



Leonora C. Rodriguez

Dear Members,

In the beginning of this year, we would not have imagined that life as normal would have changed as drastically as it has within the past two months. As 2019 ended and 2020 began, we were hopeful this new year would bring us many opportunities for growth, learning and togetherness. And in a way, it has. This period, has provided us with time to slow down, to think and to understand how truly small the world is. It beckons us to become aware of the beauty around us. It is the month we think of our Mothers and of their role as carers, nurturers, and of the love they provide. We have seen these attributes from people who are caring for others now; first responders, neighbors, teachers, essential workers, etc. Both men and women, who have learned from their Mothers and their Mother's Mother on how to give, care and love. I wrote about a tunnel last month, an analogy to all that has been happening during this time. We may still be in that "tunnel" but we are getting closer to the road on the other side. Keep looking forward.

The senior center staff have been working at a reduced capacity but still continues our mission to serve the specialized needs of Milford's Senior population. Our kitchen team have been preparing and packaging meals for delivery and pick-up options for seniors in need. The transportation team has been out making meal deliveries. Food bank has been pre-packaging food boxes for pick-up. Wellness calls are being made by various staff whom job function is to connect socially by phone. And, administration has been working on ensuring the mission of the center continues. The equally fantastic workers of the city's Public Works department have continued repairing floors, painting all areas and keeping the Senior Center clean for senior center staff. We are grateful for all the helpers, for the givers and the carers. We are also grateful for you; for doing your part, for staying home, for helping friends and neighbors, for your kind words and good thoughts.



Monday May 25th

This Memorial day, take a moment to remember all of our brave men and women who have died as a result of combat as well as to all of those who served and have passed on. We will always thank you for your service. For this Memorial day, although we may not have or be able to attend a parade, here are ways you can still honor our fallen.

1. Wear or display a Poppy
2. Pause at 3 p.m. for a moment of silence
3. Read the original Decoration Day proclamation
4. Display the U.S. flag.

May is a time for celebration!

Nurse's Week: (May 3rd-9th)

National Police Week:

(May 12th-18th)

Emergency Medical Services Week:

(May 19th- 25th)

National Teacher's Day: (May 5th)

Armed Forces Day: (May 16th)

**Check out our website's
new look!
www.MilfordCTSeniorCenter.com**

EDITOR'S DESK

Eleanore Myers Turkington



Memories, we all have them, pleasant or not, but, we choose to remember the significant ones; the first day of school, graduation, first boyfriend, our wedding day and of course, in my case, preparing my first dinner as a new bride. I cooked 12 ears of corn for two people. I'll never forget the look on my new husband's face as to please me as he tried to complete his third ear of that golden vegetable. As you may know, my position at the Milford Senior Center is to report events of the day, week or month. Over the years we have had so many pleasant memories at the Center and I say we, because I have enjoyed them as well; the loud cheer when the word BINGO was shouted out, and the happy chatting of members with exercise mats tucked under their arms as they entered the building. I particularly enjoyed watching dancing members during one of our parties, their years disappearing into the past as seniors twirled and danced to their favorite music. The Center has a huge band, chorus and Gospel singers who always entertains us with music everyone loves. Just outside our front door excitement was always generated by members as they waited with enthusiasm for the bus ready to bring them to a place of music, games, nature and entertainment. I can't forget the subdued atmosphere while folks concentrated on completing puzzles and bridge and just around the corner a craft and ceramic class where items of beauty are created. I always admired the happy smiles on the faces of our Ahrens Group as they made their way to various adventures throughout the building. Our Center closed due to the Coronavirus but the front door will slide open once again and we will greet each other with anticipation and warm friendly greetings.

IT IS TIME TO FILE YOUR CENSUS INFORMATION!

