

The Somers Senior Citizens Club Note



Articles & Photographs by Terri Ramsey



A Message from the Center's Club President.

Hello everyone, we have had a very busy couple of months. Many guest speakers, and special events, and a great deal more is planned for the future. We have a new outdoor "*club members*" garden thanks to the Boy Scouts, we have many new members - be sure to welcome them and make them feel at home at the Center.

We are always thinking up new and entertaining things for everyone to enjoy and partake in. Stop in and See!



Thanks again,
Arlene Yarnes
President Somers Senior Citizens Club



Connecticut's Mountain Laurel and American Robin



NO MORE POTLUCK LUNCHES!

There will **no longer** be any “PotLuck” Luncheons at the Somers Senior Citizens Center. This decision was Voted upon and **unanimously** decided upon due to the fact that often there was **not enough food** for everyone arriving. It was voted upon that we would have a extra catered lunch per month instead.

1. **Table Decoration**

Coordinator – Someone who will shop for all the table decorations, candies, small gifts (pencils, erasers, etc), napkins, etc & then decorate the tables each holiday.

2. **Center Grounded**

Coordinator – Seniors who will water, weed, & tend to the Center’s bushes, scrubs, plants, flowers, & Center’s New Vegetable Garden.

3. **Storage Closet Organizer** –

Senior(s) who will tend to the huge storage closet, keeping holiday décor organized, and the room un-cluttered.



Somers Super Seniors

- **Eleanor Parker** will be making ribbons that can be handed out at lunches; each holiday or month that celebrates certain awareness (i.e. Breast Cancer Pink Ribbon, etc).
- **Gardener Gerrich** has made two Birdhouses that are hanging between two trees at the Center.
- **Carolyn Ryder** has volunteered to tend to the birdhouses & feeders.

Open

The Senior Center’s doors will be open to anyone without Air Conditioning during the warm months (8-4 pm). Be sure to drink more water and stay hydrated!



Donations Needed:

Donations are Appreciated!



Ribbon of all colors needed.



Donate soft drinks and other beverages.



Donate Coffee and Decaffeinated.



Donate Movies: VCR's or DVD's.



Donate Whole Kernel Popping Corn.



Somers Senior Citizens Club Cook Book! Send in recipes with your name, & phone number to *Arlene Yarnes.*

Idea's for Summer:

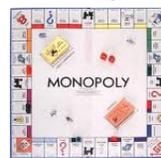


Young at Heart Book Club. Read & Review - all interested sign-up at the Center.



Evening Bingo!

The Center will be open and a/c going for evening Bingo Games!



Evening

Somersopoly, you've heard of Monopoly well we have a game dedicated to the Town of Somers.

♀ **Women's Health Week**
May 9 - 15, 2010

Mother's Day May



*One Hundred Years
from now...*

*It will not matter
What kind of car I drove
What kind of house I lived in
How much money I had in my bank account
Nor what my clothes looked like*

*But the world may be a little better
because I was important
in the life of a child*

♂ **Men's Health Week**
June 14-20, 2010

Father's Day June



A hero in our midst

Judy Okraska



After a truck swerved to miss a car, and crashed through her fence and rolled onto its side Judy rushed to the driver's aid. While assisting the driver from the vehicle Judy broke her arm. The Driver was unharmed.

(...way to go
Judy!)



Albert Gennitti donated a beautiful Swan painting in honor of his late wife Patricia.



Somers Senior Center Club's Funniest Pet Contest!

It's Simple!

Just deliver or mail photo(s) of
your pet(s) with your name &
information to:

The Somers Senior Citizens Club
19 Battle Street
Somers, CT. 06071 Entries must
be received by **09/30/10**.



A team of 7 Senior Club
Members will judge the photos.



On **Sept. 30, 2010**, votes will
be calculated and the photo
receiving the highest number of
votes will be declared the
winner.

1st Place Winner will receive a
**\$50.00 Gift Certificate to
PetSmart.**



And the winning photo will be in
our following Newsletter.



Good Luck!



April 11th was the 1st Popcorn & a Movie showing starting this year. "The Blind Side" the true story of a man who went from abandonment to success as a pro-football player.



On April 18th, "The Proposal" a Canadian immigrant gets the news that she's about to be deported she rushes into a marriage of convenience with her assistant.



