

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

JULY 2013

Seniors aged 60 and up with a monthly income of a maximum of \$1772 for a single person, or \$2392 for a couple, can receive a Farmers' Market Coupon Booklet worth \$18 toward the purchase of fresh vegetable and fruits. If you live in senior housing you can receive it there. If you live in rental housing, or own your home, so long as you are 60, and meet the income eligibility criteria, you can get a booklet. Go to a senior center any weekday. Please note that our senior centers will close on Monday, August 19, 2013 for the annual Statewide senior outing at Holiday Hill. Once you buy your ticket from Holiday Hill, you can sign up for bus transportation provided by the City. Ask your resident services coordinator if you live in senior housing, or sign up at your senior center. Don't miss the last two senior swim days on Friday, August 2 and 9 at Career High School from 10 a.m. to noon. Finally, we receive and distribute a limited number of tickets for seniors who enjoy the City's annual tennis tournament in August. Please call Elderly Services to learn more.



John DeStefano, Jr., Mayor

Hopefully tomatoes are thriving in the pots provided by Lowe's for a workshop on July 3 for more than 75 seniors, Plants provided by Common Ground were set into some of New Haven's best dirt and compost created at the school farm and brought to Atwater Senior Center for a container gardening workshop led by staff member Sarah Tracy-Wanck and students Dashawn Crumbrey, Stephanie Torres, and Chris Gonsales. Earlier in the day, Chef Tagan Engel of City Seed and Chef Nadine Nelson, owner of Global Local Gourmet led the seniors in a workshop to make and taste several salads using fresh, local inexpensive ingredients that can add flavor and great nutrition to our summer while being easy on the budget. The following youth helped with this workshop and the lunch that followed: David Janovsky of the University of New Haven, Asia Patton, New Haven Leader Program, Mariana Barbosa, Michale Blake, Joel Ortiz, Kaitlin Posarillile, Marcus Rogers, and Felix Torres-Stearns. We thank Chabaso Bakery for bread, and Patricia Lawlor of the Mayor's Office for her assistance as well. We had hoped to hold the event at the Pardee Morris House, but the weather was too hot; we thank Michelle Cheng of the New haven History Museum for her assistance. Plant, taste, enjoy!

Patricia Wallace, Elderly Services Director

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ALZHEIMER'S CAREGIVERS SUPPORT GROUP

You are invited to join Mary Wade's Alzheimer's Caregiver Support Group every second Wednesday of each month from 10:00-11:30 a.m. in the Chapel at Mary Wade, 118 Clinton Avenue, New Haven, Ct 06511. Contact Tracy Gilbert (Mon-Fri.); Gail Donahue (Sat. - Sun.) at 203-562-7222.

SAVE THE DATE

2013 STATEWIDE SENIOR PICNIC in PROSPECT, CT

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

ALMUERZO MENU Y ACTIVIDADES DE JUNIO - ATWATER SENIOR CENTER

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; no almuerzo 5 de julio Atwater esta cerrado 4 de julio	1:00-4:00 p.m. Juegos de cartas y bingo, bocce, herraduras
Lunes 9:00-11 a.m. Recortes de pelo: \$5, 7/1, 15, 10:00-2:00 p.m. Clase de costura 7/8 & 22 1:00 - 4:00 p.m. Juegos de cartas, pokeno bocce, herraduras	Jueves 12:00-4:00 Clase de cerámica 1:00 p.m. Juegos de ping pong y cartas, bocce, herraduras
Martes 10:00 Clase de yoga 12:30 - 2:00 Fabricación artesanal 1:00 - 4:00 p.m. Juegos de cartas, bocce, herraduras	Viernes 9:30-10:30 Yoga 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 1:00-4:00 p.m. juegos de cartas, pokeno, bocce, herraduras
Miercoles 9:30 Caminar en la mañana 10:00 a.m. Clase de Yoga	9 de julio—Viaje de Foxwoods Casino 16 de julio— Hawaiian Luau - todo el día 10 de julio - 10:00-12:00, control de presión arterial 10 de Julio, 11:00, Rememorando

URBAN GARDENING

WORKSHOP

July 3 Container Gardening for Seniors, 10am plus picnic & cooking demonstration at the Pardee Morris House @ Light House Park. Event Sponsored by Elderly Services of the City of New Haven. Please sign up by June 25 for free transportation from senior centers and senior housing complexes.

