



The

ESTUARY GAZETTE

August 2010 - Volume 36, Issue 08

Thank you for responding so generously to our Summer Appeal letter. We are a non-profit that is partially supported by Title IIIC and Title IIIB grants, which only covers about 1/3 of our annual budget. Our nine Estuary towns contribute another ¼ of the budget so we have to make up the remainder with contributions, other grants, fundraisers, and, of course, our terrific Thrift Shop.

As the economy has gotten worse, our funding sources have given less and demand for our services increased. We've seen a significant increase in Meals On Wheels and our Stan Greimann Medical Outpatient Transportation Service (EMOTS).

We are on target to give 2,000 rides to medical outpatient appointments beyond the nine-town Estuary region with a suggested donation of \$25 per round trip. A lot of our seniors are unable to give that much of a donation, or any at all, especially if they are using the service three to five times a week. Last year, our donations for EMOTS totaled \$11,200. Our Title IIIB grant for transportation gave us \$1.33 per one way ride and it is being cut for 2011. The total cost of our EMOTS program is \$105,000.

In order to keep our EMOTS program sustainable and available to all our seniors, we are changing our suggested donation from \$25 to \$35 per round trip as of August 1, 2010.

We have not had a suggested donation increase for EMOTS in many years. We did not want to increase the suggested donation at this time but we have little choice.

Thank you for your understanding.

Thank you! Paula Ferrara

AUGUST - SAVE THE DATE!

August 5 & 19 Nutrition for Busy People, 8:45 am
 August 9 Help Your Snoring Seminar, 12:45 pm
 August 10 Dr. Houghton - Skin Cancer, 12:40 pm
 August 11 Stress Management, 12:45 pm
 August 19 Living Well Workshop, 1 pm
 August 20 What should be in YOUR will? 12:45 pm
 August 24 Friendship Dinner - see Pg 5 for cutoff

September 26 - Mark your calendars for our Autumn on the Dock Auction! Don't miss out!

See Page 7 for ongoing programs

MIGHT YOU BE ELIGIBLE FOR MSP?

You **might be eligible** for the Medicare Savings Program if your **monthly income** is less than \$2,091.67 single or \$2,816.67 couple. The level of assistance received is directly related to your income and there is **no Asset limit** with this program. **If you are eligible for ConnPACE, you should qualify for MSP.** If the Part B Premium (\$96.40) is currently deducted from your monthly Social Security check you could be saving that much each month by applying! Honestly, couldn't you think of something else you could be doing with \$96.40 a month? Once your application has been accepted and you are enrolled, your monthly check will reflect the increase and you **may be eligible** for significant savings on prescriptions. Brochures and applications for this program are available at the Resource Desk at the Estuary or by leaving a message for Dawn at 860-388-1611.

WELCOME BABY BOOMERS!

The Estuary Council of Seniors, Inc. is **now open to all people age 50 and older** in the 9 town Estuary region. We DON'T do bingo... We DO have many activities, trips, health screenings; and our diverse programs include painting classes, writing group, a computer lab, yoga, tai chi and weight training. We have the best Thrift Shop on the shoreline and our breakfast is cooked to order. Each month we feature a local artist in our **Marsh-view Gallery**. **All programs and services are at little or no charge to the individual.** Come on in or check us out online at www.ecsenior.org!

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.

AUGUST

This is a special month for me, as I was born in August. To some, celebrating a birthday and growing a year older is distressing. I will be 43 (I hear the sighs...oh to be 43 again!) Growing another year older is a daunting thought. However, my thought has been, and shall remain: When you think of what could go wrong in the course of a year— you ought to wear each year like a medal! This struck a chord with me the day I lost my father. I was just talking with him and in a breath, he was gone. Make the most of every day and remember, “the most” *today* will be different from “the most” *tomorrow* and “the most” that was 40 years ago and that is **ok**. Honest. Recall your past, hold it dear, but don’t be lost in it. Remember, you have a whole day ahead of you! Get going! “Life is not fair, but it is good” - one of my favorite quotes - you may have read it in my office. Another, “Live Well. Laugh Often. Love Much.” My most favorite quote is from my Grandfather who said, “There’s no shame in growing old, it’s just damned inconvenient!” I believe it and every day I see it to be true. In my year, I have met many wonderful people. I hope to be as astute and as much a “go-getter” in my 80’s and 90’s! Keep up the good work! 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: Thur., August 5 & 19 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, August 12 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., Aug., 12, 26, 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., August 26, at 1:00 pm

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, August 2, 9, 23, 30, by appointment. Cost \$34.

