

SEPTEMBER
2020

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The cemetery by-laws, which includes pricing, are posted on our website: www.saintjosephsofstratford.org

You may also contact the pastor to discuss details or to view the grounds. Pastor@saintjosephsofstratford.org

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The Baldwin Center, Stratford, CT 06-5040

Greetings,

I hope this edition finds you all healthy and staying safe. I have some very difficult news to share with you all as I have come to the very tough decision of resigning my position here as the Senior Services Supervisor in the Town of Stratford. I have been with you all just shy of 2 years. I have thoroughly enjoyed getting to know you all and advocating for the many needed changes and additions to the division. It is my hope that the needed changes will continue to occur and the doors will once again be opened to welcome you all back in with open arms. You all have been greatly missed during this difficult time and my biggest regret is not being able to say farewell in person to many of you, who have brought joy to my days and touched my life. I wish you all the best in the future.. Above all stay safe and stay healthy.

All My Best Always....
Sandy



KMA

The Law Offices of Kurt M. Ahlberg

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

CARL A. GLAD
ATTORNEY AT LAW
cglad.kmalaw@gmail.com

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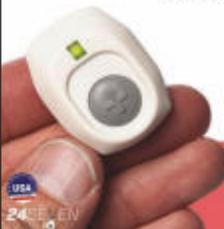


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The Baldwin Center, Stratford, CT 06-5040

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Stratford Partnership for Youth and Families

ABSENTEE BALLOT INFORMATION FOR THE NOVEMBER 3, 2020 ELECTION

Absentee Ballot Applications will be sent out to all registered voters by the Office of the Secretary of the State. You should expect to receive your application in mid-September.

Mail your application to us as soon as possible. Do not wait until the week before the election to mail your application. We cannot guarantee that you will receive your ballot in time or that you will have enough time to complete your ballot and return it to us by Election Day. Absentee ballots will be mailed to all applicants on file, beginning on October 2nd.

Completed Absentee Ballots can be mailed to us or, placed in the Ballot Drop Box located at Town Hall facing Main Street.

Please Note: You do not have to vote by absentee ballot. The Polling locations will also be open on Election Day and will provide a safe and sanitized environment with social distancing in place.

Paper Shredding and Electronics Recycling Event!

A great opportunity to safely and securely shred confidential documents - perfect for personal use, small companies and offices. Bring your old computers, TVs, printers, etc., to be recycled.

Funds raised will help provide Stratford students with educational programs and services.

Paper Shredding

Small Containers: \$5
Medium Containers: \$10
Large Containers: TBD

Electronics Recycling

Each item: \$5
(Any size item)

The Baldwin Center (Back Parking Lot)
1000 West Broad Street, Stratford, CT
Saturday, September 26, 2020 | 9:00 am – 1:00 pm*

We will be following standard social distancing guidelines. Please wear a mask and remain in your vehicle. A volunteer will assist you.

Contact John Corb at The Stratford Rotary to answer any questions: 203-377-0693

PRESENTED BY THE STRATFORD ROTARY CLUB WITH THE SUPPORT OF SIKORSKY CREDIT UNION & WILLIAM B. MEYER, INC

Town of Stratford weekly food pantry and community dinner temporary schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Sterling House Community Center Food Pantry 2283 Main Street, Stratford, CT 1:00 - 6:00 pm</p> <p>Christ Church Community Supper 2000 Main Street, Stratford, CT 4:00 - 6:00 pm</p>	<p>Sterling House Community Center Food Pantry 2283 Main Street, Stratford, CT 1:00 - 3:00 pm</p> <p>Holy Name of Jesus Church Mobile Pantry 1950 Barnum Ave, Stratford, CT 3:00 - 4:00 pm Second Tuesday of the Month ONLY</p>	<p>South End Community Center 19 Bates Street, Stratford, CT 9:15 - 11:45 am Twice per Month</p> <p>St. James Church 10:00 am - 12:00 pm Once per Week</p> <p>Christ Church Community Supper 2000 Main Street, Stratford, CT 5:00 - 6:00 pm</p>	<p>Sterling House Community Center Food Pantry 2283 Main Street, Stratford, CT 1:00 - 3:00 pm</p>	<p>1st Haitian Evangelical Church 1192 Stratford Ave, Stratford, CT 1:00 - 3:00 pm</p>	<p>First Baptist Church 1301 Stratford Ave, Stratford, CT 10:00 am - 12:00 pm</p> <p>Stratford Academy Johnson House Mobile Pantry 719 Birdseye Street, Stratford, CT 12:00 - 1:00 pm First Saturday of the Month ONLY</p>

