



# Senior Moments



## Happenings

### Everything You Want to Know About Diabetes

Beth LeMay, diabetes educator with Visiting Nurse & Health Services of Ct, will be presenting a program about diabetes on Wednesday, August 10th at 10:30am.

If you or a love one has diabetes, come and learn the latest about the disease and how to manage it. Contact the Center to register as light refreshments will be served.

**Ice Cream Social & Bingo** The Senior Center will be hosting an Ice Cream Social and Bingo on Friday, August 19th at 1:00pm. Fox Hill Rehabilitation Center is sponsoring the event. Please contact the Senior Center to register for this fun filled occasion.



**Visit Mark Twain House** The Senior Center is going to the Mark Twain House on August 24th. The cost is \$11 with lunch on your own at their café. The Senior bus will be leaving the Green Circle Commuter Parking Lot at 9:30am. Upon your arrival, a tour guide will meet you for a 45 minute tour. After the tour, you will have free time to explore the grounds and exhibits. Contact the Center to register.

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## Newcomers Welcome



On the fourth Thursday of every month, the Senior Center will host a tour of the Center for new seniors. This month it will be held on Thursday, August 25th at 1:30 pm.

Come and take a tour of our beautiful facility and learn about the programs and activities that are available. The Senior Center's goal is to offer a wide variety of programs and activities that

would be of interest to all seniors. The Center is always open to suggestions and is willing to try new endeavors to meet the needs of our Seniors. We are extending a

warm welcome and hope to see you on the 25th. Please call to register as light refreshments will be served.



# Health Programs

The next Blood Pressure and Blood Sugar Screening at the Center will be held on Wednesday, August 10th. The hours are from 9:00 am — 10:00 am. Appointments are not necessary. The Visiting Nurses will be on hand to answer any questions that you may have.

The Senior Center offers Foot Care on September 1st & 8th. It is necessary that you schedule an appointment, so please contact the Center at 860-870-3680. August appointments filled. Appointments are available between 9:00 am and 1:30 pm.



Hearing Screening will be held on Thursday, August 25th. Please call Sela at the Center to schedule an appointment. A representative from the Hearing Wellness Center will provide free hearing screenings, check hearing aides and will be available to answer any questions that you may have.

# New Healthy Activities

**Beginner Line Dancing and Intermediate Line Dancing Classes** will be ending in mid August. Classes will start up again in September for another 10-week session. The new beginner Line Dance Class will now be an hour long class so more instruction can be given.

**Yoga Classes** Classes will be ending in mid August with a new session starting in September. This is a chair yoga class that focuses on gentle stretches and breathing exercises. Cost is \$20 per student. Laura Holtman instructs the classes. Contact the Center for more information.

**Table Massage** Gary Tyler Jr, massage therapist, will be at the Center on Friday mornings. He will be doing table massage, \$15 for a half an hour and \$30 for an hour. If you are interested in having a massage, please contact him directly at 860-794-3430 to schedule an appointment.

# On-Going Healthy Activities

**Tai Chi**— This activity is offered on Friday mornings at 10:00am. Tai Chi is Chinese “mediation in motion” that is primarily practiced for health benefits. It consists of slow movements that emphasize body coordination, strength, flexibility and relaxation. Alycye Brennan is the

Instructor and the cost is \$5 per class.

**Wii Bowling**—This activity is offered on Fridays at 12:30pm. Come and join the hooting and hollering as teams compete. The Center’s Team has selected “**Vernon Alley Cats**” as the team’s name.

On August 24th, the team is challenging White Oaks Living Center. Good luck ladies.



# Cards & Games

**Bingo**—Mondays at 1:00pm

**Chess** —Tuesdays at 9:30am

**Cribbage**—Wednesdays at 9:45am

**Dominos**—Tuesdays at 1:00pm & Thursdays at 10:00am

**Mah Jongg**— Mondays at

9:30am, Wednesdays & Thursdays at 1:00 pm

**Pinochle**—Tuesday & Thursdays at 1:00 pm

**Scrabble**—Tuesdays at 1:00pm

**Setback**—Fridays at 10:00am.

**Wii Bowling**—Fridays at

12:30pm



# Exciting Opportunities

**Drop In Bridge** Calling all bridge players. The Center is offering this activity on Fridays from 1:00pm until 3:00pm. Anyone interested in playing is welcome to join the group. We currently have 3 tables playing. More players are encouraged to join. The more the merrier!

