

OCTOBER
2020

The Baldwin Beacon

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

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

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The Baldwin Center, Stratford, CT 06-5040

Dear Baldwin Center friends,

It is with great sadness that I inform you of my decision to resign. It was a very difficult decision to make, but I have accepted another position at an Independent Living Facility in a nearby town. I will miss all of you dearly, especially those of you who I have gotten to know so well over the years.

The town of Stratford is lucky to have such engaging and active seniors, who are a wonderful example of how fruitful life can be throughout the golden years. I feel honored and privileged to have had the opportunity to work with such a truly special group of people.

During this time of transition, Stratford's Health Director Andrea Boissevain is overseeing the building renovations that will up-date and refresh the Baldwin Center. In addition, Community Services Administrator Tammy Trojanowski is providing day-to-day support to the staff and programs.

It is my wish for all of you, due to the hardworking and dedicated staff of Senior Services, along with the support from Tammy Trojanowski and Andrea Boissevain, that the department will swiftly rebound from staffing issues and the challenges brought on by the pandemic.

It has been a pleasure to serve you.

Warmest regards,
Lauren Donovan



Maureen



Shirley



Mio



Janice



Erin

KMA

The Law Offices of Kurt M. Ahlberg

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

CARL A. GLAD
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The Baldwin Center, Stratford, CT 06-5040



QUEST Diagnostics now makes home visits Doctors must request the home draw when orders are submitted. Quest will then call the patient to schedule the appointment. Check with your Doctor if you have a need for testing.

HOW CAN I PREPARE MYSELF FOR FLU SEASON?

GET YOUR ANNUAL FLU SHOT!

The Stratford Health Department is hosting two drive-through flu clinics this fall. All ages are welcome.

Monday, September 28th
10 a.m. to 2 p.m.
Bunnell High School Parking Lot
One Bulldog Blvd., Stratford CT

Saturday, October 3rd
10 a.m. to 2 p.m.
Birdseye Municipal Complex Parking Lot
468 Birdseye St., Stratford CT

***Walkers will not be turned away**

We are encouraging individuals and families to complete all required paperwork beforehand. Please visit www.townofstratford.com/flu for all clinic forms, list of accepted insurances, and fees.

For more information, please contact the Stratford Public Health Nursing Staff at (203) 385-4058.



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 Every Monday 1:00 - 3:00pm</p> <p><small>*For Evening Appointments: call 203-378-2606 x114 or email ireynolds@sterlinghousecc.org</small></p> <p>The Lord's Kitchen at Christ Church Community Dinner 2000 Main Street, Stratford, CT 5:00 - 6:00pm Every Monday</p>	<p>Sterling House Community Center Food Pantry 2283 Main Street, Stratford, CT Every Tuesday 1:00 - 3:00pm</p> <p><small>*For Evening Appointments: call 203-378-2606 x114 or email ireynolds@sterlinghousecc.org</small></p> <p>Holy Name of Jesus Church Drive-Thru Pantry 1950 Barnum Ave., Stratford, CT Oct. 6th 3:00 - 4:00pm</p> <p>Bridgeport Hospital Food Distribution 200 Mill Hill Ave., Bridgeport, CT Sept. 15 & Oct. 20 5:30 - 6:30pm</p>	<p>South End Community Center 19 Bates Street, Stratford, CT 9:45 - 11:45am Wednesdays <small>*Closed Sept. 2 & Oct. 7*</small></p> <p>St. James Church Food Pantry 2110 Main Street, Stratford, CT Every Wednesday 10:00 - 12:00pm</p> <p>The Lord's Kitchen at Christ Church Community Dinner 2000 Main Street, Stratford, CT Every Wednesday 5:00 - 6:00pm</p>	<p>Sterling House Community Center Food Pantry 2283 Main Street, Stratford, CT Every Thursday 1:00 - 3:00pm</p> <p><small>*For Evening Appointments: call 203-378-2606 x114 or email ireynolds@sterlinghousecc.org</small></p>	<p>First Haitian Evangelical Church 1192 Stratford Ave., Stratford, CT Every Friday 11:00 - 1:00pm</p>	<p>First Baptist Church 1301 Stratford Ave., 10:00 - 12:00pm Saturday <small>*Closed Sept. 5 & Oct. 3*</small></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.

