

New Haven

ELDERLY SERVICES

John DeStefano, Jr.

Mayor

Patricia Wallace, Director

165 Church St.

New Haven



2008

New Haven



2008

Atwater Senior Center
26 Atwater St.

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

East Shore Senior Center
411 Townsend Avenue
946-8544



November is a month in which our country celebrates Thanksgiving for the abundance the harvest and other ways in which we are truly blessed. A study by Elderly Services this year showed that 4 out of 10 low-income seniors said that it was hard to have enough in your food budget to be able to buy food you need to eat in a healthy way. Our New Haven Food Policy Council will consider the nutrition challenges faced by seniors and how our community can respond. In the meantime, Senior Centers offer daily nutritious meals for a donation, More grocery stores now deliver. Enjoy your family, friends and good food this month!

John DeStefano, Jr., Mayor



This newsletter is reaching you a bit late this month thanks to Storm Sandy. We can all be grateful that it arrived a few hours before high tide, or we would have seen far more harm to people and homes. SNAP (used to be called food stamps) took a beating too in our recent election season, but it is a good resource to help people on a tight budget to stretch a dollar. Did you know that you can save your SNAP benefits to help when you most need it?-- during the months when high fuel costs are putting pressure on your budget, or to help to pay for a turkey for Thanksgiving or Christmas when you want to gather your family for food and fun. You can apply without ever leaving home. Call Choices to get an application: 203-785-8533. If your income is no more than \$1680 (\$2268 for a couple) per month, make the call. Every little bit helps. Cutting the cost of healthcare is an important national goal. To be healthy, all of us need to eat healthy. That costs money that can be hard to come by. Do your part. Apply for SNAP today.

Patricia Wallace, Director

In this issue.....

Natalie Hardy Honored by Girl Scouts.....	p. 2
Actividades y Hispanic Almuerzo.....	p. 2
Casa Otoñal	p. 3
November Calendar & Activities.....	p. 4& 5

Senior Center Lunch Menus.....	p. 6
Hunger Study of New Haven Seniors.....	p. 7
Cooking for One: Baked Apple Sundae.....	p. 8

Natalie Douglas: Honoree at Girl Scouts Centennial Gala



Congratulations to Natalie Douglas Hardy who received an award on September 12, 2012 from the Girl Scouts of Connecticut at the Centennial Gala celebrating 100 years of Girl Scouting. Natalie, the former treasurer and long time member of Dixwell-Newhallville Senior Center, was presented with the Distinguished Alumnae Award during the ceremony. The gala was held at the Marriott Hartford Downtown.

Natalie Hardy was a member of the New Haven Girl Scout Troop 24, the first African American Girl Scout Troop, founded in the country by Laura Belle McCoy. In 1935 Natalie became the first African American Girl Scout to be awarded the Golden Eaglet, the highest honor a girl scout can achieve. Mrs. Hardy has lived and continues to live a long illustrious life filled with many achievements and is still receiving well deserved honors.

Submitted by Margery Mills

ACTIVIDADES DE NOVIEMBRE - ATWATER SR. CENTER

Todos los días

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

Lunes

9:00-11 a.m. Recortes de pelo (11/5 y 11/19)
 10:00 a.m. Tai Chi;
 1:00-3:00 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 - 4:00 p.m. Bingo y juegos de cartas
 1:00 p.m. - 3:00 p.m. El entretenimiento hispano

Viaje a Foxwoods 11/13

Miercoles

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

Jueves

8:30-2:00 Project Mothercare
 10:00 a.m. Clase de yoga
 1:00 p.m. Juegos de cartas/ping pong/herraduras
 2:00 p.m. Pelicula

Viernes

9:00 a.m.- Clase de yoga
 10:00 a.m.-2:00 Clínica para personas mayores
 12:00-4:00 p.m. Clase de cerámica
 12:30 Clase de baile (11/2 & 11/16)
 1:00-4:00 p.m. Bocce; jueogs de cartas
 1:00-2:00 p.m. Banco de Alimentos

