



The

ESTUARY GAZETTE

MAY 2010 - Volume 36, Issue 05

Many of you remember Stan Greimann, who was the Director of the Connecticut River Estuary Regional Planning Agency (CRERPA) from 1967 to 1995. Stan is credited for starting CRERPA, the Gateway Commission, and the Estuary Transit District.

Stan was also the person who brought the leadership from all the area senior clubs together to form a Board of Directors and to apply for a grant to hire Monica Eggert as their director. That was the beginning of the Estuary Council of Seniors and your nine town regional senior center.

I spoke with Monica and she told me that Stan was her mentor. She asked for his advice frequently because he knew the Estuary towns and their needs.

Stan was particularly interested in senior transportation. Our EMOTS program takes seniors within the nine-town Estuary Region to medical outpatient appointments beyond the nine towns. It is the only affordable transportation available to seniors.

Thanks to a generous contribution from his family, we are naming our EMOTS program in his memory. From now on, it will be known as the Stan Greimann Estuary Medical Outpatient Transportation Service. I believe Stan would be very proud to have his name on this very valuable and essential senior service.

Thank you! Paula Ferrara, Executive Director

MAY - SAVE THE DATE!

- May 1 FREE! Health & Wellness Expo, 8 - Noon
- May 3 TOPS meeting, 3:30 pm (page 5)
- May 3 Health Net Wii Bowling, 1 pm
- May 6 & 20 Nutrition for Busy People, 8:45 am
- May 7 New! Gentle Yoga class, 8:45 am
- May 7 Mother's Day Dessert Reception, 1 pm
- May 11 Fibromyalgia with Dr. Houghton, 12:35 pm
- May 12 Thrift Shop Fashion Show, Noon
- May 12 Spring Safety with Colin Morris, 12:45 pm
- May 14 Marshview Gallery Artist Reception, 5 pm
- May 21 Learn about Medicaid, 12:45 pm

See Page 7 for ongoing programs

CLOSED May 31 - Memorial Day

CONNECTICUT RIVER DINNER CRUISE

Thursday, May 20 at 5 pm

Join us as we cruise the beautiful CT river with Riverquest! We start out at 5:00 pm with cocktails at a private Deep River home on the CT river. The boat launches from the home for a 90 minute cruise including wine, soft drinks, a boxed dinner, dessert, and ending the evening with coffee back at the house. During the cruise the Captain and crew will narrate about local history, point out areas of interest and inform you of the river's flora and fauna. We may even see our Bald Eagles!

All this for only \$100 per person. Proceeds will benefit Meal on Wheels and other vital services provided by the Estuary Council of Seniors, Inc.

Please call Sandy Hart at 860 388-1611 for details and to purchase tickets.

NEW! www.ecsenior.org

Our new website is up and running thanks to Easyweb Creations in Waterford!



Find out the latest Estuary news, learn about exciting trips, deals in the Thrift Shop, and more!

You are just clicks away to seeing all the wonderful activities and programs the Estuary offers to enhance your life and to help you exercise both your mind and body! Access our newsletter or menu or contact us with questions and suggestions - all waiting for you at www.ecsenior.org!

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.

MAY THE DAY NEVER COME...

that I stop learning.
that I stop caring.
that I lose my empathy.
that I am not heard.
that I am without an opinion, good or bad!
that I believe that the world revolves around me, and act as such.
that I am too busy to lend a hand or an ear.
that I stop dreaming, no matter how big or how small.
that I stop believing in the good of people.
that I stop seeing the beauty in every day, no matter what.
that I forget to smile, and greet others like friends.
that my mouth is open wider than my ears and eyes.
that I become so absorbed in my little world that life passes me by.

May these thoughts strike a small chord in each of us.
Be Well. Be Healthy. Be Happy! Dawn :>)



MAY IS OLDER AMERICANS MONTH

2010 Theme is "Age Strong! Live Long!"

This newsletter is filled with programs, classes, and activities that can help you Age Strong! and Live Long! at the Estuary!

Don't wait - choose an event and join us!

*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. We thank them for supporting the Estuary Region seniors. If you have a question or concerns about services and programs, please contact the office at 860-388-1611.*

SUPPORT GROUPS

BETTER BREATHERS: Thur., May 6 & 20 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 SUPPORT: Thursday, May 13 at 9:00 am

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

WIDOWS/WIDOWERS: Thur., May 13, 27, 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., May 27, at 1:00 pm

Stacy Chavis from CT Alzheimer Assoc., will discuss ways to make your home safe for those with cognitive impairment. Call Molly at 860-388-4455.

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

FOOT CARE: Gretchen O'Conner, RN

Monday, May 3, 10, 24, by appointment. Cost \$34.

