



# SENIOR SPARKS

VOLUME 37 ISSUE 4 MANSFIELD SENIOR CENTER ASSOCIATION, INC. APRIL 2011  
303 Maple Road, Storrs/Mansfield CT 06268 (860) 429-0262x5

\* President: Tom Rogers \* Vice President: Frank Trainor \* Secretary: Vacant \* Finance Officer: Don Stitts \* Treasurer: Wilfred Bigl  
\* Asst. Treasurer & Sparks Manager: Kathy Rule \* Travel: Judy Bigl \* Ways & Means: Jan Scottron \* Program Chair: Vacant  
\* Member-at-Large: Sam Gordon

## SPRING BAZAAR

Saturday, April 16, 2011—9:00 AM to 1:00 PM  
at the Mansfield Senior Center

*Come and shop at the Mansfield Senior Center.  
Lots of treasures to be found!*



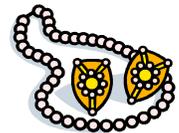
*Check out the Knitter's Case. Beautiful hand-made matching hat and scarves sets, baby sweaters, and more!*



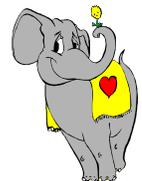
*Finer Items,  
Baked Goods*



*Toys,  
Jewelry*



*Crafts,  
White  
Elephant*



*Misc. Items,  
Books*



*... and  
refreshments,  
too!*



**A NOTE FROM CINDY DAINTON ...  
SENIOR SERVICES COORDINATOR**

Who knows where to begin? In case you heard any rumors of my demise, I can tell you that I am still around and kicking! Thank you to all of you that sent me good wishes – it really did help. It is comforting to know that the Center has a very qualified staff and volunteers to carry on without any bumps. Thank you to all of my staff and volunteers who pitched in!!

With spring close, warmer weather and longer days, the Senior Center has picked up in activity. There are a number of special events happening in April, and you really need to read through this entire issue of *Sparks* so that you don't miss anything. In addition, the bulletin board in the hallway is kept up-to-date with any events that are scheduled after the printing of *Sparks*. You can also find program announcements on Charter Channel 14, the Reminder, the Chronicle, and on patch.com. In addition, the current issue of *Sparks* on the mansfield.org website.

As a side note, I just found out that the E.O. Smith FFA is holding a square dance at E.O. Smith on April 30<sup>th</sup> from 7:00-10:00 PM. I will post more information on the bulletin board outside of the laundry room as it is available. This bulletin board has a lot of activities at other senior centers in the area as well as other town activities, too.

I have spoken with both the MSCA Executive Board and the Commission on Aging to let them know that I am starting to say "no" to new programs that want to happen at the Senior Center due to lack of space. If you were at the Center on Wednesday, March 9<sup>th</sup>, you already know exactly what I mean. To this end, I am starting to review the statistics from My Senior Center to determine room utilization data. I will be using the data to determine which room the group will be assigned to in the future, taking into account the needs of the group. I know that the My Senior Center program has been up and down at the Senior Center, but I really need every member of every group to swipe in for their program. If you have misplaced your card or are having difficulty with swiping in, please see a staff member. I cannot emphasize enough how important it is to keep this up. See me if you have any questions or concerns. Again, thanks to everyone who helped out at the Center while I was out. It is so comforting to know that I left everything in very capable hands.

**WELCOME, SPRING!**



**MANSFIELD SENIOR CENTER  
ASSOCIATION, INC.**

*A Note from Tom Rogers,  
President, MSCA*

*E-mail: Thomas.rogers@snet.net*

Fifty-five years ago, I was through with my service time in the U.S. Army/Air Force, serving the last two years in Bordeaux, France. Like a lot of young people then, I thought that I had a lot of personal problems. I ended up at my church talking to the Assistant Minister. After the obligatory, "I hear you," and "that's sad," he gave me a few words of his wisdom. He said, "If everybody threw all their troubles in a big pile, you would be content to take your own personal problems and go hide in a corner." That is the way March has turned out. Australia has had its massive floods; Florida its widespread wild fires destroying thousands of acres; tornados in the south that has brought massive destruction and heartaches to many; the snow storms in the west that has disrupted the lives of many; the floods in the northeast, especially in Little Falls, New Jersey; and last but not most heartbreaking, the earthquake and tsunami that hit Japan. Let us not forget the unrest in the Middle East, along with the poetical happenings throughout the United States. After taking all of these things in perspective, I will take my snow storms of December and January in stride and go hide in a corner, and thank my lucky stars that my problems are so small and minuscule that they cannot be compared to those people that really have problems.

**WARNING:** These types of events are the things that bring out the scam artists. If you are like me and able to help out financially, start with your own church and only donate to those charities that you know are legitimate. As I write this my yard is still 50-percent snow covered. But you know what? I am so glad to live in this community. We do have our problems, but I would rather have snow than the muddy litter leavings that they have in Japan. Thank God for March Madness and the men's and women's basketball teams to give me something to worry about.



