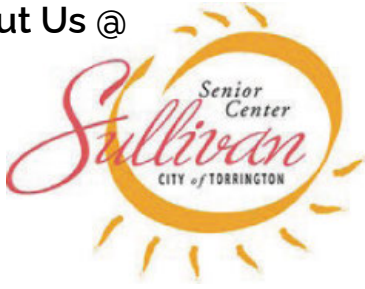


All About Us @



# SULLIVAN

## SENIOR CENTER

### CITY OF TORRINGTON

2021

# MARCH

## WELCOME!



88 East Albert Street  
Torrington, CT 06790

Hours: Center: 8 a.m. - 4 p.m.  
Office: 9 a.m. - 4 p.m.



(860) 489-2211



[www.torringtonct.org](http://www.torringtonct.org)



@SullivanSeniorCenter



[www.SullivanSeniorCenter.fyi/newfacebook](https://www.SullivanSeniorCenter.fyi/newfacebook)



## Thank You Doyle's Medical Supply!

Our friends at Doyle's Medical Supply have donated four wheelchairs to the Sullivan Senior Center's Assisted Medical Transportation Program! Our vans along with these wheelchairs can be used if we are transporting you to a medical appointment and you do not have a regular wheelchair of your own.

Thank you to Michael Patterson and the staff at Doyle's Medical Supply for delivering these beautiful wheelchairs for our clients use.

Our transit vans are equipped to accommodate ambulatory clients as well as those who rely on a walker or wheelchair. Transportation is available for rides in town as well as throughout the state. A donation is suggested for the roundtrip ride.

**For more details or to schedule a ride to a please call us at 860.489.2580.**

# SENIOR CENTER COMMISSIONER & STAFF DIRECTORY

Page 02

## 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

## PARK AVE THRIFT SHOP

88 E Albert St., Torrington  
860.489.2277  
Hours: Mon-Fri.  
9:30 a.m. - 3:30 p.m.

## SENIOR CENTER STAFF

Joel Sekorski, Director  
Carol Tucker, Chore/Transportation  
Kerry Vitali, Admin. Assistant  
Charles Abolin, Office Assistant  
Charlotte Friedland, Office Assit.  
John McDonald, Maintenance  
Karen Bentley, Thrift Shop  
Don MacLeod, Volunteer Trip Coor.  
Evelyn Lukes, Volunteer Coordinator  
Rhonda Bascetta, Chore Program  
Lucy Field, Chore Program  
Beverly Kandefer, Chore Program

MaryAnn Messenger, Chore Program  
Kathy Pelchat, Chore Program  
Robyn Pillar, Chore Program  
Joann Stairs, Chore Program  
Marie Wilusz, Chore Program  
Lauri Briatico, Van Driver  
Keith Hall, Van Driver  
Bruce Johnson, Van Driver  
David Lemieux, Van Driver  
Joe Quartiero, Van Driver  
James Quinn, Van Driver  
Otto Schibi, Van Driver

## March Clothing Sale

50% off

March 1st - 15th

All Clothing  
Winter Coats & Jackets  
Shoes & Boots  
Scarves & Hats

March 16th - 31st

Fill a Bag for \$7  
*Clothing, Shoes, Boots, Hats, Scarves*  
50 % off Winter Coats  
& Jackets  
50% off individual clothing  
items not in bag

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# MARCH BIRTHDAYS

## March 01

Mary Jane Budzyn  
Diane Fellows  
Margaret Fracasso  
Mairi Gray  
Mary Reis  
Lenore Seidman  
Nancy Smith  
Evelyn Triggs

## March 02

Kevin Colomb  
Joan Lehman  
Anna Marchand  
Irene Matava  
Michael Meyers  
Ezilda Oliver  
Diane O'Neil  
Dorothy Sesko  
Carol Sidelinger

## March 03

Diane Blaszk  
Frances Bouthiller  
Marcia Burn  
Sharon Cifaldi  
Helen Dombrowski  
Debbie Grathwohl  
Barbara Spring

## March 04

Mary Guilfoile  
George Hudak  
Barbara Hulbert  
Jo Anne Juncker  
Jozef Stary

## March 05

Kathy Beyer  
Donna Dougal  
Patricia Mallory

## March 06

Bette Basso  
James Buss  
Dorothy Henneberry  
Robert Marquis  
Patricia Murphy  
John Pastore  
Carlton Pennell  
Denise Sweet  
Helga Woodin

## March 07

Sheila Carbone  
Martin Clossick  
Carolyn Dombeck  
Julio Fassio  
Karen Fries

## March 07

J. Tevis Morrow  
Margaret Nataro  
Carol Padovano  
Richard Parsons  
Brenda Slone  
Mame Waple  
Lois Zulaski

## March 08

Judy Courtot  
John Cremins  
Ann Fox  
Mark Lovato  
Sharon Minnerly  
Eleanor Potter  
Lydia Rosenbeck  
Robert Vogt, Sr.

