



# SENIOR SPARKS

VOLUME 38 ISSUE 12 MANSFIELD SENIOR CENTER ASSOCIATION, INC. DECEMBER 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  
\* 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

## HOLIDAY BAZAAR

*at the Mansfield Senior Center*

**Saturday, December 8th, 2012 - 9:00 AM to 1:00 PM**

*~ Toys, Books, Jewelry  
~ Bake Sale, Silent Auction  
~ Christmas Décor  
~ Beautiful Hand-Knitted & Quilted Items  
~ Attic Treasures*

Come visit and get some of your holiday shopping done early.  
We have many holiday treasures just waiting for a new home!

*Join the festivities! Shop 'til you drop!*

We will gladly accept bake sale items (*individually packaged, please*)  
the day before or the morning of the sale.

**For more information, please call the Center at 860-429-0262, ext. 0.**

**We thank you all for your generous donations,  
helping to make our bazaar a wonderful success!**

*A Note from the President...*

Right now I'm sitting at my computer, looking out at a warm, calm mid-November day, and feeling thankful that all the political and meteorological drama and havoc of the past several weeks is over and done with. It's good to have this brief interlude of quiet before returning again to the daily round of activities and obligations.

However, back to the real world! Most of you have seen the small questionnaire about *Sparks* that appeared in October's issue. Some of you even answered it! While it's a small sample, I think that it shows a definite trend.

It was encouraging to see how many of you want *Sparks* to continue, even at the rather high price we cited. Most of the comments received dealt with that price, and we certainly hope we can bring it in at a lower cost.

**NEVERTHELESS** – we still need to hear from more of you, so if you haven't already replied, please fill in the form below and drop it off at the reception desk. We're especially interested in any comments you might care to make. We will take them seriously, I promise you.

Now to more pleasant things. You'll be reading this in early December when the holiday season will soon be on us in full swing. With it comes memories of times long past – “*When you and I were young, Maggie,*” in the words of the song. But today brings warm wishes from all of us to all of you for a happy holiday season and a joyous New Year.

The Center has planned some nice December programs. Come and be part of them.

Fa, la la la la; fa la; la la.

*Rita Braswell*

**SPARKS SURVEY**

Please check the choice that most applies to you and return to the Receptionist before December 31st. This is very important and we would appreciate your input.

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: \_\_\_\_\_

**Mansfield Senior Center**

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

Fax: (860) 429-3208

Wellness Fax: (860) 429-3905

E-mail: SeniorCenter@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  
 daintonch@mansfieldct.org

Senior Services Social Worker:  
 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 Nov. 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 Dec. winner will be announced in the Jan. issue of *Sparks*. Please, only one entry per person. Good luck!

**Nov. Winner: Shirley Blomberg**

*Congratulations!*

**“Hidden Item” Entry Form**

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

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

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

**Hidden Item:** 

**MISCELLANY**

**Thank You**

Many thanks to John Adamcik, Jim Campetelle, June Curtis, Sam Gordon, Beryl Griffin, Richard Hobby, Alice Jansen, Sue Kwastel, and Karen Peters for collating the November issue of *Sparks*. *Thanks so very much!*

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

*Sonia & Bill Drexler  
Barbara & Arthur Hathaway  
Marie Frazier  
Susan Meisler  
William Sloan*



**SOLAR POWER!**

Since having the solar panels installed on our roof at the Mansfield Senior Center on December 20, 2010, the solar panels have provided 17,540 KWH hours of electricity. This is equivalent to three average households! Here comes the sun!

**Special Thanks**

Kathy Rule has submitted her resignation as Assistant Treasurer of the MCSA Executive Board eff. Nov. 14, 2012. We would like to take this opportunity to thank her for all her fine and wonderful work she fulfilled while in this position.

