

August 2023



Chaplin Senior Center

132 Chaplin Street
Chaplin, CT 06235
860-455-1327

Lisa Kegler, Director
Linda Grindle, Asst. Director
Bob Grindle & Dawn Gilbert, Kitchen
Shirley Rakos, Municipal Agent

Artist of the Month - Franco Masciandaro

Born in Taranto, Italy, in 1938, I emigrated to the United States of America in 1955. I earned a B.A. degree in French Language and Literature, with a minor in Philosophy, from Brooklyn College of the City University of New York, an M.A. degree in Italian Literature from Tulane University, and a Ph.D. in Romance Languages and Literatures from Harvard University in 1971.

I taught Medieval and Renaissance Italian Literature at UCLA, the University of Washington, and the University of Connecticut, Storrs, CT. I am the author of *La problematica del tempo nella Commedia* (Ravenna: Longo Editore, 1976), of *Dante as Dramatist: The Myth of the Earthly Paradise and Tragic Vision in the Divine Comedy* (Philadelphia: The University of Pennsylvania Press, 1991), of *La Conoscenza Viva: Letture Fenomenologiche da Dante a Machiavelli* (Ravenna: Longo Editore, 1998), and of *The Stranger as Friend: The Poetics of Friendship in Homer, Dante and Boccaccio* (Firenze: The University of Firenze Press, 2013). I also published several articles dealing with Medieval and Renaissance Italian authors.

In 2014, I retired from the University of Connecticut after being diagnosed with Parkinson's disease. With retirement, an old passion for painting, which began when I was thirteen years old, has been rekindled. My forthcoming exhibit at the Chaplin Senior Center is a small but significant measure of my creative work as an amateur painter.

I have given most of my paintings to a number of my graduate students, to secretaries and an administrative assistant of my former department at UConn, and also to all my doctors, their assistants, members of a medical lab, and to some of my neighbors and friends, including some members of my yoga class. It's my way of saying "thank you" to those who assist me in my medical needs and to those who share with me the gift of friendship.

Please join Franco on Monday, August 21st for his art reception. Light refreshments will be served 12:30PM

Qigong - Coming in September, with a preview session on Thursday Aug. 31st at 1:00, FIVE ANIMAL FROLICS QIGONG. A centuries-old health exercise form. Supple movements, simple to learn, wonderful to feel!

Computer and Cell Phone Lessons - Every Thursday at 10:30am. Bring your laptop, tablet or phone with you. The center has one laptop that can be used for a lesson if needed.

CURBSIDE PICKUP OR DINE IN LUNCHESES

CHAPLIN SENIOR CENTER

Every Monday and Wednesday. \$6.00 for members and \$8.00 for non-members. Pickups will be from 11:45 till 12:15. Dining in starts at noon. You must call in your order on the Thursday before by 2:00pm for Monday lunch and call in on Monday before for Wednesday lunch.

August 2023 Menu

- Wed. Aug. 2nd - Hamburger, Pepperoni or Vegetable
Pizza, Cole Slaw, Chips and Dessert**
- Monday Aug. 7th - Triple Salad Plate – Chicken Salad,
Potato Salad and Fruit Salad, Dinner Roll & Dessert**
- Wed. Aug. 9th - Baked Meatloaf, Mashed Potatoes and Gravy,
Vegetable, Dinner Roll & Dessert**
- Monday Aug. 14th- Grilled Chicken Sandwich w/ Lettuce and Tomato
On a Bulkie Roll, Macaroni Salad & Lemon Bars**
- Wed. Aug. 16th - Grilled Pork Chop w/ Seasoned Noodles,
Applesauce, Vegetable and Dessert**
- Monday Aug. 21st – Grilled Kielbasa w/ Onion and Peppers on a Steak
Roll, Cole Slaw and Dessert**
- Wed. Aug. 23rd - Grilled Salmon, Roasted Potato and Vegetable
Medley, Dinner Roll and Lemon Meringue Pie**
- Monday Aug. 28th – Pot Luck Picnic !!! We will supply the Hot Dogs,
Hamburgers and Drinks. Sign up to bring a side
Dish of your choice. Dine under the tent.
NO CURBSIDE PICK UP AVAILABLE.**
- Wed. Aug. 30th - Stuffed Shells w/ Fresh Tomato Sauce, Tossed
Salad, Garlic Bread and Brownie**



POTLUCK PICNIC LUNCH UNDER THE TENT!

