

2 Week Edition
Week of October 19 and October 26, 2020

Shredding Week! Details pg. 6

HALLOWEEN FUN & GAMES!

WEDNESDAY, OCTOBER 28
10:30 - 11:30 AM

Enjoy these games
and a chance to win!

Family Feud
Cootie Catchers
What's in Your Purse?

Kick back and have a
little fun with
friends from the
comfort of your
home!



Sign up at ncohen@branford-ct.gov to get the Zoom link



Virtual HALLOWEEN HAPPY HOUR

Friday, October 30 3:30-4:30 PM



- Mix and mingle with ghouls and guys!
- Wear a Halloween accessory!
- Enjoy a beverage of choice in the comfort of your home!

Don't be SCARED! Join us on Zoom
First timer? Call us
to get started!

Email ncohen@branford-ct.gov for the Zoom meeting link

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WEEK AT-A-GLANCE

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, 10/19

AEROBICS WITH LAURA 8:30 -9:15 AM

HISTORY OF BRANFORD PUBLIC SCHOOLS- 10 AM

ZINGO 12:30 PM -- Play 6 bingo games and a chance to win a prize!

SHREDDING EVENT -CALL 203-315-0687 FOR A TIMESLOT

Tuesday, 10/20

INTRODUCTORY/BEGINNER YOGA WITH LYNDA 8:30-9:30 AM

THE DISCUSSION GROUP 12:20 PM

BOOK CLUB DISCUSSION: NINE PERFECT STRANGERS- 1:30 PM

PENN MUSEUM-PROGRAM 1:45 PM (PG 4)

BEGINNER TAI CHI WITH SUZANNE 2:30-3:30 PM

SHREDDING EVENT -CALL 203-315-0687 FOR A TIMESLOT

Wednesday, 10/21

AEROBICS WITH LAURA 8:30-9:15 AM

CIDER DONUT DRIVE-THRU -prior reservations only

SENIOR EXPLORATION SERIES: PART 2 1-2:30 PM

SHREDDING EVENT -CALL 203-315-0687 FOR A TIMESLOT

Thursday, 10/22

INTERMEDIATE/ADVANCED YOGA WITH LYNDA 8:30-9:30 AM

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

A casual chat with friends as you work on your particular craft project!

WATERCOLOR THURSDAYS CLASS 1:00 PM

Contact Nancy for a list of supplies needed.

GOLD! VIRTUAL TOUR -PROGRAM 1:45 PM (PG 4)

ADVANCED TAI CHI WITH SUZANNE 2:30 PM

SHREDDING EVENT -CALL 203-315-0687 FOR A TIMESLOT

Friday, 10/23

AEROBICS WITH LAURA 8:30 -9:15 AM

SHREDDING EVENT -CALL 203-315-0687 FOR A TIMESLOT

HAPPY HOUR 3:30 PM-4:30 PM

Enjoy a beverage of your choice from the comfort of your home and play a game with us! What pub location will we be virtually visiting this week?

WEEK AT-A-GLANCE

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, 10/26

AEROBICS WITH LAURA 8:30 -9:15 AM
WRITING DURING A PANDEMIC WITH JANICE 10:15 AM
ZINGO 12:30 PM -- Play 6 bingo games and a chance to win a prize!
GENEALOGY GROUP—FOLLOW-UP MEETING 2:00 PM

Tuesday, 10/27

INTRODUCTORY/BEGINNER YOGA w/ LYNDA 8:30-9:30 AM
THE DISCUSSION GROUP 12:20 PM
AGING MASTERY PROG.(AMP GRADS)—MEMORIES MATTER
1:00 PM (Limited Space)
ELEANOR ROOSEVELT, PT. 1 - PROGRAM 1:45 PM (PG 5)
BEGINNER TAI CHI WITH SUZANNE 2:30-3:30 PM

Wednesday, 10/28

AEROBICS WITH LAURA 8:30-9:15 AM
F-U-N! HALLOWEEN GAMES 10:30 AM
SENIOR EXPLORATION SERIES: PART 3 1-2:30 PM

Thursday, 10/29

INTERMEDIATE/ADVANCED YOGA w/ LYNDA 8:30-9:30 AM
HOOK N NEEDLE CLUB 10:00 - 11:00 AM
A casual chat with friends as you work on your particular craft project!
WATERCOLOR THURSDAYS CLASS 1:00 PM
Contact Nancy for a list of supplies needed.
ELEANOR ROOSEVELT, PT. 2 - PROGRAM 1:45 PM (PG 5)
ADVANCED TAI-CHI WITH SUZANNE 2:30-330 PM

Friday, 10/30

AEROBICS WITH LAURA 8:30 -9:15 AM
BOO! HALLOWEEN HAPPY HOUR! 3:30 PM-4:30 PM
Enjoy a beverage of your choice from the comfort of your home and mingle! What pub location will we be virtually visiting this week?

ONLINE PROGRAMS FROM
SENIOR LEARNING NETWORK

Email emaron@branford-ct.gov for the Zoom Meeting Link I.D.

