



# SENIOR SPARKS

VOLUME 38 ISSUE 4    MANSFIELD SENIOR CENTER ASSOCIATION, INC.    APRIL 2012  
303 Maple Road, Storrs/Mansfield CT 06268    (860) 429-0262, ext. 5

\* President: Marilyn Gerling \* Vice President: Chuck Boster \* Secretary: Beverly Gotch \* Finance Officer: Don Stitts \* Treasurer: Wilfred Bigl  
\* Asst. Treasurer & Sparks Manager: Kathy Rule \* Travel: Judy Bigl \* Ways & Means Co-Chairs: Zoe Leibowitz & Betty Savage  
\* Program Planning: Estelle Elliott \* Member-at-Large: Sam Gordon \* Computer Co-Chairs: Mike Palmer & Don Stitts

## CRAFT - COLLECTIBLES SHOW

*at the Mansfield Senior Center*

**Saturday, April 21, 2012  
9:00 AM to 3:00 PM**

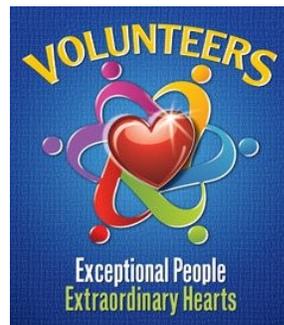
*Quilted Items, Vintage Dolls & Toys  
Vintage Jewelry  
Milk Glass, Linens, etc.  
Embroidered Items  
Handmade Jewelry  
& so much more!!*

*Yarn for sale, too!*

Lunch will also be available.

Come on down and see what lovely crafts and collectibles you will find!

***Everyone is welcome! Hope to see you!***



## Volunteer Celebration Day

**Wed., Apr. 18th  
Noon**

### Menu:

*Chicken Florentine, Rice Pilaf  
Peas & Carrots, Cup Cake  
Grape Juice, Milk, Coffee or Tea*

Mansfield Senior Center volunteers will be our guests for lunch (***you must sign up***). All others, suggested \$2.00 payable at door (***you must also sign up***). Please do this by Wed., Apr. 11th. Priority seating to volunteers. Please sign up with the receptionist at the front desk in the Special Events book. Thank you.



*A very special "Thank You" to  
Howard Raphaleson for all the delicious baked goods he has  
brought to the Mansfield Senior Center over the years.*

*These goodies not only satisfy our sweet tooth,  
but greatly support the Senior Center, too!*

*Thank you, Howard!*

***Volunteers Desperately Needed & Are Always Welcome!***

*A Note from Cindy Dainton—Senior Center Coordinator***HAPPY SPRING!**

Welcome to Spring! Pondering seems to be the action of the day. I wanted to thank everyone for all of their time and energy that is put into the Mansfield Senior Center. This month we will be celebrating all of the volunteers at the Center, but I also want to say a thank you to those who do things in the background, and we may never know who they all are. I really don't know who each and every person is, but from the bottom of my heart I say thank you!!

The entertainment for the birthday luncheons have been poorly attended with only 12 staying for the entertainment in February. After much discussion with staff and the MSCA Executive Board, it has been decided that the entertainment for the birthday luncheons will end with the birthday luncheon in June. If there is a time in the future that individuals would like to have the entertainment rescheduled, it would be considered provided that there is enough interest.

Thursday evenings at the Senior Center will resume in June and will be the first Thursday evening of the following months: June (7th), July (5th), August (2nd), and September (6th). A Chinese Dance troupe will entertain in June, and we are hoping that a local Chinese restaurant will assist us with a buffet. In July there will be a picnic and a movie. In August there will be a barbeque and a band. In September there will be a pot luck dinner and special entertainment. It promises to be a great summer at the Mansfield Senior Center, so please put the dates on your calendar. More information will follow.

Technically, spring began on March 20th when the center of the sun is directly over the equator. On this day, the sun crosses the equator and starts northward. As it travels north, its rays strike the northern countries more directly each day.

*A Note from Marilyn Gerling—President, M.S.C.A.*

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 comes over the sunlit arch,  
A wind comes off a frozen peak, and you're  
two months back in the Middle of March.

*Two Tramps in Mud Time (1936)*

Remember to sign up for the Volunteer Recognition program with lunch on Wednesday, April 25. We want to recognize **ALL** the wonderful volunteers.

On April 26, E.O. Smith is hosting a UConn dinner with seniors and students.. We need senior entertainment along with student entertainment. ***Please*** see Marilyn (or leave a message) if you'd like to entertain. More details are on page 12.

The Pre-Diabetes & Weight Loss class is scheduled for Wed., Apr. 25 (see page 4). Do you realize that if your blood sugar level is over 100 you may be at risk for pre-diabetes? There is still time to sign up!

The new socializing area where the computer desk was previously located has helped eliminate distraction at the reception desk. All change is threatening to some for a while, and I appreciate those who are adjusting to the transition. I'm hoping we might eventually have two computers in the alcove for senior use.

