



OCT. 2024

NEW HAVEN ELDERLY SERVICES DEPARTMENT



GOLDEN NEWS

WELCOME FALL!!



FOR MORE INFORMATION CALL:

203-946-8550



New Haven Department of Elderly Services

IMPORTANT CONTACTS

Tomi Veale, Director - (203) 946-7854

Chantel Cave, Manager and Policy Analyst - (203) 946-7583

Doug Toth, Specialist- (203) 946-8585

Georgiann Dogolo, Specialist- (203) 946-8541

Tiffany Staggers: Specialist - (475) 321-0688

Eneida Arroyo, Specialist, Atwater Senior Center - (203) 946-8558

Michele Clary-Butler, Specialist, East Shore Center - (203) 946-8544

Gwen Grady, Specialist, Dixwell/ Newhallville Center - (203) 946-8541

Important Information

- Mayor's Office: (203) 946-8200
- My Ride: (203) 288-6643
- Police Non-Emergency: (203) 946-6316
- Police Emergency: 911
- Public Works: (203) 946-7700
- United Way: 211
- Referral Services; Dial 211 or visit online at WWW.211CT.org Agency on Aging of South-Central Ct, 1 Long Wharf Dr. (203) 785-8533
- Community Action Agency (Energy Assistance) 419 Whalley Ave. (203) 387- 7700
- New Haven Housing Authority - 360 Orange St. (203) 498-8800 or visit online at WWW.Elmcitycommunities.com
- New Haven Legal Assistance - 426 State St. (203) 498-9271 or visit WWW.NHLegal.org
- Department of Social Services (DSS) 50 Humphrey St. (855) 626-6632 or WWW.Connectct.gov
- Assistance for seniors: WWW.benefitscheckup.org
- Social Security Benefits: (203) 624-2332 or WWW.SSA.Gov
- Help for older adults: WWW.getconnectednewhaven.com- resource guide



CITY OF NEW HAVEN
ELDERLY SERVICES DEPARTMENT

Atwater Food Pantry

9:30-11:30 AM
EVERY 4TH FRIDAY
OF THE MONTH

26 Atwater St. New Haven, CT

***If one can make a
difference
Imagine what
more you can do.***

We ask that you please bring your own reusable bags.



WE WOULD LIKE TO THANK VERTICAL
CHURCH AND UNITED WAY FOR THEIR
VOLUNTEERS AND HELP ORGANIZING THIS
EVENT EVERY MONTH

JOIN US FOR

WEAR PINK DAY

FRIDAY

OCTOBER 18, 2024

IN SUPPORT OF

BREAST CANCER

AWARNESS MONTH

October 13th is nationally recognized in the United States as Metastatic Breast Cancer Awareness Day. About 30% of early-stage breast cancers eventually metastasize (spread to parts of the body away from the breast), and the day is intended to drive awareness of the need for more research about metastatic disease.

Let's all get together and fight the fight and wear pink to pay homage to the survivors, to our loved ones and to those that are still fighting this disease.





Zucchini Bread

2 loaf pans ⌚ 1 hour +

This easy zucchini bread recipe is moist, perfectly sweet, and lightly scented with cinnamon. It is a quick and convenient grab-and-go morning treat or afternoon snack. Plus, it's freezer-friendly!

Recipe given by : Ivette Ramos

Ingredients

- 4 cups coarsely shredded zucchini
- 3 cups all purpose flour
- 2 1/2 cups sugar
- 1 1/4 cups vegetable oil
- 4 eggs, beaten
- 1 tbsp and 1 tspn vanilla extract
- 1 tbsp ground cinnamon
- 1 1/2 tspn salt
- 1 1/2 tspn baking soda
- 1/2 tspn baking powder
- 1 cup chopped nuts (optional)

Directions

1. Pre-heat oven to 325* and grease 2 9x5x3 inch loaf pans
2. Blend all ingredients on low speed for 1 minute, scraping bowl constantly
3. Beat on medium speed for 1 minute and then pour into pans
4. Bake until you can insert a wooden pick and it come out clean (50 minutes - 1 hour)
5. Take out and let cool for 10 minutes
6. Remove the bread from the pans to finish cooling
7. Enjoy!!

Note: Do not shred zucchini in Blender



Eggplant Parmigiana

1 serving ⌚ 50 Minutes

This all-star baked eggplant parmesan recipe will be your new go-to! A classic Italian-style casserole with layers of eggplant, Parmesan, fresh mozzarella and basil

Recipe given by : Rita Matthews

Ingredients

- 4-5 decent sized pieces of eggplant
- 3-4 eggs, beaten
- vegetable / canola oil
- Tomato sauce
- Mozzarella cheese
- Bread crumbs
- Garlic powder
- Basil (optional)

Method

1. Peel eggplant and cut into thin slices
2. Dip the slices into the egg batter and then breadcrumbs.
3. Heat up oil and begin frying the slices until lightly brown
4. Remove the slices from the oil and place on napkins to drain the oil
5. Grab your baking dish and layer it with sauce, shredded mozzarella and the slices of eggplant
6. Bake at 350* for 30 minutes
7. Take out oven, top with basil (optional)
8. Enjoy!!



Southern Fried Fish

4 serving ⌚ 1 hour and 10 minutes

Southern fried fish is a Soul Food classic dish that is a satisfying and comforting dish. It is simple to make and it require only a few ingredients. The key to great soul food fried fish is to achieve a crispy battered skin coating without allowing the inner fish to become dry.

Recipe given by : The Dixwell/Newhallville Senior Center

Ingredients

1 ½ lb Red Snapper
1 Cup Cornmeal
¼ Cup All-purpose Flour
2 Eggs
2 Tbsps Hot Sauce
½ tsp Cayenne Pepper
1 tsp Paprika
1 tsp Onion Powder
3 tps Garlic Powder
1 tsp Black Pepper
2 tps Salt
Canola Oil

Method

1. Make sure your fish has been descaled, gutted and cleaned
2. In a small dish combine the eggs and hot sauce
3. Whisk until well combined
4. In a separate dish combine the cornmeal, flour, garlic powder, onion powder, cayenne pepper, paprika, salt and pepper
5. Dredge the fish in the egg wash then the cornmeal mixture then place on a wire rack
6. Using medium high heat, deep fry the fish for 5 minutes
7. After 5 minutes it is ready to ser
8. Enjoy!



