



SENIOR SPARKS

VOLUME 37 ISSUE 6 MANSFIELD SENIOR CENTER ASSOCIATION, INC. JUNE 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

Wednesday, June 15th, 2011

Mansfield Senior Center Association's

36th Annual Spring Banquet

at the Buchanan Center, Mansfield Library

Entertainment provided by the MSCA Chorus

4:30 to 5:00 PM—*Social Time*

5:00 to 5:10 PM—*Tom Rogers, Master of Ceremony*

5:10 to 6:10 PM—*Chorus*

6:10 to 7:10 PM—*Dinner*

7:10 PM—*Honoring Our 90+'s*

MENU:

Caterer: *Marmalades Country Caterers*
(at the Mansfield General Store)

Choice of two entrees:

Chicken Cordon Blue **OR** Talapia

Both entrees include:

Green Beans with Almonds, Garden Salad, French Bread
Lemon Cake Dessert, Coffee & Tea

\$16.00 payable with reservation to MSCA by Wednesday, June 8th

* The MSCA is subsidizing the cost of this meal.

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

The summer hours of the Senior Center for June 23rd to Sept 1, will be Monday, Tuesday, and Wednesday from 8:30 AM to 4:30 PM; Thursday from 8:30 AM to 7:30 PM; and Friday from 8:30 AM to 1:00 PM. This will provide us with the opportunity to attract new members who are looking for evening hours, as well as the ability to explore some new program options. There are some new classes on Thursday late afternoons; dinner will be an option, and some entertainment. Please look further in *Sparks* for more information. In addition, the Friday lunch will be served at 11:30 AM, rather than 12:00 PM.

Last month the Senior Center celebrated Older American's Month with a reception on May 4th. I talked briefly about the Older American's Act and services which are seen here at the Senior Center. I explained that the building was probably built with funds through the Older American's Act, in addition to the café lunch program being funded through the Act. There may be other things that I am not aware of that are funded through the Older Americans Act. In addition, several local service providers (i.e., Dial-A-Ride, Community Companions & Homemakers, etc.) get funding through the Act.

I would like to take a few moments to thank all of the Officers and Committee Chairs of the Mansfield Senior Center Association. Tom has been there with advice and the history behind the Senior Center. I have always been able to talk to Kathy and Will. Carolyn was more than willing to find minutes for me when I needed them. All of the Committee Chairs were wonderful in helping me to understand their Committee. It has been a pleasure and a joy to work with everyone! I wish the best to everyone that is going on to bigger and better things! Welcome to those who are coming on to serve!

HAPPY SUMMER!!



**MANSFIELD SENIOR CENTER
ASSOCIATION, INC.**

*A Note from Tom Rogers,
President, MSCA*

E-mail: Thomas.rogers@snet.net

WOW...WHAT A RIDE THIS HAS BEEN! So many highs, very few lows. For the last seven years, 10 months, first as Treasurer, then as President. In my thoughts I refer to the Senior Center as "the house of love." I have met many new people, renewed some old acquaintances, and wondered when and who the next person will be that walks into my life. In the Senior Center, one doesn't have to wait long. People are always asking me why, at my age, do you do these things. My answer is always the same, "because I am having fun." (I learned many years ago that one should never do anything unless he wants to.) I know that I have offended some people on my ride. That is one of the sins of leadership, you have to push some people out of the way in order to arrive at your destination. To those, I apologize. But, once the water goes over the dam, I still want to be your friend. In my case, the hour glass is ready to be turned to someone else. Time for new leadership with new and fresh ideas. I support the nominations made by the Nominating Committee. I wish them well on their journey. According to the by-laws, I will still be around doing whatever the President wants me to do. I ask that you, the people, give support to the incoming Board. It is important for them to know that you are behind them.

