

NOISES FROM THE CENTER

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

Article by

Brad Parker



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

Once again things have happened here in East Haddam that make me glad to be living in this small town. We recently celebrated the 10 year anniversary of the Senior Center. Over 80 people came and enjoyed a nice lunch and some afternoon entertainment. Members of the building committee that were present were recognized for all their efforts that made the building a reality. First Selectman Mark Walter spoke and praised the growth and progress of the center and its programs. The sense of community and happiness that filled the building that day would make you proud of East Haddam. This sense of community was so evident this day because Chestelm Health and Rehab paid for everyone's lunch. We had hamburgers, hotdogs, potato salad, cole slaw, tossed salad, corn on the cob and ice cream for dessert. All of this was donated by Chestelm. But the community spirit did not stop there. Just after lunch a truck pulled into the center with 2 men from the maintenance department at Chestelm. They came with a beautiful stone bench for our porch. On the seat of the bench is engraved "Compliments of Chestelm Health and Rehab". This is one more example of the community spirit in our small town and how we all look out for each other. We are all so lucky to have Chestelm as part of our community. The administrators of Chestelm don't think of East Haddam only as the place where their business is located. They care deeply about the community and its people. They do not need to support the Senior Center in the many ways that they do through-out the year but they do it because they care. That stone bench will be enjoyed by many for years to come. I ask you all to let the people at Chestelm know how much their support of the Senior Center and the community as a whole is appreciated. Sometime in life it is easy to lose your sense of community but it is something like this that reminds you how good our small town is to call home.

As I write this and we move closer to the end of fall and the beginning of winter, I still have some of those hated leaves on my lawn. But they will soon be gone. Halloween and the election will be behind us and we all need to get ready for winter. The season starts with our Holiday Craft Fair on November 21st. This is a great event with lots of great items for sale. There will be crafts, knitted items, white elephant sale and homemade lunch items. And don't forget our famous bake sale. There will be something for everyone and the money made this day will be used to fund events at the center during the year.

Let's all just take a minute to think about all the good things that happen in town. Let's appreciate what we have and let's work together to make things even better. I saw a written proverb recently that made me think. It read as follows "Nothing positive ever comes out of a negative attitude". I say we should all move ahead with a desire to build on our community. Follow the example of Chestelm Health and Rehab. Let's all work together for the good of us all. Remember, this is small town U.S.A. and it doesn't get any better than this.

HAPPY BIRTHDAY

November Birthdays

- 2 Christopher Storer
- 3 Loresa Julius
- 5 Barbara Hahn
- 6 Marylin Currier

- 7 Robin Gilmartin
- Jo Golec

- 9 Jane Mazzotta

- 11 Bud Gaudio
- Kathy Dill



- 12 Peg Darrow
- 13 Eleanore Miller
- 15 Marjorie Kagan

- 17 Christine Johnson
- Walter Golec

- 18 Dot Simone
- 19 Margaret Blake
- 21 Cecilia Golud
- 23 Carol Behilo

- 24 William Guinness
- Sally Hungerford

- 25 John Pagnani
- Jean Favreau

- 26 Karen Mills



The Birthday Quote

Birthdays are like
UNDERWEAR,
they keep creeping up on you.

- Brad Parker

SASSY

Stroke

Ask the individual to **Smile**. (One side droops)
Ask him or her to raise both **Arms**. (one arm drifts downward)
Ask the person to speak a **Simple Sentence**. (Slurred, or unable to speak)

Yell (call) 911 if any of these symptoms.



STROKE-

Important Information

Sometimes symptoms of a stroke are difficult to identify. Unfortunately, this lack of awareness can spell disaster. The stroke victim may suffer brain damage when people nearby fail to recognize the symptoms of a stroke. Now doctors say a bystander can recognize a stroke by asking **three simple questions**:

1. Ask the individual to smile.
2. Ask him or her to raise both arms.
3. Ask the person to speak a simple sentence. If he or she has trouble with any of these tasks, call 9-1-1 immediately and describe the symptoms to the dispatcher. After discovering that a group of non-medical volunteers could identify facial weakness, arm weakness and speech problems, researchers urged the general public to learn the three questions. They presented their conclusions at the American Stroke Association's annual meeting last February. Widespread use of this test could result in prompt diagnosis and treatment of the stroke and prevent brain damage.

wish list

Donations to the Senior Center are always greatly appreciated. If you are looking for ideas on what to donate to the Senior Center, here is our **“Wish List”** for the upcoming month: Disinfecting Wipes, 8oz. Coffee Cups, Paper Napkins, Air Fresheners and 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.

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Center Hours

8 am - 3 pm weekdays



Drawing

September winner
is Susan

Porter.... A \$10 gift card to the Moodus Ice Cream Parlor. It's always a good time for ice cream!

Donations For October

Delores Lozier: Dunkin Donuts Coffee
 John Giaconia: Basket of Apples
 Dorothy Czikowsky: Halloween Candy/
 Copy paper
 Joe/Lois Judkins: Cash Donation
 Rudolph/Marie Bartunek: Cash
 Donation
 Susan Porter: Copy paper/office
 supplies
 Ginger Walter: Yarn & misc. knitting
 supplies
 Hildie Aitken: Cranberry Sauce
 Marge/Bud Gaudio: Copy paper
 Louise VanHaverbeke: Copy paper
 Alice Sabo: Copy paper
 David/Susan Rodgers: Books
 Jo Golec: Coffee
 Wilson Brownell: Cards
 Sophie Blaschik: Cards
 Kathy/Jim Leatherbee: Fall
 decorations
 Gary Pieht: Apples
 Rina Stevens: Copy Paper
 Peg Blake: Garbage bag
 Fran Koslawski: 8oz. foam cups
 Joan Pach: Pumpkins
 Val Laming: Cups, cutlery and bags
 E H Rotary Club: Assorted paper goods



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. **Medicare** These sessions will be on **Wednesday, November 18th; Wednesday, December 2nd** from 9 am–2 pm. You must sign up in advance for your private consultation. This service is provided free of charge.

