

NOISES FROM THE CENTER

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



What A Great Town We live In!

Article by Brad Parker

April was National Volunteer Month. This made me think of all the volunteers we have in our town. There are so many things that we all enjoy that just would not be there for us without the volunteers. With our busy schedules, it can be hard to find time to volunteer. There are many benefits of volunteering. Not only to you but to the community. As I saw before, volunteers play a major role in making our town such a good place to live and at the same time it helps you to connect with the community and develop new relationships. It can help you and your family as much as the cause that you are working for. It is a great way to meet new people. Volunteering will help build self-confidence and give you a feeling of accomplishment. For many retired people, volunteering can give you a new purpose in life by helping others. Whatever your age, it can add a zest to your life. Volunteering doesn't have to take over your life. It should only take as much time that works for you. Volunteer for something that you enjoy. Remember, volunteers are what make our town so great.

The Senior Center is supported heavily by volunteers. Most of our programs would not exist without volunteers. The meals on wheels program that deliver meals to the homebound members of our community is one very important program that is completely run with volunteers. Just think for a minute of all the things that happen in town because of our many volunteers and what life in town would be like without them.

On April 28th the Senior Center held its annual volunteer reception and had a great attendance. All the people who volunteer throughout the year were recognized for their service and each received a small gift. An award for Senior Citizen of the year was also presented. This award goes to a person that is a longtime volunteer and is always willing to help. This year the recipient was Louise Pear. Louise has delivered "Meals on Wheels" for many years and is always willing to fill in when other drivers are away or ill. She is also called on to Train new volunteers for meals on wheels. There are many times during the year when Louise will see a need or hear that someone is either sick or away and she just comes up and says "I can do that if you need someone". She not only volunteers at the Senior Center but also at the Food Bank and at her church. Please join me in Thanking Louise for all of her service to the community. I want to also thank all of you who volunteer to serve our town. Our town is so great because of you.

Thank you!! This is small town USA and it doesn't get any better than this.



May Birthdays

- 4 Jovita Cozean
- 5 Leslie Briere
Jane Chisholm
- 6 Marge Gaudio
- 7 Suzanne Bostelman
Vincent Conte
- Judy Grant
- 8 Louise Pear
- 11 Eleanor Ziobron
- 12 Judy Culver
- 16 Ken McCall
- 17 Helen Bonfoey
- 18 Rebecca Faul
- 19 Connie Donkin
Richard Tedford
- 20 Janet Barrett
- 21 Linda Bradshaw
Irene Briga
- 23 William Cantrell
Mary Everett
Fredrick Parmenter
Eugene Rajpolt
- 24 Nancy Borge
- 25 Angela Leavitt
- 28 Sue Dion
- 29 Kathy D'Amelio
Cindy Boule
- 30 Janice Sina
Cheryl Cubeta



Birthday & A Movie

On the fourth Monday of every month, we have a birthday party – homemade birthday cake and a movie. If it is your birthday month and you are 60 or older, please join us for lunch, for free, anytime during the month. Reserve your lunch by noon the day before you wish to come. This month's party is on **Monday, May 23rd, 1:00 pm.**



Shopping & Lunch Schedule

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

Tuesday, May 10th:

Old Saybrook: Walmart,
Stop & Shop, OS Job Lot

Tuesday, May 24th:

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}.

Donations



April Donations

- Hildie Aitken – Cranberry Sauce
- Caroline Armstrong – Coffee
- Ellie Breinan – Kitchen Cleaner
- Dot Daigle – Decaf Coffee
- Rasik Davda – Money Donation
- Bob & Rita Fiala –
Coffee filters & Napkins
- Nancy Geyson – Decaf Coffee
- June Guertin – Potting soil
- Sam & Gail Guy – Copy Paper
- Carol & Richard Harrington – Cups
- Peter & Trudy Novak – Coffee
- Pat & Jim O'Brien – Coffee Cups
- Sandy Parmenter – Sweet & Low Sugar
- Alice Sabo – Dish Towels
- Hank & Carol Schweizer –
Money Donation
- Gloria Sikorski – Potting Soil
- Rina Stevens – Money Donation
- Carol Thody – Coffee & Puzzles



Article by Brad Parker

This month I want to recognize two people that are two of the strongest supporters of the Senior Center. They played a major role in the planning and building of the Senior Center. They continue to support our programs and are always willing to help. They often just pitch in and help when they see something that needs to be done. The Senior Center would not be the place it is without their efforts.