**MISCELLANY**

**Thank You**

Many thanks to John Adamcik, June Curtis, Beryl Griffin, Kevin Grunwald, Richard Hobby, Karen Peters, and Ed Sicard for collating the March issue of *Sparks*. *Thanks so very much!*

**BLUEBERRY STUDY**

Blueberries must be ordered by **Thursday, May 12th, 11:00 AM**

*NO EXCEPTIONS!*

Blueberry pick-up is **Friday, May 20th, 11:00 to 11:30 AM**

*Blueberries are available to Study Participants Only*

**Welcome to the newest members of the Mansfield Senior Center Association:**

*Joyce & Robert Collins*

*Jane Hughes*

*Derri Owen*

*Harry Darrow*

*William Lonergan*

*Larry McDougal*

*Lois & Robert McClintock*

*Patricia Gimmartino*

**Sparks Submissions**

Please submit your articles for the May issue of *Sparks* by April 15th. Thank you.

**TRAVEL DESK**



**MESSAGE FROM THE TRAVEL DESK**

The next trip is scheduled for June, so there will be limited unscheduled hours at the Travel Desk for April. Sign ups are still available, so please do not hesitate to call the desk at 860-429-0262x6, or Judy at 860-429-0180 for any questions or concerns. **SIGNUPS MUST BE MADE AND PAID FOR BY THE DEADLINES.**

June 7-9: *Indian Head Resort, Lincoln, NH*, three days, two nights (see flyer for prices)

**NEW:** June (no date yet): *“Show Boat” at Goodspeed Opera House & Luncheon at Gelson House.* Approx. \$92 pp. (Date & sign up in April.)

July 14 (Thursday): *Dock & Dine w/Show & Thimble Island Cruise* \$71.00 pp

August 16 (Tuesday): *Newport Playhouse & Cabaret “Lobster Bake Buffet”* \$85.00 pp. Deadline: Aug. 5th.

September 7 (Wednesday): *Suffolk Downs Raceway (Boston) w/Luncheon Buffet*—includes 8x10” photo, much more, see flyer. A real fun day. Deadline: Aug. 22.

October 18 (Tuesday): *Octoberfest at Inn at Villa Bianca, Seymour, CT.* All you can eat German buffet, unlimited beer and wine, German entertainment and dancing. \$73.00 pp. Deadline: Oct. 3rd.

November 3 (Thursday): *Buddy Holly Tribute w/Luncheon at Log Cabin* in North Hampton, MA. Roast turkey **AND** Yankee pot roast. Both items included. \$68.00 pp. Deadline: Oct. 21st.

November 29 (Tuesday): *Hukela’s “Christmas in Hawaii”* Chicopee, MA. Prime rib or baked scrod. \$62.00 pp. Deadline: November 16.

**Change of Address?**

Have you recently moved? **Please** let us know if you have a change of address or if you will be temporarily away, so we may update our records, especially if you receive the monthly newsletter *Senior Sparks*. Thanks!

**Senior Hobby Display Case**

Please stop by and enjoy the “Spring Fling” display, courtesy of Beverly Gotch and Linda Wohllebe.

If you have items you would like to share in the Hobby Display Case, please see Cindy.

**WANTED:**

~ Someone to coordinate the annual vaudeville talent show which is scheduled for May 18th.

~ Someone to chair a committee for our annual spring banquet—location, caterer, price, and time to be determined.

Please see Tom Rogers at the Center.

**Barbara Lavoie, MSW, Senior Services Social Worker**

Barbara is available at the Mansfield Senior Center Monday, Wednesday, Thursday, and Fridays from 8:30 AM-4:30 PM, to assist you with information, assessments, and referrals to community services, as well as short-term counseling free of charge.



**APRIL**

**BE WELL NEWSLETTER**

Dear Members:

America is one of the greatest nations in the world. We are far from a third-world country, but each night thousands, if not millions, of American children go to bed hungry. Believe it or not, children in our own town go to bed hungry. Consequently, each third week of the month we will collect food that will go to our town's food pantry.

Beginning April 18th, please bring in a cereal or canned meal item (beefaroni, spaghetti's, ravioli, beef stew, dried beef, etc.). A collection box will be set up in the Wellness Center.

Please tell your friends and neighbors that we now have a Caregiver's Support Group. We meet every third Thursday of the month in the Wellness Center at 6:30 PM. Caregivers need care, too!

Last, anyone who receives financial aid from state or federal programs may qualify for a free cell phone and minutes from the Safelink or Assurance Wireless Program. Please call Assurance Wireless at 1-800-395-2171, or Safelink Wireless at 1-800-378-1684 for further information. Or you may also call me at 860-429-0262x1.

Peace to you,

Barbara

Happy Spring! With the warmer weather upon us, now is a good time to get outside to take a walk. April has been designated by the National Institutes of Health as "Foot Health Awareness Month." Foot health is important for all of us, as our feet are essential for mobility and balance. For people with diabetes, foot health is even more critical. Physical changes associated with diabetes affect circulation to the extremities as well as sensation in the feet.

