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MAY
2018

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May 2018 ★★★★★

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Sam Baldwin, Michelle Caribe

NUTRITION PROGRAM

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TRIP COORDINATOR

Mary Ellen Cisero 203-375-7878

HANDICAPPED INFO/REFERRALS

Susan M. Pawluk 385-4020

Greetings...

Engage at Every Age is this years theme for Older Americans Month, which we celebrate in May. I can't think of better examples than all of you who participate in our many programs at the Baldwin Center to illustrate this theme. Not only do you participate in the activities here, but your continued involvement in your community is a testament to the strength, energy and dedication you have to living life to the fullest!

As our way of saying "Thank You" for helping to make the community of Stratford and our niche known as the Baldwin Center great, we are inviting you to a special luncheon on Friday, May 4th. This event also celebrates the 40th Anniversary of Senior Services. The luncheon is free, but you must have a ticket to get in. There will be a special featured entertainment. Tickets will be available beginning April 20th.

Mayor Laura Hoydick is hosting a **Veterans' Breakfast** on **Thursday, May 24th**, at Vazzano's Four Seasons, from 9:00-11:00. Reservations can be made by calling the Mayor's office at 203-385-4001 and ask to speak to Chris Bandecchi. The event is free and is in honor of all veterans. More information is available at www.townofstratford.com/veterans.

This is just a reminder that we will be closed on Monday, May 28th in celebration of Memorial Day. I hope everyone has an enjoyable holiday weekend!

Once again, our knitting and crocheting group is in need of donations of yarn. This wonderful group of crafters makes numerous items, including hats, scarves, mittens, baby blankets, and baby hats. All items are donated to various groups, including Bridgeport Hospital, the South End Community Center, Bridgeport Rescue Mission and the Kennedy Center. If you have skeins of yarn you no longer need, please bring them to the office.

Happy Mother's Day to all who have cared for, and are still caring for our precious children!!!

Diane



KMA

The Law Offices of Kurt M. Ahlberg

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C.A.R.E.S. Corner.....Erin McLeod

In the article “The Art of Compassionate Communication for Elder Caregivers”, author Jill Sarah Moscowitz acknowledges how physically, financially and emotionally overwhelming caregiving can be, which in turn can make communication challenging at times. However, she also identifies key elements to enhance effective communication for family caregivers.

Awareness:

Being aware of your own needs and values, and how these needs and values can be met.

Speaking with Clarity:

Use “I” statements rather than “You” statements, which tend to put others on the defense.

Use observations (statements of fact) rather than evaluations (statements of fact with an added judgment)

Speak authentically about your feelings

Listen Openly and Attentively:

Listen closely rather than only waiting your turn to speak. When you are only waiting to speak, it is difficult to really hear what the other person is saying.

Avoid unspoken stories. Listen to what is actually being said rather than attempting to interpret what is being said.

Actively Listen. Practice this skill by re-stating what your understanding is of what the other person is saying before you respond.

Reframe when the other person may speak to you angrily. Listen for, and consider how their own frustrations may be contributing to their anger. Possibly involve a neutral third party to help with this communication.

In addition to creating a more compassionate and effective way of communicating with a loved one you are caring for, these communication strategies can also be used in communicating with your loved one’s other family caregivers.

A little *humor* from C.A.R.E.S...

“If a woman speaks and no one is listening...her name is probably MOM!” – somecards

Commission on Aging meets the second Tuesday of each month at 10:00 a.m., in the library, upper level. Meetings are open to the public. **Next meeting is May 8th.**

AARP will meet on May 16th at 1:00 p.m., Baldwin Center coffee shop. Presentation on “The Opioid Crisis” with speaker Emily Barksdale from the Town of Stratford. Collection for EMERGE.

Exciting Day Trips!!!

