



88 East Albert St. Torrington, CT 06790 • (860) 489-2211

Hours: Center 8 am. - 5 pm. Office 9 am. - 4 pm. • Open Monday - Friday (Closing at 4 pm. on Friday)

## **ELDERLY TAX CREDITS**

**THE FILING PERIOD IS FEBRUARY 1ST - MAY 13TH 2022 at 12:30 PM.**

**2021 GRAND LIST INCOME MAXIMUM LEVELS FOR  
STATE ELDERLY HOMEOWNERS, (EHO) AND  
LOCAL OPTION FREEZE ARE AS FOLLOWS:**

**Single: \$38,100    Married: \$46,400**

*Includes all taxable & non-taxable income for the 2021 income year.*

### **ELDERLY TAX CREDITS: (EHO)**

The **Elderly Homeowner Tax Credit Program** is State offered, however the application process is administered through the Assessor's office. The program has income and age requirements. The applicant must be the owner as of October 1st and must be age 65 by December 31st in the Grand List year. Applicant must meet certain income limits for single or married, (income listed above). Applicants must provide the required documentation at the time of filing. The income limits are available in the Assessor's office every December.

However, if you are not 65 and you are 100% disabled and receiving Social Security Disability payments, you may also qualify for the program, based on income eligibility.

The filing period for this program is February 1st, through May 15th of every year (**this year because May 15th falls on a Sunday you must file by Friday May 13th at 12:30 PM**). Applications are available in the Assessor's office. If you are currently on the program, you will be notified by mail when it is time to refile. For further information regarding the program, contact the Asses-

*(Continued on page 6 - EHO Program)*

### **LOCAL OPTION FREEZE PROGRAM**

You **cannot** apply for the below listed program if you have life-use of your residence.

The **Local-Option Elderly Freeze Program** filing period is February 1st to May 15th annually (**this year because May 15th falls on a Sunday you must file by Friday May 13th at 12:30 PM**). This program allows for a freeze of the current tax. In order to qualify, the applicant must be age 70 by December 31st 2021, own and reside in a dwelling in the City of Torrington as of October 1st of the previous year, and have a limited income and an asset limit of no more than \$125,000. Please note, your Torrington primary residence is NOT included in the asset limit. Income guidelines are the same as the Elderly Homeowners Program and change annually.

Applicants must apply in person and bring with them all forms of income for the 2021 year, including Social Security 1099 and all year-end checking account statements, saving/s accounts, credit union account/s, stocks/shares, bonds, CD's, IRA/s and 401K/s, an any other form of income you may have, (i.e. rental income).

*(Continued on page 6 - LOF Program)*



**Services for the Elderly Commission**

Edward Wilmot, Chairperson • John Riggs, Vice-Chairperson  
 Mary Ann Berlinski, Recording Secretary  
 Raymond Aeschliman • Arthur Mattiello • Jeanne McGarrity • Gloria Novak  
**Alternates:** Michael Gardinello • Dennis Pezze • Tina Vanini  
 Candy Perez, Winsted Rep

**Your Staff at the Sullivan Senior Center**

Joel Sekorski, <i>Director</i>	MaryAnn Messenger, <i>Chore Program</i>
Carol Tucker, <i>Chore/Transportation</i>	Kathy Pelchat, <i>Chore Program</i>
Kerry Vitali, <i>Admin. Assistant</i>	Robyn Pillar, <i>Chore Program</i>
Charles Abolin, <i>Office Assistant</i>	Joann Stairs, <i>Chore Program</i>
Charlotte Friedland, <i>Office Assit. Per Diem</i>	Marie Wilusz, <i>Chore Program</i>
John McDonald, <i>Maintenance</i>	Lauri Briatico, <i>Van Driver</i>
Karen Bentley, <i>Thrift Shop</i>	Keith Hall, <i>Van Driver</i>
Don MacLeod, <i>Volunteer Trip Coord.</i>	Bruce Johnson, <i>Van Driver</i>
Evelyn Lukes, <i>Volunteer Coordinator</i>	David Lemieux, <i>Van Driver</i>
Rhonda Bascetta, <i>Chore Program</i>	Joe Quartiero, <i>Van Driver</i>
Lucy Field, <i>Chore Program</i>	James Quinn, <i>Van Driver</i>
Margit Gentile, <i>Chore Program</i>	Otto Schibi, <i>Van Driver</i>
Beverly Kandefer, <i>Chore Program</i>	

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# FEBRUARY BIRTHDAYS

## February 01

Judith Belmonte  
Kathy Dombeck  
William Feidl  
Natalia Furmanowicz  
Joan Kowalski  
Phyllis Marciano  
Georgia Mazur  
Joseph Pathe  
Donald Raymond

## February 02

Wanda Drenzyk  
Maria Haight  
Geraldine Nawalaniec  
Theresa Richards  
Joan Schoenemann  
Joseph Serafini, Jr.  
Marion Swenson  
Lisa Valentine  
Joyce Young

## February 03

Eugenie Bebyn  
Dale Cagenello  
Luisa DeCastro  
David Dillon, Sr.  
Vincent Follert  
Edward Kozlak  
Peg Michaud  
Patricia Nimchek  
Lynda Quesnel  
Paul Tom Schoenemann

## February 04

Lori Anderson  
Sandy Baltuskonis  
Frederic Barker  
Dennis Bialek  
Susan Farley  
Elizabeth Quartiero  
Evelyn St. James  
Stella Stary  
Marilyn Tucker  
Jean Wallace Cote  
William Wellnitz

## February 05

Caroline Campbell  
John DiLullo  
John Evan  
Jane Fabiaschi  
James Mandel  
Theresa Miecznikowski  
Rudolph Mucha  
Robert Scheidel  
Loretta Tortorici  
Ruth Werner  
David Zahorsky

## February 06

Angelina Czaplicki  
Joseph Homola  
Assunta Laliberti  
Andrienne Larmett  
Dorothy Loudin  
Marc Orlando  
Anna Pagano  
Cora Regis

## February 07

Marie Cisowski  
Cindy Doran  
Stanislaw Levicki  
Edward Murphy  
Helen Nelson  
Sidney Van Leer  
Alice Yoakum

## February 08

Petronella Alexander  
Gerald Dombeck  
Elizabeth Grady  
Anthony Knox  
Jeffrey Lindstrom  
John Onofreo

## February 09

Irene Benvenuti  
Jeff Bray  
Beverly Gnomoshak  
Sally O'Brien  
Stephen Pretak, III  
Jane West

## February 10

Frederick Daley  
Beverly Ann Neski  
Geraldine Sanger  
Diane Schapp  
Pamela Schenk  
Tim Seebach  
Dolores Semeraro

## February 11

Joyce Almstedt  
Eleanor D'Amato  
Shirley Hales  
Lorraine Losee  
Judith Meglio  
Barbara Onderdonk  
Noreen Propfe

## February 12

Martha Dickinson  
Clare Dudley  
Rosemary Maxwell  
Meta Mueller

## February 12

Samour Ngom  
Joseph Te  
Sandra Thibault

## February 13

Frank Basoli  
Mary Briggs  
Mary Criqui  
Gloria DiPippo  
Jeanne Eichner  
Elizabeth Hoffman  
Elizabeth Lucia  
Robert Marshall  
Doris Richards  
Louis Swyden

## February 14

Jean Gracey  
Marion Kowalski  
Myrna Morrow  
Barbara Sepples

## February 15

Carolyn Capell  
Olivia Covelli  
Evertt Lawrence  
Viola Mazzaferro  
Jack McKeon  
Joseph Piekos  
Robert Pirotta  
Maryann Ryan  
Evangeline Scarpelli  
Latha Selvadurai  
Daniel Szinyei  
Hector Turgeon  
Arthur Wood

## February 16

Richard Bertoli  
Elaine Cambo  
Stefan Gerum  
Dorothy Lanko  
Linda Lindell  
Jeanne McGarrity  
John Santa Maria  
Jeannette Shafer  
Janet Stroud  
Nancy Varney

## February 17

Donna September  
Deanna Zampini

## February 18

Lionel Asselin  
Kay Atwood  
Dave Bruni

## February 18

Jean DeLisle  
Delores Drobilics  
Corinne Hamm  
Jeannette Jakubiak  
Huguette Poulin  
Geraldine Stubbs

## February 19

Robert Clement  
George Giarnese  
Jim MacGillavry  
Sharon Miller  
Mona Parker  
Susan Pelchat  
Cathleen Todor

## February 20

Caroline Amrich  
Carol Carta  
Deborah Casson  
Frank Colangelo  
Leslie Fairchild  
Theodore Hawley  
Louise Keenan  
Mary Lund  
Joe Mentasti  
Karen Michalowski  
Virginia Wengenroth

## February 21

Fay Bosco  
Kathleen Havens  
Kathleen Larkin  
Marvin Peyser  
Clifford Pfeffer  
Karen Ralph  
Waltraut Schwaller

## February 22

Thomas Amoroso  
Carol Beyus  
June DeMichiel  
George Godbout  
Margareta Hasselberg  
Karen Lancaster  
Patrick Lavigne  
Carole Morgan  
Theresa Ross  
Dolores Sawicki

