



BRIDGES

East Hartford Senior Center
70 Canterbury Street
East Hartford, CT 06118

SPECIAL EDITION VII

<https://www.easthartfordct.gov>



UPDATE ON THE NEW

EAST HARTFORD SENIOR CENTER

Culminating a two-year effort of site selection, design options and approval phases, the plans for the new Senior Center have been approved by the Public Building Commission and construction of the much-anticipated new center is underway. The new center is being built on the site of the 19,000 sq. ft., 1970s modernist-style Blessed Sacrament Church, providing our seniors with a state-of-the-art center, offering engaging activities, low-cost fitness classes, creative lessons and wellness—all under one roof. The focus on physical fitness, the modern use of technology and fine gourmet dining will make the new senior center a place to be. The project is on schedule barring any unforeseen delays and it's coming together beautifully.

DRIVE BY FALL FUN DAY At The Senior Center*

Tuesday, October 20 at 1PM

*Take home Apple Pie, Decorated Pumpkins
& Apple Cider*

Join us for this fun free event sponsored by the Commission on Aging, Riverside Health & Rehabilitation Center and Friends of the East Hartford Senior Center. **Please register in advance.*



Join Sam Moser from Stateline Senior Services

for any of his **Medicare workshops over Zoom** this annual open enrollment period. Learn about the changes to your Medicare plan as well as original Medicare vs Medicare advantage plans, prescription drug coverage, and Medicare as a whole.

Please call our office to register for a workshop or to schedule a one on one appointment with Sam to discuss your Medicare options, 860-749-0482.

Stateline Senior Services, LLC is in Somers CT and has been serving the senior community for 20 years.

Oct. 15: presenting ConnectiCare 10 AM

Oct. 22: presenting Aetna 10 AM

Oct. 29: presenting UnitedHealthcare 10 AM
also presenting CarePartners 1 PM

Nov. 5: presenting ConnectiCare 10 AM

Nov. 12: presenting Aetna 10 AM

Nov. 19: presenting UnitedHealthcare 10 AM
also presenting CarePartners 1 PM

New to You
THRIFT SHOP

Shop. Save. Support the Senior Center
Donations welcome.

Monday through Friday 10 a.m. to 2 p.m.
70 Canterbury Street, East Hartford

REOPENS OCTOBER 19

Masks required



WE ARE AVAILABLE BY PHONE AND EMAIL!

East Hartford Senior Center & Senior Services
Monday - Friday, 8:30 AM - 4:30 PM

Vincent Sartori - Senior Center Assistant
860-568-4281
vsartori@easthartfordct.gov

Kristen Caramanica - Program Supervisor
860-895-1517
kcaramanica@easthartfordct.gov

Lillian Miceli - Caseworker
860-569-5671
lmiceli@easthartfordct.gov

HAIRCUTS BY LORI

Thursday, October 22
Tuesday, November 3
Thursday, November 19

By Appointment Only
from 9 AM



A licensed hairdresser/cosmetician will provide low-cost haircuts by appointment. The cost is now \$16 (new fee) and payment is due at the time of service.

Masks are required, your temperature will be taken, we will ask pre-screening questions, no waiting inside, and please call from the parking lot when you arrive.

MEDICARE OPEN ENROLLMENT...for Medicare Advantage (Part C) AND Medicare Prescription Drug Coverage (Part D) begins on October 15, 2020 and ends on December 7, 2020. Each year, you have a chance to make changes for the following year.

- Change from Original Medicare to a Medicare Advantage Plan.
- Change from a Medicare Advantage Plan back to Original Medicare.
- Switch from one Medicare Advantage Plan to another Medicare Advantage Plan.
- Switch from a Medicare Advantage Plan that doesn't offer drug coverage to a Medicare Advantage Plan that offers drug coverage.
- Join a Medicare Prescription Drug Plan.
- Switch from one Medicare Prescription Drug Plan to another Medicare Prescription Drug Plan.
- Drop your Medicare Prescription Drug Plan completely.

Do you need help navigating open enrollment? Please call Lillian (CHOICES Counselor) at 860-569-5671.

EAST HARTFORD COMMUNITY RESOURCES

Infoline-2-1-1

2-1-1 is your one-stop connection to the local services you need, from utility assistance, food, housing, child care, after school programs, elder care, crisis intervention and much more. 2-1-1 is always ready to assist you find the help you need. Dial 2-1-1 or search online.

