

# NOISES FROM THE CENTER

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



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



## Article by Brad Parker

As the summer heat continues, so does my town history story. I had quite a few people that said they enjoyed reading the old bits of information of the town. So now I will share with you some more town history from old town reports.

It was 1913 when the town was hit with malaria. Malaria was the prevailing disease of 1913 and in fact there was a public act that year about controlling breeding places for mosquitoes. This sort of sounds like some news reports from this year. During the year of 1913 the health director said that there were four milk collections in town for testing and that they were all first class. We had 509 registered in school in 1913 and the average attendance was 318. This was the first year that I saw a recommendation to consolidate the schools where possible. It was less than 10 years later when the Nathan Hale School was built. This was the first year that I saw the town spending money on school transportation. Some other expenses in the 1913 report was mowing of cemeteries, \$130.00 for sheep killed by dogs and someone was paid \$75.00 for keeping a tramp.

In 1914 there was mention of overcrowding in the Moodus center school. This year the town spent a little more than \$5,000.00 on labor for roads and bridges. It appears that many of the men must have earned money by working on the roads. In 1915 we had 250 registered dogs in town. This year we reduced the number of school districts from 16 to 14. We had 632 houses on the grand list along with 53 automobiles. Also, during this era, we were taxed on jewelry. Regular expenses are now showing up for fire warden. In 1918 there was an epidemic of German measles. On March 8<sup>th</sup> there were 15 students at the Moodus Center School out sick with the measles. 1918 was the year I first saw any expenses for dog warden and teacher pensions. While reading the 1920 report I noticed that the town was paying to send students to a variety of towns for high school. In this year's health director's report there was mention of the start of vaccinations being given through the school system. This year the town collected \$217.00 from produce sold from the town farm. So I guess the idea of having a community garden isn't so new after all. In the 1921 health directors report it shows that they started testing the drinking water in wells that supplied water to schools. Also, in the 1921 town report it said that the cost of school maintenance, supplies, and teachers are steadily increasing. It then went on to say "But if our schools help to make good citizens they are worth all that they cost. We should recognize that education is of the highest value, and that under a good teacher the people get something that can hardly be obtained anywhere else." What a novel concept! I have said before at public meetings, that I am glad that I am thankful that our town leaders that came before us understood their responsibility toward the health, welfare and education of the Town's residents. It is nice to see that this practice goes way back in the history of the town. For the town to provide the needed services to its residents has not always been easy. It is never easy to spend money that people have to be taxed for, but somehow, doing the right thing has usually prevailed. We are lucky that we live in this small town.

Let's remember that we are all in this together. This is certainly "small town U.S.A" and it doesn't get any better than this!!!!



## Shopping & Lunch Schedule

Fee: \$3.00.

If desired, the bus will stop at the East Haddam Food Bank.

**Tuesday, August 2<sup>nd</sup>**

**Willimantic:** Price Rite, Ocean State Job Lot, Royal Buffet.

**Tuesday, August 23<sup>rd</sup>:**

**Cromwell:** Walmart, Aldi, Athenien Diner



Games are not just for kids! Come alone or bring your own group. Play cards or any number of board games. Horseshoes also available. Better than the television version: we will have food and there will be no commercials!

**Tuesday, August 30<sup>th</sup> 6:00 pm.**

Free and open to all.

Please sign up by Monday, August 29<sup>th</sup>. **Pizza will be served!**

### August Birthdays

- 1 Myrna Bichunsky
- 2 Gary Nichisti
- 4 Lucille Landry
- 5 Donald Palmer
- Audrey Martin
- 6 Corrie Paardenkooper
- Dot Parker
- Meg Vansteenburgh
- 7 Brian Olson
- 8 Robert Noble
- 9 Henry Novinski
- 12 Pearl Ollayos
- Russ Schondorf
- 18 David Tajmajer
- 20 Glenn Hall
- LeRoy Heinrich
- 21 Suzanne LePage
- 22 Vicki Cornell
- Stuart Palmer
- 23 Rita Fiala
- 24 Linda Shea
- Valerie Laming
- 25 Carol Parker
- Richard Dolinski
- Nancy Walter
- 26 Dottie Daigle
- 28 Debby Farrow
- Judy Magnano
- William Barney
- Donald Stankowski
- 31 Glenn Grube



## Computer Help???

Tuesday and Thursday's  
10 – 12:00 pm

by appointment

Computer, need some Windows 10 tricks!!, Smartphone, or Tablet.

