

WOODBURY SENIOR CENTER REPORTER



FEBRUARY 2021

Mission Statement: The Woodbury Senior Center will serve as a community focal point providing information, programs, serves and links to promote independent living for adults at least 60 years of age.

SENIOR CENTER BUILDING REMAINS CLOSED

At the time of publication, the Senior Center remains closed to the public due to the rise in COVID-19 cases in our community. Please know that while our building is closed, our services are still open! Call the Center for any questions you may have or services you may need, and read on for information about our many virtual and at-home programs in February.

FEBRUARY HOLIDAY CLOSINGS

The Center will be closed on **Friday, February 12** for the **Lincoln's Birthday** holiday and on **Monday, February 15** for the **Washington's Birthday** holiday. There will be no senior bus transportation on these days.



GOOD NEWS! GRAB AND GO CONGREGATE MEALS ARE BACK!

We are happy to announce that New Opportunities, Inc. is bringing back Congregate Lunches, as a Grab and Go option for seniors. This allows you to enjoy a Senior Dine style main meal of the day as a grab and go portion. Lunches will be available on Tuesdays and Thursdays, with pick up at the Center from 11 to 11:30 a.m. Each day there will be a choice of two entrees and you must choose



one at sign up. All meals will be served with multigrain bread, fresh fruit and low fat milk. Thank you to Annoula's restaurant for making this option available for our congregate diners!



Suggested donation for this program is \$3.50 per meal. You can sign up for one or more days. Call the Senior Center at 203-263-2828 to sign up for the dates you would like to pick up your meal; (203) 263-2828. Deadline is Friday of each week for ordering the next week's meals, or you can reserve your meals for the month in one phone call; it's up to you.

FEBRUARY MENU

February 2: Roast Chicken, roasted potato, vegetable **OR** Pasta Bolognese with small salad

February 4: No congregate meal today

February 9: Beef Gyro, roasted potato, vegetable **OR** Chicken Kebob, roasted potato, vegetable

February 11: Greek salad plate **OR** Salisbury Steak with mushrooms, onions, peppers, mashed potato and vegetable

February 16: Baked chili casserole with cheddar cheese, small salad **OR** Chicken marsala, mashed potato and vegetable

February 18: Mediterranean chicken with roasted potato, vegetable **OR** Beef gyro with roasted potato and vegetable

February 23: Chicken Kebob with roasted potato, vegetable **OR** Meatloaf, roasted potato, vegetable

February 25: Roasted chicken with roast potato, vegetable **OR** Greek Salad plate



NEW OPPORTUNITIES
Building Relationships to End Poverty™

TAX PREPARATION ASSISTANCE OPTIONS

We know tax preparation assistance is an important service for many people. Last year the sudden COVID shutdown created many difficulties for people who rely on tax preparation assistance. This year, some assistance is available, but ongoing COVID restrictions mean lots of changes to how tax assistance is provided. Please read through the options below and choose the option that works best for you.

- 1. AARP Tax Preparation Assistance:** Beginning on **Monday, February 1** you can call the Woodbury Senior Center at 203-263-2828. **THIS IS NOT FOR A TAX APPOINTMENT.** This year Woodbury residents who have had their taxes prepared here at the Center by AARP last year will have their name and phone number forwarded to an AARP tax volunteer by the Senior Center. An AARP tax volunteer will then call you directly to screen and verify the complexity of your tax return. If you fit their criteria, they will then schedule a socially distant appointment with you. The AARP tax volunteer will give you all the details.
- 2. VITA Free Income Tax Preparation Assistance:** is a program sponsored by the IRS for the elderly, disabled, those who speak limited English and those earning less than \$54,000 per year. Appointments will be held virtually; you must have a phone available during the appointment and documents must be uploaded via their secure internet connection. For more information or to get help, contact 1-800-906-9887. <https://portal.ct.gov/DRS/Individuals/VITA-TCE/Free-Income-Tax-Assistance#vita>
- 3. The IRS Free File program offers online assistance in filing your taxes:** The IRS Free File Program is a public-private partnership between the IRS and many tax preparations and filing software industry leaders who provide their brand-name products for free. It provides two ways for taxpayers to prepare and file their federal income tax online for free. Traditional IRS Free File provides free online tax preparation and filing options on IRS partner sites. Our partners are online tax preparation companies that develop and deliver this service at no cost to qualifying taxpayers. Please note, only taxpayers whose adjusted gross income (or AGI) is \$72,000 or less qualify for any IRS Free File partner offers. Many Tax Preparation Companies offer this service; please call the companies directly to inquire. Free File Fillable Forms are electronic federal tax forms you can fill out and file online for free. If you choose this option, you should know how to prepare your own tax return. Please note, it is the only IRS Free File option available for taxpayers whose income (AGI) is greater than \$72,000.