Are there other Wii games that you would like to have available at the Senior Center? See me or leave me a message. Before any are purchased, space and time constraints will need to be worked on with Cindy.

*(As of this writing, it sure feels like Spring today!)*

**ADVERTISEMENT SPACE**

## MISCELLANY

## Thank You

Many thanks to John Adamcik, Sue Carpenter, June Curtis, Beryl Griffin, Sam Gordon, Alice Jansen, and Phyllis Keyes for collating the March issue of *Sparks*. *Thanks so very much!*

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

Henry C. Millman  
Pamela Vetre



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!

## Sparks Submissions

Please submit your articles for the May issue of *Sparks* by April 11th. Thank you.

## IN MEMORY OF

JEAN TICHY  
DAVID HALL  
LUCY ANTHONY

## Senior Hobby Display Case

*Share your talent!*

Please call Cindy if you have items you would like to display.

## TRAVEL DESK



The Travel Desk welcomes you to join us on our 2012 bus trips.

Hours are Monday to Friday, 10:00 AM to noon. Please call 860-429-0262, ext. 6, or 860-429-0180.

\*\*All trips leave from the South Eagleville Fire Department, Rt. 32, Mansfield, CT.

\*\*All payments must be received two weeks prior to the trip date and checks must be made out to: **MSCA**.

Tuesday, May 8th: **"Buddy Holly Tribute"** at the Log Cabin with a stop at the Christmas Tree Shop. Trip includes luncheon of stuffed sole or pork loin, dessert, and a petite bottle of wine. \$94.00 pp. Departs: 8:00 AM. Deadline: April 24th.

Thursday, June 14th: **"The Singing Trooper"** at the Katherine Hepburn Theatre, Old Saybrook Morning Show, then on to the Mohegan Sun for lunch and a free casino bonus. \$59.00 pp. Departs 9:00 AM; returns 6:00 PM. Deadline: May 31st.

Thursday, July 12th: **"Newport Playhouse with Lobsterfest Menu."** Play: **"The Kitchen Witches."** \$86.00 pp. Deadline: June 28th.

Tuesday, August 14th: **"Odyssey Luncheon Cruise on Boston Harbor."** Elegant luncheon. Two and 1/2 hour Boston Harbor cruise with musical entertainment. \$79.00 pp. Deadline: July 31st.



Tuesday, September 18th: **"Grand Ole' Opry"** at the Log Cabin with stop at Christmas Tree Shop. Luncheon menu of Southern fried chicken, dessert, and petite bottle of wine. \$94.00 pp. Departs 8:00 AM. Deadline: September 4th.

Wednesday, October 24th: **"Germanfest"** at Historic Williams Inn in Williamstown, Mass. All you can eat German buffet, with German beer and wine by the glass. German entertainment and lot's of fun! \$76.00 pp. Departs 8:30 AM; returns 6:00 PM. Deadline: October 10th.

Wednesday, November 7th: **"Patsy Cline Tribute"** at the Log Cabin with stop at the Christmas Tree Shop. Complete luncheon of Chicken Francaise and Pork Dijonnaise a with petite bottle of wine. \$94.00 pp. Departs 8:00 AM. Deadline: October 24th.

\*\*Ride **FREE** on our trip to **Mashantucket Pequot Museum on Wednesday, May 16th.** Sign up early as seats are limited on Dial-A-Ride leaving Mansfield Senior Center at 9:00 AM. \$15.00 entrance fee with guide. Lunch on your own. See sign up sheet at the Travel Desk. Must pay at the Museum. Approximate return time will be 4:00 PM.

**TRAVEL COORDINATOR  
VACANCY**

**Hours 9:00 AM to 12:00 PM  
Monday and/or Friday**

A great way **to meet people!**

**Free Trip** for Coordinator!

Lots of **fun, entertainment,**  
and **good food!**

**For more information,  
contact Judy at 860-429-0180.**

**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 Members,

Last month I began with what will be a series of information regarding Emergency Preparedness. I asked that you call your insurance agent and learn if you are insured properly. Do you have insurance for flood damage or replacement of spoiled food? I spoke about making a list or video of contents in your home. Did you record the name and telephone number of the insurance company you do business with? Ready, set, go ... make preparations in the event that you may have to evacuate your home. Plan ahead and let family, friends, or neighbors know your plans. Will you meet at another family member's house; will you go to a hotel; stay with friends? Let others know in advance what your plans are to alleviate unnecessary panic or concern. Be sure to have important documents such as driver's license, important telephone numbers, Social Security/Medicare cards, prescriptions, medical records, insurance policies, and a home inventory list. Try and fill your gas tank before an emergency occurs and remember to have ready cash on hand if ATM's and

banks are closed. You may also have to make plans for a pet. Equipment, food, and medicine will also be a concern. Know in advance what shelters are being made available and be prepared to bring items of necessity for your support. Many seniors do not have a cell phone; you might want to consider purchasing a cell phone with prepaid time and keep it charged for such an emergency. Friends and family members will be relieved that they can reach you if such an emergency exists!

