

NOISES FROM THE CENTER

Vol. 4, No 2

What's happenin' at the Senior Center

February 2015

Growing up in East Haddam/Moodus in the 1950s and 60s.

Article by Brad Parker

I often think back to what it was like in our town when I was growing up and I think how lucky I was to grow up here. The town and the people from those years taught me the value of hard work, integrity, and the importance of community. Doing things to help others was just a fact of life. Some people from those times that helped make me the person that I am are Tom Nevers, May Nichols, Ray McMullen, Dan Harris, Sam Pear, and Dan Maus.

I remember Tom Nevers (the high school coach) taking me out of class early as a first and second grader to go on the team bus to away games. What a thrill and hence came my love of sports.

May Nichols ran *Nichols Garage* (now home of *E.B. Exterminating*) and always made sure that the mechanics kept my bike running good and on hot days, she would always have a cold coca-cola for me. Everyone always thought she was tough but she was always nice to me.

Ray McMullen ran the *Rexall Drug Store* and I will never forget the soda fountain. I would collect soda cans to get enough money for a hot fudge sundae. They made the best! Mr. McMullen would make sure I had enough money to pay and then he would say to me that it was free today.

Dan Harris was my fifth grade teacher and coach. He was a prodigy



Senior Center, 15 Great Hillwood Road Moodus, CT 06469

of Coach Nevers and instilled in me all the same character traits that I saw in Coach Nevers: work hard, be respectful of others, and present yourself well. I remember one time, as a fifth grader, going to a high school basketball game and he pulled me aside and told me that if I didn't tuck in my shirt that he would take me home. He was a true character builder. I still remember how sad I was when I found out that he was leaving our school to join the Air Force.

Sam Pear was not only one of the town leaders but also owned the local clothing store next to the drug store. I can still picture Sam standing in the doorway of the store smoking his cigar. No matter how young I was he would say "Hello, Mr. Parker." I thought I was a big shot because Sam said hello to me.

As a young man, I started the *Recreation Department* in town. Without the help and support of Sam Pear, this would never have happened. Dan Maus was the 'all-star of community servants'. My first memory of him is watching him marching in the *Memorial Day Parade*. He always looked like the American Hero Soldier which was portrayed on the old T.V. Army shows. He taught me the right way to pitch a baseball. Everyone always respected him for his dedication to helping others.



There are many memories from my childhood; here are a few of them. At Christmas, I still think of the big tree on the *Moodus Green*, all lit up; how tall and nice it was. I used to think that the song about the "Old Town Green" was about the *Moodus Green*.

Of course, I have fond memories of *John the Baker*. His truck would stop on our street and all the women would come out of their houses to buy bread and other baked goods. I would be in line with my nickel for a jelly donut. To this day, I still think his jelly donuts are the best I've had!

One last memory for today is going to Mary Rozwadowski's farm with my father. It seemed like no matter when you went there, she always had pie. She also made the best pickles. Mary had a huge brown dog, a Newfoundland, named Smokey. During the summer she would shave him so that he looked like a lion. I remember Smokey going to *Ted Hilton's Resort* and scaring all the guests from the city. The *Rozwadowski Farm* is now known as *Echo Farm*.

As I think back I say to myself how glad I am to have grown up in this town. As a young boy around town, my parents never had to worry if I was OK because they knew that there were many friends and neighbors with their eyes on me. Friends helping friends just like one big family. Our town certainly was "small town USA" and you know it doesn't get any better than that!

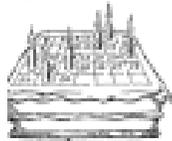


Birthday & a Movie

On the fourth Monday of every month, we have a birthday party – homemade birthday cake and a movie. If it is your birthday month and you are 60 or older, please join us for lunch, for free, anytime during the month. Reserve your lunch by noon the day before you wish to come. This month's party is on **Monday, Feb 23, 1^{pm}**.

February Birthdays

- 2 James Marsilio
- 3 Ellie Breinan
- 4 Frances Owens
- 6 Kathleen Anzalone
- 9 Mary Fazzino
- Joan Rajpolt
- 10 Janet Blanchard
- 11 Al Darrow
- Roger Stube
- Elizabeth Schwenk
- 12 Jean Olson
- 13 Ena Monk
- Bernie Thorpe
- 16 Karen Scameheorn
- 18 Jan Lambert
- 25 Christina Antaya
- Joy Campbell
- George Drenka
- 27 Sandy Planeta
- 28 Terri Havens
- 29 Alfred Faircloth
- Josephine Halish



Birthday Joke: Artificial intelligence is a wonderful thing. I told my computer that today is my birthday. It said that I needed an upgrade.



