

Echoes from Somers Seniors

Somers Senior Center
19 Battle Street
P.O. Box 308
Somers, CT 06071



Volume II Issue IV
August - Sept. 2010

Upcoming Programs and Seminars for Seniors from ACCESS

Money Matters – Energy Assistance – Case Management

The ACCESS Agency will be providing the Town of Somers with a Case Management worker once a week for Energy intake applications and 1/month for their new “Money Matters” Workshop.

Money Matters: Is a required workshop for those applying for CL&P NuStart & Below Budget. If you are applying for these programs you MUST complete the Money Matters workshop within 3 months. Our first Workshop is scheduled for Thursday, August 29th, 3:30pm at the Town Hall. Please contact the Senior Center or the Social Services Office at 763-8224 to register.

This seminar is not only for those with current financial hardships, it is meant to help anyone learn to manage their money and expenses wisely.

Case Management: The ACCESS Agency will be sending a case management worker once per month to meet with individuals for 1 hour appointments. This case worker will be able to assist you with CL&P NuStart, matching payments, DSS issues, obtaining hearing aids and glasses for seniors and low income, eviction prevention, budgeting your finances and general advice.

Energy Assistance: The Energy Assistance Program is designed to offset winter heating costs for low-income (below 60% of State median income) households in Windham and Tolland counties. Benefits are determined by total household gross income and liquid assets. Deliverable heated households may use benefits starting November 1 and ending March 15. Utility heated households (CL&P and YES Yankee Gas) are eligible to participate in the matching payment programs and are protected from utility shut-off from November 15 through April 15.

What do I do if I want to apply for help? To apply for assistance, applicants must schedule an appointment at the Social Services office. Appointments are being scheduled for Thursday’s beginning at 9am. For a list of required documents, please contact the Senior Center, Social Services office or ACCESS.

Updates for the 2010-2011 Heating Season!

Early intake! Applications are tentatively scheduled to be processed from August 2, 2010 through April 30, 2011. Program services begin November 1, 2010 (Fuel deliveries may begin November 1, 2010)

For further information on all of the above programs offered by ACCESS, you may contact them directly at 860-450-7400 or access@accessagency.org
Their hours are Mondays 8-6pm and Tuesday - Friday 8-4pm.



INSIDE THIS ISSUE:

Upcoming Events & Health & Wellness
Info: Pages 2 - 3

Town of Somers
Info. Message from
Lisa Pellegrini:
Pages 4 - 5

New & Weekly
Programs: Pages 6 - 7

Regular Weekly
Programs & Birthday
Wishes : Page 8 - 9

Director’s Corner &
Wednesday Seminars:
Page 10

Senior Citizens’ Club
News: Pages 11 - 15

Senior Info: Page 16

Upcoming Events Information - Mark your calendar!



Niagara Group Leaders: Connie & Joe Carenzo:

Toronto & Niagara Falls

Our first trip out of the country was a huge success!

All who participated in the June trip to Toronto had a great time and are looking forward to traveling together again soon!

Please see our newest trips below...or, if you have any suggestions or ideas for future trips, please let us know!

We hope you'll be traveling with us soon!

Fuel Assistance Information

If you are a senior in need of assistance, please contact the Social Services Office @ 763-8224. We will be happy to schedule an initial intake appointment with Ann Procopio on Wednesdays and the ACCESS Agency on Thursdays. For a complete list of the documentation needed for your appointment, please contact the Social Services Office, or pick up a checklist from the Energy Assistance board at the Senior Center.

GET OUT THERE AND TRAVEL !

Join other active Somers Seniors on these Exciting excursions!

Trip to Mohegan Sun – CT Sun Women's Basketball August 15, 2010, \$10.00 per person.

Trip includes ticket to CT. Sun Basketball game and bus trip.

Bus leaves Somers @ 1pm

Bus leaves Mohegan Sun after the game.

The game starts at 5pm and they are playing Indiana

Recreation Department Fall NYC Trip

Saturday, November 27, 2010 Fee: \$42.00/pp

Bus leaves Somers @ 7am Bus leaves NY @ 7pm

Make checks payable to Somers Recreation Department.

