

# NOISES FROM THE CENTER

Vol. 3, No 6

What's happenin' at the Senior Center

June 2014

Article by:

Charlie Farrow

## Jovita Cozean, Superior Senior Citizen



*Senior Center, 15 Great Hillwood Road  
Moodus, CT 06469*

Jovita Cozean was honored as "East Haddam's Outstanding Senior Citizen Volunteer for 2014" at a star-studded Senior Center ceremony April 30<sup>th</sup>. Think Academy Awards, but no Joan Rivers.

Senior Center Director Brad Parker was the EMCEE. "Without volunteers, this place would just be a building," he said. "People make cakes, distribute the bulletin, run programs, deliver Meals on Wheels, give computer classes, and prepare income taxes.

The list goes on & on. This is a small community, yet someone is always there to help. Thank you all for helping me find my footing as we work to make the Senior Center a fun place to be."

Alice Sabo and Alice Guertin received special mention, as did Brad's assistant, Susannah Griffin. Then more than 70 volunteers, from Mary Lee Abkemier to Eric Zembrzuski, received a gift—a key chain with a light, "East Haddam Senior Center" printed on one side. "You light up our lives," Brad said, "or maybe we're trying to bring you in from the dark."

Now it's time for the Senior Citizen Volunteer of the Year," he continued. "This was the unanimous decision of the Commission on Aging & the Senior Club Executive Board. This person volunteers quietly, does whatever is needed, fills gaps when others are sick or unavailable. She is widely admired for her hard work at the Center & in East Haddam.

I tricked her into coming today by asking her to help with refreshments.

Jovita Cozean is our top volunteer. We have flowers, a gift card, & her name is inscribed on a permanent plaque, along with other wonderful people such as Audrey Martin, Roger Stube, & Carl Vigganni."

Standing with Brad, Jovita said, "I wasn't expecting anything. I'm totally surprised. Lots of others deserve this award more."

At the reception following, where the dessert table was as heavily laden as the one that made Ichabod Crane fall in love with Katrina Van Tassel, we talked with Jovita.

"I grew up on a 500-acre farm in Illinois. Cows, sheep, pigs, chickens, crops, my siblings still run it. I did my nurse's training there.

My ex-husband & I came to CT when he was stationed at the sub base & to East Haddam in 1967 when he began working at the power plant. My daughter teaches in the East Haddam system & my sons live in Haddam and Madison. Nine grandchildren are scattered all over. Since 1983 I have lived on Great Hillwood Rd.

I spent my nursing career at Norwich State Hospital, Middlesex, CVH, & Chestelm. I enjoyed working with geriatric patients & felt they got good care wherever I was.

I served on the Senior Center Building Committee with people like Brad, Jo Golec, Linda Orange, and Eileen Daily. I remember a lot of zoning & wetlands' meetings.

Now I co-chair the Food Bank with



Kim Becker. About 80 families use the service each week. Seniors, young people, a real mixture, receive pasta, cereal, fresh vegetables, canned goods, frozen meat, & dairy. East Haddam is a very generous town.

I still attend monthly meetings for the Commission on Aging. There are questions about the necessary general improvements to the present senior housing & the need for more units.

Every Tuesday, 24-32 of us play mah jongg here. Marilyn Kalet got that program going. (Full disclosure: Marilyn is the author's sister.) Tai Chi attracts 2 dozen participants every Tuesday & Thursday. Of course, I'd like to see more people use the lunch program. The eye of the round roast & the open-faced turkey sandwich are both excellent. You can't beat the \$2.00 price.

With the gift card, I'll take Judy Metcalf, Louise Pear, & Nancy Schroeder out for lunch on a Friday at the Luncheonette in Grist Mill Plaza.

I really am in shock about this wonderful honor. Many people do a lot more than I do. I enjoy being around others, bringing benefit to the community makes me feel better."

CONGRATULATIONS,  
JOVITA!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!



### June Birthdays

- 1<sup>st</sup> Bob Landry
- 2<sup>nd</sup> Bob Cumming
- 3<sup>rd</sup> Joseph Firment
- 4<sup>th</sup> Lucille Gardner
- 8<sup>th</sup> Leona Gowac
- 11<sup>th</sup> Daniel McQuade
- 12<sup>th</sup> Martha McCormick
- 14<sup>th</sup> Diane Gerken
  
- 16<sup>th</sup> Jim O'Brien  
Pat O'Brien
  
- 17<sup>th</sup> Mark Mathena  
Howie Mitnick
  
- 18<sup>th</sup> Ruth Gobelle
  
- 20<sup>th</sup> Eunice Murphy  
LeRoy Heinrich  
Ted Lambert
  
- 23<sup>rd</sup> Cecelia Roberge
  
- 25<sup>th</sup> Helen Dodier  
Tim Moore
  
- 27<sup>th</sup> Bill Denny  
Joseph Pear
  
- 28<sup>th</sup> Ann Cavanagh
- 29<sup>th</sup> Henry Gerken

### Birthday and a Movie

Is it your birthday this month? If so, come celebrate with us...on us...for free. Our birthday party includes lunch, home-made birthday cake, and a movie.