On April 25th, "Old Dogs" Two best friends - have their lives turned upside down when they're unexpectedly charged with the care of six-year-old twins while on the verge of the biggest business deal of their lives.



May 2nd "Avatar" Paraplegic war veteran, is brought to another planet called Pandora with the promise of getting his legs back if he helps the government on a mission.



On May 16th "The Tooth Fairy," is a hard-charging hockey player. When he discourages a youngster's dreams, he's sentenced to one week's hard labor as a real tooth fairy.



May 23rd we all watched "The Princess Bride", A classic fairy tale, with swordplay, giants, an evil prince, a beautiful princess, and yes, some kissing (as read by a kindly grandfather). Starring: Cary Elwes, Chris Sarandon, Christopher Guest, Fred Savage, Andre the Giant, Robin Wright Penn, Peter Falk, Billy Crystal, Carol Kane.

Esther and Norman. two people set against the vicious world of Hollywood.



Movies Continued...



On June 13th "The Music Man" - A con man (Robert Preston) comes to a Midwestern town with a scam using a boy's marching band program, but things don't go according to plan.



On June 27th A modern day (1961) Romeo & Juliet tragedy of feuding families love story. Starring: Natalie Wood, Richard Beymer, Russ Tamblyn, Rita Moreno, George Chakiriss; to name a few from a large cast.



On July 11th Judy Garland and James Mason turn in terrific performance as



On July 18th Jerry Mulligan, a struggling American painter in Paris, is "discovered" by an influential heiress with an interest in more than Jerry's art



On July 25th When a mutual friend is killed by a mob boss, two con men, one experienced and one young try to get even by pulling off the big con on the mob boss. The story unfolds with several twists and last minute alterations.



On August 1st One of the World Best Classics! A Adventure, Family, Fantasy, Musical L. Frank Baum story, with Dorothy and her dog Toto, the Tin Man, Scarecrow, and Lion.

*** During Holidays no movies will be shown.** (Mothers Day, Father's Day, Memorial Day 4th of July.) *

GuestSpeakers



April 28th, Kidney Talk

We had a **guest speaker (Donna Sciacca) from the National Kidney Foundation.** She was very knowledgeable and shared a great deal of information on "Good Kidney Health"

Some of the things Donna discussed...

Where Are the Kidneys and How Do They Function?

There are two kidneys, each about the size of a fist, located on either side of the spine at the lowest level of the rib cage. Each kidney contains up to a million functioning units called nephrons. A nephron consists of a filtering unit of tiny blood vessels called a glomerulus attached to a tubule. When blood enters the glomerulus, it is filtered and the remaining fluid then passes along the tubule. In the tubule, chemicals and water are either added to or removed from

this filtered fluid according to the body's needs, the final product being the urine we excrete.

The kidneys perform their life-sustaining job of filtering and returning to the bloodstream about 200 quarts of fluid every 24 hours. About two quarts are removed from the body in the form of urine, and about 198 quarts are recovered. The urine we excrete has been stored in the bladder for anywhere from 1 to 8 hours.

What Are the Warning Signs of Kidney Disease?

Kidney disease usually affects both kidneys. If the kidneys' ability to filter the blood is seriously damaged by disease, wastes and excess fluid may build up in the body. Although many forms of kidney disease do not produce symptoms until late in the course of the disease, there are six warning signs of kidney disease:

High blood pressure.

Blood and/or protein in the urine.

A creatinine and Blood Urea Nitrogen (**BUN**) blood test, outside the normal range. BUN and creatinine are waste that build up in your blood when your kidney function is reduced.

A glomerular filtration rate (GFR) less than 60. *GFR is a measure of kidney function.*

More frequent urination, particularly at night; difficult or painful urination. **6.**

Puffiness around eyes, swelling of hands and feet.

Contact Us:

Serving Connecticut
2139 Silas Deane Hwy Ste 208
Regional Office
Rocky Hill, CT 06067-2339

Phone: (860) 257-3770
Toll Free: (800) 441-1280



Guest Speakers Cont.



Arthritis Talk May 5th



Guest Speaker Connie Tague, M.B.A., R.N. Clinical Nurse Liaison came to the Center to talk to seniors about Arthritis.

Arthritis is a disease of the joints. Painful, stiff joints are the most common signs of arthritis. Other signs are swelling, warmth, and redness in the joints. People often have trouble moving the joints normally. It can affect people of all ages and races.

