

Echoes from Somers Seniors

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



Volume IV Issue II
March-April 2011

Message from 1st Selectman Lisa Pellegrini

Hello Everyone,

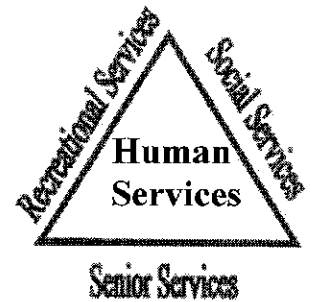
As I write this letter I look out the window and all I see is 3 feet of snow piled in ice drifts and lots of sleet which is eventually turning into black ice. That's something I will definitely not be looking forward to as I drive home. However, Spring is right around the corner and I can't stop thinking about all of the Spring Projects I look forward to ...getting the gardens ready, digging new flower beds, rearranging other planting beds, outdoor painting projects, and a massive Spring Cleaning on all things inside and outside my house and garden. I get psyched to start new projects and incorporate new ideas I have been thinking about over the winter. It is official...I have Spring Fever.

We have all managed to emerge from a very tough winter. While the snow storms have disseminated our public works department budget we were very fortunate not to have had \$300,000 in bills stemming from the snow removal of the roofs of Town Buildings. I was very careful about that. The total bill for snow removal on Town Building roofs totaled \$31,750; a substantially lower amount. We used only licensed and insured contractors. We also did not utilize volunteers as some Towns did. I was concerned that someone would be injured and/or property would be damaged which would no doubt end up burdening the taxpayers with expensive and lengthy litigation. The roofs of our Town Buildings did not cave in, however we did sustain some damage with regard to a few leaking roofs and one broken window. Most importantly no one was injured and no one fell off the roof.

Soon all the snow will melt and we will be diligently working on repairing the roads affected this winter.

I recently found out that I have over \$300,000 in LoCip Funds. I plan on applying for this funding and plan on using the money to pay for some much needed road repairs. The Somersville Streetscape Project breaks ground in a few weeks and construction will be starting very shortly. New England Concrete Services was chosen to do the work. Their bid was much lower than anticipated and we will have additional monies for a few extra improvements. The sidewalk project on Battle Street will begin shortly as will the expansion to the Senior Center.

- Continued on page 8 -



INSIDE THIS

ISSUE:

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

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

Senior Questionnaire
Pages 6 - 7

Lunch & Learn,
Proverbs & Quotes
Page 8

New & Weekly
Programs, Birthdays,
Prism Concert,
Pages 9-10

Luncheon Menu,
"What's Going On?"
Page 11

Senior Info: Page 12

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 Senior Center to obtain additional information or schedule an appointment with a certified AARP Tax-Aide counselor.

Appointment days are held on Mondays & Tuesdays.

Appointments for March - 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 AARP Tax Rep. Ailene Mottolese

at 860-741-7166. 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 with 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:
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, March 1, 8-9am BP/BS
Wednesday, March 9 & 23 11:30-12:30 BP
Tuesday, April 5, 8-9am BP/BS
Wednesday, April 13 & 27 11:30-12:30 BP
Tuesday, May 3, 8-9am BP/BS

At # 63 & 71 Woodcrest:

9-9:45 at #63 9:45-10:30 at #71
Monday, March 21, BP/BS
Monday, April 18, BP/BS
Monday, May 16, BP/BS
Monday, June 20, BP/BS

Blood Pressure & Blood Sugar Screenings

Sponsored by:



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



Your Hometown VNA & Hospice

Town of Somers Information

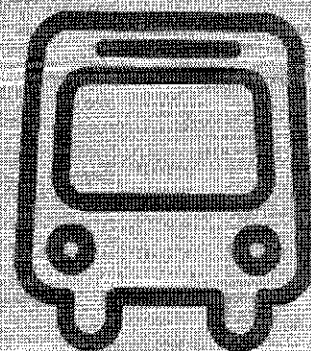
Page 4

Echoes From Somers Seniors

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. 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!



