

**The  
New!**

# Somers Senior Newsletter

Somers Senior Center  
19 Battle Street  
P.O. Box 194  
Somers, CT 06071



**Volume I Issue II**  
**March - May 2009**

## Senior Center Quick Notes:

The Somers Senior Center is open daily from 8am – 4pm. We are located at 19 Battle Street in Somers, next to the Somers Historical Society building. The center is closed when schools are closed due to severe weather. You may contact the Senior Center at 763-4379 or Jenifer Charette, the Municipal Agent for the town of Somers @ 749-7160.

The Senior Center is always open to donations of lightly used computers and monitors too! Our current project is obtaining a big screen tv for the center, which would greatly enhance our movie showings, wii games and other activities. If you are interested in making a donation to the center, please contact Jenifer @ 749-7160. Please check out our **NEW** link on the town of Somers website! Go to [www.somersct.gov](http://www.somersct.gov), click on town departments & then senior services.

We will be updating this site continuously with new and important information for the seniors in town. Please feel free to contact Jenifer at the Senior Center with any comments or ideas for new programs. If you are reading this newsletter, but are not on our mailing list, please contact the Senior Center today! We will be happy to add you to the mailing list for the next issue.

**Senior Tax Relief Info: Pg. 7**  
**Somers WWII Vets: Pg. 10**  
**Senior New York Trip: Pg. 13**

## Somers Senior Citizens' Club Membership Drive

If you are a club member but have not paid your dues for this year, please stop by the Center or mail your dues to Somers Senior Center, 19 Battle St, Somers, CT 06071. Senior Citizens' Club President, Arlene Yarnes is always looking for new ideas to get our seniors involved...please contact her at the senior center @ 763-4379. **Read more about the Somers Senior Citizens' Club Activities & Luncheon Menu on pages 11 - 13.**

## A NEW feature in the Somers Senior Newsletter...

In this and subsequent issues of the Somers Senior Newsletter, you will now see advertisements from local merchants. This new feature will enable us to bring you a newsletter that not only has more information, but can be more widely distributed at a lower cost. The sponsor ads will appear at the bottom of the newsletter pages in each issue.

If you are a local merchant that may be interested in purchasing an ad, please contact Donna Doyker @ 763-8210 or Barbara Flebotte @ 749-5821. If you are a senior receiving this newsletter: **Please support your Newsletter Sponsors!**



**Spring  
IS  
Almost  
HERE!!!**

## Inside this issue:

Health & Wellness Info	2 - 4
Senior Fitness	5
Somers Senior Center Weekly Activities	6
Town of Somers Senior Info Tax Relief Info	7
Director's Corner Elderly Advisory Committee Social Security Info	8 - 9
World War II Vets Honored	10
Somers Senior Citizens' Club News & Activities	11 - 13
Senior Information Directory	14

## Health & Wellness Information

### Compounding Pharmacies: Some facts to consider

**Compounding pharmacy** is the process of mixing drugs by a [pharmacist](#) or [physician](#) to fit the unique needs of a patient. This may be done for medically necessary reasons, such as to change the form of the medication from a solid [pill](#) to a liquid, to avoid a non-essential ingredient that the patient is [allergic](#) to, or to obtain the exact [dose](#) needed. It may also be done for voluntary reasons, such as adding favorite flavors to a [medication](#).

Physicians may prescribe an individually compounded medication for a patient with an unusual health need. This allows the physician to tailor a prescription to each individual. Compounding preparations are especially prevalent for:

Patients requiring limited dosage strengths, such as a very small dose for infants

Patients requiring a different dosage form, such as turning a [pill](#) into a liquid or transdermal gel for people who can't swallow pills due to disability

Patients requiring an [allergen-free](#) medication, such as one without [gluten](#) or colored dyes

Patients who need drugs that have been discontinued by pharmaceutical manufacturers because of low profitability

Patients who are taking [bioidentical hormone replacement therapy](#), specifically the [Wiley Protocol](#).

If you would like more information on Compounding Pharmacies, please contact your physician or the Senior Center. Pioneer Health Compounding in Vernon is the only Compounding Pharmacy in our area. They are located at 520 Hartford Turnpike in Vernon. You can reach them at 860-979-0048.

## All about Medicare

Medicare is a health program designed to provide necessary health care to people over 65 and people with certain disabilities. You become eligible for Medicare if you are age 65 or over and you or your spouse have worked in Medicare-eligible employment for at least ten years.

However, there are more options than just the Original Medicare Plan. You may choose to add supplemental policies such as Medigap or Medicare D\* prescription drug plans, or you may choose to receive your benefits through a Medicare Advantage plan that provides additional benefits and potentially lower costs than the Original Medicare.

