



SENIOR SPARKS



VOLUME 39 ISSUE 7 MANSFIELD SENIOR CENTER ASSOCIATION, INC. JULY 2013
303 Maple Road, Storrs/Mansfield CT 06268 (860) 429-0262, ext. 5

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

Join us in celebrating the 4th! on the 5th! at the Mansfield Senior Center

Friday, July 5th, 12:00 PM - *Wear Your RED, WHITE, & BLUE!*

Picnic Menu:

All-Beef Hot Dog w/Bun & Condiments, Baked Beans, Salad, Dessert, Beverage

Followed by Special Guest Speaker *Sergeant Dave Mann*
“An Aging War Hero Remembers”

- ~ Winner of Three Purple Hearts
- ~ Survived the Attack on D-Day
- ~ Fought the Battle of the Bulge

\$5.00 payable with reservation (checks: MSCA) no later than Wed., June 26th, 11:00 AM.
No age limit. Bring your family & friends, too!

TWO MORE THURSDAY NIGHT EXTRAVAGANZAS LEFT!

Thursday, July 11th:

5:00 PM

~ **Movie and a Picnic** ~

“Les Miserables”

starring Hugh Jackman, Anne Hathaway,
and Russell Crowe. Nominated for eight
Academy Awards and winner of three.

Bring your own picnic dinner to eat
during this wonderful movie!

Thursday, August 1st:

5:30 PM

~ **Pot Luck Dinner** ~

Please bring your favorite dish to share.

Followed by the band

“Shiny Lapel Trio”

Let's eat, dance, & make merry!

**Mansfield Senior Center Association, Inc.,
Executive Board Officers
(July 1, 2013 to June 30, 2015)**

President:	Estelle Elliott
Vice-President:	Jean Ann Kenny
Secretary:	Beverly Gotch
Finance Officer:	Don Stitts
Treasurer:	Mike Beschler
Member-at-Large:	Sam Gordon

Congratulations!

A Note from the (former) President ...

By the time you read this, my term as President will be over. I want you all to know that it has been a busy, sometimes stressful, but always a rewarding and worthwhile experience, and I am grateful for the chance to have been here.

It has been a real pleasure to be associated with a group as capable, hardworking, and supportive as your Executive Board. They give freely of their time and efforts, and all with great good humor. I have learned a lot from them, and I am glad that as immediate Past President, I will still be serving on the Board with them.

You don't need me to tell you how capable and organized Estelle Elliott is. I hope to be as helpful to her as she was to me, and look forward to working with her.

~ Rita Braswell

A Note from the President ...

Thanks to all of you for the vote of confidence in voting me in as President. I have enjoyed these past two years as chair of Program Planning, and I am looking forward to this new challenge. Rita, I want to thank you for your time and energy as President over the past year. And I wish you the best of luck in what I hope will be a more relaxing year ahead.

In the coming months I hope to attend more of the different groups that make up the Association and put names and faces together. I believe that with a little effort we can all put some energy into making the Senior Center an even more active, happy, and encouraging place where we will all enjoy spending more time mingling. You will all see a happy face on the Association office door, as I hope to keep some type of schedule of hours.

Please join us on Friday, July 5th, to celebrate the 4th! We will be having a special picnic meal.

Please keep in mind that a replacement will be needed as chair for the Program Planning Committee. If someone is interested, come see me or give me a call.

~ Estelle Elliott

**Mansfield Senior Center
860-429-0262, ext. 0**

Fax: (860) 429-3208

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:
Beth Hankins, LCSW, ext. 1

Volunteer Transportation Manager:
Gianna Stebbins, ext. 2

*(also for Medical Transport outside
the Dial-a-Ride Region, if possible)*

Administrative Assistant:
Linda C. Wohllebe, ext. 3

Receptionist:
Kathy Yaffee, ext. 4

The Municipal Agent for the Elderly,
Dept. of Human Services: Kathy Ann
Easley, MSW, (860) 429-3316.

Transportation: Dial-a-Ride Transportation (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 July 6th, 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 July winner will be announced in the August issue of *Sparks*. Please, only one entry per person. Good luck!

**June's Winner: Sam Gordon
Congratulations!**

"Hidden Item" Entry Form

Name: _____

Phone #: _____

Correct Page & Where: _____

Hidden Item: the word "ZIP"

MISCELLANY

Thank You

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

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

*Karen Randolph
Allan Maines
Marie Hakmiller
Jane Horsman-Potter
Elinor C. Barthelemy
Madeline Hutchinson
William & Gail Farnham
Don & Anita Evans
Virginia Adams
Anthony Salvatore
Susan Gill
Francine Hodovan*

Senior Hobby Display Case

Share your talent!

"Hedgehogs"

Courtesy of Cheryl McClain

Please let Linda know if you have items you would like to display. We need you to keep this case going!

Genealogy Group

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

Sparks Submissions

Please submit your articles, in writing, for the August newsletter by July 7th. Thank you.

KAY WARREN - TRAVEL CHAIR - "LET'S GO!"

Summer is moving right along and you may want to consider treating yourself to a fun-filled day at Block Island, New York on July 16th. The day will include the motor coach, round-trip ferry to Block Island, a narrated tour of the Island, luncheon at the famous National Hotel, driver and guide gratuities.

A choice of meal: Baked New England Cod, Chicken Breast, or Blue Lump Crab Cakes. YUM! The rest of the meal consists of clam chowder, bread, rice, vegetable, apple rum cobbler, and coffee or tea. What a day! All this for only \$94.00!

If there is a meal choice to your trip, please make note of it when you send your deposit in as well as your pickup point—Ashford, Eagleville, or WalMart. Please put your trip on the memo portion of your check.

Thank you so much!

Kay—Trip Coordinator

Other Trips:

Thursday, August 8th: Triple Lobster at Hu-Ke-Lau. (\$80.00)

Saturday, September 7th: 9/11 Memorial in New York. (\$72.00)

Tuesday, October 8th: Vermont Foliage & Honora Winery. (\$81.00)

Thursday, November 14th: Clams & Casino at Capt. Jack's. (\$74.00)

Tuesday, December 10th: 1716 Colonial Inn Christmas. (\$81.00)

In Memory Of

Alyce Douda

Joan Milvae

Eleanor Plank



BLUEBERRY STUDY

Blueberries must be ordered by
Tuesday, July 9th, 12:00 PM

NO EXCEPTIONS!

Blueberry pick-up is
Friday, July 19th, 11:00 AM
in the Center's parking lot

Blueberries are available to study participants only; however, you may become a new participant in the study by contacting Howard Raphaelson. You may leave your name and number here, and we will have him get in touch with you.

SAVE THE DATES

Thursday, October 3rd: VNA East Flu Clinic at the Mansfield Senior Center, 1:00 to 3:30 PM.

Saturday, October 5th: Fall Craft & Collectables Show at the Mansfield Senior Center.

Friday, November 8th: Veterans' Day Celebration.

Saturday, December 7th: Holiday Bazaar at the Mansfield Senior Center.

**DIAL-A-RIDE
TRANSPORTATION
CHANGES**

Effective immediately, there will be some changes to transportation requests within the Town of Mansfield for seniors and disabled individuals. No longer are residents to contact Dial-a-Ride directly to request for out of region transportation. All requests should be directed to Gianna Stebbins at 860-429-0262, ext. 2. Gianna will make the necessary arrangements to meet your transportation requests.

This minor change is being implemented to create a more cost effective outcome for the use of our transportation grant monies. Thank you for your understanding in this matter.



CCM Prescription Discount Program

Wednesday, July 10th, 11:00 AM
at the Mansfield Senior Center

A speaker will be coming from New Haven to discuss the CCM Prescription Discount Program. This is completely open to the public. Questions that will be answered include: what can the card be used for and how do I use it? There will be a question and answer period following the presentation. Remember, all welcome!

“Introduction to Reiki”
by Bette Giordano, BS, MS, RMT

Wednesday, July 31st, 12:45 PM
at the Mansfield Senior Center

Reiki is a Japanese technique used to promote stress reduction and relaxation. Bette’s unique perspective reflects her Japanese training as well as her Reiki experiences with cancer patients and clients who have benefitted from this increasingly popular integrative wellness modality.

A drawing for a complimentary Reiki session will be held for those present at the conclusion of the program.

Hope to see you all there for this most informative presentation.

Save the Date!
Connecticut
Shoreline’s
Shiny Lapel Trio
*at the Mansfield
Senior Center*
Thursday, August 1st
5:30 PM-Potluck
6:30 PM-Shiny
Lapel Trio



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. Blood pressure, cholesterol, HDL cholesterol, blood glucose, earwax, and foot care. Checks payable to VNA East. July 10th.

CAREGIVERS SUPPORT GROUP with Beth Hankins, LCSW, usually meets the third Thursday of each month at 6:30 PM. The group will not meet in July, but will meet in August on the 15th.

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. July 29th. Next meeting will be Mon., Sept. 23rd.

FOOTCARE with Dr. Walter, Podiatrist, Tuesday, July 9th, beginning at 9:00 AM. Medicare will be billed if you are eligible. Dr. Walter carries Dr. Comfort shoes, including M/C Diabetic shoes.

LOW VISION GROUP usually on the second Monday of each month at 11:00 AM. July 8th.

MINI-SPA from 9:00 AM to noon. Call Kathy for your appointment. Haircuts by Michelle, and nails by Hope. July 8th.

M.S. SUPPORT GROUP normally meets the second Tuesday of each month in the Craft Room at 7:00 PM. The group will meet July 9th. For more information, please contact Joan at 860-429-7271 or Jennifer at 860-450-0530.

REFLEXOLOGY: Hope Charette will not be practicing Reflexology during July and August. Watch for September!

NOTE: Senior Aerobics with Margie Stickles on Mondays has been changed to 9:00 AM instead of 3:15 PM, effective July and August only. Thursdays will remain at 3:15 PM.

Thank you.

Conversation with Betty
2:00-3:30 PM at the
 Mansfield Wellness Center

Thursday, July 11th & 25th

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

A.A.R.P. Spring & Fall Driver Safety Courses
 taught by Lynne White, District Coordinator,
 at the Mansfield Senior Center

Tuesday, November 12th, 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.

* * * * *

FOOD FOR THOUGHT

with Beth Hankins, LCSW

Each Tuesday at 12:30 PM in the Hobby Room
 (15-minute sessions)

July Topics:

July 2nd: **Relaxation**—a brief session join the benefits of de-stressing your mind and body.

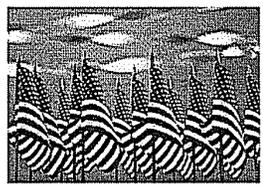
July 9th: **Mood & Food**—what’s the interaction between the two?

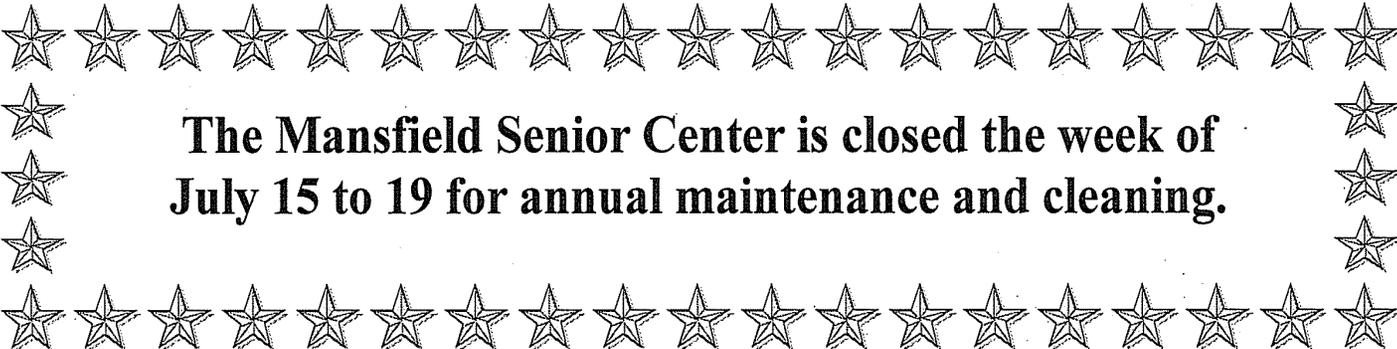
July 23rd: **Help at Home**—what’s out there and how do I find it?

July 30th: **Talking with Your Adult Children**—who is helping who?

If you have other topics you would like to see addressed, please let Beth know.

MONDAY **TUESDAY** **WEDNESDAY** **THURSDAY** **FRIDAY** **SAT. & SUN.**

<p>1. 9:00 & 10:00-T'ai Chi 9:00-Sr. Aerobics 10:00-Sparkettes 10:00-Art Studio 10:00-Computer Help 12:00-Lunch 1:00-Mahjongg</p>	<p>2. 8:30-Strength & Stability 10:00-Scrabble 10:00-Wii Bowl 10:00-Introduction to ZIP Computers 12:00-Lunch 12:30-<i>Food for Thought</i> 12:30-Strength & Toning 1:00-Bingo 2:30-Computer Mtg.</p>	<p>3. 9:15 & 10:15-T'ai Chi 10:00-Writing Group 12:00-Causeries en Français 12:00-Birthday Lunch</p> 	<p>4. Independence Day</p>  <p>Center Closed</p>	<p>5. 9:00-T'ai Chi 10:00-Scrabble 10:00-Knitting & Crocheting 10:00-Photo Club 10:15-Zumba Gold 12:00-"July 4th" Lunch 12:45-Sergeant Dave Mann, War Hero 1:00-Art Studio - <i>(cancelled today)</i></p>	<p>6. Saturday ~~~~~</p> <p>7. Sunday</p>
<p>8. 9:00 & 10:00-T'ai Chi 9:00-Senior Aerobics 9:00-Verterans' Committee Meeting 9:00-Mini Spa 10:00-Sparkettes 10:00-Art Studio 10:00-Computer Help 11:00-Low Vision 12:00-Lunch 1:00-Mahjongg</p>	<p>9. 8:30-Strength & Stability 9:00-Dr. Walter 10:00-Scrabble 10:00-Wii Bowl 10:00-Genealogy 12:00-Lunch 12:30-<i>Food for Thought</i> 12:30-Strength & Toning 1:00-Bingo 7:00-MS Spt. Grp.</p>	<p>10. 8:30-VNA East 9:15 & 10:15-T'ai Chi 10:00-Free Email Seminar 10:00-Writing Group 11:00-CCM Prescription Discount Program 12:00-Causeries en Français 12:00-Lunch 2:00-Non-Fiction Bk. Clb 6:30-9:00-TNT Quilters</p>	<p>11. 8:30-Strength/Stab. 10:00-Wii Bowl 10:00-Yoga w/Sharon 11:30-Foodshare 12:00-Lunch 12:30-Strength & Toning 1:00-Bridge / Jewelry 2:00-Conversation w/Betty 2:30-Wii Bowl 3:15-Sr. Aerobics 5:00-Picnic & Movie ~ <i>Les Miserables</i> ~</p>	<p>12. 9:00-T'ai Chi 10:00-Scrabble 10:00-Knitting & Crocheting 10:00-Free Facebook Seminar 10:15-Zumba Gold 12:00-Lunch 1:00-Art Studio</p>	<p>13. Saturday Block Island Travel Trip ~~~~~</p> <p>14. Sunday</p>



The Mansfield Senior Center is closed the week of July 15 to 19 for annual maintenance and cleaning.

20. Saturday
~~~~~

**21. Sunday**

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SAT. & SUN.**

**22.**  
 9:00 & 10:00-T'ai Chi  
 9:00-Senior Aerobics  
 10:00-Sparkettes  
 10:00-Art Studio  
 10:00-Computer Help  
 12:00-Lunch  
 1:00-Mahjongg



Full Moon

**23.**  
 8:30-Strength/Stability  
 10:00-Scrabble  
 10:00-Wii Bowl  
 10:00-Free Genealogy  
**Computer Course**  
 12:00-Lunch  
 12:30-Food for Thought  
 12:30-Strength &  
 Toning  
 1:00-Bingo

**24.**  
 9:15 & 1-15-T'ai Chi  
 10:00-Writing Group  
 12:00-Causeries en  
 Français  
 12:00-Lunch



**25.**  
 8:30-Strength/Stability  
 10:00-Wii Bowl  
 10:00-Yoga w/Sharon  
 10:00-Free Genealogy  
**Computer Course**  
 11:30-Foodshare  
 12:00-Lunch  
 12:30-Strength & Toning  
 1:00-Bridge / Jewelry  
 2:00-Conversation w/Betty  
 2:30-Wii Bowl  
 3:15-Senior Aerobics

**26.**  
 9:00-T'ai Chi  
 10:00-Scrabble  
 10:00-Knitting/  
 Crocheting  
 10:00-Photo Club  
 10:15-Zumba Gold  
 12:00-Lunch  
 1:00-Art Studio  
 1:00-Duplicate Bridge

**27. Saturday**  
 National Korean War  
 Veterans' Armistice Day

~~~~~

28. Sunday

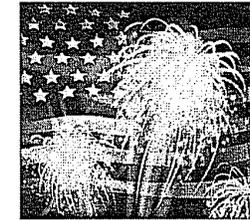
29. 9:00 & 10:00-
 T'ai Chi
 9:00-Senior Aerobics
 10:00-Sparkettes
 10:00-Art Studio
 10:00-Computer Help
 12:00-Lunch
 1:00-Mahjongg
 1:00-Atty. Gates

*Last day to register
 for August classes

30.
 8:30-Strength/Stability
 9:00-Dr. Walter
 10:00-Scrabble
 10:00-Wii Bowl
 10:00-Intro. to
 Computer
 12:00-Lunch
 12:30-Food for Thought
 12:30-Strength & Toning
 1:00-Bingo

31.
 9:15 & 10:15-T'ai Chi
 10:00-Writing Group
 12:00-Causeries en
 Français
 12:00-Lunch
 12:45-Introduction to
Reiki by Bette
 Fiordana, BS, MS, RMT
 2:00-Non-Fiction Bk Clb
 6:30-9:00-TNT Quilters

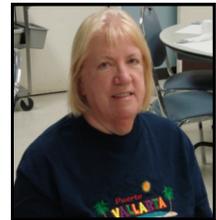
July 2013



JULY BIRTHDAYS

Flower: *Larkspur for Haughtiness*
Birthstone: *Ruby for Nobility*

- 1 Doris Clark, Katherine Elliott, Carol Hewitt
Richard Martin, Richard Santi
Alfred Schroeter, Alberta Weber
- 2 Jaquelin Brown
- 3 Barbara Buggolz, Stephanie Orringer
- 4 Barbara Franson, Norma Gingras
Michael Howard, Rein Laak, Phyllis Lambert
Eugene Manning
- 5 Carol Abramson, Shirley Katz, Harris Marcus
Sheila Musiek
- 6 Thomas Hyde, Lynne Koths, William Liberator
- 7 Leslie Kennard, Ellen Marshall, Ronald Pardus
Mauricette Stwalley
- 8 Patricia Chamberland, Nazina, Couchon
John Hutt, Theresa Miner
- 9 Eddy LaFlamme, Marilyn Slater
- 10 Patricia Ausgurger, Michelle Luurdtsma
James McVeigh, Marie Palmer
Josephine Saternow
- 11 Dorothy Briggs, Elizabeth Paterson
- 12 Gary Kozin
- 13 Sondra Morrison, Joan Rogers
- 14 John Brand, Sandra Dunnack
- 15 Jeannine Sherman
- 16 Lucille Lewis, Margaret Menditto
Igor Shvartsman, Charlaine Taylor, Lee Terry
- 17 Bonita Miller, Elizabeth Wardwell
- 18 Roswell Hall, Donald Jandrewski
Henry Schone, Ethel Wills
Lawrence Woodward
- 19 Barbara Rychling, Jean Sabatine
- 20 Carl Kusmer, Kenneth Morgan
- 21 Ethel Hawkins, Barry Littman
James McLaughlin, Constance Morrisette
John Mulkern
- 22 Sylvia Carr, Jay Koths, Dorothy Luckey
Marie Schone, Sally Sumner
- 23 Theresa Adamcik, Rosemary Beecher
- 24 Ruth Johnston, Lavidia Mead, Richard Sallee
- 25 Carmen Berg, Rita Pollack
- 26 Jim Parola, Roger Skelly
- 27 Jack Clauson, Beverly Flynn, Elaine Polansky
Joyce Tremblay, Calvin Wilcox
- 29 Evelyn Niderno, Helen Ross
- 30 Wendy Jacobs, Gary John, Gertrude Lamb
Patt Murray
- 31 Peggy Dugan, Dolores Hilding



Happy Birthday to our June Attendees (left to right):

***Kay Zartun, Lucille Eichner, Winthrop Hilding
 Marie Brandenstein, Judith York
 Ruth Herrmann & June Curtis***

June so kindly provided the delicious cake for the June birthday lunch. *Thanks so much, June!*

DUPLICATE BRIDGE

Friday, May 17th:

NS

- 1. Paula Tate & Jane Stephens 59.5
- 2. Addie Specyalski & Judy Senkbeil 46
- 3. Mary Brown & Sue Cowen 41.5

EW

- 1. Barbara Hood & Mike Stephens 53.5
- 2. Barbara Ladd & Vera Christensen 51.5
- 3. Omar Shepard & Ray Craven 45

Friday, May 31st:

NS

- 1. Phanindra Chakraborty & Paul Stanton 85
- 2. Jerry Shaffer & Sam Wheeler 78
- 3. Lavidia Mead & George Waller 72

EW

- 1. Helen Gauthier & Nappy Gauthier 68
- 2. Madge Vining & Ray Craven 66.5
- 3. Muriel Fenn & Betty Savage 66

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.

****TVCCA** is once again offering the salad plate option for the noon meal on **Tuesdays** and **Fridays** at a suggested donation of **\$4.00 for those 60+**. Please indicate on your sign up sheet if you want the salad or the main meal. Thank you.

July Menu:

Mon., July 1: Salisbury Steak w/Gravy
 Tues., July 2: Chicken Marsala & Rice
 Wed., July 3: Maple Glazed Ham
 Thurs., July 4th: **Independence Day**
Center Closed
 Fri., July 5: **Special 4th Picnic Meal**

Mon., July 8: Chicken Cacciatore
 Tues., July 9: Beef Stroganoff
OR Egg Salad Plate
 Wed., July 10: Eggplant Rolette
 Thurs., July 11: Cod Florentine
 Fri., July 12: Pork Loin w/Gravy
OR Greek Salad Plate

Center Closed Week of July 15 to 26

Mon., July 22: Chicken Florentine
 Tues., July 23: Baked Ziti w/Sausage
OR Greek Salad Plate
 Wed., July 24: Baked Cod w/Compote
 Thurs., July 25: Maple Pork Loin
 Fri., July 26: Meatloaf w/Gravy
OR Egg Salad Plate

Mon., July 29: Western Omelet
 Tues., July 30: Sloppy Joes w/Bun
OR Chicken Caesar Salad
 Wed., July 31: Stuffed Chicken

Hartford Hospital Doctor Discusses Dizziness, Vertigo

Dr. Marc Eisen recently spoke at the Senior Center in Manchester and addressed a group of elderly patients on the effects of dizziness and vertigo.

“Elderly patients have multiple reasons for losing their balance,” said Eisen. “Muscles are weaker, spines start to twist, bones may become brittle. Add vascular problems, vision loss, and a sedentary lifestyle, and it’s no wonder that complaints of vertigo or dizziness affect some 70 percent of individuals age 65 or older.”

“When you talk about vertigo, you tend to think of an inner ear disturbance but it can be many things in the elderly, from loss of function to a viral infection to dislodged crystals in the ear,” added Eisen, who is affiliated with Hartford Hospital.

“We invited Dr. Eisen to come speak to our senior center because we noticed growing interest from our senior population in causes of dizziness and how to seek treatment,” said Cathy Drouin, registered nurse at the Manchester Health Department. “Today’s presentation definitely enlightened the audience and many of them already have appointments at a dizziness clinic operated by Eisen and a team of specialists in Enfield where they will be properly diagnosed.”

Eisen, who is board-certified in neurology and fellowship trained at Johns Hopkins Hospital, leads the Hearing & Balance at Hartford Hospital, working alongside a highly trained audiologist, speech language pathologists, and vestibular therapists to provide care to patients suffering from hearing impairment and balance disorders.

The Hearing & Balance Center operates a Dizziness Clinic for individual primarily complaining of vertigo or disequilibrium. To schedule an appointment, call 860-545-4478.

(Source: The Hartford Courant, Sunday, April 14, 2013; article by Sandrine Sebag, Regan Communications Group, Manchester)

Submitted to Sparks
 by Jim Campetelle



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.

MSCA Computer Learning Center Classes

All computer courses are \$10.00. You must come to the Mansfield Senior Center to sign up for the classes. Checks are payable to: MSCA Computer Learning Center.

Email (FREE): This seminar will cover the following topics: reading an email address, creating mailboxes, how to set up email contacts, how email is sent and received, and understanding the various email folders. Other options like emoticons, replying and forwarding emails, email attachments, email etiquette, junk mail, and privacy in emails will be explained. This free class is for people who already have an email account. If you need an email account, please come to the Senior Center on any Monday and see Dan first. Instructor: Dan Gebben. Date: July 10; 10:00 AM to Noon.

Facebook (FREE): Two hour seminar. If you are brand new to Facebook and it all sounds like a lot to take on, don't fear. It's actually very east to set up and maintain your very own page. The only thing you'll need in addition to a birthday, a name and a gender is an email address. Joining Facebook is free, simple, and worthwhile – it's a great way to keep in touch with friends and family, meet new people, and express yourself. This Facebook class is by no means complete, but you will learn some of the basics for the less than savvy social networker. Instructor: Dan Gebben. Date: July 12; 10:00 AM to Noon.

Genealogy (Two separate classes) (Free): Two hours each. The first class is geared for beginner genealogists; the second class geared for the more experienced. Instructors: Helen Collins and Mike Palmer. Dates: July 23rd & 25th; 10:00 AM to Noon.

- 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 help to Mac users. Call Mike Palmer at 860-429-0262x7, to make an appointment. Leave your name and phone number and Mike will call you back.

Volunteers Wanted

Meals on Wheels Drivers and Substitute Drivers

Approximately one hour
per week (10:30-11:30 AM)

Local deliveries.

Please call Sharon at
860-429-0262, ext. 8
ff you are interested.

Thank you.

Wanted

Interested in computers and other electronic tools? The Computer Committee is looking for Volunteers! If you're interested in teaching, assisting, or jest helping us out, call at 860-429-0262x7.



MAC NEEDS YOU!

What is MAC? MAC is Mansfield's Early Childhood Collaborative that works to ensure that all Mansfield's children ages birth through eight are healthy, successful learners, and their families are connected to the community.

Mansfield Advocates for Children is an advisory committee to the Town Council charged with maintaining high quality early care and education along with implementation of initiatives that support healthy behaviors for young children while working to connect families to the community. We do this in a variety of ways that utilize parent leadership and partnering with other town organizations and entities.

Mansfield Advocates for Children is made up of many volunteers who care deeply about the healthy growth and development of young children in Mansfield. MAC currently meets on the first Wednesday of the month at the Mansfield Town Hall. Membership to MAC is open to anyone living in Mansfield or who works for an organization supporting families in town.

If you would like to become a member of the Mansfield Advocates for Children, or would like to know more about our work, please contact Kathleen Krider at the Human Services Department at 860-429-3338, or email at KriderK@mansfieldct.org.



FULL PAGE FOR ADVERTISEMENTS

SENIOR SPARKS

Mansfield Senior Center
303 Maple Road
Storrs/Mansfield
Connecticut 06268



NON-PROFIT ORGANIZATION
PRE-SORT STANDARD #57
U.S. POSTAGE PAID
STORRS/MANSFIELD CT

Occupant or

PLACE TOP OF LABEL
BY THE DARK LINE



**ATTENTION ALL SPARKS
SUBSCRIBERS**

If you have not done so already, now is the time to complete your *Sparks* subscription form and send it in. We have had very good success in getting all subscribers on the same fiscal year expiration date (July 1 to June 30 of each year). Please note the date on your mailing label. This is your expiration date. **If this date is underlined in pink, your subscription has expired.** We hope you will decide to stay with us and renew your subscription. We work very hard on this newsletter to keep you up-to-date and informed on what is happening at ***your*** Mansfield Senior Center! And if this is your first time reading our newsletter, please subscribe. ***Try us, YOU'LL LIKE US!***

If you have not done so already, now is the time to complete your *Sparks* subscription form and send it in.

Yes! Please renew my Sparks subscription!
(Covers period July 1, 2013, to June 30, 2014)

(PLEASE PRINT)

Date: _____ Phone: _____

Name: _____

Mailing Address: _____

Town: _____ ZIP: _____

Renewal: _____ New Subscription: _____

\$7.00 - Bulk issues or \$10.50 - First Class

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

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