



Cheshire Senior Center Newsletter

October 2009



Cheshire Senior Center
240 Maple Avenue
Cheshire, CT 06410

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and Ed Shaffer

Website:
www.chshirect.org

News From the Director

Dear Friends,



Knock, Knock
Who's there?
Ghost
Ghost Who?
Ghosts don't who, they boo!

October, a mystical, magical month ending with the celebration of Halloween. Take the time, this month, to enjoy the beautiful change of colors on our New England landscape, as our trees turn from green to wonderful shades of red and orange. This year, enjoy the wonders of nature and put off the hustle and bustle of the holidays until November.

Mark Your Calendar for the Senior Center
Annual Holiday Bazaar
Saturday, November 21, 2009
9 am - 3 pm

Donations accepted for our Annual Bazaar - (all proceeds benefit the Senior Center)

- * Homemade goodies, candies, jams etc. to be dropped off on Friday, November 20th.
- * Liquor for our Bottle Raffle (Unopened please and dropped off anytime).
- * Hand-made items, children's new toys, costume jewelry, food for the Turkey Raffle Basket.
- * Small tag-sale items.

All monetary donations made payable to: "The Cheshire Senior Center Membership Association" and are tax deductible.

*Thank you for kind donation
Dot Metzler in Memory of Cheryl Gormbard*

CONNECTICUT TAX-AIDE VOLUNTEER TODAY

Show People They Can Count on You

Every year new volunteers, who have spent their careers dealing with numbers, join the AARP Tax-Aide program to help others who do not feel comfortable preparing their own income taxes and can't afford professional help.

These volunteers assist low to middle income taxpayers of all ages, with special attention to those 60 and older, in filing their Federal and Connecticut income taxes correctly and on time.

Volunteer as a Counselor and/or as a Leadership Coordinator. Training in cooperation with the IRS begins in December.

To volunteer, send an e-mail to ctvoltage@juno.com. Provide your name, address, and telephone number.

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News From the Senior Center

The Senior Center is located at 240 Maple Avenue and is open to all seniors of Cheshire who are 55 years of age or older. Spouses who are over 55 may qualify a younger spouse. The Senior Center is open Mon.-Fri. between 8:30 AM- 4:00 PM. The elderly nutrition program serves lunch at noon. Reservations must be made at least two days in advance before 11:30 AM. The amount of donation is **\$2.50** per meal. Menus are posted on the bulletin board at the Center and in the local newspapers.

Senior Center Van Service 272-0047

The mini bus operates Monday thru Saturday, reserving Saturday for grocery shopping only. Reservations must be called in by 11:00 AM one day in advance. There is a donation of \$.25 each pick-up for the bus service.

The mini bus is available for Out-of-Town Medical appointments for a fee of \$4.00 round trip. The schedule is as follows: Mondays to Meriden and Southington, Tuesdays and Thursdays to New Haven, Hamden and North Haven, and Wednesdays to Wallingford. Appointments should be made between 10 AM & 2 PM and Tuesdays 10 AM & 12 Noon. Seniors should pick up a Senior Center Handbook, which describes the policies and procedures. Remember to carry your identification card for emergency purposes.

Greater Waterbury Transit District (GWTD) Dial-A-Ride

THIS PROGRAM IS PENDING FUNDING AT THIS TIME OF PRINTING

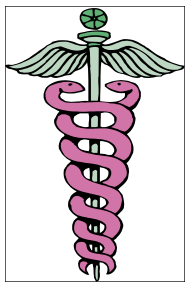
Free Transportation is available to seniors and disabled adults every Friday and the third Saturday of the month. Passengers may go anywhere from 9:00 AM until 4:00 PM in Cheshire, Wolcott, Waterbury, Watertown, Naugatuck, Middlebury, Prospect and Thomaston. This is a great opportunity to go shopping, go to a restaurant, browse a bookstore, take in a movie or visit a friend. Please call 203-272-0047 for an application.

Medicare/Medicaid Assistance Program

For Medicare/Medicaid Assistance, ConnPace and other insurance questions, call Sara Manning, Senior Social Worker at 203-272-8030.

Cheshire Senior Companion Program

Have some extra time to volunteer? Or would you like to be paid for being a Senior Companion? Or are you looking for a Companion for yourself or a family member? For further information call Sara Manning, Senior Social Worker at 203-272-8030.



