

New Haven

ELDERLY SERVICES

John DeStefano, Jr.

Mayor

Patricia Wallace, Director

165 Church St.

New Haven



New Haven



Atwater Senior Center
26 Atwater St.

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

East Shore Senior Center
411 Townsend Avenue
946-8544

Thanks is a powerful word. I had the great pleasure in May of personally greeting and thanking this year's honored volunteers who help to build community in our City by volunteering at senior centers and senior housing complexes. The generation of people who are now older adults in our City know that community requires action. These are people who put the time and effort into getting people together to do positive and fun things. Others respond to their good energy. Summer is a time when our neighborhoods are full of people getting out to plant gardens and trees, organize block parties, and help our young people by teaching or refereeing games. Join me in saying thanks to these folks to encourage them to keep going and to let them know we value what they are doing to build community. That, too, is part of building community.



John DeStefano, Jr., Mayor

With this issue we are making the transition to self-publishing of the newsletter. Our former publisher had been providing the service free of charge, and can no longer do so. In our evaluation earlier this year we learned that that information about activities at the senior centers, the libraries and in the parks are all of interest. We also heard from people who like the variety of human interest and topical articles we publish, along with photos, recipes and household tips. We will keep those going, and look forward to continuing to serve you with this monthly publication. We will post the newsletter on our website, and will send it by e-mail to those who sign up for it on the City's website. The newsletter runs on the talent and energy of volunteers. If you want to join our team, please let me hear from you.

Enjoy your summer!

Patricia Wallace, Director

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Rent Rebate Program

Applications taken from May 15-Sept. 15. Applicants 65 years or older or 18-64 years who are permanently and totally disabled and who rent, may apply. Applicants who receive State **CASH** assistance are generally ineligible.

Applicants living in senior housing **MUST** sign up for an appointment in their building with their Resident Services Coordinator. Watch for posted notices.

Senior center **members** can apply at their senior center. See your senior center staff person to arrange a time. If you live in senior housing, you can get your rebate done at either place as you choose.

Others who have applied before have received an appointment in the mail. If you have never applied before, call 203-946-8550 between May 15th and September 15. Leave your name, address, date of birth and phone number. *We will mail you an appointment.* Elderly Services has no administrative support staff, **so please keep your appointment.** We have a very limited phone system (though it will have improved voice-mail capacity this year). If you must call, leave your message only once, please.

All rebate checks will be mailed out in late October.

If you need help or an appointment, please call 203-946-8550.

Thank you.

ACTIVIDADES DE JULIO - ATWATER SR. CENTER

Todos los días

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

Lunes

9:00 a.m. Café
9:00-11 a.m. Recortes de pelo (4 y 11 de julio)
10:00 a.m. Tai Chi;
10:00 a.m.- 2:00 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 p.m. - 3:00 p.m. Fabricación de la joyería
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

10:00 a.m. Clase de zumba oro y yoga
1:00 p.m. Juegos de cartas/ping pong/
herraduras

Viernes

9:00 a.m. Café
9:00 a.m.- Clase de yoga
10:00 a.m. - Tai Chi
10:00 a.m.-2:00 p.m. Clínica para personas
mayores
12:00-4:00 p.m. Clase de cerámica y juegos de
cartas 12:30 Clase de baile (6 y 20 de julio)
1:00-4:00 p.m. Bocce
1:00-2:00 p.m. Banco de Alimentos

9 de julio - Almuerzo - Lenny & Joes

10 de julio - Foxwoods

16 de julio - Thimble Island viaje

DIXWELL REMEMBERS VIVIAN LOPES

The Dixwell-Newhallville Senior Center bid a sad, final farewell to Vivian Lopes, a much loved, long standing, hard working and devoted member. Vivian passed away at the age of 90 on May 16, 2012. She will be remembered at the center as serving as the club's president for 12 years, and as always conducting those weekly meetings with her unique brand of dignity and graciousness.

The following are some excerpts taken from an interview with Vivian in December 2008 at the end of her sixth term in office.

Vivian Lopes, tall, elegant, always fashionable, has for the past 12 years presided almost every Wednesday afternoon at the largely attended membership meetings of the Dixwell-Newhallville Senior Center on Orchard Street, and prior to the merger, at the Dixwell Senior Center on Bristol Street.