**TRAVEL DESK**



**The Travel Desk**

**Thank You All for a Very Good Travel Year!**

Judy, Carol, and Emily at the Travel Desk would like to thank all of our dedicated travelers for a very successful and fun 2012! We look forward to seeing you all in the New Year! Our last trip for 2012 was on Tuesday, November 13th, "Vegas Comes to Connecticut" at the Aqua Turf Restaurant. We all had a great time. *"That's right, baby, I said a great time!"*

The Travel Desk will be closed through the end of February 2013. The new trips will then be posted and flyers available for the February *Sparks* 2013 issue. We are investigating some overnight trips. Watch for "Travel Kick-Off" in late Jan. or early Feb. 2013.

Have a great holiday season, and we will see you all in the New Year!

*Judy, Carol, & Emily*

**BLUEBERRY STUDY**

Blueberries must be ordered by **Tuesday, January 8, 2013, 12:00 PM**

**NO EXCEPTIONS!**

Blueberry pick-up is **Friday, January 18, 11:00 AM**

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

**GENERAL INFORMATION**

**Holiday Mitten Tree**

The Mansfield Senior Center will once again have a holiday mitten tree that will be decorated with small items of clothing such as mittens, scarves, caps, booties, and socks. These items are given to those in need. Donations of purchased and handmade items are most welcome.



Thank you.

**Sparks Submissions**

Please submit your articles for the January newsletter by Dec. 10th.

**Genealogy Group**

The Genealogy Group with Helen Collins meets on Tuesday, Dec. 11th, 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!*

*Zoe's Antique Purses, Etc.  
Courtesy of Zoe Leibowitz*

Please let Cindy know if you have items you would like to display.

**IN MEMORY OF**

**Richard "Dick" Reynolds  
Ruth Kort  
Larry Metzgar  
Donald Morrissette**

**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 **\$3.00. Individuals younger than 60 are welcome to eat, but are asked to pay the actual cost of the meal, which is now \$9.78. Reservations must be made 24 hours in advance by 10:00 AM.** 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.

**Menu:**

- Mon., Dec. 3: Eggplant Rolette
- Tues. Dec. 4: Chicken Marsala
- Wed., Dec. 5: Swedish Meatballs
- Thurs., Dec. 6: Hearty Pork Stew
- Fri., Dec. 7: Chicken Cacciatore
  
- Mon., Dec. 10: Cheeseburger Casserole
- Tues., Dec. 11: Maple Glazed Ham
- Wed., Dec. 12: Chicken Florentine
- Thurs., Dec. 13: **Lunch & Learn**  
sponsored by Masonicare
- Fri., Dec. 14: Crispy Fish Nuggets
  
- Mon., Dec. 17: Stuffed Chicken
- Tues., Dec. 18: Penne Pasta/Meatballs
- Wed., Dec. 19: **Holiday Dinner** w/our  
**MSC Chorus & Sparkettes**  
(\$10.00 payable with reservation)
- Thurs., Dec. 20: Savory Chicken Stew
- Fri., Dec. 21: Salisbury Steak w/Gravy
  
- Mon., Dec. 24: Special Pizza Meal  
(TVCCA Program Closed)
- Tues., Dec. 25: **Christmas Day**  
(Center Closed)
- Wed., Dec. 26: Sloppy Joes w/Bun
- Thurs., Dec. 27: Cheese Manicotti
- Fri., Dec. 28: Chicken Parmesan
  
- Mon., Dec. 31: Pulled Pork w/Bun



**SNAP Changes**

In October, many of you may have seen a small change in your SNAP (Supplemental Nutrition Assistance Program) benefits. The formula used in determining the amount to the SNAP benefit is, in part, determined on the federal Standard Utility Allowance. This may result in a small drop in your monthly SNAP benefits. SNAP benefits are the same as Food Stamps. (Reprinted from CABHN Fever Newsletter.)

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**Apply for  
Energy Benefits NOW!**

Energy assistance will help pay your heating bills. You may be eligible for benefits even if heat is included in your rent payment (depending on your income and rent amount.) Apply for energy assistance early in case funds run out. The application deadline is May 1, 2013. For those with utility heated households with a shut-off notice, the deadline is extended to May 15, 2013.

