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**Charter Oak  
Communities**  
*wishes its residents, staff,  
supporters and families a  
wonderful holiday  
season!*



**Board Meetings for 2020:**

- **January 22, 2020**
- **February 26, 2020**
- **March 25, 2020**
- **April 22, 2020**
- **May 27, 2020**
- **June 24, 2020**
- **July 22, 2020**
- **August 26, 2020**
- **September 23, 2020**
- **October 28, 2020**
- **November 11, 2020**
- **December 9, 2020**

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

## Colds and the flu ARE something to sneeze at!

As we enjoy this gift-swapping time of year, remember that there are a variety of gifts we're likely to share that won't be on our wish list – including colds, bacterial infections and viruses.

According to the Centers for Disease Control (CDC), the single most important thing we can do to keep from getting sick and spreading illness such as colds, influenza, bronchitis and pneumonia is to clean our hands. As we touch people, surfaces, and objects throughout the day, we accumulate germs on our hands. In turn, we can infect ourselves with these germs by touching our eyes, nose, mouth, food and shared items.

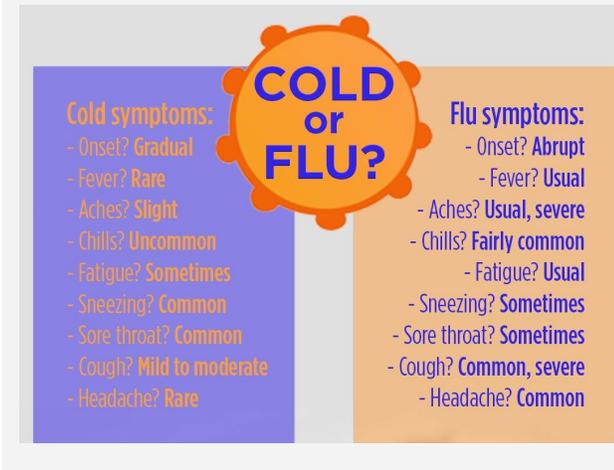
Washing hands frequently helps limit the transfer of bacteria, viruses, and other microbes. Some viruses and bacteria can live from 20 minutes up to two hours or more on surfaces like cafeteria tables, doorknobs, ATM machines and desks and surfaces at work and school, on buses and trains or in supermarkets.

### Get your flu shot!

Influenza — the flu – hospitalizes 200,000 people in the United States alone each year, and kills approximately 49,000 people annually. And it's particularly dangerous to children, the elderly and adults with other chronic illnesses or autoimmune disorders.

Flu vaccines are very safe; they only contain dead virus, and a dead

virus can't infect you. However, the standard flu vaccine can be dangerous if you're allergic to eggs, so you should always talk with your doctor



Cold symptoms:	Flu symptoms:
- Onset? Gradual	- Onset? Abrupt
- Fever? Rare	- Fever? Usual
- Aches? Slight	- Aches? Usual, severe
- Chills? Uncommon	- Chills? Fairly common
- Fatigue? Sometimes	- Fatigue? Usual
- Sneezing? Common	- Sneezing? Sometimes
- Sore throat? Common	- Sore throat? Sometimes
- Cough? Mild to moderate	- Cough? Common, severe
- Headache? Rare	- Headache? Common

before taking the vaccine.

Note that antibiotics won't help us fight the flu, which is not caused by bacteria, but by a virus. Taking antibiotics unnecessarily, such as for fighting a cold, weakens our body's ability to fight bacterial illnesses, since many bacteria become resistant

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## Resident Profile: Johnny Taylor



Johnny Taylor, resident of Clinton Manor, speaks often of how grateful he is to the staff and neighbors in his building. He feels fortunate, he says, because the facility is easily accessible for his motor-

ized wheel chair, and he is happy to be around people that look out for one another.

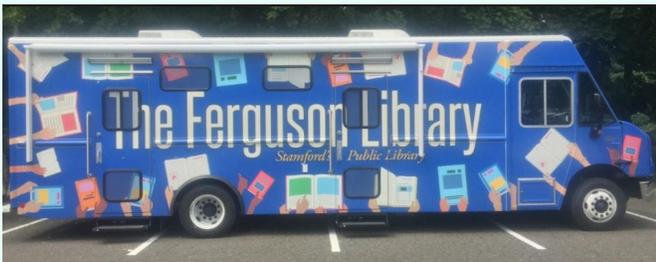
Johnny has lived in Clinton Manor for over 14 years, but in Stamford for nearly 40 years. The years he could work, be active and raise his family were some of his best years. He could always find work in Stamford, and had several jobs over the years including working at a boat factory,

Stamford Motor Inn, and New England Laminate, where he helped pave roads all over Fairfield County.

Growing up in North Carolina, he dropped out of school at a young age to provide for his family and work on a farm. Years later when he moved to Stamford, he continued to enjoy his gardening skills and grew collard greens, string beans, okras and tomatoes. Unfortunately, with his many health conditions, he can no longer do the gardening he once did, but developed a new craft over the years which involves making baskets and lamps out of popsicle sticks. Baskets of different sizes and shapes from the sticks are some of his favorites.

His wife, Shirley, passed away over 11 years ago. Although he misses her, his two daughters, son, grandkids and great grandkids keep him busy. Johnny says, "Children today have such different opportunities then I did years ago. It was a very different world when I was a kid." Johnny is thankful for his family and all he has accomplished.

