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Editorial Assistance provided by Strategic Communications & Government Affairs Summer Intern, Whitney Stephenson



## NATIONAL YOGA AWARENESS MONTH

September is National Yoga Awareness Month, an entire month dedicated to raising awareness around the practice of yoga and its many health benefits. Yoga is much more than stretching and physical movement. While practicing yoga can improve flexibility, strength and balance, it also can improve a person's mental well-being, creating mental clarity and calmness.

Yoga is a form of exercise that can be practiced at home or in a yoga studio. It offers many benefits, including improved flexibility, enhanced posture, strengthened core muscles, improved sense of balance and increased energy levels.

Yoga also has the potential to reduce emotional health issues, such as anxiety and stress. Yoga can help people feel more relaxed and regain their emotional equilibrium. It can also improve the overall well-being of an individual by promoting inner peace and mental focus.

This month is designated for finding alternative ways of living, including exercise and diet. It's also considered a great time to make up for all of the lost time spent not celebrating yoga. There are many events that are happening throughout September that you can participate in order to get your yoga on! Here are some ideas:

- Try getting your friends together for a day of outdoor yoga at the park
- Hosting a party with yoga demonstrations, food, presents and more
- Practicing yoga by yourself with DVDs or YouTube videos
- Joining local classes or communities

The term yoga is derived from the Sanskrit word 'yuj' which means unite. It is said that once a person practices yoga, the person is united with the universe and the supreme consciousness. The origins of yoga can be traced back to 2700 B.C. during the period of the Indus Saraswati Valley Civilization. The person who practices yoga is known as a yogi and Lord Shiva is said to be the first yogi or 'Adiyogi.' Shiva then transferred all the yogic knowledge to the Saptarishis — the seven sages. The sages then spread this knowledge to the people in different parts of the world.

National Yoga Awareness Month was created by the National Center for Complementary and Integrative Health (N.C.C.I.H.) along with the Office of Research Services (O.R.S.) to raise awareness of the benefits of yoga-like mental and physical well-being, less stress, and increased longevity of life.

## MESSAGE FROM THE TOWN MANAGER

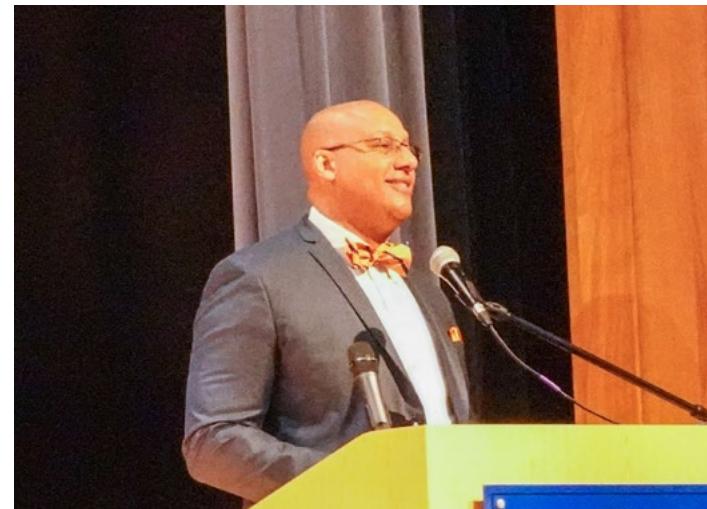
Hello Team Bloomfield,

As we approach Labor Day, I want to take a moment to express my heartfelt appreciation for all the hardworking employees of the Town of Bloomfield. This holiday, dedicated to recognizing the contributions of American workers, holds special significance as we reflect on the dedication and commitment that each of you bring to our community every day.

Labor Day is not just a day off; it's a celebration of the values we hold dear – perseverance, teamwork, and the spirit of service. In Bloomfield, these values are embodied in every department and by every employee, from our public safety officers and public works teams to our administrative staff and educators. Your efforts ensure that our town remains a wonderful place to live, work, and thrive.

