APRIL
2021

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Our cemetery is located in the beautiful Lordship section of Stratford.

St. Joseph cemetery is consecrated ground blessed to receive the mortal remains of the faithful departed. The cemetery is open to residents of Stratford, and those residents who may presently reside in a long-term care facility outside of Stratford.

The cemetary 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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1300 Stratford Road, Stratford, CT 06615

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Sunday: 9:30AM Bible Study | 10:30AM Worship

Monday: 7PM Prayer | **Wednesday:** 11AM/7PM Bible Study

Rev. Robert Adkins

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Light At The End Of The Tunnel

The declining hospitalization rates and other public health indicators are glimmers of light at the end of the COVID-19 tunnel. We can be cautiously optimistic as we begin to think about what's in store for the rest of 2021. One reason for optimism here at the Baldwin Center is the progress being made on our extreme makeover. Everything, except our offices, is packed up and stored to clear the way for renovations. Most of the carpeting and flooring has been removed. Two walls have been taken down – one on the first floor wall between the conference room and transportation office and the other in the basement between the ping pong and Wii rooms. Check out pictures on our website for the work in progress. We are also optimistic that if weather permits, we will offer our April activities outdoors, masked and socially distanced. We can't wait to get our Walking Club strolling again and host our first outdoor class with Stratford YMCA group fitness instructor Sally Head. In deed, the tunnel has been a long one, which surely makes the light shine brighter at the end.

Our Extreme Makeover Update ...

Wall taken down between the Transportation Office and Conference Room.

Flooring removed in the Lobby and carpet removed from Second Floor.

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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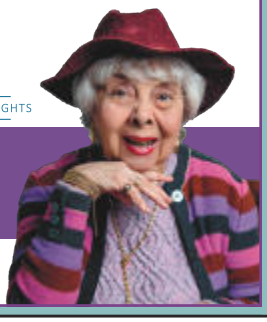

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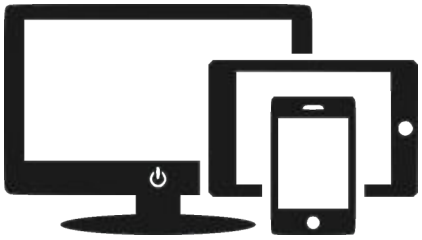
Community News & Programs

Digital Dreams in Stratford

The Digital Dreams Project collects idle, unused, and functional devices from residents to be refurbished. Once refurbished, they are then redistributed to Stratford residents needing such devices, to help conquer the digital divide, maintain connections with loved ones and access tele-health services. We understand that some older adults shy away from using technology for one reason or another. Don't let this stop you! **Contact Stratford Senior Services at (203) 385-4050 or seniorservices@townofstratford.com for more information.**



Carl Glad, center, Commission on Aging member, was among the Stratford residents supporting our first Stratford Digital Dreams collection event.

STRATFORD LIBRARY presents:

Music Series: LAUGH! April 11, 2-3pm
Join CRAIG HARRIS, a master percussionist, educator, historian, storyteller, photographer, radio host and author of Crossing Borders: My Journey in Music and Bluegrass, for an archival audio/ video, storytelling, history and music that explores the rib-tickling world of musical humor. This fun -filled presentation is the perfect antidote to the blues.
Dial in to listen: 1 646 558 8656
Meeting ID: 819 6645 4099
Passcode: 448022

Sunday Afternoon Talks: THE INTOLERABLE ACTS AND WORSE
April 18, 2-3:30pm
Guest speaker is historian Eric Chandler
Dial in to listen: 1 646 558 8656
Meeting ID: 830 5851 7367
Passcode: 4412419275

Meet-the-Author: PAUL BACKALENICK April 25, 2-3pm
Come meet author Paul Backalenick, formerly of Westport, discussing his latest novel CARRIE'S SECRET. Carrie's Secret is a tense, exciting drama, with a satisfying and surprising ending.
Dial in to listen: 1 646 558 8656
Meeting ID: 813 3499 1245
Passcode: 926669

Grab 'n Go Lunch

Swing by The Baldwin Center to grab lunch on *Mondays and Fridays from 11:00 am to 12:00 pm*. Our Grab 'n Go is done "drive-thru style", and advanced reservations are required. Call (203) 385-4050 to register!!! Donations are welcome.