## March 09

June Aitken  
William Barber, Jr.  
Evelyn Bennett  
Naoma Campbell  
Harry Delay  
Theresa DiPippo  
Judith Frost  
Linda Furnas  
Rita Knox  
Patricia Martin  
Barbara Namias  
Elizabeth O'Neill

## March 10

Joyce Bodnar  
George Counter  
Karen Dubreuil  
Donald Gabriel  
Doris Gisselbrecht  
Robert Latulipe  
Sharon Provancher  
Bruno Schenato  
Ruth Tedesco

## March 11

Lois Asklar  
James Bettini  
James Carbone  
Barbara Ferrarotti  
Cindy Hewitt  
Donna Luise  
Edmond Skibisky  
Keith Sweet  
Gregg Timms  
Lillian Winn

## March 12

Catherine Curtin  
Nancy Delaney  
Patricia Wata  
Edward Wesolowski

## March 13

Deanna Blankenship  
Scott Brewerton  
Jennie Cooke  
Robert Johns  
Maria Lovallo  
William Meier  
Doreen Reichardt

## March 14

Jane Ciarcia  
Nancy Cilfone  
John Dillon  
Diane Frisbie  
Sherry Ginsburg  
Joyce Melaragno  
Robert Rakyta  
Carol Sherwood  
Eileen Sullivan

## March 15

Peter DeBisshop  
Larry Frandsen  
Heriberto Hernandez  
Inez Jones  
Joseph Marzullo  
Noreen Rae  
Robert Rose  
Elizabeth Scacca  
Gerald Tanner

## March 16

Barbara Benson  
Milton Faivre  
Maureen McCarthy  
Frances Moulder  
Nicholas Pisani  
Sandra Sweet  
Susan Zarillo

## March 17

Deborah DiMartino  
Anthony Fabiaschi  
Jacqueline Hall  
Mario Melaragno  
Wilfred Salter

## March 18

Ann Amicone  
Edith Behringer  
Joan Higgins  
Deanne Raymond

## March 19

Barbara Dufour  
Joseph Gangi  
Josephine Hodge  
Edgar LaTulipe  
Roseann Lopiano  
Catherine Mannion  
Don Msadoques  
Betty Nedorostek

## March 19

Sandra Stotler  
Martha Williams

## March 20

Phyllis Basso  
Lidia Bertoldi  
Brenda Crowell  
Penny Mahar  
Marion Rougeot  
Frank Russo  
Jacqueline Sheehan  
Ludmila Slawnyj  
John Young

## March 21

Michael Angelo  
Dennis Ashe  
Paul Bentley  
Lori-Ann Daley  
Pauline Pare  
Dorothy Robbins

## March 22

Dennis Andrews, Sr.  
Harold Arnold  
John Basso  
Shirley Durante  
Susan Galinsky  
Laurie Ellen Harris  
John Jacques  
Richard Marzullo  
Frances Miller  
Kathleen O'Shaughnessy  
Jean Rourke  
Roland Tofield, Jr.

## March 23

Sharon Andria  
Jill Church  
Joseph DiChiara  
Margaret Forrest  
Brenda Ganem  
Robert Kelly  
Carol Leichner  
Raymond Morin  
Judith Theeb  
Dorothy Whittaker

## March 24

John Batchelder, Sr.  
Gloria Bentley  
Elizabeth Corey  
Blanche DePaolo  
Elizabeth Dillon  
James Serkey

## March 25

Nivio Cracco  
Audrey Feuerstein  
Maureen Fitzgerald  
Wesley Fox

## March 25

Ruth Larsen  
Betty Marinaccio  
Diane Salius  
Mary Winslow

## March 26

Paul Lane  
Denise Olivero  
Leo Sebastian

## March 27

Elsie Dablain  
Monica Delia  
Eileen DePaoli  
Barbara King  
Michel Poulin  
Richard Roman  
Valerie Warriner

