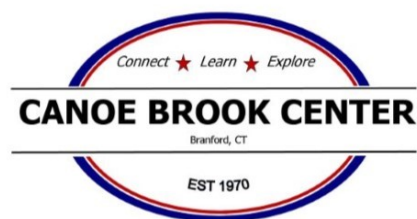




June 12, 2020



COME PLAY WITH US!

ZINGO

A NEW TWIST ON BINGO!

PLAYED ON ZOOM OR YOU CAN CALL IN

**THE GAME IS PLAYED
EVERY MONDAY AT
12:30 P.M.**

**PLAY 6 GAMES FOR FREE FROM THE
COMFORT OF YOUR HOME**

Contact Nancy to get your Zingo cards at
203.315.0684 or ncohen@branford-ct.gov

+ Many new online activities —see inside for more info!

Do you have a suggestion for an online program or activity that you would like us to offer? We'd like to hear from you!

Contact Ellen at emaron@branford-ct.gov or 203-315-0687



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Recipe, anyone?

During the pandemic, many of us are taking to the kitchen more often to cook a meal! Have you found a new recipe, or perhaps rediscovered a past recipe for a delicious, easy, yet nutritious dish? Each issue, we'll share a recipe that has been submitted to our *Recipe Corner*. Send your recipe to emaron@branford-ct.gov.

See back page for a delicious meal idea!

WEEK OF JUNE 15 PROGRAMS ON "ZOOM"

Join on your phone, tablet or computer. Sign up with Nancy, who will provide you with a Zoom Meeting link i.d. and password or designated call-in number.

Contact Nancy at 203-315-0684 or ncohen@branford.ct-gov.

Monday

ZINGO 12:30 PM

Bingo with a twist!

Tuesday

INTRODUCTORY/BEGINNER YOGA with Lynda 8:30-9:30 AM

THE DISCUSSION GROUP 12:20 PM

BOOK CLUB DISCUSSION "The Mountains Sing" 1:30 PM

Wednesday

AEROBICS WITH LAURA 8:30-9:15 AM

HEALTH SERIES: GET MOVING! (Pg 6) 10:00 AM

Thursday

INTERMEDIATE/ADVANCED YOGA with Lynda 8:30 - 9:30 AM

INDOOR WALKING WITH NANCY! 9:00 - 9:45 AM

HOOK N NEEDLE CLUB 10:00 - 11:00 AM

Grab your knitting, crocheting, needlepoint or other craft and join in for fun!

BASIC CAR CARE TIPS DURING THE PANDEMIC 11:30 AM

Presented by AAA Car Doctor John Paul. (Pg. 5)

WATERCOLOR THURSDAYS CLASS 1:00 PM

Contact Nancy for a list of supplies needed. Class size limited.

INTERMEDIATE TAI-CHI WITH SUZANNE* 2:30-330 PM

Friday

AEROBICS WITH LAURA 8:30 - 9:15 AM

ARMCHAIR TRAVEL TO PORTUGAL, SPAIN & MOROCCO! 10 AM

HAPPY HOUR GAME FUN! 3:30 PM - 4:30 PM

Enjoy a beverage of your choice from the comfort of your home and play a game with us!

***Beginner Tai-Chi will begin on Tues, June 23rd at 2:30. Sign up with Nancy.**



CONGRATULATIONS TO OUR LATEST AGING MASTERY GRADUATES!

Barbara Amatrudo, Mary Boundy,
Toni Cartisano, Alpha Coiro, Lynne Dow,
Mary Ann Marchitto, David Mazur, Ellen Quagliaroli,
Donna Robinson, Barbara Tamulevich



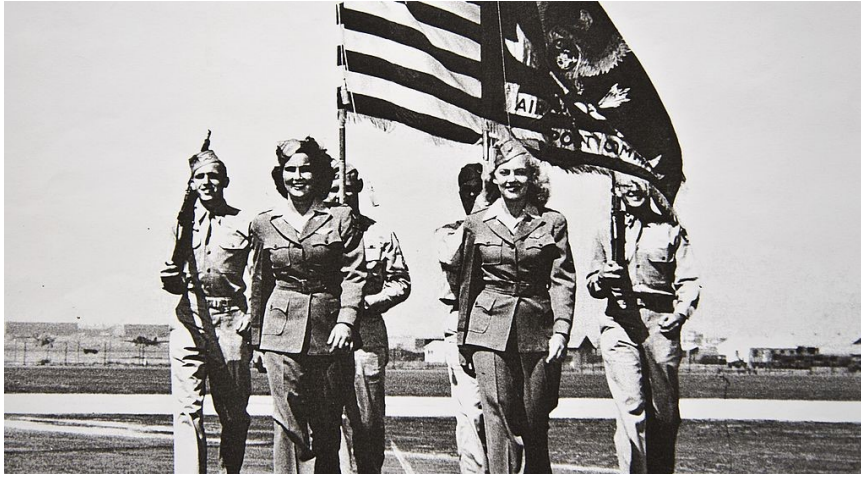
Aging Mastery is an evidence based program sponsored by the National Council on Aging, Ct Healthy Living Collective, and Anthem Foundation. This was a pilot project, one of the first in the nation to be held virtually!

