

# The Baldwin Beacon

FEBRUARY  
2019

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### **DIRECTOR**

Sandra Arburr

### **PROGRAM SUPERVISOR**

Lauren Donovan

### **SOCIAL SERVICES COORDINATOR**

Shirley Dominguez

### **OUTREACH COORDINATOR/ COUNSELOR**

Mary Balog

### **C.A.R.E.S. ADMINISTRATOR**

Erin McLeod

### **C.A.R.E.S. ACTIVITY COORDINATOR**

Mio Vazquez-Ramos

### **C.A.R.E.S. ACTIVITY ASSISTANT**

Laura Kapitan

### **DISPATCH/SCHEDULER**

Janice Niper

### **DRIVERS**

Alfredo Serrano, Robert Ofiero,  
Sheldon Burton and Marvin Patrick

### **SECRETARY**

Maureen Barstow

### **CUSTODIANS**

Sam Baldwin, Clyde McLaughlin

### **NUTRITION PROGRAM**

Open

### **TRIP COORDINATOR**

Mary Ellen Cisero 203-375-7878

### **HANDICAPPED INFO/REFERRALS**

Susan M. Pawluk 385-4020



Greetings...

♥ Wishing all Health and Happiness in 2019 ♥

*It is my hope that January brought peace and contentment after the busy holiday season. We thank all of you who have been a part of the Baldwin Family in the past and we welcome those of you who will join our family in 2019. We are now accepting membership dues for the year and are happy to say we are able to keep the membership fee to \$5 for Stratford residents and \$10 for those out of town.*

*As I settle in here at the Baldwin center I feel extremely blessed for the opportunity to work within the community and with such great individuals. I thank everyone for the warm welcomes and the opportunity to be a part of the future of the Baldwin Center.*

*Please take note that in 2019 some classes have a price revision. The pricing changes affect the language classes and some of the presentations and special events to be held here at the center in 2019. Language classes will increase from \$2 to \$3 and presentations that were once free will now have a suggested donation depending on the event. This will take effect February 4<sup>th</sup> 2019. These pricing changes will help defray the cost of the speakers and entertainer's as well as assists us in improving and enhancing areas of the center, and implementing additional programming in the future. We will continue to work our hardest to keep pricing to a minimum. We are working to seek out avenues for funding to maintain the center's integrity as well as keep costs to a minimum. Please feel free to reach out with any questions or concerns regarding the changes.*

**This year AARP will return to the Baldwin Center for income tax preparation.** Please take advantage of this wonderful service, Mondays and Tuesdays from 8:30 am - 12 pm in the upper level library beginning Monday, February 4 and ending on Tuesday, April 9. Please bring photo ID, social security card and last years tax return.

*Just a reminder that the winter season has arrived and I hold your safety first and foremost in my mind. We will be utilizing WTNH, Channel 3 and WICC to broadcast any changes to the Baldwin Center classes and schedules, as well as recorded updates on the main number (203)385-4050.*

*Lastly, I wanted to thank each and everyone one of you again for the warm welcome you have all provided me here at the Baldwin Center. I look forward to an amazing 2019. Thank you for your continued support of the Baldwin Center and here's to an exciting year ahead!! Wishing you all a Valentine's Day filled with love ....*

*My door is always open!*

*All my best,  
Sandy*

# KMA

The Law Offices of Kurt M. Ahlberg

**KURT M. AHLBERG**  
ATTORNEY AT LAW  
attyKurtMAhlberg@gmail.com

**CARL A. GLAD**  
ATTORNEY AT LAW  
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**C.A.R.E.S. Corner.....Erin McLeod**

**ATTENTION ALL! The Baldwin C.A.R.E.S. program has openings for new participants!** The C.A.R.E.S. program is an activity-based social model adult day program provided by Stratford Senior Services. This specialized program is designed for seniors who are physically frail or have a memory impairment, but are not yet in need of a medical model program. It provides seniors with a variety of therapeutic recreational activities within a supervised and structured environment. Program hours are Monday through Friday from 9:00 am to 2:00 pm, and take place here at the Baldwin Center. The cost to attend the C.A.R.E.S. program is \$15/day for Stratford residents, and \$20/day for non-Stratford residents. If you feel someone you know would benefit from the Stratford Senior Services C.A.R.E.S. program, and would like additional program information, or to schedule an assessment, please contact Erin McLeod, C.A.R.E.S. Administrator at (203) 385-4055.