**\* You may be able to get extra help to pay for your prescription drug premiums and costs. To see if you qualify for getting extra help, call:**

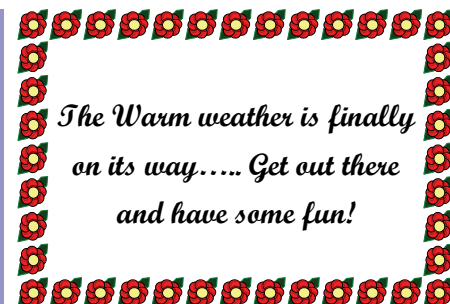
1-800-MEDICARE (1-800-633-4227). TTY/TDD users should call 1-877-486-2048, 24 hours a day/7 days a week; the Social Security Administration at 1-800-772-1213 between 7 a.m. and 7 p.m., Monday through Friday. TTY/TDD users should call, 1-800-325-0778; or your State Medicaid Office.

### Did you know?

#### Seniors Live Longer than Ever

Living longer means paying more for health care... BUT, a woman who retires at 65 can expect to maintain her health until the age of 84, on average.

Men who expect high health costs after they turn 65 end up retiring – On average - 13 months later than those who don't.



# Health & Wellness Information

## Pedi-Care Service at the Senior Center

Pedi-Care provides an ongoing program of foot care at the Somers Senior Center by Ronnie McAlmond, a specially trained, registered nurse. The services offered at the Senior Center Clinics include:

General assessment of the feet and lower extremities

Trimming, filing and cleaning of nails

Reduction of thickened toenails

Smoothing of corns and calluses

Massaging, lotioning and powdering of feet

Referrals to a doctor or podiatrist if needed.

Fee is \$28 for a 1/2 hour appointment - To schedule an appointment, please call the Senior Center @ 763-4379 between 8am - 4pm Monday - Friday

**Upcoming Pedi-Care Service Dates: 4/8 & 4/27. Please contact the Senior Center for future Pedi-care dates in May and June.**

Home visits are available @ \$45 per visit on days when the nurse is available. Please contact the Senior Center to schedule your at home visit today.



**Make time to see your  
healthcare professional!  
We want to keep our seniors  
happy & healthy!**

## Town of Somers Community Wellcare Programs

### Blood Pressure & Blood Sugar Screenings

**B.P:** Wednesday, March 11 & 25: 11:30-12:30pm @ Somers Senior Center

**B.P./B.S.:** Monday, March 16: 10:00 - 11:00am @ Woodcrest

**B.P./B.S.:** Tuesday, April 7: 8 - 9am @ Somers Senior Center

**B.P.:** Wednesday, April 8 & 22: 11:30am - 12:30pm @ Somers Senior Center

**B.P./B.S.:** Monday, April 20: 10:00 - 11:00am @ Woodcrest

**B.P./B.S.:** Tuesday, May 5: 8:00 - 9:00am @ Somers Senior Center

**B.P:** Wednesday, May 13 & 27: 11:30 - 12:30pm @ Somers Senior Center

**B.P./B.S.:** Monday, May 18: 10:00 - 11:00am @ Woodcrest

**BP./BS.:** Tuesday, June 2: 8:00 - 9:00am @ Somers Senior Center

**B.P.:** Wednesday, June 10 & 24: 11:30 - 12:30pm @ Somers Senior Center

**B.P./B.S.:** Monday, June 15: 10:00 - 11:00am @ Woodcrest

### Cholesterol Screening @ the Senior Center

Tuesday, March 24th @ 8:30am **Fee: \$15/pp**

Total Cholesterol Only does not include HDL, LDL or Triglycerides

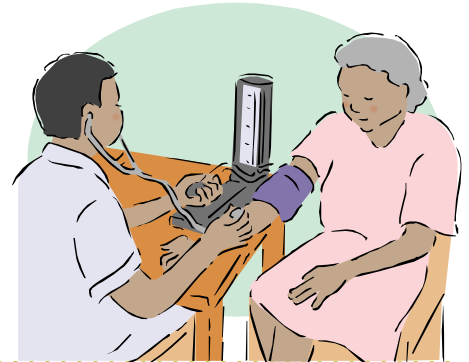
**Fasting is NOT necessary**

If you would like to be tested, please call the Center @763 - 4379 to make an appointment.



*Your Hometown VNA & Hospice*

For info on all the services your VNA offers, please contact the Senior Center, or **Home & Community Health Services, Inc.** (formerly Enfield VNA, Inc.)  
101 Phoenix Avenue, Enfield, CT 06083  
860-763-7600 [www.athomecare.org](http://www.athomecare.org)



# Health & Wellness Information

Page 4

Somers Senior Newsletter

## **Bereavement Support Group** **Tuesdays, 4/7/09 – 5/26/09 10 – 11:30 am** **Somers Senior Center**

Have you lost a loved one? Are you feeling overwhelmed, alone and in need of support? Everyone's journey with grief is unique, yet the companionship and support of others who walk a similar path can be a beacon of light in the darkest of days.

