

# SENIOR SPARKS



VOLUME 40 ISSUE 3 MANSFIELD SENIOR CENTER ASSOCIATION MARCH 2014  
303 Maple Road, Storrs Mansfield CT 06268 (860) 429-0262 ext. 5

## HAPPY ST. PATRICK'S DAY



MARCH IS THE MONTH WE ARE ALL AT LEAST A LITTLE BIT IRISH !

WEDNESDAY, MARCH 19

**LUNCH AT NOON:**

**CORNED BEEF & CABBAGE**

(WHAT ELSE?)

COST: \$6 TO MSCA

SIGN UP BY MARCH 11

**PROGRAM AT 12:45**

**RINGROSE & FREEMAN**

**AN IRISH/CELTIC DUO SING**

**AND PLAY FIDDLE & GUITAR**



**CO-SPONSORED BY JUNIPER HILL. WELCOME TO JUNIPER HILL RESIDENTS!**

### RECYCLING MEDICAL EQUIPMENT

#### YOU CAN DONATE OR OBTAIN USED MEDICAL EQUIPMENT AT:

WINDHAM AREA INTER-FAITH MINISTRY - WAIM

860-456-7270

ACCEPTS DONATIONS, BUT HAS LIMITED SPACE.

GIVES OUT MEDICAL EQUIPMENT "AS IS"

NOT RESPONSIBLE FOR ANY PROBLEMS

CHARIOTS OF HOPE IN BLOOMFIELD

860-242-4673

ACCEPTS WHEELCHAIRS IN ANY CONDITION &

FIXES THEM UP LIKE NEW AND SELLS THEM

COST = HALF OF COST OF A NEW WHEELCHAIR

NOT RESPONSIBLE FOR ANY PROBLEMS



NEW ENGLAND ASSISTIVE TECHNOLOGY - NEAT

IN HARTFORD 866-526-4492

HAS OR CAN GET WHATEVER YOU NEED FROM NECK BRACES TO

BUNION PADS, BATH BENCHES & COMMODOES.

COST = HALF PRICE OR LESS. ALSO, RENT TO OWN.

NO GUARANTEES

CONTINUED ON PAGE 5 . . .

### M.S.C.A. QUARTERLY MEMBERSHIP MEETING

AT 12:45 ON

WEDNESDAY, MARCH 12

A NATIONAL SPEAKER WILL DISCUSS

**WELCOMING ENVIRONMENTS**

ALL M.S.C.A. MEMBERS ARE

ENCOURAGED TO ATTEND.



SPRING OFFICIALLY BEGINS  
ON THE SPRING EQUINOX  
THURSDAY, MARCH 20

**SENIOR SPARKS IS A PUBLICATION OF THE MANSFIELD SENIOR CENTER ASSOCIATION**

PLEASE PUT SUBMISSIONS TO THE SPARKS IN THE SPARKS MAILBOX AMONG THE MSCA MAILBOXES BEHIND THE FRONT DESK OR SEND THEM TO: [CYNARASTITES@GMAIL.COM](mailto:CYNARASTITES@GMAIL.COM) BY THE **10TH DAY OF THE MONTH** FOR NEXT MONTH'S ISSUE.  
 SPARKS EDITOR: CYNARA STITES

**MANSFIELD SENIOR CENTER ASSOCIATION EXECUTIVE BOARD**

PRESIDENT: ESTELLE ELLIOTT  
 VICE-PRESIDENT: JEAN ANN KENNY  
 IMMEDIATE PAST PRESIDENT: RITA BRASWELL  
 SECRETARY: BEV GOTCH  
 FINANCE OFFICER: DON STITTS  
 TREASURER: MIKE BESCHLER  
 ASSISTANT TREASURER & SPARKS SUBSCRIPTIONS MANAGER: KATHY RULE  
 MEMBER AT-LARGE: SAM GORDON  
 COMPUTER COMMITTEE CHAIR: VACANCY  
 PROGRAM COMMITTEE CO-CHAIRS: JOAN TERRY & MARIE HAKMILLER  
 SPARKS COMMITTEE CHAIR: RITA BRASWELL  
 TRAVEL COMMITTEE CHAIR: KAY WARREN  
 WAYS & MEANS COMMITTEE: VACANCY



**DATES OF M.S.C.A. MEETINGS**

EXECUTIVE BOARD: WEDNESDAY, MARCH 12 AT 10:00  
 MSCA QUARTERLY MEMBERSHIP MEETING: WEDNESDAY, MARCH 12 AT 12:45  
 WAYS & MEANS COMMITTEE: ON HIATUS  
 COMPUTER COMMITTEE: TUESDAY, MARCH 4 AT 2:30  
 PROGRAM COMMITTEE:

**DEAR SPARKS READERS:**  
 WE WELCOME YOUR FEEDBACK, REQUESTS, IDEAS AND EVEN YOUR COMPLAINTS !!  
 PLEASE LEAVE A MESSAGE FOR EDITOR CYNARA STITES IN HER SPARKS MAILBOX BEHIND THE FRONT DESK OR SEND E-MAIL TO: [CYNARASTITES@GMAIL.COM](mailto:CYNARASTITES@GMAIL.COM).

**MSCA PRESIDENT'S COLUMN**



SPRING WILL BE HERE BEFORE THE MONTH IS OVER. DOESN'T THAT SOUND GOOD?

AS I WAS DRIVING HOME THE OTHER EVENING, I REMEMBERED ONE WINTER OVER 50 YEARS AGO WHEN IT WAS BITTER COLD. UCONN HAD MADE ICE SCULPTURES IN SEVERAL PLACES ON CAMPUS ALL ALONG ROUTE 195. HOW I WISHED I HAD TAKEN SOME PICTURES AND KEPT THEM!

AS TO THE SENIOR CENTER, AS I GO THROUGH THE OLD MINUTES, IT APPEARS THAT NEW TABLES AND CHAIRS WERE PURCHASED FOR THE DINING ROOM ABOUT TEN YEARS AGO.