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

"I don't understand why Cupid was chosen to represent Valentine's Day. When I think about romance, the last thing on my mind is a short, chubby toddler coming at me with a weapon!" – Unknown



*Happy Valentine's Day!*



**Commission on Aging** meets the second Tuesday of each month at 10:00 am., in the upper level library. Meetings are open to the public. If you have issues or questions regarding senior town services, please come to one of the meetings. **Next meeting TBD.**

**AARP** will meet on February 20th at 1:00 pm in the Baldwin Center coffee shop. Guest speaker this month is TBD. Donations will be collected for EMERGE.

**Exciting 2019 Day Trips!!!**

**38<sup>th</sup> Annual CT Flower & Garden Show (February 21):** Lunch at Dakota's Restaurant complete with all of the fixings. After a delicious lunch head over to the CT Convention Center for the 38<sup>th</sup> Annual CT Flower & Garden Show. It's a "Breath of Spring". Cost: \$89.00

**Sleigh Ride at Adams Farm (March 7):** Travel to the New England House in VT for a delicious luncheon served with all of the trimmings. Then get ready for the sleigh ride of your lifetime! Enjoy the ride over the river and through the woods. Cost \$119.00

**Westchester Broadway Theatre presents Rhythm of the Dance (March 12):** A critically acclaimed show reliving the journey of the Irish Celts throughout history. A performance a step above the rest and includes lunch! Cost: \$107.00

**Upcoming 2019 Trips:** Westchester Broadway, Aqua Turf, Newport Playhouse

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

**Create Beautiful Dahlias**

Tuesday, February 5 at 10:00 am

Dahlias are an incredibly beautiful species of flowers. They are the perfect flowers to add to your décor, or gift to loved ones. These paper dahlias are colorful and will add some brightness to the winter days ahead. The template created for this particular flower will produce blooms that are roughly 4" in diameter. We will paint on paper using water colors and create the blooms by cutting and folding, using the templates as our guide. Lauren will facilitate the craft. \$2. Please sign-up.



## February Updates

**Blood Pressure Screenings** – Provided by Porter & Chester Institute, TBA.

**Laugh Therapy** – Will be held on February 4 at 10:00 am. (\$1).

**Reflexology** – Private mini-sessions. Fee \$15 cash (correct change) or checks (payable to Linda Leson). Appointments available on Thursdays, February 7 and 21, 10-3 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. To make an appointment please contact Nikki directly (203)331-2096.

**Singles Friendship Club** – Meetings at the Baldwin Center will resume in April. For more information please call 203-385-4050.

**Stew Leonard's Trip** – Next trip February 26. Please register. Meet in the lobby at 11:45.

**Watercolor classes on Tuesday afternoons with Sabine Bonnar**  
Advanced at 12:30 pm, Intermediate at 2:30 pm. 5 sessions: \$30.



### *Meditation with Laurie Trupp*

**Friday, February 8 at 10:00 am**

Please register for this session at the front counter or by calling 203-385-4050. Fee \$2.



### **Baldwin Players Valentine Treats**

**Friday, February 8, 12:30 pm**

Singing, improv, great costumes, always fun!

### *A Valentine's Day Card and Game Party*

**Wednesday, February 13 at 1:00 pm**

Let's celebrate Valentine's Day with our old friends at Baldwin or start off the year by making new friends! We will play popular card and board games of all types, i.e.: Pay Me, Rummikub, Left Center Right, Scrabble, etc. Feel free to bring your favorite game. Chocolate and treats will be provided by Bridges Chef Gary Seri. There will be raffle prizes and more! Party sponsored by Bridges by EPOCH, Trumbull. Fee \$1. Please purchase tickets in advance in the Center's office.

