



SENIOR SPARKS

VOLUME 38 ISSUE 10 MANSFIELD SENIOR CENTER ASSOCIATION, INC. OCTOBER 2012
303 Maple Road, Storrs/Mansfield CT 06268 (860) 429-0262, ext. 5

* President: Rita Braswell * Vice President: Jean Ann Kenny * Secretary: Beverly Gotch * Finance Officer: Don Stitts * Treasurer: Wilfred Bigl
* Asst. Treasurer & Sparks Manager: Kathy Rule * Travel: Judy Bigl * Ways & Means Co-Chairs: Alma Maldonado-Cordner & Toni Drescher * Program Planning: Estelle Elliott * Member-at-Large: Sam Gordon * Computer Co-Chairs: Mike Palmer & Don Stitts

~ Oktoberfest ~

at the
Mansfield Senior Center

Wednesday, October 17th

beginning at noon
with a traditional
Oktoberfest meal &
German Chocolate Cake

*followed by Oktoberfest-themed
entertainment with John Banker*

*\$10.00 per person payable
with reservation NLT Oct. 12*



Free Mini Health Fair

at the
Mansfield Senior Center
sponsored by UConn Health
Center in Farmington

Wednesday, October 24th
1:00 to 4:00 PM

Blueberry Study Also!



Please see page 10

Farewell!

*We wish to bid a sad farewell to a
highly regarded staff member and
friend, Barbara Winslow. Barbara
has accepted a new position and will
be leaving the Senior Center. We all
wish her the very best life has to offer.*

Good luck, Barb! You will be missed!

~ Bazaar Reminder ~

*Baked goods and items needed to sell for our annual
Holiday Bazaar on Saturday, December 8th, 2012.*

Drop Off: 9:00 AM to 1:00 PM on Tuesdays.



*A Note from Rita Braswell,
MSCA President*

As previously announced, it has become necessary to raise money to pay for the continued publication of our newsletter, *Sparks*.

At the same time, we are considering broadening the contents of *Sparks* by adding articles on topics of interest to seniors, and including original contributions from our members.

Now we'd like to know your feelings about this. Your responses to the statements below will help us in the decisions we have to make about *Sparks*. Remember, it will cost the Association between \$3,700 to \$4,000 to publish *Sparks* this year, and, if it is to continue, we have to find a way to do it.

Please check the choice that most applies to you and return to the Receptionist before October 28th.

1. _____ I am willing to pay an estimated \$18.00 (postage included) for a 12-month subscription of *Sparks*.

2. _____ I would like to see a less frequent *Sparks*, at a price yet to be determined.

- ◆ _____ Every other month
- ◆ _____ Quarterly

3. _____ I will rely on the on-line version of *Sparks* which is available on the town's website.

4. _____ *Sparks* is not really a necessity for me.

5. _____ Any comments? _____

One vote per person. Name is optional: _____

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 now \$8.58, effective Sept. 4, 2012. (Prices are subject to change.)** Reservations must be made 72 hours in advance by 11:00 AM of the third day (three workdays, not to include weekends and holidays). Guests and new members will need to complete a registration form at the time of their reservation. Home-bound seniors may call 1-800-953-1365 to receive Meals-on-Wheels.

**MENU NOT AVAILABLE AT
TIME OF PRINTING**



**SNOW
CLOSING**

When Mansfield schools are closed or have a delayed opening, the Mansfield Senior and Wellness Center will also be closed or delayed accordingly (a 90-minute delay means we will open at 10:00 AM). Listen for Mansfield school information, not necessarily specific Senior Center information, on WTIC (1080 AM) and WILI (1400 AM), or watch the news on Channel 3 for announcements. The phone voice message (860) 429-0262, will also inform you of delays/closures.

We urge you to always put your own safety first, use caution, and not come to the Center until after 9:00 AM on bad weather days; and if the parking lot has not yet been cleared of snow or sanded for ice, please park elsewhere until Public Works has the opportunity to get here.

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.

Where's Waldo?!

Find the hidden item 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 Oct. 10th, or drop in the box at the Front Desk, in order to qualify for the drawing. We will draw one name from all of the correct entries, and that person will win a free lunch on the Association here at the Center. The Oct. winner will be announced in the Nov. issue of *Sparks*. Please, only one entry per person. Good luck!

September's Winner: Sam Gordon

Congratulations!