If you prefer to fill out your census information on line, you can at my2020census.gov The Census Bureau will follow the guidelines of the Federal, State and local health authorities, The Census Bureau is using the internet to securely collect your information. If you prefer to complete your 2020 Census questionnaire on paper, the Bureau will send you a paper questionnaire for you to complete and mail back. You can also complete it by phone 1-884-330-2020

Inside this issue:

Editor's Desk	2
Tax Information	3
Manage Your Anxiety	4
Travel and More	5
Resources & Photos	6-7
Meditation	9

Volume. 26 Issue 5
9 Jepson Drive
Milford, CT 06460

The Center is closed in
response to the COVID-19
Pandemic

Phone Lines Staffed:
Mon-Fri
9:00am to 2:30pm

Telephone:
203-877-5131
Fax 203-877-5135

Website:
Milfordctseniorcenter.com

Like us on Facebook!
Facebook.com/MilfordSC

Congratulations

Milford Senior Center's
Christine Lyas,
Social Service Worker

who recently completed DCPA training.
Dementia Care Professionals of America is a
division of AFA created specifically to educate
healthcare professionals of all levels on best
practices in dementia care.

***COME VISIT US ON FACEBOOK!***

Here is an easy way to see what's going on
at our Facebook: www.facebook.com/MilfordSC Click on and see what's happening at our Milford Senior Center. Pictures, videos all there for you!

HAVE YOU CHECKED OUR CENTER'S WEBSITE LATELY?

Just log on to
www.milfordctseniorcenter.com
to view our updated website.

**HAPPY BIRTHDAY AND CONGRATULATIONS
TO OUR MAY BIRTHDAY AND ANNIVERSARY CELEBRANTS!**



United Way of Milford Partner Agency

The logo for MyFreeTaxes.com, featuring the words "myfree" in a lowercase sans-serif font and "taxes" in a larger, bold, lowercase sans-serif font, with a horizontal line separating the two words.

For more information, visit:
MyFreeTaxes.com

Don't pay to file your simple taxes.*

*No really, it's free for simple returns.

United Way has partnered with industry leader H&R Block to help people easily and accurately file both their federal and state taxes through MyFreeTaxes®. MyFreeTaxes is the only free, national, online tax filing product offered by a nonprofit, because United Way fights for the financial stability of every person in every community. United Way is committed to ensuring that people can easily and accurately file their taxes to receive the refunds they deserve.

- MyFreeTaxes is mobile optimized so anyone can access MyFreeTaxes from their computer, tablet or smart phone.
- Most filers complete their taxes in less than an hour.
- MyFreeTaxes is completely free for anyone of any income who needs to file a simple return

Over 1.2 million people nationwide have used MyFreeTaxes, bringing over \$1.7 billion in refunds back to our local communities.

Don't pay to file your simple taxes.

Anyone can file simple federal and state returns for free.

Free doesn't always mean free.

Some "free" tax preparation products only cover federal (not state).

Let the experts handle the details.

MyFreeTaxes is powered by H&R Block's premium software, so filing is easy, secure and guaranteed to be 100% accurate.



© 2020 United Way Worldwide | IP-0120

Need to have your taxes done?
Go to: Myfreetaxes.com

Manage Your Anxiety By Taking Care of You!

The outbreak of coronavirus disease 2019 (COVID-19) may be stressful for people. *It is natural* to feel stress, anxiety, grief, and worry during a disaster. Everyone reacts differently, and your own feelings will change over time.

Notice and accept how you feel.

Taking care of your emotional health & using positive coping strategies during an emergency will help you think clearly, protect yourself and your family and remind yourself of all the positive aspects of your life that you can control.

Tips for Taking Care of You:

Take care of your body— Try to eat healthy well-balanced meals, and get plenty of sleep. Avoid alcohol, tobacco, and other drugs.

Exercise regularly - Take deep breaths, stretch, or meditate. Get outside and walk if you can do safely. Find workout videos online or on TV. See page 9 for details on meditation!

Connect with others— Share your concerns and fun daily activities via phone, internet, or mail with a friend or family member.

Stay informed— When you feel that you are missing information, you may become more stressed or nervous. Watch, listen to, or read the news for updates from officials. Be aware that there may be rumors during a crisis, especially on social media. Make sure you are turning to sources that are reliable, like local and federal government authorities.

