

NOISES FROM THE CENTER

Vol. 5 No. 11 What's happenin' at the Senior Center November 2016



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

Article
by Brad Parker

As I continue to write about the history of our town I am now able to read about people that I remember. George Smith was the 1st Selectman in 1937 and also the health officer. He reported in the 1937 health report that there was an epidemic of measles with 32 cases reported. I was also surprised to see that in 1934 the town established a Social Service Department. From August 1st 1936 to July 1st of 1937 the social service department made 483 calls to residents in need of a variety of types of aid. In 1937 the town had over 275 dogs for which people paid to register. One of those people was Tommy Sipples who I remember as one of the town barbers. I remember that if a kid went in for a haircut after 4:00 that it cost .50 cents more. He explained that it was like going to the movies and a matinee was cheaper. I can still hear my father saying that was one movie I would not see. 1937 was also the year that a Board of Finance was established for the town. This was also the year when the town started talking about adding on to the school for a gymnasium. This came to a vote at a town meeting on December 28th, 1937 and was defeated by a vote of 85 for and 113 against. The 1938 report listed the appointment of several teachers that were still there when I started school in the late 1950's. I found an interesting fact in the 1938 report. The fiscal year for the town would end on July 31st, and the annual budget would be adopted at a town meeting during the first week of October. The Taxes to cover the budget were levied in March of the following year but not collected until June 1st. The selectmen recommended to change this schedule in order to make the town's operation more fiscally sound. The system they were using meant that the town was incurring expenses before a budget was approved and way before taxes were levied to cover the budget. This forced the town to do short term borrowing to pay the bills. The way we do it now seems much better. In 1940 the town voted in March to appropriate \$30,000.00 to add onto the Nathan Hale School for a gymnasium, then in May (just 2 months later) at another town meeting the town voted to rescind the motion to build the gym. In 1941 it was decided to build the Ray School. The building will provide courses in home making, commercial work, shop and science. This was when Tom Flanders was appointed the shop teacher. He was one of the best shop teachers ever and I am lucky to have had him for a teacher. Once again in 1941, a vote to build a gymnasium at the school was defeated. I saw in the 1941 report that at a special meeting on November 7, 1940 the town voted to sell a property that was owned by the town of East Haddam in Hartford. The property was sold for \$13,000.00. In 1942 the school graduated 22 students and the diplomas were passed out by Charles Wolf. I remember Mr. Wolf as a role model and a great community leader. This year the Ray portion of the school was open for use and classes available to students was greatly expanded. There were also night classes for adults.



The 1942 report contained a lot of mention related to the war. Things such as air raid plans, civil defense and rationing. It also stated that because of the war, the construction of a gym would have to wait. George Smith was still our 1st Selectman after being appointed to fill a vacancy in 1933 because of a resignation. Our town seems to be growing fast at this time and we should thank our past community leaders for their careful planning.

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Center Hours

8 am - 3 pm weekdays



November Birthdays

- 2 Christopher Storer
- 3 Loresa Julius
- 5 Barbara Hahn
- Maryjane Kozly
- 6 Marilyn Currier
- 7 Robin Gilmartin
- Jo Golec
- 9 Jane Mazzotta
- 10 Terri Carpenter
- 11 Bud Gaudio
- Kathy Dill
- 12 Peg Darrow
- Chris VanValkenburg
- 15 Marjorie Kagan
- 17 Christine Johnson
- Walter Golec
- 18 Dot Simone
- 19 Margaret Blake
- 21 Cecilia Golub
- 22 Carol Dolinski
- 23 Carol Behilo
- 24 William Guinness
- Sally Hungerford
- Louise VanHavenbeke
- 25 John Pagnani
- Jean Favreau
- 26 Karen Mills
- 30 James Ware



Shopping & Lunch Schedule

Fee: \$3.00

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

Tuesday, November 1st:
Glastonbury:
Tuesday, November 15th:
Cromwell:
Tuesday, November 29th:
Norwich: Walmart, Big Y



Fall

There is nothing better than home-cooked food! Join us for our

Potluck Fall Pot Luck

Dinner: **Thursday, November 10th, 6:00 pm.**

Open to all. Please come in or call the center to sign-up and to let us know what you will bring.



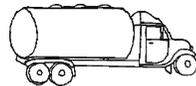
Senior Community Cafe

Join us for Lunch

Monday/Friday 12 pm

Suggested donation

\$3.00



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 for November 7, Fuel Assistance Day.

Now that the growing season for our gardens is over, I want to recognize two people who have been extremely generous sharing the vegetables from their garden. A couple of times a week they delivered to the Senior Center a wide variety of fresh picked vegetables straight from their garden. This happened through-out the entire season and their garden was shared with many seniors. Many of these seniors either do not have a place for a garden or are not able to do a garden themselves any longer. Their generosity has been appreciated by many people who come to the Senior Center. This month's "Good Guys" are **RICHARD** and **CAROL HARRINGTON**. If you should see them around town please let them know what a Good Guy they are!



