

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

JUNE 2013

Summer is coming, and with it, free Senior Swims on Fridays, July 5 through August 9, at Career High School, from 10 a.m. to noon. Sign up now for free transportation from our senior centers. A lifeguard will be happy to help you learn to swim. It is never too late. Come to cool off and to practice your backstroke! Elderly Services, the New Haven Land Trust and Common Ground High School have teamed up to help some people who live in senior housing or who are members of senior centers to grow their own vegetables. Call Elderly Services for information. Walk 3 days a week with Dixwell-Newhallville Seniors. Call for details. Enjoy our International Festival of Arts and Ideas this month, much of it free. New Haven is a great summer city. I look forward to seeing you out enjoying all of the fun.



John DeStefano, Jr., Mayor

Thanks to everyone who made the Senior of the Year Volunteer Gala a happy day on May 29. Congratulations to the ten women and two men who were recognized for their volunteer service to others throughout the year at senior centers or senior housing complexes. What did they do? Made coffee, led bingo, raised money, organized parties, taught people to knit or crochet, cooked, decorated, and made good things happen all over New Haven. It is inspiring to hear how many ways people find to use their talents to warm up where they live or play with liberal doses of kindness and creativity. They are:

Antonette Wright, Glenn Johnson, Trofimena (Mamie) Gagliardi, Antoinette Cardarelli, Marilyn Wenzel, Mercedes Rivera, Kanae Parris, Joan Laraway, Hyacinth Miller, Lottie Pearson, Joe Mascia, and Florence Radin

We thank them, and we thank Carabetta Management for their financial sponsorship of the event.

Patricia Wallace, Director of Elderly Services

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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. **beginning Wednesday, June 12, 2013** 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.

Alzheimer's Association Free Family Caregiver Series Griffin Hospital, Derby

The Alzheimer's Association, Connecticut Chapter is offering a free Family Caregiver Series for caregivers of people with any type of dementia, including Alzheimer's disease. This four part series will take place at Griffin Hospital, 130 Division St, Derby. A light dinner will be served. The classes will run on four Wednesday's, beginning on Wednesday, June 5 from 6:00 p.m. to 8:00 p.m. Guest speakers will address the following topics:

- June 5 - Overview of Alzheimer's Disease and Other Types of Dementia, Treatment/Research, and Alzheimer's Association Programs and Services
- June 12 - Communication Techniques, Behavioral Challenges/Strategies, Activities, Safety
- June 19 - Family Dynamics, Keeping the Caregiver Healthy, and Community Resources
- June 26 - Legal and Financial Issues

To register for one or more sessions in this free seminar series, please contact the Alzheimer's Association at 1-203-230-1777, ext. 14(Hamden office) or mtomasetti@alz.org. Pre-registration is requested for planning

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

Lunes

9:00-11 a.m. Recortes de pelo; \$5
9:30 Caminar en la mañana
10:00-2:00 p.m. Clase de costura
1:00 - 4:00 p.m. Juegos de cartas & pokeno

Martes

10:00 Clase de yoga
10:00 a.m. -1:00 p.m. Ping Pong y juegos
12:30 - 2:00 Fabricación artesanal
1:00 - 3:00 p.m. Clase de costura
1:00 - 4:00 p.m. Juegos de cartas
1:00 - 3:00 Fabricación de joyas

Miercoles

10:00 a.m. Clase de Yoga
1:00-4:00 p.m. Juegos de cartas y bingo

Jueves

8:30-2:00 Clinica de Project Mothercare
12:00-4:00 Clase de cerámica
1:00 p.m. Juegos de ping pong y cartas

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

4 de Junio—Viaje de Foxwoods Casino

COOKING FOR ONE: VEAL PICCATA

- 1/2 lb veal scaloppine
- 2 tbs flour
- 1/4 tsp salt
- freshly ground pepper
- 1-1/2 tbs butter
- 2 tbs lemon juice
- 1 tbs water
- 1-1/2 tbs chopped parsley
- 2 thin slices lemon

Pound the veal very thin with a wooden mallet or rolling pin. Mix together flour salt and pepper. Dredge the veal in the mixture. In a skillet brown veal on both sides in hot butter. Add lemon juice, water and parsley, and cook for 1 minute scraping up the brown bits from bottom of the pan. Transfer meat to a plate, add sauce and garnish with lemon slices. *Ann Cavaliere*

Hispanic Meals at Atwater Senior Center

6/18 Baked Pencil, Apple-sauce Garnish, Baked Green Bananas, Green Beans, Pears

6/25 Spanish Style Baked chicken breast t w/ caramelized onions, rice, lima beans in sauce, banana

6/28 Seasoned ground beef with macaroni and cheese, spinach, wheat bread, peaches, low fat milk



June 15 - 29, 2013

Visit artidea.org for a calendar of events and performances

Leo Clarke, Keen Observer

By Margery Mills

Mr. Leo Clarke, who is almost 94 years old, recalls when certain empty rooms in the Community Outreach Center (COC) building on Goffe Street were transformed to be used for the bustling, and active Dixwell-Newhallville Senior Center. The senior center moved in to its new quarters 11 years ago and last year celebrated their 10th anniversary at the COC.

