



Seniors on the Green

37 R West Town St. Lebanon Ct. 06249

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February 2016

Senior Van Wellness Trips

2/12 Husky & Benton Museum

2/19 Flower Show Htfd.

2/26 Coyote Flaco Rest.
Coventry Ct



Senior Center Hours:

Mon - Thurs: 9-4pm

Friday: 9-4pm

Helpful Numbers: Lebanon Senior Ctr. 860-642-3040

Senior Center Director: Darcy Battye 860-642-2042

Van Coordinator: Jeryl Bates 860-642-2024

Transportation Clerk: Walter Riley 860-642-2024

Lunch Menu:

2/2 Lataille's Soup day

2/9 Breakfast Strata, fruit

2/16 DaLonne lunch

2/23 Hot Turkey
Sandwiches

3

Mardi Gras Cabaret

Lebanon Senior Center

February 5, 2016 ~ 6:00PM

Gumbo & Music

*Joe Tomanelli ~ Sax Player
and his combo*



*Please wear your beads & come
dressed for the occasion!*

BYOB and snacks....

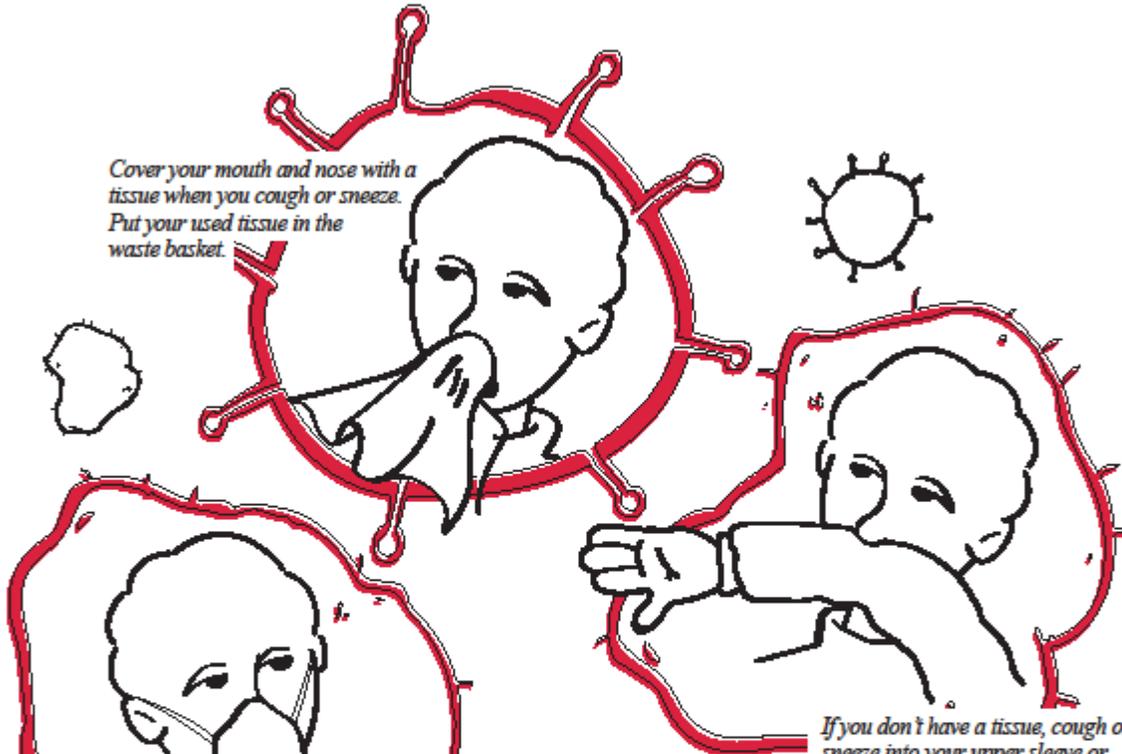
\$10.00 per person

On Sale at the Center until Feb. 3

Cover Cough

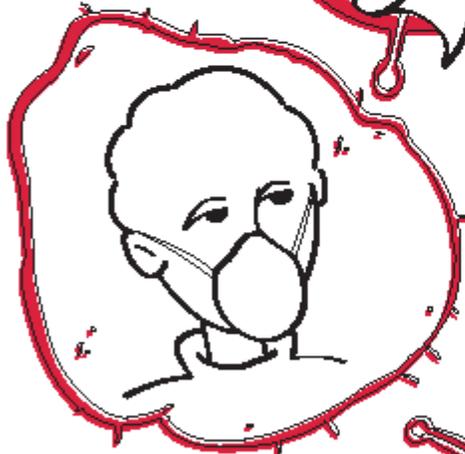
— Stop the spread of germs that can make you and others sick! —

Cover your mouth and nose with a tissue when you cough or sneeze. Put your used tissue in the waste basket.



