



Keystone Place
at Wooster Heights
A Life-Fulfilling Retirement Community

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May
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The Wooster Heights Ambassador

Into Each Life...

It is with great sadness (*I know, we promised you only good news*) but it is still with great sadness that we must say goodbye to two of our contributors from last month's issue. Catherine Blansfield, RN, our former **Director of Health and Wellness**, has left us, hopefully (*for her sake*) for greener pastures. We all loved Catherine and wish her all the best in her continued career and her home and family life as well—and her dogs! She took wonderful care of all of us, residents and staff alike, and this community stayed Covid-free during her tenure.

Our second loss is our beloved Maintenance Director, volunteer Chaplain, and all-around happiness spreader, Darren Malachi. This place will not be the same without him. He always had a good word for someone, was always willing to go out of his way to help anyone, whether residents, staff or strangers. We will miss his cheerful countenance, his sense of humor and his wonderful attitude.

On to the good news. Our Assistant Wellness Director, Lisbetty Quiroz-Doghudje, is now the **Director of Health and Wellness**, filling her new position with Catherine's blessing. Lis has been working tirelessly to fill Catherine's shoes (and doing a spectacular job) and to bring aboard new staff for her department as we grow. And speaking of that,

We all want to extend a warm, joyful welcome to Bilha Valenzuela, "Be," our new **Assistant Director of Health and Wellness**. Be has jumped right in beside Lis, to bring our wellness department up to speed with the admittance of our first new assisted living resident!

And while we are mentioning new people, we also want to extend a heartfelt welcome to our new **Maintenance Director**, Mike DeSiervi. Mike is already pitching in with new ideas and will be around to help with any maintenance problems you might have, just as Darren was and Amadeus has always been.

Welcome aboard, Be and Mike! Glad you're part of the Good News!!

More good news is that our Spotlight this month is Chris Miller. A former teacher, Chris has a lot of good advice to offer and he will be bringing it to you periodically through "Miller's Musings," such as the bit below! 🍎



Miller's Musings: "When you make two people happy, one of them is likely to be you!"

Chat with the Chaplain ...with Rev. Leo McIlrath



SING TO THE LORD A NEW SONG:

The Psalms of Sacred Scripture

Those of us who attend Church or Synagogue have read, sung or reflected upon words from what the Hebrew Bible calls “The Book of Psalms.” But even those who do not frequent religious functions on a regular basis, may have quietly read one of the 150 psalms in the course of their wondering, wandering moments of personal reflection. Surely, at some time in your life, you attended the funeral rites of a special friend. If so, you would have likely heard the psalm (# 22 or 23 depending on the version) that begins: ***“The Lord is my Shepherd, there is nothing I shall want.”***

This psalm is, most likely, the most familiar of all the psalms, and it takes each reader on a journey along the green pastures of life as well as through the murky, deep pits, yet, always accompanied by the Lord. The Book of Psalms is often, erroneously, attributed to King David, as the Pentateuch (the “Torah” or first five books of the bible) is often attributed to Moses. While both are key figures and, certainly, a great inspiration, in their respective works, could not possibly be given the sole credit for writing the texts. Much was written both before and following their very lives on earth.

The Book of Psalms is a collection of 150 Israelite religious lyrics. The differences in the numeration of some of the psalms in the Hebrew vs. the Septuagint/Vulgate versions of the bible, is due to the combination of some (e.g., Psalm 9 in one version becomes Psalms 9 and 10 in the other;)yet each has the entire 150 psalms in their respective books.

My personal association with the psalms comes both from my daily prayers, the first of which, Psalm 94/95 is read each morning to greet the day: ***“Come, let us sing joyfully to the Lord; let claim the Rock of our salvation! Let us greet Him with thanksgiving; let us joyfully sing***

psalms to Him” (Divine Office/Breviary, prayed daily, by a Catholic priest.) In the seminary, as in monasteries throughout the world, the Psalms are prayed at special times, morning, noon, evening and night. The strict observance of these hours was witnessed by me when I participated in the Trappist community, at Gethsemani, in Kentucky. The monks would begin each day at Midnight (Matins) and re-arise at each of the following hours: 3 am (Lauds); 6am (Prime); 9am (Terce); 12 Noon (Sext); 3pm (None); 6pm (Vespers) and 9pm Compline,) thus ending their full day of communal prayer. In addition to these times of prayer, they would celebrate the Liturgy of Mass/Eucharist and work together, all day, either out in the fields or at other designated chores (milking cows, darning thread, making bread, cheese or wine.)