AUTUMN BUCKET LIST

10 THINGS YOU SHOULD DO THIS AUTUMN

- Take a scenic drive to admire the fall foliage: East Rock Park

- Have a picnic in the park surrounded by colorful leaves

- Visit a pumpkin patch and carve or decorate pumpkins

- Attend a local fall festival or fair: Lyman Orchard Corn Maze

- Bake homemade apple pie or pumpkin bread

- Have a cozy movie night with hot chocolate and popcorn

- Take a scenic train ride to experience the changing landscape

- Have a DIY craft day to make autumn-themed decorations or wreaths

- Go apple picking at an orchard: Bishop Orchards

- Have a autumn photoshoot



2024

EMEREST

Home Care of Connecticut

Phone: (203) 941-1700

Website: <https://www.emerest.com/connecticut/>

EMEREST is a bonded and insured homecare agency registered by the State of Connecticut. They are committed to providing uncompromising home care services to the Connecticut population with a focus on compassion, individualized care and the constant pursuit of the highest level of quality of life for the clients

GET PAID TO CARE FOR A LOVED ONE

spouses are excluded from AFL

UNDER THE MEDICAID WAIVER FOR HOME CARE, YOU HAVE THE OPTION TO ENROLL IN AFL (ADULT FAMILY LIVING):

- CHOOSE A CAREGIVER; WE PAY THE CAREGIVER OF YOUR CHOICE (THIS COULD INCLUDE A FAMILY MEMBER OR A FRIEND).
- COMPETITIVE RATES; ONE OF THE MOST COMPETITIVE RATES IN THE STATE OF CONNECTICUT.
- UNIQUE PERKS FOR CAREGIVERS; WE PROVIDE TOP-TIER BENEFITS AND PRODUCTIVITY-BOOSTING PERKS TO OUR CARE WORKERS WHO SUPPORT OUR CLIENTS IN THE HOME CARE INDUSTRY.

PERSONAL CARE

DSS CLIENTS ONLY

Bathing, toileting, grooming, dressing, mobility and transferring



HOMEMAKING

Housekeeping, laundry, grocery shopping, and meal preparation

COMPANIONSHIP AND SUPPORT

companionship, reading, medication reminders, walking, escort to doctor appointments, recreation



PAYMENT OPTIONS

- Preferred Provider for the Home Care Program for Elders (Medicaid)
- Private pay
- Long Term Care Insurance
- Veterans Benefits

2024



*May this new year bring you
new opportunities and endless
happiness!*

JANUARY 01

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DECEMBER 12

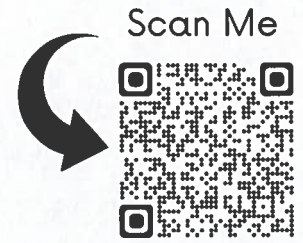
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ALL CLOSING DATES IN RED

WEAR PINK DAY: OCTOBER 18TH

ELECTION DAY: NOVEMBER 5TH

Weekly Activity Calendar



SENIOR CENTE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Atwater	Yoga: 10am-11am	Tai Chi: 10am Zumba: 10:30-11:30 Piano Lessons: 12:30-1:30	Line Dance: 10:30-11:30		
 Dixwell		Line Dance: 10am-11am 11:15-12:15 pm 1-2:30 pm		Tai Chi: 1 pm	Yoga: 10am-11am
 East Shore	Yoga: 10:30-11:30	Tai Chi: 10:30 - 11:30 am		Movement: 1 pm- 2 pm	



MARY WADE TRANSPORTATION

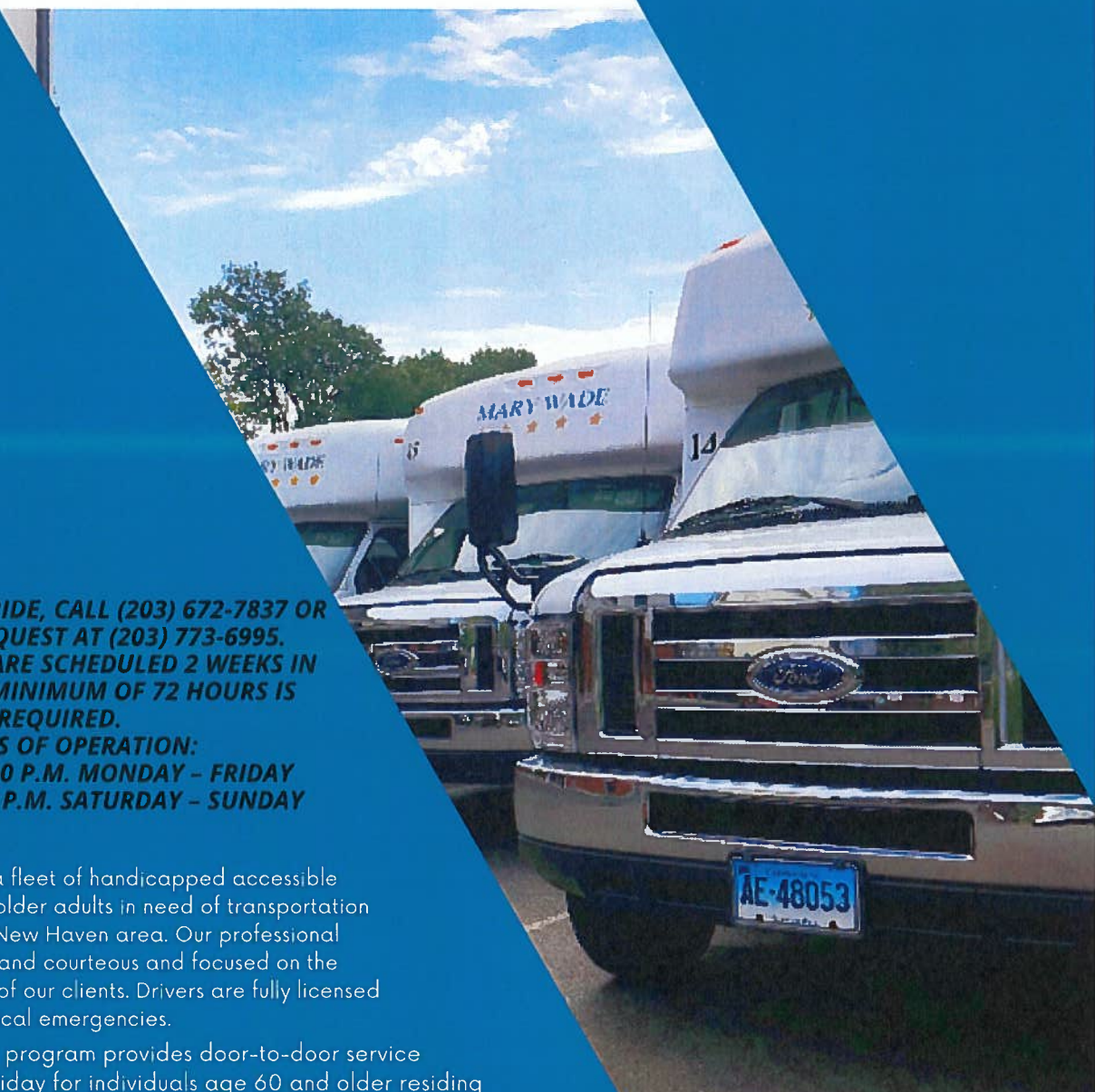
**TO SCHEDULE A RIDE, CALL (203) 672-7837 OR
FAX YOUR REQUEST AT (203) 773-6995.
RESERVATIONS ARE SCHEDULED 2 WEEKS IN
ADVANCE – A MINIMUM OF 72 HOURS IS
REQUIRED.**