Congressman Joe Courtney is visiting the Mansfield Senior Center on Thursday, May 3<sup>rd</sup> at 1:00 PM, along with an attorney from the Center for Medicare Advocacy. They will present information on the future of Medicare. As many of you know, it has become very difficult to find a doctor in this area to accept new Medicare patients. We need help! What can we do? Come and learn!

Peace,  
Barbara Lavoie



**Windham Hospital Nutrition Department Program**

Wednesday, April 25th,  
1:00-3:00 PM

**“Pre-Diabetes and Weight Loss Seminar”**

\$30.00 payable to Windham Hospital

You **must** pre-register with Kathy Yaffee at 860-429-0262, ext. 4., by Wednesday, April 18th.

**Conversation with Betty Heiss, MSW**

The first Thursday of the month at the Mansfield Wellness Center 11:00 AM

**Thursday, April 5th:**

**“Beginnings: World-Wise & Other-Wise”**

*Everyone welcome for this friendly, lively discussion.*

**Joe Courtney**

*at the Mansfield Senior Center*

**Thursday, May 3rd, 1:00 PM**

Information on Medicate!

**Save the date!**

ADVERTISEMENTS

**WELLNESS PROGRAMS & SUPPORT GROUPS**

*Please call Kathy Yaffee at 860-429-0262, ext. 4, 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. Thursday, April 12th, & Wednesday, April 18th.

**BLOOD PRESSURE SCREENINGS** on the first & third Wednesday of each month at 11:00 AM, offered by Interim Health Care. No appointments necessary for these free screenings. April 4th & 18th.

**CAREGIVER'S SUPPORT GROUP** with Barbara Lavoie every third Thursday at 6:30 PM. The group will meet on April 19th. Please call Barbara at 860-429-0262x1, for further information.

**ELDERCARE LAW** with Attorney Gates from CT Legal Services provided free to people 60 years or older, Monday, April 23rd, 1:00-3:00 PM. Please call Kathy Yaffee for an appointment.

**FOOTCARE** with Dr. Walter, Podiatrist, Tuesday, April 3rd and April 24th, 9:00 AM. Medicare will be billed if you are eligible. Dr. Walter carries Dr. Comfort shoes, including M/C Diabetic shoes. Call Kathy for your appointment.

**LOW VISION SUPPORT GROUP** with Barbara Lavoie the second Monday of each month from 11:00 AM to 12:00 PM. The next meeting is Monday, April 9th.

**MASSAGE THERAPY** with Faith Manning the first and third Mondays of the month, payable to Faith. Please make your appointment with Kathy Yaffee. April 2nd and 16th.

**M.S. SUPPORT GROUP** meets the second Tuesday of each month in the Craft Room from 6:30 to 8:00 PM. The next meeting is April 10th. Please contact Susan Gavitt at 860-423-7413 for further information

**REFLEXOLOGY** every other Friday at 10:00 AM, with Therese John, still only \$15.00, payable to Therese John. April 13 & 27. Please call Kathy Yaffee for an appointment.

**UConn School of Dental Medicine**

*presents at the Mansfield Senior Center*

**Friday, April 13th, 1:30-2:30 PM**

**“SMILING SENIORS”**



Smiling Seniors is an interactive oral health education program. As an interdisciplinary team with the use of visual aids and a “Wheel of Fortune” game, they teach seniors about the importance of oral health and describe conditions specific to the seniors’ needs. They describe the role of nutrition, medications, and proper oral hygiene in affecting oral health and how that can affect overall wellness.

**Topics Addressed:** tooth decay, gum disease, denture care, diabetes, arthritis, dry mouth, nutrition, and exercise.

**Handouts for Seniors:** soft bristled toothbrushes, regular and sensitive toothpaste, toothbrush handle adaptors, floss, sugar-free hard candy, denture cleaner, dry mouth mouthwash, artificial saliva, and educational pamphlets.

Free brochures are available next to the My Senior Center swipe in station. *Hope to see all your smiling faces there!*

**Mansfield Housing Rehabilitation Loan Program**

This program works by offering eligible Mansfield residents loans at a 0% interest rate to receive technical and financial support to repair their homes. The Town would place a lien in the amount borrowed on your deed. Upon sale or refinance of your property, the Town would get repaid the original amount and then that money goes back into the community into another home.

If you meet the Low to Moderate Income (LMI) Household Qualifications of Mansfield set by the Department of Housing and Urban Development (HUD), and you are interested in applying to the waiting list for funding from this program, please fill out the appropriate application (available at the Senior Center) or by contacting Jessie Shea at 860-429-3330 in the Planning and Development Office.

