

All About Us @

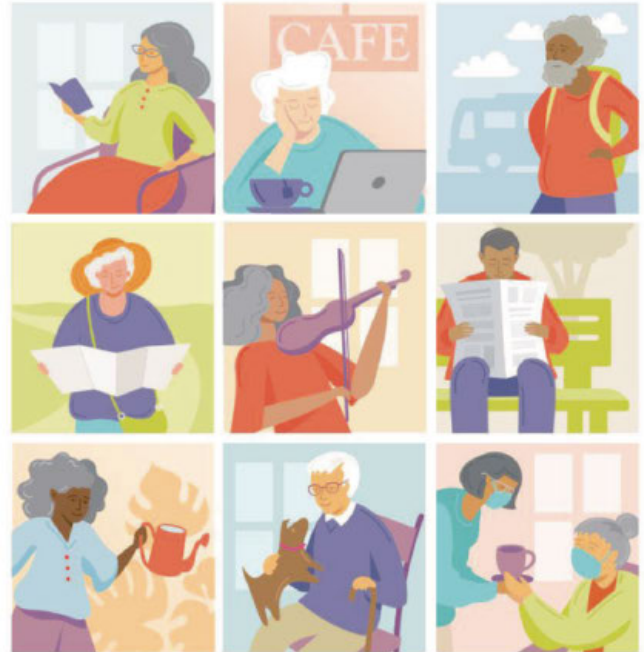


# SULLIVAN SENIOR CENTER CITY OF TORRINGTON

2022

# MAY

## Older Americans Month



# Age my way!



AGE MY WAY: MAY 2022

ACL acl.gov/oam

## 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



[torringtonct.org/sullivan-senior-center](http://torringtonct.org/sullivan-senior-center)



@SullivanSeniorCenter



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

## TAKE A LOOK INSIDE

### EVERY SMILE COUNTS SURVEY



PAGE 11

THESE PROGRAMS ARE  
BROUGHT TO YOU BY OUR  
COMMUNITY PARTNERS!

### SENIOR COMPANIONS



PAGE 4

### VETERANS SOCIAL

COURTESY OF  
**Hartford HealthCare**  
at Home



PAGE 4

STAY FOR LUNCH AFTER THE  
VETERANS SOCIAL!  
DETAILS ON PAGE 16

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

May Sale

20% off all


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To Include:

- Dishes & Dish Sets
- Cups & Mugs
- Drinking & Wine Glasses
- Teacups & Saucers
- Dessert Bowls & Glasses
- Platters

*Anything used for eating!*

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online: [cottagelitchfield.com](http://cottagelitchfield.com)

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# MAY BIRTHDAYS

## May 01

Catherine Buyak  
Alice Cables  
Barbara Colangelo  
Kathy Deasy  
Barbara Dube-Klash  
Virginia Ehlinger  
Sue Grathwohl  
Lois Knight  
Jean Lawrence  
Evamarie Mantis  
Samuel Marino  
Claudia Paniati  
Elizabeth Ruwet

## May 02

Diane Dowd  
Robert Foote  
Mary Melaragno  
David Skonieczny

## May 03

John Ross  
Lena Teti  
Lorraine Veronneau  
Denise Werner

## May 04

Gene Broggi  
Richard Clark  
Marcia Kimberley  
Lois Lucia  
Thomas Mastroberti  
Kuppuswamy  
Selvadurai  
Josephine Yanchak

## May 05

Dorothy Arnold  
Linda Keegan  
Frederick Martin  
Melinda Tirloni  
Suzanne Tocci

## May 06

Gail Briggs-Malanson  
Carmella Cappello  
Daniel Farley  
Helene Hladick

## May 07

George Boulay  
Elaine Cetrone  
Rosemary Davis  
Daniel Murphy  
Mary Scaia

Raymond St. Pierre  
Geraldine Steponitis  
Doris Tokarz  
Bruce Young

## May 08

Patrick Elias  
Bea Fox  
Rosemary Graziano  
Gail Silvernale-Blood

## May 09

Beverly Caravati  
Roger Cisowski, Sr.  
Bob Collins  
Shirley Decker  
Arlene Downs  
Jackie Doyon  
Janet Iffland  
Charles Lombardi  
Frank Marino  
Terry Porpiglia  
Alice Stevens  
Sherry Whitlock

## May 10

Donald MacLeod  
Ernest Marquard  
Althea Meyers  
Esther Provencher  
Rhoda Rouleau  
Gladys Sansone  
H. Clark Schroeder  
Elaine Smith  
Frederick Waldvogel