GETTING YOUR COVID-19 VACCINE



This info was accurate at publication but is changing quickly, sometimes several times per day! New options will be added as more vaccine reaches our area. All people are being asked for patience as vaccine arrives in our area. Everyone who wants a vaccine will be able to get an appointment, but not all in the first weeks. Right now, seniors age 75 and up can make appointments. Seniors age 65 and up will be eligible in the next few weeks. Please note: appointments are needed. No walk-ins. For general information and to register for VAMS or other statewide clinics, go to <https://portal.ct.gov/Coronavirus/> or call **877-918-2224**. For local information, or if you don't know where to start, go to: <https://woodburyseniorct.org/covid-19-vaccine-info> or call us at **203-263-2828**.

Here are answers to frequently asked questions:

1. Yes, there will be enough vaccine for everyone. The delays are due to limits on the amount of vaccine sent to Connecticut, and therefore to each site, weekly. The distribution system is improving and more vaccine comes in each week.
2. No, there is no deadline at this time; you can get your vaccine anytime in the next several months. You do NOT need to get it right away.
3. Yes, there are many ways to make an appointment. Call us if you need help and we will help you understand your option and which option is best for you.
4. Yes, different options are available in different communities. You may get your vaccine in any community in Connecticut.
5. Yes, you should have your first and second dose at the same place.
6. No, you cannot have the first dose in Connecticut and the second dose in another state.
7. No, there is no such thing as "just showing up" for a vaccine. You must have an appointment.
8. Yes, some local pharmacies will carry the vaccine soon. Ask them!
9. No, no vaccine clinics are planned at the Senior Center at this time. This may change later on as vaccinators have more stock and can plan more community clinics.

In the very near future, we will be partnering with United Way so that we can book appointments with and for you. We will send out a voice call when this helpful service is available.

We have information and tips to help you with your vaccine registration; stop by and look in the outside cabinet for information or call the Center at (203) 263-2828.

TAKE OUT TODAY

In keeping with many events during the pandemic, we unfortunately ran into a few snags scheduling our February Take Out Today. We look forward to offering a Take Out Today again in March. Look for details in the March newsletter.

FEBRUARY WORD SEARCH

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

BLACK HISTORY
 FEBRUARY
 HEART
 LOVE
 PRESIDENTS DAY
 VALENTINES DAY

COLD
 GROUNDHOG DAY
 LEAP DAY
 PHIL
 SHADOW
 WINTER



**HEALTH CARE AND YOUR RETIREMENT -
WHAT ROLE WILL MEDICARE PLAY DURING YOUR
RETIREMENT?**

**Presented by Kristina J. Matwljec, CFA at Edward Jones
and Rob Pun, Licensed Insurance Broker
Tuesday, February 23 at 6:30 p.m.**

This webinar will discuss the growing concern of the increasing cost of health for current and future retirees. In fact, 30 years ago, retirees spent almost twice as much on food as on health care; now the amounts are nearly equal. Learn about Medicare coverage and traditional medical expenses, long-term medical expenses and strategies for addressing uncovered expenses. Please call Kristina Matwljec at 860-274-1206 to sign up and receive webinar details.

SOUP RECIPE CONTEST WINNER

**Lentil and Mushroom Soup
by Beth Lyons**

- 1 tablespoon olive oil
- 2 cups chopped onion
- 1 teaspoon minced garlic
- 6 cups water
- 2 cups lentils, rinsed
- 2 cups diced carrots
- 2 cups sliced mushrooms
- 1 cup diced celery
- 1 bay leaf
- 1 teaspoon dried rosemary
- Pinch of dried crushed red pepper
- 1 cup chopped seeded plum tomatoes (about 3 large)
- 1 tablespoon red wine vinegar
- ½ cup chopped watercress or parsley (optional)



Heat oil in heavy large saucepan over medium heat. Add onions and sauté until golden, about 10 minutes. Add garlic and stir 2 minutes. Add 6 cups water, lentils, carrots, mushrooms, celery, bay leaf, rosemary, and crushed red pepper and bring to boil. Reduce heat to medium, cover, and simmer until lentils and vegetables are tender, adding more water if soup is too thick, about 45 minutes.

