

Echoes From Somers Seniors

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



Volume II Issue II
March - April 2010

News on Woodcrest Housing from Lisa Pellegrini

Hello Everyone,

After a long cold winter I know that we are all looking forward to enjoying the warmer weather. Spring represents a rebirth and a fresh start.

On Friday, February 5th, the Housing Authority, along with Woodcrest's developer, architect, contractor and property management associates met with Woodcrest residents to introduce themselves and assure the residents that their concerns regarding building repairs and maintenance would be addressed. When I first took office I was visited by several Woodcrest residents regarding building issues. After many discussions and after a commitment from the developer it was decided to have everyone get together and meet with the Woodcrest residents to discuss these issues and to provide you with a clear understanding of the notification process so that repairs can be made.

Please note that all complaints should be addressed to Brooke Hawkins, the WINN Property Manager. She will compile the requests and they will be addressed in a timely manner. The Housing Authority and the developer will also be receiving a log of these repair requests which they will review on a monthly basis. This information will be extremely helpful to them in the future expansion of Woodcrest as it will identify areas that should be scrutinized more closely so as not to repeat the same issues in the future.

Finally, the Housing Authority should be your advocate. If you are not satisfied or have some concerns please let the members know. They are in a position to help you.

As you may know we have a few fresh faces on the Housing Authority. The current members include: David Pinney, Chairman; Mary Lou Hastings, Robert Landry, Bob Pettee and Diane Yensen.

David Pinney replaces Brian DuPerre who resigned. Local contractor and business owner Bob Pettee replaces Joan Jaquith who also resigned due to time constraints. The Board of Selectmen look forward to the leadership this Housing Authority will provide to Woodcrest to ensure that high quality housing is maintained.

Please know that my door is always open to you.

I wish you all a Happy Easter and a Very Happy Spring.

Lisa Pellegrini
First Selectman



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Upcoming Events Information - Mark your calendar!

MEDICARE & CONNPAGE INFORMATION

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

**These are the last dates at
the Senior Center:
Fridays from 1 - 3pm
3/12 & 3/26**

If you would like additional information or would like to make an appointment,
please call **Bill McCloskey at 749-0482.**

Fuel Assistance Information

If you are a senior in need of assistance to pay your fuel bills, please contact the Social Services Office @ 763-8224. Depending on your situation, you may qualify for assistance from one of the ACCESS or Operation Fuel programs. Please don't be left out in the cold...call Ann Procopio at the Social Services office or Jenifer at the Senior Center today for more information or to set up an initial intake interview. ACCESS appointments are taken every Thursday between 9:15am - 2:30pm at the Somers Town Hall. OP Fuel on Wed & Thursdays. For a complete list of the documentation needed for your appointment, please contact the Social Services Office, or pick up a checklist from the Energy Assistance board at the Senior Center.

GET OUT THERE AND TRAVEL !

**Join other active Somers Seniors on
these Exciting excursions!**

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

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

For more information on any of these exciting trips, please contact the Senior Center @ 763-4379 or email jcharette@somersct.gov.

We hope to have you traveling with us soon!



Cranky Old Doods...

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

www.crankyolddoodsblogspot.com

Health & Wellness Information

Pedi-Care Service at the Senior Center

Pedi-Care provides an ongoing program of foot care at the Somers Senior Center by Ronnie McAlmond, a specially trained, registered nurse.

The services offered at the Senior Center Clinics include:

General assessment of the feet and lower extremities

Trimming, filing and cleaning of nails

Reduction of thickened toenails

Smoothing of corns and calluses

Massaging, lotioning and powdering of feet

Referrals to a doctor or podiatrist if needed.

Fee is \$28 for a 1/2 hour appointment - To schedule an appointment, please call Florence at the Senior Center @ 763-4379 between 8am & 4pm Monday - Friday.

Upcoming Pedi-Care Service Dates:

3/11, 3/15, 4/8, 4/22, 5/6 & 5/13

Meals on Wheels

Daily hot and or cold meals delivered to your home; what could be more convenient! Our meal program is affordably priced and ensures that clients receive nutritious meals and a friendly visitor each day. If you are interested in receiving meals 1 - 6 days per week, please contact Susan King @ 749-9648 for further information. We would be happy to add you to our delivery schedule.

Town of Somers Community Wellcare Programs

Blood Pressure & Blood Sugar Screenings

Upcoming dates at Somers Senior Center & Woodcrest

At the Senior Center:

Tues: 3/2: 8am - 9am BP/BS

Wed: 3/10: 11:30 - 12:30 BP

Wed: 3/24: 11:30 - 12:30 BP

Tues: 4/6: 8am - 9am BP/BS

Wed: 4/14: 11:30 - 12:30 BP

Wed: 4/28: 11:30 - 12:30 BP

At Woodcrest:

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

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

Monday: 5/17: 10am - 11:30am BP/BS

Blood Pressure & Blood Sugar Screenings
Sponsored by



**Somers Community
Health & Wellness Association, Inc.**
For information or suggestions
call 860-749-5411



Your Hometown VNA & Hospice

Somers Senior Center Regular Weekly Activities

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FUN FOR FREE!