CHANGING THE SUBJECT, I HAVE RECENTLY BEEN TOLD THAT WILL BIGL HAS GIVEN UP HELPING WITH THE AARP TAX ASSISTANCE PROGRAM. I JUST WANT TO THANK WILL FOR WHAT I BELIEVE IS ABOUT 10 YEARS OF VOLUNTEERING HIS TIME. TRULY I HOPE HE WILL COME BACK. I ENJOY HEARING THAT RESOUNDING LAUGH AS I GO DOWN THE HALL.

ONE THING I HAVE NOTICED AS I GO THROUGH THE MINUTES IS THAT WE HAVE BEEN VERY FORTUNATE THANKS TO ALL THE VOLUNTEERS WHO HAVE STAYED ON THROUGH THE YEARS. MANY BEHIND THE SCENES. FOR EXAMPLE, I DO NOT KNOW MANY OF THE DRIVERS, ALTHOUGH FOR MANY PEOPLE THERE WOULD BE A VERY GRAVE HARDSHIP IF WE WERE NOT FORTUNATE. SOMEONE SAID TO ME LAST WEEK: "I VOLUNTEER BUT I DO NOT WANT TO BE THANKED." WELL, I AM NOT IN A POSITION TO DISAGREE BUT, I WISH TO THANK ALL OF YOU. THIS IS A TREMENDOUS SERVICE.

I WISH TO REMIND YOU THAT THE NEXT M.S.C.A. QUARTERLY MEMBERSHIP MEETING IS COMING UP ON MARCH 12, 2014 AT 12:45 PM. SAVE THE DATE!

ESTELLE ELLIOTT

**NEEDED:**  
 A VOLUNTEER **BINGO CALLER**  
 ON TUESDAYS, 1:00 TO 3:30

PLEASE LEAVE YOUR NAME & PHONE NUMBER AT THE FRONT DESK.





**DAYLIGHT SAVINGS TIME BEGINS AT  
2:00 A.M. ON SUNDAY, MARCH 9**

**MOVE YOUR CLOCKS AHEAD ONE  
HOUR AT BEDTIME ON SATURDAY, MARCH 8**

**PERMANENT ABSENTEE BALLOTS**

MANSFIELD RESIDENTS WHO ARE PERMANENTLY DISABLED AND UNABLE TO APPEAR IN PERSON AT THEIR POLLING PLACES ARE ELIGIBLE FOR "PERMANENT ABSENTEE BALLOT" STATUS



FOR INSTRUCTIONS ON HOW TO FILE A PERMANENT ABSENTEE BALLOT APPLICATION AND TO OBTAIN A DOCTOR'S CERTIFICATE,

- CONTACT THE MANSFIELD TOWN CLERK AT 860-429-3302 OR
- SEE THE TOWN CLERK PAGE ON THE TOWN'S WEBSITE - [WWW.MANSFIELDCT.ORG](http://WWW.MANSFIELDCT.ORG)



**MANSFIELD COMMISSION ON AGING  
MEETS AT 9:30 ON MONDAY, MARCH 10**

**THE MANSFIELD SENIOR CENTER ASSOCIATION  
NEEDS VOLUNTEERS FOR:**

**FRONT DESK RECEPTIONISTS**

MINIMUM OF ONE 3-HOUR SHIFT A WEEK.

DUTIES: GREET PEOPLE, GIVE OUT INFORMATION, ANSWER PHONES & RE-DIRECT CALLS, DIRECT PEOPLE TO ROOMS, SENIOR CENTER STAFF & MSCA OFFICE, REGISTER NEW MSCA MEMBERS, COLLECT & RECORD MONEY FOR ITEMS SOLD, AND SIGN UP SENIORS & COLLECT FEES FOR SOME CLASSES, PROGRAMS AND VAN TRIPS. PLEASE FILL OUT APPLICATION AT FRONT DESK.



**TO THE MANSFIELD SENIOR CENTER  
ASSOCIATION'S NEWEST MEMBERS:**

**JOAN CAILIN    JEAN CROM  
LORRAINE CARDINAL    KATHY FACCHINETTI**

**MANSFIELD SENIOR &  
WELLNESS CENTER**

303 MAPLE ROAD  
STORRS MANSFIELD, CT 06268  
HOURS: MON - FRI 8:30 A.M. - 4:30 P.M.  
SENIORCENTER@MANSFIELDCT.ORG  
WWW.MANSFIELDCT.ORG  
**(860) 429-0262**

RECEPTIONIST/FRONT DESK EXT 0

MANSFIELD SENIOR CENTER  
ASSOCIATION EXT 5

SENIOR CENTER COORDINATOR  
CINDY DANTON EXT 9  
DANTONCH@MANSFIELDCT.ORG

TRANSPORTATION MANAGER  
GIANNA STEBBINS EXT 2  
STEBBINSG@MANSFIELDCT

ADMINISTRATIVE ASSISTANT  
VACANT EXT 3

WELLNESS CENTER APPOINTMENTS  
KATHY YAFFEE EXT 4

SOCIAL WORKERS  
KATHY ANN EASLEY, MSW EXT 1

LUNCH PROGRAM/KITCHEN  
SHARON CARON EXT 8

TRAVEL DESK EXT 6

**IN MEMORY OF:**



**DONNA LINKILLA**

**DOROTHY ("DOT") SHAW**

**HENRY SCHONE**

**WELLNESS PROGRAMS**

PLEASE CALL KATHY YAFFEE AT 860 429-0262 EXT 4  
 MONDAY THROUGH FRIDAY, 8:30 TO 4:30  
 TO SCHEDULE APPOINTMENTS  
 WITH THE PROVIDERS LISTED BELOW

**ADULT HEALTH SCREENINGS** by VNA East Nurse  
**Mary Hess** Wednesday, March 26, 1:00 - 3:00  
 Blood pressure, cholesterol, blood glucose, earwax &  
 foot care

**FOOTCARE** with Dr. Walter, Podiatrist, on Tuesday,  
 March 18, 9:00 to noon. Medicare will be billed if  
 you are eligible. Dr. Walter carries Dr. Comfort  
 shoes, including M/C Diabetic shoes.