"Hidden Item" Entry Form

Name: _____

Phone #: _____

Correct Page & Answer #: _____

Hidden Item: the item



MISCELLANY

Thank You

Many thanks to John Adamcik, Jim Campetelle, June Curtis, Estelle Elliott, Sam Gordon, Bev Gotch, Beryl Griffin, Richard Hobby, Alice Jansen, Geraldine Jones, Fran Leffler, and Karen Peters for collating the September town-wide issue of *Sparks*. *Thanks so very much!*



Welcome to the newest members of the

Mansfield Senior Center Association:

*Judy Gebben
Lisa Ferriere
Doris Sairemammano*

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.

IN MEMORY OF

**VINCENT WESTLAKE
REX ALTOMARE
LYLE HESELTON**

Sparks Submissions

Please submit your articles for the November newsletter by Oct. 10th.

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.

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.**

Tuesday, November 13, 2012: **“Vegas Comes to Connecticut”** at the Aqua Turf Club with a family style menu of salad, pasta, sliced roast beef, chicken Marsala, potato, vegetable, and dessert. See Vegas impersonators to include Elvis Presley (*that’s right, baby!*), Cher, Marilyn Monroe, and so many more! This package for only \$67.00 p/p includes roundtrip motor coach, Vegas impersonators show, fabulous family style luncheon, meal tips & taxes, and driver gratuity. Departs S. Eagleville Fire Dept. at 10:00 AM; ETA: 4:00 PM. **Deadline: Oct. 30th.**



GENERAL INFORMATION

BLUEBERRY STUDY

Blueberries must be ordered by **Tuesday, Nov. 6th, 12:00 PM**

NO EXCEPTIONS!

Blueberry pick-up is **Friday, Nov. 16th, 11:00 AM**

Blueberries are available to study participants only; however, you may become a new participant in the study by contacting Howard Raphaelson.

Blueberry Study Presentations

The Blueberry Study will have two presentations in October at the Mansfield Senior Center. A review of the results of the study since 2003 will be presented at the Health Fair on October 24th; and at 12:45 PM on October 31st, there will be a presentation of future research plans, including analysis and prediction of health and illness up to 10 years in advance. Please join us for this important information.

Genealogy Group

The Genealogy Group with Helen Collins meets on Tuesday, Oct. 9th, at 10:00 AM. Everyone is welcome to this informal group, no matter what your level of genealogy is. Join us!

Senior Hobby Display Case

Share your talent!

Stop by and take a peek at the new “Old Postcard” display - Courtesy of Barbara Ladd

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



Why the Nutmeg State?

by Mary Brown of the Writer's Group



Last December my husband and I in our home on St. Eustatius, a small Caribbean island, were packing bags for a visit to our daughter and her family in Connecticut. I would have loved to have packed some tropical fruit to take to our grandsons, but I knew better than to attempt to take fresh produce into the states. However, it was the holiday season and that suggested eggnog and pumpkin pie, flavored with nutmeg. Surely these small spices would be an acceptable addition to our luggage. I foolishly told my husband of my plan.

“Are you crazy? Don’t you know that Connecticut is the ‘Nutmeg State?’ It would be like taking coals to Newcastle!”

I patiently explained, “Connecticut will have nutmegs, but probably only ground ones from which most of the pungency has been lost. The nuts should not be ground until you are using them. We are lucky here in the islands because the tree grows only in the tropics and we can always get the fresh nuts.”

He sighed and gave me that “you’ll do as you like even if it makes no sense” look.

As it turned out, both the whole nuts and the ground ones were available in my daughter’s neighboring supermarket in Connecticut. This was fortunate because when asked by the customs officer whether I had any fresh produce in my luggage, I confessed to the nutmegs and we had to remove them before entering the states.

All of this started me wondering since nutmeg trees only grow in the tropics, why is Connecticut called the “Nutmeg State?” When were nutmegs first found in Connecticut? Were nutmegs found in Connecticut during the Revolutionary War? In order to find out I obtained a 1782 copy of the *Connecticut Gazette*. It had an ad for J. & S. Taber’s Shop in New London for “cinnamon and nutmeg” among their “West Indian goods.” This could have been St. Eustatius, since it was a Dutch island. The English did not take nutmeg trees to Grenada until the 1800’s. Grenada’s flag is decorated with a nutmeg. Originally, the trees were only found in the Spice Islands of Indonesia and the Indian Ocean, locations known to the Arabs who introduced nutmeg and other spices to the west. In 1511, Magellan discovered the location of the Spice Islands, followed by the Portuguese, and later, the Dutch, who monopolized the trade to Europe beginning in the 1600’s.

