



The

# ESTUARY GAZETTE

**OCTOBER 2010 - Vol. 36, Issue 10**

As part of the Middlesex United Way Day of Caring, an army of volunteers from Yankee Gas and CL&P swarmed the Estuary armed with power tools, shovels, paint brushes, and even a cherry picker! We can never thank them enough for all the work they did power washing the building, cleaning gutters, trimming and removing trees, weeding, painting, and removing a lobby wall. Thank you to Maria Demarest from United Way and Lorenzo Marshall from Northeast Utilities for organizing the effort. A big thank you to Bruce Lizzotte, Stan Mingione, and the staff for all the preparation and organization.

Thank you to the great volunteers who helped: Bonnie Palmer; Mary Maynes; Barbara Zajack; Patricia Brungard; Ellen Piccone; Paul Cullen; Tom Hepton; Ken Smith; Joe Uhouse; Matt Charron; Paul Cameron; Tom Connery; Joe Swanson; Scott Gluck; George Douglas; Paul Strom; Mark Smigel; JC Zwick; Scott McCoy; Ernie Punzalan; Todd Plourde; Harry Link; Robin Bouthiller; Brian Bailey; Dave Williams; Kristen Locarno; Craig Foster; Mike McDermott; William Towney; Paul Sitzom; Ambrose Ayen; Douglas Fowler.

October begins the new terms for Board of Director members. We sadly say goodbye to: Walter Schreiber, Dar Rowland, Mary Miles, Ed Lyons, and Robert Peterson. Patricia Anthony, Clinton; Lucille Perkins, Deep River; Marge Baroni, Essex; Flora Kyle, Lyme; Connie Cliffe, Old Lyme; Sandra Rayner, Mike Neville, and Betsy Owen, Old Saybrook; and Phil Einsmann, Westbrook; will be joined by Paul Gozzi, Westbrook, and Charlie DeMartino, Old Saybrook, on the Board of Directors this year. We thank them all for their hard work and dedication. Paula Ferrara

## OCTOBER - SAVE THE DATE!

- October 8 Marshview Gallery Reception, 5 pm
- October 12 Importance of Flu shots, 12:35 pm
- October 13 Home Safety Check, 12:45 pm
- October 13 Book Chats, "True Compass", 1 pm
- October 14 Pumpkin Contest, 12:30 pm
- October 15 Power of Attorney Seminar, 12:45 pm
- October 18 Your Final Legacy, 9 - 11:30 am
- October 27 Falls? Not me! From 1:30 - 3 pm

See Page 7 for ongoing programs

## IT'S THE GREAT PUMPKIN CONTEST

Thursday, October 14 at 12:30 pm



Bring in your best dressed pumpkin and win a prize!!!!  
Who has the cutest pumpkin,  
who has the scariest?  
Happy, sad or ugly.

See Deb, Events Coordinator, to sign up.  
Pumpkins will be used as centerpieces  
for our dining room tables in the Cafe.

**No ghosts or candles allowed! No carvings.**

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

## 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, American Girl doll clothes and much more!  
We will also have a wonderful "Bake Shop" filled with homemade desserts and candy for sale.  
Call Sandy at the Estuary for more information.

*The fair is open to the public of all ages to shop hand crafted items for their shopping needs!*



**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 - 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.

### So Many Things....

There are so many things I want to tell you all. These are just a few of the things I wish for you:

- Believe in yourself and see your value to your family and those with whom you interact.
- You are not an *Old Person*. You are a person with vast knowledge who may have forgotten far more than some of us have ever learned!
- Do not be lost in the shuffle of things—remember, you used to run that shuffle and thank God it is now someone else's problem!
- Empower yourself! Make sure you are involved in decisions concerning your life. Now is not the time to roll-over! You wouldn't have backed down before.
- Take good care of yourself. Make sure you eat several small meals a day. Drinking plenty of water is essential! **I can't stress that enough.** What was that? You don't like the taste of water? How about filling a container of water and putting pieces of fruit in it and letting it sit overnight? Or use a flavored tea bag. Food and water are necessary and help your medication to work to its best ability.
- Believe it or not you do have some control of your health. It's simple. Follow the list!

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. 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: Thursday, Oct., 7 & 21 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, October 14 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., Oct., 14 & 28, 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., October 28 at 1:00 pm**

Are you caring for a loved one? Overwhelmed and need to talk? Join us to share experiences and ideas about family care giving in a relaxed setting. *4th Thursday each month.*

## **SERVICES (AVAILABLE BY APPOINTMENT)**

**CALL (860) 388-1611 TO SCHEDULE**

### **FOOT CARE: Gretchen O'Conner, RN**

**Monday, Oct., 4, 18, 25, by appointment. Cost \$34.**

### **HAIRCUTS**

**Morning Appointments Cost is \$10**

- Tuesday with Roberta - **October 12**
- Saturday with Stephanie - **October 23**
- Fridays with Deb - **October 1 and 22**

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

**Thursday, October 21, 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, Oct. , 14, 7:30 - 8:30 am  
Screenings are held the 2nd Thursday of each month. Fasting is required.

