

NOISES FROM THE CENTER

Vol. 4, No 7 What's happenin' at the Senior Center July 2015

Article by Patricia O'Brien

SUMMERTIME IN THE '40s

As we age (and don't we all!) and reflect on our younger days, have you noticed how things in our youth seemed larger – and longer – than they really were? When I returned- about 20 years later - to the first house I lived in, I was surprised at how small the yard was, not at all as I remembered it.



*East Haddam
Senior Center
15 Great Hillwood Road
Moodus, CT 06469
860 873-5034*

I was only 5 years old when our country entered World War II. My father was appointed an air-raid warden for our neighborhood. Our town would have air-raid “drills” after dark, when households were required to pull down their shades so enemy planes flying overhead couldn't see any lights to use as a target to bomb us. On designated nights, my father would don his air-raid helmet, take a flashlight, and walk his assigned route, making sure that no one was violating the “blackout.” My sister and I would peek out from behind our lowered shades to watch that lone flashlight bobbing down the dark street.

Every summer during the war years, my grandparents rented a farmhouse located on the Housatonic River in Southbury. After my sister and I got out of school for the summer, my father would drive my mother and us to the farmhouse. He would then drive back to Stratford, where he worked, and return for a short visit the following weekend.

The trip to the farmhouse began on paved roads, but eventually deteriorated into a bumpy one-lane dirt road. If you met a car coming toward you, one of the drivers would have to pull over on the side of the road for the other to pass.

The farmhouse had no electricity or running water. We used kerosene lamps, a wood stove for cooking, and hand-pumped water from an outside well. In the pantry next to the kitchen was an “ice box,” which held a block of ice for refrigeration. We had no telephone or radio. The nearest “neighbor” was several miles down the road. There was an old Victrola in the parlor, and some 78 rpm records, which we played by winding the handle on the side of the machine. The only news we heard was from my father, when he drove up on weekends.

And then there was the “moonhouse,” set in a field a considerable walk from the house – rain or shine. Spiders roamed the interior. Although there were always a couple of Sears catalogs inside, I couldn't imagine taking the time to read them with those spiders lurking nearby.

When we needed groceries – and ice - we had to travel the dirt road back to “civilization” in Sandy Hook, where there was a grocery store. That was the time to buy comic books – if my sister and I had only saved them, how valuable they might be today!

My favorite part of vacation was fishing with my grandfather in his rowboat on the Housatonic River. He made us each a bamboo pole with a line and a hook – nothing fancy, but we caught sunnies, bass, and perch. We used hellgrammites for bait, which we found under rocks in the shallow rapids of the river – I became very adept at putting them on the hook.

On rainy days, my grandfather fished alone. I can still see him, huddled under a slicker in the fog, his boat anchored in the middle of the river. When he rowed to shore in late afternoon, he always brought fish for my grandmother to cook for supper. I learned at an early age how to remove the bones from a fish.

I have so many memories of those summers at the farmhouse. Then, one weekend in late August, my father arrived at the farmhouse to tell us that the war was over!

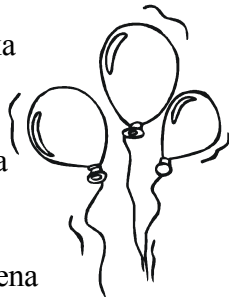
The farmhouse and my memories are a thing of the past. Eventually, the land where the farmhouse stood was flooded to make Lake Lillinonah, but my summer vacations there had already ended.

You'll recall that I mentioned at the beginning of this article how our perceptions of our younger days seemed both larger – and longer – than they really were? Years later I found out from my mother that those “summer vacations” each summer lasted only TWO WEEKS!

HAPPY BIRTHDAY

July Birthdays

- 1 Debby Duncan
Mary Halish
- 2 Millie Michalski
- 4 Kathleen Fazekas
Ann Moreau
- 5 Richard Lipka
- 6 Ann Garrity
Lori Inferrera
- 7 Helen Soja
- 8 Sandra Mathena
- 9 William Welton
- 10 Jean Burdette
- 12 Vicky Riley-Pach
- 16 Vicky Graham
Dolores Tedford
- 19 Hazel Kiner
Kay Novinski
- 20 Eleanore Gauvin
- 21 John Paardenkooper
- 22 Leslie Carr
William Shaw
- 23 Rosalie Hoffman
Gary Piehl
- 25 Joan Holbrook
- 26 Norman Jamieson
- 28 James Nowik
- 30 Isabelle Russo
- 31 Jeanette Clark



Birthday Quotes

Life is like a hot bath. It feels good while you're in it, but the longer you stay in, the more wrinkled you get.