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

- 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

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

**Stroke Support Group
October 6th at 6:00 pm**

Provided by Ahlbin Centers for Rehabilitative Medicine at Bridgeport Hospital

Topic: October Stroke Support Group Zoom Meeting
Time: Oct 6, 2020 6:00 PM

<https://ynhh.zoom.us/j/92936343929?pwd=dHF2SFQ4ZThqdUphTFIwd3UzNVI3UT09>

Meeting ID: 929 3634 3929 Passcode: 132640

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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, please send to: The Baldwin Center, 1000 West Broad Street, 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**
Gas customers - October
Electric customers - November

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

Community Programs

Stratford Library: Online and on site programs including computer sessions, are being offered. https://stratfordlibrary.libcal.com/calendar/events_203.385.4164

Stratford Recreation Department Programs: (203) 385-4052. Call or visit the website for outdoor activities. Sign up and pay online: <https://townofstratford.recdesk.com> If you are not able to sign up online please call or email recreation@townofstratford.com.

Stratford YMCA: (203) 375-5844. Call or visit the website for virtual and outdoor activities. <https://cccymca.org/locations/stratford/health-wellness/>

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

For additional senior activities please visit the websites of our friends from the senior centers in Fairfield county. Many virtual programs are open to non-residents.

G **Interesting programs and activities...**

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

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

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

Emmy winning and binge worthy shows to checkout...

Game of Thrones (HBO), Marvelous Mrs. Maisel (HBO), Assassination of Gianni Versace (HBO) Watchmen (HBO), Schitt's Creek (Netflix), Succession (HBO)



a c t i v i t i e s



BRAIN GAMES

Tuesdays 11:00 am
Danielle Ramos, Director of Business Development at Cambridge Health & Rehabilitation Center will facilitate fun and challenging word games, word puzzles, trivia and more! *For free brain games online, AARP members visit: <https://stayingsharp.aarp.org>.*

Stress Less with Mio- 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.

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**, then **#** 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.

October Craft: Create a colorful mason jar vase or use as a decorative organizer for yourself or a gift. Complete craft kit with supplies and instructions will be available for curbside pickup at the Baldwin Center in late October. Fee \$10 (due at pickup). If you are interested please call 203-385-4050.



Virtual programs:

AARP CT Webinar Series Registration is free and open to people of all ages.

October 7, 2020 @ 7PM AARP CT Webinar Wednesday: Work at Age 50+: Strategies for a Successful Job Search: Work at Age 50+: Strategies for a Successful Job Search Workshop Participants will hear briefly about the essentials any 50+ job seeker must consider. Specific focus areas include digital and social media platforms, personal branding, networking and age-proofing your resume. Registration required: <https://aarp.cvent.com/JobsOct7WW>

October 14, 2020 @ 1PM AARP CT Webinar Wednesday: AARP CT, Yoga @ Age 50+: Introductions & Insights: Join AARP CT & the Yoga in Our City Program for an introduction to the principles of yoga and what to expect when beginning one's personal practice. Registration required: <https://aarp.cvent.com/Yoga1014>. This webinar is also offered on **October 21, 2020 @ 7PM**

Please visit www.aarp.org/ct for details and the complete schedule of offerings.

MEDICARE provided by 4 CORE Financial, Stratford, CT, October 14th, 11:00 am

Presenting on the rights, entitlements and changes for 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. *Please call Joseph Violetta for details 203-449-6717 or email: Jvioletta@teamifg.com.*

Join Zoom Meeting [https://us02web.zoom.us/j/82482603539?](https://us02web.zoom.us/j/82482603539?pwd=TDFZbTV3Rm12aEtPekhzZ1A0MzF4Zz09)

Meeting ID: 824 8260 3539 Passcode: 118451

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Find your local number: [https://us02web.zoom.us/j/82482603539?](https://us02web.zoom.us/j/82482603539?pwd=TDFZbTV3Rm12aEtPekhzZ1A0MzF4Zz09)

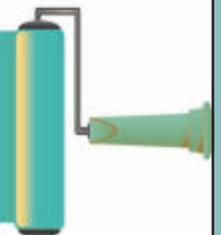
IN-PERSON events



Breakfast at Baldwin - October, 16th from 10:30-11:30 am. A delicious breakfast-to-go of bacon, egg & cheese sandwiches, home fries, and orange juice will be offered. Staff members will be providing breakfast curbside, in the Baldwin Center driveway. Please wear a mask and stay in your car. Breakfast-to-go is limited to the first 100 registered. Must register no later than Wednesday, October 13th at 203-385-4050.

