

New Haven

ELDERLY SERVICES

New Haven



2008

New Haven



2008

John DeStefano, Jr.

Mayor

Patricia Wallace, Director

165 Church St.

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

FEBRUARY 2013

Teeth matter. Last month we gave you information about free dental exams offered by UConn as part of their day of service in the spirit of Rev. Dr. Martin Luther King, Jr. For ongoing dental care, people can turn to two other important partners who provide low-cost (but not free) dental care. The Cornell



Scott Hill Health Center Dental Program (203-503-3040) provides many services to seniors with dental coverage through Medicaid or other insurance. For those without dental insurance they offer a sliding scale. Patients of Hill Health's dental program have access to emergency care every day but Sunday. That is also covered on a sliding scale for those without insurance. Dentures can be expensive if you are on a limited income. If you need help, Hill Health knows about the Marett Fund, a special New Haven fund to assist with a one-time urgent need of people over 60 on a fixed income and not on Medicaid. The University of New Haven Dental Center at 419 Boston Post Road, West Haven can help you to prevent dental problems by regular teeth cleaning. Call for an appointment: 203-931-6028. The fee for getting your teeth cleaned is \$15 for people aged 62 or older, or \$20 for younger adults. They also offer x-rays and exams. Good dental health to you!

Mayor John Destefano, Jr.

Mental illness is not only for the young. Our State Plan on Aging contains data that suggests that depression is very common among older adults, and is not always recognized and treated. There is good help available. We connect people to the services they need. In New Haven, anyone needing mental health care can go to the Connecticut Mental Health Center (CMHC) at 34 Park Street without an appointment to ask for help. La Clinica Hispana at CMHC welcomes those whose culture is Hispanic. There are special resources for people who are hearing impaired.

Like other forms of illness, people can recover from mental illness or can learn to live with it. Fellowship Place, 441 Elm Street, pictured here on the day of its recent ribbon cutting, is a beautiful place for community-based rehabilitation for people recovering from, or living with, mental illness.



Need help? Call 911 in a true emergency, or call Elderly Protective Services if someone may be a danger to themselves or others: 1-888-385-4225. There is a warm line, every evening from 5-9 p.m. at **1-800-258-1528 if you want to talk with someone who has had mental illness and now helps others.** If you need confidential help and you are not sure where to turn, call 211 (InfoLine) or call Elderly Services.

Patricia Wallace, Elderly Services Director

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Days of Service

Make A Difference at Atwater and Dixwell-Newhallville Senior Centers



LEAP and Jumpstart, a service group from Southern CT State University, washed chairs at Dixwell-Newhallville, and cleaned out the storage room at Atwater. Milone and MacBroom built shelves, laid carpet and tile, and painted at Atwater. University of CT Medical and Dental students and faculty gave free dental exams and products, took blood pressure and glucose, provided nutrition education and handed out vouchers for free flu shots. We thank the more than 60 people who gave their time and talent to make life better for New Haven seniors January 19-21, 2013.

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

Westville Traffic Concerns

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

Lunes

9:00-11 a.m. Recortes de pelo; \$5
9:30 Caminar en la mañana
1:00 - 4:00 p.m. Juegos de cartas & pokeno

Martes

10:00 a.m. -1:00 p.m. Ping Pong y juegos
1:00—3:00 p.m. Clase de costura
1:00 - 4:00 p.m. Bingo y juegos de cartas

Miercoles

9:00 a.m. Café, artes, tejer endosaguas y crochet
10:00 a.m. Yoga
1:00-4:00 p.m. Juegos de cartas y bingo

Jueves

12:00-4:00 Clase de cerámica
1:00 p.m. Juegos de ping pong y cartas
Partido de San Valentín 14 de febrero, 1-3 p.m.

Viernes

9:30-12:30 Clínica para personas mayores
12:00-4:00 p.m. Clase de cerámica
1:00-2:00 p.m. Banco de Alimentos

Conversation on Traffic Calming in Westville with Alderwoman Angela Russell and James Travers, Director of Transportation, Traffic and Parking.