**Computer Lab** Do you have questions about computers? Do you sometimes need help? Come to the Computer Lab on Wednesdays at 1:30 pm and staff will be there to assist you with your computer questions. Please contact the Center to register.

**Painting Class** The painting class will begin again on Thursday, September 15th from 10:00am until 12:00 noon. Linda Lasko will instruct this 8 week class. The cost is \$20 per student. All skill levels are welcome. Please contact the center to register for this popular class.

# Movie Matinee

**Popcorn and A Movie**—The Center is offering a movie matinee on Wednesday, August 31st at 1:00pm. The feature film is Marley and Me. The film, which has the same name, is based on the book by columnist John Grogan. The story is about a young couple who move to Florida and

decide to adopt a dog. They chose a Yellow Labrador Retriever and name him after the singer, Bob Marley. They go through lots of trials and tribulations with Marley and John decides to write a bi-weekly column about these adventures. Owen Wilson plays John and Jennifer Aniston plays his wife.

Please call the Center to register so we know how much popcorn to pop!



# Creative Goings On

## Drawing Class

Mary Wolff teaches a drawing class on Tuesdays at 1:00 pm. They use color pencils and pastels. Drawing experience is not necessary. All that is needed is desire and interest. Participants pay Mary directly and she charges \$5 per class for the supplies.



**Drum Circle** The Drum Circle will not meet in the months of July & August. The class will resume in September and will meet on the 2nd Tuesday of every month. Drumming has many health benefits & helps release endorphins in the brain. African djembe drums and hand percussion instruments will be played. Cost is \$5 per class.

## A Hodgepodge

### Chorus

Calling all singers and those who like to sing but don't consider themselves singers. The chorus meets every Monday morning at 10:00 am. If this interests you, please drop by as new chorus members are always welcome.

### Book Club

The book club meets the 3rd Thursday of the month. But this month, they will be meeting Thursday, August 11th at 10:00 am to discuss the "Book of the Month". The members have tentatively chosen "In the President's Secret Service". All are welcome to join.

### Knitting & Crocheting

Do you like to knit or crochet? Come and join our knitting group on Wednesday, August 24th at 10:00 am. All knitters are welcome.



## For the Sports Minded

### Co-Ed Pool Tournament—

There will be a playoff between **Team 3:** Tom Shea & Shirley Laws and **Team 6:** Steve Schubert & Maureen Tyler. An awards luncheon will be held for all participants on August 1st.

**Drop in Pool—** Wednesday and Friday afternoons at 1:00pm—anyone interested in

playing pool is welcome.

**Ladies Pool—**Tuesday mornings at 10:00am. This is a chance for the ladies to practice their shooting skills. Any senior lady who would like to join the group is welcome!

**Mens' Golf League** The men play every Tuesday & Thursday at Twin Hills Country Club. Winners of the 1st half of the

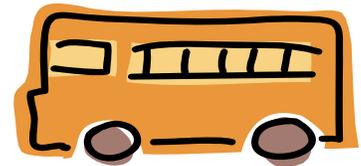
season are **1st place:** Charles Argiros & Ted Yampanis, **2nd place:** Paul Henderson & Tom Halligan. The 2nd half of the season is currently underway. Current leaders are Hank Giard & Andy Shinoski. The league will continue play into the month of September. Subs are always needed. Contact Ted Yampanis (860)872-3922.

# Transportation

**Senior Car**—The Vernon Senior Center offers rides to seniors for out of town medical and dental appointments. This service is for Vernon residents age 60 & older. You must be ambulatory. Call Sela at the Center to schedule a ride. Rides are available Monday-Friday between 9:00 am & 2:00 pm.

**Senior Bus**—Every Thursday, our senior bus travels to Stop & Shop, Kmart & Price Chopper. There is pick up available at the Senior Housing complexes—Franklin Park, Court Towers, Grove Court, Florence Mill, Pitkat Congregate Center, Windermere Court & the Senior Center. Our bus also goes to the Buckland Mall and Wal-Mart every other

month. Need a ride to any activity or program at the Center? Contact Hockanum Valley Community Council at 860-870-7940 as they provide Dial A Ride services. The cost is \$2 roundtrip.