She discussed the different types of arthritis, common types:

Osteoarthritis
Rheumatoid
Fibromyalgia

Osteoarthritis – is the most common, affects 21 million, most of which are women starting at age 45. Cartilage covering bone beings to deteriorates causing pain & loss of movement.

Rheumatoid Arthritis – Disease of the immune system, joint linings chronically inflamed leading to deterioration of joint and loss of movement.

Fibromyalgia – causes generalized pain to connective tissue and muscle. Sometimes associated with changes in weather, sleep patterns, and stress levels.

- Women and twice more likely to get these types.
- In the U.S. 43 million people are diagnosed with arthritis, that's 1 in 6 people!

What are the Warning Signs?

- Morning Stiffness lasting 30 minutes.
- Joint Pain or Tenderness that is constant or comes & goes.
- Inability to move joint in normal way.
- Redness or Warmth of joint.
- Weight loss, Fever, Weakness and Joint Pain that can't be explained.
- If symptoms last 2 weeks, see your Doctor.

Contact Us:

Serving Connecticut
Arthritis Foundation

78 Rambling Road, Vernon
Rockville, CT 06066-5817
(860) 872-7319



From the Kitchen of
the
**National Kidney
Foundation**

**American Favorite
Seasoning Blend**

- 5 tsp Onion Powder (Not salt)
- 1 TBSP Garlic Powder
- 1 TBSP Paprika
- 1 TBSP Dry Mustard
- 1 tsp Thyme
- ½ tsp White Pepper
- ½ tsp Celery Seed
- Yield: about ¼ Cup



Spicy Seasoning

- 3 TBSP Celery Seed
- 1 TBSP Onion Powder
- 1 tsp Garlic Powder
- 2 TBSP Crushed Oregano
- 1 TBSP Crushed Thyme
- 1 ½ tsp Ground Bay Leaf
- 1 ½ tsp Black Pepper

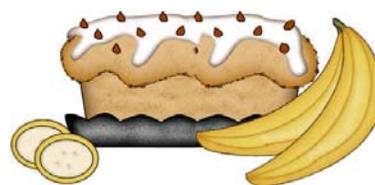
1 ½ tsp Ground Cloves
Yield: about 1/2 Cup

**National Arthritis
Foundation**
Banana Nut Bread
**Healthy Foods for
Arthritis**

Banana Nut Bread

This classic American comfort food will take you back to your childhood.

- 5 cups flour
- 1 teaspoon salt
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 2 cups mashed ripe bananas
- 4 eggs
- 2 cups sugar
- 1 cup vegetable oil
- 1 cup chopped pecans
- Lemon juice to taste
- Mix flour, salt, baking soda and baking powder together. Beat bananas and eggs in mixing bowl.
- Add sugar and oil; mix well. Stir in dry ingredients just until moistened. Stir in pecans.
- Spoon into three foil-lined 5 X 9-inch loaf pans. Place in cold oven.
- Bake at 275 degrees for 1 1/2 hours.



Guest Speakers Cont.
Health Reform for American Seniors



On **May 19th** we had **Guest Speaker Bill McCloskey**, who came to the Center to discuss the **Health Care Reform** and what it means for seniors. The discussion was open to *all* Somers Seniors. With a full house and several seniors from the Wednesday luncheon, we had a large audience. Bill was very informative and explained everything and answered all questions with patience and great knowledge.

To contact **Bill McCloskey** & for more information:
Stateline Senior Services, LLC
127 Hampden Rd.
Somers, CT. 06071
860-749-0482
wmccloskey@cox.net



It's time again for the Somers **Senior Citizens Club BBQ !**



It will be on **July 17th**, 2010 starting at **Noon!**



We will need everyone's help again so.....

Seniors from A. to M. will bring some desserts (cake, pie, ice cream, etc...)



Seniors from N. to Z. will bring Appetizers or Salads (deviled eggs, potato salad, cheese & crackers, etc...)



Senior Prom ~ May 21st

This years Senior Prom theme was “A Murder Mystery”. Creatively written by 8th grader Kim Cisco. The Play was put on by Somers 6, 7, and 8 grade students.