Kathy Ann Easley is available at the Mansfield Senior Center each Tuesday from 10:00 AM to 2:00 PM for assistance. If you are not able to come during this time block, please give Human Services a call at 860-429-3315 to set up an appointment.



**Mini-Health Fair, Oct. 24th**

**Making Sense of the Home Improvement Standard**

Our advocacy efforts have paid off! The Center for Medicare Advocacy recently announced a Settlement in the class action lawsuit brought against the Secretary of Health and Human Services, Kathleen Sebelius, to eliminate the policy and practice of the illegal, harmful, and unfair Medicare "Improvement Standard."

As advocates and beneficiaries, you know the Improvement Standard has harmed thousands of older and disabled Medicare beneficiaries who need skilled care to maintain their conditions, but who have been denied coverage on the grounds that they are not improving. We are thrilled to have reached this settlement and create a smoother road for beneficiaries to receive the health care they need.

**What's Next?**

CSM will revise the Medicare Benefit Policy Manual and other Medicare Manuals to correct suggestions that coverage is dependent on a beneficiary "improving" and add provisions stating that skilled services necessary to maintain a person's condition can be covered by Medicare. After the policy revisions are completed, CMS will conduct an education campaign to inform providers, Medicare decision-makers, and adjudicators of the new skilled maintenance provisions.

For more information,  
go to their website:  
[www.medicareadvocacy.org](http://www.medicareadvocacy.org).

Submitted by  
Ida Millman

**Please Note: Evening Quilting with Pat Ferguson will not resume until April 2013.**

## 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. Dec. 4 & 12th.

**ALZHEIMER'S SUPPORT GROUP** with Jane Downing 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, Dec. 12th.

**CAREGIVERS SUPPORT GROUP** with Kevin Grunwald usually meets the third Thursday of each month, December 20th, 6:30 PM.

**FREE BLOOD PRESSURE SCREENINGS** on the first & third Wednesday of each month at 11:00 AM, offered by Interim Health Care. No appointments necessary. Dec. 5 & 19th.

**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. Atty. Gates will resume in January 2013.

**FOOTCARE** with Dr. Walter, Podiatrist, Tuesday, Dec. 11th, 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.

**LOW VISION GROUP** with Kevin Grunwald on Monday, December 10th at 11:00 AM.

**MASSAGE THERAPY** with Faith Manning 11:00 AM to 3:00 PM, usually the first and third Wednesday of each month, payable to Faith. Please make your appointment with Kathy Yaffee. Dec. 5th & 19th.

**MINI-SPA** from 9:00 AM to noon. Call Kathy for your appointment. Haircuts by Michelle, and nails by Hope. Dec. 10th.

**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 Dec. 11th. Please contact Susan Gavitt at 860-423-7413 for further information.

## OTHER HAPPENINGS

### Conversation with Betty

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

Thursday, December 6th:  
"The 1970's—Looking Back"

Thursday, January 3, 2013:  
"Is Gender Equality Attainable?"

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



### POLICE ACADEMY FOR SENIORS

The Mansfield Police, in conjunction with the TRIAD committee, would like to hold a police academy for seniors in Mansfield. You would learn some of the same skills that the police officers learn in Basic Training.

If you would be interested in being a part of the Police Academy, please leave your name and telephone number with the receptionist at the front desk. We will be trying to put a class together for after the first of the year.

### FREE Lunch & Learn Program on Home Safety

at the Mansfield Senior Center

*Sponsored by Masonicare*

**Thursday, December 13th, Noon**

Menu:

**Meatloaf, Mashed Potatoes  
Green Beans, Apple Cobbler**

*(Lunch is free, but you still need to sign up.  
First come first sign up until we reach 35,  
then we will take a wait list.)*

