

# NOISES FROM THE CENTER

Vol. 5 No 1 What's happenin' at the Senior Center January 2016

Article by

Brad Parker



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Senior Center  
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## HAPPY NEW YEAR

Here we are and it is another January. Everyone always says – “where did the time go?” During this time of year many people think of the future and make resolutions. I think that a lot of these resolutions fail because they just are not realistic. Some are doomed to fail before they start. An example of this would be if I resolved to give up ice cream. Maybe I should resolve to only have it once or twice a week.


I think that the New Year is a good time for us to sit back and look at the past for a while and see if we can think of something we can do to make the future a little better. Just by doing a little act of kindness for someone can make their life better and at the same time make your life more complete and enriched. The simple things that we can do sometimes can produce the best results. It could be a short visit to someone that is alone, helping a neighbor, a ride to the doctor, or sometimes just saying hello. We can then carry the same principals over to our community. Besides the long list of Town boards and commissions that we can serve on, there are many other ways we can resolve to make our Town better. We have some fantastic service organizations that do so many good things for our residents. If you are not able to join and work with these groups, you can still support their fundraisers. I think we can all come up with some small way to help and be nice to someone. We are lucky to have so many generous people at the Senior Center. Some people give by leading programs, consulting with tax or insurance issues, by setting up tables, doing dishes for events and folding newsletters. As you can see, there are many ways to give. I often talk about the strong sense of community in our town, but just think of how easy it can be to make it even stronger. One very positive thing that we all can do is to show respect towards one another. We may not all have the same opinions, likes or dislikes but we can respect each other. We have had some controversial issues in Town and there will be more to come. In today's world we have many more ways to discuss these matters such as the internet and facebook. I think that it is important that people are able to share their feelings and that they feel strongly one way or the other. But I feel strongly that people's feelings and opinions should be shared in a respectful way. What a great way to strengthen our community. The New Year is also a good time to think about the past year and the many things that we can be happy about. Here at the Senior Center we celebrated our 10 year anniversary in our building, we had many great events and saw our monthly attendance make a huge increase. In Town we had many things happen to make us proud. The school system gave us many good memories from concerts, plays, and sporting events. We had a great Memorial Day parade. Other events to recall are the popular Music on the River concerts on Mondays during the summer, the Lion's Auction, Thunder In the Valley, the Pumpkin walk, Farmers Market and the tree lighting of the Moodus green are just a few. So many things happen in Town because of the hard work and dedication of many volunteers. I want to say thank you to each and every person who volunteers in some way.

So let's all think back a bit so we can appreciate the special community that we have and then we should figure out what we can do in 2016 to make it even more special. Remember- this is small Town USA and it doesn't get any better than this.



# HAPPY BIRTHDAY

## January Birthdays

- 1 Jan Balcom • Bill Conklin  
Reed Lecrenier  
Betsy Barney
- 2 Helen Adams  
Barbara Borent 
- 3 Elise Snell
- 5 Dolores Newman
- 6 Joe Sina • Roger Snell
- 7 Elaine Woods
- 9 Christine DeLisle
- 11 Diane Beggs • Loretta O'Mara
- 13 Wilson Brownell  
Joan Nedovich
- 14 Patricia Huckabone
- 15 Cathleen Meder
- 16 Alice Sabo
- 17 Janice Nowik • Joyce Wilcox  
Julie Pionkowski
- 19 Bob Bostelman
- 20 Sharon Fritz  
Marianne Heinrich
- 21 Greg Chasko
- 22 Howard Borgnine  
Linda Stajduhar  
Dennis Whitty
- 23 Darlene Dunbar
- 24 Ruth Shumbo
- 25 George Drenga  
Renee Goldstein  
Carl Green
- 26 Jackie Johnson
- 29 Eva Davis

### Birthday & a Movie

On the 4<sup>th</sup> Mon. of every month, we have a birthday party cake & a movie. If it is your birthday month & you are 60 or older, please join us for free lunch, anytime during the month. Reserve your lunch by noon the day before you wish to come. This month's party is on **Monday, Jan. 25, 1:00 pm.**

**Happy New Year!** What New Year's resolutions have you made? Many people resolve to lose weight, stop smoking, or exercise more often. The Church Health Center's Model for Healthy Living identifies seven key areas of daily living that when balanced make us whole. The seven areas include; faith life, movement, medical, work, emotional, nutrition and friends & family. Awareness of health promotion and disease prevention can help us stay well and balance mind, body and spirit. Check out national health observances for each month at <http://healthfinder.gov/nho>. Keep informed and be well.