Healthier You

Fiber Fixes

There's nothing sexy about it. Even so, eating enough dietary fiber can have a significant impact on short-term comfort and long-term health.

Chances are you have no idea how much fiber your diet contains. And you might not even care. However, if you're not getting anywhere close to the recommended amount, you're missing a golden opportunity to reduce your health risks and get your digestion on track.

"Americans do tend to disregard the amount of fiber they consume, which might explain why they consume only about half as much as they should," says Lalita Kaul, Ph.D., R.D., professor of nutrition at Howard University College of Medicine in Washington, D.C., and a spokeswoman for the American Dietetic Association. "Fortunately, high-fiber foods are easy and inexpensive to add to your diet if you know what to look for."

Dietary fiber - parts of plant foods that the body can't digest or absorb - are found in vegetables, fruit, whole grains, beans, peas, and lentils. It's characterized as either soluble - fiber that can be dissolved in water - or insoluble - fiber that doesn't dissolve. Both kinds are important for optimum health because they provide different benefits.

What It Does

A high-fiber diet provides these benefits:

- * **Prevents constipation.** Insoluble fiber found in vegetables and whole wheat helps prevent constipation.
- * **Reduces the risk for digestive conditions** such as irritable bowel syndrome and diverticulitis - a painful inflammation of the intestine.
- * **Lowers cholesterol levels and the risk for heart disease.** Soluble fiber found in beans, oats, and flaxseed can lower total blood and LDL cholesterol.
- * **Helps control and prevent type 2 diabetes.** Soluble fiber slows the absorption of sugar, which helps improve blood sugar levels for people with diabetes and reduces the risk of developing it for people without the disease.
- * **Promotes weight maintenance.** Because high-fiber foods make you feel full longer than low-fiber foods, they can help you eat smaller portions.

How to Get It

Adding fiber to your diet can cause bloating, cramping, or gas if you add too much too quickly. However, if you increase your intake gradually over a period of weeks and also increase your water intake, these side effects are less likely to arise.

To boost your fiber intake, start with one of the following changes, then wait a week before making another change.

- * **Replace low-fiber ingredients with high-fiber ones.** For example, when making soups and stews, replace some or all of the chicken, pork, or beef with pinto beans.
- * **Have a high-fiber breakfast.** Starting your day with a high-fiber breakfast cereal topped with fruit can boost your intake by 5 to 10 grams.
- * **Add high-fiber extras to prepared foods.** For example, add 1/4 cup of wheat bran or wheat germ to cooked cereal, muffin mixes, or meat loaf. Top casseroles or cooked vegetables with crushed bran cereal.
- * **Choose high-fiber snacks.** Popcorn and fresh or dried fruits are good choices.
- * **Read and compare food nutrition labels.** Fiber content per serving is listed on nutrition labels, so it's easy to compare similar brands and products at the store.
- * **Consider taking a supplement.** "It's best to get your fiber from food because supplements don't provide the added vitamins, minerals, and other nutrients fruit, vegetables and grains provide," Kaul advises. "However, they are helpful if you're unable to make enough changes to your diet to get what you need."

▫ Barbara Floria spoke with Lalita Kaul, Ph.D., R.D., professor of nutrition at Howard University College of Medicine in Washington, D.C., and a spokeswoman for the American Dietetic Association. For more information, visit

www.eatright.org.

Social Service News

IT'S A SNAP! New Eligibility Standards Make It Easier to Get Food Stamps

NEW RULES:

Connecticut will open **SNAP/Food Stamps** to more persons who are in need but were not previously eligible and will allow for the use of the Standard Utility Allowance to increase benefit amounts for many. SNAP stands for **Supplemental Nutrition Assistance Program**, which was formerly called **Food Stamps**.

Starting **July 1, 2009**:

- * The gross income limit for SNAP will increase from 130% to **185% of the Federal Poverty Level (FPL)** for most SNAP households.
- * Most SNAP households will **no** longer be subject to an **asset test**. The current asset test deems individuals with \$2,000 to \$3,000 in assets (depending on their situation) ineligible for the SNAP program. These changes would make an estimated 19,000 new families eligible to receive SNAP benefits in Connecticut.
- * Most SNAP households will no longer be subject to a **net asset test**.
- * The only households for whom there will still be an **asset test** and a net income test are those **elderly/disabled households whose gross income exceeds 185% of FPL. Early in July**. After that, DSS will mail a **copy** to each **newly granted SNAP household** and to **each SNAP household that has had a re-determination done and remains eligible**.

