

NOISES FROM THE CENTER

Vol. 6 No. 1 What's happenin' at the Senior Center January 2017



**Article
by Brad Parker**

East Haddam
Senior Center
15 Great Hillwood Road
Moodus, CT 06469
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The year 2017 is now upon us. I don't know about you, but I can remember when the year 2017 seemed so far in the future. Somehow I made it. In my mind I am still the young guy that I remember in my many stories, but my body doesn't agree. Now, I only kick a soccer ball in my dreams. The year 2016 will be remembered for a lot of things but mostly for changes. We lived through a very vibrant presidential election as well a lot of local politics to fill a vacancy that was created when our 1st Selectman resigned. What was the most memorable event in your life about 2016? What will you remember about 2016 ten years from now? I think that Dot and I will remember how proud we were when we went to our granddaughter's college graduation in St. Charles, Missouri.

Now that we are at the start of a new year, let me ask that we all think of some things we can do to make life in town a little nicer. These don't need to be big things. But, a lot of small nice acts will make a big difference. We are lucky in East Haddam because we have so many caring people and everyone seems to look out for each other. Last fall our High School volleyball team played a game in North Haven for the state championship. It was great to see how many people from town went to support our kids. It was not just parents but I saw alumni, past teachers, and business owners from town there to show their support. During the holidays we saw signs around town that said shop local. Let's try to pay more attention to this throughout the year. Our local businesses not only pay taxes in town but they are big supporters of our civic groups and they employ many of our residents. Much of the money that is spent local stays local.

Now when I think of January, I think of cold, wind and snow. When I was a kid I would have probably said skating, snow balls and sledding. When I drive by Millers skating pond and I see it full of skaters, it brings back many memories. When I was a kid I remember that Ernie Bourgons Sr. would plow the snow off the pond with his small jeep so that kids could skate. Let me ask some of our seniors if they can tell me two things that happened in town during the year 1961? I want you take some time and think about this. January is when we have to make the 2nd installment of our property taxes. Did you know that in 1971 at a town meeting it was voted to start collecting property taxes in two installments in July and January? Also, did you know that in 1971 the town had a special vote on whether or not to do away with the Board of Finance. Obviously, that did not happen. As the town continues to change, many things seem to stay the same. The town is always dealing with growing school needs, roads and things like social services. What has not changed is our pride in our town and the great amount of volunteerism in town. East Haddam is still small town U.S.A. The two things that happened in 1961 that impacted the town was the retirement of Dr. Horsefield after 29 years of service to East Haddam and the town voted to build a new 12 room elementary school on Joe Williams Rd. Who remembers these two things happening??

I hope everyone has a happy New Year.





January Birthdays

- 1 Jan Balcom
Bill Conklin
Reed Lecrenier
Betsy Barney
- 2 Helen Adams
Barbara Borent
Elfriedf Kurcon
- 3 Elise Snell
- 4 Evelyn Morgen
- 5 Dolores Newman
- 6 Joe Sina
Roger Snell
- 7 Elaine Woods
- 9 Christine DeLisle
- 11 Diane Beggs
Loretta O'Mara
Eric Zembrzuski
- 13 Wilson Brownell
Joan Nedovich
- 14 Patricia Huckabone
- 15 Cathleen Meder
- 16 Alice Sabo
- 17 Janice Nowik
Julie Pionkowski
Joyce Wilcox
- 19 Bob Bostelman
- 20 Sharon Fritz
Marianne Heinrich
- 21 Greg Chasko
- 22 Howard Borgnine
Diane Collin
Linda Stajduhar
Dennis Whitty
- 23 Darlene Dunbar
- 24 Ruth Shumbo
- 25 George Drenga
Renee Goldstein
Carl Green
Bernie Gillis
- 26 Jackie Johnson
Patricia Limo'n
- 29 Eva Davis



Birthday & a Movie

On the fourth Monday of every month, we have a birthday party – home-made 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 you wish to come. This month's party is on **Monday, January 23rd, 1:00 pm.**



Shopping & Lunch Schedule

Fee: \$3.00

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

Tuesday, January 10th:

Old Saybrook :Walmart, Stop & Shop, OS Job Lot

Tuesday, January 24th:

Cromwell: Walmart, Aldi, Athenien Diner



Senior Community Cafe

Join us for Lunch

Monday-Friday 12 pm
Suggested donation
\$3.00



Have lunch with the **First Selectman, Emmett Lyman** will be here at the Senior Center every **3rd Thursday of the month for lunch.** Come, join him.



Article by Brad Parker

This month I would like to recognize the high school Trillium chorus for their efforts in spreading the Christmas spirit around town.

On Friday, December 23rd they came and sang to a group of over 30 seniors at the Center. They also sang that morning at Chestelm, Two Wrasslin' Cats and all three schools. **A big thank you goes out to these kids.**



Massage by Cora will be here this month.
CALL the Center for details.

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Center Hours

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

And in the end, it's not the years in your life that count. It's the life in your years.

–Abraham Lincoln

Protect Your Vision, Save your Sight

January is Glaucoma Awareness month. Glaucoma is a progressive disease of the eye due to increased pressure in the eye leading to damage of the optic nerve and blindness. The good news is that early detection and treatment can prevent blindness.