**LMI HOUSEHOLD QUALIFICATION GUIDELINES**

<b>SINGLE</b>	<b>\$45,500</b>	<b>5 PERSONS</b>	<b>\$70,200</b>
<b>2 PERSONS</b>	<b>\$52,000</b>	<b>6 PERSONS</b>	<b>\$75,400</b>
<b>3 PERSONS</b>	<b>\$58,500</b>	<b>7 PERSONS</b>	<b>\$80,600</b>
<b>4 PERSONS</b>	<b>\$65,000</b>	<b>8 OR MORE</b>	<b>\$85,800</b>

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

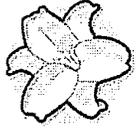
**SAT. & SUN.**

**2.**  
 9:00-11:00-Tax Assist.  
 9:00 -T'ai Chi  
 10:00-Sparkettes  
 10:00-Art Studio  
 10:00-Computer Help  
 12:00-Lunch  
 1:00-Mahjongg  
 1:00-Beg.'s Tap  
 1:00-Massage Therapy  
 1:00-3:00-Tax Assist.  
 1:00-Chorus  
 3:15-Senior Aerobics

**3.**  
 8:30-Strength/Stability  
 9:00-Dr. Walter  
 10:00-Scrabble  
 10:00-Wii Bowl  
 10:00-Ways & Means  
 10:30-Watercolors Class  
 12:00-Lunch  
 12:30-Lovely Old Bones  
 1:00-Bingo  
 1:30-Therapeutic Exer.  
 2:30-Computer Comm.

**4.**  
 9:00-11:00-Tax Assist.  
 9:15 & 10:15-T'ai Chi  
 9:30-Writing Group  
 10:00-Visit w/Children  
 11:00-Blood Pressure  
 12:00-Causeries en Français  
 12:00-*Birthday Lunch*  
 12:45-*"Sparkettes"*  
 1:00-3:00-Tax Assist.  
 6:30-9:00-Evening  
 Quilting w/Pat

**5.**  
 8:30-Strength/ Stability  
 10:00-Sparkettes  
 10:00-Wii Bowl  
 10:00-Bridge w/Chinky  
 10:00-Quilting w/Pat  
 11:00-Conversation w/Betty  
 12:00-Lunch  
 12:30-Lovely Old Bones  
 1:00-Bridge  
 1:00-Jewelry  
 1:30-Therapeutic Exer.  
 3:15-Senior Aerobics

**6.**  
**Good Friday**  
  
**Center Closed**  
*Passover Begins  
 at Sundown*

**7. Saturday**  
**Passover**  
 ~ ~ ~ ~ ~  
**8. Sunday**  


**9.**  
 9:00-11:00-Tax Assist.  
 9:00 -T'ai Chi  
 10:00-Sparkettes  
 10:00-Art Studio  
 10:00-Computer Help  
 11:00-Low Vision Group  
 12:00-Lunch  
 1:00-Mahjongg  
 1:00-Beg.'s Tap  
 1:00-3:00-Tax Assist.  
 1:00-Chorus

**10.**  
 8:30-Strength/Stability  
 10:00-Scrabble  
 10:00-Wii Bowl  
 10:00-Genealogy  
 10:30-Watercolors Class  
 12:00-Lunch  
 12:30-Lovely Old Bones  
 1:00-Bingo  
 1:30-Therapeutic Exer.  
 6:30-8:00-M.S. Support

**11.**  
 9:00-11:00-Tax Assist.  
 9:15 & 10:15-T'ai Chi  
 9:30-Writing Group  
 10:00-Executive Meeting  
 12:00-Causeries en Français  
 12:00-Lunch  
 12:45-Movie:  
*"A League of Their Own"*  
 1:00-3:00-Tax Assist.  
 5:45-7:45-Ballet-R  
 6:30-9:00-TNT Quilters

**12.** 8:30-VNA East  
 8:30-Strength & Stability  
 10:00-Sparkettes  
 10:00-Wii Bowl  
 10:00-Bridge w/Chinky  
 10:00-Quilting w/Pat  
 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-R

**13.** 9:00-Yoga  
 10:00-Scrabble  
 10:00-Knitting &  
 Crocheting  
 10:00-Reflexology  
 10:15-Zumba Gold  
 10:30-*Coffee & Ideas*  
 11:00-Brain Aerobics  
 12:00-Lunch  
 1:00-Art Studio  
 1:00-T'ai Chi  
 1:30-*Smiling Seniors :)*

**14. Saturday**  
**Passover Ends**  
 ~ ~ ~ ~ ~  
**15. Sunday**

**16.**  
 9:00-T'ai Chi  
 10:00-Sparkettes  
 10:00-Art Studio  
 10:00-Computer Help  
 12:00-Lunch  
 1:00-Mahjongg  
 1:00-Beg.'s Tap  
 1:00-Chorus  
 1:00-Massage Therapy  
 1:00-Program Planning  
 3:15-Senior Aerobics  
 5:45-9:00-Ballroom-R

**17.**  
 8:30-Strength/Stability  
**9:00-1:00-AARP Safe  
 Driving Course**  
 10:00-Scrabble  
 10:00-Wii Bowl  
 10:30-Watercolors Class  
 12:00-Lunch  
 12:30-Lovely Old Bones  
 1:00-Bingo  
 1:30-Therapeutic Ex.  
 6:15-9:00-Dance-R