Hispanic Luncheon Menu - Atwater Sr. Center

7/5 Seasoned beef strips/ green peppers/onions; rice, broccoli, apple juice, coffee cake	7/23 Baked pernil, applesauce, sweet potato pone, green beans, rye bread, pears
7/26 Ground beef, macaroni & cheese, tossed salad/Italian dressing, garlic breadstick, grapes	7/30 Spanish style baked chicken breast/caramelized onions, spring/summer vegetables, Caesar salad, Italian bread, apricots

PUZZLED?

Louise Franklin isn't. Her passion is putting together 1,000 piece jigsaw puzzles at the Atwater Sr. Center.



SENIOR VOLUNTEERS OF THE YEAR



Antoinette Cardarelli has lived at Bella Vista for many years. While living there she has been an active member of the 311 Club. During that time she has served as Secretary, Vice-President and is currently serving as President. "Whether it is flipping pancakes at our annual pancake breakfast or making meatballs for our annual Ziti Dinner, she works hard to make the club a success."

Trofimena Gagliardi (Mamie) of the East Shore Senior Center has been a member for 6 years. She serves on the Senior Association Board, and is very active in thinking about how the Center looks and in making it a welcoming place. She purchases curtains and dish towels, straightens up rooms and storage closets, donates baked goods, and decorates the raffle baskets for the parties at Anthony's. She makes coffee for everyone and helps the Cafe manager in the kitchen. She volunteers with the children for intergenerational programs. Mamie is very vocal and is known as the Iron Lady. Yet she never wants to be recognized for the work she has been doing. Everyone wants to thank her and let her know this award is well-deserved.



Glenn Johnson is an active member and volunteer with the Dixwell-Newhallville Senior Center. He is a Vietnam **Veteran, retired from the Veterans' Administration, and a world traveler. He joined the Senior Center Club 4 years ago.** He is a photographer on the trips, for special events, and regularly provides photographs of the Club members for the **City's Elderly Services Newsletter. He enjoys people, and he also enjoys telling jokes. He loves to dance. He is a bingo caller on Friday afternoons from 1:30 to 3 p.m. He also is the Club's Choir Director. How did that come to be?**

Knowing that Mr. Johnson was a singer in his church choir,, three years ago, the President of the Club asked him to sing as part of a club meeting. Two ladies spontaneously came up to join him and sang in harmony, and the choir was born. It has 20 members today, with a shared enjoyment of singing Gospel music.

Joan Laraway is active with the 343 Club, and helps with Bingo and the kitchen every Saturday night. She is also Secretary for the Bella Vista Reporter, and is a volunteer for the FSW Senior Community Cafe for Bella Vista. She assists with the Over-80 party, and the annual Bella Vista Block Party. She has worked on many fundraisers, and is always willing to help when needed.



Joe Mascia moved to Tower One in 2005 with years of volunteer experience. In the 70's, Joe coached baseball and basketball for his son and 4 daughters and was a boy scout leader. H has been a Tower's Resident Advisor for 8 years and served on the Board of Directors for 4 years. Joe is a founding member of our Tower's Chorus. He helped create "The Sidewalk Grill," is an opportunity for Towers Residents, family members, and staff to enjoy a burger, hot dog, or chicken prepared on our outdoor grill. He helped to obtain patio furniture. Joe hosts a weekly "Trivia with Joe" group and has about 20 residents who come for the trivia, but have the added perk of his corny jokes! He assists at Bingo, and helped manage our Gift shop for 2 years. Joe makes dinner-time announcements to his fellow residents to keep

then up to date about activities and trips. He raises funds for Breast Cancer research. Joe generously provides all staff with zeppole to celebrate St Joseph's day. Joe has 14 grandchildren.