## May 11

Shirley Bartley  
Laurentine Brenker  
Ruth Cravanzola  
April Du Bourg-White  
Barbara Gall  
Erick Little  
Martha Millard  
Jeanne Mulville  
Kenneth O'Brien  
Katherine Oligny  
Edward Schenk  
Gloria Siddell  
Corrine Steeves

## May 12

Charlie Abolin  
Geneva Bitting  
Grace Cable  
Jean Giorda  
Barbara Killmer  
Marlene Magyar  
Matt Scanzano  
Rosemary Stoecker  
Olga Talaber

## May 13

Jean Brown  
Billy Joe Buice  
Lorraine Crunden  
Gwendolyn Dufresne  
Linda Kirschner  
Francis MacKinnon  
Lucille Merati  
Jo O'Rourke  
Melanie Stayman  
Anne Vella

## May 14

Norma Becker  
Vincent Cleri  
Claire Hanisco  
Sandra Hughes  
Patricia Kelley  
John Kuzmik  
Egidio Mainella  
Larry Mednick  
Philip Pellegren

## May 14

Vincent Poidomani  
Donald Schultz  
David Simerman  
Judy Souza  
Florence Vedovelli

## May 15

Katherine Alves  
Sandra Ebl  
Jennie Hickson  
Fred Lehoux  
Doreen Page  
Carol Pappalardo  
Lucille Pergola  
Judith Pernal  
Chip Woodman

## May 16

Marjorie Bradley  
Evelyn Lukes  
Lewis Patchett

## May 17

Jeannine Barber  
Claudia Belanger  
Karen Bentley  
Brandon Blick  
James Franklin  
Donald Kenney  
Nancy Pretak  
Dolores Trapp

## May 18

Elizabeth Breakell  
Mary Grimes  
Linda Hamm  
Donna Kocot  
Roseanna Kowalewski  
Fred McArthur  
Gregory James Nypert  
Babe Ochotnicky  
Joan Rinaldi  
Mireille Silano  
Rosemary Woosley

## May 19

Katherine Asselin  
George Beecher  
Richard Farr  
Elaine Good  
Anthony Paige  
Carol Poirier  
Lena Robinson  
Julianne Schultz  
Sandra Smith  
John Speziale  
Gregory Starinovich  
Marie Zidel

## May 20

Joy Calhoun  
Ivan Fedorjaczenko  
F. Kenneth Fitch

## May 20

David Johnstone  
Roger Langlois  
Anna Walton

## May 21

James Biondi  
Hilda Cerney  
Catherine Durstin  
Mary Ann Everett  
Grace Fowler  
Joyce Gustavson  
Lenore Murphy  
Kay Tito

## May 22

Lillian Crovo  
Lynda Rae Fox  
Bruce Gay  
Tim James  
Brenda Newell  
David Schultz  
Patricia Wacholz

## May 23

Marie Celadon  
Lorraine Coolidge  
George Gebrian  
Gene Heavens  
Mary Jane Mazzarelli  
Marjorie Simmons  
Frances Tedesco

## May 24

Joanna Arnista  
Gerry Brodnitzki  
Frances Evangelisti  
Christine Hricko  
Jessie Keslow  
Nancy Maxim  
Eleanor Orié  
Rose Mary Rinaldi  
Beverly Sesko  
Emily Webster

## May 25

Helena Aube  
Terri Brickman  
Deborah Brucker  
Barbara Dattel  
Michael Fritch  
Debbie Guglielmetty  
Madeline Lape  
Angaza Mwando  
Marie Olcese  
Margo Scott  
Lucy Southergill

## May 26

Raymond Cormier  
Mark Galvin  
Marion Kessler  
Marcus Komons  
Sandy Marciano

## May 26

Sheilah Marciano  
Eleanor Melaragno  
John Neagle, Jr.  
Ralph Newman  
Pat Sebastian  
Joseph Zidel

## May 27

Lil Arnold  
Mary Balsamo  
Barbara Brennan  
Albina Buzzi  
Donna Dablain  
Rose DeMaria  
Harold Ellis  
Erika Fuersattel  
Cynthia Gajewski  
Shirley Vignali  
Louis Waagner  
Robert Zembruski

## May 28

Rita Barrett  
Nancy Killiany  
Carol Mecier  
Deborah SchAAF  
Christine Tuozzo  
Joanne Waters  
Alice Whalen  
J. Fenton Williams

## May 29

Joseph Conroy  
Geraldine Guerrini  
Henry Hill, III  
Halina Kalinowska  
Brian Lee  
Robert Oakan  
Victoria Parente  
Robert Starr  
Drake Waldron  
Howard Walsh  
Patrice Zubrowski

## May 30

Sharon Brownell  
William Deneen  
Shirley Kaczmarczyk  
Carolyn Mosher  
Henry Poll  
Frances Sosnowski