<p>Atwater Community Café Hispanic Almuerzo de Noviembre</p>	<p>11/2 Codfish with cabbage, onions & peppers; yucca; oatnut bread, orange</p>	<p>11/6 Beef strips with onions; peppers with rice & beans; Italian bread; vanilla pudding</p>	<p>11/9 Manhattan clam chowder; red rice with corn; Hispanic seasoned chicken with broccoli; whole wheat bread; flan</p>
<p>11/13 Tomato basil soup, apple juice, chicken & rice; green beans, Italian bread</p>	<p>11/16 Pineapple juice; Hispanic seasoned pork chops; boiled potato, spinach, oat bread; ice cream sandwich</p>	<p>11/27 Fruit punch, pernil; boiled green bananas; peas & carrots; cinnamon bread; melon</p>	<p>11/30 Fruit punch; baked chicken with onions; white rice with pidgeon peas; squash; bread sticks; flan</p>

WELCOME TO CASA OTONAL BIENVENIDO A CASA OTONAL

On Sylvan Avenue, in New Haven's Hill neighborhood, you will find Casa Otoñal, a senior housing development and community center that works to improve the lives of New Haven's Latino residents through the delivery of high quality services and the physical revitalization of its immediate neighborhood. Casa Otoñal runs an award-winning elderly housing facility that offers ethnic meals, cultural events, and comprehensive support services to residents as well as other elderly and disabled citizens who arrive from other areas of the City for the day program.



Based on its capacity and relationships in the community, Casa Otoñal has, over the past 38 years, expanded the scope of its programming in response to identified needs in the Hispanic community and program or funding opportunities that are consistent with its mission. While maintaining its strong commitment to serving the elderly, Casa has developed programs to serve families and children while continuing to undertake development projects which revitalize its immediate area and increase the value and stability of the elderly complex.

These initiatives include: An intergenerational educational and recreational program that provides structured and stimulating activities for youth and uses senior citizens, parents, community volunteers and university students as mentors; training in Spanish and English for individuals who are interested in becoming licensed family day care providers and/or child care workers and want to receive a Child Development Associate (CDA) credential as recognized by the National CDA Council; and housing for grandparents raising their grandchildren along with support services to ensure the strength of these families at Casa Familia.

The Casa Community Center is used by the community at large for family celebrations, training workshops, Latino cultural exhibits, and holiday programs, like the Thanksgiving Charity sponsored in coordination with Christian Community Action; and the Three Kings Children's Celebration. Casa Primavera, a bilingual pre-school for 3-4 year olds is in the planning stage and will open soon. Casa continues to seek opportunities to provide additional services consistent with its mission, utilizing the organizational capacity it has built over the years.

For additional information, please visit the website at www.casaotonalinc.org or call 203-530-6620.