I would be remiss if I didn't thank all of the people that helped me. There are so many of you that I am afraid I would forget someone. So, please forgive me for not mentioning you by name. The staff who have been my sounding board, my alarm clock to remind me of something coming up, my crutch who helped me cope with my low vision problems, keeping my sense of humor even when I didn't need it, (I'll miss hearing that constant laugh from the office next to the Association's office), making sure that I say the right thing at the right time, and, most of all, being my friend. My Executive Board who never failed to support me even though they thought it might not be a good idea. All of the committees who did their thing and shared their ideas with me. The users of the Center who always would say hello and reinforce my thinking that the Center is a house of love. Lastly, the person who would listen to my frustrations, my ideas, and rehashes of my time at the Center. The one who would adjust their schedule to suit mine. Act as my advocate and play the role of devil's advocate, the foundation of my being, my wife, Joan. Thanks to "spell check." To all of you.

THANK YOU.

WHAT A GREAT RIDE THIS HAS BEEN!

MISCELLANY

Thank You

Many thanks to John Adamcik, June Curtis, Beryl Griffin, Alice Jansen, Ed Sicard, and Al Swanson for collating the May issue of *Sparks*. *Thanks so very much!*

BLUEBERRY STUDY

Blueberries must be ordered by **Thursday, July 14th, 11:00 AM**

NO EXCEPTIONS!

Blueberry pick-up is **Friday, July 22nd, 11:00 to 11:30 AM**

Blueberries are available to Study Participants Only

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

- Lucien J. Bergeron
- Michael Bolton
- Ann-Marie Schlaefer
- Mona Thibodeau
- Mig McCarrick
- Delia D. Aquilar
- Epiferio San Juan
- Brenda Shaw
- Aline & Matthew Koch

In Memory of

**Joyce Ann Crepeau
Elizabeth Montgomery
Rose Cushman**

Sparks Submissions

Please submit your articles for the July issue of *Sparks* by June 10th. Thank you.

TRAVEL DESK



WELCOME TO OUR NEW 2011 TRAVEL SCHEDULE

Contact Judy at 860-429-0180 or the Travel Desk at 860-429-0262, ext. 6.

The trips are starting to fill up, so be sure to sign up soon! We have a great schedule coming up and hope to see you all on the bus

Be sure to check out the new summer Mansfield Senior Center hours starting 6/23 to 9/1.

July 14 (Thursday): **Dock & Dine w/Show & Thimble Island Cruise** \$71.00 pp **This is a great, fun trip. So don't miss it...**

August 16 (Tuesday): **Newport Playhouse & Cabaret "Lobster Bake Buffet"** \$85.00 pp. Deadline: Aug. 5th. **Last year it was a sellout, so don't miss out!**



September 7 (Wednesday): **Suffolk Downs Raceway (Boston) w/ Luncheon Buffet**—includes

8x10" photo, much more, see flyer. A real fun day. Deadline: Aug. 22. **A fun day and only \$50.00!**

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. \$75.00 pp. Deadline: Oct. 3rd. **This is a very popular trip!**

November 3 (Thursday): **Buddy Holly Tribute w/Luncheon at Log Cabin** in North Hampton, MA. Roast turkey AND Yankee pot roast. \$68.00 pp. Deadline: Oct. 31st. **This trip will certainly bring back some old memories!**

November 29 (Tuesday): **Hukelau's "Christmas in Hawaii"** Chicopee, MA. Prime rib or baked scrod. \$62.00 pp. Deadline: November 16. **What better way to start the holiday season!**

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
Share your talent!



Please stop by and enjoy this month's display on "Owls", courtesy of Colby Melanec.

"A wise old owl sat on an oak; the more he saw the less he spoke; the less he spoke the more he heard; why aren't we like that wise old bird?"

~ Anonymous

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

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.

Dear Seniors,

First of all a **BIG THANK YOU** to all of you who contributed food to the Mansfield Pantry. We did a great job in supplying the pantry with food. The meals in a can, cereal, pasta meals, and more are a big help to families that are truly struggling to make ends meet. Many individuals and families who receive food stamps are having their benefit amount reduced beginning this month. This means that communities will struggle even more to meet needs. Please continue to bring goods to the Senior Center every second week of the month. Please know that health and beauty items are also greatly appreciated. Toothpaste, shampoo, soap, toilet paper, and deodorant are welcome.

