



July 2016 Newsletter

Somers Senior Center

19 Battle St. ~P.O. Box 308

Somers, CT 06071

Phone 860-763-4379

Fax: 860-763-8229

Monday –Friday 8:00am-4:00pm

www.somersct.gov/senior.cfm



Somers Senior Center Staff

Florence Hurley.....Senior Center Coordinator
Deanna Schuetz.....Human Services Director
Christina Cenac.....Human Services Assistant
Joe Careno.....Dial-a-Ride Driver
John Morrison.....Dial-a-Ride Driver
Richard Day.....Dial-a-Ride Driver

SPECIAL EVENTS IN JULY 2016

- 7/1 Friday Matinee: *Brooklyn*
- 7/7 Blair Manor Breakfast
- 7/8 Coffee Talk
- 7/11 SCamper Series: Session 1
- 7/12 Advisory Committee for Seniors
- 7/13 Medical Equipment Check
- 7/18 SCamper Series: Session 2
- 7/19 Trip: *Buckland Hills Shopping*
- 7/21 Healthy Breakfast
- 7/22 Trip: *Mohegan Sun*
- 7/25 Lunch & Entertainment
- 7/25 SCamper Series: Session 3
- 7/26 Trip: *Mystic Your Way!*
- 7/29 Lunch & Learn:
Edward Jones Investments

****Sign up is required for all events****

Important Information
The Town of Somers Senior Center and activities offered at the Senior Center are open to all individuals ages 55+. There is no membership required. All seniors are welcome! It is our goal to create a warm and welcoming environment where seniors feel at home and can take part in social, educational and recreational activities. All activities within this newsletter take place at the Somers Senior Center, unless otherwise noted.

A NOTE FROM OUR FIRST SELECTMAN

Happy 4th of July Everyone!

I hope everyone is enjoying the summer so far. As I write this letter it is a beautiful sunny day and I can't wait to get outside and go for a long walk after work. I love to walk and usually try to walk anywhere from 3 to 5 miles at least 4 times a week. I find that it is my time to meditate, think about projects and problems and most importantly dream about the future.

I usually have a mantra that I follow and it starts with me thinking that I just don't have the time to do this, but once I take the first step I am so hooked. I've gotten pretty good at being able to clear my mind and to then focus on 1) the gorgeous scenery and then 2) some problem or issue that needs resolving. There is usually an answer or solution to everything, you just have to be open minded to think out of the box. I have this phrase that you may have heard me say "Be part of the solution!" Sounds like a novel idea, right? Especially in this day and age where the news is filled with politicians slamming each other, groups blaming each other and people generally behaving very badly towards each other. (If you are like me, I just can't wait until the Presidential election is over.) And what is the outcome to all of it? A whole lot of nothing. Just a lot of wasted time and energy resulting in a lot of dissatisfaction and hard feelings. Unfortunately, it seems that people have forgotten the importance of relationships and the art of relationship building to garner trust.

Take a look at your own relationships and try to pinpoint why certain relationships work in achieving peace, calm and serenity and others just want to make you scream. I have found that good relationships work when both parties focus on serving the greater good, the common good, not themselves. I have found that by surrounding yourself with good hearted and positive people amazing things happen. Creative thinking and thought processes are unleashed, the group supports each other and begins to trust each other. There are always disagreements but such differences don't destroy the team, they make it stronger. The "gotcha you" behavior never materializes and instead there is an interest in each person's wellbeing. I'm sure we all agree that it is a great feeling when you have each other's back. I am extremely fortunate in that I have a very good group of people around me. So that being said, take my advice and start throwing out my little catch phrase "Be part of the solution!". Let me know how it works out.

This month the Senior Center and the Recreation Department are teaming up for a very exciting 6 week series beginning July 11th. The series is called the SCamper Series (it is a combination of the words Senior Center and Camper). I thought that was adorable. Every Monday at 2pm from July 11th -August 15th campers will come to the Senior Center for a fun intergenerational activity. They have some awesome activities lined up including a drumming circle, art projects, scavenger hunt, games, and their own version of the Food Network show "Chopped"! It should really be a lot of fun and a great way to bring the generations together. I hope to participate so don't be surprised if you see me.