Alderwoman Angela Russell will schedule a meeting on traffic calming in Westville in February. If you want more information, please call the Office of Legislative Services, 203-946-8371.

<p>Hispanic Meals at Atwater Senior Center</p>	<p>2/5 Pineapple juice, macaroni with ground beef and low salt tomato sauce, country style vegetables, pears</p>	<p>2/8 Hearty vegetable soup, Spanish style baked chicken with carmelized onions , broccoli, yam, berry strudel</p>
<p>2/12 Arroz con pollo, Spanish style pinto beans with sofrito, oat bread, mandarin</p>	<p>2/13 linguini with clam sauce, cannelloni beans, broccoli, pineapple tidbits, hot cross buns</p>	<p>2/15 Baked cod with green peppers and onion, seasoned with Sazon, caesar salad, vanilla pudding</p>

PHARMACIES THAT DELIVER

STORE	TELEPHONE	LOCATION	WILL DELIVER TO
Visels Pharmacy	203-562-6878	714 Dixwell Ave.	Only around the neighborhood (Dixwell area)
Bella Vista Pharmacy	203-467-1683	321 Eastern St.	Only Bella Vista.
Hancock Pharmacy	203-776-7100	306 Grand Ave.	New Haven, West Haven, and Hamden.
Rite Aid Pharmacy	203-777-0695	325 Ferry St.	Nearby neighborhood only (Fair Haven).
Walgreens Pharmmacy	203-777-7863	800 Howard Ave.	New Haven
Walgreens Pharmmacy	203-777-7809	55 Park St.	New Haven.
Walgreens Pharmmacy	203-777-7758	60 Temple St.	In New Haven and outside of New Haven. (Outside of New Haven can be shipped through UPS.)
Berneys Pharmacy	203-562-4447	615 Howard Ave.	All over town and Hartford once a week.
Rite Aid Pharmacy	203-777-7248	66 Church St.	Only Tower One and Tower East

Sleep Disorders More Common With Age

The older we get, the more we're at risk for conditions such as insomnia and sleep apnea. Such sleep disturbances can put you at risk for developing hypertension, depression and heart disease. If you or a loved one has trouble sleeping, join Pulmonologist, Dr. Roger Elias, director of the Sleep Health Program located on the Saint Raphael's campus of Yale New Haven Hospital on Tuesday, March 12, 11:00 a.m.-noon, as he speaks on "Sleep Disorders and Aging". Call 1-888-700-6543 to register. This free event is for Care Card members.

CareCard is a free health and wellness program for adults 55+. Features include: Free and low-cost screenings, like cholesterol, diabetes, blood pressure and pulmonary at various sites; a nurse consultant to answer questions and provide information; aquacise (low-impact water exercise); low-impact aerobics, stretch and flex classes, free seminars by physicians and specialists on topics from head to toe, free legal consultation for simple legal questions - provided by the New Haven County Bar Association by appointment, AARP driver safety refresher course, annual tax filing assistance, monthly book club at the CareCard office, social and recreational events like flower arranging and researching your family tree, and free notary services.

For more information about CareCard, please call 203.789.3275.