All this history was interesting, but did not answer the question “Why is Connecticut called the Nutmeg State?” St. Eustatius was the main West Indian trading source for much of the munitions, sugar, salt, etc., needed by the American colonies during the Revolutionary War, and these goods must have included nutmeg. St. Eustatius was the first foreign port to salute the brand new American flag in 1776. There followed four years of active trade with the colonies before the island was invaded by the British and its riches seized. The *Connecticut Gazette* has an article which describes how the French recaptured the island in December 1781, before it was finally restored to the Dutch.

Nutmeg has been used worldwide, not only to flavor food, but also as a medicine, aphrodisiac, and intoxicant. It was used to induce abortions, relieve joint strain, prevent strokes and heart attacks, and cure toothaches. Diana Ross McCain relates how Yankee peddlers hit the road after the war selling nutmegs, along with tin ware and other household items throughout the colonies. They were accused of selling some wooden copies of nutmegs instead of the real spice. Many of these peddlers were from Connecticut, and the customers, feeling cheated, dubbed the state with what they intended as an insulting name, “The Nutmeg State.” McCain speculates that perhaps the nutmegs were not wooden imitations at all, but only perceived as such by the rural customers who were used to nuts that had an edible kernel inside a shell that could be cracked, whereas the nutmegs were hard and needed to be grated for use.

In conclusion, we don’t really know why Connecticut is called the “Nutmeg State,” but we can be proud of the connection between the state and a small Caribbean island not only as a source of nutmeg, but more importantly, because it gave the first salute to our countries’ flag.

References:

McCain, Diana. *It Happened in Connecticut*. 2008. Morris Book Publishing, LLC; Root, Waverly. *Food and Fireside Book*. 1980. Simon & Schuster, Inc., New York; Tuchman, Barbara. *The First Salute*. 1988. Alford A. Knopf, Inc., New York; *The Connecticut Gazette*, #950, Jan. 25, 1782

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. October 4 & 17.

ALZHEIMER'S SUPPORT GROUP with June Dowing from Home Instead Home Care at the Mansfield Wellness Center every second Wednesday of the month from 1:00 to 2:30 PM. This free informative group is open to families, caregivers, and patients alike. The group is scheduled to meet on Wednesday, October 10th.

FREE BLOOD PRESSURE SCREENINGS on the first & third Wednesday of each month at 11:00 AM, offered by Interim Health Care. No appointments necessary. Oct. 3 & 17.

ELDERCARE LAW with Attorney Gates from CT Legal Services provided free to people 60 years or older, usually the fourth Monday of each month, 1:00-3:00 PM, Oct. 22nd.

FOOTCARE with Dr. Walter, Podiatrist, Tuesday, Oct. 9 & 30, beginning at 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.

MASSAGE THERAPY with Faith Manning 11:00 AM to 3:00 PM, the first and third Wednesday of each month, payable to Faith. Please make your appointment with Kathy Yaffee. October 3 & 17.

MINI-SPA will be on the first Monday this month, Oct. 1st, 9:00 AM to Noon. Call Kathy for your appointment. Haircuts by Michelle, and nails by Hope.

M.S. SUPPORT GROUP normally meets the second Tuesday of each month in the Craft Room from 6:30 to 8:00 PM. The group will meet October 9th. Please contact Susan Gavitt at 860-423-7413 for further information.

****NEW** YOGA** with Sharon on Thursdays at 9:00 AM. Registration forms available at the Senior Center.

Writing Group & Workshops at the Mansfield Senior Center

The Mansfield Senior Center Writing Group is hosting a workshop on the first Wednesday of the month at 10:00 AM. The group plans to host a series of workshops by local authors and experts in the field of writing. You don't need to be a writer to belong to the group. All you need is to be a senior and harbor a shared interest in writing.

OTHER HAPPENINGS

Conversation with Betty

The first Thursday of the month from 11:00 AM to Noon, at the Mansfield Wellness Center

Thursday, October 4th:
"How We Define Ourselves"

Thursday, November 15:
"Dealing with the Holidays"

Everyone welcome for this friendly, lively discussion. Please call Betty at 860-429-6324 if you have any questions.

