

The



ESTUARY GAZETTE

JULY 2010 - Volume 36, Issue 07

Summer is here and it's time to get outside and enjoy the wonderful weather! We had a great time in May watching our Mamma Killdeer and her four eggs hatch in their nest of stones in front of the building. The extra crutches and walkers from our Lending Closet were donated to the Albert Schweitzer Institute at Quinnipiac University to be shipped to Haiti. Many thanks to Judy Sousa and Dawn Page for arranging the donation.

Estuary volunteers will be at the summer fairs handing out information about our programs and selling raffle tickets for the two gorgeous handmade quilts donated by Mike Neville and our own Quilting Club. We will also be selling water at the Old Saybrook Chamber of Commerce Arts & Crafts Festival on July 24 & 25.

Remember, the Estuary is air conditioned and there are lots of fun things to do! Find a card game, shoot pool, join our quilters, needlecrafters, or one of our exercise groups, learn something new about your computer, join our Wii bowling or ping pong group. Try your hand at writing or join the book chats. Check the schedule and join the fun. I hope everyone has a wonderful summer. If you have any ideas for programs or events, please give me a call or stop in. Thank you. Paula Ferrara

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

JULY - SAVE THE DATE!

- July 6 Meet our new Computer Teacher, 10 am
- July 12 What is in YOUR Wallet?, 12:45 pm
- July 13 Lyme Disease, Dr. Houghton, 12:40 pm
- July 14 Manage Arthritis Pain, 12:45 pm
- July 15 Big Tomato Contest - forms due July 15
- July 21 Free Hearing Screenings, By appt.
- July 28 Free Fitness Testing, 9:45 am, Pg 4

See Page 7 for ongoing programs



CLOSED Monday, July 5

QUILT RAFFLE



Mike Neville of Old Saybrook has donated another original quilt she created just for the Estuary! The Estuary Quilt Club has also donated a beautiful patriotic themed flag that will be second prize.

Tickets are available at local fairs and the Welcome Desk for \$1 each. Drawing will be at the Autumn on the Dock Auction in September.

Winner need not be present to win!

OUR FRIENDS - THE KILLDEERS

Are the proud parents for at least 3 hatchlings born on Memorial day weekend. Thank you all for helping to keep them safe!

Bonnie & her eggs



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.

INDEPENDENCE?

What is it? When are we independent? How can we exercise it? I think it is just like any muscle in your body—if you don't use it you lose it!

Firstly, there is an enormous difference between taking assistance for things you are no longer able to do by yourself and giving up your independence! Keeping strong mentally and physically is challenging as we age, but still so very important.

Secondly, keep active. Be alert to what is going on around you. Eat healthy food. Tickle your brain by trying something new, working on a puzzle or project, try reading a page of your book or magazine upside down! (*No silly.....You don't need to be upside down –Turn the book around!*)

Thirdly, stay involved socially. Talk about something besides your "ills" or your medications. Break out of that rut because the best way to age and maintain your independence is to stay sharp and make your own decisions for as long as you are able! Show your children and your doctors that you are still "with it!" Maintain your ability to be talked "with" not "about" when decisions are made!

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., July 1 & 15 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, July 8 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., July 8, 22, 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., July 22, at 1:00 pm

Overwhelmed and need to talk? Join us to share experiences and ideas about family caregiving 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, July 12, 19, 26, by appointment. Cost \$34.

HAIRCUTS

Morning Appointments Cost is \$10

- Tuesday with Roberta - **July 13**
- Saturday with Stephanie - **July 17**
- Fridays with Deb - **July 2, July 23**

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

Thursday, July 15 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, July 8, 7:30 - 8:30 am**

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

No Appointment required**CHOLESTEROL: Fri., July 9**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, July 21****9 am - 11:45 - by appointment**

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

**HEALTH & WELLNESS EVENTS****UNITED CHURCH OF CHESTER****Thursday, July 15 at 11 am - no appointment needed****FREE** blood pressure & cholesterol screenings.

Provided by the Lower Valley Visiting Nurses.

