

NOISES FROM THE CENTER

Vol. 6 No. 3 What's happenin' at the Senior Center March 2017



**Article
by Brad Parker**

East Haddam
Senior Center
15 Great Hillwood Road
P.O. Box 623
Moodus, CT 06469
860-873-5034



Should our society support senior nutrition and mental health?

I find it is hard to believe that in the year 2017 that the above question even exists in our society. We are the United States of America! We should be setting an example for the rest of the world. But, here in Connecticut our elderly nutrition program is underfunded. It has been flat funded for many years. This means that as costs go up and more people need to take advantage of the program that the funding for the program has not increased. I wonder if our legislators are feeding their families at home for the same cost that they did 4 or 5 years ago. Our seniors have spent many years serving our communities. They have been little league coaches, members of the Lion's or Rotary clubs, members of the many town boards and commissions and served in many other volunteer positions that benefit us all. I found out in mid-January that because of funding issues that the government subsidized nutrition program for seniors was going to be reduced, effective February 1st. The lunch program at the senior center was reduced from 5 days a week to 3 days along with a cap of serving only 11 people. This cap is well below what our average attendance is for lunch. Along with this, the "meals on wheels" program was also reduced. These people will no longer be provided a meal for a holiday. So, in other words, they did not get a meal for President's day. Also, if a new person needs to sign up for the service they will be put on a wait list until someone drops off the program. People usually only come off the list when they go to a convalescent home or die. The meals on wheels program is for people who are shut in and can no longer do for themselves. If someone meets the criteria for meals on wheels can you imagine that they may have to be on a wait list for months before they can get meals delivered? What is wrong with this picture? While working to resolve this issue I became even more frustrated. I found out that the proposed budget that is before the legislature for next year was flat funded again and shows no increase. This will not change until we all stand up in support. We need to let our state political leaders know that we want them to appropriately fund this program. I ask that you contact our state representative, state senator and the commissioner of aging. They need to know that people care about this. The other side of this matter is this program doesn't only put food in peoples stomach but the social activity of coming to lunch and talking and being with other people plays an important role in maintaining ones mental health. Many of the seniors live alone and need this social interaction. So please support our seniors and contact our political leaders. Our state representative is the chair of the appropriations committee. This committee needs to support our seniors. Let's all work together to help make this happen. Below you will find email addresses that you can send your concerns. Thank you for your support.

Email addresses:

Appropriations Committee: APPtestimony@cgc.ct.gov
Commissioner on Aging: Elizabeth Ritter – Aging.sda@ct.gov
State Representative: Melissa Ziobron – Melissa.Ziobron@cga.ct.gov
State Senator: Art Linares - Art.Linares@cga.ct.gov

HAPPY BIRTHDAY

March Birthdays

- 1 Joan Grube
- 2 John Piontkowski
Helen Schulz
- 3 Mary Lee Abkemeier
- 5 Maureen Gills
Jeffrey Hahn
- 7 Viviene Chin
Beverly Jorgensen
- 8 Gina Barry
Richard Harrington
Kathleen Leatherbee
Patricia Morales
Elaine Schmittburger
- 9 Meredith Cantrell
- 10 Judy Westcott
- 11 Trudy Novak
Dennis Sullivan
- 12 Gregory Ojeda
- 13 Lloyd Babcock
- 14 Patricia Wilcox
- 15 Jeanne Nacle
- 18 Leighton Phraner
- 19 Deborah Francis
Sheila Weidlich
Sharon Parkos
- 21 Linda Barone
Ann Hinson
Shea Jezek
Marcia Reifenheiser
- 22 Kathlyn DiCristofaro
- 24 Delphy Irvin
- 26 Robert Cone
Mary Tracy Shepley
- 29 Lois Zadoske
- 30 Kristine Dannecker
- 31 Doris Brown



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, March 27th, 1:00 pm.**



Hearing Clinic

The Senior Center will be doing a Hearing Clinic every 4th

Wednesday of the month.

Hearing Tests, Hearing Aid Cleaning & Repair, Wax Inspection and Listening Demonstrations.

Please call the Senior Center (860) 873-5034 to schedule your appointment.



NO

Shopping trips for the month of **March.**

Sorry for any inconvenience.



Senior Community Cafe

Join us for Lunch 12^{pm}
Monday, Wed, Friday
Suggested donation
\$3.00
Tuesday/Thursday \$5.00



Center every 3rd **Thursday of the month for lunch.** Come, join him.

Have lunch with the **First Selectman, Emmett Lyman** will be here at the Senior



Article by Brad Parker

This month I want to recognize Zack Jezek and the Gristmill Market as a "Good Guy!" During the past month because of a state funding issue, the meal program at our Senior Center along with many others had been reduced. In cooperation with the Gristmill Market we are still able to offer meal service to our seniors 5 days a week. Please join me in thanking Zack for the continued support that the Gristmill Market gives to the Senior Center.

Massage

Cora is Back!