The Caregivers Support Group met for the third time in April. I am very pleased with this newly formed support group, and I think it provides support, education, and friendship to those individuals who are caring for an ill family member or friend.

We meet every third Thursday at 6:30 PM, in the Wellness Center. Please come or pass this information on to someone who is providing this service.

Are you a veteran or spouse of a veteran? You may not know that you are entitled to benefits that you deserve! For example, many vets do not realize they are eligible for hearing aids, financial help, transportation, prescription help, and more. An application process is involved to determine if you are eligible, but it is certainly worth the time to learn if you are. Call Barbara at 860-429-0262, ext. 1, for more information!

Peace and health to you!

Barbara



JUNE

BE WELL NEWSLETTER

June is a beautiful time of year in Connecticut. Everyone should take advantage of the good weather to get outside and increase physical activity in whatever way they can. June is **Home Safety Month**. Topics relating to home safety include everything from poison control and water safety to disaster preparedness and fall prevention. For seniors, issues relating to fall prevention and home safety are vitally important. According to the Connecticut Collaboration for Fall Prevention (CCFP), in the United States among adults 76 years of age and older, 16 percent of all emergency department visits and almost 7 percent of all hospitalizations are for fall-related injuries. The good news is that many of the health problems that increase the chance of falling are known and are treatable. Visit their websites at www.fallprevention.org and www.homesafetycouncil.org for additional information.

Mary B. Withey, MSN, APRN
Coord. of Community Outreach Services

(For full article, please see a copy on the bulletin board in the Wellness Center.)

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. June 9 and 15.

BLOOD PRESSURE SCREENINGS every other Wednesday at 11:00 AM, offered by Interim Health Care. No appointments necessary for these free screenings. June 1 & 15.

CAREGIVER'S SUPPORT GROUP with Barbara Lavoie every third Thursday at 6:30 PM. The next meeting is Thursday, June 16th, 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, June 20th, 1:00-3:00 PM. Please call Kathy Yaffee for an appointment.

FOOTCARE with Dr. Walter, Podiatrist, Tuesday, June 7 and 28th, 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, June 13th.

MS SUPPORT GROUP meets the second Tuesday of each month in the Craft Room from 6:00 to 7:30 PM. Next meeting is June 14th. 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. If you haven't tried yet—now is the time! Call Kathy Yaffee for your appointment. June 10 and 24.

OTHER NOTES OF IMPORTANCE

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

11:00-11:45 AM at the Wellness Center

Monday, June 27: **Probiotics**

Probiotics, or dietary supplements and food containing yeast or bacteria, are used for prevention and treatment of various medical conditions and to support general well-being. In this seminar, we will discuss the uses of probiotics, appropriate doses, and product selection, and safety of these products.

Monday, July 25: **Skin Cancer**

Monday, August 29:
Chronic Obstructive Pulmonary Disease

Conversations with Betty Heiss, MSW

Each 1st and 3rd Thursday of the month
at the Wellness Center—11:00 AM

Thursday, June 2nd: *"My Favorite Decade"*

Thursday, June 16th:
"A Teacher Who made a Difference!"

Everyone welcome for a friendly, lively discussion.

TRIAD Yellow Dot Registration at the Mansfield Senior Center

Wednesday, June 8th, 2011
1:30-2:30 PM

Be sure to bring your driver's license
and a completed registration form for review.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SAT. & SUN.

June 2011

The Center will be closed the week of July 18 to 22, for annual maintenance & repair.