Hyacinth Miller is a retired Certified Nursing Assistant who lives at Josephine Jarvis Gray, St. Luke's Senior Housing. She volunteers her time assisting with bingo, crossword puzzles and other activities. She also volunteers with the Girls Friendly Society of St. Luke's. It provides girls with crafts, camping, baking and Christmas special events and other activities. She also assists with the St. Luke's lunch program twice a week.

Lottie Pearson of Josephine Jarvis Gray, St. Luke's Senior Housing, moved to New Haven 2 1/2 years ago to be near her four brothers,

(Continued on page 7)

◦ JULY 2013 SENIOR CENTER ACTIVITIES/PROGRAMS

Please Note: Donations requested but not required for lunch

<p>Mondays July 1, 8, 15, 22, 29</p>	<p>Computer Room (8:30-3:30) Morning Coffee (9:00) Haircuts \$5 (9:00-11:00) 7/1, 7/15, 7/29 Tai Chi (10:00) Kathy Brennan Sewing (10:00-2:00) 7/8, 7/22 Lunch (11:30) Pokeno/Cards/Bocce (1-4:00)</p>	<p>Computer, Pool Room & Cards (8:30-3:30) Breakfast Club (9:00-10:00) Lunch (11:30)</p>	<p>Computer Room (8:30-3:30) Coffee & Conversation (9:00-10:00) 7/22, noon-4 pm Midsummer Dinner Dance, Anthony's, \$24 members \$25 non-members</p>
<p>Tuesdays July 2, 9, 16, 23, 30</p>	<p>Computer Room (8:30-3:30) Morning Coffee (9:00) Lunch (11:30) Crafts (12:30-2:00) Bocce & Horsehoes (1:00-3:30) Foxwoods Trip 7/9 All Day Hawaiian Luau 7/16 All Day</p>	<p>Computer, Pool Room & Cards (8:30-3:30) Tai Chi (10:00) Sr. Drama Group (1:00-3:00) Spanish Class (1:30-3:30)</p>	<p>Computer Room (8:30-3:30) Coffee & Conversation (9:00-10:00) Lunch (11:30) Lunch/Listen & Learn (1:00-3:30) Progressive Bingo (1:00-3:00)</p>
<p>Wednesdays July 3, 10, 17, 24, 31</p>	<p>Computer Room (8:30-3:30) Coffee (9:00); Walking Grp. (9:30) Yoga (10:00); Blood Pressure Ck. 7/10 Reminiscing 7/10 (11:00) Lunch (11:30) Cards, Bocce, Horsehoes (1:00-3:00) Bingo (1:00-4:00)</p>	<p>Computer, Pool Room & Cards (8:30-3:30) Breakfast Club (9:00-10:00) Lunch (11:30) Games (1:00-3:00) Sr Club Meeting-Speaker (1-3)</p>	<p>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)</p>
<p>Thursdays July 11, 18, 25</p>	<p>Computer Room (8:30-3:30) Morning Coffee (9:00) Ping Pong (10:00-1:00) Lunch (11:30)</p>	<p>Computer, Pool Room & Cards (8:30-3:30) Breakfast Club (9:00-10:00) Yoga (9:30-10:30) Lunch (11:30)</p>	<p>Computer Room (8:30-3:30) Coffee & Conversation (9:00-10:00) Tai Chi—Kathy Brennan (10:00-11)</p>
JULY 4 ALL CENTERS CLOSED			
	<p>Ceramics (12:00-4:00) Cards, Bocce, Horsehoes (1:00-3:00) Food Bank—call for time/date</p>	<p>Sr. Drama Group (1:00-3:00) Spanish Class (1:30-3:30)</p>	<p>Lunch (11:30) Bingo (1:00-3:00) Mohegan Sun Casino Trip 7/25</p>
<p>Fridays July 5, 12, 19, 26 No Lunch July 5</p>	<p>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) Ceramics (12:00-4:00) Food Bank (1:00-2:00) Cards, Pokeno, Bocce, (1:00-3:00)</p>	<p>Computer, Pool Room & Cards (8:30-3:30) Breakfast Club (9:00-10:00) Lunch (11:30) Bingo (1:00-3:30)</p>	<p>Computer Room (8:30-3:30) Coffee & Conversation (9:00-10:00) Lunch (11:30) Games (1:00-3:00)</p>

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

July 1; 5:00-6:00 p.m., Internet Explorer class; Internet Explorer is Microsoft's browser. Browsers are the bridge between you and the Internet. Learn how to use it here!

