

Echoes from Somers Seniors

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



Volume V Issue III
June - August 2011

SENIOR CTR. SUMMER HOURS: MON.-THU. 8-4 FRI. 8-1

A Message from 1st Selectman Lisa Pellegrini

June - August 2011 Senior Center Newsletter:

Hello Everyone,

The sun is shining, the birds are singing and the gardens are growing. Thank Goodness Spring is here! However, spring always seems to be a very busy time of the year. I have begun to fondly refer to it as Budget Season. And what a season! As we speak we are getting ready to vote on the Town Budget on May 24th. The budget is \$260,000 lower than last year. The Town's Debt Service has decreased and the Board of Education Budget has remained flat from last year. The Town Budget did increase by approximately \$290,000 but was most notably due to items that unfortunately we have no control over. They include increased costs for unemployment, street lights, fire protection (water hydrant) costs, oil, gas and electricity, as well as a worker's compensation assessment from our years with MIRMA from 2003-2009. We also included \$100,000 in items that will eliminate surprises in the future. They include \$60,000 for the upcoming revaluation in 2014 as well as \$40,000 in separation pay in anticipation for the retirement of a Town employee. We could have not included these two items which total \$100,000 but insisted on leaving them in the budget. Better to be prepared ahead of time. The Board of Selectmen believe that it is a realistic and responsible budget that addresses the needs of the Town and I hope to report in the next newsletter that it passed.

I understand that costs for energy continue to rise and last year discussed with the Board of Selectmen the need to look for alternative forms of energy. Thus, we were prepared when a new source of grant funding became available in February 2010. I am happy to report that we have received two grants for two Solar Energy Projects totaling \$387,000. The grants are funded by the American Recovery and Reinvestment Act (ARRA). The projects include the installation of 2500 solar panels for a 175,000 watts/hr solar power system on the Elementary School Roof and the installation of approximately 850 solar panels for a 60,000 watts/hr solar power system on the roof of the Department of Public Works Garage.

Continued on Page 8



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Upcoming Events Information - Mark your calendar!

SENIOR SUMMIT

Wednesday, June 22nd at 1pm

Somers Senior Center

You have questions and we have the answers!

Come join other concerned Seniors at the Town of Somers' 1st "Senior Summit". Bring your questions, concerns and ideas, for the present and the future of our Center and Senior population. We value your input! Your Somers Board of Selectmen, Lisa Pellegrini, Kathy Devlin & Budd Knorr, along with Senator John Kissel, State Rep. Penny Bacchiochi and the Human Services Department staff, will be here to provide answers and listen to your ideas and wishes for the future. We circulated a "Senior Questionnaire" in our last issue.. Many of you responded, but many did not. Please bring those questions with you to this very important gathering! We are striving to make the Senior Center and the lives of Somers Seniors a priority. For more information, please contact the Senior Center at 860-763-4379.

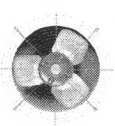
Let your voices be heard!

Fuel Assistance Information

If you are a senior in need of assistance, please contact Karen Norrie from the Community Services Office at 763-8224 or 763-4379. We will be happy to schedule an initial intake appointment with the ACCESS Agency on Thursdays beginning in late August. For a complete list of the documentation needed for your appointment, please contact the Community Services Office, or pick up a checklist from the Energy Assistance board at the Senior Center.

KEEP COOL THIS SUMMER!!!

Come down to the Senior Center and relax in our new "Reading Room" The Air conditioned Center is a cool place to be on a hot summer day!



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 at 763-4379 between 8am & 4pm Monday - Thursday. Friday 8-1.

Upcoming Pedi-Care Service Dates:

6/9, 6/23, 7/14, 7/21, 8/11 & 8/21

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, June 7, 8-9am BP/BS

Wednesday, June 8 & 22 11:30-12:30 BP

Tuesday, July 5, 8-9am BP/BS

Wednesday, July 13 & 27 11:30-12:30 BP

Tuesday, August 2, 8-9am BP/BS

Wednesday, August 10 & 24 11:30-12:30 BP

At # 63 & 71 Woodcrest:

9-9:45 at #63 9:45-10:30 at #71

Monday, June 20, BP/BS

Monday, July 18, BP/BS

Monday, August 15, BP/BS

Monday, Sept. 19, BP/BS

Blood Pressure & Blood Sugar Screenings

Sponsored by:



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

For information or suggestions

call 860-749-5411



**Home &
Community**
- Health Services, Inc.

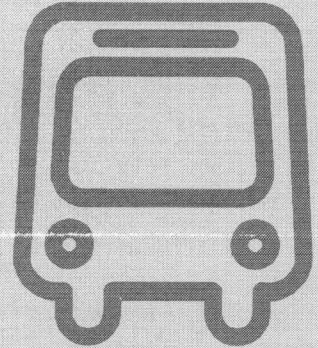
Your Hometown VNA & Hospice

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 at 763-4379 at least **2 days in advance** if possible. *Please note, that due to our high volume of riders on Thursdays, that day is reserved for Doctor appointments only. Shopping on most other weekdays is fine.* 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!



