
NOISES FROM THE CENTER

Vol. 6 No. 7 What's happening at the Senior Center July 2017



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



Article by Brad Parker:

Now that July is here, we can really say that summer is here. School is out for the summer and many people are planning their summer trips. variety of day trips and others will I realize that our small town travel to see. We have three lakes hiking and picnicking, Gillette's River and many hiking trails all over to go to the famous Nathan Hale School house. you take them for granted. If you scenic as any you might take, try the reservoir to Johnsonville. We



and the famous Music on the River concert series. These are just a few of the things that make our town so inviting and at the same time such a nice place to call home. In this day and age I think it is easy for some people to be critical, but in our town it seems that most people work at being positive and improving the way of life around us. I am proud to say that when a need arises in our town that our community stands up to fill the need. I now see this positive attitude and community spirit being passed on to the younger generation. Most recently, here at the Senior Center, the senior meal program was put into jeopardy because the government subsidy is not keeping up with the needs of the program. As we are raising money to support the program and keep it operating, kids from our middle and high school have raised and donated over \$1,000.00 to support the program. I think that with kids like this that the future of our town is in good hands. When I think back to growing up in town the summers in town were busy. Because of all the resorts, we had many more people in town during the summer. I can remember how we would sit on the wall of the town green with a soda and people watch. A big weekend was when the carnival was in town. Another big attraction for the locals was swimming off the dam at the Moodus Reservoir. Today, there is a fence around it with a sign that says "no swimming". I wonder what today's teenagers will remember 50 years from now. Every day when I drive by the construction project at the old, high school it brings back old memories and I am glad that most of the building is being saved and will be used by the town. When I drive by I think of many of the teachers that worked there and what a dedicated group they were. Each day I remember a different one. Today, the one that came up first in my memory was Mrs. Thomas and what a struggle she had trying to get me to like art class. Fifty years from now there won't be many people who remember it as a school but the character and respect that we all learned there will live on for generations. So I say to you all, enjoy our town for what it is and enjoy its natural beauty. Let's keep our little piece of paradise the envy of others. The respect and caring of others certainly has a huge pay back. May you all enjoy your summer!!

For some people the trips will be a do overnight trips. As I think about this, offers many of the things that people with public access, Devils Hopyard for Castle, Echo Farm, the Connecticut throughout the town. People come from Goodspeed Opera House and to the Sometimes when things are so close are interested in taking a walk that is as walking along the Moodus River from also have our weekly farmers market

July Birthdays • Party Mon.

7/24 @ 1^{pm}

- 1 Debby Duncan
- 2 Sharon Smith
- 4 Ann Moreau
- 5 Richard Lipka
Sandy Vezina
- 6 Lori Inferrera
- 7 Helen Soja
Joan Osalza
- 8 Dot Valentino
- 9 Palmyre Letourneau
- 10 Jean Burdette
- 12 Vicky Riley-Pach
- 13 Don Osalza
- 14 Helen Sullivan
- 16 Vicky Graham
Dolores Tedford
- 19 Kay Novinski
- 20 Norman Culver
Eleanore Gauvin
Jane Grilley
- 21 John Paardenkooper
Donald Ludwig
- 22 Leslie Carr
Robert Sutton
- 23 Rosalie Hoffman
Gary Piehl
- 24 Bill Dowling
- 25 Joan Holbrook
Kathy Ritchie
Marc Schroeder
- 26 Norman Jamieson
Carol Loizeaux
- 27 James Leatherbee
Deborah Tajmajer
- 28 James Nowik
- 30 Isabelle Russo
Nancy Schroeder
- 31 Jeanette Clark
Beth Dillon • Ruth Vitale



Shopping & Lunch Schedule

Fee: \$3.00. If desired, the bus will stop at the East Haddam Food Bank. **Monday, July 3rd: Waterford:** Walmart, ShopRite, and More!
Tuesday, July 18th:
Cromwell: Walmart, Aldi, Athenien Diner

Farmers' Market Vouchers

As promised, more details regarding eligibility for the Vouchers provided by Senior Resources. AGE: must be 60 years or older OR permanently disabled living in subsidized senior housing. INCOME: 185% Federal Poverty Level or less, which means: if SINGLE, income at or less than \$1,860.00 a month; if A COUPLE, income at or less than \$2,504.00 month. Documentation not required; we trust you! There is no charge for these vouchers. Vouchers are worth \$18.00: they can only be used to "purchase" fruits, vegetables, honey & herbs; participating farmers' markets are listed on the vouchers. One booklet per person (not household). Diane will be here with the vouchers on **Thursday, July 13th, 10 – 12pm. Please call or stop by to sign-up.**

Blood Drive

The Senior Center will host a blood drive in conjunction with the *American Red Cross* on **Thursday, July 27th, 1:30^{pm} – 6:30^{pm}**. The warm weather is here – finally – and with it, an increase in fun, travel, and people getting hurt. If you are interested in donating blood or volunteering to help at the event, please call the Senior Center to sign up.



This month I want to thank and recognize all the people who helped with our Tag & Bake sale on Saturday, June 10th. Our Tag sale did very well and our Bake sale did the best ever. All together, we made \$1400.00 dollars. Without the volunteers helping to set-up, clean-up and staff our tag sale, bake sale, hotdog stand and knitting booth this would not have been possible. Members of the Leos Club also helped to make the event a success. A special **BIG THANKS** to all the people who baked for the bake sale and donated tag sale items.