Town of Stratford weekly food pantry and community dinner temporary schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Sterling House Community Center Food Pantry 2283 Main Street, Stratford, CT Every Monday 1:00 - 3:00pm *For Evening Appointments: call 203-378-2606 x114	**Sterling House Community Center Food Pantry** 2283 Main Street, Stratford, CT Every Tuesday 1:00 - 3:00pm *For Evening Appointments: call 203-378-2606 x114	**South End Community Center** 19 Bates Street, Stratford, CT Every Wednesday 9:45 - 11:45am *Closed April 7th* **St. James Church Food Pantry** 2110 Main Street Stratford, CT Every Wednesday 10:00 - 12:00pm	**Sterling House Community Center Food Pantry** 2283 Main Street, Stratford, CT Every Thursday 1:00 - 3:00pm *For Evening Appointments: call 203-378-2606 x114	**First Haitian Evangelical Church** 1192 Stratford Ave., Stratford, CT Every Friday 11:00 - 1:00pm	**Wade's Dairy** 1316 Barnum Ave. Bridgeport Every Saturday 8:00 - 10:30am **First Baptist Church** 1301 Stratford Ave. Every Saturday 10:00 - 12:00pm
The Lord's Kitchen at Christ Church Community Dinner 2000 Main Street, Stratford, CT Every Monday 5:00 - 6:00pm	**Bridgeport Hospital Food Distribution** 200 Mill Hill Ave., Bridgeport, CT March 16th & April 20th 5:30- 6:30pm	**The Lord's Kitchen at Christ Church Community Dinner** 2000 Main Street, Stratford, CT Every Wednesday 5:00 - 6:00pm			

FOR THOSE WITH NUTRITIONAL NEEDS

Meals on Wheels - Contact: 203-332-3264- Set fee. Two meals per day for persons who are home-bound, 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 Senior Services Team 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

Provided by Ahlbin Centers for Rehabilitative Medicine at Bridgeport Hospital

Date: Tuesday, April 6th from 6:00-7:00pm

Join Zoom Meeting
https://ynhh.zoom.us/j/95204588897?pwd=QU9Dbk90WVcwQnVWYmVOMnYxaVIwUT09

Meeting ID: 952 0458 8897 Passcode: 020238
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Operation Fuel Winter Assistance

We are still excepting application for Operation Fuel Winter Assistance. This program is designed 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 $700 grant which is sent directly to the heating company from Operation Fuel. For oil customers, in order to be eligible for an Operation Fuel grant, you must have already applied for and received Energy Assistance through ABCD and only be eligible for one fuel delivery. 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. If you are applying for assistance for a secondary utility, you must have made 4 payments to the utility company during in the past 12 months from date of application. One of those four payments must have been made during the winter moratorium months from November 1st to May 1st.

Applicants must meet the following financial guidelines:

1 person	$47,055.84	4 people	$90,492.00
2 people	$61,534.56	5 people	$104,970.72
3 people	$76,013.28	6 people	$119,449.44

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 2020, you will not be eligible again for assistance until August of 2020. Applicants can receive an Operation Fuel grant from either the winter program or the summer program, but not both.

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

Senior Connection

Growing older is a natural part of life's journey. As with all life stages, we need stimulation, activity, social connections, fun and laughter to thrive. At times, we may also need a helping hand to navigate through this life stage. Senior Connection reaches out to Stratford's vibrant senior community with social recreational opportunities and practical information.

Laura Kapitan, Senior Connection Coordinator is here to engage Stratford Seniors in a variety of recreational programs and activities, provide helpful guidance, and link seniors to resources and consultation to identify available and appropriate services to meet your needs.

All Stratford residents 60+ are eligible to participate. There is no cost, but donations are always welcome. Senior Connection is funded in part by the federal Older Americans Act through the Southwestern Connecticut Agency on Aging – www.SWCAA.org.

For more information or to participate, please contact Laura Kapitan at 203-385-4050 or seniorservices@townofstratford.com.

