

# 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

### MARCH 2013

We won't soon forget the big snow storm of February, 2013. Our Emergency Operations Center received calls from seniors who could not get out the front or the back door because the snow was so high. It was striking to me how people pulled together. I am proud of our citizens. People did for themselves and their family members, and helped each other as friends and neighbors. With rare exceptions, people had done what they could before calling for help. With everyone doing what we could---you and us---we got through it. A small number of people lost power. Had that problem been bigger, we would have had the potential for tragedy, not just major inconvenience. My work for you as your Mayor will end in less than a year. The challenges posed by climate change will be with us for the future. We all need to do our part to protect ourselves by safeguarding nature. Let's hope for an early spring!



Mayor John DeStefano, Jr.

Have you done container gardening? I was amazed by how much food I was able to harvest this past year from a few plants stuck in a pot in the backyard. No hard work required. The cherry tomato plants kept producing until just before the frost when I cut them and brought in the stems with lots of tomatoes still on them. I put them in water and the little tomatoes all got ripe enough that way to enjoy. I got lots of pesto from one basil plant. Imagine a community center and garden in each neighborhood that was the hub for exercise, fun, making art, and intergenerational activities including gardening. Imagine older adults starting vegetable plants every spring in container gardens they could take home to yards, porches, even window sills. How could we do that? It is very interesting to look at the City on a map that includes schools, gardens, libraries, parks, senior centers. As a City, we have lots of resources already. We can connect them. The New Haven Food Policy Council has a work group that is thinking about how we can grow more of our own food in New Haven. Lots of creative ideas are sprouting. We will let you know how to get in on the fun. Stay tuned!

Patricia Wallace, Director  
Dept. of Elderly Services

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**Good Bites**

Many of us grew up at a time when parents talked about the clean plate club. You couldn't leave the table until every last bite was eaten. My brother and I at times resorted to desperate measures: Brussels sprouts in pockets, extra peas passed under the table from the brother to the sister with the apron in which a surprising number of peas could be hidden and dropped over the back porch never to be seen again. To my mother's astonishment my brother eventually asked for an apron he could wear at meal time. The dog turned out to be a big fan of liver, quietly passed down in small bites so that he wouldn't react with too much excitement. We never figured out a great strategy for beets.

Those days are gone, and I actually like peas and brussel sprouts. However, it is still important to talk about wasted food.

The Elderly Nutrition Program is a partnership between those who enjoy the food and those who make and serve it. FSW, Inc., the non-profit that delivers the meals each week day to senior centers and to people at home keeps an eye on the amount of food that is wasted. You can help to make every dollar count by doing two simple things. First, **please read the menu**, now carried in this newsletter, so that if it turns out that lunch on Tuesday is liver with beets and brussel sprouts, you will know not to sign up. Second, if your plans change and you won't be able to make it to lunch after all, **please notify the site manager as early as possible. Home-delivered clients, please call FSW: 203-752-9919.** Thanks for helping us to stretch a dollar to do the most good.

Pat Wallace

<p><b>ALMUERZO MENU Y ACTIVIDADES DE MARZO</b></p> <p><b>ATWATER SENIOR CENTER</b></p>		<p><b>IMPORTANT DATES</b></p> <p><b>St. Patrick's Day</b></p> <p>March 17</p>  <p><b>First Day of Spring</b></p> <p>March 21</p> <p><b>Passover</b></p> <p>March 25-</p> <p>April 2</p> <p><b>Easter</b></p> <p>March 31</p> 
<p><b>Todos los días</b> 8:30 a.m. -3:30 p.m. Sala de computadores 9:00 Café gratis todo el día 11:30 a.m. Almuerzo</p> <p><b>Lunes</b> 9:00-11 a.m. Recortes de pelo; \$5 9:30 Caminar en la mañana 1:00 - 4:00 p.m. Juegos de cartas &amp; pokeno</p> <p><b>Martes</b> 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</p>	<p><b>Miercoles</b> 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</p> <p><b>Jueves</b> 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</p> <p><b>Viernes</b> 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</p>	
<p><b>Hispanic Meals at Atwater Senior Center</b></p>	<p>3/5 Baked permil, boiled green bananas, multigrain bread, fresh fruit</p>	<p>3/12 Spanish style baked chicken topped with carmelized onions, baked yams, Scandinavian blend veggies, wheat dinner roll,</p>
<p>2/15 Low salt black bean chili, brown rice, roasted tomato, soft tortilla, pineapple</p>	<p>2/22 Baked code with green pepper, onion &amp; sazón seasoning, roasted potato, broccoli, whole wheat bread, pineapple juice, berry strudel.</p>	<p>2/29 Ground beef/macaroni with tomato sauce &amp; Spanish seasonings, parmesan cheese, peas &amp; onions, oat bread, mandarin oranges.</p>

