



CITY OF BRIDGEPORT
SENIOR CENTERS
NEWSLETTER

307 GOLDEN HILL ST
BRIDGEPORT, CONNECTICUT 06604

July 2016

DEPARTMENT ON AGING

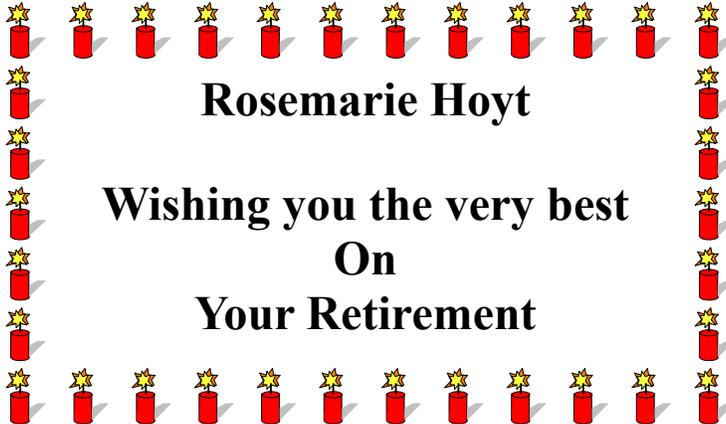
TELEPHONE 203-576-7993

The Senior Center's will be
Closed
On July 4th
Independence Day

July 4



July 24
Parents' Day



Rosemarie Hoyt

Wishing you the very best
On
Your Retirement

Cherish the memories
of yesterday...
Celebrate today,
and wishing you...
Enjoyable moments ahead.

Best Wishes

on your retirement.
on your retirement.



©123Greetings.com Music ON/OFF Replay

Rosemarie Hoyt started working for the City of Bridgeport on January 1987. She was employed as a Marketing Specialist for the Department of Economic Development.

She became Director of the Department on Aging in January 1992.

Mrs. Hoyt has worked hard to help both the Senior Center members and her employees. Also to serve the city's Senior Citizens.

You will be greatly missed and your classical music.

Thank you

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.



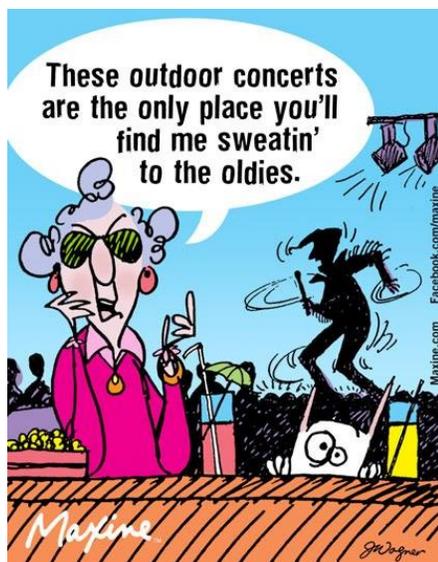
**Hairdresser will be here
July 13, 2016.
Price: \$10.00.**



© wonderclips.com

July Birthdays

Wishing our Seniors born in July 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 Rosemarie Hoyt	7989
Administrative Assistant Heather Goulet	7955
Social Services Rosemary Wong	7992
Senior Center Coordinators	
Bonnie Roach	7258
Carrie Taylor	7730
Senior Center Project Coordinator Martha Santiago	7212



Summer Skin Care Precautions for the Elderly

1. Don't Tan and Don't Burn

Use a sun shade or beach umbrella at the pool or shore. Sunbathing is not a good idea for mature skin that has already sustained a lifetime of damage from the sun's UV rays.

2. Pick Shade Over Sun

Whether you're at home or out walking, prevent sun damage to elderly skin by staying in shady corridors or porches, especially during the hottest part of the day.

3. Apply Sunscreen Daily

Sunscreen is the most powerful skin care product you can use to protect aging skin. Dermatologists recommend that you apply an SPF 30 formula to exposed skin daily. Reapply sunscreen after sweating or showering and use it liberally.

