October 2021

The Baldwin Beacon

The Baldwin Center Monday - Friday 8:30 am - 4:00 pm (203) 385-4050

On Tuesday, August 24th, Mayor Laura R. Hoydick joined Stratford Seniors at The Baldwin Center to take part in the "Stratford Remembers" Community Project led by Stratford Art Teachers Aubrey Booska, Michelle Genuario and Marie Monks.

This will be an ongoing community project in which residents can participate in creating and painting poppies in preparation to honor Veterans on Memorial Day 2022.

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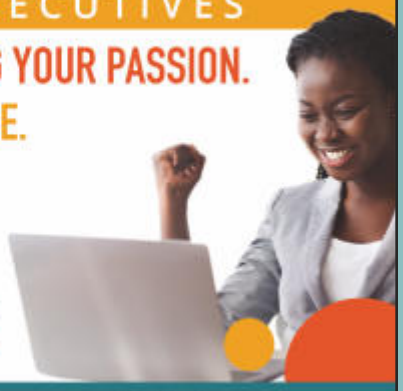

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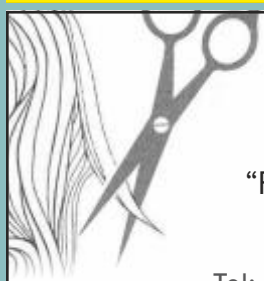

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Monday: 7PM Prayer | **Wednesday:** 11AM/7PM Bible Study

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"Do All The Good You Can"

A Message from the Director

"Do all the good you can, by all the means you can, in all the ways you can, in all the places you can, at all the times you can, to all the people you can, as long as you ever can." While there is dispute whether these words can be attributed to John Wesley, there is no disputing that they reflect the marching orders for those of us who strive to be of service. Since March 2020, these marching orders have guided our work here at The Baldwin Center, which resulted in:

- Serving nearly 2,500 grab 'n go lunches prepared by CW Resources.
- Distributing over 1,000 meals from Stratford restaurants in Drive Thru Events.
- Providing over 2,000 bags of groceries, 1,200 food boxes and 350 Farmer's Market coupon books.
- Saluting Stratford Senior Veteran's on Veteran's Day.
- Launching the Senior Connection Program to link more residents to resources and activities.
- Making and receiving countless calls to help folks get vaccinated and assisting our Health Department colleagues with homebound vaccines and at the Birdseye Clinics.
- Blazing trails at beaches, malls and all around town with The Walking Club.
- Processing over 400 Heating Assistance, 70 Operation Fuel, and 600 Renter's Rebate Applications, as well as counseled dozens of individuals about Medicare Savings Plans.
- Making free iPads, along with training and consultation available, in an effort to keep older adults connected to loved ones as well as needed resources.
- Keeping the buses running and providing trips to medical appointments and grocery stores.

Joining the Baldwin Center staff in our mission is Olivia Donnelly, Human Services Social Worker. She recently graduated from Fordham University with a Master's of Social Work, has worked in community agencies, and our very own Stratford Recreation Department. With the leadership of Erin McLeod, Human Services and Senior Center Supervisor, they are a dynamic duo assisting Stratford residents of all ages locate resources for a variety of needs including home care and respite care, caregiver support, mental health, housing, food, recreation, assistive technology, and technological devices.

The good works emanating from the Baldwin Center, and the good people comprising the Baldwin Center Membership, are just two reasons Stratford is a great place to call home.

