

# NOISES FROM THE CENTER

Vol. 4, No 8 What's happenin' at the Senior Center August 2015

Article by

**Brad Parker**



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Senior Center  
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Once again, life has shown me how lucky I am to live in our town and that this is small town USA, and it just doesn't get any better than this.

A fierce thunder storm came through town this June and it left many people in town without power – there were trees down all over town. In my yard, a huge maple tree came down. This tree was over 100 feet tall and 5 feet in diameter at the bottom. Needless to say – what a mess! The storm came through on Tuesday evening. My plan was to start on Wednesday after work with the cleanup. Just cutting the branches off and picking up the brush seemed like it would take me forever, never mind how I was going to cut up the big part of the tree with my saw.

Well, once again, the community spirit of our town came shining through. Just as I was getting ready to start, my friend, Brian Olson, shows up with an assortment of different size chain saws. We worked the next three nights and all day Saturday cutting up the tree and picking up a tremendous amount of brush. While we were working those three evenings, Tom Shumbo went by and saw the mess. He showed up on Saturday morning with a dump truck and a tractor with a front end loader. Tom hauled away four truckloads of brush and the wood from the large end of the tree.

All I heard from these two guys when I tried to thank them and express my appreciation is that this is what you do when someone you know needs help. What a great feeling when someone is there to help in your time of need.

I had told you in an earlier newsletter how, when I was growing up in town during the 50s and 60s, everyone looked out for one another. As I think about my experience with this tree, I realize that in our small town, we still look out for each other just like in the old days. I feel pretty confident in saying that this isn't the way it is in bigger towns or even in many small towns. What a great place to live!

I have decided to save a spot in the monthly newsletter to recognize both individuals and businesses who, on a regular basis, go “above and beyond” with their support of the Senior Center. It is the support of so many that has turned the Senior Center into a thriving hub of activity for the community. The “goods & services” that these people provide are an essential part of what we provide at the Center. Starting with the September issue, look for the “Good Guys Corner” of the newsletter.

This month, I will include the “Good Guys Corner” in this column. Some of the businesses that are here for us throughout the year are Westchester Market, Salem Farms Ice Cream, and Jansky Rubbish Removal. Westchester Market provides us with veggies and bread. Salem Farms provides ice cream for many of our events and dinners. Jansky has been taking away our trash for free since day one! The generosity of these businesses is greatly appreciated and I ask that when you see these people, let them know how much their generosity means to the Senior Center. May I suggest that we show our thanks by supporting their businesses.

We should all do our part to keep our sense of community alive. Be there when you see help is needed, pay it forward, and East Haddam will always be a special place.

So, once again, “This is small town USA and it doesn't get any better than this.”



**August Birthdays**

- 1 Lawrence Fraser
- 2 Gary Nichisti
- 4 Lucille Landry
- 5 Audrey Martin  
Corrie Paardenkooper
- 6 Dot Parker  
Meg Vansteenburgh
- 7 Brian Olson
- 8 Robert Noble
- 9 Henry Novinski
- 12 Pearl Ollayos  
Russ Schondorf
- 20 Glenn Hall  
LeRoy Heinrich
- 22 Stuart Palmer
- 23 Rita Fiala
- 24 Linda Shea  
Valerie Laming
- 25 Carol Parker  
Nancy Walter
- 26 Dottie Daigle
- 27 Suzanne Lasalle
- 28 Debby Farrow  
Judy Magnano
- 31 Glenn Grube

**Birthday Quote**

How old would you be if you didn't know how old you are?  
– Satchel Paige

**Birthday Joke**

How can you tell that you are getting old? You go to an antique auction and three people bid on you!

**Upcoming Events**

- ◆ Blood Pressure Ck:  
Tues, Aug 4
- ◆ Shopping: Tues, Aug 4
- ◆ Casino: Wed, Aug 5
- ◆ Executive Mtg: Thurs, Aug 6
- ◆ TAG Sale: Sat, Aug 8
- ◆ Club Meeting: Mon, Aug 10
- ◆ Ivoryton: Wed, Aug 12
- ◆ Cora Massage: Wed, Aug 12
- ◆ Game Night: Thurs, Aug 13
- ◆ Shopping: Tues, Aug 18
- ◆ Special Lunch: Tues, Aug 18
- ◆ Costello's Lunch:  
Wed, Aug 19
- ◆ BINGO: Thurs, Aug 20
- ◆ Birthday & Movie:  
Mon, Aug 24
- ◆ Red Hats: Wed, Aug 26
- ◆ 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, August 4:**

Cromwell: Walmart,  
Xpect, Aldi

**Tuesday, August 18:**

Waterford: Walmart,  
ShopRite, etc.



9 oz plastic cups, disinfectant wipes, all-purpose cleaner....thank you, FRIENDS OF THE CENTER!



**Volunteers Needed**

Looking for a way to give back to the community? Need something to do? How about volunteering as a substitute driver for *Meals on Wheels*! Volunteers at the Senior Center deliver food to homebound residents of East Haddam/Moodus, Monday – Friday, 52 weeks a year. We sometimes need substitutes to cover our routes when our volunteers are unavailable due to illness or vacation. Time commitment is typically one and a half hours. For more details, call Brad at the Center.

**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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Kitchen; 860 873-5197

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

**Center Hours**

**8 am - 3 pm weekdays**



## Drawing

Sophie Blaschik was the winner.

