

Willington Senior Center  
20 Senior Way  
Willington, Ct. 06279  
860-429-8321

# Button Shop Bugle

Monthly Newsletter

June 2022

## Happy Father's Day

**Our Mission: to bring seniors together to provide and promote  
needful social, educational, cultural and health programs.**



### Senior Center Executive Board Members

President: Burt Zenowitz

1<sup>st</sup> Vice President: Dottie Wittenzellner

2<sup>nd</sup> Vice President: Linda Morse

Treasurer: Joseph Piatek

Assistant Treasurer: Betty Robertson

Secretary: *Vacant*

Assistant Secretary: *Vacant*

**The Willington Senior Center is seeking nominations for all elected officers, as noted above. Officers will be elected in July and installed in August.**

These positions, which run for one year, require no formal education or experience, except for the position of Treasurer. If you are interested in running for any of the above positions, please contact the Senior Center at 860-429-8321. You may also mail your nomination to the Center, or either place it in the mail slot outside and to the right of the front door or in the mailbox inside to the left of the main office. Nominations can also be presented at the Senior Center's Annual Meeting on **August 17, 2022**.

### Senior Center Committees

Advisory and Suggestions: *Vacant*

Banquet: Burt Zenowitz, Joseph Piatek

Building: *Vacant*

Kitchen: Claudia D'Agata

Membership: Shirley Beyor

Programs: *Vacant*

Publications: Christine Swenson, Donna Hoff, Dorothy Wittenzellner,  
Lorraine Sedlock, Linda Morse, Nancy Nowak,  
Roxanne Navratil, Shirley Beyor

Publicity/Website: Jennie Arpin

Technology/Computers: Edward D'Agata

Transportation: Joseph Piatek

Trips: Christine Swenson

Veterans: Joseph Rondeau



Happy June!

Wishing a Happy Father's Day to all the fathers! Hope you get a chance to get outside and enjoy some of the nicer weather. A reminder that we have a lot of new activities here at the Center, along with some old favorites. We are having an AARP safe driving class here at the Center on June 6<sup>th</sup>. We have Tai Chi on Tuesdays and Fridays, and our newest addition, the Craft Social every Thursday from 1-3pm. Also, Jennie and Nan will be starting the Leslie Sansone Walking program here at the Center on Mondays. Starting June 27<sup>th</sup> at 11am, drop by and enjoy this low-impact exercise session!

We are always looking for some new ideas, so if there is something you want us to offer, let us know! Help us to grow the programs we offer here at the Willington Senior Center.

Best wishes for a happy and safe month,

Burt Zenowitz

President

Willington Seniors, Inc.



Hi everyone!

I cannot believe it's June already! One of my favorite things about June is the fact that it's a great time to do some gardening. I love my gardens, and I mostly grow my vegetables as well as my flowers in pots or raised beds.

This year, I am growing a wildflower mix! I am super excited about it because it should attract bees, butterflies, and hummingbirds to my yard. It contains a mix of purple coneflower, tickseed, sweet William, cornflower, wallflowers, and my personal favorite, forget-me-nots. I hope it grows well!

😊 Jennie

Jennie Arpin

Director of Human Services

Town of Willington



## Happy Birthday & Happy Anniversary!

### June Birthdays

Birthstone – Pearl

Flower – Rose

June 1 Patricia Dobbyn  
June 2 Maurice Dionne  
June 2 Michael Nogas  
June 4 Noreen Passardi  
June 5 Ralph LaFemina  
June 6 Sheila Chicoine  
June 6 Yvonne Girard  
June 12 Ellen Wittmer  
June 16 Lawrence Becker  
June 17 Joseph Cydylo, Jr.  
June 22 Patricia Piatek  
June 22 Lorraine Sedlock  
June 24 Darcy Fox  
June 24 Robert Letendre  
June 28 Betty Cydylo  
June 30 Herb Arico  
June 30 Beverly Danser

### June Anniversaries

June 4 Michael & Doreen Maloney  
June 21 Frederick & Colleen Peck  
June 22 Edward & Claudia D'Agata  
June 26 Joseph & Patricia Piatek

All members are welcome to join us  
for cake and ice cream on **Wednesday**  
**June 1<sup>st</sup> at 12:30 PM** to celebrate the June  
birthdays and anniversaries!