Tammy Trojanowski

The Baldwin Center
Open
Monday - Friday
8:30 am - 4:00 pm

The Baldwin Center

Coffee Shop

Open
Monday - Friday 8:30 - 11:00 am

KMA

The Law Offices of Kurt M. Ahlberg

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October 2021

Activities & Events Calendar

REGISTRATION FOR SEPTEMBER PROGRAMS WILL BE OPEN MONDAY SEPTEMBER 27TH

Monday	Tuesday	Wednesday	Thursday	Friday
				1 9: Men's Club 10-11: Strength & Cardio with Virginia 11-12: Chair Yoga with Virginia 1-2:30: Baldwin Players
4 9-10: Strength & Balance with Bobbi 9:30-11: Knitting 1-2: Bingo	5 1: Walking Club 1-2:30: Watercolors with Sabine (Advanced) 2:30-4: Watercolors with Sabine (Beginner)	6 9:30-11: Knitting 10-11: Book Club 10-11: Sit & Stretch 1: iPad Training Session #1 (DD ONLY) 2-4: Cards & MahJong	7 10-11: Brain Games & Trivia (Call In) 11:15-12: Zumba Gold with Pauline 1-2: Stress Less	8 10-11: Strength & Cardio with Virginia 11-12: Chair Yoga with Virginia 1-2: Tap with Deb 1-2:30: Baldwin Players
11 **COLUMBUS DAY** 	12 9: Pinochle League 1: Walking Club 1-2:30: Watercolors with Sabine (Advanced) 2:30-4: Watercolors with Sabine (Beginner)	13 9:30-11: Knitting 10-11: Sit & Stretch 1: iPad Training Session #2 (Open to All with iPad) 2-4: Cards & MahJong	14 10-11: Brain Games & Trivia (Call In) 11:15-12: Zumba Gold with Pauline 1-2: Stress Less	15 9: Men's Club 10-2: Stew Leonard's 10-11: Strength & Cardio with Virginia 11-12: Chair Yoga with Virginia 1-2: Tap with Deb 1-2:30: Baldwin Players
18 9-10: Strength & Balance with Bobbi 9:30-11: Knitting 1-2: Bingo 2: Friendship Club	19 1: Walking Club 1-2:30: Watercolors with Sabine (Advanced) 2:30-4: Watercolors with Sabine (Beginner)	20 9:30-11: Knitting 10-11: Book Club 10-11: Sit & Stretch 2-4: Cards & MahJong 2-4: Guided Pumpkin Painting (Session #1)	21 10-11: Brain Games & Trivia (Call In) 11:15-12: Zumba Gold with Pauline 1-2: Stress Less	22 10-11: Strength & Cardio with Virginia 11-12: Chair Yoga with Virginia 1: Baldwin Players Halloween Show
25 9-10: Strength & Balance with Bobbi 9:30-11: Knitting 1-2: Bingo	26 1: Walking Club 1-2:30: Watercolors with Sabine (Advanced) 2:30-4: Watercolors with Sabine (Beginner)	27 9:30-11: Knitting 10-11: Sit & Stretch 2-4: Cards & MahJong 2-4: Guided Pumpkin Painting (Session #1)	28 10-11: Brain Games & Trivia (Call In) 11:15-12: Zumba Gold with Pauline 1-2: Stress Less	29 10-11: Strength & Cardio with Virginia 11-12: Chair Yoga with Virginia 1-2: Tap with Deb 1-2:30: Baldwin Players 2: Halloween Movie Matinee

REGISTRATION FOR SEPTEMBER PROGRAMS WILL BE OPEN MONDAY SEPTEMBER 27TH

Please call us 203-385-4050 or email us at seniorservices@townofstratford.com for more information on how to join Virtual or Call In Programs.

We are happy to announce the return of our lunch program STARTING MONDAY, OCTOBER 4TH! If you would like to reserve a meal, please call (203) 377-4991 between 9:00 am and 1:00 pm. Reservations must be made 2 days in advance. Reservations will be accepted starting Monday, September 27th.