4. Don't Forget to Moisturize

Keep skin moist with a high-quality lotion or cream. Elderly skin is already prone to dryness, which sun damage and hot temperatures can make worse.

5. Wear Protective Clothes

Long-sleeved pants and shirts create excellent, inexpensive sun protection for elderly skin. Clothing with a tight weave offers substantial, reusable, and full body coverage, unlike sunscreens that wash off and must be re-applied.

6. Use Protective Accessories

Fabrics and films that block UV radiation are also used to make umbrellas, sunglasses, window shades and car window tints.

7. Sun & Medication - Beware

Some people taking over-the-counter or prescription drugs find that their skin becomes oversensitive to the sun. They can get serious skin damage including sunburn, blisters, rashes or swelling when out in the sun. If you have an unusual reaction, check with your doctor.

Other tips to help you stay cool even when you are out of the sun but it's hot outside:

1. Drink plenty of water

Although beverages containing alcohol and caffeine seem to quench your thirst, they actually cause dehydration. You may be on fluid restrictions, so speak to your doctor and verify the amounts of fluids you can drink when the weather is hot.

2. Stay in your home

Stay indoors and in the air conditioning as much as possible. If air conditioning is unavailable, stay on the lowest floor out of the sun. Fans are not effective when the temperature is above 90° F and humidity is above 35%.

3. Eat light, eat right

Eat well balanced light meals and avoid using the oven in the hottest part of the day. Keep fresh produce chilled in the refrigerator and snack on that. Think salads, veggies, even chilled soups as good alternates for heavier meals.

4. Avoid temperature changes

Avoid extreme temperature changes such as taking a cool shower immediately after coming in from the heat. It may sound good, but may result in hypothermia, particularly for the elderly. A good way to cool off is to lightly spray water on your body.

5. Do it later

Reduce, eliminate, or reschedule outdoor activities until the temperature is cooler (usually in the early morning or late evening).

HEALTH & WELLNESS



Peaches n' Green Smoothie

- 1 ¾ cups unsweetened almond milk
- 2 cups baby spinach
- ½ cup kale
- 1 tablespoon green superfood
- ½ frozen banana
- 2 cups frozen peaches
- 1 teaspoon spirulina
- 4 tablespoons (1 scoop) protein powder

Add all of the ingredients to a blender and blend until smooth.

ALMOND MILK

www.CUREJOY.COM



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

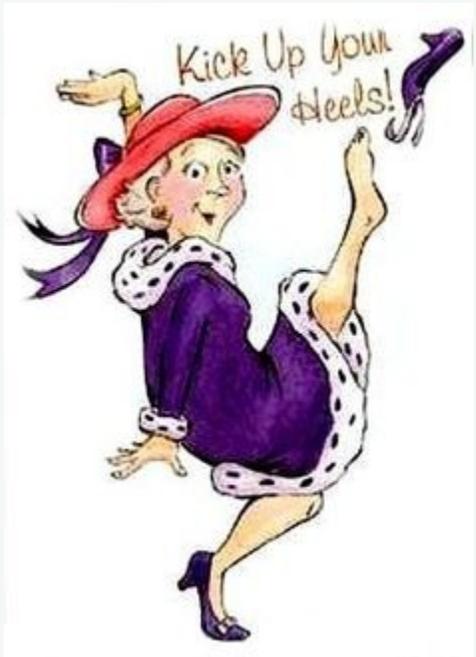


Revitalising Kale Apple

- 4 cups kale
- 1 Fuji apple
- 1 large cucumber
- ¼ lemon (optional)

Add all of the ingredients in a juicer and juice.

www.CUREJOY.COM



Sharing the Past

Written By : SeniorsList

Spending time with seniors is probably the best gift you give them. So why not make a fun family project out of it? Here are some ideas that will allow you to spend time with the people you love and create great memories for the future.