◦ FEBRUARY 2013 SENIOR CENTER ACTIVITIES/PROGRAMS

	Atwater	Dixwell-Newhallville	East Shore
Mondays February 4, 11, 18, 25	Computer Room (8:30-3:30) Morning Coffee (9:00) Haircuts (9:00-11:00) \$5 Walking Group (9:30) Sewing Group (10:00-2:00) Lunch (11:30) Pokeno/Cards/Games (1:00-3:00)	Computer Room (8:30-3:30) Breakfast Club (9:00-10:00) Lunch (11:30)	Computer Room (8:30-3:30) Coffee&Conversation (9:00-10) <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>Please Note: \$2 Lunch donation re- quested but not required at all centers</p> </div>
Tuesdays February 5, 12, 19, 26	Computer Room (8:30-3:30) Morning Coffee (9:00) Ping Pong (10:00-1:00) Lunch (11:30) Card Games (1:00-3:00) Jewelry Making (1:00-3:00)	Computer Room (8:30-3:30) Breakfast Club (9:00-10:00) Tai Chi (10:00-11:00) Lunch (11:30) Line Dancing (6:00)	Computer Room (8:30-3:30) Coffee&Conversation (9:00-10:00) Wii Games (10:00-11:00) Lunch (11:30) Lunch/Listen/Learn (1:00-3:30) Progressive Bingo (1:00-3:00)
Wednesdays February 6, 13, 20, 27	Computer Room (8:30-3:30) Morning Coffee (9:00) Yoga (10:00-11:00) Lunch (11:30) Card Games (1:00-3:00) Bingo (1:00-4:00)	Computer Room (8:30-3:30) Breakfast Club (9:00-10:00) Walk-Farm. Canal (10:00) Lunch (11:30) Card Games (1:00-3:00)	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 February 7, 14, 21, 28	Valentine Day Party 2/14, 1-3 Computer Room (8:30-3:30) Morning Coffee (9:00) Ping Pong Games (10:00-1:00) Lunch (11:30) Ceramics (12:00-4:00) Cards Games (1:00)	Computer Room (8:30-3:30) Breakfast Club (9:00-10:00) Lunch (11:30) Line Dancing (6:00)	Computer Room (8:30-3:30) Coffee&Conversation (9:00-10:00) Lunch (11:30) Bingo (1:00-3:00) Mohegan Sun Casino Trip
Fridays February 1, 8, 15, 22	Computer Room (8:30-3:30) Morning Coffee (9:00) Project Eldercare (9:30-12:30) Lunch (11:30) Ceramics (12:00-4:00) Food Bank (1:00-2:00) Card Games(1:00)	Computer Room (8:30-3:30) Breakfast Club (9:00-10:00) Lunch (11:30) Bingo (1:00-3:00)	Computer Room (8:30-3:30) Coffee&Conversation (9:00-10:00) Lunch (11:30) Games (1:00-3:00)

STETSON LIBRARY

February 15 from 3 to 6 p.m. Tuskegee Airman Mr. Connie Nappier, Jr. one of the original Tuskegee Airmen and the only one residing in Connecticut will share highlights of his extraordinary life as a Black pilot in WWII.

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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

February 2 from 2-3 pm Democracy Forum—Author Arthur Meyers describes the historical movement known as the Open Forum Lecture Movement, and explores its place in democratic society. Author of *Democracy in the Making*, copies of which will be available for purchase.

February 4 from 5-6 pm of February 6 from 10-11 a.m. Google Search Class - Google is one of the most powerful search engines. Learn how to search the Internet using Google.

February 5, 12, 19, 26 from 4-5 p.m. or 5:10-6:10 p.m. One on One Computer Class For 50 or older, learn at your pace. No prior knowledge necessary.

February 6, 13, 20, 27 from 1 to 2 p.m. Yoga with Alan Bitker instructs, suitable for all levels, bring mat; \$5

February 6, 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 with a lawyer. No signups required. Free and open to the public.

February 11 from 5-6 p.m. or February 13 from 10-11a.m. Keyboarding & Mouse Skills -A hands-on workshop which will enhance essential keyboard and mouse skills.

February 12 from 5:30-9:30 Mardi Gras and Silent Auction FUN, FRIVOLITY, FOOD, FRIENDSHIP

The NHFPL Foundation Board of Directors invites you to enjoy a fabulous evening and support the NHFPL's commitment to the New Haven community. Bid on terrific auction items and feast on delectable cuisine provided by an extraordinary array of New Haven's finest restaurants. Silent auction proceeds support the NHFPL's Summer Reading Club.

February 20 from 10-11 a.m. Computer Class - Word - Use Word to create documents that are key in today's world for job searching and so much else. Learn how to create a cover letter using Word.

February 23 from 2 to 3:15 pm - London by Dickens Marking Charles Dickens' birthday (Feb. 7), Fred Guida will introduce a rarely seen film starring Alan Bates in a performance that draws from lesser known short writings by Dickens. Snow date Mar. 2.

February 25 from 5-6 p.m. Or February 27 from 10-11 a.m. Intermediate Excel - Excel is one of Microsoft's most powerful tools. Learn the basics about how to create and use spreadsheets. Cells, formulas and charts are among the topics covered.