Donations

- Peg Blake: Decaf coffee
- Suzanne Bostelman: 3- Hawaiian Punch
- 3- Ginger , cups
- Rasik Davda: \$\$\$ donation
- Rich Fiala Vegetables
- Bob & Rita Fiala \$\$\$ donation
- Dick & Carol Harrington; Coffee Cups, veggies
- Rosalie Hoffman; Coloring book & pencils
- Lucille Gardener; Mechanical pencils
- George Giesey Candy
- Bernie & Maureen Gillis \$\$\$ Donation
- Ciel Golub Candy
- Sam & Gail Guy; Copy Paper
- Sherri Langan; Paper Towels
- Dave & Eleanore Miller Coffee cups
- Gary & Edie Nichisti; Napkins & plastic silverware
- Peter & Trudy Novak Lysol Wipes
- Henry & Kay Novinski Napkins
- Pat & Jim O'Brien Candy
- Dot Parker Pens, candy, flower bulbs
- M & L Pear; Coffee & coffee cups
- Alice Sabo ; Highlighter pens
- Elaine Schmittberger; Cups, juice, napkins
- Nancy Schroeder Hand soap
- Kathy Simmons; Disinfect. wipes, napkins
- Roger Stube; Coffee cake
- Carol Thody ; Candy, coffee, coffee filters, candy
- Delores Tozier;Decaf coffee
- Dot Valentino \$\$\$ donation
- David VanCedarfield \$\$\$ donation

Coping with Alzheimer's Disease and the Holidays

Can you believe that once again it is time to prepare for the holidays? Family gatherings for Thanksgiving, Christmas, Hanukkah, and Kwanzaa and other occasions are right around the corner. Caring for a loved one with Alzheimer's disease or dementia during the holidays can be stressful.

Almost every one of us knows someone affected by Alzheimer's disease. So how can we help each other cope with holiday stress while facing the issues of dementia? It is important for caregivers to accept the help of family and friends. The person with dementia may still enjoy many holiday traditions, but others may be overwhelming. Modify expectations for family gatherings with the person with dementia by considering their abilities and preferences to make things easier. Try a small gathering mid-day instead of a large dinner. If long distance relatives have not seen the person with dementia recently, talk with them to describe the changes they may see in the person with dementia to help prepare them for difficult emotions. Watch for signals of fatigue or restlessness and provide a quiet place for rest. With careful planning and the assistance of friends and family everyone can enjoy a happy, healthy holiday celebration.

Here are some additional tips from the Alzheimer's Association:

- Encourage involvement in daily life. Help the person feel purpose and value by participating in household tasks — like setting the table.
- Be aware of physical problems such as tiring quickly, poor vision, hearing or mobility. Plan activities earlier in the day.
- Look for favorite habits. The person who always enjoyed drinking coffee and reading the newspaper may still find these activities enjoyable, even if he or she is not able to completely understand what

the newspaper says.

- Offer support and supervision. Assist with difficult parts of the task. For instance, when cooking, and the person can't measure the ingredients, finish the measuring and say, "Would you please stir this for me?"

- Focus on enjoyment, not achievement.

- **Visiting Nurses of the Lower Valley 860-767-0186**

- To Read more: [Alzheimer's Association Dementia Activities](#)

- Call the Alzheimer's Association Help Line: **800-272-3900**

Suffering Knee or Back Pain?

Free Educational Seminar
Monday, November 14th @ 1:30^{pm}
Senior Center
Presenter: Dr. Stanat, who specializes in Total Joint Replacement. He is the only Surgeon in the state of Ct. to be fellowship trained in Robotic Assisted surgery
Call or stop in the senior center to sign-up.



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.

December Craft Fair

The Senior Center will be sponsoring a **Bake, Craft & White Elephant Sale on Saturday, December 3rd, 9 – 2.** Lunch will be available for \$3.00.

We welcome donations for the Bake Sale and good, usable items for the White Elephant Sale (no large items, computers, or appliances). Please bring any items you wish to donate to the Senior Center on Thursday, December 1st and Friday, December 2nd.

Tables will be available for rent (\$10.00) for crafters who wish to participate. Call to reserve your space.

As part of this event, we will also have a **Christmas Tea Cup Auction**. If you wish to donate an item for the auction, please drop it off at the Center by Monday, November 28th. Popular auction items are baskets of snacks, theme baskets, handmade goods, bird houses, bird food, jewelry, Christmas décor, and lottery tickets. All ideas are welcome!

The auction will begin on Saturday, December 3rd and continue until December 12th; the drawing will be held at our Christmas Party on Monday, December 12th.

Questions may be referred to Alice Sabo, Chairwoman, at 860-873-9217. Or, call Patti at the Senior Center: 860-873-5034.



September Drawing Winner

The September winner is Roger Snell \$10 Gift Certificate to *Nathan Hale Pharmacy*Where you can get just about anything!

**Thursday,
Nov. 17th**

**Lunch &
Bingo....\$6.00 @ 12:00^{pm}**

Bingo Only.....\$3.00 @ 1:00^{pm}
Please pay in advance, sign-up today



LOOK

Look what has already booked 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

Thanksgiving Luncheon

@ Windham Tech Uncommon Kitchen
Friday, November 18th, 11:00^{am}
\$15.00 pp / \$5.00 for the bus
Enjoy, Turkey, stuffing, mashed potatoes, veggies and all the fixings. Dessert too!!

Don't miss out, Sign-up today

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



Your Guide to Black Friday Shopping On Line:

Join us @ the Senior Center on Monday, November 14th @ 6:00^{pm}
Learn how to save money this holiday season by getting great deals online. Learn how to shop smart and shop safe. Call or stop by the Senior Center to sign-up today.



The Senior Center will be closed in observance of the following holidays.



Friday, Nov. 11th,
Veterans Day



Thurs. & Fri.,
Nov. 24th 25th
Thanksgiving

Christmas



Potluck

Monday, December 12: Holiday Pot Luck Luncheon, noon time, free. We will provide the main course (meat of some kind) and dessert. You provide the fixings: appetizer, hot dish, or salad. We are not fussy! Entertainment will be provided. 50 & over welcome. Please sign up in advance.



Christmas Luncheon

@ Windham Tech Uncommon Kitchen
Tuesday, December 13th
Roast Beef, Turkey, Shrimp and all the fixings & Dessert \$15.00 pp, \$5.00 for the bus
Bus departs Senior Center @10:15^{am}