



CITY OF BRIDGEPORT SENIOR CENTERS NEWSLETTER

307 GOLDEN HILL ST
BRIDGEPORT, CONNECTICUT 06604

February 2016

DEPARTMENT ON AGING

TELEPHONE 203-576-7993

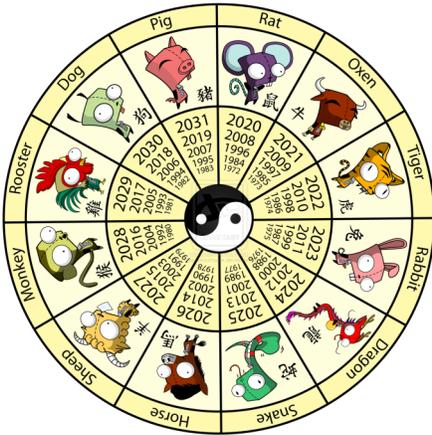
February 1



February 2



February 8
Chinese New Year



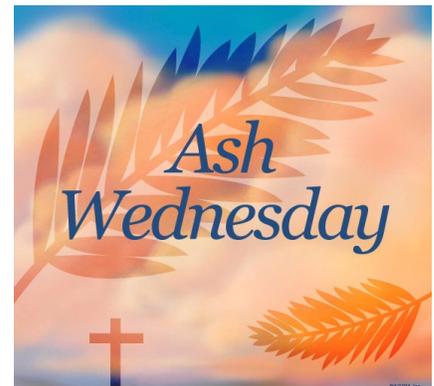
SENIOR CENTERS
WILL BE CLOSED

MONDAY, FEBRUARY 15
PRESIDENT'S DAY

February 9



February 10



Department of Aging Mission Statement

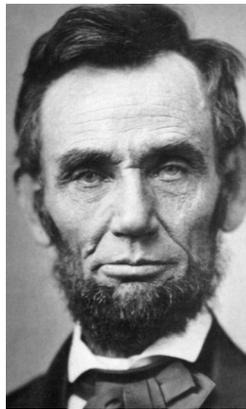
To make certain that all Bridgeport Seniors will be able to reach their full potential by providing opportunities for socialization, information, referral and by assuring that they can utilize available nutrition, social services, health, and transportation programs.



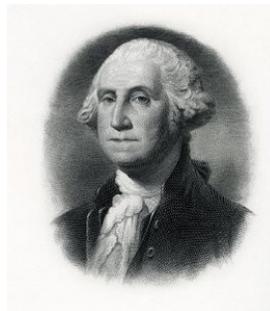
**Hairdresser will be here
February 10, 2016.**

Donation: \$10.00.

**February 12
Abraham Lincoln
Birthday**



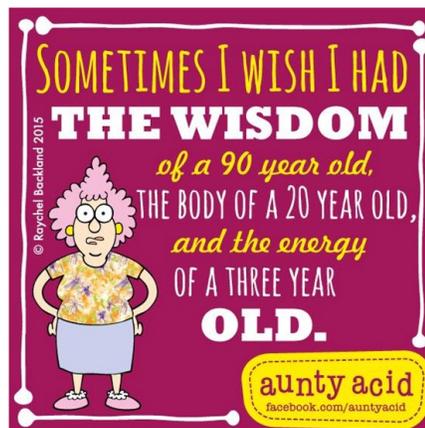
**February 22
George Washington
Birthday**



©wondercliparts.com

February Birthdays

**Wishing our Seniors born in
February a very
Happy Birthday!**



**City of Bridgeport
Senior Center Directory**

Eisenhower Senior Center
307 Golden Hill St.
Bridgeport, CT 06604
Phone: (203) 576-7993
Fax: (203) 576-7521

Black Rock Senior Center
2676 Fairfield Ave.
Bridgeport, CT 06605
Phone: (203) 576-7258

East Side Senior Center
1057 East Main St.
Bridgeport, CT 06608
Phone: (203) 576-7212

North End Bethany Senior Center
20 Thorne St.
Bridgeport, CT 06606
Phone: (203) 576-7730