February 25 from 6-7:30 p.m. We Made It First New Haven Inventions - Author and local historian Colin Caplan discusses inventions first developed here in New Haven. Copies of his books will be available for sale.

FAIR HAVEN LIBRARY

February 2 from 3-4:30 Chinese New Year Celebration—Enjoy a craft, practice writing Chinese calligraphy, and try out some chopsticks with spring rolls and dumplings. Find out why this is the Year of the Snake in the Chinese calendar. For all ages--8 years and under must be accompanied by an older caregiver. Please register by calling 203-946-8115.

MITCHELL LIBRARY

February 4, 11, 18, 25 from 6 - 8p.m. Knitting Club; All levels welcome, bring yarn and needles.

February 4 11, 18, 25 from 6 - 8 p.m. ESL English Class - with tutors from Literacy Volunteers of Greater New Haven; Ingles como Segundo Lengua.

WILSON LIBRARY

February 5, 12, 19, 26 from 5:15-6:15 or February 6, 13, 20, 27 from 4:30-5:30 and Exercise to Health - Get moving! Library staff and their friends from the C Scott Hill Health Center invite you to join the group as they workout with a variety of fitness DVDs. Fun--and FREE!

February 7, 14, 21, 28 from 10-11 a.m. Clases de Computacion para adultos.

**FSW, INC NEW HAVEN SENIOR CENTERS
COMMUNITY CAFÉ—FEBRUARY 2013**

Monday	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
See Spanish menu choices at Atwater Senior Center on page 2				4 oz fish Florentine with lemon $\frac{1}{2}$ cup brown rice $\frac{1}{2}$ cup baby Belgium carrots
4	5	6	7	8
4 oz apple juice 4 oz southern chicken quarter $\frac{1}{2}$ cup butternut squash $\frac{1}{2}$ cup spinach	4 oz pineapple juice 4 oz Swedish meatballs $\frac{1}{2}$ cup egg noodles $\frac{1}{2}$ cup country style vegetables	4 oz Italian style cod with lemon $\frac{1}{2}$ cup fresh sweet po- tato $\frac{1}{2}$ cup green cabbage and carrots	4 oz sliced steak with LS onion gravy $\frac{1}{2}$ cup red bliss potato $\frac{1}{2}$ cup Belgium carrots	$\frac{3}{4}$ cup hearty vegetable soup 1 pkt unsalted crackers 4 oz chicken parmesan $\frac{1}{2}$ cup penne with mari- nara sauce $\frac{1}{2}$ cup broccoli
11	12	13	14	15
4 oz fresh baked ham with LS gravy $\frac{1}{2}$ cup scalloped po- tato $\frac{1}{2}$ cup peas and car- rots	$\frac{3}{4}$ cup New England Clam Chowder 1 pkt unsalted crackers 4 oz crab cake with tarter sauce $\frac{1}{2}$ cup brown rice pilaf $\frac{1}{2}$ cup coleslaw	4 oz hamburger with onions and mushrooms Ketchup $\frac{1}{2}$ cup baked beans $\frac{1}{2}$ cup green beans	VALENTINE'S DAY 4 oz cranberry juice 4 oz hot open turkey sandwich with LS gravy on 2 slice wheat bread $\frac{1}{2}$ cup roasted sweet potato $\frac{1}{2}$ cup broccoli and cauli- flower	4 oz herb baked chicken leg quarter $\frac{1}{2}$ cup orzo $\frac{1}{2}$ cup grilled winter vegetables
18	19	20	21	22
PRESIDENTS' DAY HOLIDAY- CLOSED	1 lasagna roll with 2 oz meat sauce $\frac{1}{2}$ cup tossed salad with tomato and Italian dressing	4 oz orange juice 4 oz roast beef with LS gravy 1 baked potato with sour cream $\frac{1}{2}$ cup Scandinavian vegetables	4 oz oven fried chicken quarter $\frac{1}{2}$ cup macaroni and cheese $\frac{1}{2}$ cup green beans	$\frac{3}{4}$ cup Italian wedding soup 1 pkt unsalted crackers 1/6 of broccoli quiche $\frac{1}{2}$ cup sliced zucchini
25	26	27	28	
4 oz meatloaf with LS gravy $\frac{1}{2}$ cup mashed potato $\frac{1}{2}$ cup baked fresh acorn squash	4 oz chicken teriyaki $\frac{1}{2}$ cup brown rice $\frac{1}{2}$ cup oriental blend vegetables	$\frac{3}{4}$ cup minestrone soup 1 pkt unsalted crackers 4 oz lite crunch fish with lemon and tarter sauce $\frac{1}{2}$ cup roasted potatoes $\frac{1}{2}$ cup stewed tomato	4 oz pork loin with LS gravy $\frac{1}{2}$ cup mashed sweet po- tato $\frac{1}{2}$ cup peas and onions	

