

July 2016

DURHAM SENIOR HAPPENINGS

Senior Board Members

Elaine Melvin, Chairperson
lainymelvin@gmail.com

Henry Coe, Vice Chairperson
hcoect@gmail.com

Mary Ellen Dontigney
maryellend1947@comcast.net

Norm Hicks
hicks@snet.net

Stu Keating
irishstu4@yahoo.com

Diane Levy
dedelevy@hotmail.com

Jim Martinelli
jim_martinelli@hotmail.com

Beverly Pedersen
bvrlypdrsn@sbcglobal.net

Karin Thody
tchrkmt@sbcglobal.net

Staff

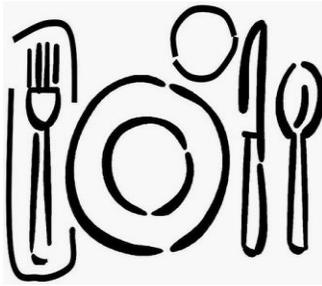
Amanda Pedersen
apedersen@townofdurhamct.org
860-349-3153

Sherry Hill
shill@townofdurhamct.org
Town Hall 860-343-6724
Activity Center 860-788-3337



Town of Durham

Amanda Pedersen
Social Services
Coordinator
860-349-3153



SENIOR LUNCHES

The Elderly Nutrition program is designed to provide nutritional meals, at a low cost to all persons ages 60 and over, and their spouses.

Hot lunches are available at the Durham Activity Center.
350 Main Street, 2nd Floor every Monday and Wednesday
To help cover the cost of the meal, a suggested donation of **\$2.00** is welcomed. Please come join us for lunch!

This program is open to all patrons, regardless of your ability to pay.

To make lunch reservations call Amanda Pedersen,
Senior Café Manger at 860-349-3153

- Wednesday reservation you must call prior to 12:00 on Tuesday
- Monday reservation you must call by 12:00 on the prior Friday
- Dial-A-Ride is available for transportation to lunches...See page 3



July birthdays will be celebrated on July 27th. We will be having cake courtesy of the Durham Senior Board after the senior luncheon.

Transportation



You must fill out an application prior to first trip. Contact individual companies listed to have application sent to you.

Durham-Middlefield Senior/ Disabled Bus: 860-347-5661

St. Luke's Eldercare is located at 163 College Street, Middletown, CT

The bus is available for transportation to activities and shopping. Please see schedule for planned trips. Transportation is also available to the following areas for medical appointments:

- Mondays- Hartford, Newington, New Britain area
- Thursdays- New Haven, West Haven area
- Fridays- Meriden, Wallingford area

There is no fee for this service

You must give 48 hours' notice prior to Dr. Appointment.

For more information, please call 860-347-5661

Monday - Friday 9 am—3 pm to make a reservation.

You will receive confirmation after 4pm from driver.

Dial- A-Ride: 860-347-3313

Middletown Area Transit is available for in county trips.

Provides curb-to-curb transportation for the elderly and disabled residents of **Durham**, Middlefield, and Rockfall to appointments in Middlefield, Durham, Middletown, Cromwell, Portland, East Hampton and East Haddam.

This service can be used for medical appointments, shopping, banking and other places. This service is available 5 days a week, Monday – Friday 8:30AM- 4:00PM. Please call Albert at 860-347-3313 for a reservation.

Fare is **\$2.50** each way.

9 Town Transit: 860-510-0429

www.9TownTransit.com Call 9 Town to take a medical or recreational trip to any of the participating towns. All ages welcome. Call for pricing info and to register for a trip.

SENIOR MOMENTS



Renter's Rebate



Applications will be accepted April 1st– October 1st.
Filing period begins **April 1st** and **ends October 1st**.

Qualifying income limits for this program are as follows:

Filing Single: \$35,200
Filing Married: \$42,900

Applicant must have been 65 years of age by the end of the calendar year preceding the filing period; or if under 65 is receiving social security disability.

Please call 860-349-3153 Amanda to schedule an appointment.

Documentation you will need to bring:

- 2015 1099 SS income statement
- A copy of your 2015 tax return (if filed)
- Proof of rent paid for 2015
- Utility payment history printout from Eversource
- Proof of interest or Dividends from bank accounts, stocks, bonds ...



RECIPE CORNER...

SENIOR CHEF cooking classes for older adults

Roast Vegetable Salad

This salad is a tasty way to enjoy a mixture of vegetables or to use up vegetables that may be lingering in the fridge.



Ingredients	1 Serve	2 Serves
Pumpkin, kumara, red onion (or other vegetables of your choice). Cut in to 2-3 cm pieces.	1 cup	2 cups
Oil	1 T	2 T
Balsamic vinegar	1 T	2 T
Brown sugar or honey	1 t	2 t
Rosemary, dried	1/8 t	1/4 t
Salt and pepper	To taste	To taste
Rocket or spinach leaves	2 handfuls	4 handfuls
Feta, cubed (optional)	1/4 cup	1/2 cup

Method

1. Preheat oven to 200°C.
2. Line a baking pan with baking paper.
3. In a bowl combine oil, vinegar, brown sugar, rosemary, salt and pepper.
4. Add vegetables to oil mixture and mix to coat.
5. Put vegetable mix into baking pan and arrange in a single layer.
6. Roast for 30-40 minutes or until vegetables are cooked and slightly browned.
7. Remove from the oven and allow to cool.
8. Arrange rocket/spinach leaves and vegetables on a plate.
9. Add feta (if using).

Serving suggestion: serve with cold meat, fish or scrambled egg.

ABBREVIATIONS USED IN RECIPES

t = teaspoon

T = tablespoon

ml = millilitre

g = gram

°C = degrees Celsius

cm = centimetre

MENU ITEMS
SUBJECT TO CHANGE

1% or Skim milk provided
Margarine available

July Menu 2016

SUGGESTED DONATION

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
   				
<p>Closed ⁴</p> 	<p>For Reservations call Amanda at 860-349-3153</p>	<p>Chicken Scampi ⁶ Linguini Broccoli w/ Red Pepper</p> <p>12 Grain Bread Citrus Selections</p>	<p>For Reservations call Amanda at 860-349-3153</p>	
<p>Unbreaded Veal Cutlet ¹¹ Picatta Sauce Sweet Potato Spinach</p> <p>Rye Bread Melon</p>		<p>N.E. Clam Chowder ¹³ Unsalted Crackers Asian Chicken Salad with Chicken Strips, Mandarin Oranges, Sesame Seeds and Cucumbers Breadstick Grapes</p>		
<p>Grilled Orange Chicken ¹⁸ Orange Sauce Mashed Potatoes Winter Blend Veggies</p> <p>Whole Wheat Bread Tropical Fruit Cup</p>		<p>Asian Beef Strips ²⁰ with Ginger Sauce Brown Rice Oriental Blend Veggies Garden Salad Italian Dressing</p> <p>Pumpnickel Bread Pineapple Chunks</p>		
<p>Grape Juice ²⁵ Eye of the Round Mushroom Gravy Whole Potatoes Carrots</p> <p>Rye Bread Pineapple Chunks</p>		<p>Cranberry Juice ²⁷ Philly Cheese Steak Onions and Peppers Tri-Color Pasta Salad Carrot Raisin Slaw</p> <p>Sub Roll Peaches</p>		

WHAT'S FOR LUNCH