



We hope your holidays were filled with laughter & love! And we are so glad to see you all back in the new year



As we say farewell to 2023 and welcome 2024 The Elderly Services Department would like to thank all our seniors and community partners for taking on another year with us!! May this year be filled with an abundance of joy and love.



"We have to try to maintain our courage, our fearlessness and push through the ignorance of what men (and some women) put on us. Clearly things are slanted against us, and we keep having to push back further and further. And fortunately, we are capable, and we keep doing it."

- Queen Latifah



New Haven Department of Elderly Services

IMPORTANT CONTACTS

Tomi Veale, Director - (203) 946-7854

Doug Toth, Specialist- (203) 946-8585

Georgiann Dogola, Specialist- (203) 946-8541

Tiffany Staggers: Specialist - (475) 321-0688

Eneida Arroyo, Specialist, Atwater Senior Center - (203) 946-8558

Michele Clary-Butler, Specialist, East Shore Center - (203) 946-8544

Gwen Grady, Specialist, Dixwell/Newhallville Center - (203) 946-8541

Important Information

- Mayor's Office: (203) 946-8200
- My Ride: (203) 288-6643
- Police Non-Emergency: (203) 946-6316
- Police Emergency: 911
- Public Works: (203) 946-7700
- United Way: 211
- Referral Services; Dial 211 or visit online at WWW.211CT.org Agency on Aging of South-Central Ct, 1 Long Wharf Dr. (203) 785–8533
- Community Action Agency (Energy Assistance) 419 Whalley Ave. (203) 387-7700
- New Haven Housing Authority 360 Orange St. (203) 498–8800 or visit online at WWW.Elmcitycommunities.com
- New Haven Legal Assistance 426 State St. (203) 498-9271 or visit WWW.NHLegal.org
- Department of Social Services (DSS) 50 Humphrey St. (855) 626-6632 or WWW.Connectct.gov
- Assistance for seniors: WWW.benefitscheckup.org
- Social Security Benefits: (203) 624-2332 or WWW.SSA.Gov
- Help for older adults: WWW.getconnectednewhaven.com- resource guide

2024 SENIOR & DISABLED

HOMEOWNERS TAX RELIEF

Applications open Thursday, February 1st
Applications must be submitted with copies of
proof of all 2023 income. This includes an income
tax return, if filed or plan to file. If not, include all
2023 income statements. A 1099 Form from
Social Security for 2023 is required, even if an
income tax return is filed.

Visit a Center in person

- Atwater Senior Center, 26 Atwater Street
- Dixwell/Newhallville Senior Center, 197 Dixwell Aven

TO BE ELIGIBLE YOU MUST BE A PROPERTY OWNER OR HAVE LIFE USE. YOU OR YOUR SPOUSE MUST HAVE TURNED AGE 65 BY DECEMBER 31ST, 2023. YOU MAY ALSO BE ELIGIBLE IF YOU ARE OVER 50 AND ARE THE SURVIVING SPOUSE OF SOMEONE WHO HAS QUALIFIED AND WAS ENTITLED TO THE CREDIT AT THE TIME OF THEIR DEATH. IF YOU ARE TOTALLY DISABLED, YOU ARE ELIGIBLE REGARDLESS OF AGE AS LONG AS YOU PROVIDE PROOF OF AWARD OF TOTAL PERMANENT DISABILITY DATED NO LATER THAN DECEMBER 31ST, 2023. THE INCOME LIMITS FOR THE PROGRAM ARE SET BELOW. THE CLAIMANT MUST RESIDE AT THE PROPERTY. TAX CREDITS, ONCE FILED FOR AND APPROVED BY THE ASSESSOR, GENERALLY EXTEND FOR A TWO-YEAR ASSESSMENT PERIOD.

CITY OF NEW HAVEN



FOOD ASSISTANCE RESOURCE GUIDE



RESOURCE MAP

SCAN FOR A MAP OF THE RESOURCES LISTED IN THIS GUIDE OR VISIT:

bit.ly/nhvfoodmap

Please call ahead to confirm hours

FOOD PANTRIES

OPEN TO ALL

No proof of income or residency status required

- All agencies that distribute TEFAP/USDA food must distribute food to CT residents regardless of city or neighborhood.
- Individuals will be asked to verbally attest to eligibility requirements.

