

NOISES FROM THE CENTER

Vol. 4, No 3

What's happenin' at the Senior Center

March 2015

Article by Brad Parker

More Town Memories

Since the last newsletter came out, I have been surprised by the comments about my story about growing up in Town. Many asked if there were any more stories and if there are, to please write about them. Well, anyone who has lived in Town for any length of time knows that there are plenty of stories. So, I agreed to write one more.

Our town was a typical, small New England town in the 50s and 60s with just about everything you might need available to you right here in Town. We had a small *First National* and at least 5 smaller grocery stores or meat markets. Other businesses included a hardware store, drug store, clothing store, 2 soda shops, 2 taverns, a bakery and, of course, our share of package stores. Our main restaurants were *Club 151, Riverside (Gelston House)* and *Hale & Hearty (Shady Lane)*.

I still remember going into *Bill's Soda Shop* and seeing the grill filled with hamburgers and his old soda cooler. Everyone must remember going into *Falls Market* and how John used to add up your order on the outside of the bag that he put your groceries in. He didn't need the fancy cash register like today, or even a calculator. I wonder how some of the cashiers today would make out with that process?

I remember going to the store with my sister, Brenda, and younger brother, Roy. We waited in the car while my Father was in the store. While in the car, a trailer truck carrying telephone poles came down the road. As it went around the corner, a chain broke and the poles started rolling off the truck. A pole hit our car which was parked on the side



Senior Center, 15 Great Hillwood Road
Moodus, CT 06469

of the road and totaled it. I crawled out the window and ran into the store to tell my Father. At first he thought I was nuts when I told him a telephone pole hit the car. Worst of all, it was my brother Dick's car, which he had just bought, and it was a total loss.

I remember a big snowstorm when I was in first or second grade. I was walking up the road near the Brownell lower mill and there was a big snow plow coming down the hill. I jumped into a deep snow bank to get out of the way. I was so deep in the snow that I couldn't get out and was stuck there for what seemed to be a long time. I am really not sure how long I was in the snow bank but one of the Brownell workers saw me and came out and rescued me. My memory tells me the hero of the day was Leon Kingsley.

My high school years seem like they were just yesterday. They are full of memories and were a positive impact on my life. We had some excellent teachers and many of them are good friends of mine today. Teachers like Ray Bolduc, Milton Dupuis, Charlie Caron, Lou Milardo, John Salbinski, and Charlie Boynton had such a great effect on so many people. Teaching at Hale-Ray was more than a job for them. They really cared about the people. Charlie Boynton was a great help to me with the *Recreation Department* and he served over twenty years on the *Recreation Commission*. He was also a great asset to the *Athletic Booster*

Club in its early years.

One thing I remember is how proud we all were of our school. We were a small school. My class had 47 students. Hale-Ray can boast about the many people who went on to be doctors, lawyers, bank presidents, university deans, teachers, community leaders, successful business people, and the list goes on and on.

During my last three years of high school, I worked nights and weekends at Sonny's Pizza House in Deep River. I soon became the manager and took care of many aspects of the business. This is where I began to develop managerial skills. I used what I learned about cooking at the pizza restaurant to cook the high school athletic banquets my junior year. We served spaghetti and meatballs to 100 people. After that, the athletic banquet became an annual event.

While working at the pizza house, I was usually late for school. I should thank Mrs. Sievers, the school secretary, for always having my back and signing me in. I rarely made it to homeroom.

Today, our Town is much the same. Some of the names have changed, but we still seem to have that same community spirit and many people are still willing to volunteer to help others. You just need to look around. There are many helping out. We have two Lions Clubs, the Leos and Little Noises Athletic Booster Club to name just a few of the clubs as well as the many individuals who volunteer at the Senior Center, libraries, schools, and churches. We are all lucky to be living in a small town, especially this small town. You can all help keep the tradition going and if you know someone that can use some help or support, then step up and be there for them.

As I said, this is a Small Town USA & it doesn't get better than this.



