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Nothing beats fresh vegetables for pleasure or nutrition!

There is nothing quite like fruits and vegetables plucked fresh from the bush or vine, or recently pulled out of the ground or off the stalk. Connecticut is abundant in fresh produce – especially in the summer – and seeking out this unprocessed bounty rich in nutrients and lower in pesticides is healthy nutritionally and emotionally.

Picking your own and frequenting farmers markets connects us with our food far more intimately than does opening a can or reaching into the freezer and popping frozen peas or corn into the microwave. Nothing beats fresh produce!

Connecticut features vegetable and dairy farms and fruit orchards throughout the state. And right here on the West Side of Stamford we are fortunate to have our own Fairgate Farm, which produces an abundance of fresh vegetables and fruit, and encourages volunteers to plant, weed, pick and take home their share of the annual harvest!

The growing season in Connecticut is long and the climate is perfect for a wide variety of fruits and vegetables. Beans, squash, broccoli and cabbages started coming in a few weeks ago and are available through

October.

Strawberries ripen in June, and in July the farms explode with produce, especially raspberries, blueberries, peaches and sweet corn. In August, the pepper and tomato crops are ready, and as summer comes to a close in September, pumpkins and seasonal squash are ready in plenty of time to welcome autumn.



An abundance of organic produce will be ready for harvest throughout the summer months at Fairgate Farm.

Beyond the psychological value of searching out and eating locally grown food, there are practical and healthy reasons to celebrate foods that are in season. That's when you get the most flavor

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Farm-fresh strawberries will be available at the Fairgate Farm Farmers Market through June.

Board Meetings for 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 conference room.



Resident Profile: Donald Hunter



A lifelong resident of Stamford and a resident of Clinton Manor, Donald Hunter was recently honored as a Stamford veteran at the City of Stamford's Annual Citizen of the Year Dinner honoring Dannel Malloy.

Donald is thrilled to share some memorable stories from his past. He was one of Maebelle Hunter's 11 children. His father passed when he was

only seven years old, which challenged his mother to work long hours as a domestic. But, he's happy to reminisce about the West Side neighborhood that he grew up in the 50's, and recalls, "it was a neighborhood full of mamas, so when you got into trouble, there was a reason for them to scold you. My mama was tough," he reflects, "but she was the most beautiful woman in the world."

Donald was one of five children in his family who joined the military in the middle of the Vietnam War. Henry, the eldest of the five, joined the Air Force ahead of Donald, Randy, Larry and Lenny, who all volunteered for the Army Signal Corps at a time when many other young men were looking for ways to avoid the unpopular jungles of Southeast Asia. Donald spent one year in-country, running weapons in Lu Binh, Indonesia, and then served as a bodyguard for the news crews. Donald was assigned to an area of heavy fighting and was awarded the Bronze Star.

After the war, Donald settled back home in Stamford. It was difficult to find employment, but Donald persevered. He landed a job with the old Southfield Village working in maintenance and grounds for a number of years, then worked at the Stamford Marriott for many years until his retirement.

Donald and his brothers remained close for years. Often he held horseshoe matches at his home, and still claims to be the champ. Although the brothers disagree on this, there is no argument that Henry, Donald, Randy, Larry and Lenny, members of the same bowling team for 25 years, won the Connecticut State U.S.B.C. Open Tournament in 2012!

Donald's wife of 49 years, Shirley, and he have eight children, 11 grandchildren and 10 great-grandchildren, who love to be around him, hear his many stories and are proud to recognize him as a distinguished veteran.

Spring Celebration at Scofield Manor

By: Resident Services Coordinator Alexa Griffin, LMSW

Spring is a time of rebirth, growth, and new connections – and all of these were felt during the Spring Party at Scofield Manor, hosted by People Empowering People (PEP). PEP is a group of adult students and their children from the Stamford UConn campus that focus their efforts on advocacy, charitable acts and community engagement.