Home & Community Hospice Bereavement Support Groups seek to honor rather than bury the grief experience. We provide education and ideas on how to embrace rather than fear the grief that affects all of us when we suffer a terrible loss. All are welcome. Share your stories, experience, fears and compassion with others who are walking their own difficult paths of grief and discover the light that shines through the darkness.

There is no charge for any group, but **pre-registration is required**. Please call Hospice Bereavement Coordinator Eileen Drumm at 763-7600, ext. 6467 for more information or to pre-

## **Caregiver Support Network**

### **Attention Caregivers:**

Avoid stress, frustration, and despair in your care giving duties by following these suggestions from the National Family Caregiver's Association.

1. Learn as much as you can about your loved one's illness.
2. Know your personal limits.
3. Accept your feelings as a caregiver
4. Confide in others about your caregiving duties and feelings.

If you are interested in learning more about the Caregiver Support Network please contact The Somers Senior Center @ 749-7160.

## **Senior Health Fair 2009**

**Join us for a day full of information  
at the Senior Health Fair.**

**Tuesday, April 14, 2009 10am - 2pm**  
**Stafford Senior Center**  
**3 Buckley Highway, Stafford Springs, Ct**

Just some of the information you will find at this Health Fair includes:

**Health Screenings ~ Social Security info**  
**VA Benefits ~ ECHN**  
**Sole Connection & Breathe More**

For more information on this program, please contact the Stafford Senior Center

## **AARP Driver Safety Course**

The next 1 day class of the AARP Driver Safety Program will be held on Sat. June 6 @ the Senior Center from 8:30am - 5pm. Fee is \$12 for AARP members \$14 for non members.

Insurance companies in Connecticut are mandated to give AT LEAST a 5% discount on the liability portion of the premium to all policy holders age 60 and over who complete the course.

That discount lasts from 2 - 3 yrs, depending on the company, before a refresher course is needed.

For information regarding AARP membership, information about two-day classes in the area or registration for the Somers class, please call Bev Morin @ 749-3605.

- Companionship
- Incidental Transportation
- Live-Ins
- Errands, Shopping
- Meal Preparation
- Medication Reminders
- Laundry, Light Housekeeping
- Grooming, Dressing Guidance
- Personal Care Services:
  - Bathing, Hygiene
  - Incontinence Care



**Comfort  
Keepers**

**IN-HOME  
CARE THAT'S**

*Always Nearby.*

*We help individuals maintain full and independent lives in the comfort of their own home.*

**749-0428**

**585 Hazard Ave • Enfield, CT 06082**

**WWW.COMFORTKEEPERS.COM**

Each office independently owned and operated. © 2008 CK Franchising, Inc.



HC-000154

# Health & Wellness Information: Senior Fitness

Volume I Issue II

Page 5

## Fitness Classes through the Somers Recreation Department

### Thursday Morning YOGA

New session begins March 19!!!

**Thursday mornings: 10:00 – 11:00am “Gentle” Yoga Instruction**

**@ the Kibbe Fuller Community Center Gym**

**Fee: 10 weekly sessions \$80.00 - Walk-ins welcome!**

Thursday Morning Yoga is taught by Kripalu Certified Instructor Pat Baker. Gentle, therapeutic Kripalu style Yoga. Fully instructed, including modifications. This class is designed for individuals who have little or **no** yoga experience. You'll learn the proper way to breathe while practicing basic yoga postures. An enjoyable series of stretches & movements leave you energized & relaxed. Please bring a Yoga mat and a blanket. For additional info and to register, please contact Pat @ 668-4851

Come on down to the Senior Center and work out on our treadmill, exercise bike or pop in a fitness tape any morning or afternoon except during Wednesday lunches.

### ZUMBA FITNESS

New moves and music choreography is what you will find with the New Spring Zumba Fitness classes set to begin on Wednesday March 11 and Thursday March 12, ending May 13, and 14. Both 10 week separate sessions run from 6:00 PM to 7:00 PM. Cost is \$70.00 per session Somers residents, \$75.00 all others.

The class is lead by Certified Zumba Fitness instructor, Mary Harrington. The one hour Latin inspired cardio group exercise program feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest and you've got Zumba! Follow Mary's lead and learn steps from dances like Salsa, Cumbia, Flamenco, Cha Cha Cha, etc. No previous dance experience is required. The Zumba motto is "DITCH THE WORKOUT, JOIN THE PARTY" Registration is required and classes are limited so sign up early and reserve your spot. 749-7273 Call 763-8231 to register, or call Mary 749-7273 for more information.

