



The

ESTUARY GAZETTE

NOVEMBER 2010 - Vol. 36, Issue 11

Congratulations to Lisa Neville from Garden City, NY and Melissa Mascolo from Bristol for winning the beautiful quilts in our Quilt Raffle. Thanks to Mike Neville and our Quilt Club members, Pat Becker, Alione Cone, Toni Raecek, & Ann Vidmar, for making the quilts. They raised nearly \$2,000! The Autumn on the Dock Wine Tasting & Auction was another huge success. We had a record number of sponsors. Thank you so much Lenny & Joe's Fish Tale; Middlesex Hospital; Lawrence & Memorial Hospital; Essex Savings Bank; The Wine Cask; The Clark Group; The Safety Zone; J.H. Cohn, LLP; Gentiva Home Health; Essex Meadows; Financial Management & Trust of Guilford Savings Bank; Roberts Physical and Aquatic Therapy; Middlesex Hospital Homecare; MetLife; Underwater Construction Corp.; Reid and Riege, PC; Shoreline Quick Lube.

It takes a lot of work and an army of volunteers to pull it off and they did a great job again this year. Thank you to every one of them. Connie Cliffe and Mike Neville co-chaired the events and the staff also helped support the effort. I want to particularly thank staff members Sandy Hart, Stan Mingione, Judy Sousa, Deb Angersola, Stuart Tedesco, Marilyn Matthews, Peg Barrett, and Sharon Slaton for their help. Thank you to all of you who came and generously spent your money on auction items and treasure chest keys! Proceeds benefit our nutrition programs, including Meals On Wheels. I hope you will all plan to attend the Holiday Crafts Fair on November 20th. It is a good place to start your holiday shopping!!! I know I do my share that day. Have a happy and healthy Thanksgiving!

Paula Ferrara

NOVEMBER - SAVE THE DATE!



SNOW BIRDS - Please remember to let us know when you leave so we can stop your mailing - post office will not forward this newsletter!

- November 2 Community Music School, 12:30 pm
- November 9 Thrift Shop Fashion Show, 12:10 pm
- November 9 Winter Safety, 12:35 pm
- November 10 Cold Weather Rules, 12:35 pm
- November 11 Veteran's Day Celebration, Noon
- November 12 Marshview Gallery Reception, 5pm
- November 15 Apple Pie Contest, 2 pm (page 5)

See Page 7 for ongoing programs



HOLIDAY CRAFT FAIR

Saturday, November 20
from 9 am – 1 pm



Local crafters will display an array of hand crafted afghans, quilts, handbags, scarves, jewelry, dog bone wreaths, American Girl clothes and more to meet your shopping needs!

We will also have a wonderful "Bake Shop" filled with homemade desserts and candy for sale. Call Sandy or Judy at the Estuary for information.

The fair is open to the public of all ages to shop hand crafted items for their holiday needs!
Shop local for that unique holiday gift!

BEWARE OF SCAMS

Scams, defined as a fraudulent or deceptive act or operation, are on the rise! Be protective of your information and wary of anyone asking for personal information over the phone or via email. Do not give out passwords, credit card, banking, or personal information to unknown sources. Most companies do not ask for this information through an email - even if it looks legitimate. If something doesn't seem right, than follow your instincts and do not give out any information.



**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



Dawn Page,
Support Service Coordinator
 is available by appointment,
 from 9 am - 2pm,
 Mon., Wed., Thur., and Fridays
 by calling 860-388-1611.



Offering information and assistance including guidance to Specialists in the particular field with the following:

Medicare, Part D along with Medicare Savings Programs and ConnPACE, Supplemental Plans, Food Assistance, Attorney services, area senior services and assistance with general forms.

LENDING CLOSET consisting of various donated Medical Equipment—walkers, commodes, wheelchairs, etc.

THANKS - FOR - GIVING

I would like to extend a heartfelt "thank you" to all who give and share and help. You have no idea how much you are appreciated. In a time when our country's efforts seem to be shifted to other countries in need, in our effort to be human, we have overlooked our own. All one needs to do is to look to the right or to the left and see someone who is in need.

