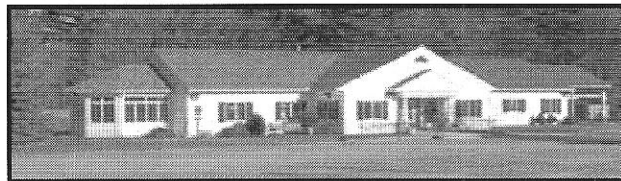


Echoes from Somers Seniors

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



Volume III Issue I
January-February 2011

Message from 1st Selectman Lisa Pellegrini

January 2011

Happy New Year Everyone,

I hope everyone had a wonderful Holiday. As we put away the decorations we now look forward to 2011, a brand new year. The New Year represents a brand new slate, a time for renewal, new projects and of course, new resolutions. This year we will have a new Governor and his new administration will be charged with addressing the overwhelming \$3.6 billion deficit looming over the State.

It would be naïve to think that this deficit will magically go away without any major changes within state and local government. Our concern, as shared by many other small towns, primarily consists of a reduction of State Aid including our PILOT, Pequot and Education funding. This funding is crucial to us as it essentially offsets our property taxes. As you know Somers does not have a large industrial or commercial base and a major reduction in those funds would most likely result in either big cuts in local government, school funding and/or a major property tax increase.

It would have also been naïve to not prepare for some of the changes during the last year. Fortunately, the Board of Selectmen and I recognized that and we have been able to prepare for the storm. The first thing we did was budget state funding at a 5% reduction in the current budget. We did anticipate that municipal funding would be reduced earlier this year, however as of yet this did not happen. Let's keep our fingers crossed. We have also been identifying cost savings, whether it be by substantially reducing energy bills, investigating shared services with other towns or within our own departments and actively seeking and receiving various grants. We continue to stream line government to ensure that we work smarter and more efficiently. In addition, I will continue to question things and actively look at doing things differently.

As my staff prepares for the upcoming budget we will try something new by using a zero based budget approach. Rather than look at this year's budget and base the new budget on that, all departments will start at zero dollars and build up from there. That will give us the opportunity to really understand what we need rather than blindly assume. We will also budget based on a 0%, 5%, 10%, 15% and 20% reduction in State Aid. It's an extremely helpful exercise that will prepare us for when we receive the State's Budget. **Continued on page 7**



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**Upcoming Events,
Health & Wellness,
AARP Tax Info:**
Pages 2 - 3

**Town info, Energy
Assistance, Director's
Corner, Closing Info**
Pages 4 - 5

**New & Weekly
Programs, Lunch &
Learn:** Pages 6 - 7

**Birthday Wishes,
Energy Saving Tips**
Page 8

**Senior Citizens' Club
News:** Pages 9 - 11

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Upcoming Events Information - Mark your calendar!

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 for 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 2010 Federal and State Income taxes.

If you are interested in becoming a AARP tax Aid Volunteer, please contact the Senior Center for more information at 860-763-4379. AARP Tax-Aide is a program of the AARP Foundation, offered in conjunction with the IRS.

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 for Operation Fuel 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!

South Dakota Badlands— This 7 day 10 meals tour departs 9/16/11 and highlights Mt. Rushmore, Badlands National Park and Crazy Horse Memorial. Price is \$1,999pp twin and includes transportation to airport, air out Bradley, taxes, fuel surcharges and hotel transfers. For a more detailed itinerary please contact the senior center at: 860-763-4379

Sunny Portugal- Known for having the nicest year-round weather in all of Europe, this 10 day 14 meal tour departs 11/4/11. Price is \$2,299pp twin and includes air out of Boston and hotel transfers (not included are air taxes). The tour will highlight 4 UNESCO World Heritage sites, Fatima, Estoril, Lisbon and the Algarve. Please contact the senior center office for a more detailed itinerary...

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!