HAIRCUTS

Morning Appointments Cost is \$10

- Tuesday with Roberta - **May 18 (CHANGE)**
- Saturday with Stephanie - **May 15**
- Friday with Debbie - **May 28**

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

Thursday, May 20 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!

HEALTH & WELLNESS EXPO

*"It's never too late to begin
a healthier lifestyle!"*

Saturday, May 1 from 8 am - Noon

Our annual Health and Wellness expo will feature free screenings and information booths. All ages welcome!

Participants include: Chiropractor, Public Transportation, Elder Law Attorney, Eldercare, Therapeutic Massage, Funeral Home, and Health Care Center.

A variety of **FREE** health screenings will also be available.

FREE SCREENINGS

DIABETES: Sugar (Fasting)

Thursday, May 13, 7:30 - 8:30 am

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

No Appointment required

CHOLESTEROL: Thurs., May 20

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, May 19,

9 am - 11:45 - by appointment

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

HEALTH & WELLNESS EVENTS

UNITED CHURCH OF CHESTER

Thursday, May 20 at 11am

FREE blood pressure & cholesterol screenings.

Provided by the Lower Valley Visiting Nurses.

No appointment necessary.

DR. HOUGHTON - Fibromyalgia

Tuesday, May 11 at 12:35 pm

Many people deal with this very painful condition.

For the latest information and answers to your

Questions join us for this **free** lecture.

SELECT MEDICAL GROUP - SPRING SAFETY

Wednesday, May 12 at 12:45 pm

Colin Morris is here to keep you safe and secure! We all can't wait to get outside and moving, but there is a right way to do it. A safe way. **Free** session.

ATTORNEY MATTHEW T. STILLMAN, ESQ.

Friday, May 21 at 12:45 pm

Save your home from Medicaid attachment.

Your home is your most important asset. If you're 70 or older, you need to know the rules regarding Medicaid attachment of your home. A must for anyone currently on Medicaid or anyone who thinks they may need public assistance in the future. **Free** lecture!

ALZHEIMER'S ASSOCIATION

Free Family Caregiver Series from 1:30 - 3 pm

May 18 - Overview of Alzheimer's Disease and other forms of dementia.

May 25 - Communication techniques, behavioral challenges, strategies and safety.

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.

TOPS NEW CHAPTER**Monday, May 3 at 3:30 pm****Mondays, 3:30-4 pm (weigh-in / meeting)**

Do you have a desire to take off pounds sensibly and keep them off? Join our diet support group. Cost: \$26 a year plus \$1 week for supplies. Call Deb at 860-388-1611.

**MOTHER'S DAY
DESSERT RECEPTION**

Friday, May 7 at 1 pm

The Estuary Council wants to wish all Moms a Happy Mother's Day! Please join us for coffee and dessert with light music provided by "Smooth Blend". Please sign up by 11 am on May 4 by calling 860-388-1611.

SPRING FASHION SHOW**Wednesday, May 12 at Noon**

Your requests for a Spring fashion show were heard! The Thrift Shop models will treat us to their one-of-a-kind fashions at the best prices on the shore! Make your lunch reservations!

FRIENDSHIP DINNER**Tuesday, May 18 from 5 - 7pm**Tickets must be purchased in advance!

Join "The Country Duo"



for Boneless Short Ribs, Stuart's mashed potatoes, tossed salad, cornbread, and dessert.

Cost is \$6 per person and must be paid at time of signup. No phone reservations or refunds. Space is limited.

Cut off date is May 11 at 11 am

NO WALK INS. Doors open at 4:45pm

Tickets on sale Monday - Friday 8am- 1pm

AAA MATURE DRIVERS**May 5 & 6 or 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.

ARTIST RECEPTION**Friday, May 14 from 5-7 pm**

Judy Perry began her formal training more than 25 years ago studying Fine Arts at the University of the Pacific in Stockton. As an award-winning portrait artist, she strives to make an emotional connection, to evoke an emotional response and move an individual. A nearly fatal collision with a drunk driver left Judy with an uncertain artistic future. As part of her rehabilitation, she began painting small, delicate works that are dedicated to her love of the ocean and its healing energy.

Patricia O'Brien is a member of the Guilford Poetry Guild. She's facilitated poetry workshops, including at York C.I. where she volunteers with their Prison Hospice Program. She's been published in periodicals, including Connecticut River Review, CT Library Journal, Fairfield County Magazine, and Poet Lore, Pat has also won several prizes: among them, from Embers Magazine, and from Acton Library.

Both artists reside in Old Saybrook.