HAIRCUTS

Morning Appointments Cost is \$10

- Tuesday with Roberta - **August 10**
- Saturday with Stephanie - **August 21**
- Fridays with Deb - **August 6 and 27**

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

Thursday, August 19 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, August 12, 7:30 - 8:30 am

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

No Appointment required

CHOLESTEROL: Friday, Aug. 13

Screenings are held the **2nd Friday** of each month. **No fasting required.**

Appointment required

Appointments from 11-2 pm

Blood Pressure: Thur, 8am - 11am

Screenings are **Thursday**, every week.

No Appointment needed

FREE HEARING CLINIC WITH BOB SAWYER

Wednesday, August 18,

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

Friday, August 13: Molly Dweese from VNA Community Healthcare will be joining you for lunch with information about how to access the resources available to you in the community. Don't forget to make a lunch reservation by 11 am the day before!

Thursday, August 19: 11am Free blood pressure & cholesterol screenings. Provided by the Lower Valley Visiting Nurses. No appointment necessary.

DR. HOUGHTON - SKIN CANCER

Tuesday, August 10 at 12:40 pm

Know the signs of skin cancer and how to protect yourself, what to look for, and what the latest treatments are. Free Lecture

SELECT MEDICAL GROUP

Wednesday, August 11 at 12:45 pm

Stress Management How to manage one of life's most common complaints. Free lecture.

ATTORNEY MATTHEW T. STILLMAN, ESQ.

Friday, August 20 at 12:45 pm

"What should be in Your Will?"

What information is vital, when you should update the information, and how to make changes.

SNORING CAN AFFECT YOUR HEALTH

Monday, August 9 at 12:45 pm

Getting a good nights sleep is nothing to take for granted. Heart Disease, obesity, and mental health issues have all been linked to sleep disorders. Nothing can effect your quality of life like lack of sleep.

Join Amit Khanna MD to learn more about snoring.

For more information call 860-388-1611.

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.



FRIENDSHIP DINNER

Tuesday, August 24 at 5 pm
Sing-A-Long with
"The Humble Bees"

Meal served promptly at 5 pm followed by the delightful music and voices of this fun group.

Cost \$6 No phone reservations taken.

No walk ins please.

Cut off date is August 17 at 1 pm.

For information call Deb at 860-388-1611.

NEW COMPUTER CLASS

We had our meet and greet with the new instructor Larry Bright and had a great turnout. Thank you for the wonderful ideas! The majority of the group would like to start with Email and Attachments.

Tuesday, August 10 & 17 from 9:30 - 11:30 am.

The 2 week course is \$10, due at the first class.

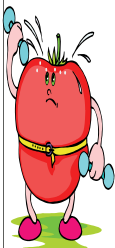
To sign up, please call Deb at 860-388-1611,

Monday- Friday from 8 am - 2 pm.

If you have an idea for a class please stop by and fill out the form.

REMINDER!

Computer Club meets Mondays at 1pm!



THE BIGGEST TOMATO CONTEST

Thursday, August 26 at 1 pm

Our contest comes to an end today at 1pm. The judges will make a decision and the winner of the biggest tomato will be announced.

Come share in the festivities and see who the winner will be!

ARTIST RECEPTION

Friday, August 13 from 5-7 pm



Jeff Hackett studied in Montana with Lee Nye. He enjoys the work of Atget, Fredrick Sommer, Minor White, Man Ray, and Gary Winogrand.

His photography subjects include landscape, seascape, people, and many more subjects!

Jeff's work has been displayed in several Universities and businesses throughout Connecticut, and has been published in over eighty books and calendars throughout the world.

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

WANT TO FEEL BETTER?

Thursday, August 19 from 1-1:45 pm

If you have an ongoing health problem or care for someone who does, come see if this FREE six week workshop would help you.

The Living Well Workshop, developed by Stanford University, is proven to help people take control of their condition and feel better.

Trained group leaders will teach you how to manage symptoms, work with your health care team, set weekly goals, and problem solve your issues.

For more information:

Call Molly at 860-388-4455

RED HATS

The Red Hats are going to the Ivoryton Theater & Tavern on Wednesday, August 18 to see "Finian's Rainbow." Cost is \$30. For additional information and to make your reservation, please call Betty at 860-395-0877 or Dottie at 860-395-6817.