<p>1. 9:15-T'ai Chi 10:15-T'ai Chi 11:00-Blood Pressure 12:00-Causeries en Français 12:00-Birthday Lunch 12:45-Mr. Magic 5:45-7:45-Ballet I-R 6:30-9:00-Evening Quilting</p>	<p>2. 8:30-Strength & Stability 10:00-Sparkettes 10:00-Quilting w/Pat 10:00-Wii Bowl 10:00-Bridge w/Chinky 11:00-Conversations w/Betty 12:00-Lunch 12:30-Lovely Old Bones 1:00-Bridge 1:00-Jewelry 1:30-Therapeutic Exer. 3:15-Senior Aerobics 5:45-7:45-Ballet II-R</p>	<p>3. 9:00-Yoga 10:00-Knitting, Crocheting 10:00-Scrabble 10:15-Zumba Gold 12:00-Lunch 12:45-Movie 1:00-Art Studio 2:00-T'ai Chi</p>	<p>4. Saturday ~~~~~ 5. Sunday</p>
<p>6. 9:00-Beg.'s T'ai Chi 10:00-Sparkettes 10:00-Art Studio 12:00-Converson en Español 12:00-Lunch 12:30-Mahjongs 1:15-Mahjongs 1:30-Chorus @ Card Home 3:15-Senior Aerobics</p>	<p>7. 8:30-Strength/Stability 8:30-Dr. Walter 10:00-Scrabble 10:00-Wii Bowl 12:00-Lunch 12:30-Lovely Old Bones 1:00-Bingo 1:30-Therapeutic Exer. 4:15-5:15-Beg. Tap 6:15-8:45-Dance-R</p>	<p>8. 9:15-T'ai Chi 10:00-Executive Board 10:15-T'ai Chi 12:00-Causeries en Français 12:00-Lunch 12:45-Annual MSC Association Meeting 1:30-2:30-TRIAD Yellow Dot Registration 2:30-Chorus @ M.C.N.R. 5:45-7:45-Ballet I-R 6:30-9:00-TNT Quilters</p>	<p>9. 8:30-VNA East 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 1:00-Jewelry 1:30-Therapeutic Exer. 3:15-Senior Aerobics 5:45-7:45-Ballet II-R</p>
<p>10. 9:00-Yoga 10:00-Knitting, Crocheting 10:00-Scrabble 10:15-Zumba Gold 10:30-Reflexology 12:00-Lunch 12:45-Movie 1:00-Art Studio 2:00-T'ai Chi</p>	<p>11. Saturday ~~~~~ 12. Sunday</p>	<p>13. 9:00-Beg.'s T'ai Chi 9:30-Comm. on Aging 10:00-Sparkettes 10:00-Art Studio 10:30-Chorus @ Douglas Manor 11:00-Low Vision Group 12:00-Converson en Español 12:00-Lunch 12:30-Mahjongs 1:15-Mahjongs 3:15-Senior Aerobics</p>	<p>14. 8:30-Strength/Stability 10:00-Scrabble 10:00-Wii Bowl 10:00-Genalogy 12:00-Lunch 12:30-Lovely Old Bones 1:00-Bingo 1:30-Therapeutic Ex. 4:15-5:15-Beg. Tap 6:00-8:30-MS Spt. Group Flag Day</p>
<p>15. 8:30-VNA East 9:15 & 10:15-T'ai Chi 11:00-Blood Pressure 12:00-Causeries en Français 12:00-Lunch 2:00-Red Hatters 4:00-Annual Spring Banquet at Buchanan 5:00-Chorus @ Buchanan 5:45-7:45-Ballet I-R 6:00-8:00-Altrusa 6:30-9:00-Evening Quilting</p>	<p>16. 8:30-Strength/Stability 10:00-Sparkettes 10:00-Bridge w/Chinky 10:00-Wii Bowl 11:00-Conversations w/Betty 12:00-Lunch 12:30-Lovely Old Bones 1:00-Jewelry 1:00-Bridge 1:30-Therapeutic Exer. 3:15-Senior Aerobics 5:45-7:45-Ballet II-R 6:30-Caregiver's Support</p>	<p>17. 9:00-Yoga 10:00-Scrabble 10:00-Knitting/Crocheting 10:15-Zumba Gold 12:00-Lunch 12:45-Movie 1:00-Art Studio 1:00-Duplicate Bridge 2:00-T'ai Chi</p>	<p>18. Saturday ~~~~~ 19. Sunday</p> 

MONDAY

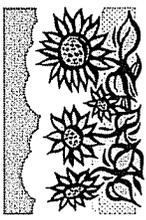
TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SAT. & SUN.

