

# New Haven

## ELDERLY SERVICES

John DeStefano, Jr.

Mayor

Patricia Wallace, Director

165 Church St.

New Haven



2008

New Haven



2008

Atwater Senior Center

26 Atwater St.

946-8558

Dixwell/ Newhallville Senior Center

255 Goffe St.

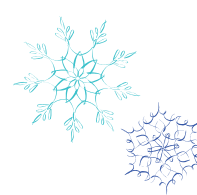
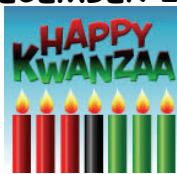
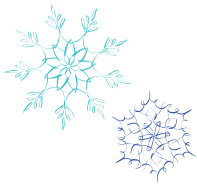
946-8541

East Shore Senior Center

411 Townsend Avenue

946-8544

### DECEMBER 2012



The holidays are upon us, with all they offer for meaning, celebration, fun, and remembrance. In New Haven, there are a lot of activities for families to enjoy. Senior Center members will visit the Festival of Lights at Lighthouse Park. Sign up now! On Dec. 2 make a wreath (\$8-10) or sand ornaments (\$1) at Barnard Nature Center from 12-4, or make candles (\$1) at East Rock Ranger Station from 11-3. Barnard will feature arts and crafts and refreshments for kids. Join us on Thursday, Dec. 6 for the City's annual Tree Lighting Celebration on the Green from 4-8pm (rain date: Dec. 7). There will be carousel rides, holiday crafts, horse drawn carriage rides, letter writing to the North Pole, photos in the "winter wonderland" with Rudolph or other costumed characters, and visits with Santa (this ends at 7:30 p.m.), free popcorn and performances by school choirs.



Project Storefronts will sponsor Holiday mArt at 756 Chapel St. Thursdays, Fridays and Saturdays beginning at noon, and featuring lots of fun arts and crafts opportunities, with artists and handmade goods for sale.

Drop off a new, unwrapped toy for Toys for Tots on Dec. 9 at Ralph Walker Rink and skate free from 12-1:20 or 6-7:30. In Westville on Dec. 9 there will be a Chanukah Art sale and lighting of the Grand Menorah, and the following night a Chanukah Pajamakah at the Mitchell Branch Library featuring bedtime stories and treats for kids in their PJs.

Celebrate Kwanzaa at the Wilson Branch Library on Dec. 29 from 1-5 p.m. at 303 Washington Ave. For information e-mail [afrocarib-fest@aol.com](mailto:afrocarib-fest@aol.com).

Mayor John DeStefano, Jr.

Welcome to Althea Marshall Brooks, the new Community Services Administrator for the City of New Haven. Stepping seamlessly into her job on the day that Super Storm Sandy hit, she brings years of leadership experience in our community and many relationships. In December she will visit senior centers and learn from our staff about our work to serve you. Elderly Services is one of the departments linked together in CSA.

The end of the year is a great time to take a *look sideways*, a *look back* and a *look forward*. *Look sideways* to remember who lost a loved one this year who might welcome a call or a trip to the coffee shop for a friendly visit. *Look back* at what was new and good that you did this year, or what is left undone that you can still accomplish. *Look ahead* at what will help you to stay fit physically and mentally--while having fun. Have you seen the beautiful new community college in our downtown? Seniors can take free courses. Bedazzle your grandkids with your technology expertise after taking a computer class. Learn a language or how to draw or how to bake. Take a writing or bookkeeping class. If classes are not for you, consider how to add spice through volunteer work. United Way is a hub of volunteer information. Offer to lead an activity at a senior center. What do you know how to do and like to do that you would be willing to share? *Join our volunteer newsletter team. We are presently looking for photographers and for volunteers to help to deliver this newsletter.*

The staff members of Elderly Services thank you for the pleasure of your company in 2012 and the opportunity to work with and for you. Happy holidays!

Patricia Wallace, Director Elderly Services

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The Friday afternoon bingo games at the Dixwell-Newhallville Senior Center are always well attended and great fun for the players.

