HELPFUL CONTACTS
Coordinator
Suzette Berger
860-354-2414, ext.1
shermanseniorcenter@gmail.com

Van Drivers
Anna Miskiv • Sue Moore
FISH
860-355-4334

Director of Social Services
Beth Trott, MSW
860-354-2414, ext.2
shermansocserv@gmail.com

Commission on Aging
Dr. Juan Garcia, MD
Ed Hayes • Sheila McMahon
Jean McRoberts • Janet Wey
Rick Hudson • Lynda Lee Arnold
Carol Sperling • Art Von Plachecki
Ex Officio • Don Lowe
Editor • Mutsumi Hyuga

The Sherman Senior Center is committed to ensuring that no person is excluded from participation, denied benefits, or otherwise subjected to discrimination under any program or activity, on the basis of race, color, national origin, sexual orientation, age or disability.

Activities and Webinars Celebrating National Senior Center Month

WALKING GROUP
Join us at the Sherman Track any Monday, Wednesday and Friday at 9AM.
Let’s stretch our legs with some friends. Please remember social distancing.

CHAIR YOGA with ZOOM
Join the fun! Classes will be Wednesday at 10:30am online with LARA WARD, Founder & Director of Lotus Gardens, LLC. There is no cost for the class for Sherman residents 60+.

NMVNA Informal Wellness Check
September 21 and October 19 from 11:30-1pm. Sign up for your private appointment with a nurse who will check your vitals and answer any questions you have about the FLU and COVID. You can meet your nurse outdoors if you prefer.

AARP CT Webinar Wednesday: “Gen Silent”
Join us September 16, 2020 @ 1PM for a screening of the documentary “Gen Silent” to hear the stories of LGBT older adults in Greater Boston dealing with the challenges and hopes of growing older. Since 2010, this landmark movie has inspired a world-wide movement of LGBT & aging advocates to create safe & welcoming community experiences for older adults and caregivers. Registration: https://aarp.cvent.com/GenSilentSept

AARP CT Presents: Mondays at Mystic Seaport: The Gerda 111 Story
September 28, 2020 @ 12PM Mystic Seaport Museum volunteer and researcher Howard Veisz shares the extraordinary story of Gerda III, a wooden boat built in 1926 to re-supply offshore lighthouses along the Danish coast. During the Nazi occupation of Denmark in World War II, she took on another cargo: clandestine groups of Jewish refugees that she transported to freedom. The session will conclude with a live Q&A with Howard and museum staff. Registration: https://aarp.cvent.com/MysticMonSept28

LUMOS
Join us at the Sherman Beach Pavilion on Tuesday, September 29 at 11:30-12:30pm for the sweet music of LUMOS. Bring your lunch and enjoy our beautiful beach. RSVP required and social distancing rules will be followed. Unfortunately there is no raindate.

AARP CT Webinar Wednesday: The Emotional Lives of Persons with Dementia and Their Care Partners
September 30, 2020 @ 1PM This conversation offers participants with the latest science of how emotions influence health for persons with dementia and their care partners. Joan K. Monin, PhD, Associate Professor at Yale School of Public Health, will discuss effective ways in which care partners can manage their negative emotions and increase positive emotions with benefits for quality of life. Reg: https://aarp.cvent.com/Sept30MoninWW

Sherman Medicare Information Session
October 8th at 11 AM on Medicare and Medicare Part D and any other new information regarding changes in Federal and State of CT programs. Come with questions about Medicare, Medicaid, Social Security and any others questions you have about how to tackle medical and financial concerns. If we are not meeting in person we will have a zoom presentation and conversation.
Medicare Part D Review and Enrollment

It is time to look at your Medicare drug plan for 2021 and see if it still fits your needs with your current medications and costs. Please set up an appointment between October 15th – December 7th to discuss your options with Beth. She has been doing this since 2005 and can make the process very easy. All you need is your Medicare card and names and doses of your medications. We are available Monday- Friday 9 AM-2 PM or other times as needed. Please schedule an hour long appointment per person so if you are a couple please schedule 2 hours. This service is free for Sherman residents. It can take from 20 minutes to an hour depending on how complicated your medications are.

Time to apply for ENERGY ASSISTANCE

We are taking applications for Energy Assistance from now until May 2021 for this winter season. Please make an appointment with Beth or Lisa if your income is below $36,171 for a single person and $47,300 for a couple and your assets are below $17,000 if you are a homeowner and $10,000 if you rent.