2012 Seasonal Flu/Pneumonia Clinic

Thursday, Oct. 4th, at the Mansfield Senior Center,
sponsored by VNA East

1:00 to 4:30 PM

Please call 860-429-0262, ext.0,
for your 15-minute appointment.

Please bring your Medicare card
and other insurance card(s).

A.A.R.P. Fall Driver Safety Course

taught by Lynne White, District Coordinator
at the Mansfield Senior Center

Tuesday, November 13, 2012

9:00 AM to 1:00 PM

\$12.00 A.A.R.P. Members *(please bring your card)*

\$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. Class is limited to 25, so please sign up early.

WAIM Mentor Educator/Learning Partner Project

Do you have an interest in guiding someone to become more self-reliant and self-sufficient? WAIMs Partners in Independence (PIP) program needs you! PIP provides training and ongoing support for volunteer Mentor Educators, and you provide your experience and wisdom to help make a difference in someone's life. PIP Mentor training consists of five two-hour sessions over a three month period, at which time you will be matched with a learning partner. Please contact Adrienne Marks, PIP Coordinator, at 860-456-7270 for information.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT. & SUN.												
<p>1. 9:00-Mini Spa 9:00 & 10:00-T'ai Chi 10:00-Sparkettes 10:00-Art Studio 10:00-Computer Help 10:00-Ways & Means 12:00-Lunch 12:40-Jorgensen Tickets Presentation 1:00-Mahjongg 1:00-Beg.'s Tap 1:30-Chorus 3:00-Senior Aerobics</p>	<p>2. 8:30-Strength/Stability 10:00-Scrabble 10:00-Wii Bowl 10:30-Watercolors w/Bill 12:00-Lunch 12:30-Lovely Old Bones 1:00-Bingo 1:00-Intro. to Comp. 1:30-Therapeutic Exer. 2:30-Computer Committee</p>	<p>3. 9:00-Advanced Internet 9:15 & 10:15-T'ai Chi 10:00-Writing Group & Workshop 11:00-Blood Pressure 11:00-Massage Therapy 12:00-Causeries en Français 12:00-Birthday Lunch 12:45-Movie: "My Favorite Brunette" 6:30-Evening Quilting w/Pat</p>	<p>4. 8:30-Strength/Stability 8:30-VNA East 9:00-Yoga w/Sharon 10:00-Sparkettes 10:00-Wii Bowl 10:00-Quilting w/Pat 10:00-Bridge w/Chinky 12:00-Lunch 12:30-Lovely Old Bones 1:00-Bridge / Jewelry 1:00-Intro. to Comp. 3:15-Senior Aerobics</p>	<p>5. 9:00-Yoga 10:00-Scrabble 10:00-Knitting & Crocheting 10:00-Photo Club 11:00-Buying a Digital Camera—Free Seminar 10:15-Zumba Gold 12:00-Lunch 1:00-Art Studio 1:00-T'ai Chi 2:00-Brain Aerobics</p>	<p>6. Saturday ~~~~~ 7. Sunday</p>	<p>8. Columbus Day  Center Closed</p>	<p>9. 8:30-Strength/Stability 9:00-Dr. Walter 10:00-Scrabble / Wii Bowl 10:00-Generology 10:00-Internet Shopping 10:30-Watercolors w/Bill 12:00-Lunch 12:30-Lovely Old Bones 1:00-Bingo 1:00-Intro. to Comp. 1:30-Therapeutic Exer. 2:00-Non-Fict. Book Club 6:30-M.S. Support Group</p>	<p>10. 9:00-Advanced Internet 9:15-T'ai Chi 10:00-Writing Group 10:15-Executive Board 10:15-T'ai Chi 12:00-Causeries en Français 12:00-Lunch 1:00-Alzheimer's Support Group 6:30-TNT Quilters</p>	<p>11. 8:30-Strength/Stability 9:00-Yoga w/Sharon 10:00-Sparkettes 10:00-Wii Bowl 10:00-Quilting w/Pat 10:00-Internet Shopping 10:00-Bridge w/Chinky 12:00-Lunch 12:30-Lovely Old Bones 1:00-Bridge / Jewelry 1:00-Intro. to Comp. 3:15-Senior Aerobics</p>	<p>12. 