MEDICARE Information Drive Thru 4 CORE Financial is offering a **no contact**, distribution of Medicare information and giveaways throughout October. *Please call or email Joseph Violetta for details 203-449-6717, email: Jvioletta@teamifg.com.* A

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HIDDEN WORD:
Find the 7 hidden letters throughout the newsletter. Put the letters together to spell an element of fall splendor.



Starbucks Copycat Pumpkin Latte Recipe

Try this Starbucks copycat pumpkin latte recipe, which tastes just like the pumpkin latte at the coffee shop, but is a lot less expensive! You can make it for less than 50 cents per cup vs. \$6-7 at the store!

- 1 cup milk (any % is fine or even 1/2 milk and 1/2 half and half)
- 2 Tbsp. pumpkin puree
- 1 Tbsp. sugar (white or brown)
- 1 tsp. vanilla
- 1/4 teaspoon pumpkin pie spice (or 1/8 tsp. cinnamon, tiny pinch nutmeg, tiny pinch cloves)
- 1/4 cup strong coffee or espresso
- whipped cream

Add the milk, pumpkin, sugar, vanilla and pumpkin pie spice to a small saucepan over medium-high heat. Bring almost to a boil. (Or you can microwave it until hot.)

Remove from heat and add to a blender. Blend on high until the milk begins to froth, about 2 minutes. (A hand blender works great for this.)

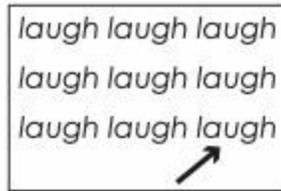
Divide the milk mixture between two mugs. Add the coffee slowly down the side so you don't disturb the milk froth. Add a squirt of whipped cream and top with a pinch of pumpkin pie spice and whipped cream. Serves 2.