Email Addresses

We are collecting email addresses! Why? To inform our members about: events and trips; cancellations, closures, and schedule changes; and to electronically send the monthly newsletter.

Email is also a convenient way for members to contact us! So, if you have an email address, send Susannah a message at sgriffin@easthaddam.org and we will put your name on our email list.



Hot Lunch Tuesdays

The *First Church of Christ, Congregational*, invites all to the *Loving Spoonful Snack Bar* for soup and snacks. Tuesdays, from January through March: 12 noon – 5:30 pm. Eat-in or take-out. 499 Town Street, East Haddam. Rear entrance, next door to the clothing bank.

Shopping Schedule

NOTE: Due to vacation schedules, the shopping schedule has been revised.

Fee: \$3.00. If desired, the bus will stop at the E H Food Bank.

Tues, Feb 17: Cromwell

Walmart, Xpect, Aldi

Tues, Mar 3: Old Saybrook

Walmart, Stop & Shop, O.S. Job Lot

Tues, Mar 17: Willimantic

Price Rite, OS Job Lot, Royal Buffet

Tues, Mar 31: Cromwell

Walmart, Xpect, Aldi

Leave The Driving to Ed, Mickey, & Darlene

Do you need a ride to the doctor? Do you need a ride to the East Haddam Food Bank? Would you like to go shopping in Cromwell, Glastonbury, Old Saybrook, and Willimantic? If so, call the Senior Center for details. Ed or Mickey or Darlene will pick you up at your residence!

Donations for January



- Anonymous: copy paper
- Hildie Aitkens: condiments
- CC Altieri: candy
- Roger Stube: plastic ware
- Louise VanHaverbeke: copy paper
- Elaine Woods: musical dolls

Jansky Rubbish: since 1973!

Casino Canceled

For the month of February, the Wednesday **Casino trip** is **canceled**. Our bus drivers have left us temporarily for parts of the world that are warmer and more sparkly. **See you next month!!**



Senior Services Coordinator: Brad Parker

Assistant: Susannah Griffin

Café Manager: Peg Ziobron

Program/ Trip Coordinator : Alice Sabo

Bus Drivers: Ed Gubbins & Darlene Dunbar

Med Car Driver: Mickey Pear

Noises Editors/Publishers: Brad Parker & Susannah Griffin

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Email; Seniors@easthaddam.org

Center Hours

8 am - 3 pm weekdays

SNAP / Food Stamps



Victoria,
an Outreach
Specialist with SNAP
(Supplemental

Nutrition Assistance Program (formerly known as the Food Stamps Program) will be at the Senior Center on **Friday, February 6 at 10:00 am**. This program assists individuals and families with financial assistance to purchase food. Call the Senior Center to schedule a private appointment and to receive a list of the documentation that you will need to bring with you. Must be a resident of Connecticut.

MILE Spring 2015

Middlesex Institute for Lifelong Education (MILE) was created in 1993 for the purpose of providing a learning environment that enriches the intellectual, social, and cultural lives of adults aged 50 and over who share a love of lifelong learning.

Sponsored by Middlesex Community College, MILE is an all-volunteer non-profit organization with programs designed for, and attended by, members. Membership is open to all adults, retired, semi-retired or employed in Middlesex County, although interested residents of other communities are always welcome. Currently, our membership averages about 350 people from all walks of life and represents at least 35 area towns! Last year's fee was \$60.00. MILE offers classes in a wide range of disciplines without concern for credit, grades, or pre-requisites. Programs are often enhanced by field trips. **Brochures for this spring's schedule will be at the Senior Center the first week of February.**

Classes begin Monday, March 2. Orientation will be held Thursday, February 12. Call 860-343-5863 for more information.

The winner for *December* is
Lucille Landry.

And the
Winner is...

Lucille's prize
is a \$10.00 Gift
Certificate to

Bert's

Dry Cleaning

Healthy Living Expo

Our first-ever *Healthy Living Expo* is coming together. The focus will be on living a balanced life, which is the secret



to healthy living. Laura Todd, a Wellness Education Coordinator, developed *the Model for Healthy Living*, which explains that there are seven key dimensions of our "body and spirit" that when in balance, make us "whole". When one of the seven areas is out of balance (i.e. unhealthy), it affects everything else. The seven dimensions are: Faith Life, Movement, Medical, Work, Emotional, Nutrition, Family & Friends. Our Healthy Living Expo will have experts who represent each of the dimensions in attendance. **Saturday, March 28th, 10 am – 2 pm. Free and open to all.** We are fortunate to have as a co-sponsor the *Visiting Nurses of the Lower Valley*. So, mark your calendars and plan on attending the *Expo* to discover those "secrets" to a healthy life!

