

## FARMER MARKET NUTRITION PROGRAM COUPON DISTRIBUTION—now available!

One coupon book per eligible NYS Senior on a 'first come, first serve basis,' meeting age and income criterion below.

-Must be age 60 years or older, income at or below:

**\$1968 per month for 1 person household**

**\$2658 per month for 2 person household**

**\$3349 per month for 3 person household**

-If you believe you qualify, please leave a phone or email message for Emily with your name, number, & upcoming availability for an appointment.

## WHAT'S IN SEASON? Keep this in mind at the market!

Deep into summer, August harvests yield a variety of fruits and vegetables. Typical produce available includes:

- |                                     |                                   |
|-------------------------------------|-----------------------------------|
| -Apples, July - October             | -Basil, July - September          |
| -Blueberries, July & August         | -Broccoli raab, August - November |
| -Cantaloupes, August & September    | -Cauliflower, August - November   |
| -Celery, August - October           | -Cucumber, July - October         |
| -Eggplant, July - October           | -Garlic, July - October           |
| -Green beans, July - September      | -Leeks, August - December         |
| -Nectarines, August & September     | -Onions, July - October           |
| -Peaches, July - September          | -Pears, August - December         |
| -Plums/Pluots, August & September   | -Rutabagas, August - November     |
| -Squash (winter), August - December | -Turnips, August - November       |
| -Watermelons, August - October      | -Zucchini, July - September       |

## WHAT ELSE IS "IN" THIS SEASON?

- Staying hydrated, and getting good rest
- Getting outside for fresh air (*observing a full Moehle's distance*)
- Wearing sunscreen, hats, sunglasses, & of course, face masks (*contact Emily if you need some disposable masks*)
- Remembering that we are truly in this together

## LIST OF RESOURCES

### Eldersource Care Management/NY Connects

(Hotline through partnership with Lifespan & Monroe County Office of the Aging)  
Case Management & Support  
(585) 325-2800

See also [www.lifespan-roch.org/resource-lists](http://www.lifespan-roch.org/resource-lists)

### Brighton Food Cupboard

Food Related Support in Brighton & surrounding zip codes)  
(585) 736-4526

### Meals on Wheels

URMC Meal Delivery Service  
(Fresh meals available each weekday)  
(585) 787-8397

[www.urmc.rochester.edu/home-care/meals-on-wheels.aspx](http://www.urmc.rochester.edu/home-care/meals-on-wheels.aspx)  
(Online apply available)

### Lifeline Mental Health Emergency Hotline

(585) 275-5151

### NYS Mental Health Hotline

Free Emotional Support  
(844) 863-9314

Throw Back To:  
July 2019



## RECEIVING THIS COMMUNICATION

August will be the last month automatically receiving this newsletter by mail, for some. If you haven't already subscribed to our mailing list, please contact the Recreation office at 784-5260 ext. 0, and let us know you'd like to sign up. It's free, and you'll be kept in the loop on upcoming programs, events, & opportunities available to you!

### **Brighton Senior Program**

E-mail [emily.kelsey@townofbrighton.org](mailto:emily.kelsey@townofbrighton.org)  
or leave a message at (585) 784-5266.



# Brighton's Club 60 Bulletin AUGUST 2020

## Updates Around our Town

**BRIGHTON FOOD CUPBOARD** addresses hunger for individuals and families in Brighton & surrounding communities, as a program of Jewish Family Service of Rochester. BFC operates out of the same building we do.

Their team has so generously supplemented Brighton Seniors' weekly county Grab N Go meal bags, served each Wednesday. It is only fitting to give them a "Thank You" shout out for their show of support! They spread so much good to our community. Please consider donating a non-perishable item to their cupboard in the future, and keep them in mind if you or your neighbor are ever in need of their help!

## **BRIGHTON FARMER MARKET**

-Visit [brightonfarmersmarket.org](http://brightonfarmersmarket.org).  
-Everyone must wear face covering!  
-Location Change **August 9 only**:  
The Market will move to the parking lot of Temple B'rith Kodesh, 2131 Elmwood Ave. This **one-time only** move will allow a graduation ceremony to take place at BHS that day. Please note that parking at B'rith Kodesh is in the rear parking lot, & traffic flows one-way only; please follow the signs. Thanks to the generous folks at B'rith Kodesh, & congrats class of 2020!

-All product will be prepackaged. Preorder & credit cards are not required but are strongly encouraged. Cash will be allowed. Links to individual vendor sites to make it easy to preorder are listed on their website. Preordering is the safest way to purchase vendors' products & it assures customers' ability to obtain product in short supply.

-SNAP customers will pay with benefits cards at the Market booth (please have the dollar amount of items ordered and vendor names with you) & transactions will take place without tokens. FMNP customers will give coupons directly to vendors. No credit/debit tokens sold.

