

# **BUSY BEE BULLETIN**

## **NOVEMBER 2009**

### **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!*

***We can only be said to be alive in those moments when our hearts are conscious of our treasures. ~Thornton Wilder***

Dear Friends:

While New Years Eve is traditionally the time when we pledge to make positive changes in our lives, I have always felt that the Thanksgiving holiday provides a special opportunity to focus on what we are grateful for, and to take conscious steps to show our appreciation for those people and gifts that we have been blessed with over the years.

It’s been nearly a year since I was hired to become the director of the Colchester Senior Center, and as such I thought it would be fitting to reflect on all of the good things that have happened during that time. To that end, I have made my **2009 Thanksgiving Appreciation List** which I would like to share with you.

**I am grateful for:**

- Linda Hodge, and the interview committee who gave me this opportunity.
- Cathy Russi, whose vision, hard work and passion built a truly wonderful and enduring program to build on.
- The dedicated, conscientious and very talented staff of the center who make each day enjoyable and fulfilling.
- The members of the Commission on Aging, the former members of the Craft Guild, and Friends of the Senior Center for their past and ongoing support.
- Those of you who come to the center to participate in activities and share your lives with us. You truly are why we are here and love our jobs!
- The generous community of Colchester. It clearly is a great town!
- My family and pets, who are with me daily, both literally and in spirit.

As we know, life can sometimes present challenges and hardships that may feel daunting and unexplainable when we are in the middle of the storm. That is why it is so important to celebrate the good times and to give thanks for all that we value in our personal lives, our work and our communities.

I wish you many blessings during the Thanksgiving season and encourage you to take a few moments to make your 2009 Appreciation List. It is good for the heart and soul.

Sincerely,

Patti White

*We give thanks for unknown blessings already on their way. ~Author Unknown*

## **COMING EVENTS**

**“MAKING MEMORIES” Program-** We will begin a Recreational Therapy program for individuals (and their caregivers) 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 about the start date and hours of operation contact Patti White.

**VOTE-** the poles will be open on Tuesday, November 3<sup>rd</sup> for voting. If you need transportation please let us know by noon the day prior or before. Our buses will go to the poles intermittently that day.

**VETERANS DAY PROGRAM-** on Friday, November 6<sup>th</sup> at Colchester Elementary School. The children have planned a special morning program to honor Veterans. We will be providing transportation and would like to know who will be participating. Please call the senior center to RSVP by Monday, November 2<sup>nd</sup> and speak to Donna.

**THANKSGIVING DINNER PROGRAM-**join us for a special TVCCA turkey dinner with all the fixings on Wednesday, November 18<sup>th</sup> at 11:30. Cost \$4.50 per person. Payable the day of the event.

**MEDICARE PART D-** Open enrollment is November 15<sup>th</sup> through December 31<sup>st</sup>. Now is the time to review your plan.

## **DATES TO NOTE**

**FLU CLINICS-**Colchester Public Health Department has organized a flu clinic, by appointment, on Thursday, November 12<sup>th</sup> from 9-12 and on Tuesday, November 24<sup>th</sup> from 9-3:00. This is for flu shots only. (No H1N1 or Pneumonia shots will be given.) Those on Medicare have your Medicare cards ready to copy, as Medicare will pay for the shot. Most insurance will pay. Others will be charged \$38. (No persons under 18 will be able to receive a flu shot.) Call the senior center to schedule your appointment at 537-3911.

**HOLIDAY FAIR-** Saturday, November 21<sup>st</sup>. Join us from 9-1:00. Enjoy donuts, cider, baked goods, special treats of all kinds, raffles (with wonderful gifts to win) treasured knitted goods, jewelry, unique seasonal/holiday items, books for sale, wreaths, baskets and so much more. Bring your family and friends and don't miss our fair extravaganza!

**Closing:** The Colchester Senior Center will be closed on Wednesday, November 11<sup>th</sup> in honor of Veterans Day. We will also be closed on Thursday, November 26<sup>th</sup> and Friday, November 27<sup>th</sup> for the Thanksgiving holiday.