National Health Observances  
January 2016

**National Blood Donor Month:**  
[www.redcross.org](http://www.redcross.org) Blood donations are typically low in January due to the cold weather and the seasonal flu, but the need is still there for blood products. Visit the website for the location of local blood drives.

**Thyroid Awareness Month:**  
[www.thyroid.org](http://www.thyroid.org) : The thyroid hormones help your body stay warm, and keep all the body organs working properly.

**Cervical Cancer Awareness Month:** Make sure to consult your doctor about a PAP and HPV screening  
<http://www.cdc.gov/cancer/dcpc/resources/features/CervicalCancer/index.htm>

**Family Fit Lifestyle month & Healthy Weight Awareness Month:** Resources are available at [http://kidshealth.org/parent/nutrition\\_center/](http://kidshealth.org/parent/nutrition_center/)

**Glaucoma Awareness Month:**  
[www.glaucoma.org](http://www.glaucoma.org) Glaucoma is the second leading cause of blindness. The best way to protect your vision is to get regular eye exams and early treatment if needed.

**Financial Wellness Month:**  
<http://definitionofwellness.com/wellness-calendar/financial-wellness-month/> What better time to evaluate your financial wellbeing than now!

Visiting Nurses of the Lower Valley,  
860-767-0186; Deborah Ringen MSN,  
RN-BC Faith Community Nurse

## 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: Decaf Coffee, Disinfecting Wipes, All Purpose Cleaner, Glass Cleaner. **Thank you very much!**



We are here to **HELP**... If you wish to fill out the application at the Senior Center, please call us (873-5034) to set up an appointment and to discuss what documentation will be needed to apply.

**Senior Services Coordinator:**  
**Brad Parker**

Assistant: Patti Puia

Café Manager: Peg Ziobron  
Program/ Trip Coordinator :  
Alice Sabo

Bus Drivers:

Dot Valentino  
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**

## Souper Bowl – Volunteers Needed

Our annual *Souper Bowl*, one of our special events that focuses on food and a wonderful side dish called friendship, will take place **Friday, January 29<sup>th</sup> at 12 noon**. For \$5, lunch will also include bread, dessert, and coffee. Take-outs will be available. 50 & over are invited. Please call or come in to sign up to volunteer or to contribute a homemade soup, chowder, or chili and/or to sign up for the luncheon.

No \$5.00 fee for those who contribute a soup, chowder or chili. Come!! Get out of the cold and into the warmth and coziness of the Center!

## December Donations

Bob Northham • Copy Paper  
 Carol Thody • Puzzles  
 Angela Leavitt • Hand Sanitizer  
 Elizabeth Sibley • Money Donation  
 Sam & Gail Guy • Money Donation  
 Roger Stube • Folding Tables  
 Donald Sama • Money Donation  
 Angelo Rosadini • Coffee  
 Colbolt Lodge • Stop & Shop Gift Card  
 Louise VanHaverbeke • Money Donation  
 John & Cory Paardenkooper • Money Donation  
 Val Laming • Coffee Cups/ Paper Cups  
 Nancy Schroeder • Lysol Wipes•Napkins  
 Sandy Chylinski • Copy Paper  
 Caroline Armstrong • Napkins  
 Nancy Geysen • Decaf Coffee  
 Jovita Cozean • Copy Paper  
 Alberta Mirer • Baskets

## Time to think TAXES.....

We know it is still winter, in fact it has hardly begun, but April 15th will sneak up on us! The Senior Center will once again provide state trained tax consultants to assist with both Federal and State tax forms. Seven days are scheduled: **Wed., 9 am – 3 pm; Feb. 17, 24. March 2, 9, 16, 23, 30<sup>th</sup>**. Please call the Center to sign up for your private consultation

## HARVEST HOUSE COMMUNITY DINNERS

Harvest House was begun in 2009 by a consortium of East Haddam civic groups to provide a fresh, homecooked dinner for East Haddam residents to be enjoyed in an atmosphere of fellowship, companionship, and community. The Harvest House dinner is served every Sunday at St. Stephen's Episcopal Church, 31 Main St., in East Haddam village from 5-6 pm.