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:

1/6, 1/13, 2/3, 2/24, 3/10, 3/24, 4/7, 4/14, 5/12 & 5/19

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:

Tuesday, January 4, 8-9am BP/BS

Wednesday, January 12 & 26, 11:30-12:30 BP

Tuesday, February 1, 8-9am BP/BS

Wednesday, February 9 & 23, 11:30-12:30 BP

Tuesday, March 1, 8-9am BP/BS

Wednesday, March 9 & 23 11:30-12:30 BP

At #63 & 71 Woodcrest:

Monday, January 17, 10-11:30 BP/BS

Monday, February 14, 10-11:30 BP/BS

Monday, March 14, 10-11:30 BP/BS

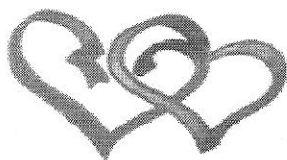
Monday, April 18, 10-11:30 BP/BS

Monday, May 16, 10-11:30 BP/BS

Monday, June 20, 10-11:30 BP/BS

Blood Pressure & Blood Sugar Screenings

Sponsored by:



**Somers Community Health
& Wellness Association, Inc.**

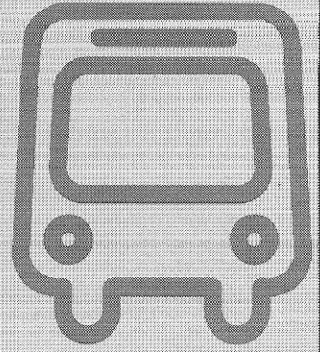


Your Hometown VNA & Hospice

Dial-A-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!



ENERGY ASSISTANCE

Don't be left out in the COLD this winter!

If you have not yet applied for energy assistance from the ACCESS Agency through your Social Services Department, please contact us asap to make your appointment.

An ACCESS representative is in Somers most Thursdays from 9am-3:15pm.

We are also taking appointments for Operation Fuel on Wednesdays 8:30-3:30pm

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 need to do if I want to apply for help?

For a list of required documents, please contact the Senior Center @ 860-763-4379 or the Social Services office @ 860-763-8224. Applications are scheduled to be processed from August 2, 2010 through April 30, 2011. (Fuel deliveries began November 1, 2010)

AARP Driver Safety Program

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

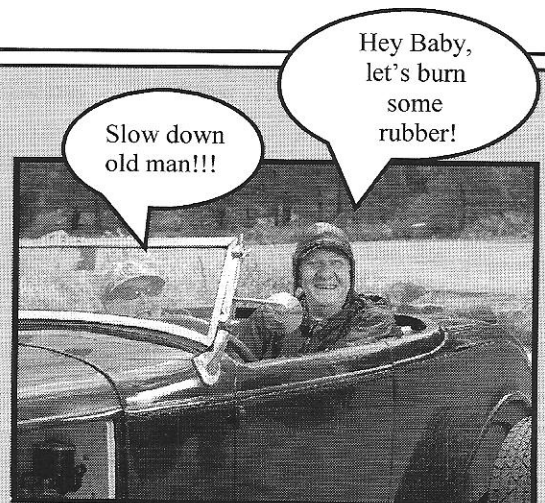
Saturday, February 12th from 8:30am - 12:30pm

NEW FORMAT - 1 DAY - 4 HOUR Complete Course!

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.



Director's Corner, Upcoming Programs & Closing Information

Volume III Issue I

Director's Corner

Page 5

Greetings everyone,

Well, the holiday season has come and gone... I'm sure you are all busy taking down your decorations and settling in for a nice, long winter. Hopefully the weather will be cooperative and we'll get just enough snow to make things look nice, but not enough to make it inconvenient for our drivers! Remember to keep warm this winter... if you haven't yet applied for fuel assistance, please contact us asap and make an appointment for ACCESS energy or Operation Fuel. We do not want any of our seniors to be cold this winter! You can also find some energy saving tips on page 8 of this issue. Keep in mind that you do not have to stay at home all winter... the Senior Center is bursting with activity and we have a full slate of very informative "Lunch & Learn" seminars on Wednesdays in January and February. I hope by our next issue I will have some news on our upcoming expansion project... It will be great to have a little more room around here and it will enable us to schedule many more activities for many interests! Tax season is rapidly approaching, so make sure you schedule your appointment with our AARP tax specialists here at the Center, free of charge. This is a great service and we were very fortunate to be able to bring it back again this year. If you'd like to get out of Somers for awhile, check out the exciting travel opportunities we are offering on page 2. In closing, I wish you all a very happy, healthy and prosperous 2011; we will see you again in our March/April issue. If you haven't done so already, please stop by the Center soon; my door is always open and I look forward to meeting you.

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

LUNCH & LEARN!! New and Exciting and FREE!!! Upcoming Senior Programs !!!
Please go to page 7, or contact the Senior Center for info on
upcoming "Lunch & Learn" programs!
You need not attend the luncheons to participate in the seminars.

