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DECEMBER
2019

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Laura Kapitan

DISPATCH/SCHEDULER

Janice Niper-203-385-4051

Office hours: 8:00 am –11:45 pm

DRIVERS

*Alfredo Serrano, Robert Ofiero,
Marvin Patrick and Vincent Pavone*

CUSTODIANS

Sam Baldwin, Clyde McLaughlin

NUTRITION PROGRAM

*Delois Marshall, Acting manager
Reservations: 203-377-4991,
9:00 am –11:00 am*

TRIP COORDINATOR

Mary Ellen Cisero 203-375-7878

HANDICAPPED INFO/REFERRALS

Susan M. Pawluk 385-4020

****Please note: Stratford Senior Services will continue to collect non-perishable food items for the Sterling House Food Pantry. Items will be collected in the lobby.*



Greetings to All....

The Holidays are here once again and I am happy to be spending my second Holiday season here with my Baldwin family. The Holiday music is playing and the hustle and bustle of the season has begun. We once again are wishing our snow birds a safe and relaxing winter season as we stay behind and brave the elements that winters in Connecticut have to offer.

We look forward to the continued traditions here at Baldwin such as our annual tree decorating, our mitten tree that our Baldwin knitters work so hard all year long on to provide warmth for those in need, our community concert and all the additional celebrations throughout the season.

This year we have a new winter weather policy (please see page 13), to ensure that all our seniors stay as safe as possible during the inclement weather.

Please be sure in this season of giving to remember all those in need, in all ways. There is always a way to provide comfort and support to those who are in need during the holiday season. Some small acts of kindness spread throughout the community are always most important at this time of the year when some are not as fortunate.

The annual membership drive will begin January 2nd, 2020. Please keep an eye out for details regarding membership.

As always my door is open.

All my Best,
Sandy

KMA

The Law Offices of Kurt M. Ahlberg

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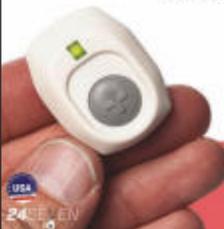
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C.A.R.E.S. Corner.....Erin McLeod**ATTENTION ALL! The Baldwin C.A.R.E.S. program has openings for new participants!**

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.

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 is December 10th.**

AARP will not be meeting in December. In lieu of a meeting, AARP will cosponsor the **Baldwin Center Holiday party on December 12th at 1:00 pm** in the main hall. No Donations will be collected this month.

Exciting 2019 Day Trips!!!

The 39th Annual Home & Garden show (February 22): Travel to Mohegan Sun, Earth Expo & Convention Center to see an array of home and garden products and services by state and national vendors. View beautiful gardens, plants and flowers and speak with the experts to learn what is new. This show is sure to brighten your day and lift those winter doldrums! Receive a casino bonus and meal ticket too. Cost:\$59.00

St. Patrick's Celebration at Gavin's Resort (March 11): Find the spirit of Ireland nestled in the beautiful Northern Catskills on this one day getaway. Start with a complete Irish luncheon followed by the finest show including a sing-a-long and Irish Step Dancers. Then travel on the shamrock decorated streets of East Durham with Irish gift shops and country store to explore. Cost: \$100.00

Upcoming 2019 Trips: Aqua Turf St. Patrick's celebration, MGM Springfield

*Please stop by the Center for additional trips. Flyers are available in the lobby 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** or **money order** made out to Getaway Tours in a envelope marked with name, phone number and trip.*

PO-KENO

Seeking players to play Friday afternoons at 12:30 in the coffee shop. Stop by.

*Holiday
Concert*

Stratford Community Concert Band to perform at the Baldwin Center on **Sunday, December 1 at 2:00 pm.** Ring in the holidays with this very talented group. The annual event is cosponsored by the Stratford Recreation Dept.

Wednesday, December 4 at 10:30 am

Join Caitie and Lauren for a winter themed craft. Sponsored by Milford Health and Rehabilitation Center. Supplies provided. No fee. Please sign up at the front counter.



