



The

ESTUARY GAZETTE

JUNE 2010 - Volume 36, Issue 06

Old Saybrook Middle School came to clean the grounds for Earth Day. Mary Looney is the dedicated teacher who organizes the event. They did a great job and we can't thank them enough.

The Volunteer Appreciation Luncheon was not only a lot of fun, but also an opportunity for us to show how much we appreciate the volunteers for all they do. Special thanks to the staff for all their work, Unilever for donating hand lotions, and Equator, Bob Rayner, and Scottie Pepe for donating raffle items. Marge Baroni did a wonderful job organizing our annual **Antique Appraisal Day**. It was interesting to find out what all those treasures are worth. The Savvy **Tea by the Sea** was such a success that the committee is already planning for next year. Thank you to Saavy Tea in Madison for preparing the delicious tea and a very informative talk on the benefits of tea. The scones from the Paperback Café were to die for. The Tea Committee and table hostesses did a tremendous job. The food was wonderful and the tables and decorations unbelievably beautiful. I didn't recognize the dining room! **Remember to attend our Volunteer Fair June 5.** This is a great opportunity to find out what volunteer opportunities are available throughout the Estuary region. Paula, Executive Director

JUNE - SAVE THE DATE!

- June 5 Find out where you can volunteer!
 - June 8 The Secret of Salt, Dr. Houghton, 12:40 pm
 - June 9 Improve Your Balance with Colin, 12:45 pm
 - June 10 Diabetes Screening, 7:30 am
 - June 11 Marshview Gallery Reception, 5 pm
 - June 16 Hearing Clinic by appointment - Page 4
 - June 17 Health Screenings in Chester - Page 8
 - June 18 Legal Paperwork You Need, 12:45 pm
 - June 18 Father's Day Ice Cream Social, 1 pm
 - June 22 & 29 Alzheimer's Association - Page 4
- See Page 7 for ongoing programs

First Day of Summer is June 21



VOLUNTEER OPEN HOUSE

**Saturday, June 5
from 9 am - Noon**

Students, retirees, part-time workers, and stay at home parents and caregivers - **all ages are welcome** to our Volunteer Open House.

Local non-profits will be on hand to describe their organization, the many things they do to help others, and how you can make a difference!

Non-profit organizations rely on the generosity of volunteers to help the communities they serve.

Now is the time to learn how YOU can make a difference to a cause that is important to you!



BIRDIES FOR CHARITY

See Page 11 to find out how YOU can help raise money for Meals on Wheels through the Travelers Championship Birdies for Charity event!



www.ecsenior.org

Easyweb Creations in Waterford helped us design a fantastic new website! Find out what is on today's menu, what classes are being offered, or contact us with a suggestion or idea! All from the comfort of your own home! Get clicking and join us! Need a website designed for your business or organization? Contact James at 860-442-9999.

Support Seniors in Your Community



**Donate Your Unwanted
Vehicles (or Boat) to ECSI
and get a Tax Deduction!**

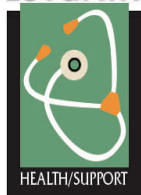
Free pick up: 1-800-716-5868

ESTUARY COUNCIL OF SENIORS, INC.

CHESTER, CLINTON, DEEP RIVER, ESSEX, KILLINGWORTH, LYME, OLD LYME, OLD SAYBROOK, WESTBROOK

BENEFITS COUNSELING

ESTUARY



COUNCIL

Dawn Page - Support Service Coordinator is available by appointment, from 9 am - Noon, Monday - Friday, by calling 860-388-1611.

Offering information and assistance, including guidance to Specialists in a particular field with the following: **Medicare, Part D along with Medicare Savings Programs and ConnPACE, Supplemental Plans, Food Assistance, Attorney services, area senior services as well as assistance with general forms. Call Dawn for an appointment.**

LENDING CLOSET consisting of donated Medical Equipment such as walkers, commodes, wheelchairs, etc.

All I Ever Needed to Know, I Learned From My Animals.

