

BUSY BEE BULLETIN

AUGUST 2008

COLCHESTER SENIOR CENTER “Proud To Be Part of the Community”

The Colchester Senior Center is an open door to the community and is open Monday-Friday at 8:00 a.m. – 4:30 p.m. for your convenience. We enjoy everyone’s visit!

SCAMS

We have been apprised of many scams that are going around. To keep you abreast of the current scams, we post them on our bulletin board in the hall (near the dining room) of the senior center. Be aware of *phone calls* and *mailings* that seem *too good* to be true, it usually is and it is a scam. Please remember that Medicare, Social Security, banks and the IRS do not ask for pertinent information over the phone. If you receive a phone call or a mailing that is in question you may contact Mimi Peck-Llewellyn, JD, LLM Legal Services Developer/CHOICES SMP Coordinator CT Dept. of Social Services, Aging Services Division 1-800-424-5244 or at marie.peck.llewellyn@ct.gov

COMING EVENTS

Wii GAME- We are looking to start a Wii Bowling League. I know a lot of you have been practicing. Keep it up! The “Team Captains” will be Cathy and Priscilla. See Priscilla for team assignments.

GREEN TEAM GARDEN CLUB- will meet on Wednesday morning at 10:00, and then on Aug. 20th the group will have their annual Block Party with invited neighboring guests.

The Green Team participants should be at the senior center at 9:30 to set up. Lunch will be served from 11:30 a.m. to 1:00 p.m. for invited guests. If you would like to participate talk to Cathy or Priscilla.

CONCERTS ON THE GREEN- Sunday, Aug. 3rd “The Larry Stevens Band” and Aug. 10th “Latanya Farrell and the Bookman Styles Band”. All summer concerts start at 5:30 p.m. and are presented by Colchester Parks and Recreation sponsored by Rockville Bank.

PING PONG- If you have an interest in ping pong and would like to start having regular games scheduled, talk to Priscilla.

VOLUNTEER OPPORTUNITIES- If your ambition is to volunteer, remember the Colchester Senior Center. We have a wonderful group of dedicated volunteers who assist the staff daily. However, we are in need of assistance to help with our special dinners. If

you could spare an hour of your time to pour coffee, wash dishes, help serve etc. please contact Cathy.

THINK GREEN- using the 3 R's; reduce, recycle and reuse. Bring all your great ideas on how to help our planet on Tuesday, August 19th at 10:15 and let's put our heads together!

WEDNESDAY NIGHT SUPPER-Enjoy having supper at 5:00 p.m. On August 6th have a Corned Beef Dinner, then play games or watch a movie! On the 20th we'll have a picnic and a special program. Please make your reservations in the office.

GOLDEN GLOW ANNUAL OUTING- at Margaret and Joe's home on August 25th. We will leave the senior center at 10:30. Volunteers are needed to help with the days activities. We will resume practice on September 8th at 10:30.

SENIOR CENTER WEEK- September is Senior Center Month, watch for details for our special event week to come! Theme day will be during the month and we will celebrate the country of Russia and learn about its people and culture. If you or anyone you know has Russian stories or items that they can share, we would like to use them for our theme day. Theme for the month is "Senior Centers Work".

WORLD WAR II VETERANS- the Secretary of State will be honoring all WWII Veterans from Colchester and Salem at a ceremony to be held at the Colchester Senior Center on Wednesday, September 24th at 10:30 a.m.

If you are a WWII Veteran and live in Colchester or Salem, and have not received an invitation, please contact Tammy Marzik, at the Secretary of State's office, at 1-860-509-6269.

SAVE THE DATE- Saturday, September 27th is the 57 FEST. Volunteers will be needed to work in our booth.

A parade will kick off the event this year! Enjoy this family event with many activities, food, entertainment (Golden Glow will perform too!) and fireworks will conclude the event!

ACTIVITIES

QUILTING AND THEOREM PAINTING- with Joyce on Thursday's in August at 1:00 p.m. No program on August 14th.

SHOWTIME - Monday's at 10:30. We are practicing bell ringing and are getting ready for a skit. If you have talents that you would like to share come in and join our group!

No program on August 25th.

LINE DANCING-Thursday in the afternoon at 1:30. Have fun learning some new steps, even if you are a beginner! No program on August 14th.

OPEN ART STUDIO- every Wednesday from 2-3:30. Bring in the piece of art that you are working on and Priscilla will help you with technique and offer suggestions. No program on August 27th.

