



SENIOR SPARKS

VOLUME 38 ISSUE 6 MANSFIELD SENIOR CENTER ASSOCIATION, INC. JUNE 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: Betty Savage * Program Planning: Estelle Elliott
* Member-at-Large: Sam Gordon * Computer Co-Chairs: Mike Palmer & Don Stitts

*Mansfield Senior Center
Association, Inc., presents its*

37th Annual Banquet

*Wednesday, June 20th
at the Mansfield Senior Center*

11:15 AM—Appetizers
12:00 PM—Dinner
12:45 PM—Entertainment
by our MSC Chorus

Menu:

*Turkey & Stuffing
Mashed Potatoes & Gravy
Green Beans, Roll
Pie, Beverage*

\$10.00 per person
payable with
reservation no later
than June 13th.

Checks payable to: MSCA



Thursday Evenings Begin Again
at the Mansfield Senior Center!

*June 7th, July 5th
August 2nd, & September 6th*

Thursday, June 7th:

5:30 PM-Dinner prepared by
Chang's Gardens

Appetizers: Beef on a Stick
Egg Rolls
Dumplings (both pork or vegetable)

Entre: (choice of one only)
General Tso's chicken
Beef with String Beans
Sweet & Sour Pork

Dessert, Fortune Cookies, & Beverage



followed with
entertainment by a
Chinese Dance Troupe

\$10.00 payable with
reservation to: MSCA,
no later than June 5th,
12:00 PM.



Many thanks to all who worked so hard to
make the Spring Bazaar a success.
We truly appreciate all of you!

*A Note from Cindy Dainton,
Senior Center Coordinator*

HAPPY SUMMER!

There are so many great activities happening at the Senior Center this month. Please take extra special care in reading this issue. Thursday evenings will start on June 7th. Please find information further in *Sparks*.

I have several "thank you" to mention. Thank you to the Association for their two generous gifts -- first was the big screen television that is now located in the Dining Room. Special thanks to Will Bigl and Kevin Grunwald for purchasing the television and delivering it to the Center, as well as Mansfield Facilities Management for the terrific installation. The second thank you to MSCA is for assisting the Town of Mansfield with paying for the beautiful sign out in front of the Senior Center, making us more visible to the community. I would also like to take the opportunity to thank Elizabeth Huebner for the donation through her son, Matthew Freake, of a reconditioned iphone for use with the Sparkettes. A final thank you to Dan & Judy Gebben for the donation of two gently used Kindles for use at the Senior Center.

IT'S COMING! There will be a special week in September in honor of National Senior Center Month. Save September 9th through the 15th, on your calendar. More details to follow.

The history of **Flag Day** is a matter of debate. There are many claims of local citizens organizing city and state-wide observations of Flag Day. In 1916, President Wilson issued a proclamation asking for June 14th to be observed as the National Flag Day. But it wasn't until August 3, 1949, that Congress approved the national observance, and President Harry Truman signed it into law. (<http://flagetiquette.us/us-flag/flag-day-history>)

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

June is busting out all over!

We had a very special intergenerational dinner at E.O. Smith High School on April 25th. Two neighbors who loved it were with me for their first time attending this affair. Because it was a great evening, I want you to know more about it if and when the opportunity comes up again next year.

The dinner is planned, prepared, and served by UConn Dietary students as a project to complete their class obligations. It is held at E.O. Smith High School with Peer Natural Helpers and additional students sitting with seniors. It is such fun to converse with them! The cafeteria is transformed into a lovely dining area with decorated tables. The theme this year was Mardi Gras.

After dinner the entertainment began with the E.O. Smith drum team doing a toned down drum roll in the gym. We followed them to the Music Room where seniors and E.O. Smith students participated in fantastic entertainment. It was an evening to remember! Thanks to Gwen Duff & family, Ellie and Ted Lamb, Sue Carpenter, Al Swanson, Sarah Jo Burke, and all who helped make it so.

I hope to see you at the Annual Banquet here on June 20!