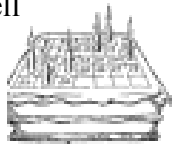
Birthday & a Movie

On the fourth Monday of every month, we have a birthday party! This party is open to all, whether it is your birthday month or not. We serve two things: 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, March 23, 1:00 pm.**

March Birthdays

- 1 Joan Grube
- 2 John Piontkowski
Helen Schulz
- 3 Mary Lee Abkemeier
- 4 Maureen Tarbox
- 5 Maureen Gills
Jeffrey Hahn
- 6 Robert Fresher
- 8 Gina Barry
Richard Harrington
Kathleen Leatherbee
Elaine Schmittburger
- 9 Meredith Cantrell
- 10 Judy Westcott
- 13 Lloyd Babcock
- 15 Jeanne Necte
- 18 Leighton Phraner
- 19 Deborah Francis
Sheila Weidlich
- 21 Ann Hinson
Shea Jezek
Marcia Reifenheiser
- 22 Nancy McHone
- 24 Delphy Irvin
- 26 Robert Cone
Mary Tracy Shepley
- 31 Doris Brown



Birthday Quote

I believe in loyalty. When a woman reaches an age she likes, she should stick with it. – *Eva Gabor*



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.

Presentation: Ethiopia, Island of Africa!



Joe Sina's presentation and slide show have been rescheduled for **Monday, March 16, 1:00.** Joe visited Ethiopia 40+ years ago with the Peace Corps. He visited again in 2014, not with the Peace Corps, but with his wife, Janice. Joe has some wonderful insights about Ethiopia, which he says is "a fascinatingly diverse country".

Shopping Schedule

NOTE: Due to all this lovely weather, the shopping schedule has been revised.

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

Tuesday, March 3:

Old Saybrook: Walmart, Stop & Shop, OS Job Lot

Wednesday, March 18:

Willimantic: Price Rite, OS Job Lot, Royal Buffet

Tuesday, March 31:

Cromwell: Walmart, Xpect, Aldi

Donations for February



- Anonymous: coffee
- Edna Balane: cash donation
- Suzanne/Bob Bostelman: coffee
- Ceil Golub: candy
- Trudy/Peter Novak: office supplies
- Pat/Jim O'Brien: copy paper, candy
- Betsy Malulucci: pill boxes
- Susan Porter: office supplies
- Roger Stube: office supplies
- Elaine Woods: dust pan/broom
- Jansky Rubbish: since 1973!**

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

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Center Hours

8 am - 3 pm weekdays



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, March 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 be need to bring with you. Must be a resident of Connecticut.

TAX Prep

IT'S COMING, sooner than you think! What could it be? Ugh.....April 15th. The Tax Man Cometh. The Senior Center will once again provide IRS trained tax consultants to assist with **both Federal and State tax forms.**

Wednesdays, 9 am-3 pm:

March 4, 11, 18, 25. April 1. Please call the Center to sign up for your private consultation.



The winner for *Jan.* was Elliott Borent. \$10. Gift Certificate to *MP Impressions of Moodus*, a local favorite for gifts, clothes, accessories, and athletic wear.



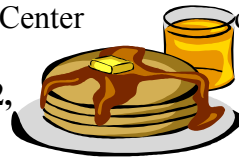
Medical Discussion

Nancy Chabot, of the Chatham Health District, will present information regarding the prevention and symptoms of cancer. **Monday, March 9, 1:30 pm**. Did you know ... that The Chatham Health District which serves the towns of East Haddam, East Hampton, Haddam, Hebron, Marlborough & Portland, provides public health programs in nine target areas: Public Health Statistics, Health Education, Nutritional Services, Maternal & Child Health Services, Communicable & Chronic Disease Control, Environmental Health, Community Nursing, Emergency Medical Services Planning/Emergency Response Planning. Bio-terrorism Planning?

Pancake Jamboree!

Pancakes are all the better when someone else is doing the cooking! Senior Center

on Sunday, Mar 22, 8 - 11 \$7.00 per person



includes pancakes, sausage, coffee, & juice. All proceeds will help pay for Senior Center Activities.

Ivoryton Playhouse Trip

Musical Matinee, Tammy Wynette story: *Stand by your Man.* **Wed, Mar 25, 2:00 pm**. Relive the journey of country music legend Tammy Wynette, from the cotton fields of Itawamba, Mississippi to international superstardom, to life with the five husbands she "stood by". \$32 per person (senior group rate) plus \$5 for bus. Departs Senior Center 1 pm. RSVP & money due Tuesday, March 10.