PENN MUSEUM

STORIES FROM THE TAMIL DIASPORA



Tuesday, October 20 1:45 pm

What does it look like when worlds collide and create new communities? “Stories from the Tamil Diaspora” traces a Singaporean Tamil family’s history back to Tamil Nadu, India, in the early 20th century. The presenter shares experiences of British colonialism, Tamil performing arts practices, and Singapore’s transition from colony to an independent, multicultural, and global nation. Participants will gain intimate insight into Singaporean culture, much of which is reflected in its cuisines. Through

storytelling, participants are invited to personally engage with global cultures, re-imagine past histories, and discuss positive futures.

"GOLD"!

A VIRTUAL TOUR FROM COLUMBIA STATE
HISTORIC PARK

Thursday, Oct. 22 1:45 pm

“Columbia State Historic Park is the largest collection of gold rush era buildings in all of California. The brick buildings that date back to the late 1850s-1870s help to tell the story of the diverse merchants and miners who helped create this once booming town. Although Columbia’s population has dwindled over time, it was never a ghost town. This virtual tour takes you inside buildings and exhibits for a look at this bygone era.”



ONLINE PROGRAMS FROM
SENIOR LEARNING NETWORK

Email emaron@branford-ct.gov for the Zoom Meeting Link I.D.

ELEANOR ROOSEVELT WEEK

TUESDAY, OCTOBER 27 AND THURSDAY, OCTOBER 29

PART 1:

PARTNER IN THE WHITE HOUSE

Tuesday, October 27 1:45 pm

The Roosevelts had long dreamed of a world organization that would work to prevent war and promote peace. This session examines how they forged a framework that created the United Nations.



PART 2:

**CASTING HER OWN SHADOW IN THE
POST-WHITE HOUSE YEARS**

Thursday, October 29 1:45 pm

Eleanor Roosevelt always considered herself a 'work in progress' trying everyday to engage in some act to make herself a better person. This program shares some of the lessons she drew from 78 years of struggles and success.



**USING ZOOM FOR THE
FIRST TIME?** →

ZOOM TUTORIAL:

<https://youtu.be/9isp3qPeQoE>

All you need is a computer with a web camera, or a tablet or smartphone. Follow the link above for simple steps to getting started, then give us a call at 203-315-0684 or 203-315-0687.

More helpful links: [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](#) *Shared by Groton Library*



REMINDER !

Canoe Brook's SHRED IT EVENT

October 19 - 23 2:00—4:00 pm

By Appointment, call Ellen at 203-315-0687



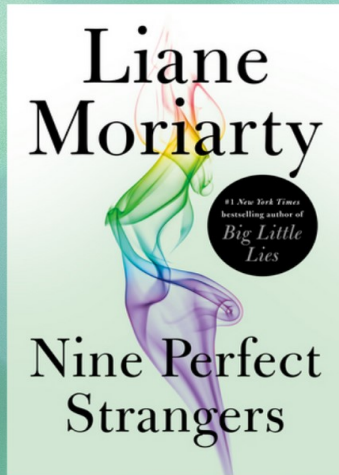
You must be able to carry your papers and place them in the bins. *(Staff are not allowed to assist.)*

Personal use only. *(Business shredding not permitted)*

Registered Canoe Brook participants only.

You must wear a mask.

OCTOBER BOOK CLUB



Discussion on
Tuesday, October 20
1:30-2:30 PM

Register for the Zoom
meeting link at
ncohen@branford-ct.gov

Food For Thought...

Susan R. Bailey, the president of the American Medical Association, urged Americans to keep heeding warnings from doctors and health experts regarding COVID-19. *"We know vigilance is the best response to the COVID-19 pandemic because this virus doesn't feed on fear; it feeds on complacency."*



SAFE HALLOWEEN GUIDANCE

Traditional trick-or-treating is a high risk activity



The CDC and CT DPH recommends:

One-way trick-or-treating:

- Goodie bags or a large bowl of candy placed outside of homes for families to grab and go while continuing to social distance.
- If you are preparing goodie bags, wash your hands with soap and water for at least 20 second before and after preparing the bags.

For people who choose to hand out candy:

- Before you answer the door, make sure your face covering is in place over your nose and mouth, wash or sanitize your hands before answering door.
- Remain six feet from the Trick-or-Treater.
- Place the candy inside the child's bag for them instead of having them take it from the bowl themselves.
- Homes providing candy may set up hand sanitizer stations outside or parents/guardians can pack a travel bottle of their own.
- Parents/guardians should limit the number of homes their children visit.
- It is not recommended to trick-or-treat with people outside of your household.
- Remain six feet away from people outside your household at all times

SENIOR RESOURCES

ABSENTEE BALLOTS



I sent in my absentee ballot. How will I know my ballot was received?

Track your ballot by visiting the CT Secretary of State voter registration lookup. On this page you will be able to see if your absentee ballot was received by the Branford Town Clerk.

<https://portaldir.ct.gov/sots/LookUp.aspx>

For more information on voting, visit <https://www.branford-ct.gov/departments/town-clerk>

How to Dispose of Unwanted Medications



Are you throwing unused medications and over-the-counter products down the toilet or the sink? STOP!