HOURS OF OPERATION:

**8:00 A.M. – 4:00 P.M. MONDAY – FRIDAY
9:00 A.M. – 2:00 P.M. SATURDAY – SUNDAY**

Mary Wade offers a fleet of handicapped accessible vans to service our older adults in need of transportation within the Greater New Haven area. Our professional drivers are friendly and courteous and focused on the safety and security of our clients. Drivers are fully licensed and trained in medical emergencies.

The Transportation program provides door-to-door service Monday through Friday for individuals age 60 and older residing in New Haven, East Haven, West Haven, North Haven and Hamden. This program is free of charge but collects voluntary donations to support the program. Riders for this program cannot be eligible for Medicaid.



NEW HAVEN

FOOD ASSISTANCE RESOURCE GUIDE



RESOURCE MAP

SCAN FOR A MAP OF THE
RESOURCES LISTED IN
THIS GUIDE OR VISIT:

bit.ly/nhvfoodmap

Please call ahead to confirm hours

FOOD PANTRIES

OPEN TO ALL

No proof of income or
residency status required

- All agencies that distribute TEFAP/USDA food must distribute food to CT residents regardless of city or neighborhood.
- Individuals will be asked to verbally attest to eligibility requirements.

Believe in Me Empowerment
427 Dixwell Ave.
203-772-2771
1st Tues & 3rd Thurs of month,
12pm-4pm

Bethel AME Church
255 Goffe St.
203-865-0514
203-915-2947
3rd Sat of month, 10am-12pm

**Beulah Heights Church -
Helping Hand Food Pantry**
782 Orchard Street
203-745-3589
203-787-3393
2nd Tues of month,
3pm-5:30pm
4th Tues of month, 11am-1pm;
By appointment only.

**Maranatha Life Changing
Ministries COGIC -
Newhallville Substation**
203-440-6774
596 Winchester Ave.
4th Tues of month, 4pm-6pm

Cathedral of Higher Praise
155 Grand Ave.
203-776-7676
2nd & 4th Sat of month,
9am-10am

Centro San Jose
290 Grand Ave.
203-777-6771
Last Fri of month,
9am-12pm

Christian Community Action
168 Davenport Ave.
203-777-7848
Scheduled appointments
recommended for M, T, W
9:30am-3:45pm; Walk-ins
welcome on Tues, 2pm-3pm

**Christian Love Center-
West River**
154 Derby Ave.
203-927-6039
2nd & 4th Thurs, 4pm-6pm

Community Baptist Church
143 Shelton Ave.
203-562-7060
1st Wed of month, 10am-11am

Door of Salvation Church
3 Arch St.
203-691-5608
3rd Tues of month, 10am-11am

Olive Street Pantry
57 Olive St.
203-624-6426
Wed, 1:30pm-3pm

Glorified Deliverance
604 Dixwell Ave.
4th Sat of month, 11am-1pm

Iglesia Jehovah Rohi
577 Howard Ave.
203-605-8060
3rd Sat of month, 11am-12pm

**Immanuel Missionary Baptist
Church**
1324 Chapel St.
203-777-8744
4th Sat of month, 8am-9:30am

**Integrated Refugee &
Immigrant Services (IRIS)**
75 Hamilton St.
203-562-2095, ext. 218
Wed; 8:30am-11am
Pantry serves immigrants,
refugees, asylees, asylum
seekers, and CT residents.

Jewish Family Services
1440 Whalley Ave.
203-397-0796
Wed & Thurs, 9am-12pm;
By appointment only.

**Liberty Educational
Service Center**
44 Eastern St.
203-691-9494, 203-606-1905
2nd & 4th Sat, 1pm-3pm Only
open to New Haven residents.
Must call on Friday after 2pm
to make appointment.

Loaves & Fishes
57 Olive St.
203-562-2691
Sat, 7:30am-10:30am

Mount Hope Recovery Center
565 Dixwell Ave.
203-785-0656
2nd & 4th Fri, 5pm-6pm.
Must be signed in by 5:50pm.

New Flame Restoration
1375 State Street
203-843-8831
Thurs, 3:30pm until food runs
out

New Haven Church of Christ
16 Gem St.
203-777-2992
2nd Sat of month,
starting at 12pm

**New Haven Inner City
Enrichment (NICE) - Hill
Substation**
410 Howard Ave.
203-479-0056
Last Sat of month,
11am-1pm

**Salvation Army -
New Haven Corps**
450 George St.
203-624-9891
M, W, F, 9am-12pm

Second Star of Jacob
185 Chapel St.
203-776-9603
Last two Thurs of month,
10am-12pm

St. Luke's Church
111 Whalley Ave.
203-865-0141, ext. 101
1st & 3rd Fri 10am-12pm;
Temporarily Closed

St. Matthew's Church
388 Dixwell Ave.
203-777-0472
2nd Sat of month, 8am-9am

**Upon This Rock Ministries -
Dwight Substation**
150 Edgewood Ave.
203-387-1215
3rd Sat of month, 9am-12pm

Varick AME Zion
242-246 Dixwell Ave.
203-624-6245

1st Sat of month, 10am-12pm
Mon-Thurs, 10am-5:30pm

**Vortical Church - Fair Haven
Substation**
295 Blatchley Ave.
203-503-8620
3rd Sat of month, 9am-11am

Walk of Faith Church
104 Fairmont Ave.
203-469-5134
Wed, 12pm-2pm

**Women of the Village -
Dixwell Substation**
26 Charles St.
203-675-9437, 203-376-2790
Tues, 1pm-2pm

Connecticut Food Bank Mobile Pantry

Pantry times vary by
location and include
morning, afternoon,
and evening times to
accommodate as many
schedules as possible.
Check the schedule at:

bk.ly/mobilepantries

For additional resources,
please dial: 2-1-1

For the latest guide, visit:

bk.ly/getconnectednhv

SOUP KITCHENS

Community Soup Kitchen

84 Broadway
203-624-4594
Breakfast: M, T, Th
8am-9:30am,
Sat, 8am-9am

Downtown Evening Soup Kitchen (DESK)

