Senior Survey Results Show There’s Room for Improvement

Millward Brown, a prominent international research firm working on a pro bono basis, designed a survey aimed at capturing information about younger seniors in Fairfield to help the Center with future planning. The respondents were in the 50 to 70 year old age range. Residents in the lower end of this range, particularly those in the 55 to 65 year old group, do not often frequent senior centers—this is true nationally—so the study was structured with them in mind. The chief findings are summarized below.

Two-thirds of seniors in the 50 to 70 year range continue to work full or part time. This means the center's hours are not convenient for them. Recommendation: offer some evening and weekend programs.

Two-thirds have never visited the center, and because this group asked for programs that the center already has in place, are unaware of the center's programs and services. Recommendations: improve community outreach and conduct a membership drive.

This age group does not think of itself as old, so the term “senior” carries with it a certain stigma. Recommendation: Change the name of the center, eliminating the word “senior.”

Twenty-five percent of the respondents cited the need for a facilities upgrade. Recommendation: Renovate and modernize the facility over a five-year period.

Millward Brown also recommended programming suited for the younger, “modern” senior. The study suggests that the center consider more inter-generational programs and programs that bring younger seniors and their parents together through support groups designed specifically for those who care for aging parents.

Claire Grace, director of the Fairfield Senior Center said: “We are very grateful to Millward Brown as well as to the donor who made the printing and mailing possible. The survey was done at no cost to the town.

“The recommendations are very helpful as we look down the road five years and more. The Fairfield Senior Center wants to become one of the best senior centers in Connecticut.

“The staff has begun to implement some of the suggestions that can be done without funding, but many of the recommendations are going to require additional support from the town. We have a planning committee in place and an interim report, followed by an in-depth report, should be available shortly. The Millward Brown study is an important part of the work that’s being done by that committee.”

SS Recipients Get Puny Raise

In mid-October the Social Security Administration announced a cost-of-living adjustment (COLA) for 2013 of 1.7 percent. That's a puny but automatic raise for Social Security recipients. In 2012 the COLA was 3.6%. In 2011 and 2010 there was no cost-of-living adjustment. The biggest raise in recent years was 5.8% in 2009.

The COLA adjustment is effective December 1st, and will show up in recipients’ checks in January. The typical retiree can expect a raise ranging from $12 to $24 a month.

The COLA is tied to an inflation measure that shows that consumer prices have gone up by less than two percent in the past year. Apparently those who came up with these figures didn’t buy anything in 2012.

Noted folk singer Rick Spencer sung a series of lively and scurrilous campaign songs from the election of 1856 at a recent Lifelong Learners class.
At the Movies
IN NOVEMBER
EVEN FRIDAY AT 12:15

November 2nd — From Prada to Nada (2011) ★★★
Camilla Belle, Alexa Vega, Wilmer Valderrama — Two spoiled Latina sisters, Nora (Camilla Belle), a law student, and Mary (Alexa Vega), an undergrad party girl accustomed to luxury and high style, become penniless when their father dies, forcing them to move in with working class relatives in this spirited comedy loosely based on Jane Austen’s Sense and Sensibility. “Jane Austen update with Latino twist offers laughs, romance.” 107 minutes.

November 9th — The Magic of Belle Isle (2012) ★★★
Morgan Freeman, Virginia Madsen — Reuniting with director Rob Reiner from the hit film, The Bucket List, Freeman plays Monte Wildhorn, a famous Western novelist whose struggle with alcoholism has sapped his passion for writing. He takes a lakeside cabin for the summer in picturesque Belle Isle, and befriends the family next door—an attractive single mom (Madsen) and her three young daughters—who help him find inspiration again. 109 minutes.

November 16th — Johnny Stecchino (1991) ★★★★
Roberto Benigni, Nicoletta Braschi — In this hilarious Italian comedy, the Marx brothers meet the Godfather in a tale of mistaken identity. Benigni stars as Dante, a naïve bus driver who’s a dead ringer for Johnny Toothpick, a notorious Mafioso on the lam and under the gun. As usual, Nicoletta Braschi, Benigni’s wife, co-stars. “An enjoyably goofy gangster comedy.” A Foreign Film Festival Pick. 100 minutes.

November 30th — Moonrise Kingdom (2012) ★★★★
Bruce Willis, Edward Norton, Bill Murray — Set on an island off the coast of New England in the summer of 1965, Moonrise Kingdom tells the story of two twelve-year-olds who fall in love, make a secret pact, and run away together into the wilderness. As various authorities try to hunt them down, a violent storm is brewing off-shore—and the peaceful island community is turned upside-down in more ways than anyone can handle. “Warm, whimsical, poignant, immaculately framed and beautifully acted.” 94 minutes.