Transportation

Dial-A-Ride - 860-870-7940



Greater Hartford Transit District - 860-724-5340
For information about purchasing ADA Ticket books from the Town please call 860-569-5671.

Food Assistance

East Hartford Combined Churches' Emergency Food Bank - 860-291-7226

Referrals to local church based food banks, which serve as pick up points.

Foodshare Mobile Pantry East Hartford

Mondays, 10/5, 10/19, 11/2, 11/16, 11/30, 12/14 & 12/28

9:00 - 9:30 AM

Hockanum Park, 75 Hamilton Road

Mondays, 10/26, 11/9, 11/23, 12/7 & 12/21

1:30 - 2:00 PM

Veterans Terrace
102 Columbus Street



Mondays, 10/5, 10/19, 11/2, 11/16, 11/30, 12/14 & 12/28

12:30 - 1:15 PM

St. Isaac Jogues Lower Church Parking Lot
41 Home Terrace

Since Mobile Foodshare distributions are held in outdoor venues, they will continue with the strict enforcement of social distancing. Please bring your own bags.



ASK THE LAWYER with Attorney Robert Hale

Flexible Dates

FREE - One 20 minute appointment via telephone or online ZOOM call.

Please call the Senior Center for more information.



REMEMBERING TOM SEAVER

By Glenn Davis

The baseball community mourns the passing of Tom Seaver, who died at age 74 on August 31, 2020. He was born George Thomas Seaver on 11/17/1944 in Fresno, CA. Seaver began his pro baseball career in 1966, pitching for the Jacksonville Suns, the New York Mets AAA triple affiliate in the International League. That same year he married his sweetheart Nancy Lynn McIntyre, to whom he remained married for the rest of his life. They have two daughters, Sarah and Anne Elizabeth.

Seaver joined the Mets roster in 1967. He pitched on the National League All Star Team and was voted rookie of the year. In 1969 Seaver led the Mets to the National League Pennant and an amazing victory in the World Series over the heavily favored Baltimore Orioles, 4 games to 1. Seaver set a major league record in 1970 by striking out 10 consecutive batters in a single game. In 1973 "Tom Terrific" led the Mets to their second National League Pennant, but they lost the series to the Oakland A's in 7 games.

Seaver signed a three year contract with the Mets but after the ball players were allowed to become free agents, he demanded to renegotiate his contract. In a case of "penny wise and pound foolish", Board Chairman M. Donald Grant turned down Seaver's demand and traded "The Franchise" to the Cincinnati Reds on June 15, 1977, in what became known as the "Midnight Massacre. The Mets received four mediocre players in what was possibly the most one sided deals since the Red Sox sold Babe Ruth to the Yankees. One year and one day later, Seaver pitched the only no-hitter of his career. As Seaver flourished in a Reds uniform, the Mets floundered both on the field and at the box office. By 1979, Grant was long departed from the Mets, but the effects of the Seaver trade lingered. Average attendance that season dropped to 9,740, prompting Mets beat writers to refer to Shea Stadium as Grant's Tomb.

Seaver returned to the Mets for the 1983 season. In yet another boneheaded move by the Mets management, they left Seaver's roster spot unprotected in the winter free agent compensation pool draft, certain that no team would claim the 39 year old superstar, they were wrong, and later admitted the blunder. Once again Mets fans were outraged. The Chicago White Sox had claimed Seaver. The Mets front office had committed yet another public relations nightmare.



Tai Chi and Qigong "Zoom Class"

Experience the benefits of movement, meditation and mindfulness. Learn Tai Chi form (Chen style) movements and several Qigong exercises designed to boost energy and increase balance, flexibility, mobility, and relaxation. Beginners welcome! Classes are taught by Lisa Gibson, a certified evidence-based Tai Chi and Qigong Instructor. Please call the Senior Center to register.

Tuesdays at 10 AM

FREE



This class is ongoing...join anytime!