Staff Extension

Executive Director 7989
Rosemarie Hoyt

Administrative Assistant 7955
Wanda Geter-Pataky

Social Services 7992
Rosemary Wong

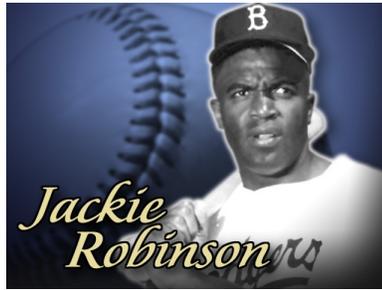
Program Coordinator 7994
Marion Lecardo

Senior Center Coordinators
Bonnie Roach 7258
Carrie Taylor 7730

Senior Center Project Coordinator
Martha Santiago 7212



BLACK HISTORY MONTH



Early Life

Jack Roosevelt Robinson was born on January 31, 1919, in Cairo, Georgia. Breaking the color barrier, **Jackie Robinson** became the first African-American to play in baseball's major leagues. The youngest of five children, Robinson was raised in relative poverty by a single mother. He attended John Muir High School and Pasadena Junior College, where he was an excellent athlete and played four sports: football, basketball, track, and baseball. He was named the region's Most Valuable Player in baseball in 1938.

Robinson's older brother, Matthew Robinson, inspired Jackie to pursue his talent and love for athletics. Matthew won a silver medal in the 200-meter dash—just behind Jesse Owens—at the 1936 Olympic Games in Berlin.

Jackie continued his education at the University of California, Los Angeles, where he became the university's first student to win varsity letters in four sports. In 1941, despite his athletic success, Robinson was forced to leave UCLA just shy of graduation due to financial hardship. He moved to Honolulu, Hawaii, where he played football for the semi-professional Honolulu Bears. His season with the Bears was cut short when the United States entered into World War II.

From 1942 to 1944, Robinson served as a second lieutenant in the United States Army. He never saw combat, however. During boot camp in 1944 in Fort Hood, Texas, Robinson was arrested and court-martialed after refusing to give up his seat and move to the back of a segregated bus when ordered to by the driver. Robinson's excellent reputation, combined with the united efforts of friends, the NAACP and various black newspapers, shed public light on the injustice, and he was ultimately acquitted of the charges and received an honorable discharge. His cour-

age and moral objection to segregation were precursors to the impact Robinson would have in major league baseball.

Baseball Hero

Others defended Jackie Robinson's right to play in the major leagues, including League President Ford Frick, Baseball Commissioner Happy Chandler, Jewish baseball star Hank Greenberg and Dodgers shortstop and team captain Pee Wee Reese. In one incident, while fans harassed Robinson from the stands, Reese walked over and put his arm around his teammate, a gesture that has become legendary in baseball history.

Jackie Robinson succeeded in putting the prejudice and racial strife aside, and showed everyone what a talented player he was. In his first year, he hit 12 home runs and helped the Dodgers win the National League pennant. That year, Robinson led the National League in stolen bases and was selected as Rookie of the Year. He continued to wow fans and critics alike with impressive feats, such as an outstanding .342 batting average during the 1949 season. He led in stolen bases that year and earned the National League's Most Valuable Player Award.

Robinson soon became a hero of the sport, even among former critics, and was the subject for the popular song, "Did You See Jackie Robinson Hit That Ball?" An exceptional base runner, Robinson stole home 19 times in his career, setting a league record. He also became the highest-paid athlete in Dodgers history, and his success in the major leagues opened the door for other African-American players, such as [Satchel Paige](#), [Willie Mays](#), and [Hank Aaron](#).

A Voice for African-American Athletes

Robinson also became a vocal champion

for African-American athletes, civil rights, and other social and political causes. In July 1949, he testified on discrimination before the House Un-American Activities Committee. In 1952, he publicly called out the Yankees as a racist organization for not having broken the color barrier five years after he began playing with the Dodgers.

In his decade-long career with the Dodgers, Robinson and his team won the National League pennant several times. Finally, in 1955, he helped them achieve the ultimate victory: the World Series. After failing before in four other series matchups, the Dodgers beat the New York Yankees. He helped the team win one more National League pennant the following season, and was then traded to the New York Giants. Jackie Robinson retired shortly after the trade, on January 5, 1957, with an impressive career batting average of .311.