311 Temple St.
203-624-6426
Sun-Thurs, 5pm-6pm;
All dinners served outside

Immanuel Missionary Baptist Church

1324 Chapel St.
203-777-8744
Sun, 11:30am-12:30pm

St. Luke's Church

111 Whalley Ave.
203-865-0141
Temporarily Closed

St. Martin DePorres

136 Dixwell Ave.
203-624-9944
Tues, 9:30am-10:30am

St. Matthew's Church

388 Dixwell Ave.
203-777-0472
Temporarily Closed

St. Paul's Church

150 Dwight St.
203-624-3937
Temporarily Closed

St. Thomas More Chapel

268 Park St.
203-777-5537
Wed, 11am-1pm; Begins the first
Wed in Oct and ends the last
Wed in April

Sunrise Café

57 Olive St.
Phone: N/A
M-F, 6:30am-8:30am

Thomas Chapel Church of Christ

30 White St.
203-865-6254
Wed, 11am-1pm

Varick AME Zion

242 Dixwell Ave.
203-624-6245
Mon, 5:30pm-6:30pm
Closed during major holidays

Yale Community Kitchen

323 Temple St.
203-624-6420
Fri & Sat, 5pm-6pm
All dinners served outside

CLIENT SPECIFIC NEEDS

FOOD PANTRIES

Ed Leduc Memorial Food Pantry – A Place to Nourish Your Health

1302 Chapel Street
203-624-0947
Mon-Fri: 10am-4pm
Grab and go bags only; Only
open to APNH clients living
with HIV

Free Forever Prison Ministry

125 Ramsdell Street
203-435-6418
Call M-F, 9am-5pm for an
appointment. Food pantry
provides food for individuals
with HIV or recently released
from prison. Call for more
information

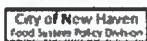
SNAP (Food Stamps)

Households and individuals who wish to apply for Supplemental Nutrition Assistance Program (SNAP) may check eligibility and apply online at www.connect.ct.gov, under 'Apply for Benefits.'

Women, Infants & Children (WIC)

Women, Infants & Children's (WIC) program is a supplemental food and nutrition program for pregnant women, new moms and children under the age of 5 yrs old. To apply to be a WIC participant, please call 1-800-741-2142.

This guide was developed in collaboration with:



To update resource information, please visit:

blt.ly/guideupdate

SENIOR MEALS

Atwater Senior Center

26 Atwater St.
203-946-8558
Mon-Fri, 11:30am-12:30pm
Register one week in advance

Casa Otonal

203-773-9849
Lunch: M-F, 12pm-1pm Age 60+

Dixwell/Newhallville Senior Center

255 Coffe St.
203-946-8541
Mon-Fri, 11:30am-12:30pm
Register one week in advance

East Shore Senior Center

411 Townsend Ave.
203-946-8544
Mon-Fri, 11:30am-12:30pm
Register one week in advance

FISH of Greater New Haven

delivers groceries to homebound and disabled New Haven residents. Call 203-503-0107 to schedule an assessment. Calls accepted M-F: 9am-4pm; Delivery Hours M-F: 12pm-3pm
Age 60+; Income at or below 130% FPL

LifeBridge Community

Services offers senior meals through Meals on Wheels (delivered M-F) and at 16 different cafés throughout the Greater New Haven area. Meals are served M-F starting at 9am. Call 203-752-9919

WE WOULD LIKE TO THANK
THE BLACK AND HISPANIC
CAUCUS FOR ALL OF THEIR
CONTINUOUS
CONTRIBUTIONS TO OUR
DEPARTMENT AND TO OUR
SENIORS.



Black & Hispanic Caucus

Sneaker Gala

Thursday, October 24, 2024

Anthony's Ocean View @ 6pm

Join us at the Black and Hispanic Caucus Gala 2024 for a night of celebration and empowerment! This in person event will be held at Anthony's Ocean View Fine Catering, a beautiful venue overlooking the ocean. Get ready to enjoy delicious food, great music, and inspiring speakers. Come dressed to impress and ready to mingle with fellow supporters of diversity and inclusion. Don't miss out on this unforgettable evening - get your tickets now

Energy Assistance

What is Energy Assistance?

The Connecticut Energy Assistance Program (CEAP) helps Connecticut residents afford their home heating costs. Benefits towards home heating range between \$180-\$530 depending on income, household size and if someone in the household is considered to be disabled, under 6 or over 60

How to Apply

- Apply by phone - call (203) 285-8018 to make an energy appointment and follow the prompts or (203) 387-7700 to request assistance applying
- Apply online - Online applications will be open September 1, 2024
- Apply by email - Download and complete the CEAP application and email it to energyapplication@caanh.net
- Apply by mail - Download the CEAP application and mail your completed forms and required documents to 419 Whalley Ave,
- Apply in person - Call (203) 285-8018 to schedule an in-person appointment. Remember to wait for your confirmation number once you have selected your appointment. Please bring all of your required documents to the appointment

Eligibility Requirements

- Your annual household income falls at or below the Federal Poverty Guidelines
- You receive one or more of the below benefits from the Department of Social Services
 - Temporary Family Assistance
 - State Supplement to the Aged, Blind and Disabled (State Supplement)
 - Refugee Cash Assistance
 - Supplemental Nutrition Assistance Program (SNAP)
 - Supplemental Security Income (SSI)

Other Programs Offered

Aging with
G.R.A.C.E

Urgent Diaper
Bank

Financial
Capability
Center

Income Tax
Preparation
(V.I.T.A)



☎ 203-387-7700
✉ socialmedia@caanh.net
📍 419 Whalley Ave.
New Haven, CT 06511

Required Documents

- Social Security numbers and dates of birth of all household members
- Verification of any disability
- Current active electric and gas bill (must be in household name)
- Income verification for you or anyone in the household working; copy of paystubs that show income for the previous 30 days or 4 consecutive weeks anytime in the last 3 months. Also accepting a signed letter from payroll department stating gross income for time period
- Current monthly Social Security, SSI, Veteran, or Pension benefit verification
- Department of Labor Unemployment Printout
- Child's Support Enforcement Letter/ SMI One Printout
- Tenant's lease that states heat is included in rent
- *Budget Sheet (if you receive SNAP, TFA Cash Assistance, CT State Supplement, Refugee Assistance, etc.)
- If any household member is self-employed (e.g. freelancer, gig worker, entrepreneur, small business owner), they must provide: A completed Self-Employment Worksheet and a copy of their most recently filed IRS Form 1040 (including any attachments).