Walking Club

With Spring approaching, the warmer weather is just around the corner! With warmer weather comes the need to get out and start moving! So, let's do just that! Starting in April, we will be meeting in Front of The Baldwin Center (as the inside is still closed to members) every Tuesday at 1pm! (weather permitting) We will stroll around The Civic Plaza and local areas. After getting our exercise in, we will have time set aside to sit and chat! I'm sure we all have a lot to catch up on! As always, it is important to stay safe. Masks Must be worn at all times and socially distance **6 feet apart** while walking! Please call us at 203-385-4050 if you are interested in joining the group!

Spring activities

BRAIN GAMES

Thursdays 10am.

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– Fridays 10 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.

BINGO

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

Virtual programs and resources:

Refreshing your driving skills could reduce your auto insurance costs. Take the **AARP Smart Driver™** online course to see how much you could save.

AARP is extending our special 25% off discount through August 31, 2021.
Website: www.aarpdriversafety.org
Promo code for **25% discount**: **DRIVINGSKILLS**

AARP Driver Safety

CDC Issues First Set of Guidelines on How Fully Vaccinated People Can Visit Safely with Others The new guidance—which is based on the latest science — includes recommendations for how and when a fully vaccinated individual can visit with other people who are fully vaccinated and with other people who are not vaccinated. This guidance represents a first step toward returning to everyday activities in our communities. CDC will update these recommendations as more people are vaccinated, rates of COVID-19 in the community change, and additional scientific evidence becomes available.
https://www.cdc.gov/media/releases/2021/p0308-vaccinated-guidelines.html

The **Senior Medicare Patrol** (SMP) empowers and assists Medicare beneficiaries, their families, and caregivers to prevent, detect, and report health care fraud, errors and abuse through outreach, counseling and education.

In Connecticut, SMP is operated by the Department of Aging and Disability Services State Unit on Aging in cooperation with the regional Area Agencies on Aging and the many volunteers who help power the program in our communities. SMP provides enhanced training on the issues of Medicare fraud and abuse to its network of volunteer and staff counselors. SMP counselors can provide education, assistance and advocacy to residents in order to identify, report and prevent Medicare fraud, waste and abuse. Visit their website https://portal.ct.gov/ads-smp#SMP

SUPPORT OUR ADVERTISERS!

April 2021

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Stratford Senior Grocery Bag Program 10-12 pm Brain Games 10 am (dial in)	2 Good Friday
5 Bingo 1pm (dial in) Grab n Go Lunch 11-12pm	6 Trivia 10am (dial in) Walking Club 1pm	7	8 Brain Games 10 am (dial in)	9 Stress Less 10am (dial in) Grab n Go Lunch 11-12pm
12 Bingo 1pm (dial in) Grab n Go Lunch 11-12pm	13 Trivia 10am (dial in) Walking Club 1pm	14	15 Stratford Senior Grocery Bag Program 10-12 pm Brain Games 10 am (dial in)	16 Stress Less 10am (dial in) Grab n Go Lunch 11-12pm
19 Bingo 1pm (dial in) Grab n Go Lunch 11-12pm Downsized Gourmet 12pm	20 Trivia 10am (dial in) Walking Club 1pm	21	22 Brain Games 10 am (dial in) Coooking with Seasonal Produce 1pm	23 Stress Less 10am (dial in) Grab n Go Lunch 11-12pm
26 Bingo 1pm (dial in) Grab n Go Lunch 11-12pm	27 Trivia 10am (dial in) Walking Club 1pm	28 YMCA Sit and Stretch (outdoors) 10 am Drive Thru 11-12 pm	29 Stratford Senior Grocery Bag Program 10-12 pm Brain Games 10 am (dial in)	30 Stress Less 10am (dial in) Grab n Go Lunch 11-12pm

Please call us 203-385-4050 or email us at seniorservices@townofstratford.com for more information on how to join the session by computer or telephone.

Drive-Thru Brunch for Stratford Residents

We are so excited **Spring** is here! Please come out and have brunch on us! The Baldwin Center will be hosting our monthly Drive-Thru meal on **Wednesday, April 28, from 11:00am - 12:00pm.** The ***Stratford Skillet*** will be providing a delicious Veggie Skillet! (layers of onion, tomato, spinach, peppers, feta cheese, home fries and eggs) YUMMY!! Please call to reserve your brunch at 203-385-4050 by Monday, April 26.