FAMILY FEUD- Thursday mornings at 10:00. No program on August 14th.

CRAFTS- will be on Tuesday's in the morning at 10:00 a.m. Bring a craft to share and come socialize!

BINGO- every Friday morning at 10:30. We have two groups of play. The group that meets in the craft room plays with many cards; the group that meets in the VFW room plays with fewer cards. Join the game of your choice!

CARD GAMES- the Colchester Senior Center and its participants welcome new players.

Setback- Mon. at 12:45

Pinochle- Tues. at 12:45

Bridge- Wed. at 12:45

COMMUNITY CONVALESCENT HOME PROJECT- This program consists of the Colchester Senior Center and two nursing homes; Liberty Specialty Care and Harrington Court. Each month we rotate sites and work on a project together. Volunteers are needed to participate in this rewarding program. This month the group is invited to the senior center on Tuesday, August 26th at 10:30.

RETIRED SENIOR VOLUNTEER PROGRAM- "RSVP"- this group will meet on Wednesday's in the morning at 10:15. Join us to work on volunteer projects for local hospitals, nursing homes and non-profit organizations.

Please review the daily activities; at times we must cancel programs.

Heroes' Field

Be a part of this wonderful tribute to Connecticut's Veterans!

At Brainard Airport in Hartford on September 26, 27, & 28, 2008. Special photo images will be displayed of persons who have served from WWII through Iraqi Freedom. Order forms for photos to be displayed at Heroe's Field are available at the Colchester Senior Center. (Provided by Health Net) All proceeds will go directly to the VFW's Connecticut Emergency Unmet Needs Fund. (The fund was established to help families that run into financial hardships while loved ones serve their country.)

SERVE NEW ENGLAND, FOOD CO-OP

Tim Strong is the coordinator for Serve New England in our area and through his expertise and cooperation we are able to help bring this program to you. Serve New England is a non-profit company often called, "the best kept secret in new England!"

In collaboration with the Colchester Senior Center, you will be able to choose from different packages that change monthly. A family meal includes fruits and vegetables along with meat. There are meat only packages and Gourmet choices.

Package orders range from \$14 - \$25. Choices are available and orders must be placed by August 8th. Payment is due the day the order is placed. The pick up date is Saturday, August 23rd from 1:00-3:00 p.m. at the senior center. If you need delivery, please let us know when you place your order. One dollar extra per package will be added to cover transportation. A Community Service receipt must be filled out (Two hours of volunteer service for the month is needed to utilize this program.)

WELLNESS PROGRAMS

TAI CHI -on Tuesday morning's at 9:30 A.M. (This program is group lead.) Gain flexibility and strength!

WALKING- every Friday morning at 9:00 A.M. as long as the weather is not inclement, otherwise we will stay inside and exercise. No walking on August 1st.

EXERCISE CLASS -Monday and Wednesday at 9:00 a.m. we have a **free** program brought to us by Well Quest Inc. and sponsored by Health Net. The program is comprised of group exercise classes offered twice a week, on non consecutive days (Monday and

Wednesday), by a certified instructor. Each participant will need to submit an exercise release form signed by their physician. A 60 minute low-impact total body workout will incorporate aerobic, strength, balance and flexibility modalities that target the senior population. The instructor will modify exercises for those that need it. See Cathy if you have any questions.

To receive the full benefit of the program please be at the senior center by 9:00 a.m. to start and stay for the entire program.

FREE HEARING CLINIC-by appointment, on Wednesday, August 13th from 9-12 p.m. Hearing screenings will be given, also available is a hearing aid maintenance service and ear wax inspection and screening. Call to schedule your appointment.

BLOOD PRESSURE CLINIC- (sponsored by CONNCare/ Backus Health Center) Blood Pressure screening on Monday, August 18th from 10-12 at the senior center. Please sign in at the dining room desk and get your number/ticket.

LOW VISION SUPPORT GROUP- will meet on Thursday, August 21st at 10:30 a.m. The support group is sponsored by the senior center and Colchester Lions Club.

A LARGE PRINT "BUSY BEE" NEWSLETTER-is available for those that are visually impaired.

COLLECTING- The Colchester Senior Center encourages people to drop off the following items: used hearing aids to be refurbished, eyeglasses, cell phones and hearing aids can be placed in the boxes in the hallway.

Postage stamps and pull tabs can be placed into the box on the table, in the back of the dining room.