Upcoming Events

Blood Pressure Ck: Tues, Nov.3
 Shopping: Tues, Nov.10
 Casino: Wed, Nov.4
CLOSED: Wed., Nov.11
 Executive Mtg: Thurs, Nov.5
 BINGO: Thurs, Nov.12
 Club Meeting: Mon, Nov.9
 Medicare Talk: Wed. Nov.18
 Shopping: Tues, Nov.24
 Red Hats: Wed, Nov.18
 Movie: Mon, Nov.23
 Medicare Enroll.: Wed, Nov.18
 Potluck Dinner: Thurs, Nov.19



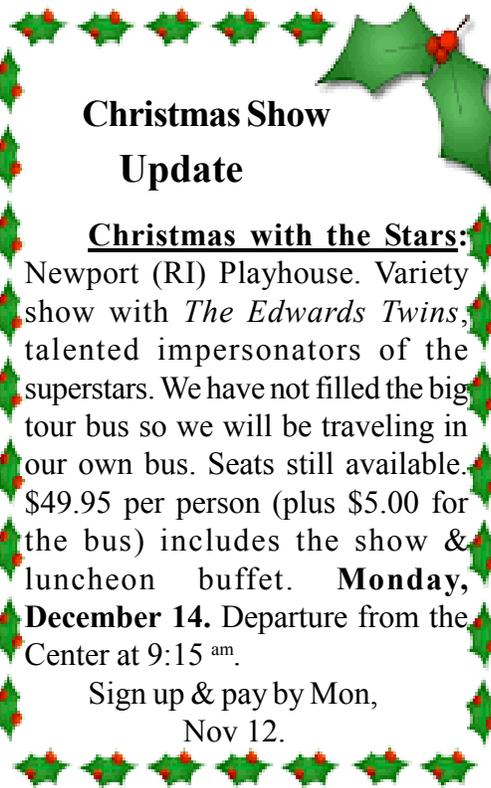
Article by Brad Parker

Now that the growing season for our gardens is over, I want to recognize two people who have been extremely generous on sharing the vegetables from their garden. A couple of times a week they delivered to the senior center a wide variety of fresh picked vegetables straight from their garden. This happened through-out the entire season and their garden was shared with many seniors. Many of these seniors either do not have a place for a garden or are not able to do a garden themselves any longer. Their generosity has been appreciated by many people who come to the senior center. This month's "Good Guys" are **RICHARD and CAROL HARRINGTON**. If you should see them around town please let them know what a Good Guy they are!

Christmas Show Update

Christmas with the Stars: Newport (RI) Playhouse. Variety show with *The Edwards Twins*, talented impersonators of the superstars. We have not filled the big tour bus so we will be traveling in our own bus. Seats still available. \$49.95 per person (plus \$5.00 for the bus) includes the show & luncheon buffet. **Monday, December 14.** Departure from the Center at 9:15 am.

Sign up & pay by Mon,
Nov 12.



Shopping

Schedule

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

Tuesday, November 10:
Old Saybrook: Walmart,
 Stop&Shop, OS Job Lot
Tuesday, November 24:
Cromwell: Walmart, Xpect,
 Aldi, Diner



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 discount. Please sign up at the Senior Center. The cost for the class is \$15.00 for AARP members and \$20.00 for non-members.

Fall Pot Luck

There is nothing better than home-cooked food! Join us for our Fall Pot Luck Dinner: **Thursday, November 19, 6:00 pm**. Open to all. Please call to sign-up and to let us know what you will bring.



**M o n d a y ,
D e c e m b e r 7 :**

Holiday Pot Luck Luncheon, noon time, free. We will provide the main course (meat of some kind) and dessert. You provide the fixings: appetizer, hot dish, or salad. We are not fussy!

Entertainment will be provided by the Middle School Choir. 50 & over welcome.

Please sign up in advance.

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



**Closed for
Veterans Day
Wednesday, Nov. 11
&
In observance of
Thanksgiving
Thursday, Nov. 26 &
Friday, Nov. 27**

November Fair



The Senior Center will be sponsoring a **Bake, Craft & White Elephant Sale** on **Saturday, November 21st**, 9 – 2. Lunch will be available for \$3.00. We welcome donations for the Bake Sale and good, usable items for the White Elephant Sale (no large items, computers, or appliances). Please bring any items you wish to donate to the Senior Center on Thursday, November 19th and Friday, November 20th. Tables will be available for rent (\$10.00) for crafters who wish to participate. Call to reserve your space.

As part of this event, we will also have a **Christmas Tea Cup Auction**. If you wish to donate an item for the auction, please drop it off at the Center by Friday, November 13th. Popular auction items are baskets of snacks, theme baskets, handmade goods, bird houses, bird food, jewelry, Christmas décor, and lottery tickets. All ideas are welcome! The auction will begin on Saturday, November 21st and continue until December 7th; the drawing will be held at our Christmas Party on Monday, December 7th. Questions may be referred to Alice Sabo, Chairwoman, at 860-873-9217. Or, call Patti at the Senior Center:

860-873-5034.
