

NOISES FROM THE CENTER

Vol. 5 No. 4 What's happenin' at the Senior Center April 2016



What A Great Town We live In!



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

**What A Great
Town We live In!**

Article by Brad Parker

Recently, because of events in town (some good and some not so good) I found myself thinking of how lucky we are here in our little town. The way residents support each other should make us all proud. Whenever a tragedy occurs, there is always an amazing amount of support for the family and friends. It might be a family illness, death, or something like a loss of a job and our local support system goes to work. A caravan of casseroles will quickly make its way across town. People are quick to offer help in any way that might be needed. In a time of need our town turns into one big family. Personal and political differences seem to go away at these times. I know from my own experience how much this support means. As we go through our everyday activity here in town there are so many examples of community support that we are so lucky to have. While writing this page it came to my mind how much our local business people do to help our community. Our business community plays a major role in making our town such a great place. I will mention just a few and then I ask you all to think yourself of other examples. Shagbark has for years supplied our youth sports teams with jerseys and supported any other good cause in town. Nathan Hale Pharmacy also has been a guardian angel to our town. Their contributions are endless. The Gelston House seems to always be hosting some kind of fundraiser for the town and its generosity reaches many. Two Wrasslin' Cats is often the site of bake sales and the youth coffee house has had positive impact on our youth. During a winter snow storm I saw on facebook that the Gristmill Market was giving free breakfast sandwiches to anyone that was plowing snow. Our own home grown Attorney Scott Jezek takes it upon himself to purchase and put up signs to encourage people to shop local. These are just a few samples of what makes our town so great. I am sure we can all think of many more. The idea of shopping local and doing business here in town is something we should all try to do more of. Not only will we be supporting a local business but also its employees who probably live in town and at the same time we are helping the town's commercial tax base thrive. So when we look at it like this, then we all benefit. I have moved right passed the 80's and 90's and recently decided to join facebook. It is amazing to see the community support on our local pages. The vast majority of people are very positive and help enhance the family atmosphere of our town. To those few that have not yet adopted this process, I say that nothing positive comes from a negative attitude. We have a wonderful and caring town but we can all still work at making it even better. Let's do things as simple as shopping local, or attending some of the fundraisers put on by our service groups. It is not hard to reach out to help in some way. The best way to ensure that this family atmosphere continues and grows into the future is to support the youth of our community. I went to a play a couple of weeks ago at the middle school and was so impressed with how well the kids did. The Senior Center recently co-sponsored a fundraiser with the Music Boosters from the High School. Again, the kids worked very hard serving dinner and also did a great job performing. Our support of these kind of activities means so much to the kids. Don't be afraid to go to these events. There is always plenty of room. Whether it is going to some of these events or something as simple as striking up conversation with a teenager that works in a local store you will be helping to build up our community and its future. I am proud of our town and I hope that you will join me in spreading the word. We are all in this together. As I often say: This is small town U.S.A. and it doesn't get any better than this. Thank you for everything you do and I look forward to seeing you around town.



April Birthdays

- 2 Eleanor Golet
Marie McAllister
- 3 Timothy Tedeski
- 6 Joanne Rocznik
Bennie Stelzer
- 7 Christina Van Scoy
- 8 Robin Backes
Barbara Dill
Maria MacFarlane
Peg Ziobron
- 9 Caroline Armstrong
Annette Butterworth
- 10 Ralph Havens
- 11 Alberta Mirer
Daniel Fazzino
- 12 Virginia Hei
- 14 Mary Rozwadowski
- 16 Susan Porter
Rina Stevens
- 19 Dale King
- 22 David Berndtson
- 24 David Huckabone
- 27 Kathleen Michalski
- 28 Celeste Green
- 29 Sophie Blaschik
- 30 Dorothy Afonso
Doreen Jezek



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, April 25, 1:00 pm.**

2nd Annual Health Fair

Get Ready! In Laura Todd's Model of Healthy Living, the seven key dimensions of our "body and spirit" that when in balance, make us "whole". When one of the seven areas is out of balance (i.e. unhealthy), it effects everything else. The seven dimensions are: Faith Life, Movement, Medical, Work, Emotional, Nutrition, Family and Friends. We will Co-sponsor with the Visiting Nurses of the Lower Valley our 2nd Annual Health Fair. The event will provide timely and important information for you to create on path to healthy living. The fair will be held on **May 14th**, from 10:00 to 1:00 at the Senior Center and is open to all, free of charge.

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.**

March Donations

- Barbara Boluck:
Air Freshener, Coffee
- Elliott & Barbara Borent: O.J.
- Jo-Vita Cozean:
St. Patrick's Decorations
- D. Czikowsky: Money Donation
- Rasik Davda: Money Donation
- Walt Dixon: Money Donation
- Richard & Carol Harrington:
Coffee Cups
- Fran Kosalski: Puzzles
- Carol Loizeaux: Coffee Cups
- Judy Metcalf: Coffee
- Gary & Edi Nichisti:
Money Donation
- Peter & Trudy Novak:
Coffee & Cleaning



- Supplies
- Jim & Pat O'Brien: Coffee Cups
- Gwen Riggio: Money Donation
- Elaine Schmittberger:
Money Donation
- Sandy Vezina: Copy Paper



Shopping & Lunch Schedule

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

Tuesday, APRIL 12th:

Willimantic: Price Rite,
OS Job Lot, Royal Buffet

Tuesday, APRIL 26th:

Cromwell: Walmart, Xpect,
Aldi, Athenien Diner

The **East Haddam Food Bank** is located in the lower level of the Grange Hall on Town Street. It is here to serve East Haddam residents and is open every Tuesday from 10^{am} to 12^{pm} and 2:30^{pm} to 5:30^{pm}.