Your dedication has been particularly evident in the way you have navigated the challenges of this past year. Whether adapting to new ways of working, addressing unexpected issues, or going above and beyond to serve our residents, your resilience and professionalism have shone through. It is your unwavering commitment that helps maintain the high standard of service our community relies on and appreciates.

As we enjoy this Labor Day, I encourage you to take pride in the crucial role you play in making Bloomfield the vibrant, welcoming community it is. Take this



opportunity to relax, recharge, and spend time with your loved ones. Know that your hard work does not go unnoticed and is deeply valued.

Thank you for your continued dedication to our town and its residents. Together, we are "One Team, One Fight".

Warm Regards,

Alvin D. Schwapp, Jr.,  
Town Manager

## "PIONEERS OF CHANGE: SHAPING THE FUTURE TOGETHER"



## "EAT THE RAINBOW" BALANCED DIET

The rainbow diet is a health-inspired trend that wants you to eat colorful fruit and vegetables that are red, orange, yellow, green, and purple.

**EAT THE RAINBOW CHART**

**bimuno®**

Which fruit & vegetables of the rainbow have you eaten?  
Cross off which fruit & vegetables you have eaten this week!

					
Strawberry	Apple	Tomato	Cherry	Raspberry	Watermelon
					
Orange	Banana	Pumpkin	Pineapple	Carrot	Lemon
					
Cucumber	Peas	Grapes	Kiwi	Pear	Broccoli
					
Blackberry	Beetroot	Blueberry	Fig	Passion Fruit	Plum
					
Cauliflower	Nuts	Mushroom	Onion	Garlic	Radish

### FOR MORE INFORMATION:

<https://atlasbiomed.com/blog/rainbow-diet-food-lists/>

## THE HISTORY OF LABOR DAY

*Observed the first Monday in September, Labor Day is an annual celebration of the social and economic achievements of American workers. The holiday is rooted in the late nineteenth century, when labor activists pushed for a federal holiday to recognize the many contributions workers have made to America's strength, prosperity, and well-being.*

Before it was a federal holiday, Labor Day was recognized by labor activists and individual states. After municipal ordinances were passed in 1885 and 1886, a movement developed to secure state legislation. New York was the first state to introduce a bill, but Oregon was the first to pass a law recognizing Labor Day, on February 21, 1887. During 1887, four more states – Colorado, Massachusetts, New Jersey and New York – passed laws creating a Labor Day holiday. By the end of the decade Connecticut, Nebraska and Pennsylvania had followed suit. By 1894, 23 more states had adopted the holiday, and on June 28, 1894, Congress passed an act making the first Monday in September of each year a legal holiday.



## THE FIRST LABOR DAY



The first Labor Day holiday was celebrated on Tuesday, September 5, 1882, in New York City, in accordance with the plans of the Central Labor Union. The Central Labor Union held its second Labor Day holiday just a year later, on September 5, 1883.

By 1894, 23 more states had adopted the holiday, and on June 28, 1894, President Grover Cleveland signed a law making the first Monday in September of each year a national holiday.

## DID YOU KNOW?

The Uniform Monday Holiday Act of 1968 changed several holidays to ensure they would always be observed on Mondays so federal employees could have more three-day weekends. The Act, signed into law on June 28, 1968, moved Washington's Birthday Memorial Day, and Columbus Day to fixed Mondays each year.

Labor Day is in good company; other holidays that always fall on Mondays include:

- Martin Luther King Jr. Day
- President's Day
- Memorial Day
- Columbus Day

## MCGUIRE V. MAGUIRE: WHO FOUNDED LABOR DAY?



Who first proposed the holiday for workers? It's not entirely clear, but two workers can make a solid claim to the Founder of Labor Day title.

Some records show that in 1882, Peter J. McGuire, general secretary of the Brotherhood of Carpenters and Joiners and a co-founder of the American Federation of Labor, suggested setting aside a day for a "general holiday for the laboring classes" to honor those "who from rude nature have delved and carved all the grandeur we behold."

But Peter McGuire's place in Labor Day history has not gone unchallenged. Many believe that machinist Matthew Maguire, not Peter McGuire, founded the holiday.