(In case of rain, will be held in the Function Room)

MONDAY AUGUST 28TH AT 11:45AM

ENTERTAINMENT BY
BRUCE JOHN



SENIOR CENTER WILL PROVIDE THE BURGERS,
HOTDOGS AND DRINKS, **YOU BRING A SIDE DISH.**

NO CHARGE FOR MEMBERS, DINE IN ONLY.



PLEASE RSVP BY THURSDAY AUGUST 24TH.

860-455-1327



Chaplin Senior Center Monthly Calendar

August 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	1 9:00-9:45 Fit & Fun 10:00 Memoir Group 10:00-2:00 Mahjongg	2 9:00 - 12:00 Pickleball 11:30 Tick-Borne Disease Awareness & Prevention 11:45 - 12:15 LUNCH see Menu NO BINGO	3 8:00 Continental Breakfast 9:00 -9:45 Fit & Fun 9:45 Left Center Right Dice Game 10:30 Computer & Cell Phone Lessons 10:00-1:00 Massage Therapy 10:30-12:00 Ladder Toss
7 9:00-10:00 Fit & Fun 9:00-12:00 Pickleball 10:00 Wii Bowling 10:00-2:00 Massage Therapy Call 860-455-1327 for Appt. 11:00 Yoga 11:45-12:15 LUNCH see menu	8 9:00 - 10:00 Fit & Fun 10:00 Memoir Group 10:00-2:00 Mahjongg	9 9:00 - 12:00 Pickleball 9:45 - 11:45 Bingo 11:00-12:00 Library Ice Cream Social under the summer tent! 11:45 - 12:15 LUNCH see Menu 	10 8:00 Continental Breakfast 9:00 -9:45 Fit & Fun 9:45 Left Center Right Dice Game 10:30 Computer & Cell Phone Lessons 10:30-12:00 Ladder Toss
14 9:00- Fit & Fun 9:00-12:00 Pickleball 10:00 Wii Bowling 11:00 Yoga 11:45-12:15 LUNCH see menu	15 9:00-10:00 Fit & Fun 10:00 Memoir Group 10:00-2:00 Mahjongg	16 9:00 - 12:00 Pickleball 9:45 -11:45 Bingo 11:45-12:15 LUNCH see Menu	17 8:00 Continental Breakfast 9:00-9:45 Fit & Fun 9:45 Left Center Right Dice Game 10:30 Computer & Cell Phone Lessons 10:00-1:00 Massage Therapy Call 860-455-1327 for Appt. 10:30-12:00 Ladder Toss
21 9:00 -10:00 Fit & Fun 9:00-12:00 Pickleball 10:00 Wii Bowling 11:00 Yoga 11:45-12:15 LUNCH see menu 12:30 Art Presentation by Franco Masciandaro	22 9:00 - 10:00 Fit & Fun 10:00 - Memoir Group 10:00-2:00 Mahjongg	23 9:00 - 12:00 Pickleball 9:45-11:45 Bingo 11:45-12:15 LUNCH see menu	24 8:00 Continental Breakfast 9:00-9:45 Fit & Fun 9:45 Left Center Right Dice Game 10:30 Computer Lessons 10:30-12:00 Ladder Toss

28
 9:00 - 10:00 Fit & Fun
 9:00 - 12:00 Pickleball
 10:00 Wii Bowling
 11:00 Yoga
 11:45-2:00 Potluck Picnic
 Lunch & Entertainment by Bruce John



29
 9:00-9:45 Fit & Fun
 10:00 Memoir Group
 10:00-2:00 Mahjongg

30
 9:00-12:00 Pickleball
 9:45-11:45 Bingo
 11:45-12:15 LUNCH see menu

31
 8:00 Continental Breakfast
 9:00-9:45 Fit & Fun
 9:45 Left Center Right Dice Game
 10:30-12:00 Ladder Toss
 10:30- Computer Lessons
 1:00-2:00 Five Animal Frolics
 Qigong



NO BINGO !!!