For more information on any of these exciting trips, please contact the Senior Center @ 763-4379 or email jcharette@somersct.gov.

We hope to have you traveling with us soon!

Renter/Homeowner Rebate Program

CT State law provides for a direct, partial reimbursement of rent and utility bills of certain elderly and totally disabled renters & homeowners.

Qualifying utilities are:
electricity, gas, water
and fuel oil.

Recipients must be at least 65 by 12/31/2009.
Must meet a 1yr Ct residency requirement.

For other requirements and an application, please contact Pat Juda , Somers Assessor @ 860-763-8202 to apply BEFORE 9/15/2010 deadline!

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 Florence at the Senior Center @ 763-4379 between 8am & 4pm Monday - Friday.

Upcoming Pedi-Care Service Dates:

8/12, 8/26, 9/9, 9/24

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 Susan King @ 749-9648 for further info. We would be happy to add you to our delivery schedule. Without our Meals on Wheels Volunteers, this program would not be possible.. Thank you!!!

Town of Somers Community Wellcare Programs

Blood Pressure & Blood Sugar Screenings

Upcoming dates at Somers Senior Center & Woodcrest

At the Senior Center:

Tues: Aug 3: 8:00 - 9:00 BP/BS

Wed: Aug 11: 11:30 - 12:30 BP

Wed: Aug 23: 11:30 - 12:30 BP & Cholesterol Screening (\$15 fee for Cholesterol Screening)

Tues: Sept 7: 8:00-9:00 BP/BS

Wed: Sept 8: 11:30-12:30 BP

Wed: Sept 22: 11:30-12:30 BP

At Woodcrest:

Monday: August 16: 9:00am-10:00 BP/BS

Monday: September 20: 9:00-10:00 BP/BS

Blood Pressure & Blood Sugar Screenings Sponsored by:



**Somers Community Health
& Wellness Association, Inc.**
For information or suggestions
call 860-749-5411



Your Hometown VNA & Hospice

Town of Somers Information

Page 4

Echoes From Somers Seniors

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. Our friendly and courteous drivers will be happy to take you to your destination. 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!



Shape it Up Studio - Now Open!!!!

Join us at Your NEW exercise studio!!!

Kibbe Fuller Community Center - 619 Main Street

All ages welcome, but we specialize in helping all you “seasoned” women and men get regular exercise and maintain that physique you’re so proud of!!!!

We have 10 exercise machines in our circuit, a treadmill, elliptical and free weights. All exercise is fully supervised by our studio coordinator, LeeAnn MacFeat.

We are open Mondays, Wednesdays & Fridays 9am - 12noon

There is a suggested monthly donation of \$20 to join.

Please call Florence at the Senior Center today for more information or to register. **We hope to see you “Shaping it Up” SOON!**



Senior Center Flu Clinic

Tuesday, October 12th ~ 1 - 4Pm

On Tuesday, October 12 there will be a “Special” Flu Clinic held at the Senior Center from 1 – 4 PM. This clinic is for persons 65 and older or those who are mentally or physically challenged. Reservations are necessary and can be made by calling the Senior Center at 860-763-4379.

Home visits are also available for anyone unable to attend the event.

For further information about the Flu Clinic, please call Judith Snyder at 860-749-5411.

A Message From Lisa Pellegrini

Hello Everyone,

As I am writing this letter the paint for the Senior Center has been purchased and is currently in Jenifer Charette's office awaiting Correctional Officer Jeff Stannard's prison work crew. So hopefully, by the time you have read this letter the Senior Center's interior has been freshly repainted.

I got a phone call several weeks ago from Representative Penny Bacchiochi regarding a new round of Small Town Economic Assistance Program Grants (STEAP). The applications were due on July 20, 2010. On July 16th I submitted applications for \$400,000 for the following:

A Senior Center Expansion totaling \$200,000. I have requested the funds to expand the Senior Center to provide two additional activity rooms, a covered porch, an office (which may also be used to provide medical screenings) and a large storage room.