FOR THOSE WITH NUTRITIONAL NEEDS

Meals on Wheels - Contact: 203-332-3264- Set fee. Two meals per day for persons who are homebound, elderly, or recuperating from an illness. Weekend meals are also available

Sterling House Mobile Food Pantry Delivery - Contact Stratford Senior Services at 203-385-4055 for a referral. 24 hour turnaround with a twice a month delivery- Free Service

If you are in need of shelf life foods and or household staples please contact Stratford Senior Services at 203-385-4055 to connect you with the appropriate service.

Stratford Food Pantries

- First Baptist Church 203-377-3954
- St. James Roman Catholic Church 203-375-5887
- Sterling House 203-378-2606
- Stratford Baptist Church 203-375-7768
- South End Community Center 203-377-0689

Any questions regarding access to nutrition and resources please contact the Baldwin center at 203-385-4055.

CT SNAP <https://portal.ct.gov/DSS/SNAP/Supplemental-Nutrition-Assistance-Program-SNAP/FAQ> CT SNAP Call Center: 866-974-7627 (English and Spanish)

Monday: 9am to 8:00pm, Tuesday-Thursday: 9:00am to 9:00pm, Friday: 9:00am to 3:30pm
Saturday: 9:00am to 12:00pm, Sunday: 9am to 5:00pm

**Stroke Support Group
September 1st at 6:00 pm**

Provided by Ahlbin Centers for Rehabilitative Medicine at Bridgeport Hospital

Join Zoom Meeting

<https://ynhh.zoom.us/j/99443523199?pwd=bUhMV1Y1cmI6L3g3V1pMMGQ4dGd1Zz09>

Meeting ID: 994 4352 3199

Passcode: 296687

One tap mobile

+19292056099,,99443523199#,,,,,0#,,296687# US (New York)

+13017158592,,99443523199#,,,,,0#,,296687# US (Germantown)

ENERGY ASSISTANCE

As the Baldwin Center continues to be closed, we are going to be completing all Energy Assistance applications by telephone, mail or drop box. When it is time for you to apply, please call the Baldwin Center at 203-381-2066 and we schedule an appointment with you to complete the application over the telephone. We will then send you the application and other forms that you will need to sign. You will also receive the checklist of documents that you will need to provide to us so we can complete your application. Once you have reviewed and signed the application and have gathered all of the documents that you need to return to us, you can either mail them to the Baldwin Center or put them in our drop box located at the center.

If returning by mail, send to: Baldwin Center, 1000 West Broad St., Stratford, CT 06615, Attn: Shirley

If returning by drop box: Our Drop Box is located between the two glass doors at the Baldwin Center and can be used Monday through Friday, 8:30am to 4:00pm.

Please submit your applications using the following time line:

- Oil customers -** September 14th through October 2020
- Gas customers -** November 2020
- Electric customers -** December 2020

The following are the income guidelines for the 2020-2021 Energy Assistance Program:

1 person- \$32,514 **2 people-** \$42,519 **3 people-** \$52,523 **4 people-** \$62,528 **5 people-** \$72,532

The following are the asset limits (excluding your house) for the 2020-2021 Energy Assistance Program:

Home Owners \$15,000 **Renters** \$12,000

Keeping You Informed.....Lauren Donovan

Checklist for Preparing for a Tele health Appointment. ...

1. Talk to your insurance company about coverage and copays. ...
2. Write down your symptoms. ...
3. State any pre-existing conditions you have. ...
4. Write down questions. ...
5. Keep medical devices you have close at hand. ...
6. Find a quiet spot for your tele health appointment. ...
7. Locate and prepare your devices (home phone, cell phone, tablet computer, etc) beforehand.