Front

Row: Joshua Favreau 6th, Karyn O'Donnell (Advisor), Michael Howe 8th, Kristen Munson 6th, Anna Conley 6th, Megan Jewell 6th, Emily Fawthrop 6th, Erin O'Neill 6th, Jessica Trusch 8th, Arlene Yarnes (Center President).

Back Row: Erika Bushey 8th, Emily Jewell 8th, Brianna Allard 8th, Kaitlin Gagne 8th, Sydney Quint 6th, Kim Cisco 8th,. Missing: 7th graders, Sarah Dawson and Mackenzie Coleman.

Seniors enjoyed a game of Clue, a who done it, style board game.

Followed by refreshments, Appetizers, they even had a chocolate fountain (my person favorite!).



Karyn O'Donnell, Marie Dawsen, & Irene Fawthrope



Dottie Hillman did he famous Chicken Dance!

Then there was a loud “BANG”, and the Murder Mystery began. We were given clues, and each student explained why they *could have* been the killer.



By narrowing down the clues we found that Priscilla Perry (Emily Jewell) was the culprit!

There was even a Fortune Teller,(was 6th grader, Erin O'Neill) “Madamesoille Ziti”, who told me I would be receiving a fortune (I hope she's right!).



Guest Speakers Cont.

Guest Speaker **John Kissel**
Connecticut State Senator



On **June 2nd** John Kissel came to the Senior Center for a “Legislative Update”. Senator John A. Kissel is currently serving his **ninth term** representing Connecticut’s 7th Senatorial District, which presently includes East Granby, Enfield, **Somers**, Suffield, Windsor Locks and portions of Granby and Windsor.



During his years in the General Assembly, Senator Kissel has been a lead advocate on behalf of Connecticut’s senior population. Last year, he received the Connecticut Commission on Aging’s first annual “Agewise Advocate Award,” given for ongoing exemplary support of the

state’s present and future generations of older residents and was recognized by the Connecticut Association of Adult Day Care Centers for his work on behalf of adult day care.

Senator Kissel has also in the past been named Legislator of the Year by The Connecticut Association of Not-for-Profit Providers for the Aged for Outstanding Public Service to the Elderly in Connecticut.



Email:

John.A.Kissel@cga.ct.gov

Work: **(800) 842-1421** or
(860) 240-0531





With undeniable gratitude to the **Somers Boy Scout Troop 387!**

Our own local Boy Scouts have constructed a raised bed garden for the benefit and enjoyment of all Senior Center Club Members!

Joe Bailey, (pictured above with Carolyn Ryder) who is currently working on the Rank of Eagle has been assisted by Anthony Morrello, Jack Gallagher, John Galinski, Scott Bailey, Taylor Atkinson, Tyler Olycniw, Alan Roberts, and Chris Degrey.



The stores that have donated to Joe so far have been Cookers and Barnes Pool supplies They have Donated Soil and Mulch, Skyline Quarry which is donating Crushed Stone, and Meadowbrook Farm which Donated all of the plants in the Garden. As for all of the Lumber it was donated to me by Phillip Michaud. Also Todd Olycniw and John Galinski helped out with the plowing of the area and transportation of the Soil.

As for things like paint, brackets, and screws they were paid for by door to door fund raising.

This is an expensive project and any donations that can be made could be extremely helpful! Much of the money that needs to be raised is going to go towards the purchase of a picket fence to surround the garden.



Upon completion of the Garden project Joe Bailey will be ready to participate in a scout master conference and a board of review.



ANNOUNCEMENT!

New York City Trip for May has been canceled due to the recent bomb threat in Times Square. A crude car bomb of propane, gasoline and fireworks was discovered in a smoking Nissan Pathfinder in the heart of Times Square on Saturday evening, prompting the evacuation of thousands of tourists and theatergoers on a warm and busy night. Although the device had apparently started to detonate, there was no explosion. For the safety of all seniors listed to go on the New York Trip it has been canceled.

Luckily no funds have been exchanged for the trip so no hassles or heartache for anyone.

Trip Organizer



Mohegan Sun Senior
Trip



Mohegan Sun had a “**Senior Day**”, on May 4th.

For just \$10.00 seniors received 1 ticket to the “Sun’s Women’s Basketball Game”, and then Lunch and Casio Coupons. This was on a Tuesday, so we were able to use the Senior

Bus.