DR. HOUGHTON - LYME DISEASE**Tuesday, July 13 at 12:40 pm**Learn prevention methods, know the symptoms, and when to call the doctor. With the beautiful weather, we are spending time outside, so get the facts! **Free!****SELECT MEDICAL GROUP - ARTHRITIS PAIN****Wednesday, July 14 at 12:45**

We can make it easier to get through the day! Learn tips, tricks, and secrets to living with Arthritis pain. For more information call Deb at 860-388-1611.

ATTORNEY MATTHEW T. STILLMAN, ESQ.**Friday, July 16 at 12:45 pm**

Couples can now keep more money and still qualify for Medicaid. Learn how this NEW LAW affects YOU!!!

FREE FITNESS TESTING**Weds., July 28 at 9:45 am - no appointment needed**

Select Medical is doing a free fitness test.

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

FARMER'S MARKET COUPON GUIDELINES **Important State Guidelines******Coupons will arrive at the end of the month! Please be aware that Connecticut has **strict guidelines** for who is eligible to receive the coupons, regardless if you have received them in past years.**Per state definition, the following are eligible:** Any person 62 or older, or any person with a permanent disability, living in subsidized senior complex, with a household income **below**:

Single = \$20,036 and Couples = \$26,955

You must verify and sign a statement that you meet the above age and income requirements prior to receiving the Farmer's Market Coupons. These signed statements will be submitted to the state.

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.

TOPS-TAKE POUNDS OFF SENSIBLY

Fridays at 2:30 pm

We're a casual group that shares recipes, ideas, and a lot of laughs! I would like to encourage anyone who has had an issue with their weight to join. All welcome!



NEW COMPUTER CLASS

Tuesday, July 6 at 10 am

Instructor Larry Bright will be here to get your ideas about what classes you're interested in. To sign up or for more information please call 860-388-1611. Refreshments will be served.

ESTUARY COUNCIL XMAS IN JULY

Tuesday, July 13 from 5 - 7 pm

John Banker performs and it promises to be a fun evening.

Baked ham, sweet potato, vegetable and pie \$6 per person must be paid at time of signup.

No phone reservations or refunds.

Cut off date is July 6 at 11am

NO WALK INS. Doors open at 4:45 pm

Tickets available Monday- Friday 8am- 1pm



SUMMER FUN

Thursday, July 1 at 1 pm

We made it to another season of summer concerts on the green (mosquitoes) family picnics (90 degrees with no shade) thunderstorms (wind & hail). Yes summer in Connecticut!!!

Join Gladeview Healthcare & ECSI for pointers on how to stay healthy and safe in the summer Refreshments served. Sign up at 860-388-1611.



**THE BIGGEST
TOMATO CONTEST**

All registration forms must be in Deb's office no later than July 15.

Tomatoes will be judged for size and appearance by a panel of 3 judges on August 26 at 1 pm in the dining room at the Estuary Council of Seniors.

For information see Deb or call 860-388-1611.

AARP Mature Drivers

Weds. & Thurs., August 4 & 5, 8am - Noon

AARP member = \$12 / Non-member = \$14

Must have membership number when signing up or you will be charged full fee.

Advanced registration. Mon-Fri 8 am-1:30 pm

ARTIST RECEPTION

Friday, July 9 from 5-7 pm

Robert Langer's love for art was influenced by his mother who sketched as a young woman. Robert graduated from Art Instruction school with a diploma in commercial art and attended Paier College in Hamden. He is an elected member of the Clinton Art Society and a member of the Madison Art Society and the Lyme Art Association.

Robert's subject matter and choice of mediums vary, but pastel and oil painting are his favorite with animal illustration his forte. His works have been exhibited in libraries, banks, and galleries along the shoreline area.

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



WHAT IS IN YOUR WALLET?

Monday, July 12 at 12:45 - Rooms A & B

Why do I have so many cards? Should I hold on to all of these? What if I lost my wallet or had it stolen? Join our Support Services Coordinator, Dawn, for an informational session and a little wallet review. Following the discussion will be a quick date with the copy machine to make copies of the items that should be in your wallet!

