

NOISES FROM THE CENTER

Vol. 4, No 10 What's happenin' at the Senior Center October 2015

Article by

Brad Parker



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

My Favorite Time Of The Year

Fall is my favorite time of year. As I have recently seen the school buses on the road again and again, and now we are starting to get some cooler weather. I have thought to myself how much I like fall. As a kid, I always looked forward to fall because that was Soccer season. I always looked up to the many Hale-Ray soccer players who came before me. I never became as good as many of the players that I idolized, but I find that the older I get the better I was. I always enjoyed school and so that was another reason to like fall. Perhaps I like fall because I hate hot and muggy so much.

Besides the nice weather, there are so many good things to do in the fall. This month, we can go to the Car Show (sponsored by Project Graduation) at Heritage Park, and the Drum and Fife Muster. There will be many community dinners put on by a variety of organizations. What a great way to build community.

We are lucky because there are so many things to do in East Haddam during the fall. I often say that the people who say that there is nothing to do in town just don't want to do anything anyway. I encourage everyone to pick an evening during the last week of October, and go to the Pumpkin Festival at Heritage Park that is sponsored by the East Haddam Leos Club. Take a few minutes to walk the track and see all the pumpkins that are carved and donated by community members. Last year there were over 100 pumpkins. We all expect more this year. I enjoyed walking around and watching the little kids having so much fun. Some of the kids even wore their Halloween outfits.

Night soccer games at the High School are another great community event in the fall. I went to the game last Friday night and how nice it was to see the big crowd. The sense of community and the support that was there for our school was something to be proud of. There were many people watching the game, but there were others just taking advantage of the time to visit friends. There also was a good group of younger kids playing their own little game on the side. A group of volunteer parents working the snack bar, which was keeping them busy. What a nice night.

The only two negatives that I can think of are the leaves on the ground and the political campaigns. If any of you would like some leaves you can just let me know and you can come and pick them up. Campaign season can sometimes be emotional and people sometimes forget to respect other people's rights and feelings. Everyone needs to remember that it is the good of the town that we should all be thinking about and on the day after the election, we are all in this together.

We have a great town. But I do think that if we all put our energy together in a positive way, that our town can even be better. I remember Sue Merrow saying that "life is what happens while you are busy planning". So I say to everyone: Have a great fall. You can go for a nice walk and enjoy the fall colors, you can enjoy one of the many events in town, or you can come and get my leaves. (LOL).

But in the end, let's all get together to make our town an even greater place to live. This is our little corner of the world and we just need to keep making it better. Remember!! This is small town U.S.A. and it doesn't get any better than this. Happy Fall!

By the way, LOL means "laugh out loud".

HAPPY BIRTHDAY

October Birthdays

1 Irene Herndon

3 Jack Agosta
Elliot Borent
Ginger Walter



5 Paula Woodworth

7 Rain Spiegel

8 Royce McCall

13 Robert Mirer

14 Angelo Rosadini

15 Alice Guertin

16 Helen Gregor

18 Patricia Bennett

Neil Hanlon

19 Angie Borgnine

Diana Resler

20 John Giaconia

Joseph Irvin

Glennice Zieminski

21 Peter Butz

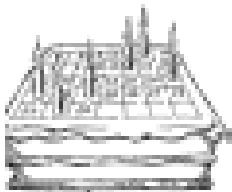
22 Jim McAllister

28 Iris Klar

29 Dick Bellucci

30 Fran Kosalski

Kenneth Ziobron



The Birthday Quote

The fact was, I didn't want to look my age, but I didn't want to act the age I wanted to look either. I also wanted to grow old enough to understand that sentence.
Erma Bombeck

Flag Retirement Day



To all East Haddam Residents.

Join us for FLAG RETIREMENT DAY. Bring your old, worn, unusable American Flags for proper disposal. Join us on Sunday, October 11, 2015 at the Nathan Hale School House, Route 149, Main Street, East Haddam. (above St. Stephen's Church)

Sponsored by the Nathan Hale Chapter of the National Society of the Daughters of the American Revolution.