Repaving of the Senior Center Parking Lot totaling \$80,000. The request for these funds would enable the parking lot to be repaved and lined for parking spaces.

Sidewalk Construction from the Battle Street Cemetery to Main Street totaling \$120,000. The request for these funds would allow the construction of a side walk running from the cemetery past Woodcrest and the Senior Center all the way up to Main Street.

You may remember that I was hoping funds for the sidewalk would be able through a Small Cities Grant, however based on the census requirements of the grant it was determined that we were not eligible for the funding. However, I refuse to give up and am hoping that we will be awarded the funds for the sidewalk, as well as the other projects through the STEAP program.

Attention All Korean War Veterans

I am currently working with Secretary of State Susan Bysiewicz to present a Public Service Award to all Korean War Veterans for their bravery and commitment to our nation as well as for their willingness to fight against Communist tyranny, unselfishly protecting democracy in a country far away. There are thousands of Korean War veterans in Connecticut and we are hoping to honor those veterans now living in Somers for their patriotism and valor.

The Town of Somers is happy to participate in this program. World War II veterans were honored last year and this year we are seeking to honor those brave men and women who served in the Korean War during the period of June 27, 1950 to January 31, 1955.

Thus, I am asking all Korean War veterans currently living in Somers to contact Pat Juda in the Assessor's Office at Town Hall to ensure that your name is on the list to be recognized for your service to this great country. She can be reached at 860-763-8202 or by email at pjuda@somersct.gov. The information we need includes your full name, current address and branch of service.

Time goes by very quickly and each day seems to get busier and busier, however please know that I am actively working for you and am always available at 860-763-8200.

Take care,
Lisa Pellegrini

VERY GENTLE YOGA for Seniors

Tuesdays: 9:45 - 10:45am @ Somers Senior Center ~ \$15 per 5 week session

New Sessions will begin again in September!!!

Join Certified Krupala Instructor Pat Baker for an hour of fully instructed, relaxing yoga. This class is designed for individuals who have little or no yoga experience. You will learn breathing techniques while practicing basic yoga postures. **This program is specially geared to seniors** - Come create flexibility, reduce stress, invigorate yourself and calm your mind. ..

Please wear comfortable bring a yoga mat and a blanket if you have one.

For additional info and to register, please contact Pat at 668-4851 or the Senior Center @ 763-4379.

**FREE Garden TOUR****“A Walk in Martha’s Garden”**

206 Springfield Road, Somers, CT - Call 860-749-7063 for information

2 Weekends: July 31 & August 1 - August 7 & August 8 ~ From 3 - 7PM

See a Cascade of Color & Beauty - 5 Miniature Rooms & Santa’s House

Bring your Camera - Garden Tour is FREE

A RAFFLE will be held to benefit the Loaves & Fishes of Enfield

Come See and Enjoy the Beautiful Gardens! Children Welcome!



American Red Cross

Together, we can save a life

Red Cross Blood Drive

September 27th ~ 1 - 6pm

Somers Baptist Church ~ Battle Street

For appointments:

Call: 1-800-Red Cross (1-800-733-2767)

Or visit online at www.RedCrossBlood.org

Proverbs & Quotes:

We had NO contributions for this issue... We NEED YOU!!!!

If you have an interesting or funny quote, proverb or even your own poetry that you would like to contribute to the next newsletter, please drop it off, email it or snail mail it to the Somers Senior Ctr. by September 1st!

New & Weekly Programs

Echoes from Somers Seniors



Seniors CRAFTERS Group

3 Wednesdays: Sept. 15, Oct. 13 & Nov. 17

1:30 - 4:00pm

No registration fees or supply fees



Come down to the Senior Center and join other “crafty” seniors...

We will be making decorative projects and presents for
the upcoming holidays and your homes.

Whatever your interest or specialty is, join us for an afternoon of fun and creativity!

If you have a particular specialty, and would like to teach the rest of us,
please provide the Center with a supply list and we will make sure to
stock up and distribute to all that are interested.

Please contact Flo or Karen at the Senior Center for more information...

We look forward to seeing you!