If you don't have a tissue, cough or sneeze into your upper sleeve or elbow, not your hands.

You may be asked to put on a facemask to protect others.



Wash hands often with soap and warm water for 20 seconds. If soap and water are not available, use an alcohol-based hand rub.



Technological advances that could aid aging Americans in the future:

Self-driving cars. Having to give up driving is something all seniors fear, since being behind the wheel is key to maintaining independence. Google is already testing [self-driving cars](#), which use sensors to evaluate the environment around them and software to handle the actual driving. The cars are still in the experimental stage, but Carle predicts they will be widely available within a decade. "That's just in time for the next boomers to turn 75," Carle says. "Self-driving cars are one of the best things that will happen for older adults. Once you give up driving, you're a prisoner in your own home."

Edema socks. These socks, based on technology by the Danish company Ohmatex, can detect and notify wearers of swollen feet and edema, which is often a sign of health ailments or other health problems.

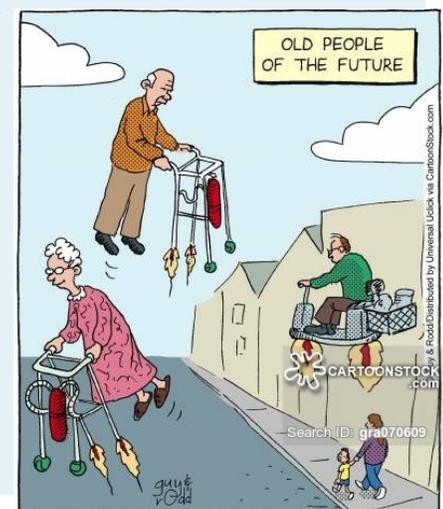
SmartSox for people with diabetes. University of Arizona researchers are testing SmartSox, which use fiber optics to detect excessive pressure, heat and misplaced joint angles that could cause foot ulcers. This is useful because people with diabetes often lose sensation in their feet and can't always feel such changes.

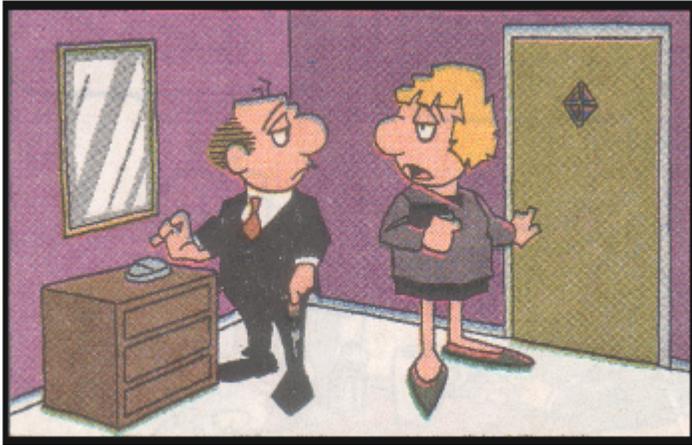
Shoes that deter falls. Researchers have determined that vibrating shoe insoles can improve the wearers' balance and stability, making a fall 70 percent less likely. While a study determined the product was useful, no company is manufacturing this [wearable technology](#) yet.

Shirts that administer CPR. The Massachusetts Institute of Technology is working on creating a shirt that would sense a heart attack and administer CPR, Carle says. While he estimates such a shirt is 15 years away, shirts with sensors are already on the market, used primarily by athletes.

Nurse robots. Researchers have been experimenting for years with robots that would have enough artificial intelligence to work as [health care aides](#). The robots might issue medication reminders as well as transmit data to family and health care providers. Robot caregivers will be tested next year in England, Greece and Poland.