"I certainly did not intend to stay as long as I did," Ms. Lopes said of serving six two-year terms as president. "No one wanted to be considered, so I would accept it again and again. It is a serious commitment," Vivian admits. "A person has to be willing to preside at meetings every week." However, after some needed surgery, and agreeing to two more years, Vivian said, "enough is enough, and es-

pecially 'since we have so many people in the center who are capable.'"

Vivian became a member of the Dixwell Senior Center on Bristol Street just prior to her re-

retirement from Southern New England Telephone Co. in 1981. Vivian's presidency followed the retirement of the late Edna Carnegie, well known New Haven educator and historian, in 1996.



One of the more memorable times of Ms. Lopes' tenure occurred in the year 2000 during the considerable controversy over being displaced from the Bristol Street space when the City sold the facility to a pri-

vate developer and the senior club, with a membership of 275, was forced to move. Meetings were held temporarily at the Stetson Branch Library which was a tight squeeze in a space not designed to hold such a large gathering. Ms. Lopes recalled that "we had many, many discussions with officials. They were frustrating times and we felt we should be placed in a permanent home." Finally in 2002, the Dixwell Senior Center, which merged with the Newhallville Senior Center, moved into the Community Outreach Center (COC) at 654 Orchard Street where it is currently located.

Also during her time as president, Vivian witnessed the growth in our membership which is

(Continued on page 6)

JULY CALENDAR OF ACTIVITIES

	ATWATER	DIXWELL-NEWHALLVILLE	EAST SHORE
Mondays July 2, 9, 16, 23, 30	Computer Room (8:30-3:30) Morning Walk (9:00)coffee 9:00 Haircuts (9:00-11:00) 7/2 & 7/16 Tai Chi (10:00) sewing (10-2) Lunch (11:30) Cards&Pokeno 1-4 Lenny & Joe's Lunch Trip 7/9 Thimble Island Trip 7/16 Foxwoods Trip July 10	Computer Room (8:30-3:30) Breakfast Club (9:00-:00) Lunch (11:30)	Computer Room (8:30-3:30) Oatmeal Breakfast (9:00-10:00) Hand Therapy (10:00-11:30) Lunch (11:30)
Tuesdays July 3, 10, 17, 24, 31	Computer Rm(8:30-3:30) Morning walk (9:00) Yoga (10:00-11:00) Ping Pong & Games (10:00-1:00) Lunch (11:30) Jewelry Making (1:00-2:00) Bingo & Card Games (1-4) Hispanic Entertainment (1-3:00)	Computer Room (8:30-3:30) Breakfast Club (9:00-10:00) Tai Chi (9:00-10:00) Lunch (11:30) Games, etc (1:00-3:00) Beginning Line Dancing (5:15-6:00) Advanced Line Dancing (6:00-8:00)	Computer Room (8:30-3:30) Oatmeal Breakfast (9:00-10:00) Hand Therapy (10:00-11:30) Wii Game (10:00-11:00) Lunch (11:30) Lunch/listen/learn 1-3:30 Progressive Bingo (1:00-3:00) Computer Room (8:30-3:30)
Wednesdays July 4, 11, 18, 25	Computer Room (8:30-3:30) Morning Walk 9:00 Coffee/Arts/Knit/Crochet (9:00) Yoga & Seated exercises (10:00) Lunch (11:30) Cards & Bingo (1:00-4:00)	Computer Room (8:30-3:30) Breakfast Club (9:00-10:00) Arthritis Exercise (10:00-11:30) Lunch (11:30) Dixwell Club -speaker (1-3:00)	Oatmeal Breakfast (9:00-10:00) Hand Therapy (10:00-11:30)) Yoga (10:30-11:30) Lunch (11:30) Knit/ Crochet/Sew (1:00-3:00)
ALL CENTERS CLOSED JULY 4			
Thursdays July 5, 12, 19, 26	Morning Walk (9:00) Zumba Gold–Aurelia Matos(10:00) Yoga (10:00-11:00) Ping pong (10:00-1:00) Lunch (11:30) Card Games (1:00-4:00) Horseshoes 1-4	Computer Room (8:30-3:30) Breakfast Club (9:00-10:00) Tai Chi (9:00-10) Yoga (10:00) Sewing (10:00-2:00) Lunch (11:30) Games, etc (1:00-3:00) Beginning Line Dancing (5:15-6:00) Advanced Line Dancing (6:00-8:00)	Oatmeal Breakfast (9:00-10:00) Lunch (11:30) Bingo (1:00-3:00)
Fridays July 6, 13, 20 27	Computer Room (8:30-3:30) Wii Game (all day) Yoga (9:00); Morning Walk (9:00) Tai Chi (10:00) Eldercare Clinic (10:00-2:00) Lunch (11:30) Ceramics (12-4:00; Cardes (1-4) Bocce (1-4) Food Bank (1:00-2:00) Dance Class (12:30) 7/2 & 7/16	7/12 Annual Mystery Trip Computer Room (8:30-3:30) Breakfast Club (9:00-10:00) Lunch (11:30) Bingo (1:00-3:30) 7/20-7/23 Crabfest Trip To Baltimore	Computer Room (8:30-3:30) Oatmeal Breakfast (9:00-10:00) Hand Therapy (10:00-11:30) Lunch (11:30) Games (1:00-3:00) Produce 4 People (1:30-3:30)