When spending time with your loved one, showing an interest in their past can trigger magical memories you may have never known and provide you a wealth of stories to pass on to grandkids and future generations. For example, you may start by asking a senior to gather special mementos and photographs they may have saved over the years. They can get out all the little things that people save over the years that remind us of who we are and where we've been. You want to capture all their emotions and excitement about these keepsakes. So maybe you could have them create a scrapbook / journal. They can write about the people in the photographs or the moments surrounding a memento. You'll be amazed at the journeys they've taken and all the little details they remember. This is even great for people with onset dementia or memory loss. Remembering what happened today or last week may be difficult for them but insights from decades ago can often stay with them.

Want to create an oral history of your loved one? The National Public Radio founded a nonprofit organization named Story Corps ©. They record the personal history of people's lives onto CD and then preserve them at the Library of Congress. This audio is saved for all future generations and is completely free for everyone. You can find out more informa-

tion by visiting their website at www.storycorps.org

Where did I come from? How about creating a family tree with your loved one? You can start a genealogy project and use photos to develop a photographed family tree. This is a great way to learn about your family's history and with all the online resources now available a project like this is easier than ever.

Why not create a digital photo album? You can take all your favorite photographs with your one and create a DVD that plays the pictures in a slide show. Just start by scanning all the photos into your computer. You can then add captions describing the moments or add music or audio to best capture your seniors' history. This is a great way to preserve the past and tell our loved one's story.

These are just some of the ways you can spend time with your loved and create a historical record that shares insights you may have never known previously. The most of important part of this is spending time with those you love and sharing fond memories together. These projects of course also create new memories.

Copyright © 2011 SeniorsList.com



**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: Dominos, Cards, Billiards, Wii Practice

Also available: Computer Room, Information, Referrals, and Social Services.

Red Hats, Grandparents & Senior Events

July 7-Famous 50's Diner—10 am.—12 p.m.

**July 14-Wal-Mart Plaza, Hamden
 10. a.m.-12 p.m.**

July 21-Nutmeg Bowling 10 a.m.-12 p.m.

**July 28-Christmas Tree Shop, Orange
 10 a.m.-12 p.m.**



GRANDPARENTS GROUP

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



**Every Wednesday
 11:00 a.m.—12:00 p.m.**



Red Hat Gathering

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

Monday	Tuesday	Wednesday	Thursday	Friday
Exercise 8:30 - 3:15 p.m. Chair Exercise 10:00-11:00 a.m. Crochet Class 11 a.m.-12 p.m. Lunch	Exercise 8:30 - 3:15 p.m. Art Therapy 10:00-11:00 a.m., Lunch	Exercise 8:30 - 3:15 p.m. Zumba 10:00-11:00 a.m. Arts & Crafts 11 a.m.—12 p.m. Lunch Bingo 1:30 - 2:30 p.m.	Exercise 8:30 - 3:15 p.m. Art Therapy 10:00-11:00 a.m., Lunch	Exercise 8:30 - 3:15 p.m. Therapy Game 9 a.m.—11 a.m. Line Dancing 11:00 - 12 noon Lunch Pokeno 1:30 - 2:30 p.m.

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

**SENIOR CITIZEN AND SSDI DISABILITY TAX RELIEF RENTERS REBATE PROGRAM
TO REQUEST YOUR APPOINTMENT PLEASE CALL (203) 576-7520.
FILING DATES APRIL 1ST THROUGH OCTOBER 1ST**

ELIGIBILITIES: Claimant or spouse must be age 65 or older by December 31st 2015. If you are under 65 you **must be permanently disabled** by the Social Security Administration. The permanently disabled applicants must provide verification of their “Certificate of Award/TPQY from the Social Security Administration. **An applicant must be a renter in Connecticut at the time of application;** also they must reside in Connecticut for any one year period prior to the time of filing. Applicants must meet the qualifying income guidelines to apply for the Renters rebate program. The maximum qualifying income for the year 2015 is **\$35,200** for the Unmarried/Single or **\$42,900** for the Married Couples. **An applicant who is “legally Separated” as of December 31st 2015, can apply as unmarried.**

All applicants must have paid rent last year to apply for the renters rebate program this year.

Call Henry who will give you an appointment and tell you what documents to bring to your appointment.