## **Willington Senior Center Membership Renewals**

Senior Center membership dues for the period 7/1/22 to 6/30/23 are due July 1<sup>st</sup>. Membership forms were included in last month's Bugle, and they are also available at the Senior Center. If you would like a form mailed to you, please call the Senior Center at 860-429-8321 and leave me a voicemail message. Thank you very much to everyone who has already submitted their forms and fees.

Shirley Beyor, Membership Chair

## **Thank You Helpers**

A huge thank you to all the wonderful helpers who made our first breakfast since COVID a big success. We especially want to thank John Blessington for donating all the eggs for the omelets, scrambled eggs, and French toast, and Claudia D'Agata for doing an amazing job organizing the breakfast.

Great job everyone! If you would like to help out at the next breakfast, please leave a message for Claudia D'Agata on the Senior Center phone at 860-429-8321.

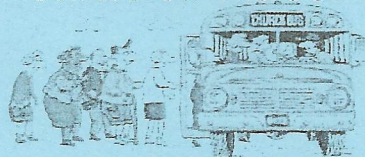
We extend our sincere sympathy to the family of Judson Hunter, who passed away at the age of 97 on April 20, 2022. He was a long-time Senior Center member and a brother-in-law of Roger and Marlene Wilson.

Bob Wiecenski is having health problems, and we wish him a speedy recovery. If you'd like to send Bob a get-well card, his address is 17 Adamec Rd, Willington, CT 06279.



## **The Willington Seniors on the Go**

Seniors On The GO!



Walmart

Tuesday, June 14<sup>th</sup>

New England Carousel Museum

Thursday, June 23<sup>rd</sup>

We have 3 tickets for the Museum for free admission. Admission is \$7.00 with a Senior ID.

## **AARP Safe Driving Class**

Monday, June 6<sup>th</sup> from 9:00 AM to 1:00 PM at the Senior Center

Preregistration is required. Call Jennie @ 860-429-8321.

## **Lunch Bunch**

Thursday, June 16<sup>th</sup> at 11:00 AM

Georgina's Restaurant, Bolton

Lunch Menu is \$12.00 and up. It includes soup or salad, and garlic bread.

## **Leslie Sansone Walking**

Mondays 11:00 AM to Noon, starting June 27<sup>th</sup>

This low-impact walking program is free and fun! All abilities and ages are welcome for this fun video exercise which is equal to walking a full mile!

## **Banquet**

Wednesday, August 17<sup>th</sup>

Due to the rise in COVID-19, our banquet will be held on Wednesday, August 17, 2022. The menu will be posted in the July Bugle. Prices will be Members: \$12.00, Non-Members: \$17.00.

## **Art Class with Pat Morris**

Date to be announced

Pat Morris, our resident artist, is willing to help you learn how to paint. The cost is \$10.00/hour. You bring your own art supplies and please bring a reference photo. Classes will be held at the Senior Center, date to be announced. If you have questions, you can call Pat Morris @ 860-836-7866. A sign-up sheet is in the Senior Center.



Hartford HealthCare Community Health

## Snack & Learn for Heart Health

Friday June 10, 2022

11am-12:30pm

No registration needed

Access Senior Housing at Willington Woods  
Community Room

25 Senior Way Willington

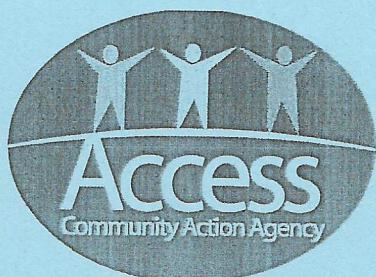
A Community Health Nurse and Registered Dietician will be offering information on Heart Healthy snacking, providing a healthy snack to share, along with FREE blood pressure screening.