December Updates

Blood Pressure Screenings provided by Porter and Chester– TBD.

Meditation – Will be held on Friday, December 8 at 10:00 am.

Reflexology – Private mini-sessions. Fee \$15 cash (correct change) or checks (payable to Linda Leson). Appointments available on December 5 and 19, 10-3 pm.

Reiki – Tuesdays with Nikki Stollman. Fee \$1/ minute; cash (correct change) or checks (payable to Stratford Senior Services). Please contact Nikki directly 203-331-2096.

Singles Friendship Club – Next meeting December 9 at 2:00 pm in the coffee shop.

Stew Leonard's Trip – No trip in December.

Watercolor classes on Tuesday afternoons with Sabine Bonnar

Advanced-12:30 pm, Intermediate-2:30 pm (class is currently full). 5 sessions: \$35.

Tech classes provided by the Stratford Library

eBooks 101: Thursday, December 5, 2-3:30 pm. **Exploring the Internet:** Thursday, December 19, 10:30 am—noon. To register and for more information please call 203-385-4164. Classes will be held at the Stratford Library.

Roundtable with Attorney Eliovson Tuesday, December 10 at 10:00 am

Have you ever wondered what “The State will take”, if you need long term care? The answer is “Nothing”. Come and learn what your rights would be if assistance is ever needed in the future. Attorney Lyn Eliovson will present an open round-table discussion regarding Long Term Care and Asset Protection Planning and what might be best for you. Attorney Eliovson will review basic Medicare and Medicaid regulations and planning options. Attorney Eliovson will also briefly review the many recommended legal documents to assist in the management of estates. Attendees can bring their questions and concerns to the table for a mutually beneficial discussion. Please sign up at the front counter.



Meditation with Laurie Trupp

Friday, December 6, 10:00 am. Please register at the front counter. Fee \$2.



Screening: National Lampoon's Christmas Vacation

Friday, December 6, 1:15 pm. In the lower level, classroom 1.

Stress Less

Wednesday, December 18 at 10:00 am

Deep breathing and simple stretching exercises will be demonstrated and practiced. No fee.



Join your fellow Center members for an afternoon of shopping at Christmas Tree Shops and lunch at Cracker Barrel on **Friday, December 20th**. If you are interested please sign up at the front desk. Transportation is free. Seniors are responsible for the cost of their lunch. The bus will depart the Center at 11:00 am and will return by 3:00 pm. Limited space. Preference will be given to those who did not attend the November trip.



Tree Trimming Party– Thursday, December 5th from 9:00 am -11:00 am. Come join the staff for some holiday fun! Help decorate the trees, enjoy refreshments, decorate sugar cookies, sing carols with local students or just come for the holiday cheer.

Baldwin Center Holiday Party– Thursday, December 12th at 1:00 pm. Co-sponsored by AARP and Galello-Luchansky Funeral Home. Smile Awhile, the fun, talented group from Trumbull will entertain. The group, which has been performing for over ten years, uses a variety show format-- "sing a longs" to old and new familiar tunes, dance routines, comedic skits and pantomimes. Holiday cookies and punch will be served. Please sign up at the front counter.

Baldwin Chamber Orchestra Holiday Concert– Tuesday, December 17th at 2:00 pm, at the Stratford Library, Lovell room. The orchestra will play traditional Christmas carols to embrace the holiday and Hanukkah music to celebrate the festival of lights. Not to be missed!