Discard bay leaf. Add tomatoes and vinegar to soup; simmer 5 minutes. Season to taste with salt and pepper. *(Can be prepared 1 day ahead. Cover and refrigerate. Rewarm over medium heat.)* Ladle soup into bowls and sprinkle with watercress or parsley, if desired.

**BRASS CITY HARVEST VIRTUAL COOKING
CLASSES**



**with Nutritionist Nichole Texiera
continues on Thursday, February 4
1 to 2 p.m. on Zoom**

Yummy, healthy recipes with ingredients you have on hand!

FOOT CARE CLINIC INFORMATION

The Foot Care Clinic is a program that allows eligible seniors to get routine foot care for just a \$10 copay with a local podiatrist.

This program can really help if you have a difficult time caring for your feet and toenails at home. During COVID, appointments are held at the doctor's office in Southbury. Transportation is available if necessary. If you are interested, please call the Center at 203-263-2828 for additional details and be on your way to healthier feet.



PANDEMIC POETRY CONTEST WINNER

Melancholy Winter
by Susan Lamphier

Missing family and waving afar
No parties, church services,
not being quite all that we are.
Wishing for the familiar and
those times that have been,
almost faded memories now
just messages to send.

Melancholy takes over
And we try to get by
But so hard for us all
Even the children do cry.

Now a fresh laden snow
Pure with crystals and diamonds
Glittering, soaring
Winds sending tiny flakes flying.

Faith and hope are anew
Our path now to rise and create,
fresh memories going forth
helping each other and
changing our fate.

We now remember something
simply felt and caressing
For every tiny snowflake
that falls
there are many a blessing.

WOODBURY SENIOR CENTER STAFF

Director of Senior Services: Loryn Ray
Program Assistant: Jennifer Skene-Tiso
Office Manager: Karen Blanchet
Municipal Agent: Jennifer Moshier
Senior Bus Drivers: Tom Davis, Bob Hughes and
Nancy Gubbiotti
Custodian: John White

281 Main Street South (mailing address)
265 Main Street South (physical address)
Woodbury, CT 06798
Phone: 203-263-2828
Fax: 203-266-4308

Email: SeniorCenter@woodburyct.org
Website: woodburyseniorct.org

Our newsletter is available on our website.
And "Like" us on Facebook at Woodbury Senior Center.

SENIOR BUS TRANSPORTATION NEWS

We are adapting our senior bus transportation to meet your needs. Trips are limited to 1 rider at a time (plus aide if required). Bus ride appointments are limited to doctor appointments in Woodbury, Southbury, Middlebury, Watertown and Waterbury. Shopping is limited to Woodbury for groceries at LaBonne's or New Morning and any Woodbury or Southbury pharmacy. Please call us to reserve your seat at 203-263-2828. All riders will be screened before getting on the bus and must wear a mask at all times while on the bus. **All trips are subject to change.**



UNLOCK ANCIENT STORIES WITH DNA VIRTUAL ZOOM PROGRAM
A Program of the Connecticut Science Center
Friday, February 26
1 to 2:30 p.m.

Explore how DNA can be used to uncover stories of people who lived hundreds - or thousands - of years ago. Unlock the mysteries of a 5000 year old mummy or an 11,000 year old child by using the DNA from their bones to uncover what their lives were like. Use their DNA sequences to determine what people looked like, what they may have eaten, how they lived, what diseases they may have had and more.

Register at:
<https://hipaa.jotform.com/210204141788045>

Brought to you by:



With sponsorship support from:



ST. PATRICK'S DAY GRAB AND GO LUNCH AND BINGO
Wednesday, March 17

Celebrate the luck of the Irish by signing up for our St. Patrick's Day Grab and Go lunch and Lucky Day Bingo. Annoula's Restaurant will be catering the dinner, featuring corned beef, cabbage and the works. Included in your lunch will be a Lucky Day Bingo card and information on joining us via Zoom for a chance to have some fun and win a grocery gift certificate! Pick up your lunch on St. Patrick's Day between **11 a.m and 12 noon** at the Center (limited delivery available if you don't drive). Bingo starts at 1 pm on Zoom (you'll get the link along with your Lucky Day Bingo Card and marker when you pick up your lunch).



The suggested donation for this event is \$4, payable at sign up. Do join us, won't you? It will be fun, and you might be the lucky one!

NATIONAL SOUP DAY IS FEBRUARY 4

Soup and Sweets Grab and Go Lunch

Reminder for those who registered...