*Everyone is welcome to attend the reception.
Refreshments provided.*

ESTUARY FRIENDSHIP LAUA**Tuesday, June 15 from 5 - 7 pm**Tickets must be purchased in advance!

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 per person and must be paid at time of signup.

No phone reservations or refunds.
Space is limited!

Cut off date is Tuesday, June 8 at 11 am.

NO WALK INS.

Doors open at 4:45pm

Tickets available Monday-Friday, 8 am-1 pm

PLEASE
SEE
LINK ON
WEBSITE
FOR
MENU

PLEASE
SEE
LINK ON
WEBSITE
FOR
CALENDAR
LISTINGS

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.

May 10: No meeting. **May 24:** Officer Elections, followed by traditional ice cream social. Refreshments. Call Ginny @ 860 669-5640.

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 860-707-5512.

LYMES' SENIOR CLUB 1st & 3rd Wed. at 1:30 pm Lymes' Sr. Center, 26 Town Woods Rd. **May 5:** Groton Singers - a delightful group of singers entertain with song & dance. **May 19:** Bingo.
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. **May 12:** Business meeting. Sign up for June luncheon. **May 26:** Bob Hale and his magic. All welcome. Last day to sign up for June luncheon. All area seniors are welcome! Social Service accepts all nonperishable food. Call Marge, 860-669-4549.

WESTBROOK/CLINTON SR CLUB TRAVEL **May 16:** The Producers at The Warner Theatre with lunch at the new Cambridge House Brew Pub \$70. **June 1:** Ride the Riverboat on The Charles with lunch at The Cheesecake Factory \$75. **July 13:** Gloucester & Rockport Lobster Clam-bake \$84. **August:** Cape Cod & the Boston Pops.

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, May 20 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.

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.

A new class!

GENTLE YOGA

Friday Mornings from 8:45 - 9:45

Starts Friday, May 7. Drop - in classes \$5.00 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 RYT*



KATHY MCNEIL EXERCISE CLASSES

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

- ♥ **CORE CONDITIONING** - Wednesdays, 8-8:40 am
- ♥ **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

Great class to help you start moving - all fitness levels are welcome.

Class can be done sitting or you can stand. 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 each month at 12:45

Meet in the game room

Call Roland at 860-526-4074

HEALTH NET WII BOWLING

Monday, May 3 at 1pm

The Estuary Rollers are the hosts today.

Come support your home team!!!!

NUTRITION FOR BUSY PEOPLE

Thursday, May 6 & 20 at 8:45 am

Beth Johnson, Registered Dietitian from Gladeview Health Care will answer your questions and concerns about nutrition .
For information call Deb at 860-388-1611.



CHESS ANYONE?

Every Thursday at 9:00 am

Looking for people who play chess and people who would like to learn to play.

Qualified instructors are available to teach.

No experience necessary.

Players meet every week in the Dining Room.

Call Deb at 860-388-1611.

ESTUARY TRIPS

PAYMENTS FOR TRIPS

Reservations can be made in person from 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 & VAL -KILL

Friday, June 11; Cost - \$91.00

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 - \$90.00

Includes: Motorcoach Transportation, Relaxing cruise around the Charles River Basin, guided tour of Cambridge, lunch at the Cheesecake Factory, and Drivers gratuity.

Reflections of Italy

This is the trip of a lifetime!

November 2010

Call Deb at
860-388-1611
for more
information.

THE TASTE OF NEW HAMPSHIRE

Wednesday, August 18; Cost - \$86.00

Includes: Motorcoach transportation,
Samples at Swan Chocolates,
Lunch at Giorgio's and then
visit the Budweiser Clydesdales
and sample beer.



Watch for
Oktoberfest
with a true
oompah-pah
band!!!!!!
Details to follow!

LOCAL TRIPS - CALL JUDY at 860-388-1611

WEDNESDAY SHOPPING

Wednesday, May 12

Blue Back Square/ West Hartford Center

A unique shopping & dining experience!
Crate and Barrel, Whole Foods, Cheesecake
Factory and more. Lunch on your own.

Put on your walking shoes!

Bus leaves at 9 am. Cost \$10.

COAST GUARD BAND

Sunday, May 30



**Band Concert for May 30 has been canceled
due to construction at the Theater**

**Band is on their Spring/Summer tour
See you in the Fall!**

FUNDRAISING EVENTS

BIRDIES FOR CHARITY FUNDRAISER



The Estuary Council of Seniors regional senior center is participating in the Travelers Championship Birdies For Charities fundraiser! A birdie is a score of one stroke better than par for any golf hole. All birdies made during the Travelers Championship, June 22-28, means cash for our organization! 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 <http://events.trustevent.com/index.cfm?eid=411> 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, starting May 21 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.

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SPONSORS



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
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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