**No Appointment required**

**CHOLESTEROL: Friday, Oct., 8**  
Screenings are held the **2nd Friday** 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, Oct., 20**

**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**

**DR. HOUGHTON**

**Tuesday, October 12 at 12:35 pm**

**Why you need a flu shot!**

Dr. Houghton will explain why you should receive your flu shot every year.

**SELECT MEDICAL GROUP**

**Wednesday, October 13 at 12:45 pm**

**Home safety check**

It's very easy to take your surroundings for granted. Find out what the most common causes of home accidents are and the simple steps you can make to avoid them.

**"Your Final Legacy"**

**Monday, October 18 at 9am - 11:30 am**

Attorney Elizabeth Barnes will discuss probate and legal issues. Robertson Wright & Weymer funeral home will answer questions regarding funeral planning and expenses. Dr Jeffery Bernstein will discuss end of life medical issues.

A representative from Connecticut Leave a Legacy foundation will answer questions .

Meet the experts who can help you get "your affairs in order." To sign up call 860-388-1611.

**ATTORNEY MATTHEW T. STILLMAN, ESQ.**

**Friday, October 15 at 12:45 pm**

***What is a Power of Attorney?***

How important is it? Under what conditions would I benefit from it? Is it difficult to set it up? How do I find someone I can trust?

**SPECIAL PROGRAMS & EVENTS**  
**SEE PAGE 7 FOR CALENDAR OF ONGOING PROGRAMS**  
**Programs at 220 Main St., Old Saybrook. To sign up, call 388-1611.**

**BOOK CHATS**

**Second Wednesday at 1 pm**

If you are looking for interesting reading, good conversation, and meeting friends, stop in!

**EVERYONE** is welcome.

**Book Chat Reading List:**

October 13: "True Compass"

By Edward M. Kennedy

November 10: "The Great Gatsby"

By F. Scott Fitzgerald

December 8: "To Kill A Mockingbird"

By Harper Lee

**ARTIST RECEPTION**

**Friday, October 8 from 5-7 pm**

Bette Walsh is a retired dance teacher and doting grandmother of 5. Six years ago she had the urge to paint and enrolled in an art class taught by Cliff Nelson at the Lymes' Senior Center. Under Cliff's guidance and with the help of Georgia Wolfe, who spent endless time mentoring her, Bette is ready for her very first art show.

Bette's preferred medium is watercolor and she enjoys painting seascapes, animals, and people.

Bette is grateful to Georgia Wolfe, Elin Larsen, George Mumblo, and her art group colleagues for their continued support and expertise.

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

**OCTOBERFEST  
FRIENDSHIP DINNER**

**Tuesday, October 5 at 5 pm**

Join John Banker for an evening that promises to be fun filled and an adventure all rolled into one.

We laughed until it hurt last year. Our fabulous kitchen staff will prepare us a meal fit for the season. Advanced Reservations only.

\$6 a person. NO phone calls No walk-ins.



**IT'S THE GREAT PUMPKIN CONTEST**

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**INTERESTED IN WOODCARVING?**

**Wednesdays at 9 am**

Beginners to advanced levels welcome.

This group includes men and women and will meet weekly at the Estuary.

Call Ed Gorman at 860-388-5737 for more information about this group.



**The Adult Computer Learning Center  
Drop in Wednesdays from 10 am - Noon**

Having problems with your computer?

Need computer technical help?

Larry will be here to give you some help!



**FALLS? NOT ME!**

**Wednesday, October 27 from 1:30 - 3 pm**

Registration required by calling 860-388-5159

Stay on your feet and stay independent. The program includes balance and postural blood pressure screenings, education, and coaching by nurses and physical therapists. Take advantage of this in-depth, research-based fall reduction program being offered by VNA Community Health.

Please see  
Our Menu  
Link to view  
October Menu

Please see  
Our Calendar  
Link to view  
October 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** 2<sup>nd</sup> & 4<sup>th</sup>

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

**Oct. 11:** Town Hall Closed - No meeting.

**Oct. 25:** Pot luck at 12:30. Bring your favorite dish. Please note time is 12:30! Bring a friend to enjoy the luncheon and join the club.

Call Ginny at 860 669-5640 for information.