° Visit the City of New Haven website: <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, Elderly Services and Library Events. (Also for library events, go to: <http://nhbulletin.blogspot.com>)

MAIN LIBRARY

June 12, 19, 26, July 3, 10 & 17 at 4:30 - Creative Writing Workshop. Summer Workshop in Creative Writing with Ruth Lambert, an MFA candidate at Goddard College. Ruth is the author of "101 Survival Tactics for New and Used Parents" and "The Houses Cookbook" Advance registration is required: ruth.lambert@goddard.edu or 203-214-4699.

July 3 at 2 pm - Meet Patrick Mascola, the author of *Hell on East Rock*. www.eastrock.eventbrite.com
Of 203-946-08835.

July 5, 12, 19, 26, August 2, 9, 16, 23, & 30 at 5:30 pm Citizenship Classes - Classes to get ready for US Citizenship exam are being held every week in the library. No sign-ups required. Free and open to the public
June 30, July 7, 14, 21, 28 & Aug. 4 at 10:30 am Tai Chi on the Terrace. Kathleen Brenner teaches a 10-form set of Yang style tai chi for beginners and as a refresher for those with some knowledge of tai chi. \$25.00 series fee payable at the first class. Register on-line: www.taichijunesats.eventbrite.com or call: 203-946-8835.

June 20, 27, July 11, 18, 25 & August 1 at 5:30 pm Tai Chi on the Terrace. See description above.

July 7 at 2 pm Artist Reception for Michael Kozlowski, an award winning artist based in Fairfield County. Exhibition of his work will run from June 28 - August 1 and is entitled: "The Symbolism of Places" Further info: <http://azothgallery.com>.

July 11, 1-2 pm--[Youthful Aging, Ageless Consciousness Through Meditation](#), with Dr. Matthew Raider.

July 18, 6-7 pm--[At Large in Portugal](#), travel stories and pictures presented by Victoria Maven. Free

July 19, 5:30-7:45 pm--Film: *Bobby Fischer Against the World*, followed by discussion with Jacinto Lirola and Benjamin Morris. 40th anniversary of iconic chess match between Bobby Fischer and Boris Spassky. Free

July 25, 6-7:30 pm--Graphic Design mini-workshop with Amy Graver and Ben Jura, authors of *Best Practices for Graphic Designers, Grids and Page Layouts: An Essential Guide for Understanding and Applying Page Design Principles*. Free

FAIR HAVEN LIBRARY

July 10 at 2 pm—2nd Tuesday Book Club— The Shoemaker's Wife by Adriana Trigiani

MITCHELL LIBRARY

July 2, 9, 16, 23, 30 at 6 pm Conversational English - Tutors from Literacy Volunteers of Greater New Haven offer conversational English classes in small groups.

July 9 at 6 p.m. Book Club - The Paris Wife by Paula McLain

July 12 4 p.m. Art Opening - Art by students from Chapel Haven

July 30 at 6 p.m. Book Club - Call for Title



(Continued from page 3) Vivian Lopes

the largest in the City with over 400 members. One of the attractions to our center, she surmises is that we have many activities in addition to the trips and people feel comfortable here.

For Vivian Lopes her time spent as president, "was one of the highlights of my life." She added, "It introduced me to so many people and opened up interacting with a lot of other

organizations. I thoroughly enjoyed it."

