DIRECTOR’S CORNER

Fall is here, and I am excited about two new programs at the Senior Center.

Our new computer lab is now open. This area of the Senior Center features 5 new computers with large-screen monitors and a printer. Senior Center members will be able to use these computers to search and explore topics and print bills, for example.

Applicants of the rent rebate and energy assistance programs will be able to print necessary documents. Technology classes of all levels will be offered in the future. Federal COVID-19 funds were used for this equipment, costing the Town of East Haven nothing.

The Senior Center has applied for a grant from the Agency on Aging of South-Central Connecticut to create a new Health and Wellness education program. This program would consist of six sessions designed to aid in the overall wellbeing and quality of life for East Haven seniors. Topics will include age-specific health issues, nutrition and estate planning.

Last, but certainly not least, the health and safety of all at the Senior Center remains a priority. All participants will adhere to proper COVID-19 guidelines including masking, staying socially distant and hand sanitizing. Thank you in advance for your cooperation.

As always, please do not hesitate to call the East Haven Senior Center at 203-468-3277 if you or anyone you know have any questions or need assistance.

-Bob-

WHAT ELSE IS HAPPENING AT THE SENIOR CENTER ... ?

‘THE MOST PINS, WINS!’
Our first-ever Wii Bowling Tournament will be held Sept. 12 to 30. Each bowler will bowl three games during this time. All three of those scores will be combined, and the bowler with the most total pins will win a $50 gift card and will decide the bowlers’ lunch.

FUN IN THE SUN!
Join us for a day at the East Haven Beach from 10 a.m. to 3 p.m. Sept. 19. You may drive yourself and meet us there, or take the bus. We will have access to the Beach House. Sign up in the office.

CORNHOLE COMPETITION
Who’s up for a little friendly rivalry? Teams from our senior center will go to Orange Sept. 13 for a battle of the bean bags and face off against members of the Orange Senior Center in a Cornhole Competition.

East Haven Fall Festival is Sept. 9-11
The 31st annual East Haven Fall Festival will be held Sept. 9-11 on the town Green. The festival will feature rides and games, activities by local civic groups, local vendors, arts and crafts, the Chamber Business Showcase, a classic car show, music, and the Teen Corner. For information, call the mayor’s office at 203-468-3204.
Furry Friends Bring Great Health Benefits

Having a four-legged, furry companion is good for our mental and physical well-being. A pet provides unconditional love and a sympathetic ear on difficult days. For older adults, the health benefits of having a pet are numerous.

4 Reasons to Adopt a Pet

**Unconditional support:** Animals are loyal creatures that stick by us through thick and thin. They are there for us in ways most people can’t be: listening when we are sad or hearing our joys and secrets. For an adult who has recently experienced the loss of a loved one, a pet makes an ideal companion during the process of grieving and healing.

**Stress and anxiety relief:** Research shows that pets lower stress levels and blood pressure. The very act of petting a furry friend is soothing. Finding natural remedies for reducing stress is important.

**Activity:** An older adult might be reluctant to go for a walk around the neighborhood on their own but will happily share the journey with a pet. Walking is one of the best forms of exercise for people of all ages, but especially for seniors.

**Socialization:** Pets attract attention and make new friends easily. If you routinely take your pet for a walk, it won’t be long before you make new friends, both human and animal.

Tips for Adopting a Pet

1) **Consider your budget.** Some breeds of cats and dogs are more expensive to maintain. It might be higher grooming expenses, a specialty food, or more frequent veterinary care. Before you adopt a pet, make sure you can afford the monthly expenses.

2) **Learn more about the animal’s disposition and needs.** For example, a dog like a Jack Russell Terrier may require more exercise than some can safely manage.

3) **Take the home environment into consideration.** If you don’t have outdoor living space or easy access to a park, a cat, bird or hamster could be a better choice.

4) **Consider adopting an older pet.** They generally make great companions for seniors. Most are house-trained and past the exhaustingly active puppy stage.

Energy Assistance program kicks off

East Haven residents, who meet income guidelines, are eligible to apply for the Connecticut Energy Assistance Program. This program is designed to offset home energy costs and is not intended to cover all heating costs for the season.

The East Haven Senior Center and Social Services Department serves as an intake site. All applications are certified by the Community Action Agency of Greater New Haven. The state Department of Social Services provides oversight for the Energy Assistance Program.

Households that heat with **deliverable fuels like oil or propane** may call the Senior Center and Social Services Department at 203-468-3277 to schedule an appointment. Energy Assistance appointments will start on Oct. 3, 2022. Fuel deliveries start in November 2022. Residents who heat with **electricity or gas** may call starting in January 2023.

To make an appointment directly with CAANH, call 203-285-8018.

Rent Rebate ends Sept. 30

The last day to apply for the state of Connecticut’s Rental Rebate Program is Sept. 30. The 2022 Rental Rebate program provides a **one-time yearly payment** to Connecticut renters, who, **AS OF 12/31/2021**, meet the following criteria:

- 65 years or over
- 18 years or older AND permanently disabled (as defined by Social Security).

To make an appointment or for information, please call the Senior Center at 203-468-3277.

DID YOU KNOW?!

**September Is Senior Center Month!** Every year since 1979, the National Council on Aging has celebrated Senior Center Week. In 1985, President Reagan signed the first Senior Center Week Presidential Proclamation, and in 2007, the weeklong celebration extended to the entire month of September. When thinking of senior centers, minds may wander to pictures of older adults playing cards or Bingo, but senior centers are much more than that! They offer a wide range of services and are a wonderful gateway for older adults to connect with others in their communities.
Enjoy a Staycation with the Grandkids

Building a strong bond with your grandchildren requires spending quality time together. The good news is, you don’t have to leave home or spend a lot of money to do it: You can plan fun days at home and in your neighborhood.