A shout out to our Friday drive thru sponsors: Thank you for your generosity St. Joseph's Center (Trumbull), 4 Core Financial (Stratford), Wesley Village (Shelton), C.E. & Associates, LS Occupation Therapy Consultant and Services (Stratford), Regalcare (Southport), The Watermark at 3030 Park (Bridgeport), Griswold Home Care (Stratford) and Cambridge Health and Rehabilitation Center (Fairfield).

Interesting programs and web sites to keep the body and mind active...

Free classical concerts:

<https://www.classicalmpr.org/story/2020/03/16/free-online-classical-concerts>

Broadway concerts: <https://www.broadwayworld.com/topic/living-room-concerts>

Yoga & Pranayama classes by HCC Spiritual Meditation Center: hcc.yoga.wendy@gmail.com

Virtual workouts offered by YMCA: <https://cccymca.org/blog/2020/03/18/for-your-health-well-being-2/>

Free yoga, pilates & cardio classes provided by Tranquility Yoga, Milford, CT. Experience yoga with Baldwin Chair Yoga Instructor Virginia Verillo. <https://tranquilitywellnessspa.com/videos/>

Monogrammed Tote Bag:

Create this simple, stylish tote from the comfort of your home. Complete craft kit with tote, paint, stencil and instructions will be available for curbside pickup at the Baldwin Center in late September. Fee \$15 (due at pickup). If you are interested please call 203-385-4050.





a c t i v i t i e s

Trivia- Tuesdays 11:00 am. Questions are fun, conversation starters that cover a wide range of topics from well known movies and commercials to food, geography, lifestyle and more.

All activities are approximately 40-60 minutes.

Stress Less- Wednesdays 10:00 am. For this class you will need a stable chair and will also need to be able to put your phone on speaker. The class consists of deep breathing exercises, gentle yet effective stretches and a short, guided meditation to leave you relaxed and ready to face the day.

Bingo- Mondays at 1:00 pm. Use your own cards or call 203-385-4050 to have cards mailed to you.

Coffee and chat with friends from the center (*over the phone*) at a convenient time for the group. Call 203-385-4050 to coordinate.

How to participate in the virtual programs listed above: A home phone or cell phone can be used. If you are interested, dial **1-425-436-6344**. You will be prompted for an access code, **press 243 280** and then **hit the number sign #** and you will be connected to the group. *Please note this is a toll call. Check with your phone carrier prior to participating to confirm your long distance policy. ⁰

Zoom presentations:

Attorney Linda Eliovson's Elder Law Roundtable September 16th, 10:00 am

Join Meeting <https://us02web.zoom.us/j/81825148588?pwd=eldKQzRIMIZ2ck5nTDdsY0dteGw2dz09>

Meeting ID: 818 2514 8588, **Passcode:** 416027

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Find your local number: <https://us02web.zoom.us/j/81825148588?pwd=eldKQzRIMIZ2ck5nTDdsY0dteGw2dz09>

MEDICARE provided by 4 CORE Financial, Stratford, CT, September 22nd, 11:00 am

Presenting on the rights, entitlements and changes for Medicare. It is important to review the number of areas pertaining to Medicare. This program will cover the A-Z of Medicare and all of the options individuals will have for 2021. During this presentation we will discuss the "big gaps" as well as the OOPs (Out of Pocket Maximum) and ways you can be more prepared for them. We will also discuss how you can get your formulary review and plan updates personally.

