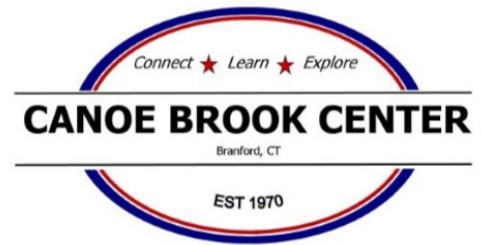




Labor Day pays tribute to the contributions and achievements of American workers. It was created by the labor movement in the late 19th century and became a federal holiday in 1894, when President Grover Cleveland signed it into law. The rest is history!



2 Week Edition Week of September 7 and September 14, 2020



HAPPY NATIONAL SENIOR CENTER MONTH ! **Senior Centers: *Delivering Vital Connections***



September is the month we join our friends across the nation in celebrating our Senior Centers. While we have had to pause our onsite activities to ensure the health of our participants during Covid, Centers have reinvented how we connect and provide services to our communities' most valuable asset, YOU! Has it been challenging-yes-but also very heart warming, and empowering.

We have taught hundreds how to use technology to connect with us and others using Zoom, a majority of our classes are now offered virtually (you can also call in via telephone to participate). We have helped so many access social service programs & resources, delivered countless meals, masks, game cards, do at home crafts. Daily I am amazed at how you have embraced the challenges & been so resilient, it truly is inspiring.

Over the summer I worked with the Governor's Reopen CT committee developing the sector guidelines on reopening Senior Centers. While CT is still in Phase 2 and the Stay Home Stay Safe orders for those age 65+ are still in place, our onsite operations will remain paused. During Phase 3 we will begin to phase in limited transportation and activities. While I do not know when that will be, I do know life at a Senior Center will be very different. The Sector Guidelines have very strict protocols we must follow—no congregate meals, trips, cards, shared game pieces or equipment, no coffee stations etc. Class sizes will be greatly reduced, we will have to monitor who is onsite at all times, cleaning and sanitizing after each activity; mask wearing and social distancing will be required. We are taking measures to make our vehicles as safe as possible, installing safety shields between seats and air filtration equipment.

For now we are preparing for the day we can begin to welcome you back, while continuing to reach out to you in new ways. I am working on securing funding so that all Seniors who want to get online can. If you or your friends would like to join the digital world, but don't have an iPad or tablet and would like one, give us a call and we will include you in this initiative.

Dagmar, Marlowe, Nancy, Blair, Nicole, Ellen



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**National Senior Center
Month Specials 2**

NATIONAL SENIOR CENTER MONTH
Delivering Vital Connections

***In celebration of National Senior Center Month,
we've created fun events and activities to strengthen our
Mind, Body, Spirit, and Community.***

MIND Uncover your one of a kind voice through **Creative Writing Games** in poetry with Janice Samoeil on Wed. Sept. 23 at 10 a.m. Sign-up w/Nancy by 9/21 to get the link to join.

BODY **STEPtember Walking Challenge!** Record your steps September 14-25. Track them with a pedometer, FitBit, Smart Phone or the old-fashioned way by counting your steps. Send Nancy your total steps taken by September 30 so we can announce the winner. (ncohen@branford-ct.gov) The person with the most number of steps will win a \$25 gift card to Donovan's Reef.

SPIRIT Everything you need to know about **CBD and other miracle cures** - Does CBD get you high? What are the benefits and effects? Can you use it for pain and anxiety? Get your answers with Barbara Naclerio, Health Educator, ESDHD, on Tuesday, September 15th at 10 a.m. What are the benefits for your dog, cat and other pets? Sign-up w/Nancy by 9/11.

COMMUNITY Show off your artistic talent through a painting, jewelry design, photograph, woodworking or a craft that stands out to you. Take a photograph of your artwork and email it to Ellen at emaron@branford-ct.gov by 9/15. We look forward to including your work in **Our Online Art Show Exhibit**, available to view in the online newsletter that will be published on 9/18.

★ **What's a celebration without a little food?...** ★

Wed. Sept. 30 Classic Baked Potato Take-Out Party

There is no charge, but you must make a reservation no later than 9/23. Call Nancy at 203-315-0683 or email her at ncohen@branford-ct.gov. You will be given a time to drive through the circular driveway on Church St., pick up your potato to enjoy at home. You will not have to get out of the car! Dagmar, Marlowe, Nancy, Ellen, Nikki and Blair will be in 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 7

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, 9/7

LABOR DAY—OFFICES CLOSED
NO ACTIVITIES SCHEDULED TODAY

Tuesday, 9/8

SUBMIT YOUR ARTWORK THROUGH 9/15 (PG 2)
INTRODUCTORY/BEGINNER YOGA WITH LYNDA 8:30-9:30 AM
THE DISCUSSION GROUP 12:20 PM
THE GOLD RUSH-PROGRAM 1:45 PM (PG 6)
BEGINNER TAI CHI WITH SUZANNE 2:30-3:30 PM

Wednesday, 9/9

AEROBICS WITH LAURA 8:30-9:15 AM
NEW! Pictionary ONLINE WITH NANCY 11:00 AM

Thursday, 9/10

INTERMEDIATE/ADVANCED YOGA WITH LYNDA 8:30-9:30 AM
INDOOR WALKING WITH NANCY 9:00 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.
OUTRAGEOUS MOLLY BROWN-PROGRAM 1:45 PM (PG 6)
ADVANCED TAI CHI WITH SUZANNE 2:30 PM

Friday, 9/11

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 play a game with us! What pub location will we be virtually visiting this week?