SOMERS HEALTH FAIR AND FLU CLINIC

Saturday, October 2nd. From 10am - 1pm Somers Elementary School

Somers Community Health and Wellness Association (SCHAWA) will be sponsoring a Health Fair along with their annual Seasonal Flu Clinic on Saturday, October 2 from 10 AM to 1 PM at the Somers Elementary School. There will be a variety of vendors all associated with health and wellness issues at the fair along with refreshments, door prizes and additional events. The Health Fair is open to the public and all ages are encouraged to attend and enjoy the offerings. The Town Bus will be available on request.

Please call the Senior Center to make arrangements.

The Seasonal Flu Clinic will be held in conjunction with the fair. At this time it is being proposed that the H1N1 vaccine be incorporated with the Seasonal Flu vaccine so that there will only be one shot given; however, the following restrictions apply:

- You must be 18 years or older
- Not currently receiving radiation, chemotherapy or immunosuppressive therapy
- If you have been treated for Hodgkin's disease, you must present a physician's note.

The following insurances are accepted: Medicare Part B, ConnectiCare, HealthNet, Aetna and Anthem Blue Cross/Blue Shield (Anthem's J Plan is excluded). You will be responsible for any co-pay. For those not covered by insurance there will be a fee.

On Tuesday, October 12 there will be a “Special” Flu Clinic held at the Senior Center from 1 – 4 PM.

This clinic is for persons 65 and older or those who are mentally or physically challenged. Reservations are necessary and can be made by calling the Senior Center at 860-763-4379. Home visits are also available for anyone unable to attend either of the above events. For further information about these events please call Judith Snyder at 860-749-5411.

Somers Senior Center Regular Weekly Activities

Page 8

FUN FOR FREE!

Echoes from Somers Seniors

Quilters Wanted!

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.

BINGO!!!!

The Bingo Group is in need of More Players!!!!
Join Bingo Caller Extraordinaire, Karen Norrie and our fun-loving group of Bingo enthusiasts 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 - **New Players Wanted!**

Dominoes: Tuesdays 1:00 - 4pm

Bridge: Thursdays 7-9:30pm

There's always room for new players! Come on down to the Center today for Bingo, Dominoes, Pinochle or Bridge! For more information just drop in or call 763-4379.

Tuesday Morning Coffee & Donuts! 8 - 9am

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.

Artist Workshops

Join other experienced and beginner "artists" at the Senior Center every Friday from 9am - 12.
No experience or registration necessary!

Somers 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! Call the Center for info on lessons @ 763-4379.

CHAIR AEROBICS:

Mondays & Thursdays @ 10am

Gentle but effective exercise program for seniors. Join our group 2 times/week. And it's FREE!
For further info, please call 763-4379.
No pre-registration is needed.

TOPS Club: Tuesdays: 130-230pm

TOPS Encourages healthy lifestyles through support groups. For further info please call 763-4379.
No pre-registration is needed.

Somers Strikers Need You!!!

Come on down to the Center on Monday afternoons and practice your Wii bowling with the Somers Strikers!

No Registration necessary.

For more info, please contact the Center at 763-4379.



Ballroom Dancing & Happy Birthday Wishes!

Volume II Issue IV

Page 9



New for Seniors!!!

Ballroom Dance - Group Lessons and Party

Every Saturday from 7 - 10:30pm

127 Pearl Street, Enfield, CT - Opposite Oak Avenue



7-8pm Group Classes with a professional instructor:

1/2 hour Beginner - 1/2 hour intermediate 8-10:30 social party dancing

A \$10 Admission gets you all of the above PLUS light refreshments! BYOB

Everyone is welcome, including singles!!

Our parties are for everyone who loves to dance. They are a comfortable environment for beginners as well as very advanced dancers. Come join us this weekend!

Meet some new people and have a great evening dancing and socializing!

For more info, please contact the Enfield Pearl Ballroom @ 860-573-9700 or visit www.enfieldpearlballroom.com

* For groups of 6 or more from Somers our Somers Senior Center will provide transportation on the Dial-A-Ride bus *



Happy Birthday wishes go out to our Senior Citizens' Club Members who are celebrating Birthdays in July, August & September!