*What is so rare
as a day in June?*

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 PM

Senior Center Coordinator:

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

Senior Services Social Worker:

Barbara A. Winslow, 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.



Future Events

July 5th: Picnic Dinner and a Movie
"The Iron Lady"

July 11th: Movie
"Yankee Doodle Dandy"

July 16-20th: Senior Center closed for annual cleaning and maintenance

August 2nd: BBQ & Band
"Rhode Island Rednecks"
(must sign up in advance)

August 8th: Movie
"Dolphin Tale"

August 15th: Celticity

Sept. 6th: Pot Luck Dinner & Entertainment

September 19th: Horseracing

MISCELLANY

Thank You

Many thanks to John Adamcik, June Curtis, Beryl Griffin, Sam Gordon, Alice Jansen, Whitney McIntosh, and Karen Peters for collating the May issue of *Sparks*. *Thanks so very much!*



Welcome to the newest members of the

Mansfield Senior Center Association:

- Judith Foehrenbach*
- Henry E. Bemont*
- Vicky L. Coyne*
- Barry Littmann*
- Christy Raffa*

Have You Updated Your Information at the Mansfield Senior Center Recently?

Please stop by and see a staff member to get your information updated. This is very important in case of an emergency. Thank you.

Sparks Submissions

Please submit your articles for the July issue of *Sparks* by June 13th.

IN MEMORY OF

- BERNARD GILBERT**
- JOHN A. TANAKA**
- THOMAS R. LOCKMAN**
- ROBERT FUNK**
- NORMA PIERCE**
- EDMUND DE MATTIA, SR.**

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.

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 Harbour.”** 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.

BLUEBERRY STUDY

Blueberries must be ordered by **Thurs., July 12th, 11:00 AM**

NO EXCEPTIONS!

Blueberry pick-up is **Fri., July 20th, 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.

RECEPTIONIST MEETING

Tuesday, June 5th, 1:30 PM
at the Mansfield Senior Center

All front desk receptionists, to include the Travel Desk, are invited to attend this meeting. Please bring with you any questions or suggestions you may have. Refreshments will be available, too!

If there are volunteers out there who would be interested in becoming a receptionist, please pick up an application at the front desk.

**Barbara A. Winslow, MSW,
Senior Services Social Worker**

Barbara is available at the Wellness Center Mon., Wed., Thurs., and Fri.'s 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,

Recently a resident from Storrs presented to others here at the Senior Center her personal scam story. Much credit goes out to this individual, as frequently people do not report scams as they are often embarrassed that they fell for the scam. Late one night the telephone rang, "Grandma, I had been drinking and had a car accident here in Canada. Please don't tell my mother and father, they will be so angry with me. I'm in jail and I need money for a lawyer and charges. Please send money ASAP!" What was interesting was that this person sounded just like her grandson. Believing this to be true, grandma sent money and more money. Once she began to feel that she was being scammed, she called the police and her family.

This is a horrible story - don't let it happen to you! Ask questions, call the police station yourself, and call other family members right away! Many bright, intelligent people have been scammed. These are professional cons and thieves; they depend on your sympathy and concern. Beware! Report such activity to your local police and make others aware of possible danger.

Peace,

Barbara Winslow



**Conversation with
Betty Heiss, MSW**

Thursday, June 14th, 11:00 AM
at the
Mansfield Wellness Center

**"Maintaining a Youthful
Attitude As We Age"**

*Everyone welcome for this
friendly, lively discussion.*

*Please call Betty at
860-429-6323*

if you have any questions.



**"Heart Healthy
Summer Recipes"**

*presented by Lynn McPhee
from Windham Hospital
at the
Mansfield Senior Center*

**Wednesday, June 27th,
12:45 PM**

No fee. Open to the public.

New Free Class

**Non-Fiction Book Club
facilitated by**

**Richard Luciano
at the**

Mansfield Senior Center

**Tuesdays, June 12 & 26
2:00 PM**

**in the
Memorial Room**

All welcome to attend.