While we, out here “in the world,” cannot follow such a strict and demanding schedule in prayer, we can certainly set aside time for the Lord, in quiet, reflective prayer. And the Psalms are a good vehicle for making such happen. There are a variety of categories of psalms: 1) Royal (the Kingship of Yaweh as well as the enthronement for earthly kings, as David: Ps 2, 18, 28;) 2) Hymns (praise and thanks to God: Ps 8, 19, 25;) 3) Lament (both collective and individual: Ps 3, 6, 44, 60;) 4) Trust (Ps 4, 11, 16;) 5) Wisdom (1, 32, 128;) 6) Historical (the great annual feasts: Ps 78, 105, 106;) 7) Liturgical (Passover: Hallel/Halleluia Psalms: 118, 136) So, whether we are asking for help, asking for forgiveness or praising the God of all creation, I highly recommend the prayer book of the prophets, the royal kings of Israel, of Jesus the Christ and of all of His faithful disciples – the Book of Psalms – for your enjoyment and peace.✠



Rev. Leo
McIlrath

The **Reverend Leo McIlrath**, DMin,
Ecumenical Chaplain

From the Wellness Center...

with Lis Quiroz-Doghudje, RN
& Be Valenzuela, RN



In this pandemic era, it is important to remember that Covid 19 is not the only problem that seniors need to beware of. The following article, reprinted from AARP magazine, reminds seniors to watch out for scammers, an unfortunate reality in this super high tech society in which we live in 2021!

How Cybercriminals Stole \$1.8 Billion from Unsuspecting Older Americans in 2020

FBI blames last year's scam surge on technology dependence during pandemic

by Katherine Skiba, AARP, April 12, 2021

Cybercrime complaints soared to a record high last year, when total losses surpassed \$4.2 billion and losses to those 50 and older exceeded \$1.8 billion, according to FBI data for 2020.

The nearly 792,000 in overall reports from all ages was a 69 percent jump from 2019. The increase was blamed on crooks who exploited the COVID-19 pandemic for financial gain. "In 2020, while the American public was focused on protecting our families from a global pandemic and helping others in need, cybercriminals took advantage of the opportunity to profit from our dependence on technology to go on an internet crime spree," said the FBI's Paul Abbate, a 25-year veteran who is the bureau's deputy director, its second-highest official.

Cybercrime victims in their 50s had highest average loss last year

A record number of complaints to the FBI's Internet Crime Complaint Center were made in

2020, the year the pandemic erupted.

Total complaints numbered nearly 792,000.

Complainants were not required to state



Age	Number of victims	Total dollars lost	Average loss per victim
Under 20	23,186	\$70,980,763	\$3,061
20-29	70,791	\$197,402,240	\$2,789
30-39	88,364	\$492,176,845	\$5,570
40-49	91,568	\$717,161,726	\$7,832
50-59	85,967	\$847,948,101	\$9,864
60+	105,301	\$966,062,236	\$9,174

Note: Not all complainants state their age; those complaints without that information are excluded from this table.
Source: FBI Internet Crime Complaint Center Data, 2020

their ages, but more than 465,000 of them did. Here's a look at their age ranges and total and average losses:

Older victims hit hardest

Americans age 50 and older suffered a major blow from cybercrime last year, according to the FBI 2020 Internet Crime Report. While not all complainants revealed their age, here are some key statistics that emerged among those who did.

- The more than \$1.8 billion in cyberfraud losses reported by men and women ages 50-plus represents a 27 percent hike from a year earlier.

- This group filed 191,268 cybercrime complaints in 2020, for a 61 percent year-over-year increase.

- The average dollar loss in this group was \$9,484, 21 percent decrease from 2019, when the mean was \$12,011.

- Reports of cybercrimes involve both individual consumer and businesses losses. Losses from business email compromise (BEC) schemes continued to be the costliest kind of scam in 2020; there were 19,369 complaints,

Spotlight on...

Chris Miller



Chris Miller was born and raised in Branford, Connecticut on the Long Island Sound, one of three children. Living on the shore, fishing was a popular pastime for him. "My friends and I always used bamboo poles. That was the equipment of choice in the 1950s. Most of the time, we were barefoot, too!" His sister currently resides in their childhood home. His brother passed away this past January.

He attended Bates College in Maine, receiving his bachelor's degree, then received his MA from Western Connecticut State University. He also completed an administrative certificate from Southern Connecticut State University. His desire and goal was to become a



The Miller family at Chris' granddaughter's graduation from Boston University.

teacher, but prior to that achievement, he was in personnel communications at a company in Ridgefield, CT and worked in admissions as Quinnipiac for approximately two years. He moved to Danbury in 1966 after marrying his college sweetheart in 1959. In 1970, he



Mr. Miller lecturing.