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SAT. & SUN.**

<p><b>3.</b> 9:00 &amp; 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 3:15-Senior Aerobics</p>	<p><b>4.</b> 8:30-VNA East 8:30-Strength/Stability 9:00-Gentlemen's Breakfast w/Andrea 10:00-Ways &amp; Means 10:00-Scrabble / Wii Bowl 10:30-Drawing w/Bill 12:00-Lunch 12:30-Lovely Old Bones 1:00-Bingo 1:30-Therapeutic Exer. 2:30-Computer Comm.</p>	<p><b>5.</b> 9:00-Adv. Internet 9:15-T'ai Chi 10:00-Writing Group 10:15-T'ai Chi 11:00-Massage 11:00-Blood Pressure 12:00-Causeries en Français 12:00-Birthday Lunch 12:30-Chorus @ Chaplin 12:45-MMS Chamber Choir 6:30-9:00-Eve. Quilt. w/Pat (make up class)</p>	<p><b>6.</b> 8:30-Strength/Stability 9:00-Yoga w/Sharon 10:00-Wii Bowl 10:00-Quilting w/Pat 10:00-Bridge w/Chinky 10:00-Sparkettes 11:00-Conversation w/Betty 12:00-Lunch 12:30-Lovely Old Bones 1:00-Bridge / Jewelry 1:30-Ther. Exer. 2:30-Wii Bowl 3:15-Senior Aerobics *Sparkettes in Columbia</p>	<p><b>7. Bazaar Set Up</b> 9:00-T'ai Chi 10:00-Scrabble 10:00-Knitting &amp; Crocheting 10:00-Photo Club 10:15-Zumba Gold 12:00-Lunch 1:00-Art Studio 1:30-Chorus @ Card Home No Brain Aerobics Today  <i>Pearl Harbor Remembrance Day</i></p>	<p><b>8. Saturday</b> <b>Holiday Bazaar</b> <b>9:00 AM-1:00 PM</b>  ~~~~~ <b>9. Sunday</b> <b>Hanukkah begins</b> <b>at Sundown</b></p>
<p><b>10.</b> 9:00-Mini-Spa 9:00 &amp; 10:00-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 2:30-Chorus @ St. Jos's 3:15-Senior Aerobics  <b>Hanukkah</b></p>	<p><b>11.</b> 8:30-Strength/Stability 9:00-Dr. Walter 10:00-Scrabble 10:00-Wii Bowl 10:00-Genealogy 10:30-Drawing w/Bill 12:00-Lunch 12:30-Lovely Old Bones 1:00-Bingo 1:30-Therapeutic Exer.</p>	<p><b>12.</b> 8:30-VNA East 9:00-Adv. Internet 9:15 &amp; 10:15-T'ai Chi 10:00-Writing Group 10:15-Executive Board 12:00-Causeries en Français 12:00-Lunch 1:00-Association Meeting 1:00-Alzheimer's Support 1:30-Blueberry Study 2:00-Non-Fict. Book Club</p>	<p><b>13.</b> 8:30-Strength/Stability 9:00-Yoga w/Sharon 10:00-Sparkettes / Wii Bowl 10:00-Quilting w/Pat 10:00-Bridge w/Chinky 11:30-Foodshare 12:00-Lunch &amp; Learn by <b>Masonicare</b> 12:30-Lovely Old Bones 1:00-Bridge / Jewelry 1:30-Ther. Exercise 2:30-Wii Bowl 3:15-Senior Aerobics</p>	<p><b>14.</b> 9:00-T'ai Chi 10:00-Scrabble 10:00-Knitting &amp; Crocheting 10:15-Zumba Gold 12:00-Lunch 1:00-Art Studio 2:00-Brain Aerobics 2:00-Chorus @ Douglas Manor</p>	<p><b>15. Saturday</b>  ~~~~~ <b>16. Sunday</b> <b>Hanukkah Ends</b></p>
<p><b>17.</b> 9:00 &amp; 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 3:15-Senior Aerobics</p>	<p><b>18.</b> 8:30-Strength/Stability 10:00-Scrabble 10:00-Wii Bowl 10:30-Drawing w/Bill 11:00-Receptionist Mtg. 12:00-Lunch 12:30-Lovely Old Bones 1:00-Bingo 1:00-Program Planning 1:30-Therapeutic Ex.</p>	<p><b>19.</b> 9:15 &amp; 10:15-T'ai Chi 10:00-Writing Group 11:00-Blood Pressure 11:00-Massage 12:00-Causeries en Français 12:00-Holiday Dinner 12:45-Chorus &amp; Sparkettes 2:00-Red Hatters 6:30-9:00-Evening Quilting w/Pat (make-up class)</p>	<p><b>20.</b> 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 / Jewelry 1:30-Therapeutic Exer. 2:30-Wii Bowl 3:15-Senior Aerobics 6:30-Caregiver's Spt. Group</p>	<p><b>21.</b> 9:00-T'ai Chi 10:00-Scrabble 10:00-Knitting/Crocheting 10:00-Photo Club 10:15-Zumba Gold 11:00-Brain Aerobics (NEW TIME) 12:00-Lunch 1:00-Art Studio 1:00-Duplicate Bridge 2:00-Chorus @ Juniper H.  <b>Ist Day of Winter</b></p>	<p><b>22. Saturday</b>  ~~~~~ <b>23. Sunday</b></p>

