

**BUSY BEE BULLETIN**  
**October 2010**  
**COLCHESTER SENIOR CENTER**  
**“Proud To Be Part of the Community”**

*The Colchester Senior Center is an open door to the community.*

*Monday-Friday 8:00 a.m. – 4:30 p.m.*

We enjoy everyone's visit!

*“Everyone must take time to sit and watch the leaves turn” ~Elizabeth Lawrence*

Dear Friends:

It hardly seems possible that the summer of 2010 is now just a fading memory. Where did the time go? It was certainly one for the record books with all of those 90+ days, and we definitely left no stone unturned, soaking up all of the fun in the sun; including boat trips and hayrides, visits to the beach, parks and museums, as well as sunflower fields and even a butterfly conservatory. And, I think it is safe to say that we all had our fill of one of summer's best gifts, roadside ice cream stands; well, maybe not!

As the fall season unfolds and the days grow increasingly cooler and shorter, it is time to get a bit more “serious” and hit the “books of life” again. Towards that end, the AARP and the Low Vision Support groups have resumed their meeting schedules with interesting and informative speakers. The Golden Glow singers have returned with a full and exciting program lined up, and our computer classes are now underway. Planning for the holiday fair is in high gear and the Senior Center Study Group is working hard to make a recommendation to the Board of Selectmen on a new senior center plan.

In our efforts to keep seniors safe and well, we have several important programs lined up for the fall, including an orientation to our new “Friendly Visitors” program, a seminar on how to keep your loved ones home, the “Second Annual Don't Be Scammed” event, and a second series of the Live Well workshops that will be offered in collaboration with Cragin library.

Of course just because summer is now behind us, it certainly does not mean that we will totally abandon having fun. As you can see from the monthly October calendar, there will be plenty of great activities to participate in, including several Halloween parties, the annual regional event at the Port & Starboard, the end of summer pizza party, and the trip on the Essex steam train and boat ride.

So as we enjoy the last few weeks of warm weather, get your light jackets out of the closet, your wool socks ready, and be prepared for a great autumn season at the Colchester Senior Center. We'll keep the lights and heat on for you.

Sincerely,

Patti White

## **COMING EVENTS**

**FRIENDLY VISITORS PROGRAM** -This fall we will start a new program designed to provide companionship to homebound seniors. On October 13<sup>th</sup> from 5-7 we will hold an orientation to this program for those in the community who may be interested in becoming a volunteer, or may know of a senior who could benefit from this service. The orientation will include an overview of the program and a presentation from Rev. Barbara E. Barlok, Executive Director of the Interfaith Volunteer Care Givers of Greater New Haven. To register or find out more about the program please contact the office.

**LIVE WELL WORKSHOPS**-Monday afternoons from October 18<sup>th</sup> - November 22<sup>nd</sup> at the Cragin Library. This program will be offered in collaboration with the library for adults 55 and older, living with a chronic health condition or caring for a loved one with a chronic condition. Learn tips on how to take better control of your life and improve your overall health and well being. Sign up with Priscilla.

**Colchester Triad presents the "Second Annual Don't be Scammed"** event to be held on October 19<sup>th</sup>, 2010, from 9:30 am to 12pm at St. Andrew's church on Norwich Avenue. This year's program will include a uniform *fashion* show that will be designed to help seniors learn tips on how to stay safe when individuals come to their homes requesting to come in or speak to them. Please register with Donna.

**"KEEPING SENIORS AT HOME"** – An informational seminar will be held on October 20<sup>th</sup> from 7-9pm on ways to help keep a senior safe in their home. Learn practical solutions from the experts on how to keep you or your loved one at home. Topics Include: **Issues of Aging That May Impact Independence, Resources Available for Senior Care, and What Funding Pays for What Services.** Sponsored by the Colchester Commission on Aging. Call the center to register. For questions contact: Rose Levine, COA member, at 860-245-0820.

**PIZZA PARTY**-join us on October 27<sup>th</sup> at 12:30. Please sign up in the office, even those on Louise's Bus. Cost is \$4.00 at the time of sign up. Enjoy salad, pizza, dessert, games and prizes too!

### **HALLOWEEN CELEBRATION AT THE SENIOR CENTER/DUBLIN**

**VILLAGE**-join us for cider, donuts and children's parade on Friday October 29<sup>th</sup>! After lunch travel to Dublin Village with us (wear your funny hat) for Halloween Pokeno with snacks and prizes!

