

NOISES FROM THE CENTER

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



I am going to stray from the on-going writing of the Town's history this month. One of our most prized seniors, John Giaconia, passed away on September 28th. In memory and honor of John, I will post a story about John that we published in September 2014. Please read this and remember the fine gentlemen that John was.

Article by Charlie Farrow
John Giaconia

I was born in Springfield, MA, in 1922. My parents were Anthony J. Giaconia, who barbered, taught ballroom dancing, was a jack-of-all trades, & Ellen W. Stark, from the farming Starks on Beaverbrook Road in Lyme.

My sisters, Mildred & Marion, & I grew up in Longmeadow, MA, where I left school after 8th grade. (So much for school, John is one of the smartest people you'll ever meet.) I met Raffaella Capolla while working for the State and married her in 1944. We had two boys who live nearby. John's on Honey Hill & Mark on Brush Hill. I'm a widower now & have 5 grandchildren & 3 great-grandchildren.

At age 15 I moved in with my Grandfather Stark on Beaverbrook. I received a waiver & didn't have to continue school. Soon I was living on the corner of Macintosh Rd., there was a tea house there, & working as a general farm helper. I continued haying, milking, clearing land with the Sankows, the Machubas, all in Lyme, then went over to the Petersons' farm in Deep

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River.

I spent some time as a skinny kid in the Marines and was eventually discharged from Camp Pendleton in CA.

Back in Lyme, I lived on Joshuatown Rd. and did a lot of trapping around Whale Bone Cove, mostly mink & muskrat. I sold the pelts to local furbuyers.

Around 1943, a friend got me a job with the State checking the road oil that was being loaded trucks by the Q Bridge in New Haven. Ray Moore ran the scale house. He invited me over & Raffaella lived next door. We dated for a while & then got married.

In the fall I had a chance to continue with the State Highway Department. I worked for the Bridge Division out of the old garage attached to East Haddam's Town Annex & lived in Lyme. We lived with Minny Tucker on Joshuatown, but we wanted our own place.

Harold Hawthorne owned this piece of land we're on. I traded him a truck for it. I bought a Quonset hut in RI, which was actually designed to be a military barracks' bathroom. It was delivered & plopped down in the front of the lot.

Hood & Smith dug a cellar hole. I got a cement mixer driven by a one-lung engine-the engine is now in one of Ronnie Caminati's barns on Petticoat Lane-and made some cellar walls. Then I rolled the 16 x 36 foot hut with scrap steel pipe onto the foundation. It took an incredible amount of work to make the Quonset hut habitable & it was our home for 16 years.



In the early 1960's Ben Totten & I built the cape you see from the road now.

Like my father, I'm a jack-of-all-trades, master of none.

I've always loved woodworking & have made or restored clocks, tables, chairs, corner cabinets, low boys, foot stools, & beds, both full-sized & miniatures. .

I don't know how long ago I began collecting carpenters/hand tools, particularly planes, saws, drills & shapers. I now have 100's in all different sizes. Many times I have to restore them. If it's a tool to shape wood, I have it, in spades.

Sometimes I need a power tool.

That's why I have a cellar & studio stuffed with band saws, lathes, & drill presses. Ronnie gave me a band saw blade welder so I can repair my own.

I've collected a lot of other things-- miniature creamers and sugar bowls, tiny tea sets, doll house furniture, pewter spoons, and on and on. I don't know why I did it. I've got too much, but that's going to be my kids' worry.

I probably come to the Senior Center every day to get away from the clutter. I do enjoy the lunches. It's easy. I like the people I sit with. The food is good, & the price is right. You can't beat 2 bucks.