All of my animals have been rescues. My entourage has included numerous dogs, barn cats, horses, hamsters, guinea pigs, and even ferrets! They have taught me a great deal about living life. Call me crazy, but animals really have a much greater appreciation of life and all its nuances. What I've learned along the way:

- Never take life, or anything else for that matter, for granted.
- Social interaction is important, even if only a cursory "hello".
- Take time to "check out" your surroundings, enjoy and be safe.
- Utilize your senses and follow your instincts.
- Greet each day with excitement and without expectation. Live it to the fullest.
- Enjoy each meal with zest, and clean your plate.
- Be mindful of other's space.
- Don't take what is not yours, no matter how tempting.
- Hoarding is only helpful if you really will make use of the items saved.
- It is as important to rest, as it is to play.

Be Well. Be Healthy. Be Happy! Dawn :>)

*Preventive Health and Benefits Counseling activities are supported by the **Senior Resources Agency on Aging** with Title III funds made available under the Older Americans Act.*

SUPPORT GROUPS

BETTER BREATHERS: Thur., June 3 & 17 at 1:30 pm

If you have a chronic lung disease like asthma, bronchitis, or emphysema, learn techniques, coping skills, and the latest medical information. *1st. & 3rd Thurs. each month.*

DIABETES: Thursday, June 10 at 9:00 am

Learn how others cope with everyday challenges that living with diabetes can present. Join Tina Belmont, Old Saybrook Town Nurse, for an informal talk. Bring your friends, and questions. *2nd Thursday each month.*

WIDOWS/WIDOWERS: Thur., June 10, 24, at 10:30 am

Come share your experience with others who are also learning to cope with a loss. *2nd & 4th Thurs. each month.*

CAREGIVER SUPPORT: Thurs., June 24, at 1:00 pm

SERVICES (AVAILABLE BY APPOINTMENT) CALL (860) 388-1611 TO SCHEDULE

FOOT CARE: Gretchen O'Conner, RN

Monday, June 7, 14, 28, by appointment. Cost \$34.

HAIRCUTS

Morning Appointments Cost is \$10

- Tuesday with Roberta - **June 8**
- Saturday with Stephanie - **June 19**
- Fridays with Deb - **June 4 and June 25 (NEW DATE)**

FREE LEGAL ADVICE: Attorney Robert F. Hester with Connecticut Legal Services

Thursday, June 17 from 1 - 3 pm by appointment

*Does **not** execute last will and testament documents.*

NOTARY PUBLIC SERVICE

A Notary Public is available at the Estuary.

Call Stan at (860) 388-1611 to make your appointment.

*Many of the information sessions, counseling, programs,
and support services are offered without any charge.*

Donation are graciously and gratefully accepted.

*Our thanks to: VNA of Southeastern CT, Middlesex Hospital
Homecare, Shoreline Clinic, Westbrook Public Health, VNA
Association, VNA of the Lower Valley, OS Town Nurse and
all the Visiting Nurses of our nine estuary towns for providing
these vital services to seniors along the shoreline!*

FREE SCREENINGS

DIABETES: Sugar (Fasting)

Thursday, June 10, 7:30 - 8:30 am

Screenings are held the 2nd Thursday of each month. Fasting is required.

No Appointment required

CHOLESTEROL: Thurs., June 17

Screenings are held the 3rd Thursday of each month. **No fasting required.**

Appointment required

Appointments from 9 - 11 am

Blood Pressure: Wed., 8am - 11am

Screenings are every Wed., each week.

No Appointment needed

FREE HEARING CLINIC WITH BOB SAWYER

Wednesday, June 16,

9 am - 11:45 - by appointment

Hearing screenings, hearing aid maintenance, and ear wax inspection.

STAN GREIMANN EMOTS TRANSPORTATION

Rides for medical appointments for those aged 60+ to a location beyond the nine-town estuary region such as New Haven, Middletown, and New London.

Call Judy at 860-388-1611.

\$25 suggested donation for roundtrip.

Supported by the **Senior Resources Agency on Aging** with Title III funds made available under the Older Americans Act.

HEALTH & WELLNESS EVENTS

DR. HOUGHTON - The Secret of Salt

Tuesday, June 8 at 12:40 pm

We have all seen the latest news reports. Let the Doc explain why we should know how much salt is in our food and its consequences to our health.

SELECT MEDICAL GROUP

Wednesday, June 9 at 12:45 pm

Improve your Balance

This is a topic you can't afford to miss. Falls are the #1 cause of injury for people 60 years and older. The lecture is **free** and Colin has some great advice.