**SCARECROW CONTEST**-Don't forget to visit the Town Green and vote for your favorite scarecrow!

**HOLIDAY FAIR**-Saturday November 13<sup>th</sup> from 9-1:00 pm. Bring your friends and family! We have something for everyone!

## **WELLNESS PROGRAMS**

**FLU CLINIC**-will be held for senior citizens at Town Hall on Friday October 8<sup>th</sup> from 1-4pm by calling the senior center for an appointment.

**FREE HEARING CLINIC**-by appointment, on Wednesday October 13<sup>th</sup> from 9:30-11:30. Hearing screenings, a hearing aid maintenance service and ear wax inspection is available from Bob Sawyer, Board Certified in Hearing Instrument Sciences by the International Hearing Society and a Connecticut licensed hearing instrument specialist and dispenser for nearly 20 years. Call to schedule your appointment at 537-3911.

**BLOOD PRESSURE CLINIC**- Blood Pressure screening is on Tuesday, October 12<sup>th</sup> from 10:30-11:30. Please sign in at the dining room desk and get your number/ticket. Provided by Wendy Pizzoferrato RN, from "Housecalls". (Note day change.)

**LOW VISION SUPPORT GROUP**- will meet on the third Thursday of the month (October 21<sup>st</sup>) at 10:30. This program is coordinated by Colchester Senior Center and the Colchester Lions Club. We invite those with all levels of vision impairment. Hear informative guest speakers and view low vision products that can help make every day living easier.

**TAI CHI STYLE EXERCISE**-on Tuesdays at 10:00. (This program is group lead with Tai Chi style movement.) Tai Chi a mind/body practice is sometimes referred to as "moving meditation." Practitioners move their bodies slowly, gently, and with awareness all while breathing deeply.

**EXERCISE CLASSES**-Exercise classes are offered every Monday, Wednesday and Friday mornings at 9:00 with a certified instructor. Cost per class is \$3.00. See Donna in the office for details.

**SENIOR YOGA**- Thursdays at 10:30 we offer Hatha style Yoga with a certified instructor. Class begins with a gentle massage and will include gentle Yoga postures and deep breathing. Bring a mat and wear comfortable clothing. A \$4.00 fee per class is to be paid directly to instructor.

**"MAKING MEMORIES" Program**- A Recreational Therapy program for individuals facing early signs of memory loss and/or impaired cognitive functioning. This program is supported by the Senior Resources –Agency on Aging with Title III funds made available under the Older Americans Act. Additional funding for the program is made possible by the Brookdale Foundation. For more information contact Patti White at 537-3911.

## **ACTIVITIES**

**CRAFTS**-Tuesdays at 10:00 join us as we work on items for our fair in November.

**FAIR WORKSHOPS**- October 8<sup>th</sup>, 15<sup>th</sup> and 22<sup>nd</sup> from 1-3pm and October 26<sup>th</sup> from 9-11:30.

**NEEDLEWORK**- Mondays at 9:00. Share your talents; learn to knit, crochet or create needlework with others.

**SCRABBLE**-Mondays from 10-12. Join your friends to play an old favorite...Scrabble!

**GOLDEN GLOW**-Practice on Mondays at 10:30. If you like to sing join us!

**POKENO**- play Pokeno on Thursdays at 9:00.

**Wii BOWLING**-Thursdays from 9:00-10:30.

**LINE DANCING** -Thursdays at 1:00. Learn to line dance!

**DUST BUSTERS**- Bring in up to five items (dust collectors) to the center on from 9-10 on October 12<sup>th</sup>. Go home with a new treasure! Call Priscilla for details.

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

**CARD GAMES**- the Colchester Senior Center and its participants welcome new players. **Partners not required for card games.**

Setback- Mon. at 12:45 We are in need of new players!

Pinochle- Tues. at 12:45

Phase 10- Tues. at 12:30

Bridge- Wed. at 12:45

Cribbage- Fri. at 1:00 (We need more people to keep this game on our calendar.)

**CHESS**-Looking for players. Contact Priscilla if interested.

**BINGO**- every Friday at 10:00. We have two groups of play. The group that meets in the activities room plays with many cards; the group that meets in the center's library plays with fewer cards. Join the game of your choice!