<p>20. 9:00-Beg.'s T'ai Chi 9:00-4:30-All Day Quilting Retreat w/Pat 10:00-Sparkettes 10:00-Art Studio 12:00-Conversación en Español 12:00-Lunch 12:30-Mahjongg 1:15-Mahjongg 1:00-3:00-Atty. Gates 3:15-Senior Aerobics</p>	<p>21. 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 Summer Begins</p>	<p>22. 9:15-T'ai Chi 10:15-T'ai Chi 12:00-Causeries en Français 12:00-Lunch 12:45-Fiber-How Much is Enough by TVCCA 5:45-7:45-Dance-R 6:30-9:00-TNT Quilters</p>	<p>23. 8:30-Strength/Stability 10:00-Sparkettes / Wii Bowl 10:00-Quilting w/Pat 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 5:30-6:30-Fit & Fun ~A Caribbean Evening ~5:45-Hawaiian Dinner ~6:30-7:30-Bruce John</p>	<p>24. 9:00-Yoga 10:00-Knitting, Crocheting 10:00-Scrabble 10:15-Zumba Gold 10:30-Reflexology 11:30-Lunch 1:00-T'ai Chi</p>	<p>25. Saturday ~~~~~ 26. Sunday</p>
<p>27. 9:00-Beg.'s T'ai Chi 10:00-Sparkettes 10:00-Art Studio 11:00-Probiotics 12:00-Conversación en Español 12:00-Lunch 12:30-Mahjongg 1:15-Mahjongg 3:15-Senior Aerobics 6:30-9:00-Condo Assn.</p>	<p>28. 8:30-Strength/Stability 8:30-Dr. Walter 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</p>	<p>29. 9:15-T'ai Chi 10:15-T'ai Chi 12:00-Causeries en Français 12:00-Lunch 12:45-Healthy Plate Club by Windham Hosp.</p>	<p>30. 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 5:30-6:30-Fit & Fun 5:45-KFC Dinner 6:30-Board Games</p>		<p>Other Days of Note: 2-Ascension Day 3-Jefferson Davis' Birthday 8-Shavuot 12-Children's Day 12-Pentecost-Whitsunday 15,17,18-Ember Days 23-Corpus Christi 24-St. John the Baptist</p>

August 3rd: Birthday Lunch w/One Accord
August 24th: Creamery Brook Presentation
August 31st: Fire Safety w/John
September 14th: How to Read a Food Label by TVCCA



July 4th: **Independence Day**—Center Closed
July 6th: Birthday Lunch w/ the Country Duo
July 13th: Hydration/Heatstroke by VNA East

July 18-22—enter closed for annual maintenance.