Echoes from Somers Seniors

Quilters Wanted!

The Lost Needle Quilters are in need of a few new members. If you are interested in joining this group of talented quilters, please come down to the Senior Center any Friday from 12:30 - 3:30pm.

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

Every Monday & Thursday: 12noon – 3:30pm.

Empty your pockets and purses of that loose change and be ready for fun!

Pinochle – Dominoes – Bridge

Pinochle: Tuesdays 12:30-3pm **New Players Wanted!**

Dominoes: Tuesdays 1:00 - 4pm

Bridge: Thursdays 7-9:30pm

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

Tuesday Morning Coffee & Donuts!

Come down to the Senior Center every Tuesday morning for FREE coffee, donuts and good conversation. What a great way to start your day, meet friends old and new and catch up on the latest news around town. The donuts are courtesy of The Whole Donut in Hazardville, they are delivered by our own George Stephens and the coffee is brought to you by the Senior Citizens' Club.

Artist Workshops

Join other experienced and beginner "artists" at the Senior Center every Friday from 9am - 12.

No registration necessary!

Somers Bridge Club News

The Somers Senior Bridge Club is looking for some new players. We have 2-3 tables going every Thursday night at 7pm. All levels of ability are welcome, but should at least know the fundamentals of the game.

We are a friendly group - no "cut throat" players here! Call the Center for info on lessons @ 763-4379.

CHAIR AEROBICS: Mondays & Thursdays @ 10am

Gentle but effective exercise program for seniors. Join our group 2 times/week. And it's FREE!

For further info, please call 763-4379.

No pre-registration is needed.

TOPS Club: Tuesdays: 130-230pm

TOPS Encourages healthy lifestyles through support groups. For further info please call 763-4379.

No pre-registration is needed.

Somers Strikers Update: NEWS BULLETIN!!!

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

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

The Spring Practice League is now forming and will end on 6/30/10. Quarterfinals will begin in April and end in May... Regionals and Finals will be held in June.

This is preparation for the Official Healthnet Tournament later in the year!

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



VERY GENTLE YOGA for Seniors

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

New sessions begin on 3/30 - 4/27 and 5/11 - 6/14

Join Certified Krupula Instructor Pat Baker for an hour of fully instructed, relaxing yoga. This class is designed for individuals who have little or no yoga experience. You will learn breathing techniques while practicing basic yoga postures. **This program is specially geared to seniors** - Come create flexibility, reduce stress, invigorate yourself and calm your mind. .. Please wear comfortable clothes and bring a yoga mat and a blanket if you have one.

For additional info and to register, please contact Pat at 668-4851 or the Senior Center @ 763-4379.

SPRING HEALTH FAIR in Somers - SAVE THE DATE!

On **Saturday, April 10th** the Somers Community Health & Wellness Assoc. will be sponsoring a Health Fair to be held at the Somers Town Hall Lower Level from 10 – 1 PM. There will be 25 vendors with all types of health and wellness information for all ages. This will also include a variety of health screenings, demonstrations, door prizes and much, much more. Look for detailed information in the newspapers or on the web closer to the date. For information call Judith Snyder – 860-749-5411 or e-mail SCHAWA10@GMAIL.COM.

Proverbs & Quotes: This issue's contributions from Mrs. Helen Henry - Thanks Helen!

"Never be afraid to try something new. Remember, amateurs built the ark, professionals built the Titanic."

"Rain does not fall on one roof alone - Whatever the child says he's heard at home - All drums are bad to those who can't dance - If you tighten your belt, you won't lose your pants"

"Love is not getting, but giving"

"A family that laughs together, stays together"

A FUNNY STORY:

"In the middle of May my son-in-law bought this beautiful flower pot with 3 plants of mini daffodils. It was very pretty. He put it on a table. Every 3 days he put in a little water. He said he could see it growing. After several weeks, I said to myself, it must be a miracle plant; daffodils don't last that long. So, I felt it. It was PLASTIC! I didn't say anything. But, when my daughter came home I said "touch that plant", she laughed. We all laughed. He had been watering a plastic plant. The plant is still beautiful without the water."

"Friends will come and friends will go, the seasons change and it will show.

I will age and so will you. But our friendship stays strong and true."

If you have an interesting or funny quote, proverb or even your own poetry that you would like to contribute to the next newsletter, please drop it off, email it or snail mail it to the Somers Senior Ctr. by April 1st!