Get Ready to Move! Popular Z-Heath Returns
The Center, in conjunction with Ash Creek Fitness, is pleased to offer an eight-week session of Z-Health classes starting on Friday, November 2nd, from 1:00 to 2:00 p.m. Coach George Gomola, a Certified Z-Health Performance Movement Specialist, says, “The big difference is focusing on the brain instead of just the body. We have used this program at the Senior Center with great success to help our clients feel confident and able to move like they did many years ago.”

The cost for the eight-week session is $40. Call Heather at 203.913.7698 to reserve your space or pick up forms at the Center’s front desk. Class size is limited to the first 30 people who register. First come, first serve! For more information, visit www.ashcreekfitness.com

Gomola
### November Menu

#### Senior Community Cafe
**Open Monday to Friday, 9:30 a.m. to 12:30 p.m.**
Lunch service begins at 11:45 a.m. Make lunch reservations three days in advance: call 203.256.3118 after 10:00 a.m.
A $2.00 donation is suggested.
1% or skim milk is provided. Margarine is served with all meals.
Menu items are subject to change.
*High in sugar content. **High Salt Content. +High fat/cholesterol.

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<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tr>
<td>Butternut Squash Soup</td>
<td>Cheese Ravioli</td>
<td>Cranberry Juice</td>
<td>Pineapple Juice</td>
<td>Swedish Meatballs</td>
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<td>Unsalted Crackers</td>
<td>Meat Sauce**</td>
<td>Chicken Juice</td>
<td>Veal Cutlet</td>
<td>Sour Cream Gravy</td>
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<tr>
<td>Philly Cheesesteak w/Onions and Peppers</td>
<td>Italian Mixed Vegetables</td>
<td>Garden Salad with Ranch Dressing</td>
<td>with Onion Gravy</td>
<td>Egg Noodles</td>
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<tr>
<td>Unsalted Crackers</td>
<td>Italian Mixed Vegetables</td>
<td>Carrot Coins</td>
<td>Mashed Potatoes</td>
<td>Peas</td>
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<td>Green Beans</td>
<td>Capri Vegetables</td>
<td>Garden Salad with Ranch Dressing</td>
<td>Craisin Coleslaw</td>
<td>Tossed Salad</td>
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<td>Grinder Roll</td>
<td>Italian Bread</td>
<td>Biscuit</td>
<td>Multi Grain Bread</td>
<td>Italian Dressing</td>
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<tr>
<td>Fresh Apple</td>
<td>Tropical Fruit Cup</td>
<td>Fresh Orange</td>
<td>Birthday Cake*</td>
<td>100% Whole Wheat</td>
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<td>Mandarin Oranges</td>
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<tr>
<td><strong>Veteran’s Day Center Closed</strong></td>
<td><strong>Grape Juice</strong></td>
<td><strong>Cream of Tomato Soup</strong></td>
<td><strong>Cranberry Juice</strong></td>
<td><strong>Cranberry Juice</strong></td>
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<td></td>
<td><strong>Eggplant Parmesan</strong></td>
<td><strong>Unsalted Crackers</strong></td>
<td><strong>Baked Filet of Sole</strong></td>
<td><strong>Sliced Ham</strong>**</td>
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<td></td>
<td><strong>Ziti &amp; Marinara Sauce</strong></td>
<td><strong>Chicken Salad</strong></td>
<td><strong>with Lemon Sauce</strong></td>
<td><strong>with Pineapple Glaze</strong></td>
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<td><strong>Parmesan Cheese</strong></td>
<td><strong>Lettuce/Tomato/Onion</strong></td>
<td><strong>Rice Pilaf</strong></td>
<td><strong>Baked Sweet Potato</strong></td>
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<td><strong>Capri Vegetables</strong></td>
<td><strong>Carrot &amp; Raisin Salad</strong></td>
<td><strong>Spinach</strong></td>
<td><strong>Peas</strong></td>
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<td></td>
<td><strong>Italian Bread</strong></td>
<td><strong>Hot Dog Bun</strong></td>
<td><strong>Oat Nut Bread</strong></td>
<td><strong>7 Grain Bread</strong></td>
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<td></td>
<td><strong>Banana</strong></td>
<td><strong>Baked Apple Slices</strong></td>
<td><strong>Chocolate Pudding</strong></td>
<td><strong>Ambrosia</strong></td>
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<td><strong>Cranberry Juice</strong></td>
<td><strong>Apple Cider</strong></td>