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

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

JUNE / JUIN / JUNI BIRTHDAYS

Birthstone: Pearl for Purity
Flower: Rose for Devotion



- 1 Arline Burkinshaw, Ellon Gillon, Glen Smith
Carol Smith, Rose Yuschalk, Irmgard Gilmartin
- 2 Eva Eaton, Raymond Kikas, Maureen Kirouac
Kay Zartun
- 3 Paul St. Marie, Philip Marcus
- 4 Martha Briggs, Annie Hall, Winthrop Hilding
Ethel Larkin, Alexander Rascona
- 5 Marie Brandenstein, Eleanor Jourdenis
Jean Ann Kenny, Judith Lulumiere
Kyung S. LeFrancois, Pearl Widmer
- 6 Cynthia Cleary, Lucille Eichner
Russell Martin, Zoma Spivak
- 7 Connie Faurot, Michael McHugh
- 8 Phylis Biederman, Doris Holmes, Paul Sawyer
Howard Vigneau, Annie Wallace, Stuart Sidney
- 9 Eileen Goodyear, Mary Rogers, Ronald Gingras
- 10 Charles Boster, Justy Gamache, Mary Haskell
Robert Peters, Tom Roberts, Mahmoud Melehy
Thomas Roberts
- 11 Richard Kehoe, Mildred Larkins
Florence Waxman, Roland Huard
- 12 Florence Bernier, Victoria DeWitt
Richard Gaynor, Anthony Kotula
- 13 Cynthia Carr, Elizabeth Doten
Ann Lucey, Shirley Nance
- 14 Albert Alfand, Shokat Taleghani
- 15 Ruth Bohr, Susan Carpenter, Albert Cohen
Greta Desai, Susan Burzynski, Ronald Drouin
Susan Burzynski, Arthur Welles, Judith Yorke
- 16 Merrill Cummings, Bruna Butler
Jeanne Dukess, Roland Legault
- 17 Leona Marcus
- 18 Elaine Brand, Terry Brown, Monica Elsemore
Beverly Mason, Lee Salina, Jeanne Theriault
- 19 Marcia Zimmer, Pearl Drouin, Sandra Smith
- 20 Roger Broberg, Lois Masterson
Hilda Stacoffe, Gladys Volkens
- 21 Marcella Booth, Beryl Griffin, Joe Romo
Joslyn Field
- 22 Celia Becker, Sandre Burbage, Doreen Philpotts
Joseph Provencher
- 24 Jane Smith
- 25 Ruth Herrmann, Janis Hoyle, Adolph Koniar
Margaret McCarron
- 26 Joyce Corriveau, Ann Marie Campbell
- 27 Diana Gross, Sally McKee, William Peters
- 28 Raymond Gergler, June Porter, Charles Searing
- 29 Carolee Kingsbury, Bill Gerdsen,
- 30 June Curtis, John Heizmann

**Happy Birthday to our May attendees:
John Berg & Howard Yorke**

My apologies to May Guttay for misprinting her name in the May Sparks birthday listing. ~ Linda



June 1st: "Mr. Magic"

July 6th: "Country Duo"

Cards

Duplicate Bridge: Friday, April 29, 2011

NS		
1. Paul Stetson & Phinadora Chankarboty		40.5
2. Floyd Bass & Donald Nolan		33
3. Jerry Shaffer & Omar Sheppard		31.5
EW		
1. Lillian Lawrence & Eileen Kopec		35.5
2. Carol Hewitt & Nancy Mathis		35
3. Doris LeDoyt & Anna McLain		28

Please Note:

Drawing Class with Bill Dougal
 will not meet for the months of
 June, July, and August.
 Class will resume September 7th.

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

Summer Hours (6/23-9/1):

Mon. - Wed., 8:30 AM - 4:30 PM

Thurs., 8:30 AM - 7:30 PM

Fri., 8:30 AM - 1:00 PM

*(Lunch served at 11:30 AM Fridays)***Senior Center 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.

Kick Off Our New Summer Hours!

"A Caribbean Evening"

featuring entertainer

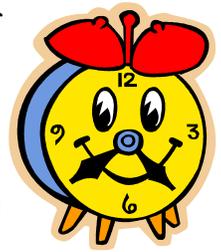
Bruce John*Thursday, June 23, 2011***6:30 — 7:30 PM****Dinner: (5:45 PM)****Hawaiian Pizza****Salad, Fresh Fruit, Juice**

**All for only
\$5.00
Payable with
Reservation**

(Deadline: June 20, 2011)

~ New Summer Hours at the Mansfield Senior Center ~

Yes, it's official! For the first time in the history of our Senior Center (I 'm pretty sure, anyway!), we will have different hours for the summer, beginning Thursday, June 23rd, to Thursday, September 1st. These new hours are as follows: Monday to Wednesdays: 8:30 AM to 4:30 PM; Thursdays: 8:30 AM to 7:30 PM; and Fridays, 8:30 AM to 1:00 PM. **Meals on these Fridays will be served at 11:30 AM.** For those of you who use the Dial-A-Ride, the office has been notified, and they know to pick you up before we close at 1:00 PM.