CHARLIE'S CLOSET



CHARLIE'S CLOSET IS A MEDICAL EQUIPMENT CLEARINGHOUSE. OUR MISSION IS TO MAKE MEDICAL EQUIPMENT AVAILABLE TO ANYONE WHO NEEDS IT (REGARDLESS OF AGE OR INCOME), KEEPING USABLE EQUIPMENT FROM GOING TO THE LANDFILL. WE ACCEPT DONATIONS OF GENTLY USED EQUIPMENT; CLEAN IT, CHECK IT FOR SAFETY, AND MAKE IT AVAILABLE TO ANYONE REQUESTING IT.

THE DURABLE MEDICAL EQUIPMENT THAT WE PROVIDE RANGES FROM CANES, WALKERS, AND COMMODES TO WHEELCHAIRS AND HOSPITAL BEDS. WE ALSO HAVE SOFT GOODS AVAILABLE SUCH AS ADULT DIAPERS AND WASHABLE OR DISPOSABLE BED PADS. THERE IS A NOMINAL FEE OF \$1 PER ITEM, BUT MONETARY DONATIONS ARE ALWAYS WELCOME.

ALL EQUIPMENT DONATIONS AND PICK - UPS ARE NOW BY APPOINTMENT ONLY

HOURS FOR EQUIPMENT PICK-UPS ARE 9-12 (MONDAY THRU FRIDAY).

PLEASE CALL THE OFFICE ON 203-453-8359 AND OUR VOLUNTEERS WILL BE HAPPY TO ASSIST YOU.

Local New Haven Pharmacies

Pharmacy	Address	Phone	Delivery
Bella Vista	321 Eastern St. New Haven	203-467-1683	Bella Vista only
Berny's	615 Howard Ave. New Haven	203-562-4447	Free delivery in New Haven
Chapel St. Pharmacy	1219 Chapel St. New Haven	203-777-2227	Free delivery in New Haven
Cornell Scott Hill	428 Columbus Ave. New Haven	203-500-3021	No delivery
Fair Haven Pharmacy	72 Grand Ave. New Haven	203-489-3479	Free delivery in New Haven
New Haven Pharmacy	382 Grand Ave. New Haven	203-777-3700	Free delivery in New Haven
Hancock	306 Grand Ave. New Haven	203-776-7100	Free delivery
Hancock	1 Longwharf Dr. New Haven	203-787-9908	Free delivery in New Haven
Rite Aid	325 Ferry St. New Haven	203-777-0695	Free delivery in New Haven
Rite Aid	66 Church St. New Haven	203-777-7248	Free delivery in New Haven
Visels Pharmacy	714 Dixwell Ave. New Haven	203-562-6878	Dixwell Area
Walgreens	88 York St. New Haven	203-752-9893	No delivery
Walgreens	1471 Whalley Ave. New Haven	203-389-2143	No delivery
Unity Pharmacy	1351 Whalley Ave. New Haven	203-745-0030	Delivery

OWN AN OLDER HOME? MAKE YOUR PROPERTY HEALTHIER AND SAFER USING FEDERAL FUNDS



Get up to \$15,000 per unit towards professional renovations.
A 100% forgivable, 5-year loan; 0% interest



Who is eligible

Home owners who are at or below 80 percent of the area median income level. Owners whose tenants meet these income criteria may also apply. For example, for a family of 4, this is a household income of \$92,900 or less.

What is covered

Lead paint hazards removal of poisonous lead-based paint hazards by certified professionals.

Tripping and falling hazards replacement of stair railings, broken or loose steps.

Dampness, mold growth, asthma triggers fixes to water leaks, mold.

Electrical hazards fixes to exposed wiring.

Radon testing and mitigation.

Excessive cold or heat fixes to improve insulation.

Fire hazards installation of smoke and carbon monoxide detectors.

...and more

CALL 203-946-8174 OR VISIT
NEWHAVENCT.GOV/HEALTH
TO SEE IF YOU ARE ELIGIBLE



INTERFAITH VOLUNTEER CAREGIVERS



FREE TRANSPORTATION

Interfaith works with Volunteers in order to provide free transportation for medical appointments to those ages 60 and older who live within their service areas. After booking your medical appointment call (475) 257-6538 to register and begin booking your ride.



Incontinence relief is easier than you thought

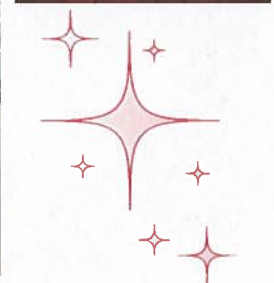
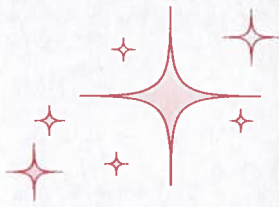
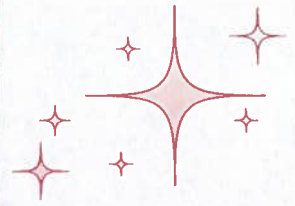
ADULT INCONTINENCE PRODUCTS

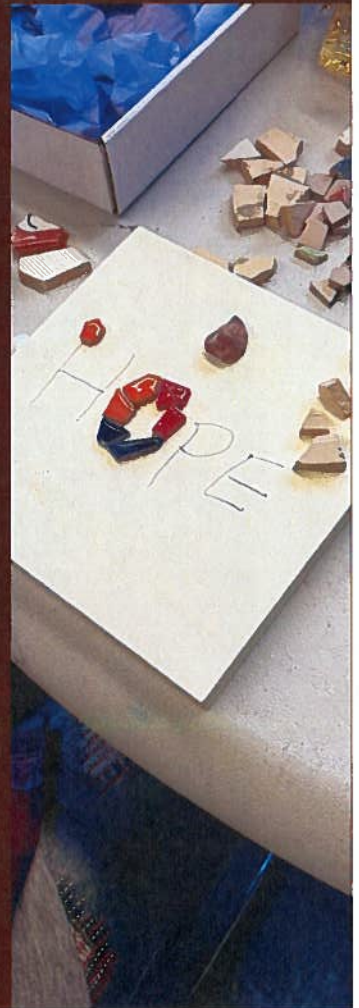
Interfaith collaborates with Diapers with Dignity to provide free adult incontinence products to seniors in need. For more information, please call Interfaith Volunteer Caregivers directly @ (475) 257-6538.