### **Lifelong Learners: Ukulele for Everyone**

Tuesday, February 19, 1:00 pm  
Stratford Library

This introduction to the world of Ukulele covers its history, famous performers, how ukuleles are made and what's involved in playing one. The workshop is a combination of lecture, demonstrations and audience participation (ukuleles will be available for audience participation but if you have a ukulele - bring it along).

Nina Lesiga is a Ukulele Coach for Stratford Adult Ed, Sterling House Community Center and Lifelong Learning programs at UCONN and other local colleges.

### **Hip and Knee Pain Options**

**Thursday, February 21**  
**10:00 am**

Listen in as Dr. Joel Malin of Milford Hospital discusses surgical and non-surgical options for hip and knee pain. He also will discuss Mako robotic-assisted technology for joint replacement. Q&A to follow. Open to the public. Please sign up at the front counter or by calling 203-385-4050.



### The Underground Railroad Wednesday, February 27, 1:00 pm

In honor of Black History Month, Stratford Senior Services is hosting a very special presentation by historian and educator Pearly Sams-Allen. Song, signs and symbols (including quilt patterns), of the underground railroad will be discussed. Old time songs will be sung. Icing on the Cake's famous peach cobbler and coffee will be served. Tickets must be purchased in advance (\$3). Program sponsored by Executive Care of Stratford.



### **Mamma Mia!**

**Mamma Mia– February 1 at 1:15 pm.** Set on a colorful Greek island, the plot serves as a background for a wealth of ABBA songs. A young woman (Sophie), about to be married discovers that any one of three men could be her father. She invites all three to the wedding without telling her mother (Donna). Starring: Meryl Streep, Pierce Brosnan, Amanda Seyfried.

**Mamma Mia: Here We Go Again! -February 15 at 1:15 pm.** Sophie prepares for the grand reopening of the Hotel Bella Donna as she learns more about her mother's past. Discover Donna's (Meryl Streep, Lily James) young life, experiencing the fun she had with the three possible dads of Sophie (Amanda Seyfried). As Sophie reflects on her mom's journey, Sophie finds herself to be more like her mother than she ever even realized.

Refreshments will be served. Sign up at the front counter or by calling-203-385-4050.



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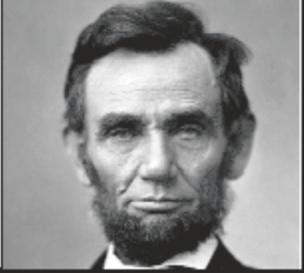
**American Red Cross Blood Drive**

