

**2 Week Edition**  
**Week of September 21 and September 28, 2020**

**National Senior Center Month**  
*Making Vital Connections*

**MIND** **Wednesday, Sept. 23.** Uncover your one of a kind voice through **Creative Writing Games** in poetry with Janice Samoeil at 10 a.m. Not your usual poetry writing! See flyer on pg 4 for details.

**BODY** **STEPtember Walking Challenge!** Hope you're keeping track of your steps—one more week to go till you reach the September 25th goal. Deadline to send Nancy your # of steps Wednesday, Sept. 30 [ncohen@branford-ct.gov](mailto:ncohen@branford-ct.gov) or 203-315-0684. The person with the most number of steps will win a \$25 gift card to Donovan's Reef!

**SPIRIT** **The 411 on CBD.** If you missed this informative program with Barbara Naclerio, Health Educator from ESDHD, contact Nancy at [ncohen@branford-ct.gov](mailto:ncohen@branford-ct.gov), she will send you a link to watch the recording.

**COMMUNITY** **Canoe Brook Artisan Showcase** is available to view now! Thirty-two Canoe Brook artisans shared their work with us, for a preview hit CTRL Click here: [Artisan Showcase](#).

Then, join us live on Zoom **Friday, 9/25 at 11 am** for an interactive **"Story behind the Art."** We'll be joined by some of the artisans as they share their inspiration and process for each project. Email Ellen to get the Zoom link and join the fun! Ctrl click: [emaron@branford-ct.gov](mailto:emaron@branford-ct.gov)



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**Wed. Sept. 30**  
**You're Invited to a**  
**Classic Baked Potato**  
**Take-Out Party**



**Deadline to reserve your spot is 9/23!** Call Nancy at 203-315-0684 or email her at [ncohen@branford-ct.gov](mailto:ncohen@branford-ct.gov). It is free!

You will be given a time to drive through the circular driveway on Church St. to pick up your potato. We'll be there to greet you and give you your potato deliciousness! (The potato will have butter and cheddar cheese on it. Sour cream and bacon will be served on the side in containers.) Yum!

## WEEK OF SEPTEMBER 21

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](mailto:ncohen@branford.ct-gov).

Monday, 9/21

AEROBICS WITH LAURA 8:30 -9:15 AM

ZINGO 12:30 PM

Bingo with a twist! Play 6 bingo games and a chance to win a prize!

Tuesday, 9/22

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

THE DISCUSSION GROUP 12:20 PM

SEPTEMBER BOOK CLUB "AKIN" 1:30 PM

CHILDHOOD TOYS & MEMORIES-PROGRAM 1:45 PM (PG 7)

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

Wednesday, 9/23

AEROBICS WITH LAURA 8:30-9:15 AM

SNEAKING UP ON A POEM 10:00 AM (PG 5)

Thursday, 9/24

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.*

LONGFELLOW HOUSE-PROGRAM 1:45 PM (PG 7)

ADVANCED TAI CHI WITH SUZANNE 2:30 PM

Friday, 9/25

SEPTEMBER WALKING CHALLENGE **DEADLINE**-submit your steps to Nancy at 203-315-0684.

AEROBICS WITH LAURA 8:30 -9:15 AM

ARTISAN SHOWCASE ON ZOOM 11:00 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! What pub location will we be virtually visiting this week?

## WEEK OF SEPTEMBER 28

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, 9/28

**AEROBICS WITH LAURA 8:30 -9:15 AM**

**ZINGO 12:30 PM**

Bingo with a twist! Play 6 bingo games and a chance to win a prize!

Tuesday, 9/29

**INTRODUCTORY/BEGINNER YOGA w/ LYNDA 8:30-9:30 AM**

**THE DISCUSSION GROUP 12:20 PM**

**THE SALAMANDER STATE- PROGRAM 1:45 PM (PG 8)**

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

Wednesday, 9/30

**AEROBICS WITH LAURA 8:30-9:15 AM**

**CLASSIC POTATO TAKE OUT PARTY**

*Deadline to make a reservation: Wednesday September 23.*

Thursday, 10/1

**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.*

**TUSKEGEE AIRMEN - PROGRAM 1:45 PM (PG 8)**

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

Friday, 10/2

**AEROBICS WITH LAURA 8:30 -9:15 AM**

**HAPPY HOUR GAME FUN! 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?*

**SENIOR  
RESOURCES**



# Public Flu Clinics 2020

East Shore District Health Department

688 EAST MAIN STREET – BRANFORD, CT 06405

**East Shore District Health Department**

688 East Main Street – Branford

*Drive through clinic*

**Saturday 09/26/2020**

10:00 a.m. – 1:00 p.m.

