

# *NOISES FROM THE CENTER*

Vol. 5 No2 What's happenin' at the Senior Center February 2016

Article by

**Brad Parker**



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

Here is February, my least favorite month. When February comes upon us I have already had my fill of winter. It seems that each year I like winter less than the year before. Even though it has less days, it seems to last a lot longer. I remember that when I was a kid that I enjoyed winter. I used to spend so much time skating on Miller's Pond. There would be a lot of kids there on the week-ends and school vacation. We would stay for hours at a time and sometimes take a break in between and walk up to Miller's Pink house for hot chocolate and something to eat. I will never forget the time that I was skating there and fell through the ice. I went completely underwater. I had to take my skates off, put my shoes on and then walk home. By the time I got home I probably looked like an Ice man. The bright spot of this happening was that a really cute girl that was a couple of years older than me, felt sorry for me and walked home with me. I wonder if she remembers?! Miller's Pink house became the Pink Teddy Bear and that is where so many of us kids learned to dance. They used to have some local bands and would really pack the place with kids. I don't remember there ever being any trouble there. Martin Grissom, Joe Barber, Martin Eddy, Howie Bogue and Bill Berner had a band that played there. I seem to remember that Steve and Jim Scott also played there with their band. The winter would also bring our community together for high school basketball. We may not of had the greatest of teams, but we would pack our old gym. I remember that sometimes they would even put chairs on the stage for people to sit. There was one game in the early 1970's where the basket broke and they had to stop the game while Al Hitriz and I went down to the shop and fixed the rim.

There was no Parks & Rec. Programs when I was growing up and we used to play basketball on the week-ends on the outdoor court at the old high school. Many times we would shovel the snow off the court first so that we could play. I wonder how that would go over today!!

## **LUNCH AT THE SENIOR CENTER**

I want to use the rest of this space to promote the lunch program at the Senior Center. We serve lunch Monday thru Friday at 12:00 noon. This is a federally supported program that is open to anyone 60 years of age or older. There are no income requirement to participate in the lunch program. You only need to be 60 years old. This is a great way to get out and socialize with other people. Even if you feel that you have plenty of social activity, you may be helping the person seated next to you who may appreciate the socialization. We do ask for a \$2.00 donation for the lunch. It is a good way to meet up with old friends and also to make new ones. The menu varies and is posted at the beginning of each month. We do need you to make reservations at least by noon time the day before you want to come. You should check out the menu and talk to me about coming in when we have something you like. You are welcome to come as often as you like. Some people come every day and others come once a week or once a month. Some of the favorites are roast turkey and roast pork or meatloaf. The winter is a good time to give us a try. I invite you to come down and see what we have to offer. Talk to me and make a reservation for your first lunch and that lunch will be free.



## February Birthdays

- 3 Ellie Breinan
- 6 Kathleen Anzalone
- 7 Deborah Wilson
- 9 Mary Fazzino  
Joan Rajpolt
- 10 Janet Blanchard
- 11 Al Darrow  
Roger Stube  
Elizabeth Schwenk
- 12 Diane Mack  
Jean Olson
- 13 Ena Monk  
Bernie Thorpe
- 16 Karen Scameheorn
- 18 Jan Lambert
- 19 Jean Breton
- 21 Frank Pach
- 25 Christina Antaya  
George Drenga  
Beth Schondorf
- 27 Sandy Planeta
- 28 Terri Havens
- 29 Alfred Faircloth



## 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, Feb 22, 1:00 pm**.



Looking for Crafters to form a **CRAFT GROUP**. First Project will be Card Making. If interested please call the Center. Thank You!

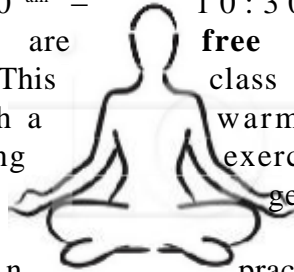
## Wanted

Your old jewelry to donate to the Senior Center for an upcoming Craft Project at the Senior Center.

**Thank You!**

## YOGA

Are you curious about Yoga? Or have you wanted to start again? Join us in an introductory 4-week Gentle Yoga class, Mondays March 7<sup>th</sup>-March 28<sup>th</sup> from 9:30 am – 10:30 am. Classes are **free to seniors**. This class will start with a warm-up breathing exercise, and a cool-down, all designed to increase flexibility, strength, clarity, and focus on the present moment. Bring your mat (or use one of our own), a water bottle, and dress in comfortable clothing.



## Game Day Valentines ICE CREAM SOCIAL

Join us on Friday, February 12<sup>th</sup>  
1:30 pm



**Thursday, February 18<sup>th</sup> 1pm**. Join us for both Lunch & Bingo \$5.00 or just Bingo \$3.00.

Call or come into the Senior Center to sign-up.