Stateline Senior Services Team of Professionals Panel Discussion: April 20th at 12:45pm

The Somers Senior Center will hold a panel discussion hosted by Stateline Senior Services' Team of Professionals. The panel will include an elder law attorney, an insurance agent that specializes in Medicare and senior related issues, a reverse mortgage broker and a member of the Vernon VNA, as well as other individuals. If you have questions about the topics affecting seniors' lives, this informational session will be very helpful.

Please plan to attend on Wednesday, April 20th at 12:45 at the Somers Senior Center. The public is welcome and encouraged to attend.

**This discussion will be preceded by a free, "Make your own Sundae"!*
Please call to reserve a seat at 860-749-0482. Walk-ins are also welcome.

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 HOUR Complete Course!

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



Director's Corner, Upcoming Programs & Closing Information

Volume IV Issue II

Director's Corner

Page 5

Greetings everyone,

Well, I think we all have survived this brutal winter of 2010/2011... It may be over.. .finally!

I want to thank you all for your patience and understanding on the days when we had to close the center and cancel bus use because of the snow. Although it would have been nice to have had you all down here with me on those days when I was snowed in...you were certainly much better off at home safe and warm.. It seems that spring and the warmer weather may be just around the corner.. And that warmer weather will bring with it many new programs and travel opportunities for our seniors here in Somers. Work will begin soon on the new sidewalk and the parking lot.. And, we are seeking your input for the building expansion...and many other programs.... So don't forget to complete and send in the Senior Questionnaire on pages 6-7.

I have begun what I think is going to be a very worthwhile collaboration with the public schools. It is going to be a great way to incorporate the seniors and youth of Somers in community functions and projects.. Our first venture is the Prism Concert on March 24th. Seniors have been invited to attend as guests, and the senior bus will be available for your use. I hope to see many of you at this wonderful concert! (See more Info on pg 9)

In closing, I wish you all a very Happy Spring season... May all of your tulips and spring flowers bloom brightly! We will see you again in our May/June 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 8, 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 March & April

The Senior Center will be Closed on the following dates:

Friday, April 22: Good Friday Holiday



Hometown

"Put Success On Your Side"

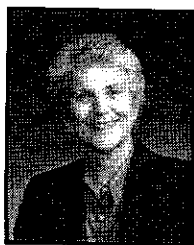
151 Hazard Avenue

Suite 12 & 13

Enfield, CT 06082

Office: 860-265-7625

Cell: 860-916-5320



JoAnn Batchelor

GENERAL MAINTENANCE . FUEL INJECTION . AC SERVICE
DIESEL . ELECTRICAL . ALIGNMENT . USED CARS
AUTOMOTIVE REPAIR

"PEOPLE'S AUTO"

(FOREIGN CAR SPECIALISTS)
ASE CERTIFIED

DAVE DOYKER
FRAN DOYKER
JIM HINKLE

23 FIELD ROAD
SOMERS, CT 06071
(860) 763-0711

Senior Questionnaire

The Town of Somers Advisory Commission to the Elderly is interested in providing the best possible services for our seniors. We ask your help in filling out this questionnaire so we can know how we can help you in the best way.

Please return the questionnaire to the Senior Center or mail it to

Somers Senior Center, 19 Battle St., PO Box 308, Somers CT 06071

Have you participated in any of the following activities at the Senior Center?

Please answer yes or no.

Y N

Wednesday lunch program		
Tuesday morning coffee and donuts		
Bingo		
Cards		
Christmas party		
Halloween party		
Health Care programs:		
Foot care		
Flu shots		
Blood pressure/blood sugar/cholesterol screenings		
Exercise programs		
Income tax assistance		
Informational programs		
AARP safe driver program		
Movies		
Bus trips		
Have you used the Senior bus?		
Have you received Meals on Wheels?		

Do you know how to access social service programs like food stamps (SNAP), energy assistance, tax rebates? If not, and you would like to know more, please call the Senior Center at 860-763-4379.

Would you like to have weekend activities at the Senior Center?
If so, what?

What other programs would you like to see offered for Somers Seniors?

Please make a check mark.