For people with diabetes, it is important to work with a healthcare team to control blood sugar levels through healthy eating, physical activity, and taking medications as prescribed. Another important activity for people with diabetes is daily foot care. It is recommended that you set aside time every day to take care of your feet. By taking good care of your feet you will be able to remain physically active and avoid foot problems that can lead to ulcers and infection which can result in amputation. So check your feet, put on your socks and shoes and your sun block, and enjoy a walk outside. Keep an eye out for the crocuses and daffodils. It has been a long winter, but at last spring is here. Enjoy!

Mary Withey, MSN, APRN  
Coordinator of Community Outreach Services, VNA East, Inc.

**Conversations  
with Betty Heiss**

Each 2nd and 3rd  
Thursday of the month  
at the Wellness Center -  
11:00 AM

*All are welcome  
to attend.*

This month: April 7 & 21.

**ADVERTISEMENTS**

**WELLNESS PROGRAMS & SUPPORT GROUPS**

*Please call Kathy Yaffee at 860-429-0262,x4, Monday through Thursday, 10:00 AM to 2:00 PM, to schedule appointments with the providers listed below, unless otherwise noted.*

**ADULT HEALTH SCREENINGS** by VNA East Nurse Mary Hess. Nominal charges for blood pressure, cholesterol, HDL cholesterol, blood glucose, earwax, and foot care. Checks payable to VNA East. 8:30 AM to 12:30 PM. (*NOTE: Screenings not available for April.*)

**BLOOD PRESSURE SCREENINGS** every other Wednesday at 11:00 AM, offered by Interim Health Care. No appointments necessary for these free screenings. April 6 and 20.

**CAREGIVER'S SUPPORT GROUP** with Barbara Lavoie every third Thursday at 6:30 PM. The next meeting is Thursday, April 21st, at the Wellness Center. Please call Barbara at 860-429-0262x1.

**ELDERCARE LAW** with Attorney Gates from CT Legal Services provided free to people 60 years or older. Monday, April 18th, 1:00-3:00 PM. Please call Kathy Yaffee for an appointment.

**FOOTCARE** with Dr. Walter, Podiatrist, Tuesday, April 5th & 26th, 8:30 AM. Medicare will be billed if you are eligible. Dr. Walter carries Dr. Comfort shoes, including M/C Diabetic shoes.

**LOW VISION SUPPORT GROUP** with Barbara Lavoie the second Monday of each month from 11:00 AM to 12:00 PM. Next meeting is Monday, April 11th.

**MS SUPPORT GROUP** meets the second Tuesday of each month in the Craft Room from 6:00 to 7:30 PM. Next meeting is April 12th. Please contact Susan Gavitt at 860-423-7413 for further information.

**REFLEXOLOGY** every other Friday with Therese John, still only \$15.00, payable to Therese John. April 15 & 29th. If you haven't tried yet—now is the time! Call Kathy Yaffee for your appointment.

**OTHER NOTES OF IMPORTANCE**

**Storrs Drug Community Education Session with Lisa Holle, PharmD, BCOP Assistant Clinical Professor**

April 25th: **Fall Prevention**  
11:00-11:45 AM at the Wellness Center

The danger of falls to seniors is becoming so great that fall prevention has become a national health initiative. This seminar will discuss how falls occur, how you can prevent yourself from falling, and what to do if you fall.

Coming in May: High Blood Pressure

**Town of Mansfield Special Needs Fund**

Many of you may not know that the Town of Mansfield Human Service's Department has managed a "Special Needs" fund for many years. The fund is used throughout the year to assist Mansfield residents with financial emergencies that cannot be met with public funds. It is designed to provide limited financial assistance with expenses such as utility bills, prescription drug co-pays, and automobile repairs. During this current winter season we have utilized the fund to assist several residents with critical heating bills.

To provide assistance, staff meet with individuals who are experiencing difficulty to assess their immediate needs and explore steps that can be taken to achieve a long-term solution to their problems. A grant from the fund might be issued if it will help resolve an immediate crisis, and care is taken to prevent repetitive use or misuse of the funds.

Given these difficult financial times, the fund is quickly depleted. Your tax-deductible contribution may be sent directly to the Town of Mansfield, Human Service's Department, 4 South Eagleville Rd., Storrs CT 06268.

Thank you for thinking of those less fortunate than you during their time of need!

MONDAY

TUESDAY

WEDNESDAY

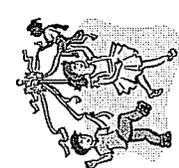
THURSDAY

FRIDAY

SAT. & SUN.