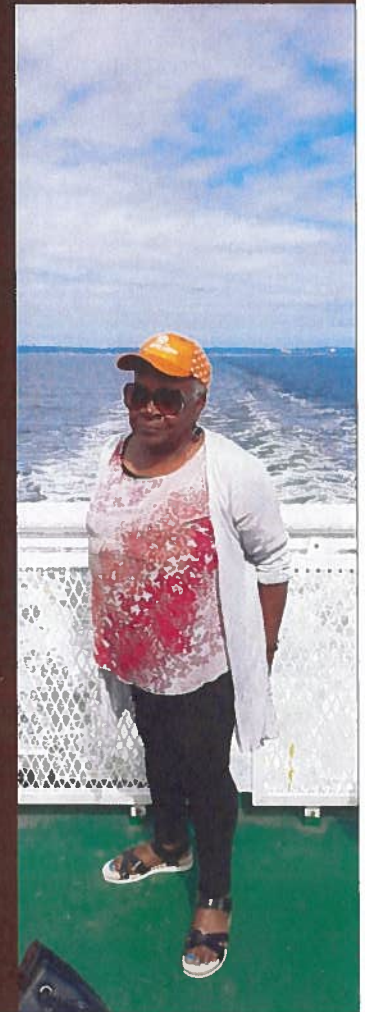
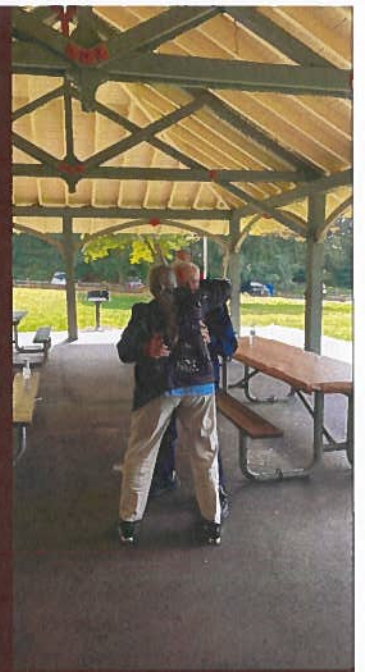
MEDICAL EQUIPMENT LENDING

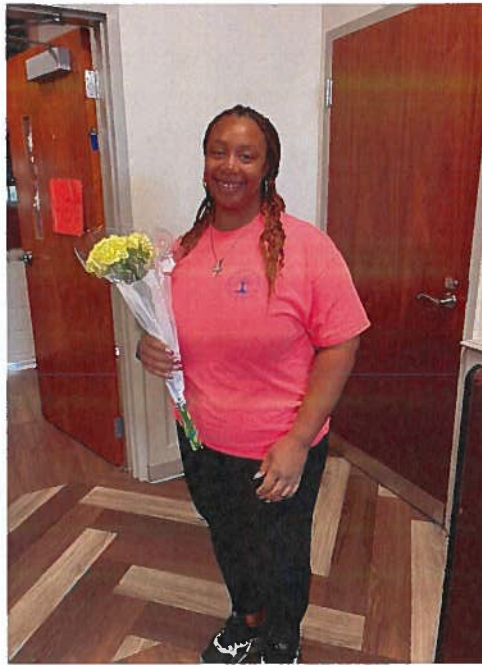
Interfaith works with Mae's Closet to lend out gently used medical equipment for seniors. To borrow equipment please call (475) 414-8333 between 9 am and noon Monday-Friday. You can also email Maescloset@CareNewHaven.org to make requests. After emailing or calling you will receive a follow up to arrange an appointment time and further information. a follow up to arrange an appointment time and further information.











TOP 5 SONGS

2025 is rapidly approaching and with only 7 months away from our annual Senior Volunteer of The Year Luncheon we would like to hear from you all.

Below please list your top 5 favorite songs.

After please turn these back into your specialists, with this information we will be able to work with the DJ to curate a playlist that everyone will enjoy!

1.



2.



3.



4.



5.



For the DJ

Crossword 7

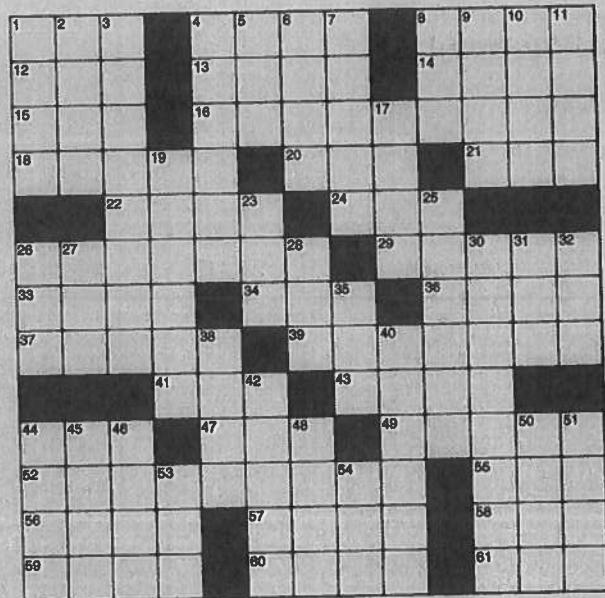
ACROSS

1. Rainy mo.
4. Nincompoop
8. Rope coll
12. Owed
13. Jai ___
14. "This is terrible!" (2 wds.)
15. Choice words
16. Durable (hyph.)
18. Avarice
20. Pro's vote
21. Yiddish exclamations
22. Good for what ___ you
24. Record players (abbr.)
26. President Jimmy and family
29. Japanese cartoon art
33. Narrow margin
34. Nighttime bird
36. "I cannot tell ___." (2 wds.)
37. Cigar droppings
39. Twice daily shore event (2 wds.)
41. Aunt or uncle (abbr.)
43. Infirm
44. Permit
47. "Do ___ favor..." (2 wds.)
16. LARGE PRINT CROSSWORDS

49. In the front
52. New Orleans celebra- tion (2 wds.)
55. ___ cream
56. Cagers' org.
57. MGM star Kelly
58. Actor Daniel Dae ___
59. "Good gracious!" (2 wds.)
60. Pep rally cheers
61. McMahon and Begley, Jr.

