

NOISES FROM THE CENTER

Vol. 6 No. 4 What's happenin' at the Senior Center April 2017



Article
by Brad Parker

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



April is here and I hope that along with it comes some nice spring weather. I think that we all deserve it.

During the last couple of months we have experienced some changes with the elderly nutrition program due to some budget restraints with the state program. The program is subsidized with state and federal funds and distributed by the state. Because of these restraints our state lunch program was reduced from 5 days a week to 3 days and with a cap of 11 lunches a day. Our cap was recently increased to 15 lunches a day. We are now bringing in a hot lunch on the other 2 days from Gristmill Market with no cap of how many we serve. The lunches we receive through the subsidized program have a suggested donation of \$3.00 or what you can afford from the participants. The donation helps keep the program going and meet its growing needs. Our town's suggested donation increased a while back from \$2.50 to \$3.00 in an attempt to help the program to survive. This and all similar social service programs are struggling to exist and we need to do what we can to help them survive. On the other 2 days our suggested donation is \$5.00 or what you can afford. You must make a reservation for lunch on any day at least by noon of the prior day. The Meals on Wheels program also saw reduction in the week-end and holiday meals. Rumors have it that the future of these programs is not very bright and more reductions are likely. My plan is to go as we are and see how things work out and make changes as needed with the best interest of our seniors in mind. The East Haddam Community has been very supportive. People are making all sorts of donations from desserts to paper products as well as monetary donations. There are 2 ways now that people can make financial donation. You can make a check out to the town and state "senior meals" in the memo section. This money will go to a special account to help support the entire elderly nutrition program in East Haddam. This money will only be used for senior meals. Also, some of our town businesses are participating in a program to support Meals on Wheels. For a dollar you can put your name on a paper wheel that will be displayed. This money will go to the vendor that supplies the Meals on Wheels and will be used to support the East Haddam program. Although times are tough, and municipalities, states and the federal government are all struggling with the budgets, I am confident that our community will work together to support the elderly nutrition program in East Haddam. Please call me at (860)873-5034 with any questions. Now I have just a little note on a different topic. This spring, work is starting on a project that will be part of the town's history for years to come. The rehab of the old Nathan Hale-Ray School is beginning. The construction fence is going up as I write. The Ray portion will be torn down and the rest of the school will be renovated and will become our new town office complex. Finally the many town offices will have appropriate space and the offices will be accessible to everyone. The new location should also be an economic boost to the Moodus business area. It will be interesting to watch the progress of the project. Just as many of us have fond memories of the old school, I am sure that in the years to come that there will be many new memories of the new town hall. I am glad that the historic building is being preserved and will continue to be a major part of our community.

Good luck to the project and the building committee.





April Birthdays

- 1 Carol A. Schweizer
- 2 Eleanor Golet
- Marie McAllister 
- 3 Timothy Tedeski
- 6 Joanne Rocznik • Jane Zirlis
- Bennie Stelzer
- 7 Christina Van Scoy
- Carol Harrington
- 8 Robin Backes
- Barbara Dill • Peg Ziobron
- 9 Caroline Armstrong
- Annette Butterworth
- 10 Ralph Havens
- 11 Alberta Mirer • Dan Fazzino
- 13 Frank Vitale
- 14 Mary Rozwadowski
- 15 Deborah Tischio
- 16 Susan Porter • Rina Stevens
- 18 Peter Novak • April Hyatt
- 19 Dale King
- 22 David Berndtson
- 24 Rodney Wilcox • Doreen Palmer • Patricia Ware
- Nancy Brodersen
- 27 Kathleen Michalski
- 28 Shirley Dill Brown
- Celeste Green
- Robert Booth 
- 29 Sophie Blaschik
- Gigi Stollman
- Thomas Falvey
- Tim Grilley
- 30 Dorothy Afonso
- Doreen Jezek • Susan Fagan
- Laurinda Marsilio

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, April 24th, 1:00^{pm}.**



Hearing Clinic

The Senior Center will be having 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.



Shopping & Lunch Schedule

Fee: \$3.00. If desired, the bus will stop at the East Haddam Food Bank.

Tuesday, April 11th:

Old Saybrook:

Walmart, Stop/Shop, OS Job Lot

Tuesday, April 25th:

Cromwell: Walmart, Aldi,
Athenien Diner



Senior Community Cafe

Join us for Lunch at 12^{pm}
Monday, Wed, Friday
Suggested donation \$3.00
Tuesday/Thursday \$5.00
Or what you can afford

Lunch with 1st Selectman on Thursday, April 20



Join Us for **BILOXI BLUES**

@ Ivoryton Playhouse
Wednesday, May 10th.

Bus will leave the Senior Center @ 1^{pm}.
\$5. for the bus, \$35. for the ticket

Sign-up and Reserve your seat today.



Article by Brad Parker

When you stop to think about it, our town is full of "Good Guys". Since changes to our lunch program were made 2 months ago, many people have been very generous with their support. I want to mention a few that have made regular contributions of deserts, etc. The Fresh Kitchen, Staehtly Farms, Together We Rise, Berry Hill Farm, Margaret Kennedy and Marilyn Gleason have all stepped up as huge supporters. When you see these people please let them know that their support is appreciated.

Massage

Cora is Back!

The massage Therapist extraordinaire
Wednesday, April 12th

8:30^{am} -2:00^{pm}.

Rejuvenate your spirit, sign-up today.