July 3; 10:00-11:00 a.m., Email Class; By the end of this class you will have your own email account for keeping in touch.

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

July 3, 1:00-2:00 pm, Library Yoga with Christine Ucich; Ucich is a certified SunDo Healing Arts Senior Instructor with a longtime passion for Eastern spiritual practices. In this special class you will learn to combine movement & breath.

July 3; 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 and open to the public.

July 8, 5:00-6:00 p.m., Microsoft 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.

July 10, 10:00-11:00a.m., Microsoft 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.

July 10, 1:00-2:00p.m., Library Yoga with Jon Pavel; Pavel holds a 200-hour Yoga Teaching Certification from Yogaspirit Studios, which places an emphasis on the Iyengar style and form. He has also trained privately at Kripalu. He teaches mixed level yoga at several regional locations.

July 11 & Aug. 1, 6:00-7:00 p.m. Affordable Health Care Act Explained, with Rand Oster.

July 11, 18, 25; 6:00-8:00 p.m., ESL; Learn to improve your pronunciation, listening and speaking skills in an informal English conversation group. Presented by library, Adult Education and Literacy Volunteers conversation group. La Biblioteca Principal les invita a participar en nuestras clases de conversacion en ingles.

July 13, 20, 27; 1:00-2:30p.m., Healthy Saturdays with Mubarakah Ibrahim; A three-part fitness series. July 13--Outsmart Your **Fat Cells. Let's dispel the myths about what works and what doesn't with losing weight. This class covers exercise for fat loss, what to eat (and when), and how psychology and physiology are linked. Get the tools for successful weight loss! \$5 per class.**

July 17, 10:00-11:00 a.m., Google Searches Class; Google is one of the most powerful search engines. Learn how to search the Internet using Google.

July 20, 2:00-4:00 p.m.; Reception for Mason Markley; Markley's current exhibit runs July 18 through August 27; curated by Johnes Ruta. Reception is free and open to public. Details at 203-387-4933. Information about the artists at www.masonmarkley.com.

July 22, 5:00-6:00 p.m., Keyboard and Mouse class; A hands-on workshop which will enhance essential keyboard and mouse skills.

July 24, 10:00-11:00 a.m., LinkedIn class; Get started with one of the best networking tools on the Internet. Learn how to set up account and build your LinkedIn profile.

July 29, 5:00-6:00 p.m., Facebook Class; An introduction to the very, very popular 'social network' program. It's easy to set up an account and join in the world of social media.

July 31, 10:00-11:00 a.m., Microsoft 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.

July 31-Sept. 11, Wednesdays, 1;00-2:00 p.m., Library Yoga with Alan Bitker, \$5 classs. Bring mat.

Aug. 3-Sept. 7, 11:30-12:30--Saturday Tai Chi with Kathleen Brenner, \$30 series/\$8 class

MITCHELL LIBRARY

July 1, 8, 15, 22, 29; 6:00 - 8:00p.m. Knitting Club; All levels welcome, bring yarn and needles.

July 1, 8, 15, 22, 29; 6:00- 8:00 p.m. ESL English Class - with tutors from Literacy Volunteers of Greater New Haven; Ingles como Segundo Lengua.