**REIKI** WITH BETTE GIORDANO ONE-HOUR SESSIONS ON  
 THURSDAY, MARCH 6, 9:00 - 11:00 COST: \$30 PER HOUR



**MINI-SPA** MONDAY, MARCH 10,  
 9:00 - 12:15  
 WOMEN'S & MEN'S HAIRCUTS - \$10  
 MANICURE OR PEDICURE - \$10

**FREE BLOOD PRESSURE CHECKS**

11:30 - noon on Wednesday,  
 March 5, sponsored by  
 Hermann Blood Pressure Clinic  
 NO APPOINTMENTS NECESSARY



**ELDERCARE LAW:** ATTORNEY GATES FROM  
 CONNECTICUT Legal Services provides free legal  
 consultations to people 60 years or older on  
 Monday, March 24, 27, 1:00 - 3:00  
 Call 860 429-0262 ext 0 (front desk) for appointment

**MANSFIELD COMMUNITY CENTER  
 MEMBERSHIP IS FREE FOR PEOPLE  
 WHO HAVE SILVERSNEAKERS**



TO FIND OUT IF YOU ARE ELIGIBLE FOR  
 SILVERSNEAKERS, CALL 1-888-423-4632  
 OR VISIT [WWW.SILVERSNEAKERS.COM](http://WWW.SILVERSNEAKERS.COM).

**SUPPORT GROUPS**

**CAREGIVERS SUPPORT GROUP**  
 THURSDAY, MARCH 20 at 6:30 p.m.

**LOW VISION GROUP**  
 MONDAY, MARCH 10 AT 11:00

**MS SUPPORT GROUP**  
 TUESDAY, MARCH 11 AT 7:00 p.m. in the Craft Room  
 For more information, contact  
 Joan at 860-429-7271 or Jennifer at 860-450-0530.

**SOCIAL WORKER**

MANSFIELD HUMAN SERVICES HAS A  
 SOCIAL WORKER, **KATHY ANN EASLEY, MSW**  
 AT THE MANSFIELD SENIOR & WELLNESS CENTER  
 8:30 - 4:30 MONDAY THROUGH FRIDAY  
 TO ASSIST MANSFIELD RESIDENTS THROUGH A  
 VARIETY OF SERVICES. CALL 860 429-0262 EXT 1

**NEW INDOOR WALKING PROGRAM**

**WEDNESDAYS AT 9:00**

JOIN OTHER SENIORS FOR A  
 30 - 45 MINUTE INDOOR WALKING  
 PROGRAM AT THE SENIOR CENTER.  
 YOU WILL BE DIRECTED BY A DVD  
 WITHOUT AN INSTRUCTOR.



**INS AND OUTS OF HOMECARE**  
 by Interim Home Care



UPDATED INFORMATION  
 ON GETTING ASSISTANCE  
 IN YOUR HOME

**TUESDAY, MARCH 4 at 11:00**

### SAVING THE ENVIRONMENT

THE YOUNG CASHIER WHO WAS RINGING UP THE ELDERLY WOMAN'S GROCERY PURCHASES SUGGESTED THAT THE WOMAN GET RE-USABLE CANVAS BAGS BECAUSE THEY'RE BETTER FOR THE ENVIRONMENT THAN PLASTIC BAGS. THE ELDERLY CUSTOMER REPLIED, "OH, I'M SORRY. WE DIDN'T DO THAT BACK IN MY DAY." THE YOUNG CASHIER SAID, "YEAH, YOUR GENERATION DIDN'T CARE ENOUGH TO SAVE THE ENVIRONMENT FOR FUTURE GENERATIONS."

OF COURSE, BACK IN THE DAY, WE WEREN'T THINKING ABOUT SAVING THE ENVIRONMENT. WE JUST DIDN'T WASTE. WE RETURNED MILK AND SODA BOTTLES TO THE STORE SO THEY COULD BE CLEANED AND RE-USED. OUR GROCERIES WERE BAGGED IN BROWN PAPER BAGS THAT WE RE-USED AS GARBAGE BAGS. KIDS COVERED THEIR SCHOOL BOOKS WITH BROWN PAPER BAGS TO PROTECT THE BOOK COVERS.



I REMEMBER HOW, IN THE GOOD OLE DAYS, WE WASHED DIAPERS BECAUSE WE DIDN'T HAVE THE THROWAWAY KIND. WE DRIED CLOTHES WITH WIND AND SOLAR POWER ON A CLOTHESLINE INSTEAD OF USING AN ENERGY-GOBBLING MACHINE. CLOTHES WERE MENDED AND HANDED DOWN TO YOUNGER KIDS. WHEN CLOTHES WORE OUT, THEY WERE RE-USED AS RAGS, PATCHES OR QUILTING PIECES. WE HAD ONE TV OR RADIO IN THE HOUSE INSTEAD OF A TV IN EVERY ROOM. THE TV HAD A SMALL SCREEN THE SIZE OF A HANDKERCHIEF, NOT THE SIZE OF TEXAS.

IN THE KITCHEN, WE STIRRED, BLENDED AND CHOPPED BY HAND. WE DIDN'T HAVE ELECTRIC MACHINES TO DO EVERYTHING FOR US. WHEN WE WANTED TO MAIL A FRAGILE ITEM, WE CUSHIONED IT WITH WADDED-UP NEWSPAPERS INSTEAD OF STYROFOAM OR BUBBLE WRAP. BACK THEN, WE DIDN'T FIRE UP A NOISY ENGINE, BURN GASOLINE AND POLLUTE THE AIR JUST TO MOW THE LAWN. WE HAD SMALL YARDS THAT WE MOWED USING HUMAN POWER TO PUSH THE LAWN MOWER.

WE RE-FILLED PENS WITH INK INSTEAD OF BUYING NEW PENS, AND WE REPLACED RAZOR BLADES INSTEAD OF DISCARDING THE RAZOR JUST BECAUSE ONE BLADE GOT DULL.