Senior Center Closing Dates for January & February

The Senior Center will be Closed on the following dates:

Monday, January 17th & Monday, February 21st.



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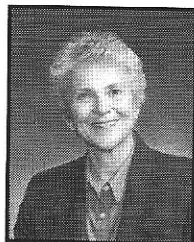
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Suite 12 & 13

Enfield, CT 06082

Office: 860-265-7625

Cell: 860-916-5320



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(860) 763-0711

Somers Senior Center Regular Weekly Activities

Page 6

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: 12:30 - 3:30pm.

BINGO!!!!

The Bingo Group is in need of More Players!!!!

Join 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!

Come down to the Senior Center every Tuesday morning from 8-9am 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.

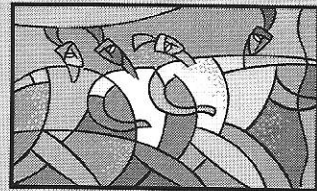
CHAIR AEROBICS:

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.



Watercolor Workshops

Wednesdays from 1 - 4pm: Beginning January 19, 2011



These weekly Watercolor workshops are instructed by members of the Tobacco Valley Artist's Association. There is a weekly \$2.00 fee and all materials are supplied. If you would like to learn the art of watercolor for the first time, or would just like to "brush up" on your talents, please give our workshop a try.

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

“LUNCH & LEARN” PROGRAMS**Wednesday, January 26th: Avada Hearing Care Centers**

How much do you know about hearing loss? Doris Bartolucci from Avada Hearing Care Centers will be here to explain a little about hearing loss and what you can do. A hearing screening will follow this very informative presentation. Registration is needed if you wish to have a hearing screening.

Please contact Flo at 763-4379 to register.

Wednesday, February 2nd, following the luncheon: The Senior Center welcomes

Avi Nevel guest speaker from “MY VIGOROUS MIND”, a new Brain Fitness Program.

Come learn some clever and fun ways to keep your memory and your brain sharp. Boost your confidence!

No pre-registration is needed for this program.

VERY GENTLE YOGA for Seniors

Tuesdays: 9:45 - 10:45am @ the Kibbe Fuller Community Center Gym ~ \$15 per 5 week session
Sessions are on-going

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 clothing 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.

Proverbs & Quotes

We received NO submissions for this issue of the Senior Newsletter...

We need your input! Please send your funny quotes, stories or proverbs to:

The Somers Senior Center ~ PO Box 308 ~ Somers, CT 06071

Or, email them to: jcharette@somersct.gov

Message From 1st Selectman Lisa Pellegrini**Letter from Lisa Pellegrini: Continued from Page 1**

I have been an enthusiastic optimist my whole life and as we enter into the New Year facing much uncertainty and some pretty tough challenges I will continue to work hard and look for the opportunities which will make us succeed. After all, what doesn't kill us makes us stronger. I look forward to working and meeting with all of you again this year. In the meantime, I wish you all a Happy, Healthy, Safe and Prosperous New Year.

Take care,

Lisa Pellegrini, First Selectman

Energy Saving Tips

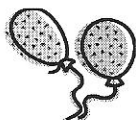
- During the heating season, keep the draperies and shades on your south facing windows open during the day to allow the sunlight to enter your home and closed at night to reduce the chill you may feel from cold windows.
- Set your thermostat as low as is comfortable when home.
By resetting your programmable thermostat from 72 degrees to 65 degrees for eight hours a day (for instance, while no one is home or while everyone is tucked in bed) you can cut your heating bill by up to 10 percent.
- Weatherize your home-caulk and weatherstrip any doors and windows that leak air.
- Properly maintain and clean heating equipment.
- Replace furnace filters regularly.
- Check the insulation in your attic, ceilings, exterior and basement walls, floors, and crawl spaces to see if it meets the levels recommended for your area.

For more information on energy saving tips for your home, visit:

<http://www.energy.gov/winter.htm> or contact:

U.S. Department of Energy | 1000 Independence Ave., SW | Washington, DC 20585

1-202-586-5000 | f/202-586-4403



Happy Birthday wishes go out to our Senior Citizens' Club Members who are celebrating Birthdays in January & February!



January Birthdays:

Barbara Brownlee, Dorothy Bruzy, Ron Collyer, Victoria Easter, Janina Gibson, Helen Henry, Albert Kingsbury, Norma Meyer, Arnold Panciera, Lucille Patterson, Margaret Pellegrino, Phyllis Rafala, Carolyn Ryder, Joan Sizer, John Yarnes.