**18.** 8:30-VNA East  
 9:15 & 10:15-T'ai Chi  
 9:30-Writing Group  
 11:00-Blood Pressure  
 12:00-Causeries en  
 Français  
 12:00-**Volunteer  
 Celebration Day**  
 2:00-Red Hatters  
 5:45-7:45-Ballet-R  
 6:30-9:00-Evening  
 Quilting w/Pat

**19.**  
 8:30-Strength & Stability  
 10:00-Sparkettes  
 10:00-Wii Bowl  
 10:00-Bridge w/Chinky  
 10:00-Quilting w/Pat  
 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-R  
 6:30-Caregiver's Support Grp.

**20.**  
 9:00-Yoga  
 10:00-Scrabble  
 10:00-Knitting &  
 Crocheting  
 10:00-Photo Club  
 10:15-Zumba Gold  
 11:00-Brain Aerobics  
 12:00-Lunch  
 1:00-Duplicate Bridge  
 1:00-Art Studio  
 1:00-T'ai Chi

**21. Saturday**  
**Crafts-Collectibles  
 Show**  
**9:00 AM to 3:00 PM**  
 ~ ~ ~ ~ ~  
**22. Sunday**  
 **Earth Day**



**APRIL BIRTHDAYS**

*Birthstone: Diamond  
Flower: Sweet Pea/Daisy*

- 1 Anna Cosenza, Betty Heiss
- 2 Ruth Gunn
- 3 Zhu Nanqing
- 4 Jim Campetelle, Joy Capizi  
Shirley Dole, Marilyn Gerling, Anna McLain  
Ronald Nichols
- 5 Judy Sutherland
- 6 Ruth Reichel, Francis Storrs
- 7 Ione Dupre, Sylvia Poirier, Roxanne Steinman
- 8 James Everett, Josef Gugler, Elen Macy  
Marge Rascona, Jacqueline Sachs  
Marion Varga, Lois Young
- 9 Mary Alassi, Anna Lyman
- 10 Sandra Hoyt, Frank McNabb  
Kenneth Randolph, Florence Tracy
- 11 Mary Black, Evelyn Griffin, 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, Bev Gotch
- 16 Doris LeDoyt, Barbara McCollum  
Virginia Shepardson
- 17 Larry McDougal, William Petix
- 18 Rejeanne Chanski, Hamilton Holt  
Christian von Rosenvinge
- 19 Hazel Kehoe, Jill Legault  
David Michaels, Yang Tu
- 20 Dorothy Begin, Eleanor Benedix  
Linda Boucher, John Brodeur
- 21 Earl Clark, Lorraine West
- 22 April Ford, John Freudenstein
- 23 Charles Harakaly, Carl Johnson  
Jane Popeleski, Kathleen Wright
- 24 Jean Cagianello, Anita Stygar
- 25 Eleanor Wilcox, Anna Kouatly
- 26 Maureen Santora, Theodore Weber
- 27 Nancy Broberg, Janine Gugler, Vernon Lamb  
Edward Meyers, Stephanie Tepley
- 28 Constance Anderson, Brenda Eddy  
Marilyn Greenleaf, Lipyong Kim, John Misale  
Dori Randmetz
- 29 Marie Adesso, Caroline Costello  
Irma Foley, Jerry Simons
- 30 Rose Ferreri



*Happy Belated Birthday Wishes  
to John Adamcik, February 6th.*

*I know you said not to do this,  
but I could not help myself!  
:)*



**March Birthday Attendees:**  
*Jan Scottron & Dorothy Lauritzen*

**Future Birthday Luncheons:**

**May 2nd: "Sign of the Times"**

**June 6th: "Beethoven's Chorus"**

<b>Cards</b>	
<b>Duplicate Bridge: February 17, 2012</b>	
<b>NS</b>	
1. Jerry Shaffer & Paul Stanton	47
2. Paula Tate & Mary Shinoski	43.5
3. Helen Collins & Rita Pollack	40.5
<b>EW</b>	
1. Doris LeDoyt & Anna McLain	55.5
2. Betty Savage & Munniell	46.5
3. Andrea Marshall & Noreen Steele	39.5



**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**Hours:** Monday to Friday  
8:30 AM to 4:30 PMSenior 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, &amp; 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.**BLUEBERRY STUDY**Blueberries must be ordered by  
**Thurs., May 10th, 11:00 AM****NO EXCEPTIONS!**Blueberry pick-up is  
**Fri., May 18th, 11:00-11:30 AM****Blueberries are available to study participants only; however, you may become a new participant in the study by contacting Howard Raphaelson.****Keep an Eye Out!****Trader Joe's/  
West Farms Mall Trip**Mid to Late April-Watch for Flyers!  
(Rescheduled from Mar. 13th.)

Need six minimum for trip to go.