Facile la vita
F I

December Daily Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2) 9:00 AEROBICS 10:00 KNITTING 10:00 STRENGTH 11:00 QIGONG 12:45 BINGO 1:00 PING PONG 1:00 ACRYLICS	3) 9:00 ZUMBA TONE 10:00 SITTERCISE 10:00 SCRAPBOOKING 10:30 LINE DANCE 11:00 YOGA 12:30 LADIES POKER 12:30 MAHJONGG 12:30 GOLDEN TONES 1:30 PICKLEBALL 2:00 REIKI	4) 9:00 STRENGTH 10:00 BOOK GROUP 10:30 CRAFT 11:00 QIGONG 11:30 PIANO 12:30 MEN'S POKER 1:00 WRITING 2:00 PICKLEBALL	5) 9:00 AEROBICS 9:00 TREE TRIMMING 10:00 SITTERCISE 10:00 REFLEXOLOGY 10:30 LINE DANCE 11:00 YOGA 12:30 WII BOWLING 1:00 ORCHESTRA 1:00 LIVE WELL 1:00 PING PONG 1:00 CRIBBAGE	6) 9:30 MAHJONGG 10:00 MEN'S CLUB 10:00 MEDITATION 11:00 CHAIR YOGA 12:30 CARDS 12:30 BALDWIN PLAYERS SHOW 1:00 TAP
9) 10:00 MITTEN TREE 11:00 QIGONG 12:45 BINGO 1:00 PING PONG 1:00 ACRYLICS 2:00 SINGLES FRIENDSHIP CLUB	10) 9:00 ZUMBA TONE 10:00 SITTERCISE 10:00 COA 10:00 ROUNDTABLE 10:30 LINE DANCE 11:00 YOGA 12:30 LADIES POKER 12:30 MAHJONGG 12:30 GOLDEN TONES 1:30 PICKLEBALL 2:00 REIKI	11) 9:00 STRENGTH 11:00 QIGONG 11:30 PIANO 12:30 MEN'S POKER 1:00 WRITING 2:00 PICKLEBALL	12) 9:00 AEROBICS 10:00 SITTERCISE 10:30 LINE DANCE 11:00 YOGA 12:30 WII BOWLING 1:00 HOLIDAY PARTY 1:00 ORCHESTRA 1:00 PING PONG 1:00 CRIBBAGE	13) 9:30 ZUMBA 9:30 MAHJONGG 11:00 CHAIR YOGA 12:30 CARDS 1:00 TAP 2:00 BALDWIN PLAYERS REHEARSAL
16) 9:00 AEROBICS 10:00 KNITTING 10:00 STRENGTH 11:00 QIGONG 12:45 BINGO 1:00 PING PONG 1:00 ACRYLICS	17) 9:00 ZUMBA TONE 10:00 SITTERCISE 10:00 SCRAPBOOKING 10:30 LINE DANCE 11:00 YOGA 12:30 LADIES POKER 12:30 MAHJONGG 12:30 GOLDEN TONES 1:30 PICKLEBALL 2:00 REIKI 2:00 CONCERT	18) 9:00 STRENGTH 10:00 BOOK GROUP 10:00 STRESS LESS 11:00 QIGONG 11:30 PIANO 12:30 MEN'S POKER 1:00 WRITING	19) 9:00 AEROBICS 10:00 SITTERCISE 10:00 REFLEXOLOGY 10:30 LINE DANCE 11:00 YOGA 12:30 WII BOWLING 1:00 ORCHESTRA 1:00 PING PONG 1:00 CRIBBAGE 2:00 PICKLEBALL	20) 9:00 MEN'S CLUB 9:30 ZUMBA 9:30 MAHJONGG 11:00 CHAIR YOGA 11:00 TRIP 12:30 CARDS 1:00 TAP 2:00 BALDWIN PLAYERS REHEARSAL
23) 9:00 AEROBICS 10:00 KNITTING 10:00 STRENGTH 11:00 QIGONG 12:45 BINGO 1:00 PING PONG 1:00 ACRYLICS 	24) 9:00 ZUMBA TONE 10:00 SITTERCISE	CLOSED DEC. 25TH IN OBSERVATION OF CHRISTMAS 	26) LUNCH WILL BE SERVED NO CLASSES OR PROGRAMS	27) LUNCH WILL BE SERVED NO CLASSES OR PROGRAMS
30) LUNCH WILL BE SERVED NO CLASSES OR PROGRAMS	31) LUNCH WILL BE SERVED NO CLASSES OR PROGRAMS			

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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 11am Monday-Friday.