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: 8 oz. coffee cups, Kleenex, and All purpose 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

Noises Editors/Publishers:  
Brad Parker &  
Patti Puia

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](mailto:Seniors@easthaddam.org)

### Center Hours

**8 am - 3 pm weekdays**

A correction to “December Donations” A very special Thank You to Anne & Ralph Torning for 2 beautiful Poinsettias they donated to the Senior Center. It put the finishing touches to the decorations around the center. **Thank You!**



**JANUARY DONATIONS**

- ANONYMOUS: \$\$\$ DONATION
- CAROLINE ARMSTRONG: coffee
- BOB & SUZANNE BOSTELMAN: copy paper
- BARBARA BOLUCK: coffee
- JOVITA COZEAN: decaf coffee
- SHARON FRITZ: candy
- JIM McCALLISTER: copy paper
- DAVE & ELENORE MILLER: decaf coffee
- ALBERTAMIRER: puzzle, coffee & tape
- BOB NORTHAM: office supplies
- JIM & PATO'BRIEN: decaf coffee
- BRIAN & JEAN OLSON: disinfectant wipes
- ROY PARKER: coffee & disinfectant wipes
- ALICE SABO: cleaning supplies
- PHIL & MARYANN SNOW: disinfectant wipes
- LORRAINE SPIEGEL: cleaning supplies



**Time to think TAXES.....**

We know it is still winter, but April 15<sup>th</sup> will sneak up on us! The Senior Center will once again provide IRS trained tax consultants to assist with both Federal and State tax forms.

Seven days are scheduled: **Wednesdays, 9 am – 3 pm: February 10, 17, 24; March 2, 9, 16, 23, 30<sup>th</sup>.** Please call the Center to sign up for your private consultation.

**February is American Heart month & National Cancer Prevention month.** FACT; heart disease affects someone in the US once every 42 seconds & it's the leading cause of death in the US! Cancer is the second leading cause of death in this country.

**Dr David Katz, founding director (1998) of Yale University's Yale-Griffin Prevention Research Center, & current President of the American College of Lifestyle Medicine states,**

“We have known for literal decades, with evidence continuing to accrue, that fully 80% or more of all chronic disease & premature death is preventable. If the opportunity to eradicate heart disease, cancer, stroke, diabetes, dementia & more- 8 times in 10- is not inspiring, I'm not sure what would be.”

Experts recommend 3 behaviors to help prevent heart disease & cancer. The top 3 recommendations include a diet high in plant based foods & low in red & processed meat, physical activity for at least 30 minutes a day, & maintaining a healthy weight. Of course avoid smoking is to be & alcohol should be limited as well. <http://blog.aicr.org/2015/12/18/study-vast-majority-of-cancers-caused-by-lifestyle-not-bad-luck/>

These tips sound familiar right? Change takes time & often many attempts before a new behavior becomes a part of our daily lifestyle. The first step is learning about healthy living through healthcare providers, & news articles. Careful thought needs to be given to deciding to change. Once

the decision is made it is important to determine the steps needed to make the change. It can be hard to maintain change; engaging support from another person in your life can help. Occasionally the pattern starts all over again with a return to previous habits. Don't give up. Every bit of healthier living can impact your overall health.

For more information, contact Visiting Nurses of the Lower Valley 860-767-0186 Deborah Ringen MSN, RN-BC Faith Community Nurse

“Above all else, guard your heart for it is the wellspring of life.”  
*Proverbs 4:23*



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This month I would like to recognize Dot Simone and Linda Barone. These two people each volunteer at least one day a week, and sometimes more in the senior center kitchen. They are an important part of the lunch program here at the center. Just one more example of how volunteers make our community so good. When you see Dot or Linda please thank them for what they do.



**Massage**

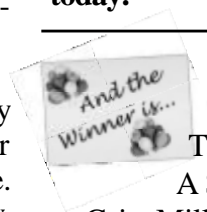
**Cora Is Back!!!!!!**

The massage Therapist  
extraordinaire

**Tuesday, February 16<sup>th</sup>**

9:30 - 2:00 pm.

Rejuvenate your spirit, **sign-up today.**



**December Winner:**

The Winner is Alice Sabo. A \$10. gift certificate to Grist Mill Market was awarded. **Congratulations!!!**

**Shopping**



**Schedule**

**Fee: \$3.00**

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

**Tuesday, February 2:**

**Cromwell:** Walmart, Xpect, Ald

**Tuesday, February 16:**

**Old Saybrook:**

Walmart, Stop & Shop,  
Ocean State Job Lot

Healthy Lifestyles

"Small steps...  
right direction"



## Program Presentation

Looking to make your New Year Resolution stick. The Senior Center is hosting a Health Presentation on "MAKING HEALTHY CHANGE STICK" Presented By: Deborah Ringen MSN,RN-BC of Visiting Nurses of the Lower Valley. Join us on

Monday, February 8<sup>th</sup> at 1:30<sup>pm</sup>.

## Pancake Jamboree!

Pancakes are all the better when someone else is doing the cooking! Senior Center, **Sunday, March 6,** 8 – 10:30<sup>am</sup>, \$7.00 per person includes pancakes, sausage, coffee, & juice.



All proceeds will help pay for Senior Center Activities.

## Leave the Driving to Mickey and Dot

Do you need a ride to the doctor? Do you need a ride to the East Haddam Food Bank? Would you like to go shopping in Cromwell, Glastonbury, Old Saybrook, and Willimantic? If so, call the Senior Center for details.

## T Inclement Weather Policy T

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



## Sign-In, Please!



"We love you 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!"

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