

**SENIOR NEWSLETTER JULY 2022**  
**MUNICIPAL AGENT FOR THE AGING/ SOCIAL SERVICES DIRECTOR**  
**EASTON SENIOR CENTER ALISON WITHERBEE 203-268-1137**  
**[awitherbee@eastonct.gov](mailto:awitherbee@eastonct.gov)**  
**HOURS Monday through Friday 8:30 to 3:30**

Dear Friends,

It's summertime and that is always a good thing! When it gets hot, which is does now earlier and earlier (thank you climate change), come to the ESC to cool off, take in a movie, read the newspaper, work on a puzzle, or take out a book! I am planning events for the fall, and I know that the *What Tips Your Balance?* was a well-received program, but I'd love to hear about other ideas for topics/speakers that you are interested in, so please give me a call, email me, or just stop by my office.

Take care,

**Grow-a-Row Now for Distribution to Easton's Elderly**

**Backyard Gardeners Can Share Bounty with Home-Bound Seniors**

The Grow A Row program is off to a great start with generous donations of strawberries, lettuces and herbs and duck eggs! Residents can bring veggies, fruits, eggs and honey from their gardens, coops and hives to Shaggy Coos every **Tuesday** from 8 a.m. to 1 p.m. A Food Rescue US volunteer (that's me) will pick-up the donated produce and distribute it to home-bound seniors in town. Food Rescue US, whose mission is to reduce food waste and food insecurity in America, has paired up with Easton's Energy & Environment Task Force to provide home-bound seniors with fresh locally grown produce. In the meantime, to learn more about the initiative contact **Diane Geisert** at **[diane@foodrescue.us](mailto:diane@foodrescue.us)** not Shaggy Coos.

***The Commission for the Aging does not meet in July and August***

***Happy 4<sup>th</sup> of July***