Friday, February 22, 1:45 - 7:00 pm

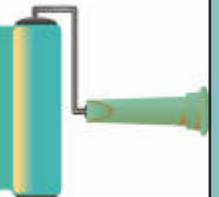


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# February Daily Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1) 9:00 MEN'S CLUB 9:30 ZUMBA 9:30 MAHJONGG 11:30 CHAIR YOGA 12:30 CARDS 12:30 BALDWIN PLAYERS REHEARSAL 1:00 POKENO 1:00 PING PONG 1:00 TAP 1:00 MOVIE
4) 9:00 AEROBICS 10:00 KNITTING 10:00 LAUGH THRPY 10:00 STRENGTH 11:00 QIGONG 11:30 ITALIAN 12:45 BINGO 1:00 PING PONG	5) 9:00 ZUMBA TONE 10:00 SITTCERCISE 10:00 CRAFT 10:30 LINE DANCE 11:00 YOGA 11:00 SPANISH 12:30 LADIES POKER 12:30 MAHJONGG 12:30 WATERCOLORS 1:00 GOLDEN TONES 1:00 PICKLEBALL 2:00 REIKI	6) 9:00 STRENGTH 10:00 ZUMBA 10:00 BOOK GROUP 10:00 TAI CHI 11:00 QIGONG 11:30 PIANO 12:30 MEN'S POKER 12:30 WII BOWLING 1:00 WRITING 1:00 PICKLEBALL	7) 9:00 AEROBICS 10:00 SITTCERCISE 10:00 REFLEXOLOGY 10:30 LINE DANCE 11:00 YOGA 12:30 WII BOWLING 1:00 ORCHESTRA 1:00 PING PONG 1:00 CRIBBAGE 1:00 BALANCE	8) 9:30 ZUMBA 9:30 MAHJONGG 10:00 MEDITATION 11:30 CHAIR YOGA 12:30 CARDS 12:30 BALDWIN PLAYERS SHOW 1:00 POKENO 1:00 PING PONG 1:00 TAP
11) 9:00 AEROBICS 9:30 KNITTING 10:00 STRENGTH 11:00 QIGONG 11:30 ITALIAN 12:45 BINGO 1:00 PING PONG	12)  CENTER CLOSED IN OBSERVANCE OF LINCOLN'S BIRTHDAY	13) 9:00 STRENGTH 10:00 ZUMBA 10:00 TAI CHI 11:00 QIGONG 12:30 MEN'S POKER 12:30 WII BOWLING 1:00 WRITING 1:00 VALENTINE'S PARTY	14) 9:00 AEROBICS 10:00 SITTCERCISE 10:30 LINE DANCE 11:00 YOGA 12:30 WII BOWLING 1:00 PING PONG 1:00 PICKLEBALL 1:00 CRIBBAGE 1:00 BALANCE	15) 9:00 MEN'S CLUB 9:30 ZUMBA 9:30 MAHJONGG 11:30 CHAIR YOGA 12:30 CARDS 12:30 BALDWIN PLAYERS REHEARSAL 1:00 POKENO 1:00 PING PONG 1:00 TAP 1:00 MOVIE
18)  CENTER CLOSED IN OBSERVANCE OF PRESIDENT'S DAY	19) 9:00 ZUMBA TONE 10:00 SITTCERCISE 10:30 LINE DANCE 11:00 SPANISH 11:00 YOGA 12:30 LADIES POKER 12:30 MAHJONGG 12:30 WATERCOLORS 1:00 GOLDEN TONES 1:00 PICKLEBALL 1:00 LL LEARNERS 2:00 REIKI	20) 9:00 STRENGTH 10:00 ZUMBA 10:00 TAI CHI 10:00 BOOK GROUP 11:00 QIGONG 12:30 MEN'S POKER 12:30 WII BOWLING 1:00 WRITING 1:00 AARP	21) 9:00 AEROBICS 10:00 SITTCERCISE 10:00 DR. MALIN 10:00 REFLEXOLOGY 10:30 LINE DANCE 11:00 YOGA 12:30 WII BOWLING 1:00 PING PONG 1:00 PICKLEBALL 1:00 CRIBBAGE 1:00 BALANCE	22) 9:30 ZUMBA 9:30 MAHJONGG 11:30 CHAIR YOGA 12:30 CARDS 12:30 BALDWIN PLAYERS REHEARSAL 1:00 POKENO 1:00 PING PONG 1:00 TAP 1:45-7:00 BLOOD DRIVE
25) 9:00 AEROBICS 9:30 KNITTING 10:00 STRENGTH 11:00 QIGONG 11:30 ITALIAN 12:45 BINGO 1:00 PING PONG	26) 9:00 ZUMBA TONE 10:00 SITTCERCISE 10:30 LINE DANCE 11:00 SPANISH 11:00 YOGA 12:30 LADIES POKER 12:30 MAHJONGG 12:30 WATERCOLORS 1:00 GOLDEN TONES 1:00 PICKLEBALL 2:00 REIKI	27) 9:00 STRENGTH 10:00 ZUMBA 10:00 TAI CHI 11:00 QIGONG 12:30 MEN'S POKER 12:30 WII BOWLING 1:00 WRITING 1:00 UNDERGROUD RAILROAD	28) 9:00 AEROBICS 10:00 SITTCERCISE 10:30 LINE DANCE 11:00 YOGA 12:30 WII BOWLING 1:00 PING PONG 1:00 PICKLEBALL 1:00 CRIBBAGE 1:00 BALANCE	

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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](http://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.**



Social Services Notes .....Shirley Dominguez



**MEDICARE PREMIUMS AND DEDUCTIBLES FOR 2019**

The Center for Medicare Services (CMS) announced the following increases for 2019: Medicare Part A Inpatient Deductible: The amount beneficiaries will pay when admitted to the hospital is \$1,364 in 2019, an increase of \$24 from \$1,340 in 2018.