### CHAIR AEROBICS

Looking for a way to stay active, lose pounds, lower blood pressure and keep circulation flowing to your feet? Join other active seniors doing chair aerobics. Chair Aerobics is a mild but effective activity that promotes circulation throughout the body. Many of the stages are done while sitting in a chair, or standing behind and holding the chair. Chair Aerobics is performed at a slower/milder pace; No fast paced jumping, bending or hopping. This, along with a healthy diet can help you lose those unwanted inches from your waistline, and make a healthier you. Please contact the Senior Center @ 763-4379 for more information. No pre-registration necessary.

**TOPS Club:** Is a non-profit, non commercial weight loss support organization. Its 2 fold objective is to encourage healthy lifestyles through weight-management support groups. Most members refer to the group simply as "TOPS", an acronym for "Take Off Pounds Sensibly". Club meetings emphasize nutrition and exercise education focused on supplementing a member's effort to manage their weight. TOPS meets on Tuesdays from 1:30 - 2:30pm at the Senior Center. For further info please cal 763-4379.



## Human Services Recreation & the Senior Center

The newly formed Human Services Department will enable the Recreation Department to work together with the Senior Center and offer a wider variety of programs to Seniors @ the Kibbe Fuller Community Center and the Senior Center.

If you would like to see a particular program offered or if you have any other suggestions for new programs, please contact Jenifer Charette @ the Senior Center 749-7160 or [jcharette@somersct.gov](mailto:jcharette@somersct.gov).

All Recreation classes are open to Somers Seniors. Seniors receive a 10% discount when registering for a Recreation Program. In future months the Gentle Yoga and ZUMBA Fitness programs will be offered at the senior and will be designed more specifically towards senior fitness. We are also looking into the addition of a fitness trainer who will be available to consult with seniors at the Kibbe Fuller Community Center Fitness room. Upcoming programs will also include workshops and seminars on senior nutrition, cooking and shopping for two and diabetic cooking.

# Somers Senior Center Weekly Activities

Page 6

Somers Senior Newsletter

## Quilters Wanted!

By Marj

It's no ordinary play time...It's 3 hours of socializing with friends old and new and at the same time, creating a beautiful quilt. The Lost Needle Quilters are in need of a few new members. If you are interested in joining this group of talented quilters, please come down to the Senior Center any Friday from 12:30 - 3:30pm. For more information call 749-4081.

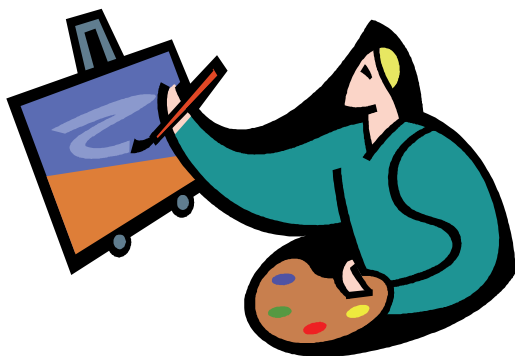


## Artist Workshops

Join other experienced and beginner "artists" at the Senior Center every Friday from 9am - 12. Work on your own creation and enjoy the company of other local artists. This is a fun way to enjoy a hobby, a passion, get some tips, critique and socialize. No registration necessary!

The Tobacco Valley Artist's Association meets the 3rd Wednesday of each month at the Senior Center @ 7pm.

For more information on these programs, please contact Bev @ 749-6561.



## BINGO!!!!

Every Monday & Thursday: 12noon - 3:30pm.

Empty your pockets and purses of that loose change and be ready for fun!

## Pinochle - Dominoes - Bridge

Pinochle: Tuesdays 12:30-3pm

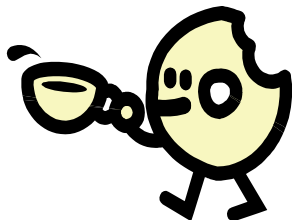
Dominoes: Tuesdays 1:30 - 4pm

Bridge: Thursdays 7-9:30pm

These weekly activities are a great way to meet new friends and have some fun at the Center. There's always room for new players; come down to the Senior Center today for Bingo, Dominoes, Pinochle or Bridge! For more information just drop in or call 763-4379.

## Tuesday Morning Coffee & Donuts!

Come down to the Senior Center every Tuesday morning for FREE coffee, donuts and good conversation. What a great way to start your day, meet friends old and new and catch up on the latest news around town. The donuts are courtesy of The Whole Donut in Hazardville, they are delivered by our own George Stephens and the coffee is brought to you by the Senior Citizens' Club. Make sure to grab a copy of the Springfield Republican paper on your way out...it's here FREE every day. Hope to see you all down at the Center every Tuesday!