February Birthdays:

Edna Ballard, Leroy Bemont, Dori Bynack, Lori Dunnebier, Mary Lou Hastings, Hope Heavisides, Marjorie Heaton, Bev Irish, Karen Norrie, Irene Percoski, Janet Preston, Polly Quider, Leethie Schlaf, Barbara Taylor, Tammy Wilson, Tom 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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Somers Senior Citizens' Club News

Volume III Issue I

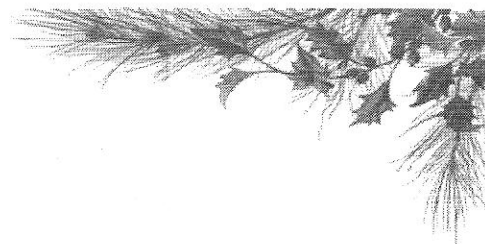
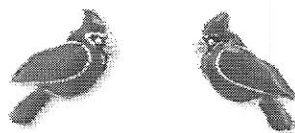
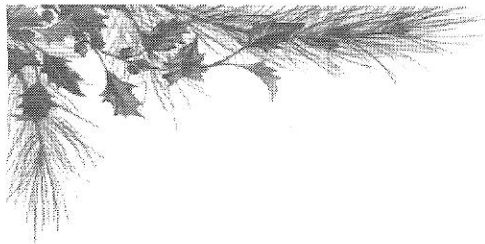
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Somers Senior Citizens' Club Notes *Club President, Arlene Yarnes*



Look for more Senior Club articles in your local
newspapers & Somersnow.com

Wednesday Senior Lunches for January and
February were not available to
post in this issue of the Senior Newsletter.
For an up to date menu and to reserve your lunch,
please contact the Senior Center at 860-763-4379



Hoping Everyone had Happy Holidays!

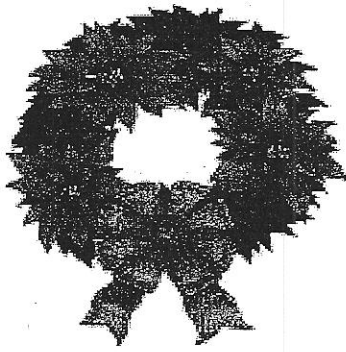
It's hard to believe a whole year has past us by, but it has and we ended the year with a Wonderful Celebration on December 15th!

Our 2010 Annual Christmas Party thrown by the Somers Senior Citizens' Club was a great success! With over 100 each of the following: donated Teddy Bears, Gifts, Gift Certificates, & Poinsettias from Grower Direct, merchants really helped make our annual Christmas Party a Very Merry One!

Special thanks goes out to our Club President Arlene Yarnes for going around and gathering all of the 300 donated Teddy Bears, Gifts, and Gift Certificates since August by all herself! To Joseph M. Ravalese owner of The Country Diner in Enfield for donating 100 - \$10.00 gift Certificates (that totals to \$1,000.00!) To Grower Direct in Somers, for the donation & delivery of 100 Poinsettias', one for each person.

George & Janet Stephens, for arranging the donation & delivery of 100 Poinsettias from Grower Direct in Somers. To Carolyn Ryder & Arlene Yarnes for wrapping each gift, to Keith Fieldhouse, Norma Meyers, Becky Smith, Carolyn Ryder, Mary Stetson, Dorothy Bruzy, Dori Bynack, Arlene Yarnes for serving the food & refreshments to all the party goers



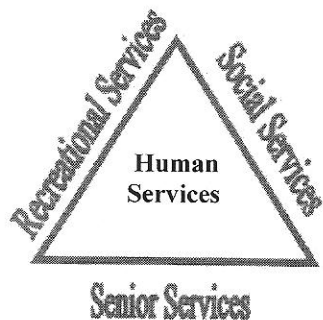


2010 Christmas Party Photographs



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

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SOMERS, CT



Senior Information Directory: January-February 2011

Human Services Director & Municipal Agent to the Elderly

Jenifer B. Charette
Office Phone: 860-749-7160
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 at
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 Carenzo - Treasurer
Florence Hurley - Asst. Treasurer

Advisory Committee to the Elderly

This town committee meets at the
Senior Center every 2nd Tuesday
of each month at 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