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. _____



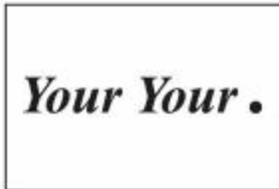
2. _____



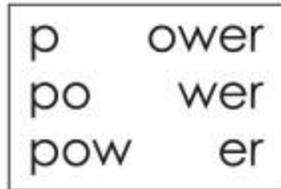
3. _____



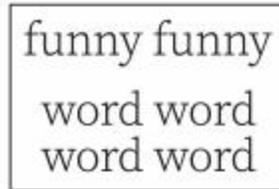
4. _____



5. _____



6. _____



7. _____



8. _____



9. _____



10. _____



11. _____



12. _____

Trivia

Variety trivia

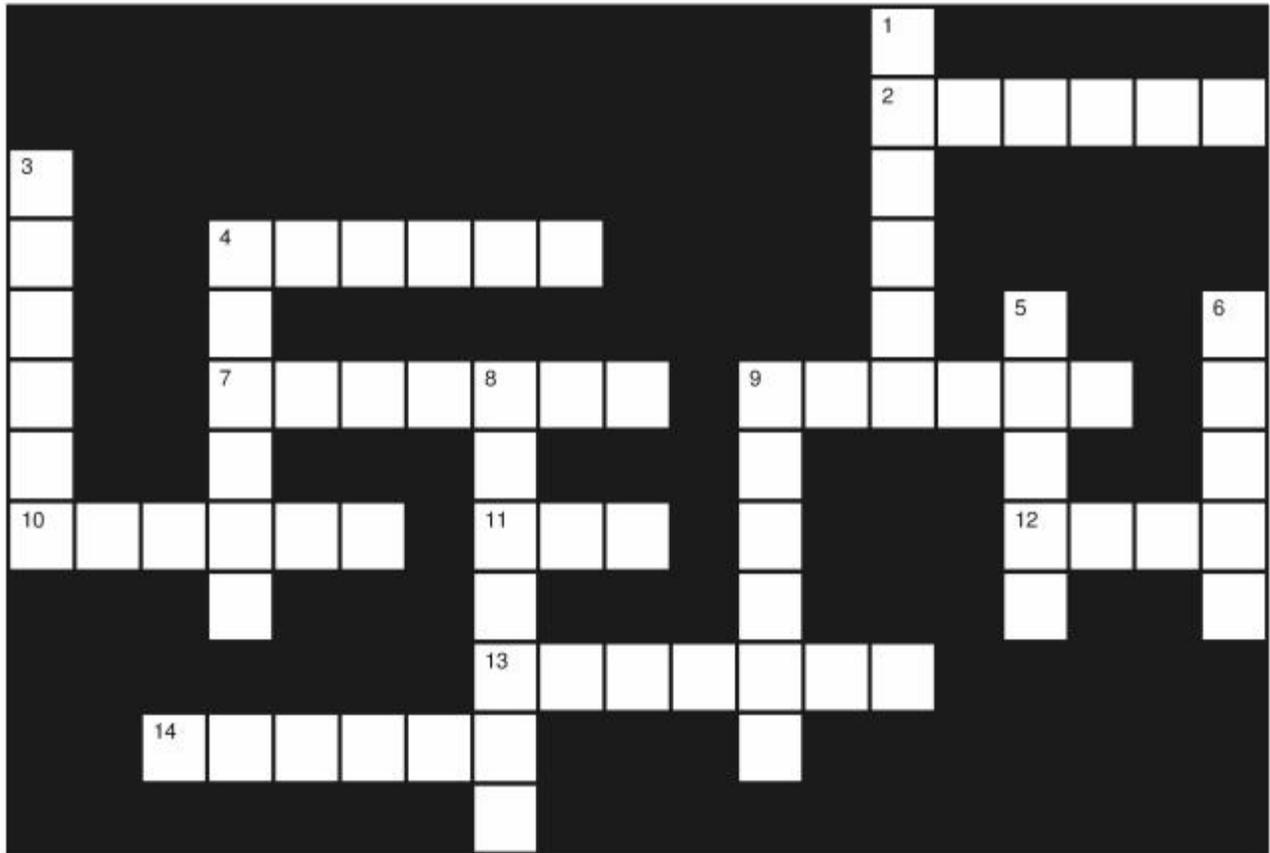
- Who was the first host of The Tonight Show?
- Robert Smith was the real name of what famous radio disc jockey?
- What comedienne was married to a man named Fang?
- What two outlaws were portrayed by Warren Beatty and Faye Dunaway in a 1967 movie?
- Who played Benny Goodman in the 1955 movie about the musician's life?
- What singer has more than 450 registered fan clubs?
- What man served as both the Governor of Tennessee and the President of Texas?
- What TV cowboy used the theme song, Happy Trails?
- What movie statue was constructed "from the stuff dreams are made of"?
- Who played singer Woodie Guthrie in the movie, Bound for Glory?
- What song was Sam told to play in the movie, Casablanca?
- What are animals with pouches called?
- What Greek city-states fought in the Peloponnesian War?
- What did the father of TV's The Brady Bunch do for a living?
- What was the first movie-length cartoon? (Hint: Think Walt Disney.)

GAME SHOW CATCH PHRASES

- "Come on down!"
- "I'd like to buy a vowel, Pat."
- "Survey says..."
- "I'd like to call a friend."
- "I'll take _____ for \$1000, Alex."
- "Going once, going twice, no sale."
- "Will our next Challenger enter and sign in please."
- "Circle gets the square."
- "Is that your final answer?"
- "...or, you can trade for the big box on the display floor."



COFFEE TRIVIA CROSSWORD PUZZLE



ACROSS

2. Adding cream to coffee helps it to ____ heat longer.
4. During World War II, coffee was the first food to be preserved through this method. ____ drying
7. There are two types of coffee beans. Arabica and ____
9. Coffee berries grow on these.
10. Goat herders invented coffee after they noticed their goats were ____ after eating coffee berries.
11. How many minutes is coffee effective in your bloodstream after drinking it?
12. What type of coffee is grown in 14 across?
13. This city is the coffee-drinking capital of the U.S.
14. What is the only U.S. state that produces coffee?

DOWN

1. Do coffee bushes produce fruits or nuts?
3. What country produces the most coffee?
4. The word espresso means "____ out."
5. Inhaling coffee aroma ____ you up instantly.
6. What is the most expensive coffee in the world? Kopi ____ (It costs \$600 / lb.)
8. When coffee arrived in Italy in the 16th century, it was labeled ____ by clergymen.
9. This event caused coffee to become popular with newcomers in North America. ____ Tea Party