We all need help in some way or another. And we can all help in some way or another. A random act of kindness. No matter how large or small an action, it stretches out, just like dropping a rock into a pond. Those ripples keep rolling out and appear to disappear. Although not visible, they continue to have an affect. As just one example: the Estuary Thrift store is staffed by volunteers. All items sold are donated. These sales help to provide much needed services as well as a balanced meal to someone who otherwise may not have had one. Do you see the ripple effect? I do. I see it every day. Stop by, donate or volunteer through the Estuary. You'll see it too!

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

THE MEDICARE RX BUS IS COMING SOON!



**Watch for the date to be
 Announced here !!!!!!!**



If you have a question or concerns about services and programs, please contact the office at 860-388-1611.

SUPPORT GROUPS

BETTER BREATHERS: Thur., Nov., 4 & 18 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, November 11, 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., November 11 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: Wed., November 17 at 1:00 pm

Overwhelmed and need to talk? Join us to share experiences and ideas about family care giving in a relaxed setting.

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

FOOT CARE: Gretchen O'Conner, RN

Monday, Nov., 1, 8, 15, 22, by appointment. Cost \$34.

HAIRCUTS

Morning Appointments Cost is \$10

- Tuesday with Roberta - **November 9**
- Saturday with Stephanie - **November 20**
- Fridays with Deb - **November 5 and 19**

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

Thursday, November 18, 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, Nov. , 11, 7:30 - 8:30 am
Screenings are held the 2nd Thursday of each month. Fasting is required.

No Appointment required

CHOLESTEROL: Tues., Nov., 16

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

Appointment required

Appointments from 9 - 11 am

Blood Pressure: Thur, 8am - 11am

Screenings are **Thursday.**, every week.

No Appointment needed

FREE HEARING CLINIC WITH BOB SAWYER

Wednesday, Nov., 17

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.

\$35 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

UNITED CHURCH OF CHESTER

November 11 at 11 am. FREE blood pressure & cholesterol screenings. Provided by the Lower Valley Visiting Nurses. No appointment necessary.

DR. HOUGHTON - Winter Safety

Tuesday, November 9 at 12:35 pm

Should I shovel the walk? Is it a risk you want to take?
Is it safe to drive? How cold is too cold!
The Doc will answer your questions.

SELECT MEDICAL GROUP

Cold Weather Rules

Wednesday, November 10 at 12:45 pm

Shoveling snow! Taking out the trash!

Cleaning the snow off the car!

How to stay safe on your feet this cold weather season.



MIDDLESEX EYE PHYSICIANS

Tuesday, November 16 at 12:45 pm

Dr. Shriver returns to talk about
Cataracts and Macular Degeneration.

ATTORNEY MATTHEW T. STILLMAN, ESQ.

Friday, November 19 at 12:45 pm

Seminar on disability and death benefits for WWII, Atomic Era, and Vietnam Veterans and their surviving spouses. This is not a pension; there is no income or asset qualification to receive this benefit.

JOINT REPLACEMENT

Monday, November 22 at 1 pm

Dr. David Rubins, MD an orthopedic surgeon from Orthopedic Associates of Middletown will be here to give a talk on total joint replacement. Come get the latest information and ask your questions.

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 388-1611.

VETERANS DAY PROGRAM

Thursday, November 11 at Noon



Our friend and one of our favorite musicians Bob Mel will be here at lunch time with his "Proud to be an American" program. All area veterans are encouraged to attend. Call 860-388-1611 by 11 am on November 10th to sign up for lunch. and attend the program.

ESTUARY THANKSGIVING DINNER

Thursday, November 18 at Noon

Must reserve by 11 am on November 11

Space is limited and this meal is reservation only with a cutoff date before 11 am on November 11 for all Café sites.

INTERESTED IN WOODCARVING?

1st and 3rd Wednesday at 9 am

Beginners to advanced levels welcome. This group of men and women met and did their first project! Call Ed Gorman at 860-388-5737 for more information. Join any time.



THRIFT SHOP FASHION SHOW

Tuesday, November 9 at 12:10 pm

You have been asking about the Fall Fashion Show. The thrift shop volunteers have a wonderful show full of one of a kind fall fashions. Make your reservation early—space is limited! Call to reserve lunch by 11 am November 8.

ARTIST RECEPTION

Friday, November 12 from 5-7 pm

Barbara Elliott pursued painting after retiring from a career of teaching. Her inspiration comes from the Connecticut shoreline where she has had a home for over 40 years. Barbara has studied with several artists, including Anne Culver, Maureen Wilkinson, and the late Bruce Raven. She is currently studying with Ellie Rendar, pastel artist who has been an inspiration for Barbara's children's portraiture. Barbara works in various mediums and prefers landscapes, seascapes, and people as her subjects. She has participated in various juried shows throughout the shoreline and received awards from the North Haven Art Guild.