We will planning some new and different events, and possibly get a class or two going. If there is something you may be interested in, please feel free to see Cindy. We hope you will be able to join us, especially on Thursday evenings.

Some of our Thursday evening events include:

- Thursday, June 23rd: Caribbean theme program with Hawaiian pizza and entertainer Bruce John performing (*see article on side*). Deadline: June 20th.
- "Fit & Fun" Combo Exercise Group with Patty Thursday evenings from 5:30 to 6:30 PM, beginning June 23 to July 28. Five classes. \$25.00 residents; \$30.00 Non-residents. **Please sign up on the blue registration form.** This will be a sampling of different exercises that should please everyone.
- Thursday, June 30th: **Kentucky Fried Chicken Dinner** (choice of Original or Grilled recipe). \$7.00 per person payable with reservation by signing up in the Special Events book. Will include drink and dessert. Be sure to check off your choice of chicken recipe. Deadline: June 27, 2011.
- A possible special boxed dinner and movie night. Perhaps this year's winner of four Academy Awards "**The King's Speech.**"

Things will be heating up this summer, and we have air conditioning! We'll make you cool and comfortable, and offer a little fun, too.

Keep watching the Senior Center bulletin board for further information and additional events as they are scheduled!

Come on down and give us a try!

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

Wed., June 1: Turkey Shepherd's Pie
OR Egg Salad Plate

Thurs., June 2: Meatloaf w/Gravy

Fri., June 3: BBQ Pork Loin **OR**
Caesar Salad

Mon., June 6: Chicken Veracruz

Tues., June 7: Hungarian Goulash

Wed., June 8: Crusted Chicken Breast
OR Greek Salad

Thurs., June 9: Herb Crusted Pollock

Fri., June 10: Lazy Man's Lasagna **OR**
Tuna Salad Plate

Mon., June 13: Swedish Meatballs

Tues., June 14: Seafood Salad w/Bun

Wed., June 15: Penne & Meatballs **OR**
Caesar Salad

Thurs., June 16: Chicken Piccata

Fri., June 17: Tuna Noodle Casserole
OR Egg Salad Plate

Mon., June 20: Vegetable Lasagna

Tues., June 21: Spanish Stuffed Pepper

Wed., June 23: Lemon Pepper Pollock
OR Tuna Salad Plate

Thurs., June 24: Mustard Pork Loin

Fri., June 25: Sloppy Joe's w/Bun **OR**
Greek Salad

Mon., June 27: Chicken Dijonaise

Tues., June 28: Ritz Crusted Pollock

Wed., June 29: Italian Style Meatloaf
OR Egg Salad Plate

Thurs., June 30: BBQ Pulled Pork w/Bun

*Please indicate main meal or salad when
Completing your menus for the month.*

Moving for Better Balance - T'ai Chi Certified



Dr. Fuzhong Li, Sr., Researcher for the Oregon Research Institute, and Laddie Sacharko, Certified T'ai Chi Instructor

Laddie Sacharko was among area T'ai Chi instructors certified in the "Moving for Better Balance T'ai Chi" program for fall prevention that took place May 13, 2011, in New London, CT.

The program was developed as part of a study conducted by the Oregon Research Institute, funded by the Centers for Disease Control, aimed at reducing this chronic problem faced by seniors. The training was funded by the Aging Services Division of the CT Department of Social Services, organized by the CT Collaboration for Fall Prevention and ACHIEVE New London, coordinated by the Ledge Light Health District, and conducted by Dr. Fuzhong Li, program developer.

This Moving for Better Balance T'ai Chi program is evidence based, and recommended by CDC for community fall prevention programming. ORI senior researcher Dr Fuzhong Li was able to demonstrate a 55% reduction in rate of falls among some 250 seniors over the program course of 15 weeks. With health care costs associated with falls and related onset disease approaching \$20 billion annually (about \$35 million annually in CT alone), fall prevention has gained a

high level of attention among healthcare providers. In its 2010 revision of guidelines for fall prevention, the American Geriatrics Association and the British Geriatrics Association listed the #1 recommendation for fall prevention is exercise such as T'ai Chi.