Town of Somers Information

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Echoes From Somers Seniors

Dial - Ride Bus Service

Our Senior bus service operates Monday - Friday from 8am - 4pm, taking seniors and disabled passengers to their appointments, shopping and other activities in Somers, Enfield and Stafford. The fee is a mere \$1 per ride. To schedule a ride on the Senior bus, please contact the Senior Center @ 763-4379 at least 2 days in advance if possible.

If you are a first time rider, please request a copy of the Senior Bus Operating Procedures.

Get out of the house and get active!



Shape it Up Studio - Now Open!!!!

Join us at Your NEW exercise studio!!!

Temporarily located in the lower level of Somers Town Hall

All ages welcome, but we specialize in helping all you "seasoned" women and men get regular exercise and maintain that physique you're so proud of!!!!

We have 10 exercise machines in our circuit, a treadmill, elliptical and free weights. All exercise is fully supervised by our studio coordinator, LeeAnn MacFeat.

We are open Mondays, Wednesdays & Fridays 9am - 12noon

There is a suggested monthly donation of \$20 to join.

Please call Florence at the Senior Center today for more information or to register. **We hope to see you "Shaping it Up" SOON!**

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

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

If you would like to become a Somers Senior Center Patron, please contact Jenifer Charette at the Senior Center @ 860-763-4379 or Donna Doyker @ 860-763-8210.

Town of Somers Information - Mark your calendars!

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AARP Driver Safety Program

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

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

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

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

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



Need FREE Help with Your Taxes?

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

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

Appointments are now being taken for Mondays and Thursdays through April 15th

AARP Tax-Aide is a program of the AARP Foundation, offered in conjunction with the IRS.

- 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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Senior Newsletter: Director's Corner & Upcoming Programs

Volume II Issue II

Director's Corner

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Greetings everyone,

Well, spring may finally be on the way... I can feel the warm air and sunshine trying to break through... just a short while more and we will be complaining about the heat! I hope this March/April issue of the Newsletter finds you all well. We have many upcoming seminars at the Senior Center... most are held after our Wednesday luncheons, but there is one that is on March 23, which is a Tuesday. This is something that I think would be of interest to many of you... Healthy cooking and cooking meals for 1 or 2... This promises to be very informative and enjoyable and you get free samples!! Please take advantage of the warm weather and join other active seniors on one of our trips (see pgs 2 & 9) or participate on our Wii bowling team... Whatever you do, get out and get active! And, don't forget to attend the Free Health Fair on April 10th at the Somers Town Hall from 10am - 1pm for great info and fun!

Please feel free to stop by and see me anytime; I look forward to meeting you.

Jenifer Charette, Senior Center Director & Municipal Agent for the Elderly

New and Exciting and FREE!!! Upcoming Senior Programs !!! MARK YOUR CALENDARS!!!!

March 23rd @ 1pm: "Healthy Cooking Class & Cooking for one or two", with our friend Eileen Drumm and a nutritionist from the VNA.

March 24th: Following the luncheon: Celina Conway from Ruth's House will be on hand to discuss the **"Myths of Aging"**. join us for this very informative talk.

March 31st: Following the luncheon: Daniel Moraski from the **Social Security** Administration will be here to answer all your questions and concerns.

April 7th: Following the luncheon: Mr. Manning of Somers will be here to help you understand your **CL&P & cable bills, deregulation and save you \$\$\$!!!**

April 28th: Following the luncheon: A representative from the **National Kidney Foundation** will be here to talk about kidney health and the importance of taking CARE of YOURSELF!



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Somers Senior Citizens' Club News

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Echoes From Somers Seniors



The Somers Senior Citizens Club Notes

Club Notes & Pictures Done By Terri Ramsey



A Message from the Center's President.

Hello everyone, at last the madness of the holidays is behind us! I don't know about the rest of you, but I am tired of the white stuff. I can't wait for spring, to see the flowers begin to blossom, to be able to get outside more and start our garden. That's right, this year the Center will have its own garden, I hope many of you will enjoy & participate and in the

ANNUAL "SPRING IN NEW YORK" TRIP!!

Wednesday, May 12, 2010

Fee: \$35.00 (includes Driver tip)

Bus leaves the Senior Center at 7am.
Departs from New York City at 7pm.
Take in a matinee on Broadway or just
see the sights on a beautiful spring day!

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

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

Somers Senior Center
19 Battle St. Somers, CT

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

Call NOW seats are still available!!!!

This trip will sell out fast!



Senior Luncheon Menu For March - April

March 3: Chicken Francais

March 10: Sloppy Joes

March 17: Corned Beef and Cabbage

March 24: Baked Stuffed Sole

March 31: Kielbasa

April 7: Baked Ham

April 14: Pot Roast

April 21: Pot Luck

April 28: Eggplant Parmesan

*Call 763-4379 to reserve your lunch by each
Monday afternoon. \$5/pp. Take out is available.