Hudson River Cruise (June 13): Visit the State Museum in Albany before going to lunch at Buca di Beppo with mouth watering Italian food and desserts. Finish up with the Dutch Apple Cruise boat along the Hudson River. Space is limited. Cost: \$112.00

The Boston Pops at Tanglewood (June 24): Enjoy a musical day in the Berkshires at the summer home of the Boston Symphony Orchestra/Pops. This special concert will be directed by Andy Einhorn with guest soloist and award winning Audra McDonald. Cost: \$140.00

Please stop by the Center for additional trips or for more information call Mary Ellen, Mon-Fri 9am-5pm at 203-375-7878. Please note that all trips must be paid by check made out to Getaway Tours or the correct amount of cash in an envelope with name, phone number and trip.



Baldwin Players Salute to America

Friday, May 25, 12:30

Live entertainment. Always fun!



May Updates

Blood Pressure Screenings by Porter & Chester Institute, May 15 from 9 am –12 pm.

Card making – Will be held on May 7 at 1:00 pm. Please sign-up at the front counter.

Laugh Therapy – Will be held on May 7 and 21 at 10:00 am. \$1.

Reflexology – private mini-session. Fee \$15; cash (correct change) or checks (payable to Linda Leson). Appointments available on Thursdays, May 3 and 17, 12-4 pm.

Reiki – Tuesdays with Nikki Stollman. Fee \$1/ minute; cash (correct change) or checks (payable to Stratford Senior Services). Tuesdays, 2-4 pm. by appointment.

Singles Friendship Club – Next meeting on May 14 at 2 pm in the coffee shop.

Stew Leonard's Trip – Next trip May 22. Please arrive by 11:45. \$1. Please sign-up.

Watercolor Classes – Instruction on hold until further notice.

Learn How to Manage Your On-going Health Issues

Attend a Live Well Workshop and learn how to:

- Deal with anxiety, stress, pain, fatigue, and difficult emotions
- Exercise to help improve strength and energy
- Improve your nutrition
- Communicate better with your healthcare provider
- Make difficult decisions
- Set small achievable goals and much more!



FREE 6-week workshop offered at Baldwin Center:

Thursdays, 1:00 – 3:30 p.m. April 26 and May 3, 10, 17, 24, 31

Register in advance by calling 203-385-4050.

Sponsored by Southwestern CT Agency on Aging, State Department on Aging & CT Department of Public Health

Stalin's Revolution: a 3-part series

Joseph Vissarionovich Dzhugashvili (Stalin) joined the Social Democratic Party in 1899, becoming a member of the Bolshevik faction in 1907. By the late 1920s, Stalin became the strongman of the Soviet Union. In this series, Mark Albertson will demonstrate how Stalin took a nation from a backward peasant economy to an atomic bomb in 21 years. **This series will be held on May 17, 24 and 31 at 10 am in the upper level library.** Please register.

Week 1 (May 17): Joseph Vissarionovich Dzhugashvili

The Georgian chieftain's life, from childhood to the Russian Revolution. As a bank robber, he "procured" funds for the Bolsheviks; By 1917 Stalin was set to launch his political career as one of the dominate figures in the Bolshevik Party.

Week 2 (May 24): Stalin and the Revolution

Stalin as the editor of *Pravda*. Considered an expert in nationalities, Lenin names Stalin as the head of the Commissariat for Nationality Affairs and later outmaneuvers Trotsky to become Lenin's successor.

Week 3 (May 31): Stalin's Revolution

Stalin began his program of collectivization of the peasantry in an effort to mold the Soviet Union in his image; followed, in turn, by his forced industrialization of the nation. Stalin's employment of State Capitalism and draconian discipline would result in his becoming a totalitarian ruler.



Mark Albertson is the historical research editor at *Army Aviation* magazine; and is the author of several books, including *On History: A Treatise*.



Family Feud returns. Come to watch or play. Prizes will be awarded. Wednesday, May 9 at 10:00 am in the upper level library.



Older Americans Month Celebration

Friday, May 4 at 11:30 am—2:00 pm

- Entertainment, lunch, fun! Lunch will be prepared by Vazzy's Four Seasons. Jukebox Bingo will be facilitated by Keith Alan Productions. Prizes will be awarded. This is a FREE 40th anniversary event. Tickets are required and available in the office beginning April 20th. *Co-sponsored by Vazzano's Four Seasons and Galello-Luchansky Funeral Home.*

Breast Health as We Age **Tuesday, May 1 at 10:00 am**

Nancy Church, Community Education Coordinator for Park Avenue Medical Center Integrative Medicine and Support Services, will provide a 45 minute presentation on what is normal and what is not, what signs to look for, the value of mammograms, knowing your family history, how to examine your breasts, and some healthy lifestyle habits that could modify your risks of breast cancer. Please sign-up.