Medicare Part B Deductible: The amount beneficiaries will pay for their annual deductible is \$185 in 2019, an increase of \$2 from \$183 in 2018.

Medicare Part B Premium: The amount that Medicare Part B enrollees will pay for their monthly premium is \$135.50, an increase of \$1.50 in 2018.

**MEDICARE SAVINGS PROGRAMS**

There are three types of Medicare Savings Programs (MSP) which will pay for your Medicare Part B premiums and one which will also help pay for your Medicare co-pays and deductibles. All three programs will lower the cost of your medications. If you are eligible for Medicare Part A hospital coverage and meet the financial guidelines, you may be eligible for one of these programs. Most people become eligible for Medicare Part A when they turn 65 years old. None of these programs have an asset limit but they do have income limits. Examples of income include Social Security, pensions, disability benefits, wages, alimony, rental income, interest and dividends. The following are the income limits for each of the Medicare Savings Programs:

QMB - Single Person - \$2,135.32/month Couple - \$2,894.92/month

SLMB - Single Person - \$2,337.72/month Couple - \$3,169.32/month

ALMB - Single Person - \$2,489.52/month Couple - \$3,375.12/month

There is no cost to you for these programs. All you need to get started is to complete an application. If you think you might be eligible, please contact Shirley Dominguez at 203-385-4055 and she can assist you with this process.



Caregiver Support



## RECHARGE & RENEW

### Tips for Taking Care of Yourself .... *The Caregiver*

#### “It’s Ok To.....”

1. It’s ok to take some time out for yourself..... Enjoy a favorite hobby... Take a Hike, Get in the Garden, Go to the Beach... Enjoy some favorite music.... You can only give your best when you are refreshed and recharged and at your BEST!!!
2. It’s ok to get frustrated ..... Walk away.... Before getting angry and losing patients remember to stop ... re-group and take a quick moment to deescalate. Being a caregiver for a loved one is very trying and often affects the relationship. If you seek to have the best relationship possible don’t forget to take a moment to re-group.
3. It’s ok to feel guilty.... Guilt is a normal feeling that all experience at one time or another in their lives. It’s important to remember all the great things you are accomplishing and providing for your loved one... It’s ok to feel guilt, especially when taking some time for yourself, but it is very much needed and don’t let the guilt consume you...do your best to get past it... and if you are unable to- seek out support groups or professional help....
4. It’s ok to admit when you can no longer care-take full time..... Care taking for a loved one especially a spouse, child or a parent can put a strain on the relationship where roles often become reversed. There are many issues that arise from caretaking. Loss of work, loss of independence, loss of your own personal relationships and a loss of sense of self as well. There may come a time when you need more assistance and the burden becomes overwhelming for both parties and the relationship becomes damaged. It is at this time that you must ask yourself if it’s worth losing the relationship you once had. At times when outside assistance is sought, your time is freed up to once again have that relationship you once had. There is more time to connect freely and resume the roles that used to be....Many caretakers and loved ones often feel the burden lifted and are relieved to have the relationship and roles back to where they once were.

Overall Care-Taking in the home is a very important role...one that we see happening more often these days, but it’s important to remember these words.... “It’s OK”