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, not counting 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.

TVCCA is once again offering the salad plate option for the noon meal on Wednesdays and Fridays beginning Wednesday, June 6th, at a suggested donation of **\$3.50. Please indicate on your sign up sheet if you want the salad or the main meal.

Main Entrée Options

Fri., June 1: Penne Pasta w/Meatballs
OR Egg Salad Plate

Mon., June 4: Cheeseburger Casserole

Tues., June 5: Chicken Marsala

Wed., June 6: Lemon Pepper Cod **OR**
Chicken Caesar Salad

Thurs., June 7: Eggplant Rolette

Fri., June 8: Tuscan Beef Stew **OR**
Tuna Salad Plate

Mon., June 11: Cuban Pulled Pork

Tues., June 12: Stuffed Shells w/Sauce

Wed., June 13: Chicken Piccata **OR**
Egg Salad Plate

Thurs., June 14: Meatloaf w/Gravy

Fri., June 15: Braised Pork w/Gravy
OR Greek Salad

Mon., June 18: Salisbury Steak w/Gravy

Tues., June 19: Cod Newburg

Wed., June 20: **Annual Banquet**

Thurs., June 21: Baked Ziti w/Sausage

Fri., June 22: Sweet & Sour Chicken **OR**
Chicken Caesar Salad

Mon., June 25: Chicken Parmesan

Tues., June 26: Maple Mustard Pork

Wed., June 27: Chicken Florentine
OR Greek Salad

Thurs., June 28: Cheese Manicotti

Fri., June 29: Pub Burger **OR** Egg Salad

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. June 13 & 28.

****NEW** - ALZHEIMER'S SUPPORT GROUP** with June Dowling from Home Instead Home Care at the Mansfield Wellness Center every second Wednesday from 1:00 to 2:30 PM, beginning in August. This free informative group is open to families, caregivers, and patients alike.

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. June 6 & 20.

CAREGIVER'S SUPPORT GROUP with Barbara Lavoie every third Thursday at 6:30 PM. The group will meet on June 21st. 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, June 25th, 1:00-3:00 PM. Please call Kathy Yaffee for an appointment.

FOOTCARE with Dr. Walter, Podiatrist, Tuesday, June 5 & 26th, 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 Winslow the second Monday of each month from 11:00 AM to 12:00 PM. The next meeting is Monday, June 11th.

****NEW DAY & TIME! MASSAGE THERAPY** with Faith Manning the first and third Wednesdays of the month, 10:00 AM to 2:00 PM, payable to Faith. Please make your appointment with Kathy Yaffee. June 6 and 20th.

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 June 12th. 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. June 8 & 22.

JUNE CLASSES REQUIRING PRE-REGISTRATION

~ **QUILTING w/PAT** Thursdays, 10:00 AM to 12:30 PM. Current session June 7 to 21. *(Last session until fall.)*

- **Evening Quilting** first and third Wednesdays, 6:30 to 9:00 PM. Current session June 6 & 20. *(Last session until fall.)*

~ **SENIOR AEROBICS** with Margie Stickles Mondays & Thursdays, 3:15-4:15 PM. June 4 to 28. Eight classes. \$40.00 residents; \$48.00 non-residents.

~ **SPARKETTES** with Richard Risley each Thursday at 10:00 AM. June 7 to 28. Four classes. \$20.00 residents; \$24.00 non-residents.

~ **T'AI CHI** with Laddie Sacharko on the following days: (seven minimum, 14 maximum per class for all classes)

For those attending the regular monthly sessions:

- Mondays, 9:00 AM: June 4 to 25, four classes. \$24.00 residents; \$28.00 non-residents.
- Wednesdays, 9:15 & 10:15 AM: June 6 to 27, four classes. \$24.00 residents; \$28.00 non-residents.
- Fridays, 1:00 PM: June 1 to 29, five classes. \$30.00 residents, \$35.00 non-residents.

