



THE CENTER

Celebrating Life's Dimensions

MARCH

235 Cutlers Farm Road | Monroe, CT 06468 | (203) 452-2815 | www.monroect.org

As the vaccine continues to be administered we hope and pray that it will help bring normalcy to our lives. Until told otherwise please continue to wear your mask, wash your hands and practice social distancing.

Together we can beat this!!!



PHONE MESSAGES

While we love hearing from you, we can't help if you don't leave a message on the extension of the person you called. If we don't answer we may be away from our phone or assisting someone else. Leaving a message on one phone is plenty, we promise to call you back as soon as we can. Extensions are on page 2.



Town of Monroe Updates

Stay connected to the latest and greatest in Town news by signing up for email or phone messages.

- *Type in the following address into your search bar to get email messages: www.monroect.org/mailling-lists.*
- *COVID-19 questions and information can be found at www.monroect.org/COVID-19.*
- *No computer no worry, Ronnie at ext. 3 can help you sign up for Code Red phone messages.*
- *For you computer savvy people you can sign up for Code Red by going to www.monroect.org, look for the Code Red sign up on the home page, click and follow the instructions.*

CREATIVE WRITING

Join writing instructor Sharon Cohen on Tuesday, March 16 at 10:00 am. Please come prepared with a descriptive essay about yourself and the reason you want to attend the group. Ideas for your introductory piece can include things such as where you were born, your interests and hobbies, employment and anything else you would like to share. Individual tables set up for social distance for this in-person program.

Real Estate Transactions

A five part series brought to you by Tom Braunagel, part owner of the local Keller Williams office in Trumbull. Tom will take you through all aspects of a real estate transaction.

Each session will cover a specific topic, give you concrete steps to implement as you consider buying or selling your home and provide an opportunity to pick Tom's brain with any questions you may have. The sessions are:

1. Decluttering ~ what to do with all your stuff
2. Real Estate Transactions ~ break down each step of the process and the roles played by your real estate team
3. Staging Your Home On a Budget ~ what works, what doesn't and what upgrades will give you the biggest bang for your buck
4. Senior Living Community Options ~ what types of senior living options exist, what they offer, and where they are located
5. How to Spot and avoid a Money Pit

Join us in person or via zoom on March 9 for the first session in the series. Tom will have handouts which will be sent to zoom attendees. Seats are limited call Kerri at ext. 0 to register.

National Plant a Flower Day is Friday, March 12. To celebrate this day, the coming of Spring and St. Patrick's day sign up receive a special gift as part of our drive thru program from 11:00 am to 12:00 pm.



Your gift includes a packet of seeds, a shamrock tea light candle and some lifesavers from their spring mix collection.

Call Kerri at ext. 0 to register.

GALAPAGOS ISLANDS

On Tuesday March 30 learn about the islands that time forgot. The slide presentation will show nature at its



best! You'll see the blue-footed booby and the red footed one too. Sight-seeing begins at the equator, also known as the middle of the world. Enid Lipeles is a raconteur at her best! Come, enjoy her stories and pictures of these islands.



Register with Kerri at ext. 0.

In Memory



Marion Gorzelany	Frederick Leonard
Jean Ruggiero	Monica Poulin
Nuala Horvath	Nick Fischetti
Matilda Mastroni	Joseph Gregorzek
Frank Bridge Sr.	Ida Cetola
Arlene Mills	Vera Brkic

Monroe Senior Center Staff

Henna Ali - Director, ext. 4
Kim Cassia - Administrative Assistant, ext. 1
Veronica Jensen - Elderly Services Coordinator, ext. 3
John Williams - Transportation Coordinator, ext. 2
Kerri Swift - Office Assistant, ext. 0
Rose Marie Syarto - Driver
John Delfino - Driver
Bob Scopoletti - Custodian
Helma Chartier - Chairperson, Commission on Aging



Energy Assistance

Ronnie Jensen & Mary Ann Kalm continue to take applications for the 2020-2021 heating season. For a list of documents and how to apply contact Ronnie at 203-452-2815, ext. 3, vjensen@monroect.org or Mary Ann at 203-452-2813, mkalm@monroect.org.

BABY UPDATE

Henna delivered a healthy baby boy on Tuesday, January 19 at 11:40 pm. He weighed in at 6 pounds 1.5 ounces and was 19 inches long. Mom and baby are doing well. Dad and big sister are very excited!