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SAT. & SUN.**

**24.**

**PLEASE Note:** No fitness & Exercise Classes for the week (to include Dec. 31st). Classes resume 1/2/13.

10:00-Art Studio  
10:00-Computer Help  
12:00-Special Pizza Lunch  
1:00-Mahjongg

*Christmas Eve*

**25.**

*Christmas Day*



*Center Closed*

**26.**

10:00-Writing Group  
12:00-Causeries en Français  
12:00-Lunch  
2:00-Non-Fiction Book Club

**27.**

10:00-Wii Bowl  
10:00-Bridge w/Chinky  
11:30-Foodshare  
12:00-Lunch  
12:30-Lovely Old Bones  
1:00-Bridge  
1:00-Jewelry  
2:30-Wii Bowl

**28.**

10:00-Scrabble  
10:00-Knitting/Crocheting  
11:00-Brain Aerobics  
12:00-Lunch  
1:00-Art Studio

**29. Saturday**

~~~~~

**30. Sunday**

**31. New Year's Eve**

*10:30 AM to 12:00-  
New Year's Eve  
Special Celebration w/  
Entertainer Dick Santi  
Countdown to Noon!  
It's midnight  
somewhere in the  
world!  
Light refreshments  
available.*



*Priceless Gifts to Give*

*The gift of a little of your time; the gift of a good example  
The gift of laughter; the gift of acceptance  
The gift of seeing the best in people; the gift of a surprise  
The gift of privacy; the gift of self-esteem  
The gift of something to look forward to; the gift of self-disclosure  
The gift of giving up a bad habit; the gift of really listening  
The gift of helping someone learn; the gift of a helping hand  
The gift of letting others give to us.*

From Priceless Gifts: How To Give the Best to Those You Love by Daniel A. Sugarman, Ph.D.

**DECEMBER BIRTHDAYS**

**Flower:** *Turquoise for Success*  
**Birthstone:** *Narcissus for Precious Moments*

- 1 Barbara Gamache, Furong Jia
- 2 Wilfred Bigl, Harry Darrow, Helen Sadow
- 3 Susan Dinsmore, Harriet Stern
- 4 Douglas Andrew, Donald Beland  
Arthur Gandelman, Natalie Hills  
Natalie Jurkovics
- 5 Mary Cartier, Beatrice Langille  
Antonia Moran
- 6 Lena Forand, Elizabeth Geissler
- 7 Vera Christensen, Balaji Mundkur  
Helen Perkins, Donald Roberts
- 8 Judy Bigl, Adelaide Corcoran, Irene Petix
- 9 Yvonne Bessette, Sarah Hirakis, Norma Ogren
- 10 Francis Jacobsen, Mohini Mondkur
- 11 Eleanor Plank
- 12 Eileen Stock, Imanuel Wexler
- 14 Edith Archer, Janet Baker, Robert Collins  
Sherwin Fu, Oscar Guilbault, Robin Weiner
- 15 Susan Kauste, Bernice Smith
- 16 Jean Manter, Barbara Reilly
- 17 Dorothy Eaton, Hazel Gustafson  
Marilyn Nurme
- 18 Sandy Gallo, Janet Generous, Gloria Jackson  
May Trickett
- 19 Ruth Hareld, Michael Palmer
- 20 Allan Attwater, Jack Ennis, Barbara Kolb  
Bertha Lanagan, Emile Poirier
- 21 Robert Bee, Raymond Campbell  
Kathleen DeJoseph, Zoe Leibowitz  
Rosemary Lyon, Mona Thibodeau
- 22 Susan Audette
- 23 Shirley Barrett, John Cagianello  
Judy Sutherland
- 24 Elizabeth Hanks
- 27 Donna Clauson, Janet Pardus, Nancy Roberts  
27 Adele Welles
- 28 Martha Broder-Allard, Barbara Nutini  
Fred Patrone
- 29 Betty Curtis, San Juan Epifenio, Alice Mott  
Gary Patterson, Virginia Rowe  
Barbara Stitts, George Woodling
- 30 Rita Braswell, Lawrence Frazier
- 31 Carol Bollinger



*Happy Birthday to our  
November Attendees:  
Alice Jansen, Richard Hobby, Roger Crossgrove*

**Cards**

**Duplicate Bridge: Friday, October 19, 2013**

**NS**

- 1. George Waller & Lavidia Mead 72
- 2. Paula Tate & Sally Hirikis 69.5
- 3. Paul Stanton & Phanindra 63.5

**EW**

- 1. Helen Collins & Kay Zartun 72.5
- 2. Barbara Ladd & Vera Christensen 68
- 3. Doris LeDoyt & Anna McLain 65