Causes and Legacy

He was the first African-American to be inducted into the Baseball Hall of Fame in 1962. In 1972, the Dodgers retired his uniform number of 42.

In his later years, Robinson continued to lobby for greater integration in sports. He died from heart problems and diabetes complications on October 24, 1972, in Stamford, Connecticut. He was survived by his wife, Rachel Isum, and two of their three children. After his death, his wife established the Jackie Robinson Foundation dedicated to honoring his life and work. The foundation helps young people in need by providing scholarships and mentoring programs.

Robinson's life was the subject of the acclaimed 2013 Brian Helgeland film *42*, which starred [Chadwick Boseman](#) as Jackie Robinson and [Harrison Ford](#) as Branch Rickey.

**FROM THE TAX ASSESSORS OFFICE
SENIOR TAX RELIEF PROGRAM**

**SENIOR CITIZEN & S.S. DISABILITY TAX RELIEF PROGRAM
(OCTOBER 1, 2015 GRAND LIST)**

Applications will be accepted in the Tax Assessor's Office, **Room 103**, City Hall, from **March 1 to May 13, 2016**

REQUIREMENTS

Age 65 by December 31, **2015**

(IF UNDER 65 YOU MAY APPLY IF YOU ARE CONSIDERED DISABLED BY THE SOCIAL SECURITY ADMINISTRATION. YOU MUST PROVIDE VERIFICATION WITH A CURRENTLY DATED "CERTIFICATE OF AWARD/TPQY FROM SSA. CONTACT OUR OFFICE AT 332-3023 TO RECEIVE A SAMPLE OF THE REQUIRED DOCUMENT.)

Applicant must own and reside in the real estate beginning on **October 1, 2015**. The 2015 Maximum Qualifying Income (which includes Social Security Income)

Individual \$35,200

Married \$42,900

Please bring the following documents for income verifications:

2015 Federal Income Tax Return (Please check with IRS for their income requirements on filing a return.) **If you file a tax return, you must do so BEFORE you come to our office.**

AND

2015 Social Security Benefit Statement (SSA1099, if applicable)

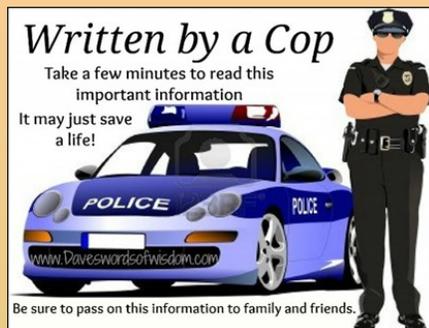
OR

Any 1099 INT, 1099DIV, 1099R, W-2, etc. for 2014 plus 2014 Social Security Statement (SSA1099) and any statements showing non-taxable income such as a VA pension, Tax Free Interest, etc. Any of these would have been received in January 2015.

IF YOU HAVE ANY QUESTIONS PLEASE CALL KATHY AT 332-3023.

WRITTEN BY A COP: IT COULD SAVE YOUR LIFE!

Monday, January 11, 2016
Written By A Cop | It May Just Save A Life



In daylight hours, refresh yourself of these things to do in an emergency situation.

After reading these 9 crucial tips, forward them to someone you care about.

It never hurts to be careful in this crazy world we live in.

1. Tip from Tae Kwon Do :

The elbow is the strongest point on your body.

If you are close enough to use it, do!

2. Learned this from a tourist guide.

*If a robber asks for your wallet and/or purse, **DO NOT HAND IT TO HIM.***

Toss it away from you. Chances are that he is more interested in your wallet and/or purse than you, and he will go for the wallet/purse..

RUN LIKE MAD IN THE OTHER DIRECTION!

3. If you are ever thrown into the trunk of a car,

Kick out the back tail lights and stick your arm out the hole and start waving like crazy. The driver won't see you, but everybody else

will.

This has saved lives.