## May 31

Henrietta Angelina  
Daniel Boisvert  
Candace Gale  
Harry MacVeigh  
Jean Massini  
Mildred Robustelli  
Lisa Scapin  
Agatha Ubaldi  
Marie Zordan



## NEW MEMBERS

### LET'S SAY WELCOME TO:

Kathleen Badolato	Karen Ryzak
Deborah Brucker	Debora Stafford
Catherine Evans	Mark Stafford
Joann Hohensee	Christine Tuozzo
Karen Ives	Susan Wasilus
Patricia Lazauski	Dee Wheeler
Virginia Mombourquette	
Thomas O'Meara	
Sherry Percivalle	
Mary Ann Poulton	
Ernest Raschke	

Active  
Members  
3,061

NEW

## VETERANS SOCIAL

### Hartford HealthCare at Home

*Presents a monthly*

### Veterans Social at the Sullivan Senior Center

Held the **1st Tuesday of the month at 11AM** in the Dining Room. Our first will be **May 3rd**. Coffee will be served. Stay for lunch! We will be celebrating Cinco De Mayo a bit early. Lunch details can be found on Page 16. Reservations are required for lunch. **If you are only coming for the social you do not need to make a reservation.**

## 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.*

## OLDER AMERICANS MONTH

Older adults play vital, positive roles in our communities – as family members, friends, mentors, volunteers, civic leaders, members of the workforce, and more. Just as every person is unique, so too is how they age and how they choose to do it – and there is no “right” way. That’s why the theme for Older Americans Month (OAM) 2022 is *Age My Way*.

Every May, the Administration for Community Living (ACL) leads the celebration of OAM. This year’s theme focuses on how older adults can age in their communities, living independently for as long as possible and participating in ways they choose.

While Age My Way will look different for each person, here are common things everyone can consider:

**Planning:** Think about what you will need and want in the future, from home and community-based services to community activities that interest you.

**Engagement:** Remain involved and contribute to your community through work, volunteer, and/or civic participation opportunities.

**Access:** Make home improvements and modifications, use assistive technologies, and customize supports to help you better age in place.

**Connection:** Maintain social activities and relationships to combat social isolation and stay connected to your community.

This year, the Sullivan Senior Center is excited to celebrate OAM with our partners in the aging community. Follow along throughout the month to find resources on aging in place, Join us for fun activities and pick up valuable information on our services.

Diverse communities are strong communities. Ensuring that older adults remain involved and included in our communities for as long as possible benefits everyone.

Please join the Sullivan Senior Center in strengthening our community. Introduce a neighbor or a friend to the Sullivan Senior Center!

## SENIOR COMPANION PROGRAM

Beginning this July AmeriCorps Seniors will be funding New Opportunities, Inc. to bring the Senior Companion Program to Torrington.

Senior companions are age 55 and older with moderate incomes who help to improve the quality of life for adults with physical, emotional or mental health limitations, most of whom are also older adults.

Companions visit older adults in their homes and reduce feelings of loneliness and isolation and give time off to families and caregivers. They may serve as escorts to medical appointments, prepare light meals, do simple chores like light housekeeping & connect their clients to other resources. All companion services are free!

*(Continued on Page 5)*

**PROCLAMATION BY THE MAYOR**



**SENIOR COMPANION PROGRAM**

*(Continued from Page 4)*

For their service Senior Companion volunteers receive a tax-free stipend of \$3/hour which does not effect rent or eligibility for other financial benefit programs. In addition to the extra income, Senior Companions say that they greatly benefit from their new relationships with the people they visit.

If you would like more information about becoming a volunteer or a client of the SCP contact New Opportunities at:

The Senior Companion Program at 203.575.4214 or [elders@NewOpportunitiesInc.org](mailto:elders@NewOpportunitiesInc.org)

You can also visit their website: [newoppinc.org](http://newoppinc.org)  
 Search under their programs tab, a brochure is available

**MOVIES**

Movies are shown in the All Purpose Room on the dates shown at 1:30 pm  
**"DEATH ON THE NILE"**  
 MAY 9, 2022

A spectacular Egyptian vacation aboard a river boat becomes a terrifying search for a murderer. Based on the novel by Agatha Christies.

*Tom Bateman, Annette Bening  
 Kenneth Branagh, Russell Brand*  
**PG-13 2h 7m.**

**"SPIDER-MAN:  
 NO WAY HOME"**  
 MAY 23, 2022

Our friendly neighborhood hero is unmasked and no longer able to separate his normal life from being a Super Hero. When he asks for help from Doctor Strange the stakes become even more dangerous.

*Tom Holland, Zendaya  
 Benedict Cumberbatch*

**R 2h 28m.**

**PODCASTS**

We will listen to Podcasts in the Main Room at 9:30 a.m. on May 9 and May 23  
 We will always start with...