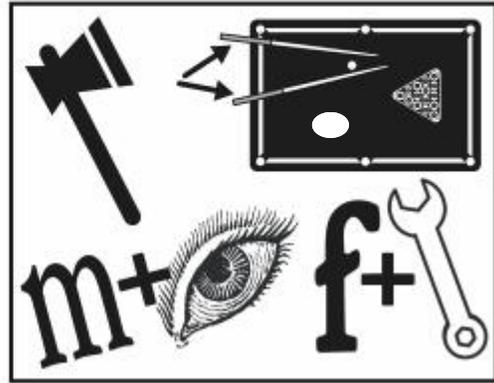
WORD LIST: BOSTON, BRAZIL, BUSHES, FORCED, FREEZE, FRUITS, HAWAII, KONA, LIVELY, LUWAK, NEW YORK, PERKS, RETAIN, ROBUSTA, SATANIC, TEN

Concentration Puzzles

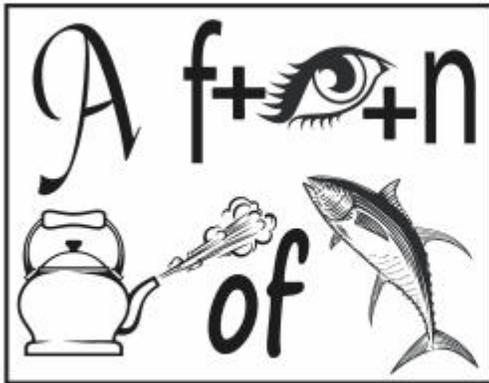
Use the visual clues in the puzzle to figure out what it says.



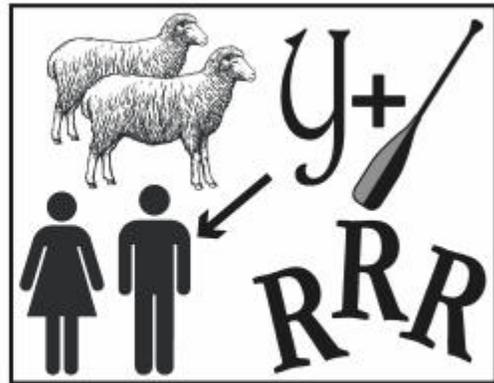
Puzzle #1



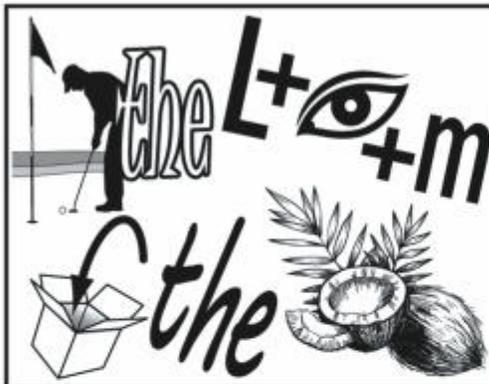
Puzzle #2



Puzzle #3



Puzzle #4



Puzzle #5



Puzzle #6



Puzzle #7



Puzzle #8

Hidden meaning brain teasers

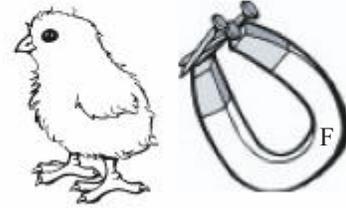
1.



2.

**WEAR
SEXY**

3.



4.

T/HiE SnAe N D

5.

1. GLANCE
- 2.
3. GLANCE
4. GLANCE

6.



7.

DO DO LIST

8.

MUSICALLY

9.

BIDDEN
BIDDEN
BIDDEN
BIDDEN



10.



11.

WIN W/ EEEE

12.