Special memories made at the Baldwin Center in 2019



Social Services NotesShirley Dominguez

Operation Fuel Winter Assistance

We will begin accepting applications for Operation Fuel Winter Assistance program on December 2nd. This program is for households that are struggling to pay their heating bills and are in danger of having their heat shut off. Applicants can receive up to a \$500 grant which is sent directly to the heating company from Operation Fuel.

In order to be eligible for an Operation Fuel grant for primary heat, you must have already applied for and received Energy Assistance through ABCD. Operation Fuel is designed for those applicants that receive minimal assistance through ABCD, in that they received only one fuel delivery or the lowest dollar amount sent to the utility company.

The Operation Fuel Winter Assistance program can also provide grants for help with a secondary utility if you have received a shut off notice or if your account has a significant back balance and you are at risk of having your utility shut off.

Applicants must meet the following financial guidelines:

1 person	\$43,894.50	4 people	\$84,412.50
2 people	\$57,400.50	5 people	\$97,918.50
3 people	\$70,906.50	6 people	\$111,424.50

Potential applicants that heat with gas or electric must have made 4 payments to their utility company during the past 12 months from date of application. If you are applying for assistance for a secondary utility, you also must have made 4 payments to the utility company during in the past 12 months from date of application.

You can only receive assistance from Operation Fuel once every 12 months. For example, if you received assistance for their summer assistance program in August of 2018, you will not be eligible again for assistance until August of 2019. Applicants can receive Operation Fuel assistance either from their winter program or their summer program, but not both.

If you think you may be eligible, please contact Shirley at 203-385-4055.



Caregiver Support
By Lauren Donovan

Anxiety In Older Adults

Anxiety affects as many as 10-20 percent of the older population, though it is often undiagnosed, according to the Geriatric Mental Health Foundation (GMHF) . In fact, among adults, anxiety is the most common mental health problem for women, and the second most common for men, after substance abuse.

An anxiety disorder causes feelings of fear, worry, apprehension, or dread that are excessive or don't realistically represent the situation at hand.

The Signs

Here are the signs of an anxiety disorder, according to the GMHF:

- Excessive worry or fear
- Refusing to do routine activities or being overly preoccupied with routine
- Avoiding social situations
- Being overly concerned about safety
- Racing heart, shallow breathing, trembling, nausea, sweating
- Poor sleep
- Muscle tension, feeling weak and shaky
- Hoarding/collecting
- Depression
- Self-medication with alcohol or other central nervous system depressants

What Contributes to Anxiety Disorder

A number of things can contribute to an anxiety disorder, including:

- Extreme stress or trauma, bereavement and complicated or chronic grief
- Alcohol, caffeine, drugs (prescription, over-the-counter, and illegal)
- A family history of anxiety disorders or other medical or mental illnesses
- Neurodegenerative disorders (like Alzheimer's or other dementias).
- Aging issues, such as poor health, memory problems, fears of being left alone.

What About Depression?

For older adults, depression often goes hand-in-hand with anxiety. It is important to know the signs of both anxiety and depression, and to talk with a physician about any concerns. Anxiety can interfere with memory, and significant anxiety might contribute to amnesia or flashbacks of a traumatic event.

These symptoms that last at least two weeks could be signs of depression:

- Disturbed sleep (sleeping too much or too little)
- Changes in appetite (weight loss or gain)
- Physical aches and pains, lack of energy or motivation
- Irritability and intolerance, loss of interest or pleasure
- Feelings of worthlessness or guilt
- Difficulties with concentration or decision-making
- Noticeable restlessness or slow movement
- Recurring thoughts of death or suicide
- Changed sex drive

What You Can Do

If you believe your loved one is suffering from an anxiety/depressive disorder, encourage him or her to see a doctor. Treatment and medications are available to address these conditions.

Article courtesy of Home Instead



'Tis the season to be jolly....or is it?