**Inclement Weather Closing:** Stay tuned to Channel 3 on your TV or on the radio at WICH, WCTY, WNLC or WKNL.

## **WELLNESS PROGRAMS**

**FREE HEARING CLINIC-**by appointment, on Wednesday, November 4<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 Monday, November 9<sup>th</sup> from 10:30-12 at the senior center. Please sign in at the dining room desk and get your number/ticket.

**FLU/COLDS-**Interim Healthcare will present “Is it Flu or a Cold?” on Friday, November 6<sup>th</sup> at 11:30 in our dining room.

**DIABETES AND DIETARY GUIDELINES-**presented by TVCCA on Friday, November 13<sup>th</sup> at 11:30 in our dining room. Your questions are welcome!

**LOW VISION SUPPORT GROUP-** will meet on Thursday, November 19<sup>th</sup> at 10:30. The support group is sponsored by the senior center and Colchester Lions Club. Guest speakers are available. Learn new vision techniques and enjoy the camaraderie of others with all levels of vision impairment.

**CHAIR EXERCISE-** Mondays at **(Time Change)** 9-9:45; gentle warm up exercises followed by 20 minutes of cardiovascular movements, stretching and cool down.

**TAI CHI STYLE EXERCISE-**on Tuesdays at 9:30. (This program is group lead with Tai Chi style movement.) Improve the way you feel, mind and body!

**EXERCISE CLASS-**The exercise program is offered on Wednesdays and Fridays at 9:00 with a certified instructor. Jazzercise, also with a certified instructor, is offered on Mondays at 9:00. At this time we will offer classes at a cost of \$3.00 per class or at a discounted rate of \$2.00 per class if you pay by the month. Payment for the month of November will need to be paid by Friday, November 6<sup>th</sup>. See Donna in the office.

**No exercise on Wednesday, November 25<sup>th</sup>.**

### **DO NOT CALL LIST**

*Cell phone numbers are being released to telemarketing companies and you will start to receive sales call. You will be charged for these calls. Even if the message is saved on your phone, you will be charged for the minutes to listen to it! To prevent this, call the following number **1-888-382-1222**. (You can also do this for your home phone by using this number too.) Calling the national Do Not Call list will only take a few minutes of your time. It takes effect in 31 days. You must call from the phone number that you want to have blocked. To report a violation of the registry call the same number.*

### **ACTIVITIES**

**GOLDEN GLOW-** singers will meet on Mondays at 10:30.

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

**LINE DANCING-** Thursdays at 1:30. Learn line dance steps and enjoy this fun group!

**DUST BUSTERS-** Bring in up to five items (dust collectors) to the center on Monday, November 23<sup>rd</sup> at 9-10:00. 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

Phase 10- Tues. at 12:30

Pinochle- Tues. at 12:45

Bridge- Wed. at 12:45

**POKENO**-Play Pokeno on Tuesdays at 10:30.

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

**HOLIDAY FAIR WORKSHOPS**-join us to work on items for our fair, taking place on November 21<sup>st</sup>. Workshops will be held on Tuesdays at 9:30 on November 3<sup>rd</sup>, 10<sup>th</sup> and 17<sup>th</sup>.

**COLLECTING**- The Colchester Senior Center accepts used hearing aids, eyeglasses and cell phones. Collection boxes are in the hallway. Used postage stamps and pull tabs are collected in the back of the dining room. We appreciate the donation of redeemable bottles and cans; please make sure they are washed and clean.

**AARP TAX AIDES**- are needed to help prepare income tax during tax season at the senior center. Volunteers assist low to middle income taxpayers of all ages, with special attention to those 60 and older in filing their Federal and Connecticut income taxes. To volunteer, send an e-mail to [ctvoltage@juno.com](mailto:ctvoltage@juno.com).