For the second year in a row, PEP has come to Scofield Manor to host a beautiful springtime celebration for residents. The group brought along healthy

snacks including vegan scones, and played icebreaker games to reacquaint themselves with everyone. They helped residents decorate flower pots and filled them with

beautiful blooms of marigolds and morning glories. Playing everyone's favorite game, Bingo, and dancing around to various music styles, were some of the highlights.

The Scofield Manor residents and staff are thankful to the PEP group for bringing the gifts of joy, sunshine and springtime into their building!



PEP volunteers, pictured in pink and green tee shirts, gathered for a photo with the Scofield residents.



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and nutritional value. It's also the time when it is the most affordable. Additionally, you'll enjoy the greatest freshness when you look for foods that are both locally grown and are in season.

Buying locally sustains our State's farmers, supports the economy and helps remind us about the importance of understanding food sources and nutritional value. A trip to Fairgate Farm or

a local farmers market is great fun and offers the opportunity to pick your own berries or vegetables right off the plants, bushes or trees. It's eye-opening, healthy and a good catalyst for discussing nutrition with the entire family!



Fairgate Farm

Farmers Market

Now open Thursdays noon to 6 p.m.
and

Saturdays 9 a.m. to noon

Offering fresh-organic produce for purchase!

We are accepting SNAP benefits and offering a SNAP Matching Program.
Come by and see the beautiful selection at affordable prices!

Located at 129 Stillwater Avenue, Stamford, CT ~ FairgateFarm.com

A Meeting of Generations

By: Resident Services Coordinator Joanne Ettorre

Students from Turn of River Middle School joined the residents of Wormser Congregate for a presentation of their eighth-grade capstone projects. With the capstone projects, the students are asked to explore a real-life issue in the context of its impact on the community. After a questions and discussion session, they then propose a plan for the future based on the evidence researched.

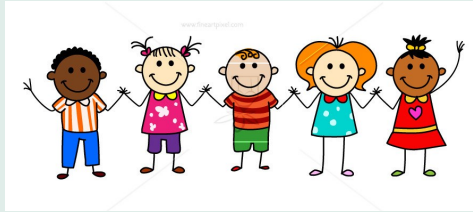
Some students are able to effectively make positive change in the community through their work. The

students from Turn of River did just that by engaging residents of Wormser, giving presentations on subjects ranging from homelessness, teen stress to environmental concerns - all while seeking the residents' feedback. Everyone enjoyed the presentations and meeting Stamford's future leaders, and appreciated their commitment to global issues.

The Wormser Congregate residents and staff look forward to continuing a partnership with the Turn of River Middle School students.



Turn of River Middle School students share in a photo with a Wormser resident.



Family Centers Summer Club

for children who are rising 1st graders through 5th grade

June 24, 2019 through August 9, 2019

9:30 a.m. to 4:00 p.m.

**Academics and enrichment activities, field trips, swim classes,
museums and playground time**

For an application, please call:

West Side: Nicole Beckham (203) 517-0132 or Jackie Ofria (203) 517-0597

East Side: Mirlande Pressat (203) 977-1400 Ext. 3165 or Ramon Lara (203) 883-8462

Person-to-Person On Wheels has arrived in Stamford Offering Food and Social Services



Where Does Person-to-Person On Wheels Go? *

Every Monday 11 a.m. to 1 p.m.: Yerwood Boys & Girls Club, 90 Fairfield Ave.

Every Monday 2 p.m. to 4 p.m.: Stamford Manor, 26 Main Street

Every Tuesday 11 a.m. to 3 p.m.: Ferguson Library South End, 34 Woodland Ave.

Every Wednesday 11 a.m. to 3 p.m.: Domus, 83 Lockwood Ave.

Every Thursday 3 p.m. to 7 p.m.: Building One Community, 75 Selleck Street

**** Except holidays***

How Do I Sign Up?

Call (203) 724-9111

Shopping is limited to one visit per month