housing complexes with sign-up by August 7, 2013.



Community Outreach Health Fair
Arts & Cultural Heritage Festival:
Cathedral of Higher Praise & Church of God of Prophecy
155 Grand Avenue, New Haven

August 10, 10a.m.-3p.m. (Raindate August 17)

Free Health Information & Screenings including Blood Pressure

Sponsor Organizations: Olive Branch Clinical & Consulting Services, LLC; GAIA's Essence; City of New Haven Environmental Health; Agency on Aging South Central CT. Cornell Scott Hill - Health Center; The Sister's Upper Room; New Haven Maternal & Child Health Yale New Haven - Community Health Dept.; City of New Haven Dept. of Elderly Services; Connecticut State Dental Association ; Grand Dental; American Diabetes Association

Guest Speakers, Activities & Entertainment



Urban Gardening Workshops

August 1 Plant Science Day & Open House
10am-4pm; CT Agricultural Experiment Station
@Lockwood Farm, 890 Evergreen Ave.

Hamden, 203-974-8500

August 17 Fall Seedling Sale 10am-2pm

Common Ground Seedlings \$2-\$4

10% off for school and community gardens

358 Springside Ave. 203-389-4333 ext 1213

August 27 Fall & Winter Gardening 5-7pm

Mobile Garden Clinic* @ New Haven Farms'

Chabaso Garden, 360 St. James St.

203-915-1892



New Haven Elderly Services

Patricia Wallace, Director 203-946-7854

pwallace@newhavenct.net

Georgiann Dogolo, Elderly Services Specialist
203-946-2272

Douglas Toth, Elderly Services Specialist
203-946-8585

Mary Barnes, Volunteer Newsletter Editor
203-909-5863

Gus Cuomo, Circulation Manager
Atwater Senior Center

26 Atwater Street

Tel. 203-946-8558

Elderly Services Specialist: Filomena Fiondella
Dixwell/Newhallville Senior Center

255 Goffe Street

Tel. 203-946-8541

Elderly Services Specialist: Irrita Osborn
East Shore Senior Center

411 Townsend Avenue

Tel. 203-946-8544

Elderly Services Specialist: Michele Clary-
Butler

Container Gardening and Cooking Demonstration for Seniors at Atwater Senior Center



Photo credit: Patrick Decker

IMPORTANT PHONE NUMBERS

MAYOR'S OFFICE — 203-946-8200

ELDERLY SERVICES—203-946-7854

MY RIDE — 203-288-6643

MARY WADE MEDICAL TRANSPORTATION —
203-562-7222



POLICE—NON-EMERGENCY—203-946-
6316; EMERGENCY—911

PUBLIC WORKS—203-946-7700
(HOURS 7-3 M-F)

TRANSPORTATION, TRAFFIC &
PARKING 203-946-8078