Somers Senior Advisory Committee Update: A Somers Senior Newsletter NEW regular feature!

Hello,

Let us introduce ourselves. We are the Somers Senior Advisory Committee and will have a regular column in the senior newsletter. We are long time members of this community, our roots are here, family, our friends and good neighbors. As members of this committee we operate in accordance with the Somers Town Charter and are responsible for addressing senior issues and establishing and managing identified programs that are mandated by the state and local authorities. We are a committee of nine who are appointed by the board of selectmen. Now that the introductions are done let me update you on what's been happening.

The entire inside of the Senior Center has been repainted and the gutters have all been repaired. We're hoping that the artists group will prepare a still-life painting for the new kitchen. The garden has been prepared and plants will be placed and nourished for a future harvest. A soda machine has been installed and contains soda, juice and water. Part of the cost of each purchase will go to the Society for the Blind. The Senior Resource Guide will be ready for handout soon with a picture of the Senior Center on it. The newsletter schedule has been changed to every three months due to the high cost of printing and mailing (next issue: September-November).

So you can see lots of things have happened and will continue to happen for Somers seniors. You are of course always welcome to attend any of our meetings which happen once a month on the second Tuesday at 11:30 a.m.

We wish you a healthy, happy summer filled with all your favorite things and look forward to sharing with you again in the fall.

Pat Bachetti

Director's Corner, Upcoming Programs & Closing Information

Volume V Issue III

Director's Corner

Page 5

Greetings everyone,

Welcome to the lazy days of summer! I am so excited to finally have some nice weather and be able to get outside without wearing 15 layers of clothing! I'm sure you can all relate to that! Our weather has been cooperating lately and this will give us the opportunity to have our first Town of Somers Senior BBQ! This event is open to all seniors in Somers! The 1st BBQ is on June 10 and the 2nd on June 30th. I hope many of you will be able to attend...see more info on page 6. We want to "Open the doors" of the Center and welcome all seniors! Those of you who frequent our center and those of you who may not.. Come down and meet the staff and have a hamburger and hot dog! I'd also like to remind you of our upcoming Senior Summit on June 22nd. If you have the time, the ideas and the concerns, please plan on attending so your voice can be heard! We want to make the Senior Center a place for every senior! See more info on page 2. You may have noticed some of the improvements that have been happening here as of late... We have some beautiful and very comfortable new lounge furniture in our sun/reading room...come on down and curl up with a good book from our extensive library. We also have some outdoor patio furniture if you feel like kicking back outside on a lovely summer afternoon! The kitchen is freshly painted and looks great....We started our vegetable plants indoors from seed this winter and they're looking great too..hopefully our garden will be producing a bumper crop soon! I'd like to wish you all a fabulous summer; stay cool and keep active! See you again in September!!! 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

**State of CT FARMER'S MARKET FOOD VOUCHERS!!!!!!!!!!!!!!
WILL BE AVAILABLE TO QUALIFIED SENIORS IN MID JUNE!!**

Call the Center for more information and Come on down to register!

Somers Farmer's Market OPENS Saturday, June 11th!

Senior Center Closing Dates for June - August

The Senior Center will be Closed on the following dates:

Monday, July 4th and Monday, September 5th. (Labor Day)

ANNUAL ICE CREAM SOCIAL



On Friday, May 20th the Seniors were treated to the Annual Ice Cream Social by the Somers High School National Honor Society students. Many flavors of ice cream, toppings, desserts and beverages were served!

It was a great afternoon for all!

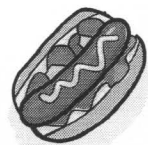
Thank you to the Somers High National Honor Society for thinking of our Seniors in Somers!!



SUMMER SENIORS' SIZZLERS!!!

FREE BBQ'S

AT THE SOMERS SENIOR CENTER!