UNITED CHURCH OF CHESTER

Thursday, June 17 at 11 am

Free blood pressure & cholesterol screenings. Provided by the Lower Valley Visiting Nurses. No appointment necessary.

ATTORNEY MATTHEW T. STILLMAN, ESQ.

Friday, June 18 at 12:45 pm

Living Wills, Power of Attorney, Medical Power of Attorney. These are papers you need to protect yourself and your property. Learn what they are and how to get them.

ALZHEIMER'S ASSOCIATION

Free Family Caregiver Series 1:30 - 3 pm

June 22 - Family Dynamics, Keeping the Caregiver Healthy and Community Resources.

June 29 - Legal & Financial Issues by Wade D. Jensen, Attorney at Law.

To register for this free seminar please call The Alzheimer's Association at 1-800-356-5502 **advance registration required** for planning purposes

SPECIAL PROGRAMS & EVENTS
SEE PAGE 7 FOR CALENDAR OF ONGOING PROGRAMS
PROGRAMS are at the OLD SAYBROOK SITE - 220 MAIN ST.
To sign up, call (860) 388-1611.

VOLUNTEER OPEN HOUSE**Saturday, June 5 at 9 - Noon**

Local non-profit organizations will be here looking for volunteers. If you have the time we have the organization! All ages welcome!

ESTUARY FRIENDSHIP LUAU**Tuesday, June 15 from 5 - 7 pm**

John Banker will perform and it promises to be a fun evening!

Menu : Roast Pork, rice, garden salad, strawberry short cake, coffee, tea or punch.

Cost is \$6.00 per person and must be paid at time of signup.

No phone reservations or refunds.

Cut off date June 8 at 11 am

NO WALK INS. Doors open at 4:45 pm.
 Tickets available Monday– Friday 8am– 1pm

FATHER'S DAY ICE CREAM SOCIAL**Friday, June 18 at 1 pm**

The Estuary Council wants to wish all Fathers a Happy Father's Day! Please join us for ice cream and sports trivia. PRIZES!

Please sign up by 11 am on June 15
 by calling 860-388-1611.

STOPA BROTHERS PERFORM**Saturday, June 19 from 9:30 - Noon**

The Estuary is proud to be chosen as the venue for a **single appearance** of the return of "Breakfast with The Stopa Brothers"

Dave & Larry will be sharing their music with family & friends. We have all missed them, so join us for breakfast and music.

Suggested donation for breakfast \$2.50.

Music with Larry & David - **Free**

Thank you Stopa Brothers.

We have missed you!!!!!!!

AAA MATURE DRIVERS**Wednesday & Thursday, June 2 & 3**

From 8 am - Noon

Advance reservations only.

Cost \$15 a person and must be paid at time of signup. No phone reservations or refunds.

Space is limited. NO WALK INS.

TOPS - NEW CHAPTER

Do you have a desire to take off pounds sensibly and keep them off? Join our diet support group.

Mondays 3:30/4 pm (weigh-in / meeting)

Cost: \$26 a year plus \$1 week for supplies.

Call Deb at 860-388-1611 for more information

ARTIST RECEPTION**Friday, June 11 from 5-7 pm**

Barbara Middleton has been drawing since grade school. She dabbled in pencil, ink and charcoal sketches. It wasn't until college when she became interested in pastels. When she moved to Pasadena, CA, she enrolled in an oil class at Pasadena City College. It was always her desire to try her hand at water colors. The opportunity arose after moving to Old Saybrook and taking classes with Stan Carver.

Everyone is welcome to attend the reception.

Refreshments provided.

SAYBROOK SUMMER STROLL**Friday, June 25 at 5 pm**

Watch for us near the Essex Savings Bank.
 Join us for a glass of Dan's famous Lemonade
 See you at the Stroll!

CHESS ANYONE?**Thursdays at 9 am**

Looking for people who play chess and people who would like to learn to play. Qualified instructors who are willing to teach you.

No experience necessary. For more information call 860-388-1611

Please see
Our Menu
Link to view
June Menu

Please see
Our Calendar
Link to view
June Calendar

AREA SENIOR CLUBS

NEW MEMBERS ALWAYS WELCOME!

Socialize, learn about current events and the region, enjoy trips and entertainment.