## Senior Center Library

Library books, VHS tapes and Puzzles are available for seniors from our Senior Center Library. The Library is located on the second floor of the Center in a quiet, cozy corner. We have a wide variety of books on hand for your reading pleasure. Please feel free to come in and check out whatever maybe of interest to you. An added bonus is that you may return the items at your leisure.



All items have been donated. The donations are key to making our library possible and successful, so please continue to contribute. Please excuse our appearance as the library is undergoing “construction”. A special thanks to Jean Bostrom & Tina Sulam for their all their hard work in the library.

## Medical Equipment

The Center has medical equipment to loan out to seniors who may need walkers, canes, commodes, shower seats and wheelchairs.

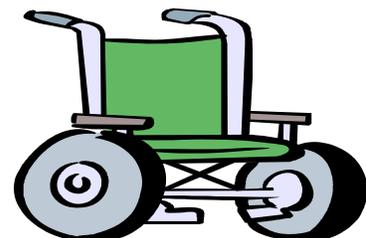
All of these items have been given to the Senior Center and these donations make this viable program possible. We are grateful for the donations.

The program has been utilized widely and is very much appreciated by those in need.

We often receive thank you notes from family members informing us that this service is very valuable and beneficial.

If you would like more information, please call Sela at 860-870-3680. If you wish to

donate any items, please contact the Center. **We need shower transfer seats, canes & commodes.**



# FYI

**Day Trips with Kids** The CT Judicial Branch, with the League of Women Voters and the Museum of Ct. History, is sponsoring “Day Trips with Kids” on Thursday, August 11th. This is an opportunity for children to have fun while learning about state government. Call 860-757-2270 to schedule a tour.

**Notary Public Service** is available at the Senior Center, free of charge. This service is offered for Vernon seniors only. If you need paperwork notarized, please contact the Center for an appointment. **Suggestion Box** Your suggestions are always welcome. You will find the box on the table near the coffee on the 1st floor.

**Age Requirement Change**  
The age requirement for trips has been changed to age 55 and older. For all other activities at the Center, the age requirement remains at 60 or older. The Center offers day trips monthly so watch our calendar.

## CHOICES Counselor

Vernon Social Services has trained CHOICES counselors who will assist you with questions you may have regarding Medicare, Medicare Advantage, Prescription Coverage or Supplemental Insurance. The North Central Agency on Aging provides the

training & keeps the counselors informed about any changes in



programs that effect seniors.

If you have any questions about your coverage or anything else related to your insurance, please contact Social Services at 860-896-2375 ext. 0 for a confidential interview. Please note that the counselors do not sell insurance.

## Upcoming Events

The following is a listing of activities and programs for the upcoming months. Check the newspaper, the Town’s website and the monthly newsletter for more details as these dates draw near.

- September 14th—American Red Cross Blood Drive
- September 16th—Flu Clinic

- September 21st—CT day at the Big E
- September 21st—Nordic Walking Seminar.
- September 23rd—Lunch & Learn Series—Remembering Bob Steele
- September 28th— Medicare presentation

- September 28th— 30th—3 day trip to Cooperstown NY
- October 29th—Halloween Happenings card party & lunch
- November 19th—Thanksgiving Luncheon and Entertainment.
- December 9th—Christmas Luncheon

# Special Events

**August Birthdays** The Center will be celebrating August Birthdays on Wednesday, August 24th at 10:30am. If you have a birthday in August or you want to wish someone a Happy Birthday, please stop by for the celebration. A special birthday cake will be served. Contact the Center to register.



**AARP Drivers Safety Class:** The AARP will host a drivers safety class at the Senior Center on Wednesday August 17th from 9:30am-1:30pm. Cost is \$12.00 for AARP members, \$14.00 for non members. Call (860)870-3680 to register for the class. You may bring a light lunch or snack. Space is limited so call early to register.

# Other Activities

The “**Out to Lunch Bunch**” is the first Wednesday of every month. Each month a restaurant is chosen and this month the “bunch” is going to Maine Fish Market & Restaurant in East Windsor. Senior Bus provides the transportation. This program

Is very popular and fills quickly.  
**Computer Lab Hours** The Computer Lab is open for use on Mondays, Tuesdays, Thursdays & Fridays from 10:00pm until 3:00pm. Seniors are welcome to use computer the lab free of charge. Come and practice your skills.