The current president, William Vaughn and Irrita Osborn, the Director of the Dixwell-Newhallville Senior Center remember Vivian as always being an excellent president who stuck to the by-laws, and kept the meeting and members in line. She stayed on for so long, Irrita believes, because no one wanted to follow her.

Article, interview and photo by Margery Mills

Arthritis Awareness: Tips to Stop the Pain

Osteoarthritis hurts: Osteoarthritis is a chronic disease that is not a normal part of aging. Inflammation in the joint tissues causes pain when you bend or move. Arthritis pain can rob people of their quality of life—causing them to lose muscle strength, sleep poorly, and even sink into depression.

Managing the pain is possible: The best way to beat pain is to stop it before it starts. Here are several ways to get started:

- Pace yourself. Switch between heavier and lighter tasks. Balance activity with planned rest breaks, and don't overdo it.
- Protect your joints. Avoid activities that stress your joints. Use splints, braces, and assistive devices if needed, and practice good posture.
- Control your weight. Losing just one pound of body weight will take four pounds of pressure off your knees. Shedding extra weight reduces pain and improves function. The best way to lose weight is physical activity com-

bined with a healthy diet.

- Increase physical activity. Being physically active is the best thing you can do for pain. But it's important to move safely and wisely. Talk to your doctor about types and amounts of activity that can help you build strength, increase endurance, and maintain flexibility. Get a good night's sleep. Better sleep equals less pain. To improve your sleep, get regular physical activity, avoid alcohol and caffeine in the evening, go to bed and get up at the same time every day, and avoid stress before bedtime.

When you need relief now

A combination of prevention and pain relief strategies works best for most people. When you need relief right away, try heat and cold treatments, relaxation techniques, and massage. Pain relievers, anti-inflammatories, and topical treatments also can help. Remember to tell your doctor how much pain you have and share your goals for pain control.

<http://www.ncoa.org/improve-health/>



New Haven residents Priscilla Morneau aged 101 with her son Normand Morneau and his wife Fran Geokler-Morneau at the Centenarian Luncheon sponsored by the Agency on Aging of South Central CT.

Y30--A0 0405D



Peter Pampone enjoys the challenge of jigsaw puzzles, one of his favorite activities at the East Shore Senior Center.



Among the many items created by the East Shore's knit and crochet group are blankets which are donated to the Smilow Cancer



Ceramics is a popular activity at Atwater Sr. Center on Thurs. and Fri. afternoons led by Patricia Matteo. The City also provides a ceramics instructor, Diane Manguilli, at Bella Vista.



Seniors enjoy exercise at Atwater Senior Center, made possible by the Hospital of St. Raphael, and led by a certified Silver Sneakers instructor.

DIXWELL-NEWHALLVILLE SENIOR THEATER CLUB

The Dixwell-Newhallville Senior Theater Club entertained at the Senior Volunteer of the Year Awards Luncheon on May 8 at Anthony's Ocean View with a performance of a one-act play. The Director of the Club is Mekah-el Ben Israel and the Assistant Director is Gloria Richardson.

The Theater Club performers:

1st row l-r: Tucker Seaberry, Carmay Seaberry, Evelyn Randall, Margery Mills, Cathy Lloyd, Gloria Richardson (Assistant Director).

2nd row l-r: Maxine Sumrell, Eleanor Harris, Joyce Pearson-Waller, Mekah-el Ben Israel (Director), Wayne Sasso (rear); Claudia Ligon, Patricia Robinson, Isis H. Crawley, Hattie Turner



Glenn Johnson, Photographer

Wordart Needed

The Department of Elderly Services of the City of New Haven
would like to publish your work

Marilyn Braginsky, who staffed the former West River Senior Center, and now serves on the Commission on Aging, has always had an interest in the arts. She will join the volunteer staff of our newsletter as the Poetry Editor. We are eager to publish the work of those who enjoy writing poetry, whether or not you have ever had your work published or not. The deadline is the 15th of the month. For more information, please call Doug Toth at Elderly Services: **203-946-8585**.

New Haven Elderly Services

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East Shore Senior Center

411 Townsend Avenue

Tel. 203-946-8544

Elderly Services Specialist: Michele Clary-Butler

IMPORTANT PHONE NUMBERS

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

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203-946-8078**