Smart homes with voice controls. Smart home technology that uses sensors, apps or computers is already in use, but it has not been widely adopted. Researchers are working on improving voice-recognition systems so smart home programs can be operated by voice. That will be a boon to older residents who don't use computers or have trouble seeing small screens. "It's actually not about robots," Carle says. "Your home will be smart. Instead of Rosie the robot, we will talk to our homes. ... You tell your Roomba to go vacuum. You won't have to set it or program it or read a manual."





"Leave the cell phone . . . if it rings, people will see you don't know how to answer it."



whatever happened to our sexual relations?

I don't know. I don't even think we got a Christmas card from them this year.



"One senior discount for the six o'clock show, and could you fill this prescription, please?"

Grandma's Visit

"Oh, I sure am glad to see you," the little boy said to his grandmother (on his mother's side). "Now Daddy will do the trick he's been promising us."

The grandmother was curious. "What trick is that?" she asked.

"He told Mommy that he'd climb the walls if you came to visit," answered the boy.





People Around Us: Walter J Riley



© Can Stock Photo - csp2182727

By Alex “Bud” Gavitt

Shortly after Walter Riley retired from his long and distinguished career as an advertising executive in the Connecticut newspaper industry, he missed talking and interacting with people. To overcome the quietness, he joined the Lebanon Senior Center staff as a van dispatcher on Fridays only as needed.

Last December, the Center took out a help wanted ad for a part-time transportation clerk in The Bulletin of Norwich. He applied for the job and was hired last month working Tuesday, Wednesday, Thursday, and as a van dispatcher on Friday.

In his new job, Walter works under the direct supervision of Center director Darcy Battye and in coordination with other transportation staff. He alternates with dispatch coordinator Jeryl Bates assisting people who call in to schedule, reschedule, or cancel rides with medical appointments taking first priority.

Walter or Jeryl prepare a daily driver log to meet the time needs of passengers while allowing adequate time for drivers to travel plus downtime. Once the schedule is set for the next day, they contact the drivers to notify them of their passengers start and return time. The drivers transport between 10 and 20 passengers each day to medical appointments, senior activities, personal business, grocery shopping, hair, reflexology, and massage appointments.

Previously, Walter worked as a full-time patrolman on the Ledyard police force leaving after 12 years to further his newspaper career. “Leaving the police job was a very tough decision for me to make,” says Walter.

Like Jeryl, Walter works 17 1/2 hours per week. He says: “I enjoy this work very much and like the people here. Jeryl and I, our four drivers, along with Darcy Battye promote a welcoming environment to visitors at the Center. It truly is a team effort.”



Seniors On The GO!



Junior Senior Travel News

January, 2016

By Anne Maffiolini

Resorts Casino - Atlantic City - February 24/26, 2016- Bus departs 7:00 AM What a deal for \$189 double, \$289 single and \$184 triple. Here's the package: Round trip deluxe motor coach, 2 nights at the Resorts Hotel Casino, \$60 in slot bonus, \$60 in meal vouchers (ONE \$20 breakfast and TWO \$20 dinner vouchers) 2 shows, taxes, hotel baggage handling and driver gratuity. Deposit of \$50 should have already been made and full payment is due on January 15th. Good luck to all!

Andy Cooney & Phil Coulter - Celtic Crossings-Irish Celebration - Foxwoods Casino Tuesday, March 15, 2016. \$82 per person with payment due by February 8th. Departure is 9:00 AM. Estimated return 4:30 PM - Your bonus package will include \$10 slot play and free lunch buffet or \$10 food voucher. We'll be entertained by the beautiful tenor voice of Andy Cooney who captured the hearts of Irish music lovers from coast to coast. Phil Coulter is known as Ireland's Musical Ambassador, his lyrics and melodies are well known throughout the world. Celebrate St. Patrick's Day in a special way this year and enjoy the beautiful melodies sung and played by these talented musicians. See the flyer in this issue of Lebanon Life for full details.

Memphis/Nashville Trip - April 22-27, 2016 - 5 nights - 6 days.

Newport Playhouse and Dinner Theater - Monday, August 8, 2016

Big E - Springfield, MA - September, 2016 By popular request, we will make our way back to the Big E this year after a brief hiatus. Always a fun day.