Gus Cuomo, long-time volunteer extraordinaire at the Atwater Senior Center marching in the Columbus Day Parade



**ALMUERZO MENU Y ACTIVIDADES DE DICIEMBRE  
ATWATER SENIOR CENTER**

**Todos los días**

8:30 a.m. -3:30 p.m. Sala de computadores  
 9:00 Café gratis todo el día  
 9:30 a.m. Caminar en la mañana  
 11:30 a.m. Almuerzo

**Lunes**

9:00-11 a.m. Recortes de pelo (12/3 & 12/17)  
 10:00 a.m. Tai Chi;  
 1:00-3:00 p.m. Clase de costura  
 1:00 p.m.- 4:00 p.m. Juegos de cartas & pokeno

**Martes**

10:00 a.m. yoga  
 10:00 a.m. - 1:00 p.m. Ping Pong y juegos  
 1:00 - 4:00 p.m. Bingo y juegos de cartas  
 1:00 p.m. - 3:00 p.m. El entretenimiento hispano

**Miercoles**

9:00 a.m. Café, artes, tejer endosaguas y crochet  
 10:00 a.m. Yoga y ejercicio sentado

1:00-4:00 p.m. Juegos de cartas y bingo

**Jueves**

8:30-2:00 Project Mothercare  
 10:00 a.m. Clase de yoga  
 1:00 p.m. Juegos de cartas/ping pong/herraduras  
 2:00 p.m. Pelicula

**Viernes**

9:00 a.m.- Clase de yoga  
 10:00 a.m.-2:00 Clínica para personas mayores  
 12:00-4:00 p.m. Clase de cerámica  
 12:30 Clase de baile ( 12/28)  
 1:00-4:00 p.m. Bocce; juegos de cartas  
 1:00-2:00 p.m. Banco de Alimentos

**Viaje a Knights of Columbus 12/11**  
**Artes y artesanías de demostración 12/12**  
**Fiesta de Navidad 12/20 2-4:00 p.m.**

<p><b>Hispanic Meals at Atwater Senior Center</b></p>	<p>12/4 Clam chowder; baked cod with green pepper &amp; onions seasoned with Sazon; brown rice pilaf; cole slaw; fresh fruit</p>	<p>12/7 Spanish style baked chicken leg with carmelized onions; orzo; grilled winter vegetables; mandarin oranges</p>
<p>12/14 Chicken noodle soup with carrots, peppers, onion, pink beans; brown rice; zucchini; fresh fruit</p>	<p>12/18 Chicken and macaroni with Spanish sauce; parmesan cheese; oriental vegetables; mandarin oranges</p>	<p>12/21 Pernil (pork shoulder); boiled green bananas; peas and onions; applesauce</p>

This is the first in a series of articles that will explore the variety of walking groups for the 55+ population in New Haven, those formed in a few of the residential housing facilities run by the city as well as other community-based walking groups.

*"Everywhere is walking distance if you have the time."*

## The Tower Marathon at Tower One/Tower East

Sylvia, Ruth, and Sally can give all of us a run for our money. The three women participating this Monday in the regular weekly group walk at Tower One/Tower East make short shrift of the notion that an inevitable outcome of aging is physical decline. All, three are octogenarians but their vitality, enthusiasm, and upbeat attitudes suggest that in the eighth and ninth decades of life, new activities and new friendships can blossom.

Not that any of these women are walking novices. Ruth, who grew up, in Bridgeport, remembers daily walks with her mother to the fish market and the grocery store, a long distance from where she lived. But there was no money for the bus. Her claim that even today she could walk for ten hours doesn't lack credibility. Sylvia has been a regular walker for twenty-five years. Despite a fall a couple of days ago while walking by herself outside the Towers, she is eager to join today's group. She is more worried about the black and blue marks on the side of her face fading in time for the wedding she will be attending soon than about another fall. Her daughter, Suzanne, in for a visit, joins the walkers, staying close by her mother's side, more for own comfort than her Mom's, who strides confidently and with ease. Sally, who broke her hip a year ago, is another one of the regulars, agile with the walker she now depends on. The women look out for each other, sometimes slowing down to keep company with Sally, who gets tired a little sooner than the other two, after a few laps around the dining room with her walker.