FRIDAY, JUNE 10TH

FROM 11:30 - 2:30PM

AND THURSDAY, JUNE 30TH

FROM 11:30 - 2:30PM

OPEN TO ALL SENIORS IN SOMERS!!!

**GOOD FOOD, GOOD COMPANY
& LOTS OF FUN!!!**

**SPONSORED BY THE TOWN OF SOMERS
& THE SOMERS SENIOR CENTER STAFF
COME JOIN US FOR AN AFTERNOON OF FUN!**

**FOR MORE INFORMATION & TO SIGN UP, PLEASE CONTACT
THE SENIOR CENTER AT 860-763-4379**

Senior Prom 2011

The Annual Senior Prom brought to Somers Seniors by the students at MBA Middle School was a very successful and enjoyable evening for all who participated. This year's theme was the Kentucky Derby and the students decorated the Center appropriately, with very colorful Derby themed art. They served refreshments to the seniors including a very beautiful horseshoe cake! Most of the seniors came dressed in their "Race" attire, right down to beautiful dresses and crazy hats!

This is a great yearly event, which would not be possible without the dedication and guidance of Mrs. Karyn O'Donnell and her students. We look forward to having them back next year! Thank you!



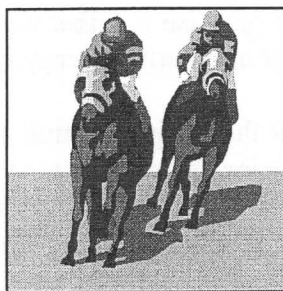
Teacher, Karyn O'Donnell (green dress) and the girls who participated in the evening.



Hat wearing seniors! (some of which were crazy) from right to left: Jack Sizer, Arlene Yarnes, Carolyn Ryder, Becky Smith, Arnie Panciera, Norma Meyer and Joan Sizer.



One of the many horse races they had and on which we guessed who would be the winner. Anyone who guessed the right horse that finished 1st in a particular race won a prize. The prizes were goodies such as jars of nuts, crackers, candy, as well as scratch lottery tickets. The students made their own horses! They also see how they put tape on the floor so that as the dice were rolled and they advanced based on the number of dice that showed up with their number on it, you could keep track of who was in the lead! All in all, everyone had a great time!

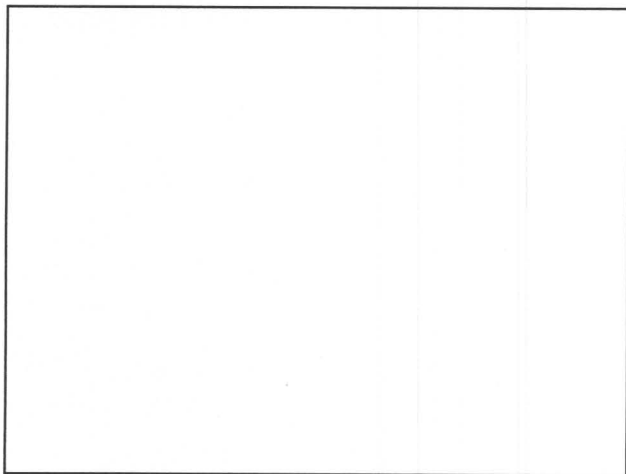


The infamous Horseshoe cake. They had other homemade desserts, as well as cheese and crackers but this was the featured cake!