—Robert Oustin

Upcoming Events

- Casino: Wed, July 1
 Blood Press. Ck: Tues, July 7
 Shopping: Tues, July 7
 Thimble Islands: Wed, July 8
 Executive Mtg: Thurs, July 9
 Club Meeting: Mon, July 13
 Frmr's Mkt Vouchers: Mon, July 13
 SNAP/Food Stamps: Mon, July 13
 Red Hats: Wed, July 15
 BINGO: Thurs, July 16
 Shopping: Tues, July 21
 COA Mtg: Thurs, July 23
 Pot Luck Dinner: Thurs, July 23
 Birthday & Movie: Mon, July 27
 BINGO & Pizza: Fri, July 31
 Tag Sale: Sat, Aug 8
 Ivoryton Play: Wed, Aug 12
 Lions BBQ: Sun, Aug 30

Newport Playhouse:
Mon, Aug 31



Shopping



Schedule

Fee: \$3.00.

If desired, the bus will stop at the East Haddam Food Bank.

Tuesday, July 7:

Cromwell: Walmart,
Xpect, Aldi

Tuesday, July 21:

Waterford: Walmart,
ShopRite, etc.

Pot Luck Dinner

Save a buck and come to our July Pot Luck! **Thursday, July 23, 6 pm.** 50 and over invited. Free, just bring a dish to share. Please call to sign-up and to let us know what you will bring.

wish list

We are still looking for a bookcase.....our lending library is steadily expanding. If you have a bookcase which you no longer need and would like to donate it to the Center, please call Brad. If it fits our need, we will be happy indeed... thank you!

We Need Stuff

We need your stuff to sell at our annual tag sale, which will be held on August 8.

We will have a table or two of our own, proceeds to benefit the Senior Center.

We would like gently used items that are in good shape. Please no appliances or large furniture. We do not have storage space so please do not drop off your stuff until the week of August 3. **Thank you!**

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

Layout: Beth Schondorf

Newsletter Distrib. Team:

Jovita Cozean • Nancy Geysen
Alice Sabo • Loretta O'Mara
Ellie Breinan • Jennifer Beaumont
Caroline Armstrong • John Giaconia
Fran Koslowski

Telephone; 860 873-5034

Fax; 860 873-5198

Kitchen; 860 873-5197

Email; Seniors@easthaddam.org

Center Hours

8 am - 3 pm weekdays

Road Trips Near & Far

Ivoryton Playhouse: *Memphis:*

This is a new musical, about the places where "rock & roll" was born in the 1950s. A very musically electrifying production. **Wednesday, August 12, 2:00 pm.** \$32.00 per person (senior group rate). Bus (\$5.00) departs Senior Center at 1:00 pm. Sign up & pay \$32 by Thursday, July 30.

Newport Playhouse & Cabaret

Restaurant, Rhode Island: Play, Cabaret & Lobster Buffet. **Monday, August 31.** \$52.95 per person. Bus (\$5.00) departs Senior Center at 9:15 am. *Flamingo Court* is a comedy about the residents of an apartment complex: gentleman battling greedy daughter at the same time he gets involved with another resident, an aging hooker. Sign up & pay \$52.95 by August 3.

A Reminder ...

Darlene Dunbar will soon begin contacting & visiting seniors that do not presently visit the Senior Center. Her goal is to be sure that seniors, 50 & over, know about the services that the Senior Center offers and to encourage our residents to take advantage of and participate in some....or all!...of our activities and events.

If you would like a visit from Darlene, or if you know someone who would, please call the Senior Center.

Birding, Anyone?

We are starting a *Birding Club* in the fall. If you would like to join us, call us.

Spend time with Mother Nature, hiking along the beautiful trails that are all over our beautiful town. Our expert volunteers will show us the way and teach us how to identify our feathered friends.



BINGO & Pizza Night

Friday, July 31, 6:00 pm. \$5 per person. 50 & older are invited. Sign up & pay by July 29.



Drawing

The winner for May was Lloyd Babcock. \$10.00 Gift Certificate to *Moodus Ice Cream*. Everyone is a kid when it comes to ice cream!