**DEEP RIVER 60 CLUB** 2<sup>nd</sup> Tuesday at 1:30 pm; Kirtland Commons, 60 Main Street  
**New members always welcome!**

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

**LYMES' SENIOR CLUB** 1<sup>st</sup> & 3<sup>rd</sup> Wed. at 1:30 pm Lymes' Sr. Cntr, 26 Town Woods Rd.  
**Oct 6:** Luncheon at Hideaway Restaurant.  
Call Kathleen at 860-434-8798.  
**Oct. 20:** Bingo.  
**Creative Writing** group meet the 2nd & 4th Tuesday at 1 pm. Call Barbara, 860-434-7560.

**LYMES' SENIOR CLUB TRAVEL**

**September:** Pennsylvania Dutch Trip  
*Contact Allan 860-434-7634 for information.*

**WESTBROOK SENIORS CLUB** 2<sup>nd</sup> & 4<sup>th</sup> 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** **October 8:** Oktoberfest at the Platzl Brauhaus. German entertainment, activities, and luncheon. **November 9:** Three Tenors & A Diva! Grand Oak Villa—show, lunch and wine. \$76. 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.*

*Please note that as of October 1, the suggested donation for meals for those aged 60 and better has changed to \$ 2.75 per meal.*

**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**

**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**

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

**ESTUARY CARD GAMES**

Variety of card games played each week!

Tuesday: Intermediate Bridge at 1 pm

Wednesday: Hand & Foot at 1 pm

Setback most days at 1 pm

**FREE FITNESS TRAINING**

**Wednesday, October 28 at 9:45 am**

No appointment needed

Select Medical is doing free fitness training.

**AARP MATURE DRIVERS**

**November 3 & 4 from 8 am - Noon**

AARP member \$12. Non-member \$14. Must have membership number or full fee is charged. Advanced registration only. Stop by Monday-Friday from 8 am - 1:30 pm

**POOL TOURNAMENT**

**1st Monday of the month at 12:45**

For more information

call Chuck at 860-388-3828.

**COMPUTER INSTRUCTION & HELP**

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

**OCTOBER CLASS: Maintaining your computer**

October 12 & 19 from 9:30 - 11:30 am. Your computer is an investment, let's 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.



### Oktoberfest

October 20. Sturbridge, Ma.  
Cost \$86. INCLUDES - Motor coach  
Transportation, luncheon,  
a free glass of beer or wine,  
Bavarian Music performed by  
Oberlaender Hofbrau Band  
and drivers gratuity.

### Radio City Christmas Show

Thursday, December 2

Don't be disappointed!!!!

This bus filled up early last year. I can only take the first 50 paid seats. Cost \$110.

NO phone reservations.

You must sign up in person.

The cost covers motor coach  
Transportation and 2nd mezzanine  
seating at the 2pm show.

Leisure time on your own for lunch.



### April Is Cherry Blossom Time in our Nation's Capitol

April 8 – 10, only 20 seats available. Many extras and some meals included. Stop in and pick up a detailed flyer.

## LOCAL TRIPS - CALL JUDY at 860-388-1611

### MOHEGAN SUN CASINO

Monday, October 4 - FULL!

Monday, October 18

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

### WEDNESDAY SHOPPING

Wednesday, October 13

Crystal Mall

Christmas Tree Shop and more!

Lunch on your own.

Bus leaves at 9 am. Cost \$10.



## FUNDRAISING EVENTS

Many "Thanks" to our wonderful sponsors, merchants who donated auction items and to all who attended the **6<sup>th</sup> Annual Autumn on the Dock** event held September 26. The evening was a huge success to benefit Meals on Wheels program and other vital senior programs.

Gold Sponsors: **Middlesex Hospital, Lenny & Joe's Fish Tale**

Silver Sponsors: **The Wine Cask, Essex Savings Bank, J.H. Cohen, LLC**

Bronze Sponsors: **Lawrence & Memorial Hospital, Gentiva SafetyZone, Guilford Savings Bank, The Clark Group**

Friends Sponsors: **Essex Meadows, Underwater Construction Shoreline Quick Lube, Roberts Physical Therapy Middlesex Hospital Homecare, Reid & Reige, Metlife Reverse Mortgage**

*We could not have had such a successful event without our terrific committee: Connie Cliffe, Mike Neville, Sandra Rayner, Ton Coppejans, Sharon Tracey, Bill McLaughlin, Ed Scovel, Marlene Scharr, Nancy Maginnis, Linda Nolf, Ruth Yakaitis, Michelle Speirs, Archangela Claffey, Lee Skolnich, Charlie DeMartino, and Linda Pinn*

## 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

Email: [info@ecsenior.org](mailto:info@ecsenior.org) [www.ecsenior.org](http://www.ecsenior.org)

Non-Profit  
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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 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!**