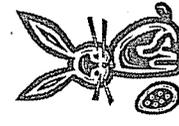
<p><b>April</b> <b>2011</b></p>	<p><i>"The sun was warm but the wind was chill. You know how it is with an April day. When the sun is out and the wind is still, You're one month on in the middle of May. But if you so much as dare to speak, a cloud come over the sunlit arch, And wind comes off a frozen peak, And you're two months back in the middle of March."</i></p> <p>~ Robert Frost, <i>Two Tramps in Mud Time</i>, 1926</p>	<p><b>1.</b> 9:00-Yoga 10:00-Knitting, Crocheting 10:00-Scrabble 10:15-Zumba Gold 11:00-Brain Aerobics 12:00-Lunch 12:45-Movie 1:00-Art Studio 2:00-T'ai Chi</p>	<p><b>2. Saturday</b></p> <p>~~~~~</p> <p><b>3. Sunday</b></p> <p>~~~~~</p>
<p><b>4.</b> 9:00-Beg.'s T'ai Chi 9:00-11:00-Tax Assistance 10:00-Sparkettes 10:00-Art Studio 12:00-Conversación en Español 12:00-Lunch 12:30 &amp; 1:15-Mahjongg 1:00-Chorus 1:00-3:00-Tax Assistance 3:15-Senior Aerobics</p>	<p><b>5.</b> 8:30-Dr. Walter 8:30-Strength/Stability 10:00-Scrabble / Wii Bowl 10:00-Intro. to Comp. 10:30-Ways &amp; Means 12:00-Lunch 12:30-Lovely Old Bones 1:00-Bingo 1:00-Word Processing 1:30-Therapeutic Exer. 2:30-Computer Comm. 4:15-5:15-Beg. Tap 6:30-7:30-Dance-R</p>	<p><b>6.</b> 9:15-T'ai Chi 9:00-11:00-Tax Assistance 10:00-Drawing Class w/Bill 10:15-T'ai Chi 11:00-Jorgensen Tickets 11:00-Blood Pressure 12:00-Causeries en Français 12:00-Birthday Lunch 12:45-Sparkettes 1:00-3:00-Tax Assistance 6:00-7:30-Ballet I-R 6:00-8:30-Evening Quilting</p>	<p><b>7.</b> 8:30-Strength &amp; Stability 10:00-Sparkettes 10:00-Quilting w/Pat 10:00-Wii Bowl 10:00-Bridge w/Chinky 10:00-Intro. to Comp. 11:00-Conversations w/Betty 12:00-Lunch 12:30-Lovely Old Bones 1:00-Bridge 1:00-Jewelry 1:00-Word Processing 1:30-Therapeutic Exer. 3:15-Senior Aerobics 6:00-7:30-Ballet II-R</p>
<p><b>8.</b> 9:00-Yoga 10:00-Knitting, Crocheting 10:00-Scrabble 10:15-Zumba Gold 11:00-Brain Aerobics 12:00-Lunch 12:45-Movie 1:00-Duplicate Bridge 1:00-Art Studio 2:00-T'ai Chi</p>	<p><b>9. Saturday</b></p> <p>~~~~~</p> <p><b>10. Sunday</b></p> <p>~~~~~</p>	<p><b>11.</b> 9:00-Beg.'s T'ai Chi 9:00-11:00-Tax Assistance 9:30-Comm. on Aging 10:00-Sparkettes 10:00-Art Studio 11:00-Low Vision Group 12:00-Conversación en Español 12:00-Lunch 12:30 &amp; 1:15-Mahjongg 1:00-Chorus 1:00-3:00-Tax Assistance 3:15-Senior Aerobics 5:45-9:00-Ballroom Classes-R</p>	<p><b>16. Saturday</b></p> <p><b>Spring Bazaar</b> 9:00 AM to 1:00 PM</p> <p>~~~~~</p> <p><b>17. Sunday</b></p> <p><b>Palm Sunday</b></p>
<p><b>12.</b> 8:30-Strength/Stability 10:00-Scrabble 10:00-Wii Bowl 10:00-Generology 10:00-Intro. to Comp. 12:00-Lunch 12:30-Lovely Old Bones 1:00-Bingo 1:00-Word Processing 1:30-Therapeutic Ex. 4:15-5:15-Beg. Tap 6:00-8:30-MS Spt. Group 6:15-8:45-Dance-R</p>	<p><b>13.</b> 9:00-11:00-Tax Assis. 9:15-T'ai Chi 10:00-Executive Board 10:00-Drawing Class w/Bill 10:15-T'ai Chi 11:00-Jorgensen Tickets 12:00-Causeries en Français 12:00-Lunch 12:45-Caring Families &amp; Health Care 1:00-3:00-Tax Assisances 6:00-7:30-Ballet I-R 6:30-9:00-TNT Quilters</p>	<p><b>14.</b> 8:30-Strength/Stability 10:00-Sparkettes 10:00-Bridge w/Chinky 10:00-Wii Bowl 10:00-Intro. to Comp. 12:00-Lunch 12:30-Lovely Old Bones 1:00-Jewelry / Bridge 1:00-Word Processing 1:30-Therapeutic Exer. 3:15-Senior Aerobics</p>	<p><b>15. Bazaar Set Up</b> 9:00-Yoga 10:00-Scrabble 10:00-Reflexology 10:00-Knitting/Crocheting 10:15-Zumba Gold 11:00-Brain Aerobics 12:00-Lunch 12:45-Movie 1:00-Art Studio 2:00-T'ai Chi</p>