## Ten Tips for Healthy Aging

- 1. Live an active life** - Regular exercise is one of the greatest keys to physical and mental wellbeing. Living an active life will help you stay fit enough to maintain your independence to go where you want to and perform your own activities. Regular exercise may prevent or even provide relief from many common chronic conditions such as heart disease, diabetes, depression, and arthritis.
- 2. Eat healthy foods** - Be careful of your sodium intake. Too much salt can lead to hypertension and cardiovascular disease. Most of this high sodium intake comes from pre-packaged foods and restaurants. Eat nutrient-dense foods like fruits, vegetables, and whole-grain foods. Avoid sweet, salty, and highly processed foods.
- 3. Maintain your brain** - Studies have shown that a lifestyle that includes cognitive stimulation through active learning slows cognitive decline. Never stop learning and challenging your mind! Take dance lessons, learn a new language, attend lectures at a local university, learn to play a musical instrument, or read a book.
- 4. Cultivate your relationships** - Common life changes in older adulthood, such as retirement, health issues, or the loss of a spouse, may lead to social isolation. Maintain communication with your family and friends, especially after a significant loss or life change. Schedule regular time to meet with friends and family – over coffee, during a weekly shared meal, or around a common interest. Reach out to friends who might be isolated or feel lonely.
- 5. Get enough sleep** - Get seven to nine hours per night. Lack of sleep can cause depression, irritability, increased fall risk, and memory problems. Develop a regular schedule with a bedtime routine. Keep your bedroom dark and noise-free— avoid watching television or surfing the internet while in bed. Stay away from caffeine late in the day.
- 6. Reduce stress** - Long-term stress can damage brain cells and lead to depression. Stress may also cause memory loss, fatigue, and decreased ability to fight off and recover from infection. It is not possible to entirely avoid stressful situations but we can learn better techniques to cope with it. Get enough sleep, exercise, and eat nutritious foods. Try some relaxation techniques, such as yoga, or meditation. Keep things in perspective – try to accept and adapt to the things you cannot control.
- 7. Practice prevention** - Many accidents, illnesses, and common geriatric health care conditions, such as falls, chronic illness, depression, and frailty, are preventable. Get a yearly flu vaccine. Wash your hands after using the restroom and before handling food. Practice fall prevention. Complete a home safety checklist, use assistive devices, wear appropriate footwear, get your vision checked, take vitamin D and calcium, and get some form of exercises into your routine.
- 8. Take charge of your health** - Most of our health is not controlled by the health care system but by our own actions, our environment, our genes, and social factors. The more a person participates in their own health care, the more satisfied they tend to be with the care they receive. You are your own best advocate. Contact your primary care practitioner for an annual physical or whenever you have a concern about your health, and go to those appointments prepared. Bring a list of your current prescription and non-prescription medications, including herbal supplements; keep a list of your health concerns; and, most importantly, ask questions!
- 9. Make community connections** - Older adults who engage in meaningful community activities like volunteer work report feeling healthier and less depressed. Volunteer, take a trip with friends, play cards at your local senior center, or join a book club.
- 10. Complete your Advance Directive** - The Patient Self-Determination Act gives you the right to participate in your own health care decisions, but you may not always be in a position to make a decision for yourself. You can outline your health preferences and appoint somebody to make a decision in your place when you are unable to by completing your Advance Directive.

## Keeping You Informed .....

**Baldwin Center Inclement Weather Policy**

- If **Stratford Schools** are closed, **ALL** classes will be cancelled.
- If **Stratford Schools** are closed, the **CARES** program will be closed
- If **Stratford Schools** are delayed, **morning classes** will be cancelled.  
Classes scheduled after 12 noon will be held as scheduled.
- Nutrition program**- check stations below.



**Members and instructors are encouraged to check announcements on the following:**

WTNH Channel 8      WFSB Channel 3      News Channel 12      WICC

**Interested in aqua exercise?**

Take advantage of the Ella Grasso Pool, 300 Armory Rd, Stratford.



A swim pass is available for \$10 and can be obtained online at [www.townofstratford.com/recreation](http://www.townofstratford.com/recreation) or at the Recreation Office located at 468 Birdseye Street. 203-385-4052.

-Handicap accessible with a walk down ramp into 15 yard pool. 2'-5' ft deep.

Pool schedule is Wed- Fri, 9:30-10:25am, 10:30-11:25am, 11:30am-12:30pm

# Stratford History - Always Amazing

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

This article would, likely, be more fittingly entitled "***It's a Wonderful Life—Stratford Style.***" Following Thanksgiving in 1943, an influenza outbreak seems to have hit virtually everyone in town. Even Governor Baldwin was at his home in Stratford immobilized by the flu. The outdoor temperatures had been on a roller coaster rising and falling below freezing. Early in December, a freak snowstorm raised havoc in town by spreading a snowy slush which was very difficult to remove.

