

NOISES FROM THE CENTER

Vol. 5 No. 7 What's happenin' at the Senior Center July 2016



Article by Brad Parker

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



Happy Summer!!

As I was thinking of what to write about this month, I was reminded of how people like to read about things from the town's past. I have a collection of annual town reports dating back to 1874. This collection was given to me by the family of Harry Miner. Harry ran the town's public works department for many years and was very involved in our community in many ways. I still remember how he would umpire little league games, Harry loved our town and I am sure he would like the idea that I am sharing them with you now. I want to thank his daughter Diane for trusting me to take good care of them. They are a valued possession. The oldest book I have is from 1874 and 1875. Here are a couple of interesting things that the town voted to do then. The mill rate was set at \$10.00. The town also voted to build a house on the town farm in Millington for a sum not to exceed \$4,000.00. There is something to think about the next time you drive by Town Farm Rd. There were 592 houses taxed in town that year, and 71 mills and factories. The town spent \$3,599.04 on roads that year. Johnsonville Rd. was built that year but the \$1200.00 fee was not paid yet. East Haddam also spent \$4,943.99 on education that year. I think everyone knows where the Amasa Day House is next to the Moodus Green. I thought it was interesting that Amasa Day was a registrar of voter and also on the Board of Relief.

By 1890, we had 619 houses on the tax rolls. In 1903 they started including a report from the town health officer. It states that there was an epidemic of measles in Leesville section of town and that it was traced to have come from East Hampton. From April thru August there were 17 cases of scarlet fever. These cases were put under quarantine. Seven of them were Polish children and 2 of them died.

As I look through these, one name that keeps showing up as involved with education is Maynard. This made me think of two friends of mine, Kevin & Joanne Maynard, who recently retired after many years teaching in our school system. While reading the 1903 report it stood out to me that the town paid out \$45.00 for sheep that were killed by dogs. I noticed that 1899 was the first year that expenses were listed for telephone and snow removal. The total spent that year for snow removal was \$794.19. It looks like many of the men in town took on the task of snow removal and were paid by the town. Their names were all listed and I recognized many of them. I will name a few; Cone, Davison, Gates, Hall, Hungerford, Rathbun, Sipples and Worthington. These are just a few of the over 100 names listed along with how much they were paid. I have to wonder what these people would say about how we handle snow removal today and how many people expect the roads to be clean as soon as it stops snowing. Our town certainly was a different place with only 600 homes and 71 mill and factories. Many of our needs were made right here in town. I am happy to see that emphasis on education. I hope you enjoyed hearing a little about the history of our town. Did you know we once had a problem in town with malaria? Look for our newsletter next month to find out when.

HAPPY BIRTHDAY

July Birthdays

- 1 Debby Duncan
- 2 Sharon Smith
- 4 Ann Moreau

- 5 Richard Lipka
- Sandy Vezibna



- 6 Lori Inferrera

- 7 Helen Soja
- Joan Osalza

- 8 Dot Valentino

- 10 Jean Burdette
- 12 Vicky Riley-Pach
- 13 Don Osalza
- 14 Helen Sullivan

- 16 Vicky Graham
- Dolores Tedford

- 19 Kay Novinski

- 20 Norman Culver
- Eleanore Gauvin

- 21 John Paardenkooper
- 22 Leslie Carr

- 23 Rosalie Hoffman
- Gary Piehl

- 25 Joan Holbrook
- Marc Schroeder



- 26 Norman Jamieson
- Carol Loizeaux

- 27 James Leatherbee
- Deborah Tajmajer

- 28 James Nowik

- 30 Isabelle Russo
- Nancy Schroeder

- 31 Jeanette Clark



Shopping & Lunch Schedule

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

Tuesday, July 5th:

Old Saybrook: Walmart, Stop/Shop, OS Job Lot.