*Please arrive on time so all can watch the demonstration together.*

For more information, contact:

Michele Brezniak 860-986-3067  
michele.brezniak@hhchealth.org  
or

Sherry Cole 860-429-8777  
sherry.cole@accesagency.org



Hartford   
HealthCare



## **An Important Message Regarding 9-1-1 and Ambulance Billing**

Fire Chief Alex Moore came to the Senior Center on April 21<sup>st</sup> to discuss what happens when you call 9-1-1, as well as the follow-up ambulance billing.

Several members were present while he discussed that when you call for help through 9-1-1, it goes to a dispatch center in Tolland. You will be asked a number of questions when you call, but the most important one is **Where Are You?** Even if you are calling from a cell phone with GPS, the dispatcher needs to know your house number, apartment number, and any other details of exactly where they need to go to assist you.

If there is a life-threatening situation, the dispatcher will walk the caller through steps until help arrives.

In Willington, we always have someone from the Willington Hill Fire Department and Willington Fire 1 respond. Sometimes other paramedics may arrive to help as well. You can usually go to a hospital of your choice, unless you are in a life-threatening situation and need a higher level of care.

Thereafter, you will get a bill for the ambulance service. Simply send in your insurance information, and they will process it for you. If you need assistance, please let Jennie at the Senior Center know, and she will be happy to help you.

One last thing – Chief Moore mentioned that it would be very helpful to emergency responders if everyone had a **File of Life** in their home that lists medical conditions, allergies, and medications. The File of Life is basically a card that you can put on your fridge with important medical information in case of an emergency. We have some cards available at the Senior Center, but we have also included a copy of the card on the reverse of this message, so that you can fill it out and have it available in case you need it. We have also included a list of Important Phone Numbers.

A huge thank you to Chief Moore for taking the time to talk to us and for sharing this important information!



# FILE OF LIFE

**KEEP INFORMATION UP TO DATE !**  
**Review At Least Every Six Months !**

MEDICAL DATA REVIEWED AS OF MO. YR.

Name: \_\_\_\_\_ Sex: \_\_\_\_\_  
M F

Address: \_\_\_\_\_

Doctor: \_\_\_\_\_ Phone #: \_\_\_\_\_

Preferred Hospital:

## EMERGENCY CONTACTS

Name: \_\_\_\_\_ Phone #: \_\_\_\_\_

Address: \_\_\_\_\_

Name: \_\_\_\_\_ Phone #: \_\_\_\_\_

Address: \_\_\_\_\_

## MEDICAL DATA

Use pencil for ease in making changes.

Special Conditions/Remarks:

[illegible]

Pharmacy: \_\_\_\_\_ Phone: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Blood Type: " Religion:

Health Care Proxy on file at:

Living Will on file at:

® FILE OF LIFE SEE BACK OF CARD FOR ADDITIONAL INFORMATION

Use pencil for ease in making changes

Recent Surgery: \_\_\_\_\_ Date: \_\_\_\_\_

Recent Surgery: \_\_\_\_\_ Date: \_\_\_\_\_

Do you have an EMS-NO CPR Directive or a DNR form ?  
YES ☐ NO ☐ Where is it located ?