Balance Assessment **Monday, May 7 at 10:00 am**

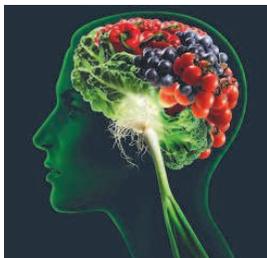
Learn your personal fall risk. A short questionnaire will be given along with a couple of balance tests. Results of the assessment will be discussed. Tips for prevention will be shared. Presented by Suzanne Smaniotto/PTA, MHA, Director of Rehab, Genesis Rehab Services in Fairfield. Please sign-up.

Stratford Lifelong Learners

James Mapes, speaker, coach, best-selling author, clinical hypnotist and performer, will lead an interactive talk geared to enhancing life and uplifting the spirit and focusing on possibilities and hope rather than fear. Copies of his books will be available for purchase.

Program will be held on **Tuesday, May 15 at 1:00 pm.** at the Stratford Library, Lovell room. Stratford Lifelong Learners is co-sponsored by Stratford Senior Services and the Stratford Library. All programs are free and open to the community.

Feed Your Mind



Want another great reason to eat healthy?

The food choices you make daily might lower your odds of getting Alzheimer's disease, some scientists say.

Researchers have found that people who stuck to a diet that included foods like berries, leafy greens, and fish had a major drop in their risk for the memory-sapping disorder, which affects more than 5 million Americans over age 65.

The eating plan is called the MIND diet. Come hear chef Jean Gordon from Atria speak about the Mind Diet and receive tasty recipes to try at home.

A sampling of the recipes will be provided for participants. **May 22 at 1:00 pm.** Please sign-up.

