

# Newsletter

## *Points of Interest*

- Member Events
- Seasonal Recipes
- Seasonal Activities
- Senior Choice at Home News
- Issues Facing our Community



Lunch at Tarry Lodge in Westport, December 19, 2015

## *End of 2015 Events*

Over 35 members of the Senior Choice at Home community came together to celebrate the end of 2015 at two social events. On December 9, members met at Tarry Lodge in Westport for an end of the year lunch and on December 18 at Tom Tom's for a casual lunch followed by a docent-led tour of the Aldrich Museum in Ridgefield. These two events rounded out an exciting year of social activities which included a visit to Port Jefferson, a Connecticut River cruise, theater events, lectures, movies and more.

"Senior Choice's regularly scheduled monthly luncheons generate a very real sense of community and warmth, as we look forward to seeing old friends and meeting newly joined members to our family," said member Jerry. "The eclectic choice of activities also provides opportunities to sample the various different cultural and recreational activities available in the community." According to

member Myrna, the luncheon in Ridgefield, "...was the best social lunch...we were able to talk and get to know people somewhat better." Of the museum outing, member Art shared, "we had not been to the Aldrich in many years and welcomed the opportunity to have our contemporary sensibilities tested." He added, "the company of our fellow Senior Choice at Home members was the predictable high point of our day."

## *A Look Inside*

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## *Upcoming Events*

**Exclusive tour of The Harry and Jeanette Weinberg Campus**  
May 26, 2016

**"Following the Milky Way"**  
June 1, 2016  
Discovery Museum and Planetarium

**Lecture and Lunch\***  
June 20, 2016  
The Harry and Jeanette Weinberg Campus

\*Senior Choice at Home members and guests only.

## *Braised Chicken and Spring Vegetables* (Source: Real Simple)

Serves 4 • Hands-On Time: 15 min • Total Time: 40 min

### *Ingredients*

1 tablespoon olive oil  
8 small bone-in chicken thighs (about 2 1/2 pounds)  
kosher salt and black pepper  
1 cup low-sodium chicken broth  
12 medium radishes, halved  
3/4 pound carrots (about 4), cut into sticks  
1 teaspoon sugar  
2 tablespoons chopped fresh chives

### *Directions*

1. Heat the oil in a Dutch oven over medium-high heat.
2. Season the chicken with 1/2 teaspoon salt and 1/4 teaspoon pepper. Cook until browned, 6 to 7 minutes per side. Transfer to a plate.
3. Spoon off and discard the fat. Return the pot to medium-high heat. Add the broth and scrape up any brown bits.
4. Stir in the radishes, carrots, and sugar.
5. Place the chicken on top of the vegetables and gently simmer, partly covered, until it is cooked through, 15 to 20 minutes. Sprinkle with the chives.



## *Don't Want to Cook?*

These places have a great selection of tasty, ready-to-go, heat-and-eat meals:

### **Fairfield**

Cinch Gourmet Meal Market  
85 Mill Plain Road  
203-256-1164

### **Monroe**

Twist of Taste  
477 Main Street (Clocktower Plaza)  
203-590-3553

### **Stamford**

LaRocca's Country Market  
105 Old Long Ridge Road  
203-322-2202

### **North Haven**

Small Kitchen Big Taste  
420 Sackett Point Road  
475-238-8470

**Not one near you?**

**Call Senior Choice at Home and we'll help you find one closer to home!**

## *Spring Cleaning / Safety Checklist*

**Check your Medicines** Get rid of expired, unused medication. Store medicines in a cool, dry, dark place.

**Clean up Clutter** Maintain a clear walkway in every room to navigate. In the kitchen, remove infrequently used appliances off the counter, organize cabinets, create front row spaces for frequently used items and clear out the refrigerator and pantry of stale food.

**Have an Emergency Plan in Place** Know who to call in an emergency and have your phone programmed accordingly.

**Never Try to Move Heavy Objects or Furniture on Your Own** Use cordless cleaning tools and lightweight equipment for household chores.