9:00-Yoga 10:00-Scrabble 10:00-Knitting & Crocheting 10:15-Zumba Gold 11:00-Buying a Digital Camera—Free Seminar 12:00-Lunch 1:00-Art Studio 1:00-Photo Editing— Free Seminar 1:00-T'ai Chi 2:00-Brain Aerobics</p>	<p>13. Saturday ~~~~~ 14. Sunday</p>	<p>15. 9:00 & 10:00-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-Program Planning 1:30-Chorus 3:00-Senior Aerobics</p>	<p>16. 8:30-Strength/Stability 10:00-Scrabble 10:00-Wii Bowl 10:00-Internet Shopping 10:30-Watercolors w/Bill 12:00-Lunch 12:30-Lovely Old Bones 1:00-Bingo 1:00-Intro. to Comp. 1:30-Therapeutic Exer.</p>	<p>17. 8:30-VNA East 9:00-Advanced Internet 9:15 & 10:15-T'ai Chi 10:00-Writing Group 11:00-Blood Pressure 11:00-Massage Therapy 12:00-Causeries en Français 12:00-Oktoberfest! 12:45-John Banker 2:00-Red Hatters 6:30-Even. Quilting w/Pat</p>	<p>18. 8:30-Strength/Stability 9:00-Yoga w/Sharon 10:00-Sparkettes 10:00-Wii Bowl 10:00-Quilting w/Pat 10:00-Bridge w/Chinky 12:00-Lunch 12:30-Lovely Old Bones 1:00-Bridge 1:00-Jewelry 3:15-Senior Aerobics</p>	<p>19. 9:00-Yoga 10:00-Scrabble 10:00-Knitting & Crocheting 10:00-Photo Club 10:00-Photo Hosting Sites—Free Seminar 10:15-Zumba Gold 12:00-Lunch 1:00-Art Studio 1:00-T'ai Chi 2:00-Brain Aerobics</p>	<p>20. Saturday ~~~~~ 21. Sunday</p>
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<p>22. 9:00 & 10:00-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-Atty. Gates 1:30-Chorus 3:00-Senior Aerobics</p>	<p>23. 8:30-Strength/Stability 10:00-Scrabble 10:00-Wii Bowl 10:30-Watercolors w/Bill 12:00-Lunch 12:30-Lovely Old Bones 1:00-Bingo 1:30-Therapeutic Ex. 2:00-Non-Fiction Book Club</p>	<p>24. 8:30-Travel Trip Departs 9:15 & 10:15-T'ai Chi 10:00-Writing Group 12:00-Causeries en Français 12:00-Lunch 1:00-4:00 Health Fair 6:30-TNT Quilters</p> 	<p>25. 8:30-Strength/Stability 9:00-Yoga w/Sharon 10:00-Sparkettes 10:00-Wii Bowl 10:00-Quilting w/Pat 10:00-Bridge w/Chimky 12:00-Lunch 12:30-Lovely Old Bones 1:00-Bridge / Jewelry 1:30-Therapeutic Exer. 3:15-Senior Aerobics</p>	<p>26. 9:00-Yoga 10:00-Scrabble 10:00-Knitting/Crocheting 10:00-2:00-Nail Polishing & Your Letters Written 10:15-Zumba Gold 10:30-1:00-Brown Bag Event 12:00-Lunch 1:00-Art Studio 1:00-Basic Functions of a Camera—Free Seminar 1:00-T'ai Chi 2:00-Brain Aerobics</p>	<p>27. Saturday ~~~~~ 28. Sunday</p>		
<p>29. 9:00 & 10:00-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 1:30-Chorus 3:00-Senior Aerobics</p>		<p>30. 8:30-Strength/Stability 9:00-Dr. Walter 10:00-Scrabble/Wii Bowl 10:30-Watercolors w/Bill 11:00-How to Access Classes—Free Seminar 12:00-Lunch 12:30-Lovely Old Bones 1:00-Bingo 1:30-Therapeutic Ex.</p>		<p>31. 9:15 & 10:15-T'ai Chi 10:00-Writing Group 12:00-Causeries en Français 12:00-Lunch 12:45-Blueberry Study Presentation Halloween</p> 		<p>When witches go riding, and black cats are seen, the moon laughs and whispers, 'tis near Halloween! ~ Arthur Unknown</p>	
<p>October 2012</p> 							