### Senior Poets Visit Dixwell-Newhallville Sr. Center

Members of the Dixwell-Newhallville Senior Center had two prize winning poets from the Plainville Senior Center visit them recently. Joan McBain is the 2012 Connecticut Senior Poet Laureate who won that title after entering a poetry contest, and her entry, "On Being Invisible" was chosen as the winning poem. Carol Loiselle has had some of her poetry published in a poetry anthology, one of them titled, "Pieces." Visiting the Dixwell-Newhallville Senior Center was their first stop of a five senior center tour.

They talked about the writing of poetry how they got started and then read selections of their poems. They both encouraged us seniors to never stop trying to learn something new. Joan and Carol admitted that they were both "brand new" to writing poetry when they joined the poetry class at their senior center just two years ago. They both like to try out new things. They were taught various types of structure, different types of poems, and their teacher gave out class assignments. They emphasize that there is no right or wrong way to write a poem.



Joan McBain (left), the 2012 CT Senior Poet Laureate, and Carol Loiselle. photo courtesy of Joyce Santos

#### "On Being Invisible" by Joan McBain

*"I am fifteen today,/Mom left home some time ago/Dad's home is the bar,/Loneliness so depletes me.*

*It follows me to school,/ No one knows how I yearn to fit in./Kids don't notice my dragon tattoo,/ Shoulders slumped, I hold my head high.*

*The revealing tank top I wear/Makes me feel sexy-like Brittany,/Who notices? Not even the mediocre jocks,/Pain stabs at my heart.*

*Desolation envelops me/As I stand outside looking in,/I swagger past their lunch table,/They look through me, I am invisible,*

*It could be worse, I tell myself,/They could notice me,/Make fun of me, put me down,/Being invisible is better."*

#### "Pieces" by Carol Loiselle

*"We no longer go to the shore./The sand reminds you of Afghanistan./I miss watching sunsets at the beach./But most of all, I miss the old you./If this bloody war should ever end,/I'll make a trip over there to gather up all the pieces you left behind."*

Submitted by Margery Mills

# MARCH 2013 SENIOR CENTER ACTIVITIES/PROGRAMS

**Please Note: Donations requested but not required for lunch**

	Atwater	Dixwell Newhallville	East Shore
<b>Mondays</b> March 4, 11, 18, 25	Computer Room (8:30-3:30) Tai Chi (9:30-10:30) Morning Coffee (9:00) Haircuts \$5 (9:00-11:00) Walking Group (9:30) Sewing Group (10:00-2:00) Lunch (11:30) Pokeno/Cards/Games (1-3:00)	Computer & Pool Rooms (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)  <b>3/11 St. Patrick's Day Dance - call for cost info.</b> <b>3/25 Mohegan Sun Trip</b>
<b>Tuesdays</b> March 5, 12, 19, 26	Computer Room (8:30-3:30) Morning Coffee (9:00) Yoga (10:00-11:00) Ping Pong (10:00-1:00) Lunch (11:30) Card Games (1:00-3:00) Jewelry Making (1:00-3:00)	Computer & Pool Rooms (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 (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)
<b>Wednesdays</b> March 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 & Pool Rooms (8:30-3:30) Breakfast Club (9:00-10:00)  Lunch (11:30) Card Games (1:00-3:00)	Computer Room (8:30-3:30) Coffee & Conversation (9:00-10:00) <b>Yoga 10:30-11:30???</b> Lunch (11:30) Knit/Crochet/Sew (1:00-3:00)
<b>Thursdays</b> March 7, 14, 21, 28	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 Rooms (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) Tai Chi (10-11) Coffee & Conversation (9:00-10:00) Lunch (11:30) Bingo (1:00-3:00)
<b>Fridays</b> March 1, 8, 15, 22	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 Rooms Breakfast Club (9:00-10:00)  Lunch (11:30) Bingo (1:00-3:30)  <div style="background-color: yellow; padding: 5px; text-align: center;"> <b>All centers are closed on Friday, March 29</b> </div>	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](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