October Birthdays

- 1 Irene Herndon
- 2 Doris Sotire
- 3 Jack Agosta
Elliot Borent
Ginger Walter
- 5 Paula Woodworth
- 7 Rain Spiegel
June Tirone
- 8 Royce McCall
Susan Kosienki
- 13 Robert Mirer
- 14 Angelo Rosadini
- 15 Alice Guertin
- 16 Helen Gregor
- 17 Joan Sikorski
- 18 Patricia Bennett
Neil Hanlon
- 19 Angie Borgnine
Diana Resler
- 20 Joseph Irvin
Glennice Zieminski
- 21 Peter Butz
Tom Ceniglio
- 22 Jim McAllister
- 28 Iris Klar
- 29 Dick Bellucci
- 30 Fran Kosalski
Kenneth Ziobron



Shopping & Lunch Schedule

Fee: \$3.00

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

Tuesday, October 4th:

Waterford: Walmart, Shop-Rite, and others.

Tuesday, October 18th:

Cromwell: Walmart, Aldi, Athenien Diner

Free Film Screening

BEING MORTAL

See this moving documentary, join the conversation and explore what matters to you.

**Thursday, October 6th, 2016
1:00 – 3:00^{pm}**

East Haddam Senior Center

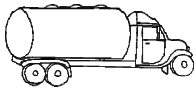
The program is free but seating is limited. Call or stop in the Senior Center to sign-up

Your Guide to Cutting The Cord

Learn how to save money by ditching Dish or Comcast and switching to online streaming for TV shows and movies Monday, October 24th 6:00^{pm} – 7:00^{pm}.

This is co-sponsored by East Haddam Library System and the East Haddam Senior Center.

Please call or stop in the Senior Center or either Library to sign-up today



Fuel Assistance

The CT 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 Oct 1 and April 1st.

Please call the Senior Center for details and to schedule an appointment at the Center.

Article by Brad Parker



This month I want to recognize Berry Hill Farm for their continued, generous support of the Senior Center. When you stop there, please thank them for the many things that they donate to the center.



Come play on **Thursday, October 20th** Lunch & Bingo \$5.00, starts at NOON
Bingo only \$3.00, starts at 1:00^{pm}
Please pay in advance.

Call or stop into the Senior Center to sign up today

Senior Services Coordinator: Brad Parker

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Café Manager: Peg Ziobron

Program/Trip Coordinator:
Alice Sabo

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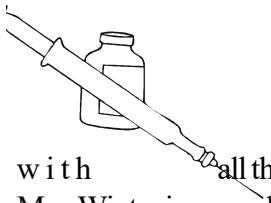
Kitchen; 860 873-5197

Email; Seniors@easthaddam.org

Center Hours

8^{am} - 3^{pm} weekdays

I told my friend that she drew her eyebrows on too high. She looked surprised.



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!

Memory Screening

On October 27, between 1 - 3 pm.

Sign up today for a FREE memory screening appointment with Deborah Ringen MSN, RN-BC, Visiting Nurses of the Lower Valley. It's free and confidential.

A memory screening is like many other routine health check-ups. It is a simple, non-invasive test designed to gauge memory, thinking & language skills. Screening consists of a brief series of questions & tasks & only lasts about ten minutes.

Memory screenings are a first step toward identifying a memory problem. Early diagnosis of Alzheimer's disease can improve quality of life for those individuals with the disease as well as their families & caregivers. It is important to know that not all memory problems are caused by Alzheimer's & some memory problems can be easily treated. Are you interested in having a memory screening? Sign up today.

ConnectiCare Discussion

A representative will be at the Senior Center on **Mon, Oct 24th, 10:00 am**, to discuss & answer questions regarding the Medicare Plans offered by *ConnectiCare*. This is perfect timing for this discussion as Open Enrollment for Medicare is Oct 15 - Dec 7. See the Medicare article in this Newsletter for dates to meet with counselors at the Senior Center.

Be Part of the Solution: Stop Bullying

Oct. is a month full of autumn pleasures, pumpkins, apple cider, cooler weather & beautiful colors. It is a time of change of season & routine. With a new school year our children adjust to new schedules, new classes & new routines. This can create stress in their lives. Often children are not good at voicing their feelings/concerns. It is reported that one out of every four students will be bullied this year. Bullying directly affects a student's ability to learn. Students who are bullied often do not want to go to school. They often find it difficult to concentrate, show a decline in grades, & lose self-esteem, self-confidence, and self-worth. Bullying is a communitywide issue that must no longer be ignored or thought of as a rite of passage. Every child has the right to feel safe and supported.