**Trader Joe's:** specialty retail grocery store-fruits & veggies, breads, coffees**West Farms Mall:** Hi-end shopping experience-

Macy's, Apple Computer Store, &amp; more

**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, 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**

Mon. Apr. 2: Sweet & Sour Chicken  
Tues., Apr. 3: Ritz Crusted Fish  
Wed., Apr. 4: Tuscan Beef Stew  
Thurs., Apr. 5: Herb Crusted Chicken  
Fri., Apr. 6: **Good Friday—Closed**

Mon. Apr. 9: Herb Roasted Pork Loin  
Tues., Apr. 10: Baked Ziti w/Sausage  
Wed., Apr. 11: Chicken Oreganata  
Thurs., Apr. 12: Beef Chili w/Noodles  
Fri., Apr. 13: Cheeseburger Casserole

Mon. Apr. 16: Meatloaf w/Gravy  
Tues., Apr. 17: Lemon Crusted Fish  
Wed., Apr. 18: **Volunteer Celebration**  
~ Chicken Florentine ~  
Thurs., Apr. 19: Glazed Pork Loin  
Fri., Apr. 20: Crispy Baked Chicken

Mon. Apr. 23: Eggplant Rolette  
Tues., Apr. 24: Maple Pork Loin  
Wed., Apr. 25: Sloppy Joes w/Bun  
Thurs., Apr. 26: Baked Chicken  
Fri., Apr. 27: Mexican Baked Fish

Mon. Apr. 30: Chicken Dijonaise

**Menu is subject to change.****Please  
Join Us!****Speak Up! Speak Out!**

\* \* \* \*

Do you have any comments, articles, a favorite poem, etc., you would like in the *Sparks*? Please see Kathy Rule, or leave a message at 860-429-0262, ext. 5. She will return your call as soon as she can. Thank you.

***We always welcome volunteers!***

We would like to thank Cynara Stites for the microwave she donated for our Wellness Center, to all the people who have been bringing in candy (yum), and to everyone who have been donating lovely greeting cards for our card display, and books for our library. What would we do without kind people like you!

**~ Spring Bazaar ~****Saturday, May 19th  
9:00 AM to 1:00 PM***at the Mansfield Senior Center*

Set aside the date, May 19th, to celebrate spring. We're going to have the mother of all fund raisers! Think about which of your wonderful white elephants, plants, crafts, etc., you are ready to part with.

Plan to join us for some fun shopping and yummy refreshments. All proceeds will go to help our Senior Center serve you better. We can accept things Tuesdays from 9:00 AM to 1:00 PM, or call Estelle at 860-429-1685 to make other arrangements.

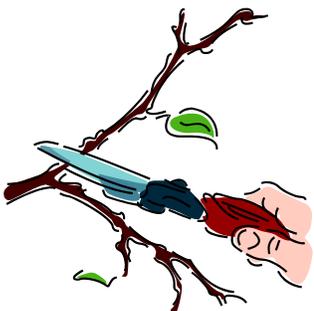
## The Art of Pruning by Denise Ashworth—The Writing Group

There are many reasons why we prune our trees, shrubs, and woody perennials. One of the main reasons is to maintain the health of our plants, as well as the shape and size of a particular plant, so it does not outgrow its allotted space in a border. Another reason is to help rejuvenate or re-condition an older, overgrown tree or shrub. This plant may also have suffered damage due to wind, ice, or weather that is in need of correction. Another excellent reason is to increase blossoming. Every time we pinch back one of our woody plants, this induces branching below the following year, and this in turn provides additional opportunities for blossoms to appear.

Regular maintenance pruning is extremely important in keeping your plants healthy and attractive throughout the year. It is wise to remove flowers going to seed. Cut back vigorous new growth to encourage the plant to branch low. Remember to take into account the specific growth habits of each plant.

If you are re-conditioning a shrub or tree, you should first remove all the old, weak, or diseased wood; then cut back all the promising, vigorous, healthy wood to encourage branching. Lastly, you should thin the sucker growth, but keep enough new shoots on which new wood will grow.

### How to Prune:



First we need to have in our mind a clear picture of how we want this particular tree or shrub to look. If it is part of a hedge, you will want it to remain part of a dense, uniform barrier. You will want to shape it, so light reaches the base on both sides. This often means keeping the tip narrower than the base. It is best to trim a hedge at least once a year. If you are pruning a flowering shrub, you have to keep two things in mind. Prune to induce a regular, good crop of flowers, and also to keep the shrub looking

attractive all year long. To do this, you should remove any old, weak wood and many of the basal sprouts, so that mature growth will have every advantage at flowering time. If the shrub is out-growing its allotted space, you may have to trim its height and size a little so it keeps its preferred height and shape in the shrub border.

When pruning evergreens, your goal should be to strengthen them to resist wind and weather, and to maintain their form and vigorous health. If you are pruning a branch on a tree, be sure to make a clean, steep, slanting cut, about 1/4 inch away from a bud.

The Writing Group meets each Wednesday, 9:30 AM, at the Mansfield Senior Center. All are welcome to attend this free group.

## WATERCOLOR PAINTING



**Have fun painting.** Develop skills in form building, wet-on-wet, dry brush texture, shading, etc. All levels. Starts with easy exercises. **Instructor: Bill Dougal.** Tuesdays at 10:30 AM, April 3 to 24. Four classes. \$24.00 residents; \$28.00 non-residents.

**SAVE THE DATE,  
BUT SIGN UP NOW!**

**All Day Quilting Retreat** with Pat Ferguson at the Mansfield Senior Center on Monday, May 7th, 10:00 AM to 4:30 PM. Quilt all day on projects of your choice with Pat as your "Quilting Coach." \$30.00 residents; \$35.00 non residents.

### *Let's Play!*

The Moms Club of Mansfield/Coventry will be bringing in some of their children to the Mansfield Senior Center on Wednesday, April 4th, from 10:00 AM to noon, to spend some time with our seniors. One of the activities planned will be a bean bag toss. The kids just love doing this, and we hope our seniors will come out to play!



**MSCA Computer Learning Center — MAY Classes**

\* **Free help for PC users** with Dan Gebben every Monday from 10:00-11:00 AM in the Computer Lab.

\* **Free “Photo Club”** with Dan Gebben every first and third Friday of the month in the Computer Lab from 10:00 AM to noon. This is an ongoing club, and all are welcome to attend.

\* **FREE “Mac Club”** at the Mansfield Senior Center. Call Frank Trainor or Mike Palmer at 860-429-0262, ext. 7, for more information. Please leave your name and phone number.

*(The following courses are \$10.00, payable with registration at the Mansfield Senior Center. If you have any questions, please call the Computer Lab at 860-429-0262, ext. 7, and leave your name and number.)*

**Internet Class** with George Jones Mondays, 9:00-11:00 AM, May 7, 14, & 28. Prerequisite: Introduction to Computers or equivalent. Electronic communication through e-mail. Searching for information via the world-wide web.

**Introduction to Computers** with Dan Gebben Tuesdays & Thursdays, 10:00 AM to 12:00 PM, May 22, 24, 29, 31, & June 6. Areas to be covered include basic computer use, mouse control, games, folders and files creation, word processing, saving and deleting, E-mail, Skype, Facebook, Internet usage, purchasing a computer, troubleshooting, maintenance, and the media player.

**Excel** with Mike Beschler Tuesdays & Thursdays, 9:00 AM to 12:00 PM, May 8, 10, 15, & 17. Prerequisite: Introduction to Computers or equivalent experience. In Excel, you create a document that can automatically perform all of the mathematic functions (addition, division, multiplication, and subtraction) by just entering the data. For example, a check register would allow you to enter only the date, the payee, and the amount. The current balance would be calculated automatically by formulas you have constructed to suit your circumstances. But Excel can also manipulate data such as names and telephone numbers. By entering a name, a document can automatically look up the phone number, address, and other information previously entered into a table. In this course, you can learn how to work with numbers and data.

**Where’s Waldo?!**

Find the hidden item listed below somewhere in this issue, and send in the answer on the entry form to: Mansfield Senior Center/MSCA, 303 Maple Road, Storrs CT 06268, by April 9th, or drop in the box at the Front Desk, in order to qualify for the drawing. At the end of that day, we will draw one name from all of the correct entries, and that person will win a free lunch on the Association at the Mansfield Senior Center.

<b>“Hidden Item” Entry Form</b>	
<b>Name:</b>	_____
<b>Phone #:</b>	_____
<b>Correct Page &amp; Answer #:</b>	_____
<b>Hidden Item: the item</b>	

The April winner will be announced in the May issue of *Sparks*. Please, only one entry per person. Good luck!

March’s winner:  
**Phyllis Keyes**  
*Congratulations!*

**A.A.R.P. Information**

**A.A.R.P. Driver Safety Courses**  
*taught by Lynne White,*  
*District Coordinator*

*at the Mansfield Senior Center*

**April 17 & Nov. 13, 2012 -**  
**9:00 AM to 1:00 PM**

*\$12.00 A.A.R.P. members;*  
*\$14.00 non-members*

Payable to the class instructor at the time of the course. However, please call the Mansfield Senior Center at 860-429-0262, ext. 0, to sign up. Classes limited to 25 each, so please sign up early!