CHANGES IN THE STANDARD UTILITY ALLOWANCE:

The Standard Utility Allowance is used in place of **actual utility costs** to calculate a household's **total shelter costs**. High shelter costs can result in a deduction from a household's net income determination, which can mean a higher SNAP allotment. In Connecticut the heating/cooling SUA is \$720. DSS will begin giving **households the full Standard Utility Allowance (SUA) upon receipt of a payment from the Energy Assistance Program (LIHEAP) for:**

- * Active SNAP Households that have shelter and/or utility expenses. The Connecticut Department of Social Services (DSS) will **mail** a brochure explaining these changes to **all active SNAP households**.
- * Where the head of household is not homeless
- * And the home is not already eligible for the SUA.

QUESTIONS?

For more information or to see if you or someone you know is eligible for the SNAP Program, (1) call **1-866-974-SNAP (7627)** or visit www.cahs.org

Article by Eric H. freedman, WCAAA Staff Information sources: www.ctfoodsstamps.org, www.ct.gov/dss.

C.H.A.T. CHATTER FOR OCTOBER (Cheshire Home Safety Awareness Team)

Connecticut Better Business Bureau Warns Consumers about Chimney Cleaning Con Game

Dishonest operators Use Fear, High Pressure Tactics and Lowball Estimates to Cheat Consumers

Wallingford, CT - July 23, 2009 - In light of the recent arrest of two New York men who tried to cheat a Milford homeowner, Connecticut Better Business Bureau is warning consumers about chimney clearing scams. The arrests followed an investigation by the Department of Consumer Protection (DCP), which alleges the men turned a \$39.95 chimney cleaning estimate into a recommendation of \$3,200 in unnecessary repairs. Charges against the pair ranged from impersonating home contractors to performing work without a license. According to Connecticut Better Business Bureau President, Paulette Scarpetti, this is not a new scam, and the intervention by DCP show its potential to cheat consumers. "When a contractor tells you that your life is in danger or part of your home needs urgent repairs to prevent serious damage, your first instinct is to protect yourself and your property.

Unlicensed and dishonest contractors often use fear tactics to turn routine maintenance into an unnecessary costly and potentially unsafe job. "Chimney cleaning fraud starts with a postcard, flyer, an unsolicited telephone call or e-mail and an unusually low price, typically around \$40.00 Once the scammers perform an inspection, they may say that there is structural damage, problems with the chimney cap (also known as a spark arrester), and may even bring in dead birds or chunks of concrete to illustrate the "problems." They often claim there is a carbon monoxide leak or that the chimney liner needs replacing. Chimney liners cost thousands of dollars, and some con artist contractors may replace a perfectly good liner with one that may not even fit properly, or only line a part of the chimney.

Connecticut Better Business Bureau offers the following advice to consumers to prevent them from becoming victims of chimney cleaning fraud: Don't be taken in by low prices:

An inspection usually costs \$75 dollars; the cleaning is another \$150 and should take about an hour. No reputable chimney cleaner will do an inspection and cleaning for \$40.

The next C.H.A.T. Planning Committee Meeting is Wednesday, October 14, 2009 at 10:00 a.m. For further information please call 272-8286.



WEBSITE RESOURCE:

AOL Symptom Checker www.aolhealth.com/symptom-checker

The content of this checker is provided by Harvard Medical School. Visitors begin by clicking on the type of patient and the body area with the symptom and a list of specific symptoms and questions. A probable cause is given, along with instructions on how to self-treat or when to call a doctor.

Cheshire Senior Center Membership Association

A gift to the association in honor of or in memory of a loved one will assist the center in serving other seniors today and throughout the coming years.

Such gifts will be very much appreciated and should be made out and sent to:

Cheshire Senior Center Membership Association
Attn: Marshal Tucker, Treasurer
240 Maple Avenue
Cheshire, CT 06410

A special acknowledgement will be sent as you direct:

_____ Birthday Anniversary Memorial
_____ In honor of _____ Other

I am enclosing \$ ___ In (Honor or Memory of:)

Name _____

Donor's Name _____

Address _____

City, State, Zip _____

Mayo Clinic www.mayoclinic.com

Click on "Symptoms"

Locate a symptom by clicking on its first letter. Each symptom link provides a definition, a list of possible causes, and a chart noting when someone with the symptom should see a doctor.