Mr. Clarke was at his observation post during that time and recalls seeing the air conditioning and lights installed, restrooms put in, a room re-done for the office and rooms made available for what is now a recreation room and a computer room. And it was 11 years ago that Mr. Clarke became a member of the Senior Center and is now a part of what he saw come together. He comes to some of the meetings but said he got too old to do much more than that.



He is often seen sitting in his favorite chair where he smiles, greets and chats with just about everybody as he knows most everybody who comes in to the Center to attend some activity. His lapel pins speak to his interests. One pin is of President Obama. (Even though he is a Republican, he said “I vote for the man, not the party.”) And the other pin is of his church, Bethel AME Church, of which he is an active member. He became a member right after coming out of the Navy in 1940. The minister of Bethel at that time was Rev. McCoy who came in 1919, “the same year I was born,” Mr. Clarke said, and he added that Rev. McCoy, also, was “my wife’s father.”

Mr. Clarke has plenty of historical facts stored in his head about his church’s history. He also has fond memories going back to when he sang tenor in the 50 member choir, “one of the best choirs in the country,” he said, and when churches had basketball teams, and “all the churches played against each other.” He goes back even further in time when he said about living in New Haven, “it was tough living here” and recalled living in either the attic or the basement because people didn’t want to rent to you.

While he was living on County Street, one of his chores was to walk to Westville to change ashes in houses and put coal in the bin. Another memory was having to get up at 3 a.m. and sell papers at Orchard St. and Whalley Ave. When he was a student at Troup Jr. High School, before school started, he would go clean a building on Trumbull Street and clean another building after school. “Money was scarce in those days,” he said. He said “I was lucky to get twenty-five cents an hour,” and he did it to help out the family. He is the oldest of two brothers and three sisters.

When his father couldn’t get a regular job, he started being a handy man and in time it grew into a cleaning business, Clarke House and Window Cleaning, which ultimately became a very successful business. At times they did work in Massachusetts and New York. Clarke said they even cleaned windows at Tuskegee University two times a year.

Leo Clarke, close to 94 years old, sits back in his chair and says, “I’m retired now and now I just reminisce.” It appears he has quite a bit to reminisce about.

JUNE 2013 SENIOR CENTER ACTIVITIES/PROGRAMS

Please Note: Donations requested but not required for lunch

	Atwater	Dixwell-Newhallville	East Shore
Mondays June 3, 10, 17, 24, 31	Computer Room (8:30-3:30) Morning Coffee (9:00) Haircuts \$5 (9:00-11:00) Walking Group (9:30) Tai Chi (10:00) Sewing Group (10:00-2:00) 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 June 4, 11, 18, 25 <div style="border: 1px solid black; padding: 2px; width: fit-content;"> 6/ 18 Commission on Aging Atwater 10:00 </div>	Computer Room (8:30-3:30) Morning Coffee (9:00) Yoga & Ping Pong (10:00) Lunch (11:30) Crafts (12:30-2:00) Card Games (1:00-3:00) Jewelry Making (1:00-3:00) Foxwoods Trip June 4	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) Line Dancing (5:00)	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) Mohegan Sun Casino Trip June 25
Wednesdays June 5, 12, 19, 26	Computer Room (8:30-3:30) Morning Coffee (9:00) Yoga (10:00-11:00) Reminiscing 6/ 12 (11:00) Lunch (11:30) Card Games (1:00-3:00) Bingo (1:00-4:00)	Computer, Pool Room & Cards (8:30-3:30) Breakfast Club (9:00-10:00) Lunch (11:30) Card Games (1:00-3:00) 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 June 6, 13, 20, 27	Computer Room (8:30-3:30) Project Mothercare (8:30-2:00) Morning Coffee (9:00) Ping Pong (10:00-1:00) Lunch (11:30) Ceramics (12:00-4:00) Card Games (1:00-3:00)	Computer, Pool Room & Cards (8:30-3:30) Breakfast Club (9:00-10:00) Lunch (11:30) Sr. Drama Group (1:00-3:00) Spanish Class (1:30-3:30) Line Dancing (6:00)	Computer Room (8:30-3:30) Coffee & Conversation (9:00-10:00) Tai Chi—Kathy Brennan (10:00-11) Lunch (11:30) Bingo (1:00-3:00)
Fridays June 7, 14, 21, 28	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) Card Games (1:00-3:00)	Computer, Pool Room & Cards Breakfast Club (9:00-10:00) Lunch (11:30) Bingo (1:00-3:30)	Computer Room (8:30-3:30) Coffee & Conversation (9:00-10:00) Lunch (11:30) Games (1:00-3:00)

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

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

June 3, 3:30-4:30 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.