Pathways to Happy Living

The **International Day of Happiness** is celebrated worldwide on March 20. This special day recognizes happiness and well-being as universal goals and aspirations for all people. Here are 6 keys to happiness.

1. **Focus on your abilities** and what you can do.
2. **Stay socially connected** as frequent social participation, interactions and support contribute strongly to your mental health and well-being. Phone a friend, learn to use Face Time, go for a walk maintaining social distance.
3. Be **actively engaged** in life through physical, mental and social activities; this is a key component of successful aging and life satisfaction.
4. **Accentuate the positive**. As we age, we become better at regulating our emotional health and looking at experiences and challenges with a positive attitude.
5. **Volunteer** to feel good; feeling appreciated or needed as a volunteer helps boost your well-being and can help reduce pain or issues from some chronic conditions. Formal volunteering has been known to reduce depression and increased psychosocial well-being.
6. **Learn each day** ~ ongoing, lifelong learning boosts life satisfaction and happiness, while also improving your physical and mental health.

STRATFORD ~ TRUMBULL ~ MONROE Medical Reserve Corps



The **Medical Reserve Corps (MRC)** is a group of medical and non-medical volunteers organized to respond to public health emergencies in the three-town region. The **MRC** is a specialized component of Citizen Corps, a national network of volunteers dedicated to ensuring homeland security.

The **MRC** is focused on preparing for and responding to local public health emergencies such as disease outbreaks and natural or man-made disasters. These volunteers assist in public vaccination clinics and shelters opened in response to tropical and winter storms.

Although “medical” is in our name, membership is NOT limited to medical personnel. Whatever skills you bring, chances are we could use them in our **MRC**!

March Programs

Programs from 10:00 ~ 12:00

Monday	Quilting
Tuesday	Anything Goes
Wednesday	No Program
Thursday	No Program
Friday	Knit & Crochet

Drive Thru

Friday, March 12
11:00 ~ 12:00

TUESDAY PROGRAMS ~ 10:00 am–12:00 pm

2	Movie ~ “Peanut Butter Falcon” ~ see below for more information
9	Real Estate Transactions with Tom ~ information on page 1
16	Creative Writing Class ~ information on page 1
23	Movie ~ “Happy Tears” ~ see below for more information
30	Galapagos Presentation by Enid ~ information on page 1

Registration for all programs is a must due to limited seating.
Call Kerri at 203-452-2815 ext. 0 to register.

Movies

March 2 ~ “Peanut Butter Falcon” | 2019 | PG-13 | Adventure, Comedy, Drama | 1 hr. 37 min.

Starring: Zack Gottsagen, Dakota Johnson, Shai LaBeouf

An adventure story set in the world of modern Mark Twain that begins when Zak a 22, a young man with Downs syndrome runs away from his care home to make his dream of becoming a wrestler come true.



March 23 ~ Happy Tears | 2009 | Comedy, Drama | 1 hr 32 m

Starring: Demi Moore, Parker Posey, Rip Torn & Ellen Barkin

Two sisters, Jayne (Posey) and Laura (Moore), return home to deal with their ailing father Joe (Torn), only to face some surprising situations.





STAY SAFE on the road

with the **AAA Defensive Driving Course**

March 2, 16; April 13, 27; May 11, 25; June 8; July 13, 27 – from 10 a.m. – 2 p.m.
March 9, 23; April 6, 20; May 4, 18; June 1, 15, 29; July 6, 20 – from noon – 4 p.m.

Why take the AAA Defensive Driving Course?

- It's free, and you may qualify for an auto insurance discount upon completion!
- Get a refresher on driving skills, strategies and traffic laws
- Discover the latest technology
- Stay driving longer, while remaining safe
- Learn from highly trained, certified instructors in traffic safety

**FREE
COURSE**

Visit WWW.AAA.COM/DEFENSIVEDRIVING to Register for a Virtual Class!



Our Edith Wheeler Memorial Library has many activities for people of all ages. Go to www.emwl.org, click on events, then click on adult events and follow the instructions listed above for more information or to register for the programs listed below.