## February 23

Pamela Cowan  
Blanche Kwiatkoski  
Kathleen Lawson  
Fred Newman  
Gloria Newth  
Lana Rebillard  
Jean Rems  
Helen Wasti

## February 24

Diane Adams  
Bonnie Andrews  
Annette Caputi  
Richard Colby  
Bobby Hall  
Deborah Homola  
Daniel Lavieri  
Margaret Moulthrop  
John Potter  
Luis Silva  
Jane Vannini

## February 25

Linda Boyd  
Estelle Callahan  
Pamela Chambers  
Barbara Flinn  
Raymond Juhas  
Mary Jane Thomas  
Linda Weston

## February 26

Barbara Barnes  
Barbara Cullen  
Shirley Gorski  
Gloria Juliano  
Rae Longhi  
Marge Neri  
Donna Trebert  
Olga Wolfe  
Anne Zappulla  
Dorothy Zecchin  
Katherine Zubrowski

## February 27

Francis Dorazio  
Ida VonRichthofen  
Harry Wilcox  
William Young

## February 28

Cleo Albreada  
Andrea Gordon  
William Gutt  
Ronald Heroux  
Barbara Howe  
William Kesson  
Lorraine LaBonte  
Diane Lucarelli  
Isabelle Null  
Caryn Zavalin

## February 29

Helen Jobien  
Dorothy Tonon  
Judith Welch

**GRAND  
TOTAL  
235**

**New Members**



Rosemarie Blouin-Loughlin  
 Mary Scaia  
**Active Members**  
**3,071**

**AARP Smart Driver Course**



**HIT THE BRAKES!**

AARP isn't holding classes at the Senior Center just yet.

**Take the Smart Driver Virtual Classes Q1 for Connecticut  
 February 23 or March 23**

All courses start at 12:30 and the course length is  
 approximately 4 Hrs, 15 Mins.

Course registration information is available on Cvent at  
<http://aarp.cvent.com/dsvirtual>

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Held the 4th Wed. of each month  
 at 10:30 a.m.  
 Each month will host  
 a guest speaker.  
 Menu items will be available  
 for you to purchase.  
 Reservations are not required.  
 Masks are encouraged.



**WEATHER CLOSINGS & CANCELLATIONS**

This winter season, when a forecast calls for snow that could make roads and sidewalks unsafe, the Senior Center will not rely solely on school closings and delays to make the decision to cancel services.

- **Assisted Medical Transportation:** If schools are closed due to weather transportation services are cancelled.
- **Chore Services:** The Chore Worker will use their own judgement
- **Senior Center Activities:**
  - ◊ **School Closings:** If schools are closed due to weather the activities at the Sullivan Senior Center are cancelled.
  - ◊ **School Delays:** If school is delayed, only **Chair Exercise**, the **Arthritis Foundation Exercise Program** and the **Parkinson's Exercise Class** will be **CANCELLED**. All other activities, including lunch, will be held as scheduled.
- **Curbside Meals and Meals on Wheels:** Please see the information on Page 16.

**Staff reports to work unless conditions warrant the Mayor to close all City Buildings.**  
 Please listen to WZBG 97.3 FM or watch Channel 3 WFSB TV for up to date information.

**Grief Support Group**

Fri. mornings, 9:30 a.m.—11:00 a.m.  
 For info Call Eileen L. Epperson  
 860.605.6576

1st & 3rd Wednesday of the month  
 6:00—7:30 p.m.  
 For info Call Catherine Vlasto,  
 860.309.2350

*Meeting on Zoom and in person  
 Group does not meet at the  
 Sullivan Senior Center*

This is a free gift to the Community from  
 Friends of Hospice, Inc.

**Did you get an appointment to file your  
 taxes through the AARP Tax-Aide Program  
 at the Sullivan Senior Center?**

If so, please don't forget to come down and pick up your intake form prior to your appointment. You are asked to bring the completed form with you to your appointment.

*Thank you!*

## Movies at The Sullivan Senior Center

Reservations are required—Space is limited—Note reservation dates below.

\*\*\* Reserve your spot by calling us at 860.489.2211 \*\*\*

### “Apache Junction”

Mon., February 07 at 1:30 p.m.

Reservations open 01/31

A big city reporter arrives to write an article on the town and becomes a target, when a notorious gunslinger comes to her aid. She has to entrust her future to a man with a deadly past

*Stuart Townsend, Thomas Jane,  
Trace Adkins, Victoria Pratt*  
NR 1h 35m.

### “Spencer”

Mon., February 14 at 1:30 p.m.

Reservations open 02/07

The marriage of Princess Diana and Prince Charles has long since grown cold. Peace is ordained for the Christmas festivities at the Queen's Estate. But this year, things will be profoundly different. This movie is an imagining of what might have happened during those few fateful days.

*Kristen Stewart, Timothy Spall*  
R 1h 57m.

Movies will be shown in the All Purpose Room. No food please.



*Thank you for your  
patience in the month of  
January. We look forward  
to having you back for  
activities this month!*

### Building Protocols

**We must follow guidelines as directed to us  
from the officials of the City of Torrington.**

*“All visitors are required to wear a mask or other face covering that covers your mouth and nose while in City of Torrington Public Buildings. Remember to maintain Social Distancing of a least 6 feet while in the building.”*

We are following this rule at the Sullivan Senior Center.

**Please wear your mask at all times while in the Center.**

**Please remember:**

- ⇒ No more than 3 people in the restrooms at one time
- ⇒ Enter the building through the door where your activity is held or the door closet to your activity
- ⇒ Beverages should be in a covered container, please do not bring food or candy to share

**Curbside Pickup 11:30—11:45** If you are later than 11:45 you can park your vehicle and come in to pick up your meal until noon (unless you make special arrangements for a later pickup).

**We continue to follow the guidance of the CDC regarding Seniors. Thank you for your patience and support during this time.**

**If calling the Center for the Chore Program or the Assisted Medical Transportation Program please call 860.489.2580.**

## ENERGY ASSISTANCE PROGRAM

Assistance is available for eligible people who need help paying winter heating bills. Applications will be processed at the Sullivan Senior Center for people age 60 and over. When applying **copies** of the following must be provided and **will not be returned**:

- Proof of all **CURRENT** income, last **4 weeks** pay stubs if employed, interest & dividends, pensions & social security (Please bring your **2022** benefit letter from Social Security)
- Latest Eversource electric bill
- Latest Eversource gas bill or latest fuel vendor statement or delivery receipt
- Latest rent receipt if heat is included with rent payment.

### Income Guidelines

**Single—\$39,025 / Couple \$51,035**

**Call the Center at 860-489-2211  
to schedule your appointment.**

**If you are under age 60, call  
(860) 496-0622 for an appointment.**

**Applicants are  
not required to  
disclose liquid  
assets this year.**

## ELDERLY TAX CREDITS *(continued from Page 1)*

*(Continued from page 1 - EOH Program)*

Assessor's office, (860) 489-2222.

For Social Security records and/or information contact Social Security Administration, toll free:

(800) 772-1213 or at, [www.ssa.gov](http://www.ssa.gov).

You will find publications, forms, and FAQ (frequently asked questions, as well as other information and contacts).

The Social Security Administration is no longer providing form TPQY to recipients for verification of permanent total disability. If needed you **MUST** request of the Social Security Administration a "BENEFIT VERIFICATION" including date of birth (DOB) AND date of disability or entitlement.



*(Continued from page 1 - LOF Program)*

Taxable & Non-taxable income includes:

- **GROSS INCOME** - includes but is not limited to Federal Adjusted gross income or it's equivalent, wages, lottery winnings, taxable pensions, IRA's, interest, dividends, and rental income.
- **NON-TAXABLE INTEREST** - Interest from Tax Exempt Government Bonds
- **SOCIAL SECURITY OR RAILROAD RETIREMENT INCOME** - Add Medicare premiums (Attach SSA 1099 to application)
- **ANY OTHER INCOME NOT REFLECTED IN THE ABOVE** - Examples: Federal Supplemental Security Income, State of Connecticut public assistance payments, Veteran's Disability Pensions, and any other income not listed above.

A quick check for eligibility if you are not sure: if you are required to file a 1040 Tax Return with the Federal Government, use your adjusted gross income and add your Social Security Income and if the total of the two exceed the amounts listed above, then you are not eligible. **However; the safest way to ensure you receive the most accurate information is to contact the Assessor's Office at (860) 489-2222.**



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Jeffrey R. Thurston • Melissa A. Thurston

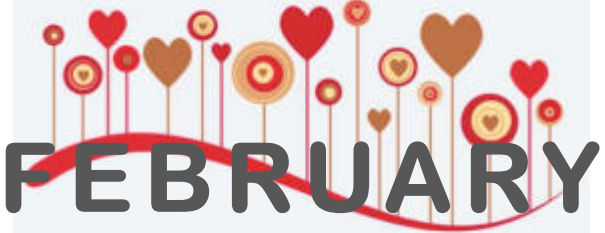




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Funeral Director

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Torrington, CT 06790  
**(860) 489-9600**