## March 28

Carol Buice  
James Cable  
Norell Gudaitis  
Roy Howe  
Geraldine Hudson  
Paul Mangiaracina  
Patricia O'Neil

## March 29

Martha Aquino  
Marian Dubiel  
Endora Mae Fowler  
Norma Gianni  
Stephen Gromko  
Lawrence Henrickson, Jr.  
Helen Jacques  
Keith Newell  
Manuel Oliver  
Thomas Teti  
Cindy Willis

## March 30

Marie Armstrong  
Karen Comeau  
Eileen DaSilva  
Joseph Deak  
Elaine Fabiaschi  
William Heacox, Jr.  
Gary Parks  
Betty Jean Wenzloff  
Frances Wood

## March 31

Rosalyn Benedetto  
Nicholas Eddy  
Stacia Giacomini  
Bonita Jacques  
Patricia King  
Leonard Lucia  
Marie Paganini



## NEW MEMBERS

### LET'S SAY WELCOME TO:

Janice Colangelo  
Judy Cooper  
Alfred J. Finn, M.D.  
Anne Freeman  
Sharon Murphy  
Peggy Pedrosa  
Robert Peguignot  
Carolyn Poole  
Sue Prince

Active Members 3,059

## VETERANS SOCIAL

### Hartford Healthcare at Home

*Presents a*

### Veterans Social at

George's Restaurant  
1203 East Main Street,  
Torrington

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.

## GRIEF SUPPORT

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

1st & 3rd Wed. 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.*

## AARP SMART DRIVER COURSE

AARP isn't holding classes at the Senior Center just yet.  
Take the Smart Driver Virtual Classes Q1 for Connecticut

### 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>

## 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 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.

## AARP TAX-AIDE PROGRAM

**The program is no longer taking appointments.**

If you were able to get an appointment to file your taxes through the AARP Tax-Aide Program at the Sullivan Senior Center, 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!*

## BUILDING PROTOCOLS

**We continue to follow guidance from the officials of the City of Torrington.** *It is recommended that all city employees and visitors to our buildings wear a face mask. Please Practice Social Distancing. Thank you for helping to keep our community safe.*

At the Sullivan Senior Center we also listen to the recommendations of the CDC regarding seniors. Please continue to wear your mask when you enter the building and as you walk through the building. This includes going to the restroom. Once you arrive at your activity you can choose to wear your mask or to remove it. **Please wear your mask at all times while in the Center if you are not vaccinated.**

Please remember:

**N**o more than 3 people in the restrooms at one time

**E**nter the building through the door where your activity is held or the door closest to your activity

**B**everages should be in a covered container, please do not bring food or candy to share.

Thank you for your patience and support during this time.

### 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).



**Easter Pie Sale**

Our spring fundraiser to support the Chore and Assisted Medical Transportation Programs is in the works. Pricing and availability will be published in the April Newsletter.

Due to supply chain issues we will be preordering available pies. As soon as we have the information we will publish the order forms on our website, Facebook Page and Instagram. Or you can check in with us after March 21st to pick up an order form. Get your orders in early! Pies will be sold "first come first served".

Our apologies for the lack of information at this time. As always thank you for your support of these programs.

## MOVIES

Movies are shown in the All Purpose Room on the dates shown at 1:30 pm

### DIRECTOR'S PICK...

#### "GHOST BUSTERS AFTERLIFE"

MARCH 07, 2022

*Reservations open 02/28*

When a single mom and her two kids arrive in a small town, they begin to discover their connection to the original ghostbusters and the secret legacy that their grandfather left behind.

*Finn Wolfhard, McKenna Grace, Carrie Coon, Sigourney Weaver, Bill Murray, Dan Aykroyd & Ernie Hudson*

**PG-13 2h 04m.**

#### "KING RICHARD"

MARCH 28, 2022

*Reservations open 03/21*

Based on the journey of Richard Williams as a father instrumental in raising the most extraordinarily gifted athletes of all time. Driven by a clear vision he has for his daughters, Venus and Serena Williams to get them to a global stage. A moving film that shows the power of family.

*Will Smith, Aunjanue Ellis, Tony Goldwyn*

**R 2h 25m.**

Reserve your spot by calling 860.489.2211  
No food please

## ASSISTANCE

---

### RENTER'S REBATE PROGRAM / APPLICATION PERIOD IS APRIL 1 - OCT 1

Call today for your appointment - 806.489.2211

**Renters** receive direct grants from the State of Connecticut on the assumption that part of their rent goes to cover their landlord's property tax. Renters' rebates can be up to \$900 for married couples and \$700 for single persons.