****Additional classes will be added on Mondays (10:00 AM) & Fridays (2:00 PM), beginning Monday, June 18.**

For those finishing the special fall/balance program that ends during June (new classes):

- Mondays, 9:00 & 10:00 AM: June 18 & 25
- Wednesdays, 9:15 & 10:15 AM: June 20 & 27
- Fridays, 1:00 & 2:00 PM: June 22 & 29

Two classes per session. \$12.00 residents; \$14.00 non-residents **per session**.

~ **YOGA** with Therese John Fridays, 9:00 AM. June 1 to 29. Five classes. \$25.00 residents; \$30.00 non-residents.



Many thanks to the Town of Mansfield and the MSC Association, Inc., for the purchase of our new sign. Nice, isn't it?

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

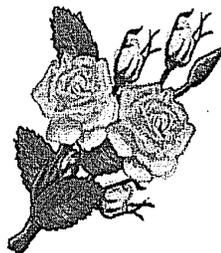
FRIDAY

SAT. & SUN.



June 2012

*"It is the month of June,
The month of leaves and roses,
When pleasant sights salute the eyes,
And pleasant scents the noses."
~ Nathaniel Parker Willis*



1. 9:00-Yoga
10:00-Scrabble
10:00-Knitting & Crocheting
10:00-Photo Club
10:15-Zumba Gold
10:30-Coffee & Ideas
12:00-Lunch
1:00-Art Studio
1:00-T'ai Chi

2. Saturday

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3. Sunday

4. 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  
2:30-Chorus @ MCNR  
3:15-Senior Aerobics  
5:45-9:00-Ballroom-R

5. 8:30-Strength/Stability  
9:00-Dr. Walter  
9:00-Intro. to Comp.  
10:00-Ways & Means Mtg.  
10:00-Scrabble / Wii Bowl  
12:00-Lunch  
12:30-Lovely Old Bones  
1:00-Bingo  
1:30-Receptionist Mtg.  
1:30-Therapeutic Exer.  
2:30-Computer Mtg.  
6:15-9:00-Dance-R

6. 9:15 & 10:15-T'ai Chi  
9:30-Writing Group  
10:00-Massage Therapy  
11:00-Blood Pressure  
12:00-Causeries en Français  
12:00-Birthday Lunch  
12:45-Beethoven's Chorus  
12:30-Chorus @ Chaplin Senior Center  
5:45-7:45-Ballet-R  
6:30-9:00-Quilting w/Pat

7. 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

8. 9:00-Yoga  
10:00-Scrabble  
10:00-Knitting & Crocheting  
10:00-Reflexology  
10:15-Zumba Gold  
12:00-Lunch  
1:00-Art Studio  
1:00-T'ai Chi

9. Saturday

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10. Sunday
"Senior Day" at Mohegan Sun Arena
3:00 PM

11. 9:00-T'ai Chi
10:00-Sparkettes
10:00-Art Studio
10:00-Computer Help
11:00-Low Vision Grp.
12:00-Lunch
1:00-Mahjongg
1:00-Beg.'s Tap
3:15-Senior Aerobics
5:45-9:00-Ballroom-R

12. 8:30-Strength/Stability
10:00-Scrabble
10:00-Wii Bowl
10:00-Genealogy
12:00-Lunch
12:30-Lovely Old Bones
1:00-Bingo
1:30-Therapeutic Ex.
2:00-Non-Fiction Book Club
6:15-9:00-Dance-R
6:30-8:00-M.S. Support

13. 9:15 & 10:15-T'ai Chi
8:30-VNA East
9:30-Writing Group
10:00-Executive Meeting
12:00-Causeries en Français
12:00-Lunch
12:45-Annual MSC Association Mtg.
1:00-Movie: "Seven Brides for Seven Brothers"
1:30-Chorus @ Douglas Manor
5:45-7:45-Ballet-R
6:30-9:00-TNT Quilters

14. 8:30-Strength & Stability
9:00-Travel Trip
10:00-Sparkettes / 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
5:45-7:45-Ballet-R