We are here for you.....

## wish list

During the course of the year it is amazing how generous everyone is to the Senior Center. For the month of August our wish is that everyone does something nice for themselves and for someone in need.

**Enjoy!**

### Article by Brad Parker



This month's "Good Guy" is Sharon Fritz.

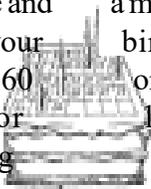
Sharon is our caller for the bingo games. The attendance has increased greatly for bingo and Sharon works hard to keep the games interesting and fun for all. Please take the time to thank Sharon for her work in support of the Senior Center.



### Birthday & a Movie

On the 4<sup>th</sup> Monday of every month, we have a birthday party – homemade birthday cake and a movie.

If it's 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 if you wish to come. This month's party and Movie is on **Monday, August 22<sup>nd</sup>, 1 pm.**



### Senior Services Coordinator: Brad Parker

Assistant: Patti Puia

Café Manager: Peg Ziobron

Program/ Trip Coordinator:  
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### Center Hours

**8 am - 3 pm weekdays**

## NO YOGA

There will be no Yoga on Monday,  
August 8<sup>th</sup> or Monday, August 29<sup>th</sup>.

Thank you!

## National Senior Center Month Celebration

Join us for a Good Ole Fashion Cookout  
with all the fixins!

Wednesday, September 28<sup>th</sup> @12:00 pm  
with live entertainment @1:00<sup>pm</sup>

**Free to all the Seniors!**

But please sign-up by, September 19<sup>th</sup> @  
the Senior Center

The **Newport Playhouse &**  
Cabaret Restaurant presents **Lobsterfest**  
**Matinee. Tuesday, August 16<sup>th</sup>.** 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<sup>am</sup>. \$\$\$ due by Friday, August 5<sup>th</sup>.  
Call or stop in the Senior Center 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.



## FOOT DOCTOR, DR. JABLON

The bus will be going to the  
Foot Doctor on Friday, August 19<sup>th</sup>  
@ 10:00 am.

Please call the Senior Center to  
make your appointment.

On **Monday, August 8<sup>th</sup> @ 1:00 pm**  
come hear Dr. Christopher Maslowski  
from Sophia East in Marlborough, CT  
talk about **“NATURAL SOLUTIONS  
FOR TREATING ARTHRITIS &  
CHRONIC PAIN.”**

Call or sign-up today @the Senior  
Center to hear all about these natural  
solutions.

## JULY Donations

Carol Thody: Coffee  
Peter & Trudy Novak: Coffee Cups  
Barbara Boluck: Puzzles  
Henry & Kay Novinski: Napkins  
Jim / Pat O'Brien: Coffee cups &  
napkins  
Phil/Maryann Snow: Napkins & coffee  
Pricilla Tremblay: Adult coloring  
books & copy paper  
Sophie Blaschik: Napkins, coffee  
cups, & all-purpose cleaner  
Janice Sina: \$\$\$ donation  
Rasik Davda: \$\$\$ donation  
Richard & Carol Harrington:  
Fresh veggies & coffee cups  
Gary & Edi Nichisti: \$\$\$ donation  
Robert Northam: Copy paper  
Suzanne Bostelman: Juice  
Lucille Landry: Coffee  
Dick/Carol Parker: \$\$\$ donation  
& coffee cups  
Rina Stevens: All-purpose cleaner  
Maureen Gillis: Coffee cups &  
napkins  
Sharon Fritz: Ice cream  
Rob/Alberta Mirer: \$\$\$ donation  
Jo & Walt Golec: Coffee cups &  
all-purpose cleaner  
Delores Toziers: Coffee  
Ellie Breinan: Napkins  
Roy & Cindy Parker: Napkins,  
coffee cups, & all-purpose cleaner



A recent national survey by the  
Centers for Disease Control and  
Prevention (CDC) showed that most U.S.  
adults are not even aware that they need  
vaccines throughout their lives to protect  
against serious diseases like pertussis,  
hepatitis, shingles, and pneumococcal  
disease. Some vaccines you received as a  
child may require a booster, and as you  
get older, there may be other diseases you  
are at increased risk for.