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT. & SUN.
<p><b>18.</b> 9:00-Beg.'s T'ai Chi 9:00-PowerPoint 10:00-Sparkettes 10:00-Art Studio 12:00-Conversación en Español 12:00-Lunch 12:30 &amp; 1:15-Maijongg 1:00-Chorus 1:00-3:00-Atty. Gates 3:15-Senior Aerobics 5:45-9:00-Ballroom Clss.-R</p>	<p><b>19.</b> 8:30-Strength/Stability 10:00-Scrabble 10:00-Wii Bowl 10:00-Intro. to Comp. 12:00-Lunch 12:30-Lovely Old Bones 1:00-Bingo 1:00-Word Processing 1:30-Therapeutic Ex. 4:15-5:15-Beg.'s Tap 6:15-8:45-Dance-R  <b>Passover</b></p>	<p><b>20.</b> 9:15 &amp; 10:15-T'ai Chi 10:00-Drawing w/Bill 11:00-Jorgensen Tickets 11:00-Blood Pressure 12:00-Causeries en Français <b>12:00-Volunteer Day</b> <b>Celebration</b> 2:00-Red Hatters 5:45-7:45-Dance-R 6:00-8:30-Evening Quilting</p>	<p><b>21.</b> 8:30-Strength/Stability 10:00-Sparkettes 10:00-Quilting w/Pat 10:00-Wii Bowl 10:00-Bridge w/Chinky 10:00-Intro. to Comp. 11:00-Conversations w/Betty 12:00-Lunch 12:30-Lovely Old Bones 1:00-Bridge / Jewelry 1:00-Word Processing 1:30-Therapeutic Ex. 3:15-Senior Aerobics 5:45-7:45-Ballet II-R 6:30-Caregiver's Support</p>	<p><b>22.</b> <b>Good Friday</b>  <b>Center Closed</b></p>	<p><b>23.</b> Saturday ~~~~~ <b>24.</b> Sunday </p>
<p><b>25.</b> 9:00-Beg.'s T'ai Chi 9:00-PowerPoint 10:00-Sparkettes / Art Studio 10:00-4:30-All-Day Quilting Retreat w/Pat 10:30-Program Planning 11:00-Fall Prevention 12:00-Conversación en Español 12:00-Lunch 12:30 &amp; 1:15-Maijongg 1:00-Chorus 3:15-Senior Aerobics 5:45-9:00-Ballroom Clss.-R</p>	<p><b>26.</b> 8:30-Dr. Walter 8:30-Strength/Stability 10:00-Scrabble 10:00-Wii Bowl 12:00-Lunch 12:30-Lovely Old Bones 1:00-Bingo 1:30-Therapeutic Ex. 4:15-5:15-Beg.'s Tap 5:00-<b>Intergen. Dinner</b> 6:15-8:45-Dance-R</p>	<p><b>27.</b> 9:15-T'ai Chi 10:00-Drawing w/Bill 10:15-T'ai Chi 11:00-Jorgensen Tickets 12:00-Causeries en Français 12:00-Lunch 12:45-Humphrey Clinic 5:45-7:45-Dance-R 6:30-9:00-TNT Quilters</p>	<p><b>28.</b> 8:30-Strength/Stability 10:00-Sparkettes 10:00-Quilting w/Pat 10:00-Wii Bowl 10:00-Bridge w/Chinky 12:00-Lunch 12:30-Lovely Old Bones 1:00-Bridge / Jewelry 1:30-Therapeutic Ex. 3:15-Senior Aerobics 5:45-7:45-Ballet II-R</p>	<p><b>29.</b> 9:00-Yoga 10:00-Knitting, Crochet 10:00-Scrabble 10:00-Reflexology 10:15-Zumba Gold 11:00-Brain Aerobics 12:00-Lunch 12:45-Movie 1:00-Duplicate Bridge 1:00-Art Studio 2:00-T'ai Chi</p>	<p><b>30.</b> Saturday ~~~~~  <b>May Day</b></p>

**May is Older American's Month**

May 4th: *10:00 AM-Older American's Month Reception*  
 May 4th: *BirthDay Lunch with Willie N.*  
 May 11th: *UConn-Hawley Armory Programs*  
 May 25th: *Depression by Interim Health Care*



June 1st: Birthday Lunch  
 June 8th: *Annual MSC Association Meeting*  
 June 22nd: *Fiber—How Much is Enough? by TVCCA*  
 June 29th: *Healthy Plate Club by Windham Hospital*

Please note that the *Senior Sparks* may be checked on the Town of Mansfield Web Event calendar at <http://mansfieldct.org> for updated changes.