Believe in Me Empowerment

427 Dixwell Ave. 203-772-2771
1st Tues & 3rd Thurs of month, 12pm-4pm

Bethel AME Church

255 Goffe St. 203-865-0514 203-915-2947 3rd Sat of month, 10am-12pm

Beulah Heights Church -Helping Hand Food Pantry 782 Orchard Street

203-745-3589 203-787-3393 2nd Tues of month, 3pm-5:30pm 4th Tues of month, 11am-1pm; By appointment only.

Maranatha Life Changing Ministries COGIC -Newhallville Substation

203-440-6774 596 Winchester Ave.

4th Tues of month, 4pm-6pm

Cathedral of Higher Praise

155 Grand Ave. 203-776-7676 2nd & 4th Sat of month, 9am-10am

Centro San Jose

290 Grand Ave. 203-777-6771 Last Fri of month, 9am-12pm

Christian Community Action 168 Davenport Ave.

203-777-7848 Scheduled appointments recommended for M, T, W 9:30am-3:45pm; Walk-ins welcome on Tues, 2pm-3pm

Christian Love Center-West River

154 Derby Ave. 203-927-6039 2nd & 4th Thurs, 4pm-6pm

Community Baptist Church 143 Shelton Ave.

203-562-7060 1st Wed of month, 10am-11am

Door of Salvation Church

3 Arch St. 203-691-5608 3rd Tues of month, 10am-11am

Olive Street Pantry

57 Olive St. 203-624-6426 Wed, 1:30pm-3pm

Glorified Deliverance

604 Dixwell Ave. 4th Sat of month, 11am-1pm

Iglesia Jehovah Rohi

577 Howard Ave. 203-605-8060 3rd Sat of month. llam-l2pm

Immanuel Missionary Baptist Church

1324 Chapel St. 203-777-8744 4th Sat of month, 8am-9:30am

Integrated Refugee & Immigrant Services (IRIS)

75 Hamilton St. 203-562-2095, ext. 218 Wed; 8:30am-11am Pantry serves immigrants, refugees, asylees, asylum seekers, and CT residents.

Jewish Family Services 1440 Whalley Ave.

203-397-0796 Wed & Thurs, 9am-12pm; By appointment only.

Liberty Educational Service Center

44 Eastern St. 203-691-9494, 203-606-1905 2nd & 4th Sat, 1pm-3pm Only open to New Haven residents. Must call on Friday after 2pm to make appointment.

Loaves & Fishes

57 Olive St. 203-562-2691 Sat, 7:30am-10:30am

Mount Hope Recovery Center 565 Dixwell Ave.

203-785-0656 2nd & 4th Fri, 5pm-6pm. Must be signed in by 5:50pm.

New Flame Restoration

1375 State Street 203-843-8831 Thurs, 3:30pm until food runs

New Haven Church of Christ

16 Gem St. 203-777-2992 2nd Sat of month, starting at 12pm

New Haven Inner City Enrichment (NICE) - Hill Substation

410 Howard Ave. 203-479-0056 Last Sat of month, 11am-1pm

Salvation Army -New Haven Corps

450 George St. 203-624-9891 M, W, F, 9am-12pm

Second Star of Jacob

185 Chapel St. 203-776-9603 Last two Thurs of month, 10am-12pm

St. Luke's Church

111 Whalley Ave. 203-865-0141, ext. 101 1st & 3rd Fri; 10am-12pm; Temporarily Closed

St. Matthew's Church

388 Dixwell Ave. 203-777-0472 2nd Sat of month, 8am-9am

Upon This Rock Ministries -Dwight Substation

150 Edgewood Ave. 203-387-1215 3rd Sat of month, 9am-12pm

Varick AME Zion

242-246 Dixwell Ave. 203-624-6245 1st Sat of month, 10am-12pm Mon-Thurs, 10am-5:30pm

Vertical Church - Fair Haven Substation

295 Blatchley Ave. 203-503-8620 3rd Sat of month, 9am-11am

Walk of Faith Church

104 Fairmont Ave. 203-469-5134 Wed, 12pm-2pm

Women of the Village -Dixwell Substation

26 Charles St. 203-675-9437, 203-376-2790 Tues, 1pm-2pm

Connecticut Food Bank Mobile Pantry

Pantry times vary by location and include morning, afternoon, and evening times to accommodate as many schedules as possible. Check the schedule at:

bit.ly/mobilepantries

For additional resources, please dial: 2-1-1

For the latest guide, visit:

bit.ly/getconnectednhv

SOUP KITCHENS

Community Soup Kitchen

84 Broadway 203-624-4594 Breakfast: M, T, Th 8am-9:30am, Sat, 8am-9am

Downtown Evening Soup Kitchen (DESK)

