

NOISES FROM THE CENTER

Vol. 5 No3 What's happenin' at the Senior Center March 2016

Article by

Brad Parker



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

Well, we made it through Feb. March is here and even though we will probably get tired of rain and mud at least we know that the good weather of spring and summer are coming fast. People tend to stay home more during the cold months of Jan. and Feb. The days are already starting to get longer. It is time for us all to get out and make 2016 the best year we can. You can start by coming to the **Pancake Breakfast** at the Senior Center on **March 6th**. There are many things planned for the Town this year. The residents recently approved four major capital improvement projects which are now in the planning stage. The rehab of the old high school and turning it into Town offices is the biggest of the projects. The preserving of our old school means a lot to anyone with roots in Town. All these projects are worthwhile and deserve our support and help. Soon the town will be presenting the budget for the next fiscal year which starts on July 1st. There will be public hearings and a town meeting on the proposed budget. I encourage you all to go to these meetings so that you can get informed about what makes up the budget. Whether we are voting for or against the budget at the referendum we should all make an educated vote. Along with the better weather come many more fun community events. This spring we will have The Taste of East Haddam, The Lions Road race, School Plays and Concerts, Ballgames, Tag Sales and much more. Let's all work together to make 2016 the best year yet for East Haddam. Remember we are all in this together. Once again, "This is small town USA and it doesn't get any better than this".



Visiting Nurses
of the Lower Valley

More on Healthy Living

Last month we talked about three recommendations for healthy living & disease prevention; healthy diet, exercise & maintain a healthy weight. These recommendations can also help prevent kidney disease. **March is National Kidney Month.** Kidney disease is more prevalent than you might think. One in three Americans is at risk for kidney disease. Risk factors include diabetes & high blood pressure as well as age over 60 years & ethnicities such as African-American, Hispanic, Asian, Native American, or Pacific Islander. Our kidneys have many jobs such as keeping our body fluids in balance, filtering wastes & toxins & maintaining sodium & potassium balance. You can help protect your kidneys by controlling your blood sugar, blood pressure, cholesterol & weight. Taking all medications as prescribed by your doctor & eating healthy meals can also help protect kidney function.

Guess what? It's also **National Nutrition Month.** The Academy of Nutrition & Dietetics offers a month of tips for eating when you are pressed for time. Thinking & planning about food options for the day can help prevent overeating or eating the wrong foods. Adding fruits & vegetables can boost nutrition & help you feel full. Carry nutritious snacks such as trail mix, fruit, single serve packages of crackers & peanut butter. Maybe you can make healthy eating an adventure for the family. Try a new fruit or veggie every week, involve the kids with learning how to prepare the food & they will learn healthy habits too!

So, at risk of repeating myself: every small improvement we make toward healthy eating & healthy living can have a huge impact on our general health. What will you change today?

Learn more at the websites : https://www.kidney.org/news/monthly/Focus_KidneyMonth

<http://www.nationalnutritionmonth.org/nm/> Visiting Nurses of the Lower Valley 860-767-0186



March Birthdays

- 1 Joan Grube
- 2 John Piontkowski
Helen Schulz
- 3 Mary Lee Abkemeier
- 5 Maureen Gills
Jeffrey Hahn
- 7 Viviene Chin
Beverly Jorgensen
- 8 Gina Barry
Richard Harrington
Kathleen Leatherbee
Patricia Morales
Elaine Schmittburger
- 9 Meredith Cantrell
- 10 Judy Westcott
- 11 Trudy Novak
Dennis Sullivan
- 12 Gregory Ojeda
- 13 Lloyd Babcock
- 14 Patricia Wilcox
- 15 Jeanne Nacle
- 18 Leighton Phraner
- 19 Deborah Francis
Sheila Weidlich
Sharon Parkos
- 21 Linda Barone
Ann Hinson
Shea Jezek
Marcia Reifenheiser
- 22 Kathlyn DiCristofaro
- 24 Delphy Irvin
- 26 Robert Cone
Mary Tracy Shepley
- 29 Lois Zadroske
- 30 Kristine Dannecker
- 31 Doris Brown



Birthday & a Movie

On the 4th 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, March 28, 1:00 pm.**

PROGRAM PRESENTATION/ MAKING HEALTHY CHANGE STICK/RESCHEDULED

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, APRIL 11th, at 1:30pm.**

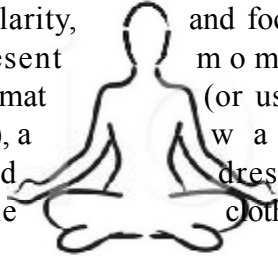
FEBRUARY DONATIONS:

Audrey Martin - Coffee
Elaine Woods - Candy
Angela Leavitt - Kleenex
Ralph & Anne Torning - Coffee Cups
Suzanne Bostelman- Valentine
Napkins, 1lb bag of Coffee
Kathy Leatherbee- Kleenex
Lorraine Spiegel- Coffee filters,
Jewelry
Maureen Gillis- Jewelry
Susannah Griffin- Jewelry
Jim & Pat O'Brien- Coffee cups,
Kleenex, Clorox wipes
Judy Westcott- White table cloths
Diane Collin- Money donation
Jovita Cozean- Kleenex
John Giaconia- Money donation
Bob Northham- Copy paper
Alice Sabo- Candy,
Valentine Decorations
Shirley Dill- Coffee cups, Kleenex,
coffee creamer and puzzles
Louise Vanhavenbeke- Bathroom
cleaners and Hand soap
Nancy Geysen- All-purpose cleaner
Dick and Carol Parker- Coffee Cups
Dolores Tozier- Dunkin Donut Coffee
Ben Cleveland- 8oz. Coffee cups,
Multi-purpose cleaner, Kleenex
Rob and Alberta Mirer- Copy Paper
Sam and Gail Guy- Copy paper
Jim Ventres- Disinfecting wipes
Dot Afonso & Andrea Adam - Money
donation
Rita Fiala- Copy paper
Angelo Rosadini- Kleenex



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 7th-March 28th** from 9:30 am -10:30am. Classes are **free to seniors.** This class will start with a warm-up breathing exercise, a gentle main practice, 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.