Classes followed by "R" are Recreation/Community Center-sponsored classes.

**APRIL BIRTHDAYS**

*Birthstone: Diamond for Innocence  
Flower: Sweet Pea for Love*

- 1 Anna Cosenza, Betty Heiss, Dorothy Powers
- 2 Ruth Gunn
- 3 Zhu Nanqing
- 4 Jim Campetelle, Joy Capizzi, Shirley Dole  
Marilyn Gerling, Anna McLain, Ronald Nichols
- 6 Ruth Reichel, Francis Storrs
- 7 Ione Dupre, Sylvia Poirier, Roxane Steinman
- 8 James Everett, Joseph Gugler, Elen Macy  
Marge Rascona, Jacqueline Sachs  
Marion Varga, Louis Young
- 9 Mary Alassi, Anna Lyman
- 10 Sandra Hoyt, Frank McNabb, Kenneth Randolph
- 11 Evelyn Griffin, Jessie Marshall, Mary Roberts  
Olga Toth
- 12 Charles Bowers, Edith Cary, Helen Kohen  
Ruth McVeigh, Richard Ryan
- 13 Robert Farrell, Gustave Mayer, Blanca Ryan  
Laura Woodling
- 14 Betty Gottlieb, Bea Peckham
- 15 Betty Elliott, Beverly Gotch
- 16 Doris LeDoyt, Barbara McCollum  
Virginia Shepardson
- 17 William Petix
- 18 Jacob Bohr, Rejeanne Chanski  
Hamilton Holt, Christian von Rosenvinge
- 19 Hazel Kehoe, Jill Legault, David Michaels  
Florence Tracy, Yang Tu
- 20 Dorothy Begin, Eleanor Benedix  
Linda Boucher, John Brodeur
- 21 Earl Clark, Lorraine West
- 22 John Freudenstein
- 23 Charles Harakaly, Carl Johnson  
Jane Popeleski, Kathleen Wright
- 24 Jean Cagianello, Anita Stygar
- 25 Eleanor Wilcox
- 26 Ann Kouatly, Maureen Santora, Theodore Weber
- 27 Nancy Broberg, Janine Gugler, Ted Lamb  
Edward Meyers, Stefanie Tepley
- 28 Constance Anderson, Brenda Eddy  
Marilyn Greenleaf, Joyce Hemmings  
Ipyong Kim, John Misale, Doris Randmetz
- 29 Caroline Costello, Irma Foley
- 30 Rose Ferreri



*Happy February Birthdays to Sharon Swanson and Sam Gordon. Unfortunately, we had no March celebrants.*



*We thank the Mansfield Middle School Strings Group for performing at our March Birthday Lunch.*



***April 6th: Our very own Sparkettes will perform!***

***May 4th: Willie N.***  
*(rescheduled from February)*

**Cards**

***Duplicate Bridge: Friday, February 18th***

**NS**

1. Phinnadora Chankarboty & Paul Stanton	88
2. Jenny Shaffer & Richard Lebel	74.5
3. Paula Tate & Mary Shinoski	63

**EW**

1. Helen Collins & Nancy Snell	88
2. Doris LeDoyt & Kay Zartun	70
3. Barbara Ladd & Carol Hewitt	63

**Mansfield Senior Center**

**860-429-0262, ext. 0**

*Fax:* (860) 429-3208

*Wellness Fax:* (860) 429-3905

*E-mail:* SeniorCntr@mansfieldct.org

www.mansfieldct.org

Monday - Friday, 8:30 AM - 4:30 PM

Senior Services Coordinator:

Cindy Dainton, 860-429-0262, ext. 9

Senior Services Social Worker:

Barbara Lavoie, MSW, ext. 1

Volunteer Transportation Manager:

Gianna Stebbins, ext. 2

Administrative Assistant:

Linda C. Wohllebe, ext. 3

Receptionist:

Kathy Yaffee, ext. 4

The Municipal Agent for the Elderly, & Director, Dept. of Human Services: Kevin Grunwald, MSW, (860) 429-3315.

**Transportation:** Dial-a-Ride Transportation & Medical Transport outside the Dial-a-Ride Region: (860) 456-1462, **48 hours** in advance.


  
**VOLUNTEER DAY CELEBRATION**
  
**Wednesday, April 20th, Noon**
  
*Touching Lives,  
Lifting Spirits!*
  

  
**MSC Volunteers eat for free!**
  
 All others, suggested \$2.00 donation payable at the door.
   
**Everyone** must sign up in the Special Events book no later than Tuesday, April 12th.

**Jorgensen Theater  
Tickets Procedure**

A representative from Jorgensen Center for the Performing Arts box office is now at the Mansfield Senior Center each Wednesday from 11:00 AM to 1:00 PM, for your convenience, for the buy-one-get-one-free incentive performances. This way you will be able to pick out your own seating, and receive your tickets directly from Jorgensen!