Francis Brennan, age 59, the recently appointed Executive Director of the Stratford Housing Authority, left his home on December 23, 1943, with an outdoor temperature of 5 degrees. He had much work to do in his newly created Stratford Housing Authority. The Woodend Housing Project was short of coal, and he was having difficulty securing coal due to a coal shortage.

He was struggling with the administrative tasks involved with starting up any new agency. Due to a dispute between the Town and the Federal Government

Mr. Brennan had not been paid his salary, and there was no certainty as to when he would be paid.

Children were coming home from school and, though there was an ice rink provided for them at the Woodend Housing complex, some chose to ignore warnings of unsafe ice at Frash Pond and ventured out onto the Pond's frozen surface regardless of the danger.

Eight year old Eleanor Boclawaski came running into Mr. Brennan's office early in the afternoon panting that two boys had just fallen through the ice on Frash Pond. Mr. Brennan, whose office was located just north of Zack's Yogurt, ran from his office stripping off his coat and vest as he dashed the 200 feet from his office to where the boys had fallen through the ice. Not seeing any sign of one of the boys, Mr. Brennan dove into the Pond, and pulled 7 year old Kenneth Mackes to safety. Just as he'd secured Kenneth on the shore, Kenneth's brother, Robert, age 9, slipped under the pond's surface.

Mr. Brennan dove back into the icy waters, found Robert, and swam with him to the shore. He began administering first aid to both boys awaiting the arrival an ambulance to take the boys to Bridgeport Hospital. Once the boys were in the

ambulance, Mr. Brennan returned to his office and finished out his workday.

Both boys lived to be fathers and grandfathers. Robert Mackes lives with his wife, today, in Locust Grove, Virginia. What a different outcome there would have been had Mr. Brennan been touched by the flu and stayed home that day. Or, if Mr. Brennan had decided the emergency responders should have rescued the boys rather than doing so himself, both boys would have perished.



Francis J. Brennan holding a clock. Photo from the **Sunday Herald**, January 29, 1950.

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

February Birthdays: We wish good health and cheer for another great year to our members celebrating their birthday. Among them are: Frank Antonini, Claude Dubuc, Russ Jagoe, Curtis Johnson, Joe Pelland, Dick Steele, and Bill Vars.

February is Presidents Month and Black History Month. We have a lot to be thankful for. [According to Wikipedia, February is also: American Heart Month, Gang Prevention Awareness Month, Oral Hygiene Awareness Month, Teen Dating Violence Awareness Month, Eating Disorder Awareness Month, Turner syndrome awareness Month, and Cholangiocarcinoma Awareness Month.]

Our meeting dates are February 1<sup>st</sup> and 15<sup>th</sup>. Speakers: TBA. We meet at nine at the upstairs clubroom, adjacent to the library, have a business meeting, break for fellowship [usually coffee and munchies], then a speaker or presentation at ten. Our meetings are made meaningful by our slate of officers led by club president Bob Mastroni, who is our coach, our guru, our advisor and friend.

[NB: There is no golf tournament this month, either!] Past activities below:



The Baldwin Chamber Orchestra saluted the Veterans on December 7<sup>th</sup>, and played songs and carols, while we sang along. Ms Allison Fay soloed.

*Bob Atkin, photographer*



Next came the dinner at the Costa Azzurra on December 14<sup>th</sup>. Lacking pictures of that event, we do have a wonderful description of that occasion composed by Bob Mastroni:

"The dinner included a splendid assortment of hors d' oeuvres.

What followed was a gourmets' delight; scrumptious salad, delightful pasta, choice of prime rib, chicken or fish, twice cooked potatoes, vegetables, dessert, coffee, and wine galore.

The only speaker was our president who thanked the many members of our Senior Men's Club that made our year so successful. The talk included a full rundown on all the events of the year and all the wonderful speakers.

We had a DJ who was excellent. His name is Seth Carley.

We had a trivia contest that rewarded winning answers with tickets to our raffle.

We had a raffle which included some fifteen wonderful prizes that sent chills of anticipation through our senior participants.