THE BELOW RISK AWARENESS VERIFICATION AND ASSUMPTION OF RISK APPLIES TO BOTH IN-PERSON AND VIRTUAL EXERCISE AND FITNESS PROGRAMS/ CLASSES. YOUR PARTICIPATION IN THESE EXERCISE AND FITNESS PROGRAMS/CLASSES SHALL BE DEEMED AN ACCEPTANCE OF THE TERMS AND CONDITIONS OF THE RISK AWARENESS VERIFICATION AND ASSUMPTION OF RISK:

RISK AWARENESS VERIFICATION: I am aware that certain risks and dangers may exist with respect to my participation in these exercise and fitness programs/classes. I understand that participation will involve a variety of physical activities and that there is a risk involved, which each participant must assume (including injury, disability, or death). I have made my own judgment that I am capable of participating in these programs and classes.

ASSUMPTION OF RISK: This is to certify that I, in behalf of myself, and my heirs, assigns, successors and executors, fully assume all risks associated with participation in these exercise and fitness programs/classes and agree not to sue and hereby release, indemnify, defend and agree to hold harmless the Town of East Hartford and its elected officials, agents, servants, employees and volunteers from any and all harm, injury, damages, claims, suits, demands and liability arising in any manner from death or injury (bodily or otherwise) to me, or any other party, occurring during, or as a result of, participation in these exercise and fitness programs/classes.

Continued on page 7...





East Hartford Senior Center Online Programming

Please call to sign up and for more information.

860-895-1517, 860-569-5671, 860-568-4281



Class	Instructor	Dates & Times	Cost	Total Sessions	No Class
Energetic Exercises VIDEO	Eliza	At your leisure *Do not share video	Free	4	N/A
Gentle Movement Chair Exercises ZOOM CLASS	Gia	Tuesdays at 1:30 PM Fridays at 1:30 PM	Free Free	5 Tuesdays 4 Fridays	N/A
Gentle Yoga ZOOM CLASS	Sacred Rivers	Tuesdays 1:30 PM	Free	5	N/A
Howling Sing-A-Long (songs will be displayed to follow along)	Dr. Uke (Presented by Glastonbury's SC)	Friday, Oct. 30 2-3 PM	Free	1	N/A
Silver Sneakers *Need SS ID ZOOM CLASS	Nancy	Mondays at 11:30 AM Weds at 2:30 PM Fridays at 1 PM	Free with SS ID	On-going	10/12
Silver Sneakers Strength & Balance SS ID if member but not required ZOOM CLASS	Dianne	Tuesdays at 11 AM Thursdays at 11AM	Free	On-Going	N/A
Silver Sneakers Chair Yoga ZOOM CLASS	Rikki	Thursdays at 3 PM	Free w/ SS ID	Ongoing	N/A
Silver Sneakers Stability ZOOM CLASS	Rikki	Fridays at 9 AM	Free with SS ID	Ongoing	N/A
Tai Chi and Qigong ZOOM CLASS	Lisa	Tuesdays at 10 AM	Free	Ongoing	N/A
Zumba VIDEO	Eliza	At your leisure *Do not share video	Free	4	N/A

California Raisin Bacon Brussels Sprouts

3 slices Hickory Smoked Bacon,
cut into 1/4 inch slices*
1 pound Brussels sprouts
1 small yellow onion, chopped
1/2 cup California Raisins
1/4 teaspoon salt
1/4 teaspoon pepper
1/4 teaspoon red pepper flakes (season to your
taste)



Wash, trim and quarter Brussels sprouts; arrange in microwave-safe container with 1 tablespoon water. Cover, and microwave on HIGH for 5 minutes. Meanwhile, in large skillet over medium heat, cook bacon until crisp; remove with slotted spoon to drain on paper towels; set aside. Reserve 1 tablespoon drippings in skillet; add onion and cook over medium heat until tender. Then, stir in cooked Brussels sprouts, raisins, salt and pepper; toss to combine, and continue to cook just until heated through. Sprinkle cooked bacon pieces on top. Turn into large serving dish; garnish with cooked bacon pieces, and sprinkle with red pepper flakes, as desired.

Makes 4-6 servings

* For a vegetarian version, omit the bacon and substitute with olive oil or coconut oil.
Nutritional analysis per serving: Calories 196; Total Fat 11g, (sat 4, mono 5g, 2g poly); Cholesterol 16mg; Protein 6g; Carbohydrates 22g; Fiber 4g; Iron 1.7mg; Sodium 331mg; Calcium 79mg.