STIMULUS PACKAGE (IRS REBATE)

People can still file for their stimulus package (rebate) until October 15th. If you haven't filed the paperwork yet, you still have time. Call the senior center and we can set that up for you (537-3911).

MEETINGS

AARP Chapter # 4019- will meet September 2nd.

COMMISSION ON AGING MEETING -Members will meet on Monday, August 11th at 1:00 P.M. at the senior center. The public is welcome to express their views on senior issues.

FRIENDS OF THE SENIOR CENTER: *We are putting out a "call" to members of the community, of all ages, who would be interested in joining a group that is known as the "Friends of the Senior Center." We would like to have input from all segments of the community so that we can work together for a new senior center and agree on goals that will make our senior center more vibrant and relevant as the years go on.*

If you are interested in being a part of the group, please call the Colchester Senior Center at 537-3911. The group plans on meeting on the fourth Thursday of the month at 6:00 p.m. at the Town Hall. (No meeting in August.)

CRAFT GUILD MEETING- the group will meet at the senior center on Thursday, August 28th at 10:30.

Tempt Your Taste Buds...

from www.foodnetwork.com

Macaroni Salad with Dill and Ham

¼ medium red onion, minced
2 teaspoons kosher salt

8 ounces elbow macaroni (about 2 cups)
 2 tablespoons milk
 2 tablespoons white wine vinegar
 1 tablespoon Dijon mustard
 Freshly ground black pepper
 1/3 cup extra virgin olive oil
 1/3 cup of sour cream
 6 ounces cooked ham, cut into 1/3 inch cubes
 3/4 cup of frozen baby peas, thawed
 2 ribs of celery with leaves diced
 2 tablespoons chopped fresh dill

To mellow the minced onion you can soak it in cold water while you make the salad. Bring a large pot of water to a boil over high heat and salt it generously. Add the macaroni and boil, stirring occasionally, al dente, about 8 minutes. Drain the macaroni in a colander, up in a serving bowl and toss with the milk. Allow the macaroni to cool slightly while you make the dressing.

Dressing: Whisk the vinegar, mustard the two teaspoons of salt and black pepper to taste in a large bowl. Gradually whisk in the olive oil, starting with a few drops and then adding the rest in a steady stream to make a smooth slightly thick dressing. Whisk in the sour cream. Drain the onions, pat dry, and add to the macaroni along with the ham, peas, celery, and dill. Add the dressing and fold to coat the pasta evenly. Serve immediately or cover and refrigerate until ready to serve.

BIRTHDAY CELEBRATION **AUGUST 2008**

The Colchester Senior Center Staff wishes everyone celebrating a birthday in the month of August, a Happy Birthday and may the year be filled with good health and good times! Join us as we celebrate all August birthdays on Monday, August 18th at 12:00 noon. When you sign up for the TVCCA lunch your name will go into a drawing for a **free lunch** and a birthday cake. Everyone that attends for their birthday will receive a small **gift!**

August....

1.....Marion Stanavage	2.....Tommy Brown
3.....Winnie Kilrain	7.....Nathan Shiff
8.....Maryann Standish	10....Cathy Russi
14....Marie Day	16....Rosemary Maheu
17....Gwenda Williams	18....Bernie Weis
23....Ruth Tallman	26....Eva Gustafson

If your birthday is not listed please let Donna know, so she can add you to our list!

TVCCA COMMUNITY CAFÉ

Meet your friends and have lunch at the TVCCA Community Café. Lunch costs are \$2.50 (suggested donation) and \$3.00 (suggested donation) for salads. Donations for TVCCA need to be put in an envelope and then deposited into the dining room box. **This is a TVCCA policy and not that of the senior center. Envelopes are available at the dining room desk for your confidentiality.**
NEW TVCCA needs your meal reservation 72 hours in advance.**

Thinking of You

So many people have indicated that they would like to know where some of their friends are located (nursing home or rehab center), so that they may visit or send a card. In providing that information, we ask if you know of any change in people's status, to please let us know, in order to keep our list updated. Also, if there is anyone you'd like to add, just call the senior center.

Liberty Specialty Care Center:

Connie Wright, Chester Emrick

Harrington Court:

Anni Kaven, Edie Wax, Helen Hayden, Mimi Patterson

Marlborough Health Care:

Kathy Tischoffer and Mary Raicik

The Village at South Farms, Middletown:

Anna Moroch

Middlesex Healthcare:

Doris Krause

Our sincere sympathies go to the family of Katherine (Kay) Muir for her recent passing.