Ireland/Scotland/England - a possibility for 2016 OR 2017 ???



For more information on any of the trips, please contact Marion at (860) 423-7659. Make checks payable to Lebanon Jr/Sr Travelers. Payment may be left at the Lebanon Senior Center or mailed to Marion Russo, 280 Beaumont Hwy., Lebanon, CT 06249.

Senior Wellness Trips

February, 2016

Friday, February 12th, 2016

Husky & Benton Museum, UCONN



Friday, February 19th, 2016

Flower Show, Hartford, Ct



Friday, February 26th, 2016

Coyote Flaco Restaurant, Coventry Ct.



February 2016

	Mon	Tue	Wed	Thu	Fri	Sat
<p>Questions 642-3040 Center Hours Mon—Fri. 9-4 Watch Ch 3 for closings at Ctr</p>	<p>1 9:30 Exercise Class 10:30 Knitting 12:15 Bingo 3:00 Line Dancing</p>	<p>2 9:30-2:30 Pedi/Hair 12:00 – Soup Day 12:30 Friends Meeting 1:00 Pool/Mahjongg 7:00 Poker</p>	<p>3 9-1 Haircuts 9:30 Exercise 11– 3 Massage</p>	<p>4 9-3 Mani/Pedi 9:00 Yoga 10 Tai Chi 1:00 Setback</p>	<p>5 9:30 Exercise 9:30-3:30 Hair 1:30 Zumba Gold 6:00 Dinner Cabaret \$10 ticket</p>	<p>6 Yoga 9:30</p>
<p>7</p>	<p>8 9:30 Exercise Class 10:30 Knitting 12:15 Bingo 3:00 Line Dancing 6:30 COA Meeting</p>	<p>9 9:30-2:30 Pedi/Hair 12:00 – Lunch – Break- fast Strata, fruit, dessert 12:30 Fall Prevention 1:00 Pool/Mahjongg 7:00 Poker</p>	<p>10 9-1 Haircuts 9:30 Exercise 12-Card Making</p>	<p>11 9-3 Mani/Pedi 9:00 Yoga 10 Tai Chi 1:00 Setback</p>	<p>12 9-1 Tax Aide 9:30-3:30 Hair 9:30 Exercise 1:30 Zumba Gold Wellness – Husky & Benton Museum 6:30 Bingo</p>	<p>13 No Yoga Spa Day 6:30 Poker</p>
<p>14</p>	<p>15 Center Closed</p>	<p>16 9:30-2:30 Pedi/Hair 9:30 Hearing Clinic 12:00 – Lunch – DaLonne 12:30 Beating Winter Blues 1:00 Pool/Mahjongg 7:00 Poker</p>	<p>17 9-1 Haircuts 9:30 Exercise 11-3 Massage 2:30 Afternoon Tea</p>	<p>18 9-6 Mani/Pedi 9:00 Yoga 10:00 Tai Chi 1:00 Setback</p>	<p>19 9-1 Tax Aide 9:30 Exercise 9:30-3:30 Hair 1:30 Zumba Gold Wellness-Flower Show– Hartford 6:30 Setback</p>	<p>20 YOGA 9:30 Gazebo Soup Sup- per—TBA</p>
<p>21</p>	<p>22 9:30 Exercise Class 10:30 Knitting 11:00 VNA BP 12:15 Bingo 3:00 Line Dancing</p>	<p>23 9:30-2:30 Pedi/Hair 12 pm Lunch—Hot Tur- key Sandwiches 12:30 Singer Jim Harkins 1:00 Pool/ Mahjongg 1:30 Friends Meeting 7:00 Poker</p>	<p>24 9-1 Haircuts 9:30 Exercise 11-3 Massage 12-Card Making</p>	<p>25 9-6 Mani/Pedi 9:00 Yoga 10:00 Tai Chi 1:00 Setback</p>	<p>26 9:30 Exercise 9:30 –3:30 Hair 1:30 Zumba Gold Wellness Trip– Coy- ote Flacco 6:30 Military Whist</p>	<p>27 YOGA 9:30</p>
<p>28</p>	<p>29 9:30 Exercise Class 10:30 Knitting 12:15 Bingo 3:00 Line Dancing</p>					