Today's walking venue is in the dining room, more populated than usual at 11:00 AM. One table is occupied by a facilitator-led group of residents discussing the play at Long Warf they recently attended. Small coffee klatches of three and four are sprinkled throughout the tables. The walkers are artful dodgers, weaving around the tables, pushing a few chairs or wheelchairs out of the way, chatting with each other and a newcomer as they do their laps. The group sometimes walks over to a small park nearby, discovered by one of the members, bringing along sandwiches for an impromptu picnic. Another close-by destination is in front of Yale New Haven hospital, with its myriad of food trucks lining up Howard Street.

Holly, their leader, is the volunteer who organized the

group three years ago. She shows up every Monday, serving as cheerleader and friend. She decided it would be both fun and motivating to keep track of each walker's laps, culminating eventually in enough miles to count as a marathon, a long range but achievable goal. Holly hopes to buy tee shirts for the walkers, with the "Tower Marathon Walkers" printed on the front. Holly confides that recently a donor tentatively offered to fund the project.

Holly shares a little of the history of each of the women. Ruth, true to her spunky self, in the last couple of years, took the train from New Haven once for a trip to Florida and once to California, by herself, to visit friends and family, most likely without the comfort of a sleeping car. Sally and her husband and a small group of other families in Orange, CT, founded Congregation *Or Shalom* in 1971. The synagogue was initially known as The Orange Synagogue Center. Families met for worship and Jewish study at the American Legion Hall. The newcomer, walking next to Sylvia, as we do our laps round the dining room, learns that Sylvia's first husband died suddenly at age 45, leaving her with three young adult children, all devastated by the loss of their father.

None of the three women knew each other before becoming residents of Tower One/Tower East. A couple of them, who came to Tower East around the same time, had already developed friendships. But the shared camaraderie of the walking group, along with providing healthy exercise, cemented the existing friendships and brought others into the fold.

After half an hour of walking, the women settle into a few couches in a small enclave and talk about the perks of the weekly walking group, share a little of their histories, and convey with gusto the joy of life.

*"Now, shall I walk or shall I ride?"*

*"Ride," Pleasure said"*

*"Walk," Joy replied."*

*Submitted by Suzanne Eisner*

*[We welcome Suzanne to our newsletter team. This is her first article about older adults who are walk leaders in our City.]*