**The Newsworthy**  
 All the days news in around 10 minutes.  
 May 9th

**Stuff You Should Know:**  
 What's NATO All About  
 May 23

**The Newsworthy  
 Special Edition**  
 Hate Changing Clocks?  
 Here's Why We Do It.

## ASSISTANCE

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

Call today for your appointment - 860.489.2211

**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 \$38,100. Married not to exceed \$46,400**

### **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 or proof of **total SSI received in 2021**).

**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.**

## BOWMAN GARDEN

# TAG SALE

To benefit the  
Bowman Senior  
Community Garden

**June 11, 2022**  
**9AM—3PM**

To be held at the  
Sullivan Senior Center  
88 East Albert Street  
Torrington

*Please consider donating your gently used items to the Tag Sale (No clothing please).  
Volunteers will be available to collect your donations in the back parking lot of  
the Sullivan Senior Center on the two days before the event,*

*Thurs. 6/9 & Fri. 6/10, from noon—3PM.  
Baked Goods will be available at the Tag Sale.  
Please consider baking an item for the day.  
Baked Goods can be dropped off at the Center,  
Fri., 6/10, noon—3PM.*

*For more information call  
Rose DeMaria  
860.482.6118*



## AARP DRIVER SAFETY

The AARP Driver Safety Course will be held at the Sullivan Senior Center in the Shuffleboard Room. Planned 2022 dates are Thurs., May 19 & Thurs., July 21 from 9AM to 1 PM.

This course is available to people age 50 and older. The 4 hour session must be completed to receive a certificate that entitles the student to a discount on auto insurance for 2 years. The cost is \$20, (\$25 non-members of AARP) payable by check only made out to AARP. IMPORTANT!!! You must bring your AARP card to show the instructor. If you do not have your membership card you can call 1-888-687-2277 to obtain your number.

**Call 860-489-2211 to register**



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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**

02

8:20 Chair Exercise with DVD's  
 8:30 Foot Clinic—Foothills VNA  
 9:00 Cribbage  
 9:30 & 10:45 Arthritis Found. Ex. Prog  
**1:00 Qigong 2/6**  
 1:15 6-Handed Pinochle/Mahjong

03

**Celebrating Cinco De Mayo**

**See Page 16**

9:00 9/5 League  
 9:30 Craft Group  
**11:00 Veterans' Social**  
 11:15 & 12:30 Parkinson's Exercise  
 12:30 Stamping & Embossing  
 1:15 Pinochle  
 2:30 Yoga with Wendy

04

9:00 Wii Bowling  
 9:30 Silver Belles & Beaux  
 12:30 Computer Lessons  
 9:30 Quilting  
 1:15 Cornhole Tournament  
 1:30 Dance Fitness w/Robyn—\$5

09

8:20 Chair Exercise with DVD's  
 8:30 Foot Clinic—Foothills VNA  
 9:00 Cribbage  
**9:30 Podcast - See Page 5**  
 9:30 & 10:45 Arthritis Found. Ex. Prog  
**1:00 Qigong 3/6**  
 1:15 6-Handed Pinochle/Mahjong  
**1:30 Movie: Death on the Nile**

10

9:00  
 9:30 9/5 League  
 11:15 Craft Group  
 12:30 & 12:30 Parkinson's Exercise  
 1:15 Stamping & Embossing  
 2:30 Pinochle  
 Yoga with Wendy

11

9:00 Wii Bowling  
 9:30 Silver Belles & Beaux  
 12:30 Computer Lessons  
 9:30 Quilting  
 1:15 Cornhole Tournament  
 1:30 Dance Fitness w/Robyn—\$5

16

8:20 Chair Exercise with DVD's  
 8:30 Foot Clinic—Foothills VNA  
 9:00 Cribbage  
 9:30 & 10:45 Arthritis Found. Ex. Prog  
**1:00 Qigong 4/6**  
**1:00 Svc for the Elderly Comm. Mtg.**  
 1:15 6-Handed Pinochle/Mahjong

17

9:00 9/5 League  
 9:30 Craft Group  
 11:15 & 12:30 Parkinson's Exercise  
 12:30 Stamping & Embossing  
 1:15 Pinochle  
 2:30 Yoga with Wendy

18

9:00 Wii Bowling  
 9:30 Silver Belles & Beaux  
 12:30 Computer Lessons  
 9:30 Quilting  
 1:15 Cornhole Tournament  
 1:30 Dance Fitness w/Robyn—\$5