**TAX-AIDE ASSISTANCE**

A.A.R.P. 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 860-429-0262, ext. 0, to schedule an appointment with a certified Tax-Aide counselor. Walk-in’s will also be welcome. The tax assistance schedule is:

**Mondays & Wednesdays,**  
**February 1st to April 11th**

**9:00 to 11:00 AM and**  
**1:00 to 3:00 PM**



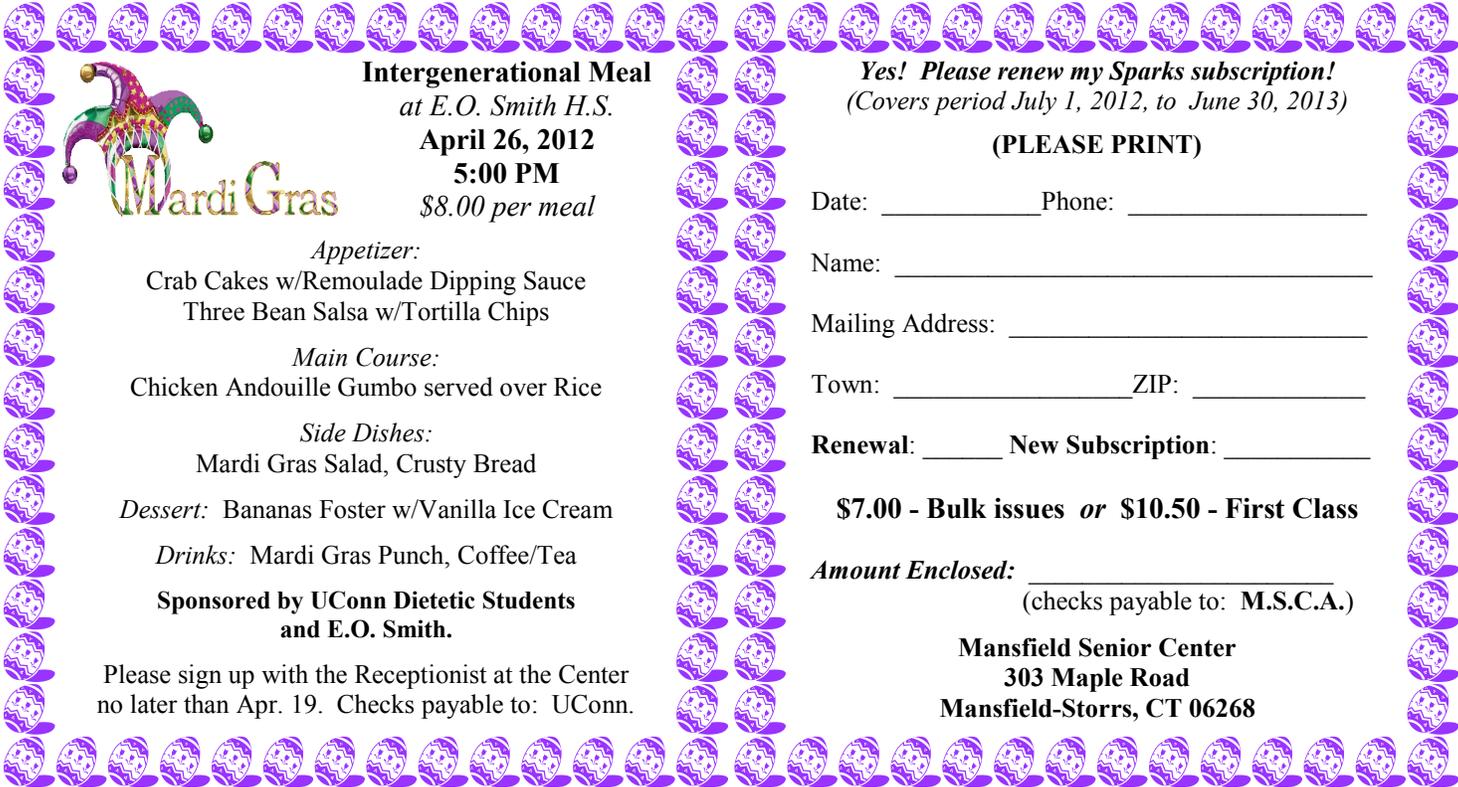
**Don’t Strike Out!**

Join Us for Lunch at Noon  
followed by

**“A League of Their Own”**

Wednesday, April 11th, 12:45 PM

Two sisters join the first female professional baseball league and struggle to help it succeed. Starring Tom Hanks, Geena Davis, Madonna, Lori Petty, and Jon Lovitz. Rated PG.



**Intergenerational Meal**  
at E.O. Smith H.S.  
**April 26, 2012**  
**5:00 PM**  
\$8.00 per meal

*Appetizer:*  
Crab Cakes w/Remoulade Dipping Sauce  
Three Bean Salsa w/Tortilla Chips

*Main Course:*  
Chicken Andouille Gumbo served over Rice

*Side Dishes:*  
Mardi Gras Salad, Crusty Bread

*Dessert:* Bananas Foster w/Vanilla Ice Cream

*Drinks:* Mardi Gras Punch, Coffee/Tea

**Sponsored by UConn Dietetic Students  
and E.O. Smith.**

Please sign up with the Receptionist at the Center  
no later than Apr. 19. Checks payable to: UConn.

**Yes! Please renew my Sparks subscription!**  
(Covers period July 1, 2012, to June 30, 2013)

**(PLEASE PRINT)**

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**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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