CW Resources Senior Community Café

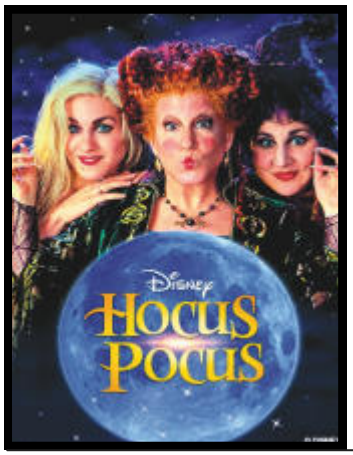
October, 2021

1% or Skim milk provided
Margarine available

MENU ITEMS SUBJECT TO CHANGE — **SUGGESTED DONATION**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Orange Pineapple Juice Pier 17 Fish Seasoned, Roasted Potatoes Scandinavian Veggies Tarter Sauce Multi Grain Bread Birthday Cake
4 Chicken Marsala Mashed Potatoes Sliced Carrots 100% Whole Wheat Applesauce	5 Swedish Meatballs with LS Gravy Wide Egg Noodles Peas and Carrots Potato Bread Pineapple Cup	6 Southern Grilled Chicken Salad with Olives, Tomatoes, Black Beans, and Corn Ranch Dressing Corn Muffin Chocolate Pudding	7 Cranberry Juice Broiled Fish Cheesy Rice Broccoli Wheat Bread Banana	8 Sliced Ham Pineapple Glaze Sweet Potatoes Geneva Blend Veggies Rye Bread Fruit Cup
11 Salisbury Steak Mushroom Gravy Au Gratin Potatoes Scandinavian Veggies Rye Bread Fruit Cocktail	12 Orange Juice Baked Chicken Parmesan Rigatoni with Sauce Romaine Salad Italian Dressing Italian Bread Cinnamon Applesauce	13 LS Tomato Basil Soup Unsalted Crackers Broccoli, Potato, Sausage Crumble, Egg Bake Spinach Biscuit Pear Cup	14 Cranberry Juice Chicken Picatta Linguini Buttered Dill Carrots Dinner Roll Oatmeal Raisin Cream Cookie	15 Grape Juice Turkey Divan Brown Rice California Blend Veggies Crusty Dinner Roll Ice Cream Cup
18 Lazy Stuffed Cabbage (Beef/Pork Mix) Mashed Potatoes Meadow Blend Veggies Italian Bread Mandarin Oranges	19 Apple Juice Herbed Chicken Legs Cheesy Rice Oriental Blend Veggies 100% Whole Wheat Warm Peach Cobbler with Topping	20 Cranberry Juice Open Faced Turkey Sandwich with Gravy Buttered Noodles Carrots Apple Pie	21 Homemade Meatloaf Onion Gravy Sweet Potato Peas Roll Cantaloupe	22 Codfish Cakes Steak Fries Green Beans Ketchup Tartar Sauce Oatmeal Bread Tropical Fruit Cup
25 Cranberry Juice Goulash with Macaroni, Beef, and Green Pepper Carrots Italian Bread Rice Pudding	26 Corn Chowder Unsalted Crackers Fajita Chicken Strips with Peppers and Onions Spanish Rice Pintos & Black Eyed Peas Tortilla Pears	27 Orange Juice Spaghetti and Turkey Meatballs Garden Salad Italian Dressing Garlic Bread Fresh Apple	28 Beef Stroganoff Buttered Noodles Mixed Vegetables Crusty Dinner Roll Mandarin Oranges	29 Roaring Roast Turkey Turkey Ghostly Gravy Mashed Petrified Potatoes Buldging Brussel Sprouts Creepy Cranberry Sauce Devilish Dinner Roll Haunting Halloween Treat

Halloween Movie Matinee!



Friday, October 29th @ 2:00 pm
Kick-off the Halloween weekend with a viewing of the Disney classic ***"Hocus Pocus".***

There is no fee.
Light refreshments will be available for purchase.

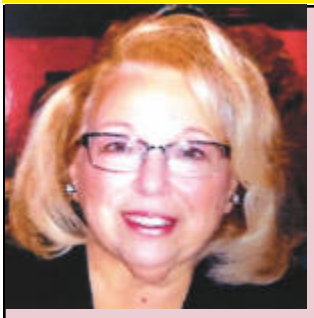
Pre-Registration is required.
Please call (203) 385-4050 to reserve your spot.

Become A Baldwin Center Volunteer!

The Baldwin Center is seeking to recruit volunteers for the following areas:

- **Reception/Greeter**
- **Lunch Program**
- **Coffee Shop**
- **Library**
- **Programs**
- **Energy Assistance & Renter's Rebate**

If you are interested in becoming a volunteer, please call (203) 385-4050 to start the application process!



Senior Spotlight

With our schools back in full swing, it is fitting that the October spotlight shines on Kathy Faggella, educator extraordinaire. Born and raised in Stratford, Kathy graduated from Notre Dame High School and went on to earn a Bachelor's in Science from Southern CT State College (now University), and a Master of Arts from Fairfield University. Her life-long work as a teacher began in a fifth grade classroom in Bridgeport, continued as teacher/co-director at the Helen King Reynolds Pre-School here in Stratford and expanded to include sharing her wisdom and experience with students enrolled at Gateway Community College and Fairfield University. Over the years, Kathy has authored and co-authored over 40 publications for parents, teachers and children. Stratford is fortunate to be included in her publications with *Picture This*, a Time Travel Picture Book of our community. Kathy's teaching went beyond the walls of a traditional classroom. At Sterling House Community Center, she partnered with Literacy Volunteers of America to support adult English Language Learners and their children. She led a very popular book club at the Stratford Library for some 22 years and volunteered and welcomed new members to St. James Church through the Rite of Christian Initiation of Adults (RCIA).