Tuesday, July 19th:

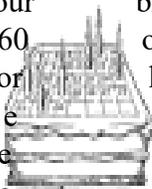
Cromwell: Walmart, Aldi, Athenien Diner

June Donations

Barbara Boluck:	Coffee
Suzanne Bostelman:	Apple Juice
Shirley-Dill Brown:	\$ Donation
Sandy Chylinsky:	Copy Paper
Ann Cleavland:	Coffee & Kleenex
Jovita Cozean:	coffee, Flowers & Plants
Rasik Davda:	\$ Donation
Bill & Susan Dowling:	\$ Donation
East Haddam Comm. Lions:	\$ Donation
Nancy Geysen:	Cranberry Sauce
Jo & Walt Golec:	Decaf Coffee
Cecilia Golub:	\$ Donation
Don & Gloria-Jean Goss:	\$ Donation
June Guertin:	Decaf Coffee
Sam & Gail Guy:	Copy Paper
Carol & Richard Harrington:	Cups
Evelyn Hogan:	Puzzles
Audrey Martin:	Copy Paper
Jim & Marie McAllister:	Copy Paper
Judy Metcalf:	Decaf Coffee
Ami Moreau:	Copy Paper
Pete & Trudy Novak:	Coffee
Jim & Pat O'Brien:	Coffee
John & Julie Piontkowski:	Vegetables
Janice Sina:	\$ Donation
Phil & Maryann Snow:	Coffee
Helen Soja:	Decaf Coffee
Staehly Farms:	Plants
Sylvia Stamplin:	\$ Donation
Rina Stevens:	Coffee
Carol Thody:	Puzzles/Candy
Ralph & Ann Torning:	Decaf Coffee
Dot Wool:	Plastic Silverware

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, any time during the month. Reserve your lunch by noon the day before if you wish to come. This month's party and Movie is on **July 25th, 1:00 pm.**



Article by Brad Parker

Good Guys!!

This month I want to recognize **Staehly Farm** for their continued support of the Senior Center. Throughout the different seasons of the year they are always very generous in donating plants to help with decorating our center. Please join me in thanking the Staehlys for their support. **THANKYOU!**



- All-purpose cleaner
- Napkins
- 8oz. coffee cups

Thank you!

Senior Services Coordinator: Brad Parker

Assistant: Patti Puia

Café Manager: Peg Ziobron

Program/ Trip Coordinator: Alice Sabo

Bus Driver: Dot Valentino

Medical 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

Center Hours

8 am - 3 pm weekdays



All Aboard

the Essex

Steam Train & Riverboat Lunch Train.

Join us **Thursday, July 14th** and journey through the heart of the scenic Connecticut River valley while eating a 3-course meal. Your choice of Roast Beef or Chicken Parmesan. \$49.95p.p. And \$5.00 for the bus. The bus departs the Senior Center @10:15^{am}. The train returns to the station in Essex around 2:45-3:05.

Please call or stop by the Senior Center to sign-up today.

The **Newport Playhouse & Cabaret Restaurant** presents **Lobsterfest Matinee. Tuesday, August 16th**. Enjoy a great buffet, a funny play, and a fun – filled cabaret! **\$54.95 pp.** and **\$5.00 for the bus.** Bus will depart the Senior Center @ 8:30^{am}. \$\$\$ due by Friday, August 5th. Call or stop in the Senior Center to sign-up today.



The Senior Center will be hosting town wide tag sale.

VENDORS ARE NEEDED!

Space will be available for \$10.00 – tables will not be provided.

Contact the Senior Center for information: 873-5034. The usual summer menu fare will be offered for purchase.

Heritage Park, Saturday, August 13th, 8^{am} – 2^{pm}.

We Need Stuff

We need your stuff to sell at our annual tag sale, which will be held on **August 13th, 8:00 – 2:00pm. Heritage Park.**

We will have a table or two of our own, proceeds to benefit the Senior Center. We would like gently used items that are in good shape. Please no appliances or large furniture. We do not have storage space so please do not drop off your stuff until the 10th, 11th, or 12th of August. **Thank you!**



Protect Yourself from Ticks and Mosquitos

It is prime season for ticks and mosquitos to feed on exposed skin. Protect yourself from bug bites and protect yourself from illness such as Lyme disease and Zika virus.

Lyme disease spreads when an infected blacklegged tick bites and attaches to you or your pet for at least 24 hours. This is why it is important to check for ticks every day if you live in a high risk area like Connecticut. If you develop symptoms such as a rash, fever, body aches, within a few weeks of the bite, see your doctor.

Protect yourself from tick bites by avoiding high grass and brush, walking in the middle of the trail when hiking, and wearing long sleeves and long pants in light colors so ticks will be visible on clothing. Insect repellent containing 20-30% DEET should be applied to exposed skin and clothing following the product instructions. Permethrin may be applied to clothing, boots, socks, and other gear. After spending time outside check your body for ticks, be sure to check the kids, pets and gear too. The CDC recommends drying clothing in the dryer on high heat for 1 hour to kill ticks.