Flag Day



15. 9:00-Yoga
10:00-Scrabble
10:00-Knitting
10:00-Photo Club
10:15-Zumba Gold
12:00-Lunch
1:00-Duplicate Bridge
1:00-Art Studio
1:00-T'ai Chi
2:30-Chorus @ St. Joe's

16. Saturday

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17. Sunday



Father's Day

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SAT. & SUN.**

|                                                                                                                                                                                                                                                                            |                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                    |                                                                                                                                                           |
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| <p><b>18.</b><br/>9:00 &amp; 10:00-T'ai Chi<br/>10:00-Sparkettes<br/>10:00-Art Studio<br/>10:00-Computer Help<br/>12:00-Lunch<br/>1:00-Program Planning<br/>1:00-Mahjongg<br/>1:00-Beg.'s Tap<br/>2:00-Chorus @ J.H.<br/>3:15-Senior Aerobics<br/>5:45-9:00-Ballroom-R</p> | <p><b>19.</b><br/>8:30-Strength/Stability<br/>10:00-Scrabble<br/>10:00-Wii Bowl<br/>12:00-Lunch<br/>12:30-Lovely Old Bones<br/>1:00-Bingo<br/>1:30-Therapeutic Ex.<br/>6:15-9:00-Dance-R</p>                              | <p><b>20.</b> 9:15 &amp; 10:15-T'ai Chi<br/>9:30-Writing Group<br/>10:00-Massage Therapy<br/>11:00-Blood Pressure<br/>12:00-Causeries en Français<br/><i>11:15-Appetizers</i><br/><i>12:00-Annual Banquet</i><br/><i>12:45-MSA Chorus</i><br/>2:00-Red Hatters<br/>5:45-7:45-Ballet-R<br/>6:30-9:00-Quilting w/Pat</p> | <p><b>21.</b><br/>8:30-Strength/Stability<br/>10:00-Sparkettes<br/>10:00-Wii Bowl<br/>10:00-Bridge w/Chinky<br/>10:00-Quilting w/Pat<br/>12:00-Lunch<br/>12:30-Lovely Old Bones<br/>1:00-Bridge / Jewelry<br/>1:30-Therapeutic Exer.<br/>3:15-Senior Aerobics<br/>5:45-7:45-Ballet-R<br/>6:30-Caregiver's Spt.</p> | <p><b>22.</b><br/>9:00-Yoga<br/>10:00-Scrabble<br/>10:00-Knitting &amp; Crocheting<br/>10:00-Reflexology<br/>10:15-Zumba Gold<br/>12:00-Lunch<br/>1:00-Art Studio<br/>1:00 &amp; 2:00-T'ai Chi</p> | <p><b>23. Saturday</b><br/>~~~~~<br/><b>24. Sunday</b></p>                                                                                                |
| <p><b>25.</b><br/>9:00 &amp; 10:00-T'ai Chi<br/>10:00-Sparkettes<br/>10:00-Art Studio<br/>10:00-Computer Help<br/>12:00-Lunch<br/>1:00-Atty. Gates<br/>1:00-Mahjongg<br/>1:00-Beg.'s Tap<br/>3:15-Senior Aerobics<br/>5:45-9:00-Ballroom-R</p>                             | <p><b>26.</b><br/>8:30-Strength/Stability<br/>9:00-Dr. Walter<br/>10:00-Scrabble<br/>10:00-Wii Bowl<br/>12:00-Lunch<br/>12:30-Lovely Old Bones<br/>1:00-Bingo<br/>1:30-Therapeutic Ex.<br/>2:00-Non-Fiction Book Club</p> | <p><b>27.</b><br/>9:15 &amp; 10:15-T'ai Chi<br/>9:30-Writing Group<br/>12:00-Causeries en Français<br/>12:00-Lunch<br/>12:45-Heart Healthy Summer Recipes<br/>6:30-9:00-TNT Quilters</p>                                                                                                                               | <p><b>28.</b><br/>8:30-Strength/Stability<br/>8:30-VNA East<br/>10:00-Sparkettes<br/>10:00-Wii Bowl<br/>10:00-Bridge w/Chinky<br/>12:00-Lunch<br/>12:30-Lovely Old Bones<br/>1:00-Bridge / Jewelry<br/>1:30-Therapeutic Exer.<br/>3:15-Senior Aerobics</p>                                                         | <p><b>29.</b> 9:00-Yoga<br/>10:00-Scrabble<br/>10:00-Knitting &amp; Crocheting<br/>10:15-Zumba Gold<br/>12:00-Lunch<br/>1:00-Duplicate Bridge<br/>1:00-Art Studio<br/>1:00 &amp; 2:00-T'ai Chi</p> | <p><b>30. Saturday</b><br/>~~~~~<br/><b>Sunday, July 1st</b><br/></p> |