June 4, 11, 18, 25; 11 am to 1 pm and June 6, 13, 20, 27; 6 to 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.

June 5; 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.

June 5, 12, and 19; 1-2 pm. Library yoga with Ellen Barrett, bring mat, \$5

June 6,13, 20, 27; 5:30-6:30 Citizenship Classes Free and open to the public. Weekly exam preparation for Citizenship Test.

MITCHELL LIBRARY

June 3, 10, 17, 24, 31 ; 6:00 - 8:00p.m. Knitting Club; All levels welcome, bring yarn and needles.

June 3, 10, 17, 24, 31 ; 6:00- 8:00 p.m. ESL English Class - with tutors from Literacy Volunteers of Greater New Haven; Ingles como Segundo Lengua.

WILSON LIBRARY

June 6, 13, 20, 27; 10:00-11:00 am, Clases de Computacion para adultos.

URBAN GARDENING WORKSHOPS

Ongoing events

Common Ground 358 Springside Avenue New Haven
(203) 389-4333 x1213 www.commongroundct.org

Open Farm Day - Every Saturday 10am-2pm April 30 to Nov 30

Field Walks w/the Farmer Second Saturday 10:30am
April - Sept

New Haven Land Trust Community Gardens - Year Round - 47 gardens across New Haven - contact for locations & times

Yale Sustainable Food Project - Yale Farm

Drop-in volunteer work hours Fri & Sat 9am-4pm June 14 - Aug 24

Little Red Hen Garden 32 Mead St., New Haven,
(203) 777-2192, stacy.spell@gmail.com

Drop-in volunteer work hours Saturdays 10am-1pm April - October

Information provided by: New Haven Food Policy Council's
Urban Agriculture Working Group -
[Www.NHfoodpolicycouncil.org](http://www.NHfoodpolicycouncil.org)

Special Events (All Events Free)

June 8 Harvesting and Handling 11:30am-1:30pm

Mobile Garden Clinic* @ Common Ground

June 15 Avoiding Garden Pests & Insects 10am-12pm
New Haven Land Trust @ Neighborhood Housing Services 333 Sherman Ave., New Haven, CT, (203) 562-0598;
www.nhsofnewhaven.org

June 22 Talk About Bees! Massaro Community Farm,
Multiple workshops, 41 Ford Rd, Woodbridge, CT; (203) 387-0527; www.massarofarm.org

July 3 Container Gardening for Seniors***
10am plus picnic & cooking demo - Free transportation available; 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.

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

Monday	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
Hot Open Roast Beef Sandwich/ wheat bread/ gravy ½ cup Smashed potato ½ cup Bean Blend 4 oz Grape Juice 1 Oatmeal cookie	Escarole and Bean Soup unsalted Crackers Grilled chicken Caesar Salad/croutons/ DRESSING 1 Herbed Wheat breadstick ½ cup Mandarin oranges	Barilla plus Spaghetti/ chicken meatballs/ marinara sauce Parmesan cheese zucchini & yellow squash 1 slice Garlic bread ½ cup Italian Ice	Turkey with LS gravy 1 oz Cranberry sauce ½ cup Apple stuffing ½ cup Roasted vegetables 2 slice Oat bread 4 oz Pineapple juice 1 slice Berry strudel	Baked Parmesan encrusted scrod with lemon ½ Baked potato Tossed salad&dressing 1 Wheat dinner roll Fresh fruit-peach
10	11	12	13	14
Baked ziti meat sauce & cheese ½ cup cauliflower Tossed salad /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 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	FATHERS' DAY CELEBRATION Vegetable barley soup 3 oz Seafood salad plate with lettuce, tomato and three bean salad Pumpnickel bread Chocolate Forest Cake
17	18	19	20	21
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	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	HAPPY JUNE BIRTHDAYS Sweet potato encrusted fish fillet/ tarter sauce ½ cup Brown rice ½ cup California blend Wheat dinner roll 4 oz Pineapple juice Strawberry shortcake	Eggplant rolatini with marinara sauce ½ cup penne pasta with marinara sauce Tossed salad carrot / dressing 1 Garlic breadstick ½ cup Grapes
24	25	26	27	28
Cream of carrot soup Unsalted crackers 3 oz Tuna salad plate lettuce, tomato, ½ cup beet salad 2 slices Wheat bread ½ cup Vanilla pudding with berry topping 4 oz cranberry juice	3 oz Oven roasted chicken ½ cup German potato salad ½ cup Red cabbage 2 slices Oat bread Banana	1 Spinach grandoli Parmesan cheese Summer/spring veggies Caesar salad/ croutons and Caesar dressing 1 slice Italian bread ½ cup Apricots	Roast beef with LS gravy 1 Baked potato Mixed vegetables 2 slices Rye bread Orange juice Frosted chocolate cake	Crab cake/tarter sauce Macaroni and cheese ½ cup Spinach 2 slices Wheat bread ½ cup Peaches

ATWATER SENIOR CENTER: A HOME AWAY FROM HOME

by Suzanne Eisner

A banner is suspended from the ceiling of the Atwater Senior Center dining room proclaiming what is more than just a catchy caption. For so many of the participants, Atwater truly is a home away from home, a place where they reunite with old friends and meet new ones, where a strong sense of community prevails.