## MEDICAL CONDITIONS

Check all that exist

- |   |   |
|---|---|
| <input type="checkbox"/> No known medical conditions  | <input type="checkbox"/> Hemodialysis       |
| <input type="checkbox"/> Abnormal EKG   | <input type="checkbox"/> Hemolytic Anemia   |
| <input type="checkbox"/> Adrenal Insufficiency  | <input type="checkbox"/> Hepatitis-Type [   |
| <input type="checkbox"/> Angina   | <input type="checkbox"/> Hypertension       |
| <input type="checkbox"/> Asthma   | <input type="checkbox"/> Hypoglycemia       |
| <input type="checkbox"/> Bleeding Disorder  | <input type="checkbox"/> Laryngectomy       |
| <input type="checkbox"/> Cancer   | <input type="checkbox"/> Leukemia           |
| <input type="checkbox"/> Cardiac Dysrhythmia  | <input type="checkbox"/> Lymphomas          |
| <input type="checkbox"/> Cataracts  | <input type="checkbox"/> Memory Impaired    |
| <input type="checkbox"/> Clotting Disorder  | <input type="checkbox"/> Myasthenia Gravis  |
| <input type="checkbox"/> Coronary Bypass Graft  | <input type="checkbox"/> Pacemaker          |
| <input type="checkbox"/> Dementia <input type="checkbox"/> Alzheimer's <input type="checkbox"/> | <input type="checkbox"/> Renal Failure      |
| <input type="checkbox"/> Diabetes/Insulin Dependent   | <input type="checkbox"/> Seizure Disorder   |
| <input type="checkbox"/> Eye Surgery  | <input type="checkbox"/> Sickle Cell Anemia |
| <input type="checkbox"/> Glaucoma   | <input type="checkbox"/> Stroke             |
| <input type="checkbox"/> Hearing Impaired   | <input type="checkbox"/> Tuberculosis       |
| <input type="checkbox"/> Heart Valve Prosthesis   | <input type="checkbox"/> Vision Impaired    |
| <input type="checkbox"/> Other:   |   |

## ALLERGIES

- |   |  |   |
|---|--|---|
| <input type="checkbox"/> Aspirin        | <input type="checkbox"/> Insect Stings | <input type="checkbox"/> Penicillin         |
| <input type="checkbox"/> Barbiturate    | <input type="checkbox"/> Latex         | <input type="checkbox"/> Sulfa              |
| <input type="checkbox"/> Codeine        | <input type="checkbox"/> Lidocaine     | <input type="checkbox"/> Tetracycline       |
| <input type="checkbox"/> Demerol        | <input type="checkbox"/> Morphine      | <input type="checkbox"/> X-Rays Dyes        |
| <input type="checkbox"/> Horse Serum    | <input type="checkbox"/> Novocaine     | <input type="checkbox"/> No Known Allergies |
| <input type="checkbox"/> Environmental: |  |   |
| <input type="checkbox"/> Other:         |  |   |

## MEDICAL INSURANCE

Med Ins Co:

Policy #:

Other Med Ins Co:

Policy #: \_\_\_\_\_

Medicaid #: Medicare #:

## IMPORTANT PHONE NUMBERS

In an Emergency.....	9-1-1
Dept. of Emergency Services & Public Protection.....	1-860-685-8190
CT Poison Center.....	1-800-222-1222
United Way Information Line.....	2-1-1
Red Cross.....	1-877-287-3327





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5	6	7	8	9	10	11
	9:00 to AARP Driving School	10:00 Tai Chi	11:00 Food Share 10 to 12 Ladies Pool 12:30 Exec. Bd. 7:00 Men's Pool	1 to 3 Craft Social	10:00 Tai Chi 1:00 Wii Bowling	7:00 Setback
12	13	14	15	16	17	18
		9:30 Walmart 10:00 Tai Chi Flag Day	10 to 12 Ladies Pool 12:30 General Mtg 7:00 Men's Pool	11:00 Lunch Bunch Georgina's 1 to 3 Craft Social	10:00 Tai Chi 1:00 Wii Bowling	7:00 Setback
19	20	21	22	23	24	25
		10:00 Tai Chi First Day of Summer	11:00 Food Share 10 to 12 Ladies Pool 12:30 Bingo 7:00 Men's Pool	9:30 N.E. Carousel Museum 1 to 3 Craft Social	10:00 Tai Chi 1:00 Wii Bowling	7:00 Setback
26	27	28	29	30		
Father's Day	11:00 Walking Pgm	10:00 Tai Chi	10 to 12 Ladies Pool 12:30 Bingo 7:00 Men's Pool	1 to 3 Craft Social		

Happy Father's Day