

NOISES FROM THE CENTER

Vol. 4, No 5 What's happenin' at the Senior Center May 2015

Article by
Brad Parker



Senior Center, 15 Great Hillwood Road
Moodus, CT 06469



Brad Parker, Director; Ellie Breinan 2015
"Senior Citizen of the Year";
Suzanne Bostelman, President Senior Club.

May is a Time For Reflection.

As soon as the month of May comes close, I start to think about Memorial Day. This is a time when we should all think about all the men and women who have served our country to protect the many freedoms that we enjoy. Just think how different our lives would be had these brave people not served our country. We must be sure not to take the freedoms we have for granted.

So many people around the world cannot even imagine having the freedom and the rights that we enjoy. Just in our little town, we vote on our budgets and many town projects, we can speak up at public meetings and express our opinions (even if it is a different opinion of those in power). We have the right to express our thoughts through the media, such as Facebook and letters to the editor. And, if so inclined, we can pursue the wide variety of town positions that keep our community running. The list of rights and freedoms we have goes on and on.

We all have someone in our lives

that has served to protect our freedoms. I often think what it must have been like for my father during World War II. He landed on Omaha Beach and continued on through other battles such as the Battle of the Bulge and Bastone. Most people do not like to talk about these kinds of experiences but the impact of them is beyond comprehension. These heroes deserve our respect and remembrance.

What does Memorial Day mean to you? The meaning is different for me now. As an adult, you learn to appreciate things more. I remember as a kid, watching the parade in town, seeing Dan Maus and Ted Lukie march by in their uniforms. To this young boy, they looked like the perfect soldiers. I ask you all to stop for a moment and think about Memorial Day. After you have done this, reach out and thank the people you know who have served in the military for their service. Without these people, "Small Town USA" would take on a whole new meaning.

Volunteers Are Heroes, Too.

On April 22nd, the Senior Center thanked and recognized the many volunteers who make the Center the vibrant hub of activity that it has become. Our volunteers make everything you see at the Center possible. It was great to see the place full of people sharing their friendship and smiles.

All of the volunteers in attendance were recognized for all that they do and they each received a small gift. Ellie Breinan was surprised with the "Senior Citizen of the Year" award. Ellie works very hard at the Center; much of what she does is behind the scenes and is often not noticed by many. Ellie is willing to do whatever needs to be done and just quietly goes about whatever the task may be. Ellie received a gift card and a floral arrangement from the Senior Club. After the presentation, everyone enjoyed refreshments and time to socialize. Once again, thank you to all our volunteers!



Celebrate the Birthdays

This month's birthday party is **Monday, May 18, 1:00 pm**. This party is open to all 60 and older. If it is your birthday month, please join us for lunch, for free, anytime during the month. Reserve your lunch by noon the day before you wish to come.



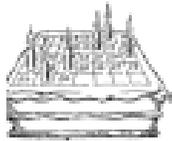
May Birthdays

- 2 Sheila Doherty
- 4 Jovita Cozean
- 5 Jane Chisholm
- 6 Marge Gaudio

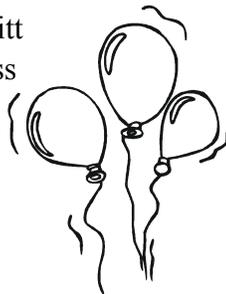
- 7 Suzanne Bostelman
Vincent Conte
Judy Grant

- 8 Louise Pear
- 11 Eleanor Ziobron
- 17 Helen Bonfoey
- 18 Rebecca Faul
- 19 Richard Tedford
- 21 Irene Briga

- 23 William Cantrell
Mary Everett
Fredrick Parmenter
Eugene Rajpolt



- 24 Nancy Borge
- 25 Angela Leavitt
- 26 Alice Kostoss
- 30 Janice Sina



Birthday Quote

I am at an age when my back goes out more than I do. – *Phyllis Diller*

The Con Artist's Playbook

The East Haddam Library System and AARP will present a free, public program on identity theft. **Saturday, May 16, 10:00 am at the Senior Center.** "Every day, millions of Americans lose their hard earned money to identity theft, investment fraud, and other types of scams." Come to this program and "take a look inside the mind of a criminal" (AARP Watchdog Alert). Speaker Byron Peterson will teach us the techniques which con artists use to steal our hard-earned cash. Learn how to protect yourself and your loved ones from such crimes.

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, 2015 through October 1, 2015 regarding fiscal year 2014. Renters must fill out an application every year.

Shopping



Schedule

Hello Shoppers! We have added a new destination: Waterford. Fee: \$3. If desired, the bus will stop at the East Haddam Food Bank.

- Tuesday, May 12:
Cromwell: Walmart,
Xpect, Aldi
- Tuesday, May 26:
Waterford: Walmart,
ShopRite, and more!

Bingo WOW!



The winning pots are getting bigger! Last month, the winner of the final game of the day won \$40! If you want something to do the **third Thursday of every month**, join us at the Center at **1:00 pm**. \$3.00 per person for the afternoon.

If you would like to join us for lunch at noon time, please call by noon the day before. \$5.00 for lunch & BINGO. More players, more money!

Drawing



The winner for *March* was Rob Mirer. \$10.00 Certificate to *Nathan-Hale Pharmacy*, a local favorite for a whole lot of different stuff!

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

We Are Reaching Out.....

The Senior Center is starting an outreach program led by Darlene Dunbar. Many of you know Darlene because she is one of our bus drivers. For those of you who don't know her, she is a resident of East Haddam, retired, with nothing to do! Kidding. She keeps pretty busy volunteering around town and with AARP. Volunteers may call or drop by for a visit.

The goal of this outreach program is two-fold.