**Shuffleboard Tournament** A new tournament will begin on Monday, August 1st at 10:00am. Any senior men or women who would like to play in the tournament are welcome to sign up. An awards luncheon will be held for all participants at the end of the tournament.

# Advisory Board Update

The Advisory Board meets the third Tuesday of the month at 9:30 am.

Present board members are David Alter, Barbara Dahlman Jean Inge, Carol Nelson, Gerry Probulis, & Ed Zinky.

The new members who have been appointed by the Mayor & approved by Council are

Ronald Kane and Joe Grabinski. The Board welcomes the new members.



The officers are Mr. Zinky, Chair, Mr. Larkin, Assistant Chair, Ms. Inge, Secretary, Ms. Nelson, Assistant Secretary, Mr. Probulis, treasurer, and Mr. Alter, Assistant Treasurer. The Board will be meeting on Tuesday, September 20th at 9:30am. All are welcome to attend.

# Medicare/Medicaid

## Medicare Annual

**Enrollment Period** The annual enrollment period to choose your Medicare Advantage Program or your prescription drug program also known as Medicare Part D has changed. Now, the enrollment period is from October 15th through December 7th of each year.

**Medicaid** This is a State & Federal funded program that pays for nursing home care. There is a transfer of assets penalty. The penalty period divisor is \$10,586 per month. For example, a gift of \$50,000 results in a Medicaid disqualification period of 4.7 months. Penalty periods begin not when the gift is made but in

the month that the maker of the gift is in a nursing home and has no other assets.

**Medicare Savings Program** Seniors on Medicare may qualify for help to pay Medicare premiums, deductibles and some coinsurance. A household's income determines the program for which a person qualifies. Call Social Services at 860-896-2375 ext. 0

# Reverse Annuity Mortgages

The State's CHFA Reverse Annuity Mortgage program provides loans to low-income elderly homeowners to help pay for medical or long term care needs. Eligible costs include those associated with hospitals, nursing homes, residential care homes,

in-home care, adult day care, durable medical equipment, medically needed home alterations, long-term care insurance premiums and uninsured recurring or catastrophic medical & prescription drug expenses. Unlike a regular mortgage, a RAM

Loan is not repaid until the owner dies or the house is sold. The borrower receives monthly payments for 5 or 10 years. After that, the interest accrues at 7% a year. The household income limit is \$81,000 & the borrower must be at least 70 years old. For more information contact CHFA at 860-721-9501.

# Congratulations

Jean Zarcaro, who is a member of Mary Wolf's drawing class, has had her drawing chosen to be a part of the 4th Annual Connecticut Senior Juried Art Show. Her drawing is titled "Happy Butterfly". The art pieces will be judged on Monday, August 22 and all winners will be notified by August 26th.

The awards ceremony will be held on Friday, September 23rd. The exhibit will be open to the public on Saturday and Sunday, September 24th and 25th from 11:00am-4:00 pm. at Pomperaug Woods, Southbury. We all wish Jean, best of luck.



# Senior Center Trips

## Essex River Cruise

### Wednesday August 10th

We will travel to the coastal community of Essex MA. Our first stop will be for lunch at Periwinkles Restaurant. Choices include Oven Roasted Haddock, Grilled Marinated Steak Tips or Chicken Broccoli & Ziti. All meals are served with clam chowder, rice, vegetable, dessert and coffee. Following lunch we'll take a 1 & 1/2 hour cruise on the Essex River, exploring the



salt marshes and tidal estuary. Our last stop will be at Russell Orchards famous for their homemade pies and cider donuts. They also offer homemade ice cream and other items fresh from the farm in their Country Store. Cost is \$89.00 per person. Includes round trip transportation all taxes and gratuities. Trip departs at 9:AM & returns approximately 6:30PM.

## 3-Day Trip Cooperstown NY

### September 28th –30th

Upon our arrival we will visit the Fly Creek Cider Mill, a working mill with gift shop and restaurant, where we will have lunch on your own. We will also visit the Farmers Museum, a working village circa 1845 and a guided tour of the local area. We will have a welcome reception at the hotel and dinner at the famous Brooks House of BBQ. Day Two includes a full breakfast, a tour of the Baseball Hall of Fame, lunch at the Fenimore Café,

free time to visit The Fenimore Art Museum and Gardens, a narrated cruise on Otsego Lake on the Glimmerglass Queen and dinner at the Lake Front Restaurant. Day Three includes a full breakfast with a stop at Howe Caverns before we depart for home. Cost includes 2 nights at the Country Inn & Suites, 2 Full Breakfasts, 1 Lunch, 2 Dinners, all entrance fees, baggage handling, all taxes and gratuities.