**Branford Community House**

46 Church Street – Branford

**Monday 10/05/2020**

1:00 p.m. – 5:00 p.m.

**Old Stone Church**

251 Main Street – East Haven

**Thursday 10/15/2020**

2:30 p.m. – 4:30 p.m.

**East Shore District Health Department**

688 East Main Street – Branford

**Monday – October 26, 2020**

2:00 p.m. – 5:00 p.m.

**East Shore District Health Department**

688 East Main Street – Branford

**Monday – November 16, 2020**

2:00 p.m. – 5:00 p.m.

**East Shore District Health Department**

688 East Main Street – Branford

**Monday – November 30, 2020**

2:00 p.m. – 5:00 p.m.



- Come with a completed flu form and a copy of your insurance card
- OUR FLU FORM CAN BE FOUND ON OUR WEBSITE [www.esdhd.org](http://www.esdhd.org)
- All participants must wear a mask
- Come prepared: Wear short sleeves

**Participating Insurances**

<p>65 years or older</p> <ul style="list-style-type: none"> <li>• Medicare Part B</li> <li>• Aetna Medicare</li> <li>• Anthem BCBS Medicare</li> <li>• ConnectiCare VIP</li> <li>• United Healthcare Managed Medicare Plans</li> </ul>	<p>All others:</p> <ul style="list-style-type: none"> <li>• Aetna</li> <li>• Anthem BCBS</li> <li>• CIGNA</li> <li>• ConnectiCare</li> <li>• Harvard Pilgrim</li> <li>• Husky</li> <li>• Medicaid</li> <li>• United Healthcare</li> </ul>
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**Vaccine available while supplies last:**

- Preservative free quadrivalent vaccine
- High Dose / Senior Strength vaccine
- Nasal vaccine for those 2-49 years without asthma, are not pregnant or have an immunocompromised condition
- Egg free vaccine

Canoe Brook Center Presents on Zoom:

## Sneaking Up on a Poem with Janice Samoeil

Wednesday, September 23

10:00 a.m.

Uncover your one of a kind voice through creative writing games in poetry.

Loosen up your imagination and spark your  
creativity with guidance from Janice.

Make sure you have several pieces of paper and a pencil when doing these writing games in the comfort of your home.

***RSVP to Nancy by 9/22 at  
ncohen@branford-ct.gov  
to receive the hyperlink for this class***

## Join us for Mad Hatter Day!

Tuesday, October 6 at 10 AM

***Show off your  
favorite hat(s)!***

***Nancy will share  
fun facts about all  
things HATS!***



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

# You Are Invited To The First *Virtual* TRI-TOWN SENIOR CENTER EXPLORATION SERIES!

Register by Oct 10

Limited to 15 per town



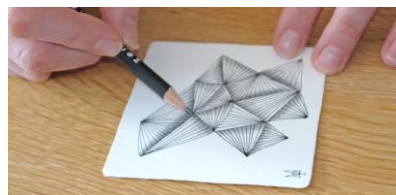
The **CT Healthy Living Collective** is pleased to offer the first virtual tri-town senior center Exploration Series with funding from **AARP** and in collaboration with:  
**The Newington Senior & Disabled Center      Canoe Brook Senior Center, Branford  
Woodbury Senior Center**

- Limited spots available so sign up now!
- Available to residents of Newington, Branford and Woodbury.
- Held from 1:00 pm – 2:30 pm via Zoom. (One-on-One Zoom assistance is available if you need it.)

## **Explore Connecticut – Virtually - on Oct. 14<sup>th</sup>**

Join David Bibbey, the host of All Things Connecticut on CPTV, for a virtual exploration of some of his favorite spots in our beautiful state.

A breakout discussion of what's on YOUR bucket list will follow.



## **Zentangles on Oct. 21st**

Learn this easy, relaxing, and fun way to create beautiful images by drawing structured patterns called “tangles.”

Discover how the Zentangle Method can increase your creativity, reduce your stress and improve your life experience.

No artistic experience necessary. Participants will receive all materials prior to the event so this will be a hands-on class!

**On Oct. 28<sup>th</sup> learn about how to Preserve Your Quality of Life and Protect What's Yours With**

**Mark R. Connell**  
ATTORNEY AT LAW, LLC  
ELDER LAW & ESTATE PLANNING STRATEGIES



As an elder law attorney, Mark's expertise is in helping older adults create plans that preserve their quality of life as they age and allow them to leave a legacy for their loved ones. A discussion based on the Five Wishes advance directive document will follow.

Please register for the series on-line at [Tri Town Senior Center Exploration Series](#) by Oct. 10<sup>th</sup>. For more information, contact your senior center:

**Newington**  
860-665-8778

**Canoe Brook, Branford**  
203-315-0687

**Woodbury**  
203-263-2828

**ONLINE PROGRAMS FROM**  
**SENIOR LEARNING NETWORK**

Email [emaron@branford-ct.gov](mailto:emaron@branford-ct.gov) for the Zoom Meeting Link I.D.