“Ask a Lawyer” – a 15 minute appointment with an elder law attorney to ask general legal questions. ☐

Representative from Social Security ☐

Representative from Medicare ☐

Free hearing screening ☐

Computer classes ☐

Internet/email access ☐

Trips: day and overnight ☐

“Shoe repair” – a shoe repair person would come to the Senior Center, pick up your shoes to be repaired and return them. ☐

Friendly visitor program – someone to periodically visit a homebound person. ☐

Do you have other suggestions?

Do you receive the Somers Senior Newsletter? If no and you would like to receive the newsletter free of charge, please call the Senior Center at 860 763 4374.

Is your age (please circle) 50 - 64 65 or older

Do you have internet access?

If you have internet access, are you familiar with www.somersct.gov ?
(a good source of local information).

Comments:

"LUNCH & LEARN" PROGRAMS

March 9: Following the luncheon: **Colette Travel** - Information on upcoming travel opportunities for Seniors!

March 23: Following the luncheon: Sabrina, from the **Social Security Administration** will be here to answer all your questions!

April 6: Following the luncheon: **Vigorous Minds:** Learn new ways to keep your brain fit!

April 20, 12:45pm: Following the luncheon: **Stateline Senior Services Team of Professionals Panel Discussion & Make your own Sundaes!** More info on page 4.

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

"The worst thing about the future is that it seems to get here quicker than it used to"

"A vital faith gives us the courage to face the present with confidence and the future with expectancy"

"As you slide down the banister of life, may the splinters never point your way"

"Nothing great was ever achieved without enthusiasm"

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

As part of the expansion process and also maybe due to some Spring Fever Rejuvenation I think it's a perfect time to schedule a Senior Summit to determine what activities you would like to see at the Senior Center. I plan on doing this towards the end of April/beginning of May. Be on the lookout for more information regarding this. Jenifer Charette has compiled a detailed list of your comments and requests for activities and programs and this would be a perfect forum for me to understand what you are looking for so that I can search for some grant opportunities to make them happen.

In the meantime the Senior Center is open to **ALL** Seniors in Somers and I encourage you to come in and visit. The Center is **NOT** closing, in fact it's growing!!! There are many activities at the Center and several groups are sharing the space. We welcome you to come in and check us out and if you haven't been in recently it's time for you to come on back!! For more info on programs or to possibly schedule a time for your card game or other activity just contact Jenifer Charette, the Town's Human Services Director. Jen manages the calendar for the Center and along with assistants Flo and Karen are eager to welcome you to **YOUR** Senior Center. Happy Easter, Happy Spring!

Lisa Pellegrini, First Selectman

High School Concert & Senior Birthdays!

Volume IV Issue II

Page 9



Prism Concert

Thursday, March 24, 2011 at 7:00 PM
Somers HS Auditorium



The theme of this concert is "Matched, Hatched, and Dispatched" and will feature the Somers High School band, chorus and jazz choir, as well as student soloists. Following the theme, the songs will relate to things that go together (matched), birth (spring, the blues, babies -- hatched) and things that have ended (love, life - dispatched). The band is directed by Mr. Anthony Campanelli, and the chorus and jazz choir are directed by Mrs. Joan Machacek.

The Seniors of Somers have been invited to attend this wonderful concert free of charge! It is part of a collaboration we are working on with the schools to incorporate more seniors and youth in community activities. If you are interested in attending, please contact the Senior Center. If you need transportation, the Senior Bus will be available that evening. Please join us for a very memorable evening!



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



March Birthdays:

Mildred Gerich, Marie Grigas, Pat Guimond, Rebecca Gumienak, Raymond Krawiec, Viola Landry, Olen Leveille, Agnes Meyer, Genevieve Nejfelt, Eleanor Parker, Peg Patterson, Rebecca Smith, Linda Worthington

April Birthdays:

Katey Austin, Yvette Blake, Michael Cassano, Gardner Gerich, Larry Heavysides, Dorothy Hillman, Maryann Kingsbury, Lois Osier, Jennifer Pilton, Jim Raymond, Joan Squires, Virginia Taylor, Helene Voto

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



**Comfort
Keepers**

**IN-HOME
CARE THAT'S**

Always Nearby.