## Somers Senior Bridge Club News

The Somers Senior Bridge Club is looking for some new players. We have 2-3 tables going every Thursday night at 7pm. All levels of ability are welcome, but should at least know the fundamentals of the game. We are a friendly group - no "cut throat" players here!

## Bridge Lessons

Want to learn how to play Bridge?

This is your opportunity to find out...

We are looking to form a bridge lesson group at the Senior Center during the day. The first few sessions will be geared towards those new to the game; later sessions will be directed toward improving your skill in bidding, use of conventions, play of the hand, opening leads on defense and more. Lessons with instructor Gil Rivard will last from 1 hour to 1 1/2 hours per week for approximately 6 weeks. Day and time TBD, depending upon interest. Bring a friend if you'd like; all are welcome to play. After the 6 sessions you will be able to play at a respectable level. **Please contact Gil Rivard @ 749-6573 if you are interested in joining the Bridge Night group or Bridge Lessons.**

# Town of Somers Senior Information

Volume I Issue II

Page 7

## You could be eligible for Property Tax Relief!

- Are you a Somers resident?
- Do you own your own home or have life use of your home?
- Are you or your spouse 65 years of age or older, or are you receiving permanent disability benefits?
- Is your 2008 adjusted gross income plus any other income not included in your adjusted gross income \$37,300 or less?

If you answered yes to the questions above, you may qualify for property tax relief. Tax Credits up to 75% of your real estate tax bill are funded by the State of Connecticut and the Town of Somers and never need to be repaid.

Simply come to Town Hall with your 2008 Federal Income Tax Return, if you filed one, plus your 1099's from Social Security, between February 2<sup>nd</sup> and May 15<sup>th</sup>. The Assessor's staff will assist you in completing the paperwork.

Pat Juda, Somers' Assessor, will arrange to visit you in your home to assist you with the application in the event it is difficult for you to visit the Town Hall. Please do not hesitate to call Pat at 763-8202 to schedule a visit or to answer any questions you may have concerning this program.

## Fuel Assistance Information

If you are a senior in need of assistance to pay your fuel bills, please contact the Social Services Office @ 763-8224. Depending on your situation, you may qualify for assistance from either the ACCESS program or Operation Fuel. The ACCESS program ends on March 16; Operation Fuel runs through April 30, 2009. Please don't be left out in the cold...call Ann at the Social Services office or Jenifer Charette at the Senior Center today.

## Dial - Ride Bus Service

Our Senior bus service operates Monday - Friday from 8am - 4pm, taking seniors and disabled passengers to their appointments, shopping and other activities in Somers, Enfield and Stafford. The fee is a mere \$1 per ride. If you would like to schedule a ride on the Senior bus, please contact the Senior Center @ 763-4379 at least 2 days in advance if possible. If you are a first time rider, please request a copy of the Senior Bus Operating Procedures. Get out of the house and get active!

## Meals on Wheels

Daily hot and or cold meals delivered to your home; what could be more convenient! Our meal program is affordably priced and ensures that clients receive nutritious meals and a friendly visitor each day. If you are interested in receiving meals 1 - 6 days per week, please contact the Senior Center @ 763-4379 for further information. We would be happy to add you to our delivery schedule. Remember, without our Meals on Wheels Volunteers, this program would not be possible.. Thank you!!!



## TAX-AIDE PROGRAM

**The Senior Center is currently making arrangements for tax return assistance:**

We are looking to bring in IRS trained AARP volunteers to help complete federal and state income tax returns at no charge for seniors aged 60 and over.

This free service is intended for the completion of average tax returns. If your return cannot be completed in one hour or less, or is overly complex, it is advisable to use the services of a paid tax professional. To enable volunteers to complete returns more easily, please bring copies of:

- ☐ Last year's federal & state tax returns
  - ☐ All original documents for taxes for 2008
  - ☐ W-2's
  - ☐ 1099's
  - ☐ Town property tax bills for your house and/or car
  - ☐ Social Security statements
- If you are interested in this service, please contact Jenifer Charette at the Senior Center @ 749-7160.**



# Senior Newsletter: Director's Corner - Advisory Committee to the Elderly

Page 8

Somers Senior Newsletter

## Director's Corner

Dear Somers Seniors,  
First of all, my apologies for the late publication of the newsletter this month...it has taken me a bit longer than I anticipated to get everything completed. Since you are now on page 8, you may have noticed the new format. It is my hope that you will find this new newsletter helpful, informative and enjoyable to read...and you will return to it again and again. While all the regular features still remain, the new format has provided room for much more. In addition to updating the appearance, we have also gone to quarterly publication. You will see a new issue of the newsletter each season. Info on events and programs scheduled after publication will always be available at the Senior Center and on our new website somersct.gov. Although it is in the early stages, I encourage you to access it frequently for updates on all Senior Club activities, luncheon menus and events. You will also find links to many helpful