Recent research seems to support the contention that Matthew Maguire, later the secretary of Local 344 of the International Association of Machinists in Paterson, New Jersey, proposed the holiday in 1882 while serving as secretary of the Central Labor Union in New York.

According to the New Jersey Historical Society, after President Cleveland signed the law creating a national Labor Day, the Paterson Morning Call published an opinion piece stating that "the souvenir pen should go to Alderman Matthew Maguire of this city, who is the undisputed author of Labor Day as a holiday." Both Maguire and McGuire attended the country's first Labor Day parade in New York City that year.

### CAN YOU WEAR WHITE AFTER LABOR DAY?

Of course you can wear white after Labor Day, and it makes perfect sense to do so in climates where September's temperatures are hardly fall-like. It's more about fabric choice today than color. Even in the dead of winter in northern New England the fashionable wear white wools, cashmeres, jeans, and down-filled parkas. The true interpretation is "wear what's appropriate—for the weather, the season, or the occasion."

In the early 1900's, the summer season was bracketed by Memorial Day and Labor Day. Society flocked en masse from town house to seaside "cottage" or mountain "cabin" to escape the heat. City clothes were left behind

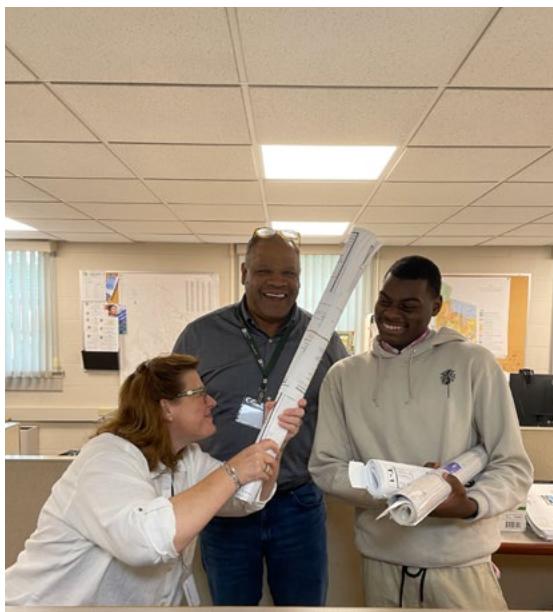
in exchange for lighter, whiter, summer outfits. Come fall and the return to the city, summer clothes were put away and more formal city clothes donned

once more. It was an age when there was a dress code for practically every occasion, and the signal to mark the change between summer resort clothes and clothing worn for the rest of the year was encapsulated in the dictum "No white after Labor Day." And it stuck.



## THANK YOU SUMMER INTERNS!!!

We have been exceptionally fortunate to have you all on our team. Your enthusiasm for learning, your willingness to take on new responsibilities, and your commitment to excellence were truly inspiring.



# NATIONAL SUICIDE PREVENTION MONTH



## My Mental Health: Do I Need Help?

First, determine how much your symptoms interfere with your daily life.



### Do I have mild symptoms that have lasted for less than 2 weeks?

- Feeling a little down
- Feeling down, but still able to do job, schoolwork, or housework
- Some trouble sleeping
- Feeling down, but still able to take care of yourself or take care of others



### If so, here are some self-care activities that can help:

- Exercising (e.g., aerobics, yoga)
- Engaging in social contact (virtual or in person)
- Getting adequate sleep on a regular schedule
- Eating healthy
- Talking to a trusted friend or family member
- Practicing meditation, relaxation, and mindfulness

If the symptoms above do not improve or seem to be worsening despite self-care efforts, talk to your health care provider.



### Do I have severe symptoms that have lasted 2 weeks or more?

- Difficulty sleeping
- Appetite changes that result in unwanted weight changes
- Struggling to get out of bed in the morning because of mood
- Difficulty concentrating
- Loss of interest in things you usually find enjoyable
- Unable to perform usual daily functions and responsibilities
- Thoughts of death or self-harm



### Seek professional help:

- Psychotherapy (talk therapy)—virtual or in person; individual, group, or family
- Medications
- Brain stimulation therapies

For help finding treatment, visit [nimh.nih.gov/findhelp](https://nimh.nih.gov/findhelp).