Computer Help



Computer help is given to those in need on Tuesdays and Thursdays from 10 - 12 at the Senior Center. Please stop by or call the center to sign-up in advance for help.

Thank You

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Center Hours
8 am - 3 pm weekdays

Please join Nina Karlson, LPN, and Admissions Liaison for VITAS HEALTHCARE ON A: **FIVE WISHES PRESENTATION** on **March 14th, 1:30^{pm}** **What Is Five Wishes??** Five Wishes is the first living will that talks about personal, emotional and spiritual needs as well as your medical wishes. It lets you choose the person you want to make health care decisions for you if you are not able to make them yourself. Call or come into the Senior Center to sign-up today

Ivoryton Playhouse Trip:

Ivoryton Playhouse presents, *BACK HOME AGAIN: ON THE ROAD WITH JOHN DENVER*. This event is a celebration of folk musician John Denver's life and music.

BACK HOME AGAIN offers a rare glimpse of the man behind the music and the stories behind the songs. Join Us: **Wednesday, April 13th, 2^{pm} \$34. p.p. And \$5 for the bus** stop by or call the center to sign-up today. Payment due by: March 18th

Pennsylvania Trip

2 days/1 night, **October 4-5, 2016**
SAMSON

A 2 day trip to Pennsylvania is loaded with fun activity. We will start with a stop at Sands Casino. The evening will be at a brand new 4 star Double Tree Hotel with a private wine & cheese reception. Followed by dinner and a show. The next morning will bring us to Amish Country and the Famous Sight & Sound Theatre for "SAMSON". We will then eat at the Kitchen Kettle restaurant, and head home thereafter. The cost is \$283.00 (double) or \$330.00 (single).

Call the Senior Center for details.
(860) 873-5034

Washington D.C. Trip September 23 – 26 4 DAYS, 3 NIGHTS, 6 MEALS INCLUDED

Our Tour will feature World War II memorial, Capitol Hill, Embassy Row, Korean War and Vietnam War Veterans memorials, The Smithsonian, Lincoln Memorial and much more.

Two full day guided tours of the Memorials and Monuments is included.

The cost of the trip is \$365.00 p.p. (double occupancy). Call the Center for more details.
(860) 873-5034

Article
by Brad



Parker

This month I want to recognize someone who has worked behind the scenes for many years to support the Senior Center. **Beth Schondorf** does the layout for our newsletter every month. This takes a lot of time and effort. We now distribute 500 hard copies of the newsletter each month and many copies go out to people via the internet. Beth is an integral part of the success of the newsletter and certainly is a "GOOD GUY". When you see her around town, please Thank her for her support of the Senior Center.



The Tri-M high school students will delight our audience with recital performances on **Saturday, Mar. 12th** beginning at **6:00 pm**.

In addition to the show, these musical performers will serve the courses of salad, pasta, and dessert prepared by our Music Boosters working in "concert" with our **Senior Center**. Tickets are \$10.00 per person. Seating is limited and is by reservation only. We will ask for payment at the door for the number of reserved tickets.

Contact Deb Denette at debdenette@yahoo.com or 860-873-2284 to reserve your tickets.



Massage

Cora Is Back!!!!!!

The massage Therapist
extraordinaire

Monday March 28th

9:30 - 2:00 pm.

Rejuvenate your spirit,
sign-up today.



January Winner:

The Winner is Gary Nichisti. A \$10 gift certificate to MP

Impressions of Moodus was awarded. Congratulations Gary!!!



Shopping

Schedule

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

Tuesday, March 1st:

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

Tuesday, March 15th:

Glastonbury: ShopRite

Tuesday, March 29th:

Cromwell: Walmart, Xpect,
Aldi. Athenien Diner



Time to think TAXES.....

We know it is still winter, but April 15th 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.

Days are scheduled: **Wednesdays, 9 am – 3 pm: March 2, 9, 16, 23, 30th**. Please call the Center to sign up for your private consultation.

ADULT COLORING

Join us **Every Wednesday starting on February 24th at 10:00 am.**



Pencils and Coloring books are provided to get the program started.

Please call or come into the center to sign-up today.



Thursday, March 10th, 1^{pm}. Join us for both Lunch & Bingo \$5.00 or just Bingo \$3.00.

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



The track at Heritage Park is .29 miles in length?
3 ¹/₂ times around equals 1 mile.

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



Good
FRIDAY



Closed;
March 25



St. Pat.'s Day Lunch & Entertainment

Join us for lunch on St. Patrick's Day, **Thursday, March 17th, noon time**, for the traditional corned beef & cabbage meal. You do not have to be green or Irishjust arrive with an appetite. Entertainment will be provided by Karen Wagner, a Broadway Cabaret singer who has performed in both Connecticut and Boston bands and Theaters.

60 and older invited. \$5.00 per person for lunch and entertainment. Please sign up by Monday, March 14th She will be sure to delight the crowd

Pancake Jamboree!

Pancakes are all the better when someone else is doing the cooking!
Senior Center, **Sunday, March 6,**

8 - 10:30 am, \$7.00 per person includes pancakes, sausage, coffee, & juice.



All proceeds will help pay for Senior Center Activities.



There is nothing better than home-cooked food! Join us for our Winter Pot Luck Dinner: **Thursday, March 24th, 6:00 pm.**

Open to all. Please come in or call the center to sign-up and to let us know what you will bring.