BACK IN THE DAY, PEOPLE WALKED, RODE A STREETCAR OR TOOK A BUS TO GET AROUND. MOTHERS DIDN'T RUN TAXI SERVICES FOR THEIR KIDS IN THE FAMILY'S \$35,000 SUV OR VAN. WE HAD ONE, SOMETIMES TWO ELECTRICAL OUTLETS IN A ROOM, NOT A BANK OF SOCKETS TO POWER A DOZEN APPLIANCES. WE COULD FIND A RESTAURANT WITHOUT USING A COMPUTERIZED GADGET TO GET A SIGNAL BEAMED FROM A SATELLITE 23,000 MILES OUT IN SPACE.



ISN'T IT ANNOYING THAT YOUNG FOLKS THINK WE DIDN'T CARE ENOUGH TO SAVE THE ENVIRONMENT FOR THEM? WE DON'T LIKE BEING OLD IN THE FIRST PLACE, SO IT DOESN'T TAKE MUCH TO TICK US OFF . . . ESPECIALLY FROM A TATTOOED, MULTIPLY PIERCED, SMART ALECK KID WITH PURPLE-STREAKED HAIR WHO CAN'T MAKE CHANGE WITHOUT THE ELECTRONIC CASH REGISTER FIGURING IT OUT FOR HER!

### RECYCLING CLOTHES & MORE

**YOU CAN RECYCLE ALMOST ALL USED CLOTHING.** CHARITIES SELL AND DISTRIBUTE USED CLOTHING, WHICH ARE IN ESPECIALLY HIGH DEMAND IN DEVELOPING COUNTRIES. UNWEARABLE ITEMS ARE CUT INTO WIPING CLOTHS AND RAGS OR GROUND INTO FIBER TO MANUFACTURE STUFFING, INSULATION AND CARPET PADS. EVEN WORN OUT SHOES CAN BE RECYCLED.



**MANSFIELD RESIDENTS CAN DONATE THESE CLEAN AND DRY ITEMS IN ANY CONDITION TO THE SALVATION ARMY BOX AT THE MANSFIELD TRANSFER STATION:** ALL CLOTHING, ALL FOOTWEAR, FABRIC/MATERIAL SCRAPS, STUFFED ANIMALS & SOFT TOYS, BACKPACKS, BEDDING (PILLOWS, COMFORTERS, SHEETS, PILLOW CASES, BLANKETS), CURTAINS AND DRAPERIES, TABLE LINENS, TOWELS AND WASHCLOTHS.  
 MANSFIELD TRANSFER STATION (ON ROUTE 89) IS OPEN 8:30 TO 4:00 ON TUESDAYS & SATURDAYS AND NOON TO 4:00 ON THURSDAYS.

### RECYCLING MEDICAL EQUIPMENT

(CONTINUED FROM PAGE 1)

**CHARLIE'S CLOSET FOR MEDICAL EQUIPMENT IN GUILFORD 203-453-8359**  
 INTERFAITH VOLUNTEER SERVICE THAT PICKS UP, SORTS & DISPENSES MEDICAL EQUIPMENT SUCH AS SCOOTERS, WALKERS, BATH SEATS, ETC.  
 COST = \$1 PER ITEM



**M. S. C. A.  
COMPUTER LEARNING CENTER**

**FREE HELP FOR PC USERS WITH DAN GEBBEN**  
EVERY MONDAY 10:00 TO 11:00

**FREE "PHOTO CLUB" WITH DAN GEBBEN**  
AN ONGOING CLUB OPEN TO ALL ON 1ST & 3RD  
FRIDAY OF THE MONTH, 10:00 TO NOON

**FREE HELP FOR MAC USERS**  
WILL RESUME IN APRIL

**INTRO TO THE COMPUTER WITH DAN GEBBEN**

FOR BEGINNERS OR THOSE WANTING MORE KNOWLEDGEABLE USE OF A COMPUTER. BASICS OF KEYBOARD & MOUSE CONTROL. LEARN STORAGE SYSTEM, FOLDER CREATION, WORD PROCESSING, INTERNET, E-MAIL & OTHER FORMS OF ON-LINE PERSONAL COMMUNICATION. PERSONALIZE THE COMPUTER AND PROTECT IT FROM INTERNET BAD STUFF. CLASS UTILIZES WINDOWS 7. CLASS ENDS WITH AN EXERCISE IN TURNING THE COMPUTER INTO A MASTER MUSICAL MACHINE FOR YOUR ENJOYMENT. CLASS IS LIMITED TO 7 STUDENTS. EACH STUDENT WILL HAVE USE OF A COMPUTER. 10:00 TO NOON ON TUESDAYS & THURSDAYS MARCH 18, 20, 25, 27 & APRIL 1

OR  
APRIL 8, 10, 15, 17 AND 22

COST: \$10 FOR FIVE CLASSES  
SIGN UP & PAY AT FRONT DESK.



**INTERNET WITH GEORGE JONES**

LEARN HOW TO BROWSE THE INTERNET, SEARCH FOR INFORMATION, BUY OR SELL ITEMS, AND THE INS & OUTS OF E-MAILING.

MONDAYS, MARCH 24 & 31  
9:00 - 11:00 COST: \$10  
SIGN UP & PAY AT FRONT DESK.



**FREE COMPUTER CLASSES IN APRIL**

**ME & MY IPAD:** WEDNESDAY, APRIL 2, 10:00 - NOON  
**E-MAIL:** WEDNESDAY, APRIL 23, 10:00 - NOON  
**INTRO TO FACEBOOK:** FRIDAY, APRIL 11, 10:00 - NOON



**A.A.R.P. TAX-AIDE ASSISTANCE**

THIS IS A **FREE** PROGRAM THAT PROVIDES HELP IN PREPARING INCOME TAX RETURNS TO LOW AND MIDDLE INCOME TAXPAYERS.

CALL **860 429-0262 EXT 0** TO SCHEDULE AN APPOINTMENT WITH A CERTIFIED TAX-AIDE COUNSELOR ON MONDAYS & WEDNESDAYS, 9:00 - 11:00 AND 1:00 - 3:00 THROUGH APRIL 9.

MARRIED? BOTH SPOUSES SHOULD ATTEND IF YOU ARE FILING JOINTLY.