MedicineNew Symptoms & Signs www.medicinenet.com

Click on "Symptoms & Signs"

Visitors can search for symptoms by first letter or by clicking on a male or female figure, then the area in question, followed by a specific symptom. Explanations of possible causes followed by information regarding possible treatments are provided.

Symptom Checker www.symptomchecker.about.com

This user-friendly symptom checker directs visitors to click on a body part or area such as the head and neck, then whether the person with the symptom is a man, woman, or child, then on a specific symptom concerning that area. After answering several questions, likely causes are suggested, along with appropriate self-care steps and over-the-counter medications to try.

Checking your symptoms online can be a quick way to evaluate whether a symptom is nothing to be concerned about or something that requires immediate medical attention. When in doubt, call your doctor or health insurance helpline.

Cheshire Senior Travel Club

Unless otherwise noted, checks should be made payable to:

**CHESHIRE SENIOR TRAVEL CLUB SIGN UP
AND PAYMENT WILL BE:**

MONDAY: 10:00 am - 11:30 am.

THURSDAY: 10:00 am - 11:30 a.m.



CHECKS OR MONEY ORDERS ONLY. NO CASH PLEASE.

For transportation services, please call the Senior Center at 272-0047 at least two weeks in advance of trip. Those wishing a mini-bus ride to meet the large bus during normal working hours should call 272-0047 at the time of their reservation.

PEOPLE DRIVING THEIR OWN CARS ARE REQUESTED TO PARK IN THE FARTHEST SPACES AT THE REAR OF THE SENIOR CENTER.

THANK YOU.

PLEASE NOTE WHEN MAKING OUT YOUR CHECKS FOR ONE OF OUR TRIPS, PLEASE INCLUDE YOUR FULL NAME, TELEPHONE NUMBER, ADDRESS, TOWN AND TRIP REQUESTED.

TRAVEL-CLUB POLICY

All Sign - Ups are final (unless cancellation insurance is sold). The Travel Club cannot guarantee a refund of your money unless there is a waiting list or you can find someone "yourself" to take your place. Thank you for your understanding of our policy.

A Taste of German at the Blackhead Mountain Lodge: Wednesday, November 4, 2009

Take a trip to the beautiful northern Catskill Mountains. Enjoy scenery that is comparable to the Black Forest Region of Germany. Here you will be pampered with warm hospitality and European ambiance.

Package Includes: Roundtrip Deluxe Motorcoach, Local Tour Guide, Welcome Reception with Beer & Wine, Spaetzle making Demonstration, Authentic German Plated Luncheon, Stop at Catskill Mountain Country Store. Menu: Chef's Soup & House Salad, Choice of Sauerbraten or Roast Loin of Pork or Wienerschnitzel, Spaetzle & Red Cabbage, Applestrudel, Coffee or Tea.

Cost: \$71.00 per person includes Driver's Gratuity. Escorts: Jane Loder 272-9190 & Sandy Sorensen 272-9278. • Depart: 8:00 AM • Returns Approx: 6:30 PM

Holiday Lights of Manhattan: Thursday, December 10, 2009

New York seems to emanate the storybook essence of the holidays. Our first stop will be at the famed Waldorf-Astoria, an Art Deco landmark for a delicious lunch at Oscar's. The culinary creativity of the chef creates a fabulous multi-course buffet menu. Includes an array of various cold salad bar items, i.e.

Marinated Artichokes Hearts with Roasted Peppers, Waldorf Salad & Pasta Salads. The Main Entrée table will include choices of Beef, Salmon & Chicken, Starches and Vegetables. The Dessert Buffet table includes Pies, Cakes and Pastries, Coffee and Tea. After lunch we'll have a tour of this historic building.