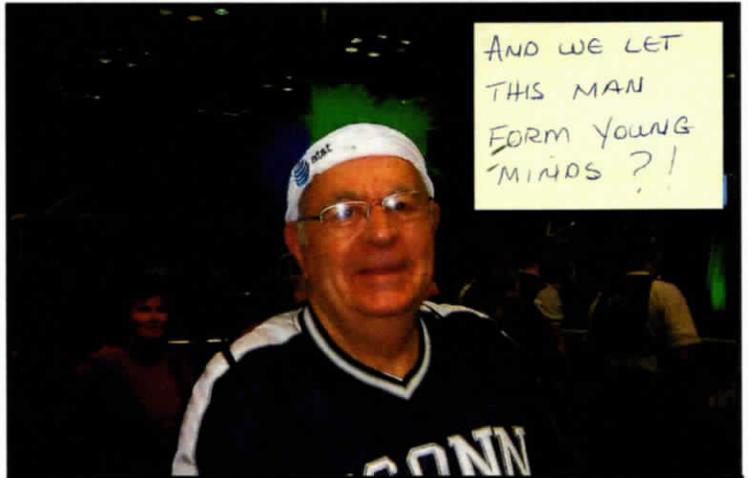
taught elementary at first and then math and science at John Jay Middle School in Katonah, NY for twenty-nine years.

Chris has two children and two grandchildren. His daughter enjoys kickboxing and works from home for a communications company in Maine. His son began his career as a journalist, but eventually moved on to become a teacher like his father. He teaches at Branford High School, is a cross-country coach and plays in a hockey league. His granddaughter followed in the family footsteps and teaches kindergarten in Waterbury and his grandson is a junior at Plymouth State, where he is on the track team.



A stylized version of Chris that will accompany Miller's Musings throughout this and future editions of The Ambassador!

Chris is a rabid Red Sox fan and a basketball follower. His hobbies include golf,



Enough said!

travel and a fondness for bluegrass and country music. His philosophy is he will try anything once.

From 2001 to 2019, his family attended the Women's Basketball Final Fours in places such as: St. Louis, San Antonio, Denver,

Boston, Nashville, New Orleans and Tampa Bay. Chris plays pickleball in Ridgefield and is a member of the Danbury and Ridgefield Exchange Clubs, and was State President in 2009-2010. He was on the Board of Directors for the Danbury Westerners for twenty-five years and Secretary of the team. He was the announcer for the Westerners baseball team and also the announcer for men's and women's basketball teams at Wesconn for ten years. He has read for the blind on public radio.

In 1976, Chris started running in local races. He is very proud of participating and finishing thirteen marathons. Some of them include seven New York Marathons, one Boston Marathon and the DC Marine Corps. The last one he ran was the Twenty-Fifth Anniversary of the New York City Marathon in 1994.

Chris is the Chairman of our Resident Council at Keystone and he is respected by all. 🍎

Just for Laughs... reprinted from the Internet



When we get old, we are NOT going to sit around and do crossword puzzles. We're going to click our Life Alert buttons to see how many HOT firefighters show up!

Cybercriminals ...continued

with total losses of approximately \$1.8 billion. A BEC is a sophisticated scam carried out by criminals who compromise email accounts to conduct an unauthorized transfer of funds.

- Generally speaking, older victims are “targeted by perpetrators because they are believed to have significant financial resources.”

- Tech-support frauds were a particular bane to victims age 60 and older. These schemes see criminals defraud others by posing as technicians who will resolve an issue such as a compromised bank account or a computer virus. At least two-thirds of tech-support victims, who overall filed 15,421 complaints last year, were 60-plus. And they lost many millions of dollars.

Criminals deploy everything but the kitchen sink

Cybercriminals run the gamut. They may pose as fake “grandchildren” with phony emergencies who hit up real grandparents for cash. Or online Romeos or Juliets who promise love and marriage but want to get their hands on one thing: your money. Or e-commerce outlets that advertise having personal protective equipment for sale and accept payments, but never deliver.

With the COVID pandemic permeating all parts of life last year, fraudsters committed crimes tied to federal COVID-19 relief funds, grants and loans; enhanced unemployment benefits; and the purported online sale of scarce goods. They also cajoled victims into handing over personally identifiable information to commit identity theft.

Take tips from the FBI

To prevent such crimes, the FBI offers these key tips.

- Use extreme caution in online communication. Verify the sender of an email. Criminals sometimes will change just one letter in an email address to make it look like one you know. Be very wary of attachments or links.

