



The

# ESTUARY GAZETTE

**September 2010 - Vol. 36, Issue 09**

As the demand for our nutrition program has increased, so have our costs. Beginning October 1, our suggested donation for our congregate and homebound meals will be \$2.75. Remember, this is a **suggested donation** and not a charge. We appreciate any amount that you donate.

On September 3, employees from Northeast Utilities will be helping Bruce paint, power wash, prune bushes and trees, clean gutters, etc. for United Way's Day of Caring. We will be redirecting traffic throughout the building. Thank you in advance for your cooperation and understanding.

Thank you to all the volunteers who worked at the summer fairs. It was a great outreach effort and we sold a lot of quilt raffle tickets and cookbooks.

On September 29, Joe Comerford, the Executive Director of the 9 Town Transit, will answer your questions and concerns about their bus service for seniors. This is **your opportunity** to speak directly to the director so please be sure to be here.

We have a lot of great programming for September so check out the other pages of the Gazette and plan to come and enjoy!

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**

## SEPTEMBER - SAVE THE DATE!

- September 8 Woodcarving, 9 am
- September 10 Artist Reception, 5 - 7 pm
- September 13 Emergency Preparedness, 1 pm
- September 14 Glaucoma, 12:45 pm
- September 15 FREE Hearing Screens, by appt.
- September 15 Living with Pain, 12:45 pm
- September 17 Living Will, 12:45 pm
- September 21 Ice Cream Social, 1:15 pm
- September 26 Autumn on the Dock, 5 pm
- September 29 Public Bus Information, 12:15 pm

See Page 7 for ongoing programs

### "AUTUMN ON THE DOCK"

*Sunday, September 26, 5-8 pm*

AT THE DOCK & DINE RESTAURANT

***An Evening of Live & Silent Auctions;  
Wine Tasting & Hors d'Oeuvres to benefit  
Meals on Wheels and Senior Nutrition***

Join us for a fun, lively evening! Fantastic live and silent auction items! Be the last person to bid on the many fabulous items, such as these:

- Classic Cocktail Party      Maine Cottage
- Vail, CO Timeshare      Fishing trip for 4
- Bradford Renaissance Portrait
- Lunch cruise on a 23 foot SeaOx for 4
- Golf with Carts at Fox Hopyard Golf Club
- Pearls      Massages      Spa Packages

**Many Thanks to our sponsors listed on page 11**



### 9 TOWN TRANSIT BUS

**Weds., September 29 at 12:15 pm**

The Executive Director from the transit district will be here to explain how their public bus system works.

Learn how you can best use the bus system to get where you need to go. If you have experienced problems in the past **this is your opportunity** to learn what went wrong and how to fix it.

## ESTUARY COUNCIL OF SENIORS, INC.

CHESTER, CLINTON, DEEP RIVER, ESSEX, KILLINGWORTH, LYME, OLD LYME, OLD SAYBROOK, WESTBROOK

## BENEFITS COUNSELING

ESTUARY



COUNCIL

**Dawn Page - Support Service Coordinator** is available by appointment, from 9 am - Noon, Monday - Friday, by calling 860-388-1611.

Offering information and assistance, including guidance to Specialists in a particular field with the following: **Medicare, Part D along with Medicare Savings Programs and ConnPACE, Supplemental Plans, Food Assistance, Attorney services, area senior services as well as assistance with general forms. Call Dawn for an appointment.**

\*\*\*\*\*

**LENDING CLOSET** consisting of donated Medical Equipment such as walkers, commodes, wheelchairs, etc.

### DID YOU KNOW?

September and everyone is back to school. I shudder as I was always so nervous and upset not having all the answers. I'm still afflicted! Never stop learning! I hope you will find these tidbits helpful.

- A safe and effective way to destroy unused, out-dated medication is to put pills or liquid in a coffee can or jar with water to help breakdown and add coffee grounds to make bitter (looks and smell should discourage both man and beast!)
- The Alzheimer's Association has a 24-hour Helpline 1-800-356-5502.
- There is a catalog called Living Better With Arthritis with helpful gadgets to make life a little easier. 1-800-654-0707 for catalog.
- By calling 2-1-1 or [www.navigator.211ct.org](http://www.navigator.211ct.org) get information on all available Connecticut services.
- In an emergency, the best thing you can give to an EMS provider is current medications and medical history or Vial of Life.
- Connecticut Legal Services is a private nonprofit corporation offering free legal advice to people over 60 with consumer problems. 1-800-296-1467.