## Attention Local Businesses!!!

We are pleased to announce a NEW feature in the Somers Senior Newsletter, the FREE publication of the Somers Advisory Committee to the Elderly. Effective with the spring 2009 issue, local businesses will have the opportunity to advertise in the newsletter. This will provide local businesses with a direct means of communication to the senior population in Somers. Currently, the Newsletter is mailed free-of-charge to approximately 800 Somers seniors, with more added to the mailing list each week. Additionally, it is available at the Town Hall, Library and **online at somersct.gov** on the Senior Center link. The population figures for Somers indicate that a significant portion of the Somers Population consists of seniors 55 years of age and older. Furthermore, according to the Somers Plan of Conservation and Development, it is projected that 31% of the population will consist of seniors 55 + by 2010. If you want to reach out to these seniors, it is our newsletter that will provide you with a powerful means of communicating your business message to them. Two representatives from the Advisory Committee to the Elderly have volunteered to handle this project; Donna Doyker phone: 763-8210 and Barbara Flebotte phone: 749-5821. Please feel free to contact Donna or Barbara for more information on ad prices or with any other questions you may have.

Sincerely,  
Members of the Advisory Committee to the Elderly

sites especially focused on seniors.

After such a long winter we are all anxious to get out and get active. Although I have many ideas for new programs and activities, my greatest input comes from you. Some thoughts for spring and summer include a "Walking Club", Senior Garden, CPR and 1st aid class, nutrition workshops and a "Cooking for 2" class. I encourage you to contact me with your interests; my door is always open. You may have noticed the "logo" on the front and back pages. This was the creation of Elderly Advisory member Barbara Flebotte. I think it perfectly sums up the "mission" of my position and the Human Services Department in Somers. As time goes by, I would like to see more and more collaboration between the youth in Recreation and you the seniors. We recently had our annual Recreation Valentine's Party, and part of the event's huge success was due to the wonderful volunteers from the Senior Community.

I have been in this position now for almost 5 months and I want to thank you all for making me feel so welcome in your home. If you haven't already, please stop by soon; I look forward to meeting you.

Jenifer Charette

## Answers to Jan - Feb Quotes:

"A true friend is someone who is there for you when he'd (she'd) rather be anywhere else." **Len Wein**

"Forget injuries, never forget kindnesses."  
**Confucius**

"All the things I really like to do are either, immoral, illegal or fattening" **Alexander Woollcott**

"A warm smile is the universal language of kindness" **William Arthur Ward**

**If you have a favorite quote for the next newsletter, please contact the Senior Center @ 763-4379.**

## Newsletter Name CONTEST!!!

**We're looking for a "New" name for our Newsletter....**

**If you have a suggestion, please contact the Senior Center @ 763-4379.**

**We'll be "voting" on the winning entry at our next Elderly Advisory Committee meeting and the winner will receive a months' worth of vouchers good for catered lunches at the Senior Center!**

# Sample Large AD



## From the office of Dan Moraski: Social Security Improves Disability Program with Compassionate Allowances

Social Security is making the disability process much faster for people with rare diseases and cancers.

That's because Social Security has begun the first phase of its Compassionate Allowances initiative -- a way to expedite the processing of disability claims for applicants whose medical conditions are so severe that their conditions obviously meet Social Security's standards.

The improvements to the disability determination process are the result of a series of public hearings where Michael J. Astrue, Commissioner of Social Security, received information from leading experts on cancers and rare diseases. Social Security also has been receiving technical assistance from the National Institutes of Health to ensure that the compassionate allowance initiative is based on sound, up-to-date medical science.

"Getting benefits quickly to people with the most severe medical conditions is both the right and the compassionate thing to do," Commissioner Astrue said. "This initiative will allow us to make decisions on these cases in a matter of days, rather than months or years."

Social Security is launching this expedited decision process with a total of 50 conditions. Over time, more diseases and conditions will be added. A list of the first 50 impairments -- 25 rare diseases and 25 cancers -- as well as more information about Compassionate Allowances can be found at

[www.socialsecurity.gov/compassionateallowances](http://www.socialsecurity.gov/compassionateallowances).

## Social Security Looks to the Future

With the end of the year fast approaching, many people are already making plans for the New Year — and beyond. As Americans look to the future, so too is Social Security. Recently, the agency released its new Strategic Plan with the motto, "Social Security Benefits America."

This five-year plan identifies the challenges Social Security faces and the steps needed to meet those challenges head on. This plan charts the course that will enable us to effectively manage Social Security's core workloads and work toward long-term enhancements of our service to the public.