If you are in crisis, call or text the 988 Suicide & Crisis Lifeline at 988 or chat at [988lifeline.org](https://988lifeline.org), or text the Crisis Text Line (text HELLO to 741741).

**BACK BY  
POPULAR DEMAND!**

**JOIN OUR  
8TH ANNUAL  
WALKING CHALLENGE  
SEPTEMBER 2024**



*Join the challenge, get up and move, and have fun with a little friendly competition among co-workers!*

**Raffle Prizes Galore!**

**Awards for Top Winners**

**Special Awards announced at Celebration Luncheon!**

**Coveted Parking Spot for Grand Prize Winner!**



**SCAN THE QR CODE TO REGISTER  
MUST SIGN UP BY AUGUST 30, 2024**

*For Town of Bloomfield Employees Only  
Contact HR for more information:  
[kroberts@bloomfieldct.gov](mailto:kroberts@bloomfieldct.gov)  
860-769-3544*





FOR COMPETING IN THE  
HYDRATION CHALLENGE

## NATIONAL CHEESE PIZZA DAY

SEPTEMBER  
05, 2024



IT REHEATS WONDERFULLY. AND IT'S  
DELICIOUS FOR ANY MEAL

# HAIL

## Welcome to the Town of Bloomfield



**Darrell Hill**  
**Chief Financial Officer**  
**Town Manager's Office**

Jean joins the Town of Bloomfield Senior Services Department as the Administrative Aide II. She has completed studies in Gerontology and brings many years of experience serving the senior community. When asked about why she chose to work for the Town of Bloomfield, she shared, "After twenty years as a Director of Admissions & Marketing for skilled nursing facilities, I wanted to work with the senior community in a non-clinical capacity and am very excited to become part of a team dedicated to maximizing the independence of Bloomfield elderly residents".



**Joe Muraca**  
**Purchasing & Risk Manager**  
**Purchasing & Risk Manager**

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**Jean Dobbrow**  
**Administrative Aide II**  
**Senior Services**

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**Donna Stewart**  
**Deputy Finance Director**  
**Finance**

Denise joins the Town of Bloomfield Library Services department as the Librarian III. She brings twenty years of library experience and a passion for library services to the team. When asked about why she chose to work for the Town of Bloomfield, she states, "I responded to the call for a new Youth Services Librarian here at the Bloomfield Public Library because of the amazing and innovative Director, Elizabeth Lane, and the entire BPL Team. This team is known throughout the state as leaders in the field, who provide top notch service to everyone in the Bloomfield Community, and beyond. I consider it an honor and a privilege to have an opportunity to work with you all to provide the best services to this Town".



**Denise Martens**  
**Librarian III**  
**Library Services**

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**Grom**  
**K9 Unit**  
**Police Department**

K9 Grom is an 18 month old Belgian Malinois. K9 Grom was born in Holland and worked briefly with the Santa Clara Police Department in California before joining Ofc. Chesworth in Connecticut. K9 Grom is a dual purpose canine; patrol and gun shot residue detection. K9 Grom and Ofc. Chesworth will spend approximately ten weeks of intense training before they are able to certify and rejoin the Patrol Division.