**CLIR: THE CENTER FOR LEARNING IN RETIREMENT**

UConn's CENTER FOR LEARNING IN RETIREMENT PROVIDES MEANINGFUL AND SERIOUS INTELLECTUAL ACTIVITIES FOR RETIREES AND OTHER ADULTS FROM ALL WALKS OF LIFE. CLASSES ARE CONDUCTED IN AN INFORMAL AND RELAXED ATMOSPHERE. THERE ARE NO ACADEMIC REQUIREMENTS. CLASSES ARE TAUGHT BY LOCAL RESIDENTS, MANY OF WHOM ARE CURRENT OR RETIRED UCONN FACULTY OR STAFF.

ALL CLASSES MEET AT THE VERNON COTTAGE ON WITRYOL PLACE ON UCONN'S DEPOT CAMPUS. THERE IS A MEMBER'S FEE OF \$25 FOR THE ACADEMIC YEAR PLUS A \$12 FEE TO ENROLL IN ANY NUMBER OF CLASSES.

FOR MORE INFORMATION, SEE [WWW.CLIR.UCONN.EDU](http://WWW.CLIR.UCONN.EDU), WATCH FOR THE CLIR SPRING TERM BROCHURE PROGRAM WITH THE LIST OF COURSES THAT BEGIN IN APRIL (WILL BE AVAILABLE AT THE SENIOR CENTER), CALL MARILYN DIAZ AT 1-860-570-9012 OR E-MAIL [MARILYN.DIAZ@UCONN.EDU](mailto:MARILYN.DIAZ@UCONN.EDU).

**DO YOU NEED TRANSPORTATION?**

**FREE TRANSPORTATION**

FOR MANSFIELD RESIDENTS ONLY —  
IS AVAILABLE FOR MEDICAL & DENTAL APPOINTMENTS.  
MAKE REQUESTS AT LEAST 7 – 10 DAYS AHEAD.  
14 DAYS ADVANCE NOTICE IS REQUIRED FOR  
RIDES TO APPOINTMENTS AS FAR AWAY AS  
GLASTONBURY, MANCHESTER & NEWINGTON.

**CALL GIANNA STEBBINS, VOLUNTEER TRANSPORTATION  
MANAGER AT 860 429-0262 EXT 2.**

**DIAL-A-RIDE**

PROVIDES RIDES TO PEOPLE AGE 60 AND OLDER  
TO BIG Y & MANSFIELD SENIOR CENTER  
A \$1.50 DONATION FOR EACH ONE-WAY TRIP  
IS REQUESTED AT THE END OF EACH MONTH.  
**CALL DIAL-A-RIDE AT 860 456-1462.**

**BLUEBERRY STUDY**



**BLUEBERRIES MUST BE ORDERED  
BY NOON ON THURSDAY, MARCH 6  
NO EXCEPTIONS!  
BLUEBERRY PICK-UP WILL BE ON FRIDAY, MARCH 14  
AT 11:00 IN THE SENIOR CENTER PARKING LOT.**

*BLUEBERRIES ARE AVAILABLE TO STUDY  
PARTICIPANTS ONLY. IF YOU WANT TO BECOME  
A NEW PARTICIPANT IN THE STUDY,  
LEAVE A MESSAGE FOR HOWARD RAPHAELSON  
AT 860 429-0262 EXT 0.*

**SENIOR VAN OUTINGS**



**BRISTOL SENIOR CENTER FOR LUNCH  
& DANCING TO A LIVE BAND  
TUESDAY, MARCH 11**

LEAVE AT 11:00 & RETURN BY 4:00  
COST: \$4.50 SIGN UP BY FRIDAY, MARCH 7

**WESTFARMS MALL & TRADER JOE'S  
THURSDAY, MARCH 13**

LEAVE AT 9:30 & RETURN BY 3:30  
SIGN UP BY MONDAY, MARCH 10

**LUNCH AT BAY PATH CULINARY INSTITUTE  
TUESDAY, MARCH 18**

LEAVE AT 10:00 & RETURN BY 1:30  
COST: ABOUT \$10 SIGN UP BY FRIDAY, MARCH 14

**"THE AMERICAN TYPEWRITER EXHIBIT"  
AT NEW BRITAIN MUSEUM OF AMERICAN ART  
WEDNESDAY, MARCH 26**

SEE RARE & ANTIQUE AMERICAN-MADE MACHINES &  
WARTIME BADGES FROM 1873 TO 1966

**STOP FOR LUNCH AT VERNON DINER**

LEAVE AT 10:30 & RETURN BY 4:00  
MUSEUM ADMISSION - \$10  
SIGN UP BY MONDAY, MARCH 24

**JANUARY 17 DUPLICATE BRIDGE RESULTS**

NORTH/SOUTH

- |                                |       |
|--------------------------------|-------|
| 1. NOLA HOSS & BILL HOSS       | 75.50 |
| 2. LAVIDA MEAD & GEORGE WALLER | 69.50 |
| 2. PAULA TATE & JANE STEPHENS  | 69.50 |



EAST/WEST

- |                                 |       |
|---------------------------------|-------|
| 1. KATHY WATSON & LESTER LIPSKY | 80.00 |
| 2. MURIEL FENN & BETTY SAVAGE   | 76.00 |
| 2. JEAN HAAS & ALINE BOOTH      | 76.00 |

**JANUARY 31 DUPLICATE BRIDGE RESULTS**

NORTH/SOUTH

- |                                 |       |
|---------------------------------|-------|
| 1. PAULA TATE & MARY SHINOSKI   | 55.00 |
| 2. JERRY SHAEFFER & SAM WHEELER | 53.00 |
| 3. NOLA HOSS & BILL HOSS        | 44.50 |



EAST/WEST

- |                                 |       |
|---------------------------------|-------|
| 1. SALLY HIRAKIS & JOANNE NOLAN | 56.00 |
| 2. SHEP SHEPHARD & RAY CRAVEN   | 54.50 |
| 3. SUE LIPSKY & LESTER LIPSKY   | 45.50 |