311 Temple St. 203-624-6426 Sun-Thurs, 5pm-6pm; All dinners served outside

Immanuel Missionary Baptist Church

1324 Chapel St. 203-777-8744 Sun, 11:30am-12:30pm

St. Luke's Church

111 Whalley Ave. 203-865-0141 Temporarily Closed

St. Martin Deporres

136 Dixwell Ave. 203-624-9944 Tues, 9:30am-10:30am

St. Matthew's Church

388 Dixwell Ave. 203-777-0472 Temporarily Closed

St. Paul's Church

150 Dwight St. 203-624-3937 Temporarily Closed

St. Thomas More Chapel

268 Park St. 203-777-5537 Wed, 11am-1pm; Begins the first Wed in Oct and ends the last Wed in April

Sunrise Café

57 Olive St. Phone: N/A M-F, 6:30am-8:30am

Thomas Chapel Church of Christ

30 White St. 203-865-6254 Wed, 11am-1pm

Varick AME Zion

242 Dixwell Ave. 203-624-6245 Mon, 5:30pm-6:30pm Closed during major holidays

Yale Community Kitchen

323 Temple St. 203-624-6420 Fri & Sat, 5pm-6pm All dinners served outside

CLIENT SPECIFIC NEEDS

FOOD PANTRIES

Ed Leduc Memorial Food Pantry – A Place to Nourish Your Health

1302 Chapel Street 203-624-0947 Mon-Fri: 10am-4pm Grab and go bags only; Only open to APNH clients living with HIV

Free Forever Prison Ministry

125 Ramsdell Street 203-435-6418 Call M-F, 9am-5pm for an appointment. Food pantry provides food for individuals with HIV or recently released from prison. Call for more information

SNAP (Food Stamps)

Households and individuals who wish to apply for Supplemental Nutrition Assistance Program (SNAP) may check eligibility and apply online at www. connect.ct.gov, under 'Apply for Benefits.

Women, Infants & Children (WIC)

Women, Infants & Children's (WIC) program is a supplemental food and nutrition program for pregnant women, new moms and children under the age of 5 yrs old. To apply to be a WIC participant, please call 1-800-741-2142.

This guide was developed in collaboration with:



To update resource information, please visit:

City of New Haven Food System Policy Division

bit.ly/guideupdate

SENIOR MEALS -

Atwater Senior Center

26 Atwater St. 203-946-8558 Mon-Fri, 11:30am-12:30pm Register one week in advance

Casa Otonal

203-773-9849 Lunch: M-F, 12pm-1pm Age 60+

Dixwell/Newhallville Senior Center

255 Goffe St. 203-946-8541 Mon-Fri, 11:30am-12:30pm Register one week in advance

East Shore Senior Center

411 Townsend Ave. 203-946-8544 Mon-Fri, 11:30am-12:30pm Register one week in advance

FISH of Greater New Haven

delivers groceries to homebound and disabled New Haven residents. Call 203-503-0107 to schedule an assessment. Calls accepted M-F: 9am-4pm; Delivery Hours M-F: 12pm-3pm

Age 60+; Income at or below 130% FPL

LifeBridge Community

Services offers senior meals through Meals on Wheels (delivered M-F) and at 16 different cafés throughout the Greater New Haven area. Meals are served M-F starting at 9am. Call 203-752-9919