Join Zoom Meeting

<https://us02web.zoom.us/j/89402209693?pwd=cnpRaW5jcUFpZzA3NjVMYjdVS1RQdz09>

Meeting ID: 894 0220 9693 **Passcode:** 574974

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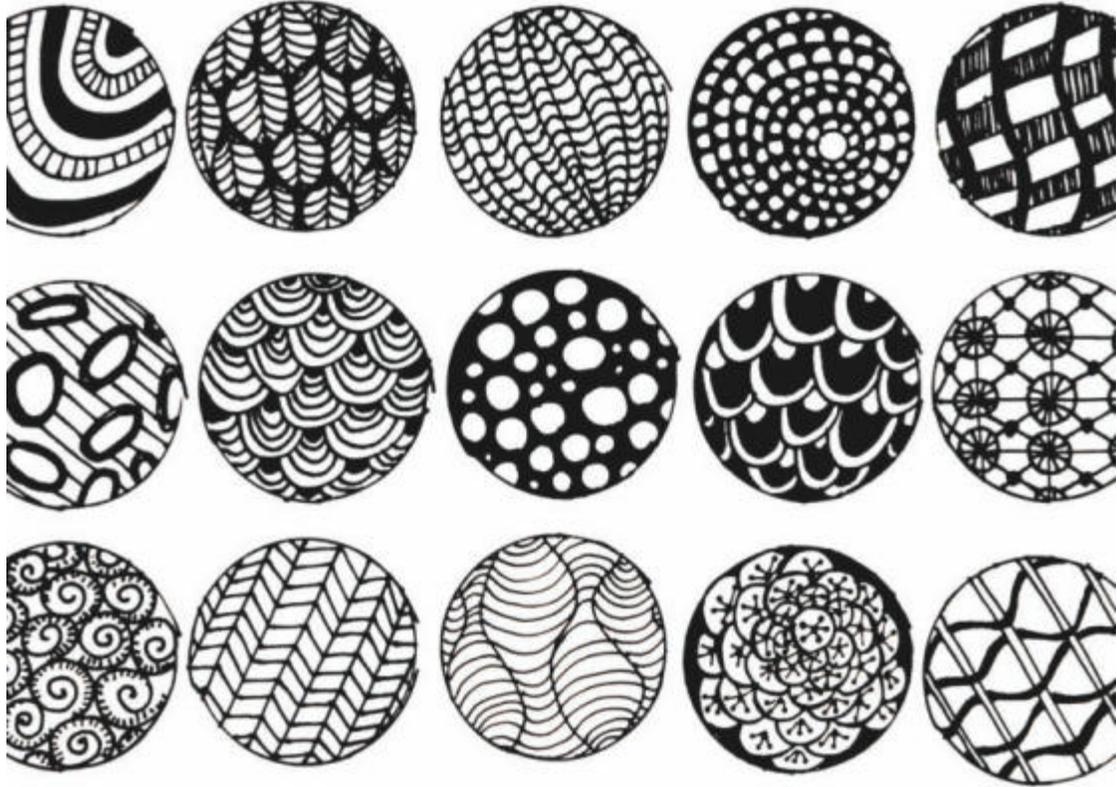
4 CORE Financial is offering a **no contact**, distribution of Medicare information and giveaways on the following dates: 10/17 Sponsored by Wellcare, 10/24 Sponsored by Aetna, 10/31 Sponsored by 4 Core Financial (Medicare Vendor). 10:00 am-2:00 pm. 608 Ferry Blvd, Stratford. Please call Joseph Violetta for more information 203-449-6717 or email: Jvioletta@teamifg.com.

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Zendoodle can lower your stress levels, train your brain to focus better, and firm up connections in your brain.

To get started, chose a pattern below and recreate the pattern in one section of the template. Continue to fill other areas, using different patterns. Typically, a black fine line marker or pen is used for Zendoodle, but for colorful designs you can use colored pencils, markers or anything you choose.

Zendoodle



Create your own Zendoodle art:

- Use a blank, solid piece of paper. If you plan on framing your art, use paper that is a standard frame size or cut to size. Another option is to create a bookmark.
- Draw or trace your initial in the center of the paper, filling most of the paper.
- Create a rectangle around the initial.
- Fill in various patterns around the initial until the rectangle has no blank areas. You can use patterns from above or create your own.

HIDDEN WORD: Find the 8 hidden letters throughout the newsletter. Put the letters together to spell an adjective that describes a kaleidoscope.