#### **Guidelines for State of CT Renter's Rebate Program:**

**C**laimant must have resided in CT for any one year period prior to filing an application.

**C**laimant, or spouse if living together must have been 65 years of age by December 31, 2020 OR be 50 years of age or older and the surviving spouse of a renter, who at the time of his death qualified and was entitled to tax relief.

**P**ersons 18+ years old who are receiving Social Security Disability or Disability benefits.

Qualifying Income: Single not to exceed TBA.....Married not to exceed TBA

#### **Documentation needed:**

**E**vidence of payments for rent, utility (electricity, gas, water and fuel) and proof of all 2021 income.

**R**ent receipts or canceled rent checks for entire 2021 year or letter from landlord.

**E**lectric/Gas/Water/Fuel: payment histories from the utility companies for entire 2021 year.

**S**ocial Security benefit statement for 2021 (SSA 1099).

**B**ank interest statement and dividends (2021 1099s).

**P**ension statement for (2021 1099s).

**C**opy of 2021 Federal income tax return (1040), if filed must be presented.

**ALL DOCUMENTS MUST BE PRESENTED AT THE TIME OF YOUR APPOINTMENT OR YOU WILL NEED TO RESCHEDULE.**

---

### ENERGY ASSISTANCE DEADLINES:

**03/15/21**— Deadline for fuel authorizations.

**05/01/21**—Last day that a household can apply to establish its eligibility for benefits.

**05/15/21**—Last day that a utility heated household with a shut off notice may apply

**05/31/21**—Last day to submit deliverable fuel bills.

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## LET'S HAVE SOME FUN!

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### **Cornhole League Forming**

Our Cornhole Boards will be out and ready for play on Wednesday afternoons at 1:15 starting March 23rd. Come down for a little Spring Training. League play will begin in April. No experience necessary! Easy to learn and fun to play. Call 860.489.2211 to sign up.

### **SSC Walking Club**

Walkers can meet Mon-Fri at 9:00. Pick your days or walk all week! Let's kick off the Walking Season with a staff walk on Thurs., Mar. 31st at 9:00 a.m. (rain date Fri., Apr. 1). We will meet in front of the Senior Center then head out together along the Naugatuck River Greenway. This first walk is a great way to meet Walking Buddies. See you on the trail!





**Joseph R. Petricone, Jr. | Pharmacist**

110 Main St., Torrington, CT

[petricone@optonline.net](mailto:petricone@optonline.net) • [www.PetriconesPharmacy.com](http://www.PetriconesPharmacy.com)

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Jeffrey R. Thurston • Melissa A. Thurston



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Keith M. Phalen  
Funeral Director

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**MONDAY**

**TUESDAY**

**WEDNESDAY**

**MARCH**

01

9:30 Craft Group  
11:15 & 12:30 Parkinson's Exercise  
12:30 Stamping & Embossing  
1:15 Pinochle  
2:30 Yoga with Wendy

02

9:00 Wii Bowling **AARP**  
9:30 Silver Belles & Beaux **Tax**  
12:30 Computer Lessons **Assistance**  
9:30 Quilting  
1:15 Golden Groove w/Robyn—\$4  
1:15 9/5 Tournament

07

8:20 Chair Exercise with DVD's  
8:30 Foot Clinic—Foothills VNA  
9:00 Cribbage  
9:30 & 10:45 Arthritis Found. Ex. Prog  
1:15 6-Handed Pinochle  
**1:30 Movie: "Ghostbusters Afterlife"**

08

9:30 Craft Group  
11:15 & 12:30 Parkinson's Exercise  
12:30 Stamping & Embossing  
1:15 Pinochle  
2:30 Yoga with Wendy

09

9:00 Wii Bowling **AARP**  
9:30 Silver Belles & Beaux **Tax**  
12:30 Computer Lessons **Assistance**  
9:30 Quilting  
1:15 Golden Groove w/Robyn—\$4  
1:15 9/5 Tournament

14

8:20 Chair Exercise with DVD's  
8:30 Foot Clinic—Foothills VNA  
9:00 Cribbage  
9:30 & 10:45 Arthritis Found. Ex. Prog  
1:15 6-Handed Pinochle

15

9:30 Craft Group  
11:15 & 12:30 Parkinson's Exercise  
12:30 Stamping & Embossing  
1:15 Pinochle  
2:30 Yoga with Wendy