- Wednesday, March 3, **2:00 pm** America's War in Vietnam
- Friday, March 5, **9:15 am** Microsoft Excel (Part 1 of 2); **10:00 am** Tech Help Open Hours
- Tuesday, March 9, **9:00 am**, Crafts-to-Go; **6:30 pm** Adult Book Discussion
- Friday, March 12, **9:15 am** Using Microsoft Excel (Part 2 of 2); **10:00 am** Tech Help Open Hours
- Tuesday, March 16, **4:30 pm** Baking with Janina Chocolate PB No-Bakes; **6:00 pm** Adult Writers' Group
- Wednesday, March 17, **2:00 pm** America's War in Vietnam; **6:00 pm** Financial Wellness Retirement Income Planning
- Tuesday, March 23, **9:00 am** Crafts-to-Go
- Wednesday, March 31, **2:00 pm** America's War in Vietnam

Tips for National Nutrition Month

A proper diet plan ensure you are maintaining a healthy lifestyle, as well as limiting disease and sickness. Creating a healthy diet does not need to be a difficult task. Incorporating these simple tips can help keep you healthy all year long.

Pick Foods High in Nutritional Value ~ As we grow older, our bodies do not need as many calories. Look for foods that provide more nutritional value without the extra calories. Examples include: fruits and vegetables; whole grains and whole wheat (brown rice, oatmeal, etc.); non-fat or low fat milk, almond or soy milk; nuts, beans, seeds; lean meat, chicken, seafood, eggs.

Limit Empty Calories ~ Avoid foods that are high in calories and/or carbs without providing any nutritional value. Examples include: chips, baked goods, soda, candy. Everything should be eaten in moderation ~ a snack splurge every once in a while is completely normal and acceptable. Having said that, healthier foods should be eaten in replacement more often than not.

Drink 8 Glasses of Water per Day ~ Keeping hydrated throughout the day should be a priority. Avoid serving sugary drinks, caffeine and alcohol which can dehydrate you. In general, drinking eight 8oz glasses of water per day is recommended.

Avoid Saturated and Trans Fats ~ Fried foods, vegetable oils and margarine are all high in saturated and trans fats. Healthier alternatives include baked or grilled food, olive oil and ghee. Herbs and seasonings are also good substitutes to high-fat dressings.

Encourage Physical Activity ~ simple arm and leg exercises can help increase appetite. Walking outdoors or inside the mall is a good way to exercise. Anything you do to get the body moving is better than being idle. Increasing physical activity will also increase thirst, providing an opportunity to drink more water.

Add Nutritional Variety ~ everyone gets tired of eating the same things over and over again. So give yourself some variety to your diet plan, use different colors and textures.

MARCH Facts

March was named for the Roman God "Mars"

Birthstone: aquamarine and bloodstone

Flower: daffodil

Zodiac signs: Pisces and Aries



Erin Go Bragh - Saint Patrick's Day ~ March 17

Saint Patrick's day is in honor of the Patron Saint of Ireland, who brought Christianity to the Emerald Isles, as Ireland is known. It is truly a day of celebrating Irish history, ancestry, traditions and customs.

Saint Patrick's' Day has many symbols and traditions, from shamrocks and leprechauns, to green beer and Corned Beef and Cabbage. Saint Patrick's Day parades are popular in many cities around the U.S. Interestingly, the first St. Patrick's Day parade did not take place in Ireland, it took place in New York City, in 1762.



Are you Irish, me lads and me lassies?! Well, the saying goes everyone is a little Irish on Saint Patrick's Day.

Roots of Tradition: Saint Patrick's day is held in honor of Saint Patrick, the missionary who brought Christianity to the Irish people in the 400's AD.

Erin Go Braugh is perhaps the most common Irish term you will hear, it means "Ireland Forever"

Did You Know? Over 34 million Americans are of Irish descent. That's almost nine times the population of Ireland!

Favorite Sayings:

- May the road rise up to meet you.
- May the wind be always at your back.
- May a rainbow be certain to follow each rain.
- May the rain fall softly upon your fields. And the sun shine warm upon your face.
- Top of the mornin' to you....(and the rest of the day to 'me self!)
- May there always be work for you to do.
- May your purse always hold a coin or two.
- May the sun always shine on your windowpane.
- May the hand of a friend always be near you.
- May God fill your heart with gladness to cheer you.
- May the wind at your back not be from the cabbage and corned beef that you eat today!
- May your blessings far outnumber the shamrocks that grow and may trouble avoid you wherever you go. Everyone's at least a little bit Irish on St. Patrick's Day. (how true, how true).
- When Irish eyes are smiling... they are probably up to something.