Each year, thousands of adults  
needlessly suffer, are hospitalized, and  
even die from diseases that could be  
prevented by vaccines. If you're living with  
a chronic condition, getting vaccinated is  
even more important because these  
conditions can make it harder for you to  
fight off certain illnesses like the flu or  
increase your risk of serious complications  
from certain illnesses such as pneumonia.  
Some vaccine-preventable disease, like flu,  
can even increase the risk of an  
exacerbation of your condition.

**Talk to your doctor or other  
healthcare professional to make sure  
you have all the vaccines you need.**

Generally it is recommended that  
adults get:

**Flu vaccine** every year.

**Pneumococcal vaccines** to protect  
against serious pneumococcal diseases

In addition, all adults need:

**Tdap vaccine** to protect against  
whooping cough and tetanus

**Zoster vaccine** to protect against  
shingles if you are 60 years and older

People with diabetes are encouraged  
to get the **Hepatitis B series** vaccination  
to prevent Hepatitis B.

You may also need other vaccines  
based on your age, health conditions,  
occupation, and other factors. The CDC  
offers a short quiz at [www.cdc.gov/vaccines/adultquiz](http://www.cdc.gov/vaccines/adultquiz) to help determine which  
vaccines are recommended for you. For  
more information about adult vaccines, visit  
[www.cdc.gov/vaccines/adult](http://www.cdc.gov/vaccines/adult).

Call **Visiting Nurses of the Lower  
Valley at 860-767-0186** or visit our  
website <http://visitingnurses.org/> for  
information.

[http://www.cdc.gov/vaccines/hcp/  
adults/downloads/fs-asthma-vaccines.pdf](http://www.cdc.gov/vaccines/hcp/adults/downloads/fs-asthma-vaccines.pdf)



## Annual Tag Sale

Sat, August 13<sup>th</sup>, 8<sup>am</sup> – 2<sup>pm</sup>

**We need your stuff to sell.** Gently used, good condition. Please no appliances or large furniture. We do not have storage space so please do not drop off your stuff until August 10<sup>th</sup>, 11<sup>th</sup> or 12<sup>th</sup>. **Thank you!**

**We need vendors.** Space available for \$10. Table not provided. We have lots of room and a super-visible location with plenty of parking!

**We need shoppers that day!** Support your local Senior Center: shop, have a hotdog or two, and be tempted by the delicious, home baked, yummy goodies!

## The Big E

It will be sad to see summer go, but at least September brings the BIG E! **Wednesday, September 21**, which is Connecticut Day.

Bus will depart the Center at 8:30<sup>am</sup>; will leave the fair at 3:00<sup>pm</sup>.

\$12 Admission fee. \$5.00 for bus. Sign up and pay by September 14<sup>th</sup>.

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



## Join us for a field trip to BREAKWATER RESTAURANT

Formally Skipper's Dock in beautiful Stonington, Ct.  
**WHEN: Wednesday, August 24<sup>th</sup>**, 12:00<sup>pm</sup>./bus will leave the Senior Center @ 10:30<sup>am</sup>. \$5.00 for the bus.

You just order right off the menu. Call or stop-by 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<sup>pm</sup>**. Though this event is free, tickets are required. They will be available at the Center beginning August 1.



## Massage

### CORA IS BACK!

The massage Therapist extraordinaire  
**Wednesday, August 10<sup>th</sup> from**  
**8:30 – 2:00<sup>pm</sup>**

30 Minute appointments/ \$25.00  
Rejuvenate your spirit, sign-up  
or call for appointment. today.