**MSCA TRIPS**

**FLYERS & INFORMATION AT FRONT TRAVEL DESK - 860-429-0262 EXT 6  
OR CALL KAY WARREN AT 860-487-3744**

**APRIL 30: PARKERS MAPLE BARN - SUGAR HOUSE TOUR/CORN COB GIFT SHOP.  
ANHEUSER BUSCH TOUR & TASTING. VALENTINO'S BAKERY. ALL IN NEW HAMPSHIRE - \$71**

**MAY 21: JIMMY STURR - "THE KING OF POLKA" & HIS 10-PIECE ORCHESTRA  
AT THE GRAND OAK VILLA IN OAKVILLE, CT - \$84**

**NOVEMBER: ITALY: FLORENCE, MILAN & VENICE 9-DAY TRIP OR 13-DAY TRIP  
TO GET DISCOUNTED PRICE, SIGN UP BY MAY 1.**



**DID YOU WIN WINE GLASSES AT THE JANUARY 8 TRAVEL FAIR? CALL KAY WARREN.**

**CONVERSATIONS WITH BETTY**

**THURSDAY, MARCH 6, 11:00 - NOON**

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

**GENEALOGY GROUP**

**TUESDAY, MARCH 11 AT 10:00**

ALL ARE WELCOME, INCLUDING BEGINNERS. THE LEADER BRINGS NEW INFORMATION AND WE ALL SHARE IDEAS. GET HELP WITH YOUR GENEALOGICAL RESEARCH PROBLEMS. WE WILL BE TAKING TRIPS TO LIBRARIES AND ARCHIVES IN THE COMING YEAR TO WORK ON GENEALOGY. CALL FOR DETAILS: 860 429-4557

**FINANCIAL AWARENESS SEMINAR**

WEBSTER BANK HAS RE-SCHEDULED ITS SNOWED-OUT FEBRUARY 5 SEMINAR TO TUESDAY, MARCH 11 AT 11:00

STEP OUT ON THE RIGHT FINANCIAL FOOT IN 2014 !

**LEARN ABOUT IMMUNIZATIONS IN A "WHO WANTS TO BE A MILLIONAIRE" GAME WITH SMALL PRIZES**

- CAN YOU GET SICK FROM THE FLU SHOT?
- DO YOU REALLY NEED TO GET VACCINES?
- WHAT VACCINES ARE IMPORTANT FOR CERTAIN MEDICAL CONDITIONS?



HOSTED BY UCONN HEALTH CARE PROFESSIONAL STUDENTS FROM THE URBAN SERVICE TRACK PROGRAM  
**WEDNESDAY MARCH 26 AT 12:45**

**THE UCONN AURAL REHAB IS LOOKING FOR OLDER ADULTS (AGES 50+) TO TAKE A SHORT SURVEY ONLINE ABOUT OPINIONS OF SENSORY AIDS.**



E-MAIL [ALISON.MARINELLI@UCONN.EDU](mailto:ALISON.MARINELLI@UCONN.EDU)  
OR CALL 860-486-1043  
FOR MORE INFORMATION.  
THIS STUDY WAS APPROVED BY THE UCONN IRB.

**CAN YOUR SPARE SOME BUTTONS FOR THE KNITTING GROUP?**



*Please drop off buttons at the front desk.*

**FOODSHARE VAN**

**AT 11:30 A.M. ON THURSDAYS, MARCH 6 & 20**  
IN THE WRIGHT'S WAY PARKING LOT  
(NEXT TO THE SENIOR CENTER)



**FREE FOOD FOR THOSE WHO NEED IT !  
BRING YOUR SHOPPING BAG !**

**MEAL PROGRAM**

The TVCC A meal program is subsidized through the Older Americans Act and is available to seniors 60 years or older for a suggested donation of **\$3.00**. Seniors who are younger than 60 are welcome to eat, but are asked to pay the actual cost of the meal, which is now **\$10**. Reservations must be made by 10:00 a.m. one day in advance. Guests and new members must complete a registration form at the time they make a reservation. Homebound seniors may call 1-800-953-1365 to receive Meals-on-Wheels.

**MARCH MENUS**

- Mon 3: Swedish meatballs, noodles
- Tues 4: baked ham w/pineapple glaze
- Wed 5: **BIRTHDAY LUNCH**  
cheese ravioli w/marinara sauce
- Thur 6: cheeseburger noodle casserole
- Fri 7: fish patty, mashed potatoes
- Mon 10: stuffed chicken w/broccoli & cheese
- Tues 11: stuffed shells w/marinara sauce
- Wed 12: sloppy joes & noodles
- Thur 13: chicken paprika & rice pilaf
- Fri 14: eggplant rolette penne w/marinara sauce
- Mon 17: lazy man's lasagna
- Tues 18: chicken parmesan & rice
- Wed 19: St Patrick's day celebration  
corned beef & cabbage - \$6  
Sign up by noon on March 11
- Thur 20: western omelet & potatoes
- Fri 21: baked cod w/tomato garlic compote
- Mon 24: chicken marsala & rice pilaf
- Tues 25: beef stroganoff & noodles
- Wed 26: chicken supreme & rice
- Thu 27: braised pork loin & potatoes
- Fri 28: cheese manicotti  
w/marinara sauce
- Mon 31: cod Florentine & macaroni & cheese