Emergency Support List

When the power goes out and you live alone with no family in the area; you can plunge into isolation, especially in Sherman. The mission of Sherman Social Services and the town’s Emergency Management Team is to identify and reach out to Sherman’s vulnerable and isolated. Anyone interested may call us at 860-354-2414, ext.2. In the hope of making our outreach more complete, we hope you will consider becoming part of the Emergency Support list.

Senior Dine Home Delivery (Sherman Residents 60+)

Call Sherman Senior Center before 9am to order (860) 354-2414 ex.1
Every Tuesday & Thursday

Cost: One meal credit / $4 donation on your senior dine card.
If you don’t currently have a CW Resources senior dine card, please contact the Senior Center to sign up.

Thank you for respecting the 6 foot social distancing at this time with the driver!
FALL RECIPE

Delicious Pumpkin Bread

2 C sugar
1 C canola oil
4 eggs
16 oz. canned pumpkin (not pie filling)
3/4 C water
3 C flour
2 tsp baking soda
1/2 tsp table salt
2 tsp cinnamon
1/2 tsp cloves (optional)
1/2 tsp nutmeg (or less)
1/2 tsp allspice (optional)

Step 1: Preheat oven to 350 degrees F. Grease 2 loaf pans (don’t fill pans higher than 2/3 full) with butter or non-stick spray.
Step 2: Using a stand mixer or hand mixer, beat sugar and oil together until blended. Add eggs one at a time mixing after each addition. Add pumpkin purée and water and mix until blended.
Step 3: Whisk together the flour, baking soda, salt, cinnamon, clove, nutmeg, and allspice. Add to the mixer and mix only until just incorporated. Pour batter into prepared pans.
Step 4: Bake for about an hour but start checking for doneness after 45 minutes.

Source: alexandracooks.com / 2020
<table>
<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Senior Dine Delivery American Pie</td>
<td>Walking Group 9am</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>4</td>
</tr>
<tr>
<td></td>
<td>5</td>
<td>6</td>
<td>7</td>
<td>8</td>
<td>9</td>
<td>10</td>
</tr>
<tr>
<td></td>
<td>Sherman Flu Clinic Firehouse 10-12pm</td>
<td>Senior Dine Delivery American Pie</td>
<td>Walking Group 9am Grocery Delivery 10:30 am Chair Yoga Zoom Class</td>
<td>Senior Dine Delivery American Pie</td>
<td>Walking Group 9am</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>11</td>
</tr>
<tr>
<td></td>
<td>12</td>
<td>13</td>
<td>14</td>
<td>15</td>
<td>16</td>
<td>17</td>
</tr>
<tr>
<td></td>
<td>Office Closed</td>
<td>Senior Dine Delivery American Pie</td>
<td>Walking Group 9am Grocery Delivery 10:30 am Chair Yoga Zoom Class</td>
<td>Senior Dine Delivery American Pie</td>
<td>Walking Group 9am</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>18</td>
</tr>
<tr>
<td></td>
<td>19</td>
<td>20</td>
<td>21</td>
<td>22</td>
<td>23</td>
<td>24</td>
</tr>
<tr>
<td></td>
<td>Walking Group 9am 11:30-1:00pm Informal Wellness Check w/NMVNA</td>
<td>Senior Dine Delivery American Pie</td>
<td>Walking Group 9am Grocery Delivery 10:30 am Chair Yoga Zoom Class</td>
<td>Senior Dine Delivery American Pie</td>
<td>Walking Group 9am</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>25</td>
</tr>
<tr>
<td></td>
<td>26</td>
<td>27</td>
<td>28</td>
<td>29</td>
<td>30</td>
<td>31</td>
</tr>
<tr>
<td></td>
<td>Walking Group 9am</td>
<td>Senior Dine Delivery American Pie</td>
<td>Walking Group 9am Grocery Delivery 10:30 am Chair Yoga Zoom Class</td>
<td>Senior Dine Delivery American Pie</td>
<td>Walking Group 9am</td>
<td></td>
</tr>
</tbody>
</table>

**Autumn Word Search**

- hay
- colors
- windy
- acorns
- scarecrow
- chilly
- festivals
- halloween
- harvest
- october
- pie
- fall
- pumpkin
- squash
- farm
- september
- apple