Complete list at the Estuary or call Dawn for mailing.

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., Sept., 2 & 16 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, September 9, 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., Sept., 9, 23, 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., Sept., 23 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, Sept., 13, 20, 27, by appointment. Cost \$34.

### **HAIRCUTS**

**Morning Appointments Cost is \$10**

- Tuesday with Roberta - **September 14**
- Saturday with Stephanie - **September 18**
- Fridays with Deb - **September 3 and 24**

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

**Thursday, September 16, 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, Sept., 9, 7:30 - 8:30 am**  
Screenings are held the 2nd Thursday of each month. Fasting is required.

**No Appointment required**

### **CHOLESTEROL: Fri., Sept., 10**

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, Sept., 15**

**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.

*Supported by the **Senior Resources Agency on Aging** with Title III funds made available under the Older Americans Act.*

Call Judy at 860-388-1611.

## **HEALTH & WELLNESS EVENTS**

### **FREE BP & CHOLESTEROL SCREENINGS**

**United Church of Chester - Sept. 16 at 11am**

Provided by the Lower Valley Visiting Nurses.

No appointment necessary!

### **SELECT MEDICAL GROUP**

Weds., September 15 at 12:45 pm - Living with Pain!

### **9 TOWN TRANSIT BUS**

**Wednesday, September 29 at 12:15 pm**

Are you using public transportation?

The Executive Director from the transit district will be at the Estuary to explain how the bus system works. Learn how you can best use public transportation to get to the grocery store, bank, doctor appointments, the dentist, hairdresser, or even to just meet your friends for lunch. If you have experienced problems in the past, **this is your opportunity** to learn what went wrong and how to fix it. So mark your calendar and **join us on Wednesday, September 29 at 12:15.**

*Please join us for lunch by making your lunch reservation before 11 am on Tuesday September 28.*

### **MIDDLESEX EYE PHYSICIANS**

**Do you have Glaucoma?**

**Tuesday, September 14 at 12:45 pm**

Join us to hear Dr. Shriver discuss glaucoma. It has no obvious symptoms and testing is quick and painless. **Free** testing will be available. For more information call Deb at 860-388-1611

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

**Friday, September 17 at 12:45 pm**

*What is a Living will?*

Is it really needed? How is it set up and who benefits from it? These answers and more.

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

**ICE CREAM SOCIAL**

**Tuesday, September 21 at 1:15 pm**

Join us for ice cream sundaes to celebrate National Senior Center Month.  
 Please sign up at the volunteer desk or by Calling 860-388-1611 before September 15.

**“BOOK CHATS”**

**Second Wednesday at 1 pm**

If you are looking for interesting reading, good conversation, and meeting new friends stop by **EVERYONE** is welcome.

**Book Chat Reading List:**

September 8 “ A Tree Grows In Brooklyn”

By Betty Smith

October 13 “ True Compass”

By Edward M. Kennedy

**9 TOWN TRANSIT BUS**

**Weds., September 29 at 12:15 pm**

The Executive Director from the transit district will be here to explain how their bus system works. If you have experienced problems in the past **this is your opportunity** to learn what went wrong and how to fix it.

**SEPTEMBER FRIENDSHIP DINNER**  
**ITALIAN NIGHT**

**Tuesday, Sept. 14 at 5 pm**

This is a free event thanks to our wonderful sponsors and is limited to the first 90 people to sign up in person **with Deb!!!!!!**

No phone reservations taken.

Pasta & Meatballs sponsored by Luigi's Restaurant in Old Saybrook

Desserts & Servers provided by Mount Saint John School Deep River

Entertainment provided by United Health Care

**EMERGENCY PREPAREDNESS**  
**FOR SENIORS**

**Monday, September 13 at 1 pm**

What to do if there is a power outage, winter storm, hurricane or flood. How to make an emergency kit. How to find local information and who to contact when we have an emergency. It 's all about safety and being prepared. Let's not forget about our pets during emergencies. We will discuss them also. Call Deb - 860-388-1611.

**ARTIST RECEPTION**

**Friday, September 10 from 5-7 pm**

George Johnson has had an interest in drawing and painting as far back as he can remember, but could never find the time to pursue it. After he retired, he saw an advertisement in a local paper inviting seniors to join a watercolor group. This was the spark he needed to get started. George's preferred medium is watercolor. He enjoys painting landscapes and seascapes. His work has been exhibited at various local businesses and art society shows. George is a member of the Madison Art Society and the Clinton Art Society.