Local New Haven Pharmacies

Phamracy	Address	Phone	Delivery
Bella Vista	321 Eastern St. New Haven	203-467-1683	Bella Vista only
Berny's	615 Howard Ave. New Haven	203-562-4447	Free delivery in New Haven
Chapel St. Pharmacy	1219 Chapel St. New Haven	203-777-2227	Free delivery in New Haven
Cornell Scott Hill	428 Columbus Ave. New Haven	203-500-3021	No delivery
Fair Haven Pharmacy	72 Grand Ave. New Haven	203-489-3479	Free delivery in New Haven
New Haven Pharmacy	382 Grand Ave. New Haven	203-777-3700	Free delivery in New Haven
Hancock	306 Grand Ave. New Haven	203-776-7100	Free delivery
Hancock	1 Longwharf Dr. New Haven	203-787-9908	Free delivery in New Haven
Rite Aid	325 Ferry St. New Haven	203-777-0695	Free delivery in New Haven
Rite Aid	66 Church St. New Haven	203-777-7248	Free delivery in New Haven
Visels Pharmacy	714 Dixwell Ave. New Haven	203-562-6878	Dixwell Area
Walgreens	88 York St. New Haven	203-752-9893	No delivery
Walgreens	1471 Whalley Ave. New Haven	203-389-2143	No delivery
Unity Pharmacy	1351 Whalley Ave. New Haven	203-745-0030	Delivery

CHARLIE'S CLOSET



CHARLIES CLOSET IS A MEDICAL EQUIPMENT CLEARINGHOUSE. OUR MISSION IS TO MAKE MEDICAL EQUIPMENT AVAILABLE TO ANYONE WHO NEEDS IT (REGARDLESS OOOOF AGE OR INCOME), KEEPING USABLE EQUIPMENT FROM GOING TO THE LANDFILL. WE ACCEPT DONATIONS OF GENTLY USED EQUIPMENT; CLEAN IT, CHECK IT FOR SAFETY, AND MAKE IT AVAILABLE TO ANYONE REQUESTING IT.

THE DURABLE MEDICAL EQUIPMENT THAT WE PROVIDE RANGES FROM CANES, WALKERS, AND COMMODES TO WHEELCHAIRS AND HOSPITAL BEDS. WE ALSO HAVE SOFT GOODS AVAILABLE SUCH AS ADULT DIAPERS AND WASHABLE OR DISPOSABLE BED PADS. THERE IS A NOMINAL FEE OF \$1 PER ITEM, BUT MONETARY DONATIONS ARE ALWAYS WELCOME.

ALL EQUIPMENT DONATIONS AND PICK - UPS ARE NOW BY APPOINTMENT ONLY

HOURS FOR EQUIPMENT PICK-UPS ARE 9-12 (MONDAY THRU FRIDAY).

PLEASE CALL THE OFFICE ON 203-453-8359 AND OUR VOLUNTEERS WILL BE HAPPY TO ASSIT YOU.



Line Dancing and Movement Classes With Xan

A fun and great way to socialize and exercise the brain along with the rest of the body...

DAY	ACTIVITY	TIME	PLACE	
Tuesday	Line Dancing all levels	10a-11a	Dixwell	
Tuesday	Line Dancing beginner friendly	11:15a-12:15p	Dixwell	
Tuesday	Line Dancing A faster pace with limited instruction	1p-2:30p	Dixwell	
Wednesday	Fitness Ball Exercises, Hula Hooping, Line Dancing and Salsa, Bachata, Merengue, and more	10a-11:30p	Atwater	
Wednesday	Cardio Drumming, Fitness Ball Exercises, Hula Hooping, Line Pancing and Vari- ous Movements To Your Oldies But Goodies Music	1р-2р	East Shore	

Diswell/Newhallville Senior Center (QHouse) * 197 Diswell Avenue * New Haven, CT 06511
Atwater Senior Center *26 Atwater Street * New Haven, CT 06513

East Shore Senior Center *411 Townsend Avenue * New Haven, CT 06512

Instructor Contact Info (203) 823-5514 / xwalker@newhavenct.gov



Come and join us for a mix of fun and exercise that will get you pumping and ready for your day!



Our seniors are always on the move. From their homes to the centers.

LEARN & EMBRACE TAI CHI Aprender y abrazar el Tai Chi



FOR THOSE 55 YEARS AND OLDER PARA MAYORES DE 55 AÑOS

Tai Chi Class *Clase de Tai Chi*

Tuesday Classes 9:30 AM - 10:30 AM Martes Clases 9:30 AM - 10:30 AM

Practicing Tai Chi can improve balance, stability, and flexibility in older people. Practiced regularly, it can also help reduce pain, especially from knee osteoarthritis, back problems, and fibromyalgia.

Practicar Tai Chi puede mejorar el equilibrio, la estabilidad y la flexibilidad en las personas mayores. Practicado regularmente, también puede ayudar a reducir el dolor, especialmente de la osteoartritis de rodilla, problemas de espalda y fibromialgia.