If you find yourself having to fight the urge to lock yourself in the toilet with a bottle of something strong on holiday occasions, then a little bit of humor might be just the ticket to head off any holiday stress and impending insanity of tense family situations. You could go and sob into the punch bowl, or you could use humor to reduce stress and enjoy the holidays with loved ones.

Adding Humor to the Holidays- So the turkey may have turned into a dog's dinner, the fruitcake may have exploded, and you may have been locked in to an awkward moment when two people gave the same gift to someone, but all is not lost! In hindsight, these are actually hilarious situations. What's better than to laugh off these moments of festive calamity? Sharing laughter helps people realize the most important part of the holiday is the gift of being together. To that end, here are some tips on how to reduce holiday stress.

Find Laughter Every Day- Trying to create the perfect holiday from memories and finding out things are just not the same is about as fun as falling out of a tree. Instead of wishing for how things used to be, create new memories. When you're counting down to a particular holiday, find one thing to laugh or smile about every day and watch your stress fade away.

Watch Funny Movies- Humorous holiday movies can help get you in the mood for laughter with side-splitting moments. These funny holiday movies offer some holiday laughter therapy. *A Christmas Story, Elf, The Santa Clause, Home Alone, Jingle All the Way, Bad Santa* and *National Lampoon's Christmas Vacation* (screening at the Baldwin Center on December 6th at 1:15).

Humor Is Everywhere- Laughter is catching. Once one thing is funny, more things are found to be humorous, and before you know it, you are all rolling around laughing at...who on earth can even remember what? So, make way for laughter and embrace those unexpected moments.

Stratford History - New High School?

By David Wright, Editor
Stratford Historical Society's
CUPHEAG CORNER

It's interesting that 100 years ago we were looking for a place to locate a new high school, and 100 years later, we're building a new high school to replace the one built in 1925. In both cases, the taxpayers had spoken and indicated the current high school building was inadequate.

In 1919, there were 216 high school students sandwiched into the "Consolidated" School on East Broadway. All athletic events, assemblies, dances, and school plays were hosted at either the then Town Hall, or at Red Men's Hall on Church Street. It was past time for our town to build its own high school, and residents of Bridgeport were actually critical of Stratford for not responding to what was understood by all as a true educational necessity: a new high school.

After the site for the new high school had been selected, the residents, at a Town Meeting held on October 11th, 1919, voted to begin construction on a new high school as soon as possible.

The Bridgeport Evening Farmer
October 10, 1954
**STRATFORD HAS CHOSEN SITE
FOR ITS HIGH SCHOOL**

Stratford. Oct. 10—Nothing is too good for us, was the verdict expressed by the citizens of the town last evening when they met to select a school site. The town meeting, which was adjourned from two weeks ago to enable the school board to select several more sites, was called to order by Chairman Carey at 8 o'clock. It had been found that the adjourned meeting could not legally purchase any other site than that specified in the original call and a second warning had been issued for a special town meeting to be held at 8:30 last evening. After reading of the min-utes, on motion, Chairman Carey declared the meeting adjourned and announced that the next town meeting would be called to order at 8:30.

During the 30 minute interval that ensued a number of the citizens entertained those



present. "Mayor" Wellington was introduced and spoke briefly.

At 8:30 Town Clerk Lovell called the meeting to order. F. O. Rhoades elected chairman. The school committee reported that they had three sites to consider. First, the property owned by the Beardsley estates, Inc., and Chester Dunlap, fronting on North Parade and extending through to King street. Second, the property at Barnum avenue and King street fronting on Barnum avenue and running north on King street. Third, the Bedell Benjamin property at Broad street and Beardsley lane. Preference was given by the committee to the Beardsley-Dunlap property.

After considerable discussion it was voted to buy the Beardsley Dunlap tract. F. S. Beardsley, who was present, stated that he was willing to select one appraiser, the town to select another, they two to select a third and agreed to accept he [sic] price made by this committee. The site selected is by far the best and most centrally located that could be obtained and would display to advantage the high school building that will eventually be erected and will also afford ample room for play grounds.