TOPS: TAKE POUNDS OFF SENSIBLY

We have been meeting for about a month and we become a casual group that shares recipes, ideas and a lot of laughs. We encourage anyone who has had an issue with their weight to join our support group we are here Fridays at 2:30. Everyone welcome!

Please see
Our Menu
Link to view
August Menu

Please see
Our Calendar
Link to view
August 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.

No meetings in August

Call Ginny at 860 669-5640 for information.

CLINTON CAFÉ VOLUNTEERS NEEDED

Help is needed from 11 am - 1pm in the Café kitchen. Assist the Café manager with clean up and tasks. Call Diane at 388-1611.

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.
No meetings in August

Sept. 1: Russ Becker Slide presentation.

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

No meetings in August

Social Service accepts all nonperishable food.
Call Jane at 860-399-7134.

WESTBROOK/CLINTON SR CLUB TRAVEL 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 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.

CHESTER CAFÉ: United Church of Chester

29 W. Main Street, Chester 860-388-1611

Friday, August 13: Molly Dweese from VNA Community Healthcare will have information about resources available to you in the community. Make a lunch reservation by 11 am the day before!

Thurs., August 19 at 11 am: Free blood pressure & cholesterol screenings. Provided by the Lower Valley Visiting Nurses. No appointment necessary.

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.

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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 8:45 - 9:45 Drop - in classes \$5 each

Come breath, stretch and relax. Arrive a few minutes early, wear loose, comfortable, clothing and bring a yoga mat. Instructor Liz Archambault RYI. For information call Deb at 860-388-1611.

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

Great class to get moving - all levels welcome. Can be done sitting or you can stand.

Helps with chronic pain, increases your range of motion, balance, and helps your energy level!

\$3 per class - 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 Estuary game room.
Call Chuck at 860-388-3828

NUTRITION FOR BUSY PEOPLE

Thursday, August 5 & 19 at 8:45 am

Beth Johnson registered dietitian from Gladeview Health Care answers your nutrition questions and concerns. Call Deb at 860-388-1611 for details.

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. Always room for one more - and it's FREE!



SEPTEMBER IS NATIONAL SENIOR CENTER MONTH :

Watch the September Gazette for special events!



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 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 from 8 am - 2 pm.
For a detailed flyer of a trip, call Deb at 860-388-1611.

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
Budwieser Clydesdales and sample beer.

Oktoberfest

Weds., October 20 Sturbridge, Ma. Cost \$86.00
INCLUDES - Motorcoach 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!!!! The 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, 2nd mezzanine seating at the 2pm show. Leisure time on your own for lunch. See Deb Monday - Friday, 8 am - 2 pm.

LOCAL TRIPS - CALL JUDY at 860-388-1611

WEDNESDAY SHOPPING

**Wednesday, August 11
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, August 25
Kohl's plaza in Branford**

Spend a couple of hours shopping and
relax and enjoy lunch at the
Morrings in Guilford

Bus leaves at 9 am. Cost \$10.

FUNDRAISING EVENTS

"Autumn on the Dock"

An Evening of Auctions, Wine Tastings & Hors d'Oeuvres

Sunday, September 26, 5 -8 pm at the Dock & Dine, Old Saybrook

Tickets: \$40 per person

For information or to be a sponsor contact **Sandy Hart 860 388-1611**

It's not too late to Sponsor this event to benefit Meals on Wheels!

*The Estuary Council is the **only** shoreline provider
of Meals on Wheels for homebound seniors.*

Gold Sponsor: **Middlesex Hospital and Lenny & Joe's Fish Tale**

Silver Sponsors: **The Wine Cask & Essex Savings Bank**

Friends Sponsor: **Essex Meadows, Underwater Construction
Shoreline Quick Lube**

HOW CAN I HELP THE ESTUARY?

Even during these difficult economic times there are many things that can be done to support the Estuary Council!

HERE'S A FEW THINGS YOU CAN DO NOW TO HELP:

- ♦ Volunteer your time
- ♦ Shop in the Thrift Shop
- ♦ Enjoy our Saturday brunch
- ♦ Come to the "Autumn on the Dock" fundraiser
- ♦ Participate in one of our many activities or events
- ♦ **Donate your car or boat - call 1-800-716-5868**
- ♦ Bring a friend to lunch
- ♦ Join a class or support group
- ♦ Tell your friends about us
- ♦ **Donate to the Summer Appeal**
- ♦ Check us out at www.ecsenior.org

Your support is greatly appreciated!



www.ecsenior.org

Need a website designed for your business or organization?
Contact James at 860-442-9999.

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

Non-Profit
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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!