23

8:20 Chair Exercise with DVD's  
 8:30 Foot Clinic—Foothills VNA  
 9:00 Cribbage  
**9:30 Podcast - See Page 5**  
 9:30 & 10:45 Arthritis Found. Ex. Prog  
**1:00 Qigong 5/6**  
 1:15 6-Handed Pinochle/Mahjong  
**1:30 Movie: Spider-Man: No Way Home**

24

9:00 9/5 League  
 9:30 Craft Group  
 11:15 & 12:30 Parkinson's Exercise  
 12:30 Stamping & Embossing  
 1:15 Pinochle  
 2:30 Yoga with Wendy

25

9:00 Wii Bowling  
 9:30 Silver Belles & Beaux  
 12:30 Computer Lessons  
 9:30 Quilting  
 1:15 Cornhole Tournament  
 1:30 Dance Fitness w/Robyn—\$5

30

**Closed**  
*in Celebration of*  
**Memorial Day**

31

9:00 9/5 League  
 9:30 Craft Group  
 11:15 & 12:30 Parkinson's Exercise  
 12:30 Stamping & Embossing  
 1:15 Pinochle  
 2:30 Yoga with Wendy



**Join in the FUN!**  
**Wednesdays @ 1:15**

**SUPPORT OUR ADVERTISERS!**





THURSDAY

FRIDAY

MAY 2022

05

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

06

9:00 Chess **Mother's Day Luncheon**  
9:15 Canasta **See Page 16**  
**9:15 Advanced Italian—11/16**  
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

**Foot Clinic**  
Foothills VNA  
Call 860.379.8561

**Italian Classes**  
Dona Frauenhofer  
djitalian60@yahoo.com

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

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

12

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

13

9:00 Chess  
9:15 Canasta  
**9:15 Advanced Italian—12/16**  
9:30 & 10:45 Arthritis Found. Ex. Prog  
1:15 Mexican Train  
1:15 9/5

19

**AARP Driver Safety**

8:30 Chair Exercise **Course See Pg. 6**  
9:00 Bridge Wood Carving  
**9:15 Conversational Italian - 1/14**  
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

20

9:00 Chess  
9:15 Canasta  
**9:15 Advanced Italian—13/16**  
9:30 & 10:45 Arthritis Found. Ex. Prog  
1:15 Mexican Train  
1:15 9/5

26

**Every Smile Counts**

8:30 Chair Exercise **See Page 11**  
9:00 Bridge Wood Carving  
**9:15 Conversational Italian - 2/14**  
9:45 Line Dancing with Joan  
11:15 & 12:30 Parkinson's Exercise Class  
1:15 BINGO, \$1 for 2 Cards Art Club  
2:30 Chair Exercise with DVD's

27

9:00 Chess **Memorial Day Luncheon**  
9:15 Canasta **See Page 16**  
**9:15 Advanced Italian—14/16**  
9:30 & 10:45 Arthritis Found. Ex. Prog  
1:15 Mexican Train  
1:15 9/5

**TORRINGTON AREA  
PARKINSON'S SUPPORT  
GROUP**

Saturday, May 21, 2022  
10AM to noon

**Speaker**

Colin Grabowski  
AMNEAL Pharmaceuticals

**Topic**

Living with Parkinson's  
**For further information call**  
Sue at 860.489.1677  
or Carol at 860.482.4610



**Walking Club  
Weekdays  
@ 9:00 a.m.**

"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." ~ City Officials

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## EVERY SMILE COUNTS SURVEY

We welcome your participation in the Every Smile Counts Survey, an oral health screening to help promote and advocate for improved access to affordable dental care. Oral health is a vital component to overall health and well-being across the lifespan. Poor oral health is associated with diabetes, heart disease, stroke, and lung disease. This survey is sponsored by the Connecticut Department of Public Health through a CDC grant.

A licensed dental hygienist will visually inspect your mouth. It only takes about 5 minutes. We will also ask you to complete a short questionnaire. We follow infection control procedures more stringent than required by CDC. As a way of appreciating your participation, you will receive a toothbrush, toothpaste and other oral health products.

The past survey in 2012 resulted in: the expansion of dental hygienists being able to provide services in senior centers, public housing, and nursing homes; required education for nursing home staff on oral health care; and beginning discussions on getting dental coverage under Medicare.