BINGO

Thursday, July 20th,
Lunch/Bingo....\$8.00 @ 12:00^{pm}

Bingo Only.....\$3.00 @ 1:00^{pm}



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CENTER HOURS

8^{am} 3^{pm} weekdays

OPEN

MONDAY, July 3, regular hours

CLOSED;

Tuesday

JULY
4th

Massage

CORA IS BACK!

The massage Therapist
extraordinaire, 8:30^{am} - 2:00^{pm}

Wednesday, July 19th

Great Trip

Pigeon Forge and Smoky Mountains Show Trip

Sun., Sept. 17th to Sat., Sept. 23rd, 2017

7 days & 6 nights, \$539.00 pp
double occ.

Incredible price includes:
6 nights lodging

Guided tour of the Great Smokey
Mountains National Park
And several shows

\$75.00 deposit, WAS due by May 17
Stop by or call the Senior Center for
info.



April Winner is:
Roger Snell/ a \$10.00 gift
certificate to Moodus Ice
Cream Shop was awarded.

The May Winner is:
JoVita Cozean a \$10.00
gift certificate to Village
Pizza was awarded.

Congratulations!



It's Time For Baseball!

Join us to see a New
Britain Bees baseball game, **Tues,**
July 25th - Sign-up today
It's FREE w/ lunch included.
Just \$5.00 for the bus. Bus departs
Senior Center @ 10:30^{am}
GAME TIME @ 12:05^{pm}



Prevent Tick

Bites This Summer

We all have heard about Lyme disease transmitted by ticks but did you know there are other diseases carried by ticks? Black legged ticks can also carry anaplasmosis, babesiosis, and Powassan disease. The typical bullseye rash with Lyme disease may or may not be present, along with fever, chills, and generalized flu like symptoms. Anaplasmosis and babesiosis also present with fever, chills, and possible nausea and vomiting. Powassan disease is less common however symptoms often mimic meningitis, including fever, headache, vomiting, seizures or difficulties with movement. The lesson is this: If you have been bitten by a tick and have these symptoms within 3-30 days see your doctor and tell them when you were bitten. Protect yourself from tick bites by following these safety tips:

- Avoid high grass and brush.
- Stay in the middle of the trail when hiking.
- Wear long sleeves and long pants in light colors so ticks will be visible on clothing.

- Use insect repellent containing 20-30% DEET on exposed skin and clothing.
- Apply Permethrin to clothing, boots, socks, and other gear.
- Check your body for ticks, be sure to check the kids, pets and gear too.
- The CDC recommends drying clothing in the dryer on high heat for 1 hour to kill ticks.

• Keep the lawn mowed and cleared of heavy brush to decrease the tick population in your yard.

Contact Visiting Nurses of the Lower Valley for more information.
860-767-0186 3

June Donations:

- Barbara Ballard: Coffee
 Bob & Suzanne Bostelman: Apple Juice & \$\$ Donation
 Nancy Geysen: Napkins, Paper plates & Pest Spray
 Ciel Golub: \$\$ Donation
 June Guertin: Salad Dressing
 Sam & Gail Guy: Copy Paper
 Dick & Carol Harrington: Paper Goods & Pickles
 Ralph & Terry Havens: \$ Donation
 Jim & Kathy Leatherbee: \$ Donation
 Paul McCluskey & Sherry Langan: Cards, Coffee, Ice Cream Sprinkles & Paper Towels
 Sally Merry: Ice Cream, Juice, Lemonade, \$ Donation & Various Groceries.
 Rob & Alberta Mirer: \$ Donation, \$10.00 gift card to "Two Wrasslin Cats Coffee House/
 \$10.00 gift card to Ballek's Garden Cnter
 Pat O'Brien: Dixie Cups
 Gloria Sikorski: Candy, Kleenex, Tea
 Dot Simone: Paper Plates
 Louise Vanhaverbeke: \$ Donation

East Haddam Senior Ctr presents

Newport Lobster Playhouse

Monday, August 21

Package includes:

- Roundtrip Motor Coach
- Buffet Luncheon
- Comedy Show
- A Cabaret Show
- Driver Gratuities

\$94.00 per person

TO RESERVE YOUR SEAT:

Contact Brad or Patti

860-873-5034

Deadline to sign-up: Mon. Aug. 7



BBQ



It's that time again! For more than 25 years, the Lions Club has been hosting a **FREE** Chicken Barbeque lunch for East Haddam Seniors 60 years and older. Sunday, August 27th, 12 noon – 2 pm. Though this event is free, tickets are required. They will be available at the Senior Center beginning August 1.

Lights & Sights

Join us for a **DELIGHTFUL** Lighthouse Cruise, Monday, July 17th \$30.00 a ticket/ \$5.00 for the bus. The boat will depart from New London @12:30 ^{pm}
The bus will leave the Senior Center @ 11:00 ^{am}
Don't miss out on this amazing afternoon!!! Sign-up today.

what has been booked

Tues - Thurs **July 11-13, 2017**

- Pigeon Forge and Smokey Mountains Show
Sun., **Sept. 17th to Sat., Sept. 23rd**
- POLKA at the Aqua Turf,
Tues./Oct 17th
- Holiday Winter Wishes
Tues./Dec 12th

Please watch upcoming Newsletters
for more details



BINGO & Pizza Night

Monday, July 10th, 6:00 pm. \$5.00 per person. 50 & older are invited. Sign up & pay by July 7th.



ATTENTION!

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There will be **NO** Blood Pressure Check for the month of **July**.



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