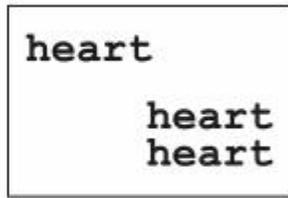


Wacky Wordies

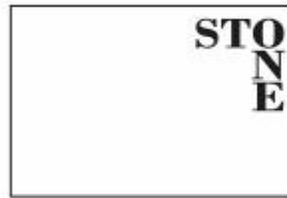
Each of the puzzles below provides a visual representation of a common word or phrase.
Can you decipher the clues in each puzzle box?



1. _____



2. _____



3. _____



4. _____



5. _____



6. _____



7. _____



8. _____



9. _____



10. _____



11. _____



12. _____

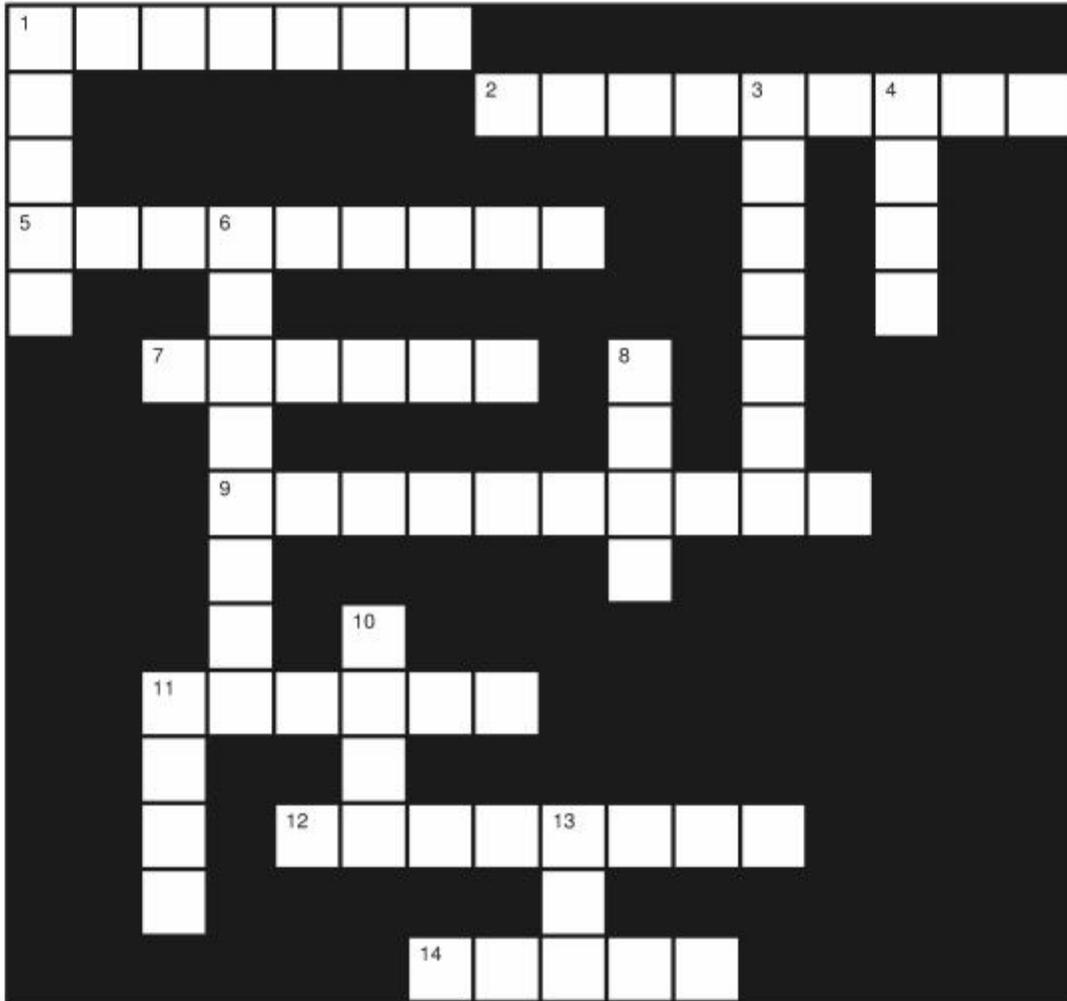
Trivia

1. Name the Broadway musical that has won the most Tony Awards
2. When and where was the first helicopter flight?
3. Who is honored with the tallest statue in the world?
4. Who is the only woman to win four "Best Actress in a Leading Role" Oscars?
5. In what year did the first video game make its debut?
6. What cartoon character was always claiming, "I yam what I yam"?
7. How many NASCAR races did Richard Petty win?
8. Name the nearest city to Ben Cartwright's Ponderosa in the TV show, *Bonanza*.
9. What was Sgt. Joe Friday's badge number on TV's *Dragnet*?
10. Where is the world's widest paved road?
11. Name the husband/wife singing duo that started their career as Caesar and Cleo.
12. Name the character who went deaf in the final episode of *M*A*S*H*.

THE BRADY BUNCH

1. What was Mike Brady's occupation?
2. Peter, while doing a Humphrey Bogart impression, repeatedly says, "Pork chops and _____."
3. Jan hoped to lighten her freckles by scrubbing her face with _____.
4. What was the occupation of Alice's boyfriend, Sam?
5. Who threw the football that smashed Marcia's nose?