May Daily Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1) 9:00 ZUMBA TONE 10:00 SITTERCISE 10:00 BREAST HEALTH 10:30 LINE DANCE 11:00 YOGA 11:00 SPANISH 12:30 LADIES POKER 12:30 MAHJONGG 1:00 GOLDEN TONES 1:00 PICKLEBALL 2:00 REIKI	2) 9:00 STRENGTH 10:00 ZUMBA 10:00 BOOK GROUP 11:00 QIGONG 11:30 PIANO 12:30 MEN'S POKER 12:30 WII BOWLING 1:00 WRITING	3) 9:00 AEROBICS 10:00 SITTERCISE 10:30 LINE DANCE 11:00 YOGA 12:00 REFLEXOLOGY 12:30 WII BOWLING 1:00 CHAMBER ORCHESTRA 1:00 PING PONG 1:00 PICKLEBALL 1:00 LIVE WELL	4) 9:00 MEN'S CLUB 9:30 ZUMBA 9:30 MAHJONGG 11:30 LUNCHEON 11:30 CHAIR YOGA 12:30 CARDS 1:00 BALDWIN PLAYERS REHEARSAL 1:00 POKENO 1:00 PING PONG 1:00 TAP
7) 9:00 AEROBICS 9:30 KNITTING 10:00 LAUGH THERAPY 10:00 STRENGTH 10:00 ASSESSMENT 11:00 QIGONG 11:30 ITALIAN 12:45 BINGO 1:00 CARD MAKING 1:00 PING PONG	8) 9:00 ZUMBA TONE 10:00 SITTERCISE 10:00 COA 10:30 LINE DANCE 11:00 YOGA 11:00 SPANISH 12:30 LADIES POKER 12:30 MAHJONGG 1:00 GOLDEN TONES 1:00 PICKLEBALL 2:00 REIKI	9) 9:00 STRENGTH 10:00 ZUMBA 10:00 FAMILY FEUD 11:00 QIGONG 11:30 PIANO 12:30 MEN'S POKER 12:30 WII BOWLING 1:00 WRITING	10) 9:00 AEROBICS 10:00 SITTERCISE 10:30 LINE DANCE 11:00 YOGA 12:30 WII BOWLING 1:00 CHAMBER ORCHESTRA 1:00 PING PONG 1:00 LIVE WELL 1:00 PICKLEBALL	11) 9:30 ZUMBA 9:30 MAHJONGG 11:30 CHAIR YOGA 12:30 CARDS 1:00 BALDWIN PLAYERS REHEARSAL 1:00 POKENO 1:00 PING PONG 1:00 TAP
14) 9:00 AEROBICS 9:30 KNITTING 10:00 STRENGTH 11:00 QIGONG 11:30 ITALIAN 12:45 BINGO 1:00 PING PONG 2:00 SINGLES FRIENDSHIP CLUB	15) 9:00 ZUMBA TONE 9:00 BLOOD PRESSURE 10:00 SITTERCISE 10:30 LINE DANCE 11:00 YOGA 11:00 SPANISH 12:30 LADIES POKER 12:30 MAHJONGG 1:00 LIFELONG LRNERS 1:00 GOLDEN TONES 1:00 PICKLEBALL 2:00 REIKI	16) 9:00 STRENGTH 10:00 ZUMBA 10:00 BOOK GROUP 11:00 QIGONG 11:30 PIANO 12:30 MEN'S POKER 12:30 WII BOWLING 1:00 WRITING 1:00 AARP	17) 9:00 AEROBICS 10:00 SITTERCISE 10:00 STALIN 10:30 LINE DANCE 11:00 YOGA 12:00 REFLEXOLOGY 12:30 WII BOWLING 1:00 PING PONG 1:00 CHAMBER ORCHESTRA 1:00 LIVE WELL 1:00 PICKLEBALL	18) 9:00 MEN'S CLUB 9:30 ZUMBA 9:30 MAHJONGG 11:30 CHAIR YOGA 12:30 CARDS 1:00 BALDWIN PLAYERS 1:00 POKENO 1:00 PING PONG 1:00 TAP
21) 9:00 AEROBICS 9:30 KNITTING 10:00 LAUGH THERAPY 10:00 STRENGTH 11:00 QIGONG 11:30 ITALIAN 12:45 BINGO 1:00 PING PONG	22) 9:00 ZUMBA TONE 10:00 SITTERCISE 10:30 LINE DANCE 11:00 YOGA 11:00 SPANISH 12:30 LADIES POKER 12:30 MAHJONGG 1:00 FEED YOUR MIND 1:00 GOLDEN TONES 1:00 PICKLEBALL 2:00 REIKI	23) 9:00 STRENGTH 10:00 ZUMBA 11:00 QIGONG 11:30 PIANO 12:30 MEN'S POKER 12:30 WII BOWLING 1:00 WRITING 1:00 PICKLEBALL	24) 9:00 AEROBICS 10:00 SITTERCISE 10:00 STALIN 10:30 LINE DANCE 11:00 YOGA 12:30 WII BOWLING 1:00 CHAMBER ORCHESTRA 1:00 PING PONG 1:00 LIVE WELL	25) 9:30 ZUMBA 9:30 MAHJONGG 11:30 CHAIR YOGA 12:30 CARDS 12:30 BALDWIN PLAYERS SHOW 1:00 POKENO 1:00 PING PONG 1:00 TAP
28) CLOSED IN OBSERVATION OF MEMORIAL DAY THANK YOU FOR YOUR SERVICE	29) 9:00 ZUMBA TONE 10:00 SITTERCISE 10:30 LINE DANCE 11:00 YOGA 11:00 SPANISH 12:30 LADIES POKER 12:30 MAHJONGG 1:00 GOLDEN TONES 1:00 PICKLEBALL 2:00 REIKI	30) 9:00 STRENGTH 10:00 ZUMBA 11:00 QIGONG 11:30 PIANO 12:30 MEN'S POKER 12:30 WII BOWLING 1:00 WRITING	31) 9:00 AEROBICS 10:00 SITTERCISE 10:00 STALIN 10:30 LINE DANCE 11:00 YOGA 12:30 WII BOWLING 1:00 CHAMBER ORCHESTRA 1:00 PING PONG 1:00 PICKLEBALL 1:00 LIVE WELL	



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*Please note: The menu was not ready at the time of printing. Copies of the menu are available in the main hall. The menu is also available online at www.townofstratford.com or call the Greater Bridgeport Senior Community Café at 203-377-4991. Reservations must be made two days in advance. **To reserve lunch please contact the kitchen (203-377-4991) between 9 am and 11 am Monday-Friday.***



Happy Birthday George! George Kalinich turned 100 in March. Family members and Baldwin friends celebrated with cake at the Center.