It is the intention of the school committee to build a wing of the proposed new building at once to relieve the congestion which now exists. This wing to eventually form a part of the new high school.



The Baldwin Center/Stratford Senior Services Inclement Weather Policy

If Stratford Public Schools are **CLOSED due to INCLEMENT WEATHER**, all Baldwin Center activities/classes/transportation/lunches/cares program are cancelled and the Center will be **CLOSED**.

If Stratford Public Schools are **DELAYED**, The Baldwin Center **MORNING** activities/classes and transportation services that begin before 11am will be **CANCELLED**. Classes, activities and transportation will begin at 11am or as determined by the staff. The Cares Program will open at 11:30.

Baldwin Center Closings and Delays will be publicized on Channel 3 WFSB, WICC and the main line can be called for the most up to date information 203-385-4050.

If travel becomes hazardous during the course of the day due to inclement weather the center may be closed for the remainder of the day at the discretion of the staff. If this does occur **ALL bus passengers will be driven home**. No passenger will be left stranded. Members are encouraged to check for cancellations or delays during inclement weather.

Just a reminder from the Tax Collector's office ...

The 2nd installment of Real Estate, Sewer & Motor Vehicle taxes are due January 1, 2020.
The last day to pay without penalty is February 3, 2020.

You can make payments one of the following ways:

- 1) Mail your payment directly to the Tax Office (if you need a receipt, please send a self addressed stamped envelope)
- 2) Pay on-line at our website – www.townofstratford.com
- 3) At any People's United Bank in Stratford with your original bill
- 4) In person in our office at 2725 Main Street

If you are mailing your payment, it must have a US Postmark no later than February 3, 2020.

*The Staff at the Tax Collector's office would like to wish you all a
Safe, Healthy & Happy Holliday!!!*

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

December Birthdays: We wish the following members a very happy birthday, and many happy returns: Emery Kelemen [20], Al Kupchick [18], and Tom Marticek [18]. [If we missed yours, let us know!].



Our meeting for this month [December 6th] will be in the Baldwin Center in the great room at 9:00 A.M. Plans for the Christmas Dinner at the Costa Azzurra will be finalized and speakers/presenters for January will be announced. Please remember to bring in your raffle items for the dinner at this time. Final dinner payments/reservations will be collected by Don Coulson. Make your check payable to "Stratford Senior Men's Club." Call Don at 203-375-9937 for details.

Other reminders: a warm clothing drive is on-going through member Larry Lazaro. Bring your items in to the meeting, or call him at 203-377-5080 for further information. Also, please remember to ask for ads for the golf tournament from businesses and services you frequent. The tournament raises funds for student scholarships and worthy community causes.

December 6th is a special meeting, as the Baldwin Chamber Orchestra will present a salute to the Veterans followed by a musical presentation. There will be a vocalist: the talented coloratura soprano Miss Allison Fay, who will sing Handel's "Arioso," Franck's "Panis Angelicus," Webber's "Pie Jesu," among others. We will also have a Christmas Carol sing-a-long. The orchestra will play traditional Hanukkah music to celebrate the festival of lights. Be sure to come! [This event is open to all].

Past presenters were: Clayton Brown, former Commandant for the CT State Troopers training camp, alongside you see his hats and jacket with honors and commendations.



And Michael Emery, who spoke on William Emery, his Uncle, a survivor of the USS Indianapolis, which was torpedoed and sunk at sea, north of the Philippines.

Justin Stanko, pictured on the right, played football at Bunnell, 2x All-State / Bunnell HOF member, attended UCONN on a full scholarship, went on to Quinnipiac School of Law, graduating Magna Cum Laude in 2005. He now serves as a lieutenant, operations commander at Derby Police Department. Justin is now working at Moses Berchem as an attorney involved with litigation.



The Stratford Senior Men's Club meets every first and third Friday [currently at the First Congregational Church, lower Packard Hall, while the elevator at the Center is in disrepair]. Come join us, as all men 55 and over are welcome. Call Bob Mastroni, 203-362-5675 for questions and details.

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