Senior Center Trips

9/11 Memorial Museum: Thurs, Apr 23. Moderate amount of walking. Museum focuses on exploring the implications of the events of 9/11, as well as documenting the impact and exploring the continuing significance. Multi-media displays, artifacts, & narratives. \$95 per person; includes admission to both the Memorial & the Museum and lunch at *Fino's Ristorante*, Wall Street. RSVP with payment and meal choice by March 16. Deluxe motorcoach.

Ogunquit, Maine: June 1 - 3, Mon - Wed. *Meadowmere Resort*. Welcome dinner. Day 2: Portland city tour includes historic district, lighthouse, shopping. Dinner at *Foster's Downeast Clambake*. Day 3: Lobster Boat Cruise (first hand lobstering experience) aboard the *Finestkind* to Perkins Cove, a picturesque fishing village, home to artists and shops. \$381.00 (twin/triple room) - \$471.00 (single room) per person includes 2 nights hotel, 2 breakfasts, 2 dinners, sightseeing & admissions. RSVP with payment by March 16. Deluxe motorcoach.

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

Shopping & Food Bank: Tues, March 3

Tax Preparation: Wed, March 4

Casino Trip: Wed, March 4

SNAP/Food Stamps: Fri, March 6

Seminar - Cancer: Mon, March 9, 1:30

UCONN Game Trip: Mon, March 9

Tax Preparation: Wed, Mar 11

Massage Cora: Mon, March 16

Ethiopia Talk: Mon, March 16

St. Pat's Luncheon: Tues, March 17

Tax Preparation: Wed, Mar 18

Shopping/Food Bank: Wed, March 18

BINGO: Thurs, March 19, 1

Pancake Breakfast: Sun, March 22, 8-11

Tax Preparation: Wed, Mar 25

Ivoryton Playhouse Trip: Wed, March 25

Healthy Living Expo: Saturday, March 28

Shopping & Food Bank: Tuesday, March 31



♣ St. Patrick's Day ♣ Lunch & Entertainment

Join us for lunch on St. Patrick's Day, **Tuesday, March 17th, noon time**, for the traditional corned beef & cabbage meal. You do not have to be green or Irish ...just arrive with an appetite. Entertainment will be provided by Ashly Cruz, a cabaret singer who has performed internationally. CT native. 60 and older invited. \$5 per person for lunch & entertainment. Please sign up by Friday, March 13th.

wish list

Copy paper, file folders, all-purpose cleaners. **A BIG THANK YOU** for all the donations



Healthy Living Expo

We are ready! In last month's newsletter, we explained Laura Todd's *Model of Healthy Living*, the 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 *Expo* has been planned with this in mind: local professionals and resources, who represent each of the dimensions, will be in attendance to offer everyone the opportunity to gather information, information that will be of benefit today and in the future. What will you be able to accomplish at this Expo? Get a "health check" – ears, eyes, posture, cholesterol & glucose screening, blood pressure, medicine review, etc. Learn about the benefits of yoga, chiropractic adjustments, massage therapy, psychotherapy, proper nutrition, etc. Don't know much about Medicare, Medicaid, health directives, reverse mortgages, estate/financial planning, etc.? People who know these things will be here to speak with you. Do you know about the variety of health care providers and the services offered, such as rehab & therapy centers, assisted living, home care, hospice, health management, in-home care, etc.? Those in the know will be here! Also in attendance: safety and emergency experts, including police, fire, ambulance, Red Cross, emergency management, and personal emergency systems. Meet the volunteers from our local faith communities as well as the Senior Center to discover what services are available as well as the value of volunteering. In summary, learn how to balance your life, which is the secret to healthy living.

We are fortunate to have as a co-sponsor the *Visiting Nurses of the Lower Valley*.

Mark your calendars and plan on attending our first ever *Healthy Living Expo*: **Saturday, March 28th, 10^{am} – 2^{pm}**,
at the East Haddam Senior Center. Free and open to all.

Senior Center
15 Great Hillwood Rd
P.O. Box 623
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