Following our tour, you'll have some free time in the City. We then board our Motorcoach for an awesome and informative 3-hour tour. While providing interesting commentary and amusing trivia tidbits, our professional NYC Guide will lead us through the city viewing such highlights as the Lincoln Center Tree, lights at Tavern on the Green, 57th St. Snowflake, Fifth Avenue, the Christmas Market at Bryant Park, windows at Lord & Taylor, and the lights at the Winter Garden in Battery Park City. We'll depart for home and have a brief rest stop outside of NYC. Escorts: Ann Arisco 272-8068 & Shirley Gilhuly 272-4984

Cost: \$99 per person including all Tips & Taxes. • Depart: 8:30 AM • Returns Approx: 9:30 PM



Foxwoods Casino Trip - Wednesday, October 28, 2009

\$25.00 per person

Escorts: Ruth Waldman 272-0003 & Evelynn Henriques 272-8889

Depart 8:00 AM • Returns Approx: 5:30 PM

October Events at the Senior Center

Advanced registration is necessary with your photo ID card for ALL events found on this page. Do not assume that we know you are coming or wait until the last minute to sign-up. RSVP by calling the Administrative Office at 272-8286

KARAOKE - Friday, October 2 at 10:30 a.m. Karen Wagner, Music teacher will be here to help teach us how to sing with the Karaoke machine. Everyone welcome!

Special WHIST Military Card Game - Monday, October 5 from 1:00 - 4:00 p.m. Meet in the Card Room/2nd floor. No experience necessary. Learn a new game. **Cost: \$3.00 per person.** Sign-up at the office. First serve basis.

We Are All Aging - Wednesday, October 7 at 10:00 a.m. Aging is a process! Sister Suzanne Gross, FSE, Administrator, Franciscan Home Care and Hospice Care, will present an interesting and refreshing synopsis of "aging" as an attitude and a journey of life. Her presentation will address the medical, psychological, physical, and spiritual needs of the aging person. Marie Laffin, RN, Clinical Director will share community resources and services available to seniors. Coffee and homemade Franciscan rolls or bread will be provided. Sign-up at the office.

HealthCare Series with Nurse, Jackie Hackbarth, RN, BS, from Midstate Hospital will be offering the following classes: Osteoporosis - Exercise and Dietary Implications: Tuesday, October 13, from 10:30 - 11:30; Diabetes: Tuesday, November 17 from 10:30 - 11:30 & Celebrate the Season without Overeating: Tuesday, December 8 from 10:30 - 11:30 a.m. Sign-up at the office for one, two or all classes. Classes will be held in the Card Room 2nd floor. Transportation available upon request.

WHIST Military Card Game - Thursday, October 15 from 1:00 - 4:00 p.m. No experience necessary. Learn a new game. **Cost: \$3.00 per person.**

AARP Safe Driving Course - Monday, October 19 & Wednesday, October 21 from 9 a.m. - 1 p.m. Cost: \$12.00 AARP Members & \$14.00 for Non-AARP Members. Checks payable to "AARP" Sign-up in the office.

Comprehensive Hearing Program - Tuesday, October 20 from 9:30 a.m. - 12 noon (15 minute appointments). Lynn Vilecco and Thomas Hinchey, Doctor of Audiology will conduct the screenings. Please schedule your appointment by calling 272-8286.

Vinnie Carr Dance Party - Thursday, October 22 from 12:30 - 3:00 p.m. Sponsored by Skyview Center of Wallingford

Bazaar Committee Meeting - Friday, October 23 at 10 a.m. New Members Welcome!

CHESHIRE SENIOR CITIZENS CLUB
AT THE SENIOR CENTER
WEDNESDAYS, 1:00 P.M.

Oct. 7, 2009 Oct. 21, 2009
Cards & Bingo Cards & Bingo

Oct. 14, 2009 Oct. 28, 2009
Cards & Bingo Cards & Bingo



Pizza and a Movie - Monday, October 26 at 11:30 a.m. Enjoy two slices of pizza, salad, dessert & beverage. Movie of the month is "The Proposal" Rated PG-13 Starring: Sandra Bullock & Ryan Reynolds **Cost: \$3.00** **Sign-up by October 22.**

Comments, Questions, Concerns or just looking for some chit chat. **Come sit with me, Sara Manning, Senior Service Social Worker, Wednesday, October 28 at**

10:30 a.m. Have a cup of coffee or tea if you would like. Bring your questions or banter and let's get some things off our chest. No questions needed just good fun and good conversation. See you in the Dining Room.

Cheshire Senior Center
E-mail:
dpulisciano@
cheshirect.org

Senior Center Board of Directors:

Josie Banach, Chairman
Ralph Rowland,
Vice Chairman
Ray Lussier, Secretary
Marshall Tucker, Treasurer

Ted Chmielinski,
Vicky Lucas,
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