203-946-8550

ATWATER SENIOR CENTER 26 ATWATER ST., NEW HAVEN, CT 06513





COMING SOON

TO OUR 3 **NEW HAVEN** SENIOR CENTERS 4



CITY OF NEW HAVEN DEPARTMENT OF COMMUNITY RESILIENCE Office of Mental Health Initiatives

BENCHES, WHERE THE CITY'S PULSE IS FELT



WE CANNOT WAIT

Our goal is to give our seniors and residents of all ages a place they can go to sit, relax and unwind whether you are out taking a stroll around the block, visiting a family member at one of the centers or even just needing a moment to take a seat. We hope this new addition to the communities will not only bring joy but allow you to meet your people along your journey's.

WE THANK YOU!

This project would not have been possible without the partnership of The Department of Community Resilience. With all of their help and dedication to this project we have been able to recieve a grant in order to place new benches outside of all three of our Senior Centers.

We also cannot forget to give a great big thank you to AARP, it is with the help of their programs that we were able to receive funding for these benches.









Liberty Community Services: 210 State St.

Sunday-Saturday: 8am-4pm Contact: Barbara McMillian @ (203) 497-2306

Taking Initiative Center: 514 Monday - Sunday: 8:30 am - 9 Contact: Mike Morgan @ (203) 389-2970 ext.1317



Ives Library Downtown: 133 Elm St.

Monday-Friday: 10 am -

4:30 pm

Contact: Amber @ (203) 980-7077

Columbus House: 592 Ella T. **Grasso Blvd Tuesdays & Thursdays:** 10am-2pm Contact: Aide @ (203)401-

4000 ext.412



Fellowship Inn: 441 Elm St Monday -Friday: 7:30 am - 3pm Saturday-Sunday: 9 am - 3pm Contact: (203) 401-4227 ext.1243



Community Action Agency: 419 Whalley Ave.

Monday-Friday: 10:30 am-3:30 pm Tuesday & every other Saturday: 11 am-6pm

Contact: Darryl McCoy @ (203) 946-7058



Downtown Evening Soup Kitchen: 266 State St. Sunday-Friday: 1:30 -4:30 pm Saturday: Closed Contact: (475) 227-3009



M-S: 7pm - 7am Midnight cut off time for entry



Varick Memorial 242 Dixwell Ave. Contact: 203-645-7361

M-S: 7PM -7AM

10 180 Center 438 East St. M-S: 7 PM - 7 AM Lights out @ 11pm





SWEATER WEATHER!

START STOCKING UP ON HAND AND FEET WARMERS, AND HEATED BLANKETS (JUST BE CAREFUL NOT TO BURN YOURSELF).

FINALLY!

LAYER YOUR CLOTHING, SOMETIMES WEARING TO MANY LAYERS WILL MAKE YOU HOT BUT DURING THESE WINTER MONTHS IT IS BETTER TO BUNDLE UP AND TAKE OFF LAYERS AS NEEDED.

SWEATER WEATHER

STAY ACTIVE!! I KNOW IN COLD WEATHER IT IS
HARD TO WANT TO BE OUT OF BED BUT BY KEEPING
YOURSELF ACTIVE YOU CAN ENJOY THE COLD
WITHOUT REALLY BEING COLD

IT'S ABOUT TIME!

TRY TO ENJOY WARM FOOD AND BEVERAGE!!
HOT CHOCOLATE, SOUP AND THE LONGER YOU
COOK THE MORE HEAT WILL RADIATE THROUGH
YOUR HOME.

SWEATER WEATHER!
ENJOY EVERY MINUTE
OF IT!!

09:00

Characteristics (Control of the Control of the C

△ Senior Luncheon

This year's annual Senior Luncheon will be held on May 14, 2024, from 11:30 am- 3 pm.
It will be taking place at Amarante's Sea Cliff.

Rent Rebate

The State of Connecticut provides reimbursement to elderly or disabled renters in need. Applications open April 1, 2024 and will close October 1, 2024.

Farmers Market

Start looking for your Farmers Market Benefit Cards and keeping tabs on its whereabouts. Farmers Markets will begin opening in April, for those who do not have a card stayed tuned for more information.

City of New Haven Department of Elderly Services

Berye the Deite...