WEEK OF SEPTEMBER 14

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, 9/14

AEROBICS WITH LAURA 8:30 -9:15 AM

STEPTEMBER WALKING CHALLENGE BEGINS (PG 2)

ZINGO 12:30 PM

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

JANICE'S CREATIVE WRITING GROUP 10:15 AM

Meeting to finalize another booklet of writings during the pandemic.

Tuesday, 9/15

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

CBD-HEALTH TALK WITH BARBARA NACLERIO 10:00 AM (PG 2)

THE DISCUSSION GROUP 12:20 PM

DOLPHINS LIVE - PROGRAM 1:45 PM (PG 6)

Wednesday, 9/16

AEROBICS WITH LAURA 8:30-9:15 AM

PICTIONARY ONLINE WITH NANCY 11:00 AM

Thursday, 9/17

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

INDOOR WALKING WITH NANCY 9:00 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.

HISTORY OF PIO PICO - PROGRAM 1:45 PM (PG 6)

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

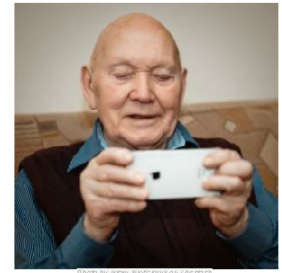
Friday, 9/18

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?

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



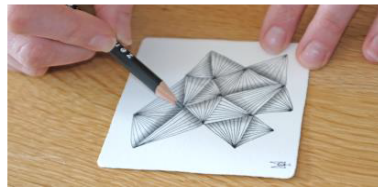
The **CT Healthy Living Collective** is pleased to offer the first virtual tri-town senior center Exploration Series with funding from AARP and in collaboration with:
*The Newington Senior & Disabled Center Canoe Brook Senior Center, Branford
Woodbury Senior Center*

- 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. 14th

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. 28th 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. 10th. For more information, contact your senior center:

Newington
860-665-8778

Canoe Brook, Branford
203-315-0687

Woodbury
203-263-2828

SPACE IS LIMITED TO 15 PARTICIPANTS PER SENIOR CENTER

ONLINE PROGRAMS FROM **SENIOR LEARNING NETWORK**

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



JOHN SUTTER AND THE GOLD RUSH

Offered by: Sutter's Fort Historic Park

Tuesday, September 8 1:45 pm

Who was John Sutter, and what was his place in California and American History? Come to "Sutter's Fort" for a discussion about how and why he came to California, and the construction of Sutter's Fort. Learn about the key events the Fort is tied to, the discovery of gold at Sutter's Mill, and the destruction of Sutter's Fort during the Gold Rush. Visit rooms including Sutter's office, the Doctor's office, Clerk's office, and enjoy a few demonstrations by our host!

"THE OUTRAGEOUS TIMES OF MOLLY BROWN"

Offered by: Molly Brown
House and Museum



Thursday, September 10 1:45 pm

Trace Margaret "Molly" Brown's (Unsinkable Molly Brown/ Titanic Survivor) - life from her early childhood in Hannibal, Missouri, to Leadville, Colorado, where she met and married J.J., and finally to her days of glory in Denver and New York. Historic Denver's Molly Brown House Museum is committed to enhancing the city's unique identity by telling the story of Margaret "Molly" Brown's activism, philanthropy and passion through educational programs, exhibits and stewardship.

DOLPHINS

LIVE FROM THE LAGOON!

Offered by: Dolphin Research Center

Tuesday, Sept. 15 1:45 pm

Join us lagoon-side at Dolphin Research Center for an exciting and interactive session all about dolphins! One of our trainers will be chatting with you while conducting a training session with a member of our dolphin family. You will be inspired by these magnificent marine mammals during this presentation. Participants will be able to chat questions to the trainer during and after the session with the dolphin. We hope to "sea" you soon!



PIO PICO HISTORIC STATE PARK LIVE

Offered by: Pio Pico State Park

Thursday, Sept. 17 1:45 pm

Pio Pico was one of California's most important historical figures, and the last governor of Mexican California. He helped shape and influence 19th-century California through politics, business, and ranching. Pio Pico's 9,000-acre adobe ranch home, is a reflection of the rancho lifestyle in Southern California of the time. Today, the adobe is beautifully restored with historic gardens on a five-acre park in Whittier, CA. During the virtual field trip, we will explore the adobe house, the gardens, and learn about what life was like on the ranch, the culture and history of the Californios, and the life of Pio Pico.



SENIOR RESOURCES

CHECK OUT THESE VIRTUAL EVENTS!