Flushing medications down the toilet or sink causes water pollution, impacts drinking water and has adverse effects on septic systems, fish and aquatic life.



Safe Ways To Dispose Of Medications And OTC Products Include:

1. Follow the **directions, below** and **put them in the trash.**
2. Find out if the **local police** department has a **locked drug drop box.**
3. See if your **pharmacy** has a low-cost **disposal envelope** to **send away** (CVS, Walgreens and Rite-Aid all do).
4. Bring them to a **one-day collection.**

Directions on how to throw away in trash:

1. **Keep medication in its original container. Cross out patient's name or remove label.**



2. **Modify the medications to discourage consumption.**



- For **pills or capsules**: add a small amount of water to partially dissolve them.
- For **liquid medications**: add salt, flour, charcoal, kitty litter or a powdered spice to make a pungent, unsightly mixture that discourages anyone from eating it.
- For **blister packs**: wrap pack containing pills in multiple layers of duct tape.

3. **Seal and conceal.**

- Tape medicine container lid shut with packing / duct tape.
- Place inside a non-transparent bag or container so it cannot be seen (i.e., an empty yogurt or margarine tub).
- **Do not** conceal medicines in food products because animals could inadvertently consume them.



4. **Discard the container in your trash can. *Do not put container in your recycling bin!***

NOTE: Certain chemotherapy drugs may require special handling, so check with your healthcare provider or pharmacist.

For more information, go to www.ct.gov/deep/medsdisposal, or contact:
CT Department of Energy & Environmental Protection, Office of Pollution Prevention, (860) 424-3297 www.ct.gov/dep/p2

SENIOR RESOURCES

FUEL ASSISTANCE

We have begun taking applications for the Energy Assistance Program **VIRTUALLY!** While we are not open to the public quite yet for face to face appointments, we are processing applications by mail, drop-box, email and telephone. The guidelines are:

Monthly gross income \$3,137 (household of 1) and \$4,102 (household of 2) Homeowners were allowed \$15k in liquid assets, renters \$12K. If you applied with us last year and heat with a deliverable fuel you will receive an appointment letter no later than October 21 (no deliveries until Nov 3), electric & gas heated homes letters will roll out mid-November.

If you need assistance or have any questions please Call Nicole 203-315-0686 or Marlowe at 203-315-0682, or our automated Energy Hotline for pre-recorded information 203-315-0610.

HELP WITH PURCHASE OF DISPOSABLE UNDERGARMENTS

More than 25 million people in the U.S. suffer from loss of bladder control. If you wear disposable undergarments, you may be eligible for a one-time grant funded by the Branford Community Foundation, up to \$100, to help with the cost of these products. To be eligible, the income/asset guidelines are \$36,171 single or \$47,300 married. For a confidential screening to see if you qualify, contact Marlowe at 203-315-0682 or Nikki at 203-315-0686.

MEAL DELIVERY

Canoe Brook's congregate lunch program is temporarily a delivery or pick-up process. Lifebridge Community Services offers a care package of five prepared, frozen meals for seniors that Canoe Brook staff will deliver to your door. If you would like to be included in delivered meals, please call Blair (203) 315-0681.

TRANSPORTATION

~ **My Ride**—Greater New Haven Transit. Phone: (203) 288-6643. Must fill out application. Door-to-Door to/from area towns (call for list).

~ **Interfaith Volunteer Caregivers.** Medical Rides only. Please call for a list of area towns. Must fill out an application. Call (203) 230-8994.

FREE WASHABLE FACE MASKS

Thanks to our sewing volunteers, we have cloth, washable face coverings available for pickup or drop-off. Specify ladies/men's style.

Contact Blair at 203-315-0681 or email bmckenna@branford-ct.gov





Rotini with Marvelous "Meat" Sauce
You'll never miss the beef in this baked pasta dish

- 12 oz rotini pasta
- 1 Tbsp olive oil
- 1 onion, chopped
- 1 carrot, chopped
- 1 12oz pkg. frozen veggies, thawed

- 1 1/2 cups garlic pasta sauce
(I used a can of hunts sauce w/basil, garlic and oregano)
- 1/2 cup shredded part-skim mozzarella cheese (2 oz)
- 1/4 cup parmesan cheese
- 1/4 tsp pepper

1. Cook pasta according to directions
2. Meanwhile, in 12" nonstick skillet, heat oil over medium heat, add onion and carrot, cook till softened, 7-8 min.
3. Stir in veggie mixture, sauce 1/2 cup water and pepper.
4. Bring to boil, reduce heat to med/low, cover and cook until veggies are tender and sauce is thickened, about 10 min.
5. Add pasta to pan and stir to mix, top with cheeses and serve. Makes 6 servings.

Calories: 352, Protein 24g, fat 6g, chol 6mg, carbs 56g, sodium 517mg, fiber 6g, sugar 6g.

Thanks to Edy Barbara for sharing this recipe



If you'd like to submit your healthy, easy to prepare recipe, it may be featured in an upcoming newsletter!

Send your recipe to emaron@branford-ct.gov

CANOE BROOK CENTER

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