Pick up on Thursday, February 4 from 11:30 am to 12:30 pm.



Menu includes your choice of homemade chicken noodle, ham and bean, or tomato-basil soup, a corn muffin, and cookies. All food will be packed, chilled and ready to reheat at home.

JANUARY RANDOM ACTS OF PUZZLES WINNERS

And the winners are...

Week 1 -

Holly Fitzsimmons
Carolann Rich

Week 2 -

Diane Barkett
Toni Shea

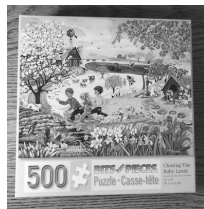
Week 3 -

Betty Stratton
Linda Drew

Week 4 -

Stephanie Berry
Sandy Briggs

Congratulations and enjoy creating your puzzles!



REGION 14 SENIOR CITIZENS PICK-UP LUNCH AND VIRTUAL MUSICAL PRODUCTION OF

“SEUSSICAL THE MUSICAL” BASED ON DR. SEUSS presented by the Nonnewaug High School Culinary Class and the musical show cast and crew Friday, March 19



Woodbury seniors must sign up by Wednesday, March 10

Meals are limited to 40 guests. You will receive a ticket from the Senior Center when you call 203-263-2828 or stop by to sign up to present to the high school at pick up.

10 to 11:30 a.m. on Friday, March 19 - Pick up lunch at NHS.

Guests will be guided through the school’s driveway and pick up the meals at the Culinary Arts room back patio. Lunch will include marinated spring greenhouse herb and vegetable salad with cous cous, white beans and lentils; baked cheese stuffed shells (ricotta, mozzarella and greenhouse basil) and for dessert key lime pie with strawberry whipped cream.

The musical will be virtual. Information will be provided when picking up your lunch for the link to the broadcast of the show.



CONSTANT CONTACT

If you would like to ensure that you will receive any important updates from the Senior Center, please be sure you have registered your email, specifically for Constant Contact, with us. If you would like to register, or unsure if you already are registered for Constant Contact emails, please call us at 203-263-2828.



VIRTUAL EXERCISE CLASSES

A Note About our Virtual Exercise Classes:

At the beginning of the pandemic, we made a decision to discount the fees for our virtual exercise programs until the end of the calendar year. This decision meant that all virtual exercise programs offered by the Woodbury Senior Center would have a monthly fee of \$10 if the class meets once per week, or \$20 if the class meets twice per week, a savings to participants of \$10-\$15 per month. We are happy to announce that we will continue this policy until April 2021. Please use this opportunity to try one of our virtual classes. Stay connected to others and stay fit in mind and body.

Virtual Cardio Dance with Andrea on Zoom

Wednesdays and Fridays from 9 to 10 a.m. on February 3, 5, 10, 17, 19, 24 & 26 (No class 2/12)

Great music and dance moves in this energetic class! The cost is **\$20** for the month of January (7 classes). You must sign up for the full session. Call the Center to sign up. We will need your email to send you the Zoom link.



Virtual Fitness Fury with Susan on Zoom

Tuesdays from 11 to 11:45 a.m. and Thursdays from 10 to 10:45 a.m. - February 2, 4, 9, 11, 16, 18, 23 & 25

You will need a ball, weights, a tube/band, paper plates, a chair and water. The cost is **\$20** for the January session (8 classes). You must sign up for the full session. Call the Center to sign up. We will need your email at sign up to send you the Zoom link.



HAPPY CHINESE NEW YEAR!

A few facts for you:

The Chinese New Year fall on February 12 this year. Linked to the Lunar calendar, New Year falls on the second full moon after the December solstice.



It's the Year of the Ox! Ox years are

meant to be the years when all our planning, preparation and hard work start to pay off. Let's hope this year it means better times for us all. The color red is always associated with the Chinese New Year, as it is thought to be a symbol of luck and of plenty. Children are often given small red envelopes containing money. In fact, one of the most famous traditional greetings for Chinese New Year is the Cantonese *kung hei fat choi*, literally "greetings, become rich." For an excellent way to celebrate this year (why not?!), order some takeout (or try the "almost" Asian recipe, below), make a pot of good strong Chinese tea, and enjoy watching an Asian-themed film or documentary (recommendation: Graeme Langford's "The Chinese Silk Road" series on YouTube)

Egg Roll in a Bowl—(and this is heart healthy, too!)