What's in Your Medicine Cabinet?

From the Senior Sentry, Senior Resources Agency on Aging

We have all read the stories in the news about drug traces showing up in our water supply. So what do we do with outdated over the counter items as well as prescription medication? People tend to throw away unused medicines by flushing them down the toilet or in the sink. This can cause water pollution, which impacts our drinking water, and has serious side effects for wildlife. What can you do?

1. Keep medicine in its original container. Use permanent marker to cross out your name.
2. Modify drugs to discourage consumption. For solid meds such as pills or capsules, add a small amount of water to partially dissolve them. For liquid meds add salt, flour or spice to make it unappealing to consume. For blister packs, wrap in multiple layers of heavy tape.
3. Seal and conceal all discarded medicine. Seal containers shut with heavy tape. Place them inside a non-transparent bag or container such as an empty plastic food tub to ensure the contents cannot be seen. Do not conceal them in food as animals could eat them by accident.

Some pharmacies will accept your old medications and dispose of them for you. Just ask!

TRANSPORTATION NEWS

We have received a grant for out of town transportation from the Department of Transportation. Please call (537-3911) to schedule your appointment at least *one week ahead* of time, if at all possible. Thank you.

TRAVEL

Payments are being taken for these trips. Call the Colchester Senior Center for additional information (537-3911).

Shopping Trip- to Shop Rite or Big Y in Norwich on Wednesday, August 13th after lunch. (half day shopping)

Lunch Bunch- take a trip with our group called the “Lunch Bunch” who takes pleasure in dining out together! On Wednesday, August 27th we will travel to the Dock and Dine Restaurant. Sign up early as this trip fills up quickly.

Jewish Federation Picnic- Food, fun, fellowship and entertainment on Thursday, August 14th at 12:30 in New London at the Congregation Beth El. Cost \$2.50 per person payable at the time of sign-up. Limited Seating. The group will leave from the senior center at 11:15.

Christmas City, USA- Special Moravian Christmas Concert in Bethlehem, PA Dec. 10-12, 2008. Visit Allen Organ for a recital, have a Holiday Dinner Buffet in the breathtakingly decorated Hotel Bethlehem, have a Moravian Museum experience, enjoy a Traditional Moravian Christmas Concert in a 200 year old church, stop at a Putz and visit Christkindlemarkt too! Stop in and pick up a flyer. Cost \$371 per person.

EVERYONE HAS A STORY... Winifred May Kilrain

Anyone that comes to the senior center knows “Winnie”. We all know her for the exquisite things she knits and sews. And although she has been in America for over 60 years she still speaks with a charming English accent, thus, making it a joy to talk to her.

Winnie was born on August 3rd, 1919 in Brighton, Sussex, England. Before she was two they moved to Tottenham, London. Her father had a career in music. He was a trumpeter and played for silent movies. He also was a band man in the army where he served for 21 years.

Winnie and her sister went to school at a convent. It was there that she learned the skill of sewing and knitting. When she was 14 she went to work at Lydia Moss where she did hand embroidery on fine cotton and silk lingerie. At 16 she went to work at Sharpes. She did smocking and a lot of hand sewing on baby clothes.

In 1944 Winnie met a dashing young American soldier, named Joe Kilrain. They were married a year later, and a month later Joe was sent back to America. In 1946 Winnie had a son John. Finally in January 1947 Winnie and her new baby arrived in America. Joe took his family to Pennsylvania to meet his mother and the rest of the family. They stayed there for nine months.

After that Joe got a job at Wiremold Company in Hartford where he worked for 30 years. With so many G.I.'s returning after the war it was hard to find a place to live. So for a year they lived in a one room apartment. They finally got a three room apartment and Winnie felt like she had moved into a palace. For four years Winnie worked at Royal Typewriter Co. She quit to give birth to her second son Joe.

In 1951 Winnie became an American citizen. In 1954 she went to work at Travelers and worked there part time for 21 years. The Kilrains did a lot of traveling. She has been back to England 12 times.

Winnie has a very close relationship with her sons and their families. She has six grandchildren. After Joe's death in 1980 she was busy with many volunteer jobs. She moved to Colchester in 1995.

Winnies's mother was a dancer and singer and that must be where Winnie got her love for music and dancing. Thank you Winnie, for bringing all your talent to America and finally to Colchester. It is a joy to know you and to count you as a friend.

Clara Erickson, Roving Reporter