MONDAY	TUESDAY	WEDNESDAY
	<p style="text-align: right;">1</p> <p>9:30 ... Craft Group  11:15 &amp; 12:30 Parkinson's Exercise Class—860.496.6660  12:30 ... Stamping &amp; Embossing  1:15 ... Pinochle  2:30 ... Yoga with Wendy (860) 459-8537  Reg. Required: bendywendy100@gmail.com</p>	<p>9:00 ... Wii Bowling  9:30 ... Silver Belles &amp; Bea  12:30 ... Computer Lessons  1:00 ... Quilting  1:30 ... Golden Groove w/F</p>
<p>8:30 ... Foot Clinic—Foothills VNA  <i>Call 860.379.8561 for appt.</i></p> <p>8:20 ... Chair Exercise with DVD's  9:00 ... Cribbage  9:30 &amp; 10:45 Arthritis Found. Ex. Prog— call 860-496-6660  1:15 ... 6-Handed Pinochle  <b>1:30 ... Movie: "Apache Junction"</b>  <b>Reservation required—See Page 5</b></p> <p style="text-align: right;">7</p>	<p style="text-align: right;">8</p> <p>9:30 ... Craft Group  11:15 &amp; 12:30 Parkinson's Exercise Class—860.496.6660  12:30 ... Stamping &amp; Embossing  1:15 ... Pinochle  2:30 ... Yoga with Wendy (860) 459-8537  Reg. Required: bendywendy100@gmail.com</p>	<p><b>AARP Tax-Assistan</b></p> <p>9:00 ... Wii Bowling  9:30 ... Silver Belles &amp; Bea  12:30 ... Computer Lessons  1:00 ... Quilting  1:30 ... Golden Groove w/F</p>
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<p style="text-align: center;"><b>Closed</b>  <i>in observance of</i>  <b>Presidents' Day</b></p> <p style="text-align: right;">21</p>	<p style="text-align: right;">22</p> <p>9:30 ... Craft Group  11:15 &amp; 12:30 Parkinson's Exercise Class—860.496.6660  12:30 ... Stamping &amp; Embossing  1:15 ... Pinochle  2:30 ... Yoga with Wendy (860) 459-8537  Reg. Required: bendywendy100@gmail.com</p>	<p><b>AARP Tax-Assistan</b></p> <p>9:00 ... Wii Bowling  9:30 ... Silver Belles &amp; Bea  12:30 ... Computer Lessons  1:00 ... Quilting  1:30 ... Golden Groove w/F</p>
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WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>lux —by Appt., Call</p> <p>Robyn—\$4</p>	<p>3</p> <p>8:30 ... Chair Exercise with DVD's 9:00 ... Bridge ... Wood Carving 9:15 ... <b>Conversational Italian—1/12</b> 9:30 ... Line Dancing with Joan 11:15 &amp; 12:30 Parkinson's Exercise Class—860.496.6660 1:15 ... BINGO, \$1 for 2 Cards, Register @ 860.489.2211 1:30 ... Art Club 2:30 ... Chair Exercise with DVD's</p>	<p>4</p> <p>9:00 ... Chess 9:15 ... Canasta 9:15 ... <b>Advanced Italian—1/14</b> 9:30 &amp; 10:45 Arthritis Found. Ex. Prog— call 860-496-6660 1:15 ... Mexican Train 1:15 ... 9/5</p>
<p><b>By Appt Only</b></p> <p>9</p> <p>lux —by Appt., Call</p> <p>Robyn—\$4</p>	<p>10</p> <p>8:30 ... Chair Exercise with DVD's 9:00 ... Bridge ... Wood Carving 9:15 ... <b>Conversational Italian—2/12</b> 9:30 ... Line Dancing with Joan 11:15 &amp; 12:30 Parkinson's Exercise Class—860.496.6660 1:15 ... BINGO, \$1 for 2 Cards, Register @ 860.489.2211 1:30 ... Art Club 2:30 ... Chair Exercise with DVD's</p>	<p>11</p> <p>9:00 ... Chess 9:15 ... <b>Advanced Italian—2/14</b> 9:15 ... Canasta 9:30 &amp; 10:45 Arthritis Found. Ex. Prog— call 860-496-6660 1:15 ... Mexican Train 1:15 ... 9/5</p>
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It was created by Richard Cadbury, son of Cadbury founder John Cadbury, who started packaging chocolates in fancy boxes to increase sales. He introduced the first heart-shaped box of chocolates for V-Day in 1861, and today, more than 36 million heart-shaped boxes of chocolates are sold each year. That's 58 million pounds of chocolate!