WILSON LIBRARY

July 2, 9, 16, 23, 30; 5:00-6:00 p.m. And July 3, 10, 17, 24, and 31; 4:30-5:30 Family Healthercise, ages 6 and up

FSW, INC NEW HAVEN SENIOR CTRS: COMMUNITY CAFÉ— JULY 2013

Monday	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
3 oz unstuffed cabbage ½ cup rice ½ cup Belgium carrots Multi grain dinner roll Fresh plum	FOURTH OF JULY CELEBRATION Turkey hot dogs/rolls Baked Beans Tomato Cucumber Salad Coleslaw 1 Slice Watermelon	3 oz Chicken stir fry ½ cup Fried rice Oriental vegetable blend 2 slices Oat bread ½ cup Mandarin oranges	INDEPENDENCE DAY	Philly cheese steak grinder roll ½ cup Steak fries/ketchup ½ cup Broccoli 4 oz Apple juice 1 slice Coffee cake
8	9	10	11	12
3 oz Hot Open Roast Beef Sandwich with LS gravy ½ cup Smashed potato ½ cup Bean Blend 4 oz Grape Juice 1 Oatmeal cookie	¾ cup Escarole and Bean Soup Grilled chicken Caesar salad/ croutons/ dressing 1 Herbed Wheat breadstick ½ cup Mandarin oranges	Barilla plus Spaghetti/chicken meatballs in marinara sauce Parmesan cheese Zucchini & yellow squash Garlic bread ½ cup Italian Ice	Turkey with LS gravy Cranberry sauce, apple stuffing Roasted vegetables, oat bread 4 oz Pineapple juice 1 slice Berry strudel	Parmesan encrusted scrod with lemon ½ Baked potato ½ cup Tossed salad&tomato Italian dressing 1 Wheat dinner roll Fresh fruit-peach
15	16	17	18	19
1 cup Baked ziti with meat sauce and cheese 1 pkt Parmesan cheese ½ cup cauliflower ½ cup Tossed salad/tomato ranch dressing ½ cup Pears	HAPPY JULY BIRTHDAYS 1/6 Broccoli quiche, 1/2 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	¾ cup Vegetable barley soup Seafood salad plate with lettuce, tomato and three bean salad 2 slices Pumpernickel bread ½ cup Orange jell-o with man- darin oranges
22	23	24	25	26
3 oz 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	¾ cup Shrimp bisque/crackers Chef salad with ½ cup lettuce, cucumber, 1 oz each turkey, ham, cheese, French dressing 2 slices Oat bread ½ cup Pineapple tidbits	Sweet potato encrusted fish 1 pkt tarter sauce ½ cup Brown rice California blend veggies Wheat dinner roll 1 slice Strawberry shortcake	Eggplant Rolatini Penne pasta and marinara sauce Parmesan cheese Tossed salad/ carrot / Italian dressing 1 Garlic breadstick ½ cup Grapes
29	30	31		
¾ cup Cream of carrot soup 3 oz Tuna salad plate With ½ cup lettuce, tomato, ½ cup beet salad 2 slices Wheat bread Vanilla pudding/ berry topping 4 oz cranberry juice	3 oz Oven roasted chicken qtr ½ cup German potato salad ½ cup Red cabbage 2 slices Oat bread Banana	1 Spinach grandoli 1 pkt Parmesan cheese ½ cup Summer spring vegeta- bles Caesar salad/croutons/ Caesar dressing 1 slice Italian bread ½ cup Apricots		

(Continued from page 3) Senior Volunteers of the Year



having spent 6 years in Pennsylvania, 2 in South Carolina, and 30 in New Jersey. She helps with bingo, does Bible Study and helps with putting crossword puzzles together. She is an Elder and mother at Faith Center Church, and sings in the choir. She says she is a "mother of 5 children and grandmother of 12, a housewife and a child of God."

Kanae Parris (Connie) moved to New Haven in 1958 and worked for the New Haven Board of Education for 25 years. In the summer she would tutor students in math. She was instrumental in bringing Japanese culture into the New Haven school system. Upon her retirement, she attended Gateway Community College for 2 years. She has lived at Bella Vista for 27 years, where she enjoys volunteering her time for the 339 Club, and for many, many activities, including delivering the Bella Vista Reporter to residents' doors for 15 years. In 2010 Connie was also named the Atwater Senior Center Senior of the Year.