4. Don't sit in your car!

Women have a tendency to get into their cars after shopping, eating, working, etc., and just sit (doing their check-book, or making a list, etc.

DON'T DO THIS!

The predator will be watching you, and this is the perfect opportunity for him to

get in on the passenger side, put a weapon to you, and tell you where to go.

AS SOON AS YOU GET INTO YOUR CAR, LOCK THE DOORS AND LEAVE. *If someone is in the car with a gun to your head **DO NOT DRIVE OFF.** Repeat: **DO NOT DRIVE OFF!***

Instead gun the engine and speed into anything, wrecking the car.

Your Air Bag will save you.

If the person is in the back seat they will get the worst of it. As soon as the car crashes bail out and run. It is better than having them find your body in a remote location.

5. A few notes about getting into your car in a parking lot, or parking garage:

A.) Be aware: look around you, look into your car, at the passenger side floor, and in the back seat.

B.) If you are parked next to a big van, enter your car from the passenger door. Most serial killers attack their victims by pulling them into their vans while the women are attempting to get into their cars.

C.) Look at the car parked on the driver's side of your vehicle, and the passenger side.

If a male is sitting alone in the seat nearest your car, you may want to walk back into the mall, or work, and get a guard/policeman to walk you back out.

IT IS ALWAYS BETTER TO BE SAFE THAN SORRY. *(And better paranoid than dead).*

6. ALWAYS take the elevator instead of the stairs.

Stairwells are horrible places to be alone and the perfect crime spot.

(This is especially true at NIGHT!)

7. If the predator has a gun and you are not under his control, ALWAYS RUN!

*The predator will only hit you (a running target) 4 in 100 times; and even then, it most likely **WILL NOT** be a vital organ. **RUN**, Preferably in a zig-zag pattern!*

8. As women, we are always trying to be sympathetic:

STOP

It may get you raped, or killed.

*Ted Bundy, the serial killer, was a good-looking, well educated man, who **ALWAYS** played on the sympathies of unsuspecting women.*

He walked with a cane, or a limp, and often asked 'for help' into his vehicle or with his vehicle, which is when he abducted his next victim.

Continued on page 11

EISENHOWER SENIOR CENTER
307 GOLDEN HILL STREET
BRIDGEPORT, CT 06604
203-576-7993
Rosemarie Hoyt, Executive Director

Open daily from 8:30 a.m. – 4:30 p.m.
Nutritious Lunch offered Monday through Friday,
call for reservations at (203) 335-6175.

Daily Activities: Ceramics, Dominos, Cards, Billiards, Wii Practice
Also available: Computer Room, Information, Referrals, and Social Services.

Grandparents & Senior Events

- 2/4—Shelton’s Wal Mart (10 a.m.-12:30 p.m.)
- 2/11—New Haven IKEA (10 a.m.-12:30 p.m.)
- 2/18—Stew Leonards (10 a.m.-12:30 p.m.)
- 2/25—Targets— (10 a.m.-12:30 p.m.)



GRANDPARENTS GROUP

**To become a member/
 information call Sheila at
 203-414-9625**



**Every Friday
 9:30 a.m.—10:30 a.m.**



Red Hat Gathering

**Call Sheila at:
 203-414-9625**

Monday	Tuesday	Wednesday	Thursday	Friday
Exercise 8:30 - 3:15 p.m.	Exercise 8:30 - 3:15 p.m.	Exercise 8:30 - 3:15 p.m.	Exercise 8:30 - 3:15 p.m.	Exercise 8:30 - 3:15 p.m.
Chair Exercise 10:00-11:00 a.m.	Ceramics 9:30 a.m.-3:30 p.m.	Chair Exercise 10:00-11:00 a.m., Ceramics 9:30 a.m.-3:30 p.m.	Ceramics 9:30 a.m.-3:30 p.m.	Ceramics 9:30 a.m.-3:30 p.m.
Ceramics 9:30 a.m.-3:30 p.m.	Lunch	Lunch Bingo 1:30 - 2:30 p.m.	Lunch	Line Dancing 11:00 - 12 noon Lunch
Lunch				Bingo 1:30 - 2:30 p.m.