NOVEMBER 2012

	ATWATER	DIXWELL-NEWHALLVILLE	EAST SHORE
Mondays November 5, 12, 19, 26	Computer Room (8:30-3:30) Coffee (9:00) Morning Walk (9:30) Haircuts (9:00-11:00) 11/5&19 Tai Chi (10:00-11:00) Lunch (11:30) Pokeno, Sewing, Games (1-3)	Computer Room (8:30-3:30) Breakfast Club (9:00-10:00) Walking Group (10:00-11:00) Lunch (11:30) Card Games (1:00-3:30)	Computer Room (8:30-3:30) Coffee & Conversation (9:00) Lunch (11:30)
Tuesdays November 6, 13, 20, 27	Trip to Foxwoods 11/13 Computer Rm(8:30-3:30) Coffee (9:00)Morning walk (9:30) Yoga (10:00-11:00) Ping Pong & Games (10:00-1:00) Lunch (11:30) Pool, Puzzles, Card Games (1-4) Hispanic Entertainment (1-3:00)	Computer Room (8:30-3:30) Breakfast Club (9:00-10:00) Lunch (11:30) Games, etc (1:00-3:30) Line Dancing (5:00-8:00)	Computer Room (8:30-3:30) Coffee&Conversation (9-10:) Mass on TV (10:00) Lunch/listen/learn (11:30) 11/6 Progressive Bingo (1:00-3:00)
Wednesdays November 7, 14, 21, 28	Computer Room (8:30-3:30) Morning Walk (9:30) Coffee/Arts/Knit/Crochet (9:00) Yoga (10:00-11:00) Blood Press. Screen 10-12 11/21 Lunch (11:30) Cards & Bingo (1:00-3:00)	Computer Room (8:30-3:30) Breakfast Club (9:00-10:00) Arthritis Exercise (10:00-11:30) Walking Group (10:00-11:00) Lunch (11:30) Dixwell Club -speaker (1-3:00)	Computer Room (8:30-3:30) Coffee&Conversation (9-10) Yoga (10:30-11:30) Lunch (11:30) Knit/ Crochet/Sew (1:00-3:00)
Thursdays November 1, 8, 15, 22, 29	Project Mothercare (8:30-2:00) Coffee (9:00)Morning Walk (9:30) Yoga (10:00-11:00) Karaoke (10:30-11:30) Lunch (11:30) Ceramics (12-3); Movie (2:00) Card Games,horseshoes, pool(1-4)	Computer Room (8:30-3:30) Breakfast Club (9:00-10:00) Yoga (9:30-10:30) Sewing (10:00-2:00) Lunch (11:30) Games, etc (1:00-3:30) Line Dancing (5:00-8:00) Radio City Musical Hall 11/29	Computer Room (8:30-3:30) Coffee&Conversation(9-10) Lunch (11:30) Bingo (1:00-3:00)
CLOSED NOVEMBER 22 FOR THANKSGIVING			
Fridays November 2, 9, 16, 23, 30	Computer Room (8:30-3:30) Wii Game (all day) Yoga (9:00); Morning Walk (9:00) Eldercare Clinic (10:00-2:00) Lunch (11:30) Ceramics (12:30-3:00) Food Bank (1:00-2:00) Card Games (1-4) Dance Class (12:30) 11/2&11/16	Computer Room (8:30-3:30) Breakfast Club (9:00-10:00) Walking Group (10:00-11:00) Lunch (11:30) Bingo (1:00-3:30)	Mohegan Sun Casino Trip 11/30 Computer Room (8:30-3:30) Coffee & Conversation (9-10) Mass on TV (10:00) Hand Therapy (10:00-11:30) Lunch (11:30) Games & Card Sharks (1-3)

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

November 1, 8, 15 & 29, 1-2:30 pm, **Resume Workshop**

November 1, 8, 15 & 29 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

November 3 at 7:30 and 9:30 pm and November 4 at 4:30 pm, **"The Library Project"** is a performance presented by A Broken Umbrella Theatre and New Haven Free Public Library in celebration of the library's 125th year. "The Library Project" is suitable for ages 8 and older. It is a "pay what you can" on line or an hour before the performance.

November 5, 12, 19, 26 - 1:30-3:30 pm—**AARP Worksearch**

November 5, 12, 19, 26 from 5-6:30 pm and 6:30-7:30 pm and November 6, 13, 20 & 27 from 4-5 pm and 5:15-6:15 pm **Computer Class** Join us for a different computer topic each week. Topics include: Computer Basics to Advanced uses of computers. Call to register: 203-903-4837.

November 6, 13, 20 & 27 6:00-7:30 pm AND November 1, 8, 15 & 29 6:00-7:30 pm **English as a Second Language classes**. Open and free they are offered on an on-going basis by Adult Education and Literacy Volunteers.

November 7, 14, 21 & 28, 1-2 pm, **Library Yoga**. \$5, bring your own mat. Drop-ins welcome.

November 7, 5:30-7:45 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.

November 10, 17, & 24 at 11:30 am, **Tai Chi 1**. Last 2 classes in Kathleen Brenner's Tai Chi 1 series which is designed for beginners or for those who need a refresher course! \$25.00 for series.

November 14, noon to 2 pm, **Benefits Screening** for those 60 or older.

November 28, 1:00-3:00 pm, **Passport Day**—Assistance in obtaining a passport.

FAIR HAVEN LIBRARY

November 13 at 2 pm **Book Club Discussion**, Call for book title, 203-946-8115

One on One Computer Assistance: Mondays 4-5:30 pm, Thursdays 6-7:30 pm, Saturdays from 3-4:30. Call for an appointment 203-946-8115

MITCHELL LIBRARY

November 5 at 6 p.m., **Monthly Monday Evening Book Club** Call for book title. Come, chat and enjoy!