DOWN

1. "Lad: ___" (2 wds.)
2. Happy cat noise
3. Scientist's forte
4. Dilly-dally
5. Madrid cheer
6. TV host Carson ___
7. Greased
8. Reed or Gehrig
9. Toledo's state
10. "For Your Eyes ___"
11. Saucepans
17. Cabo's peninsula
19. One or the other
23. Sign of a B'way hit
25. Grab rudely
26. U.S. spy group
27. Respond (abbr.)
28. Scand. country
30. Declaration for an



31. Start for wife or life
32. Shoe width
35. Dieters lose them (abbr.)
38. Half (prefix)
40. Objectivity obstacles
42. Long-limbed
44. P preceders
- Eisenhower fan (3 wds.)
45. Apiece
46. Mine wagon
48. Scope
50. Ascorbic ___
51. FDR and JFK, e.g.(abbr.)
53. Sun's time to shine
54. Whichever

Volume 150

Crossword 8

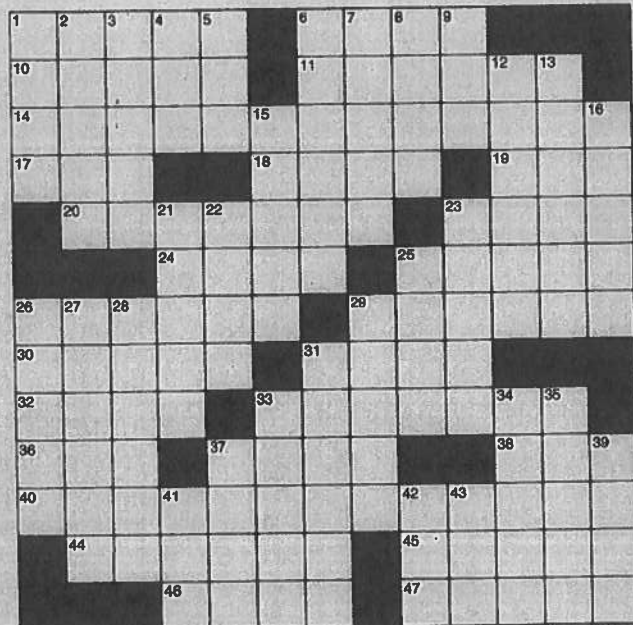
ACROSS

1. Earns
6. Popular Nabisco cookie
10. Concerning
11. Robert of "The Wild, Wild West"
14. Former "ABC World News" anchor (2 wds.)
17. Scale note
18. Ran
19. Scand. land
20. "Rocky ___"
23. Phoenix sports team
24. Sentry's command
25. 1992 presidential candidate
26. Oval nut
29. Carpenter et al.
30. Unbound
31. Common contraction
32. Garage job, for short
33. Gift to a prom date
36. "___ recall..." (2 wds.)
37. Goodyear product
18. LARGE PRINT CROSSWORDS

38. Tundra animal
40. 1993 Peace Prize recipient (2 wds.)
44. Medium's get-together
45. Not flat (2 wds.)
46. Fashion name
47. Singer Newton

DOWN

1. Big fast-food items
2. Loathe
3. Australian animal
4. Albania's cont.
5. Letters on a Cardinals cap
6. Swift cat
7. Actor Seth of "Pam & Tommy"
8. Playwright Bagnold
9. Globe-shaped object
12. Confirm
13. Hostile to (2 wds.)
15. Poker player's declaration (2 wds.)
16. Birds' shelters
21. Decided between things
22. Sugar ___
23. Mattress maker



25. Kitchen needs perhaps
26. Poe's middle name
27. No-goodniks
28. Seaport in Alabama
29. "M*A*S*H" locale
31. Window in a roof
33. Mexican holiday: ___ de Mayo
34. Like sci-fi fans,
35. Comic DeGeneres
37. Novelist Morrison
39. Sammy, Danny, or Stubby
41. Despondent
42. Right away
43. "CSI" evidence

Volume 150 19

Words from 'Great Lakes'

U R H F A S L T K R S T R A
 L R L O T F A X S E R E I S L
 T R W Z R A E E L G A E H K U
 B Q E R M R A I X E T S F E R
 T L L B A A C C I P C A E E C
 O E A L G L L W O B A Q S L L
 U F G V L K T E S L C A E S S
 A W T R A R U E T A L A G E R
 M B A A P I R L R E K L A T H
 B E T L T W E A A S B X K U M
 A S D A E L L L D E S Y A L Q
 G P T T H R A K E S T R E L X
 G E U A H S T S E G R A L L R
 H R T S T E E L K P I R R G S
 B H X G J A Y G A L O A X E Y

- | | | | |
|-------|---------|---------|--------|
| ALAS | EASEL | LEAKAGE | SEAL |
| ALERT | GALE | REGAL | SLEEK |
| ALGA | GLARE | RELATE | STEEL |
| ALTER | KESTREL | RESALE | TALKER |
| EAGLE | LARGEST | SALT | TEAL |

Deer Breeds

M U P B B O V R M N P J R X A
 N W O L L A F Y T U F T E D Y
 R U X P T R R F T A N M J S A
 T R T R A B M A S R W T E P T
 X L E L U M T H S H W Y J H E
 A A C E T S B J I I A A O A K
 U T C J D L A T N N N R T P C
 A I X U Q N E D U M O G E E O
 G H S U R T I J T L T C H A R
 O C L T A A M E D R F E H A B
 A R I I N H T S R E L A W T Y
 U C L H P S I K A D A S P U A
 S E O R N R E T S E W S O Z R
 D G K Y K A P S L E T Q C S G
 E K S U P M G N T C R S T Y H

- | | | | |
|--------------|------------|----------|--------------|
| BARASINGHA | INDIAN HOG | REINDEER | THOROLD'S |
| CHITAL | MARSH | RUSA | TUFTED |
| ELD'S | MULE | SAMBAR | WATER |
| FALLOW | MUNTJAC | SIKA | WESTERN ROE |
| GRAY BROCKET | RED | TARUCA | WHITE-TAILED |

Mistake

H R A X U I O L V T M S B A A
 X I M A G T Y P D T O D L I Y
 B E B C A G R P Q L M H U I B
 F L U F F O M I S S I O N B P
 M D O D F A U X P A S O D P T
 P D A O E T U B G L J B E O M
 R U S J P P Q L U S U O R L M
 L M A I E E H W T N D O T S B
 J R O E R T R X B R G B N A
 W O V E R S I G H T M L S V R
 Z S U S O E L C R L E G E C H
 V O X U R S I R T G N C Z I T
 M I S C A C U L A T I O N U
 E T H Y C A R U C C A N I I N
 K S W A L F A L L A C Y R L

- | | | | |
|---------|------------|----------------|-----------|
| BLOOPER | FALLACY | FLUFF | MUDDLE |
| BLUNDER | FALSE STEP | GAFFE | OMISSION |
| BOO-BOO | FAULT | INACCURACY | OVERSIGHT |
| BUNGLE | FAUX PAS | MISCALCULATION | SLIP |
| ERROR | FLAW | MISJUDGMENT | TRIP |

Words from "Superior"