It has been proven that graduates of this life changing program live longer lives. The curriculum focuses on making small changes that have a big impact on aging successfully.

We are grateful to our facilitators Barbara Naclerio ESDH, Beth Capobianco RN, Jim Finch Finance Director, Atty Mark Connell, Jamie Cosgrove, Mark Maz-zuco RPH, Catherine Stone MSW, & Colleen Villano, YMCA.

We plan to offer the class again this Fall. Stay tuned!

THIS WEEK'S ONLINE PROGRAMS FROM SENIOR LEARNING NETWORK



From Here to Over There: Army Women of WWII

Offered by: Army Women's Museum

Tuesday, June 16th at 1:45 PM

GI Joe and Rosie the Riveter are textbook staples and the most familiar faces of World War II. Yet who were these people? This program

will put real names behind those iconic images. Using original documents, photographs, and artifacts, to bring these heroes to life!

Register for this program to receive a Zoom meeting link i.d.

Email Ellen at emaron@branford-ct.gov

NEW PROJECTS AT THE BREMAN-JEWISH HISTORY ARCHIVES

Presented by Breman Museum, Atlanta

Thursday, June 18th at 1:45 PM

Jeremy Katz, Archives Director, works to grow, preserve, and increase access to the Cuba Family Archives for Southern Jewish History. In this program, Jeremy will be discussing archives and preservation with a focus on how repositories grow, preserve, and increase access to historic collections. He will also showcase some exciting on-going projects in the archives at the Breman Museum.

Register for this program to receive a Zoom meeting link i.d.

Email Ellen at emaron@branford-ct.gov





Join us in a Zoom meeting with AAA's Car Doctor John Paul

Date: Thursday, June 18

Time: 11:30 a.m.

Basic Car Care Tips During the Pandemic Will be Discussed:

- Are you concerned about your car sitting for long periods of time?
- What about service, and changing your car's oil every 5,000 miles? In the new normal that could mean a year or more! What do you do?
- What about gasoline, when MPG meant miles per gallon and now it's more like "*months per gallon!*" Does gas get stale?
- If you have your car serviced should you worry about the Covid virus? How to sanitize your car.
- How to find a good repair shop to service your car.

Contact Nancy by June 17th at 203.315.0684 or
ncohen@branford-ct.gov to participate in this
Zoom meeting

*John is a regular automotive columnist for
The Boston Globe .*





GET MOVING!

WEDNESDAY, JUNE 17TH AT 10:00 AM

Physical activity has been easier for some more than others. Let's work together to figure out how to take advantage of the time and warmer weather to help you feel better and have more energy.

Join Barbara Naclerio, Health Educator from ESDHD, as she helps us to navigate ways to stay physically and mentally healthy during the pandemic.

Contact Nancy to sign up with Zoom:
ncohen@branford-ct.gov or 203-315-0684



**Are you a caregiver for a family member?
Would you like to get together with other caregivers to have a
place to talk?**

***Caregiver Chat* is a welcoming, confidential space for
caregivers like yourself to share with and support one
another.**

**We will meet on Zoom twice monthly, beginning Monday, June
22nd. You can also join by phone. Call Ellen at 203-315-0687 or
emaron@branford-ct.gov**



Sea Glass Candle Holder Demonstration with Nancy on Zoom

**Wednesday, June 24
1:30 PM**

Learn how easy and fun it is to make
this sea glass candle holder.

Contact Nancy at 203-315-0684 or at ncohen@branford-ct.gov by 6/17
so the craft kit can be delivered to your home and the link for the class will be
emailed to you

Throw kindness around like confetti!

Molly B. Kansas

zoom meetings



All meetings and activities are currently held via
the platform Zoom. If you're not familiar with
Zoom, call us for help. You can also call Black-
stone Library's tech helpline. Call Christina at
(203) 488-1441 ext. 318 and leave a message OR
submit an email to Christina
at ckondziela@blackstonelibrary.org

GET STARTED WITH THESE **Zoom** TUTORIALS

Shared by the Groton Library

[Zoom Basics Part 1- What is Zoom?](#)

[Zoom Basics Part 2- How to join a meeting](#)

[Zoom Basics Part 3- Navigating a Zoom Meeting & Etiquette](#)

SENIOR RESOURCES

Appointment
Letters are on
their way!



RENT REBATE

Changes to the Application Process

While we are currently closed to the public due to ongoing social distancing, we are able to complete Rent Rebate applications by phone. We still need all of the appropriate documentation to process your application (if you applied last year you will get a notice and document list mailed to you – if you are new, please give us a call!) Once we receive your documentation you will be contacted for a phone interview.