## **MEETINGS**

**AARP Chapter # 4019**- no meeting in November.

**SENIOR CENTER GROUP MEETING**- Friday, November 13<sup>th</sup> at 12:30.

**COMMISSION ON AGING MEETING** -Members will meet on Monday, November 9<sup>th</sup> at 1:00 at the senior center.

## ***Tempt Your Taste Buds...***

### **Pumpkin Nut Torte**

By [www.bigoven.com](http://www.bigoven.com)

#### Ingredients:

- 1 cup walnuts chopped
- 1 package of spice cake mix
- 1 can of solid packed pure pumpkin
- Enough confectioner's sugar to sweeten the pumpkin to your taste
- 2 teaspoons of ground cinnamon
- ½ teaspoon ground cloves
- ¼ teaspoon ground nutmeg
- 1 container cool whip

#### Preparation:

Prepare the spice cake as directed on the package. Add the chopped walnuts to the batter and bake according to the package directions for two 9 inch round cake pans. Allow to cool completely on wire racks. In a large bowl, combine the pumpkin, confectioner's sugar, cinnamon, cloves, and nutmeg until thoroughly mixed. Add the whipped topping; mix until well blended. Cut each cake layer horizontally in half, making a total of 3 cake layers. Place 1 cake layer cut side down on a platter and top with one quarter of the pumpkin mixture, spreading just to the edges. Repeat with the remaining layers. Cover loosely and chill for at least 3 hours before serving. Top with additional nuts for a fancy finishing touch. ENJOY!

## **Word Game**

Find the hidden flower names. The *clues* will give you six different flowers.

- A. A form of the verb 'to be' and a line of zeros.
- B. A climbing vegetable, and a writing fluid.
- C. A earthen vessel, and a deep respiration.
- D. A part of the ear, and the nom de plume of a famous essayist.
- E. Singing birds, and a noise made by a cat.
- F. A fashionable dance, and the abbreviation of a boy's name.

**Answers on the last page. (Sound the words out.)**

## **HAPPY BIRTHDAY**

### *November 2009*

Happy Birthday from the Colchester Senior Center Staff!  
Join us as we celebrate November birthdays on Wednesday, November 25<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!

#### **November....**

- |                       |                        |
|-----------------------|------------------------|
| 2....John Koes        | 2....Lucy Muszynski    |
| 8....Mary Kendzior    | 8....Jean Hill         |
| 18....Fay Woltag      | 21....Terry Stackowski |
| 23....John Morrisette |                        |

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

#### ***GROWING OLDER IS GREAT BECAUSE...***

1. *Being young at heart is better than being young.*
2. *I can follow my bliss.*
3. *I can travel off season.*
4. *There are no alarms or schedules.*
5. *Each new day is a gift.*

## **TVCCA COMMUNITY CAFÉ**

Meet your friends and have lunch at the TVCCA Community Café. Lunch is served at noon. A hot meal is a suggested donation of \$2.50. Check out the menu printed in this month's newsletter.

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

**Liberty Specialty Care Center:** Connie Wright, Chester Emrick, Dot Shiff, Armand Robert

**Harrington Court:** Anni Kaven, Edie Wax, Helen Hayden, Mimi Patterson, Millie Fiondella, Katherine Hlavaty

**Marlborough Health Care:** Kathy Tischoffer and Mary Raicik

## **Thanksgiving Fun Facts**

Though many competing claims exist, the most familiar story of the first Thanksgiving took place in Plymouth Colony, in present-day Massachusetts, in 1621. More than 200 years later, President Abraham Lincoln declared the final Thursday in November as a national day of thanksgiving. Congress finally made Thanksgiving Day an official national holiday in 1941.

Sarah Josepha Hale, the enormously influential magazine editor and author who waged a tireless campaign to make Thanksgiving a national holiday in the mid-19th century, was also the author of the classic nursery rhyme "Mary Had a Little Lamb."