Donations for June



Barb Boluck: cards, plastic ware
Fran Kosalski: coffee, cups, juice
Alberta/Rob Mirer: soda, juice
Trudy/Peter Novak: coffee, cups, pens
Jean/Brian Olson: pic of East Haddam
Anne Torning: cleaning stuff
Chris Van Scoy: yarn, material, medical supplies



Copy paper... we could never, ever have too much... thank you!

Lending Closet

Are you, or someone you know, in need of a cane, commode, walker, wheelchair, etc.? We may have just what is needed. There are no fees of any kind for these items.

Keep what you need for as long as you need. Conversely, if you have medical equipment that you no longer need, call us. It may be an item we could pass along to others!

Capital Projects

by Mark Walter

First Selectman

East Haddam will soon be starting the four largest upgrades to our ten year capital plan. These projects will need building committees to be created and their charges to be approved at the next town meeting. If you are interested and would like to share some of your talents, please fill out a volunteer application and submit it to my office. These projects include the Town Street and Moodus Firehouse Renovation projects, the Town-wide Radio System project, the East Haddam Elementary School Improvement project and the Municipal Office and Community Center Conversion of the former middle school.

We will also start working on our historic East Haddam Village redevelopment as we prepare to move out of the downtown property across from Goodspeed Opera House. This is a very exciting opportunity for our town to create a tourist and community destination that will be the envy of the Lower River Valley.

Vendors R Needed

The Senior Center will be hosting its annual town-wide tag sale. **VENDORS ARE NEEDED!**

Very visible location on Route 149. Prime spot to have "your yard sale" if you live on a road that is not a highly traveled route.

Large space available for \$10.00 ... tables will not be provided. Contact the Center for information & to reserve your spot. **Heritage Park, Saturday, August 8th, 8 am - 2 pm.**



BBQ

It's that time again! For more than 20 years, the Lions Club has been hosting a FREE Chicken Barbeque lunch for East Haddam Seniors 60 years and older. **Sunday, August 30, noon - 2 pm.**

Though this event is free, tickets are required. They will be available at the Center beginning August 3.

Farmers' Market Vouchers

Provided by Senior Resources.

AGE: 60 years or older OR permanently disabled living in subsidized senior housing. INCOME: 185% Federal Poverty Level or less, which means: if SINGLE, income at/less than \$21,590 annual/\$1,799 month; if A COUPLE, income at/less than \$29,101 annual/\$2,425 month. Proof not required.

There is **no charge** for these vouchers, worth \$18: they can only be used to "purchase" fruits, vegetables, honey & herbs; participating markets are listed on the vouchers. One booklet per person (not household). MUST sign up by July 8. The **vouchers** will be here on **Mon, July 13, 10^{am}**.

SNAP/Food Stamps

Victoria, An Outreach Specialist with SNAP (Supplemental Nutrition Assistance Program), will be at the Senior Center on **Mon, July 13 at 10^{am}**. Call 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 CT.

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



We will be **closed** on
Friday, July 3



Stop Elder Abuse Before it Starts

Do you know that 1 in 10 seniors have been victims of elder abuse? Elder abuse, which can be physical, verbal or emotional, causes injury, further disability, fear, and anxiety. Vulnerable elders are frequently afraid to report abuse for fear they will lose their caregiver. Caregivers are at increased risk for hurting an elder if they are using drugs or alcohol, experiencing high stress levels, or lack social support. We can help prevent elder abuse by learning the warning signs, and by reporting suspected abuse.

Here are a few *Red Flags* of abuse: Neglect: failure to meet an elder's basic needs - food, housing, clothing & medical care. Financial Abuse/Exploitation: illegally using an elder's money, property, or assets. Psychological/Emotional Abuse: unexplained changes in behavior such as withdrawal from usual activities; caregiver does not allow anyone else into the home; caregiver is aggressive, demeaning, controlling, uncaring. Physical/ Sexual Abuse: unexplained fracture, bruises, welts, cuts, etc.

If you suspect elder mistreatment or neglect, call the **Adult Protective Services Hotline at 1-888-385-4225, or 211, or 911** and make a report. You are protected from liability when a report is made in good faith. It is the investigators job to assess the situation. Elders are often afraid to tell the police or family about the abuse, so if you are suspicious make the call. You can help protect a vulnerable elder. Adapted from an article by Deborah Ringen MSN, RN-BC with the *Visiting Nurses of the Lower Valley*: 860-767-0186