
NOISES FROM THE CENTER

Vol. 6 No. 9 What's happening at the Senior Center September 2017



Article by Brad Parker:

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



September is “National Senior Center Month”. This is a time when we recognize the seniors of our community and also show appreciation for the great senior center our town has. Our senior center was built with grant money from the federal and state government specifically for the senior center. When the senior center was first opened all the furnishings were paid for by donations for the senior center. During the 12 years that the senior center has existed any other furnishings or equipment that has been needed, such as tables, computer room equipment, exercise equipment or coffee pots have all been paid for by either donations for the center or the senior club. This just shows us how proud our seniors and the rest of the town are of our senior center. When you stop to think about it, this has been a big relief to taxpayers, as tax dollars were not used for these purchases. The senior center has become a hub of activity and also a resource for seniors to go to for a wide variety of services. Many seniors come to the center for help with things such as energy assistance, tax help, help with Medicare and meals on wheels to name a few. As important as these things are to people, the socialization that people have at the center is just as important. To many people, the center is their home away from home. Yes, you might say that East Haddam takes good care of its seniors, but you can also say that the seniors have taken good care of the town for many years and continue to do so.

On September 25th we will hold a senior appreciation day at the center with a full picnic lunch served at noon. There will be live entertainment at 1:00 provided by the “2 Anthonys” (Anthony Nero and Anthony Valentino). The senior center is also used by many civic groups from town such as the Community Lions, Leo Club, Park & Rec., Garden Club, Land Trust and others. What an important part of our community our center has become. If you are an East Haddam senior and have not yet been to the senior center, then I invite you to stop by for a personal tour. You may find something you will like to do here or senior center could not do the many things all join in and celebrate “National Senior of the building.

maybe find some way to volunteer. The we do without our may volunteers. So let’s Center Month” and also the 12th anniversary

See you at the center.



September Birthdays

- 2 Sandy Kerzner
Russell Butler
- 4 Phil Snow
David Trotochaud
- 5 Edie Nichisti
Linda Paland
Nancy Seaman
- 6 Deborah Camp
Charlie Farrow
- 7 Nancy Geysen
Marcia Stollman
- 8 Christine Z. Briggs
- 9 John Gibson
Gail Alix
Dorothy Millen
- 10 Carol Hetzer
- 11 Judy Billingham
- 13 Alpha Sutton
David Ojeda
- 14 Brad Parker
- 15 MaryAnn Snow
Bert Trapanese
- 16 Carol Thody
- 17 Walter Golec
Marian Lang
Gwen Riggio
- 18 Gerry Piccola
- 19 Kay Novinsky
Ellie Sutton
Rasik Davda
- 21 Hildie Aitken
Albert Baird
- 22 Richard Parker
Nancy Phaneuf
- 24 George Giesey
Bruce LaChance
- 26 Donna Thody
- 28 Stephen Fallis
- 29 Paul Antaya



Shopping & Lunch Schedule

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

Tuesday, September 12th:
Old Saybrook: Walmart

Stop/Shop, OS Job Lot & Lunch

Wednesday, September 27th:

Cromwell: Walmart, Aldi, Athenien Diner



Let's Do Lunch:

Skipper's, Niantic, CT

Tuesday, September 19th.

Order right off the menu
Bus departs the Senior Center @11:00^{am}
\$5.00 for the bus.

Sign-up today!

The Senior Center is Co-Sponsoring an Event w/AARP called: **I LOVE CAREGIVERS**
Thursday, September 21st 6:00^{pm}

It will be a deeper-dive conversation designed for family caregivers. Family caregivers are the backbone of our health care system and they can use some support to make sure their loved ones have the choice to live safely and independently at home. This workshop allows attendees to learn specific tools in navigating and connecting to services available, understand your care options and costs and stay informed on the legislative issues impacting seniors and family caregivers.

We hope you join us!

Birthday & A Movie

There is no Birthday Cake or Movie for this month.



This month I would like to recognize

Bill Dowling

an East

Haddam resident and Special Advisor to the New Britain Bees Baseball organization. Bill treated our seniors to an "All Inclusive" ticket to the New Britain Bees Baseball game on July 25th. Everyone was treated like royalty. Thanks Bill, It was an amazing day!!!



Thursday, September 21st

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

Bingo Only... \$5.00 @ 1:00^{pm}

Please pay in advance, **sign-up today**

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CENTER HOURS

8^{am} 3^{pm} weekdays

September Game Night



Are You Prepared?