**PUBLIC TRANSPORTATION IN MANSFIELD**

An article in last month's *Sparks* stated that "for public transportation, Mansfield has only the WRTD." The fact is, that despite our rural character, there is a range of public transportation options available to seniors in Mansfield. These include Dial-A-Ride, ADA transport, and medical transportation through our municipal DOT grant. All of these options are explained in greater detail in the "At Your Fingertips" guide, which is available at the Senior Center and online at [www.mansfieldct.gov](http://www.mansfieldct.gov).

Also, during the past year, the Commission on Aging has been working with several other advisory committees to identify public transportation priorities in Mansfield, which will be forwarded to the town's Transportation Advisory Committee. It is the hope of these committees that these priorities will aid in identifying critical areas of need for residents of Mansfield who rely on public transportation.

For more information about transportation options available to you, please feel free to contact any one of the following: Gianna Stebbins, Volunteer Transportation Coordinator: 860-429-0262; Windham Region Dial-A-Ride: 860-456-1462; or the Department of Human Services: 860-429-3315.



### MSCA Computer Learning Center

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.**

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

### 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.



### Gentlemen's Breakfast

*Sponsored by Student Intern  
Andrea Buchar*

*Tuesday, Dec. 4th, 9:00 AM  
Craft Room*

*Menu:*

***Ham & Cheese Quiche  
Sausage  
Pastry, Cobbler  
Orange Juice & Coffee***

*Please sign up with the receptionist  
by November 30th.*

### Holiday Banquet

*at the Mansfield Senior Center*

**Wednesday, December 19th, Noon**

Menu:

*Glazed Spiral Ham  
Mashed Potatoes  
Pineapple & Raisin Chutney  
Winter Squash  
Pie w/Topping*

followed with entertainment by our very own  
***MSC Chorus & Sparkettes***

\$10.00 payable with reservation by Mon., Dec. 17th

### Two New Databases Offered by the Mansfield Public Library

The Mansfield Public Library is proud to announce two new databases now available to Mansfield residents: **Transparent Language Online** and **Universal Class**.

Do you want to learn or brush up on a foreign language? Then try **Transparent Language Online**. This database offers 80+ languages and allows users to follow a simple, linear, learning progression, or jump right in and explore the many, exciting language and culture resources. The NEW Essentials courses provide a fully guided learning experience that is sure to get every learner off to a good start. This also offers new video-based grammar mini-lessons, social media resources, and mobile applications for the iPhone and Android mobile applications.

Interested in learning a new skill or hobby, then give **Universal Class** a try. **Universal Class** offers patrons a unique online education experience. With a growing catalog of over 540 courses, real instructors guiding the learning, engaging video-based lessons, a collaborative learning environment, graded lesson tests, certificates of achievement, and Continuing Education Units available for selected courses, students enjoy an engaging and measurable learning experience that helps them master and document their educational goals. Links to these offerings may be found on the library's website:

<http://www.mansfieldpubliclibraryct.org>

Please contact Margaret McCarthy, Public Services Librarian, at 860-423-2501 if you have any questions.

**Speak Up! Speak Out!**

**MSCA Memorial Fund**

Are you aware of the Association Memorial Fund?

Do you know that an engraved plaque is placed on a Memorial Board in memory of every senior in whose name a donation is made?