**Senior Services Coordinator:
Brad Parker**

Assistant: Patti Puia

Program/ Trip Coordinator:
Alice Sabo

Medical Car Driver: Mickey Pear

Noises Editors/Publishers:
Brad Parker &
Patti Puia

Layout: Beth Schondorf

Newsletter Distribution Team

Jovita Cozean • Nancy Geysen
Alice Sabo • Loretta O'Mara
Ellie Breinan
Caroline Armstrong

Telephone; 860 873-5034

Fax; 860 873-5198

Kitchen; 860 873-5197

Email; Seniors@easthaddam.org

Center Hours

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



The Mediterranean Diet Made Easy

Visiting Nurses of the Lower Valley is dedicated to improving the health of the community. One focus of this effort is to provide helpful nutritional information by joining the CDC and Healthy People initiatives to reduce obesity. Throughout the year we will bring you articles of interest related to healthy eating patterns.

There are many “diet plans” on the market and it is hard to choose. By focusing on adding healthy foods to your daily eating pattern you can improve health. This month we are looking at the healthy Mediterranean-style eating pattern. According to the 2015-220 Dietary Guidelines for Americans this includes more fruits and seafood than the U. S. healthy eating pattern. In the Mediterranean–style pattern, dark green, red and orange vegetables and legumes should be eaten each day, along with lots of fruit. Lean meat, poultry, seafood, eggs and nuts provide protein. According to the Mayo Clinic, “the traditional Mediterranean diet reduces the risk of heart disease”. “The diet has been associated with a lower level of oxidized low-density lipoprotein (LDL) cholesterol — the “bad” cholesterol that’s more likely to build up deposits in your arteries.” Give it a try who knows you might like it!

The Mediterranean diet emphasizes:

- Eating primarily plant-based foods, such as fruits and vegetables, whole grains, legumes and nuts (2 ½ cups each fruits and vegetables)
- Replacing butter with healthy fats such as olive oil and canola oil
- Using herbs and spices instead of salt to flavor foods
- Limiting red meat to no more than a few times a month
- Eating fish and poultry at least twice a week
- Enjoying meals with family and friends
- Drinking red wine in moderation (optional)



Driver Safety Course

Discussion only.

No tests or quizzes.

Call your insurance company to inquire about possible insurance discounts.

**Thursday, APRIL 26th,
12:30 – 4:30 pm**

at the Senior Center

AARP Member: \$15.00

Non-member: \$20.00

**PLEASE CALL
OR STOP IN TO SIGN-UP.**

Volunteer Reception

April is National Volunteer Month. The Senior Center is very thankful for our many volunteers. We know all too well that we could not sponsor our many activities and events without the support and efforts of so many people. The community is invited to join us for a *Reception* to honor the individuals that we rely on every week and to announce the “East Haddam Senior Citizen of the Year”. Please be our guest for dessert and coffee on **Thursday, April 27th, 1:30 pm**.

E H Senior Center Presents Pigeon Forge and Smoky Mountains Show Trip

Sunday, September 17th to Saturday,
September 23rd, 2017
7 days and 6 nights, \$539.00 pp, double occupancy
Incredible price Includes:
* 6 nights lodging • * 10 meals
* guided tour of the Great Smoky Mountains National Park and several shows
* \$75.00 deposit by May 17th
Stop by or call the Senior Center to sign-up today.

March Donations



Barbara Boluck: Juice

Bob & Suzanne Bostelman:

Apple Juice

Jovita Cozean : Paper Plates

Rasik Davda : Copy paper, \$\$ donation

Walt Dixon: \$\$ donation

Jim & Ellen Fennema: \$\$ donation

Sharon Fritz: Ice Cream

Brian & Nancy Fall: \$\$ donation

Bob & Rita Fiala: \$\$ donation

Nancy Geysen: Cranberry Sauce

Marilyn Gleason: Desserts

Walt & Jo Golec: \$\$ donation

Dick & Carol Harrington : Coffee & cups

Ralph & Terry Havens: \$\$ Donation

Marilyn Kalet : Napkins

Margaret Kennedy : Desserts/Salad

dressing

Audrey Martin : Candy, & paper plates

Sally Merry: Cereal, Ice cream bars,

Juice & \$\$ donation

Pat O’Brien: Coffee & Dessert

Cindy Palmer: \$\$ donation

Stu & Doreen Palmer : Popcorn

Dick & Carol Parker: Napkins

Dot Parker: Salad dress. & table cloths

Louise Pear: Coffee & paper plates

Shelley Saloman: Napkins,

paper plates & teas

Carol Schweizer: \$\$ donation

Joan Sikorski : Candy

Kathy Simmons: Paper plates

Joe & Janice Sina : \$\$ donation

Carol Thody : Coffee & puzzles

Together We Rise Ct. : Carrots,

potatoes & desserts

Ralph & Anne Torning: \$\$ donation

Louise VanHaverbeke : Disinfectant

wipes, paper plates



and Tag Sale

The Senior Center will be hosting a town wide tag sale. VENDORS ARE NEEDED! Space will be available for \$10.00, tables will not be provided. Also, you will be able to purchase homemade baked goods from some of the best bakers around! Please contact the Senior Center for information: 873-5034. The usual menu of Hotdogs and bottled water will be offered for purchase.

**Heritage Park,
Saturday,
June 10th, 8^{am} – 2^{pm}.**

**Senior Center
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The Gatlin Brothers Are Coming!!!!

Thursday, May 25th, 2017

for those of you who signed up for the trip, the \$\$\$ is due at sign-up.

Still time to sign up!



what has been booked already for 2017:

- Pigeon Forge and Smoky Mountains Show Trip
Sun., Sept. 17th to Sat., Sept. 23rd
- POLKA at the Aqua Turf,
Tuesday/October 17th
- Holiday Winter Wishes,
Tuesday/December 12th
**Please watch upcoming
Newsletters for more details**



Thursday, April 20th

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 **Loretta O'Mara**.

A \$10.00 gift certificate to The Fresh Kitchen, was awarded.

Enjoy!