**Thursday, May 26, 2022, 9AM - 3PM --- Walk-ins Welcome**

**Get in and out by reserving a spot! Call us at 860.489.2211**

**Program sponsored by the CT Dept. of Public Health and CT Oral Health Initiative**



**Wednesday, June 8, 2022**

Meeting at the Staples/TJ Maxx Plaza

Depart from Plaza at 8 AM

Bus leaves Casino at 4 PM

**\$25 per person, includes gratuity**

*There are still a few seats available!*

**Make your reservations at the Sullivan Senior Center**

**Tuesday or Thursday between 10 a.m. & 2 p.m.**

*Mask requirements will be updated closer to the time of the trip. Payment is due with reservation, reservations are first come, first served. If you must cancel at the last minute, you will only be refunded if we can find someone to replace you. If you show up late, we cannot wait for you. Refunds will not be made if you miss a trip.*

## BLAIR'S COINS & CURRENCY

**JUNE 17 AT 1PM**

You are encouraged to bring in any coins or currency to the Senior Center for Blair to look at to give you an idea of value and rarity. There will be plenty of time for questions and answers. The program is designed for all, whether you are an experienced collector or if you want to know what some old coins that are lying around the house are worth.

Blair's program talks about the state of the hobby today, the U.S. Mint and its products, the gold and silver bullion market and provides a general overview of coin and currency collecting.

Blair has been collecting coins for over 50 years & is a professional coin dealer. He is also President of the Litchfield County Coin Club and a former President of the Bristol coin club. Blair is an ANA (American Numismatic Association) Life member a FUN (Florida United Numismatists) Life member.

**REGISTRATION IS REQUIRED**

**PLEASE CALL 860.489.2211 BY JUNE 15**

## GOLD & SILVER EVENT

### Beautiful Things Gold & Silver

**Turn your gold & silver pieces into cash while raising funds for the Sullivan Senior Center!**

Bring in all forms of gold or silver jewelry, flatware, tea sets, and coins (silver dollars, half dollars, quarters and dimes pre-1964). Be paid well above jeweler's prices and you will be paid cash on the spot!

The Senior Center will benefit too! The Center will receive 10% of the total paid out at the end of the day.

**Beautiful Things Gold & Silver will be at our Senior Center from 10 a.m.—1:00 p.m.**

**on the following Thursdays:**

**July 21 and October 20**

**You are asked to register for this event by calling 860.489.2211**



Thank you so much to Big Y World Class Markets for all of their amazing support of the Litchfield Hills Elderly Nutrition Program. Between the Big Y Cares Bag Program and the Big Y Cares Blooms, they have donated more than \$900 to the Nutrition Program, helping us to bring nutritious meals to homebound seniors in our community.



**Thanks Big Y!**

Gengras Subaru in Torrington happily invites you to come to our Subaru Share the Love Check Presentation Event! Last Year Gengras Subaru in Torrington, with the help of Subaru of America, was able to donate over fifty thousand dollars to local hometown charities, such as the Litchfield Hills Elderly Nutrition Program and the Northwestern CT YMCA. All are welcomed to attend as we present this year's checks!

The event is scheduled to be held on Thursday, May 26th at 10 am at Gengras Subaru in Torrington, which is located at 45 Winsted Rd, Torrington, CT.



## NEVER MISS A NEWSLETTER!

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





The Nutrition Office would like to say a huge THANK YOU to everyone who supported the Buy-A-Wheel Event in March! It is truly humbling knowing how many of you are willing to help support our mission of bringing fresh meals and a daily dose of social contact to our home-bound friends and neighbors here in the Northwest Corner!

We'd especially like to thank our two grocery store partners and their top sellers, who—for the second year in a row!—sold a record breaking number of wheels!

**The Market** in Bantam sold an AMAZING \$4802, smashing last year's record, and their top sellers were Tommy, Kim, and Alexandra.

**Labonne's Market** in Salisbury sold a TERRIFIC \$749 wheels, and their top sellers were Eva, Kirsten, and Dawn

Here at the center we sold \$385, and it's a bright and colorful reminder up on our wall that every little bit helps, and when we all come together we have huge results!!

**Thank you so much to everyone who participated!**



## Lets Taco Bout Salsa!

Salsa-it's not just a dance! Especially in May, also known as National Salsa Month! There are tons of reasons to be fans of this Mexican food staple, from it's versatility and flavor to it's amazing health benefits!

The two most common varieties of Salsa are called "Salsa Roja" or red salsa (Think of Pace, or Old El Paso in the jar). It usually has cooked tomatoes, chili peppers, onion, garlic, and fresh cilantro, and is used as a condiment in Mexican and Southwestern style cuisines. The second is "Salsa Fresca" or fresh salsa. It is an uncooked mixture of chopped tomatoes, onions, jalapenos and cilantro. The great thing is there are so many different variations of salsa, so there's one for every palate.