- 1 lb. ground turkey breast (can substitute with ground chicken, ground beef, or ground pork or tofu)
- 1 sweet onion, diced
- 1 tablespoon sesame oil*
- 1 tablespoon rice vinegar
- 2 teaspoons minced fresh garlic**
- 1 teaspoon ground ginger
- ¼ cup less sodium soy sauce
- 1 (16 ounce) bag coleslaw mix
- ½ cup grated or "matchstick" carrots
- 2 green onions, thinly sliced
- Salt and pepper, to taste
- 1 tablespoon hoisin sauce (optional, but recommended)

Instructions

Heat a large skillet over medium-high heat. Add ground meat and cook, stirring, until no longer pink. Drain; return meat to skillet.

Add diced onion, sesame oil, and rice vinegar to the skillet. Cook, stirring, for a few more minutes (until onion is tender).

Add garlic, ginger, soy sauce, hoisin sauce (optional), coleslaw mix, and carrots to the skillet. Cook, stirring, for about 5-7 more minutes, or until cabbage is wilted.

Remove skillet from the heat. Stir in green onions and season with salt and pepper, to taste.



WE ARE NOW TAKING CREDIT CARD PAYMENTS! For your convenience we are now taking credit card payments! Cash and checks are, of course, still accepted .



FREE MASKS

The Center has free masks available for Woodbury seniors and those who care for them .



These are white cotton, double ply masks which can be hand or machine washed, are comfortable to wear, and come in a sealed pack of five. We can offer you a pack of five masks for each older adult in your household, while supplies last. Please call us or stop by the Center to pick up your set of 5 free masks.

WE'RE WALKING ACROSS AMERICA!

(See Page 9 & 10)



We're off to a good start with a small group of people who are counting their daily steps. As a group we've walked **274 miles** since January 1! On our virtual journey, that took us from the Senior Center, to Philadelphia (where we imagine we

ran up and down the famous "Rocky" steps and enjoyed a cheesesteak). From there we walked on over to Hershey, PA for a little dessert and a ride on the Hershey town express. We're now on our way to Pittsburgh, and invite you to join us. Just track your daily steps, and send them into the Center every two weeks (a phone call is perfect). Let's see how far across this beautiful country we can get!

GET WELL CARDS FOR BOB HUGHES

Another one of our staff members is in need of having his spirits lifted - Bob Hughes is currently out on a medical leave, undergoing a course of treatment. If you would like to send Bob a card, please mail or drop off your cards to the Senior Center and we will forward them to Bob. He would love to hear from you!



FREE MONTHLY "SENIOR CENTER IN A BAG"

Sign up for the monthly SCB today.

The bag is full of opportunities to exercise your brain, your body and your mind. This isn't child's play!

Call the Center at 203-263-2828 to make arrangements for pick up or delivery.



**10 TIPS FOR EMOTIONAL HEALTH— Be Good to You!
(from the University of Ottawa Heart Institute)
Paying attention to your emotional health can help
you manage stress and emotions.**

1. **Practice Deep Breathing** - Deep breathing relaxes your body and lowers your blood pressure and heart rate.
2. **Name Your Emotions** - Naming your emotions helps you be more aware and decide how you will react.
3. **Try Not to Judge Your Emotions** - Judging our emotions can make them seem worse.
4. **Know Your Emotional Triggers** - Knowing what makes you angry, sad or anxious will help you be better prepared.
5. **Be More Mindful** - Be aware of what is around you and try to notice your thoughts and feelings.
6. **Move Your Body** - Physical activity decreases anxiety and improves mood and self-esteem.
7. **Talk to Someone You Care About** - Humans are social! Make time to talk and connect with others.
8. **Sleep Well** - Sleep is important for your mind and body.
9. **Stop “Shoulds” in Their Tracks** - Don’t put too much pressure on yourself about what you “should” or “shouldn’t” be doing.
10. **Do the Things That Make You Happy** - Identify the things that make you happy and make time for them.

INFORMATION FROM SOCIAL SERVICES...

ABOUT THE CT ENERGY ASSISTANCE PROGRAM

The federally-funded Connecticut Energy Assistance Program (CEAP) is designed to help low-income households pay their winter heating bills. CEAP is not meant to pay total heating costs. Households must plan to pay a part of the bill themselves. Yet with the help of CEAP, households may secure fuel service deliveries and defray their utility heating costs. For those whose heat is included in their rent, one-time financial assistance is available.