**MARCH BIRTHDAYS**



- 1 - MICHAEL BOLTON, JOSEPHINE FIELD, DAE KOH
- 2 - LILA TULIN
- 3 - JOYCE BRIGHAM, DIANNE SPRAGUE
- 4 - IRENE BURKE, RICHARD CHAK, JEROLD HEISS, BENJAMIN SACHS, NORMAN STEVENS
- 5 - SILVANA BRESEIA, FRED LUSSIER, TOM REILLY, KATHY RULE
- 6 - RAYMOND BEGIN, BERT BOCKHOLDT, BERNADETTE BRISSON, IRENE KLUNZ, FRANKLIN LANGILLE, NORMAN RICARD, JAMES REYNOLDS
- 7 - MICHAEL ADAMS
- 8 - MARGARET EASTON, EDMUND FOGG, MARY LIROT
- 9 - JOYCE ARSENAULT, IRENE BOUDREAU, BERT BRINE, CATHERINE KNUTTEL, PEGGY KOBAY, LUTRICIA LYONS, KAREN MATHEWS, NORMA MILLS
- 10 - JOSEPHINE RAYMOND, ELIZABETH WONG
- 11 -
- 12 - MARJORIE BACHAND, VICTORIA MAYO, ARTHUR MOORE, NANCY ORTH, EUGENE RIGLER
- 13 - MARY BEAUSOLEIL, THEODORE CHOMIAK, KATHY FISHER, SUSAN ROHDE, JEAN SMITH
- 14 - PATRICIA PERREAULT, CECILE POWERS, RUDOLPH TOKES
- 15 - JANE BLASHARD, PATRICIA CURRY, BEVERLY MORGAN, GERTRUDE OGUSHWITZ
- 16 - JAMES CHASE, HERB GETTER, SUE HARKNESS, MARY REGINA HIGGINS, PAULINE LAMOUREUX, FRANCES LENOX, LINDA SAVAGE
- 16 - JAMES CHASE, HERB GETTER, SUE HARKNESS, MARY REGINA HIGGINS, PAULINE LAMOUREUX, FRANCES LENOX, LINDA SAVAGE
- 17 - ST. PATRICK'S DAY
- 18 - DORIS BEDARD, GEORGE COLE, KARIN RANDOLPH
- 19 - LUCINDA VON DUNTZ, LEWIS KATZ
- 20 -
- 21 - SONIA DREXLER, CHARLES NAGY
- 22 - THERESA BEAULIEU, CAROL HIGGINS, ALICE MINER, LESLIE MOULTON, ROBERT MURPHY, JOANNE SOUSA
- 23 - THERESA ROY
- 24 - LOUIS COMEAU, BETTY HADDAD, JACKIE ILANGO, HELEN ZENI
- 25 - CLIFFORD BLISH, UWE KOEHN, BARBARA PAROLA
- 26 - GLORIA BRINE, CURTIS HOFFMAN, JOE PETERS
- 27 - OLIVER ASHLAN, CLARA HULING
- 28 - ROBERT GOTTLIEB, ARTHUR GUSTAFSON, DOROTHY LAURITZEN
- 29 - ANGELO DOS SANTOS, MARIE HAKMILLER, CHUCK VINSONHALER, FENG RONG ZHENG
- 30 - PHIL BARRY, PAUL DUTEAU, BARBARA MAYER, BETTY ROBERTS, DELORES SMITH ANNE SORACCHI
- 31 - STELLA BURTON, ALICE KINNE, EVELYN MCKENNA



**SAVE THE DATE ! TUESDAY, APRIL 8**

**INTERGENERATIONAL DINNER WITH UCONN & E. O. SMITH STUDENTS**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT. & SUN.
<p><b>3. MARCH</b>                      9:00- Tax Assistance                      9:00-Senior Aerobics                      10:00-Art Studio                      10:00- Help PC Users                      10:15-Sparkettes                      12:00-Lunch                      1:00-Mahjongg                      1:00- Chorus                      1:00 Tax Assistance</p>	<p><b>4.</b>                       8:30-Strength class                      10:00-Scrabble                      10:00- Wii Bowl                      11:00 In's &amp; Out's of Homecare                      11:00- Power of Aging                      12:00-Lunch                      1:00-Bingo                      2:00 -Art Class                      2:30-Computer Com.  <b>Mardi Gras</b></p>	<p><b>5.</b>                      9:00 Walking DVD                      9:00- Tax Assistance                      10:00-Writing Group                      11:30- Herrmman Blood Pressure clinic                      12:00-Causeries                      12:00- Birthday Lunch                      1:00- Fundamentals of Tap                      1:00 -Tax Assistance</p>	<p><b>6.</b>                      8:30-Strength class                      9:00-Reiki w/Betty                      10:00-Wii Bowl                      10:00- Quilting                      10:15-Sparkettes Practice                      11:00 Conversation w/ Betty                      11:30- FoodShare                      12:00-Lunch                      12:30 Power of aging                      1:00-Bridge                      1:00-Jewelry                      2:30-Wii Bowl                      3:15- Senior Aerobics</p>	<p><b>7.</b>                      10:00-Scrabble                      10:00- Photo Club                      10:00-Knitting &amp; Crocheting                      10:30 -Sit &amp; Get Fit                      11:15-Brain Aerobics                      12:00-Lunch                      1:00-Art Studio</p>	<p><b>8.</b>  <b>Saturday</b>    <b>9.</b>  <b>Sunday</b>                      Daylight Saving                      Turn clocks ahead</p>
<p><b>10.</b> 9:00- Tax Assistance                      9:00-Senior Aerobics                      9:00- Internet class                      9:00- Mini Spa                      9:30- COA Mtg                      10:00-Art Studio                      10:00-Help PC Users                      10:15-Sparkettes                      11:00-Low Vision Gr.                      12:00-Lunch                      1:00- Chorus                      1:00-Mahjongg</p>	<p><b>11.</b>                      8:30-Strength class                      10:00-Scrabble                      10:00- Wii Bowl                      10:00- Genealogy Gr                      11:00- Financial Info.                      11:00- Power of Aging                      11:00- Van trip to lunch                      12:00-Lunch                      1:00-Bingo                      2:00 -Art Class                      7:00-MS Support Gr.</p>	<p><b>12.</b>                      9:00 Walking DVD                      9:00- Tax Assistance                      10:00- Writing Gr.                      10:00 MSCA Executive Bd                      12:00-Causeries                      12:00- Lunch                      12:45-MSCA Membership Meeting                      1:00-Fundamentals of Tap                      1:00 -Tax Assistance                      2:00- Book Club                      7:00- TNT Quilters</p>	<p><b>13.</b>                      8:30-Strength class                      9:30- Trip/Westfarms                      10:00-Wii Bowl                      10:00- Quilting                      10:15-Sparkettes Practice                      12:00-Lunch                      12:30 Power of aging                      1:00-Bridge                      1:00-Jewelry                      2:30-Wii Bowl                      3:15- Senior Aerobics</p>	<p><b>14.</b>                       10:00-Scrabble                      10:00-Knitting &amp; Crocheting                      10:30 -Sit &amp; Get Fit                      11:15-Brain Aerobics                      12:00-Lunch                      1:00-Art Studio  <b>National Potato Chip Day #1 snack food</b></p>	<p><b>15.</b>  <b>Saturday</b>                      ~ ~ ~ ~ ~  <b>16. Sunday</b>                      Worm Moon</p>
<p><b>17.</b>                       9:00- Tax Assistance                      9:00-Senior Aerobics                      10:00-Art Studio                      10:00-Help PC Users                      10:15-Sparkettes                      12:00-Lunch                      1:00-Chorus                      1:00-Mahjongg                      1:00-Tax Assistance  <b>St. Patrick's Day</b> </p>	<p><b>18.</b>                      8:30-Strength class                      9:00- Dr. Walter                      10:00- Trip/Bay Path                      10:00-Intro to computer                      10:00-Scrabble                      10:00-Wii Bowl                      11:00-Power of Aging                      12:00-Lunch                      1:00-Bingo  <b>MARCH</b></p>	<p><b>19.</b> 9:00 Walking DVD                      9:00- Tax Assistance                      10:00-Writing Group                      11:00-Gentle Yoga                      12:00-Causeries                      12:00- MSCA Lunch                      12:45- Entertainment                      1:00-Fundamentals of Tap                      1:00- Tax Assistance                      2:00- Red Hatters Gr.                      6:00- Altrusa Gr.</p>	<p><b>20. It's Spring !!</b>                      8:30-Strength Class                      10:00-Intro to computer                      10:00-Wii Bowl                      10:00- Quilting                      10:15-Sparkettes Practice                      11:30-FoodShare                      12:00-Lunch                      12:30 Power of aging                      1:00-Bridge                      1:00-Jewelry                      2:30- Wii Bowl                      3:15- Senior Aerobics</p>	<p><b>21.</b>                       10:00-Scrabble                      10:00-Knitting &amp; Crocheting                      10:00-Photo Club                      10:30- Sit &amp; Get Fit                      11:15-Brain Aerobics                      12:00-Lunch                      1:00-Art Studio                      1:00- Duplicate Bridge  <b>National Puppy Day!</b></p>	<p><b>22.</b>  <b>Saturday</b>                      Tuskegee Airmen Activated (1941)                      ~ ~ ~ ~ ~  <b>23. Sunday</b></p>