### Health Benefits of Salsa:

- High in fiber:** Because many traditional salsas consist mainly of vegetables, salsa is full of fiber without fat, sugar, or other detrimental ingredients—perfect for someone looking to add flavor to their diet without spiking their fat and sugar content.
- Low in Calories:** While most flavorful, processed foods contain a large amount of calories, one serving of salsa (~2 tablespoons) only contains about 10 calories! This means that there's very little risk of eating too many unwanted empty calories to your diet.
- Vitamin C:** Onions, tomatoes, and lime juice—all common ingredients in salsas—contain a large amount of Vitamin C.
- Hydration:** We all know that we need to drink more water, and it turns out that salsa is a great way to boost your hydration! Salsa often contains tomatoes, and 95% of the weight of tomatoes comes from water.
- May help prevent cancer:** Tomatoes contain lycopene, which has been linked by researchers to a reduced risk of cancer. Although tomatoes aren't the only produce that contains lycopene, they're generally recognized to provide 80% of lycopene in the diet of Americans!
- Heart Health:** Onions and garlic are common ingredients of salsa. These increase good cholesterol while lowering bad cholesterol! They help prevent heart issues such as blood clots, strokes, heart attacks, as well as other heart diseases.



### BAKED SALSA CHICKEN

*Perfect for tacos or quesadillas*

SERVINGS: 6    PREP TIME: 10 MIN    COOK TIME: 30 MIN

#### INGREDIENTS

- 1 bag frozen corn
- 1 can black beans, drained & rinsed
- 1 can petite dice tomatoes, drained
- 1 cup salsa, divided
- 1 tsp minced garlic
- 1/2 tsp cumin
- 2 lbs boneless skinless chicken breasts
- salt & pepper to taste

#### DIRECTIONS

1. Preheat oven to 375F
2. Spray a 9x13 baking dish with cooking spray
3. In the prepared dish, stir together corn, black beans, diced tomatoes, 1/2 cup of salsa, garlic, & cumin.
4. Place chicken on top of corn mixture. Season chicken with salt & pepper to taste. Pour remaining 1/2 cup salsa over chicken.
5. Cover tightly with foil and bake for 45-60 minutes, or until chicken reaches 165F. Length of cooking time will vary depending on size of chicken breasts.
6. Remove chicken from dish and slice or shred. Return to dish, stir to combine, and serve.

### Healthy & Quick Pico de Gallo

This recipe is great because it's easy, fresh, and you can customize how much (or how little) spice to taste!

- |  |   |
|--|---|
| <ul style="list-style-type: none"> <li>• 2-3 Medium Fresh Tomatoes, stems removed</li> <li>• 1/2 medium red onion</li> <li>• 1 jalapeno pepper, stems &amp; seeds removed</li> <li>• Juice of 1 lime</li> <li>• 1/2 cup chopped cilantro</li> <li>• Salt and pepper to taste</li> <li>• 1 pinch dried oregano</li> <li>• 1 pinch ground cumin</li> </ul> | <ol style="list-style-type: none"> <li>1. Wash all the produce, then roughly chop tomatoes, peppers and onions. (Use plastic baggie or disposable gloves to handle the peppers to avoid getting the oils on your hands)</li> <li>2. Place the ingredients in the bowl of a food processor fitted with the blade. Pulse only a few times, just enough to finely dice the ingredients, and not enough to puree.</li> <li>3. Place in a serving bowl, add salt and pepper to taste. If the peppers make the salsa too hot, add more chopped tomato. If it's not hot enough, add more cumin or a little more pepper.</li> <li>4. Let salsa sit for an hour in the fridge to give the flavors a chance to combine</li> </ol> |
|--|---|