Avoid too much exposure to news— Take breaks from watching, reading, or listening to news stories. It can be upsetting to hear about the crisis and see images repeatedly.

Seek help when needed— If distress impacts activities of your daily life for several days or weeks, talk to a clergy member, counselor, doctor, or contact the SAMHSA helpline at 1-800-985-5990.

Maintain a sense of hope and positive thinking - consider keeping a journal where you write down things you are grateful for and that concern you— writing down your feelings & thoughts can be a great emotional & mental release.

Find website links & hot lines (page 6) for a plethora of resources to assist you through this time!
Hang in there & Take Care Of You!

We look forward to seeing you when we reopen— Amanda Berry, Program Director

Information adapted from the CDC, NIH, and SAMHSA

partyline BINGO

Use the included bingo card to play from home!

Join in the fun as we play Bingo
over the phone!

May 12th and 20th

Start time: 1:30pm

Both days

TRAVEL



Kevin Hall



Logo Contest Winner, Kevin Hall poses with Milford Senior Center Executive Director, Leonora C. Rodriguez

Congrats!

Mr. Hall, a Milford resident, entered the Logo contest in February of this year with 14 other participants. His design was chosen by the Milford Council on Aging Board of Directors during the February board meeting. Mr. Hall received his grand prize of \$100!

The Milford Senior Center will host a "brand" reopening event to showcase the new logo and a refreshed center in the future.

OLDER AMERICANS MONTH



MAKE YOUR MARK: MAY 2020

Every May, the Administration for Community Living leads our nation's observance of Older Americans Month. We are pleased to announce the 2020 theme:

Make Your Mark

This theme was selected to encourage and celebrate countless contributions that older adults make to our communities. Their time, experience, and talents benefit family, peers, and neighbors every day. Communities, organizations, and individuals of all ages are also making their marks. This year's theme highlights the difference *everyone* can make in the lives of older adults, in support of caregivers, and to strengthen communities.

TRAVEL NEWS

Milford Senior Trips Cancelled & Rescheduled for May & June

Sunday May 3rd - The Great Gatsby @ Ivoryton is cancelled
 Tuesday May 12th – Blithewold in Providence RI is being rescheduled to later in summer
 Queen Esther May 19-21st in Lancaster has been cancelled and rescheduled to Sept. 22-24th
 Sunday May 24th - Dear Evan Hanson @ The Bushnell – is being rescheduled later in the season
 Saturday May 30th – Lovers, Divas & Demons @ Nelson Hall is – still waiting to hear on this one
 Monday June 1st – Mohegan Sun – Cancelled and rescheduled for August 10th
 Thursday June 4th – South Pacific @ Goodspeed has been rescheduled to November 18th
 Sunday June 7th – Forbidden Gardens @ Ivoryton is new date from cancelled date of April 5th
 Tuesday June 9th – America 400 by Tours of Distinction – still nothing changed on this yet
 Sunday June 14th – Margaritaville @ The Bushnell – is being rescheduled later in the season
 Thursday June 18th – South Pacific @ Goodspeed has been rescheduled to November 23rd

Message From Kathy:

If you might like to take an "Armchair Journey" with me to some wonderful places nearby, or maybe just someplace you might have dreamt of, keep it on your bucket list! Then send me an email and I will take you on a (virtual) one with me! And if you don't have email, then give me a call on my office phone and I will mail you one! 203-891-9400

email kwmilfordseniorcenter@yahoo.com.

Resources For You!

Keeping Fit:

The comradery of exercising together is a big motivator— make a plan with a friend to do a workout then check in with each other afterwards or FaceTime each other during your workout - sharing the physical distancing.

www.ymca360.org/on-demand

The YMCA has On-demand video workouts that anyone can access.

<https://tools.silversneakers.com>

If you are a Silver Sneaker Members you can access on-demand video workouts at this website, or account. If you need assistance call the number on your Silver Sneakers Card.