As always, my fellow Selectmen Kathy Devlin and Bud Knorr and I wish you a happy and healthy summer and a wonderful 4th of July.

Take care,
Lisa Pellegrini, First Selectman

SCamper Series!!!

Senior Center



“Intergenerational programming,” as defined by the National Council on Aging, involves “activities or programs that increase cooperation, interaction or exchange between any two generations. It involves the sharing of skills, knowledge or experience” between youth and older adults. Each generation has something they can learn from another and when they come together, the experience can be truly magical. The Somers Senior Center is proud and excited to announce that we are partnering with the Somers Recreation Department for a six week intergenerational series: The SCamper Series! Each Monday, starting July 11th and continuing for six weeks, campers from Somers Day Camp will travel to the Somers Senior Center for a structured intergenerational activity. Each week will have a new and exciting activity sure to peak the interest of all generations involved. Sign-up for one week or every week! Space is limited for this very special experience! Refreshments will be served. **All sessions are held on Mondays and begin at 2pm**



Create Some Happy!

July 11th- Session 1: Let's Gogh Art! Let's Go Art has defined an entirely new category of creative fun where art education meets entertainment. They are continually praised for their unique spin on artmaking and making art accessible and enjoyable to the masses. You don't have to be a kid or an artist to enjoy a Let's Gogh Art program, you just need to be willing to take your creativity for a ride. We will create exploding fireworks t-shirts and tote bags using some very unique and surprising materials and will also be working with clay to create teacups and mugs!

July 18th- Session 2: Power of the Drum A group drumming event is a structured rhythmic experience that allows all participants to feel welcomed and valued. It is a fun entry-level learning experience that is accessible to anyone. Participants express themselves collectively by using a chorus of tuned drums and percussion to create a musical rhythm song. Facilitator Dennis Cotton is a renowned drummer/percussionist who has made a name for himself as an elite music educator, session player and accomplished performer. By keeping the activity fun and stress free, Dennis will use a “teach without teaching” technique to guide participants through all the necessary skills needed to be a fully functioning rhythm orchestra. With his abundant energy, Dennis will unlock the inner musician in everyone!



July 25th- Session 3: Game Day Are you ready to play?! Board games? Card games? Wii? Venture outside for a round of Horseshoes, Bocce, or Croquet! There is bound to be something for everyone but if you have a favorite game and are looking for a partner to play with, please don't hesitate to bring the game along!



August 1st- Session 4: Chopped! Have you seen this show on the Food Network? Chopped is a reality-based cooking television game show in which chefs compete to incorporate



unusual combinations of ingredients into dishes that are then evaluated by judges. Join us for the SCamper Series version of this super fun contest as seniors pair up with campers to create unique culinary creations! Prizes will be awarded for the best dishes!



August 8th- Session 5: Trivia Time What is the largest bone in the human body? How high is a basketball hoop? What is the capital of Australia? Okay Trivia buffs...come on down and show us what you've got!! Prizes will be awarded!

August 15th-Session 6: Scavenger Hunt Unravel the clues then search the Somers Senior Center inside and out to find the mystery items. Work together and be the first team to complete the mission. Prizes for the winners!



Standing Guard: Protect What You've Worked For

You've worked hard to provide for your family. Whether you're approaching retirement or recently retired, your focus may begin to shift from building your financial foundation to protecting the financial resources you've created for you and your family. *Standing Guard: Protect What You've Worked For* shares proactive ways to address key risks you may encounter and strategies to help prepare for the unexpected. Presentation by Jerry Ferrentino of Edward Jones and Josh Devine of Updike, Kelly, and Spellacy P.C. **Lunch will be provided.**

Friday July 29th@12pm

FRIDAY MATINEE: BROOKLYN

Friday July 1st @1pm

Directed by John Crowley and written by Nick Hornby, *Brooklyn* is based on Colm Tóibín's novel of the same name. Set in 1951 and 1952, the film tells the story of a young Irish woman's immigration to Brooklyn, where she quickly falls into a romance. When her past catches up with her, however, she must choose between two countries and the lives that exist within them for her. *Brooklyn* premiered at the 2015 Sundance Film Festival to critical acclaim. The film was nominated for three Academy Awards: Best Picture, Best Actress, and Best Adapted Screenplay.