***Please Note: No Money or Moths will be injured during this presentation. :>) Dawn

Please see
Our Menu
Link to view
July Menu

Please see
Our Calendar
Link to view
July 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 July & August

Call Ginny at 860 669-5640 for information.

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. **July 21:** Summer Bingo

No meetings in July/August

Creative Writing group meet the 2nd & 4th

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

LYMES' SENIOR CLUB TRAVEL

September: Pennsylvania Dutch Trip

Contact Allan 860-434-7634 for information.

WESTBROOK SENIORS CLUB 2nd &

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

Social Service accepts all nonperishable food.

Call Marge, 860-669-4549.

WESTBROOK/CLINTON SR CLUB TRAVEL July 13: Gloucester & Rockport Lobster

Clambake \$84. **August:** Cape Cod & the Boston Pops. **September:** Penn Dutch. Tour Amish Countryside and see Joseph at the Millennium Theatre. **October 8:** Oktoberfest at the Platzl Brauhaus. German entertainment, activities, and luncheon. Call Lucile at (860) 399-6065 for more 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, July 15 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.

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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 am. 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 RYI

KATHY MCNEIL EXERCISE CLASSES

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

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

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

HEALTHY STEPS (THE LEBED METHOD)

Mondays at 1 pm - Therapeutic Exercise & Movement Class

This is a great class to help you start to get moving all levels are welcome.
Class can be done sitting or you can stand all levels of fitness welcome It can help with chronic pain, increase your range of motion, balance, and help your energy level!

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

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

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

POOL TOURNAMENT

1st Monday of the month

at 12:45

in the game room

For more information

Call Roland at 860-526-4074



NUTRITION FOR BUSY PEOPLE

Thursday, July 1 & 15 at 8:45 am

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

ESTUARY LINE DANCING

This group meets **Mondays at 10 am** in the Exercise Room. The music is fun and the dancing is wonderful. If you're looking for a way to get some movement into your day without formal exercise, come join this group of fun individuals.
There is always room for one more - and it's FREE!

STAN GREIMANN ESTUARY MEDICAL TRANSPORTATION



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

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

ESTUARY TRIPS

Payments for trips

Reservations can be made in person 8am - 2pm 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



Discover the 3 C's Boston

Thursday, July 15 Cost- \$90

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



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.

Reflections of Italy

This is the trip of a life time! November 8 - 17, 2010 Call Deb at 860-388-1611
For more information.

LOCAL TRIPS - CALL JUDY at 860-388-1611

WEDNESDAY SHOPPING

Wednesday July 14
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 July 28
Waterford Commons/ Abbott's



Shop Talbots, Cold Water Creek
Borders, Fashion Bug and more.
Lunch on your own at the
famous Abbott's Restaurant
Bus leaves at 9 am. Cost \$10.

FUNDRAISING EVENTS

**Please look for the Summer Appeal Letter
arriving at your home soon!**

Each year we must raise more than \$1,000,000 to operate the regional senior center and provide vital services and programs to area citizens over the age of 50.

EMOTS Medical Transportation Health & Support
Nutrition Socialization

Your monetary gift will make a difference for so many, here, in our community who would otherwise be hungry and lonely.

Thank you for your generosity!



www.ecsenior.org

Get all your "Estuary News" online at www.ecsenior.org

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

THRIFT SHOP

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

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

YOU WILL BE AMAZED!

All ages welcome to shop!

Monday - Friday: 10 am - 4 pm
Saturday: 9 am - 1 pm

*Donations are accepted up to
one hour before closing!*

Credit cards accepted!

Volunteers welcome!

VOLUNTEERS

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

Many of our volunteers have made new friends by volunteering.

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

The possibilities are endless!

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

Call Judy at 388-1611 for details.

SPONSORS

S P O N S O R S



ESTUARY COUNCIL OF SENIORS, INC.

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

220 Main Street, Old Saybrook, CT 06475

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

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

Non-Profit
Organization
U.S. Postage
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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 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

YES, I WANT TO HELP SENIORS IN MY COMMUNITY!

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