There are challenges, such as the backlog of disability claims and the increasing population of retirees due to the aging baby boomer population. To address these and other challenges, the plan concentrates on four specific goals:

- Eliminate the hearings backlog and prevent its recurrence;
- Improve the speed and quality of the disability process;
- Improve retiree and other core services; and
- Preserve the public's trust in Social Security's programs.

The plan also notes the two keys to meeting our goals: Social Security's dedicated employees and advances in information technology.

Our Commissioner, Michael J. Astrue, has said, "Our workforce is one of our greatest strengths. The challenges we face have not shaken our resolve to provide the vital services Americans depend on. But we will need to rigorously explore and wisely employ new technology. To achieve a strong and modern infrastructure we need to invest in technology. That's part of the plan."

Abraham Lincoln once said, "The best way to predict your future is to create it." That's exactly what we're doing with this plan — creating our future. This Strategic Plan charts the course we will need to take over the next five years to make our vision a reality. Working together with the President, members of the Congress and our stakeholders, we can provide world-class service for generations to come.

You can read the full text of Social Security's Strategic Plan at [www.socialsecurity.gov/strategicplan.html](http://www.socialsecurity.gov/strategicplan.html).

## Flebotte Realty, LLC

67 George Wood Rd., Somers, CT  
Office: (860) 749-5821

*Barbara Flebotte*

Broker/Owner, Realtor® since 1990

*Licensed in CT and MA*



## Need HELP with Yard work?

Any senior who needs yard work done and can't afford outside help, may call Walter Kaczmarczyk at 871-8739. He represents the Somers Rotary Club and students from the High School Interact Club and will be happy to make arrangements for help.

## Sample SMALL Ad



## World War II Veterans Honored



Thanks to Connecticut Secretary of State, Susan Bysiewicz, her staff, and her Public Service Award Program, November 14, 2008 will truly be a day that will be long remembered by many Somers residents. As Ms. Bysiewicz wrote, the year 2008 was the year for "...recognizing veterans of World War II for their exemplary service and unwavering courage." Through the efforts of State Representative, Penny Bacchiochi, and Somers First Selectman, David Pinney, letters were sent to Somers residents to verify their veterans' status in preparation for this recognition event. All men and women who responded and were identified as World War II veterans not only received an invitation to this ceremony; but they were also advised that if they were unable to attend, their award would be mailed to them. The beautiful citation which each veteran received can be seen in the lower left-hand corner of this group picture which was taken at the ceremony.

Many family members and friends of these WWII veterans attended the ceremony. As one can imagine, the guests included not only wives and husbands of these Veterans, but also some of their children, grandchildren, and great-grandchildren. As they checked us in at the Somers High School Auditorium, each of us received an American Flag as well as a Program Booklet and the list of all known WWII veterans living in Somers. Of the 104 men and women identified as WWII veterans, 35 attended this event. This was certainly a prestigious ceremony. After speeches given by Congressman Joe Courtney, State Senator John Kissel, First Selectman David Pinney, and Secretary of State Susan Bysiewicz, each veteran's name was announced and each came forth to receive his/her lovely citation for their service. A professional photographer graciously took individual pictures as each veteran received his/her award and subsequently each veteran received a copy of his/her picture.

It was not only interesting and educational to listen to some of the stories told by these veterans, but at times it was emotional. As we listened to the stories, we learned these men and women served in all branches of our military service and all around the world! Some had siblings who also served in World War II and some of those siblings did not survive the war. As Leethie Schlaf shared some of her experiences, we learned that she actually served in three wars (WWII, Korean, and Vietnam)!

Unfortunately, the number of our WWII Veterans is dwindling as their ages range between approximately 80 and 100. Of those in attendance, Joe Mariana was the oldest. He is 94 and proud of it! We know there are other WWII Veterans in Somers who were unable to attend but who are actually older than Joe. One of those veterans will be 100 this year!

To have witnessed this wonderful ceremony was an experience no one will quickly forget. It certainly made you appreciate not only our WWII veterans but all veterans as well as the men and women who are now serving our great country. May God bless them all!

Joan Sizer (the proud wife of a WWII veteran)



# Somers Senior Citizens' Club News

Volume I Issue II

Page 11

## A message from the Senior Citizens' Club President:

Hi Everyone,

My name is Arlene Yarnes, I am the President of the Somers Senior Citizens' Club, in our Center. We may be a little center BUT we do BIG things! Come and see our "Gift Table", join us on Wednesdays and enjoy a luncheon catered by Patsun's here in Somers. We have coffee and donuts on Tuesdays. Now we have popcorn and a movie on Sunday afternoons starting at 2pm. We do so many things, you will just have to stop by and say hello.