**Torrington Area Parkinson's Support Group**

Saturday, February 26, 10AM to noon.  
Speaker: Mia Dispoto, Speech Therapist  
Topic: SPEAK OUT Program  
Voice Strengthening: Caroling with Mary Floyd  
For further information call Sue at 860.489.1677 or Carol at 860.482.4610



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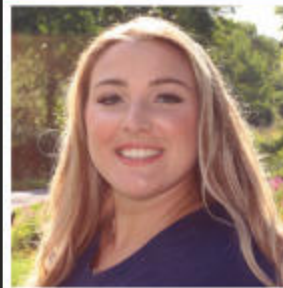
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*Autumn Cockroft*  
Director of Nursing

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# A BOUNTIFUL HARVEST BY THE FARMER'S TABLE PROGRAM

The Litchfield Hills Northwest Elderly Nutrition Program and Meals on Wheels would like to express a heartfelt thank you to the Farmer's Table program and the local participating farms for supporting our program again this year.

Thanks to the program, we were able to distribute an astonishing 9800 servings of beautiful produce this year. We were able to provide fresh, local produce to our caterer to enhance our Meals on Wheels and Congregate meals, and we were also able to distribute bundles of fresh produce to our Congregate clients in Torrington and Winsted.

By having access to their fresh produce, Brooke and Joel were able to make a bounty of special treats for our members—fresh applesauce and apple butter, baba ganoush from eggplant, home fries made from beautiful blue and gold potatoes. Cheeseburgers were topped with beautiful heirloom and yellow tomatoes, and Brooke made amazing fresh salads all summer and autumn long that were enhanced with the greens, sprouts and cherry tomatoes that we were able to get.

To the members of the Farmer's Table Program, we thank you so much for including us in your program, and we hope to continue our valued partnership with your program again in the future!



Thank you to the following participating farms, whose produce we've enjoyed immensely:

- Angevine Farm
- Arethusa Farm
- Autumn Harvest Orchard
- Chanticleer Acres
- Earth's Palate Farm
- Helmstead Farm
- Maitri Farm
- Maple Bank Farm
- Maple View Farm
- March Farm
- Riverbank Farm
- Sunny Meadow Farm
- Vibrant Farm



## Stove Top Potpourri Instructions

Many of you who came to the Thanksgiving Lunch have commented on how much you liked the Stove Top Potpourri favor we handed out, so we thought we'd share the recipe so you could make more at home!

All you need for the one we made was an orange, two cinnamon sticks, a tablespoon of whole cloves, 1/4 cup of cranberries and 2 cups of water. Slice or quarter the orange, and put into a small pot with the rest of the ingredients, and simmer on your stove, making sure to keep the water topped off.

Even though the holiday season is over, it's still a nice way to make your home smell warm and cozy!

## Autumn Harvest Orchard's Kale Soup with Chourico

We asked Brooke for one of her favorite recipes that she used with the fresh produce from the Farmer's Table Program,, and this one immediately came to mind. Autumn Harvest Orchard brought us a lot of Kale, and sent along this Kale Soup recipe that was AMAZING!



### INGREDIENTS

- 1 lb Kale, washed and drained.
- 3/4 lb Portuguese chourico sausage
- 1/3 cup olive oil
- 2 large onions, finely chopped
- 1 lb Red or Yukon Gold potatoes, peeled and diced to 1"
- 6 cups water or chicken stock (enough to cover vegetables)
- 1 can red Kidney Beans, rinsed & drained
- Sea salt and pepper (to taste)
- 1 teaspoon red pepper flakes (to taste)

### INSTRUCTIONS

1. Trim and discard any tough stems of the kale. Stack 4 or 5 leaves at a time, roll tightly like a cigar, and cut crosswise into the thinnest strips possible. Set aside.
2. Cut the sausages into 1/2" thick slices. (If you prefer to remove the casings, do so before this step).
3. In a large heavy pot, sauté onions in olive oil, stirring occasionally, until soft and translucent, 5-8 minutes. Add 6 cups of water or stock to the pot and add chopped kale. Simmer until kale is tender. Add potatoes, chourico, and kidney beans and cook an additional 30 minutes.
4. Season with salt and pepper to taste. Lower the heat and simmer the soup, partly covered, until the potatoes are soft.
5. Serve in warm soup bowls with crusty slices of bread.

# NEVER MISS A NEWSLETTER!

Sign up to have our newsletter emailed to you at [www.mycommunityonline.com](http://www.mycommunityonline.com)





## Spectacular Super Bowl Stromboli!

### Pickup on Friday, February 11th between 3-4PM

To Benefit Meals on Wheels and the Nutrition Program Holy Moly, we're making Stromboli! Support the Meals on Wheels and Nutrition Programs on Friday, February 11th with scrumptious, personal sized strombolis, rolled up and baked by Joel and Brooke! Perfect to bring to a Super Bowl party, the **Meat Lover's Stromboli** will be filled with Ham, Pepperoni, Salami, and Mozzarella, and the **Vegetarian Stromboli** will be stuffed with Spinach, Ricotta, and Mozzarella. Both will be served with home made Marinara Sauce!