If you are over age 55 it is important to get an eye exam at least every 2 years, annually if you have other health issues such as diabetes. Your eye doctor will dilate the pupil of the eye to check for glaucoma and other eye diseases. If you have a relative with glaucoma, diabetes, are over the age of 40 or have had an eye injury you may be at greater risk for developing glaucoma. See an eye doctor for a complete eye exam to protect your sight.

More information is available on the Glaucoma Research Foundation website: <http://www.glaucoma.org>

Visiting Nurses of the Lower Valley is also here to help. Call 860-767-0186



We know it is still winter, but April 15th will sneak up on us! The Senior Center will once again provide IRS trained tax consultants to assist with both Federal and State tax forms. Seven days are scheduled: **Wednesdays, 9 am – 3 pm: February 8, 15, 22. March 1, 8, 15, 22, 29.** Please call the Center to sign up for your private consultation.

wish list

Heavy Duty Paper Plates,
Seasonal Napkins, Disinfectant Wipes.
Thank you very much!!

December Donations

Dot Alfonso	\$\$\$ donation
Peg Blake:	\$\$\$ donation
Carol Bozena & Darlene Dunbar:	
	Lysol Disinfectant Wipes
Myra & Wayne Brandt:	Copy Paper
Sandy Chylinski:	Copy Paper
Jo-Vita Cozean:	Poinsettia
Judy Culver:	Cups
Rasik Davada :	\$\$\$ donation/take-out containers
Connie Donkin:	Christmas Snow-man
Bob & Rita Fiala:	\$\$\$ donation
Nancy Geysen:	Cranberry sauce/ Christmas candy
Jo & Walt Golec:	Coffee & Liters of Soda
Dick & Carol Harrington:	Coffee & Cold cups
Alberta & Rob Mirer:	Syrup
Brian & Jean Olson:	Christmas Plant/ Tree
Ellie Sutton:	Books, puzzles, Hand lotion
Anne & Ralph Torning:	(2)Poinsettia Plants
Pat & Jim Ware:	Coffee



The Senior Center will be Closed
Monday, January 16th in honor of
Martin Luther King Jr.

Seeking Nature Calendar Illustrations

East Haddam Land Trust seeks pen and ink illustrations from artists, ages nine through adult, for the 2018 East Haddam Land Trust Nature Calendar. Submit your pen and ink drawings, of wild flora and fauna and scenes of plants, mammals, birds, bugs, fish, insects, and tiny invertebrates, found in East Haddam. Artist in each of the three age categories may draw any of these subjects with Adults (age 20 and up) limited to winter scenes. The deadline for entries is February 28, 2017. If you have any questions, please contact Martha at (860)873-9187 or mclaudtonucci@sbcglobal.net



Bus Driver

Town of East Haddam

The East Haddam Senior Center is looking for a bus driver to drive a passenger bus for shopping and recreational outings. Part time, as needed. Required: CDL Class B, "F" Endorsement. Job description available upon request. Cover letter with resume and application must be submitted to Emmett Lyman, First Selectman's Office, P.O. Box K, 7 Main Street, East Haddam, CT 06423. Applications accepted until position is filled. The Town of East Haddam is an equal opportunity employer.

Inclement Weather Policy

Winter is here, and with it, all that winter weather that often times wreaks a little havoc. A reminder: When the Town Offices are closed due to inclement weather, the Senior Center is closed. The Senior Center **does not follow** the closings or delays that the **schools** follow.



Thursday, January 19th

Lunch/Bingo....\$6.00 @ 12:00 pm

Bingo Only.....\$3.00 @ 1:00 pm

Please pay in advance, sign-up today

Souper Bowl – Volunteers Needed

Our annual *Souper Bowl*, one of our special events that focuses on food and a wonderful side dish called friendship, will take place **Friday, January 27th at 12 noon**. For \$5, lunch will also include bread, dessert, and coffee. Take – outs will be available. 50 & over are invited. Please call or come in to sign up to volunteer or to contribute a homemade soup, chowder, or chili **and/or** to sign up for the luncheon. No \$5.00 fee for those who contribute a soup, chowder or chili. Come!! Get out of the cold and into the warmth and coziness of the Center!

Sign-In, Please!

We ask everyone who attends the Senior Center to sign-in because it means “money”. When the Center applies for its operating budget and for any local, state, or federal grants, attendance numbers are requested; not names, just numbers. So, when you walk in the front, or the back door, think “Sign-In, Please!”

Senior Center
15 Great Hillwood Rd
P.O. Box 623
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Pot Luck Dinner

The dinner bell is-a-ringing! Join us for our January Pot Luck Dinner: **Thursday, January 12th, 6:00 pm**. 50 and over invited. Please call or come in to sign-up and to let us know what you will bring.



what has been booked already for 2017:

The Gatlin Brothers,
Thursday/May 25th
Vermont Green Mountain Train Ride
Tues, October 10
POLKA at the Aqua Turf,
Tuesday/October 17th
Holiday Winter Wishes,
Tuesday/December 12th

**Please watch upcoming
Newsletters for more details**

B l o o d Drive

The Senior Center will host a blood drive in conjunction with the *American Red Cross* on **Thursday, January 26, 1:30 pm – 6:15 pm**.

It will be cold outside so we will serve hot soup to re-energize you! If you are interested in donating blood or volunteering to help at the event, please call the Senior Center to sign up.



The winners of the Monthly drawing for October is Barbara Boluck and the November winner is Alice Guertin. They each won a \$10.00 gift certificate to Nathan Hale Pharmacy.

Congratulations!!!