Mindful & meditation websites:

www.mindful.org/how-to-meditate

www.youtube.com/TheHonestGuys

www.communitymindfulnessproject.org

Community Mindful Project will hold meditation by conference call until it is wise to gather. Please join us Monday-Friday at 7AM, 12PM and 7PM and Saturday and Sunday at 9AM v Dial In: (857) 799-9498 - Please try to log on 5 to 10 minutes early to reduce pressure on the system. That extra 10 minutes is a great time to connect with others on the call, if you like!

Fun Learning:

There is a lot for us to explore & discover in our virtual world. Call a friend & explore one together
www.housebeautiful.com/design-inspiration/g31677125/historic-homes-you-can-virtually-tour/
www.montereybayaquarium.org/animals/live-cams

Social Services

Websites & Hotlines that connect you to critical health and human services in your community:

Connecticut 211: <https://uwc.211ct.org/> or call 2-1-1

Area Agency on Aging <https://www.aoascc.org/> 203.785.8533

Alzheimer's Association 1.800.272.3900 or visit their website <https://www.alz.org/>
 They can offer support to those caring for someone with Alzheimer's and dementia, including on support groups.

(SAMHSA's) Disaster Distress Hotline: 1.800.985.5990

Helpline specialists are trained to assist anyone who needs some help coping during this time.

Find Milford's community websites all on one easy website:

www.burbio.com

Put in your zip code and hit Go



Simple Dignified Cremation Services
 Available at Cody-White Funeral Home
 Without Compromising Our High Standard of Service.
 (Qualified State Aid \$1350. Cremation Cases are Welcomed)
CODY-WHITE FUNERAL & CREMATION SERVICE
 107 Broad Street on the Green, Milford • (203) 874-0268
www.codywhitefuneralservice.com

THE GREGORY F. DOYLE FUNERAL HOME, INC.

291 Bridgeport Ave., Milford, CT

A tradition of trust spanning three generations.

203-874-5641

— Newly Renovated ~ Burial & Cremation Services Available —





*We
Will
Be
Back!*



Birarelli Insurance Agency
Where Choice and Savings Meet



AUTO HOME MEDICARE

Visit Us

55 Cherry St., Milford, CT 06460 | 203-877-8980 | www.birarelli-insurance.com

SENSITIVE CARE
DENTAL HEALTH CENTER
55 Old Gate Lane, Milford, CT
203-878-6699

- Senior Courtesy Payment Plans
- Emergency Appointments Same Day
- Insurance Processing
- Dentures • Bridges • Relines
- Teeth Whitening
- Implant Specialist

Mitchell I. Quintner, M.S., D.M.D. • Kristin Helms, D.M.D. • Alex Quintner, DMD
Michael Wiener, DDS • Salvatore Korecki, DMD • Ian Gibbs, DMD

www.sensitivecare.net Call today for your complimentary consultation

DID YOU KNOW THAT.....

As most everyone knows, the Puritans landed in Milford 1639 and with their destination satisfied, our city became an historical note in the history books. With this thought in mind, I thought you would find a number of interesting facts and events that took place during the past 381 years in Milford.

Surprising enough, few of us are aware of the landing conditions upon arrival. Can you imagine how cold it must have been, stepping out of a rocking boat, possibly a ground covered with snow and ice and a blustery wind and damp clothing from splashing waves? Quite a price for freedom.