Computer Help

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

Senior Services Coordinator:

Brad Parker

Assistant: Patricia Puia

Café Manager: Peg Ziobron

Program/ Trip Coordinator:
Alice Sabo

Bus Driver: Dot Valentino
Med. Car Driver: Mickey Pear

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Patti Puia

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Telephone; 860 873-5034

Fax; 860 873-5198

Kitchen; 860 873-5197

Email; Seniors@easthaddam.org

Center Hours

8 am - 3 pm weekdays



**April 16th is National
Healthcare Decisions Day.
Have you completed your
Advance HealthCare Directive?**

Who should have an Advance
Healthcare Directive?

Everyone over age 18!

In Connecticut, Advance
Healthcare Directives include:

The living will and health care
instructions

The appointment of a health care
representative Completing an Advance
Healthcare Directive allows you to:

Provide your directions or
express your preferences concerning
health care for the time when you might
not be able to speak for yourself.

Appoint a healthcare
representative to act on your behalf.

Discuss wishes with your agent,
loved ones, and your doctor.

Give copies to your agent, loved
ones and MD

Periodically review and make any
changes.

The key to effective advance care
planning is talking with your loved
ones and your healthcare provider.

How do you communicate your deepest
values and priorities related to quality
of life? Who should you choose to be
our agent? How do you talk with your
doctor about our wishes regarding life
sustaining treatment? It is important to
think about the things that matter most
to you in your life. There are many
resources available on line to help
answer these questions.

National Healthcare Decisions
Day www.nhdd.org

State of Connecticut [www.ct.gov/
agingservices/lib/agingservices/pdf](http://www.ct.gov/agingservices/lib/agingservices/pdf)

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

**Samson Trip
Presentation:**

Join us in a Presentation for
“SAMSON”. Hear all about the
details regarding this wonderful
trip. **Monday, April 18th. 1:00 pm.**

Pennsylvania Trip

SAMSON

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

A two day trip to Pennsylva-
nia 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
a man who is always willing to help
out with very little fan fare. He often
just shows up and performs a task that
needs to be done. He just recently
appeared at our St. Patrick’s Day lunch
with 80 people in attendance and he took
on the job of washing the dishes. All
the little things that he does at the center
are greatly appreciated. Please join me
in thanking Peter Novak for all his help
at the Senior Center.



Volunteer Reception

April is National Volunteer Month.
The Senior Center is very thankful for
our many volunteers. We know all too
well that we could not sponsor our many
activities and events without the
support and efforts of so many people.
The community is invited to join us for
a *Reception* to honor the individuals that
we rely on every week and to announce
the “East Haddam Senior Citizen of the
Year”. Please be our guest for
dessert and coffee on **Thursday, April
28, 1:00 pm.**

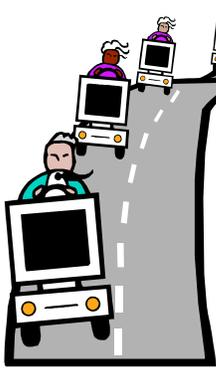
Container Gardening

Come to this class and be amazed
at the possibilities. Learn about
containers, soil, fillers to use for the
bottom of the container, fertilizing,
and the location of the containers.
Also discussed will be appropriate
flowers and vegetables for container
growing and maintenance and care of
plants.

Join a retired John Bodin
Physician
and a Master Gardener,
APRIL 18th, 6:30 pm.
Open to the public.
Call the Senior Center for more info.
Refreshments will be served.



AARP Driver Safety Course



**Discussion only.
NO tests or quizzes.**

Call your insurance company to inquire about possible insurance discounts.

Thurs, APRIL 21st, 12:30 – 4:30 pm

at the Senior Center

AARP Member: \$15.00

Non-member: \$20.00

Please call or stop in to sign up

ADULT COLORING

Join us **Every Wed. 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.



Massage

**CORA IS
BACK!!!!!!**

The massage Therapist extraordinaire
Wednesday, April 20th, 9:30-2:00pm
30 Minute appointments/ \$25.00
Rejuvenate your spirit, sign-up or call
for appt. today.

February Winner:



The
Winner is
STU PALMER.

A

\$10.00 gift certificate to: Two Wrasslin'
Cats Cafe was awarded.

Congratulations Stu,
Enjoy!!

wish list

- ◆ POTTING SOIL
- ◆ DUSTY MILLER
- ◆ PANSIES
- ◆ PETUNIAS & SPIKE
PLANTS

THANK YOU!!!

Happy Spring



Thursday, APRIL 14th, 1pm. Join us
for both Lunch & Bingo \$5.00 or just
Bingo \$3.00. Call or come in the senior
center to sign-up.

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



Earth Day



April 22, 2016