Rated: PG-13 Running Time: 1 hr. 52 min.



THE ADVISORY COMMITTEE FOR SENIORS

While you may see it every month on the Senior Center calendar, you may not be familiar with what the Advisory Committee for Seniors is or what they do. The committee, formerly known as the Elderly Advisory Committee, is currently comprised of nine members appointed by the Board of Selectmen and is responsible for addressing senior issues, and providing input and suggestions for the annual budget. They have the powers and duties of advisory committees as prescribed by the Board of Selectmen. The committee meets monthly and all agendas and minutes are available on the Town of Somers website. Meetings are open to the public and attendance is appreciated and encouraged. The Municipal Agent is a member and Chairman of the committee. The current members of the committee are:

Pat Bachetti
Elaine Bemont
Dori Bynack
Eileen Fedorowich
Phyllis Gwilliam
Ailene Henry
Deanna Schuetz (Chairman)
Joan Sizer
Tim Welch



LUNCH & ENTERTAINMENT!

Put your dancing shoes on! Join us on **Monday July 25th at 12pm** for an afternoon of great American music, tap dancing and loads of fun with **We Got Rhythm!** This husband and wife song and dance team presents entertainment that is unique, fun and fresh and incorporates well-known and well-loved classics from the Great American Songbook featuring guitar, steel drum and even a Boomba!! Come ready to do some toe tapping, sing along and take a whirl on the dance floor. **Lunch will be served!** This fantastic event is sponsored by **Care For Me At Home**. Be sure to stick around afterwards for Session 3 of the SCamper Series!

Care For Me At Home

Coffee Talk



The Future of the Somers Senior Center

Friday July 8th @ 1pm

It's time for more Coffee Talk! Due to the positive and productive impact of the Coffee Talk series, the Advisory Committee for Seniors recommends that the Coffee Talk series continue on a quarterly basis with specific topics to be addressed at each session. Although there is a specific focus for each session, we will also open the floor to additional topics, questions, concerns, or suggestions as time permits. All Senior Center staff will be present to answer your questions and hear your concerns or suggestions during this open forum discussion. If you prefer to submit your questions/concerns anonymously, you can drop them into the "coffee can" at the Senior Center at any time before the event. July's focus will be the future of the Senior Center. We will discuss improvements you will see in the near future and invite you to bring your ideas and visions to share! When you sign up for this event, please be sure to enter your name in the drawing! You must be present for the entire Coffee Talk session to win. A special thanks to Tina Toohey for her generous donation towards the prize!

Let's continue to grow together through open communication!

TRIPS & OUTINGS



BUCKLAND HILLS

Tuesday July 19th~ 10am departure
Let's go shopping! By request, we are happy to offer you more opportunities for shopping! *Choose from the*

Shoppes at Buckland Hills (mall), Evergreen Walk, or the Christmas Tree Shop! Shuttle service will be available between destinations. Leave the driving to us and enjoy free time to have lunch and shop till you drop! **Sign-up begins July 1st. Open to Somers residents only, as seating is limited.**



DAVID GWILLIAM MOHEGAN SUN CASINO TRIP

Friday July 22nd~ 8:30am departure

The David Gwilliam Mohegan Sun Trip includes: Round trip deluxe motor coach, two \$10 gambling vouchers, \$15 food voucher and driver's gratuity. **\$25 per person non-refundable payment due upon sign up. Open to all! Seats are filling fast!**



MYSTIC YOUR WAY!