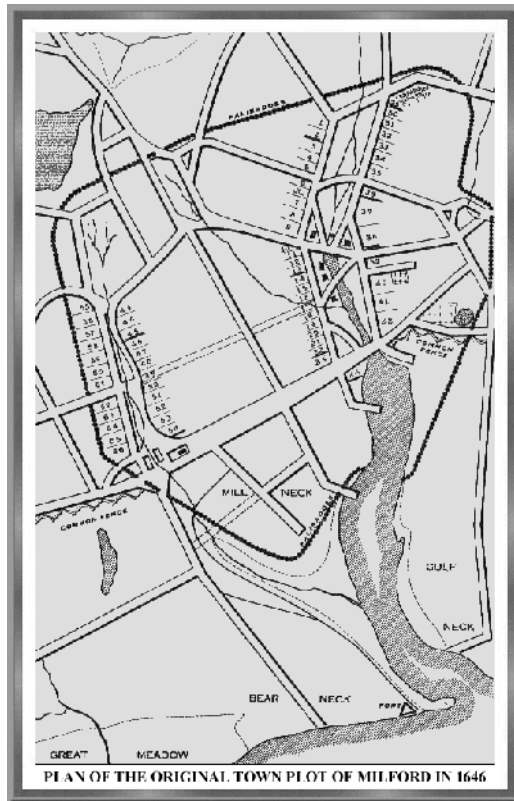
Years later, during the Revolutionary War, the Milford section of the Boston Post Road, an important route connecting New York, Boston and other major coastal cities was blockaded by Continental forces and Fort Trumbull was constructed to protect the town. The site of the blockade is commemorated by the Liberty Rock monument located in the Devon section of Milford. This huge boulder 10 feet long and weighs almost 35 tons. was used during the revolution to observe nearby Long Island Sound as well as the Boston Post Road. There are initials P.P. and the date 1776 carved by a young Milford native, Peter Pierett who later became part of the famous "Minute Men."

Then, in 1822 the town had grown so large that residents of the northern and eastern sections of Milford charted their own independent course as the town of Orange. Did you ever hear of the "Oatmeal Lots"? Quaker Oats in 1902 offered a coupon redeemable for the legal deed to tiny lots in Milford, some of them as small as 10 feet by 10 feet. They were carved out of a 15-acre tract in a never built subdivision called Liberty Park. The deeds were gathered by several parents and years later the owners could not be found. This site is currently home to the Bic Corporation's lighter factory at 565 Bic Drive.

Population numbers were interesting as well. During 1780 there were 2,098 residents, **1850** 2,828; **1890**, 3,811; **1920** 10,193; **1940** 16,439; **1950** 26,870; **1970** 50,858, **1990**, 49,938; **2010** 52,759 and **2019** 53,120.

There have been notable individuals associated with Milford. Among them, Mark Archobello, former NHL forward tied a league record for most teams played on during a single season; Simon Lake, 1866 to 1945 inventor and naval engineer, Jonathan Law 1674 to 1759, Abigail Merwin 1759-1786 who alerted the local militia of a British Force raid; Ellen Muth, actress, Dan Patrick, sports caster, John Ratzenberger, actor, Catherine Pollard first female Scoutmaster in the Boy Scouts of America, Dan Rusanowsky, NHL radio Broadcaster for the San Jose Sharks, Frank Sprague, inventor who helped develop the electric motor, electric railways and electric elevators and Robert Treat 1624 - 1710 Governor of the Colony of Connecticut 1624-1710.

Eleanore Myers Turkington, Editor



Members: Please do not use the road between the Senior Center and the condominium complex as an exit. This road is only to be used to pick up or drop off food, deliveries and City vehicles.

TITLE VI

Do you know your rights under Title VI? Title VI ensures that no person in the United States shall on the grounds of race, color, national origin, sex, age or disability be excluded from participation in, be denied, the benefits of, or be otherwise subject to discrimination under any program or activity receiving Federal funding. Milford Council on Aging supports Title VI. For more information, visit our web site milfordctseniorcenter.com and go to the link Information and Referrals. You may also email 1kmilfordseniorcenter@yahoo.com or call Liz Kassay, Human Resources Manager 203 877-5131.

Meditation...

is a mind and body practice that has a long history of use for increasing calmness and physical relaxation, improving psychological balance, coping with illness, and enhancing overall health and well-being. Mind and body practices focus on the interactions among the brain, mind, body, and behavior. We can lower our stress levels, we get to know our pain, we connect better, we improve our focus, and we're kinder to ourselves.

