

Echoes From Somers Seniors

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



Volume II Issue I
Jan. - Feb. 2010

New Years Greetings From your New 1st Selectman

Happy New Year everyone!

It's 2010 and the start of a brand new year. I am hoping that this year brings much health and happiness to both you and your families. I am very honored to be serving as your 1st Selectman. Please know that I will continue to work hard for you in the coming year and I will continue to support the services that affect our Seniors.

I have had the opportunity to meet many Seniors while I was campaigning and I look forward to meeting many more as time goes on. Please know that my door is always open to you as I value your comments and concerns.

The coming year will be a challenging one with regard to budgets and state aid, however by working together we will weather this storm and continue to enjoy living in such a beautiful town like Somers.

In the meantime I wish all of you a very
Happy and Healthy New Year.

Take care,
Lisa Pellegrini
1st Selectman



INSIDE THIS **ISSUE:**

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Proverbs & Quotes: We had NO submissions for this issue.....

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 February 10!

Upcoming Events Information - Mark your calendar!

MEDICARE & CONNPACE INFORMATION

Bill McCloskey of Stateline Senior Services will be available at the Somers Senior Center to discuss some of the options available to pay for your hospital, medical and prescription drug bills. Learn what new benefits are available for 2010 and how you can qualify for free Medicare D prescription drug coverage. We will discuss the Medicare Advantage programs as well as Medicare Supplements, ConnPace and much more.

Scheduled dates at the Senior Center:

Fridays from 1 - 3pm

1/8, 1/22, 2/5, 2/26, 3/12 & 3/26

If you would like additional information or would like to make an appointment,

please call **Bill McCloskey at 749-0482**.

There is no cost or obligation to attend these information sessions.

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 one of the ACCESS or Operation Fuel programs. Please don't be left out in the cold...call Ann Procopio at the Social Services office or Jenifer at the Senior Center today for more information or to set up an initial intake interview. ACCESS appointments are taken every Thursday between 9:15am - 2:30pm at the Somers Town Hall. OP Fuel on Wed & 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!

Niagara Falls & Toronto Canada - Monday - Friday, June 7 - 11, 2010: \$450/pp double occupancy. Trip includes: Luxury motorcoach transportation, all gratuities, 4 nights lodging, 8 meals, guided tours of Niagara falls and Toronto, Journey through the Falls on the "Maid of the Mist", Gaming at Fallview Casino, Casa Loma - Canada's most magnificent castle and much, much more!

Cape Cod - Tuesday - Thursday, October 5 - 7, 2010. \$270/pp double occupancy. Trip includes: Luxury motorcoach transportation, driver gratuity, 2 nights lodging, 4 meals, an exploration of historic seaside Hyannis and Sandwich, visit to Martha's Vineyard, the JFK Museum a visit to the Foxwoods Casino Resort and much, much more!

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!



Cranky Old Doods...

For loads of laughs on many subjects, try this very entertaining site:

www.crankyolddoodsblogspot.com

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:
2/11, 2/25, 3/11, 3/15, 4/8 & 4/22

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 information. We would be happy to add you to our delivery schedule.

Town of Somers Community Wellcare Programs

Blood Pressure & Blood Sugar Screenings

Upcoming dates at Somers Senior Center & Woodcrest

At the Senior Center:

- Tues: 2/2: 8am - 9am BP/BS
- Wed: 2/10: 11:30 - 12:30 BP
- Wed: 2/24: 11:30 - 12:30 BP
- Tues: 3/2: 8am - 9am BP/BS
- Wed: 3/10: 11:30 - 12:30 BP
- Wed: 3/24: 11:30 - 12:30 BP

At Woodcrest:

- Monday: 2/15: 10am - 11:30am BP/BS
- Monday: 3/15: 10am - 11:30am BP/BS
- Monday: 4/19: 10am - 11:30am 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

Somers Senior Center Regular Weekly Activities

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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!!!!

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 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.