## **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: (Information for 2009)**

1. \_\_\_ Social Security numbers, with proof of this year's social security income and any other income received, for everyone in the household.
2. \_\_\_ Copies of all recent savings and checking account statements.
3. \_\_\_ Statement of assets; stocks, bonds, CD's and IRA's (retirement accounts), credit union accounts, 401 K's, 401 A's and VA benefits are to be provided for all household members.
4. \_\_\_ 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.
5. \_\_\_ Proof of alimony or child support (foster children's income is not needed).
6. \_\_\_ If your main source of heat is electric, bring a recent full copy of your utility bill (top and bottom portion).
7. \_\_\_ If your main source of heat is oil, gas or propane, bring the name and address of the company you use.
8. \_\_\_ Bring your Food Stamps card.
9. \_\_\_ Provide a current rent receipt, if you rent. If you have a mortgage please provide a monthly mortgage receipt.
10. \_\_\_ Name and address of your landlord if renting.

**Call Donna (537-3911) for details or to schedule an appointment.**

## **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:**

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.

## **WARNING!**

### **2010 Census Cautions!**

With the U.S. Census process beginning, the Better Business Bureau advises people to be cooperative, but cautious so as not to become a victim of fraud or identity theft. There will be a mass mailing of census forms to fill out in 2010. Be wary of what information you give to anyone. **No** Social Security numbers, **No** banking information or addresses of rentals and **No** salary information. The Better Business Bureau gives this advice: If a U.S. Census worker knocks on your door, they will have a badge, a handheld device, a Census Bureau canvas bag, and a confidentiality notice. Ask to see their identification and their badge before answering their questions. **And never invite anyone you don't know into your home.**

## **TRAVEL**

**Payments are being taken for these trips. 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-** travel to Waterford and shop at the Crystal Mall and Christmas Tree Shop or Wal-Mart on Wednesday, November 4<sup>th</sup>. We will leave the senior center at approximately 12:15. \$2.00 is payable at the time of sign-up for transportation.

**Lunch Outing-** on Thursday, November 5<sup>th</sup> at the Chef's Hat in Willimantic. We will leave the senior center at approximately 10:30. Cost \$2.00 for transportation payable at the time of sign-up.

**WASHINGTON DC-**March 12-14, 2010- See the Terra Cotta Warriors, the Freer& Sackler Galleries, a city tour, and a guided behind the scenes tour of The Kennedy Center. The trip includes 2 breakfasts and 2 dinners, sightseeing and admissions. \$150 deposit due by December 2009. Cost \$421.00 per person twin.

**PENN DUTCH-**May 10-12, 2010-Enjoy the Plain & Fancy Restaurant's Demonstration Kitchen with a dinner there. A tour of the Amish countryside with lunch in an Amish home. Reserved seating at the Millennium theatre with its new production of "Joseph." Time at the Kitchen Kettle Village with 42 shops and restaurants jammed full of Lancaster County's simple pleasures! Cost \$401 per person twin. A deposit of \$150 due by February 2010.

**THE MUSIC CITIES-**Fly to Branson, Memphis and Nashville! September 20-27<sup>th</sup>- See the Rock n' Soul Museum, Wild Horse Saloon, Graceland, Grand Ole Opry and Historic RCA Studio B and more! The trip includes travel insurance and costs \$2369 per person, twin.

**REFLECTIONS OF ITALY**-November 2010- Visit Rome, the Colosseum, Assisi, Perugia, Siena, Florence, Chianti Winery, Venice, Murano Island, Lugano, Switzerland, Como. Stop in for a brochure! Travel insurance is also included in the price of \$2,999.00 twin.

**VERY IMPORTANT**  
**PLEASE LET US COUNT YOU IN!**

*Please remember to sign in at the table in the hallway outside the dining room.*

**LET US HEAR FROM YOU!**

Look for the “**Suggestion Box**” on the sign in table and tell us your thoughts.

**Answers to Word Game:**

- A. Are o's - Rose
- B. Pea ink - Pink
- C. Pan sigh - Pansy
- D. Lobe Elia - Lobelia
- E. Larks purr - Larkspur
- F. Bal sam - Balsam