

# 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 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, April 25, 1:00 pm.**

## 2<sup>nd</sup> 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 2<sup>nd</sup> 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 14<sup>th</sup>**, 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 11<sup>th</sup>**, 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 12<sup>th</sup>:**

**Willimantic:** Price Rite,  
OS Job Lot, Royal Buffet

**Tuesday, APRIL 26<sup>th</sup>:**

**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<sup>am</sup> to 12<sup>pm</sup> and 2:30<sup>pm</sup> to 5:30<sup>pm</sup>.

## 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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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**



**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](http://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 18<sup>th</sup>. 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.**

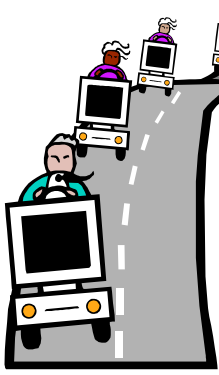
**Container Gardening**

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  
a retired Physician  
and a Master Gardener,  
**APRIL 18<sup>th</sup>, 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 21<sup>st</sup>, 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 20<sup>th</sup>, 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!!



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

**THANK YOU!!!**

**Happy Spring**



**Thursday, APRIL 14<sup>th</sup>, 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**