CONTACT

NICOLE ADELKOPF, CASEWORKER

PHONE:
(203) 315-0686

EMAIL:
nadelkopf@branford-ct.gov

WAYS TO SUBMIT DOCUMENTS

YOU CAN SUBMIT YOUR DOCUMENTS IN ANY
OF THE FOLLOWING WAYS:

- **EMAIL TO:** Nadelkopf@branford-ct.gov
- **DROP BOX:** You can drop your documents (in an envelope) in our Secure Drop Box located at the rear entrance of the building. **Please write Attention Nicole on the Envelope and be sure to include your name and phone number.** For those who haven't been to our new location yet – we are located at the Community House at 46 Church Street (next to Hammer Field).
- **FAX:** 203-315-3370
- **US MAIL:** Canoe Brook Center
Attn: Nicole Adelpopf
46 Church Street – Upper Level
Branford CT 06405

WHEN SUBMITTING DOCUMENTS

- **ALL documents sent must have your signature and date on ALL PAGES.**
- Please remember to include your name and a phone number where you can be reached for your phone interview.
- Please read the attached document list so that you send in the correct paperwork. If you have any questions, please contact Nicole 203-315-0686 or Marlowe 203-315-0682
- You will be contacted upon completion of your application. If you do not hear from us 2 weeks after sending in your documents, please contact us to be sure we have received them.

PROGRAM GUIDELINES

CT Renters who are age 65 and up or totally disabled and receiving Social Security Disability Benefits who meet the income guidelines may be eligible for a one time rebate based on a graduated income scale & amount of rent & utilities paid during the prior calendar year

Applicants qualifying income in the calendar year 2019 must not exceed \$37,000 if unmarried, or \$45,100 if married

SENIOR RESOURCES

MEALS AND MASKS

Canoe Brook Center and Lifebridge Community Services offer prepared, nutritious meals to seniors on a week by week basis. Canoe Brook staff will deliver a package of five frozen meals to your door.



If you need a face covering, let us know and we'll be happy to get one to you.

email Ellen at
emaron@branford-ct.gov
or call 203-315-0687

GROCERY DELIVERY

Operation Compassion

The YMCA and BC2 Sports have coordinated with the Branford Rotary to offer free delivery of groceries purchased from Bishop's Orchards or the Marketplace of Guilford. Grocery order forms can be found at www.soundviewymca.org or www.bc2sports.org.

To place an order, send the form to soundviewinfo@cccymca.org or call 203-481-9622 (Mon, Wed, Fri 9-12 noon). Delivery days are Tuesdays and Thursdays. For more info, contact Matt at mlaprino@cccymca.org or Doug at doug@bc2sports.org.

TRANSPORTATION

~ My Ride—Greater New Haven Transit. Phone: (203)288-6643.

Must fill out application. After application is processed you can make appointments 7 days a week from 9:00am- 5:00pm, Can make appointments up to 7 days ahead of time. Door-to-Door to/from area towns (call for list).

~ Interfaith Volunteer Caregivers of Greater New Haven.
<http://www.carenewhaven.org/transportation.html>

Door-to-Door Medical Rides only. Must fill out an application. Call (203) 230-8994 Tuesday-Friday 9:00am-4:00pm.



Asian Lettuce Wraps

Serves 4

- | | |
|---|--|
| 16 Boston Bibb or butter lettuce leaves | 1 tablespoon rice wine vinegar |
| 1 pound lean ground beef | 2 tsp. minced pickled ginger |
| 1 tablespoon cooking oil | 1 dash Asian chile pepper sauce (optional) |
| 1 large onion, chopped | 1 (8 ounce) can water chestnuts, drained, finely chopped |
| ¼ cup hoisin sauce | 1 bunch green onions, chopped |
| 2 cloves fresh garlic, minced | 2 teaspoons Asian sesame oil |
| 1 tablespoon soy sauce | |

1. Rinse whole lettuce leaves and pat dry, being careful not to tear them. Set aside.
2. Heat a large skillet over medium-high heat. Cook and stir beef and cooking oil in the hot skillet until browned and crumbly, 5 to 7 minutes. Drain and discard grease; transfer beef to a bowl. Cook and stir onion in the same skillet used for beef until slightly tender, 5 to 10 minutes. Stir hoisin sauce, garlic, soy sauce, vinegar, ginger, and chile pepper sauce into onions. Add water chestnuts, green onions, sesame oil, and cooked beef; cook and stir until the onions just begin to wilt, about 2 minutes.
3. Arrange lettuce leaves around the outer edge of a large serving platter and pile meat mixture in the center.
4. To serve, allow each person to spoon a portion of the meat into a lettuce leaf. Wrap the lettuce around the meat like a burrito and enjoy!

Thanks to Barbara Naclerio for sharing this recipe.

CANOE BROOK CENTER

Director: Dagmar 203-315-0683
dridgway@branford-ct.gov

Asst. Director: Marlowe 203-315-0682
mioime@branford-ct.gov

Activities: Nancy 203-315-0684
ncohen@branford-ct.gov

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Transportation Coordinator: Blair
203-315-0681
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