**Tuesday July 26th
8:30am departure**

Enjoy a full day of everything Mystic has to offer! *Choose from Mystic*

Aquarium, Olde Mistick Village, or Mystic Seaport! Shuttle service will even be available between destinations should you choose to visit more than one! **Senior admission to Mystic Aquarium: \$29.99; Mystic Seaport: \$24.00. Sign-up begins July 1st. Open to Somers residents only, as seating is limited.**



THE TEXAS TENORS AT FOXWOODS CASINO

Wednesday August 3rd

Introduced to the nation on America's Got Talent, The

Texas Tenors are back by popular demand with their unique blend of country, classical, gospel, and Broadway with a touch of humor and charm. This package includes reserved seating in the Fox Theatre for a 2pm show, round trip motor coach and driver's gratuity, plus the Foxwoods Bonus package; free lunch buffet and \$10 slot play! **Checks must be made payable to: Tours of Distinction. Cost is \$87 per person. Only a few seats remaining!**

ESSEX STEAM TRAIN & RIVERBOAT EXCURSION

**Tuesday August 23rd
9:45am departure**

**Due to the overwhelming response to this trip in June, we are offering an encore!*

Don't miss out twice!!* Enjoy a 3-course lunch aboard restored 1920's Pullman Diners as part of a 3.75 hour lunch, train and riverboat sightseeing excursion. Attentive staff will transport you back to when rail travel was king and eating in the "Diner" was a delicious special occasion. The itinerary begins with boarding your Dining Car to savor a hot lunch at historic Essex Station that is prepared and cooked on board. You may choose Roast Beef or Baked Chicken for your main entrée. Next you will travel aboard the train along the Lower Connecticut River Valley while you finish your meal. At Deep River Landing you will transfer to the Becky Thatcher Riverboat for a cruise on the Connecticut River – bursting with lush scenery and historic sights; such as Gillette Castle. You will finish your journey riding in Coach Passenger Cars aboard the train back to Essex Station. **Cost is \$49.95 per person due upon sign up and includes your three course lunch, tax, gratuity, train, and riverboat excursion. Sign up has begun. Open to Somers residents only, as seating is limited.**



BEAUPORT PRINCESS LUNCHEON CRUISE

Tuesday August 16th

Step aboard the elegant Beauport Princess and settle back for a cruise from one of New England's most photogenic harbors; Gloucester, MA. Sights will include Ten Pound Island Lighthouse, Fisherman's Statue, Hammond Castle, and more. You will enjoy a buffet lunch while cruising in Gloucester Harbor. Sample buffet menu: spring salad, rolls, North Atlantic Haddock, Chicken Piccata, Butternut Squash Ravioli, vegetables, potatoes, dessert. There will be music and light narration on your cruise as well! Also scheduled is an afternoon visit to Rockport, MA, one of the oldest artisan colonies, for fun shopping in the many art galleries or to enjoy views of the harbor.

Cost is \$97 per person due upon sign up. Open to all. Sign up has begun!



TRIPS & OUTINGS



9/11 MEMORIAL MUSEUM

Tuesday September 6th

The National September 11 Memorial Museum serves as the country's principal institution concerned with exploring the implications of the events of 9/11,

documenting the impact of those events and exploring 9/11's continuing significance. The museum's 110,000 square feet is located in the archaeological heart of the World Trade Center site. This is an escorted trip and includes lunch at Ryan Maguire's on Wall Street. *Please note: There is a moderate amount of walking on this trip. Cost is \$103 per person due at sign up and includes round trip motor coach, tour guide, lunch, museum admission and gratuities. Open to all.*

INTREPID SEA, AIR & SPACE MUSEUM

Thursday November 10th

Explore the 900 foot USS Intrepid, which fought in WWII, the Cold War and the Vietnam War. See the Space Shuttle Enterprise. Climb aboard the Submarine Growler, the only American guided Submarine missile submarine open to the public. Have lunch on your own at the Mess Deck Café. *Please note: There is a moderate amount of walking on this trip. Cost is \$76 due at sign up. Open to all.*



HISTORIC DEERFIELD STOCKING STUFFER TOUR

Monday December 5th

At the start of the day, everyone will receive a holiday stocking...and each stop will provide you with a gift to fill your stocking! The first stop is to **Kringle Candle** where you will have an opportunity to shop their main store and Christmas Barn. Next, you will enjoy a holiday buffet lunch at **Champney's Restaurant** at the Deerfield Inn. After lunch, it's a guided tour onboard the motorcoach of Main St. in Old Deerfield and a tour of the **Stebbins House** with an open hearth cooking demonstration focusing on holiday desserts. Enjoy a cup of hot cider before departing. Lastly, enjoy a ride through **Forest Park's Bright Nights** in Springfield. This will quickly become a holiday tradition you will want to continue year after year!



