

SENIOR NEWSLETTER JUNE 2023
MUNICIPAL AGENT FOR THE AGING/ SOCIAL SERVICES
ALISON WITHERBEE

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Hours: Monday through Friday 8:30 to 3:30

Dear friends,

It's summer time and that means being outside and enjoying the beach or your screened in porch, but remember that sunscreen is always important! Also, if you are a gardener please protect yourself against ticks by wearing long sleeves, a hat and pants tucked into your shoes! Read below for a presentation that I think will be of interest to many of you, and the Grow a Row program is back! Don't know what that is read on.

Grow A Row

The Easton "Grow-A-Row" program will be returning this summer and helpers are needed to make it a success. Beginning on June 20th, excess fresh produce grown in home gardens (or purchased from local farms) can be dropped off each Tuesday at Shaggy Coos Farm from 8am-12 noon. Volunteer drivers will deliver the collected food to homebound seniors in town. Please read the other side for more details.

NAVIGATING THE CHALLENGES OF HIP & KNEE ARTHRITIS PAIN

Tuesday, June 13th at 10:30 am

Come hear Bob Moore, CEO and Founder of Moore Physical Therapy & Fitness, review ways in which you can decrease pain associated with hip and knee arthritis through diet and exercise, active stretching and strength training.

Please sign up by calling Alison 203-268-1137 to RSVP.

Light refreshments will be served

The Commission for the Aging will meet on June 5th at 5pm at the ESC



GROW A ROW

There are several ways that Easton residents can support this initiative:

- Volunteer to deliver the produce - Each driver will spend approximately two hours on Tuesday afternoons (between June 20th – September 12th) to visit with up to four Easton seniors.
- Home gardeners can sow an extra row or two of vegetable seeds, with the intention to donate the excess yield to benefit the seniors
- Non-gardeners can purchase extra produce from local farms for donation and drop it off at Shaggy Coos Farm on Tuesdays from June 20th to September 12th.

In its inaugural 2021 season, the Easton “Grow-A-Row” program provided each homebound senior with an average of four pounds of fresh food each week through the generosity of Easton residents and farmers. The program is sponsored by Food Rescue US – Fairfield County, a local non-profit, in partnership with the Easton Municipal Agent for the Aging and the Easton Energy & Environment Task Force. To volunteer as a driver, or for more information, contact Alison Witherbee (awitherbee@eastonct.gov / 203-268-1137).