O P U S P O R E X R Z B B D T
 E P B R U U P P R O O R U P S
 T S I E P U I N U I I P R R O
 E E R I R O T G M R P O E U U
 S S O P U U P F M P S S E T P
 I D G S P U S S A E U E A K Q
 O L J J M S U A D P V B U S
 P T S Z R G A R A Q E P I R R
 T O O U R U R V L A R U O P W
 C T S S Q P P T L Q K N B T J
 O M K E R U J O E U N G I N P
 A L U R C S C I R A O X P O
 S T E A S J O U R N T I R E G
 P B W S V Z S A W I L L L Q U
 X R A D L L O L S T Y U P O J

- | | | | |
|-------|-------|-------|-------|
| OPUS | POSER | PURE | SPIRE |
| PESO | POUR | PURSE | SPORE |
| PIER | PRIES | RIPE | SPUR |
| PIOUS | PRIOR | ROPE | SUPER |
| POISE | PROSE | SOUP | SURE |

PUZZLE 7

APR	DODO	LOOP
DUE	ALAI	OHNO
ORS	WELL	BUILT
GREED	YEA	OYS
AILS	DJS	
CARTERS	ANIME	
INCH	OWL	ALIE
ASHES	EBBTIDE	
REL	SICK	
LET	MEA	AHEAD
MARDIGRAS	ICE	
NCAA	GENE	KIM
OHMY	YAYS	EDS

PUZZLE 8

MAKES	OREO	
ABOUT	CONRAD	
CHARLIE	GIBSON	
SOL	FLED	SWE
RACCOON	SUNS	
HALT	PEROT	
ALMOND	KARENS	
LOOSE	DONT	
LUBE	CORSAGE	
ASI	TIRE	ELK
NELSON	MANDELA	
SEANCE	ONKEY	
DIOR	WAYNE	

Z

Answer

KEY

DEER BREEDS | PAGE 11

M	U	P	B	B	O	V	R	M	N	P	J	R	X	A
N	W	O	L	L	A	F	Y	T	U	F	T	E	D	Y
R	U	X	P	T	R	F	T	A	N	M	J	S	A	
T	R	A	B	M	A	S	R	W	T	E	P	T		
X	L	E	L	U	M	T	H	S	H	W	J	H	E	
A	A	C	E	T	S	B	J	I	A	A	O	A	K	
U	T	C	J	D	L	A	T	N	N	R	T	P	G	
A	I	X	U	G	N	E	D	U	M	O	G	E	E	
G	H	S	U	R	T	I	J	T	L	T	C	H	A	R
O	C	L	T	A	A	M	E	D	R	F	E	H	A	B
A	R	I	N	H	T	S	R	E	L	A	W	T	Y	
U	C	L	H	P	S	I	K	A	D	A	S	P	U	A
S	E	O	R	N	R	E	T	S	E	W	S	O	Z	R
D	G	K	Y	K	A	P	S	L	E	T	Q	C	S	G
E	K	S	U	P	M	G	N	T	C	R	S	T	Y	H

WORDS FROM 'GREAT LAKES' | PAGE 12

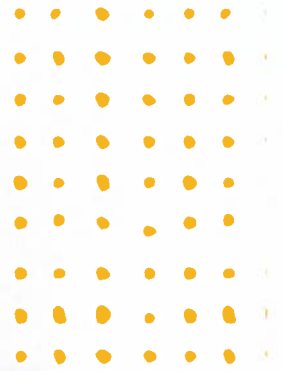
U	U	R	H	F	A	S	L	T	K	R	S	T	R	A		
L	R	L	O	T	F	A	X	S	E	R	E	I	S	L		
T	R	W	Z	R	A	E	E	L	G	A	E	H	K	U		
B	Q	E	R	M	R	A	I	X	E	T	S	F	E	R		
T	L	L	B	A	A	C	C	I	P	C	A	E	E	C		
O	E	A	L	G	L	L	W	O	B	A	Q	S	L	L		
U	F	G	V	L	K	T	E	S	L	C	A	E	S	S		
A	W	T	R	A	R	U	E	T	A	L	A	L	A	G	E	R
M	B	A	A	P	I	R	E	K	L	A	Y	H				
B	E	T	L	T	W	E	A	A	S	B	X	K	U	M		
A	S	D	A	E	L	L	D	E	S	Y	A	L	Q			
G	P	T	H	R	A	K	E	S	T	R	E	L	X			
G	E	U	A	H	S	S	E	G	R	A	L	I	R			
H	R	T	S	T	E	E	L	K	P	I	R	R	G	S		
B	H	X	G	J	A	Y	G	A	L	O	A	X	E	Y		

WORDS FROM 'SUPERIOR' | PAGE 13

O	P	U	S	P	O	R	E	X	R	Z	B	B	D	T
E	P	B	R	U	P	P	R	O	O	R	U	P	S	
T	S	I	E	P	U	I	N	U	I	P	R	R	O	
E	E	R	I	R	O	T	G	M	R	P	O	E	U	U
S	S	O	P	U	P	F	M	P	S	S	E	T	P	
I	D	G	S	P	U	S	A	E	U	E	A	K	Q	
O	L	J	E	J	M	S	U	A	D	P	V	B	U	S
P	T	S	Z	R	G	A	R	A	Q	E	P	I	R	
T	O	O	U	R	V	L	A	R	U	O	P	W		
C	T	S	S	Q	P	P	T	L	Q	K	N	B	T	J
O	M	K	E	R	U	J	O	E	U	N	G	I	N	P
W	A	L	U	R	C	S	C	I	R	A	O	X	P	O
S	T	E	A	S	J	O	U	R	N	T	I	R	E	G
P	B	W	S	V	Z	S	A	W	I	L	L	Q	U	
X	R	A	D	L	L	O	L	S	T	Y	U	P	O	J

MISTAKE | PAGE 14

H	R	A	X	U	I	O	L	V	T	M	S	B	A	A
X	I	M	A	G	T	Y	P	D	T	O	D	L	I	Y
B	E	B	C	A	G	R	P	Q	L	M	H	U	I	B
F	L	U	F	F	O	M	I	S	S	I	O	N	S	P
M	D	O	D	F	A	U	X	P	A	S	O	D	P	T
P	D	A	O	E	T	U	B	G	L	J	B	E	O	M
R	U	S	J	P	P	Q	L	U	S	U	O	R	L	M
L	M	A	I	E	E	H	W	T	N	D	O	T	S	B
J	R	O	E	R	T	R	X	B	R	G	B	N	A	F
W	O	V	E	R	S	I	G	H	T	M	L	S	V	R
Z	S	U	S	O	E	L	C	R	L	E	G	E	C	H
V	O	X	U	R	S	I	R	T	G	N	C	Z	I	T
M	I	S	C	A	L	C	U	L	A	T	I	O	N	U
E	T	H	Y	C	A	R	U	C	C	A	N	I	I	N
K	S	W	A	L	F	A	L	L	A	C	Y	R	L	Q



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