**CHILDHOOD TOYS AND MEMORIES**

Offered by: Toy and Miniature Museum KC

**Tuesday, September 22 1:45 pm**



The National Museum of Toys and Miniatures educates, inspires, and delights adults and children through the museum's collection and preservation of toys and miniatures. The museum, located in Kansas City, Missouri, contains the world's largest collection of fine-scale miniatures and one of the nation's largest antique toy collections on public display. THE PROGRAM- Come ready to participate! Toys can hold some of our most cherished memories. Join Kelly Burns, Museum Educator at The National Museum of Toys and Miniatures, as she shares the story of the Nettie Wells dollhouse and the special memories held by its items. Come with a memory ( picture, or actual toy!) to share!!

**POETRY 101/ LONGFELLOW HOUSE SHORT HISTORY**

Provided by: Longfellow House Washington's Headquarters NP

**Thursday, Sept. 24 1:45 pm**

Longfellow House-Washington's Headquarters National Historic Site preserves the home of Henry W. Longfellow, one of the world's foremost 19th century poets. The house also served as headquarters for General George Washington during the Siege of Boston, July 1775 - April 1776. In addition to its rich history, the site offers unique opportunities to explore 19th century literature and arts. The Program: In addition to a brief history of the Longfellow House, join Ranger Kate Potter for an exploration of one of Henry Wadsworth Longfellow's sonnets! In this program, she will demonstrate the process of closely reading a piece of literature to understand it more deeply. You will hear one of Longfellow's lesser-known poems, and gain the skills needed to explore poetry on your own.



**ONLINE PROGRAMS FROM**  
**SENIOR LEARNING NETWORK**

Email [emaron@branford-ct.gov](mailto:emaron@branford-ct.gov) for the Zoom Meeting Link I.D.

**THE SALAMANDER STATE**

Offered by: NC Museum of Natural Sciences

**Tuesday, September 29 1:45 pm**



What could be more fun than beautiful, slimy salamanders? Did you know that North Carolina has more species of salamander than any other state? Join Megan as we learn all about our slimy, secretive neighbors. We'll discuss their fascinating life cycles, where they live, their neat adaptations, and some of the most common species you might find near you. Megan Davis is the Teacher Education Specialist at the NCMNS and she thinks she has one of the best jobs ever! Megan has undergraduate degrees in Zoology and Spanish (NC State), and a Masters in Wildlife Conservation (UMass Amherst).



**TUSKEGEE AIRMEN**  
**NATIONAL HISTORIC SITE**

**Thursday, Oct. 1 1:45 pm**

Before the first African American military pilots became known as the "Red Tails", their flying adventure started at Moton Field, in Tuskegee, Alabama, where the Army Air Corps conducted a military test to see if African Americans could be trained to fly. Join us as we tour historic Moton Field, exploring their training, combat roles, and fight for equal rights at home.



## CHECK OUT THESE VIRTUAL EVENTS!



# EASY TECH

USING SMARTPHONES & DEVICES TO STAY CONNECTED



Thursday, September 24

10:00—11:00 AM

### DESCRIPTION:

It's never been more important to stay connected to family, friends and doctors. Learn how easy it can be to get the most out of your smartphone at this virtual workshop. A local AARP event instructor will help you with the ins and outs of phone technology, including:

- Texting photos and videos
- Video calling with friends and family
- Virtual doctor visits
- Exploring shopping and other apps

[To Register, CTRL Click Here](#)

**More FREE programs from AARP CT--Click on links below to register**

**Sept. 28 @ 12PM *Mondays at Mystic Seaport: The Gerda 111 Story*** Mystic Seaport Museum volunteer and researcher Howard Veisz shares the extraordinary story of Gerda III, a wooden boat built in 1926 to re-supply offshore lighthouses along the Danish coast. During the Nazi occupation of Denmark in World War II, she took on another cargo: clandestine groups of Jewish refugees that she transported to freedom. Live Q&A with Howard and museum staff. Registration: <https://aarp.cvent.com/MysticMonSept28>

**Sept. 30 @ 1PM *The Emotional Lives of Persons with Dementia and Their Care Partners*** This conversation offers participants with the latest science of how emotions influence health for persons with dementia and their care partners. Joan K. Monin, PhD, Professor at Yale School of Public Health, will discuss effective ways care partners can manage their negative emotions and increase positive emotions with benefits for quality of life. Registration: <https://aarp.cvent.com/Sept30MoninWW>