CRIBBAGE

Join us! Come play, or watch and learn. The group meets on Thursday afternoons at 1:00 pm on the main level. Please call (203-385-4050) with any questions.



Bocce Returns

Men's Bocce— 8:45 Tuesdays
Ladies Bocce— 9:00 Wednesdays
Co-ed Bocce— 9:00 Fridays

Social Services NotesShirley Dominguez

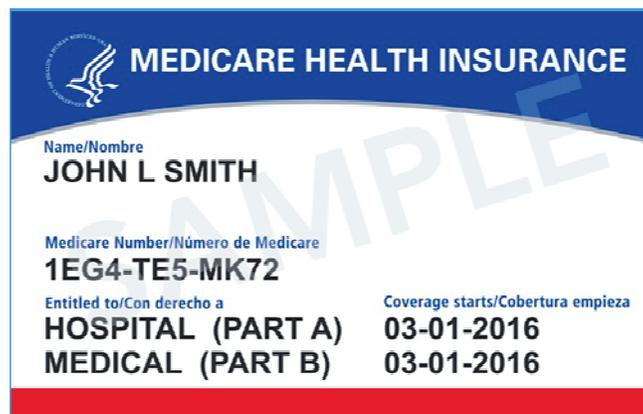
SCAM ALERT

The Southwestern CT Agency on Aging administers the Senior Medicare Patrol (SMP) Program for Southwestern CT. The SMP program is responsible for helping seniors prevent, detect and report Medicare fraud and inform seniors and their caregivers of scams in their area.

Starting April 1st Medicare beneficiaries will be issued new Medicare cards. The process will continue from April 1, 2018 to April 1, 2019. It is important that you know that scammers are now targeting Medicare beneficiaries by calling and stating that they are from the Social Security Administration, Medicare or the Center for Medicare & Medicaid Services (CMS). The scammer may state that he or she is calling to inform you that you will be receiving a new Medicare card and wants to confirm your current Medicare number and effective dates. If you get a call like this **DO NOT** give any of your personal information over the phone. **HANG UP** and call your SMP at 1-800-994-9422. The office of the Inspector General wants to know what areas are receiving these types of phone calls.

Also, If you have moved and not changed your address with the Social Security Administration it is **IMPERATIVE** that you do so. Your new Medicare card will be mailed to the last address that the Social Security Administration has on file.

Below is what your new Medicare card will look like:



The SMP Program is always looking for volunteers to help spread the word about how Medicare beneficiaries can help protect themselves from being victims of Medicare fraud and abuse and Medicare scams. You can be a volunteer by just distributing flyers in your town or you can set up an exhibit or conduct presentations. The next SMP Foundations Training is scheduled for May 23, 2018 from 10 a.m. to 3 p.m. If you are interested in becoming a volunteer please contact Lisa Alhabal, SMP Coordinator at 203-814-36



Caregiver Support



Reminiscing

I often have to remind myself that when I talk with our many guests at the Baldwin Center, I am seeing them at a single moment in time in their entire lives. I have to remind myself that each person that comes into the Center is bringing with them an entire history of a lifetime. Each individual has a lifetime of stories and experiences to share, some exciting, some sad, some funny, some chilling.

Sometimes we get so involved in the day-to-day managing of the care for our loved one, and we are so caught up in this moment, that we forget the many moments of the past. I look at some people here, and remind myself that they were once caregivers themselves: they raised families, had careers, took care of their homes, and many continue to do so, with some changes. While we can easily “take charge” of someone with a cognitive impairment or many physical limitations, it is important to still focus on the skills and abilities they still have, and to remember that this person once faced all the challenges we now face.