6. Who was the oldest boy in the family? Oldest girl?
7. What type of doll was Cindy's favorite?
8. Greg had a great many dates over the years but did he ever have a romantic kiss on screen?
9. Who plucked the petals from a daisy while saying, "Eenie, Meenie, Mommy, Daddy"?
10. Which Brady kid finally got his own room, located in the attic?

DOG HUMOR CROSSWORD PUZZLE



ACROSS

1. What do you call a dog that is also a magician? Labra-____ Doodle
2. What do you call a dog that's unable to bark?
5. What happened to the dog that had her puppies on the sidewalk? She got ticketed for _____.
7. What is a dog's favorite city to visit?
New _____
9. What is Dracula's favorite dog breed?
11. Where does a dog go after it loses its tail? _____ store
12. What kind of dog is excellent at keeping time?
14. Why did the snowman name his dog Frost? Because Frost _____

WORD LIST: BITES, BLOODHOUND, CADABRA, CHILI, HAHA, HOT, HUSHPUDDING, LITTERING, PAWS, PUPCORN, RETAIL, RUFF, SPOT, TROMBONE, WATCHDOG, YORKIE

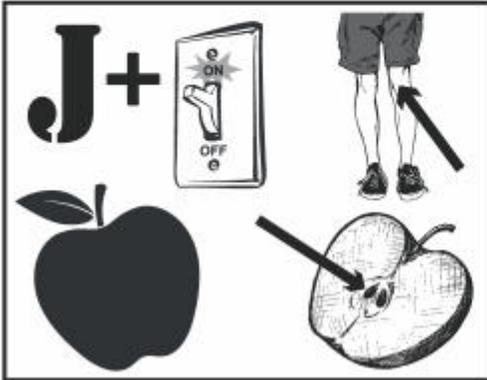
DOWN

1. What do you call a dog that's been left outside in the cold? _____ dog
3. What do dogs eat at the movie theater?
4. What does a dog do to stop the video he's watching? He presses the _____ button.
6. What kind of musical instrument do dogs love?
8. What did the Dalmatian say when he scratched his neck? That's the _____!
10. What dog will laugh at any joke? Chi-_____
11. Why do dogs like sandpaper? Because it's _____
13. What do you call a sweating dog? _____ dog