**Monitor Your Smoke Alarm System, Fire Extinguisher and Emergency Kit** Check your smoke detector, fire extinguishers and Emergency Kits.

# A Little Planning Now Can Make Planting Your Garden A Lot Easier Later

Just like any large task, planting the gardens around your home looks daunting at first. But taken a step and an hour or two at a time, you'll be surprised how much you can accomplish towards your gardening goals for the season.

## Take the Time to Determine What to Plant

Is your garden mainly in the sun or shade? Is your garden in dry sandy soil or wet clay soil? It is critical to choose plants for the right sun and moisture conditions. If you choose native New England plants, you have some leeway with regards to soil and light conditions, so it's always best to go with native species if they are available.



## Plants for the Dry & Sunny Garden

Plants like coreopsis, echinacea, and day lilies will do well in sunny, well-drained soil with little attention throughout the season. So will beach roses (*rosa rugosa*), grasses and pine trees/bushes. A favorite New England native flower that thrives in these conditions is the black-eyed susan, often seen blooming on northern New England roadways in June-August. This native is also a perennial, bringing quality blooms to the garden for many years while spreading seeds for new plants.

## Plants for the Wet & Partial Sun/Shade Area Garden

Day lilies again is a good choice, because they grow well under almost any conditions, and their clumps grow bigger each year with more flowers. In the shade, there are a couple of very good choices, one being the hosta and the other being impatiens. Both can survive happily in complete shade all summer and both reward you with great flowers during the season.

Planting the hostas in the back allow the tall spiked flowers (18-24 inches) to provide the backdrop for the smaller impatiens plants and flowers. In more sunny areas with good dark soils and adequate moisture, vegetables will do their best as well as many of the non-native annual species sold in garden centers.



## Getting Some Ideas?

A simple list of plants and their placement in the garden goes a long way to helping your shopping at the garden center in the coming weeks.

(Source: [www.gardeninginnewengland.com](http://www.gardeninginnewengland.com))

## Getting There

Very often, our outside activities are limited by the burning question, "How will I get there?" Whether it is for frequent trips to the grocery store, exercise classes, routine doctor visits, going out with friends, or for special events, transportation can be a challenge. Many people do not like driving in inclement weather, some cannot drive after dark and others may have given up driving altogether.

We encourage all of our members to explore alternative transportation including family members, friends, carpooling, town senior service agencies, taxi's or car services, or mass transit.

Senior Choice at Home provides and covers transportation for our All Inclusive, Security or Co-Pay members to medically necessary appointments and treatments within Fairfield and New Haven counties. Transportation for non-covered events may be arranged on a fee for service basis. There is a 1-hour minimum and you will be charged an hourly fee for the driver, plus a mileage fee, parking and tolls. Please see your member handbook for transportation guidelines and a list of covered and non-covered services.

If you live in the towns of Easton, Fairfield, Norwalk, Weston, Westport and Wilton, one transportation service to explore is Independent Transportation Network (ITN) — a senior transportation alternative, providing rides in cars through a network of dedicated volunteers, 365 days of the year. Visit [www.itncoastalct.org](http://www.itncoastalct.org) or call 203-858-2001 for more information.

If you are outside ITN's service area, we encourage you to contact Senior Choice at Home or your local senior center or town for alternative transportation services.

Jewish Senior Services®  
The Jewish Home  
175 Jefferson Street  
Fairfield, CT 06825

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## *Senior Choice at Home®*

Senior Choice at Home, a program of Jewish Senior Services®, is a comprehensive program that both provides and coordinates long term care for independent, older adults. It is designed to provide protection for individuals who wish to remain in their homes, ensure their care is paid for, and protect their assets as their healthcare needs evolve. Should one need to live in an assisted living community or receive nursing home care, the program will provide for these too.

## *Member Offer*

For a limited time, if you refer someone to Senior Choice at Home and they apply by June 1, 2016 - and ultimately become a member - with gratitude, we will waive your individual monthly fee for one month for each friend who joins.

Please feel free to call us if you have any referrals that you would like to suggest.

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