## EMPLOYEE SPOTLIGHT



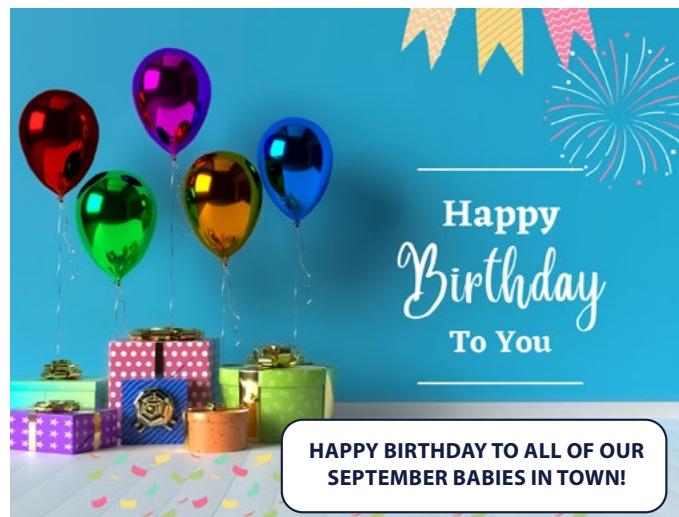
On Tuesday, September 17, our co-worker and the Town's Wetlands Agent, Peter Castaldi will be celebrating 40 years with the Town of Bloomfield. A longtime staff liaison to the Inland Wetlands & Watercourses Commission, Peter also inspects ongoing construction and other regulated activities for compliance with permit requirements and commences and administers enforcement actions on behalf of the Commission.

**THANK YOU PETER FOR YOUR DECADES OF SERVICE TO THE TOWN OF BLOOMFIELD!**

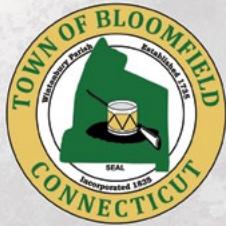


## WORK ANNIVERSARIES

NAME	YEARS OF SERVICE	DEPARTMENT
Peter Castaldi	9/17/84 - 40 years	Engineering
Luz Bodner	9/6/11 - 13 years	Senior Services
Luz Cora-Small	9/1/04 - 20 years	Senior Services
Katherine Battle	9/27/11 - 13 years	Library
Jean Rawlings	9/23/14 - 10 years	Library
Elizabeth Lane	9/9/19 - 5 years	Library
Chris Siloac	9/29/10 - 14 years	Library
Lorainne Huddy	9/13/22 - 2 years	Library
Mark Dondero	9/10/12 - 12 years	Public Works
Vernon Enloe	9/14/15 - 9 years	Public Works
Ivette Varela	9/20/04 - 20 years	Public Works
Thomas Langer	9/11/23 - 1 year	Public Works
Michael Edwards	9/20/23 - 1 year	Facilities
Christine Russo	9/27/21 - 3 years	Finance
Stacy Thomas	9/1/15 - 9 years	Police
Daniel Prizio	9/27/21 - 3 years	Police
Jadira Sanchez	9/27/22 - 2 years	Police
Jesenia Polanco	9/18/23 - 1 year	Police
David Spatcher	9/26/23 - 1 year	Police
Lestina Randolph	9/6/22 - 2 years	Social & Youth Services
Paola Vargas	9/12/22 - 2 years	Social & Youth Services
Sharron Howe	9/6/05 - 19 years	Town Manager's Office
India Rodgers	9/25/06 - 18 years	SCGA



**ONE TEAM  
ONE FIGHT**



## CHECK OUT THESE EVENTS AROUND TOWN

**Celebrate**  
**BLOOMFIELD**  
**Food Truck Festival**



**SATURDAY**  
**SEPTEMBER 14, 2024**  
**4 - 8 PM**

**BLOOMFIELD TOWN GREEN**

Food Trucks • Entertainment • Vendors • Beer Garden  
Rain Date 9/21

**www.bloomfieldchamber.org/events**

Bloomfield Chamber of Commerce, Windsor Federal Bank, HOOKER, Duracaster, State Farm, HomeGoods

BLOOMFIELD SENIOR SERVICES PRESENTS  
17th ANNUAL SENIOR EXPO

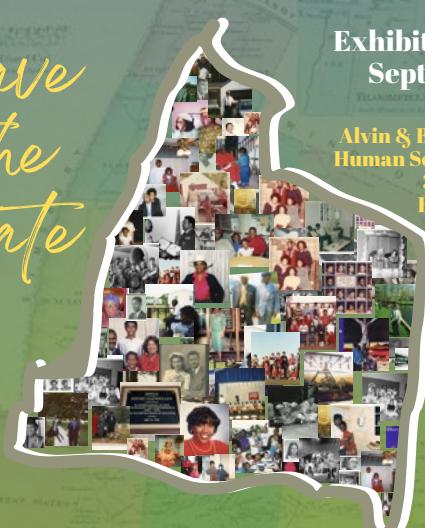
**Tuesday, September 17**  
**10:00 am - 12:00 noon**