Preventing mosquito bites is the best way to prevent the spread of **Zika Virus**, there is no treatment or vaccine. The mosquito that carries Zika virus is most active during the day however be cautious at night as well. Following the same recommendations for preventing tick bites will help prevent mosquito bites. In addition it is helpful to stay in air-conditioned rooms with screens on the windows and use mosquito nets in high risk countries to prevent Zika virus. It is important to keep your environment free of standing water that attracts mosquitos as well.

Zika virus spreads through mosquito bites, sexual contact with a man infected by the Zika virus and from a pregnant woman to her fetus. Symptoms are usually mild flu like symptoms, fever, rash, joint pain red eyes, muscle pain and headache lasting a few days to a week. Zika can cause birth defects in fetuses infected before birth. If you think you

might have been infected with Zika virus, contact your physician.

For more information on Zika virus or Lyme disease go to:

[CDC recommendations on Lyme disease](#) [CDC recommendations on Zika Virus](#)

Contact Visiting Nurses of the Lower Valley Faith community nurse for more information. 860-767-0186

Ivoryton Playhouse Matinees

“ **Chicago** “ Join us on **Sunday, July 24th** at 2:00^{pm}. \$34.00pp., \$5.00 for the bus. \$\$ due to Brad or Patti by July 8th. Please call or stop by the Senior Center to sign-up

Ivoryton Playhouse Presents: **RENT**. Join in the fun on **Wednesday, August 10th, 2:00^{pm}**. Reserve your spot today. \$34.00pp., \$5.00 for the bus. Bus will depart the Senior Center @ 1:00^{pm}. \$\$\$ due on Wednesday, July 20th. Call or come in to sign-up today.

Washington D.C. Trip September 23 – 26 4 Days, 3 Nights,

6 Meals Included

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

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

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

Pennsylvania Trip

SAMSON

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

A two day trip to PA is loaded with fun activity. We will start with a stop at Sands Casino. The evening will be at a 4 star Double Tree Hotel with a private wine & cheese reception. Followed by dinner & a show. The next morning will bring us to Amish Country & the Famous Sight & Sound Theatre for “SAMSON”. We will then eat at the Kitchen Kettle restaurant & head home. The cost is \$283./\$330..

Call the Senior Center for details.



Vouchers

As promised, more details regarding eligibility for the Vouchers provided by Senior Resources. AGE: must be 60 years or older OR permanently disabled living in subsidized senior housing. INCOME: 185% Federal Poverty Level or less, which means: if SINGLE, income at or less than \$21, 590 annual/\$1,799 month; if A COUPLE, income at or less than \$29,101 annual/\$2,425 month. Documentation not required; we trust you! There is no charge for these vouchers. Vouchers are worth \$18.00: they can only be used to "purchase" fruits, vegetables, honey & herbs; participating farmers' markets are listed on the vouchers. One booklet per person (not household). Diane will be here with the vouchers on **Tuesday, July 5th, 10 am – 12pm.**

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



Pizza Night

Go perfect together! **Friday, July 8th, 6:00 pm.** \$5.00 per person. 50 and older are invited.

Sign up & pay by July 6th.

Thursday, July 21st, 1pm.

Join us for both **Lunch & Bingo** \$5.00 or just Bingo \$3.00.

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



BBQ

It's that time again! For more than 20 years, the Lions Club has been hosting a **FREE** Chicken Barbeque lunch for East Haddam Seniors 60 years and older. **Sunday, August 28, 12 noon – 2 pm.** Though this event is free, tickets are required. They will be available at the Center beginning August 1.

Blood Drive

The Senior Center will host a blood drive in conjunction with the *American Red Cross* on **Wednesday, July 27th, 1:30 pm – 6:30 pm.** Summer is here – finally – and with it, an increase in fun, travel, and people getting hurt. If you are interested in donating blood or volunteering to help at the event, please call the Senior Center to sign up.



Massage

CORA IS BACK!

The massage Therapist extraordinaire **Wednesday, July 13th**
8:30 am – 2:30 pm
30 Minute appointments/ \$25.00
Rejuvenate your spirit, sign-up or call for an appointment today.