These boards are currently in the alcove area off the dining room, but will once be moved to the new "Memorial Room" when completed.

A very special way to remember a relative or friend is to make a donation to the Mansfield Senior Center Association (MSCA). This can be in the amount of your choice. All you need to do is send a check or bring it to the reception desk. Your donation is tax deductible.

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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.

\*\*\*\*\*



John Banker,  
Entertainer for Oktoberfest!

**Blueberry Study**

~ 10 Year Report & Celebration ~

**Wednesday, December 12th,  
1:30 PM at the  
Mansfield Senior Center**

*with special guests*

Dr. Bruce Kristal of Brigham & Women's Hospital and Harvard University

&

Dr. Rolf Martin, former Bioinformatics head at the Burke-Cornell Medical Research Institute

&

Howard Raphaelson, MSCA Blueberry Study Representative

Because of Hurricane Sandy, the 10-year report on Oct. 31st has been rescheduled to Wednesday, December 12th, at 1:30 PM, immediately following the Mansfield Senior Center Association Meeting. Dr. Bruce Kristal, the featured speaker of the day, will explain how large data sets can be used to predict illness and wellness up to 10 years in advance. The 10-year meeting includes a critical review of results obtained since the key 2002 study planning meeting at the Mansfield Senior Center, along with a discussion of 2013 plans to more rigorously evaluate and, if possible, increase blueberry benefits. Howard Raphaelson, of the Mansfield Senior Center, will discuss the mechanics of the Blueberry Study, and Dr. Rolf Martin will review research linking blueberries with decision, speed, and memory improvement and possible Alzheimer's, stroke, diabetes, osteoporosis, and heart disease benefits. Instruction to attend this free meeting by telephone will be posted on their home page at <http://Blueberrystudy.com>.



**Jorgenson Update**

As an update, the Jorgenson Buy One Get One Free Ticket incentive for seniors is active again, with a few changes.

You must be on a "list" that is sent to the Jorgenson by the Mansfield Senior Center the first Monday of the month beginning in December. To get on the "list" you **MUST** be a member of the Mansfield Senior Center Association, Inc. If you are not a member, you may join—there is no fee. Just drop in and see us and we'll check your status. Once you are on the list, you remain there for the season.

After the list has been sent to the Jorgenson, then your best bet is to visit or call the following Tuesday to make arrangements to get your tickets. Remember, you deal directly with Jorgenson once we have put you on and transmitted the list.

*Events left for the season:*

- Jan. 31: Live at Birdland
- Feb. 4: Motionhouse
- Mar. 14: Beethoven Orchestra of Bonn
- Mar. 28: Russian National Ballet
- May 2: Lila Downs

The Jorgenson Box Office may be reached by calling 860-486-4226.



FULL PAGE FOR ADVERTISEMENTS



*During the Holiday Season, more than ever, our thoughts turn gratefully to those who have made our progress possible. And, in this spirit we say, simply but sincerely:*

*Thank You and Best Wishes  
for the Holiday Season  
and a Happy New Year!*

*The Staff from the Mansfield Senior & Wellness Center*

**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.

**SENIOR SPARKS**

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



NON-PROFIT ORGANIZATION  
PRE-SORT STANDARD #57  
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