## The Ferguson Bookmobile



You may have seen the bright, colorful Ferguson Mobile Library bus riding around Stamford. The residents of Wormser Congregate, Stamford Manor and Scofield Manor are fortunate to be enjoying visits from the new mobile library. Equipped with a heating and cooling system as well as a wheelchair lift, the bookmobile is accessible to all.

Each month, residents eagerly await the arrival of the bus, which offers a large selection of adult books and media, some of which come in large print. The library staff are there to learn what genres residents are interested in reading and are resourceful in providing a wide array of novels.

## Colds and the flu ARE something to sneeze at

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to antibiotics due to overuse and inappropriate prescribing practices. Secondary bacterial infections due to the flu include bronchitis, ear infections, sinusitis and, most often, pneumonia. The flu doesn't peak until February or March, and it hits all across the country. So the late fall and early winter still is a good time to get a flu shot.

There's no guarantee you won't get sick this winter, but you can improve your odds tremendously. Take charge of your health, and let the flu and colds bug someone else!

One resident at Wormser Congregate recently said, "Thanks to the ever-changing collection of books, I can explore far-away worlds and times of long ago."

Thank you to the Ferguson Library for keeping our residents well read!



## Food Rescue US — striving to make a difference



Sharon Guillemette, resident of Stamford Manor, serves meals to the residents twice a week with food from Food Rescue US.

For Stamford Manor residents, Food Rescue US brings fresh prepared meals to the facility weekly. But before the food arrives at Stamford Manor, it has been prepared and transported thanks to the time and talents of many volunteers in the community.

Food Rescue US, a national program, is committed to reducing food waste and food insecurity across America. Using technology, volunteers transfer excess food from grocers and restaurants to social service agencies to feed people who are food insecure.

This program is unique -- first, a surplus of food is donated by a grocer, restaurant or other food provider. Next, community volunteers choose food pickups and deliveries that work for their schedule, using their mobile app. Thanks to the generosity of Stamford Health, which serves as a Food Rescue US receiving agency, as well as the support of other community non-profits, participating organizations post their needs and prepare meals with the donated food. The result is a freshly prepared meal for Stamford Manor residents to enjoy.

## Scholarship Assistance for High School Seniors

Locating college scholarships is not easy, but worth the time to help reduce the cost of college. If you are a senior in high school and looking for scholarship opportunities, below are some resources to help get you started:

- ◆ **Naviance**, available through your guidance counselor, has a list of scholarships for students.
- ◆ **Housingcenter** has scholarships for Public Housing residents. Visit them at [scholarships@housingcenter.com](mailto:scholarships@housingcenter.com).
- ◆ **HBCU Scholarships** are offered to minority students who are planning on attending historically black colleges. Visit them at [hbcuconnect.com](http://hbcuconnect.com).
- ◆ **United Way Scholarship, Roberta K. Eichler Heart of Gold Scholarships** for students who volunteer their time. Visit them at [uwwesternct.org](http://uwwesternct.org).
- ◆ Every high school senior should complete the **FAFSA**. Your guidance office can assist with the completion.
- ◆ College Essays are essential components to the process. Visit [Khanacademy.org](http://Khanacademy.org) for tips on writing a college essay.

## Fairgate Farm 2019 Harvest Festival

The Harvest Festival was a tremendous success with over 200 participants! A pickling demonstration, fall bread contest, kids crafts, music and games were some of the highlights enjoyed by all. Thanks to all the hard work of Fairgate Farm's dedicated volunteers for making this happen!

Stay up-to-date for the upcoming **2020 season** by checking us out at [FairgateFarm.com](http://FairgateFarm.com).





## *The Grow Truck in your Neighborhood*

*By: Family Centers Resident Service Coordinator Mirlande Pressat*



Enjoying fresh, healthy and reasonably priced fruits, vegetables, meat, dairy and whole-grain products is a challenge for lower income residents of Fairfield County. The Connecticut Food Bank, with the support of the United Way, has partnered to create the unique GROW Truck. The GROW Truck is one of the creative ways to address fresh, affordable food in Fairfield County.

The GROW Truck is a mobile food pantry on wheels that travels to various parts of Connecticut. It provides a variety of fresh, nutritious foods for low-income households, and offers valuable health and wellness workshops. The customized vehicle, equipped with refrigerated cases, stocks fresh fruits and vegetables, low-fat dairy products, meat, fish and other healthy proteins, along with whole-grain products.

Lawnhill Terrace is the first Charter Oak Communities location to have the GROW Truck onsite. Twice a month the GROW truck parks near the Custer Street management office. During each of their visits, a representative from the Department of Social Services' Supplemental Nutrition Assistance Program (SNAP) conducts a presentation on healthy eating such as

*"Fruits & Veggies: Half Your Plate."* They also discuss financial literacy. After the presentation, a member from each household boards the GROW Truck, shops for healthy food items and receives information on how to prepare foods that may be unfamiliar to them.

The residents are able to select from shelf-stable items and fresh produce. Each participating resident (who must first qualify for the program) walks away with roughly 60 pounds of food, which is equivalent to a savings of \$100 if those same items were purchased at the local grocery store.

The GROW Truck has become one of the most anticipated programs held on the East Side. There are 25 residents attending each session, with their reusable shopping bags in tow, ready to learn something new about health and wellness! One resident stated "This is a great program! I have some mobility issues, so having a grocery store parked right in front of my doorstep is a great help!"

We are looking forward to replicating this program at different Charter Oak Communities properties in the near future.