Thanks to Bus Driver
Arnold Panciera!



Armed Forces Day May
15th

United States
ARMED FORCES
In Honor of the Brave



Memorial Day May 31st



Freedom Isn't Free

Thank You, Veterans



Flag Day June 14th



On behalf of the entire Somers Senior Citizens Club we would like to say “Thank You” to all Veterans for all your Sacrifice, Dedication, Devotion, & Protection of Our People and Our Country.



MILITARY PRAYER

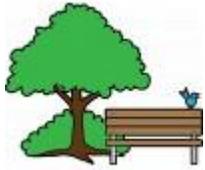
Dear Lord, **GIVE ME** the wisdom to lead, and the humility to follow. **GRANT ME** the dedication to work untiringly for my country, its people and our freedom.

TEACH ME to be the best I can be, for myself and for others around me.

FILL ME with the strength, the courage, and the willingness to do the job I'm called to do.

HELP ME to believe in truth, speak out for justice, defend the flag and uphold the American ideals that make our country the wonderful land it is.

Amen



Around Our Town



Somers Farmers Market

Date: every Saturday Starting June 12st through September, 2010

Location: Somers Common off Battle Street

Time: 9:00 A.M. – Noon

Supporting Local Food and Farms

NO FARMS NO FOOD



American Red Cross

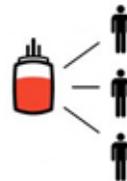
June 4, 2010 1:30-6:30
Somers Congregational Church
United Church of Christ
599 Main ST.
Somers, CT 06071

DONATE NOW!

One donation goes a long way

Your single donation may be separated into several blood products to help **treat up to 4 different patients.**

- **Red Cells:** anemia, kidney dialysis, surgery
- **Plasma:** burn victims, shock, liver disease
- **Platelets:** leukemia, cancer, surgery
- **Cryoprecipitate:** hemophilia



1 pint of blood can save up to 3 lives



HerbFest

of Connecticut - 2010

Saturday, June 5th

9:00 am to 4:00 pm

(Rain or Shine)

Pleasant View Farms, 452

South Road (Route 83),

Somers, CT

*Educational Workshops,
Demonstrations, Herb Walks,
Information Tables, Yummy
Bake Sale, as always lots of
"Fresh Plants!"*

*Admission \$10 ~ Under 12 or
Over 70 Free!*



Sponsored by:

Connecticut Herb Association

P O Box 310491, Newington, CT 06131



Tag Sale!

When?

Saturday, June 5th

8am - 4PM

Where?

Somers Senior Center

19 Battle Street

Somers, CT. 06071

(Rain or Shine)

*Spaces are free to Somers
Senior Citizen Club
Members Only. Non-
Members & Residents can
rent-a-space for \$10*

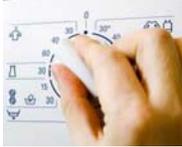
*Need help getting your
goods down to the Senior
Center call Florence at*

860-763-4397





Energy Tip: Use energy-saving cycles whenever possible. Use the no-heat air-dry feature on your dishwasher. Wash only full loads.



Energy Tip: Wash full loads only to save water, time, and energy. - Use cold water. - Adjust water level to the lowest practical setting. - Use the shortest cycle needed.



Energy Tip: By turning off your computer instead of leaving it in sleep mode, you can save 40 watt-hours per day. Contrary to popular beliefs, turning them on and off will ***not*** cause damage.



Energy Tip: Computer Use, Exercise May Save Memory Study Shows Mental and Physical Exercise May Help Protect Against Memory Loss.



Energy Tip: Replace your old-style monitors with a flat panel or just get a laptop. Both use two-thirds less juice.



Energy Tip: Switching Batteries - Rechargeable batteries embody one of our favorite principles: reuse. Rechargeable batteries, as the name implies, can be used again and again.



Energy Tip: Phone chargers, stereos, and other electronic devices — draw a trickle of current when not in use, which can really add up over time. Unplug and save.



Energy Tip: Closing the shades on east, west, and south-facing windows in the summer reduces solar heat gain in your home. Now that's a cool idea.



Energy Tip: Take short showers instead of baths. The amount of water used, and heated is significantly less for a shower.



Energy Tip: Buy products that have the ***Energy Star*** label on them. All Energy Star products meet strict guidelines set by the US Department of Energy.