Birthdays are not meant to be a secret, but, they are meant for surprises. Our surprise every month is the flavor of the cake and the movie selection. This month's birthday party is Monday, **June 30<sup>th</sup>, 1:30 pm**



### DOOR PRIZE

Sign in every time you come to the Center to be included in the drawing.

**April drawing winner:** Elaine Woods \$10.00 Gift Certificate for Two Wrasslin' Cats.

Drawing is held on the last day of each month.

### Casino Wednesdays

The Mohegan Sun bus trip is Wednesday, June 4<sup>th</sup>. Cost is \$5. Bus leaves the Center at 8:15 am and returns around 3:00 pm. Please sign up in advance.



### Shopping ALERT

Hear ye', hear ye', all you shoppers who take the weekly shopping bus. Ed will be on vacation for the month of June. We do have a substitute driver. However, you **absolutely must** call the Senior Center (860-873-5034) to reserve your spot **AND** to provide your phone number and address so Darlene will know where to find you. Happy shopping!

#### Bus schedule:

- 1<sup>st</sup> Tues; Shop-Rite, Glastonbury  
East Haddam Food Bank
  - 1<sup>st</sup> Wednesday; Casino
  - 2<sup>nd</sup> Tues; Stop & Shop, Walmart,  
Ocean State Job Lot, Saybrook  
East Haddam Food Bank
  - 3<sup>rd</sup> Tues; Shop-Rite, Glastonbury,  
East Haddam Food Bank
  - 3<sup>rd</sup> Wed; Red Hat's excursion
  - 4<sup>th</sup> Wed; Cromwell, Walmart, Xpect
- The fee schedule is \$3. for shopping, \$5 for recreational trips.  
The medical car fee will remain at \$5. for the present time.

### Game Night is NOT Just For TV

Join us at the Senior Center for our own version of Game Night. Come alone or bring your own group. In the past, "gamers" have enjoyed a variety of card and board games. Billiards table is available. Better than the television version: we will have food and there will be no commercials! Free and open to all.

**Tuesday, July 15<sup>th</sup>. Pizza will be served.**

**Tuesday, August 19<sup>th</sup>. Make your own sundae. 6 pm – 8:30 pm.**

### Bingo



**Bingo** will be held this month on **Thursday, June 19.**

You can sign up for lunch and bingo for \$5.00 or just bingo for \$3.00. Please sign up in advance.

#### Senior Services Coordinator: **Brad Parker**

Assistant: Susannah Griffin

Café Manager: Peg Ziobron

Program Coordinator &  
Trip Coordinator: Alice Sabo

Ed Gubbins; Bus Driver & social  
media guru

Medical Car Driver:  
Mickey Pear

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Beth W. Schondorf  
Photocopy Specialist:  
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Kitchen; 860 873-5197

Email; [Seniors@easthaddam.org](mailto:Seniors@easthaddam.org)

#### Center Hours

**8 am - 3 pm weekdays**



## Are You Prepared?

A representative of the *Visiting Nurses of the Lower Valley* will be at the Senior Center to lead a discussion on “Medical Decisions – When They Count the Most”. If faced with a health crisis, would your family know your wishes? We know someone who can help: Deborah Ringen, RN, MSN, Faith Community Nurse, will lead an interactive session to explore the process of healthcare decision making. Techniques will be offered to encourage conversations about healthcare wishes. This program is free and is open to the public. **Monday, July 14<sup>th</sup>, 1:30 pm.**

## Renter’s Rebate

The State of Connecticut participates in a program entitled *Elderly & Totally Disabled Tax Relief Program* for renters. Call the East Haddam Assessor’s Office at 860-873-5026 to inquire about the age, residency, and income requirements as well as proof of disability (when applicable).

**Application period** is April 1, 2014 through **October 1, 2014** regarding fiscal year 2013. Renters must fill out an application every year.



## Senior Center Trips

The E H Senior Center members just won’t stay home! Below is a list of our up-coming road trips. If one of our adventures sparks your interest, please call for more information. All trips are open to the public.