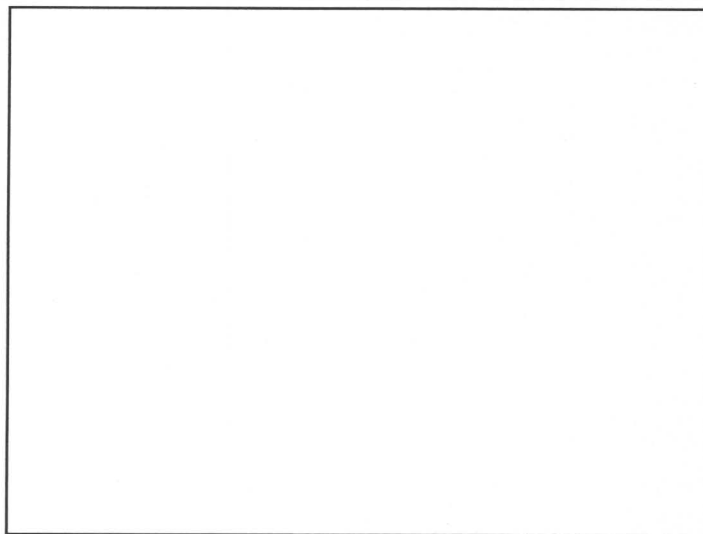
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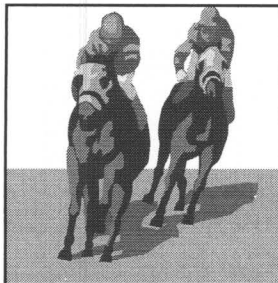
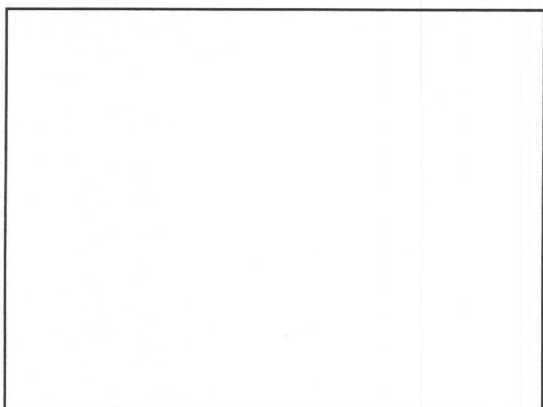
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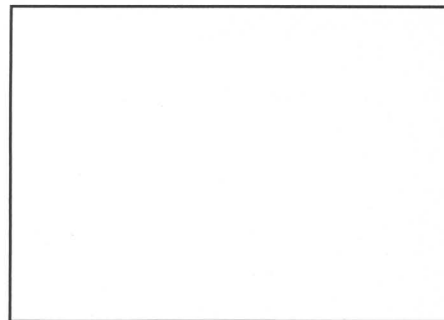
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The infamous Horseshoe cake. They had other homemade desserts, as well as cheese and crackers but this was the featured cake!

VERY GENTLE YOGA for Seniors

Tuesdays: 9:45 - 10:45am @ the Kibbe Fuller Community Center Gym

\$20 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: This issue's quotes were sent in by Mrs.Helen Henry:Thanks Helen!

"Home is the place we laugh the most, and are loved the best"

"I can tolerate dust 'till it's ankle deep. I'd rather rock babies, 'cause babies don't keep"

"Be kind when entertaining strangers. For as by doing so, some people have entertained angels without knowing it" - *Hebrews 13.2*

"Life is what we make it. Always has been, always will be" - *Grandma Moses*

"You can discover more about a person in an hour of play than in a year of conversation" - *Plato*

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

The systems will provide significant savings for the Town including estimated savings of \$195,830 over a 10 year period for the school and over \$85,000 in savings over a 10 year period for the DPW garage. The system lifespan is over 20 years. The Town will pay \$0 to install the solar energy systems. They will also be maintained for 20 years at a cost of \$0 to the Town.

DBS Energy will be installing and maintaining the systems. Construction begins this summer and the systems will be operational in by September 2011. They will be one of the largest systems installed by a municipality in the State of Connecticut. I promise you that we will continue to aggressively seek funding to install and implement successful alternative energy systems which ultimately benefit our Taxpayers.

I look forward to seeing each one of you at the Senior Summit scheduled for 1pm on June 22nd. In our last issue, Jenifer Charette distributed a Senior Questionnaire to everyone to determine what you would like to see at your Senior Center. If you have not had a chance to respond please contact Jen or Karen or Flo for a form and get your opinions to us. Selectmen Kathy Devlin and Bud Knorr will both be attending, along with Senator John Kissel and State Rep. Penny Bacchiochi. It's important for everyone to know that the Senior Center belongs to each and every Senior Citizen in Town. It is there for you to use and enjoy. There are many things to do and we will be adding more activities as the months go by. In the meantime we hope that you will join us for our BBQ's on June 10th & June 30th, from 11:30-2:30 at the Senior Center. We will be having burgers, hot dogs and all the fixins', so make sure to stop by and plan on having a wonderful time!

Until then, I hope you all had a Happy Memorial Day Weekend and will enjoy a great July 4th. I will be praying for the souls of the soldiers that have sacrificed their lives for freedom and I will be saluting each veteran in thanks for their service to this great country.

Take care,

Lisa Pellegrini

AARP Info & Senior Birthdays!

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AARP Driver Safety Program

The next scheduled AARP Driver Safety Program class at the Somers Senior Center is:

Saturday, June 11th from 8:30am - 12:30pm

NEW FORMAT - 1 DAY - 4 HOURS

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

There are NO tests!

There are still spaces left in this class!

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



Happy Birthday wishes go out to our Senior Citizens' Club Members who are celebrating Summer Birthdays !