Artist Workshops

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

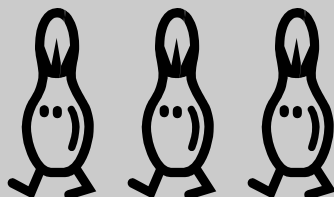
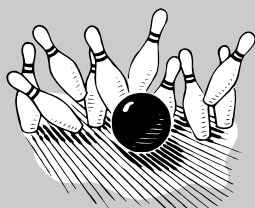
TOPS Club: Tuesdays: 130-230pm
TOPS Encourages healthy lifestyles through support groups. For further info please call 763-4379. No pre-registration is needed.

SOMERS STRIKERS UPDATE:

Come on down to the Center on Monday afternoons and practice your Wii bowling with the Somers Strikers! No Registration necessary.

Get ready for the 2010 Healthnet tournament now, or just come for the exercise.

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



VERY GENTLE YOGA for Seniors

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

New sessions begin on 1/5 - 2/2 and 2/16 - 3/16

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 clothes and 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.

“Wii Games”

The Wii console isn't just for bowling! Come on down to the Senior Center and participate in the many fun and healthy activities that the Wii system has. From tennis, to boxing and baseball and golf... Wii play is open every morning and some afternoons.

Call the Center for more information or just stop in to play!!

**TRANSPORTATION NOW AVAILABLE TO SENIORS AND THE DISABLED
ON EVENINGS AND WEEKENDS!**

ITNNorthCentralConnecticut™ is now offering rides 24/7 to seniors and adults with visual impairments in Bloomfield, East Granby, East Windsor, Enfield, Granby, Somers, South Windsor, Suffield, Windsor and Windsor Locks. This alternative transportation program uses a combination of volunteer and paid drivers who provide rides in private vehicles. There is no restriction on the purpose of a ride, and help is offered to carry packages, fold walkers, and open doors. Annual memberships are \$40 for an individual and \$60 for a household. Ride charges during the day are \$4 for pickup plus \$1 per mile. Unlike with a taxi or bus, no money changes hands during the ride because members set up a Personal Transportation Account™ from which their fares are debited. Riding with ITN is like riding with a friend who will help you carry packages, open doors and fold walkers. Members enjoy peace of mind knowing that a clean private car and safe, experienced driver are available to them around the clock, 365 days a year. They do not have to ask for favors, plan around the schedules of others, travel in groups, or make their way to a pick-up point to reach their destination. Volunteer schedules are very flexible. You can give a ride on your way to work and do a good deed before the day has even begun! Volunteers receive mileage reimbursement for part of the ride and transportation credits for the rest. Volunteers can save these credits for their own future use, transfer them to a loved one, or donate them to the Road Scholarship Program™ for low-income riders. ITNNorthCentralConnecticut™ is a community-supported nonprofit that does not use public dollars for operating expenses. The organization needs additional volunteers to keep the cost of the service affordable. ITN also accepts car donations, or members may trade their unused cars for an equal value of ride credits. Applications for memberships and to become a volunteer driver are on the website at www.itnnorthcentralct.org. For info call Hale at 860-758-7833 or info@itnnorthcentralct.org.

Town of Somers Information

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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. 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!



Please support the following local businesses and organizations that have given generously to us at the Somers Senior Center in 2009.

Somers Ace Hardware - Pell Farms Nurseries
Mountain Tree Service - Rhody's Landscaping Service
Growers Direct Nurseries - Somers Pharmacy
Stateline Senior Services - Somers Rotary - The Country Diner
Somers Lions Club - Somers Beautification

Shape it Up Studio - Now Open!!!!

Join us at Your NEW exercise studio!!!

Temporarily located in the lower level of Somers Town Hall

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!**

Town of Somers Information - Mark your calendars!

Need FREE Help with Your Taxes?

Free income tax assistance will be provided at this facility by the AARP Tax-Aide program for low to moderate income taxpayers of all ages, with special attention to seniors. Call the Somers Senior Center @ 860-763-4379 to obtain additional information or schedule an appointment with a certified AARP Tax-Aide counselor. Appointments on Mondays and Thursdays February - April are now being scheduled. All taxpayers should have with them the following information:

- If married, both husband and wife should be present.
- Proof of identity (Photo or other documentation)
- Social Security number (Social Security card or Benefit Statement Form SSA-1099) for taxpayer and all taxpayer's dependents.
- Personal check, if available; with bank checking account and routing numbers.
- Copy of last year's Federal and State Tax Returns.
- All income statements that apply to the taxpayers 2009 Federal and State Income taxes.