Cost is \$95 per person due upon sign up. Open to all!

THE MARCELS

Tuesday September 20th

We're off to the Grand Oak Villa to see the guys who put the bomp in the bomp-a-bomp! In 1961, the Marceles sold over 2.5 million copies of their hit "Blue Moon". While the Marceles entertain you,



you will enjoy appetizers, a family style meal, and carafes of wine on every table!

Cost is \$89 per person due at sign up. Open to all!

OKTOBERFEST

Sunday October 23rd

Join us for a fun filled day of German celebration! We are off to the Log Cabin in



Holyoke, MA and will experience fall foliage in the heart of the Pioneer Valley. German Band The Jolly Kopperschmidts will provide the entertainment! Be sure to bring your appetite; the breakfast menu will include belgian waffle wedges, maple cinnamon buns, french toast, pancakes, home fried potatoes, bacon, sausage, scrambled eggs, and an omelette station! Mimosas and Bellinis will be served as well! For lunch, there will be a salad bar, bratwurst, knockwurst, jaegerschnitzel, and german potato salad. Don't forget the ice cream sundae bar and apple strudel for dessert! Beer and wine will be available throughout the day as well as warm pretzels. This is an annual celebration not to be missed!

Cost is \$82 per person due at sign up. Open to all!

RADIO CITY CHRISTMAS SPECTACULAR

Thursday December 1st

Back for it's 88th year, the Radio City Christmas Spectacular featuring the world-famous Rockettes is one of America's favorite holiday traditions! Experience the magical lineup of the Parade of the Wooden Soldiers, Santa's 3D journey on his sleigh through the skies of New York, a unique interpretation of The Nutcracker, and the miraculous living nativity scene. There is just nothing quite like New York City at Christmas time. You will have time before and after the 2pm show to grab a bite, shop, and enjoy the city. *Total cost is \$122 per person. Deadline to sign-up has been extended!! Open to all!*



SCAMS

TARGET YOU

PROTECT YOURSELF

In an ongoing effort to raise your awareness and keep you better informed and protected, we are providing you with information on current scams targeting the senior population. The most important thing you can remember is to always err on the side of caution and NEVER divulge your personal information to an unverified source. Please do not hesitate to contact the Senior Center if you need assistance with filing a complaint.

A news release from the Department of Social Services/U.S Department of Agriculture's Food and Nutrition Service
There have been reports of the general public receiving unsolicited calls from what appears to be the SNAP (Supplemental Nutrition Assistance Program formerly referred to as food stamps) toll free information hotline number: 1-800-221-5689. The unsolicited callers are requesting personal information offering assistance for filling out a SNAP application or other non-SNAP related services such as home security systems. Never provide personal information or your credit card number over the phone to unsolicited callers. This outside entity that has "spoofed" the SNAP toll free information hotline number is not affiliated with FNS or SNAP. If you suspect that you are receiving illegitimate calls from 1-800-221-5689, you may file a complaint with the FCC. If you have already fallen victim to this or a similar scam, please visit: <https://www.consumer.ftc.gov/> for more information on identity theft.

An Alert from CT State Senator Paul Formica of the 20th District

Scammers continue to target taxpayers in Connecticut by representing that they are from the Internal Revenue Service (IRS). Consumers should NOT give in to their bogus demands.

Government agencies – including the FBI and the IRS – do not call people on the phone or send emails to demand money or threaten arrest. The IRS contacts people via letter, and does not demand that you immediately transfer money or send a prepaid debit card to pay taxes.

Any call or email supposedly from the IRS or FBI – or even a utility company — that demands immediate payment or threatens arrest is bogus, and should be treated as such.