By her side for all of these accomplishments is her high school sweetheart and husband of 57 years, Vinny. Kathy and Vinny are the proud parents of James and Kathryn and grandparents of Chase and Kayla. Currently, Kathy continues her mission by leading our very own book club here at Baldwin Center and faithfully serving as a member of the Stratford Commission on Aging for 18 years, recently stepping down as Chair.

Students of all ages, here in Stratford and elsewhere are grateful for Kathy shining her brilliant light on their path. Shine On, Kathy!

Special Programs in October

Guided Pumpkin Painting

with Mio & Laura

Wednesday, October 20, 2021 @ 2:00 pm (Session #1)

&

Wednesday, October 27, 2021 @ 2:00 pm (Session #2)

Join Mio & Laura for an afternoon of art, relaxation and friends.

Mio & Laura will guide you through creating this beautiful fall painting.

There will be a $5 Class Fee to cover the cost of supplies.

No previous art experience required!...just bring yourself and a smile!

Please call (203) 385-4050 to reserve your spot by Friday, October 15, 2021.

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iPad Training Sessions

Come join the Stratford Library Staff for this 2-session training to learn how to use and navigate your iPad. For seniors without their own IPad, one will be provided to you by Stratford Senior Services through the Digital Dreams Project.

- **Session #1: Wednesday, October 6th @ 1:00 pm (For Digital Dreams iPad recipients only)**
- **Session #2: Wednesday, October 13th @ 1:00 pm (For those with Digital Dreams iPad AND those with their own personal iPad)**

Pre-Registration is required.
Please call (203) 385-4050 to reserve your spot.

******Please indicate if you will need a Digital Dreams iPad at time of registration. If you have your own iPad, you are only eligible to register for the 2nd training session.***

SUPPORT OUR ADVERTISERS!

Senior Center Program Highlights

Tap *with Deb*

Fridays in October @ 1:00 pm

Starting October 8th

$15 Enrollment Fee ($5/class) is due prior to start of first class.
Fee can be paid by cash or check.
Receipts will be issued for cash payments.
Pre-Registration is required. Please call (203) 385-4050 to reserve your spot.

Yoga *with the* Y

Join a YMCA Yoga Instructor for weekly yoga classes here at The Baldwin Center beginning in October! ***Class day and time TBD***. Please call (203) 385-4050 for this information and to register.

~Namaste~

The Baldwin Players

Rehearsals on Fridays @ 1:00 pm

Halloween Show Friday 10/22 @ 1:00 pm

The Great Pumpkin Festival

Saturday, October 16, 2021
12:00 - 5:00 pm
Boothe Memorial Park

Activities include pumpkin carving contest, kids costume parade, community booths, and more!

Senior Center Program Highlights

Every Monday @ 1:00 pm
Disposable cards will be provided. Please bring your own toppers.
Play is for fun!...no cash prizes.
Pre-Registration is required. Please call (203) 385-4050 to reserve your spot.

Walking Club

Every Tuesday @ 1:00 pm
Come join the Baldwin Center Walking Group!
Location is decided on a weekly basis based on group consensus.
Pre-Registration is required.
Please call (203) 385-4050 to reserve your spot, and to find out the upcoming week's walking location.

Sit & Stretch

Every Wednesday @ 10:00 am
Join this upbeat, seated dance and exercise class. You will get your workout while having the time of your life!
Chairs will be provided.
There is no fee to participate.
Pre-Registration is required.
Please call (203) 385-4050 to reserve your spot.

Watercolors with Sabine

Tuesdays @ 1:00 pm (Advanced Class)
Tuesdays @ 2:30 pm (Beginner Class)
October 12th - November 16th
Tap into your internal artist! Join this 6 week watercolors class and create your own personal works of art. Pre-Registration is required.
$45 Enrollment Fee ($7.50/class) is due prior to start of first class.
Fee can be paid by cash or check.
Receipts will be issued for cash payments.

Bus Trip to Stew Leonard's in Norwalk!
Friday, October 15, 2021
10:00 am - 2:00 pm

Norwalk Senior Center Transportation will depart from the Baldwin Center at 10:00 am sharp. **You will need proof of vaccination for COVID-19 to board the bus. Masks are mandatory.** Each trip is limited to 10 passengers, and there will be a 3 bag maximum.