**JUNE BIRTHDAYS**

*Birthstone: Pearl for Purity  
Flower: Rose for Devotion*

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



Happy Birthday to Our May Attendees:  
*John Berg, Hedi LaBranche, Don Stitts*

Belated May 1st Birthday Wishes to  
J. Warren Higgins

**Cards**

***Duplicate Bridge: April 17, 2012***

**NS**

- 1. Jerry Shaffer & Omar Sheppard 55
- 2. Rita Pollack & Helen Collins 53
- 3. Paula Tate & Mary Shinoski 43.5

**EW**

- 1. Doris LeDoyt & Anna McLain 48.5
- (tie)
- 1. Jeanne Haas & Aline Booth 48.5
- 2. Joseph & Mary Ann Fodor 47



**Volunteer Celebration Day**  
**Wednesday, April 18th**  
*Volunteers—Exceptional People*  
*Extraordinary Hearts*



Welcome, summer! In addition to the start of the summer season, during the month of June, we recognize National Safety Month. This is a big topic and one which we all need to attend to. For seniors, preventing falls is an important safety concern. Slips and trips are frequent causes of falls. The National Safety Council identifies the following suggestions to reduce fall risk:

- Clean up all spills immediately
- Stay off freshly mopped floors
- Secure electrical and phone cords out of traffic areas
- Remove tripping hazards from stairs and walkways
- Remove throw rugs or use non-skid mats to keep them from slipping
- Keep frequently used items in easily reachable areas
- Wear shoes with good support and slip-resistant soles
- Ensure adequate lighting both indoors and outdoors

The Connecticut Collaboration for Fall Prevention has done extensive research on falls and fall prevention and adds problems with walking or moving around, taking multiple medications, foot problems, blood pressure dropping too much on getting up, and problems seeing to fall risk factors. They encourage individuals to communicate with their Primary Care Provider about falls, and to share a complete list of all medications including over-the-counter medications, vitamins, and supplements at every office visit. Unfortunately, despite our best efforts, falls do happen. It is important to think about the 'what ifs' associated with a fall. Ask yourself, what would I do if I fell in the kitchen or bathroom or bedroom? Have a plan for how you would get help and get up from the floor. You may want to consider a personal emergency response system which allows you to call for help after a fall. Additional information about fall prevention, personal emergency response systems, and how to get up from the floor after a fall may be found at both the VNA East website ([www.vnaeast.org](http://www.vnaeast.org)), and the Connecticut Collaboration for Fall Prevention website ([www.fallprevention.org](http://www.fallprevention.org)).

The National Safety Council also encourages us to be aware of hazards in the home that relate to electrical safety and fire prevention. Frayed or loose cords, or cords placed under rugs, can pose a fire hazard. Overloading outlets with too many plugs is also dangerous. Outlets near sources of water, such as those in the bathroom, kitchen and laundry room, should be equipped with a GFCI (ground fault circuit interrupter) to reduce risk of shock. If an appliance or any kind of electrical equipment sparks, smells unusual, or overheats, it should be replaced or repaired by a professional. Lights and lamps should have the correct bulb wattage for the fixture (this is often written on the light fixture) and should not touch drapes or fabric. Local Fire Marshalls encourage all of us to have properly working smoke and carbon monoxide detectors in our homes. To reduce carbon monoxide risk, place a carbon monoxide detector in the basement and in the sleeping areas of your home. Smoke alarms and carbon monoxide detectors that are more than 10 years old should be replaced. Chimneys and furnaces should be inspected and cleaned annually.