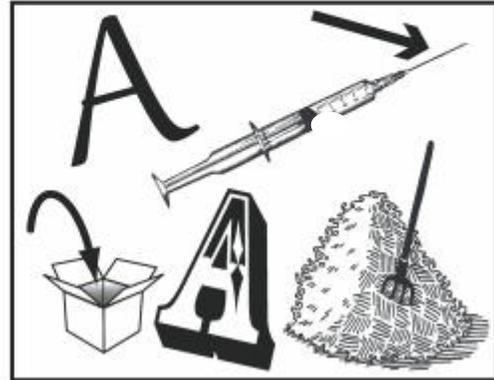


Concentration Puzzles

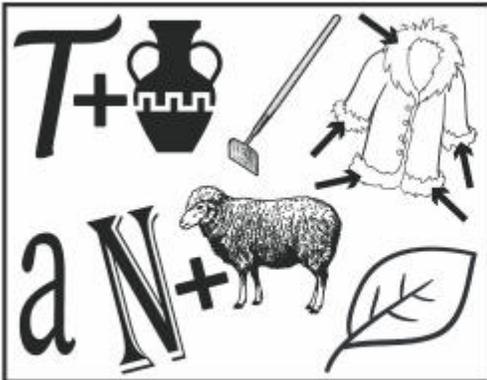
Use the visual clues in the puzzle to figure out what it says.