June Birthdays: Judy Guerette, Rollie Courville, Grace Horka, Albert Ginnitti, Vange Chatis, Noel Preston, Theresa Beardsley, Barbara Conlin, Hilda Slattery

July Birthdays: Mary Balboni, Frank Broderich, Dot Cowan, Ginny Farnham, Beverly Guimond, George Haire, Norma Keeney, Gloria Knak, Michael Okraska, Muriel Payzant, Joyce Pickering, Myrtle Pixley, Nora Polchlopek, Beverly Worthington, George Worthington.

August Birthdays: Pat Boudreall, Carl Erickson, George Irish, Floyd Parrish, Sue Porter, James Radziewicz, Barbara Radziewicz, Monica Suleski, Raymond Trask

- 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 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. Please call the Senior Center for summer quilting times. Although your donations are appreciated, we no longer need any material!

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.

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

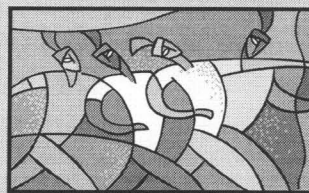
There's always room for new players! Come on down to the Center today for Bingo, Dominoes, Pinochle or Bridge! For more information just drop in or call 763-4379.

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.



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 brewed for you by MaryAnn & Albert Kingsbury and the Somers Senior Citizens' Club.



Watercolor Workshop

Wednesdays & Saturdays from 1:30 - 4pm:



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 on upcoming classes or to register, please contact the Center at 763-4379.

What's Going on?

Senior Luncheon Menu for June - August

June 8: Chicken Francais

June 15: Roast Beef

June 22: Salad Bar

June 29: Sloppy Joes

July 6: Ham

July 13: Chicken Francais

July 20: Sausage & Peppers

July 27: Grilled Chicken Salad

August 3: Roast Pork

August 10: Salad Bar

August 17: Lemon Pepper Chicken

August 24: Sheppard's Pie

August 31: Meatloaf

Our lunches are organized by the Senior Citizens' Club and are now catered by Stephanie at Sun Valley.

Please stop in and try her delicious and nutritious meals soon! Please call 763-4379 to reserve your lunch by each Monday afternoon. \$5/pp. Take out is available.

Chicken is usually available for those who request ahead.

Lunch menus are subject to change prior to each week.

CONNECTICUT SUN WNBA BASKETBALL!!!



Join other basketball fans and casino enthusiasts for a fun filled day at the casino and basketball game! We hopefully will be attending 2 games this season! Call the Senior Center today for Information on trip dates and prices! We hope you will be joining us soon!

*All transportation and seating is handicapped accessible.



Tuesday Night BINGO!!!!



Looking for something fun to do on a Tuesday night? Why not join our travelling Bingo group? Every Tuesday night the Somers Dial-A-Ride bus offers transportation to the Enfield Senior Center for Bingo. The cost to play is minimal and the prizes are BIG! We pick you up and bring you home...what could be more convenient and FUN! Call the Senior Center today for more information and to reserve your seat on the "Bingo Bus"... See you soon!

SENIOR CENTER CRAFTERS

The Senior Center Craft Classes will resume in September, with all new fun and creative crafts for you to make for your home and as gifts. Please contact the Senior Center for our upcoming craft schedule... If you have a favorite craft that you'd like to share, we want your ideas!

Call Karen or Flo with suggestions or ideas for new craft classes!

We received no submissions for this issue from the Senior Club...
We hope to have them back in our Sept.-Nov. issue.

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

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Senior Information Directory: June-August 2011

Human Services Director & Municipal Agent to the Elderly

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

Jenifer Charette's Office Hours at the Senior Center:

8am - 4pm: M - TH. 8 - 12: Friday
email: jcharette@somersct.gov

Florence Hurley: Senior Center
Assistant: 860-763-4379

THE SENIOR CENTER IS OPEN:
8am - 4pm M - TH & 8-12 F

The Senior Center is CLOSED on
Holidays & when schools are
CLOSED due to inclement weather.
Closing info is on Channels 3 & 30

Community Services Office:

Now conveniently located at the
Senior Center: By appointment.

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

Senior Advisory Committee

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 Support Services: Pat Bachetti
Jordan Chatis
Ailene Henry: SCHWA
Karen Norrie: Community Services Rep.
Marilyn Smith: SCHWA
Senior Citizens' Club & Senior Lunches:
Arlene Yarnes
Woodcrest Rep: Dorothy Hillman