Now is the time to share memories, while making more. Now is the time to reminisce and write down the many stories that our loved ones can still recall. Their stories are part of your history; their memories help shaped who they were and who they have become.

One way to trigger memories is by looking at old photos or family mementos. Another way is to find books or magazines that have pictures of things your loved one may have enjoyed in the past (gardens, food, vacation places) and see if looking at them helps them remember. Listening to music and watching old movies or television shows can also start a conversation.

And then sit back...and LISTEN. Enjoy the sound of their voice, watch the smile on their face, see the glow in their eyes as they reminisce. If possible, record the experience. You'll treasure it forever, and it becomes a legacy you can pass down to other generations in your family.

Even someone with a cognitive memory impairment can often reflect on a time long ago when.... Appreciate the stories. They won't be around forever.



Things to do and places to go on a bright Spring day

Bushnell Park - Soldiers & Sailors Memorial Arch - Hartford CT (860) 232-6710 <http://www.bushnellpark.org>

Tour Yale University - Tours depart from the Visitor Center (149 Elm Street), cover the central campus area, and last between 1 hour and 1 hour and 15 minutes. Mon–Fri: 10:30am & 2pm Sat–Sunday: 1:30pm

Submarine Force Library and Museum – Groton CT <http://www.ussnautilus.org/>

J. Robert Donnelly Husky Heritage Sports Museum – Storrs CT www.uconnhuskies.com/trads/museum

The New Britain Museum of American Art – New Britain CT 860-229-0257 <http://www.nbmaa.org>

Knights of Columbus Museum – New Haven CT 203-865-0400 <http://www.kofcmuseum.org>

Hubbard Park's Castle Craig Tower – Meriden CT http://www.cityofmeriden.org/content/Hubbard_Park

The Barnum Museum – Bridgeport CT (203) 331-1104 Ext. 100 <http://www.barnum-museum.org>

National Helicopter Museum – Stratford CT (203) 767-1123

The New England Civil War Museum – Rockville (860) 870-3563 www.newenglandcivilwarmuseum.com

Museum of Connecticut History at Connecticut State Library – Hartford CT 860-757-6688 www.museumofcthistory.org

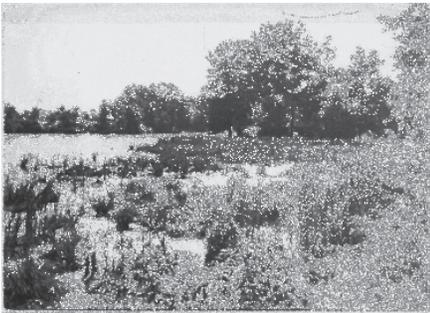
Connecticut Department of Energy & Environmental Protection

The Charter Oak Pass provides access to the State Parks and Forests and is available free to Connecticut residents, 65 years of age or older <http://www.ct.gov/deep/stateparks>

The National Parks and Federal Recreational Lands Pass Series - www.nps.gov

Stratford History - Always Amazing

By **David Wright, Editor**
Stratford Historical Society's
UPDATE



Brewster Pond, September 18, 1937,
Courtesy of the Stratford Historical Society

For those of us who grew up fishing in, ice skating on, playing in, and picnicking along Brewster Pond in Longbrook Park, it's hard to imagine the pond and park as anything other than the beautiful gem in Stratford that it's become. There was a time, however, as shown in the photo above, when Brewster Pond was much more of a swamp than a picturesque, placid pond. Equally hard to envision is Roosevelt Forest as a large stone quarry and a major construction zone.

By 1935, with the Depression raging through America, President Franklin Roosevelt, with Congressional approval, created the Works Progress Administration (WPA) to put unemployed men to work. Stratford, at the time, had 700 unemployed men, many of them fathers of small children. When the WPA came to Stratford in 1936, jobs were sorely needed by these men.

One of the first projects undertaken by the WPA was the construction of sidewalks and the landscaping at the newly built Town Hall which opened in 1937.