For eligible households, the winter heating assistance pays for such heating sources as oil, natural gas, electricity, propane, kerosene, coal and wood. Individuals and families qualify for CEAP based on their gross annual income and household size. Any household with a gross annual income at or below 60% of the state median incomes and has also provided all required documentation is deemed eligible for this program.

Applications for CEAP are accepted through April. Benefits are available only until the annual allotment of funds runs out. Although CEAP is overseen by the CT Department of Social Services (DDS), it is administered by New Opportunities, Inc. in all towns which are included in its service area.

For information on how to apply and required documentation, call the Energy Division at 203-756-8151 in Waterbury or email Energy@NewOpplnc.org.

A note from the Friends of the Woodbury Senior Community Center
BRICK CAMPAIGN - Indication of Interest

You have probably noticed the personalized bricks around the front of the garden at the **Senior Community Center**. They were placed there in 2007 when the Friends of the Senior Center launched an initial fundraising campaign.

In anticipation of a possible new Senior Center technology support program, we will be launching a new brick fundraiser in the spring of 2021. Please complete the form below if you are interested in a **future purchase** of a brick to celebrate yourself, your family or other loved ones.

Name _____

Phone _____

Email (optional) _____

Please return to: P.O. Box 493, Woodbury CT 06798 (indicate “Brick Campaign” on outside of envelope) or Drop off outside Senior Center in a box labeled “Brick Campaign.”



NO-CONTACT PICK UP/DROP OFF AT THE CENTER

The Center offers no-contact pick up and drop off for Senior Center in a Bag, program materials, newsletters, masks, payments and more. You'll find it outside our front entrance in an enclosed cabinet which will keep materials safe from bad weather.

Give us a call if you'd like us to leave any materials outside for you for pick up or if you are dropping off something to us.



AARP SMART DRIVER ONLINE COURSE

For measures of safety for their class attendees, hosts, and volunteers; AARP has canceled their in-person programs through the end of February 2021.

If you need to renew your car insurance discount try AARP's online course! They are extending a special 25% off discount through the end of the year.

Website:

<http://www.aarpdriversafety.org>

Promo code for 25% discount: DRIVINGSKILLS

Each February, our country recognizes famous Black Americans as part of **Black History Month**, yet so much of what has been accomplished is not regularly recognized. For instance, did you know that...

Phillis Wheatley became the youngest black American author in 1773 at the age of 12. She was taken from her home in Africa at age 8 and sold to the Wheatley family in Boston. The family taught her to read and write and encouraged her poetry talent; published, she became a favorite poet of notables including George Washington. After emancipation at a young age, she continued to write to support her own family until her death of illness at age 31.



The famed actress **Josephine Baker** was a spy for the French during World War II. Josephine Baker, one of showbiz's most iconic performers, left the United States due to the overt racism she encountered in 1937. After marrying a Frenchman, Jean Lion, she moved to Paris and renounced her U.S. citizenship. In 1940, when the Nazis began their occupation of Paris, Baker showed just how deep her loyalty to her adopted nation was, becoming a spy for the Allies. During her travels across Europe to perform, Baker would conceal messages within her costumes or her sheet music for other Allied spies. She also used her status as a desired society presence to eavesdrop at various embassy events and balls.

Matthew Henson was a key member of the first successful expedition to the North Pole and made seven separate voyages to the Arctic. On April 9, 1909, Matthew Henson and Robert Peary arrived at the true North Pole. But getting there was no easy feat. The pair had made former attempts, but all had failed, including one where six members of the expedition team died of starvation. After they finally made it in 1909, Henson and Peary went on to explore the arctic for another two decades.

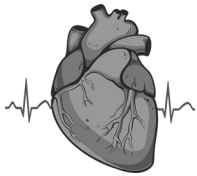


Madam C.J. Walker was an African American entrepreneur who became America's first female self-made millionaire. Born in 1867 to former slaves on a Louisiana cotton plantation, Madam Walker rose in power to become America's first female self-made millionaire. She did so through the creation of the Madam C.J. Walker Company. Headquartered in Indianapolis, Indiana, her company was a cosmetics manufacturer that specialized in beauty and haircare products for African American women.

Benjamin Banneker taught himself astronomy and math to become America's "First Known African American Man of Science". Born a free man in 1731, he was self-educated, and published a widely acclaimed series of almanacs based on his ability to calculate the positions of celestial objects at regular intervals. Each issue included Banneker's astronomical calculations, weather predictions and tide tables, as well as poetry and writing on literature, medicine, and politics. Banneker's scholarly pursuits led to his correspondence with Thomas Jefferson – later published – wherein he respectfully challenged the then-Secretary of State's view on slavery and the intellectual capacity of black people.