### MAIN LIBRARY

**March 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.

**March 13 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.

**March 3 from 1:30-3:00 p.m.—AARP Worksearch** By appointment. Contact Kate Cosgrove at 203-946-7001

**March 4 from 6-7:30 p.m. Exploring Chinese Culture and Language** - Grace Zhao will present basic Mandarin Chinese vocabulary in a cultural context, including greetings and common phrases for eating, shopping, traveling & making phone calls. Ms. Zhao will also discuss traditional Chinese customs and celebrations. Classes are designed for individuals who are planning to travel or do business in China, as well as those who just want to learn more about the Mandarin Chinese language and Chinese culture. A \$25 series fee will be collected at first class. language,

**March 7 from 5-6 p.m. Citizenship Class** Free and open to the public. Weekly exam prep for Citizenship Test.

**March 7 from 6-8 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.

### MITCHELL LIBRARY

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

**March 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 2-April 13, Free Tax Help—Call for information 2-3-946-2228**

**March 6, 13, 20, 27 April 3, 10, 17 from 6-7 p.m. Grief and Loss Discussion Group**, Gather with others who have experienced the death of a loved one. Facilitated by Hannah Leiterman, LCSW, clinical social worker.

**March 5, 12, 19, 26 from 5:15-6:15 or March 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!

**March 8 from 3 to 6 p.m. Tuskegee Airmen**, Mr. Connie Nappier, Jr., one of the original Tuskegee Airmen and the only one residing in CT will share highlights of his extraordinary life as a Black pilot in WWII.

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

**March 13 from 6-7 p.m. Celebrate Connecticut Women Then and Now** The Connecticut Women's Hall of Fame preserves the stories of Connecticut's remarkable women, many of whom overcame obstacles. The list includes women in science and medicine like Barbara McClintock, Helen Smits and Emeline Roberts Jones; women in law like Constance Baker Motley and Patricia Wald; female sports icons like Joan Joyce and Donna Lopiano; and many others. Please join Executive Director Katherine Wiltshire as she discusses some of the women icons past and present in our state.



## FSW, INC NEW HAVEN SENIOR CENTERS COMMUNITY CAFÉ—MARCH 2013

Monday	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
				Eggplant Rolatini Cauliflower Parmesan cheese Tossed salad with cucumber and Italian dressing Garlic bread Mandarin oranges
4	5	6	7	8
Barilla plus spaghetti Meatballs marinara Broccoli Parmesan cheese Herbed breadstick peaches	Pork loin with LS gravy Applesauce garnish Scalloped potato Peas and mushrooms Multigrain bread Fresh fruit	New Orleans Chicken Brown rice Oriental blend Wheat bread Pineapple tidbits	<u>HAPPY MARCH BIRTHDAYS</u>	Vegetable barley soup Unsalted crackers Seafood salad plate with lettuce, tomato and carrot/raisin salad Pumpernickel bread Cherry jello with pears
11	12	13	14	15
Lite crunch fish Tarter sauce Sweet potato fries Fresh zucchini 100% whole wheat bread Cranberry juice Chocolate chip cookie	Chicken breast with lemon sauce Couscous pilaf Scandinavian blend Wheat dinner roll Fresh fruit	Swedish meatballs Noodles Green and wax beans Oat bread Peaches	<b>St. Patrick's Day Celebration</b> 1/c Cranapple Juice 3 oz Corned Beef W/ 1/c Cabbage $\frac{1}{2}$ c baby Belgium Carrots 1 slice Irish Soda Bread 1 Shamrock Cookie	Spinach quiche Roasted Tomato Grilled vegetables Rye bread pineapple
18	19	20	21	22
Cheeseburger on bun Lettuce/tomato Ketchup Coleslaw Baked beans Fresh fruit	Beef onion soup Unsalted crackers Granioli spinach ravioli Meatball Tossed salad with tomato Italian dressing Italian bread Italian ice	Baked Ham with gravy O'Brien potato Mixed vegetables Oat bread apricots	Turkey with LS gravy Stuffing Bean blend Cranberry sauce Biscuit Green jello with fruit	Baked cod with lemon dill sauce Roasted potato Broccoli 100% whole wheat bread Pineapple juice Berry strudel
25	26	27	28	29
Turkey and bean chili Brown rice Chuck Wagon blend Corn bread Tropical fruit salad	Chicken cacciatore Bowtie noodles Green beans Pumpernickel roll Cranapple juice Pistachio pudding	Minestrone soup/ unsalted crackers Tilapia with Florentine sauce Mashed squash Broccoli Multi grain dinner roll Carrot cake	<b>Easter Celebration</b> $\frac{1}{2}$ c Apple Juice 3.5 oz LS Fresh Ham W/LS Gravy $\frac{1}{2}$ c Smashed Potato W/ Chives $\frac{1}{2}$ c Green Beans Almandine 1 Pumpernickel Raisin Roll 1 Easter Cupcake	<b>Senior centers are closed on Friday, March 29</b>