**SOCIAL SERVICE
ROSEMARY WONG
203-576-7993**

TIPS TO REDUCE ENERGY CONSUMPTION AND MAINTAIN COMFORTABLE TEMPERATURES IN YOUR HOME.

USE THE SUN FOR FREE HEAT- that bright orb in the sky should be the focus of temperature control in your residence throughout the year. Open the curtains on your south facing windows during winter days to bring free heat into your home. Close your window coverings when the sun goes down to keep the heat inside.

BUNDLE UP WITH WARM ACCESSORIES- this is one of the easiest ways to save on your heating bill. Instead of turning the heat up, put on a cozy winter sweater and warm socks. Keep throw blankets on your couch, and add area rugs to insulate the floor.

USE CEILING FANS TO YOURS ADVANTAGE- homes that have better ventilation and airflow can be more energy efficient in the summer and winter months. If you have ceiling fans in your apartment, you have more control over ventilation than you know. Ceiling fans can be used strategically to achieve better airflow. Counter-clockwise will push hot air up in the summer and clockwise will trap heat inside to keep your rooms warmer during cooler months. Turn your ceiling fan on a low setting to gently push hot air back down.

ADJUST THE THERMOSTAT AT NIGHT according to the U.S. Department of Energy, you can save about 10 percent per year on your heating bills by turning your thermostat down 10 to 15 degrees for eight hours. Consider investing in flannel sheets and a warm comforter for your bed and keeping your apartment cooler when you sleep.

KEEP YOUR FURNACE CLEAN AND UNBLOCKED- keeping your furnace and vents properly maintained will reduce energy consumption and help you save. Check your furnace filter monthly, and replace it when it gets dirty.

INVEST IN INSULATION- hundreds of thousands of dollars in energy costs are lost each year due to escaping heat and cold air in homes without proper insulation. Get some inexpensive insulation from your local home improvement store, and cover up all those areas where heat might escape. Start with foam weather stripping for your doors and windows; it's cheap and is extremely easy to apply.

USE ONLY EXHAUST FANS WHEN NECESSARY- exhaust fans in your kitchen and bathroom pull the hot air that rises to the ceiling out of your apartment. Use exhaust fans sparingly, the shut them off when you are done with them.

OPEN SWIMMING FOR BRIDGEPORT SENIORS

LOCATION:

CARDINAL SHEHAN CENTER

1494 MAIN STREET

BRIDGEPORT, CT 06604

EVERY MON., TUES., WED., & THURS.

8:30 AM TO 10:00 AM

Seniors must provide own transportation

Personal belongings cannot be left at the Pool



EISENHOWER FOOD PANTRY

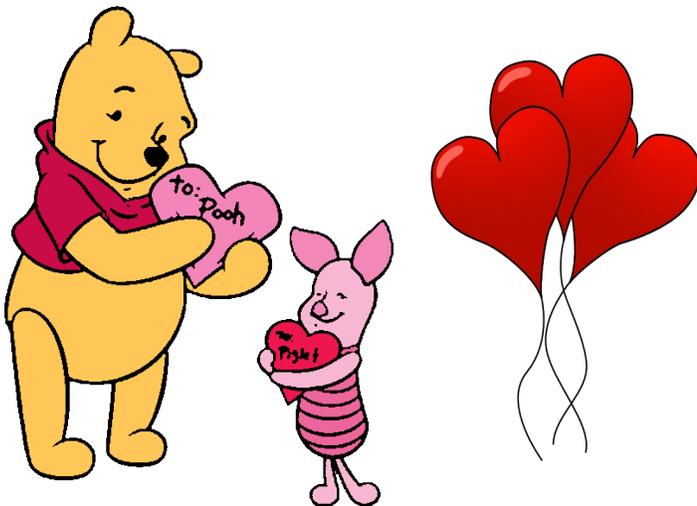
HEALING TREE ECONOMIC DEVELOPMENT (HTED)

Founded in 1990 by Mrs. Cynthia Gee West, the Healing Tree Economic Development Inc. (HTED) is committed to providing quality services that target areas of feeding, educating and housing for those members of the Bridgeport community who are in need.