TICK-BORNE DISEASE AWARENESS & PREVENTION

EDUCATIONAL FORUM

HOSTED BY



DID YOU KNOW?

- Ticks can transmit (multiple) diseases, not only Lyme!
- Some ticks are only the size of a 'dot' or 'poppy seed'

This **FREE** event is open to anyone interested in learning more about reducing their risk of exposure to ticks and how you can keep yourself, your pets and family safe!






WHEN: August 2nd

TIME: 1130am

WHERE: Chaplin Senior Center

For more information contact: Courtney LeBlanc RN BSN at 860-429-3325 or leblancc@ehhd.org

NO BINGO!!!

Black-legged tick	Lone Star tick	American Dog tick
 <ul style="list-style-type: none">• Lyme disease• Anaplasmosis• Babesiosis	 <ul style="list-style-type: none">• Ehrlichiosis	 <ul style="list-style-type: none">• Rocky Mountain spotted fever

Introducing Chaplin's New Municipal Agent for the Elderly

Shirley Rakos

A familiar face to many in town already, Shirley will be available to meet with Chaplin residents at the Chaplin Senior Center two mornings a month (usually the second and the fourth Tuesdays) from 10:00am until 1:00pm. You can call ahead to let her know you're coming or just stop by. The number at the Senior Center is (860) 455-1327. Shirley can also be reached by email at agentfohelderly@chaplinct.org.

The Chaplin Municipal Agent for the elderly is a position funded by the state of Connecticut to provide information to Chaplin senior citizens on human services programs and services that are available to meet their various needs.

Examples of services she can help you access are:

- Transportation**
- Heating Fuel assistance**
- Meals-On-Wheels**
- SNAP Benefits (aka food stamps)**
- Legal aid**
- Finding in-home caregivers**
- And more**

Shirley can answer your questions and direct you to the agency or program that might provide the service that you are in need of, and can also assist you with completing the applications for these services. She is also available to the caregivers of senior citizens to assist with questions they may have on providing the best care at home for their loved ones.

Stop by and say hi to Shirley, she looks forward to talking with you!

Chaplin Public Library and Senior Center

Harvesting Hacks with Kelly Caisse

Wednesday, August 16th - 6:00 pm



Join Chaplin farmer **Kelly Caisse** from KDCROP FARMS as she guides you into making the most from your backyard garden harvest! Enjoy a tasty treat and learn about harvesting/storing techniques, recipe hacks, and more! Kelly is also launching her new Homesteading Made Easy Consulting Service that provides a personal in-the-garden and kitchen experience of instruction and knowledge. Sign up for a free consult at the event!

Established in 2006, KDCROP FARMS is a vegetable, herb, fruit, starter plant, and egg farm in Chaplin, CT. The farm is family run and women-owned, led by Kelly Caisse. They use organic, non-chemical, no-till techniques to grow their produce, reduce carbon footprint by mostly using hand tools, and keep the soil happy! KDCROP FARMS also produces a line of value-added relishes, pickles, jams, and salsas that are farm-raised, handmade, and naturally grown for the garden fresh, farm-to-table experience. They run a weekly CSA (community supported agriculture) in which customers receive a 6-item box of mixed vegetables, fruit, jars, eggs, and cheese from Cato Corner Farm at a pick-up point on the farm. From the profits of the CSA, a portion is donated to the Chaplin Elementary School PTO and other schools. They also go to farmers markets such as Ashford, Storrs, Tolland, and Ellington. You can also find them at local events in Chaplin and Windham County! Learn more at kdcropfarms.com.

Chaplin Public Library and Senior Center

Animal Assisted Therapy Presentation

Wednesday, August 16th at 10:30am

Outside under the Tent.

Presented by Deborah Richards and Teri Carpenter
Of Cold Noses, Warm Hearts, Inc.