There are many types of meditation, but most have four elements in common:

1. a quiet location with as few distractions as possible
2. a specific, comfortable posture (sitting, lying down, walking)
3. a focus of attention (a specially chosen positive and empowering word or set of words, an object, or the sensations of the breath)
4. an open attitude (letting distractions come and go without judging them)
5. instrumental / calming music can be a fifth element

A Simple Meditation for Beginners:

- ⇒ Sit or lie comfortably and close your eyes.
- ⇒ Make no effort to control the breath; simply breathe naturally.
- ⇒ Focus your attention on the breath and on how the body moves with each inhalation and exhalation.
- ⇒ Notice the movement of your body as you breathe.
- ⇒ Observe your chest, shoulders, rib cage, and belly, feel them slowly release any tension.
- ⇒ Simply focus your attention on your breath without controlling its pace or intensity.
- ⇒ If your mind wanders, return your focus back to your breath.
- ⇒ Maintain this meditation practice for two to three minutes to start, and then try it for longer periods.
- ⇒ When you're ready, gently lift your gaze (if your eyes are closed, open them). Take a moment and notice any sounds in the environment. Notice how your body feels right now. Notice your thoughts and emotions. Take in the calmness.

See page 6 for more links & hotlines! Especially The Community Mindfulness Project - they have free daily meditation sessions via the phone!

Information adapted from the CDC, NIH, Gaia and Mindful.org.

**Need to access the
Milford Food Bank?
Call us Monday - Friday
9:00am to 2:30pm
(203) 877-5131**

Need a Laugh?

Two gold fish are in a tank. One looks at the other and says, "You know how to drive this thing?!"

I couldn't believe that the highway department called my dad a thief. But when I got home, all the signs were there.

Where does the General keep his armies?In his sleeves! (Ha-ha-ha)



**Celebrating Life
in Milford for
over 95 years**



"Show me the manner in which a nation cares for its dead and I will measure with mathematical exactness the tender mercies of its people, their respect for the laws of the land and their loyalty to high ideals."

– William Ewart Gladstone, Former Prime Minister of the United Kingdom

**ALL FAMILY BUDGETS ACCOMMODATED
WITHOUT COMPROMISING OUR QUALITY OF SERVICES**

David J. DeRubeis – Managing Partner

Thomas J. Cody Jr. - Funeral Director • Kevin W. Cody - Funeral Director
Amanda Veccharelli - Funeral Director • Rachel Cimbak – Funeral Director
Carly Ericson – Funeral Director • Jaclyn Cody D'Auria-Funeral Director
Renate Eastman - Office Manager

CODY-WHITE FUNERAL & CREMATION SERVICE

107 Broad Street on the Green, Milford
(203) 874-0268 • www.codywhitefuneralservice.com

Wesley Village

BISHOP WICKE | CROSBY COMMONS | LIFESTYLE TRANSITIONS | WESLEY HEIGHTS

Independent & Assisted Living • Memory Support
Short-Term Rehab • Outpatient Therapy & Fitness

Senior Living Community | Schedule Your Tour Today!

203-225-5024 | www.umh.org



Physicians & Surgeons, PC

*ADVANCED CATARACT SURGERY
*LASER VISION CORRECTION
*MACULAR DEGENERATION

*GLAUCOMA MANAGEMENT
*DIABETIC EYE CARE
*OCULOPLASTIC SURGERY

MARTIN R. SHAPIRO, MD

PHILIP J. SILVERSTONE, MD • DARRON A. BACAL, MD • SETH W. MESKIN, MD
DAVID H. LEVINSON, DO • OMAR S. FARIDI, MD • ALEXANDER E. VOLDMAN, DO
JENNIFER A. GALVIN, MD • THERA A. BOWEN, OD

All Board Certified Ophthalmologists

202 Cherry Street, Milford, CT 06460 • **203-878-1236** • www.eyevision2020.net

CHARLES J. OESTRICH M.D. BOARD CERTIFIED OPHTHALMOLOGIST



• SUTURELESS, SMALL INCISION CATARACT & IMPLANT SURGERY
• OFFICE LASER SURGERY
• COMPLETE ADULT & PEDIATRIC EYE EXAMS

Medicare Assignment
Accepted

877-6676

63 BROAD ST., MILFORD, CT 06460

Call us for a tour and to pre-book your post-surgery care

- The area's Premier Short-term Rehabilitation and Joint Replacement Program led by Dr. Amit Lahav
- Cardiac Program specializing in outcome driven care led by Dr. Clifford Kramer
- Best In Class Approach to our Pulmonary Program led by Dr. Desilva