Are You OK?

The East Haddam Commission on Aging (COA), in collaboration with Craig Mansfield of East Haddam Emergency Management, is in the process of developing an out-reach program to check on those Seniors who are living alone and for those with health issues.

Each day, a telephone call will be placed to the home to check that the occupant(s) are "OK". If there is no answer, the designated contact person (family or neighbor) will be notified. If the designated contact person does not answer, the Senior Center will be called; volunteers will make appropriate calls. The Fire and Police Departments will be the "call" of last resort.

The Commission feels this program will give Seniors and their families a feeling of security. Once the out-reach program has been finalized, a public meeting to explain the details of the program will be held at the Senior Center. If you are interested in learning more about this program, please call the Senior Center. Registration forms are available at the Center.

Future Events

Please sign up for all events!
Stop in or call.

- Blood Pressure Check: Tues, Feb 3
- Executive Meeting: Thurs, Feb 5
- SNAP/Food Stamps: Fri, Feb 6
- Club Meeting: 1:00 Mon, Feb 9
- Ethiopia Talk: 1:30 Mon, Feb 9
- CLOSED: Monday, Feb 16**
- Shopping & Food Bank: Tues, Feb 17
- Tax Preparation: Wed, Feb 18
- BINGO: Thurs, Feb 19
- Birthday/Movie: Mon, Feb 23
- Tax Preparation: Wed, Feb 25
- Healthy Cooking Demo: Wed, Feb 25



Time to Think

TAXES...



We know it is still winter, in fact it has hardly begun, but April 15th will sneak up on us!

The Senior Center will once again provide IRS trained tax consultants to assist with both Federal and State tax forms.

Seven days are scheduled:
Wednesdays, 9 am – 3 pm: February 18, 25. March 4, 11, 18, 25. April 1. Please call the Center to sign up for your private consultation.

Teacher in class: Can anyone tell me what do you get if you subtract four apples from seven apples?

John: Where are the apples?

Presentation: Ethiopia, Island of Africa!

40+ years ago, Joe Sina was offered the chance to go to Ethiopia as part of the Peace Corps. After looking at a map to find out exactly where the country was located, Joe spent 2 years there. Recently he had the opportunity to spend 2 weeks touring different areas of the country, reliving some experiences and visiting many new places. From the predominantly Coptic Christian north to the tribal areas of the south, from the rock-hewn churches of Lalibela to the geology and archeology of the Omo Valley, site of the earliest known hominid fossils, Ethiopia is a fascinatingly diverse country. If you are curious about this portion of Africa, or are just interested in a travelogue, join us at the Senior Center on **February 9 at 1:30** when Joe will present a slide show of his trip and share his perspectives.

Senior Center
15 Great Hillwood Rd
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Closed
Monday, Feb 16



Go Red for Women

February is *American Heart Month* – and February 6th is Go Red for Women day. Do you know the signs of a heart attack? If you experience any of these symptoms lasting more than five minutes, call 911: chest pain-heavy aching pressure in the chest; pain in the upper body-arms, jaw, neck or upper stomach; shortness of breath; breaking out in a cold sweat; unusual & unexplained tiredness; feeling dizzy, lightheaded, or sick to your stomach. Treatment for a heart attack within one hour of the onset of symptoms can decrease your risk of dying by 50%, so call 911 if you have any of the symptoms. Many women believe heart disease is more common in men and delay getting help when experiencing symptoms occur. FYI: women may be more likely than men to have symptoms other than chest pain. To prevent heart disease, live a healthy lifestyle, which can reduce the risk of heart disease by 80 percent, even if you have diabetes,

high blood pressure, high cholesterol, or other risk factors for heart disease: stop smoking; exercise 2 ½ hours per week (30 minutes for 5 days); maintain a normal weight; reduce your blood sugar; eat healthy foods, fruits and vegetables; limit alcoholic beverages. Let's *Go Red for Women, and for men!* Adapted from an article by Deborah Ringen MSN, RN-BC Faith Community Nurse, Visiting Nurses of the Lower Valley. 860-767-0186

Customer is Always Right

Store Manager: I saw you arguing with that customer who just left. I told you before that the customer is always right. Do you understand me?

Sales Clerk: Yes sir. The customer is always right.

Store Manager: That's better. Now, what were you arguing with the customer about?

Sales Clerk: Well, sir, he said you were an idiot.

from *Jolly Jokes for Older Folks*
by Bob Phillips