As always, your health and safety are always a priority for us, so please remain in your car and wear your masks! Thank you and we can't wait to see you all!

Sit and Stretch with Sally

Join Stratford YMCA group fitness instructor Sally Head for Sit & Stretch on April 28, 2021 at 10:00am in the Civic Plaza (weather permitting) next to the Baldwin Center. Learn basic breathing exercises and how to use a chair to relax and stretch.

Registration is required and there is no charge to participate. Call 203-385-4095 or email seniorservices@townofstratford.com to reserve your spot by Monday, April 19, 2021.

Cooking with Seasonal Produce

Join **ShopRite** of Shelton Dietitian Siddhi Sheth on Thursday, April 22nd, at 1 pm, for a virtual class on cooking with seasonal spring produce.

Siddhi will discuss tips for finding foods in season, and will also perform a cooking demonstration using seasonal items.

Siddhi is a Registered Dietitian and currently the in-store Dietitian at the ShopRite of Shelton. At ShopRite she provides free services to community, including individual & family nutrition consultations (virtual and tele-counseling), group classes, support groups, cooking demos, meal prep ideas, and recipe makeovers.

**Schedule your FREE consultation or sign up for upcoming events at: dietitians.shoprite.com*

It can be hard to cook for one or two. Susan and Paul Doyle of Oasis Senior Advisors bring you a cooking demo via Zoom to solve the problem of how to enjoy cooking on a smaller scale during – and after - the pandemic. Learn to prepare easy and tasty treats from the comfort of your own home. **Monday, April 19 at Noon**.

Join Zoom Meeting

https://us02web.zoom.us/j/88913552335

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Find your local number: https://us02web.zoom.us/u/k9ZVREstL

Who are Oasis Senior Advisors? Paul & Susan Doyle | 475.619.4123 | 914.356.1901
OasisSeniorAdvisors.com/CT-NY

What do they do? They are free service that helps people find the right Assisted Living or Memory Care community - or anything else they might need related to senior care.

Who should I tell about Oasis. Anyone who has questions about senior living or care. Someone who wants their questions answered in a confidential, personal manner and **at no cost**.

Stratford Senior Grocery Bags

Stratford Senior Services provides Stratford residents age **60+**, who are having difficulty accessing food during the pandemic, with a bag of fresh groceries **twice monthly on Thursdays from 10:00am to 12:00 noon.**

This program helps older adults experiencing financial hardship, without transportation, without family, friends, caregivers, or neighbors to assist with obtaining food, or who have a medical condition/physical illness that puts them at high-risk during the COVID-19 health pandemic.

Grocery bags can be picked up at The Baldwin Center. For individuals who have no way to pick up a grocery bag, a delivery may be possible.

If you are interested in registering for this program, **please call Stratford Senior Services at (203) 385-4050 to complete a screening** to determine eligibility.

SAVE THE DATE

WELCOME TO MEDICARE

APRIL 7, 2021 | 3:00 PM - 7:00 PM ET

Learn about signing up for Medicare! Registration for this free event opens in February. Visit www.shiphelp.org to learn more.

This virtual Medicare fair is for people new to Medicare. Learn about Medicare – and all its parts - to assist you in your initial enrollment decisions.

Get trusted, unbiased Medicare education to help you make Medicare choices that best meet your needs.

There will be national expert presenters on Medicare eligibility, enrollment, and coverage options. There will also be experts from your state health insurance assistance program to answer your individual questions.

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Aging and Disability Services

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This project was supported, in part, by grant number 90SATC0002 from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration for Community Living policy.

Senior Medicare Patrol Fraud Alert
COVID-19 Vaccine Email Survey is not legitimate

The arrival of the COVID-19 vaccine has been announced and unfortunately scammers will use this as an opportunity to obtain sensitive information. An email that may appear to be coming from Pfizer or Moderna, images below, is being sent to people asking them to take a survey in exchange for a reward. This is not a legitimate email. Do not open emails or hit links unless you know and trust the sender.