Gather your friends, and get involved!

CLINTON LEISURE CLUB 2nd & 4th

Monday at 1:30 pm; Green Room, Town Hall.

June 14: Noon luncheon at Dock & Dine - Old Saybrook. **Must sign up.** Call Ginny at 860 669-5640 to sign up for luncheon.

DEEP RIVER 60 CLUB 2nd Tuesday at 1:30 pm; Kirtland Commons, 60 Main Street

New members always welcome!

KILLINGWORTH SENIORS 1st Monday, 1:30 pm, Congregational Church, Killingworth
Call Cathy at 860-663-1807.

LYMES' SENIOR CLUB 1st & 3rd Wed. at 1:30 pm Lymes' Sr. Center, 26 Town Woods Rd. **June 16** Annual picnic and election of Officers. No meetings in July/August.

Creative Writing group meet the 2nd & 4th Tuesday at 1 pm. Call Barbara, 860-434-7560.

LYMES' SENIOR CLUB TRAVEL

June 17: Darren William—Australia performer of the year at the Aqua Turf. \$58 per person. Contact Allan 860-434-7634 for information.

WESTBROOK SENIORS CLUB 2nd & 4th Weds., at 1:30 pm. Westbrook Sr. Center.

June 10: 35th Anniversary Luncheon at Clinton Country Club. Social at Noon and luncheon at 12:30. Reserve with Clara at 399-6418. Please note day and date change for this month only! Social Service accepts all non-perishable food. Call Marge, 860-669-4549.

WESTBROOK/CLINTON SR CLUB TRAVEL **June 1:** Ride the Riverboat on The Charles with lunch at The Cheesecake Factory \$75. **July 13:** Gloucester & Rockport Lobster Clambake \$84. **August:** Cape Cod & the Boston Pops. **September:** Penn Dutch. Tour Amish Countryside and see Joseph at the Millennium Theatre. **October 8:** Oktoberfest at the Platzl Brauhaus. German entertainment, activities, and luncheon. Call Lucile at (860) 399-6065 for more trip information.

ESTUARY CAFE SITES

Lunch is served promptly at Noon. Reservations **MUST** be made before 11 am, 24 hrs. in advance. 860-388-1611. *Menu subject to change without notice.*

Lunch Cost: Age 60+ - \$2.50 suggested donation
Under Age 60 - \$6.25.

Meals are supported by Senior Resources Agency on Aging with Title III funds available under the Older Americans Act.

FREE! SCREENINGS - see page 4
Thursday, June 17 at 11 am

CHESTER: United Church of Chester
No appointments necessary.

CHESTER CAFÉ: United Church of Chester
29 W. Main Street, Chester 860-388-1611

CLINTON CAFÉ - Town Hall— Rose Room
54 E. Main Street, Clinton in the Rose Room
The Café can be reached at 860-669-1898

Line Dancing - Thursdays, 10:30-11:30 am - free!

Bingo - Fridays with prizes at 11 am

We Need YOU - cards, board games, puzzle table.

OLD LYME CAFÉ - Lymes' Senior Center
26 Town Woods Road, Old Lyme 860-434-4127
Call Sherry Meyers for senior center programs.

OLD SAYBROOK CAFÉ - 220 Main Street
See page 7 for ongoing activities and programs.

WESTBROOK CAFÉ - 866 Boston Post Rd
Thursdays: Lunch at Noon
Bingo is the Third Thursday of each month!

Westbrook Senior Center - 860-399-2029
Mon– Wed, 9 am-4 pm, Thurs. 9 am -7 pm,
Fri. 9 am-Noon. Call Sharon Lessard for programs.

9

TOWN
TRANSIT

ESTUARY TRANSIT DISTRICT *"When you need a ride, we're here to help"*

FREE BUS RIDES FOR THOSE AGE 60+

Dial-a-Ride for all estuary towns. Call: (860) 510-0429

A service of The Estuary Transit District - Not affiliated with Estuary Council of Seniors, Inc.

GENTLE YOGA

Friday mornings from 8:45 - 9:45 am. Drop - in classes \$5 each

Come breath, stretch and relax. Student should arrive a few minutes early, please wear loose, comfortable clothing and bring a yoga mat. For more information call Deb at 860-388-1611.