As parents and community members, Sunday school teachers and pastors we can all work together to support the children. Learn what you need to know about bullying at: [Bullying Resources](#)

Talk with your child; make sure your child knows:

1. It is NOT their fault. They are not to blame.
2. They are NOT alone. You are here to help.
3. It is the adults' responsibility make the bullying stop.
4. Bullying is never okay and they have the right to be safe.
5. No one deserves to be bullied.
6. They deserve to be treated with respect.
7. They have the right to feel safe at school.

Help stop bullying before it's too late. Get informed.

National Depression Screening Day on Oct. 6, you can get a free mental health screening at [Depression Screening at http://helpyourselfhelpothers.org](http://helpyourselfhelpothers.org)

National Domestic Violence Awareness [Learn more about Domestic Violence http://nnedv.org/resources/stats.html](http://nnedv.org/resources/stats.html)

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:

Wednesday, November 2nd;
Wednesday, November 16th;
Wednesday, November 30th.

You must sign up in advance for your private consultation. This service is provided free of charge.



Driver Safety

Fall is here and snow is not far away. What can you do to be more prepared for the roadways this winter? Is there a comprehensive checklist for vehicle maintenance? Are there any "best practices" you should know to be safer on the road? For the answers to these questions and many more, please consider taking an AARP Driver Safety class at the Senior Center on **Wednesday, November 2nd, from 12:30 to 4:30 pm**. Drivers 60 and older completing the course may qualify for a discount on their auto insurance. Must be present for the entire 4 hours to receive discount.

Please sign up at the Senior Center. The cost for the class is \$15.00 for AARP members and \$20.00 for non-members.

Pumpkin Walk

The 3rd Annual Pumpkin Walk at Heritage Park, sponsored by the Leos, will take place October 28th thru October 30th, 6:00 - 8:00 pm. Come have a glance and walk the track, and see all the beautiful but scary Jack-o-lanterns light your way

September Donations

Suzanne Bostelman: Apple Juice
Bob & Rita Fiala: \$\$\$ Donation
Kathy Leatherbee: Gourds, mums
Fall decorations,
Peter & Trudy Novak: Plastic cups
Kay & Henry Novinski: Napkins
Jim & Pat O'Brien: Decaf coffee,
Paper plates
Dot Parker: Candy
Alice Sabo: mum plant
Ellie Sutton: puzzles
Phil & Maryanne Snow: Mums
Joe & Janice Sina: Copy paper,
\$\$\$ donation
Carol Thody: Candy, coffee, puzzles
Ralph & Anne Torning: mum plant
Judy Westcott: Candy
Jolene Wilcox: Ice cream
Elaine Woods: \$\$\$ donation



Senior Center
15 Great Hillwood Rd
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Ivoryton Playhouse Matinee

TENDERLY: THE
ROSEMARY CLOONEY STORY
Wednesday, October 26th, 2:00^{pm}
bus will depart senior center @1:00^{pm}.
\$34.00pp., \$5.00 for the bus
Please call or stop by the senior center to
sign-up by October 5th



August Winner

The winner is Rina Stevens.
She was awarded a \$10.00 gift
certificate to the Gristmill Market.

Congratulations Rina !



Believe it or not, we are planning our Holiday Fair already! The date is Saturday, December 3rd. The knitters and crotchetiers have been busy all year making some nice items, ideal for Christmas gifts. We will once again have our "Tea Cup Auction." It has been a very successful fundraiser. We will be looking for donations for this auction. Popular items have been "Themed Baskets": bird houses, bird feeders, bird food, handmade items, jewelry, lottery tickets, cash, wine, liquor, gift certificates... just to name a few. The "Tea Cup Auction" will be set up on December 2nd and the drawing will take place at our Holiday Party on December 5th.

Donated items must be at the Senior Center by November 30th. Please see Alice Sabo (860) 873-9217 or Brad if you plan to donate.