

Help Make 2019 a Healthy New Year!

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Board Meetings for 2019:

- February 27, 2019
- March 27, 2019
- April 24, 2019
- May 22, 2019
- June 26, 2019
- July 24, 2019
- August 28, 2019
- September 25, 2019
- October 23, 2019
- November 13, 2019
- December 18, 2019

The meeting will begin at
6:00 p.m. at Post House,
40 Clinton Avenue in the first-floor
meeting room.

With the start of every new year, people typically make resolutions to eat healthier and get more exercise for an improved lifestyle. These are some of the most important things you can do to improve your personal wellbeing.

Studies show that people who eat a healthier diet with more fruits and vegetables are likely to have a reduced risk of common maladies such as heart disease, stroke, obesity and type 2 diabetes. Eating a diet rich in fruits and vegetables as part of an overall healthy diet also may protect against certain types of cancers. And when you reduce sugar and sodium (salt) intake, as well as soda, sweetened juices, alcohol and caffeine, you're on your way to healthy weight loss and a longer life.

As importantly as good eating, regular exercise can help control your weight, reduce stress, help you sleep better and sharpen your mental functioning. Regular exercise reduces body mass. Each pound of muscle burns more calories, reducing your chances of getting heart disease, as well as limiting

damage to bones and joints from excess weight.

Even with all those good reasons for making resolutions, unfortunately, by February and March we lose sight of these improvements to our health and often start to slip back into comfortable, but not necessarily healthy behavior. But, anyone can make simple

changes. If you're interested in keeping your healthier lifestyle resolutions throughout the year, here are some key factors to keep in mind:

Make your resolutions positive –

Rather than tell yourself, "I won't eat any pizza," make your resolution to having one piece with salad and vegetables for a healthier choice.

Keep your resolutions simple – You may tell yourself you'll go to the gym every day or five times a week, but is that a realistic goal for you?



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Connecticut Housing Policy Committee



Charter Oak Communities CEO Vin Tufo (fourth from left in the back row) poses with other members of the Lamont-Bysiewicz Transition Policy Committee. In January, the group presented then Governor-Elect Ned Lamont wide-ranging recommendations aimed at improving housing affordability in Connecticut. The recommendations are under consideration by the new administration.

Cooking Demonstrations for Adults and Children

The children in the Homework Club at Lawnhill Terrace now have the opportunity to participate in a monthly interactive cooking class led by a community volunteer. The cooking class is held at Quintard Manor, and allows senior residents and children to work side-by-side.

Each month, the children cast their votes with the Homework Club leaders on what they are interested in cooking. In December the children made a healthy pizza and baked holiday cookies using edible playdough. In addition to learning new cooking and baking tips and tricks, the classes encourage children to use their math skills as they measure various ingredients. They also use their social skills by conversing with the senior residents.

Thanks to the collaborative efforts of our Resident Services Coordinator, the children look forward to future cooking and baking opportunities!



Students watch as volunteer chef Toni Mahr creates a healthy pizza.

Help Make 2019 a Healthy New Year!

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Instead, you may want to start with two to three times a week. Let your body adjust to a new routine, and if you really enjoy the activity, go more often. Also, instead of saying you're going to lose 30 to 50 pounds, start with a safe plan of one to two pounds a week. If you should go off track, it will be easier to get back to your resolution if it remains attainable.

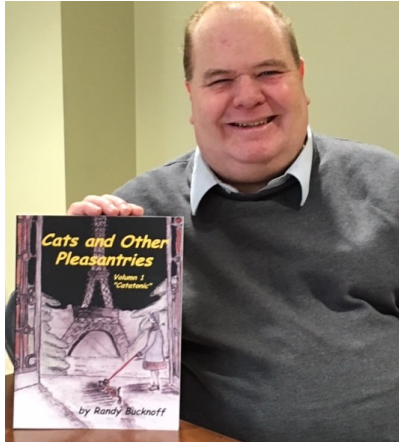
Stay positive – Work on your resolutions with people who will stay positive with you. If you should miss a workout or have too much pizza or cookies, don't beat yourself up over it. Stay positive! Find a family member

or friend who will pick you up and get you back on track. In return, you can do the same for that person and work on your resolutions together.

No matter your age, weight or lifestyle, it's never too late for resolutions that can make a real difference to your health! Learn and discover the things you like about the changes you started to implement and don't take it for granted. By developing and practicing a few simple habits of remaining positive, keeping it simple and finding a friend to help, you can stay healthy throughout the year!



Resident Profile: Randy Bucknoff



A resident of Summer Place, Randy Bucknoff, born in Manhattan, had a fascination with art from an early age. Being raised in Rocklin County, New York had its advantages, Randy says, including enjoying Broadway shows and seeing films in New York City movie

houses. Both influenced his sense of visual style and composition, but he credits his mother's artistic genes that led him to see the world through artistic eyes and publish his first book last year, "Cats and Other Pleantries," the first of several to come.