- If you get a call from the "IRS" demanding money, ask for the caller's name and telephone number, and then hang up the phone, and notify your local police department immediately.
- Do not confirm or give the caller any personal or financial information, and never send the caller money.
- The IRS does not ask for PINs, passwords or similar confidential access information for credit cards, banks or other financial accounts.

If you are worried that a call from the IRS is real, contact the IRS directly at 800-829-1040 or go to www.irs.gov.

Fraudulent emails purporting to be from the IRS should be forwarded to phishing@irs.gov.

If you become a target of this scam, it's also helpful to file a consumer complaint with the Federal Trade Commission at www.ftc.gov, and add "IRS Telephone Scam" to the comments of your complaint.

Consumers with questions can contact the Attorney General's Consumer Assistance Unit at 860-808-5420, the Department of Consumer Protection at 1-800-842-2649 or the Department of Revenue Services at 860-297-5962.



RENTERS' REBATE PROGRAM

APRIL 1-OCTOBER 1



Connecticut State law provides for a direct, partial reimbursement of rent and utility bills of certain elderly and totally disabled renters. Qualifying utilities are electricity, gas, water and fuel. The Somers' Assessor, will arrange to visit you in your home to assist you with applications in the event it is difficult for you to visit the Town Hall. Please do not hesitate to call the Assessor at 860-763-8202 to schedule a visit or to answer any questions you may have concerning this program. Deadline is October 1.

- Recipient or spouse must be 65 years of age or older by December 31, 2015; or be 50 years of age or older and the surviving spouse of a renter who had qualified and was entitled to tax relief under this chapter; or be 18 years of age or older and permanently and totally disabled.
- Must meet a one-year Connecticut residency requirement. The one-year residency requirement applies to any one-year period.
- Claimant's qualifying income in the calendar year 2015 must not exceed \$35,200 if unmarried, or \$42,900 if married.

ghla

Greater Hartford Legal Aid

Did you attend the April 18th presentation by Attorney Marilyn Denny of the Greater Hartford Legal Aid Senior Law Project? If you did attend and are interested in having your Power of Attorney and Health Care Directives prepared for you, please be sure to submit your forms to:

*Janet Caraballo-Legal Secretary
Greater Hartford Legal Aid, Inc.
999 Asylum Avenue, 3rd Floor
Hartford, CT 06105*

Questions? Call 860-541-5062.

~ Mobile Foodshare (behind Somers Congregational Church)

July 13 & 27th

~ Free Supper @ Somers Congregational Church

July 15th 5:30 to 6:30pm

*Denotes an event sponsored by the Somers Senior Citizen's Club
(members and non members welcome)