This Sept. is National Preparedness Month. The Dept. of Homeland Security is promoting individual and community preparedness. The theme this year is **“Disasters Don’t Plan Ahead, You Can.”**

What can you do to be prepared? Here are some helpful tips:

1. Make a family disaster plan: Red Cross Family Disaster Plan gives you a template to follow. (www.redcross.org)
2. Learn what disasters are likely to hit your area. Learn how you can get Wireless Emergency Alerts on your mobile device. (www.ready.go/alerts)
3. Identify your household contacts and an out of state contact for family members to text in case the local phone systems are not working. Previous disasters have shown this often method often works.
4. Identify the escape routes from your home.
5. Plan a meeting place near your home in case you get separated.
6. Learn your evacuation routes. Decide how you can shelter in place.
7. Make sure you consider special needs for people in your household, including pets.
8. Prepare a disaster kit including three days of food and water for each person, flashlight, radio, medicines, pet food, and hygiene supplies, a change of clothes, blankets and small tools.
9. Practice your plan with your family and friends.

You can learn more here: Emergency Preparedness tips at the CDC www.emergency.cdc.gov

For more information call **Visiting Nurses of the Lower Valley**
860-767-0186

AND Ice Cream Social

Games are not just for kids! Come alone or bring your own group. Play cards or any number of board games. Horseshoes also available. Better than the television version: we will have Ice Cream!!! **Tuesday, September 5th, 6:00 pm.**



Polka at

The Aqua Turf!

Tuesday, October 17, 2017
Featuring: The Polka Family Band
One of the finest Polka Bands around. Get ready to dance!
\$41.00 pp / \$5.00 for the bus
Lunch Menu: Chicken Rice Soup/
Tossed Salad/Pierogi's/ Roast Pork Loin/
Galumpki's Potato/Vegetable/Cheesecake
Don't miss out on this energetic day, **sign-up today by Sept. 15!**

Celebrate the Gifts & Challenges of Senior Life

Edwina Ranganathan LMSW., LADC, CCDP & Deborah Ringen BSN, PHN, MSN, RN-BC will be here to discuss the **TRANSITIONS AS WE AGE.**
Wed, September 27th @ 1:30 pm
Edwina will give an overview of changes & losses that impact our daily lives as we age. These can be physical & mental changes, loss of loved ones & more importantly loss of our own sense of who we are at times. Changing life circumstances & loss of memory can affect how we perceive ourselves and others. Adjusting to these transitions is the key to making the most of our later years. Deb will follow with some Brain Games to see how sharp we really are. **Join us!**

Massage

CORA IS BACK!

Wed, Sept. 20th, 8:30-2:00 pm,
\$25.00 for 30 minutes.
Rejuvenate your spirit, sign-up today.

The East Haddam Garden Club Presents:

“Scanner Photography”

Wednesday, October 18th @

7:30 – 8:30pm.

Photographer, Ellen Hoverkamp will demonstrate how to digitally capture beautiful plant and flower images. This program is free and open to the public. Refreshments will be served

August

Donations

Bob & Suzanne

Bostelman:

Apple Juice, Candy & \$ donation

Christine Briggs: Cups & \$ donation

Elaine Canfield: \$ donation

Rasik Davda: \$ donation

Bob & Rita Fiala: \$ donation

Rich Fiala: Fresh Veggies

Ray & Elaine Flaherty: \$ donation

Nancy Geysen: Napkins/Tartar Sauce

Cecilia Golub: \$ donation

June Guertin: Mustards/Salad Dress.

Richard & Carol Harrington:

Coffee cups & Fresh Veggies

Ralph & Terry Havens: \$ donation

Judy Jezek: \$ donation

Sally Merry: Ice cream & \$ donation

Judy Metcalf: Coffee & Puzzles

Henry & Kay Novinski: Napkins

& Desert plates

Pat O'Brien: Salad Dressing

Dick & Carol Parker:

Tartar Sauce & Relish

Mickey & Louise Pear:

Disinfectant Wipes

Helen Soja: Paper Plates

Stahly Farms: Salad Dressing &

Tomatoes

Rina Stevens: Coffee Maker

Ellie Sutton: Cake, Cleaning

supplies & \$ donation

Alice Sabo: Candy

Dot Simone: Paper Plates

Roger & Elsie Snell: \$ donation

Judy Westcott: Birthday Cake every month





Blood Drive

The Senior Center will host a blood drive in conjunction with the *American Red Cross* on **Thursday, September 28th, 1:30 pm – 6:30 pm**. The warm weather is here, 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.



MONDAY, 9/4/17

**Ivoryton Playhouse
Presents:
I Hate Musicals – The Musical
Wednesday, Oct. 11th, 2:00 pm**
Bus departs the Senior Center
@1:00 pm

\$35.00 for the ticket
\$ 5.00 for the bus

It's a musical like nothing you've ever seen before!!



Flu Shots

**Wednesday, October 11
12:30 pm - 2:30 pm**



National Senior Center Month Celebration

Join us for a Good Ole Fashion Cookout with all the fixins!
Monday, September 25th @12:00 pm
with live entertainment @1:00 pm
Free to all the Seniors! But please sign-up by, September 20th @ the Senior Center.

**The Winner
of the Monthly Drawing Is:
Nancy Geysen**



a \$10.00 G.C. to
Ballek's Garden
Center was
awarded!



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