There is no fee to participate. Pre-Registration is required. Please call (203) 385-4050 to reserve your spot.

Senior Center Program Highlights

Strength & Balance with Bobbi
Mondays in October @ 9:00 am

Starting October 4th

$9 Enrollment Fee ($3/class) is due prior to start of first class.
Fee can be paid by cash or check.
Receipts will be issued for cash payments.
Pre-Registration is required. Please call (203) 385-4050 to reserve your spot.

Strength & Cardio with Virginia
Fridays in October @ 10:00 am

Starting October 1st

$15 Enrollment Fee ($3/class) is due prior to start of first class.
Fee can be paid by cash or check.
Receipts will be issued for cash payments.
Pre-Registration is required. Please call (203) 385-4050 to reserve your spot.

Chair Yoga with Virginia
Fridays in October @ 11:00 am

Starting October 1st

$15 Enrollment Fee ($3/class) is due prior to start of first class.
Fee can be paid by cash or check.
Receipts will be issued for cash payments.
Pre-Registration is required. Please call (203) 385-4050 to reserve your spot.

Zumba Gold Training with Pauline
Thursdays in October @ 11:15 am

Starting October 7th

$12 Enrollment Fee ($3/class) is due prior to start of first class.
Fee can be paid by cash or check.
Receipts will be issued for cash payments.
Pre-Registration is required. Please call (203) 385-4050 to reserve your spot.

Every Thursday @ 1:00 pm

Join Senior Connection Coordinator Laura Kapitan for an hour of stretching, relaxation and meditation.

There is no fee to participate.
Pre-Registration is required.
Please call (203) 385-4050 to reserve your spot.

Call-In Program

BRAIN GAMES & TRIVIA

Every Thursday at 10:00 am

Join our Call-In "Brain Games & Trivia" Program to keep your mind sharp with word games, word puzzles, and variety of trivia!...Plus a LOT OF LAUGHS with friends!

How to participate in the call-in 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.**

Club News & Free Play Activities

Knitting

Mondays & Wednesdays
9:30 - 11:00 am
Please call (203) 385-4050 to register.

Mah Jong

Wednesdays 2:00 - 4:00 pm
Please call (203) 385-4050 to register your foursome, **OR** if you are not already part of a foursome, register to be added to a waitlist to form a new foursome!

CARDS

Wednesdays 2:00 - 4:00 pm
Please call (203) 385-4050 to register.

Pinochle

Pinochle League:
Tuesday, October 12th @ 9:00 am

Senior Men's Club

The Baldwin Senior Men's Club meetings are held on the 1st and 3rd Friday of the month from 9:00 - 11:00 am.

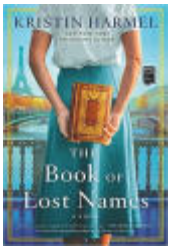
October Meeting Dates:
Friday, October 1, 2021 @ 9:00 am
Friday, October 15, 2021 @ 9:00 am

Book Club

The Baldwin Center's Book Club meets the 1st and 3rd Wednesday of the month from 10:00 - 11:00 am.

October Meeting Dates:
Wednesday, October 6, 2021 @ 10:00 am
Wednesday, October 20, 2021 @ 10:00 am

If you are interested in joining the Book Club, please contact Kathy Faggella at (203) 375-5711.



September's Book Choice

Friendship Club

The Friendship Club meets the 2nd Monday of the month at 2:00 pm. Due to the Columbus Day Holiday, The Friendship Club will meet the 3rd Monday in October.

October Meeting Date:
Monday, October 18th @ 2:00 pm
If you are interested in joining the Friendship Club, please contact Barbara Bennett at (203) 378-5366.

Local Food Pantries

Sterling House Community Center Food Pantry
2283 Main Street, Stratford, CT 06615
(203) 378-2606

Mondays 1:00 - 3:00 pm
Tuesdays 1:00 - 3:00 pm
Thursdays 1:00 - 3:00 pm
For evening pantry appointments call (203) 378-2606 ext. 114

Sterling House Community Center Mobile Food Pantry Delivery

The Sterling House Community Center has a mobile food pantry delivery option for individuals who are homebound and therefore unable to patron the food pantry. A referral is required.
Please call Stratford Senior Services at (203) 385-4050 to be screened for referral to the mobile food pantry.