### Building Strong Families

Intergenerational bonds are the backbone of strong families. Research shows both generations see immediate and long-lasting benefits from time spent together. If you aren’t sure how to go about planning activities for a staycation with your loved ones, here are a few ideas that will help you get started:

1. **Don’t overschedule your days**
   Don’t feel like you must plan every minute of every day. Kids will likely appreciate some time just to hang out and enjoy themselves. You’ll probably find spending downtime by a pool or playing video games together promotes conversation and bonding, too.

2. **Involve the grandkids in planning**
   Planning your time together is another way to bond with the younger generation. If you live far from each other, you can plan via email, phone or video chat. You’ll learn what the kids like doing so you can find places of interest to them. For example, if your grandchild is interested in baseball, explore your local community for options related to baseball. It might be attending a local baseball game or hitting a few balls at a nearby batting cage.

3. **Create a list of options**
   Create a list of indoor activities for rainy days and outdoor activities for sunny days. Your local craft store will likely be a treasure trove of ideas and ready-to-make projects.

Then there are tried-and-true activities everyone enjoys: baking cookies, visiting a local park, playing board games, and browsing the toy store.

Don’t overlook projects that might stretch your tech skills. For example, having the grandkids teach you how to create and edit a family video could be fun for both generations.

If the grandkids are staying for a week or more, come up with long-term projects you can engage in together. You could plant and nurture a garden. A container garden or window box can be fun if space is limited. You could also create a family cookbook together. Type each recipe and add photos of the recipe or clip art. Print enough copies for everyone in the family.

The bottom line in planning is simple: Schedule enough activities to keep the grandkids engaged and happy while allowing you time to get to know one another better.

### Let’s Hear It for Whole Grains! Multigrain Pancakes (yields 1 dozen)

One way to spend time with the grandkids is cooking family breakfast!

And when it comes to good-for-you foods, it’s hard to beat the benefits of whole grains. Studies have shown that people who eat whole grains as part of a healthful diet reduce their risk of some chronic diseases.

Grains are important sources of many nutrients, including fiber, which helps reduce blood cholesterol levels and may lower the risk of heart disease. Whole grains also contain minerals that build bones, release energy from muscles, and maintain a healthy immune system.

Try making this nutritious pancake recipe (that’s loaded with three types of whole grains) with the grandkids. Freeze the leftovers for a hearty future breakfast.

1) Mix buttermilk and oats in a medium bowl; let stand for 15 minutes.

2) In a large bowl, combine whole-wheat flour, all-purpose flour, wheat germ, baking powder, baking soda, salt, and cinnamon.

3) Stir in egg substitute or eggs, sugar, oil, and vanilla into the oat mixture. Add the wet ingredients to the dry ingredients; mix with a rubber spatula just until moistened.

4) Pour batter by ¼ cupfuls onto a greased hot griddle. Turn when bubbles form on top of pancakes; cook until the second side is golden brown.

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**Ingredients**

- 2 cups buttermilk
- ½ cup old-fashioned rolled oats
- ⅓ cup whole wheat flour
- ⅔ cup all-purpose flour
- ¼ cup toasted wheat germ
- 1½ teaspoons baking powder
- ½ teaspoon baking soda
- ¼ teaspoon salt
- 2 teaspoons ground cinnamon
- ⅓ cup egg substitute or 2 large eggs, lightly beaten
- ½ cup packed brown sugar
- 1 tablespoon canola oil
- 2 teaspoons vanilla extract

**Instructions**

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# SEPTEMBER 2022 SENIOR CENTER EVENTS & ACTIVITIES

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<th>Mon</th>
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<td>5</td>
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<tr>
<td>9:15a Happy Hookers</td>
<td>9:15a Wii Bowling</td>
<td>9:15a Happy Hookers</td>
<td>9:00a Shopping - ShopRite</td>
<td>9:00a Shopping - Stop &amp; Shop</td>
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<tr>
<td>9:15a Friendship Circle Support Group</td>
<td>10:45a Tai Chi</td>
<td>10:00a Active Older Adult Fit</td>
<td>10:00a Taking Shape with Maureen (Back to Fridays!)</td>
<td>10:00a Taking Shape with Maureen (Back to Fridays!)</td>
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<td>10:00a Balloon Volleyball</td>
<td>11:30a Lunch</td>
<td>10:00a Active Older Adult Fit</td>
<td>10:45a Tai Chi</td>
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<td>11:00a Better Balance</td>
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<td>11:30a Lunch</td>
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<td>11:30a Lunch</td>
<td>10:00p Cards &amp; Games</td>
<td>12:15p Walk</td>
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<td>12:15p Walk</td>
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<td>1:00p Cards &amp; Games</td>
<td>1:00p Garden Club</td>
<td><em>Holiday</em></td>
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**CLOSED: LABOR DAY**

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<tr>
<td>9:15a Wii Bowling (Tournament)</td>
<td>9:15a Happy Hookers</td>
<td>8:00a NO BUS SERVICE</td>
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<td>12:15p Walk</td>
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<td>12:00p Cornhole Competition vs. Orange Senior Center (SPECIAL EVENT)</td>
<td>12:15p Walk</td>
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**SEPTEMBER 2022 SENIOR CENTER EVENTS & ACTIVITIES**

**ALL SCHEDULES ARE SUBJECT TO CHANGE.**
Sign up in the office, by calling 203-468-3277 or online at https://schedulesplus.com/easthaven/kiosk.
# SEPTEMBER 2022

You must sign up for lunch by 11 a.m. the day before (203-468-3277)

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