16

9:00 Wii Bowling **AARP**  
9:30 Silver Belles & Beaux **Tax**  
12:30 Computer Lessons **Assistance**  
9:30 Quilting  
1:15 Golden Groove w/Robyn—\$4  
1:15 9/5 Tournament

21

8:20 Chair Exercise with DVD's  
8:30 Foot Clinic—Foothills VNA  
9:00 Cribbage  
9:30 & 10:45 Arthritis Found. Ex. Prog  
1:15 6-Handed Pinochle  
**1:00 Svc for the Elderly Comm. Mtg.**

22

9:30 Craft Group  
11:15 & 12:30 Parkinson's Exercise  
12:30 Stamping & Embossing  
1:15 Pinochle  
~~2:30 Yoga with Wendy~~

23

9:00 Wii Bowling **AARP**  
9:30 Silver Belles & Beaux **Tax**  
12:30 Computer Lessons **Assistance**  
9:30 Quilting  
1:15 Golden Groove w/Robyn—\$4  
1:15 9/5 Tournament

28

8:20 Chair Exercise with DVD's  
8:30 Foot Clinic—Foothills VNA  
9:00 Cribbage  
9:30 & 10:45 Arthritis Found. Ex. Prog  
1:15 6-Handed Pinochle  
**1:30 Movie: "King Richard"**

29

9:30 Craft Group  
11:15 & 12:30 Parkinson's Exercise  
12:30 Stamping & Embossing  
1:15 Pinochle  
~~2:30 Yoga with Wendy~~

30

9:00 Wii Bowling **AARP**  
9:30 Silver Belles & Beaux **Tax**  
12:30 Computer Lessons **Assistance**  
9:30 Quilting  
1:15 Golden Groove w/Robyn—\$4  
1:15 9/5 Tournament

**SUPPORT OUR ADVERTISERS!**





**THURSDAY**

**FRIDAY**

**03**

8:30 Chair Exercise  
 9:00 Bridge Wood Carving  
**9:15 Conversational Italian—9/12**  
 9:45 Line Dancing with Joan  
 11:15 & 12:30 Parkinson's Exercise Class  
 1:15 BINGO, \$1 for 2 Cards,  
 1:15 Art Club  
 2:30 Chair Exercise with DVD's

**04**

9:00 Chess  
 9:15 Canasta  
**9:15 Advanced Italian—9/14**  
 9:30 & 10:45 Arthritis Found. Ex. Prog  
 1:15 Mexican Train  
 1:15 9/5

**CALENDAR NOTES**

**Arthritis Foundation Exercise Program**  
 Hartford Healthcare  
 860.496.6660

**Blood Pressure Screening**  
 Foothills VNA  
 Call SSC for appt. 860.489.2211

**Computer Lessons**  
 Susan Strand  
 Call SSC 860.489.2211

**Italian Classes**  
 Dona Fraunhofer  
 djfitalian60@yahoo.com

**Parkinson's Exercise Class**  
 Hartford Healthcare  
 860.496.6660

**Yoga with Wendy**  
 860.459.9537  
 bendywendy100@gmail.com

**10**

8:30 Chair Exercise  
 9:00 Bridge Wood Carving  
**9:15 Conversational Italian—10/12**  
 9:45 Line Dancing with Joan  
 11:15 & 12:30 Parkinson's Exercise Class  
 1:15 BINGO, \$1 for 2 Cards,  
 1:15 Art Club  
 2:30 Chair Exercise with DVD's

**11**

9:00 Chess  
 9:15 Canasta  
**9:15 Advanced Italian—10/14**  
 9:30 & 10:45 Arthritis Found. Ex. Prog  
 1:15 Mexican Train  
 1:15 9/5

**17**

8:30 Chair Exercise  
 9:00 Bridge Wood Carving  
**9:15 Conversational Italian—11/12**  
 9:45 Line Dancing with Joan  
**10:30 Blood Pressure Screening**  
 11:15 & 12:30 Parkinson's Exercise Class  
 1:15 BINGO, \$1 for 2 Cards, Art Club  
 2:30 Chair Exercise with DVD's

**18**

9:00 Chess  
 9:15 Canasta  
**9:15 Advanced Italian—11/14**  
 9:30 & 10:45 Arthritis Found. Ex. Prog  
 1:15 Mexican Train  
 1:15 9/5