Pizza day is free for members and \$5.00 for non-members



1. FRIDAY
9:00-12:00 Art Group
10:00 -10:30 Qigong
1pm Friday Matinee: Brooklyn

4. MONDAY	5. TUESDAY	6. WEDNESDAY	7. THURSDAY	8. FRIDAY
 <p>CLOSED</p>	8:30am *Coffee & Donuts 9:00-11:00 Knitting Group 12:30-3:30 Pinochle Group 1:00-3:30 Pitch Card Group	12-2pm *Lunch & Entertainment: 4 th of July Celebration: Hot dog, Hamburg, coleslaw, potato salad, chips & Birthday Cake 1:00- 3:30 Dominoes 1:00- 3:30 Wii Bowling 1:00- 3:30 Pitch Card Group	8:30am Blair Manor Breakfast 10:00-11:00 Chair Aerobics 12:00- 3:30 Bingo 6:30-9:30pm Bridge Club	9:00-12:00 Art Group 10:00 -10:30 Qigong 1pm Coffee Talk
11. MONDAY	12. TUESDAY	13. WEDNESDAY	14. THURSDAY	15. FRIDAY
10:00-11:00 Chair Aerobics 2pm SCamper Series: Session 1	8:30am *Coffee & Donuts 9:00-11:00 Knitting Group 12:30-3:30 Pinochle Group 1:00-3:30 Pitch Card Group 1:30pm Advisory Committee for Seniors (Town Hall)	11:30-12:30 Medical Equip. Check 12-2pm *Lunch: Baked Stuffed Chicken, rice, peas, salad, rolls & watermelon 1:00- 3:30 Dominoes 2:00- 3:30 Wii Bowling 2:00- 3:30 Pitch Card Group	8:00-3:30 Foot care (Call 860-763-4379 for appt.) 10:00-11:00 Chair Aerobics 12:00 -3:30 Bingo 6:30 -9:30pm Bridge Club	9:00-12:00 Art Group 10:00 -10:30 Qigong
18. MONDAY	19. TUESDAY	20. WEDNESDAY	21. THURSDAY	22. FRIDAY
10:00-11:00 Chair Aerobics 2pm SCamper Series: Session 2	8:30am *Coffee & Donuts 10am Trip: Buckland Hills Shopping 9:00-11:00 Knitting Group 12:30-3:30 Pinochle Group 1:00-3:30 Pitch Card Group	12-1pm *Lunch: Pizza, salad & brownies 1:00- 3:30 Dominoes 2:00- 3:30 Wii Bowling 2:00- 3:30 Pitch Card Group	8:00-3:30 Foot care (Call 860-763-4379 for appt.) 8:30am Healthy Breakfast 10:00-11:00 Chair Aerobics 12:00 -3:30 Bingo 6:30 -9:30pm Bridge Club	8:30am Trip: Mohegan Sun *There will be no more assigned seating. 9:00-12:00 Art Group 10:00 -10:30 Qigong
25. MONDAY	26. TUESDAY	27. WEDNESDAY	28. THURSDAY	29. FRIDAY
10:00-11:00 Chair Aerobics 12pm Lunch & We Got Rhythm! 2pm SCamper Series: Session 3	8:30am *Coffee & Donuts 9:00-11:00 Knitting Group 12:30-3:30 Pinochle Group 1:00-3:30 Pitch Card Group 8:30am Trip: Mystic Your Way!	11:30-12:30 BP/BS 12-1pm *Lunch: Grinders, coleslaw, potato salad, chips & ice cream cups 1:00- 3:30 Dominoes 1:00- 3:30 Wii Bowling 1:00- 3:30 Pitch Card Group	10:00-11:00 Chair Aerobics 12:00 -3:30 Bingo 6:30 -9:30pm Bridge Club	9:00-12:00 Art Group 10:00 -10:30 Qigong 12pm Lunch & Learn: Edward Jones Investments

Helpful Tips for Talking With Your Doctor

How well you and your doctor talk with each other is one of the most important parts of getting good health care. But it isn't always easy. These are some suggestions to make your doctor visits easier.

- Make a short list of questions to take with you. Your doctor's time is limited so knowing what you want to say helps him and helps you use your visit time effectively. Don't put off the thing that is really on your mind until the end of your appointment. Bring it up right away and be clear and concise.
- Let the doctor know if you have trouble seeing or hearing. If you don't understand don't be afraid to say so and ask him/her to speak more slowly and clearly or explain in another way.
- Take a trusted friend or family member with you. Two sets of ears are better than one.
- Make notes or have your companion make notes. It's hard to remember everything that is said if it's not written down.
- Take an up-to-date list of your medications with you and have the doctor check it against his list. Include any over the counter medications, vitamins, herbal supplements etc.
- Keep a health care diary or journal. It's important to remember when you had tests and procedures.



Info from www.nia.nih.gov

Article submitted by Ailene Henry



Medical Equipment Check-Up!

If you use a cane, walker, or wheelchair, has it recently been checked to ensure it is the right fit for you and in good working condition? On **Wednesday, July 13th, from 11:30am-12:30pm** *Home Helpers* will be on site to inspect your medical equipment free of charge! Stop in anytime during the hour. A special thank you to *Home Helpers* for offering this service to Somers seniors on an ongoing basis.



Making Life Easier®

You can apply for Operation Fuel for your electric bill if you have a shut-off notice or are 30 days or more past due. Maximum gross annual income is \$33,132 for an individual and \$43,327 for a couple. Operation Fuel will reopen July 11th. Please call Christina Cenac at 860-265-7551 for more information.



Operation Fuel, Inc.