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

	Cost:	Quantity	Total
Meat Lover's Stromboli	\$6	_____	x \$6= _____
Vegetarian Stromboli	\$6	_____	x \$6= _____
	Total:		_____

**Orders with payments must be received by Tuesday, February 8th**

**Call the Nutrition Office at 860-482-4151 with any questions, or stop into Nutrition Monday—Friday 9AM—3PM to place your order!**

*In the event we are closed for inclement weather on February 11, Pickup will take place Monday, February 14th between 3-4PM*

# ORANGE YOU GRATEFUL FOR CITRUS?

If you're like us, January and February can be tough months to get through. The days are cold, tend to be gray and we spend more time indoors than we prefer (unless we're outside shoveling—ick!). One shining spot during these winter months is the fact that citrus fruits are in season. Quite frankly, it couldn't be at a better time of year—we can't think of another fruit or veggie that is as much of a "burst" of sunshine than a freshly cut orange or grapefruit! While citrus is usually available year-round, during the winter months they are at their peak of flavor and you can buy them at great prices since they are so plentiful. In addition, certain varieties of citrus fruits are also available that you might not see at other times of the year such as Cara Cara navel oranges, Mandarin oranges, clementines and pummelos.

Aside from their fresh flavor and bright appearance, citrus fruits are a terrific addition to your winter diet due to their excellent amount of Vitamin C, known to help boost our immune system and help combat illness. This is especially helpful during the cold and flu season! Whole citrus fruits are also a great source of fiber, which helps aid in digestion and keeps you feeling full. This is key for everyone who made those New Year's resolutions to reach or maintain a



## Easy Peasy Lemony Green Beans

- 1/4 cup chicken broth
- 2 tablespoons olive oil
- 1 1/2 lbs fresh green beans, trimmed
- 3/4 teaspoon lemon pepper seasoning
- Lemon Wedges

In a large skillet, heat chicken broth and oil over medium high heat. Add green beans; cook and stir until crisp-tender. Sprinkle with lemon pepper. Serve with lemon wedges.


healthy weight. Switching out one of your regular snacks with a clementine and a low-fat string cheese will cut calories and keep you feeling satisfied.

Another great way to use citrus fruit is for seasoning. Lemon and lime juice in particular, are wonderful for use in recipes. In fact, lime juice can be used in place of salt for flavor—it provides the taste without the sodium! Adding zest from the rind can also add flavor to baked goods or salad dressings. Also, speaking of salads, don't limit yourself to using citrus fruits to only fruit salads; add sliced grapefruit to spinach salads or Mandarin oranges to other green salads. Not only do they boost the nutrition, they also add an interesting twist to an old favorite. Try the Broccoli Mandarin Orange Salad below!

While adding citrus fruit might not make the winter go by faster, it does give a little taste of the warmer days to come, so we can take advantage of the most flavorful citrus of the year.



## Mandarin Broccoli Salad

 9 servings

 25 minutes + chilling

Whisk mayonnaise, sugar, and vinegar; set aside.

In a salad bowl, combine broccoli, onion, raisins, and pecans. Drizzle with dressing, toss to coat. Gently stir in oranges.

Refrigerate, covered, at least 3 hours before serving.

### Ingredients

- 3/4 cup mayonnaise
- 1/4 cup sugar
- 4 teaspoons cider vinegar
- 4 cups fresh broccoli florets
- 1 small red onion, halved & sliced
- 1/2 cup raisins
- 1/2 cup pecan halves, toasted
- 1 can (11 ounces) mandarin oranges, drained

All meals include margarine & milk.