JULY: Mary Balboni, Frank Broderich, Dot Cowan, Ginny Farnham, Beverly Guimond, George Haire, Annie Herndon, Bertha Hubbell, Norma Keeney, Michael Okraska, Mureil Payzant, Joyce Pickering, Myrtle Pixley, Nora Polchlopek, Beverly Worthington, George Worthington.

AUGUST: Helen Austin, George Irish, Stanley Kasandra, Floyd Parrish, Patricia Perry, James Radziewicz, Barbara Radziewicz, Monica Suleski, Raymond Trask

SEPTEMBER: Charles Austin, Elaine Beamont, Betty Bradley, Keith Fieldhouse, Harry Gordon, Flo Hurley, Joel LaChance, Eileen McGinness, Thomas O'Brien, Harold Parker, Karlene Patenude, Louis Rafala, Gil Rivard, Avonne Robbins, Marie Skac, Margaret Sonski, Sue Sonski, Regina Swanson, Martha Theriault, Sidney Wilson, Bonnie Zink

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



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Senior Newsletter: Director's Corner & Upcoming Programs

Volume II Issue IV

Director's Corner

Page 10

Greetings everyone,

The dog days of summer are here and as you well know, we have been in the midst of a heat wave for some time now. Remember, the Senior Center is open M-F from 8am-4pm if you want to stop by and cool off. Please remember to stay out of the heat during the afternoon hours and drink plenty of water. We have had many donations since our last newsletter, including 5 Dell desktop computers from CCSU. These will be set up for use very soon and we will offer computer workshops as well as daily open computer use.

I hope you were able to stop by the Center during our Tag Sale in June - it was a HUGE success! And, a big thanks goes out to Marie Worthington who turned out to be quite a little saleslady!

Our vegetable garden is looking great - come down anytime and pick your own fresh squash, tomatoes & peppers! The 4-Town Fair will be coming up soon - We'd love to see more seniors participate on our parade float this year - Maybe we will win another trophy!

You may have noticed that we skipped the month of July in our newsletter...please accept my apologies. We have been having some major computer issues and finally decided to make a August-Sept. issue instead. Not to worry, we will make up for the lost issue with a Oct/Nov issue and a Special Holiday Issue in December! Have a great rest of your summer and a great month of September!! If you haven't done so already, please stop by the Senior Center soon; My door is always open and I look forward to meeting you.

Jenifer Charette, Senior Center Director and Municipal Agent to the Elderly

New and Exciting and FREE!!! Upcoming Senior Programs !!! MARK YOUR CALENDARS!!!!

Wednesday, August 4: **Judge of Probate, Mark Maniscalco:** following the luncheon
Wednesday, August 25: **Arthritis seminar;** Dr Dua of Sports Medicine partners of ECHN
You need not attend the luncheons to participate in the seminars.

Senior Citizens' Book Club

We would like to start a Somers Senior Citizen Club's 'Young at Heart' Book Club.

No day or time has been decided upon as yet... we would like to see how much interest there is out there. The reading list would be taken from the book of the month list provided by the Library.

If you're interested, sign up at the Center or contact the senior center at 860-763-4379. When we have enough interest for a book group we will contact you.



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"Put Success On Your Side"

151 Hazard Avenue
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Enfield, CT 06082
Office: 860-265-7625



JoAnn Batchelor

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Somers Senior Citizens' Club News

Page 11

Echoes From Somers Seniors



The Somers Senior Citizens Club Notes

Club Notes & Pictures Done By Terri Ramsey



A Message from the Center's Club President:

Hello everyone, we have had a very busy past few months. Many guest speakers, and special events, and a great deal more is planned for the future.

We have a new outdoor garden thanks to the Boy Scouts, we have many new members - Be sure to welcome them and make them feel at home at the Center.

We are always thinking up new and entertaining things for everyone to enjoy and partake in. Stop in and See! Thanks again, Arlene Yarnes

President, Somers Senior Citizens Club

NEW!!! VIDEO LENDING LIBRARY!!!