OCTOBER BIRTHDAYS

Flower: *Opal for Hope*

Birthstone: *Calendula for Constancy*

- 1 Edly Bussolotta, Gary Drew, Beverly Korba
Jeanne Meddick, David Miller, Frank Schwager
Joseph Sokolowski, Marilyn Whaley
- 2 Linda Douda, Robert Pfeifer, Sandra Roth
Blanche Sehl, Crayton Walker
- 3 Milton Gordon, Cindy Schaffer
- 4 Madelyn Mackovick, Donald Nygren
Mary Strout
- 5 Helen Collins, Mary Ann Doucette
Anita Eichner, Betty Gordon, Henry Millman
- 6 James Dick
- 7 Kenneth Jones, Robert Miller, Gladys Olsen
William Stwalley
- 8 June Attwater, Mel Blossick, Isabelle Ricard
Jack Rice
- 9 Carla Kelly, Barbara Manupelli
- 10 Phyllis Evans, Camille Forman, Robert McClintock
- 11 Ruth Haddad, Marjorie Nelson, Allen Ogren
- 12 Diana Hodgins, Ulla Hussey
- 13 Harold Abramson, Nancy Wengel
- 14 Ernest Brisson, Margaret Davis
Grazina Maciuika, Althea Stadler
- 15 Isaac Hoffman, Dorothea Mercier, May Miller
Richard Sherman, Mary Tokes
- 16 Phyllis Getter, Elizabeth Weldon
- 17 Grete Binau-Hansen, Sandra DeNevtte
Winthrop Hawkins, Tulay Luciano
Barbara Nagy
- 18 Frank Fontana, Mufide Gurun, Evelyn Hughes
Hans Laufer, Angela Marcus, Forest Nutini
Barbara Osborn,Carolynn Viens
- 19 Loretta Castagna, Lorraine Eaton, David Kolb
Richard Staples
- 20 John Fisher
- 21 JoAnne McCaughey, Harriet Walker
- 22 Rita Duval, Mary Harper, John Rickard
- 23 Olivia Devereux, Elaine Enright
Josephine Kind, Donna Lussier
- 23 Charles Sutherland
- 24 Rita Clang, Herb Crickmore
- 25 Lea Barbeau, Frank Eichner, Muriel Lucas
John Mangeri, Charles Prewitt
- 26 John Marshall, Colby Melanec
- 27 Audrey Barbaret, Fernand Duval
Marietta Johnson, Robert Landry
Margaret McCarrick
- 28 Gail Dunnrowicz, Ray Haddad
- 29 Lida Bilokur, Barbara Ladd, Joyce Owen
- 30 Georgette Beaumont, Frank Perroth
- 31 Elizabeth Dickson



HAPPY BIRTHDAY TO OUR SEPTEMBER ATTENDEES:

**FRANCES CICHOWSKI, AL SWANSON,
& MARGARET PRYOR**



October Birthday Lunch & Movie

Wednesday, October 3rd—Noon

“My Favorite Brunette”

starring Bob Hope, Dorothy Lamour,
Lon Chaney Jr., and Peter Lorre

A funny spoof of film noir
and a comedy classic!

Cards

Duplicate Bridge: August 17, 2012

NS

- 1. Paula Tate & Mary Shinoski 78.5
- 1. (Tie) Doris LeDoyt & Anna McLain 78.5
- 2. Jerry Shaffer & Donald Nolan 67
- 3. George Waller & Laida Mead 60

EW

- 1. Paul Stanton & Phanindra 94.5
- 2. Aline Booth & Jeanne Haas 63.5
- 3. Barbara Hood & Michael Stephens 62.5

Duplicate Bridge: August 31, 2012

NS

- 1. Jerry Shaffer & Omar Shepard 51.5
- 2. Floyd Bass & Carol Hewitt 39.5
- 3. Paula Tate & Mary Shinoski 37.5
- 3. (Tie) Rita Pollack & Sally Hirakus 37.5

EW

- 1. Doris LeDoyt & Anna McLain 51
- 2. Joseph & Mary Ann Fodor 49
- 3. Ellie Tambornini & Sue Losee 44.5

MSCA Computer Learning Center Classes & Seminars

The following classes 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. **NOTE: A full detailed listing of ALL classes and seminars are available at the Mansfield Senior Center.**

Introduction to Computers: Instructor: Dan Gebben. Dates: Oct. 2, 4, 9, 11, & 16. Time: 1:00 to 3:00 PM.

Advanced Internet: Instructor: George Jones. Dates: Oct 3, 10, & 17. Time: 9:00 to 11:00 AM.