# FEBRUARY 2022

Reservations must be made by  
12:00 PM the day before.  
Phone: 860-482-4151

Suggested Donation \$4.00 per Meal

ALL MEALS ARE SUBJECT TO CHANGE

Monday	Tuesday	Wednesday	Thursday	Friday
	(1) Eggplant Rolatini Penne Pasta w/ Sauce Parmesan Cheese Zucchini Italian Bread  Peaches	(2) Herb Baked Chicken Orzo Pilaf Peas Rye Bread  Fresh Fruit	(3) Mixed Fruit Juice Cheeseburger Ketchup German Potato Salad Chips & Pickle Hamburger Roll  Chocolate Chip Cookie	(4) Vegetable Soup Crackers Stuffed Shells with Pesto Sauce Broccoli Cauliflower Italian Bread Fresh Fruit
	(7)	(8)	(10)	(11)
Meatloaf with Gravy Mashed Potatoes Peas Wheat Dinner Roll  Peaches	<u>Valentine's Day Menu</u> Chicken Saltimbocca w/Marsala Sauce Twice Baked Potato Baby Carrots Dinner Roll Special Valentine's Dessert	Spaghetti & Meatballs With Sauce & Cheese Garden Salad Dressing Garlic Bread  Sugar Cookie	Grape Juice Beef and Bean Chili White Rice Green Beans Nacho Chips  Mandarin Oranges	Potato Crusted Fish Tartar Sauce Lemon Wedge Confetti Brown Rice Carrots Bread Stick  Pears
(14)	(15)	(16)	(17)	(18)
Mushroom Barley Soup Crackers Grilled Ham & Cheese Sandwich Whole Grain Bread Chips Pickle  Cookie	Apple Juice Chicken Leg Quarter Brown Rice French Green Beans Rye Bread  Pound Cake & Berries	Philly Cheesesteak Peppers and Onions Potato Wedges Grinder Roll  Tropical Fruit	Sweet and Sour Pork Vegetable Lo Mein Asian Blend Veggies Wheat Bread  Pineapple	Vegetable Lasagna Parmesan Cheese Spinach Seasoned Cannellini Beans Italian Bread  Fresh Fruit
(21)	(22)	(23)	(24)	(25)
<b>CLOSED PRESIDENTS' DAY</b>	Sliced Turkey w/Gravy Mashed Potatoes Stuffing Green Beans Cranberry Sauce  Applesauce	Chicken Cacciatore Bowtie Pasta Zucchini Dinner Roll  Fresh Fruit	Chicken Orzo Soup Crackers Batter Dipped Haddock Tartar Sauce Roasted Potato Succotash Rye Bread  Peaches	Spinach Quiche Garden Salad with Tomato, Cucumber & Olive Dressing Garlic Bread  Fresh Fruit
(28)				
BBQ Pork Loin Baked Beans Broccoli Slaw Burger Roll  Fresh Fruit				

**REMINDER:  
VALENTINE'S DAY LUNCH  
Tuesday, February 8th  
Curbside To Go Only, 11:30-Noon  
Tickets Required**

**SAVE THE DATE:  
ST. PATRICK'S DAY LUNCH  
Thursday, March 17th  
Curbside To Go Only, 11:30-Noon  
Tickets Go on Sale Tues March 1st**

**A Note about Suggested Donations:**  
While our Nutrition Program is funded in part by Federal and State grants, they don't cover the full cost of either our Meals on Wheels Deliveries or Congregate Lunch meal costs, so our program does rely heavily on donations received by members like yourselves. We know that some months can be tighter than others, but we ask that you please try your best to contribute towards your suggested donations. It truly helps keep our trucks on the road and the food coming! Thank you!

**Looking for a fun, fulfilling, part-time job?**  
Due to several retirements, we are looking for several new Meals on Wheels drivers! Our drivers really are the rock stars of our Meals on Wheels Program: Every weekday they deliver meals to our homebound clients, checking in to make sure that they're okay at the same time. The hours are primarily morning (8am-1pm or so) and we close whenever schools close for snow, making this a great fit for childcare providers or retirees who might want to go hit the links in the afternoons (in the nicer weather of course)! No CDL necessary, just a valid CT Drivers License! For more information please go to:  
**SullivanSeniorCenter.fyi/MealsOnWheelsDriver**

**Important Update on Snow Closings**

Well, Winter is fast approaching, and if it's anything like the rest of 2021, it's probably going to be a doozy. This year, when a forecast calls for snow that could make roads and sidewalks unsafe, the Program will err on the side of caution and cancel in advance of the coming storm. This will allow the program the ability to double up on meals the day before a possible storm. Acting early and with an abundance of caution will assure you have food and keep our drivers and vehicles safe, making sure we are there for you the next day. See the cancellations on WFSB Channel 3 and FM 97.3 WZBG for the most up to date cancellation information.

**Social Media Update!**

You may have noticed that we've been awfully quiet on the old Facebook! Somehow we got locked out of the old one, and there's no way to get back in, so we created a new Facebook account that we'd love if you'd give us a "Like" and "Follow"! We do our best to keep Covid and Inclement Weather postings as up to date, as well as fun little posts behind the scenes.

You can find it at  
**www.sullivanseniorcenter.fyi/newfacebook**

**HOLIDAY CLOSINGS**  
We will be closed **Monday, February 21** for **Presidents' Day**

*Quips, Snips and Thoughtful Bits:*  
"I believe staying young at heart is all in one's personal attitude...  
you can instill that in anyone."  
-Rita Moreno



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**www.torringtonct.org**

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Nicole Pelchat - Admin. Assistant Julie Smith - Meal Coordinator  
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