June's prize was a \$10 Gift Certificate to the *Gristmill Market*. The next day, Sophie jetted on down to the market and bought Klondike Ice Cream Bars for the lunch crowd at the Center....thanks, Sophie!



## Costello's For Lunch

Road trip to Noank, CT for lunch at *Costello's Clam Shack*. Then, on to Mystic for a 40 minute boat ride with Captain Carl for the *Historic Harbor Tour of the Mystic*: a narrated tour detailing the history of Mystic, the uniqueness of the Mystic Draw Bridge, captains' row, and the sailing ships at Mystic Seaport. **Wednesday, August 19.** Bus will depart the Senior Center at 10:15 am. \$5.00 for bus. Lunch is "dutch". Harbor Tour is \$18.00. Sign up ASAP because space is limited. The bus seats 22 people and the boat can only accommodate 17 passengers.



**D a r l e n e** Dunbar has begun 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.



Senior Center **CLOSED**  
**Labor Day, Mon, September 7**

## Donations for July

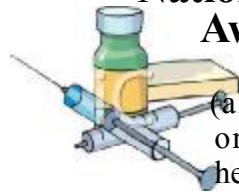
Anonymous: cash donation  
Caroline Armstrong: coffee  
Mary Augustiny: paper  
Richard Beckwith: bookcase  
Peggy Blake: coffee  
Sophie Blaschik: ice cream, cups  
Barbara Boluck: coffee  
Barbara/Elliot Borent: coffee  
Suzanne/Bob Bostelman: paper  
Wilson Brownell: paper  
Darlene Dunbar: food  
Ray Flaherty: clothing  
Sharon Fritz: creamer  
Marge/Bud Gaudio: paper  
Nancy Geysen: coffee  
George Giesey: Mah Jongg set  
Richard Harrington: veggies  
Bob/Lucille Landry: snacks  
Trudy/Peter Novak: paper, supplies  
Pat/Jim O'Brien: paper  
Carol/Richard Parker: cups  
Alice Sabo: candy, pens  
Joe Sina: paper  
Carol Thody: candy  
Liz Walter: napkins  
Elaine Woods: soap & lotion



## Healthy Smoothies

Need a fun and different way to get your fruits and veggies? Try a "healthy smoothie". Laura Falt, of Marlborough Rehab & Water's Edge, is coming back to the Senior Center to show us how to make a healthy smoothie. Laura will share her recipes and treat us to a sam ple. **Monday, Sept 21, 1:30 pm.**

## August is National Immunization Awareness Month



We all need shots (also called vaccinations or immunizations) to help protect us from serious diseases, such as the flu, measles, chickenpox, tetanus and pneumonia. It's important to know which shots are needed and when to get them. Check with your doctor.

Keep your immunization record in a safe place and be sure to take it with you when you get vaccinated.

To help keep our community safe, *Visiting Nurses of the Lower Valley* is proudly participating in National Immunization Awareness Month by encouraging everyone to make sure their vaccinations are up to date. Remember, everyone age 6 months and older needs to get a flu vaccine every year.

To learn more, call Deborah Ringen, MSN RN-BC Faith Community Nurse: 860-767-0186.

## Clothing Bank

**FYI:** The clothing bank at *The First Church Congregational* on Town Street has a new schedule as of August: open on the first and the third Tuesdays of the month, 2:30 – 5:30 pm.



## The Big E

It will be sad to see summer go, but at least Sept. brings the BIG E! **Wed, Sept. 23**, which is Connecticut Day. Bus will depart the Center at 8:30 am; will leave the fair at 3pm. \$12 Admission fee. \$5 for bus. **Sign up/pay by September 9.**



**Lee May Memorial Garden...is done!**  
Come visit the Center & enjoy our beautiful garden.





## BBQ

Lions and Seniors and Chickens...oh my!

The Lions Club is once again treating the East Haddam Seniors, 60 years and older, to a Chicken Barbeque lunch. **Sunday, August 30, 12 noon – 2 pm.** Though this event is free, tickets are required. They will be available at the Center beginning August 3.

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## Customer Appreciation Day

Nathan Hale Pharmacy is hosting a *Customer Appreciation Day*, **Saturday, August 22, 11 am – 5 pm.** FOOD, FUN, & GAMES! Drop on by to say “hi” and to “be appreciated”!

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



## Annual



**Saturday, August 8**  
8 am – 2 pm

- We need your stuff to sell.

Gently used, good condition. 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.

- We need vendors.

Space available for \$10. Table not provided. We have lots of room and a super-visible location with plenty of parking!

- We need shoppers that day!

Support your local Senior Center: shop, have a hotdog or two, and be tempted by the delicious, home baked, yummy goodies! And, our community members who have rented space.

## Special Luncheon

Our food services provider, CW Resources, has planned for us a very special summer luncheon: **Tuesday, August 18, noon time.** The Menu: Carving Station Pineapple Glazed Ham with Cherry Sauce, Green Peas, Mashed Potatoes, Garlic Bread Sticks, Frosted Cake. 60 and older; \$2.00.

**MUST sign up** by Friday, Aug. 14.

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## August Game Night



Games are not just for kids! Come alone or bring your own group. Play cards or any number of board games. Billiards table is available as well as horseshoes. Better than the television version: we will have food and there will be no commercials! **Thursday, August 13, 6 pm.** Free and open to all. Please sign up by Monday, August 10.

**Pizza will be served!**