November 5, 12, 19 & 26 at 6 pm, **Conversational English** - Tutors from Literacy Volunteers of Greater New Haven offer conversational English classes in small groups. Ingles como Segundo Lengua. Please call to register: 203-946-8117

November 5, 12, 19, & 26 at 6 pm, **Knitting** - Bring your needles and enjoy the company. All levels are welcome.

WILSON LIBRARY

November 1, 8, 15, 22 & 29 at 9:45 am **Clases de Computacion para adultos**.

November 7, 14, 21 & 28 at 4:40 pm **Zumba**— Heart healthy—presented by Hill Health Center.

November 7, 14, 21 & 28 at 5:00 pm **Line Dancing** for families presented by Hill Health Center.

FSW, INC. - NEW HAVEN SENIOR COMMUNITY CAFÉ

NOVEMBER, 2012

Monday	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			Roasted Pork w/LS Gravy Apple Stuffing Broccoli and Cauliflower Multigrain Dinner Roll Pineapple Tidbits Margarine, 1% Milk	Grape Juice Herbed Baked Chicken Leg Qtr. Orzo Grilled Vegetables Wheat Bread Orange Sections Margarine, 1% Milk
5	6	7	8	9
Swai Fish w/Florentine sauce Rice Pilaf w/peas & onions Carrot coins Oat bread Apricots Margarine, 1% Milk	Lasagna W/Meat Sauce Tossed Salad W/ Tomato and Italian Dressing Garlic Bread Orange Jell-O W/ Peaches Margarine, 1% Milk	Birthday Cake Day Apple Juice Roast Beef W/L.S Gravy Baked Potato W/Sour Cream Scandinavian Blend Vegetables Wheat Bread Margarine, 1% Milk	Orange Juice Oven Fried Chicken Macaroni and Cheese Green Beans Buttermilk Biscuit Margarine, 1% Milk	Tomato Basil Soup Broccoli Quiche Fresh Zucchini Roast Potato Wheat Dinner Roll Fresh Fruit Margarine, 1% Milk
12	13	14	15	16
Meatloaf W/LS Gravy Bowtie Noodles Baked Fresh Acorn Squash 100% Whole Wheat Bread Pears Margarine, 1% Milk	Teriyaki Chicken Brown Rice Oriental Blend Vegetables Oat Bread Mandarin Oranges Margarine, 1% Milk	Minestrone Soup Lite Crunch Fish w/Lemon Mashed Sweet Potatoes Spinach Multigrain Dinner Roll Fresh Fruit Margarine, 1% Milk	Apple Juice Sliced Turkey w/LS Gravy Cranberry Sauce Mashed Potato California Blend Vegetables 100% Whole Wheat Bread Oatmeal Raisin Cookie Margarine, 1% Milk	Cranberry Juice Whole Grain Spaghetti w/Marinara Sauce Meatballs Caesar Salad w/Croutons 100% Whole Wheat Bread Vanilla Pudding w/ Strawberry Topping Margarine, 1% Milk
19	20	21	22	23
Orange Juice Salmon Filet w/Lemon Sauce Brown Rice Pilaf Bean Blend Vegetables 100% Whole Wheat Bread Chocolate Pudding Margarine, 1% Milk	Spinach Grandioli Ravioli w/Sauce Meatballs Broccoli Italian Bread Fresh Fruit Margarine, 1% Milk	Pineapple Juice Pot Roast w/Gravy Mashed Potato Tuscan Blend Vegetables Rye Bread Apple Strudel Margarine, 1% Milk	Thanksgiving Holiday closed	Thanksgiving Holiday closed
26	27	28	29	30
Freshly Baked Ham W/LS Gravy Scalloped Potato Peas and Carrots Rye Bread Apple Sauce Margarine, 1% Milk	New England Clam Chowder Unsalted Crackers Crab Cake w/Tarter Sauce Brown Rice Pilaf Green and Wax Beans Oat Bread Fresh Fruit Margarine, 1% Milk	Apple Juice Hamburger Au Jus Onions and Mushrooms Ketchup Coleslaw Baked Beans Wheat Bun Pickle Wedge Brownie Margarine, 1% Milk	Roasted Pork w/LS Gravy Apple Stuffing Broccoli and Cauliflower Multigrain Dinner Roll Pineapple Tidbits Margarine, 1% Milk	Grape Juice Herbed Baked Chicken Leg Qtr. Orzo Grilled Vegetables Wheat Bread Orange Sections Margarine, 1% Milk

As We Give Thanks....