The face of Filomena Fiondella, Atwater's Elderly Services Specialist, lights up when she talks about her job. "I learn so much from these people," she exclaims. "She has served as the Elderly Services Specialist for the past 14 years.

Her commitment to the Center is revealed—in addition to running a full schedule of daily activities—in the special projects she creates, along with the members, to help foster a feeling of connection among people from a wide diversity of ethnic and national backgrounds. In collaboration with members, she and Gus (more about him soon) crafted an International Wall of posters, collecting photographs from newspapers and other sources over the span of fifty years, highlighting significant moments in Black History, in the cultures and celebrations of Americans, Japanese, Hispanic and Asian members.

As hard as she works, Filomena is not a one-woman show. Without the full-time help of Gus Cuomo, an energetic eighty-five year old volunteer, the Atwater Senior Center could not operate the full slate of programs that is offered five days a week. Gus has been on board since 1995, starting out as a volunteer shortly after his wife died, knowing that sitting around the house, watching television and becoming depressed, was not the solution for a healthy and active man. as the President of Atwater for the last thirteen years. He was recently recognized by the New Haven Board of Aldermen for his long volunteer service.



Filomena Fiondella and Anna Feliciano

Anna Feliciano, Atwater's Site Manager, is the third essential player at Atwater, responsible for serving a hot lunch to members five days a week. Anna, who begins her day at 9:00am and finishes at 2:00 pm, started working at Atwater fifteen years ago when her baby daughter celebrated her first birthday. Although the food comes already prepared to the center, Anna, along with her six helpers, keeps the kitchen appliances and tables meticulous, scrubbing them daily, making sure that the hot food is kept at a temperature of 140 degrees and the cold food is also maintained at the appropriate temperature. Before the members enter the dining room for lunch at 11:30, each of the tables is set with a pitcher of water and a basket of bread. Desserts are placed in serving plates. Finally, the eager seniors enter the dining room and sit down to a clean, nicely set table and a variety of appetizing and healthy dishes that are served tableside. Anna's interest in working with the elderly population extends back into her earlier career when she worked in a nursing home. "I love it," she declares enthusiastically. "It makes me feel good to see older people happy and occupied. These people remind me of my

(Continued on page 8)

(Continued from page 7) *Atwater Senior Center:*
"A Home Away From Home"

parents."

Atwater Senior Center offers a potpourri of activities that engage the mind and the body. A sampling includes classes in ceramics, computer lessons, yoga, zumba, bingo and a variety of card games in addition to outings to shopping centers and supermarkets as well as trips to local museums and a monthly excursion to a casino.

In addition, Atwater offers services to address specific concerns of the senior population. There are wellness visits, Informative talks presented by guest speakers focus on areas of senior interest and vulnerability including fraud; strategies to foster balance and avoid falls; and the need to monitor vitals.

Collaborations with the outside community offer valuable connections with other populations, beneficial to both parties. Particularly

noteworthy is a weekly Friday visit to the center by ten members of SPICE. The acronym stands for Senior People Involved in Community Enrichment, a group sponsored by Easter Seals that promotes retirement activities and support for individuals with developmental disabilities. On Fridays, this group has the opportunity to socialize with and engage in the myriad of activities offered by Atwater. On May 8, 2013 the Community Partnership presented an award to the Atwater Senior Center for its work with SPICE.

A few years back, Atwater collaborated with the students at Strong School in New Haven to plan a community garden right in back of the building. This allowed for a wonderful opportunity for young people to work together with Seniors, to form bonds and to erase stereotypes of "old people," at the same time that it allowed the members of Atwater to come into contact with minority populations that they might not be familiar with and also to eradicate some of their own stereotypes. This year, Filomena is creating an herb garden that will contribute a healthy addition to the community.

How fortunate the Seniors who attend Atwater Senior Center are to have their "Home Away From Home," flourishing under the leadership of Filomena Fiondella, Gus Cuomo, Anna Feliciano.

Suzanne Eisner

New Haven Elderly Services

Patricia Wallace, Director 203-946-7854
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Georgiann Dogolo, Elderly Services Specialist
 203-946-2272

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 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

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