Check out loveyourraisins.com for more recipes.
(Courtesy of NewsUSA) ©LPi



Q: Why did the scarecrow win the Nobel Prize?
A: Because he was out-standing in his field

Q: What did one autumn leaf say to the other?
A: I'm falling for you.

Q: What is a scarecrow's favorite fruit?
A: Straw-berries

John: Why didn't the skeleton like the Halloween candy?

Mark: Why?

John: He didn't have the stomach for it!

Kirk: Why do mummies have no friends?

Mike: Why?

Kirk: Because they're too wrapped up in themselves!



MEDICARE SAVINGS PROGRAMS



There are three Medicare Savings Programs in CT that help you pay for your Medicare Part B premium. The Qualified Medicare Beneficiary program, the Special Low Income Medicare Beneficiary program and the Additional Low Income Medicare Beneficiary program. A household's income determines which category they qualify for. All three programs pay Medicare Part B premiums. QMB also pays Medicare co-pays and deductibles on Medicare covered services. Monthly gross income limits for the program are: **QMB - \$2,245.04/single and \$3,032.07 couple, SLMB - \$2,457.84/single and \$3,319.47 couple, ALMB - \$2,617.44/single and \$3,535.02 couple.** Contact Lillian at 860-569-5671 for more information.



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#1

#2

Sudoku

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

		6		5				
	1		3			9	4	
4			2		1			
8		9			4			
				6			8	
	6	4	1		8	2		
5			8		2			
6	9	2						
		3		1				

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DIFFICULTY: ★☆☆☆☆

Sudoku

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

			8				4	
	3				2			8
				6	7			9
			7	9	6	2		
								4
				2	1			6
7		8					2	3
			1					
6	1					8		

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DIFFICULTY: ★★★★★

Continued from page 4...Not only had they lost the most beloved player in their history, but on August 4, 1985, Seaver won his 300th game, not in a Mets uniform in front of a sold out Shea Stadium crowd, but in a White Sox uniform in of all places, a packed Yankee Stadium.

Seaver was traded to the Red Sox in the middle of the 1986 season. He recorded the 311th and final win of his 20-year Major League career as a member of the Red Sox. A late season injury deprived him of the opportunity to pitch in the World Series against the Mets.

Seaver compiled a career record of 311 wins, 205 losses, a 2.86 earned run average and 3,640 strikeouts. He was a 12 time All Star Game selection, 3 time Cy Young award winner, 3 time National League wins leader, 3 time National League earned run average leader and 5 time National League strikeout leader. The Mets retired Seaver's uniform (#41) in 1988. He was elected to the Major League Baseball Hall of Fame in 1992. Seaver is also a member of the NY Mets and Cincinnati Reds Halls of Fame. Seaver's broadcasting career began in 1977, while he was an active player, doing color commentary for post season games. After his career, Seaver did color commentary for NBC and both the Mets and Yankees until 2005.

Continued on page 12...



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Halloween Word Search

P E A O F R I G H T F U L E O I T U
 S P O O K Y L A N T E R N C A N D Y
 S C A R Y H T R I C K S B O N E S T
 C A R V I N G I W V B O G E Y M A N
 P E R T O G A P P A R I T I O N N D
 F B W K N D A R K N E S S A R R Y E
 L P H A L L O W E E N U Q E C K P D
 O Z U A F T E R L I F E B Y C A E P
 W O N M C G H O S T S O R A C T M M
 E M O U P G C H K L T E L S N O S D
 R B R N O K F Y L C T B E U N P E H
 E I D B U C I A O E Z M A S I K S S
 W E L S D U B N M Y U H T D C O L T
 S I U L P E W E S T J E E I E B C R
 N M A A Y I C S S X R R W E A R O E
 B O C E T O E O S C A R E C R O W A
 A O I C M B C G H O U L O W B O B T
 T N H C A C K L E N M A S K R M A S

Word List:

HALLOWEEN
 CEMETERY
 CANDY
 MASK
 BAT
 BONES
 AFTERLIFE
 EYEBALLS
 MONSTER
 SCARECROW

WITCH
 PUMPKINS
 TRICKS
 SCARY
 BLACK
 BOO
 APPARITION
 GHOUL
 LANTERN
 ZOMBIE

GHOST
 CARVING
 TREATS
 SPOOKY
 CAT
 BROOM
 CAPE
 BOGEYMAN
 MOON
 WICKED

HAUNTED
 COSTUMES
 GOBLIN
 SPIDER
 CAULDRON
 CACKLE
 DARKNESS
 FRIGHTFUL
 OCTOBER
 WEREWOLF

Cooking with Herbs

M L A B N O M E L L E R R O S N S
 U Y E E G A R O B M A R J O R A M
 E T N I M R E P P E P O L S T N C
 E E A N I M U C R O H P A B E I I
 E R O A R L R E G S A G A T L N L
 L O N N L R G A I R E Y E A C H M
 A S E I A N I D S F I L N I V T M
 V E D A I G A L E O E T R E A I N
 E M C G R R E N E M R E R R N O E
 N A V H E Y N R O O M B R T N N C
 D R U S A E A N O R E A L G S S U
 E Y R M L M G W U N G O A L E D R
 R O A L E R O T A O A R O L V S C
 H L P S A R I M N R L E I R I I U
 E B I S A N I I I I A S E I H S M
 E N S T H Y M E C L A C T T C I A
 A C H E R V I L I B E Y R O V A S

Word List:

ANISE
 CARAWAY
 CILANTRO
 FENNEL
 LAVENDER
 MINT
 ROSEMARY
 TARRAGON

BASIL
 CHAMOMILE
 CUMIN
 GARLIC
 LEMONBALM
 OREGANO
 SAGE
 THYME

BAY
 CHERVIL
 CURCUMA
 GINGER
 LEMONGRASS
 PARSLEY
 SAVORY
 TURMERIC

BORAGE
 CHIVES
 DILL
 HORSERADISH
 MARJORAM
 PEPPERMINT
 SORREL
 VERBENA

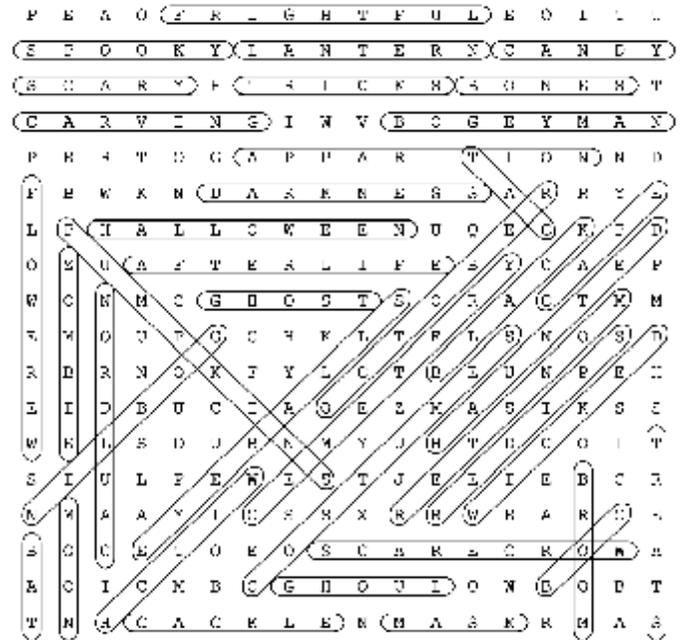
Answer to Sudoku

9	3	6	4	5	7	8	1	2
2	1	7	3	8	6	9	4	5
4	5	8	2	9	1	6	7	3
8	7	9	5	2	4	3	6	1
1	2	5	9	6	3	4	8	7
3	6	4	1	7	8	2	5	9
5	4	1	8	3	2	7	9	6
6	9	2	7	4	5	1	3	8
7	8	3	6	1	9	5	2	4