Appointments are now being taken for Mondays and Thursdays beginning 2/8
AARP Tax-Aide is a program of the AARP Foundation, offered in conjunction with the IRS.

AARP Driver Safety Program

The next scheduled AARP Driver Safety Program classes at the Somers Senior Center are:

**Saturday, March 13th from 8:30am - 5pm
and Saturday, June 12th from 8:30am - 5pm.**

The current cost is \$12 for AARP members and \$14 for non-members.

All those age 60 and older, who complete the class are eligible for the state mandated insurance discount. **There are NO tests.**

For reservations and information, please call Bev Morin at 749-3605.



- Companionship
- Incidental Transportation
- Live-Ins
- Errands, Shopping
- Meal Preparation
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- Laundry, Light Housekeeping
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- Personal Care Services:
 - Bathing, Hygiene
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Senior Newsletter: Director's Corner & Coming in 2010....

Volume II Issue I

Director's Corner

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Happy New Year to you all! I hope this newsletter finds you happy and healthy. We are now in the middle of winter, but I can feel spring in the air! We had a fabulous seminar at our luncheon today on "Beating the Winter Woes" One good way to do that is to come on down to the Senior Center and PARTICIPATE!!!! We have many new and exciting programs for all interests! Yes, it is COLD outside...and your Social Services Department does not want you to be COLD INSIDE! Remember....if you are a senior in need of assistance to pay your fuel bills this winter, do not hesitate to contact the Social Services office @ 763-8224. Ann Procopio will do her best to work with you to see if you will qualify for fuel assistance from the ACCESS agency or Operation Fuel. No senior in Somers should have to be cold this winter. Getting a little cabin fever? Why not take a trip with your friends at the Senior Center...Check out the great trips we have planned on page 2 and our annual trip to New York on May 12th. Please take the time to check out our new fitness center, "THE SHAPE IT UP STUDIO", this facility has been designed especially with seniors in mind.. Look on page 6 for more info. In closing, I would like to extend my apologies for the lateness of this issue of the Senior Newsletter. Unfortunately, I was just a wee bit too busy in December with our holiday programs and it caught up with me... Please accept my best wishes for a healthy and happy new year!!! Feel free to contact me or stop by the Center anytime; I look forward to meeting you! Jenifer Charette - Human Services Director and Municipal Agent

COMING IN THE MARCH - APRIL NEWSLETTER

New quotes and proverbs, Trooper Tips from Sgt. Claudio, Senior Club News, Meet the Senior Center Staff ...and much, much, more!

**Need some help with your yard work this winter or spring?
Call "Rent - A - Scout" and have a local Boy Scout
help with your yard work and cleanup.
For more information, call Bill Duhrels @ 749-3907**

Please Support Our Sponsors!!!!



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Enfield, CT 0608
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Fax: 860-749-1251



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(860) 763-0711

Somers Senior Citizens' Club News

The Somers Senior Citizens Club Notes

Club Notes & Pictures Done By Terri Ramsey

A Message from the Center's President.

Hello everyone, I hope you all had a wonderful holiday season! This year we decided to help many in Somers by doing "Charitable Giving's". The Box at the Senior Center has been filled up with your non perishable food items many times over. Please continue to give throughout the year, as we will be making weekly trips to the food pantries when the box is full. I hope to see you down at the center very soon, we have many new and exciting programs and activities and we are always looking for your input! Best



ANNUAL "SPRING IN NEW YORK" TRIP!!

Wednesday, May 12, 2010

Fee: \$35.00 (includes Driver tip)

Bus leaves the Senior Center at 7am.

Departs from New York City at 7pm.

Take in a matinee on Broadway or just see the sights on a beautiful spring day!

To sign up for this trip please call the Senior Center @ 763-4379.

Checks should be made payable to:
"Somers Senior Citizens' Club"

Somers Senior Center

19 Battle St. Somers, CT

Any questions about the Trip, please call Jenifer or Florence at 763-4379

Call NOW seats are still available!!!!

This trip will sell out fast!