## DECEMBER 2012

	<b>ATWATER</b>	<b>DIXWELL-NEWHALLVILLE</b>	<b>EAST SHORE</b>
<b>Mondays</b> December 3, 10, 17, 24, 31 <b>CLOSED DEC.</b> <b>24, 25 AND 31</b>	Computer Room (8:30-3:30) Coffee (9:00) Morning Walk (9:30) <b>Haircuts (9:00-11:00) 12/3&amp;12/17</b> Tai Chi (10:00-11:00) Lunch (11:30)  Pokeno, Sewing, Games (1-3)	Computer Room (8:30-3:30) Breakfast Club (9:00-10:00) Walking Group (10:00-11:00) Lunch (11:30) Card Games (1:00-3:30)	Computer Room (8:30-3:30) Coffee (9:00); Oatmeal Bkfst. (9:30) Lunch (11:30) <b>Connie Viglione Mem. Mass 12/3</b> <b>Holiday Party, Anthony's</b>  <b>Ocean View 12/17</b>
<b>Tuesdays</b> December 4, 11, 18	Computer Rm(8:30-3:30) Coffee (9:00)Morning walk (9:30) Yoga (10:00-11:00) Ping Pong & Games (10:00-1:00) Lunch (11:30)  Hispanic Entertainment (1-3:00) <b>Knights of Columbus trip 12/11</b>	Computer Room (8:30-3:30) Breakfast Club (9:00-10:00) Tai Chi (10:00-11:00) Lunch (11:30) Games, etc (1:00-3:30) Line Dancing (5:00-8:00)  <div style="border: 1px solid black; padding: 5px; text-align: center;"> <b>Call for date/time of              holiday party              203-946-8541</b> </div>	Coffee (9:00) Oatmeal Bkfst. (9:30) Mass on TV (10:00) <b>Lunch/listen/learn (11:30) 11/6</b> Progressive Bingo (1:00-3:00)
<b>Wednesdays</b> December 5, 12 19, 26	Computer Room (8:30-3:30) Morning Walk (9:30) Coffee/Arts/Knit/Crochet (9:00) Yoga (10:00-11:00) Lunch (11:30) Cards & Bingo (1:00-3:00) Arts&Crafts Dem. 12/12 1 pm	Computer Room (8:30-3:30) Breakfast Club (9:00-10:00) Arthritis Exercise (10:00-11:30) Walking Group (10:00-11:00) Lunch (11:30) Dixwell Club -speaker (1-3:00)	Computer Room (8:30-3:30) Coffee (9:00); Oatmeal Bkfst (9:30) Yoga (10:30-11:30) Lunch (11:30) Knit/ Crochet/Sew (1:00-3:00) <b>Holiday Party 12/12 Pizza</b> <b>Breakfast with Santa 12/19</b>
<b>Thursdays</b> December 6, 13, 20, 27	Project Mothercare (8:30-2:00) Coffee (9:00)Morning Walk (9:30) Yoga (10:00-11:00) Karaoke (10:30-11:30) Lunch (11:30) (Holiday Party 12/4, Ceramics (12-3); Movie (2:00) Card Games,horseshoes, pool(1-4)	Computer Room (8:30-3:30) Breakfast Club (9:00-10:00) Yoga (9:30-10:30) Sewing (10:00-2:00) Lunch (11:30) Games, etc (1:00-3:30) Line Dancing (5:00-8:00)	Computer Room (8:30-3:30) Coffee (9:00); Oatmeal Bkfst. (9:30) Lunch (11:30)  Bingo (1:00-3:00)
<b>Christmas Tree Shop &amp; Fantasy of Lights Trip 12/10 East Shore, 12/13 Atwater, 12/14 Dixwell</b>			
<b>Fridays</b> December 7, 14, 21, 28	Computer Room (8:30-3:30) Wii Game (all day) Yoga (9:00); Morning Walk (9:00) Eldercare Clinic (10:00-2:00) Lunch (11:30)  Ceramics (12:30-3:00) Food Bank (1:00-2:00) Card Games (1-4) <b>Dance Class (12:30) 12/28</b>	Computer Room (8:30-3:30) Breakfast Club (9:00-10:00) Walking Group (10:00-11:00) Lunch (11:30) Bingo (1:00-3:30)	Computer Room (8:30-3:30) Coffee (9:00) Oatmeal Bkfst (9:30) Mass on TV (10:00)  Lunch (11:30) Games & Card Sharks (1-3)  <b>12/7 Trisha Show-Stamford; 8-2:30</b> <b>(tentative)</b>

Visit the **NEW New Haven Public Library website: [www.nhfpl.org](http://www.nhfpl.org)**

Also visit the **City of New Haven website [www.cityofnewhaven.com](http://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** (Also for library events, go to: <http://nhbulletin.blogspot.com>)

#### MAIN LIBRARY

**December 3, 10, 17 from 5-6:00 or 6:30-7:30 pm Computer Class.** 12/3 Windows 7; 12/10 Power Point; 12/17 Microsoft Word. Register 203-946-8130 ext, 219

**December 3, 10, 17, 24 ;1:30-3:30 pm—AARP Worksearch;** call for appt. 203-946-8835

**December 4, 11, 18 from 4-5 pm or 5:10-6:10 p.m. Computer Tutoring.** For 50 or older, one on one sessions at your pace. No prior knowledge of computers is necessary. Contact 203-946-7001

**December 4 from 6-8 pm ESL** Learn to improve your pronunciation, listening and speaking skills in an informal English conversation group. Free Walk-ins are welcome. Presented by library, Adult Education and Literacy Volunteers. La Biblioteca Principal les invita a participar en nuestras clases de conversacion en ingles.

**December 5, 12, 19, 1-2 pm, Library Yoga.**\$5, Bring your own mat. Drop-ins welcome.

**December 5, 5:30-7:45 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 with a lawyer. No signups required. Free and open to the public.

**December 6, 13, 20, 27 , 5:30-7:30 pm, Citizenship Class.** Free, open to the public; weekly prep for citizenship exam.

**December 8, 2-3:30 pm, Cigar Box Purse workshop** with Vanessa Pasanella, \$5 materials fee, register at

**Dec. 12, 6-7 pm--*The Seasonal Baker*with author/cook John Barricelli.** Barricelli is owner of SoNo Bakery in Norwalk. No charge, books available for purchase, samples! 203-946-8835.