The Senior Center was recently given over 50 videos as a donation.

Movies in the collection range from comedy to drama, action and classics. If you have a VCR player at home, come on down and check out our collection! If you don't,

you are welcome to watch one here at the Senior Center on our BIG screen TV!

Call Flo at the Center for a listing of available films today!



Senior Luncheon Menu August - September

Aug. 04: Roast Pork
Aug. 11: Sloppy Joes
Aug: 18: Lemon Pepper Chicken
Aug: 25: Sheppard's Pie
Sept:1: Sausage & Peppers
Sept: 8: Ham & Potatoes
Sept: 15: Lemon Pepper Chicken
Sept: 22: Pot Roast
Sept: 29: Swedish Meatballs

The weekly lunches begin at 12noon.

*Call 763-4379 to reserve your lunch by each Monday afternoon. \$5/pp. Take out is available.

Chicken is always available for those who request ahead.

Want to Contribute to the Center but don't know how?

The following Donations would be appreciated!

Please continue to Drop Off your Un-Needed Eyeglasses or Frames at the Somers Senior Citizens Center! We are still taking the aluminum pull tabs for the Shriner's Hospital, Geissler's register receipts and working cell phones, with numbers erased and with their chargers.

Somers Senior Citizens' Club News

Volume II Issue IV

Somers Senior Citizens' Club Happenings

Page 12

Movies at the Center! Sunday afternoon movies are BACK!! Sundays at 1pm

Come on down to the Senior Center and watch a new or classic movie each week on our big screen tv! Call Flo at the center each week for this week's movie title and show time.

Freshly Popped Popcorn and beverages are available!!!

Somers Super Seniors

Eleanor Parker will be making ribbons that can be handed out at lunches; each holiday or month that celebrates certain awareness (i.e. Breast Cancer Pink Ribbon, etc).

Gardener Gerrich has made two Birdhouses that are hanging between two trees at the Center.

Carolyn Ryder has been tending to the birdhouses, birdbath, feeders & vegetable garden all summer!

Thanks everyone, for all your help!!!



The Senior Center's doors are open to anyone without Air Conditioning or if you just want to come in and cool off for a while during the warm months (8-4 pm). Be sure to drink more water and stay hydrated!

DONATE TO YOUR CENTER

The following items are needed at the Center... If you have some of these items at home and are not using them, or if you find them on sale at the local store and would like to make a donation; we'd appreciate it!

- *Soft drinks & other beverages
- *Ribbon of all colors
- *Bagged Popcorn (kernels)
- *Regular & Decaf Coffee

ANNOUNCEMENTS

NO MORE POTLUCK Lunches!

There will **no longer** be any "PotLuck" Luncheons at the Somers Senior Citizens Center. This decision was Voted upon and **unanimously** decided upon due to the fact that often there was **not enough food** for everyone arriving. It was voted upon that we would have a extra catered lunch per month instead.

Table Decoration Coordinator – Someone who will shop for all the table decorations, candies, small gifts (pencils, erasers, etc), napkins, etc & then decorate the tables each holiday.

Center Grounded Coordinator – Seniors who will water, weed, & tend to the Center's bushes, shrubs, plants, flowers, & Center's New Vegetable Garden.

Storage Closet Organizer – Senior(s) who will tend to the huge storage closet, keeping holiday décor organized, and the room uncluttered.

Farmer's Market Coupon Vouchers

Our Senior Center applied for the program and we were accepted.

The coupon vouchers for use by seniors at local Farmer's Markets will be available mid August. If you haven't signed up for yours yet, please contact the senior center.

Most vegetables are being harvested now and Farmer's Markets will be open throughout the fall, so don't miss out on this great opportunity! These coupon voucher booklets are made possible by the State of CT Department of Agriculture.

Somers Senior Citizens' Club News

Page 13

Echoes From Somers Seniors



Albert Ginitti donated a beautiful Swan painting in honor of his late wife Patricia.