South End Community Center Food Pantry
19 Bates Street, Stratford, CT 06615
(203) 377-0689

Wednesday, October 13th: 9:45 - 11:45 am
Wednesday, October 20th: 9:45 - 11:45 am
Wednesday, October 27th: 9:45 - 11:45 am

Additional Food Pantry & Community Dinner Options

Please call directly for pantry/dinner hours

First Baptist Church (203) 377-3954
St. James Roman Catholic Church (203) 375-5887
Lord's Kitchen at Christ Church Community Dinner (203) 375-5887
Stratford Baptist Church (203) 375-7768

Meals on Wheels	**Supplemental Nutrition Assistance Program (SNAP)**
If you are interested in receiving Meals on Wheels, please call (203) 332-3264	SNAP Call Center: (866) 974-7627 (English & Spanish) https://portal.ct.gov/dss/SNAP/Supplemental-Nutrition-Assistance-Program---SNAP

ENERGY ASSISTANCE

Applications for Energy Assistance for **electric** customers are being accepted beginning Tuesday**, November 2nd**. If you think you are eligible, please contact the Baldwin Center now at 203-385-4055 to schedule an appointment for next month. The following are the income guidelines for 2021:

1 person $37,645 **2 people** $49,228 **3 people** $60,811 **4 people** $72.394 **5 people** $83,977

When applying, you must have the Social Security numbers for everyone living in your household and provide the following documentation for each person over the age of 18 living in the household:

1. Asset Verification- In order to verify your current account balance(s), you must provide statements from every bank/institution that you or any other household member(s) have an account with. (Liquid assets include savings and checking accounts, stock/shares, bonds, CDs and IRAs if over 59 ½ years old. **Please bring ALL PAGES of bank statement even if it is blank!**

2. Monthly Social Security Benefits- If your Social Security or disability benefits are direct deposit to your bank account, you can provide your most recent bank statement showing the amount of the deposit. If you do not have direct deposit, then provide a document from the Social Security Administration which states the amount of your monthly check or provide a copy of the current monthly check.

3. Pension/Annuity- You must provide a pension check stub or copy of the pension check. If the check is received without a stub, you must bring in a letter from the payer on letterhead.

4. Utility Bill- Regardless of how you heat your home, **EVERYONE** must bring in a copy of your most recent electric bill. If you heat your home with gas, you must provide the most recent gas bill.

5. Rent or Mortgage Payment- Your current rent or mortgage payment as evidenced by your lease or mortgage payment statement, a copy of the check or current rent receipt or current housing notification.

6. Employment- You must submit the four (4) most recent weekly paystubs, two bi-weekly or semi-monthly or one monthly for the period immediately prior to the date of application. If you are missing paystubs, you must bring in a statement from your employer on company letterhead signed by either the employer or the payroll department, stating the gross wages for the missing pay period. (Paystubs will only be accepted if they list your name and/or social security number).

7. Unemployment- A printout of employment benefits from the unemployment office or from the Department of Labor (DOL) website at www.ctdol.state.ct.us

8. Dividend/Interest- Dividend/interest statements for the most recently completed period if more than $10.00 a month

9. DSS-SAGA/Cash Assistance- Current budget sheet

10. Alimony/Child Support- Divorce decree or Family Relation Court letter or lawyer verifying amount and frequency of alimony and/or child support or child support enforcement letter or printout or bank statement if payments go directly to the bank, or written statement from legally liable relative if voluntary cash support payments are made directly to you.

11. Self Employment- A form will be given to you at the time of your appointment to complete for the last 6 calendar months from the date of the application. This form must be notarized and returned with a current copy of your 1040 IRS form. Include all relevant Schedules (C, D, S, E, K, etc.) and a balance sheet showing how your self-employment earnings supported your household.

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A very special thanks to Stratford STRIVE Students for their help with the mailing of the Baldwin Beacon! THANK YOU!

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TRIP COORDINATOR
Trips on hold until further notice

HANDICAPPED INFO/REFERRALS
Susan M. Pawluk (203) 385-4020

A special thanks to Senior Helpers for sponsoring the Mocktail Making & Glass Painting Program at The Baldwin Center on August 25th!

Laura & Mio led the first guided painting program on August 20th!