The massage Therapist extraordinaire Monday, March 13th 8:30-2:00 p.m. Rejuvenate your spirit, sign-up today.

Senior Services Coordinator: Brad Parker

Assistant: Patti Puia

Program/ Trip Coordinator:
Alice Sabo

Medical Car Driver: Mickey Pear

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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

Eating Right Bite by Bite

March is National Nutrition Month®. It is a good time to focus on eating a variety of healthy foods to improve our physical and emotional health. Healthy eating is part of an overall wellness program that includes physical activity, and rest. Changing our thinking from dieting to healthy eating can help promote small improvements in wellbeing. Often it is overwhelming to consider following “a diet” we feel deprived and unhappy. By focusing on adding healthy routines, more fruits, vegetables and whole grains we can be more successful. The Academy of Nutrition and Dietetics Eat Right® campaign offers the following tips:

- Focus on foods packed with vitamins and minerals, fiber and lean protein
- Eat all the colors in the rainbow: **broccoli, spinach, carrots, sweet potatoes, squash, tomatoes and berries,**
- Change your thinking from “good” or “bad” foods to “nutrient-rich” foods
- Check nutrition labels to make sure foods are low in saturated fats
- Read nutrition labels for sodium content, eat less than 2,300 milligrams daily

Find out more at www.eatright.org and Eat Right®

Visiting Nurses of the Lower Valley
860-767-0186

❄️ Inclement Weather Policy ❄️

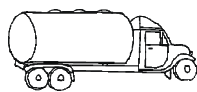
Winter is here, and with it, all that winter weather that often times wreaks a little havoc. A reminder: When the Town Offices are closed due to inclement weather, the Senior Center is closed. The Senior Center **does not follow** the closings or delays that the **schools** follow.



Thank You for the FEBRUARY DONATIONS



| | |
|----------------------------|---|
| Mary Augustiny | \$ Donation |
| Berry Hill Farm | Fresh Eggs |
| Peg Blake | Coffee |
| Eliot & Barbara Borent | Coffee |
| Bob & Suzanne Bostelman | Apple Juice |
| Rose Brown | Candy, Dessert and Salad Dressing |
| Wilson Brownell | \$ Donation |
| Judy Culver | Copy Paper |
| Bill Dowling | \$ Donation |
| Fresh Kitchen | Desserts for Lunch |
| Nancy Geysen | Napkins |
| Maureen Gillis | \$\$\$ Donation |
| Richard & Carol Harrington | Coffee |
| Sherry Langan | Case of Water bottles |
| Paul McCluskey | Case of Water bottles |
| Dave & Eleanor Miller | Decaf Coffee |
| Judy Metcalf | Cards of all Sorts |
| Gary & Edie Nichisti | \$ Donation |
| Henry & Kay Novinski | Napkins |
| Pat O'Brien | Kleenex & Paper Plates |
| Alice Sabo | Napkins, Red Tablecloth & Silk Flowers |
| Carol Schweizer | Cookies & Soda |
| Dot Simone | Juices, Napkins & Paper plates |
| Staehly Farm | Biscotti, Orange Marmalade, Salad dressing, Strawberry butter |
| Ellie Sutton | Baked Goods & Puzzles |
| Ralph & Anne Torning | Coffee cups |
| Martha Tonucci | Winter squash |



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 Center for details.

St. Patty's Day Luncheon

Friday, March 17th @ 12:00 pm

\$5.00 - includes

Corn Beef & Cabbage
with potatoes and
carrots and dessert

Entertainment @ 1:00 pm

**Please sign-up in advance,
deadline March 14th**



Memorial Recognition



For: John W. Giaconia

On: Thursday,

March 23rd,

@1:30 pm

Where: the Senior Center
Refreshment will be served

Time



to

think



TAXES...

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. The scheduled days are : **Wednesdays, 9 am – 3 pm: March 1, 8, 15, 22, 29.**

Please call the Center to sign up for your private consultation.



Thursday, March 16th

Lunch/Bingo....\$8.00 @ 12:00 pm

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

Please pay in advance, sign-up today



**February
Winner**

The Winner is Phil Snow. A \$10.00 gift certificate to: Two Wrasslin' Cats Cafe was awarded.

Congratulations Phil, Enjoy!!



**Senior Center
15 Great Hillwood Rd
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**The Gatlin Brothers
Are Coming!!!!**

Thursday, May 25th, 2017

for those of you who signed up for the trip, the \$\$\$ will be due

Wednesday, March 15th

Still time to sign up!



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

**Please watch upcoming
Newsletters for more details**

Pancake



Jamboree

Pancakes are all the better when someone else is doing the cooking! Senior Center, **Sunday, March 12th, 8 – 10:30 am.** \$7.00 per person includes pancakes, sausage, coffee, & juice.

All proceeds will help pay for Senior Center Activities.

Winter



There is nothing better than home-cooked food! Join us for our Winter Pot Luck Dinner, **Thursday, MARCH 23rd, 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.