**May is  
"Older American's Month"**

**Save the Date:**

*Join us on Wednesday,  
May 4th, 10:00 AM, at the  
Mansfield Senior Center  
for an informal reception to  
celebrate. Light refreshments  
will be available.*

**Intergenerational Luau 2011**

Join us in welcoming spring after this long, cold winter! Come warm up with our tropical menu.

**Date: April 26, 2011**

**Time: 5:00pm**

**Price: \$8.00**



**Dinner will include:**

- A refreshing salad with a light vinaigrette
- Baked pineapple chicken served on top of a bed of creamy coconut rice and citrus glazed carrots.
- Lemon pound cake topped with fresh berries.

**So grab your Hawaiian attire and join us for a delicious meal prepared by UConn Dietetics students**

**This is a meal to be sure not to miss!**

**Place:**  
Edwin O. Smith High School  
1235 Storrs Rd.  
Storrs-Mansfield, CT 06268

**SIGN UP AT THE MANSFIELD SENIOR CENTER. CHECKS PAYABLE TO: MSCA**

**Meal Program**

The TVCCA meal program is subsidized through the Older Americans Act and available to seniors 60 years or older at a suggested donation of \$2.00. Individuals younger than 60 are welcome to eat at the Center, but are asked to pay the actual cost of the meal, which is \$7.00. **Reservations must be made 72 hours in advance by 11:00 AM of that third day (three workdays, excluding weekends and holidays).** Guests and new members will need to complete a registration form at the time of their reservation. Homebound seniors may call 1-800-953-1365 to receive Meals-on-Wheels.



**Main Entrée Options**

- Fri., Apr. 1: Vegetable Lasagna
- Mon., Apr. 4: BBQ Pork Loin
- Tues., Apr. 5: Beef Hot Dog w/Bun
- Wed., Apr. 6: Healthy Turkey Loaf
- Thurs., Apr. 7: Chicken Casserole
- Fri., Apr. 8: Lemon Pepper Fish
- Mon., Apr. 11: Salisbury Steak
- Tues., Apr. 12: Parmesan Pollock
- Wed., Apr. 13: Hungarian Goulash
- Thurs., Apr. 14: Spaghetti & Meatballs
- Fri., Apr. 15: Cornmeal White Fish
- Mon., Apr. 18: Portuguese Chicken
- Tues., Apr. 19: Turkey Kielbasa
- Wed., Apr. 20: Meatloaf w/Gravy
- Thurs., Apr. 21: Chicken Stew
- Fri., Apr. 22: **Closed for Good Friday**
- Mon., Apr. 25: Baked Ziti w/Sausage
- Tues., Apr. 26: Spanish Rice & Beef
- Wed., Apr. 27: Chicken Tetrazzini
- Thurs., Apr. 28: Asian Pork Loin
- Fri., Apr. 29: Beef Pepper Patty

**1% milk and whole grain bread are served with each meal.**

**Menu is subject to change.**

**Free Tax-Aide Assistance**

AARP Tax-Aide, a free program, provides income tax preparation assistance for low and middle income taxpayers of all ages, with special attention to those 60 and older. Call 860-429-0262x0 to schedule an appointment with a certified Tax-Aide counselor. Walk-ins will also be welcome.

The tax assistance schedule is:

**Mondays and Wednesdays to Wednesday, April 13th:  
9:00 to 11:00 AM  
and 1:00 to 3:00 PM**



***New Class Dates for Quilting w/Pat Ferguson***

***Evening Quilting w/Pat*** 6:00-8:30 PM, Wednesdays, April 6, 20, May 4, 18, & June 1, 15. \$42.00 residents; \$48.00 non-residents.

***Mini Quilting Retreat All Day Quilting w/Pat***, Monday, April 25, 10:00 AM to 4:30 PM. \$30.00 residents; \$35.00 non-residents.

**PILATES**: If you are interested in the Pilates class resuming again, please contact Cindy at 860-429-0262x9, and leave your name, number, and that you're interested. We would need at least six people to sign up in order to support this class.

**Computer Classes**

*Computer course applications are available at the Mansfield Senior Center. Stop by or call 860-429-0262x7. All courses are \$10.00. Six-student limit per class session.*

**Are Computers for Me?** Call the above number for one-on-one assistance. No fee.

***Office Hours for any Computer or Digital Camera Issues*** with Dan Gebben, Mondays 10:00-11:00 AM. No charge.

April:

**Introduction to Computers:** April 5, 7, 12, 14, 19, & 21 (10:00 AM—12:00 PM), Instructor: Dan Gebben

**Word Processing:** April 5, 7, 12, 14, 19, & 21 (1:00-3:00 PM), Instructor: Dan Gebben

**PowerPoint:** April 18, 25, & May 2 (9:00 AM—12:00 PM), Instructor: Frank Trainor

May:

**Excel:** May 10, 12, 17, & 19 (9:00 AM – 2:00 PM), Instructor: Mike Beschler

**“Mac Club”** at the Mansfield Senior Center. Call Frank Trainor at 860-429-4522 for more information.

Please note that the **Senior Aerobics** class is now on Mondays and Thursdays (not Wednesdays anymore), same time, same place. Thank you.