Reminders:

- You will not be charged any fees to receive the vaccine. Insurance plans, medical facilities and other providers cannot charge recipients of the vaccine for any fees including the administration fee.
- You cannot pay to put your name on a list to get the vaccine.
- No one from a vaccine distribution site or health care payer, like a private insurance company, will call you asking for your Social Security number, or your credit card or bank account information to sign you up to get the vaccine.
- Beware of providers offering other products, treatments, or medicines to prevent the virus. Check with your health care provider before paying for or receiving any COVID-19-related treatment.
- If you get a call, text, email — or even someone knocking on your door — claiming they can get you early access to the vaccine, STOP. That's a scam.
- Be wary of where you get your information on the vaccine. Avoid unsolicited communication. For reliable information:
    - You can check out the State of Connecticut Am I eligible COVID-19 Vaccine Website

How Can Your Senior Medicare Patrol Help?
Your local SMP is ready to provide you with the information you need to PROTECT yourself from Medicare fraud, errors, and abuse; DETECT potential fraud, errors, and abuse; and REPORT your concerns. SMPs and their trained team members help educate and empower Medicare beneficiaries in the fight against health care fraud. Your SMP can help you with your questions, concerns, or complaints about potential Medicare fraud and abuse issues. It also can provide information and educational presentations. For more information, contact the Senior Medicare Patrol at your local Area Agency on Aging at 1-800-994-9422 or visit https://portal.ct.gov/ads-smp.

CT Department of Aging and Disability Services I State Unit on Aging | 55 Farmington Ave 12th Floor, Hartford CT 06105 |
local: 860.424.5274 | in-state toll free: 1.888.218.6631 | Aging and Disability Services Website

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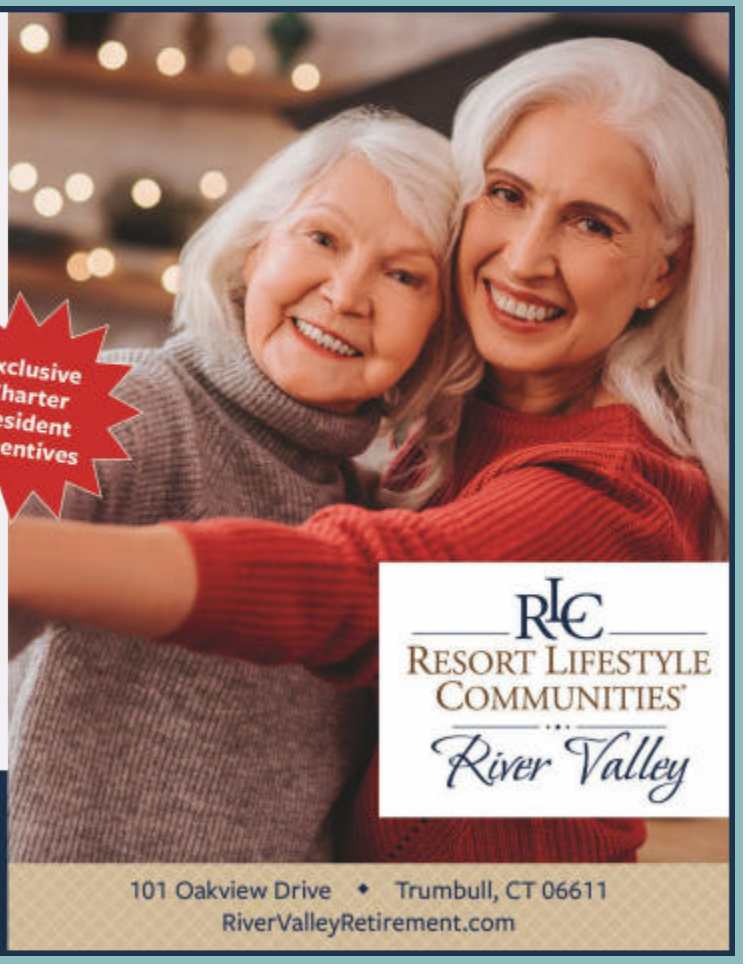

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DRIVERS
Alfredo Serrano, Marvin Patrick

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