The Department of Public Works needed a building to store and repair its growing inventory of trucks and other large equipment. The Public Works building on Patterson Avenue was erected from stone quarried at Roosevelt Forest. Roosevelt Park, as it was known at that time, was swampy and marshy lacking in the many large trees we find in the Forest today. Roosevelt Forest had just been acquired by Town Manager Donald Sammis through the negotiating of property tax forgiveness on the delinquent acreage.

William McCracken, working on a WPA grant, painted the picture of the settling of Stratford which has hung in the

Council Chamber at Town Hall since 1937.

Next up was the building and landscaping of the stone retaining walls around Brewster Pond. All of the stone used in the construction of walls and buildings at Longbrook Park was quarried, by the WPA, from Roosevelt Forest. The sidewalks at Longbrook Park were also laid at that time.

The WPA made many improvements to our streets and roads over many miles of roadway in town. Storm sewers were constructed in areas with poor drainage.

Many of our major thoroughfares through town lacked bordering sidewalks causing pedestrians to have to walk along muddy edges of the roadways exposing themselves to oncoming traffic. The WPA built over 15 miles of sidewalks throughout Stratford.

The final WPA project was the removal of the trolley tracks running down Main Street and Barnum Avenue. The tracks had been paved over, but the federal government was in need of iron during World War II, so the tracks were torn up and sold as scrap iron.

All-in-all, from 1936-1942, the WPA had a major impact on shaping the Stratford we take for granted today.

Keeping You Informed

Memorial Service at Baldwin Center - open to community.

Please join us in celebrating and honoring the lives of those who have gone before us.

What do you think of when you think of hospice care?

Hospice focuses on bringing comfort (physical, emotional, spiritual, and social) and maximizing quality of life for patients (eligible) and their families. A collaborative approach provided by (some or all) a Registered Nurse, a Certified Nursing Assistant, Social Worker, Interfaith Chaplain, and Volunteers and overseen by a Medical Director. Bereavement support is extended to families for up to 14 months after passing. Routine Hospice Care is entirely covered by Medicare, Medicaid, and most private insurance plans.

Ironically enough, talking about hospice may be uncomfortable and as a result some people shy away from hospice unnecessarily. Caring Hospice Services is a community resource providing education about hospice care and encouraging hospice to be part of the conversation as an option and then the questions and answers flow...ultimately empowering families to make decisions which best fit their healthcare needs whether or not such plan includes hospice.

This spring Caring Hospice is bringing a most special gathering opportunity to you and your family. Caring Hospice also provides bereavement support to community members who have experienced loss.

YOU are invited to Honor your loved one at:

Caring Hospice Services of CT's Semi-Annual
Community Memorial Service of Remembrance
Saturday, May 19
10:20 am-12:00 pm
Baldwin Center

Light refreshments will be served.

To participate in honoring your loved one please
RSVP by Saturday, May 5 or for additional information call 203-674-8380.

Featured Guests: Stratford High School A-Cappella Group, Jeff Leinen, Choral Director
Stratford Sister Cities Chorus Guest Speaker: Sharon Diaz, LPC, LADC Psychotherapist and Author.



Stratford Senior Men's Club "We meet as strangers; we part as friends."



PROGRAM: May 4 – a tour of the addition at Sterling House;
May 18 – a pre-demolition, farewell visit to Stratford High School

On April 6th we welcomed Hank Banville, who spoke on the Panama Canal.

Detective McGlynn presented on April 16 on the theme: "Protect yourself."

March was celebration month with a light lunch and a congratulatory welcome by Diane Puterski, Director of Senior Services. Founder Bob Switzgable was present, and received a coveted club tee-shirt.



Bob Mastroni and Diane Puterski



The anniversary cake



Bob Switzgable

MAY BIRTHDAYS: Robert Atkin, John Balga, Lou DeGirolamo, Ronald Johnson, Al Kranyak, Gerry Mohyde, Joe Saladino, Marty Salerno, and Zoltan Toman.

PINOCHLE: The new champs are Bob Mastroni and Howie Baker. [as of March].



Bunnie McQuilton receives a citation from Bob Mastroni after a first aid demo.