Instructor Liz Archambault RYI

KATHY MCNEIL EXERCISE CLASSES

DROP IN CLASSES: \$3 each; pay as you go. Ongoing classes. No pre-register!

- ♥ **SENIOR FITNESS - Tuesdays & Thursdays, 8:45 am – 9:45 am**
Mondays & Wednesdays, 10:30 am – 11:30 am at Lymes' Senior Center
- ♥ **STRETCH AND STRENGTH - Mondays & Wednesdays, 8:45 am – 9:45 am**

WEIGHT TRAINING - Must register! NO drop-ins permitted. Provide Deb with your name and phone number and you will be contacted with class availability, price, and schedule.

HEALTHY STEPS (THE LEBED METHOD)

Mondays at 1 pm - Therapeutic Exercise & Movement Class

This is a great class to help you start to get moving. All levels are welcome.

Class can be done sitting or you can stand. All levels of fitness welcome.

It can help with chronic pain, increase your range of motion, balance, and help your energy level!

Cost is \$3 per class and you can pay as you go!

You do not need to be physically active to take this class!

Call Mary for more details or to sign up at 203 - 214 - 4853 (Mary Shapiro instructor)

POOL TOURNAMENT

1st Monday of the month
at 12:45

in the game room

For more information

Call Roland at 860-526-4074



NUTRITION FOR BUSY PEOPLE

Thursday, June 3 & 17 at 8:45 am

Beth Johnson registered dietitian from Gladeview Health Care will be here to answer your questions and concerns about nutrition . For more information call Deb at 860-388-1611

ESTUARY LINE DANCING

This group meets **Mondays at 10 am** in the

Exercise Room. The music is fun and the dancing is wonderful. If you're looking for a way to get some movement into your day without formal exercise, come join this group of fun individuals.

There is always room for one more - and it's FREE!

STAN GREIMANN ESTUARY MEDICAL TRANSPORTATION



Transportation to Medical appointments for those aged 60 and better, including dialysis, to a medical location beyond the nine-town estuary region such as Branford, New Haven, Middletown, Hartford, and New London. A driver will pick you up, take you to your appointment, and bring you home. Call Judy Sousa at 860-388-1611 to schedule your transportation. *Suggested donation of \$25 for roundtrip.*

Stan Greimann EMOTS is partially supported by the Senior Resources Agency on Aging with Title III funds available under the Older Americans Act.

ESTUARY TRIPS

PAYMENTS FOR TRIPS

Reservations can be made in person 8 am - 2 pm Monday - Friday with full payment. Please make your check payable to E.C.S.I. No reservations will be taken by phone. You must pay for the trip when you make the reservation. Monday - Friday 8 am - 2 pm.
For a detailed flyer of a trip call Deb at 860-388-1611.

CULINARY INSTITUTE AND VAL-KILL

Friday, June 11; Cost - \$91

INCLUDES - Motorcoach Transportation, Lunch at the Culinary Institute, a visit to Val-Kill (Eleanor Roosevelt's cottage), and driver's gratuity.

DISCOVER THE 3 C'S BOSTON

Thursday, July 15; Cost - \$90

INCLUDES - Motorcoach Transportation, Relaxing cruise around the Charles River Basin, guided tour of Cambridge, lunch at the Cheesecake Factory, and driver's gratuity.

THE TASTE OF NEW HAMPSHIRE

Wednesday, August 18; Cost - \$86

INCLUDES - Motorcoach Transportation, Samples at Swan Chocolates, Lunch at Giorgio's, and then visit the Budwieser Clydesdales and sample beer.

OKTOBERFEST

Wednesday, October 20; Cost - \$86

INCLUDES - Motorcoach Transportation to Sturbridge, MA, luncheon, a free glass of beer or wine, Bavarian Music performed by Oberlaender Hofbrau Band, and driver's gratuity.

Reflections of Italy

This is the trip of a life time! November 2010
Call Deb at 860-388-1611 for more information.

LOCAL TRIPS - CALL JUDY at 860-388-1611

WEDNESDAY SHOPPING

**Wednesday, June 9
Westfarms Mall**



Shop in the cool comfort of the air conditioned mall.
Lunch on your own.

Bus leaves at 9 am. Cost \$10.