Healthy Living for Your Brain and Body: Tips from the Latest Research

Wednesday, September 16
12:00 - 1:30 PM
(attend online or by phone)

For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how lifestyle choices may help you keep your brain and body healthy as you age. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and identify hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

Kristen Cusato, Director of Communications and Research Champion for the Alzheimer's Association New England Region, will share the latest research updates presented at the Alzheimer's Association International Conference (AAIC20).

CTRL Click here: [Online Registration](#)



VNA Community Healthcare

Fitness and Movement Basics Chair Exercise Class

Mondays, 9:30 – 10:15 a.m.
Sept. 14 to Nov. 30 (no class 11/16)

FEE: \$15 for series, payable to the VNA

This 45-minute class features chair exercises that are appropriate for people with mobility challenges. This class provides exercises which focus on muscular strength, range of motion, agility and balance, and cardio. This gently paced program will focus on activities that can be accomplished while seated and will conclude with a stretch and relaxation segment.

To register, CTRL [click here](#) to sign up, or call them at 203-458-4200.

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

SENIOR RESOURCES

COVID-19 News:

What is Contact Tracing?

As the COVID-19 pandemic continues, contact tracing has been in the news as a way to stop the spread. But how does it work? And what does it mean for you?

Contact tracing slows the spread of COVID-19 by letting people know if they were exposed to COVID-19 and should monitor their health for signs and symptoms of COVID-19, and self-quarantine if they've come in contact with someone who tested positive.

If you have been around someone with COVID-19, or tested positive your self, a member of the East Shore District Health Department in Branford may call or text you.

How do you know the call is legitimate?

The Federal Government issued a public alert about contact-tracing scams in which "rogue actors" try to steal money or sensitive data that is not required by tracers.

- The Branford Health Dept. will ask you for your date of birth and your current address. They will never ask you for personal information, such as social security number, insurance i.d. or banking information.
- They will never send you a link to click on in a text.
- You can always call the East Shore District Health Dept at 203-481-4233, ext. 562 to confirm they are the source.

People who have spotted a contact tracing scam or any fraud connected to COVID-19 are urged to report it to the National Center for Disaster Fraud at 866-720-5721.



ELECTION NEWS for Tuesday, November 3, 2020

Due to COVID-19, the Secretary of the State's office will soon be mailing an application for absentee ballot to every eligible voter for the November 3 election. Voting by absentee ballot in CT is a two-step process:

1. Voters must complete, sign and date the application and place it in the election drop box outside Town Hall or mail it to Branford Town Clerk, PO Box 150, Branford, CT 06405-0150.

Please do not delay in returning your completed application to the Town Clerk for processing. Please submit only one application in your name.

2. Absentee ballots begin mailing on Friday, October 2, 2020 (not before.) The secure ballot drop box in front of Town Hall is provided for the return of your voted ballot.

If you do not receive an absentee ballot application in the mail by September 21, CTRL Click on the following link for an application: https://www.branford-ct.gov/.../absentee_ballot_fillable_appl...

SENIOR RESOURCES

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 markets. **Contact Marlowe 203-315-0682 or Nikki 203-315-0686.**

STORM DEBRIS CLEAN-UP ASSISTANCE

The Town of Branford has announced that additional assistance in the clearing and hauling to the curb of storm damaged brush and limbs from the tornado and thunderstorm of August 27th will be available beginning Saturday, 9/5.

Call 211, select Option 3 and remain on the line. Let them know you are a Branford Senior who needs help with storm cleanup. You can also visit their website at www.211ct.org/tornadodamagect to register your address and complete a short survey to determine needs and eligibility. The Town is appreciative of the efforts of Team Rubicon, United Way 211, The Salvation Army and the American Red Cross, to coordinate this project.

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 @ bmckenna@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, 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.

AARP SMART DRIVER COURSE

Due to the pandemic, this course is being offered online. Refresh your driving skills, plus you may be eligible for a discount on your auto insurance. Use promo code DRIVINGSKILLS. **CLICK HERE TO REGISTER: [AARP ONLINE](#)**



LEMON GARLIC SHRIMP

2 Tbsp. butter, divided
1 Tbsp olive oil
1 lb. medium shrimp, raw,
peeled
1 lemon, thinly sliced, plus juice
of one lemon

1 Tsp. crushed red pepper flakes
Salt
2 Tbsp. dry white wine (or water)
Fresh or dried parsley for garnish

1. In a large skillet over medium heat, melt 1 tbsp. butter and olive oil.
2. Add shrimp, lemon slices, garlic and crushed red pepper flakes. Season with salt if desired.
3. Cook, stirring occasionally until shrimp is pink, about 3 minutes per side.
4. Remove from heat and stir in remaining butter, lemon juice, and white wine.
5. Season with salt and garnish with chopped parsley before serving.
6. You can serve alone with crusty bread, or over rice or pasta

Thanks to Ellen 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

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

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mioime@branford-ct.gov

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ncohen@branford-ct.gov

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Transportation Coordinator: Blair
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