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

**POOL TOURNAMENT**

**1st Monday of each month at 12:45 pm**

Call Roland at 860-526-4074 for information.

**INTERESTED IN WOODCARVING????**

**Wednesday, September 8 at 9 am**

Beginners to advanced - Men & Women  
 Organizational meeting

Call Ed Gorman at 860-388-5737 for information.

**SEPTEMBER IS NATIONAL SENIOR CENTER MONTH**

Join us on **Thursday, September 16** to celebrate National Senior Center Month.

Jon Condie will provide entertainment and we will have a fabulous turkey dinner made by our wonderful kitchen staff. Make sure you reserve your lunch by 11am the day before.

Come celebrate senior center month with us!

Please see  
Our Menu  
Link to view  
September Menu



Please see  
Our Calendar  
Link to view  
September 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. **Sept. 13:** 1:30 Registration. 2 pm Willie Fritz. Refreshments. **Sept. 27:** Dean Martin Celebrity Roasts, popcorn. Refreshments. 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 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.  
**Sept. 1:** Russ Becker Slide presentation.  
**Sept. 15:** Bingo. Fall lunch, **Oct. 6,** Hideaway. Cost \$18.60. Call Kathleen 860-434-8798.  
**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 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. **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+ - \$2.50 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.*



**9 TOWN TRANSIT BUS**

**Weds., September 29 at 12:15 pm**

The Executive Director from the transit district will be at the Old Saybrook site. Please join us for this informative session. Bring your questions!

**CHESTER CAFÉ: United Church of Chester**

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

**FREE BP & Cholesterol Screenings in Chester September 16 at 11am - No appointment needed!**

**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.



**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.

**NUTRITION FOR BUSY PEOPLE**

**Thursday, September 2 & 16 at 8:45 am**

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

**FREE FITNESS TRAINING**

**Wednesday, September 29 at 9:45 am**

No appointment needed

Select Medical is doing free fitness training.

**AARP MATURE DRIVERS**

**October 6 & 7 from 8 am - Noon**

AARP member \$12. Non-member \$14.

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

Advanced registration only. Stop by Monday-Friday from 8 am - 1:30 pm

**COMPUTER INSTRUCTION & HELP**

The Estuary Council Adult Computer Learning Center is open on **Wednesday mornings** in September 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!!

**NEW CLASS FOR SEPTEMBER - USING A WEBCAM**

**Tuesdays, September 14 & 21 from 9:30 - 11:30 am.** Great way to stay in touch with your family and friends. 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 \$86.00 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 same as last year. 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.



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

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**

### COMING IN OCTOBER

Mohegan Sun Casino – Shop, have lunch, and have fun!

Bus leaves at 9 am – Bus only - Cost \$10

#### **WEDNESDAY SHOPPING**

**Wednesday, September 8**

**Westfarms Mall**

Fall shopping at its best.

Lunch on your own.

Bus leaves at 9 am. Cost \$10.

#### **OLDE MYSTIC VILLAGE**

**Wednesday, September 22**

A unique shopping experience. Wander the brick paths to over forty shops. Several restaurants to choose from. Steak Loft,

Ten Clams, Mango's and more.

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, 2010**

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

Tickets: \$40 per person

For more information, to become a sponsor or to purchase tickets contact:  
**Sandy Hart 860 388-1611**

It's not too late to Sponsor this wonderful event to benefit Meals on Wheels!  
*The Estuary Council is the **only** shoreline provider of Meals on Wheels.*

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

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

Bronze Sponsor: **Lawrence & Memorial Hospital**

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

## THRIFT SHOP

Looking for great bargains? You will find them at our Thrift Shop! Coats, shoes, clothing for the whole family, housewares, games, and more! New items every day!

**YOU WILL BE AMAZED!**

All ages welcome to shop!

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

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

**Credit cards accepted!**

**Volunteers welcome!**

## VOLUNTEERS

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

Many of our volunteers have made new friends by volunteering.

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

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

Call Judy at 388-1611 for details.

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SPONSORS



**ESTUARY COUNCIL OF SENIORS, INC.**

*All programs and activities are held at the Regional Senior Center, unless otherwise noted.*  
**220 Main Street, Old Saybrook, CT 06475**  
 Phone 860-388-1611, Fax 860-388-6770

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

Non-Profit Organization  
 U.S. Postage Paid  
 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!**