HTED's program, the King's Pantry, has been feeding the homeless in the greater Bridgeport area for over 25 years. The King's Pantry currently provides weekly onsite (on the street) feeding and has two food pantries at 30 Florence St. and the Eisenhower Senior Center.

The King's Pantry at Eisenhower was started King's Pantry Director, Mrs. Charlene Chambers and is operated by Mrs. Doris Robinson, the site's Chief Operating Officer.

The Pantry is open every Thursday, 9:00 a.m. - 12:00 p.m.

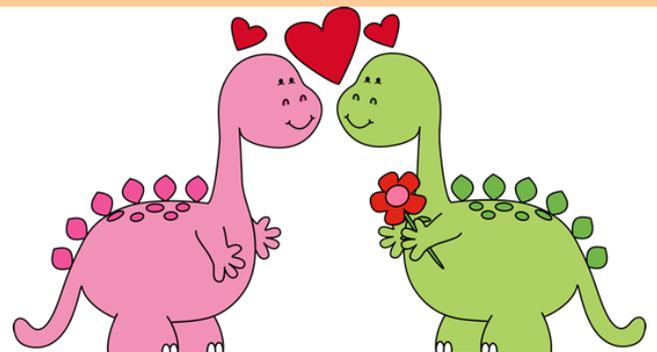


Bridgeport Nutrition Café Site

In order to ensure your dining experience a pleasant one, the following are a reservation and meal site guidelines

- Menus will be posted at the meal site and will be printed in the senior center news-letter.
- Please make a reservation 2 days in advance. Meals are ordered ahead of time and we can only guarantee meals for those who have registered.
- If you are not able to make it for lunch and have already registered, please call the café manager to let her know you will not be there.
- Those who register for lunch and do not call or show up for two (2) consecutive days will have all other reservations cancelled until he/she calls to reserve a meal again
- Lunches must be eaten at the meal site. The only items allowed to be removed from the meal site are bread and fruit. All other food items must be eaten or disposed of before leaving

If you have any questions or concerns, please contact our office at 203-332-3264. Laura or Barbara will be happy to answer any questions you may have.



NORTH END BETHANY SENIOR CENTER
20 Thorne Street
Bridgeport, CT 06606
Tel. 203-576-7730
Carrie Taylor, Coordinator

Open 8:30 a.m. to 4:30 p.m.
Daily Nutrition Program, call for registration.

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Chat Session 9:00-11:00	Chat Session 9:00-11:00	Chat Session 9:00-11:00	Chat Session 9:00-11:00	Chat Session 9:00-11:00
Wii Practice 10:30-12:00	Craft Classes 10:30-12:00	Billiards 11:00-12:00	Wii Practice 9:30-10:30	Pinochle 9:30-12:00
Lunch 12:00-1:00	Lunch 12:00-1:00	Lunch 12:00-1:00	Lunch 12:00-1:00	Lunch 12:00-1:00
Bingo 1:00-3:30	Pinochle/Bingo 1:00-3:00	Pokeno 1:00-3:00	Pokeno 1:00-3:00	Bingo 1:00-3:30

BLACK ROCK SENIOR CENTER
2676 Fairfield Avenue
Bridgeport, CT 06605
Tel. 203-576-7258
Bonnie Roach, Coordinator

Open from 8:30 a.m. to 4:30 p.m.
Daily Nutrition Lunch Program, call Gloria for registration at 203-579-1323.
Last Thursday of the month: and also rotating stores for Shopping trips.

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Line Dancing with Gloria 10:00-11:30	Pinochle 10:00-12:00	Poker 9-11:30	Zumba \$1.00 per person 10:30-11:30	Crafts/Knitting 9:30-12:00
Lunch TV Open discussion on current events 12:30—3:00	Zumba \$1.00 per class 12:00-1:00	Lunch	Lunch	Lunch
	Lunch	Bingo 12:30-3:00	Movie Matinee 12:30-2:30	Chat Session T.V. 12:30-3:00

These 7 Health Issues Due To Gluten Will Totally Shock You

#1 1. Puffiness

Foods containing gluten have a tendency to make bodily fluids swell, creating inflammation and puffiness in the joints, especially in the fingers. Many sufferers of Arthritis are recommended to maintain a gluten-free diet to avoid symptoms.