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

HOMEMADE APPLE PIE CONTEST

Monday November 15 at 12:45 pm

You must register by November 5 at 2 pm.

See Deb for registration form.

Who will win first place??

Only homemade pies accepted.

For information call Deb Angersola at 860-388-1611.



The Adult Computer Learning Center

Having problems with your computer?

Need computer technical help?

Drop in Wednesday mornings 10 - noon

Larry will be here to give you some help!

COMMUNITY MUSIC SCHOOL ADULT PERFORMING ENSEMBLE

Tuesday, November 2 at 12:30

For your listening pleasure.
Come see the magic - this is wonderful!



Please see
Our Menu
Link to view
November Menu

Please see
Our Calendar
Link to view
November 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.

Nov. 8: Blood pressure clinic. Finalize

December Xmas luncheon. No meeting Nov.

22. Call Ginny at 860 669-5640 for details.

DEEP RIVER 60 CLUB 2nd & 4th

Tuesday at 1:30 pm; Kirtland Commons,

60 Main Street **New members 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. Cntr, 26 Town Woods Rd.

Nov. 3: "Middletuners" singing group from

Middletown entertains us with their music.

Nov. 17: Bingo.

Everyone welcome to join the fun!

Creative Writing group meet the 2nd & 4th

Tuesday at 1 pm. Call Barbara, 860-434-7560.

LYMES' SENIOR CLUB TRAVEL

November 7: Bye Bye Birdie Warner Theater

Pre-show brunch at Aqua-Turf. Leave Old

Lyme Market Place at 10 am. Return 6 pm.

\$77. Contact Allan 860-434-7634 for details.

WESTBROOK SENIORS CLUB 2nd &

4th Weds., at 1:30 pm. Westbrook Sr. Center.

Social Service accepts all nonperishable food.

Call Jane at 860-399-7134.

WESTBROOK/CLINTON SR CLUB TRAVEL November 9: Three Tenors & A Diva! Grand

Oak Villa—show, lunch and wine. \$76. **Dec 3:** Victorian Christmas at the Williams Inn. Gourmet

buffet, Holiday Cabaret style show, Yule Log Celebration, drive through Bright Nights and more. \$78.

Call Lucile at (860) 399-6065 for more 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+ - \$2.75 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.

Thanksgiving reservations must be made by
11 am on November 11—don't wait!!!!

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.



Daylight Saving Time Ends!!!!

Sunday, November 7! FALL **back** one hour!

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**Fridays 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. Call Deb at 860-388-1611.

Instructor Liz Archambault RYI

HEALTHY STEPS (THE LEBED METHOD)**Therapeutic Exercise & Movement Class****Mondays at 1 pm**

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

Class can be done sitting or standing - all levels of fitness welcome Help with chronic pain, increase your range of motion, balance, and energy level! Call Mary for details or to sign up at 203-214-4853

KATHY MCNEIL EXERCISE**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.****AARP MATURE DRIVERS**

November 3 & 4 from 8 am - Noon

CLASS IS FULL - NO WAIT LIST

Watch the newsletter for 2011 dates and exciting changes for this program!

POOL TOURNAMENT

1st Monday of the month at 12:45 pm

For more information

call Chuck at 860-388-3828

NUTRITION FOR BUSY PEOPLE**Thursday, November 4 & 18 at 8:45 am**

A registered dietitian from Gladeview Health Care will be here to answer your questions and concerns about nutrition .

ESTUARY CARD GAMES

If you like playing cards we have a variety of games played each week.

Tuesday - Intermediate Bridge - 1pm

Wednesday- Hand & Foot

Most weekdays at 1PM Setback

COMPUTER INSTRUCTION & HELP

The Estuary Council Adult Computer Learning Center is open and staffed on Wednesday mornings from 10 am-noon. If you are having a problem and need help, computer instructor Larry Bright will be in the learning center to answer questions. Stop by to say hello and share your ideas!!

NOVEMBER CLASS

November 9 & 16 from 9:30 - 11:30 am. Your computer is an investment, take proper care of it! This is a 2 week class and cost \$10. Call 860-388-1611 to reserve your space. All levels welcome.