Chicken is always available for those
who request ahead.

Want to Contribute to the Center but don't know how?

The following Donations would be appreciated!

Please continue to Drop Off your Un-Needed Eyeglasses or Frames at the
Somers Senior Citizens Center! We are still taking the aluminum pull tabs for
the Shriner's Hospital, Geissler's register receipts
and working cell phones, with numbers erased and with their chargers.

Somers Senior Citizens' Club News

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Somers Senior Citizens' Club Elections

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The Nominating Committee has made their decision!



**Nominating Committee Chairmen George Stephens after the Center's luncheon
Wednesday February 17th.**

George Stephens officially announced the nominees for Office. Stephens asked if any were opposed, none were. There was an opening for suggestions from the floor, none were made. It was suggested from the floor to let the nomination stand and vote. But President Arlene Yarnes mentioned that according to the Bylaws the nominating is now made in February, and then voting is in March. George Stephens then officially stated unless someone opposed, or had any suggestions for persons for office, that the nominations are official closed and will stand. Official voting is on March 17th, the nominating committees' nominations report is available to read below.

Report of the Nominating Committee To the Somers Senior Citizens Club Executive Board Wednesday February 10, 2010

It is a privilege and honor to present on behalf of the nominating committee it's nomination of the following officers for the ensuing 2 year term.

Executive Board

Arlene Yarnes – President
Cathy Butkus – 1st Vice President
Jim Burgess – 2nd Vice President
Theresa Beardsley – Secretary
Beverly Guimmond – Asst. Secretary
Connie Carenzo – Treasurer
Florence Hurley – Asst. Treasurer

This is a unique situation as all present Board Officers were so pleased that Arlene Yarnes would run for a second term they want to do the same in total support of Arlene. We are also fortunate to have Florence Hurley as our Assistant Treasurer nominee. Florence is also currently collecting our Membership Dues and is at the Senior Center 5 days a week as our Easter Seals Support Person.

Nominating Committee Members:

Jordan Chatis
Ron Patenaude
Arnold Panciera
Judy Okraska

Respectfully Submitted,
George Stephens
Nominating Committee Chairman

Somers Senior Citizens' Club News

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Echoes From Somers Seniors



Guest speaker North Regional Director Patty O'Brian from the Alzheimer's Association Connecticut Chapter came to the Center to speak to several seniors. She was very informative, easy speaking, and very enjoyable to have at the Center.

For more information on Alzheimer's please contact them at: Main Office: 860-828-2828
24 Hour Helpline: 800-356-5502
The 2010 Enfield fall Memory Walk is scheduled for October 2nd. You can find registration



RECIPE CORNER - Salmon & Corn Chowder

Serves 10; 1 cup per serving

Ingredients

1 cup brown rice
8 cups fat-free, low-sodium chicken stock
1 tablespoon ginger purée
2 tablespoons olive oil
1 cup diced onion, 1 cup diced carrots,
1 cup diced celery, 2 cloves garlic, chopped
1 teaspoon turmeric, 1 teaspoon dried thyme
1 bay leaf, 2 tablespoons curry powder
1 teaspoon salt, 2 tablespoons sugar
3 cups (one pound) sweet corn (thawed, if using frozen) 1/4 cup flour
1 pound salmon, cut into one-inch cubes
1/2 cup chopped cilantro
1/2 cup chopped scallions, green and white parts

Directions

Place the rice, stock, and ginger purée in a large

saucepan and set over high heat. Boil until the rice is cooked through, about 40 minutes. Remove from stove and set aside

In a large stockpot over medium-high heat, bring the olive oil to the smoking point. Add the onions, carrots, celery, garlic, turmeric, thyme, bay leaf, curry, salt, sugar, and corn to the pot and sauté for 5 minutes. Stir in the flour to coat the vegetables. Add the cooked rice and stock to the soup and let it simmer for 5 minutes. Add the salmon and remove the pot from the stove. Let the soup rest for 5-10 minutes to cook the salmon through. Stir in the chopped cilantro and serve immediately. Garnish with chopped scallions, if desired.

Note: Here's a tasty way to get those omega-3 fatty acids into your diet.

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

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Senior Information Directory

March - April 2010

Human Services Director Municipal Agent to the Elderly

Jenifer B. Charette
Office Phone: 860-749-7160
Cell Phone: 860-234-2680
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 @
12:45pm on the 3rd Wednesday of
each month. September - June,
except December.
The public is welcome to attend!

Executive Board Members:

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

Advisory Committee to the Elderly

This town committee meets at the
Senior Center every 2nd Tuesday
of each month @ 11:30am.
The public is welcome to attend.

Committee Members:

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