

NOISES FROM THE CENTER

Vol. 5 No. 9 What's happenin' at the Senior Center September 2016



Article by Brad Parker

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As I continue to write about the history of our town, with information from old town reports, I find myself thinking a lot of things really have not changed that much. On July 20th, 1922 the town voted to build a 12 room combination grammar and high school. On August 23rd, 1922 there was a town meeting to vote to rescind the July vote. The motion to rescind was defeated by 242 to 188. This vote gave the town a building that was used for many years as a school and is now in the early stages of being transformed into our new municipal office building. This vote in 1922 had a great positive effect on the people of East Haddam that can still be felt today. The new Nathan Hale School opened on January 7th, 1924. This was the beginning of the town having its own high school. This year the town also voted to start providing transportation to and from school. In 1926 the town voted to add two more classrooms to the Nathan Hale

School. During the years of the late 1920's you can see that the town started to pay more attention to the town roads and spending money to maintain them. I think the fact that the automobile was becoming a popular way to travel was the reason for this. In 1929, the report shows that the town had 6 trucks, 1 tractor, a stone crusher and 2 blasting machines. All things that would be related to road work. 1929 was the first year that I saw that the town had more than 700 houses. In 1930 the position of school nurse was added. There seemed to also be more emphasis on things like art and music. I also am starting to see names on the staff of the school that I recognize from my school years from the 50's and 60's. The town is now starting to get significant money in state and for roads. The 1931 report expressed a new emphasis on extra-curricular activities in the school. Programs such as dramatics, glee club and nature were listed. This year was the first year I saw mention of organized athletics and physical education.

Another important decision was made by the town this year. This year it was voted to create a fire department along with a board of fire commissioners and money was allocated to purchase equipment. This was the beginning of the fire department as we know it today. By 1932, there were two fire engines listed on the town inventory. This year's report showed in the expense records several payments for traffic duty. This was something new. The town had 474 automobiles on the tax record this year, so traffic must have become an issue. The fire department responded to 36 fires in 1933. In January of 1933 Nathan Strong resigned as 1st selectman and the next month George Smith was appointed to fill the vacancy. From what I read in the report, with minutes of board meetings, this was done with no controversy. Perhaps there is a lesson to be learned here. The grand list for 1933 showed that the number of houses in town rose to over 800.


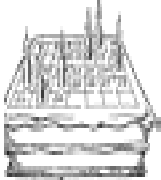
The year 1935 must have been a busy year for the local doctor. There were 18 cases of scarlet fever, 97 cases of measles, 9 cases of mumps and 7 cases of pneumonia. There were also 2 deaths in town due to fire.

Now let me say, WAIT for the October's newsletter to hear more about our town's past.



HAPPY BIRTHDAY

September Birthdays

- 2 Sandy Kerzner
- 4 Phil Snow
David Trotochaud
- 5 Edie Nichisti • Linda Paland
Nancy Seaman
- 6 Deborah Camp
Charlie Farrow 
- 7 Nancy Geysen
Marcia Stollman
- 8 Christine Z. Briggs
- 9 John Gibson • GailAlix
- 11 Judy Billingham
- 13 Alpha Sutton
David Ojeda
- 14 Brad Parker
- 15 MaryAnn Snow
Bert Trapanese
- 16 Carol Thody
- 17 Walter Golec
Marian Lang
Gwen Riggio
- 18 Gerry Piccola 
- 19 Kay Novinsky
Ellie Sutton
Rasik Davda
- 21 Hildie Aitken
- 22 Richard Parker
Nancy Phaneuf
Robert Sutton
- 24 George Giesey
Bruce LaChance
- 26 Donna Thody
- 28 Stephen Fallis
- 29 Paul Antaya

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 if you wish to come.

This month's party and Movie is on **Mon. Sept 26th, 1 pm.**



Shopping & Lunch Schedule

Fee: \$3.00

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

Tuesday, September 6th:

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

Tuesday, September 20th:

Cromwell: Walmart, Aldi, Athenien Diner



Computer Help???

Tuesday and Thursday's
10 am – 12:00 pm
by appointment

Computer, need some Windows 10 tricks!!, Smartphone, or Tablet. We are here for you.....

Also, Helpers are needed. If interested please call the Senior Center.

Donations:

- Barbara Boluck: Paper plates & puzzles
- Suzanne Bostelman: Apple Juice
- Ellie Breinan: Disinfectant Cleaner
- Chriss Briggs: \$\$\$ donations
- Wilson Brownell: Copy Paper
- Sue Depage: \$\$\$ donation
- Connie Donkin: Napkins 
- Rich Fiala: Fresh veggies
- Nancy Geysen: Table cloths
- John Giaconia: Tea bags
- Richard & Carol Harrington: Coffee cups & fresh veggies
- Judy Metcalf: coffee
- Pete & Trudy Novak: Plastic cups
- Carol & Dick Parker: \$\$\$ donation
- Louise Pear: Coffee cups
- June Plecan: Copy paper
- Joan Sikorski: Napkins & copy paper
- Joe & Janice Sina: Air freshners
- Janice Sina: \$\$\$ donation
- Carol Thody: Puzzles
- Ralph & Anne Torning: Coffee cups
- Liz Walter: Coffee
- Jim & Pat Ware: Coffee



BINGO & Ice Cream Night

Join us on Thursday,

September 8th, 6:00 pm. \$5.00 per person. 50 & older are invited. Sign up & pay by September 6th.