Internet Shopping: Instructor: Jerry Heiss. Dates: Oct. 9,11, & 16. Time: 10:00 AM to 12:00 PM.

Excel 2007: Instructor: Mike Beschler. Dates: Nov. 6, 8, 15, 15. Time: 9:00 AM to 12:00 PM.

Advanced Internet: Instructor: George Jones. Dates: Nov. 28, Dec. 5, 12. Time: 9:00 to 11:00 AM.

FREE FALL SEMINARS TAUGHT BY DAN GEBBEN

Buying a Digital Camera: Friday, Oct. 5, 11:00 AM-12:00 PM

Photo Editing: Friday, Oct. 12, 1:00-3:00 PM

Photo Housing Sites: Friday, Oct. 19, 10:00 AM-12:00 PM

Basic Functions of a Camera: Friday, Oct. 26, 1:00-4:00 PM

How to Attend Great Universities Free without Leaving Home: Tuesday, Oct. 30, 11:00 AM-12:00 PM

PC Housecleaning: Friday, Nov. 9, 1:00-3:00 PM

YEAR-ROUND COMPUTER ASSISTANCE

- Free help for PC users with Dan Gebben every Monday from 10:00-11:00AM in the Computer Lab
- Free "Photo Club" with Dan Gebben every first and third Friday of the month in the Computer Lab from 10:00AM to noon. This is an ongoing club, and all are welcome to attend.
- Free help for Mac users. Call Frank Trainor or Mike Palmer at 860-429-0262, ext. 7, to make an appointment. Please leave your name and phone number.

Medicare's Annual Election Period is October 15 through December 7, 2012

During this time you may join, switch, or drop Medicare plans. You may change from Original Medicare to a Medicare Advantage Plan, change from a Medicare Advantage Plan back to Original Medicare, or switch from one Medicare Advantage Plan to another. You may switch from a Medicare Advantage Plan with drug coverage to one without, and vice versa. You may join a Medicare Prescription Drug Plan, switch to another, or drop Medicare prescription drug coverage completely. For more information, please call the Mansfield Human Services Department at 860-429-3314.

JORGENSEN TICKETS UPDATE

Jorgenson Ticket Update at the Mansfield Senior Center by Mr. Rodney Rock

Monday, October 1st, 12:40 PM

For those of you who have been waiting for the Jorgenson Buy One Get One Free Ticket program to begin again, you need to attend this presentation. Mr. Rock, from Jorgenson, will be here to explain the new program. Please plan to attend.

Following is a list of events that members will be able to purchase the Buy One Get One Free Tickets through the Mansfield Senior Center program. Each event will be limited to 12 pairs, so it will be on a first come/first serve basis. Additional seats may be purchased at the full senior rate.

10/12/12: The Orpheus Chamber Orchestra

10/19/12: Staff Benda Belli

10/23/12: Warsaw Philharmonic

11/01/12: Pilobolus

11/15/12: Jupiter String Quartet

01/31/13: Live at Birdland (Non-cabaret seats only)

02/14/13: Motionhouse

03/14/13: Beethoven Orchestra of Bonn

03/28/13: Russian National Ballet

05/02/13: Lila Downs

This is a total of 10 events for the year with some great range and diversity. Again, 12 pairs of tickets for each show will be held to be sold through the Mansfield Senior Center Ticket Program on a first come/first serve basis—Buy One Get One Free at the Senior Rate. Come to the presentation to learn how this will work

ENERGY ASSISTANCE APPLICATIONS NOW BEING ACCEPTED

Program applications are now being accepted for the CT Energy Assistance Program by the Access Agency at 1315 Main St., Willimantic. This program provides funding assistance to households for all primary heat sources including oil, natural gas, kerosene, propane, wood, electricity, and coal. Eligibility and the level of funding provided is based on income, the number of persons living in the household, and the liquid assets of the applicant. Persons who are interested in applying should contact the Access Agency at 860-450-7423 to schedule an appointment. Hours are from 8:00 AM to 4:00 PM, Mon. to Fri.