-The first hour on Market day (9-10) is reserved for seniors/at-risk individuals, & customers pick up preordered product. 1 individual per family should attend where possible, & we ask that dogs stay home.

**ATTENTION:** We are still trying on new names for this newsletter—last month we called it Brighton Seniors\* Bulletin, this month Club 60 was suggested, and we wonder—what do you think? What should we call this publication?

\*The Brighton Seniors are members of our fun, fit community who are active in their pursuit of recreation, health, and happiness. We are here for adults of ALL ages! "The Town of Brighton sponsors the Brighton Senior Program, especially for people age 60 & over. During normal conditions, all adults are welcome to drop in during regular hours. Stay active with fitness, crafts, art, learning, local and day trips, luncheons, celebrations and special events." We look forward to continuing this commitment to our patrons.

On the inside and back pages, we will share with you:

- How to join our weekly zoom calls,
- Details about the county's Grab N Go weekly meal program
- Farmer's Market Coupon details & criteria
- Current status of AARP Smart Driver & AARP Tax prep programs
- Some jokes and recipes fellow patrons have sent in
- An update from the Mad Hatter's group president
- The opportunity to stay in the loop with this publication
- Resources to help you or someone you care about



While we have not yet returned to in-person programs for Seniors at our center, there are some online opportunities coming up, and we are planning some outdoor/in-person programs starting next month. Check these out:

**Gardening with a Pro** with KC Fahy-Harvick  
Saturday, August 8 10 am—12 pm on ZOOM, \$20. Register online or by phone.

**Chair Yoga and Gentle Yoga** classes with Cindi Rittenhouse (ZOOM/Outdoor, \$)  
Several sessions start soon on Mondays & Thursdays—Register online or by phone.

**Cooking with Herbs** with Ann Horn-Jeddy of the Brighton Community Garden  
Wednesday, August 19 at 4 pm on ZOOM, FREE  
What do you do with tomatoes and herbs? Simple, easy, and quick meals can be made for lunch or dinner on a hot summer night.

If you haven't already officially subscribed to this newsletter, please contact our Recreation Office at 784-5260 ext. 0 to do so. There was a mishap that affected half of the mailing addresses for July's extended mailing. We have corrected the issue, and appreciate your patience!

Thinking of you every day, -Emily & the Brighton Rec Team



Like Brighton Recreation's [Facebook](https://www.facebook.com/BrightonRecreation/) for positive posts & department updates!



## **Brighton Senior Program, part of the Town of Brighton Rec Department**

Visit: [www.townofbrighton.org/rec](http://www.townofbrighton.org/rec) or [www.facebook.com/BrightonRecreation/](https://www.facebook.com/BrightonRecreation/)  
Contact: Senior Program Coordinator, Emily Kelsey  
by e-mail [emily.kelsey@townofbrighton.org](mailto:emily.kelsey@townofbrighton.org) or leave her a message at (585) 784-5266.

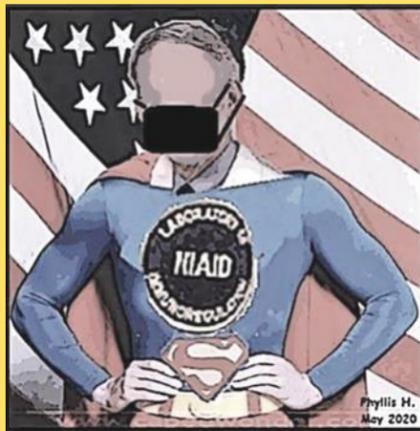
# August 2020

Just a few things to amuse:

"Sunflowers end up facing the sun, but they go through a lot of dirt to find their way there."  
-J.R. Rim

"Advice from a Sunflower:  
Be Bright, Sunny, and Positive. Spread seeds of happiness. Rise, Shine, and Hold your Head High."

Here's another Frankentoon submitted and created by Phyllis Hirsch, titled, "Our New American Heroes-Doctors and Scientists"



## KEEPING IN TOUCH—TUESDAY LUNCH BUNCH (TLB) on ZOOM

Did you know? We've been holding ZOOM virtual get-togethers, in the place of our weekly Lunch Bunch, each Tuesday. It would be lovely to have you "pop" by sometime. If you can e-mail, you can video zoom! (Email if interested.)

**If you can make a phone call, you can "audio-only" zoom.**

**To join by phone, dial in at 11:30 am on Tuesdays & follow these directions:**

Dial: (646) 558-8656

You will then need to enter the Meeting ID: **858 9872 3269**

Here are the numbers you'll need for the password: **855355**

The automated voice will tell you that you are in the waiting room, then you will hear Emily welcome you to the call, and ask who is calling.

We chat from the convenience of our own homes, for an hour to catch up. Emily invites callers to speak by letting everyone have a turn, and the rest listen in and learn more about each other. Hope you'll give it a try—**Get your social fix for the week!**



## MONROE COUNTY'S GRAB N' GO MEAL PROGRAM

We are excited & grateful to continue partnering with the Town of Henrietta! As a County Nutrition site, the Henrietta Senior Center serves hundreds of Grab N Go, drive-thru meals each week.