Laddie Sacharko is currently conducting [continuing education training](#) for physical therapists, physical therapy assistants, occupational therapists, recreation therapists, and nurse practitioners. He also teaches T'ai Chi classes at the Mansfield Senior Center on Mondays, Wednesdays, and Fridays. Registration forms are available at the Senior Center.

Congratulations, Laddie!



**Scheduled Computer Classes
will begin in September.**

If you need assistance with a computer problem, or just have a question, please give us a call at 860-429-0262, ext. 7.

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

"Mac Club" at the Mansfield Senior Center. Call Frank Trainor at 860-429-0262, ext. 7, for more information. Please leave your name and phone number if you receive the voice mail.

MSCA's Spring Bazaar Results, Saturday, April 16, 2011

The Ways & Means Committee of the Mansfield Senior Center Association, Inc., wish to thank each and everyone that helped make the December Holiday Bazaar a success. Not only does that include the volunteers who assisted with set up, breakdown, clean up, etc., but also to the people that donated such nice items for this fundraiser. The breakdown is as follows:

White Elephant	267.65
Knitting/Crocheting	232.25
Jewelry	213.00
Food	172.50
Toys	163.90
Baskets	157.00
Quilting	140.75
Fine Goods	121.00
Pre Sale (White Elephant)	70.00
Post Sale (White Elephant)	108.00

TOTAL \$1,682.05

We wish to thank the following volunteers for their assistance. *(Please forgive us if we inadvertently left someone off the list, or if your name may have been misspelled (not done purposely).*

Member Volunteers

*Ursula Beschler
Judy Bigl
Will Bigl
Mona Clark
Alma E. Maldonado-
Cordner
Margaret Easton
Lucille Eichner
Estelle Elliott
Marilyn Gerling
Sam Gordon
Beryl Griffin
Polly Guhl
Alice Kolega
Elaine Kollet
Roberta Litoff
Oscar Litoff
Barbara & Forest
Nutini*

*Ruth Penevolpe
Carol Phillips
Marla Proset
Kathy Rule
Betty Savage
Jan Scottron
Nora Stevens
Cynara Stites
Paula Tate
Mary Thatcher
Howard Yorke
Judith Yorke*

Student Volunteers

*Stephanie Frye
Anne Machuga
Kelsey Mocodlo
Ilambaran Sivarajah
Suzi Thorman*

Volunteer Celebration

Special thanks to the MSCA volunteers that helped with lunch at the annual Volunteer Celebration on Wednesday, April 20th:

*John Adamcik, Bob Beaumont
John Berg, June Curtis
Frank Fontana, Mary Haskell
Emile Poirier
Llamaran Sivarajah
Frank Trainor*

And thank you to **all** our wonderful volunteers for **all** you do **all** year long!



Yarn Sale

every Friday in June,
9:00 AM to 12:00 PM,
from shed inventory.

NOTE:

The Knitting/Crocheting
Class will not meet
the months of July & August.

See you in September!

Attention All Sparks Subscribers

Now is the time to complete your Sparks subscription form and send it in. We are now in the process of transferring everyone on the mailing list to the same expiration date (July 1 to 30 June of each year). We are trying to make this as easy as possible for us and for you. Please, if you have any questions, call 860-429-0262, ext. 5, leave a message, and we will return your call. Thank you for your patience as we go through this new procedure.

Yes! Please renew my subscription!

Sparks Subscription

Date: _____ Phone: _____

Name: _____

Mailing Address: _____

Town: _____ ZIP: _____

Renewal: _____ New Subscription: _____

\$6.00 - 12 bulk issues or \$9.50 - First Class

Amount Enclosed: _____
(checks payable to: **M.S.C.A.**)

**Mansfield Senior Center
303 Maple Road
Mansfield-Storrs, CT 06268**

SENIOR SPARKS

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



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