February is synonymous with hearts — not just the candy kind



American Heart Month began February 1964 when President Lyndon B. Johnson issued the first proclamation nine years after he had a heart attack. Through education, research and outreach, organizations like The American Heart Association have helped to ensure millions of people are enjoying longer, healthier lives. Despite the progress, heart disease remains the single largest health threat to Americans.

Information taken from heart.org states “cardiovascular disease (heart disease and stroke combined) kills about 2,300 a day. Obesity in both youth and adults is at an all-time high, youth are being diagnosed with heart disease earlier than ever and people just ZIP codes apart can live 25 years less than their neighbors because of disparities in health. American Heart Month is vital for awareness, but the American Heart Association urges people to take care of their hearts year-round. Heart attacks affect more people every year than the population of Dallas, Texas.”

Startling facts to remember:

- 83% believe that heart attacks can be prevented but aren't motivated to make the changes necessary for prevention.
- 72% of Americans don't consider themselves at risk for heart disease.
- 58% put no effort into improving their heart health.

While science is advancing medicine in exciting new ways, unhealthy lifestyle choices combined with rising obesity rates in both kids and adults have hindered progress fighting heart disease.

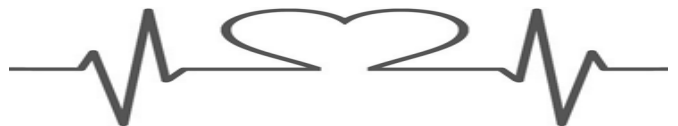
Taking Control:

The good news is that heart disease is preventable in most cases by adopting healthy choices, which include not smoking, maintaining a healthy weight, blood sugar and cholesterol, treating high blood pressure, committing to at least 150 minutes of physical activity per week and getting regular checkups. As always you should consult with your doctor before starting any diet or exercise routines.

The first Friday of the month, Feb. 7, is National Wear Red Day to raise awareness and support for heart disease. For more information, visit goredforwomen.org.

FITNESS CHALLENGE WALK ACROSS AMERICA

Who wants to take a trip? Well, until it's safe to travel again, we're doing a Fitness Challenge Walk Across America for fun and fitness. Join us in counting your steps as you walk around your house, your driveway or your community; every step counts. Then report your steps to the Center. We will add them all up and see how far we can go together on a group map. California or bust! To participate, register by calling the Center. We'll send you a step tracking sheet, a map of our route and a short newsletter about our walk and what to expect. Count your steps and report your steps to us twice per month. We'll keep track at the Center and send out regular updates of our distance, our stories and the sights along the way in our "trip." No computer needed to join, just a way to monitor your distance in steps (or feet, if you use a wheelchair). Let's have some fun and stay connected and moving this winter. Free step counters for the first 20 people who need them (if you have a smartphone, we can help you use the pedometer app). At the end of April we will hope to be able to meet outside for a celebratory last lap together. There will be prizes and surprises along the way. Use the chart on Page 10 to keep track of your steps. Sign up today by calling 203-263-2828.



Heart Health is a Part of Everyday Living

Prevention and Knowledge of Signs and Symptoms is Key





















Discuss Your Family History with Your PCP

Women's Symptoms May Be Different

Join us on ZOOM!

Thursday, February 18th, 11:30-12:30PM
when the Woodbury Senior Center will host a comprehensive discussion on heart health with Sandra Micalizzi RN,MSN,CDE



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SENIOR LEARNING NETWORK (SLN) FEBRUARY PROGRAMS**All programs begin at 2 p.m. - Log in for roll call at 1:45 p.m.**

For those interested in registering for any of these Senior Learning Network classes, please call the Center at 203-263-2828 and we will email you the link for the class(es) you'd like to attend.

PLEASE DO NOT SHARE THE LINKS. Each person participating MUST be registered with the Senior Learning Network through the Woodbury Senior Center.

Tuesday, February 2: Live from the Truman Presidential Library

Take a sneak peek into the new exhibits as the museum comes close to opening in the Spring of 2021! In recognition of the 75th anniversary of his presidency, the Truman Library and Truman Library Institute have developed a momentous plan to use Truman's life and legacy to inform, inspire, educate, and engage a 21st-century audience at an increasingly critical time in our nation's history.