Puzzle #1



Puzzle #2



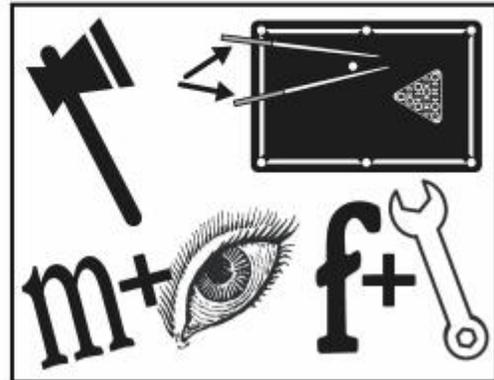
Puzzle #3



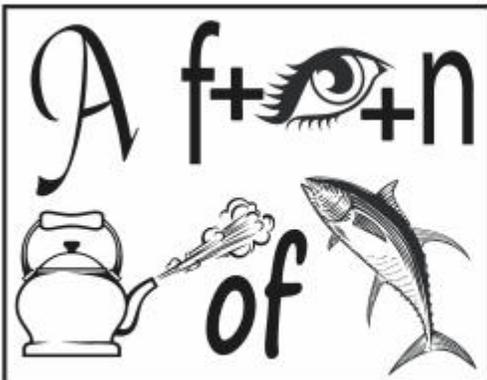
Puzzle #4



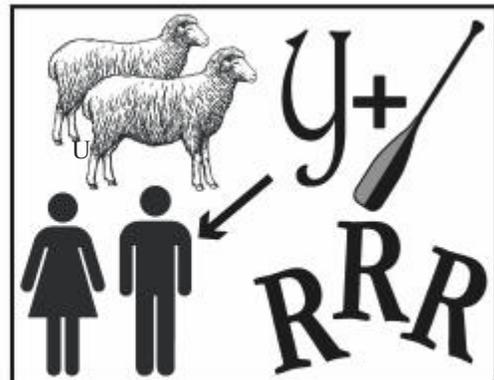
Puzzle #5



Puzzle #6



Puzzle #7



Puzzle #8

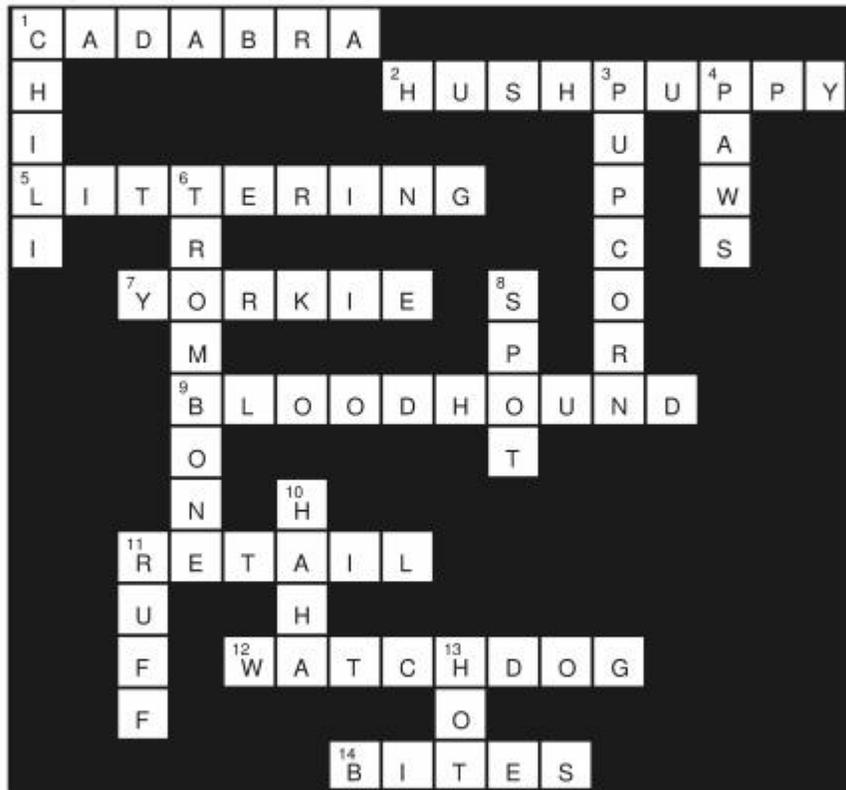
Hidden meaning brain teasers

<p>1</p> <p><i>another one thing</i></p>	<p>2</p> <p>heart</p>	<p>3</p> <p>thought <i>But thought</i></p>
<p>4</p> <p>LEAST</p>	<p>5</p> <p>MILL1ON</p>	<p>6</p> <p>FOO! bu!</p>
<p>7</p> <p><i>historyhistoryhistory</i></p>	<p>8</p> <p>musically</p>	<p>9</p> <p>↓ end</p>
<p>10</p> <p>B R I A N</p>	<p>11</p> <p>↑ FILE</p>	<p>12</p> <p>ecapace</p>
<p>13</p> <p>ECNALG</p>	<p>14</p> <p>LOVE HATE</p>	<p>15</p> <p>ALL THINGS all things</p>

Letter Juggle

- 1) What is seen in the middle of March and April that can't be seen at the beginning or end of either month?
- 2) A is the brother of B. B is the brother of C. C is the father of D. So how is D related to A?

DOG HUMOR CROSSWORD PUZZLE



ANSWERS

Trivia:

1. *The Producers*
2. 1935 (in France)
3. Buddah (394 ft. tall, located in Japan)
4. Katharine Hepburn
5. 1971 ("Computer Space" by Nutting Assoc.)
6. Popeye (The Sailor Man)
7. 200
8. Virginia City, Virginia
9. 714
10. Oakland Bay Bridge's 23-lane toll plaza
11. Sonny and Cher
12. Father John Mulcahy

Hidden word: colorful

Concentration puzzles: 1) Johnny Appleseed 2) a needle in a haystack 3) Turn over a new leaf 4) The more you know 5) Ring around the Rosie 6) Excuse my French 7) A fine kettle of fish 8) Use your manners

Hidden meaning brain teasers: 1) one thing after another 2) broken heart or heart broken 3) but on second thought 4) last but not least 5) one in a million 6) fooling around 7) history repeats itself 8) musically inclined 9) the beginning of the end 10) scatter brain 11) line up in a single 12) pacing back and forth 13) a backwards glance 14) a thin line between love and hate 15) all things great and small

Letter Juggle: 1) The letter "R" 2) A is D's aunt

Brady Bunch:

1. Architect
2. Applesauce
3. Lemon
4. Butcher
5. Peter
6. Greg, Marcia
7. Kitty Karry-All
8. No

Wacky Wordies

(solutions)

1. A shot in the arm
2. Heart-to-heart
3. Cornerstone
4. Before long
5. One-on-one
6. A fork in the road
7. Tea for two
8. Son of a gun
9. Foreseeable
10. Unfinished business
11. Up for grabs
12. Throw in the towel

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and Vincent Pavone*

CUSTODIAN

Sam Baldwin

NUTRITION PROGRAM

Program closed until further notice

TRIP COORDINATOR

Trips on hold until further notice

HANDICAPPED INFO/REFERRALS

Susan M. Pawluk 385-4020



*Keep your face
to the sunshine
and you cannot see
the shadows.
It's what
the sunflowers do.*

Helen Keller