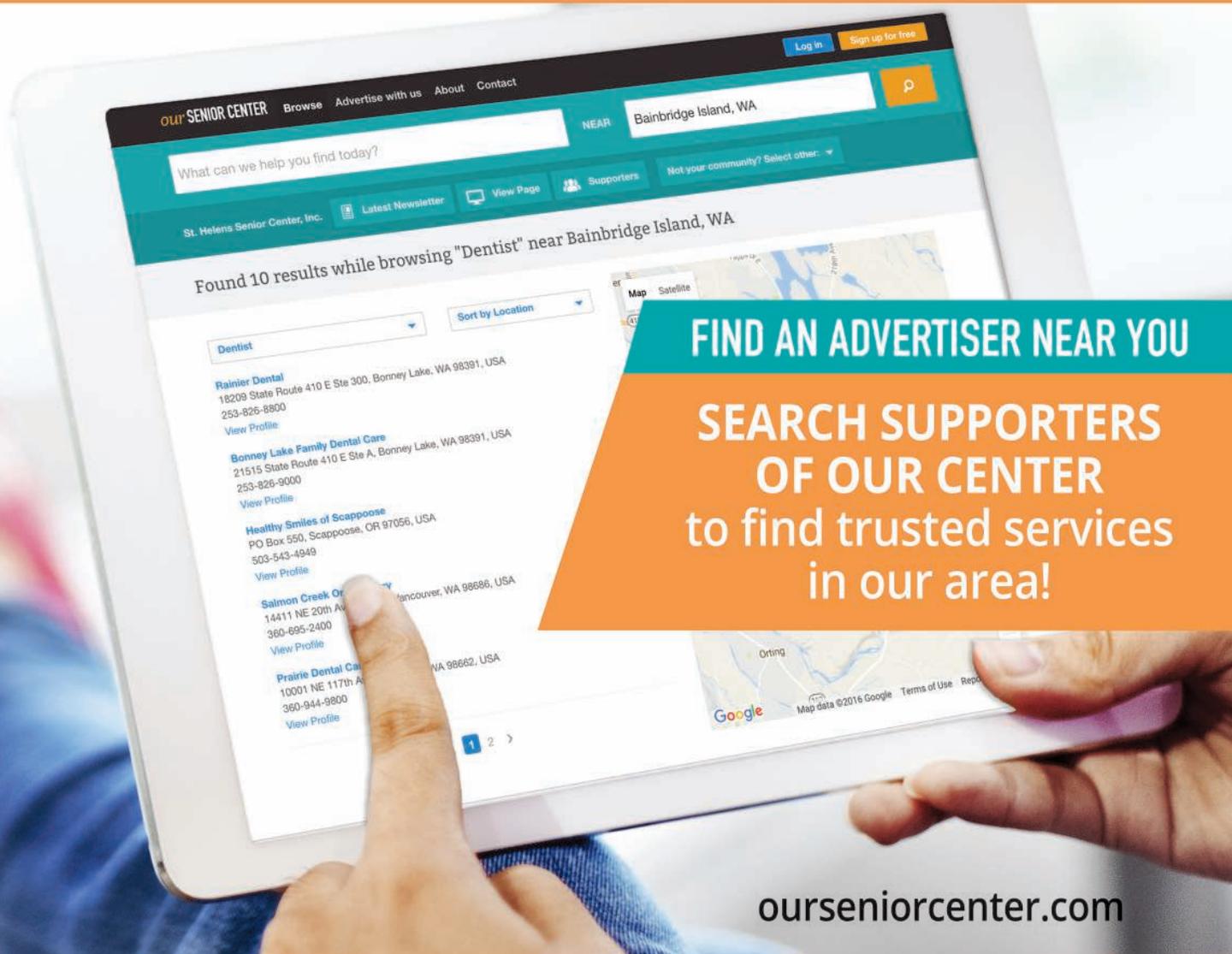
Former Mayor Harkins receives a thank you from Ray Kosciuszko after addressing the membership on casinos in CT.



Come and see if the Men's Club is good for you, 1st and 3rd Fridays of each month.

our SENIOR CENTER

A convenient source for local services



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