**Suffolk Downs** - \$64. Thoroughbred Races Action-packed races just outside of downtown Boston. Beautiful location, luncheon buffet at the *Topsider Restaurant*, fourth floor of the Clubhouse. Enjoy the races inside the Clubhouse or trackside. **Wednesday, July 16<sup>th</sup>.**

**Newport Playhouse & Cabaret Restaurant** - \$59.95 Spend the day at the Surf & Turf Matinee! An extensive buffet including stuffed shrimp and Angus prime rib. One free Bloody Mary or Mimosa. A play - *Murder at the Howard Johnson’s* – Is all fair in love? Funny comedy about a love triangle. The day ends with a Cabaret performance. **“Only three seats left!” Thursday, August 14<sup>th</sup>.**

**Pumpkin Festival Keene, New Hampshire** - \$82.00 Spend the day enjoying nature. Outdoor band shell with live entertainment. Food & Craft Court. Street performers. Grand Pumpkin Illumination of 30,000 pumpkins....you can even bring your own carved pumpkin to include in the “tall tower of pumpkins”! Lunch at Chandler’s Restaurant. **Saturday, October 18<sup>th</sup>.**

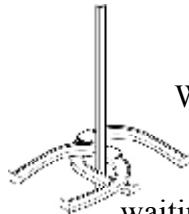
## The BellTones



## Will Be Here...

The Senior Center will host an afternoon of musical entertainment with the *BellTones*, a group of approximately twenty seniors that are hand chimers and vocalists. They have been performing for eight years, playing and singing popular show tunes, classical hits, and everything in-between. The performance is open to the public and is free of charge. Light refreshments will be served. Please sign up at the Center or call: 860 – 873 – 5034. If you’d like to join us for lunch at 12 noon, call by noon the day before. Menu: Turkey Tetrazini, rice, & veggies. **Wednesday, June 18<sup>th</sup>. Performance 1:00 pm.**

## Horseshoes, NE 1?



Horseshoes, Anyone? We have two horseshoe pits at the Senior Center that are ready and waiting for some action! If you are interested in playing, call us at the Center. We will organize a program and develop a schedule if enough interest. Speaking of outdoor games, if you have a favorite, let us know!



## Town Transit Up-Date

The 9 Town Transit, Dial-A-Ride bus has been serving East Haddam/Moodus for four months now. The ridership from our community has been steadily increasing. Reviews have been positive from the riders who have utilized the bus for a variety of reasons, including shopping trips, doctor/dentist visits, attending classes at Middlesex Community College, and getting to the Old Saybrook Train Station. Keep this transportation option in mind as you plan your travels. Senior rates: must be 60 years of age or older: \$1.50 one way; \$3.00 round trip. All others: \$3.00 one way. Plans are in the works to create a permanent bus stop in front of the Town Complex.

## Farmers’ Market New Location

Ballek’s field is the new location for the Farmer’s Market that has been at the Grange Hall. Wednesdays, June 4 – September 17: 4 – 6 pm.

## Daffodil Festival was a Dilly of a Good Time

We have been so busy at the Senior Center that we forgot to mention that the *Daffodil Festival* of April 24<sup>th</sup>, was a wonderful success. Sixty-two people attended, including seven guests from East Hampton and one guest from Haddam. However, it sounded like 162 people with all the singing and dancing and clapping and laughing that T-Bone, our musical-comedic entertainer, elicited from the audience. Everyone enjoyed the entertainment so much that we booked T-Bone for our New Year’s Eve Party.

Thank you to all the volunteers who served and welcomed the crowd!

## Walking Path

To all the walkers, runners, and those that are thinking about being one or the other.....all are welcome to use the path at Heritage Park. Covered in snow and ice, we hadn't seen it for the longest time. We are happy to announce that it is still here! **A gentle reminder: no pets allowed.**



## Walking Club Challenge

Are you up for a challenge? It's just a little one. Join "*The Brad and Susannah Walking Club*" at the Heritage Park walking path. Mondays, Wednesdays, & Fridays. 10:00 am. Just show up!

Senior Center  
15 Great Hillwood Rd  
P.O. Box 623  
Moodus, CT 06469

## May 2014 Donations



Hildie Aitken: condiments

Sophie Blaschik: quilt that she had made

Suzanne Bostelman: 4 huge juice jugs

Deb & Charlie Farrow: cash donation

Community Lions: cash donation

Lions Club: cash donation

Alberta & Rob Mirer: half & half, condiments

Carol Morgan: quilting materials

Peter & Trudy Novak: supply of coffee cups

Pat & Jim O'Brien: 4 pounds of coffee

Elaine Woods: copy paper

Staehly Tree Farm & Gardens: A very generous donation of flowers for the garden near our entrance sign. Check it out!

## Flea Market – Tag Sale

The East Haddam Senior Center will be hosting a town wide flea market – tag sale. Mark your calendars and stay tuned for details. Space will be available for \$10.00....tables will not be provided. Contact the Senior Center for information: 860-873-5034. The usual summer menu fare will be offered for purchase. Heritage Park, Saturday, August 16<sup>th</sup>, 8 am – 2 pm.



Senior Center Sign with Staehly flowers.