While you enjoy your Thanksgiving dinner with family and/or friends, remember to express your gratitude for all that you have. Below are some inspirational quotes to reflect on.

Blessed are those that can give without remembering and receive without forgetting. *Anonymous*

Nothing is more honorable than a grateful heart. *Anonymous*

To speak gratitude is courteous and pleasant, to enact gratitude is generous and noble, but to live gratitude is to touch Heaven. *Johannes A. Gaertner*

We often take for granted the very things that most deserve our gratitude. *Cynthia Ozick*

Free Thanksgiving Meals for the Homebound

Interfaith Volunteer Caregivers (203-230-8994) will deliver free Thanksgiving meals to people who are homebound and a guest. Request forms are available at the New Haven senior centers and must be submitted to the Hamden office by November 9, 2012. Meals will be delivered between 10 a.m. and 12 noon on Thanksgiving Day. Please share this information with anyone you know who may benefit from this program.

HUNGER STUDY OF SENIORS IN NEW HAVEN

Affordability

- 41% said it was hard to have enough in your food budget to buy food you need to eat in a healthy way.
- 70% of these low income seniors were not receiving SNAP (Supplemental Nutrition Assistance Program)
- 14% do not know what SNAP is.
- 84% do not use the elderly nutrition program.

Nutrition Education

- 88% have never attended any nutrition classes for the elderly.
- 32% said they would be interested in attending elderly nutrition classes near them.

Sources of Food

- 76% make use of food pantries when needed.
- 94% do not use soup kitchens.
- 5% grow food in their backyards or community garden
- A majority like to cook, at least some of the time.

- 93% use supermarkets to get food, and 91% say supermarkets are the most important place for them to get their food.

Other places seniors get food are pharmacies (51%), restaurants/diners (30%), corner food stores (30%).

Access to Food

- For transportation to the grocery store most seniors rely on family/friends (66%).

Others use a mix of buses (43%), My Ride (33%), walking (27%), driving themselves (27%), taxi (18%) and Mary Wade weekend transport (10%).

Survey of Resident Services Coordinators

- Most seniors do not get their food delivered by grocery stores or pharmacies because they are not aware of these services. Education of both resident services coordinators and seniors about such services would be helpful.
- 8 complexes allow residents to garden. It is unknown whether more people would grow vegetables with more education and resources.

Dixwell-Newhallville Dinner Dance

To celebrate the 10 year anniversary at the Community Outreach Center

Saturday, November 24 from 7 pm - 1 am Please call the senior center at 203-946-8541 By Nov. 16 for reservations. \$35 per person

Medicare Open Enrollment Dates for 2013!

Until December 7, 2012 you may enroll, or change a Medicare Advantage Plan, Prescription Plan, or a Medigap Plan.

Helpful information can be found at:

www.Medicare.gov; call 1-800-MEDICARE, contact CHOICES at 1-800-994-9422 or Review the most recent "Medicare & You" handbook

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

Cooking for One Baked Apple Sundae

1 baking apple,
2 tablespoons water,
 $\frac{1}{4}$ cup sugar,
 $\frac{1}{4}$ teaspoon cinnamon,
large spoonful of vanilla ice cream,
2 tablespoons of coarsely chopped walnuts.

Preheat the oven to 350

Cut apple in half lengthwise and remove core
Do not peel.

Placed cut side up in a small backing pan. Add water

Mix sugar and cinnamon and spoon over apple.
Cover with foil and bake for 45 minutes or until tender.

Remove the foil, turn apple over and bake 10 minutes more.

Let cool. When you are ready for desert, place apple in dish and spoon juice over it.
Top with ice cream and sprinkle with walnuts.
Enjoy!!

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