### *Commission on Aging's Long Range Plan*

The Mansfield Commission on Aging has completed its long range plan for the period of January 2011 through December 2013. The Commission continues to support the idea of a senior friendly community, one that provides services, programs, and opportunities that improve the quality of life for older adults. The Commission reviewed the current needs of elder residents in relation to physical environment and housing, health care services, social and cultural services, safety and security, and transportation needs. Within that framework, the Commission has created a number of action recommendations to help meet the needs of the elderly.

Regarding physical environment and housing, the Commission continues to support an assisted living construction project close to the Senior Center complex. Recognizing the increased demands of our Wellness Center, the Commission will work to expand present services with the possible inclusion of a geriatrician. The Commission supports the use of a UConn Intern to help update and make available online, the Senior Center's publication "At Your Fingertips" (a reference guide to available senior services in the area). The Commission supports the TRIAD Program in helping to inform seniors regarding safety and security. Finally, the Commission has been a strong supporter of the newly organized Volunteer Driver program and will continue to work towards its further development beyond health appointments. The Commission has worked in the past to encourage the placement of bus shelters, and is further recommending the placement of benches within.

It will be the ongoing work of the Commission to identify specific areas of concern, prioritize issues, and develop action plans in the future to make Mansfield a desirable residence for its citizens as they age. Complete copies of the Commission on Aging's Long Range Plan may be found at the Human Services Office, the Senior Center, and on the website ([mansfieldct.gov](http://mansfieldct.gov)).

Commission on Aging Members: Carol Pellegrine, Chair; Joan Quarto, Vice-chair; Wilfred Bigl; Sam Gordon; April Holinko; Don Nolan; Joan Terry; and Mary Thatcher.

#### **Mansfield Senior Center Association Nominating Committee**

The Nominating Committee for the MSCA Executive Board officer elections that will take place in June, to be effective 1 July 2011 to 30 June 2013, are as follows: Zoe Liebowitz, Carol Phillips, Betty Savage, Berry Griffin, and Emil Poirer. Please feel free to contact them if you have someone in mind that you would like to nominate to run for one of the Executive Board officer positions, even if yourself. Thank you.

### **NEW INFORMATION**

#### **Mansfield Town Council Amends Fee Waiver Ordinance**

At their meeting on February 28th, the Town Council amended the fee waiver ordinance to include Senior Center programs where a fee is charged by the Town. This went into effect March 28th, and it means that income-eligible seniors will qualify for a 50% or a 90% reduction in their program fees.

If you already have a fee waiver through Parks & Recreation or the Human Service's Department, you don't need to apply again.

All fee waivers must be renewed on July 1st, but if you apply prior to June 30th of this year, we will extend the waiver until June 30, 2012. To qualify you must complete an application and provide documentation of all income. Staff have applications and will be happy to help you fill them out. All information that you provide on the application is confidential.

Fee waivers cover a variety of fees including trash pick-up, Community Center memberships, and Parks & Recreation programs. Computer classes and trips are not covered under the fee waiver, as those are programs offered by the Mansfield Senior Center Association.

If you have any questions, please speak to one of the staff at the Senior Center.



**Support Your Local  
Town Pantry**

Drop off a canned good or two  
(beefaroni, ravioli, beef stew,  
spaghetti's, or a box of dried cereal,)  
at the Mansfield Senior Center the  
week of April 18th.

Your donations will be  
most appreciated!

**ATTENTION SPARKS  
SUBSCRIBERS**

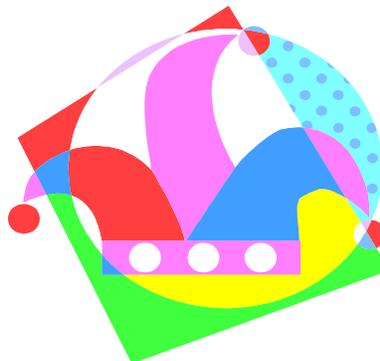
Effective July 1, 2011, all *Sparks*  
subscriptions will be renewable annually on  
the first of July. This means that regardless  
of when you subscribe, your subscription  
will always end in June. For those of you  
who do subscribe during the course of the  
year, your subscription may not include all  
12 issues for the first year. This change will  
enable us to operate more efficiently and,  
ultimately, to serve you better as a  
subscriber. Thank you for your patience  
during this transition period.

Kathy Rule, *Sparks* Manager

**SENIOR SPARKS**

**Mansfield Senior Center  
303 Maple Road  
Storrs/Mansfield,  
Connecticut 06268**

**Return Service Requested**



NON-PROFIT ORGANIZATION  
PRE-SORT STANDARD #57  
U.S. POSTAGE **PAID**  
STORRS/MANSFIELD CT

PUT LABEL IN THIS  
BLOCK TO COVER AREA