All meals include Margarine, Milk & Coffee or Tea

# May 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
(2)	(3)	(4)	(5)	(6)
BBQ Pork Loin Baked Beans Corn Hamburger Bun  Fresh Fruit	<u>Cinco de Mayo</u> Taco Salad Bowl w/Chicken, Lettuce, Tomatoes, Black Olives, Onion, Cheese, Sour Cream & Salsa Tortilla Chips Churros	Eggplant Rollatini Penne Pasta Spinach Garlic Breadstick  Pears	Cream of Mushroom Soup Crackers Salisbury Steak Mashed Potatoes Mixed Vegetables Wheat Dinner Roll  Fresh Fruit	<u>Mother's Day Menu</u> Sole Florentine With Lemon Wild Rice Pilaf Roman Blend Veggies Herbed Breadstick  Special Dessert
(9)	(10)	(11)	(12)	(13)
Herb Baked Chicken Rice Pilaf California Blend Veggies Wheat Dinner Roll  Applesauce	Meatloaf w/ Gravy Mashed Potatoes Green Beans Rye Bread  Fresh Fruit	Orange Juice Potato Crusted Fish Tartar Sauce Lemon Wedge Confetti Rice Spinach Breadstick Vanilla Pudding	Italian Wedding Soup Crackers Pork Roast w/ Gravy Sweet Potatoes Peas Wheat Bread  Peaches	Cheese Manicotti w/Sauce Parmesan Cheese Broccoli Zucchini Italian Bread  Fresh Fruit
(16)	(17)	(18)	(19)	(20)
Turkey w/ Gravy Stuffing Cranberry Sauce Mixed Vegetables Dinner Roll  Cinnamon Apple Slices	Chicken Tortilla Soup Crackers Cheese Omelet Roasted Potatoes Stewed Tomatoes Blueberry Muffin  Mandarin Oranges	Chicken Parmesan Penne Pasta Parmesan Cheese Italian Green Beans Garlic Bread  Fresh Fruit	Cheeseburger Sweet Potato Tots Carrots Ketchup Pickle Hamburger Bun  Chocolate Chip Cookie	Mexican Chicken Confetti Brown Rice Sauteed Peppers Wheat Bread  Pineapple
(23)	(24)	(25)	(26)	(27)
Minestrone Soup Crackers Grilled Chicken Romaine Lettuce Caesar Dressing Three Bean Salad Marble Rye Bread  Pears	Sweet & Sour Pork Lo Mein Noodles Oriental Vegetables Multigrain Bread  Fruit Cocktail	Spaghetti and Meatballs w/ Sauce Spinach Herbed Breadstick  Fresh Fruit	Chicken and Waffles w/ Maple Syrup Zucchini Biscuit  Fresh Fruit	<u>Memorial Day Menu</u> ¼ lb All Beef Hot Dog Ketchup & Mustard Sauerkraut Potato Chips Baked Beans Pickle Hot Dog Roll Special Dessert
(30)	(31)			
<b>CLOSED MEMORIAL DAY</b>	Beef and Bean Chili Baked Potato Green Beans Corn Bread  Tropical Fruit			

## MOTHER'S DAY LUNCHEON

Friday May 6th

Dine-In Noon-1pm

Curbside To-Go Pickup 11:30-Noon

Tickets Required for all

Join us as we celebrate all the Mothers in our lives with our Mother's Day Luncheon! We'll be serving a lovely **Sole Florentine with Lemon, Wild Rice Pilaf, Roman Blend Vegetables (Broccoli, Cauliflower, and Pepper Strips), an Herb Breadstick, and a Special Mother's Day Dessert.**

Dine-In and To-Go options are available, so make sure you let the office know your choice when you come in to purchase your \$5 Reservation Tickets! We do hope you'll choose to Dine In with us--Easter was great fun with everyone back inside!

**\$5 Reservation Tickets will go on sale Monday April 18th and will be available until Tuesday May 3rd at Noon**

## CINCO DE MAYO

Tuesday May 3rd

Dine-In and To-Go Available

Tickets Required For Indoor Dining Only

We'll be celebrating the Mexican holiday of Cinco de Mayo this year with a fantastic **Chicken Taco Salad with Lettuce, Tomatoes, Black Olives, Onion, Cheese, Sour Cream, Salsa, Tortilla Chips, and Churros.** Indoor diners can expect some fun extras, such as **Non-Alcoholic Margaritas!** **\$4 Reservation Tickets will be required for indoor diners only.**

**Tickets will go on sale Monday April 18th and will be available until noon on Thursday April 28th.**

## MEMORIAL DAY LUNCHEON

Friday, May 27th

Dine-In Noon-1 PM

Tickets Required For All

Curbside To-Go Pickup 11:30-Noon

Join us on May 27th while we gather to celebrate Memorial Day with an **All-Beef Hot Dog, with Ketchup, Mustard, & Sauerkraut, Potato Chips, Baked Beans, a Pickle, and a Special Memorial Day Dessert!** Dine-in Diners will get to build their own Hot Dog with an extended array of fixings at the Hot Dog Bar!

Dine-In and To-Go Options are available, so make sure you let the office know when you stop in to purchase your **\$5 Reservation Ticket between Monday May 9th and Noon on Tuesday May 24th.**

### HOLIDAY CLOSINGS

We will be closed **Monday, May 30th** for **Memorial Day!**

**Joel Sekorski - Director**

Nicole Pelchat - Admin. Assistant

Frances Daley - Office Assistant

**Christine Trudeau-Brown - Supervisor**

Julie Smith-Meals Coordinator

### SITE MANAGERS

Tina Hanlon.....Falls Village

Robin Reid.....Harwinton

Kim Sherwood.....Lakeville

Deena Panasci.....Morris

Brooke Grey.....Cook, Torrington

Tina Puckett.....Winsted

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Dave Ross.....Torrington 1

Kathryn Pelchat.....Torrington 2

John Bonetti.....Torrington 4

Paul Chiappa.....Torrington 6

Thomas McLaughlin.....Winsted 1

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