April 28th, Kidney Talk We had a **guest speaker (Donna Sciacca) from the National Kidney Foundation**. She was very knowledgeable and shared a great deal of information on "Good Kidney Health". For more info, contact the Kidney Foundation at: **Toll Free: (800) 441-1280**

Our Veggie Garden!!



With undeniable gratitude to Joe Bailey & the Somers Boy Scout Troop 387!

Our own local Boy Scouts have constructed a raised bed garden for the benefit and enjoyment of all Senior Center Club Members! **Joe Bailey**, (pictured above with Carolyn Ryder) who is currently working on the Rank of Eagle has been assisted by Anthony Morrello, Jack Gallagher, John Galinski, Scott Bailey, Taylor Atkinson, Tyler Olycniw, Alan Roberts, and Chris Degrey.



On **May 19th** we had **Guest Speaker Bill McCloskey**, who came to the Center to discuss the **Health Care Reform** and what it means for seniors.

Dottie Hillman does her famous Chicken Dance!!



ANNUAL SENIOR PROM



MBA Middle School Students at the Senior Prom

Senior Prom ~ May 21st. This years' Senior Prom theme was "A Murder Mystery". Creatively written by 8th grader Kim Cisco. The Play was put on by Somers 6, 7, and 8 grade students. Row: Joshua Favreau 6th, Karyn O'Donnell (Advisor), Michael Howe 8th, Kristen Munson 6th, Anna Conley 6th, Megan Jewell 6th, Emily Fawthrop 6th, Erin O'Neill 6th, Jessica Trusch 8th, Arlene Yarnes (Center President) Back Row: Erika Bushey 8th, Emily Jewell 8th, Brianna Allard 8th, Kaitlin Gagne 8th, Sydney Quint 6th, Kim Cisco 8th,. Missing: 7th graders, Sarah Dawson and Mackenzie Coleman. Somers Seniors enjoyed a game of Clue, a "Who Done It", style board game. Followed by refreshments, and appetizers - they even had a chocolate fountain!

Somers Senior Center Club's Funniest Pet Contest!

It's Simple!

Just deliver or mail photo(s) of your
pet(s) with your name & information to:

The Somers Senior Citizens Club
19 Battle Street, Somers, CT. 06071

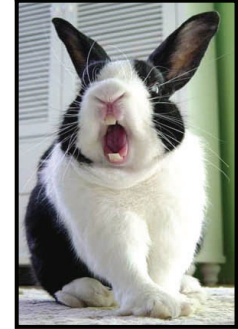
Entries must be received by **09/30/10**.

On **Sept. 30, 2010**, votes will be calculated
and the photo receiving the highest number
of votes will be declared the winner.

1st Place Winner will receive a **\$50.00**
Gift Certificate to PetSmart.



And the winning photo will be in our
next Newsletter....



A team of 7 Senior Club Members
will judge the photos..
Good Luck!

Photo of Arlene and John Kissel

On **June 2nd** John Kissel came
to the Senior Center for a
“Legislative Update”. Senator
John A. Kissel is currently
serving his **ninth term**
representing
Connecticut's 7th Senatorial

District, which presently includes East Granby, Enfield,
Somers, Suffield, Windsor Locks and portions of
Granby and Windsor. During his years in the General
Assembly, Senator Kissel has been a lead advocate on
behalf of Connecticut's senior population. Last year, he
received the Connecticut Commission on Aging's first
annual “Agewise Advocate Award,” given for ongoing
exemplary support of the state's present and future
generations of older residents and was recognized by the
Connecticut Association of Adult Day Care Centers for
his work on behalf of adult day care. Senator Kissel has
also in the past been named Legislator of the Year by
The Connecticut Association of Not-for-Profit Providers
for the Aged for Outstanding Public Service to the
Elderly in Connecticut. Contact Senator Kissel @
Email: John.A.Kissel@cga.ct.gov
Work: (800) 842-1421 or (860) 240-0531

Recipe Corner

National Arthritis

Foundation

Banana Nut Bread

Healthy Foods for

Arthritis

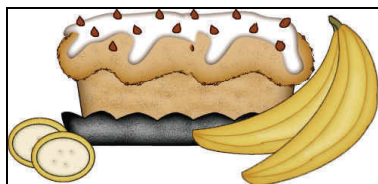
Banana Nut Bread

This classic American comfort food will take you back to your childhood.