Donations for September

Wilson Brownell: case of copy paper

Peggy Blake: crackers

Suzanne/Bob Bostelman:

juice, paper

Deb/Charlie Farrow:

wheelchair

Kathy Golec: phone charger, ink

Sam/Gail Guy: case of copy

paper

Ted Lambert: tomatoes

Lisa Mitchell: veggies

Gary/Edie Nichisti:

cash donation

Elizabeth Walter: copy paper

Louise Vanhaverbeke: cups

Jim/Pat O'Brien: cleaning

supplies, coffee

Kay Novinsky: cleaning

supplies

Angelo Rosadini: puzzle, coffee

Gladys Edwards: coffee

Shirley Talbot: maple syrup

Martha Tonucci: veggies

Dot Parker: candy

Hildie Aitken: condiments

Nora Dudchik: medical

equipment

Cindy Palmer: medical

equipment

Ted Lambert: veggies

Richard Harrington: veggies

Nancy/Marc Schroeder: paper

MaryAnn/Phil Snow: cleaning

supplies. cuns

wish list

Donations to the Senior Center are always greatly appreciated. If you are looking for ideas on what to donate to your Senior Center, here is our "Wish List" for the upcoming month: pumpkins, mums, cornstalks, and as usual Copy Paper. Thank you!



Oct. & Nov. are the best months to apply for fuel assistance because decisions are typically made within a few weeks. Please apply early: If you wait until winter is upon us, the process can take as long as six weeks. If you wish to fill out the application at the Senior Center, please call us to set up an appointment and to discuss what documentation will be needed. If you prefer to schedule an appointment at the Middletown Office of CRT (Community Renewal Team), call CRT: 860-347-4465.

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 Koslawski

Telephone; 860 873-5034

Fax; 860 873-5198

Kitchen; 860 873-5197

Email; Seniors@easthaddam.org

Center Hours

8 am - 3 pm weekdays



Drawing

August winner is *Sally Hungerford*.... A \$10 gift card to the Hilltop BBQ Steakhouse. A neighborhood gathering place that serves more than steak!



ConnectiCare Discussion

A representative will be at the Senior Center on **Monday, October 19th, 10:00 am**, to discuss and answer questions regarding the various Medicare Plans offered by *ConnectiCare*. This is perfect timing for this discussion because Open Enrollment for Medicare is October 15 – December 7. See the Medicare article in this issue (below) of the Newsletter for dates to meet with counselors at the Senior Center.

Medicare Open Enrollment

The Open Enrollment Period for current Medicare recipients is October 15 – December 7. During this time period, and only during this time period, those who are currently enrolled in Medicare may make changes to their plans.

The Senior Center will have counselors available to help you decide which plan best suits your needs. These sessions will be on three days, from 9 am – 2 pm: **Wednesday, October 28th; Wednesday, November 18th; Wednesday, December 2nd**. You must sign up in advance for your private consultation. This service is provided free of charge.

Upcoming Events

- Blood Pressure Ck: Tues, Oct.6
- Shopping: Tues, Oct.6
- Casino: Wed, Oct.7
- CLOSED: Mon, Oct.12**
- Cora Massage: Wed, Oct.14
- Flu Shots: Wed, Oct 14
- Executive Mtg: Thurs, Oct.15
- BINGO: Thurs, Oct.15
- Club Meeting: Mon, Oct.19
- Medicare Talk: Mon, Oct.19
- Shopping: Tues, Oct.20
- Red Hats: Wed, Oct.21
- Movie: Mon, Oct.26
- Fuel Asst: Mon, Oct.26
- Medicare Enroll.: Wed, Oct. 28
- Ivoryton: Wed, Oct. 28

Upcoming Trips

Christmas with the Stars: Newport (RI) Playhouse. Variety show with *The Edwards Twins*, talented impersonators of the superstars. \$80.00 per person includes transportation on a big, fancy tour bus, the show, and luncheon buffet. **Monday, December 14.** Leave the Center at 9^{am}. Sign up and pay by Monday, November 2nd.