#2 2. Chronic Fatigue

You know that feeling when all you want to do is go home and crash on the couch? Gluten has the potential to make you feel like any time of day is 4 o'clock as a result of poor digestion and an inability to normally carry out various bodily functions.



#3 3. Migraine Symptoms

It is common for those who consume gluten to experience migraine-like headaches and forehead tension. When gluten is removed from the diet, many migraine sufferers report relief of their painful headaches.



#4 4. Skin Problems

Since gluten can be harder for the body to break down and metabolize, skin rashes and discoloring may appear on the face and body. Your body can literally have an allergic reaction to the gluten as if you were stung by a bee or touched by poison ivy, letting you know it may be time to eliminate it from your diet.



#5 5. Lightheadedness

The body's normal absorption of vitamins and minerals can become disrupted as a result of gluten, causing you to feel lightheaded and dizzy. This can lead to slightly more serious illnesses such as anemia if not addressed sooner.



#6 6. Hormone Imbalances

Gluten can disrupt the balance of hormones in the body for both men and women. This is especially true for women during perimenopause, or during the transition into menopause, causing bloating, fatigue, digestive issues, weight gain, and increased mood swings.



#7 7. Anxiety and Depression

Gluten consumption has been linked to both anxiety and lower moods that could eventually lead to depression. For mental and emotional issues it's always important to examine one's diet and lifestyle. Gluten could be the one to blame.



EAST SIDE SENIOR CENTER
1057 EAST MAIN STREET (Corner of Arctic St.)
Bridgeport, CT 06608
(203) 576-7212
MARTHA SANTIAGO, PROJECT COORDINATOR

Open Daily 9:00 a.m.-4:00 p.m.
Daily Nutrition Program, call for registration.
Daily activities are Dominos, Billiards,& Television—9a.m.-11:30a.m.
Various Field Trips are offered once a month.
Summer walking is offered once a week.

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Needlecraft/ Arts & Crafts 9:00-11:30 Lunch 11:30-12:30 Bingo 12:30-3:00	Needlecraft/ Arts & Crafts 9:00-11:30 Chair Yoga 10:30-11:30 Lunch 11:30-23:30 Bingo 12:30-3:00	Needlecraft/ Arts & Crafts 9:00-11:30 Lunch 11:30-12:30 Bingo 12:30-3:00	Needlecraft/ Arts & Crafts 9:00-11:30 Lunch 11:30-12:30 Bingo 12:30-3:00	Needlecraft/ Arts & Crafts 9:00-11:30 Ballroom Dancing 9:30-11:30 Lunch 11:30-12:30 Bingo 12:30-3:00

Continued from page 5

9. Another Safety Point:

*Someone just told me that her friend heard a crying baby on her porch the night before last, and she called the police because it was late and she thought it was weird. The police told her 'Whatever you do, **DO NOT** open the door.*

*The lady then said that it sounded like the baby had crawled near a window, and she was worried that it would crawl to the street and get run over. The policeman said, 'We already have a unit on the way, whatever you do, **DO NOT** open the door.' He told her that they think a serial killer has a baby's cry recorded and uses it to coax*

women out of their homes thinking that someone dropped off a baby. He said they have not verified it, but have had several calls by women saying that they hear baby's cries outside their doors when they're home alone at night.

10. Water scam!

*If you wake up in the middle of the night to hear all your taps outside running or what you think is a burst pipe, **DO NOT GO OUT TO INVESTIGATE!** These people completely turn on all your outside taps so that you will go out to investigate and then attack.*

Stay alert, keep safe, and look out for your neighbors!

Please pass this on. This information should probably be taken seriously because the Crying Baby Theory was mentioned on America's Most Wanted when they profiled the serial killer in Louisiana.

Please forward this information to all the women you know. It may save a life.

Everyone should take 5 minutes to read this. It may save your life or someone you love.