- Passport + Program
- Onsite Peritoneal Dialysis
- 5 Star Medicare Rating
- Recognized in "Best Nursing Homes" by U.S. News and World Report

195 Platt Street | Milford, CT 06460 | 203.878.5958

www.MilfordRehab.com



Milford
Health & Rehabilitation Center



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.4lpi.com

Milford Senior Center, Milford, CT 06-5021



Elder Pathways

Helping Elders Find Their Joy

Consultation
Geriatric Care Management
Psychotherapy

Marcie Dimenstein, LCSW
marcie@elderpathways.net
www.elderpathways.net
319 Evergreen Ave., Hamden, CT
99 Cherry St., Milford, CT
203-710-0500

Thrive Locally

Milford Medical Care Center

Mon - Fri 8:00am - 5:00pm
Sat 9:00am - 12:00pm

203-783-9899

889 Bridgeport Ave
Milford, Connecticut



*Little Angels
Home Care LLC*

*Live In
Care Givers Only*

203-278-1436
240 Myrtle Street, Shelton
littleangelshomecare48@yahoo.com
LTC INSURANCE ACCEPTED
Reg #HCA0000732



HARRIGAN

Insurance and Financial Services, Inc.

Medicare Plans

203-877-1570

CT Post Mall • 1201 Boston Post Rd., Milford
Walk-ins Welcome

PRINDLE TERRACE

239 INDIAN RIVER RD ORANGE, CT

SPECIAL RATES ON SELECT UNITS FOR A LIMITED TIME!!!



62+ AGE RESTRICTED COMMUNITY

1&2 BEDROOM RENTAL UNITS

~GAS HEATING/CENTRAL AIR CONDITIONING

~SINGLE LEVEL LAYOUT

~ASSIGNED PARKING SPACES

~ON-SITE STORAGE

INFORMATION & AVAILABILITY:

(475) 208-0644

WWW.PRINDLETERRACE.COM

American Standard
Walk-In Tubs

WALK-IN BATHTUB SALE! SAVE \$1,500



AS SEEN ON
TV

- ✓ Backed by American Standard's 140 years of experience
- ✓ Ultra low entry for easy entering & exiting
- ✓ Patented Quick Drain® Technology
- ✓ Lifetime Warranty on the bath AND installation, INCLUDING labor backed by American Standard
- ✓ 44 Hydrotherapy jets for an invigorating massage



Limited Time Offer! Call Today!

855-480-1029

Or visit: www.walkintubinfo.com/save



FREE!

Savings Include an American
Standard Right Height Toilet
FREE! (\$500 Value)

➤ Reach the Senior Market
ADVERTISE HERE

CONTACT

**Contact Jim Kurmaskie
to place an ad today!**

**jkurmaskie@4LPi.com or
(800) 477-4574 x6425**



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.4lp.com

Milford Senior Center, Milford, CT 06-5021

IN OTHER NEWS



Thank You!

To Casa Blanca Tailors, Durham School Services and Betty V. who donated handmade masks to the Senior Center.

To all that has sponsored a Senior's Mini-Lunch program and has helped to keep us serving lunches.

To Shop Rite, Lowes Home Improvement, Subway, Cracker Barrel, Milford Kiwanis and Wildermere Beach Congregational Church for their donation.

To the generous donors who have given towards our continued operations.

And...
Girl Scout Troop 38323

Members Recuperating

Please notify us if you are aware of a member who is in a healthcare facility in Milford. Please call 203- 877-5131 to request a visit from our Friendly Visitor, Christine Lyas.

Bequest gifts to the Milford Senior Center in memory of a family member or friend are always appreciated. Please mail your gift to Leonora C. Rodriguez, Executive Director, Milford Senior Center, 9 Jepson Drive, Milford CT. 06460

We apologize for any errors that appear in this bulletin.

MILFORD SENIOR CENTER

9 Jepson Drive
Milford, CT 06460

Place
Stamp
Here