94 year-old year old Florence Radin moved to Tower East in 2008. Her previous career as Credit Manager for Arnold Shoe Store in New Haven for 26 years gave her many skills that she uses as a volunteer. Prior to moving to The Towers, Florence volunteered at The Red Cross assisting with bulk mailings. As soon as she moved in, Florence made it known that she was willing and able to volunteer. She assisted with fundraising, **office work and mailings. In 2009, she became Assistant Vice President of The Tower's Resident's Association.** She helps to run the Annual Membership Drive and helps to plan their wonderful parties. She is active with intergenerational programs that The Towers offers too, such as reading to the students of Ezra Academy and allowing the students of Roberta Clemente to read to her. Florence and other residents also volunteered her time to create a Menu Committee where they reviewed our dinner menus and helped to make healthier choices for all **Tower's Residents. Florence is a proud mother, grandmother, and great grandmother.**



Mercedes Rivera was born in Juncos, Puerto Rico, moving to Pennsylvania at age 6 and Hoboken, NJ at age 16. She and her husband had 4 children and were married for 36 years until his death. She attended the CT Business Institute in Bridgeport, and had a successful career with the Social Security Administration from which she retired in 2006 after 20 years and numerous awards. She moved to Bella Vista in March 2011, and is happy and as active as possible. She is Vice-President of the 321 Club, and teaches a knit and crochet class. She loves to sing and dance. She loves helping people.

Marilyn Wenzel was born in New Haven and attended sight-saving classes at Webster School. She left school at age 16, and after a series of jobs, married at age 21, and, raised two children, Anthony and Sherri, and is now the grandmother of four. She and her husband traveled across country. She came back to New Haven, got her GED and ran a restaurant for the Board of Education and Services for the Blind and Visually Impaired. In 1989 she moved to Bella Vista. After a career in retail and restaurants, she became a home health aide, and is presently employed by Utopia Health Care and South Central Continuing Care. She leads the Rosary at St. Francis Church. She is a reporter for the Bella Vista News, is Vice-President of the 315 Club. She is also a Notary Public and Justice of the Peace. She is a member of the 12-Step Program.



Antoinette Wright has been a member of Atwater Senior Center for 3 years. She enjoys ceramics, yoga, bingo and Pokeno. She is a volunteer with the Elderly Services newsletter, helping to count and sort them for the more than 50 locations where they are distributed. She helps in the senior center office. She leads yoga on days when there is no instructor. She helps with the Christmas Party. She grew up in New Haven, and is a member of Trinity Lutheran Church, where she sings in the choir and is a member of the Bible Study group. She retired from the Yale Day Care as an assistant teacher.

INSTANT PIZZA

Do not throw away cold cuts.
Split a loaf of Italian Bread.
Spread any cold cuts available,
top with sliced American cheese,
or any other cheese,
Cover with sliced fresh tomatoes,
sprinkle salt and pepper and oregano,
top with oil. bake in oven for 15 minutes
at 350 degrees. Pepperoni can also be added.

Ann Cavaliere

RITZ CRACKLE PIE

20 plain Ritz crackles
1/2 tsp. baking powder
3 egg whites
1 c. sugar
1/2 c. pecans
1 tsp. vanilla
1 reg. pie shell
Crush the crackles and set aside. In a medium bowl beat
egg whites until stiff, add sugar, pecans and vanilla. stir
well to dissolve sugar. Put in pie shell and bake for 30
minutes in preheated 350` oven. *Louise Franklin*



FOURTH OF JULY CELEBRATION—EAST ROCK PARK

THURSDAY, JULY 4, 2013 (Rain Date, July 5)

East Rock Park Summit, Celebration 4 p.m., Fireworks 9:15 p.m.

Live Music 4-8 pm; Monument Tours 4-9 pm;

Horse Drawn Carriage Rides 4:30-8:30; Food Vendors, New Haven Reads Book Booth



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

Summit Shuttle Bus: \$5.00/car, parking at No.
Meadows, Davis St., Farnum Dr. Shuttles will be ac-
cessible to and from the summit. Shuttle buses will
stop running at 8:45 and resume after fireworks.

Rice Field Closed, English & Farnum Dr. closed. All
summit spectators must use shuttle to exit summit.

Additional Viewing: Wilbur Cross High School

More Information Call: 203-946-8378

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