**24**

8:30 Chair Exercise  
 9:00 Bridge Wood Carving  
**9:15 Conversational Italian—12/12**  
 9:45 Line Dancing with Joan  
 11:15 & 12:30 Parkinson's Exercise Class  
 1:15 BINGO, \$1 for 2 Cards,  
 1:15 Art Club  
 2:30 Chair Exercise with DVD's

**25**

9:00 Chess  
 9:15 Canasta  
**9:15 Advanced Italian—12/14**  
 9:30 & 10:45 Arthritis Found. Ex. Prog  
 1:15 Mexican Train  
 1:15 9/5

**TORRINGTON AREA  
 PARKINSON'S SUPPORT  
 GROUP**

**Saturday, Mar. 26  
 10AM to noon**

**Speaker**

Sophie Holmes, Assistant Professor  
 of Psychiatry/Neurology,  
 Yale University

**Topic**

Parkinson's Depression and Clinical  
 Trial Sent from iPhone  
 For further information call  
 Sue at 860.489.1677  
 or Carol at 860.482.4610

**The Newsletter is under construction!**

Pardon our appearance as we learn the new technology given to us to publish this newsletter. Until we settle on a format you will see some experimentation with layouts. Please be patient with us as we learn how to manipulate this publishing program.



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**SUPERBOWL STROMBOLI SUCCESS!**



Thank you to everyone who supported the Superbowl Stromboli Fundraiser! It was a great success, and with 260 strombolis sold we were all conscripted into the kitchen at one point or another! But being covered in flour was worth it to make the strombolis as delicious as possible for you all!



Special thanks to volunteers Issie, Sandie, Carol, and Clelia for helping us out with rolling dough and pie selling!



**VISITORS**



On February 23, we were honored to serve as host to Part 2 of State Representative Michelle Cook's Senior Series. At this forum, Attorney General William Tong presented on scamming issues facing Seniors. In his discussion he provided information on how to connect to the Elder Justice Hotline. If you think you are a victim of scamming please call 860.808.5555.

Our thanks to Attorney General Tong and Representatives Cook and Horn for taking the time to speak on this important issue facing our community.

Pictures left to right...

- Michelle Cook, State Representative
- William Tong, Attorney General
- Joel Sekorski, Elderly Svcs Director
- Maria Horn. State Representative





## Big Y Cares Blooms

We're so excited to announce that Big Y has selected the Litchfield Hills Elderly Nutrition Program as their partner for the March Big Y Cares Blooms program. Big Y Cares Blooms is a way for the floral department to give back to the local communities by partnering with non profits in the neighborhoods where their stores exist, and this month they chose us! A portion of the proceeds from each Big Y Cares Bouquet sold in the month of March will be donated to the Nutrition Program! The beautiful bouquets are specially presented in a themed bucket in the floral department, and will be available for the entire month of March.

Thank you to Big Y for being such an amazing community partner!



# NEVER MISS A NEWSLETTER!

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



# Buy A Wheel!



**Only \$1**

**All donations directly benefit your local Meals-on-Wheels program.**

Please support this event that assists with keeping homebound seniors independent in their own homes, by purchasing a wheel for only \$1 in the Nutrition Office or mailing a donation check made payable to the Elderly Nutrition Program, 88 East Albert St., Torrington, CT 06790.

*A donation of any amount is appreciated!*

For more information on the "Buy A Wheel" event or any of our services contact the Nutrition Office at: 860-482-4151 or [christine\\_brown@torringtonct.org](mailto:christine_brown@torringtonct.org)



## Whole Grains and the Mediterranean Diet

If you have high cholesterol or Type 2 Diabetes, it's likely your doctor has mentioned the "Mediterranean Diet" to you. But what is it? The Mediterranean Diet reflects a way of eating that is traditional in the countries that surround the Mediterranean Sea, such as Italy, Greece, and Spain. Whole Grains and other plant based foods are at it's foundation, making up the largest, bottom section of the Mediterranean Diet food pyramid. Fish and Seafood are consumed several times a week, and smaller portions of meat, dairy, and cheese are used as extra flavoring for the dishes. And it goes beyond food, too—shifting towards a Mediterranean lifestyle means getting outside and being more active, and sharing the pleasure of delicious eating with family and friends when possible.