Cold Noses, Warm Hearts, Inc. is a non-profit, all volunteer organization, dedicated to sharing well trained registered Animal Assisted Therapy (A.A.T.) animals and Reading Education Assistance Dogs, (R.E.A.D.) in meaningful programs that provide comfort and caring through the human-animal bond.

Our services are offered in a wide variety of settings including but not limited to hospitals, extended care facilities, universities, children's centers, and other facilities where therapy animals are needed along with R.E.A.D. programs in schools and libraries. We strive to make a positive difference in all the lives we touch.

Dogs are evaluated and tested before they can become therapy dogs and are evaluated every two years thereafter. Once the team (handler and animal) pass the testing they register with an Animal Assisted Therapy group such as Intermountain Therapy Dogs or Pet Partners (formerly Delta). A.A.T. teams may include animals other than dogs such as cats, bunnies, mini horses etc.

Our team members visit in many different venues including hospitals, school, debilitation centers, assisted living, memory care units, libraries, hospices, funeral homes, prisons, and for specific requests in someone's private home. The teams visit where they and their pet are most comfortable and feel they can fulfill a need.

Visiting in Chaplin will be Cora, who is a 4-year-old Bernese Mountain Dog. Cora loves to say hi and really enjoys sitting on people's feet – so beware. Cora is also known for her fantastic ability to drool, but don't worry, her owner/handler will bring bibs and hand towels. Cora lives with her brother Finnegan a chocolate Lab and a therapy dog and Remington, a Great Dane X.

Brody, a Shetland Sheep Dog (Sheltie), will also be visiting. Brody is 10 years old and has been a therapy dog for 7 years! Brody lives with a retired therapy dog, also a Sheltie Dawson and a new sister Millie. Millie is an Aussie/Border Collie Mix. Terri Carpenter is their owner/handler and is also an evaluator for our therapy dog group, Cold Noses, Warm Hearts.

“Summertime”

By: Eva Aubert
Memoir Writing Class

The last day of school was like a reprieve finally granted from a higher power.

In a little old school house with only one room, two outdoor necessities in the back, a pump in the front yard for water and oil lamps for the dreary days of winter, our town father’s firmly believed they had supplied us with everything needed for the education of their children.

While the adults were still struggling to work themselves out of the great depression, we as small children grades 1-4 were looking forward to a carefree summer ahead.

The old swimming holes, Diana’s Pool, England’s Bridge, Peck’s Meadow in North Windham, Natchaug State Forest, picnics with friends and the highlight of the summer – the fourth of July!

In reality-at this young age we probably were experiencing our last Hazy Lazy Days of Summer as the song goes. The older kids in grades 5-8(ages 10 and up) went to the little one room school house (Center School) in Chaplin on the corner of Chaplin Street and Tower Hill Road. From then on, the girls would be canning vegetables from the gardens over an old hot wood stove and the boys would be mowing or in the hayfields. All manner of chores were waiting for us when we left the little old school grades 1-4.

But I digress-back to the lazy day of summer... We were young and innocent. Not knowing what pitfalls awaited us when we left our little one room school. But for these four precious summers; we were Kings of the Hill, Cock of the Walk, any term to describe the world was our oyster, even though most of us didn’t realize there was a world out there-somewhere.

We were blessed to have been born and bred in this little town of Chaplin, CT.

Just a dot on the map-but it was the WHOLE WORLD to us!





Member Towns:
Ashford
Columbia
Coventry
Mansfield
Windham

Windham Region Transit District
28 South Frontage Road
Mansfield Center, CT 06250
860-456-2223
www.wrtd.org

Dial-A-Ride

Dial-A-Ride is door-to-door shared ride service to and from anywhere within the nine-town region. Reservations are required. Service is available to the general public with no age or disability restrictions.

Operates

- Weekdays only – Monday thru Friday – 8am – 4pm (last trip by 3PM)
- Does not operate on the following holidays: New Year's Day, Memorial Day, Independence Day, Labor Day, Thanksgiving, and Christmas Day.

Where can I go?