**Oct. 1 @ Noon: Up Close and Personal at Beardsley Zoo** Animal welfare is a top priority at the Zoo, and that includes enrichment activities for everyone. Enrichment allows animals to be more active, gives them an interesting environment, and permits them to exhibit natural behaviors. Learn more about how Zoo staff works to stimulate our animals' senses and how it benefits them. Registration: <https://aarp.cvent.com/Zoo1>

## GET STARTED WITH ZOOM

[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 the Groton Library





**Online Shopping Scams**

The pandemic has many of us trying to limit our time in stores. This has led to a surge in the already growing online shopping industry. However, while shopping online is more convenient these days, the recent increase has also presented an increased opportunity for scammers. And their goals are always the same: to get a hold of your money or take your sensitive personal information in order to commit identity theft.

**What You Should Know**

- Online shopping scams are a huge industry unto themselves; chances are high that you have or will come across a scam site as you surf the internet.
- Some copycat sites will deliver merchandise, but they'll be shoddy versions of what you were expecting. More often, however, they'll take your money and run, never sending anything at all.
- Scammers have sophisticated tools they use to make fake email messages appear legitimate.

**What You Should Do**

- Shop online with stores you trust rather than finding unfamiliar or unverified companies through a search engine.
- Don't rely on a web search to look up customer service numbers. Go directly to the store's website. Or when contacting your credit card issuer, refer to the number on the back of your card.
- Listen to your inner skeptic as you scroll through your email inbox, knowing that some messages might not be what they appear to be.
- Rather than clicking on a link to a store from an email message, go to your browser and type in the web address in order to avoid landing on a fake site.

To report a scam or for help if you or a loved one has fallen victim, contact the AARP Fraud Watch Network Helpline. CALL 877-908-3360

**Are your Computer Passwords **STRONG** or **WEAK**??**

Christine Kondziela from the Blackstone Library shares this helpful YouTube video to help you create a strong password for all the websites you visit.

Check it out here: <https://www.youtube.com/watch?v=aEmF3lylvr4>

## SENIOR RESOURCES

### **The application to request an Absentee Ballot have been mailed**

The Town Clerk has mailed an application to each registered voter in Branford the week of 9/15- If you choose to vote by absentee ballot in November, you will need to fill out this application first and return it in the prepaid envelope provided or drop it in the Ballot Box outside Town Hall. Once received, an absentee ballot will be sent to you. If you have not received an application contact the Town Clerk's office at 203-315-0678.

### **GOING, GOING, GONE!**

#### **A limited number of **Farmer's Market Vouchers** are still available.**

If you are 60 years of age or older with an annual income of \$23,606 single or \$31,894 married you may be eligible to receive a farmers market voucher booklet containing six \$3.00 vouchers that can be used at participating farmers mar-

### **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.

### **FREE FACE COVERINGS**

Thanks to our sewing volunteers, we have cloth, washable face coverings available for pickup or drop-off. Specify ladies/men's style. Contact Blair @ bmc-kenna@branford-ct.gov or call 203-315-0681.

### **RENTERS REBATE**

This program is available until October 1. We are currently accepting Rent Rebate applications by US Mail, Email and via our Dropbox! For more information or to apply, please contact Nikki 203-315-0686. Must be a Branford resident age 65+ or disabled, and whose income does not exceed \$37,000 (unmarried) \$45,100 (married).

### **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 meals, please call (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.

## Turkey Veggie Meatloaf Cups



2 cups coarsely chopped zucchini  
1 1/2 cups coarsely chopped onions  
1 red bell pepper, coarsely chopped  
1 pound extra lean ground turkey  
1/2 cup uncooked couscous  
1 egg

2 tablespoons Worcestershire sauce  
1 tablespoon Dijon mustard  
1/2 cup barbecue sauce, or as needed

1. Preheat oven to 400 degrees F. Spray 20 muffin cups with cooking spray.
2. Place zucchini, onions, and red bell pepper into a food processor, and pulse several times until finely chopped but not liquefied.
3. Place the vegetables into a bowl, and mix in ground turkey, couscous, egg, Worcestershire sauce, and Dijon mustard until thoroughly combined.
4. Fill each prepared muffin cup about 3/4 full. Top each cup with about 1 teaspoon of barbecue sauce.
5. Bake in the preheated oven until juices run clear, about 25 minutes. Internal temperature of a muffin measured by an instant-read meat thermometer should be at least 160 degrees F. Let stand 5 minutes before serving. Freeze leftovers :)

Thanks to Barbara Naclerio for sharing this recipe



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

### CANOE BROOK CENTER

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dridgway@branford-ct.gov

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Program Asst.: Ellen 203-315-0687  
emaron@branford-ct.gov

Transportation Coordinator: Blair  
203-315-0681  
bmcken-na@branford-ct.gov