Senior Luncheon Menu For January - February

January 6: Chicken Chow Mein

January 13: Beef Stew: Board Meeting

January 20: Meatloaf: Membership Meeting.

January 27: Roast Chicken

February 3: Pasta Primavera

February 10: Swedish Meatballs: Board Meeting.

February 17: Lemon Pepper Chicken: Membership Mtg.

February 24: Sausage and Peppers

*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 their chargers.

Somers Senior Citizens' Club News



On Dec. 5th, we enjoyed our yearly tree setup & decorating, and decked the halls. Pizza was ordered and everyone had a great time, and the Center looked very festive!



Our New First Selectmoman was voted into office in Somers, and has visited us during the Senior luncheons. Please meet Lisa Pellegrini.

Arlene Yarnes and Lisa Pelligrini at the Senior Luncheon



Norma & Arlene



We said a sad Goodbye but not farewell to Norma Meyer. We thank her for her years of service to the Center; she will be missed!

On Friday December 11th several seniors gathered for what is becoming a Christmas tradition. Gathered together at a large table for a holiday breakfast. Pictured below are the Chef (Debbie Malskey) & Waitress (Desi Church) at Rickie T's that made the time shared more memorable.



Somers Senior Citizens' Club News

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Echoes From Somers Seniors

On Dec. 16th the Somers Senior Citizens Center had it's yearly Christmas Party catered by Patsun's Catering in Somers. Our caterer Keith out did himself again with a wonderful holiday meal. With a donated or purchased gift for everyone, and with Gardner Gerich playing the role of Santa with his Red Suit, the party was a great success! A Big Thank you goes out to Joe at the Country Diner in Enfield for donating 29 \$10.00 Gift Certificates and Grower's Direct for all the beautiful Poinsettias.



Joe, from Enfield's
"Country Diner"



Jan & George
get festive!



Ho, Ho, Ho!
Santa and Mrs
Gerich Claus!



RECIPE CORNER - A low sodium, low cholesterol alternative!

SALMON WITH TOMATO-BASIL SALSA *The fresh tomato-basil salsa will have you "hooked" on this delicious salmon dish. Rich in omega-3 fats, salmon is good for your heart as well as your taste buds.*
Serves 4; 3 ounces salmon and 1/4 cup salsa per serving. Start to Finish: 25 to 30 minutes.

Salmon

Cooking spray
4 salmon fillets (about 4 ounces each), rinsed and patted dry
3 tablespoons light mayonnaise
2 tablespoons chopped fresh basil
1/2 teaspoon garlic powder
1/2 teaspoon paprika

Preheat the oven to 375°F. Lightly spray a shallow baking pan with cooking spray. Place the fish in the pan. In a small bowl, stir together the remaining salmon ingredients. Lightly spread on each fillet. Bake for 15 to 20 minutes, or until the fish flakes easily when tested with a fork. Meanwhile, chop the tomatoes, basil, and onion. Put in a small bowl. Add the vinegar, stirring gently to combine. Spoon over or beside the cooked fish.

Salsa

6 ounces grape tomatoes
1/4 cup fresh basil
1 to 1 1/4 ounces sweet onion
1 tablespoon red wine vinegar

* For more of these Heart Healthy Recipes check out: www.americanheart.org

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Senior Information Directory

Jan. - Feb. 2010

Human Services Director 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 - 4pm: M - TH. 8 - 1 Friday
email: jcharette@somersct.gov

**Florence Hurley at the Senior
Center Main #: 763-4379**

The Senior Center is Open

8am - 4pm M - F
CLOSED Holidays & when
schools are CLOSED due to
inclement weather.

**Social Services Office Hours:
Ann Procopio**

Wed. 11 - 4 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!

Executive Board Members:

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

**The Club is looking for an
Assistant Treasurer; 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 @ 11:30am.
The public is welcome to attend.

Committee Members:

Chairman: Jenifer Charette
Secretary: Elaine Bemont
MOW Coordinator: Susan King
Senior Citizens' Club: Arlene Yarnes
Senior Support Services: Pat Bachetti
Senior Lunches: Arlene Yarnes
Senior Center Sign: Donna Doyker
Publicity: Jordan Chatis
Woodcrest Rep: Dorothy Hillman