The Mediterranean Diet had been ranked the Best Overall Diet by US News & World Report for five years running. In 2022, it was also ranked #1 Best Plant-Based Diet, Best Heart-Healthy Diet, Best Diabetes Diet, Best Diet for Healthy Eating, and Easiest Diet to Follow. Known for its flavorful, satisfying dishes, the Mediterranean Diet comes highly recommended by health professionals and nutrition scientists because of the well-documented health benefits associated with it. And with its emphasis on plant-based ingredients, it's no surprise that the Mediterranean Diet celebrates whole grains in a big way. Barley, buckwheat, bulgur, farro, freekeh, millet, oats, brown rice, rye, and spelt form the foundation of Mediterranean whole grain eating, with breads, pasta, polenta, and porridges all making regular appearances. Decades of scientific research indicate that the Mediterranean Diet offers a wide spectrum of health benefits to those who embrace this pattern of eating. In fact, evidence shows that the Mediterranean Diet can help you lower your risk of heart disease, high blood pressure, and type 2 diabetes, while also helping you achieve weight loss and weight management goals, resist depression, and reduce asthma.

### How to incorporate the Mediterranean Diet into your daily meals:

#### Breakfast

- Top your yogurt with granola
- Cook up oatmeal and top with fruit and nuts
- Take a whole slice of toast and smear it with nut butter or top with avocado

#### Lunch

- Make a whole wheat pasta salad with veggies, herbs, and some salmon or chicken
- Make a hummus sandwich with whole wheat pita bread and grilled vegetables
- Add bulgur or quinoa to your salad

#### Dinner

- Make Mediterranean style pita pizzas topped with your favorite veggies
- Instead of serving rice or potatoes with your meal, make a grain and veggie salad as a side
- Cook up some whole grain pasta and mix in sautéed or roasted vegetables.

### Mediterranean Diet Pyramid

A contemporary approach to delicious, healthy eating

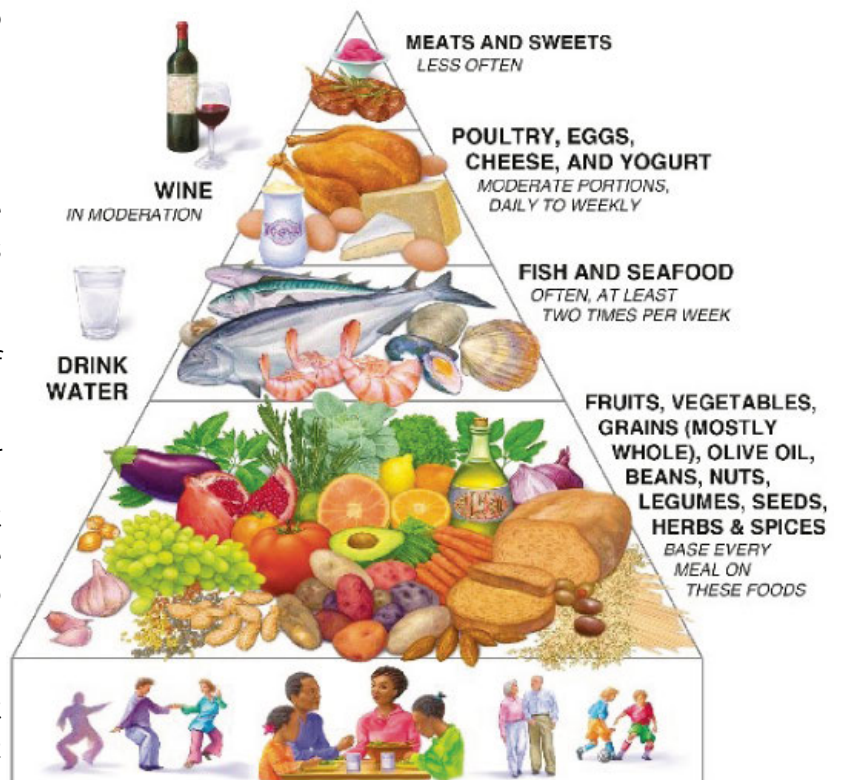


Illustration by George Medeiros © 2009 Oldways Preservation and Exchange Trust www.oldwayspt.org  
**BE PHYSICALLY ACTIVE; ENJOY MEALS WITH OTHERS**



All meals include  
Margarine & Milk.