Growing up, Randy's home contained countless pieces of his mother's artwork. The walls were filled with water color and acrylic paintings. Intricate faces on eggshells and ink drawings of landscapes were abundant, and he unconsciously studied each piece. He loved to sketch and draw comic-strip character super heroes as a teenager, and went on to graduate from Rockland Community College with an Associate degree in Business Management and Art Design. Seeing his first illustrations published in the Rockland Community College newspaper was a memorable moment. In the early 1980's he was fortunate to mingle with prominent comic strip artists at the Museum of Cartoon Art in Rye Brook, New York, to refine his craft. Later his work was shown in juried art shows and various publications.

The journey that lead him to publish his first book was not an easy one. The recession of 2008 and a series of difficult circumstances caused him to be homeless when he lost his job as an executive administrator of Hines Consulting. In 2009, Randy found a position as a barista, cashier and trainer at Starbucks, which he still holds today, and managed to find housing in a boarding house on Myrtle Avenue. Several years ago the boarding house was scheduled to be torn down and redeveloped for luxury condos. Randy needed to relocate quickly and was fortunate to have found a new home in Summer Place.

Those were not easy years for Randy, but his passion to be an artist remained. He also had two surgeries and a heart attack in 2014. With months of healing and recovery time

ahead of him, Randy spent time watching old movies. The art design from the film, GIGI, inspired him to begin sketching, something that he'd not done in a long time. It was a tremendous healing process that gave him purpose, and the creativity through his pen began to flow.

Period-style drawings with cats in Paris emerged, which lead him to post his work on social media. People were taken by his drawings and he began to commission work and create framed prints. Randy developed a theme in his drawings with old Paris and French Mademoiselles; and he depicted with his pen the symbiotic relationship between cats and women. Without the heart attack and the encouragement from his children, Melissa and Zach, there would be no book selling on Amazon today to nearly every corner of the world!

Randy is a unique and talented individual who has had many additional experiences in his life. After graduating college, Randy landed a job with a firm on Wall Street in Operations and Risk Management. He also has been an actor for many productions with Curtin Call in Stamford, and a standup comedian at the Treehouse Comedy Club in Westport. Additionally, Randy held a video tape and film editor position with ABC in Manhattan and worked in their film library.

At the moment, Randy is thrilled to have published his first book, "Cats and Other Pleantries," Volume 1, and anticipates the second volume in April 2019. "What you give is what you'll get back," explains Randy, "and I'll never stop giving the gift of joy and laughter through my illustrations."



NEW HOURS of OPERATION

The COC Maintenance team has new operating hours as of **January 22, 2019, 7:00 a.m. to 3:30 p.m. Monday through Friday.** We strongly suggest

work orders be called in before 3 p.m. Monday through Friday. The earlier in the day the work order is called in, the sooner our Maintenance staff can make the necessary repairs. When a work order is called in after 3:30 p.m. on weekdays, only emergency calls will be completed.

People with work orders for the East Side should call (203) 977-1465; and work orders for the West Side should call (203) 977-1494. When calling in a work order, please make sure your apartment number and location are clearly given to the operator along with a description of the issue that needs to be addressed. Remember, it is **essential** to give the answering service a working phone number where you can be contacted by our technicians.



Family Center Resident Service Coordinators Active with Residents

GE Brings Holiday Cheer

By: Joanne Ettorre

The holidays can be a challenging time for many people, but for the elderly and adults with disabilities it can include feelings of sadness and isolation. In December, holiday cheer arrived at Stamford Manor when the residents were treated to a holiday party by GE Digital of Norwalk.

GE Digital employees decorated the Stamford Manor dining room with a festive flair and generously provided a craft activity and a delicious lunch from Stew Leonard's. The residents, Family Centers' staff and the GE staff also enjoyed singing carols in English, Spanish and French. Residents felt particularly special as the GE staff served them lunch and provided sing-a-long music sheets for the carols.

GE has been a community partner of Family Centers for over 10 years, and they gave the Stamford Manor residents a wonderful holiday memory. We look forward to creating more holiday memories in the future!



Robert Munro, resident of Scofield Manor, is making music with intern Nicolette Loaiza and the Resident Service Coordination team.

A Jingle For Every Mingle

By: Alexa Griffin

The great musician Stevie Wonder once said, "Music is a world within itself, with a language we all understand." That language was missing from Scofield Manor until this past September when a new student joined the staff. Nicolette (Nikki) Loaiza, a bachelor-level intern from Iona College, brought a fresh face and a positive attitude to the Resident Service Coordination team at Scofield Manor.

To meet the growing requests for a musical group at Scofield, Nikki developed an interactive model where residents could listen to music with a twist. Each week there is a different theme (ego strength, creative writing and team building), and the residents help to develop a playlist to match. "I really like that I can choose the music that is played during the group," said Jaime Ortega, a resident of Scofield Manor for over 10 years. "My favorite singer is Marc Anthony, and I enjoy sharing his music with everyone."

Residents have written their own lyrics, practiced mirroring and beat matching along with sharing kind thoughts of each other through song. The group has become a staple in the weekly activity schedule at Scofield Manor and is sure to continue on the schedule once Nikki graduates in the spring.