- One, to provide information to seniors about the services available through the Senior Center, such as transportation (medical appointments, stores, food bank), assistance with state and local programs (home heating costs, tax preparation, insurance, renter's rebate, etc.), and the equally important social activities that take place year round.

- The second goal is to increase participation and involvement in our programs. For more information, call the Senior Center.

Donations for April

6 Anonymous: copy paper,
coffee, cleaning supplies



Barbara Boluck, Terri/
Ralph Havens, Pat/Jim
O'Brien, Carol/Richard
Parker, Elizabeth

Walter: coffee

Dale Arseneault: copy paper
Suzanne/Bob Bostelman: juice,
applesauce

Maureen/Bernie Gillis:
knitting stuff

Lucille Gardner: medical supplies

Marie/Jim McAllister: copy paper

Laurie Moffett: quilting/knitting
supplies

Eddie/Gary Nichisti: cash donation

Trudy/Peter Novak:
coffee, paper towels

Kay Novinski: napkins

Alice Sabo: napkins,
flowers, table cloths

Carol Schweizer: cash donation

Helen Soja: yarn

Elaine Woods: candy, coffee

Jansky Rubbish: since 1973!

Ivoryton

Playhouse Trip

One of the best-selling plays in British theatre history, *Calendar Girls*, is making its US premier. This dazzlingly funny and shamelessly sentimental story of the ladies of the *Women's Institute* who pose *au natural* for a fundraising calendar is guaranteed to make you laugh and cry! **Wednesday, June 17, 2:00 pm.** \$32.00 per person (senior group rate) plus \$5.00 for bus. Departs Senior Center at 1:00 pm. RSVP and money due by Monday, June 1.

Once you lick the frosting off
a cupcake it becomes a muffin and
muffins are healthy;

You're welcome.

Five More!

Spring is here, the perfect time to take on First Lady Michelle Obama's challenge to "Give Me Five". May is *National Physical Fitness and Sports Month*, a great time to spread the word about the benefits of being active. As part of the fifth anniversary of the *Let's Move!* initiative to end childhood obesity, Americans are challenged to do five things to eat better, be more active, and live a healthier life: eat five new vegetables, do five jumping jacks, walk five more minutes. Benefits of physical activity for older adults: lower the risk for heart disease, type 2 diabetes, and some types of cancer; lower the risk of falls and improve cognitive functioning like learning and judgment skills.

– Adapted from an article by Deborah Ringen MSN, RN-BC Faith Community Nurse, *Visiting Nurses of the Lower Valley*.



Potting soil. Lots. We have many pots to fill!

THANK YOU to everyone who donates to our Senior Center!

Upcoming Events

Taste of E. Haddam: Sat, May 2
Blood Pressure Check:
Tues, May 5
Spring Fling:
Tues, May 5
Casino Trip:
Wed, May 6
Executive Meeting:
Thurs, May 7
Club Meeting:
Mon, May 11
Chestelm Talk:
Mon, May 11
Shopping/Food Bank:
Tues, May 12
Medicare Talk:
Wed, May 13
Identity Theft Talk:
Sat, May 16
Birthday & Movie:
Mon, May 18
Red Hats Trip:
Wed, May 20
BINGO: Thurs, May 21
Closed: Monday
May 25 Memorial Day
Shopping & Food Bank:
Tues, May 26
Blood Drive:
Thurs, May 28
★ Ogunquit, Maine Trip:
June 15-17



Memorial Service and Dedication

A memorial service for Mr. Lee May will be held on **Saturday, May 30th at 2:00pm** at St. Stephen's Church. Following the service, a ground breaking ceremony for the *Lee May Memorial Garden* will take place at the Senior Center at 4:30 pm. Harry Link & Family have created a beautiful design.

If you wish to make a donation to the Memorial Garden Fund, you may do so at the Senior Center.



Healthy Living Expo

Considering the weather – snow squalls for most of the day – our first-ever *Expo* was well attended. This event was so successful that we will do it all over again next year. Sixty plus guests of all ages conversed with the experts to discover the “secrets of healthy living” and how to live a balanced, healthy life. It was a very educational and informative event. In addition to information, the vendors donated wonderful prizes for our drawings: Access Health, Chestelm, The Congregational Church, Crossing Bridges, Liberty Bank, and Visiting Nurses of the Lower Valley. Jack Herman, Nathan-Hale Pharmacy, donated two items: a Keurig coffee maker and a 48" LED television. Jack once again demonstrates his strong commitment to the Moodus/East Haddam community.

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



Closed



Are you on



Medicare?

Medicare premiums can be expensive! If you have limited income, you may qualify for help.

The *Medicare Savings Program* is a state funded program that will pay your monthly Medicare Part B premium and automatically entitle you to receive extra help with your Medicare Part D prescription drug plan. To find out more about the Medicare Savings Program and see if you qualify, Laura Crews from *Senior Resources Agency on Aging* will be at the Senior Center on **Wednesday, May 13, 1:00 pm**.

Laura will have applications and plenty of time to answer all questions. If you cannot attend the presentation, call the Senior Resources hotline if you have questions or need information: 1-800-994-9422. Senior Resources will send an application if qualified.

Physical Activity is a Good Thing

Nina Cuoco, Rehab Manager and Occupational Therapist at *Chestelm*, will be at the Senior Center on **Monday, May 11, 1:30 pm** to discuss “Physical Activity: the Key to Wellness”. **Open to all.**

FYI: The Senior Club meeting will precede the presentation at 1:00 pm.

Blood Drive



The Senior Center will host a blood drive in conjunction with the *American Red Cross* on **Thursday, May 28, 1:30 pm – 6:15 pm**. The warm weather

is here – finally – and with it, an increase in fun, travel, and people getting hurt. If you are interested in donating blood or volunteering to help at the event, please call the Senior Center to sign up.