BINGO

Thursday,

September 15th, 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

Mums & Fall decorations

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

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Ellie Breinan • Jennifer Beaumont
Caroline Armstrong • John Giaconia
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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

National Senior Center

→ Month Celebration ←

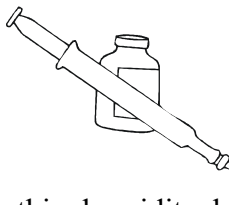
Join us for a Good Ole Fashion Cookout with all the fixins!

Wednesday, Sept. 28th @12:00 pm

with live entertainment @1:00 pm

Free to all the Seniors!

But please sign-up by, September 19th
@ the Senior Center



Flu Shots

Hard to imagine with all this humidity, but Old Man Winter is around the corner. Let's get ready to combat those flu bug "cooties". A nurse with *Visiting Nurses of the Lower Valley* will be at the Senior Center to administer flu shots: **Wednesday, October 12th, 1:00 pm - 3:00 pm**. Vaccines are covered by these insurance companies: Medicare, Aetna, Anthem, & ConnectiCare. Must bring "Proof of Insurance". The cost without insurance is \$40.00.

Not necessary to sign up in advance....just show up!

Ham & Bean Supper

Saturday, October 1st

5:00 – 7:00 pm

\$8.00 pp.

Proceeds will support activities at the Senior Center!

**Closed Monday,
September 5**

LABOR
Day



Celebrate Fruits and Veggies!

There are over 200 varieties of fresh, ripe, juicy and delicious fruits and vegetables to choose from. They include all the colors of the rainbow! All the wonderful colors provide natural vitamins and minerals along with essential fiber which improves health. Eating fruits and vegetables can be easy to do. Try fresh, frozen and canned varieties. Children and adults alike benefit from a crunchy, craving satisfying carrot or celery stick dipped in light ranch dressing or peanut butter. Surprise your loved one with plain yogurt and diced fruit for breakfast or lunch; make them guess what fruit is hiding in the yogurt. It helps to take a little bit of time weekly to pre-cut fruits and vegetables so they are handy when you get home from work and feel those hunger pangs. Remember the simple rule of thumb; make fruits and veggies half of what you put on your plate and you will improve your health day by day.

Find helpful recipes to add more fruits and vegetables to your diet at fruits & veggies MORE Matters®

A healthy diet can also help prevent illness. So as the kids go back to school and viruses start to appear, eat all the colors of the rainbow and wash your hands often to stay fit and healthy.

Prevent flu this season, get your flu shot. Local Flu shot clinics will be posted soon at Visiting Nurses of the Lower Valley

Fisherman Tongue Twister

There was a fisherman named Fisher who fished for some fish in a fissure. Till a fish with a grin, pulled the fisherman in. Now they're fishing the fissure for Fisher.

Medicare

Medicare Open Enrollment Why Medicare Open Enrollment you ask?? This is the time to check your Medicare coverage and make sure it's working for you....

The Open Enrollment Period for current Medicare recipients is **October 15 – December 7**. During this time period, and **only during this time period**, those who are currently enrolled in Medicare may make changes to their plans. The Senior Center will have counselors available to help you decide which plan best suits your needs. These sessions will be on three days, from 9 am – 2 pm: **Wed, October 28th; Wed, November 18th; Wed, December 2nd**. You must sign up in advance for your private consultation. This service is provided free of charge.

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.

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^{am}; will leave the fair at 3:00^{pm}.

\$12 Admission fee. \$5.00 for bus.

Sign up and pay by September 14th.



The Connecticut Energy Assistance Program/Community Renewal Team (CRT) will be accepting applications for fuel assistance again this year. You may come to the Senior Center to apply between October 1st and April 1st.

Please **call** the Senior Center **after Sept 28th** for details and to schedule an appointment at the Senior Center.

Senior Center
15 Great Hillwood Rd
P.O. Box 623
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LOOK

Look what has been booked already for 2017:

The Gatlin Brothers.....Thursday

May 25th

Polka at the Aqua Turf.....

Tuesday

October 17th

Holiday Winter Wishes.....Tuesday/

December 12th

Pay attention to upcoming Newsletters for more details



Drawing

The July winner is Bob Bostelman! \$10 Gift Certificate to *Nathan Hale Pharmacy*where you can get just about anything!

Lions Feed Seniors

Once again, the Lions Club has honored the seniors of East Haddam. On Sunday, August 28th, the annual Chicken BBQ was held at the Senior Center. Over 170 seniors enjoyed the community atmosphere and friendship of the Lions Club members.

We thank all the Lions for a wonderful day and for being such excellent cooksthat BBQ sauce gets better and better every year!!