## **MEETINGS**

**AARP Chapter # 4019**- Meet Tuesday October 5<sup>th</sup> at 1:30 in the center's dining room, followed at 2:15 with an informative discussion from a Lawrence and Memorial Hospital physician and physical therapist regarding the treatment and prevention of Arthritis. The public is welcome to attend.

"Meet the Candidates" is scheduled for October 26<sup>th</sup>; meeting at 1:30 Candidate Forum at 2:00. The public is welcome.

**HOLIDAY FAIR COMMITTEE**-Thursdays at 11:00. Our upcoming fair is in need of gently used jewelry and Christmas items. No meeting on October 14<sup>th</sup>.

**SENIOR CENTER GROUP MEETING**-on Friday October 8<sup>th</sup> at 12:30. Join us to discuss ways to improve and support the activities of the center. All are welcome!

**COMMISSION ON AGING MEETING**-Members will meet on Tuesday, October 12<sup>th</sup> at 1:00 at the senior center.

**SENIOR CENTER STUDY GROUP**-Thursday October 14<sup>th</sup> at 4:30 at the senior center.

## **Benefits Counseling**

You may qualify for fuel assistance, health insurance, food stamps, the Medicare Savings Plan or other service programs and not even know it! Senior Resources Area Agency on Aging is sending a representative to the center on the third and fourth Wednesday of the month (Oct.20<sup>th</sup> and 27<sup>th</sup>) from 9-12:00. Call the senior center to schedule a confidential appointment.

### **Information needed to collect the Benefits Check Up:**

- Month/Year of birth
- Citizenship Status, Marital Status and Veteran Status
- Residence type (own home or rent)
- All sources of income for all in household.
- All sources of assets for all in household. (cash, automobiles, retirement/investment accounts, life insurance, burial accounts, ect.)
- Estimates of monthly living expenses (rent, mortgage, taxes, fuel, electric, ect.)
- All out of pocket expenses for medical (including co-pays and insurance premiums.)

## **Temp Your Taste Buds with...**

### **Halloween Pumpkin Bars**

#### **Ingredients**

1 1/2 cups pumpkin pie filling

2 cups sugar  
 1 cup canola oil  
 4 Eggs  
 1 teaspoon vanilla extract  
 2 cups all-purpose flour  
 2 teaspoons baking powder  
 1 teaspoon baking soda  
 ½ teaspoon salt  
 1 cup chopped pecans  
 1 can (16 ounces) cream cheese frosting  
 Yellow and red food coloring  
 70 pieces of candy corn  
 ½ cup milk chocolate chips

**Directions**

In a large bowl, beat the pumpkin, sugar, oil, eggs and vanilla. Combine the flour, baking powder, baking soda, and salt; gradually add to pumpkin mixture and mix well. Stir in pecans. Pour into a greased 15 inch x 10 inch x 1 inch baking pan. Bake at 350 for 20-25 minutes or until toothpick inserted near the center comes out clean. Cool on wire rack. Tint frosting orange with yellow and red food coloring. Frost bars; cut into 35 squares. For eyes, place two pieces of candy corn on each bar. In a microwave, melt choc. Chips; stir until smooth. Transfer to a heavy duty resealable plastic bag; cut a small hole in a corner of the bag. Pipe dots on candy corn for pupils; decorate faces as desired.

**Word Game**

**“Words, Words, Words!”**

Can you complete the following words? The three missing letters in each case will spell the name of a different animal.

- |              |            |
|--------------|------------|
| 1. EDU***ION | 2. BR***RY |
| 3. PRE***SOR | 4. PY***ID |

*Answers on the last page.*

**HAPPY BIRTHDAY**  
***October 2010***

Happy Birthday from the Colchester Senior Center Staff!

Join us as we celebrate October birthdays on Wednesday the 27<sup>th</sup> at 12:00 noon. Enjoy a small token surprise; together we will all share a piece of birthday cake and sing happy birthday!

**October....**

- |                          |                       |
|--------------------------|-----------------------|
| 10....Ann Smyk           | 10....Ethel Bourque   |
| 12....Estelle Zembrowski | 17....Betty Courtenay |
| 17....Walter Popowich    | 18....Dave Cooper     |
| 19....Ruth Little        | 21....Martha Paty     |
| 23....Bernie Erickson    | 23....Janet sola      |
| 24....Jean Maurice Soucy | 26....Ceil Bogush     |
| 28....Pauline Hamblett   | 31....Rita Mason      |

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

## **TVCCA COMMUNITY CAFÉ**

The TVCCA Community Café serves lunch at noon. The cost of the meal is a suggested donation of \$2.50. Salads are a suggested donation of \$3.00.