**December 15, 1:30-4:30 THE UPRISING OF '34** Film showing and discussion led by **Anthony Riccio** (author of "The Italian American Experience in New Haven: Images and oral History" and "Cooking with Chef Silvio: Stories & Authentic Recipes of ampania") and **Troy Rondinone** (Associate Professor of History and Secondary Education Social Studies Certification Co-Coordinator at Southern Connecticut State University). This remarkable documentary depicts the events of the Southern Textile Strike of 1934. **Co-Sponsored with The Greater New Haven Labor Association**

**Dec. 19, 6:30 pm--A Child's Christmas in Wales**, a staged reading with actor Colin Lane and singer Becca Zaretsky, at Main Library. Please bring non-perishable food donation. 203-946-8835.

#### FAIR HAVEN LIBRARY

**December 11, 2-3 pm Book Club Discussion,** *The Secret Keeper* by Kate Morgan

#### MITCHELL LIBRARY

**Dec. 3, 6:30 pm--Author Talk: Kathy Leonard Czepiel discusses her novel, *A Violet Season*,** at Mitchell Library. 203-946-8117.

**December 3, 10, 17, 24; 12-1 p.m. Yoga Flow** \$5, all levels, bring your mat; Stephanie Maples, instructor

**December 3 at 6 p.m. Knitting Club;** All levels welcome, bring yarn and needles.

**December 10, 6:30-7:30 Monthly Monday Evening Book Club** *The Leftovers* by Tom Perotta

**December 3, 10, 17 at 6 pm, Conversational English** - with tutors from Literacy Volunteers of Greater New Haven; Ingles como Segundo Lengua. Please call to register: 203-946-8117

#### STETSON LIBRARY

**December 26 from 6-8 p.m, Diva's Digest Book Club** *What Looks Like and Ordinary Day* by Pearl Cleage

#### WILSON LIBRARY

**December 6, 13, 20, 27, 10-11 a.m. Clases de Computacion para adultos.**

## FSW, INC NEW HAVEN SENIOR CENTERS COMMUNITY CAFÉ—DECEMBER 2012

Monday	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
Fresh baked ham with LS gravy	Crab cake/ tarter sauce	Hamburger with onions & mushrooms	Hot open turkey sandwich /LS gravy	herb baked chicken leg quarter
10	11	12	13	14
Baked tilapia with lemon dill sauce	1 lasagna roll with meat sauce	<b>Birthday Cake day</b> 4 oz roast beef/ LS gravy	oven fried chicken quarter	Italian wedding soup & broccoli quiche
17	18	19	20	21
Meatloaf/ LS gravy; mashed potato	Chicken teriyaki	Lite crunch fish/ lemon/ tarter sauce	<b>Christmas Dinner</b> Eggnog Chicken Cordon Bleu w/ LS cream sauce	Whole grain spaghetti / marinara sauce; chicken meatballs
24/31	25	26	27	28
Closed Christmas Eve and New Year's Eve	<b>Christmas Day closed</b>	BBQ chicken	Pot roast wit LS gravy	Fish Florentine with lemon

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### YALE NEW HAVEN HOSPITAL CARE CARD

**Grateful Grieving:** Join Bereavement Coordinator, Chaplain Lisa Irish, at this gathering to gain education and inspiration about the grief, especially as we face the holiday season. All are welcome who have lost a loved one. **Wednesday, December 5, 10-11 a.m. at the Saint Raphael Campus.** Call [203.789.3275](tel:203.789.3275) to register.

#### **Blood Pressure Dates:**

East Shore Senior Center. Tues.  
Dec. 11, 10:30-noon  
Atwater Senior Center, Wed.  
Dec. 12, 10:00-11:30 a.m.  
Dixwell Senior Center, Wed.  
Dec. 19, 11:30a.m.-1:00p.m.



Irrita Osborn, Elderly Services Specialist at the Dixwell-Newhallville Senior Center was honored at the 10th Anniversary Celebration of the Center on November 24. Pictured are Mae Huckaby, Irrita and her grandson, Trevor Osborn, who presented her with a bouquet of flowers.