- 5 cups flour
- 1 teaspoon salt
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 2 cups mashed ripe bananas
- 4 eggs
- 2 cups sugar
- 1 cup vegetable oil
- 1 cup chopped pecans
- Lemon juice to taste
- Mix flour, salt, baking soda and baking powder together. Beat bananas and eggs in mixing bowl.
- Add sugar and oil; mix well. Stir in dry ingredients just until moistened. Stir in pecans.
- Spoon into three foil-lined 5 X 9-inch loaf pans.

Place in cold oven.

Bake at 275 degrees for 1 1/2 hours.



Dilled Pot Roast

After a day of shopping, come home to this hearty, filling roast that's ready and waiting in your crockery cooker.
Makes 6 to 8 servings

2 to 2-1/2-pound boneless beef chuck pot roast

2 tablespoons cooking oil

1/2 cup water

1 teaspoon dried dillweed

1 teaspoon coarse salt (kosher) or 3/4 teaspoon regular salt

1/2 teaspoon pepper

1/2 cup plain yogurt

2 tablespoons all-purpose flour

3 cups hot cooked noodles

1. If necessary, cut roast to fit into a 3-1/2- to 4-quart crockery cooker. In a large skillet brown roast on all sides in hot oil. Transfer to cooker. Add the water to cooker. Sprinkle roast with 2 teaspoons of the fresh dillweed or 3/4 teaspoon of the dried dillweed, salt, and pepper.

2. Cover and cook on high heat setting for 5 to 6 hours or on low heat setting for 10 to 12 hours, until meat is tender. Transfer roast to a serving platter, reserving juices; cover roast and keep warm. Pour cooking juices into a glass measuring cup; skim off fat. Measure 1 cup of the reserved juices.

3. For sauce, in a small saucepan stir together yogurt and flour until well combined. Stir in the 1 cup reserved cooking juices and remaining dillweed. Cook and stir until thickened and bubbly. Cook and stir 1 minute more. Serve meat with sauce and noodles.

Makes 6 to 8 servings.

Nutrition Facts Per Serving:

- Servings: 6 to 8 servings
- Calories 373
- Total Fat (g) 12
- Saturated Fat (g) 4
- Cholesterol (mg) 136
- Sodium (mg) 443
- Carbohydrate (g) 22
- Fiber (g) 2

Somers Senior Center
19 Battle Street
P.O. Box 308
Somers, CT 06071



Senior Information Directory August - Sept. 2010

Human Services Director & Municipal Agent to the Elderly

Jenifer B. Charette
Office Phone: 860-749-7160
Cell Phone: 860-234-2680
Fax: 860-763-8228

Office Hours @ the Senior Center

8am - 4pm: M - TH. 8 - 1 Friday
email: jcharette@somersct.gov
**Florence Hurley at the Senior
Center Main #: 860-763-4379**
The Senior Center is Open
8am - 4pm M - F
CLOSED Holidays & when schools
are CLOSED due to inclement
weather.

Social Services Office:
Ann Procopio & Karen Norrie
860-763-8224

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!

Executive Board Members:

Arlene Yarnes - President
Cathy Butkus - 1st Vice President
Jim Burgess - 2nd Vice President
Theresa Beardsley - Secretary
Beverly Guimond - Asst. Sec.
Connie Careno - Treasurer
Florence Hurley - Asst. Treasurer

Advisory Committee to the Elderly

This town committee meets at the
Senior Center every 2nd Tuesday
of each month @ 11:30am.
The public is welcome to attend.
Please contact us with your questions,
comments and ideas!

Committee Members:

Chairman: Jenifer Charette
Secretary: Elaine Bemont
Senior Citizens' Club & Senior Lunches:
Arlene Yarnes
Senior Support Services: Pat Bachetti
Woodcrest Rep: Dorothy Hillman
Jordan Chatis
Marilyn Smith
Ailene Henry
Karen Norrie