We are always happy to see you,

*Arlene*



## The Somers Senior Citizens' Club Notes

by Terri Ramsey



A New Year and with it brings a New Promise. A Promise to ourselves, to take better care of one another. A Promise to take better care of our Family, Friends, and Surrounds. And what better way to start off the New Year than with a gift of a new refrigerator! Donated by Christopher S. Howland, of Howland & Sargent Personal and Business Insurance Group here in Somers.

**Gardner to the Rescue!** Gardner Gerich volunteered his time and effort to hookup the new refrigerator's Water & Ice Maker! The new refrigerator comes with it's own 6 month water filter, so no more yucky city water taste!



**Christopher Howland &  
Arlene Yarnes**



**Gardner Gerich**

## Toys For Tots

The Somers Seniors graciously donated many gifts for the United States Marine Corps. Toys for Tots! The Toys were gathered up after the Senior's Christmas party at the center, and then delivered to Rick Paskewitz Postmaster of the Somers Post Office. A huge bin on wheels is dedicated to the cause. The Somers Post Office is just one of many drop off points, where Marines pick up the Toys.



## More Senior Citizens' Club News

### Financial Woes....

One of the Club's Free services provided, is State line Senior Services with Founder William (Bill) J. McCloskey Financial Advisor. Bill specializes in helping seniors with their money and ensure that it lasts. Bill is at the Somers Senior Citizen's Center on Fridays from 1:00 -3:00 P.M. Servicing seniors in the community since 1983, the center is truly fortunate to have him!



### New Board Member!



**Jim Burgess is sworn in as the Club's 2nd Vice President!**

### Valentine's Day Luncheon

Bill had 30 Long Stem Roses delivered to the Center for all the Ladies during our Valentine's Luncheon.



**Thanks Bill!**



**Please Support our sponsors!**



**Travel Dreams, LLC**

*"Let us make your travel dreams a reality"*

We charge no fees and can meet or beat most Internet pricing, while you have the confidence of booking with an experienced travel agency.

**Mention this ad for additional savings!!!**

Heron Drive  
860.763.4670  
860.749.9589

Somers, CT  
travel\_dreams@cox.net  
www.traveldreamsllc.com

GENERAL MAINTENANCE . FUEL INJECTION . AC SERVICE  
DIESEL . ELECTRICAL . ALIGNMENT . USED CARS

**"PEOPLE'S AUTO"**

AUTOMOTIVE REPAIR  
(FOREIGN CAR SPECIALISTS)  
ASE CERTIFIED

DAVE DOYKER  
FRAN DOYKER  
JIM HINKLE

23 FIELD ROAD  
SOMERS, CT 06071  
(860) 763-0711



**Somers Senior Center**  
**19 Battle Street**  
**P.O. Box 194**  
**Somers, CT 06071**

**BULK RATE**  
**U.S. POSTAGE**  
**PAID**  
**PERMIT NO. 7**  
**SOMERS, CT**



## **Senior Information Directory      Spring: March - May 2009**

### **Director of Human Services & Municipal Agent to the Elderly**

Jenifer B. Charette

Office Phone: 749-7160

Cell Phone: 860-234-2680

Fax: 763-8228

### **Office Hours @ the Senior Center**

8am - 12noon: Monday - Friday

email: [jcharette@somersct.gov](mailto:jcharette@somersct.gov)

Norma Meyer: 763-4379

Hours: M - F :12 - 4pm

### **Social Services &**

### **Recreation Office Hours:**

1 - 4pm M, T, W & F, Thurs. 4 - 7pm

**Woodcrest Housing: 749-4658**

### **Senior Citizens' Club**

Meets at the Senior Center @ 12:45pm on the 3rd Wednesday of each month. September - June, except December. The Public is Welcome to attend! Monthly meetings of the Executive Board occur September - June; exact date and time of meeting TBD by the board.

### **Executive Board members:**

Arlene Yarnes - President  
Cathy Butkus - 1st Vice President  
Jim Burgess - 2nd Vice President  
Theresa Beardsley - Secretary  
Beverly Guimmond - Asst. Secretary  
Avonne Robbins - Treasurer

The Club is looking for an Assistant Secretary; please contact Arlene if you're interested @ 763-4379.

### **Advisory Committee to the Elderly**

This town committee meets at the Senior Center every 2nd Tuesday of each month @ 11:00am. The public is welcome to attend.

### **Committee Members:**

Chairman: Jenifer Charette  
Secretary: Elaine Bemont  
Senior Citizens' Club: Arlene Yarnes  
Communications: Barbara Flebotte  
Senior Support Services: Pat Bachetti  
Senior Lunches: Arlene Yarnes  
Senior Center Sign: Donna Doyker  
Public School Liaison: Donna Doyker  
Woodcrest Rep: Dorothy Hillman