WEDNESDAY SHOPPING

Wednesday, June 23

Blue Back Square/ West Hartford Center

A unique shopping and dining experience.
Shopping at Crate & Barrel, Whole Foods, Cheesecake Factory, **and much more!**
Lunch on your own. Put on your walking shoes!
Bus leaves at 9 am. Cost \$10.

FUNDRAISING EVENTS

BIRDIES FOR CHARITY FUNDRAISER



The Estuary Council of Seniors regional senior center is participating in the Travelers Championship Birdies For Charities fundraiser! All birdies made during the Travelers Championship, June 22-28, means cash for our organization! A birdie is a score of one stroke better than par for any golf hole. Call 860-388-1611 for details.

Pledge an amount per birdie or a one-time donation. Average number of birdies is 1,500 – 2,000. Forms are available at the Estuary Council or at our Café sites in Westbrook, Clinton, Chester, and Old Lyme.

Pledge online by going to www.travelerschampions.com and registering. Forms available until June 22.

ESTUARY FURNITURE SALE - donations of gently used furniture are being accepted. Furniture sales are every Friday from 9-12 in the upper parking lot. Volunteers to help at the sale would be greatly appreciated. Call Stan at 860-388-1611.

THRIFT SHOP

Looking for great bargains? You will find them at our Thrift Shop!

Coats, shoes, clothing for the whole family, housewares, games, and more! New items every day!

YOU WILL BE AMAZED!

All ages welcome to shop!

Monday - Friday: 10 am - 4 pm

Saturday: 9 am - 1 pm

Donations are accepted up to one hour before closing!

Credit cards accepted!

Volunteers welcome!

VOLUNTEERS

Want to meet people who are interesting and want to stay active?
Volunteer with us!

Many of our volunteers have made new friends by volunteering.

Answer phones, sort donations in our Thrift Shop, be a Friendly Visitor, teach a class, serve on our Board of Directors or a committee, or deliver Meals on Wheels!

The possibilities are endless!

You decide on how much time and we'll find a job for you!

Call Judy at 388-1611 for details.

SPONSORS

S P O N S O R S



ESTUARY COUNCIL OF SENIORS, INC.

*All programs and activities are held at the
Regional Senior Center, unless otherwise noted.*

220 Main Street, Old Saybrook, CT 06475

Phone 860-388-1611, Fax 860-388-6770

estuary.council@snet.net www.ecsenior.org

Non-Profit
Organization
U.S. Postage
Paid
Old Saybrook, CT
06475
Permit #366

ESTUARY HOURS

OLD SAYBROOK LOCATION

MON-FRI 7:45 am—4 pm

SATURDAY 8 am—1 pm

THRIFT SHOP

MON-FRI 10 am—4 pm

SATURDAY 9 am—1 pm

Our thanks to the ...
Essex Savings Bank for
underwriting a portion of
our newsletter postage!.



OUR MISSION

SERVING SENIORS 55 AND OLDER

Promoting Senior ... Quality of Life, Community Involvement, and Independent Living

Providing Senior ... Nutrition, Trips, Health and Support Services, and Socialization

Through ... Programs, Services, Education, and Advocacy

YES, I WANT TO CELEBRATE 35 YEARS OF SERVICE TO SENIORS!

Enclosed is my gift of:

☐ \$1,000 ☐ \$500 ☐ \$250 ☐ \$100 ☐ \$50 ☐ \$35 ☐ \$ _____

☐ My company will match my gift. *(Please enclose the proper form)*

☐ I/We wish this gift to remain anonymous.

☐ This donation is in honor or memory of: _____

Memorial donations of \$100 or more will be recognized with a memorial name plate.

☐ I/We have included the Estuary Council of Seniors, Inc. in my estate plans.

☐ I/We would like legacy planned gifts information that offer tax advantages.

☐ Please add my name to the mailing list for *The Estuary Gazette*.

Thank you for your generosity!

First Name: _____ Last Name: _____

Email Address: _____

Street: _____ City/State: _____

Zip Code: _____ Phone: _____

For Credit Card Payments, please complete the above plus ...

Name as it appears on card: _____

Select card: ☐ MasterCard ☐ VISA ☐ Discover Expiration date: _____

Card Number: _____ 3 digit code: _____

This is a : ☐ one-time payment or ☐ recurring monthly for _____ months