We help individuals maintain full and independent lives in the comfort of their own home.

749-0428

585 Hazard Ave • Enfield, CT 06082

WWW.COMFORTKEEPERS.COM

Each office independently owned and operated. © 2009 CK Franchising, Inc.



Somers Senior Center Regular Weekly Activities

Page 10

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.

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.

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.

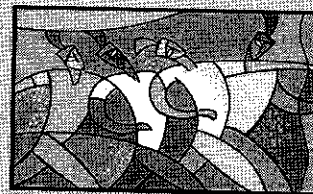
CHAIR AEROBICS:

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 & 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 or to register, please contact the Center at 763-4379.

What's Going on?

Senior Luncheon Menu for March & April

March 2: Ham & Scalloped Potatoes (Birthday lunch)

March 9: Fish

March 16: Corned Beef & Cabbage

March 23: Roast Chicken and Red Potatoes

March 30: Pork Roast

April 6: Pot Roast (Birthday lunch)

April 13: Spaghetti & Meatballs

April 20: Ham

April 27: Kielbasa

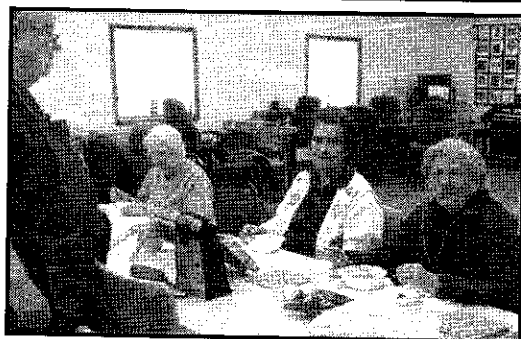
Our lunches are now catered by Sun Valley.

Please stop in and try their 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 always available for those who request ahead. Lunch menus are subject to change prior to each week.

Valentine's Day & Cabin Fever

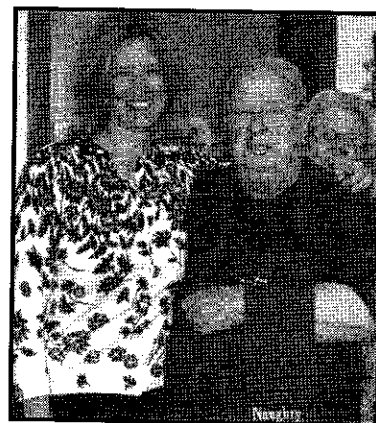
The Monday/Thursday Bingo group enjoyed a very lovely luncheon on Valentine's Day thanks to our local girl scouts who provided cupcakes and made individual Valentine's cards for all of our ladies! And our staff, cooked up some delicious soup and grilled cheese sandwiches!

We also had a very appropriate "Cabin Fever" luncheon for our Tuesday Dominoes and Pinochle Groups. Many thanks go out to the Senior Center Staff, Karen & Flo and gourmet chefs of the day, Al & Maryann Kingsbury!



Our Bingo Valentine's Day Guests!

Dottie Hillman
Marie Worthington
Gloria Campbell
Rollie Courville
Mary Balboni
Eileen McGuinness
Edna Ballard
Muffie Carra
Sandy Balaska
Mary Skac
Peg Patterson
Irene Percoski
Elaine Beament
Vi Landry &
Lucille Patterson



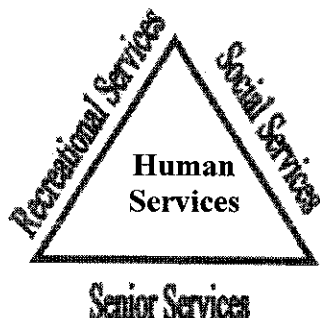
Lisa Pellegrini, Chef Al & Maryann



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

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

BULK RATE
U.S. POSTAGE
PAID
PERMIT NO. 7
SOMERS, CT



Senior Information Directory: March-April 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 - 1: Friday
email: jcharette@somersct.gov

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

THE SENIOR CENTER IS OPEN
8am - 4pm M - F

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

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

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

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