Cost is \$365.00 per person double occupancy, \$455 single occupancy and \$345 triple occupancy. Call the Center for further information on this fun filled trip!

### **Wednesday September 21st** **Big E for Connecticut Day!**

Enjoy at day the Eastern States Exhibition. Trip includes admission to the Big E and transportation on the Vernon Senior Bus. Cost is \$12.00 per person. Seats are limited so call early as seats sell quickly.

# Laughs & Helpful Hints

## *Interesting Story*

An elderly husband and wife noticed that they were beginning to forget many little things. So they decided to go see their physician to get some help. Their physician told them many people their age find it useful to write themselves notes as reminders. The couple thought this sounded wonderful.

When they got home, the wife said, "Dear, will you please go to the kitchen and get me a

dish of ice cream? And why don't you write that down so you won't forget?"

"Nonsense", said the husband. "I can remember a dish of ice cream!" "Well" said the wife, "I'd also like some strawberries on it. You better write that down, because I know you'll forget. "Don't be silly," replied the husband. "A dish of ice cream and some strawberries. I can remember that!"

"OK, dear, but I'd like you to put some whipped cream on top. Now, you'd really better write it down. You'll forget," said the wife. "Don't be silly," replied the husband. The wife could hear him in the kitchen getting out pots & pans. Fifteen minutes later, he came out with a plate of bacon & eggs. The wife looked at the plate & said, "Hey, where's the toast?"

## **Did You Know?**

Fresh berries carries antioxidants, vitamins C and E, riboflavin and fiber that work to fight obesity, protect brain function and promote urinary health. The red, blue and purple pigments in berries, known as anthocyanins, also help our bodies detoxify, repair damaged DNA, fight cancer and help lower LDL or "bad" cholesterol levels.

Black Raspberries These berries help fight oral, esophageal and colon cancers.  
Blueberries These berries offer

whole-body protection against many diseases and aging.

Cherries This fruit helps reduce inflammation, especially in occurrences associated with gout.

Grapes Dark purple Concord grapes has resveratrol content which is key in helping combat the effects of aging.

Strawberries These berries help fight breast and cervical cancers.



Vitamin D New research suggests that a lack of vitamin D is linked with stiffer arteries and an inability of blood vessels to relax. The findings adds to evidence showing that insufficient vitamin D leads to impaired vascular health, contributing to high blood pressure and the risk of cardiovascular disease.

The body naturally manufactures vitamin D when it is exposed to sunlight. Foods like vitamin D fortified milk or cereals and oily fish also are a good dietary source.

# August 9th is National Garage Sale Day



Join us at the Senior Center for a fun day!



## August Birthdays !

### Happy Birthday to:

Marion Pitman	8/2
Marie Collins	8/3
Beatrice Lusa	8/7
Jane Czarnecki	8/11
Rose Tipaldi	8/14
Grace Hutchins	8/17
Barbara Descy	8/18
Betty Brow	8/25
Gail Dimmock	8/27
Leslie Ames	8/27
Danny Domingues	8/27

### Happy Anniversary to:

Bill & Maureen Tyler	8/3
Jack & Betty Brow	8/27



*Friends  
Are Always  
Welcome*



**Happiness is**      **VERNON SENIOR CENTER**

**26 Park Place**

**Phone: (860)870-3680**

**Fax: (860) 870-3588**

**Email: pclaydon@vernon-ct.gov  
eballos@vernon-ct.gov**

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**Hours**

**Monday—Friday  
9:00am-3:00pm**

**Join us at the Senior  
Center for a fun day!**

*The Vernon Senior Center is committed  
to assisting Vernon seniors by providing  
programs that meet their needs and address their  
concerns.*

*Our staff includes:*

*Paula Claydon, Director*

*Ellen Ballos, Assistant Director*

*Sela Saunders, Secretary/Receptionist*

Vernon Senior Center  
26 Park Place  
Vernon, CT 06066

To: