

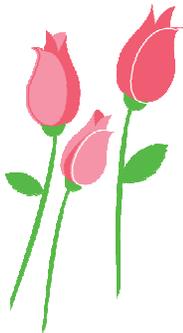


# SENIOR SPARKS

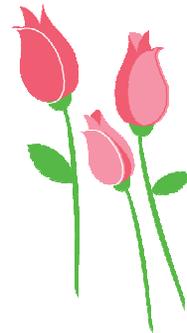
VOLUME 37 ISSUE 3 MANSFIELD SENIOR CENTER ASSOCIATION, INC. MARCH 2011  
303 Maple Road, Storrs/Mansfield CT 06268 (860) 429-0262x5

\* President: Tom Rogers \* Vice President: Frank Trainor \* Secretary: Carolynn Viens \* Finance Officer: Don Stitts \* Treasurer: Wilfred Bigl  
\* Asst. Treasurer & Sparks Manager: Kathy Rule \* Travel: Judy Bigl \* Ways & Means: Jan Scottron \* Program Chair: Vacant  
\* Member-at-Large: Sam Gordon

**THINK SPRING!**



## SPRING BAZAAR



**SATURDAY, APRIL 16, 2011**  
**9:00 AM TO 1:00 PM**

at the Mansfield Senior Center  
303 Maple Road, Storrs (860-429-0262x0)

Pot Luck Food Available

We depend on you for donated items to help make our Bazaar a success. Please keep us in mind as you clean for spring. Closets, basements, and garages are full of things you no longer need **BUT** will be useful to someone else.

- ~ We welcome usable equipment for gardening
- ~ Houseplants (please bring just before the sale)
- ~ Jewelry, gift items, kitchen equipment
- ~ Sets of dishes you're tired of, but will delight others
- ~ Flower vases, books, DVD's, CD's, and games.

Please bring your donations during the period April 1 to April 15. We'll be needing volunteers to set up on Friday and to sell on Saturday. Look for a sign up sheet in the MSC lobby or call the Center and leave your name and phone number. We look forward to working with you to help support your Mansfield Senior Center. ~ Ways & Means Committee



The MSC Jewelry Group with Betty Savage meets each Thursday at 1:00 PM. The group seeks jewelry donations, especially in time for the Spring Bazaar on Saturday, April 28th. New pieces, old pieces, missing pieces—we'll take them! And be sure to come see the beautiful jewelry display at the Spring Bazaar. What treasures await!

**A NOTE FROM CINDY DAINTON ...  
SENIOR SERVICES COORDINATOR**

Today I am sitting at my desk at the Senior Center thinking about the fresh snow and ice that are on the ground outside. I have the same thoughts about the snow that everyone else does, but I am also realizing that this is the 8<sup>th</sup> day this winter that the Senior Center has been closed due to the weather. The thought comes to mind that maybe we should close until April 1, and then reopen. Of course, some will say that this is New England and the snow should be expected. Both the National Groundhog and Connecticut's own groundhog are proclaiming an early spring. Norman Vincent Peale says, "Change your thoughts and you change your world." Does this mean that if I only think of warmer days that the weather will turn out better?

As we anticipate better weather, individuals again will venture out to the Senior Center to participate in the activities. I cannot urge you strongly enough to please take a few moments to read the entire newsletter. Mark those items that you are interested in. There are usually six to 10 different activities taking place on a daily basis. I have heard a number of comments that people are not reading Senior Sparks, and therefore do not know when things are happening. There are a number of ways that you can get the Senior Sparks so that you do know what is happening at the Center. You may subscribe to the Sparks, pick it up at the Senior Center and various locations around Town, or you can get it on the Town web site.

You must register 72 hours in advance for a meal through the Café program. You would need to register further ahead for the special meals. The meal counts are called in by 11:00 AM. If you call after the meal count has been called in, the Senior Center cannot guarantee that we will have a meal for you. These are the rules of TVCCA that runs the program, and we do not have the ability to change them. Please plan accordingly.

**FREE!!** Okay, now that I have your attention, I need to remind everyone to swipe in for activities and events at the Center. I use the information gathered to determine what activities are the most popular, room assignments, usage reports, and decisions about future activities, including grant proposals. If you have not yet gotten a swipe card or have misplaced yours, please see a staff member to obtain a card. There is no cost for the card and it is painless to obtain one.



**MANSFIELD SENIOR CENTER  
ASSOCIATION, INC.**

*A Note from Tom Rogers,  
President, MSCA*

*E-mail: Thomas.rogers@snet.net*

Here it comes, I can almost guarantee it. There is grass, there are flowers, and the trees are beginning to bud. The thought of school cancellations will soon be put into a storage drawer, not to be opened 'till late November. The meteorologists had a field day, enjoying each blizzard/storm to the maximum. The important thing is we all survived, even if some of us had sore bones from falls. I don't know about the readership, but I welcome the Spring, March 21, with open arms. There have been many true war stories about this winter: four attempts to see a doctor, falling in the soft snow and not being able to get up, raking snow off the roof, and keeping sidewalks reasonably clear. You know that Mansfield is the only town that the homeowner has to pay extra for trash removal, but the town pays for sidewalks to be cleared.

The Nominating Committee will be announced at the March 10th Association meeting. This is a good time to get involved. All you have to do is give your name to a committee member. I personally have had a fun time during the last four years. I have renewed old friendships and made new ones. But I feel strongly that change is good and must start with the President. Other positions may also become available, so don't be shy, volunteer. At the same meeting, there will be committee reports and remarks from the staff. This is also an opportunity for you to be heard. I encourage your attendance. It is at 12:45 PM, after lunch in the dining hall.

I have been asked by several seniors on how they can support the VOLUNTEER TRANSPORTATION program without making a time commitment. If you would like to contribute money, make a check payable to the TOWN OF MANSFIELD, and on the memo line write "Volunteer Transportation."

Please nourish and support your flowers and shrubs this Spring. Thank you.

## MISCELLANY

## Thank You

Many thanks to John Adamcik, June Curtis, Beryl Griffin, Richard Hobby, Alice Jansen, Phyllis Keyes, Karen Peters, and Ed Sicaud for collating the February issue of *Sparks*. *Thanks so very much!*

## BLUEBERRY STUDY

Blueberries must be ordered by  
**Thursday, March 10th,**  
**11:00 AM**

*NO EXCEPTIONS!*

Blueberry pick-up is  
**Friday, March 18th,**  
**11:00 to 11:30 AM**

*Blueberries are available to  
Study Participants Only*

~ In Memory Of ~



Constance Mills

~ Call to Meeting ~  
**Mansfield Senior Center  
Association Meeting**

Wed., March 9th, 12:45 PM

*Agenda:* Introduction of Nominating Committee for new officer elections to be voted on at the Annual Association Meeting June 8th, for new term 1 July 2011 to 30 June 2013.

*All members are urged to attend.*

## TRAVEL DESK

MESSAGE FROM  
THE TRAVEL DESK

The next trip is scheduled for June, so there will be limited unscheduled hours at the Travel Desk for March and April. Sign ups are still available, so please do not hesitate to call the desk at 860-429-0262x6, or Judy at 860-429-0180 for any questions or concerns.

SIGNUPS MUST BE MADE  
AND PAID FOR BY THE  
DEADLINES.

March 8 (Tuesday): *Jury's Irish Cabaret at Chez Josef* in Agawam, Ma. (**Trip Cancelled**)

June 7-9: *Indian Head Resort, Lincoln, NH*, three days, two nights (see flyer for prices)

July 14 (Thursday): *Dock & Dine w/Show & Thimble Island Cruise* \$71.00 pp

August 16 (Tuesday): *Newport Playhouse & Cabaret "Lobster Bake Buffet"* \$85.00 pp. Deadline: Aug. 5th.

September 7 (Wednesday): *Suffolk Downs Raceway (Boston) w/Luncheon Buffet*—includes 8x10" photo, much more, see flyer. A real fun day. Deadline: Aug. 22.

October 18 (Tuesday): *Octoberfest at Inn at Villa Bianca, Seymour, CT*. All you can eat German buffet, unlimited beer and wine, German entertainment and dancing. \$73.00 pp. Deadline: Oct. 3rd.

November 3 (Thursday): *Buddy Holly Tribute w/Luncheon at Log Cabin* in North Hampton, MA. Roast turkey **AND** Yankee pot roast. Both items included. \$68.00 pp. Deadline: Oct. 21st.

November 29 (Tuesday): *Hukelau's "Christmas in Hawaii"* Chicopee, MA. Prime rib or baked scrod. \$62.00 pp. Deadline: November 16.

## Change of Address?

Have you recently moved? Please let us know if you have a change of address or if you will be temporarily away, so we may update our records, especially if you receive the monthly newsletter *Senior Sparks*. Thanks!

## Sparks Submissions

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

## Senior Hobby Display Case

Stop by and view the jewelry collection on display provided by ladies from the Thursday jewelry group.

## Save the Date!

Wednesday, April 20th, Noon

Volunteer Celebration Day  
at the Mansfield Senior Center

MSC Volunteers eat for free!

All others, suggested \$2.00 donation payable at the door.

**Everyone** must sign up in the Special Events book

**Barbara Lavoie, MSW, Senior Services Social Worker**

Barbara is available at the Mansfield Senior Center Monday, Wednesday, Thursday, and Fridays from 8:30 AM-4:30 PM, to assist you with information, assessments, and referrals to community services, as well as short-term counseling free of charge.

It certainly has been a rough winter, even for New Englanders! The good news; however, is that we are on our way to spring. A flock of robins crossed my path recently on Maple Road. What a wonderful sight!

I would like to talk about “scams” this month. I know that many of you know someone, or heard of someone, who was scammed to have snow removed from their roof. There will always be unscrupulous individuals who will take advantage of others when disaster hits. So let’s review some basic information that many of you know, but bares repeating.

When having work done to your home, first call Consumer Protection (1-800-842-2649) to learn if your contractor has any violations. Ask for quotes and compare prices. Ask for proof of licensure and insurance. Ask for references and call around to hardware or supply stores to see if the store has

any information about this particular contractor.

Never pay up front! Never give personal information out over the phone unless you are the one making the call. Scam artists will pretend they are calling you from Medicare, Social Security, credit card companies, and much more. Medicare and Social Security *rarely* call beneficiaries and, if they do, they will already have all your personal information. Last, but very important, do not open your door to sales people. Too many people have been harmed doing this.

To pace yourself on the “Do Not Call List” please call 1-888-382-1222 from the residence that you do not want calls coming to.

Be well and at peace.

Barbara

**FAMILY HISTORY FOR SENIORS**

Free research is available for anyone interested in finding out more about their family background, i.e., Ellis Island—1930 U.S. census, etc. Please contact Mansfield Senior Center member George Waller at 860-456-1212.

George has discussed this idea with several people here at the Center, to include Helen Collins and her Genealogy group, and everyone thinks this would benefit seniors interested in finding a little bit more about their roots.

George has done extensive genealogical research since 1965, and since joining the Mansfield Senior Center, has done ad-hoc research for Jim Campetelle, Ed Sicard, Millie Marco, and John Berg—all who have been delighted with the results!

This is a wonderful opportunity. Please give George a call.

**ADVERTISEMENTS**

**WELLNESS PROGRAMS & SUPPORT GROUPS**

Please call Kathy Yaffee at 860-429-0262,x4, 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. March 16 & 23, 8:30 AM to 12:30 PM.

**BLOOD PRESSURE SCREENINGS** every other Wednesday at 11:00 AM, offered by Interim Health Care. No appointments necessary for these free screenings. March 2 & 16.

**CAREGIVER'S SUPPORT GROUP** with Barbara Lavoie every third Thursday at 6:30 PM. The next meeting is Thursday, March 17th, at the Wellness Center. Please call Barbara at 860-429-0262x1.

**ELDERCARE LAW** with Attorney Gates from CT Legal Services provided free to people 60 years or older. Monday, March 21st, 1:00-3:00 PM. Please call Kathy Yaffee for an appointment.

**FOOTCARE** with Dr. Walter, Podiatrist, Tuesday, March 8th, 8:30 AM. Medicare will be billed if you are eligible. Dr. Walter carries Dr. Comfort shoes, including M/C Diabetic shoes.

**LOW VISION SUPPORT GROUP** with Barbara Lavoie the second Monday of each month from 11:00 AM to 12:00 PM. Next meeting is Monday, March 14th.

**MS SUPPORT GROUP** meets the second Tuesday of each month in the Craft Room from 6:00 to 7:30 PM. Next meeting is March 8th. Please contact Susan Gavitt at 860-423-7413 for further information.

**REFLEXOLOGY** every other Friday with Therese John, still only \$15.00, payable to Therese John., March 11 & 25th. If you haven't tried yet—now is the time! Call Kathy Yaffee for your appointment.

**OTHER NOTES OF IMPORTANCE**

**Storrs Drug Community Education Session with Lisa Holle, PharmD, BCOP Assistant Clinical Professor**

March 28th: **Preventing Alzheimer's Disease**  
11:00-11:45 AM at the Wellness Center

Alzheimer's disease is the most common form of memory loss and other intellectual disability. This seminar will discuss the disease, risk factors, and factors that may prevent the onset of Alzheimer's disease.

Coming April 25th: Fall Prevention

**St. Patrick's Day Luncheon**

at the Mansfield Senior Center  
Thursday, March 17th  
12:00 PM

*Corned Beef & Cabbage*  
*Boiled Potatoes*  
*& Carrots*  
*Apple Juice*  
*Soda Bread*

Followed by "Irish" entertainment  
with **Bruce John**

\$3.00 Suggested Meal Donation  
Payable at Door

Please make your reservations by  
11:00 AM, Wednesday, March 9th.  
Space is limited!

*Wear your best green!*  
*Prizes for the greenest man*  
*and woman!*



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT. & SUN.
<p><b>1.</b>  <i>March 2011</i>   </p>	<p><b>1.</b> 8:30-Strength/Stability 10:00-Ways &amp; Means 10:00-Scrabble 10:00-Wii Bowl 12:00-Lunch 12:30-Lovely Old Bones 1:00-Bingo 1:00-Excel 1:30-Therapeutic Exer. 2:30-Computer Comm. 4:15-5:15-Beg. Tap 6:30-7:30-Dance-R</p>	<p><b>2.</b> 9:00-11:00-Tax Assistance 9:15-T'ai Chi 10:00-Drawing Class w/Bill 10:15-T'ai Chi 11:00-Jorgensen Tickets 11:00-Blood Pressure 12:00-Causeries en Français 12:00-Birthday Lunch 12:45-MMS Strings Group 1:00-3:00-Tax Assis. 3:15-Senior Aerobics 6:00-7:30-Ballet I-R</p>	<p><b>3.</b> 8:30-Strength/Stability 10:00-Sparkettes 10:00-Quilting w/Pat 10:00-Wii Bowl 10:00-Bridge w/Chinky 12:00-Lunch 12:30-Lovely Old Bones 1:00-Bridge 1:00-Jewelry 1:30-Therapeutic Exer. 6:00-7:30-Ballet II-R</p>	<p><b>4.</b> 9:00-Yoga 10:00-Knitting, Crocheting 10:00-Scrabble 10:15-Zumba Gold 11:00-Brain Aerobics 12:00-Lunch 12:45-Movie 1:00-Art Studio 2:00-T'ai Chi</p>	<p><b>5. Saturday</b> ~~~~~ <b>6. Sunday</b></p>
<p><b>7.</b> 9:00-Beg.'s T'ai Chi 9:00-11:00-Tax Assistance 10:00-Sparkettes 10:00-Art Class 12:00-Conversación en Español 12:00-Lunch 12:30 &amp; 1:15-Mahjongg 1:00-3:00-Tax Assistance 3:15-Senior Aerobics 5:45-8:15-Ballroom Classes-R</p>	<p><b>8.</b> 8:30-Dr. Walter 8:30-Strength/Stability 10:00-Scrabble 10:00-Wii Bowl 10:00-Genealogy 12:00-Lunch 12:30-Lovely Old Bones 1:00-Bingo 1:30-Therapeutic Exer. 4:15-5:15-Beg. Tap 6:00-7:30-MS Spt. Grp. 6:30-7:30-Dance-R</p>	<p><b>9.</b> 9:15-T'ai Chi 9:00-11:00-Tax Assistance 10:00-Executive Board 10:00-Drawing Class w/Bill 10:15-T'ai Chi 11:00-Jorgensen Tickets 11:00-TRIAD Registration 12:00-Causeries en Français 12:00-Lunch 12:30-Digital Photography 12:45-MS Association Mtg. 1:00-3:00-Tax Assistance 3:15-Senior Aerobics 6:00-7:30-Ballet I-R 6:30-9:00-TNT Quilters Ash Wednesday</p>	<p><b>10.</b> 8:30-Strength &amp; Stability 10:00-Sparkettes 10:00-Quilting w/Pat 10:00-Wii Bowl 10:00-Bridge w/Chinky 12:00-Lunch 12:30-Lovely Old Bones 1:00-Bridge 1:00-Jewelry 1:30-Therapeutic Exer. 6:00-7:30-Ballet II-R</p>	<p><b>11.</b> 9:00-Yoga 10:00-Knitting, Crocheting 10:00-Scrabble 10:00-Reflexology 10:15-Zumba Gold 11:00-Brain Aerobics 12:00-Lunch 12:45-Movie 1:00-Art Studio 2:00-T'ai Chi</p>	<p><b>12. Saturday</b> <i>Turn Clocks Ahead One Hour before Bedtime</i> ~~~~~ <b>13. Sunday</b> Daylight Saving Time Begins</p>
<p><b>14.</b> 9:00-Beg.'s T'ai Chi 9:00-11:00-Tax Assistance 9:30-Comm. on Aging 10:00-Sparkette /Art Class 11:00-Low Vision Group 12:00-Conversación en Español 12:00-Lunch 12:30 &amp; 1:15-Mahjongg 1:00-Chorus 1:00-3:00-Tax Assistance 3:15-Senior Aerobics 5:45-8:15-Ballroom Classes-R</p>	<p><b>15.</b> 8:30-Strength/Stability 10:00-Scrabble 10:00-Wii Bowl 12:00-Lunch 12:30-Lovely Old Bones 1:00-Bingo 1:30-Therapeutic Ex. 4:15-5:15-Beg. Tap 6:30-7:30-Dance-R</p>	<p><b>16.</b> 8:30-VNA East 9:00-11:00-Tax Assis. 9:15-T'ai Chi 10:00-Drawing Class w/Bill 10:15-T'ai Chi 11:00-Jorgensen Tickets 11:00-Blood Pressure 12:00-Causeries en Français 12:00-Lunch 12:30-Digital Photography 12:45-Treatments for Headaches 1:00-3:00-Tax Assisances 2:00-Red Hatters 3:15-Senior Aerobics 6:00-8:00-Altrusa Mtg.</p>	<p><b>17.</b> 8:30-Strength/Stability 10:00-Sparkettes 10:00-Bridge w/Chinky 10:00-Wii Bowl 10:00-Quilting w/Pat 12:00-St. Patrick's Lunch followed w/<i>Bruce John</i> 12:30-Lovely Old Bones 1:00-Jewelry 1:30-Therapeutic Exer. 6:00-7:30-Ballet II-R 6:30-Caregiver's Support St. Patrick's Day</p>	<p><b>18.</b> 9:00-Yoga 10:00-Knitting, Crochet 10:00-Scrabble 10:15-Zumba Gold 11:00-Brain Aerobics 12:00-Lunch 12:45-Movie 1:00-Art Studio 1:00-Duplicate Bridge 2:00-T'ai Chi</p>	<p><b>19. Saturday</b> ~~~~~ <b>20. Sunday</b> </p>

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

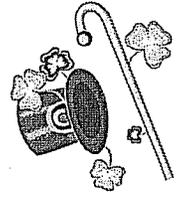
**FRIDAY**

**SAT. & SUN.**

<p><b>21.</b> 9:00-Beg.'s T'ai Chi 9:00-11:00-Tax Assistance 10:00-Sparkettes 10:00-Art Class 12:00-Conversación en Español 12:00-Lunch 12:30 &amp; 1:15-Mahjongg 1:00-Chorus 1:00-3:00-Tax Assistance 3:15-Senior Aerobics 5:45-8:15-Ballroom Clss.-R</p>	<p><b>22.</b> 8:30-Strength/Stability 10:00-Scrabble 10:00-Wii Bowl 12:00-Lunch 12:30-Lovely Old Bones 1:00-Bingo 1:30-Therapeutic Ex. 4:15-5:15-Beg.'s Tap 6:30-7:30-Dance-R</p>	<p><b>23.</b> 8:30-VNA East 9:00-11:00-Tax Assis. 9:15 &amp; 10:15-T'ai Chi 10:00-Drawing w/Bill 11:00-Jorgensen Tickets 12:00-Causeries en Français 12:00-Lunch 12:30-Digital Photography 12:45-Benefits of a Low Sodium Diet 1:00-3:00-Tax Assistance 3:15-Senior Aerobics 6:00-7:30-Ballet I-R 6:30-9:00-TNT Quilters</p>	<p><b>24.</b> 8:30-Strength/Stability 10:00-Sparkettes 10:00-Quilting w/Pat 10:00-Wii Bowl 10:00-Bridge w/Chinky 12:00-Lunch 12:30-Lovely Old Bones 1:00-Bridge 1:00-Jewelry 1:30-Therapeutic Ex. 6:00-7:30-Ballet II-R</p>	<p><b>25.</b> 9:00-Yoga 10:00-Knitting, Crocheting 10:00-Scrabble 10:00-Reflexology 10:15-Zumba Gold 11:00-Brain Aerobics 12:00-Lunch 12:45-Movie 1:00-Art Studio 2:00-T'ai Chi</p>	<p><b>26. Saturday</b> ~~~~~ <b>27. Sunday</b></p>
<p><b>28.</b> 9:00-Beg.'s T'ai Chi 9:00-11:00-Tax Assistance 10:00-Sparkettes 10:00-Art Class 10:30-Program Planning 12:00-Conversación en Español 12:00-Lunch 12:30 &amp; 1:15-Mahjongg 1:00-Chorus 1:00-3:00-Tax Assistance 3:15-Senior Aerobics 5:45-8:15-Ballroom Clss.-R</p>					
<p><b>29.</b> 8:30-Strength/Stability 10:00-Scrabble 10:00-Wii Bowl 12:00-Lunch 12:30-Lovely Old Bones 1:00-Bingo 1:30-Therapeutic Ex. 4:15-5:15-Beg.'s Tap 6:30-7:30-Dance-R</p>					
<p><b>30.</b> 9:00-11:00-Taxes 9:15-T'ai Chi 10:00-Drawing w/Bill 10:15-T'ai Chi 11:00-Jorgensen Tickets 12:00-Causeries en Français 12:00-Lunch 12:45-Depression by Interim Health Care 1:00-3:00-Tax Assistance 3:15-Senior Aerobics 6:00-7:30-Ballet I-R</p>					
<p><b>31.</b> 8:30-Strength/Stability 10:00-Sparkettes 10:00-Quilting w/Pat 10:00-Wii Bowl 10:00-Bridge w/Chinky 12:00-Lunch 12:30-Lovely Old Bones 1:00-Bridge 1:00-Jewelry 1:30-Therapeutic Ex. 6:00-7:30-Ballet II-R</p>					

*Other Days of Note:*  
1-St. David  
8-Shrove Tuesday, 8-Mardi Gras  
12-Girl Scouts Day  
13-First Sunday in Lent  
15-Ides of March  
16,18,19-Ember Days  
17-Fast of Esther  
20-Purim  
25-Annunciation Day

**May is Older American's Month**  
*(Reception being planned—watch for details!)*  
  
May 4th: Birthday Lunch with Willie N.  
*(rescheduled from February)*



April 6th: Birthday Lunch w/Sparkettes performing  
April 13th: Caring Families talking about Health Care  
April 20th: Volunteer Celebration Day  
April 26th: Intergenerational Dinner at E.O. Smith  
April 27th: Humphrey Clinic

Classes followed by "R" are  
Recreation/Community Center-sponsored classes.

Please note that the *Senior Sparks* may be checked on the Town of Mansfield  
Web Event calendar at <http://mansfieldct.org> for updated changes.

**MARCH BIRTHDAYS**

*Birthstone: Bloodstone for Courage*  
*Flower: Jonquil for Affection*

- 1 Josephine Field, Dae Koh, Bertha Schiller
- 2 Herbert Segar, Lila Tulin
- 3 Leonard Gilmartin
- 4 Irene Burke, Richard Chak, Jerold Heiss  
Benjamin Sachs, Norman Stevens
- 5 Silvana Breseia, Fred Lussier, Tom Reilly  
Kathy Rule, Fred Lussier
- 6 Raymond Begin, Irene Klunz, Franklin Langille  
James Reynolds, Robert Bockholdt  
Bernadette Brisson, Norman Ricard
- 7 Mary Stephenson
- 8 Margaret Easton, Mary Lirot, Edmond Fogg
- 9 Joyce Arsenault, Bert Brine, Catherine Knuttel  
Lutricia Lyons, Norma Mills, Irene Boudreau  
Peggy Kobey
- 10 Josephine Raymond, Elizabeth Wong
- 11 Sara Tormey
- 12 Marjorie Bachand, Victoria Mayo  
Arthur McAdams, Arthur Moore, Nancy Orth
- 13 Mary Beausoleil, Theodore Chomiak  
Kathy Fisher, Jean Smith
- 14 Patricia Perreault, Cecile Powers  
Rudolf Tokes
- 15 Jane Blanshard, Beverly Morgan  
Gertrude Ogushwitz
- 16 Herbert Getter, Mary Higgins  
Pauline Lamoureux, Frances Lenox
- 17 Robert Gouldsbrough
- 18 Doris Bedard, George Cole, Ronald Hiser  
Patricia Ching, Karin Randolph
- 19 Lewis Katz
- 21 Charles Nagy
- 22 Theresa Beaulieu, Kevin Grunwald  
Leland Hawkins, Madeline Manning, Alice Miner
- 23 Theresa Roy
- 24 Louis Comeau, Betty Haddad, Jackie Ilangdo  
Helen Zeni
- 25 Clifford Blish, Jane Scottron, Uwe Koehn  
Barbara Parola
- 26 Curtis Hoffman, Gloria Brine
- 27 Oliver Ashlan, Clara Huling, Oliver Norton
- 28 Robert Gottlieb, Arthur Gustafson  
Dorothy Lauritzen
- 29 Elaine Abbott, Lawrence Dzwonkus  
Charles Vinsonhaler, Feng Rong Zheng
- 30 Paul Duteau, Barbara Mayer, Betty Roberts  
Delores Smith, Philip Barry, Anne Soracchi
- 31 Stella Burton, Alice Kinne, Evelyn McKenna

*Due to inclement weather, we were closed for the February 2nd Birthday lunch.*

*Willie N. has been rescheduled to May 4th.*

*Happy Birthday to you all.*



**March 2nd: Mansfield Middle School  
Strings Group**

\*\*\*\*\*

**April 6th: Our very own  
Sparkettes will perform!**

**Cards**

**Duplicate Bridge: Friday, January 21st**

*\*Game not played due to Center  
being closed for inclement weather.*

**~ ~ Special Thanks ~ ~**

We would like to thank Jim Campetelle for our “high-flying” flag now gracing the Center once again! As Jim says, “We dedicate our flag to the service men and women who fight for our Freedom.” God bless them, and God bless you, too, Jim.

We also wish to thank Jackie Peoples for her purchase of new tennis balls that are used for the bottoms of walkers so they move easier for the user, especially over carpets. E.O. Smith has also agreed to donate about a dozen. Let us know if you could use some for your walker.



Step up to the plate! Volunteer to become an officer of the Executive Board of the Mansfield Senior Center Association. Elections take place in June for a two-year term. If you are interested, please let the Nominating Committee know, or one of the present Board officers.

**We need you!**

**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

Monday - Friday, 8:30 AM - 4:30 PM

Senior Services Coordinator:

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

Senior Services Social Worker:

Barbara Lavoie, MSW, ext. 1

Volunteer Transportation Manager:

Gianna Stebbins, ext. 2

Administrative Assistant:

Linda C. Wohllebe, ext. 3

Receptionist:

Kathy Yaffee, ext. 4

The Municipal Agent for the Elderly, & 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.

**SAFETY FIRST**

**THE MANSFIELD  
TRIAD  
YELLOW DOT  
REGISTRATION**

*at the Mansfield Senior Center*

**Wednesday, March 9th,  
11:00 AM**

Fill out your yellow information cards. Bring them to the Mansfield Senior Center where they will be reviewed and your drivers license copied and put on the card. You will then be given your Yellow Dot for your back window. The program packet is available at the Center. Light refreshments provided.



## March Stay Well Newsletter

In the month of March the focus of staying well is on good nutrition and colorectal cancer awareness. The American Dietetic Association (ADA) provides these tips for older adults to help improve health through better nutrition. They emphasize that we should think about foods as “nutrient-rich” rather than good or bad foods. These additional tips from the ADA will help you to make smart nutrition choices to promote overall health. Check the nutrition facts panel on foods to help you make healthy choices.

- Focus on variety of foods from all food groups – be sure to include dark green vegetables like leafy greens and broccoli, and orange vegetables like sweet potatoes and carrots. It is also important to vary protein choices with fish, beans, and peas. Three servings a day of whole grain cereals, breads, or pasta should also be eaten every day.
- Choose foods low in saturated fats, trans fats and cholesterol to help reduce the risk of heart disease. Polyunsaturated fats and monounsaturated fats are healthier choices.
- Combining physical activity with healthy eating will help to manage weight and improve health and fitness. A goal is for 30 minutes of physical activity per day. If 30 minutes at one time is too much, break up the time into 10 minute sessions. Walking is a good place to start... you can gradually increase the amount of time as strength increases.

Older individuals have special nutritional needs including requirements for more vitamin D and calcium to maintain bone health. Calcium is found in dairy products, dark green vegetables, and fortified cereals and juices. Look for sources of calcium that are fortified with vitamin D and have three servings a day. Make sure to include foods that contain vitamin B12. The ADA has identified that individuals over 50 don't get enough vitamin B12 which is found in fortified cereal, lean meat, and some seafood. Getting adequate fiber helps to maintain regularity and also lowers risk for heart disease and diabetes. Lowering salt or sodium intake and assuring an adequate intake of potassium are important nutrients to maintain a healthy blood pressure.

March is also Colorectal Cancer Awareness Month. The Centers for Disease Control and Prevention (CDC) states that colorectal cancer is one of the most commonly diagnosed cancers in the United States and that it is also the second leading cause of cancer-related deaths in this country. The CDC also reports that as many of 60% of deaths from colorectal cancer could be prevented if individuals over 50 years of age were screened routinely. The CDC also reports that increasing physical activity and maintaining a healthy weight may decrease the risk of colorectal cancer. Recommendations for colorectal screening begin at age 50 and continue at regular intervals. Some individuals may need to be tested earlier based on their medical or family history. If you are over 50, speak with your health care provider about screening for colorectal cancer...it could save your life!

Mary Withey, MSN, APRN

Coordinator of Community Outreach Services

VNA East, Inc.

34 Ledgebrook Dr.

Mansfield Center, CT 06250

phone:860-456-7288 ext. 218; Fax: 860-456-3788; e-mail: maryw@vnaeast.org

**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 at the Center, but are asked to pay the actual cost of the meal, which is \$7.00. **Reservations must be made 72 hours in advance by 11:00 AM of that third day.** 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.



**Main Entrée Options**

- Tues., Mar. 1: Turkey Kielbasa w/Kraut
- Wed., Mar. 2: Salisbury Steak w/Gravy
- Thurs., Mar. 3: Honey Glazed Ham
- Fri., Mar. 4: Chicken Marsala w/Rice
  
- Mon., Mar. 7: Chicken Stroganoff
- Tues., Mar. 8: Hungarian Goulash
- Wed., Mar. 9: Cornmeal White Fish
- Thurs., Mar. 10: Turkey Tetrazzini
- Fri., Mar. 11: Eggplant Parmesan
  
- Mon., Mar. 14: Meatloaf w/Gravy
- Tues., Mar. 15: Rosemary Pork Loin
- Wed., Mar. 16: Lazy Man's Lasagna
- Thurs., Mar. 17: Corned Beef
- Fri., Mar. 18: Fish Sticks & Mac. Cheese
  
- Mon., Mar. 21: Portuguese Chicken
- Tues., Mar. 22: Parmesan Pollock
- Wed., Mar. 23: Chicken Stew
- Thurs., Mar. 24: Meatloaf w/Gravy
- Fri., Mar. 25: Stuffed Shells
  
- Mon., Mar. 28: Beef Pepper Patty
- Tues., Mar. 29: Sweet & Sour Chicken
- Wed., Mar. 30: Tuna Noodle Casserole
- Thurs., Mar. 31: Sloppy Joe's w/Bun

**1% milk and whole grain bread are served with each meal.**

**Menu is subject to change.**

**Free Tax-Aide Assistance**

AARP Tax-Aide, a free program, provides income tax preparation assistance for low and middle income taxpayers of all ages, with special attention to those 60 and older. Call 860-429-0262x0 to schedule an appointment with a certified Tax-Aide counselor. Walk-ins will also be welcome.

The tax assistance schedule is:

**Mondays and Wednesdays to Wednesday, April 13th:  
9:00 to 11:00 AM  
and 1:00 to 3:00 PM**



**A.A.R.P. Driving Course  
with Don Stitts**

at the Mansfield Senior Center  
(860-429-0262x0)

**Thursday, March 3rd, 2011  
12:30—4:30 PM**

*(New: Four-hour course only!)*

**\$12.00 for AARP members;  
\$14.00 non-members.**

Checks: MSCA payable w/sign up

**Theater Tickets —  
New Procedure**

A representative from Jorgensen Center for the Performing Arts box office is now at the Mansfield Senior Center each Wednesday from 11:00 AM to 1:00 PM, for your convenience, for the buy-one-get-one-free incentive performances. This way you will be able to pick out your own seating, and receive your tickets directly from Jorgensen!

**Computer Classes**

*Computer course applications are available at the Mansfield Senior Center. Stop by or call 860-429-0262x7. All courses are \$10.00. Six-student limit per class session.*

**Are Computers for Me?** Call the above number for one-on-one assistance. No fee.

**Office Hours for any Computer or Digital Camera Issues** with Dan Gebben, Mondays 10:00-11:00 AM. No charge.

March:

**Digital Photography Class** with Chuck Boster Wed., Mar. 9, 16, & 23, 12:30 to 3:00 PM. Wait List only.

**EXCEL** with Mike Beschler, 1:00 to 4:00 PM, Mar. 1, 4, 8, & 11. Prerequisite: Intro. to Computers or equivalent. Learn to set up a spreadsheet and to perform math functions that will help you to reconcile your checkbook, or create a spreadsheet that suits your personal needs.

**“Mac Club”** at the Mansfield Senior Center. Call Frank Trainor at 860-429-4522 for more information.

**WANTED:**

~ Someone to coordinate the annual vaudeville talent show which is scheduled for May 18th.

~ Someone to chair a committee for our annual spring banquet—location, caterer, price, and time to be determined.

Please see Tom Rogers at the Center.

**April Class Sessions**

*Pre-registration required for most classes.*

~ **DRAWING** with Bill Dougal Wednesdays at 10:00 AM. April 6-27. Four classes. \$24.00 residents; \$28.00 non-residents.

~ **LOVELY OLD BONES** with Kathy Tuesdays and Thursdays, 12:30 PM. Participants must provide a doctor's note. \$4.00 per class residents; \$5.00 per class non-residents.

~ **QUILTING** with Pat Ferguson Thursdays, 10:00 AM to 12:30 PM. Choose an old or new project of your choice with Pat as your "quilting coach." Bring show and tell. April 7-28. Four classes. \$24.00 residents; \$28.00 non-residents.

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

~ **STRENGTH & STABILITY** with Patty Tuesdays & Thursdays, 8:30 AM. \$4.00 per class residents; \$5.00 per class non-residents.

~ **T'AI CHI Classes** with Laddie Sacharko:

- **T'ai Chi Mondays**, 9:00 AM: April 4-25, four classes. \$20.00 residents; \$24.00 non-residents.
- **T'ai Chi Wednesdays**, 9:15 AM: April 6-27, four classes. \$20.00 residents; \$24.00 non-residents.
- **T'ai Chi Wednesdays**, 10:15 AM: April 6-27, four classes. \$20.00 residents; \$24.00 non-residents.
- **T'ai Chi Fridays**, 2:00 PM: April 1,8, 15, 29, four classes. \$20.00 residents; \$24.00 non-residents. (No class April 22.)

~**THERAPEUTIC EXERCISE** with Kathy. Tuesdays and Thursdays, 1:30 PM. \$4.00 per class residents; \$5.00 per class non-residents.

~ **YOGA** with Therese John Fridays, 9:00 AM. April 1,8, 15, 29, four classes. \$20.00 residents; \$24.00 non-residents. (No class April 22.)

~ **ZUMBA GOLD** with Patty Fridays, 10:15 AM. April 1,8, 15, 29, four classes. \$20.00 residents; \$24.00 non-residents. (No class April 22.)

~ **DANCE CLASSES** with Richard Risley:

- **Sparkettes** each Thursday at 10:00 AM: April 7-28, four classes. \$20.00 residents; \$24.00 non-residents.
- **Beginner's Tap** Tuesdays at 4:15 PM. A minimum of five needed for this class. Adults of all ages are welcome to attend.

**OTHER CLASSES**

**Art Studio** Mondays, 10:00 AM, and Fridays, 1:00 PM. All skill levels are welcome to work on their own projects, and offer each other advice.

**BINGO** Tuesdays at 1:00 to 4:00 PM. This is a lively group!

**BRAIN AEROBICS** w/Ginny Easow Fridays, 11:00 AM, at the Mansfield Senior Center. No charge for this class.

**CHORUS** rehearses Mondays at 1:00 PM. The group sings in four-part harmony, and sings at local housing and nursing-rehab centers.

**CREATIVE JEWELRY** Thursdays, 1:00 PM. Donated jewelry is inspected, mended, cleaned, and put back into selling shape. No charges apply except for materials. (Check out the Jewelry Case in the Center's lobby for some wonderful deals on some great pieces!)

**GENEALOGY** w/Helen Collins Tuesday, March 8th at 10:00 AM. All levels are welcome to attend this free, friendly group.

**KNITTING & CROCHETING** Fridays at 10:00 AM. This group helps those who want to learn how to knit or crochet, and will help those who want to learn new techniques. Materials are available if you are interested in volunteering to make some items for the Association. Yarn is also available for sale during this time.

**MAHJONGG** Mondays, 12:30-4:00 PM w/Margaret Perry facilitating this challenging game that works with numbers.

**SCRABBLE** Tuesdays and Fridays from 10:00 AM to noon. All welcome.

Spanish (*Conversación en Español*) on Mondays, and French (*Causeries en Français*) on Wednesdays. Bring a bag lunch at noon, and converse in the Spanish and French languages for an hour.

**WII BOWLING** Tuesdays and Thursdays at 10:00 AM. All welcome.

**REMINDER FOR FITNESS ROOM USERS**

During this winter, before entering the Fitness Room, please remove your outside shoes, as the salt and sand on the shoes are hurting the integrity of the floor. There is seating at both entrances for your convenience. Thank you.

May flowers always line your path  
 and sunshine light your day.  
 May songbirds serenade you every  
 step along the way.  
 May a rainbow run beside you in a  
 sky that's always blue.  
 And may happiness fill your heart  
 each day your whole life through.

~ Irish Blessing



### *Sparks is Changing!*

Please remember to have your Sparks  
 renewals ready to send in by  
 July 1, 2011.

We are in the process of changing  
 everyone to the same renewal date  
 (July 1 to June 30) of each year.

Thank you,  
 Kathy Rule

### **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

**Return Service Requested**

PUT LABEL IN THIS  
 BLOCK TO COVER AREA