Over the years, the number of East Haddam civic organizations that support Harvest House has grown. Presently over a dozen organizations have created teams of four to eight members that select a Sunday to prepare a Harvest House dinner. Many of these organization have several formed teams and may host three or four meals a year. Each team selects a menu for the dinner, prepares it in the kitchen at St. Stephen's and serves it to the guests. While the entrees will vary, each dinner consists of an entrée, a salad or vegetable, potato or other side, dessert as well as beverages. The cost of each dinner is borne by the sponsoring organization with assistance from St. Stephen's Church as needed. There is never a charge for patrons. To date, Harvest House has served over 10,500 meals.

Harvest House is coordinated by Diana and Craig Delecke ([ddelecke@yahoo.com](mailto:ddelecke@yahoo.com)) and [BillBarney\(william\\_bamey@sbcglobal.net\)](mailto:BillBarney(william_bamey@sbcglobal.net)). Any questions about the program or about becoming a Harvest House sponsoring organization should be directed to any of the coordinators listed above or to [harvesthouse@ststeves.org](mailto:harvesthouse@ststeves.org)

Submitted by Bill Barney  
 Harvest House Coordinator

November Winner:  
 The Winner is...  
 Winner is Alberta Mirer.  
 \$10. gift certificate to  
 Nathan-Hale Pharmacy  
 was awarded.

**Congratulations!!!**



## Article by Brad Parker

This month I would like to recognize the East Haddam Leo's. This group of teenagers work throughout the year doing good deeds for our community. One of these deeds is decorating the Moodus Green for the holidays. This takes a lot of time and effort on their part and it certainly is a big part of our communities' holiday spirit. Let's all let the Leo's know that we appreciate their contribution to our town.

## Welcome To Dot Valentino

Welcome Dot who is our new bus driver. She comes to us with many years of experience as a school bus driver. She has already fit in well with our group and served as our leader when the senior's went around town singing Christmas carols. We look forward to having Dot around the Senior Center.



## Shopping

## Schedule

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

Tuesday, January 5:

**Cromwell:** Walmart, Xpect, Aldi

Tuesday, January 19: **Old**

**Saybrook:** Walmart, Stop & Shop,  
 O.S. Job Lot

## Blood Drive

The Senior Center will host a blood drive in conjunction with the *American Red Cross* on **Thursday, January 28, 1:30 pm – 6:15 pm**. It will be cold outside so we will serve hot soup to re-energize you! If you are interested in donating blood or volunteering to help at the event, please call the Senior Center to sign up.

## Many, Many Thanks.....

The Senior Center continues to be a busy, happy place because of all the volunteers who support our events. This month, we would like to thank those who made our Christmas and Holiday festivities a *HUGE success*. •John & Linda Bradshaw the talented senior duo. THANK YOU for such a GREAT performance, everyone wants to know when the next one will be. •The East Haddam Middle School Chorus sang their way into our hearts. We have many talented youngsters in this town!

The “Craft, Tag, & Bake Sale” was once again a huge success, thanks to all who donated their time, their treasures, and their baking, cooking, and crafting talents. The lunch – chili, bread, Hot Dogs & coffee – kept the crowd energized to shop.

The vendors who rented  tables provided the shoppers with holiday gifts for those on their “nice lists”.

Special special thanks to those who contributed one of the 62 prizes for the *Teacup Auction* - congratulations to all the winners! And, of course, we thank our neighbors and friends for supporting this annual event.



### Sign-In, Please!



“Why? Because we like you!” Remember the *Mickey Mouse Club* song? Anyway, we ask everyone who attends the Senior Center to sign-in because it means “money”. When the Center applies for its operating budget and for any local, state, or federal grants, attendance numbers are requested; not names, just numbers. So, when you walk in the front, or the back door, think “Sign-In, Please!”

Senior Center  
15 Great Hillwood Rd  
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Moodus, CT 06469



## CLOSED

New Year's Day, Friday  
January 1, 2016



The dinner bell is-a-ringing! Join us for our January Pot Luck Dinner: **Thursday, January 14, 6:00 pm.**

50 and over invited. Please call or come in to sign-up and to let us know what you will bring.



## Inclement Weather Policy



Winter is here, and with it, all that winter weather that often times wreaks a little havoc. **A reminder:** When the Town Offices are closed due to inclement weather, the Senior Center is closed. The Senior Center does not follow the closings or delays that the schools follow.