**\* Exhibitors**  
**\* Complimentary Lunch**  
**\* Door Prizes**  
**\* Drug Take-back**

**BLOOMFIELD HUMANITIES COMMITTEE**  
*in partnership with the*  
**WINTONBURY HISTORICAL SOCIETY**  
*presents*

**BLOOMFIELD MOSAIC**



**Save The Date**

**Exhibit Opening**  
**September 27**  
**6-8pm**

**Alvin & Beatrice Wood Human Services Center**  
**330 Park Ave.**  
**Bloomfield, CT**

**STORIES FROM OUR JEWISH, AFRICAN AMERICAN, AND**  
**WEST INDIAN COMMUNITIES**

## CELEBRATE!

**75TH ANNIVERSARY !!**

**WINTONBURY HISTORICAL SOCIETY**



*This program is open to the public:*

- How the town center has changed – a film
- Memories from folks who grew up here
- Bring your stories and photos to share
- *Mocktails and light refreshments will be served*

**Monday, September 16, 6:00 pm**

**330 Park Avenue, Room 131**

**FREE FREE FREE**

## JOKE CORNER

**Q: What do farmers wear under their shirt when they're cold?**

**A: A har-vest**

**Q: What's the best band to listen to in autumn?**

**A: The Spice Girls**

**Q: Why did the tree giggle?**

**A: It heard acorn-y joke**



## TIPS & IDEAS FOR NEWSLETTER CONTENT

Have a great idea for an upcoming newsletter? Please let us know by submitting the webform by clicking this link:

<https://ct-bloomfield.civicplus.com/FormCenter/General-Forms-4/The-Monthly-Tea-Employee-Newsletter-Cont-72>

Or contact India Rodgers at [irodgers@bloomfieldct.gov](mailto:irodgers@bloomfieldct.gov) or Brian Wolff at [bwolff@bloomfieldct.gov](mailto:bwolff@bloomfieldct.gov)

## RECIPE CORNER

### Garlic Butter Baked Penne

#### Ingredients:

- 8 ounces whole wheat penne pasta (half of the box)
- 1 28-ounce can crushed fire roasted tomatoes
- 2 cups milk (I used whole milk)
- 1/2 cup Land O Lakes® Butter, melted
- 3 cloves garlic, minced
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 2 teaspoons oregano
- 1-2 teaspoons salt (I use 2 teaspoons of coarse kosher salt)
- meatballs, cooked shredded chicken, or other protein of choice

1. Preheat oven to 400 degrees.
2. Mix all of the baked penne ingredients together in a 9x13 baking dish. Cover tightly with foil (double layer isn't a bad idea).
3. Bake for 35-40 minutes.
4. Remove foil (**HOT HOT HOT**) and give it a stir. Add spinach and top with Parm, and brown it up for 3-5 minutes under the broiler. Let it stand for a few minutes so the sauce has a chance to thicken up. *Voila!*



#### Notes:

1. Protein: This is delicious with meatballs and also delicious with a pound of cooked shredded chicken. If you do not include any protein, you will probably have a bit more sauce than what you need.
2. Veggies: Seems like kale would also do really well in this recipe.
3. Garlic Thoughts: Garlic powder and onion powder gives a distinct flavor that doesn't replace fresh garlic but fills out

the recipe really nicely. It gives some of the same savory flavor as what you might get if you added a packet of dry ranch or Italian seasoning or something... without using a packet of dry ranch or Italian seasoning.

4. Al Dente Seekers: 30 – 35 minutes = slightly al dente pasta. 40 minutes = softer noodles. Keep in mind that the noodles soften as they cool / move into the leftovers stage.