Veterans call Milta Feliciano at Veterans Affairs for an appointment and what documents to bring with you.

Puerto Rican Parade

July 10th—The annual Puerto Rican parade will take place Sunday at 11 a.m. kicking off from Central High School ending with a festival at Seaside Park.





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 newsletter.
- 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>
Current Events 9:00-11:00	Good Old Days 9:00-11:00	Be Heard Discussion 9:00-11:00	Poetry & Prose 9:00-11:00	Now & Then 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

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	Chair Yoga 10:30-11:30	Lunch 11:30-12:30	Lunch 11:30-12:30	Ballroom Dancing 9:30-11:30
Bingo 12:30-3:00	Lunch 11:30-23:30	Bingo 12:30-3:00	Bingo 12:30-3:00	Lunch 11:30-12:30
	Bingo 12:30-3:00			Bingo 12:30-3:00

What is Gluten

glu·ten
[ˈɡloo.tn]

NOUN

1. a substance present in cereal grains, especially wheat, that is responsible for the elastic texture of dough. A mixture of two proteins, it causes illness in people with celiac disease.
2. Gluten refers to the proteins found in wheat endosperm (a type of tissue produced in seeds that's ground to make flour). Gluten both nourishes plant embryos during germination and later affects the elasticity of dough, which in turn affects the chewiness of baked wheat products.
3. Gluten is actually composed of two different proteins: gliadin (a prolamin protein) and glutenin (a glutelin protein).
4. Though "true gluten" is sometimes defined as being specific to wheat, gluten is often said to be part of other cereal grains — including rye, barley and various crossbreeds — because these grains also contain protein composites made from prolamins and glutelins.
5. **Why is gluten bad?**
6. Gluten isn't necessarily bad, but some people are gluten-intolerant, meaning their bodies produce an abnormal immune response when it breaks down gluten from wheat and related grains during **digestion**.
7. The most well-known form of gluten intolerance is **celiac disease**, which affects one in every 141 people in the United States, according to the National Institutes of Health [↗](#). When someone with celiac disease consumes gluten, it triggers an **immune response that damages their intestines**, preventing them from absorbing vital nutrients.
8. Wheat allergy is a rare type of gluten intolerance — it's a classic food allergy marked by skin, respiratory or gastrointestinal reactions to wheat allergens.
9. Recently, scientists have become aware of another potential **form** [↗](#) of intolerance called nonceliac gluten sensitivity. After consuming gluten, patients with gluten sensitivity may experience many celiac disease symptoms, such as diarrhea, fatigue and joint pain, but don't appear to have damaged intestines.
10. In cases of gluten intolerance, doctors typically recommend a gluten-free diet. Patients must avoid eating any foods and ingredients that contains gluten, including bread, beer, french fries, pasta, salad dressing, soy sauce and even some soups (unless otherwise marked as "gluten-free").
11. In recent years, many people without gluten intolerance have taken up gluten-free diets. Experts worry, however, that going on these diets without explicitly needing to could be detrimental to a person's health, as **gluten-free foods are often nutrient-deficient**.



BLACK ROCK SENIOR CENTER

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

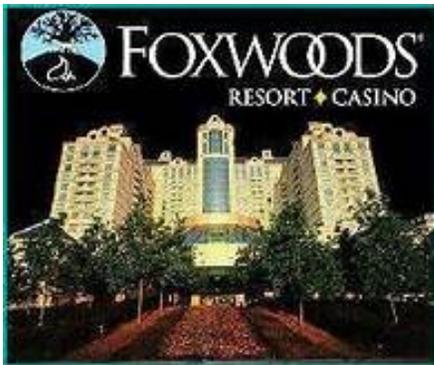
Open from 8:30 a.m. to 4:30 p.m.

Daily Nutrition Lunch Program, call Gloria for registration at 203-579-1323.

Last Thursday of the month: and also rotating stores for Shopping trips.

Events

**July 5—Foxwood Casino
 Cost: \$25.00**



<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 Movie 12:30-3:00