## **Social Security Announces New Online Services Available with a *my Social Security* Account**

Michael J. Astrue, Commissioner of Social Security, today announced the agency is expanding the services available with a *my Social Security* account, a personalized online account that people can use beginning in their working years and continuing throughout the time they receive Social Security benefits. More than 60 million Social Security beneficiaries and Supplemental Security Income (SSI) recipients can now access their benefit verification letter, payment history, and earnings record instantly using their online account. Social Security beneficiaries also can change their address and start or change direct deposit information online.

“We are making it even easier for people to do their business with us from the comfort of their home, office, or library,” Commissioner Astrue said. “I encourage people of all ages to take advantage of our award-winning online services and check out the new features available through an online *my Social Security* account.”

Social Security beneficiaries and SSI recipients with a *my Social Security* account can go online and get an official benefit verification letter instantly. The benefit verification letter serves as proof of income to secure loans, mortgages and other housing, and state or local benefits. Additionally, people use the letter to prove current Medicare health insurance coverage, retirement or disability status, and age. People can print or save a customized letter.

Social Security processed nearly nine million requests for benefit verification letters in the past year. This new online service allows people to conduct business with Social Security without having to visit an office or make a phone call, and very often wait for a letter to arrive in the mail. It also will reduce the time spent by employees completing these requests and free them to focus on other workloads.

People age 18 and older can sign up for an account at [www.socialsecurity.gov/myaccount](http://www.socialsecurity.gov/myaccount). Once there, they must be able to provide information about themselves and answers to questions that only they are likely to know. After completing the secure verification process, people can create a *my Social Security* account with a unique user name and password to access their information.

People age 18 and older who are not receiving benefits can sign up for a *my Social Security* account to get a personalized online Social Security *Statement*. The online *Statement* provides eligible workers with secure and convenient access to their Social Security earnings and benefit information, and estimates of future benefits they can use to plan for their retirement. In addition, the portal also includes links to information about other online services, such as applications for retirement, disability and Medicare.

“Given our significantly reduced funding, we have to find innovative ways to continue to meet the needs of the American people without compromising service,” said Commissioner Astrue. “These new enhancements will allow us to provide faster service to more people in more places.”

For more information, please go to [www.socialsecurity.gov/myaccount](http://www.socialsecurity.gov/myaccount).

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## RECIPES BY REQUEST

If you have a recipe request, please call Pat Wallace at 203-946-7854 or email her at [pwallace@newhavenct.net](mailto:pwallace@newhavenct.net). We will place your request in the newsletter and print any responses that we receive the follow month.

### Crustless Easter Ham Pie

6 eggs	Dice cheese and cold cuts.
1/2 cup milk	Mix all ingredients together.
1- 1/2 cups flour	Place in greased pan.
2- 1/2 teaspoons baking powder	Bake 1-1/2 hours at 350 degrees
1/2 lb cheddar cheese	
1/2 lb munster cheese	
1/2 lb pepperoni	
1/2 lb ham	Ann Cavaliere
1/2 lb prosciuttini ham	

**Toll free State Dept. of Banking Foreclosure Assistance Hotline: [1-877-474-8313](tel:1-877-474-8313)**  
**Website: [www.ct.gov/dob](http://www.ct.gov/dob)**

### The following is a listing of some of the food pantries in New Haven

Fair Haven Parent's Ministry, 260 Ferry St.,  
 Mon-Thurs. .9:30-11:30, by appt. 203-865-5585

Community Action Agency, 419 Whalley Ave.,  
 Tues & Fri 9:30-11:30 and Wed. 1-3:30  
 Call first 203-387-7700

Jewish Family Services, 1402 Whalley Ave.,  
 Tues & Fri, 9-12, 203-397-0796

Salvation Army, 450 George St.,  
 Mon, Wed, Fri 9-11:30 203-624-9891

### 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

**Hold the date!**

**Healthy Elder Summit**

**Tuesday, April 9, 12:30 p.m.**

**Stop & Shop, 150 Whalley Ave., New Haven**

### 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

**SENIOR CENTER CLOSING: 203-946-SNOW**