FREE TAX PREPARATION SITES NO APPOINTMENT NEEDED EXCEPT WHERE NOTED

Believe In Me Empowerment Corp. 423 Dixwell Avenue (203) 772-2771 Tu, Th: 10am-1pm	Dixwell-Yale Community Learning Center 101 Ashmun Street Sat: noon-4pm	New Haven Public Library – Wilson Branch 303 Washington Avenue Tu: 5-8pm, Sat: 1-4pm
Clemente Leadership Academy 360 Columbus Avenue Wed & Th: 6-8:30pm	Emanuel Lutheran Church 280 Humphrey Street Sun: noon-4pm	SAMA and JUNTA VITA @SAMA 258 Grand Avenue 2nd Floor Mon & Th: 5:30-8pm
Columbus Family Academy 255 Blatchley Avenue Tu-Th: 6-8:30pm Sat: 10am-1:30pm	Evergreen Family Oriented Tree 1580 Chapel Street Mon-Th: 3-7pm	Yale-New Haven Hospital 32 York Street For employees only Fri: 8am-5pm Check for additional hours
Community Action Agency of New Haven 419 Whalley Avenue Clients are encouraged to call ahead: 203-859-6635. Mon-Wed: 5-7:30pm Sat: 8am-noon	New Haven Public Library – Downtown 133 Elm Street Mon & Th: 5-7:30pm Fri: 1-4pm	Career Resources-New Haven, Inc. 746 Chapel Street (203) 777-1720 Th: 5-8pm

DIXWELL NEWHALLVILLE CHRISTMAS PARTY

the Dixwell-Newhallville Senior Club held their annual Christmas Party on Friday December 28th at the Laurel View Country Club. It was very well attended and everyone there seemed to have a wonderful time. This was evidenced by the non stop dancing, the line dancing and also by the ever fun filled entertainer and DJ. Ken Reeder who kept the good time going. Besides his humorous banter he also does a great imitation of Michael Jackson singing and dancing. The Christmas party committee members, who received congratulations for making the party a great success, are Beverly Little, Chairperson, Carlis Highsmith, Mary Griffin, Daphne Blair, Ruth Plummer, Miriam McCrary, and Ella Smith.

Submitted by Margery Mills

RECIPES BY REQUEST

In January we printed a request for rice pudding that could be cooked on a stovetop rather than the oven, We received two recipes which we have printed below. If you have a recipe request, please call Pat Wallace at 203-946-7854 or email her pwallace@newhavenct.net

Stovetop Rice Pudding

2 eggs
2c. milk
2 tsp. sugar
2 c. cooked rice

Nutmeg
Raisins
Vanilla

Mix all ingredients and cook in top of double boiler until thickened

Louise Franklin

Quick Rice Pudding

1/3 cup instant rice
1/2 cup milk
1 table spoon sugar
1/4 tea spoon salt
pinch of cinnamon
1 or two tablespoons raisins (optional)

Combine all ingredients in saucepan and bring to a boil, stirring occasionally. Remove from heat, cover and let stand for 12 to 15 minutes, or until all the liquid is absorbed and the rice is tender. Serve with whipped cream.

Ann Cavaliere

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

CLOSINGS DUE TO SNOW OR OTHER BAD WEATHER

If there is bad weather, call 203-946-SNOW to find out if senior centers are open, and check WTNH TV.

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