During the summer months we have a risk for severe weather and subsequent loss of power. Make sure you have an adequate supply of your medications, as well as food and water for several days. Develop an emergency plan with family and friends. Connecticut Community Care, Inc., has developed a brochure entitled "You Can Be Ready" which provides detailed information about emergency preparedness. To receive a free copy of this brochure, call toll free 1-866-845-2224, or visit their website ([www.ctcommunitycare.org](http://www.ctcommunitycare.org)). Have a wonderful, healthy, and safe summer.

Mary Withey, MSN, APRN, Coordinator of Community Outreach Services

## MSCA Computer Center

\* *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.

### Mahjongg Player Needed

Mahjongg meets each Monday at the Mansfield Senior Center at 1:00 PM, and the group is looking for an extra player or two. If you would like to give this fascinating number game a try, come on down!



### Genealogy Group with Helen Collins

**Tuesday, June 12th, 10:00 AM  
at the Mansfield Senior Center**

The Genealogy Group meets the second Tuesday of the month and is **FREE**. This is a friendly group who gets tips and ideas from the leader, and also shares information with each other. All are welcome, no matter what stage of genealogy you are in. Call Helen at 860-429-4557 with any questions.



**Bit of Wit**

*Hot Down Here*

A Minneapolis couple – both professionals – decided to go to Florida for a break from work and the harsh winter. They reserved a room at the hotel where they had honeymooned years earlier.

Because of hectic schedules, the husband left Minneapolis and flew to Boca Raton on a Wednesday, with his wife slated to fly down the following day. On arriving at his hotel room, the husband noticed a computer was provided, so he decided to email his wife. However, he accidentally skipped a letter in her email address and hit send without noticing his typo.

Meanwhile, somewhere in Boston, a widow had just returned home from the funeral of her husband, a rabbi who had died of an unexpected heart attack. She decided to check her email for condolence messages from distant family and friends. Upon reading the first message, she fainted. Her son heard her fall and rushed to aid her. Looking from her crumpled body to the computer screen, he read:

*To: My Loving Wife  
Subject: I've Arrived  
Date: 16 January 2009*

*I know you're surprised to hear from me. They have computers here now to let you send emails to your loved ones. I've just arrived and been checked in. I see that everything is prepared for your arrival tomorrow. Looking forward to seeing you then! Hope your journey is as uneventful as mine was.*

*P.S. Sure is hot down here!*

~ Submitted by Sam Gordon  
(source: www.jewishpostopinion.com)

**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 June 13th, 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.

**"Hidden Item" Entry Form**

Name: \_\_\_\_\_

Phone #: \_\_\_\_\_

Correct Page & Answer #: \_\_\_\_\_

Hidden Item: the item



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

**May's winner: Mary Fay**

*Congratulations!*

**Speak Up! Speak Out!**



**All in June**

A WEEK ago I had a fire  
to warm my feet,  
my hands and face;  
cold winds,  
that never make a friend,  
crept in and out of every place.

Today the fields are rich in grass,  
and buttercups in thousands grow;  
I'll show the world  
where I have been—  
with gold-dust  
seen on either shoe.

Till to my garden back I come,  
where bumble-bees  
for hours and hours  
sit on their soft, fat, velvet bums,  
to wriggle out of hollow flowers.

~ W.H. Davies

(submitted by Marilyn Gerling)



Do you have any comments, articles, a favorite poem, etc., you would like to see 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.

FULL PAGE FOR ADVERTISEMENTS

**ATTENTION ALL SPARKS  
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303 Maple Road  
Mansfield-Storrs, CT 06268**

***SENIOR SPARKS***

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



**HAPPY FATHER'S DAY!**

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