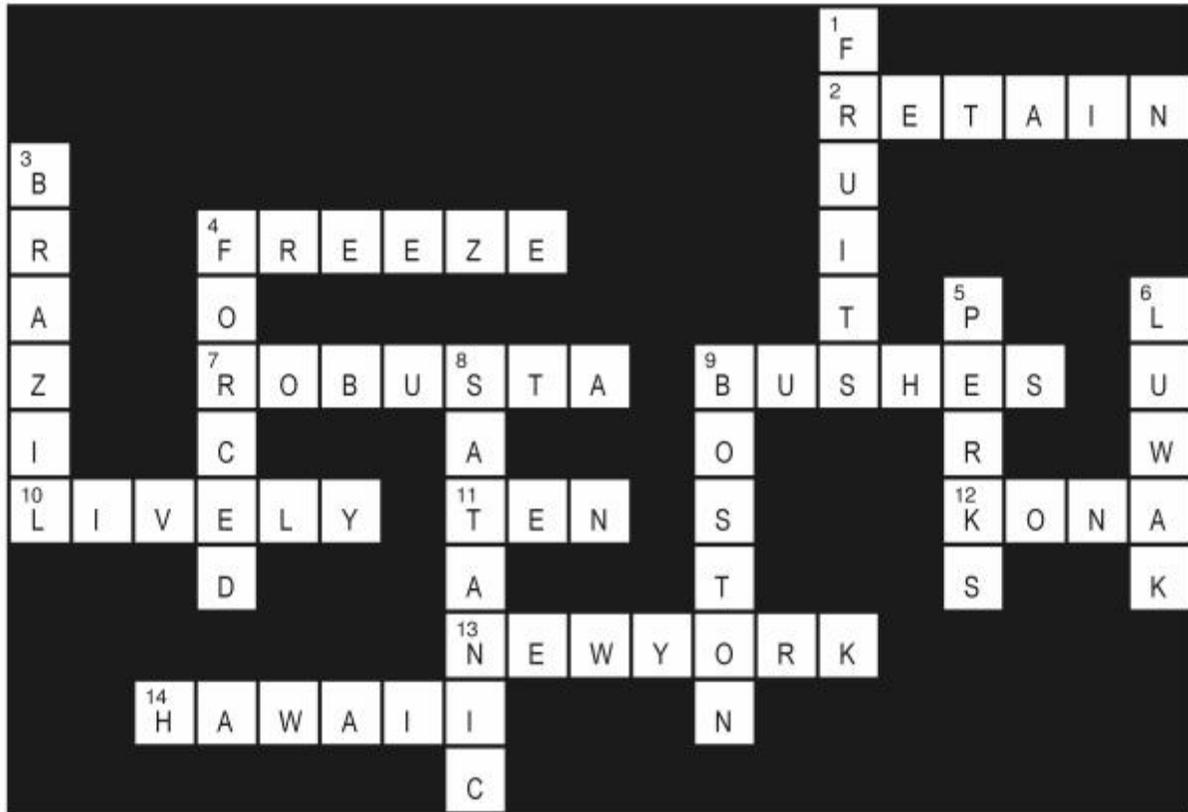
C
O
R
P
O
R
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T
E

Letter Juggle

Take the given words, and by moving a single letter from one word to the other, make a pair of synonyms, or near synonyms. For example, given: Boast - Hip, move the 's' from 'Boast' to 'Hip' creating two synonyms: Boat - Ship.

1. Inks - Tiles 2. Ride - Relive 3. Gaze - Freed 4. Snail - Pike 5. Snag - Cold

COFFEE TRIVIA CROSSWORD PUZZLE



Trivia:

1. Steve Allen
2. Wolfman Jack
3. Phyllis Diller
4. Bonnie and Clyde
5. Steve Allen
6. Elvis Presley
7. Sam Houston
8. Roy Rogers
9. Maltese Falcon
10. David Carradine
11. As Time Goes By
12. Marsupials
13. Sparta and Athens
14. Architect
15. Snow White and the Seven Dwarfs

Game shows:

1. The Price is Right
2. Wheel of Fortune
3. Family Feud
4. Who Wants to be a Millionaire?
5. Jeopardy!
6. Sale of the Century
7. What's My Line
8. Hollywood Squares

Wacky wordies:

- 1) See in the dark
- 2) The last laugh
- 3) Start off on the right foot
- 4) Just for kicks
- 5) To your point
- 6) Separation of powers
- 7) Too funny for words
- 8) No turn on red
- 9) Think outside the box
- 10) The joke is on you
- 11) Big things come in small packages
- 12) A hoot and a half

Concentration puzzles: 1) Ring around the Rosie 2) Excuse my French 3) A fine kettle of fish 4) Use your manners 5) Put the lime in the coconut 6) I should think not 7) Dot your *I*'s and cross your *T*'s 8) Dorian Gray

Hidden word: foliage

Hidden meaning brain teasers: 1) Asinine 2) Sexy underwear 3) Chick magnet 4) Line in the sand 5) Not a second glance 6) Domino 7) To-do-list 8) Musically inclined 9) Forbidden fruit 10) Tutti-fruitti 11) Win with ease 12) Corporate downsizing

Letter Juggle: 1. Links-Ties 2. Rid-Relieve 3. Graze-Feed 4. Nail-Spike 5. Nag-Scold

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Alfredo Serrano, Marvin Patrick

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



"And all the lives we ever lived
and all the lives to be
are full of trees and changing leaves..."

-Virginia Woolf