**MONDAY**

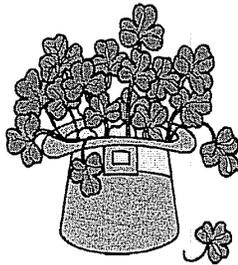
**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SAT. & SUN.**

<p><b>24.</b>                  9:00- Tax Assistance                  9:00-Senior Aerobics                  9:00-Internet class                  10:00-Art Studio                  10:00-Help PC Users                  10:15-Sparkettes                  12:00-Lunch                  1:00- Chorus                  1:00-Mahjongg                  1:00-Tax Assistance                  1:00- Attorney Gates</p>	<p><b>25.</b>                  8:30- Strength class                  10:00-Scrabble                  10:00-Intro to computer                  10:00-Wii Bowl                  11:00-Power of Aging                  12:00-Lunch                  1:00- Bingo                  2:00- Art Class</p>	<p><b>26.</b> 9:00 Walking DVD                  9:00- Tax Assistance                  10:00-Writing Group                  10:30-Trip-Museum                  11:00- Gentle Yoga                  12:00- Causeries                  12:00- Lunch                  12:45- Vaccine Info                  1:00- Tap                  1:00- Tax Assistance                  1:00- VNA East                  2:00- Book Club                  7:00- TNT Quilters</p>	<p><b>27.</b>                  8:30- Strength class                  10:00-Wii Bowl                  10:00-Intro to computer                  10:00 Quilting                  10:15-Sparkettes Practice                  12:00-Lunch                  12:30 Power of aging                  1:00-Bridge                  1:00-Jewelry                  2:30-Wii Bowl                  3:15- Senior Aerobics</p>	<p><b>28.</b>                  10:00-Scrabble                  10:00-Knitting/                  Crocheting                  10:30 - Sit &amp; Get Fit                  11:15-Brain Aerobics                  12:00-Lunch                  1:00-Art Studio</p>	<p><b>29.</b>                  Saturday                  ~ ~ ~ ~ ~  <b>30.</b> Sunday</p>
<p><b>31.</b>                  9:00- Tax Assistance                  9:00-Senior Aerobics                  10:00-Art Studio                  10:00-Help PC Users                  10:15-Sparkettes                  12:00-Lunch                  1:00- Chorus                  1:00-Mahjongg                  1:00- Tax Assistance</p>			 <p>Mardi Gras</p>	 <p>Enjoy March Madness</p>	

**Current & Coming Events at the Mansfield Senior Center:**

More Van Trip information in *Senior Happenings/* front page

*Tuesday, March 4th—In's & Out's of Homecare presented by Interim Health Care*

*Wednesday, March 26th—UConn Urban Tract Immunizations Game*

*Wednesday, April 16th —Volunteer Appreciation Luncheon — Pre-registration required*

*Wednesday, April 23rd — AARP Driving Course at 9am-1pm — Pre-registration required*

*Friday, April 25th and Saturday, April 26th — CT Mission of Mercy Free Dental Clinic in Hartford*

**Note: Calendar is subject to change without notice**

**SENIOR SPARKS**

Mansfield Senior Center Association  
Mansfield Senior & WellnessCenter  
303 Maple Road  
Storrs Mansfield, Connecticut 06268  
860-429-0262



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**AARP TAX ASSISTANCE - PAGE 6**

**CLIR - PAGE 6**

**COMPUTER CLASSES - PAGE 6**

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**PERMANENT ABSENTEE BALLOTS PAGE 3**

**SAINT PATRICK'S DAY - PAGE 1**

**SENIOR VAN TRIPS - PAGE 7**

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