Hover your mouse over a link before clicking, see where it's sending you.

- Question anyone offering you something that seems too good to be true. This guidance also pertains to purported medical advice and so-called secret investment opportunities.

Rely on trusted sources for information. For medical information, turn to your own doctor, your health department and the Centers for Disease Control and Prevention. For consumer protection information, turn to the Federal Trade Commission for tax information, try the Internal Revenue Service.

Data in the annual report arises from complaints to the FBI's Internet Crime Complaint Center. With an increase in both the number and impact of elder fraud cases, the FBI in the future plans to release its first annual report focusing entirely on 2021 elder fraud cases.

Common Elder Scams to Beware Of

The FBI says bad actors target older Americans because it's believed these prospective victims have significant financial resources. If the crooks are successful after they initially contact victims, “they will often continue to victimize these individuals,” the bureau says. It warns people age 60 and over in particular to avoid these 10 common scams.

1. Advance fee schemes
2. Investment fraud
3. Romance scams
4. Tech-support scams
5. Grandparent scams
6. Government impersonation scams
7. Sweepstakes/lottery scams / charity scams
8. Home repair scams
9. TV/radio scams
10. Family/caregiver scams

Source: FBI ♥



How to Eat Healthy As I Age

To stay healthy as you age, you should eat

foods that give you lots of nutrients without a lot of extra calories, such as:

- **Fruits and vegetables** (choose different types with bright colors)
- **Whole grains**, like oatmeal, whole-wheat bread, and brown rice
- **Fat-free or low-fat milk and cheese**, or soy or rice milk that has added *vitamin D* and *calcium*
- **Seafood, lean meats, poultry, and eggs**
- **Beans, nuts, and seeds**

Avoid empty calories.

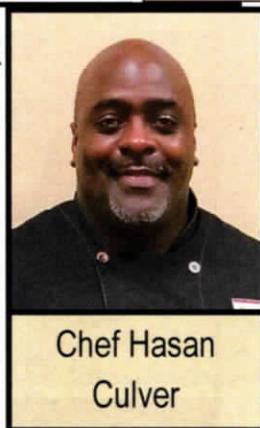
These are foods with lots of calories but few nutrients, such as chips, candy, baked goods, soda, and alcohol.

Pick foods that are low in cholesterol and fat.

You especially want to try to avoid saturated and trans fats. Saturated fats are usually fats that come from animals. Trans fats are processed fats in stick margarine and vegetable shortening. You may find them in some store-bought baked goods and fried foods at some fast-food restaurants.

Drink enough liquids, so you don't get *dehydrated*. Some people lose their sense of thirst as they age. And certain medicines might make it even more important to have plenty of fluids.

Be physically active. If you have started losing your appetite, exercising may help you to feel hungrier. 🍷



Chef Hasan
Culver

(Reprinted from Medline Plus)

The Psalms...continued

Leo McIlrath is a resident of Sandy Hook, CT and he has served as the ecumenical and interfaith chaplain for the **Lutheran Home of Southbury** for the past fourteen years. He was ordained to the priesthood for the Roman Catholic Diocese of Raleigh, N.C., on May 19, 1966 at St Patrick Church, in Charlotte, N.C. He has been in a variety of ministries since then, including pastor, retreat director (Cursillo, Marriage Encounter, and Charismatic Renewal), chaplain at Duke University, and civilian chaplain to the US Marines, at Havelock/Cheery Point, N.C.

"I have celebrated many memorial services, funerals, and weddings over the past many years, particularly for people who desired a spiritually-based service, without having a connection to a faith-based community," said the Rev McIlrath, who is a member

of interfaith communities in Newtown, Danbury, and Southbury/Woodbury.

He earned a license for nursing home administration in Massachusetts, and has served as director of elderly services for the Department of Elderly Services in Danbury; chaplain for Regional Hospice, and health test coordinator for the Western Area Agency on Aging, as well as serving in his current post in Southbury.

Rev McIlrath has also had a pair of teaching positions. He taught Latin and psychology at both Western Connecticut State University and University of Bridgeport.

He has graciously agreed to offer his services as writer for this newsletter and as spiritual leader and teacher for any programs for which we might need him and we thank him. ✝

Life Enrichment—Coming Up in June



Wooster
Heights
Fun Girls

What do the Fun Girls have in store for the first month of summer?

June 1st

"Say Something Nice"

Day

June 8th

Celebrating **BEST FRIENDS** *Day*

June 14th

Flag Day

June 18th

**FATHER'S DAY
HAPPY HOUR**

SUMMER!