The **new TVCCA fresh prep menu** is now served on *Tuesdays, Wednesdays and Thursdays* in the dining room! Every meal includes a meat, potato, vegetable, milk and bread. It is cooked and served hot and fresh just like homemade!

Enjoy a nutritious salad on Wednesdays and Fridays this month. See menu for choices. You must be a registered participant in the café program to enjoy the meals. If you are not registered, please ask the site server (Jane) how you can easily register.

**TVCCA needs your meal reservation 72 hours in advance. Please call the senior center at 537-3911.**

*If you are getting a meal, please check in at the dining room desk when you first enter the senior center so that the kitchen knows early that you will be here for your meal.*

## **Thinking of You**

People want to know where their friends are, so we try to pass this information along. If there is a change in anyone's status, please let us know.

**Apple Rehab of Colchester:** Connie Wright, Dot Shiff

**Harrington Court:** Edie Wax, Helen Hayden, Mimi Patterson,  
Millie Fiondella, Edmond Fontaine, Walter Patterson,  
Catherine Palmer, Wilma Fedus

**Marlborough Health Care:** Kathy Tischoffer, Mary Raicik, Olga Wozkniak

## **ENERGY ASSISTANCE PROGRAM**

The CT Emergency Assistance Program is designed to help offset the winter heating costs of CT's lower income households.

### **You will need: (New Information Update for 2010)**

1. \_\_\_ Social Security numbers, with proof of this year's social security income and any other income received, for everyone in the household.
2. \_\_\_ If you receive a pension, we need paperwork of proof other than a bank statement.
3. \_\_\_ Copies of all recent savings and checking account statements.
4. \_\_\_ Statement of assets; stocks, bonds, CD's and IRA's (retirement accounts), credit union accounts, and VA benefits are to be provided for all household members.
5. \_\_\_ If you receive over \$10 a month in interest on any account, you will need to bring in a year to date statement from the bank.
6. \_\_\_ Proof of alimony or child support (foster children's income is not needed).

7. \_\_\_ Everyone needs to bring your most recent electric bill (top and bottom portion) even if it's not your main source of heat.
8. \_\_\_ If your main source of heat is oil, gas or propane, bring the name and address of the company you use.
9. \_\_\_ Bring your Food Stamps card or a copy.
10. \_\_\_ Provide a current rent receipt (if you rent) labeled with a name, address and phone number.
11. \_\_\_ If you have a mortgage please provide a monthly mortgage receipt with a name, address and phone number of mortgage company.

**Call the senior center for an appointment (537-3911).**

## TRANSPORTATION

### **In Town Transportation:**

Please call before 12 noon to secure your reservations for the following day or unfortunately we may not be able to grant your request.

### **Out of Town Transportation:**

A grant from the Department of Transportation enables us to offer out of town transportation on a first come, first served basis. Please call (537-3911) after 2:00. Giving as much notice as possible will increase the chances that we can fill your request.

## TRAVEL

**Call the Colchester Senior Center for additional information (537-3911).**

**Trip sign-up policy- Please come in to sign up for a trip and pay the transportation cost or cost of the trip to hold your reservation.**

**Reservations will not be made over the phone.**

**SHOPPING TRIP-** on October 6<sup>th</sup> to Norwich Walmart. Transportation is a suggested donation of \$2.00.

**ESSEX STEAM TRAIN AND RIVER BOAT-**Enjoy a sightseeing journey through the Connecticut River Valley on October 14<sup>th</sup>. Cost for the Steam Boat and Train is \$22.00. Transportation is a suggested donation of \$3.00.

**OKTOBERFEST-**October 20<sup>th</sup> at the Sturbridge Host Inn in Sturbridge, MA. A delicious German lunch will be served, followed by the Oberlaendler Hofbrau Band, made up of twelve talented musicians that have performed world wide. They appear in traditional Bavarian costume! Cost \$75 plus \$1 for Driver Gratuity.

**BERMUDA-** No flight cruise!- May 2011- 7 days- New London or New York departure- more details to follow!

**Answers to Word Game "Words, Words, Words!"**

1. CAT
2. EWE
3. CUR
4. RAM