## RETHINKING THE HOLIDAYS

Black Friday, the day after Thanksgiving, marked the beginning of the holiday season, at least the beginning of the commercial aspects of the holidays. It is good to make time to reflect on the true meaning of our holidays and to think anew about how we celebrate the season. Rejoice the holidays are here!

Consider these suggestions:

### **Tips For Having a Less Commercial Christmas and Chanukah**

There were years that we were very poor, so for months before the holiday we would save the things we needed anyway, to have as Christmas gifts. We were no less appreciative of getting needed things than frivolous trinkets, in fact, I think we appreciated them more. Shoes, linens to replace threadbare ones, tools, or whatever, were something that received more appreciation at Christmas and felt like an indulgence.

You can reduce your exposure to the advertising and pressure to buy if you plan your gifts early, so that you do not need to go to shopping centers in late November and December. Some families make the choice of one small gift only, or of only handmade gifts. Giving your time is another option. It is often even more appreciated to get something repaired or fixed or a problem solved than it is to receive something wrapped.

Think of events you can do for December and Christmas to bring you and your family and friends closer together. Baking cookies or candies with a good friend is one of my favorite Christmas rituals. We bake them to give away as gifts, so it is often an all weekend activity like a tiny cookie factory. It takes more time than money. We always play the game of having "high standards" and not allowing any slightly imperfect cookie or candy leave the kitchen (we of course, eat the imperfect ones... funny how there are a lot of them). We put on music, we talk, make a complete and utter mess, wrap the gifts together to make them as pretty as possible but the best part is having a wonderful time together.

You can also plan a board game night or a music night when you invite friends in for a nice evening, or go caroling. Some people like volunteering during this time of year to help the hungry or bring cheer to children in hospitals or the elderly in nursing homes.

Enjoying the seasonal weather is another way of having a less commercial holiday. When weather permits you can have a lovely bonfire and hot cider outdoors, go sledding or skating or hiking to see the natural wonders in your area. All of these things can be annual events with loved ones, like a late night walk on Christmas eve through your neighborhood.

*(Continued on page 8)*

## CRANDBERRY PISTACHIO BISCOTTI

1/4 cup light olive oil  
 3/4 cup white sugar  
 2 teaspoons vanilla extract  
 1/2 teaspoon almond extract  
 2 eggs  
 1 3/4 cups all-purpose flour  
 1/4 teaspoon salt  
 1 teaspoon baking powder  
 1/2 cup dried cranberries  
 1 1/2 cups pistachios unsalted

Preheat the oven to 300 degrees F

In large bowl, mix together oil & sugar until well blended. Mix in vanilla and almond extracts, beat in eggs. Combine flour, salt, baking powder; gradually stir into egg mixture. Mix in cranberries and nuts. Divide dough in half. Form two logs (12x2 inches) on a cookie sheet that has been lined with parchment paper. Dough may be sticky; wet hands with cool water to handle dough more easily. Bake for 35 minutes in preheated oven, or until logs are light brown. Remove from oven, and set aside to cool for 10 minutes. Reduce oven heat to 275 degrees F Cut logs on diagonal into 3/4 inch thick slices. Lay on sides on parchment covered cookie sheet. Bake approximately 8 to 10 minutes, or until dry; cool. Makes 3 dozen

## New Haven Elderly Services

Patricia Wallace, Director

203-946-7854

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

## Medicare Open Enrollment Dates for 2013!

**Until December 7, 2012** you may enroll, or change a Medicare Advantage Plan, Prescription Plan, or a Medigap Plan.

Helpful information can be found at:

[www.Medicare.gov](http://www.Medicare.gov); call 1-800-MEDICARE, contact CHOICES at 1-800-994-9422 or in the most recent "Medicare & You" handbook.

*(Continued from page 7) Rethinking the Holidays*

For many, they wish to bring the spirit of the holiday back by observing their religious beliefs and making that central to their celebration. There are delightful church events in most Christian churches and you need only contact your church to find out more. There are also wonderful ethnic traditions centered around religious beliefs, and it can be a way of getting in touch with your roots to learn how to use a nacimiento (Mexico), advent calendar (Germany), a Santa Lucia wreath (Sweden) or traditions from your heritage or any other country.

By [CD Mohatta](#), [Ezinearticles.com](#)

## 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