WRTD can transport riders that start and end in their service area which is Ashford, Chaplin, Columbia, Coventry, Lebanon, Mansfield, Scotland, Willington and Windham/Willimantic.

Where can I get picked up?

If you're within 3/4 of a mile from a fixed-route bus, you need to take the fixed-route bus (unless you are a senior or disabled). Destinations include Ashford, Chaplin, Columbia, Coventry, Lebanon, Mansfield, Scotland, Willington and Windham/Willimantic.

How much does it cost?

Dial-A-Ride trips are \$3 each way.

SENIORS 60+ ARE FREE thanks to Senior Resources Agency on Aging

How do I schedule a ride?

- Riders can make a reservation in three ways:
 - Call WRTD – 860-456-2223
 - Through our website* – visit www.wrtd.org
 - Use the Ecolane "app"* – visit www.wrtd.org for more information
- Reservations may be made up to two weeks in advance.
- All reservations must be made a minimum of one business day in advance by 4pm. Reservations are made on a first-come-first-served basis.
- WRTD will make an effort to accommodate trips within one hour before and one hour after a requested pick-up time.

* Call the WRTD office to get set up with an account to access this system

When you call to make a reservation, please have the following information ready:

- Customer name
- Exact pick-up and drop-off street addresses

- Names of complexes or subdivisions, as well as building, apartment or suite numbers
- Appointment time or pick-up time
- Time for return pick-up
- Information about mobility devices (e.g. cane, wheelchair, scooter), Personal Care Assistant or companions

Be ready to write down your scheduled trip times

– WRTD will give you a 30 minute pick-up window for each trip

Arrivals and boarding

- The bus will arrive within the pick-up window.
- Passengers must be ready to board at any time within this window.
- Drivers cannot wait more than five minutes after arrival.

Where's my ride?

– Customers will receive a call with the estimated arrival time shortly before the trip.

– WRTD offers text message alerts to your cell phone that provide the estimated arrival time shortly before your pick-up window. Standard text message rates apply. Call WRTD to ask for this to be set up.

– Passengers can also track their vehicle using the Ecolane website and app.

Assistance

- The driver will be available to assist all passengers on or off the vehicle and help with up to three packages on request. (up to 3 bags with a total of up to 25 pounds in weight)
- Passengers needing additional assistance are encouraged to bring a Personal Care Attendant (PCA), who may ride for free.
- Wheelchair lifts are available on all vans and buses, and may be used by anyone upon request.
- When making your reservation, please inform WRTD if you will be traveling with a PCA or need to use the wheelchair lift.

Cancellations and no-shows

The passenger is considered a "no-show" if

- The passenger does not show up within five minutes of the bus arriving
- The passenger cancels the trip when the bus arrives
- The passenger cancels the trip less than two hours before the scheduled pick up time.

There are penalties when a passenger accumulates too many "no-shows".

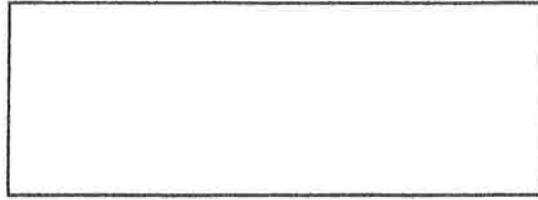
Subscriptions

You can set up a "subscription" that allows you to schedule a recurring trip in one phone call. This service is available for recurring trips for medical, educational, or employment purposes. Just ask the dispatcher when you call if you can set up a subscription. This service is subject to availability.

To get started, call us at 860-456-2223 to get set up as a customer and get a username for your online account.

**Chaplin Senior Center
132 Chaplin Street
Chaplin, CT 06235**

**For information call
860-455-1327**



Saturday Morning Walking Club (9:00am at the destination)

Aug. 5 - Bujack Road, Chaplin

Aug. 12th - Airline Trail in Hampton. Park at the Estabrooks Road end and walk toward Station Rd.

Aug 19th - Natchaug Forest. Take Morey Rd. off 198, second left (dirt road). Park along side of road.

Aug. 26th - Airline Trail Chewink Rd. toward Hampton. Park at the intersection of Chewink and Lynch Roads.