“Celebrating the Living and Remembering the Fallen”

Over the summer, staff and community volunteers have been working on planning this year’s annual Veterans’ Day celebration and recognition event. The Senior Center has sponsored a recognition event for many years, but this year the Mansfield Senior Center, Human Services, and Veterans stepped forward with an ambitious plan to host a free luncheon for all Mansfield Veterans and their spouses. This enthusiastic committee has planned a luncheon at the Mansfield Community Center that can accommodate up to 300 guests. The committee has successfully solicited donations from many local businesses and individuals, and while still a little short of their fund-raising goal, they are confident that they will be able to totally fund the cost of the luncheon.

The event is scheduled for 11:00 AM to 1:00 PM on Friday, November 9, 2012, and the intent is to honor Veterans and spouses, of all wars, in a manner that requires only their presence. In addition to the luncheon, there will be a formal ceremony that is designed to recognize all of Mansfield’s Veterans.

Veterans and their spouses will be receiving a “save the date” announcement shortly, and if you are interested in attending, please send your emails to DaintonCH@mansfieldct.org, or mail your response to the Mansfield Senior Center, 303 Maple Road, Storrs, CT 06268. You may also hand in the information at the Senior Center desk. If you are interested in making a donation to this event, your tax deductible check can be made payable to the Town of Mansfield-Veterans’ Committee, and may be sent to the Mansfield Senior Center. Your generosity will be acknowledged in our program during the luncheon. Thank you.

FREE Mini Health Fair
*sponsored by UConn Health
Center in Farmington*
at the Mansfield Senior Center

Wednesday, October 24th
1:00 to 4:00 PM

- ◆ Health Promotion Activities
- ◆ Basic Screenings
- ◆ Products for Participants

Other services provided include blood pressure, blood glucose, BMI monitoring, oral health, and nutrition education.

Howard Raphaelson will also have a table with information on the ongoing Blueberry Study.

Nail Polish & Letter Writing
sponsored by Kappa Alpha Theta
at the Mansfield Senior Center

Friday, October 26th
10:00 AM to 2:00 PM

Sorority students from Kappa Alpha Theta will be here to polish your nails! This is free of charge. It is not a manicure—just polish.

Also, they will write any letters or cards for you that you have a hard time doing, or just can’t seem to get to. No need to make an appointment. Just come on in!

**Across the Smiles Mobile
Dental Program** *sponsored by
Generations Family Health Center*

The hygienist brings mobile equipment and will do exams, x-rays, cleanings, and fluoride treatments. They accept many private insurance plans as well as Medicaid and Husky, and have a sliding fee scale which may allow for a reduction in your bill.

If you are interested in having these services at the Center, please let Kathy Yaffee know at ext. 4.

Speak Up! Speak Out!

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.

Welcome

Jennifer Hoskins Haddad came to the United States in mid October 2011, with her husband Ray Haddad, a native of Connecticut. Married 13 years together, they decided to venture here. They purchased a home, sight unseen in Mansfield, and fell in love with the home very quickly; even the dog is happy!

Jen applied for and became a permanent resident on the 6th of June 2012. At this point she is looking forward to applying for citizenship in three years.

Together the Haddad’s have become very active at the Mansfield Senior Center, in the Writing Group and the Knitting/Crocheting class; maybe even more things in the future! Welcome!

~Anonymous

IF YOU SIGN UP, SHOW UP!

If you sign up for our noon meals, please show up! We understand that sometimes you must cancel due to an emergency or sickness; however, please try to consider other things before you do sign up, such as doctor appointments, etc. If we continue to have so many cancellations, we may lose the meal program, and we surely don’t want that to happen!

FULL PAGE FOR ADVERTISEMENTS

“Brown Bag It”

at the Mansfield Senior Center

Friday, October 26th,

10:30 AM to 1:00 PM

*sponsored by Danielle Hebert & Debbie Reyes,
Pharmacy students at Saint Joseph College of
Pharmacy in Downtown Hartford*



A “brown bag” event is where you bring in one or all of your medications in a “brown bag” and may ask any questions or express any concerns you may have about the meds with the pharmacy students on a one-on-one basis. Please call Kathy Yaffee at 860-429-0262, ext. 4, for your appointment.

SPECIAL THANKS ...

... to Lida Bilokur for all the beautiful flowers she brought in over the summer to grace our lobby, and to Mr. & Mrs. Bobbitt for the most glorious gladiolas that we have ever seen. Thanks so much! Flowers make us feel so good!

Yes! Please subscribe me to Senior Sparks!

(Covers period July 1, 2012, to June 30, 2013)

(PLEASE PRINT)

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Town: _____ ZIP: _____

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

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



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