Answer to Sudoku

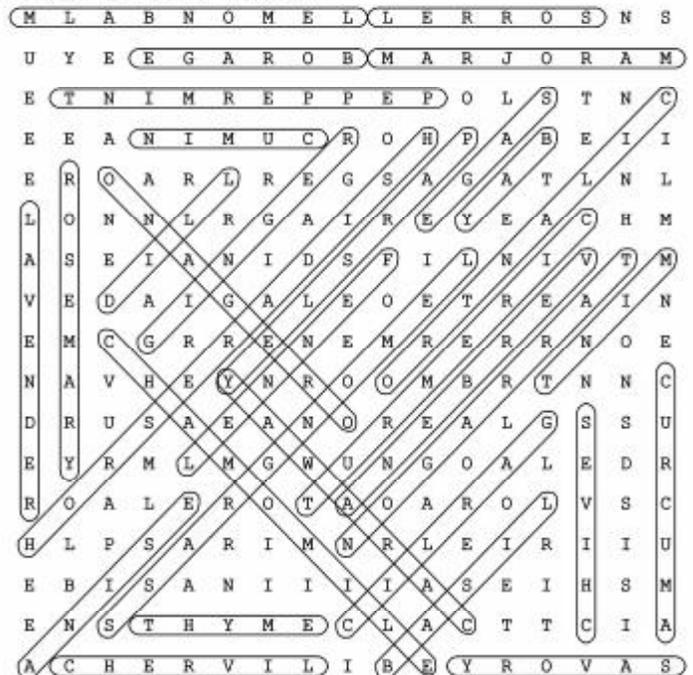
5	6	9	8	1	3	7	4	2
1	3	7	9	4	2	6	5	8
8	2	4	5	6	7	3	1	9
4	8	5	7	9	6	2	3	1
2	1	6	3	8	5	9	7	4
9	7	3	4	2	1	5	8	6
7	4	8	6	5	9	1	2	3
3	9	2	1	7	8	4	6	5
6	5	1	2	3	4	8	9	7

Halloween Word Search



- | | | | |
|----------------|--------|--------|--------|
| NO. 1 LIGHT | WITCH | WITCH | TRICKS |
| TRICK OR TREAT | TRICKS | TRICKS | TRICKS |
| CANDY | TRICKS | TRICKS | TRICKS |
| EGGS | TRICKS | TRICKS | TRICKS |
| BOY | TRICKS | TRICKS | TRICKS |
| PARFA | TRICKS | TRICKS | TRICKS |
| ALLEN LANE | TRICKS | TRICKS | TRICKS |
| WINDY | TRICKS | TRICKS | TRICKS |
| WATER | TRICKS | TRICKS | TRICKS |
| SCARECROW | TRICKS | TRICKS | TRICKS |

Cooking with Herbs



- | | | | |
|------------|------------|------------|-------------|
| Word List: | BASIL | BAY | BORAGE |
| ANISE | CHAMOMILE | CHERVIL | CHIVES |
| CARAWAY | CUMIN | CURCUMA | DILL |
| CILANTRO | GARLIC | GINGER | HORSERADISH |
| FENNEL | LEMONGRASS | LEMONGRASS | MARJORAM |
| LAVENDER | OREGANO | PARSLEY | PEPPERMINT |
| MINT | SAGE | SAVORY | SCORRIL |
| ROSEMARY | THYME | TURMERIC | VERBENA |
| TARRAGON | | | |



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<https://www.firstchc.org>

As of September 8, 2020, Town Facilities have reopened on a limited basis and by appointment only. Senior residents can request in person, one-on-one appointments such as Footcare Clinic, Haircuts and Audiology on scheduled dates. To make an appointment, please call 860-568-4281.

The **East Hartford Senior Center** will continue to provide all programs and services remotely through telephone, e-mail services or mail. Grab- and- go meals as well as meal deliveries will continue to operate as normal. Please continue to monitor our newsletter. We will have many changes ahead, so we ask for your patience and understanding as we go forward. Thank you for sticking with us and we can't wait to see you again! Please stay safe and keep healthy.

Continued from page 7... Seaver owned a 116 acre ranch in Calistoga, CA on which he started a 3 1/2 acre vineyard, Seaver Family Vineyards, in 2002. His first vintage was produced in 2005. His cabernets, "Nancy's Fancy" and "GTS" have received positive reviews.

Hank Aaron stated that Seaver was the toughest pitcher he ever faced. Seaver approached Aaron before his first All Star Game in 1967 and asked him for his autograph. Seaver felt the need to introduce himself to Aaron as he was certain that the Atlanta Superstar would not know who he was. Aaron replied, "Kid, I know who you are and before your career is over, I guarantee you everyone in this stadium will too."

Tom Seaver was a fierce competitor, loyal teammate and loving husband and father. He will be missed.



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