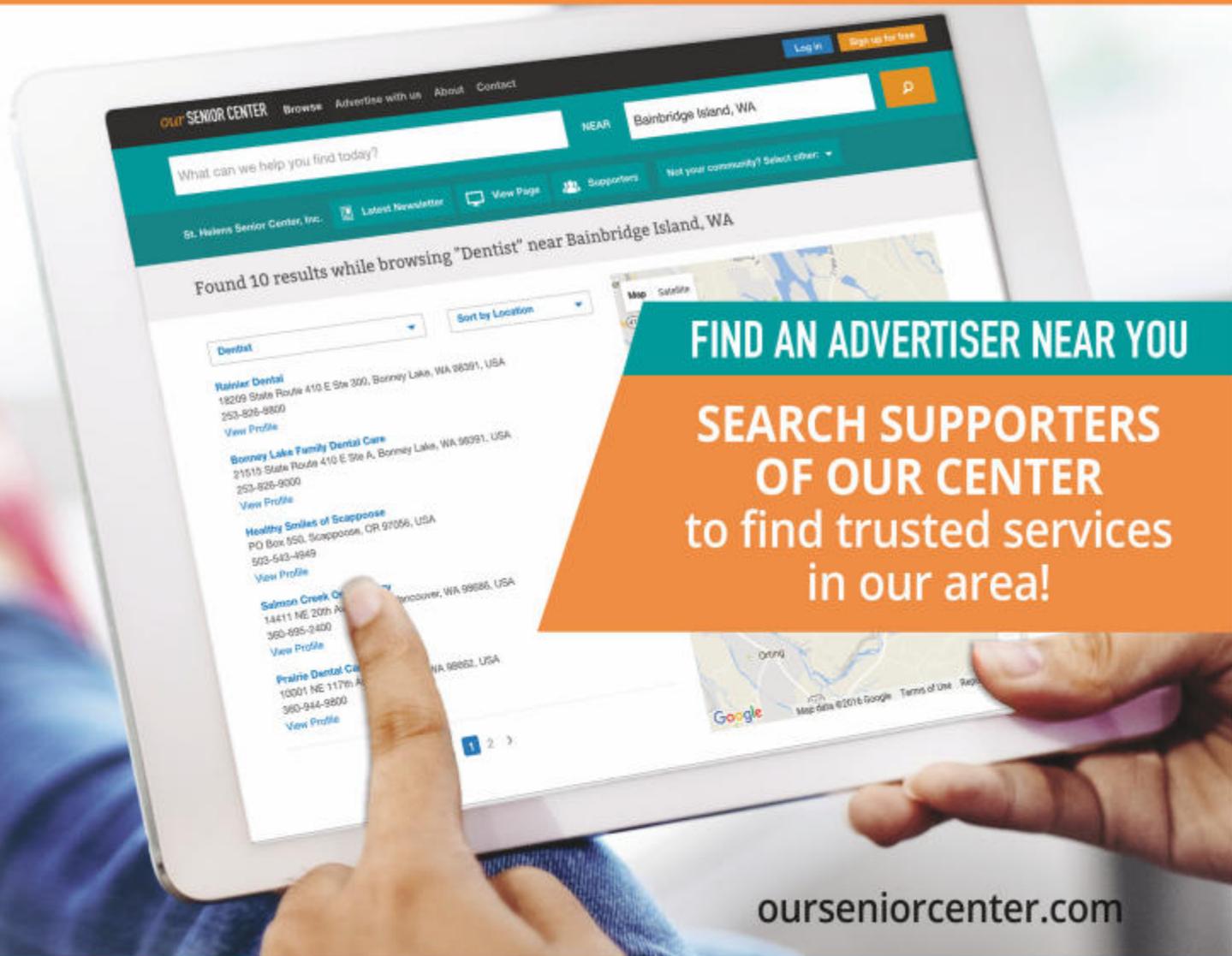
We ended the program singing "We Wish You a Merry Christmas".

All in all, the dinner was a huge success, most left with a belly full of food and a handful of prizes."

If you feel that the Stratford Senior Men's Club is right for you, come to any meeting the first and third Fridays of every month throughout the year. Call 203-362-5675 and speak to Bob.

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