They also serve the community in many other ways such as the Lions Club, Historical Society, Garden Club and Committee on Aging to just name a few. Please join me in Thanking Walt and Jo Golec for all they do for our Town.

Senior Services Coordinator: Brad Parker

Assistant: Patti Puia

Café Manager: Peg Ziobron

Program/ Trip Coordinator:
Alice Sabo

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

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Center Hours
8 am - 3 pm weekdays

2nd Annual



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^{am} to 1^{pm}: at the Senior Center and is open to all, **free of charge**.



VITAS is Seeking

Hospice Volunteers VITAS Healthcare, the nation's leading provider of end-of-life care, along with East Haddam Senior Center will be hosting two opportunities to become a hospice volunteer. Volunteers provide companionship to patients, offer respite care to families and are a vital component of hospice-care teams. VITAS is seeking patient care volunteers, volunteers who are veterans and those with friendly, well behaved pets to visit patients in East Haddam and the surrounding communities. For those interested in becoming a volunteer, the information sessions will be held at East Haddam Senior Center, 15 Great Hillwood Road, Moodus, CT 06469, on May 23rd at 6:00^{pm}. And May 25th at 1:00^{pm}. Refreshments will be provided by VITAS Healthcare.

For more information or to RSVP (by May 16th), call Brad or Patti at the Senior Center (860) 873-5034

Well Being Includes Mental Health: Are you healthy?

Chances are you know someone living with a mental illness, The National Alliance for Mental Illness (NAMI) reports that 1 in 5 adults experience some form of mental illness in any given year. People of all ages, races, genders, income levels, religions, & cultures are affected by mental illness.

If you know someone with serious depression, anxiety disorder, bipolar disorder or post-traumatic stress disorder, you probably know what a struggle daily life can be. Mental illness can make regular daily activities such as work, family & social events difficult. People are frequently afraid to talk about a mental health concern out of feelings of shame or fear of being stigmatized. Mental illness is like any other disease.

Many faith communities provide visits, meals, cards, prayers, errands & more to families coping with loss & illness. Did you know that the same support helps people coping with mental illness?

Whole-person wellness is described as, "not simply the absence of disease, illness or stress, but the presence of purpose in life, active involvement in satisfying work & play, joyful relationships, a healthy body & living environment & happiness." (APA, 2015) It is the ability to participate in daily life at work, in school, or at home. Mental wellness means one is engaged in relationships & can adapt to change & cope with adversity. Faith communities provide social structure & meaningful relationships to support one another with compassion.

If you or someone you love is experiencing symptoms such as loss of sleep, feeling tired for no reason, feeling anxious, having difficulty making decisions or hearing voices encourage them to see their doctor. Mental health screening & early intervention can help. Treatments such as talk therapy & medications can help a person with mental illness. There is lots of information available at NAMI, <https://www.nami.org/>. **Lower Valley, Deborah Ringen MSN, RN-BC Faith community Nurse to learn more; 860-767-0186**



Blood Drive

The Senior Center will host once again a **Blood Drive** in conjunction with the American Red Cross on, **Thursday, May 26th. 1:30 – 6:30 pm**. Sandwiches along with snacks will be served to re-energize you.

If interested in donating blood or volunteering to help, please call or stop in the Senior Center to sign-up.

Washington D.C. Trip Septemeber 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

Pennsylvania Trip SAMSON 2 days/1 night, Oct. 4-5, 2016

A two 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



Thursday, May 19th, 1^{pm}. Join us for both Lunch & Bingo \$5.00 or just Bingo \$3.00. Call or come in the Senior Center to sign-up.

wish list

Potting Soil, Dusty Miller, Pansies, Petunias, Geraniums, Spike Plants, and Decaf Coffee!!



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



CLOSED
MEMORIAL DAY

Spring Fling in May

Spring has arrived..... finally! Join us for our *Spring Fling*. Entertainment by "KAREN WAGNER". Karen will take you on a musical walk down memory lane featuring Country hits, and some oldies but goodies.

Food: hot dogs, beans, cole-slaw, dessert, and coffee.

Thursday, May 19th, 6:00 p.m., \$10.00 per person.

Please sign up & pay in advance by May 18th.



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.



March Winner



The Winner is Barbara Boluck. A \$10.00 gift certificate to: the Gristmill Market was awarded.

Congratulations Barb!



Massage

Cora is Back !

The massage Therapist extraordinaire Tuesday, May 24th, 10:30-2:30 p.m. 30 Minute appointments, \$25.00 Rejuvenate your spirit, sign-up or call for an appointment today.