2024 SENIOR CITIZEN VOLUNTEER OF THE YEAR AWARD LUNCHEON MAY 14, 2024

This is a time to gather so we may honor and acknowledge the people who have selflessly volunteered their time to enrich and serve the lives of the New Haven senior communities.

11:30AM-3PM

AMARANTE'S SEA CLIFF, 62 COVE ST., NEW HAVEN, CT 06512 MUSIC, DANCING, PHOTOS, LUNCH, RAFFLES AND FUN!



PRESENTED BY:
THE CITY OF NEW HAVEN
DEPARTMENT OF ELDERLY SERVICES
AND
THE COMMISSION ON AGING



ELDERLY SERVICES DEPARTMENT

FLU VS COVID

FLU



The main symptoms reported were fever, cough, and shortness of breath

COVID



The main symptoms included fever, chills, cough, and sore throat



2 % of cases resulted in hospitalization



of cases resulted in hospitalization



patients sought professional healthcare in clinics or hospitals



9,832
patients got tested and sought healthcare in hospitals



of local residents received a flu shot



80%

of local residents received a COVID vaccine

THE JANUARY GAMES

By Madeleine Dickman & Peter Laskin

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ACROSS

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5	Chad's neighbor	40	A lunch comes after
10	Pic		it
14	Noggin	45	Dogs and cobras
15	O give me		might be found on
16	Evil twin of		them
	60-Across	48	Final parts, maybe
17	It goes before the fall	49	Put an end to
18	WWII Riveter	50	Explosive letters
19	Colonel's superior,	51	"Thx" counterpart
	briefly	52	Halfway home
20	Goodwill goods, for	58	With El, 4-Down
	example		home
22	NNW opposite	60	Pleasant scent
23	"for cookie"	61	Visa alt.
24	Cellular device	62	Modify, as 48-Across
27	Intro	63	Snake oil
31	Prodigies	64	Alfonso Cuarón film
32	It's almost a first	65	Grave words
34	Fly like an eagle	66	Social media requet
35	C'est	67	0% milk, usually
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LOOK OUT FOR THE ANSWERS IN THE NEXT COUPLE WEEKS AT REGISTERFORUM.ORG!

Down

1 The wealth of nations 2 Folk tail 3 Apple variety 4 32-Across in Texas midterms Squished fish 6 Oopsies 7 Indian pancake

8 Body builder

- Must 10 San Francisco sight 11 Ukrainian port 12 It might leave you in the hospital 13 Roughly, with "more" 21 CBS police procedural
- 25 Diplomacy simulation, for short
- 26 Waiting words 27 Vegas 28 Prefix with tourist 29 carte On the back 30 Highlighter shades 31 Suffocated A day in Mexico 38 Beginning of a Story
- 39 "Senator, we run " 41 Beatles label 42 Tapioca source 43 Bic or Faber-Castell,
- for example 44 Founded, briefly 45 Chihuahua, for ex-
- ample
 - 46 Oblada partner

- 47 Scuttlebutt
- 50 Phrase on a mid-May card
- 53 State abbr.
- 54 Part of a cell wall
- 55 Running partner
- 56 Finals precursor
- 57 Brain check
- 59 Fifth quarters, e.g.

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Happy New Year?

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JANUARY
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MIDNIGHT

MUSIC
NOISE MAKER
PARTY
RESOLUTION
SPARKLER
STREAMER
TIMES SQUARE
TOAST
TRADITION
TUXEDO
VOW
YEAR

SATISFACTION SURVEY



WHAT WOULD YOU LIKE TO SEE MORE	OF? (CHECK ALL THT A	PPLY)
O Puzzles O Picture	es Resour	rces Recipes
WHAT DO YOU MOST LIKE?		
HOW VALUABLE ARE THESE QUA	ARTERLY NEWSLETT	ERS?
1 - not valuable 2	Оз	4 - very valuable
HOW LIKELY ARE YOU TO RECOM	MMEND OUR NEWSL	ETTER TO OTHERS?
Definitely Likely to	Neutral	Unlikely to
WHAT DO YOU LIKE LEAST?		
WHAT WILL YOU DO WITH THE INFORM WHAT WAYS HAS IT HELPED?	MATION PROVIDED WITH	IIN THE NEWSLETTER? IN

When this back page is completed rip it off and submit it to your senior center specialist. If you would like to include your name, you can but all submissions will be viewed anonymously.