LIBERACE!!!! At Ivoryton Playhouse. **Wednesday, October 28** at 2:00^{pm}. \$32.00 pp: senior group rate. Bus \$5.00. Departs Senior Center at 1:00^{pm}. \$32.00 due Tuesday, October 13th.

Shopping



Schedule

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

Tuesday, October 6th:

Waterford: Walmart, Shop-Rite, and others

Tuesday, October 20th:

Cromwell: Walmart, Xpect, Aldi, Diner



Article by

Brad Parker

This month I want to recognize two people who week after week lead two of our biggest programs. These two programs accounted for almost 2,000 sign-ins last year. Rita Fiala leads our Pilates program 3 times a week and Ralph Havens leads our Tai Chi program 2 times a week. Both programs run all year long. Both Rita and Ralph are very dedicated to supporting the Senior Center and many people enjoy the programs.

Let's all Thank Rita and Ralph for all their efforts.

Pool Table For Sale

Senior Center has a Pool Table For Sale. If interested please see Brad.



Fall is here and snow is not far away. What can you do to be more prepared for the roadways this winter? Is there a comprehensive checklist for vehicle maintenance? Are there any "best practices" you should know to be safer on the road? For the answers to these questions and many more, please consider taking an AARP Driver Safety class at the Senior Center on **Thursday, November 19th, from 12:30 to 4:30 pm**.

Drivers 60 and older completing the course may qualify for a discount on their auto insurance. Must be present for the entire 4 hours to receive the certificate. Please sign up at the Senior Center. The cost for the class is \$15.00 for AARP members and \$20.00 for non-members.

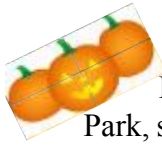


American Red Cross

The

American Red Cross will install FREE smoke alarms in your home. The program will help you protect your family in the event of a fire. During your home visit, generally lasting 20 minutes, Red Cross trained volunteers will install smoke alarms where they are needed in your home. In addition they will provide you with valuable emergency preparedness information and guidance in creating a Family Disaster Plan. To schedule a visit at your convenience, call 1-877-287-3327 and choose option 1.

Pumpkin Walk



The 2nd annual Pumpkin walk at Heritage Park, sponsored by the Leos will take place Oct. 26 thru Oct. 30. 6:00 – 8:00^{pm}. Come have a glance and walk the track, and see all the beautiful but scary Jack-o-lanterns light your way.

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



Closed for
Columbus Day,
Monday, October 12

November Craft Fair

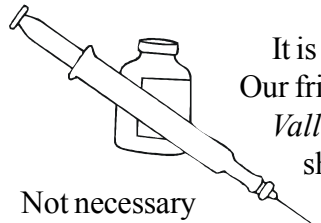
Believe it or not, we are planning our Holiday Fair already!! The date is Saturday, November 21st. The knitters and crotchetiers have been busy all year making some nice items, ideal for Christmas gifts. We will once again have our “Tea Cup Auction.” It has been a very successful fundraiser. We will be looking for donations for this auction. Popular items have been “Themed Baskets”: bird houses, bird feeders, bird food, handmade items, jewelry, lottery tickets, cash, wine, liquor, gift certificates just to name a few.



The “Tea Cup Auction” will be set up on November 20th and the drawing will take place at our Christmas Party on December 7th. Donated items must be at the Senior Center by November 18th.

Please see Alice Sabo (860) 873-9217 or Brad if you plan to donate.

Flu Shots



It is October... winter is a-coming! And so is flu season. Our friend, Deb, a nurse with *Visiting Nurses of the Lower Valley* will be at the Senior Center to administer flu shots: **Wednesday, October 14th, 1:00 pm - 3:00 pm.**

Not necessary to sign up in advance...just show up! Vaccines are covered by these insurance companies: Medicare, Aetna, Anthem, & ConnectiCare. Must bring “Proof of Insurance”. If no insurance, cost will be \$30.