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 **\$35** 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 8am - 2pm, Monday - Friday with full payment.
No reservations will be taken by phone. You must pay for the trip when you make the reservation.
For a detailed flyer of a trip call Deb at 860-388-1611.

RADIO CITY CHRISTMAS SHOW

Thursday, December 2

Don't be disappointed!!!! The bus filled up early last year. I can only take the first 50 paid seats. Cost \$110 same as last year.
NO phone reservations you must sign up in person. Leisure time on your own for lunch.

APRIL IS CHERRY BLOSSOM TIME LET'S GO TO WASHINGTON D.C.

April 8 – 10, only 20 seats available.

Many extras and some meals included.

Stop in and pick up a detailed flyer.

Cost: Single \$490, Double \$390, Triple \$380

Too Many Tour Highlights to mention.

New tour catalogs are coming in for 2011 trips. Radio City is almost sold out for this December, so if you're thinking of going, now is the time to make your decision. The Cherry Blossom trip in April is doing well. It is already half filled - don't delay with your payment. I really feel badly when I have to turn people away. I want to thank everyone who participated in our 2010 summer trips I'm looking forward to 2011.

Thanks again! Deb, ECSI Events Coordinator

LOCAL TRIPS - CALL JUDY at 860-388-1611

MOHEGAN SUN CASINO

Monday, November 15

Shop, have lunch, and have fun!
Bus leaves at 9 am. Cost \$10.

Reservations accepted after November 1st

WEDNESDAY SHOPPING

Westfarms Mall

Wednesday, November 10

Fall shopping at it's best
Just leave the driving to us!
Lunch on your own.
Bus leaves at 9 am. Cost \$10.

COMMUNITY EVENTS

OL VISITING NURSE HEALTH AND WELLNESS DAY

Saturday, November 6 from 8 am - Noon

New location! The parish hall of Christ the King Church, located at 1 McCurdy Road, Old Lyme. Screenings, low cost blood tests, stress reduction chair massage, nutritional counseling, environmental specialists, and much more! A pharmacist will give information to individuals concerning medications. Free door prizes, raffle baskets, food, and beverages. **For questions, please call the OLVNA at 860-434-7808.**

CT AARP SEEKING VOLUNTEERS

The CT AARP Tax-Aide program is seeking volunteers to provide one-on-one help in the preparation of income tax returns. Computer literate volunteers of all ages and backgrounds are welcome. Volunteer as a Counselor and/or as a Leadership Coordinator. You do not need to be an AARP member or retired. Training in cooperation with the IRS will commence in December for the 2011 tax season. The free service is offered to low and middle income taxpayers of all ages, with special attention to those 60 and older.

To sign up as a volunteer, visit www.aarp.org/taxaide

THRIFT SHOP

WACKY WEDNESDAYS

are here each week!!!!!!

Come in every Wednesday and discover the special of the week! Each week is different - but the deals are always great!

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

Volunteers make it possible for us to provide the many vital programs and services every day!

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

Email: info@ecsenior.org www.ecsenior.org

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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 50 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

Please Print: First _____ Last _____

{ } Mr. & Mrs. _____ Street _____ Apt # _____
{ } Mr. _____
{ } Mrs. _____ City _____ State _____ ZIP _____
{ } Miss _____
{ } Ms. _____ Phone _____ e-mail _____

ECSI is a 501 (c)(3)
organization.
Your contribution
is tax deductible
according to law.

Please check all that apply:

- ☐ Please add my/our name to the mailing list for The Estuary Gazette.
- ☐ My/our company will match my gift. (Please enclose the proper form.)
- ☐ This donation is in honor of (or memory of): _____
- ☐ I/We would like information about making a gift through a bequest, trust, annuity, or other planned gifts that offer tax advantages.
- ☐ The Estuary Council of Seniors, Inc. is included in my/our estate plans.

For Credit Card Payments: Name as it appears on card:

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

Card Number: _____ 3 digit code: _____

This is a one-time payment of \$ _____ or \$ _____ recurring monthly for _____ months

Enclosed is my gift of:

☐ 5,000 ☐ 1,000 ☐ 500 ☐ 250 ☐ 100 ☐ 50 ☐ 35 ☐ \$ _____

On behalf of our seniors, Thank You for your generosity!