# March 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) Apple Juice Chicken Tenders Macaroni and Cheese Mixed Vegetables Wheat Bread  Iced Cake	(2) Beef Lasagna Parmesan Cheese Broccoli Spinach Wheat Breadstick  Fruit Cocktail	(3) Salisbury Steak w/Mushroom Gravy Mashed Potatoes Diced Squash Wheat Bread  Fresh Fruit	(4) Corn Chowder Crackers Vegetable Omelet Home Fries Bean Blend Apple Muffin Mandarin Oranges
	(7) Mexican Chicken Bake White Rice Corn and Peppers Biscuit  Pineapple	(8) Eggplant Rolatini Penne Pasta w/ Sauce Parmesan Cheese Zucchini Italian Bread  Peaches	(9) Herb Baked Chicken Orzo Pilaf Peas Rye Bread  Fresh Fruit	(10) Mixed Fruit Juice Hamburger Ketchup German Potato Salad Green Beans Hamburger Roll  Chocolate Chip Cookie
(14) Meatloaf with Gravy Mashed Potatoes Peas Wheat Dinner Roll  Peaches	(15) Cheesy Chicken Breast Broccoli Bowtie Pasta Rye Bread  Fresh Fruit	(16) Spaghetti and Meatballs With Sauce & Cheese Garden Salad with Tomatoes, Cucumbers and Olives Dressing Garlic Bread  Sugar Cookie	(17) <u>St. Patrick's Day</u> Shepherd's Pie Classic Beef, Corn & Mashed Potato Home Baked Irish Soda Bread Muffins  Special St. Patty's Day Dessert	(18) Fish Sticks Tartar Sauce Confetti Brown Rice Carrots Bread Stick  Pears
(21) Mushroom Barley Soup Crackers Potato Crusted Fish Tartar Sauce Macaroni and Cheese Mixed Vegetables Wheat Bread Cookie	(22) Philly Cheesesteak Peppers and Onions Potato Wedges Grinder Roll  Tropical Fruit	(23) Apple Juice Chicken Leg Quarter Brown Rice with Beans California Blend Veggies Rye Bread  Pound Cake	(24) Sweet and Sour Pork Vegetable Lo Mein Asian Blend Veggies Wheat Bread  Pineapple	(25) Vegetable Lasagna Parmesan Cheese Spinach Seasoned Cannellini Beans Italian Bread  Fresh Fruit
(28) Mixed Fruit Juice Spaghetti & Meatballs Parmesan Cheese Broccoli Breadstick  Vanilla Pudding	(29) Chicken Orzo Soup Crackers Sliced Turkey w/Gravy Stuffing Green Beans Cranberry Sauce Corn Muffin  Applesauce	(30) Chicken Cacciatore Bowtie Pasta Zucchini Dinner Roll  Fresh Fruit	(31) Batter Dipped Haddock Tartar Sauce Roasted Potato Succatash Rye Bread  Peaches Fresh Fruit	



**St. Patrick's Day Lunch**  
**Thursday, March 17th**  
**Curbside To-Go Pickup 11:30 - 11:45**  
**Indoor Lunch served at Noon**  
**Reservation Required by Tuesday March 15th**



We'll be Shamrockin' and Rollin' this year as we serve up a lucky lunch of **Traditional Shepherd's Pie with Classic Beef, Corn, and Mashed Potatoes**. **Home-Baked Irish Soda Bread Muffins** will be served on the side, and a **Special St. Patrick's Day Dessert** will be dished up for dessert!

Be sure to call Nutrition (860-482-4151) before Tuesday March 15th at noon to make your Reservation!

Important Update on Snow Closings:

Well, Winter is here, and it's been a wild one and it's not over yet! 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.



Thank you so much to the Students and Teachers of **St. John Paul the Great Academy** for making so many wonderful Valentines for our Torrington Meals on Wheels recipients. Everyone who received a Valentine was delighted, they were such a wonderful way to brighten people's days.

Many of our clients even hung the cards on their doors or refrigerators to keep a reminder of your kindness visible.

Thank you again for your hard work and thoughtfulness!



**Joel Sekorski - Director**

Nicole Pelchat - Admin. Assistant  
 Frances Daley - Office Assistant

**Christine Trudeau-Brown - Supervisor**

Julie Smith-Meals Coordinator



**860-482-4151**

[www.torringtonct.org/elderly-nutrition-program](http://www.torringtonct.org/elderly-nutrition-program)

[www.sullivanseiorcenter.fyi/newfacebook](http://www.sullivanseiorcenter.fyi/newfacebook)

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- Robin Reid.....Harwinton
- Kim Sherwood.....Lakeville
- Deena Panasci.....Morris
- Brooke Ledda...Cook, Torrington
- Tina Puckett.....Winsted

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- Paul Chiappa.....Torrington 6
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