Tuesday, February 9: Elephant Sanctuary, Tennessee

As a true sanctuary, the elephant habitats are closed to the public and all the elephants are retired from their lives of performance and exhibition. The Sanctuary reaches thousands of students and adults each year to share the mission of The Sanctuary and the stories of their resident elephants. Using photos, lives-streaming video and storytelling, a member of The Sanctuary's education team will offer a virtual glimpse into the daily life of elephants at The Sanctuary and answer all of your elephant related questions.

**Thursday, February 11: Durham Museum: Historic Train Travel**

Join us for a virtual tour of the museum's authentic train cars! We will start with a look at our 1890's steam engine and 1950's caboose, followed by a walk through our passenger trains. Luxurious rail travel awaits!

Tuesday, Feb. 16: Hildene, Lincoln Family Home

Pullman Porters: Unsung Heroes, Former Slaves, Labor Organizers, Middle Class Citizens; Civil Rights Activists. Participants will discover what it was like to travel and work on a Pullman car, and engage in discussion about the porters' enduring fight for social change and justice in America. We will examine the critical role that Pullman porters played in giving rise to America's black middle class, the formation of the black labor movement, and the momentum for the civil rights movement. This slice of history spans 100 years beginning with the Emancipation Proclamation.

**Tuesday, February 23: National Museum of Toys and Miniatures - BIG Fun with Miniatures!**

Explore the incredible artistry of fine-scale miniatures with Laura Taylor and Kelly Burns from The National Museum of Toys and Miniatures in Kansas City, Missouri. Enjoy a video tour of some of the highlights of the museum's fine-scale miniatures collection, followed by time for Q&A.

Thursday, February 25: General Grant National Memorial

The final resting place of President Ulysses S. Grant and his wife, Julia, is the largest mausoleum in North America. It testifies to a people's gratitude for the man who ended the bloodiest conflict in American history as Commanding General of the Union Army and then, as President of the United States, strove to heal a nation after a civil war and make rights for all citizens a reality.



FEBRUARY 2021

S U N	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	S A T
1	AARP Tax Appointment Requests Begin	2 11-11:30 Congregate Meal Pick Up 11-11:45 Fitness Fury with Susan via Zoom 2:00 SLN: Live from the Truman Presidential Library	3 9-10 Cardio Dance with Andrea via Zoom 10:30-12 Current Events with Penny on Zoom	4 10-10:45 Fitness Fury with Susan via Zoom 11-11:30 No Congregate Meals Today 11:30-12:30 Soup Day Grab and Go 1-2 Brass City Harvest on Zoom (last class)	5 9-10 Cardio Dance with Andrea via Zoom 11-12:30 Aging Mastery Program on Zoom	6
7	8	9 11-11:30 Congregate Meal Pick Up 11-11:45 Fitness Fury with Susan via Zoom 2:00 SLN: Elephant Sanctuary, Tennessee	10 9-10 Cardio Dance with Andrea via Zoom 10:30-12 Current Events with Penny on Zoom	11 10-10:45 Fitness Fury with Susan via Zoom 11-11:30 Congregate Meal Pick Up 2:00 SLN: Durham Museum: Historic Train Travel	12 Center Closed for Lincoln's Birthday Holiday	13
14	15 Center Closed for Washington's Birthday Holiday	16 11-11:30 Congregate Meal Pick Up 11-11:45 Fitness Fury with Susan via Zoom 2:00 SLN: Hildene, Lincoln Family Home	17 9-10 Cardio Dance with Andrea via Zoom 10:30-12 Current Events with Penny On Zoom	18 10-10:45 Fitness Fury with Susan via Zoom 11-11:30 Congregate Meal Pick Up 11:30-12:30 Heart Health is a Part of Everyday Living on Zoom	19 9-10 Cardio Dance with Andrea via Zoom 11-12:30 Aging Mastery Program on Zoom (last class)	20
21	22 AARP Tax Appointments Begin	23 11-11:30 Congregate Meal Pick Up 11-11:45 Fitness Fury with Susan via Zoom 2:00 SLN: National Museum of Toys and Miniatures 6:30 Health Care and Your Retirement Webinar	24 9-10 Cardio Dance with Andrea via Zoom 10:30-12 Current Events with Penny on Zoom	25 10-10:45 Fitness Fury with Susan via Zoom 11-11:30 Congregate Meal Pick Up 2:00 SLN: General Grant National Memorial	26 9-10 Cardio Dance with Andrea via Zoom 11-12:30 Aging Mastery Program on Zoom 1-2:30 Unlock Ancient Stories with DNA Zoom Program	27
28						
MY NOTES:						