- Order-ahead boxed meals are available to seniors (age 60+).
- You MUST order your meal ahead by 5 pm Thursday (prior by calling 784-5266 (leave a message with your name & #))**
- Meal pick-up is in the Henrietta Senior Center parking lot at **515 Calkins Road on Wednesdays 11:30 am—12:30 pm.**
- Please stay in your vehicle.
- We will place your meal in your back seat or trunk.
- If you can, consider bringing a cooler for the meal to go into.
- To help support this Nutrition Program, please consider making a contribution which will be used to maintain & enhance this service. Contributions are collected confidentially.
- If you are eligible, you may not be turned away for inability or refusal to pay suggested contribution of \$3.50.

### AUGUST GRAB N GO MENU

- 8/5 Grilled chicken breast, broccoli pasta salad, carrots, burger bun, fresh peach, milk
- 8/12 Chicken Italian Sausage with peppers and onions, baked beans, California blend, hot dog bun, fresh plums, milk
- 8/19 Seafood salad, macaroni salad, fresh tomato, sandwich thin, fresh nectarine and milk
- 8/26 Chili, baked potato(not baked), broccoli, cheddar cheese, corn muffin, fresh plums, milk
- 9/2 Hot dog, potato salad, baked beans, hot dog bun, cookie, milk

## ICYMI (In Case You Missed It...)

### AARP SMART DRIVING COURSE

As all AARP in-person classes have been cancelled until year end.

The AARP Smart Driver online course as an alternative option, especially for those who need to renew their car insurance discount. AARP is extending a special 25% off discount through the end of the year.

Visit their website to register: [www.aarpdriversafety.org](http://www.aarpdriversafety.org)  
Promo code for 25% discount: **DRIVINGSKILLS**  
Good through: **December 31, 2020**



Hi Ya'all,

Can you tell I am losing my mind?  
Need something to do.  
Oh well, better days are coming!  
I hope everyone is well.  
I am sorry I have not called anyone,  
I think about every one of

you. Things have been very busy for me. My brother, Bob, has recently moved in with me. We are company for each other.

I understand the ZOOM meetings are going good. By the way for Gloria, I have a bag full of bags floating around in my van; let me know if you want them.

It's funny when you really want to say something, not much comes to mind.

Take care of yourselves,  
-Doreen Spero  
President of the Mad Hatter Social Group

### RECIPE SHARING

After our TLB Zoom on 7/21 (themed scrumptious summer bites), it was suggested that we have a share your recipe column in the newsletter—see below for recipes and send yours along for September!

**Pergori (aka "Snake Meat")** contributed by Florence Wright & Tony Vitale

- 1 Flank Steak
- 1/4 cup Soy Sauce
- 1 tsp. minced Green Onion
- 2 Cloves of minced Garlic
- 1 tsp. Sugar
- 1 handful Fried Sesame Seeds



Cut Flank Stead into 1-inch strips, add garlic, green onions, sugar, sesame seeds, and soy sauce. Mix and marinate overnight or at least 4 hours, in the refrigerator. Stir-Fry or Grill, and enjoy!

**Easy Amaretto Fruit Dip** from Tony Vitale

- 1/3 to 1/2 cup Milk
- 1/3 Amaretto or Almond Extract
- 1 8oz. container of Cool Whip
- Fresh Fruit
- 1 package of Vanilla Pudding Mix (Instant set—French Vanilla works too)

In a medium bowl, pour in pudding mix, then add milk & stir (to dissolve the mix). Fold in Cool Whip until blended. Add the Amaretto or Almond Extract and stir all together. Keep cool until serving, and use any fresh fruit for dipping. We suggest strawberries, grapes, and apples!

**Lemon-Blueberry Bars** from Phyllis Hirsch

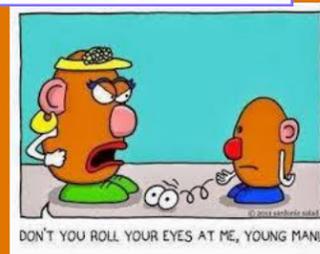
- Betty Crocker Angel Food Cake Mix
- Duncan Hines/Comstock Original Lemon Pie Filling (can)
- One pint fresh blueberries (preferably organic)



Preheat oven to 350 degrees. Lightly butter sides and bottom of a 9x13 cake pan. Remove stems from blueberries; wash and drain.

Dump cake mix into a large bowl. Add lemon pie filling, Mix them together by hand until moist. Be careful not to over-stir. When all is moist, fold in blueberries. Bake in center of oven until lightly golden brown on the top and cake starts to pull away from sides (about 30-35 minutes). Cool completely before eating.

### JUST JOKING...



Keep sending your jokes, recipes, & pictures... Share the joy!