<td><strong>Vidalia Onion Soup</strong></td>
<td><strong>Hearty Vegetable Soup</strong></td>
<td><strong>Crab</strong></td>
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<tr>
<td><strong>Baked Manicotti</strong></td>
<td><strong>Roast Turkey with Giblet Gravy</strong></td>
<td><strong>Unsalted Crackers</strong></td>
<td><strong>Unsalted Crackers</strong></td>
<td><strong>Broccoli Quiche</strong></td>
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<td>Meat Sauce</td>
<td><strong>Mashed Potatoes</strong></td>
<td><strong>Cheeseburger</strong></td>
<td><strong>Egg Salad</strong></td>
<td><strong>Carrot Coins</strong></td>
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<tr>
<td>Italian Blend Veggies</td>
<td><strong>Green Bean Almondine</strong></td>
<td><strong>Potato Salad</strong></td>
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<td><strong>Multi-Grain Bread</strong></td>
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<td></td>
<td><strong>Cranberry Sauce</strong></td>
<td><strong>Lettuce/Tomato/Onion</strong></td>
<td></td>
<td><strong>Pineapple Chunks</strong></td>
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<td></td>
<td><strong>Dinner Roll, Pumpkin Pie</strong>* w/Whipped Topping</td>
<td><strong>Mayonnaise/Ketchup</strong></td>
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<td><strong>Hamburger Bun</strong></td>
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<td><strong>Pears</strong></td>
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<td><strong>Orange Juice</strong></td>
<td><strong>Pineapple Juice</strong></td>
<td><strong>Chicken Patty</strong></td>
<td><strong>Grape Juice</strong></td>
<td><strong>Minestrone Soup</strong></td>
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<td><strong>Kiellbasa</strong></td>
<td><strong>Beef Stew with Vegetables</strong></td>
<td><strong>Lettuce and Tomato</strong></td>
<td><strong>Whole Wheat Baked Ziti</strong></td>
<td><strong>Unsalted Crackers</strong></td>
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<tr>
<td><strong>Sauerkraut</strong></td>
<td><strong>Brown Rice</strong></td>
<td><strong>Ketchup</strong></td>
<td><strong>Meatballs</strong></td>
<td><strong>Seafood Salad</strong>**</td>
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<tr>
<td><strong>Whipped Potatoes</strong></td>
<td><strong>Multigrain Bread</strong></td>
<td><strong>Mayonnaise</strong></td>
<td><strong>Tossed Salad with Italian Dressing</strong></td>
<td><strong>Lettuce &amp; Tomato</strong></td>
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<tr>
<td><strong>Green Peas</strong></td>
<td><strong>Vanilla/Chocolate Ice Cream</strong></td>
<td><strong>Macaroni Salad</strong></td>
<td><strong>Garlic Bread</strong></td>
<td><strong>Bowlie Spinach Pasta</strong></td>
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<td><strong>Rye Bread</strong></td>
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<td><strong>Whole Wheat Bun</strong></td>
<td><strong>Peaches</strong></td>
<td><strong>Split Top Wheat</strong></td>
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<tr>
<td><strong>Fresh Apple</strong></td>
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<td><strong>Pineapple Upside Down</strong></td>
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<td><strong>Pineapple Chunks</strong></td>
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**There is one day that is ours. Thanksgiving Day is the one day that is purely American.”**
— O. Henry

**Folate Helps to Produce New Cells**

Folate is necessary for the production of new cells, including red blood cells. Folate deficiency remains a major cause of spinal-cord defects in newborns. How much you need: Many dietitians recommend taking a multivitamin with 400 mcg of folic acid; 1,000 mcg per day is the safe upper limit for folic acid. Food sources of folate include: liver, dried beans and peas, spinach and leafy greens, asparagus and fortified cereals. Kidney beans (1 cup cooked) = 230 mcg; lentils (1 cup cooked) = 358 mcg; asparagus spears, 6 each = 134 mcg; oatmeal (fortified) = 130 mcg; and spinach (1/2 cup cooked) = 121 mcg.
## Calendar of Events

### November, 2012

#### Monday
- **5**
  - 9:00 Blood Pressure Screening
  - 10:00 Populist/Progressive Era
  - 1:00 Johnny Mercer’s Life and Music
  - 2:30 Creative Body

#### Tuesday
- **6**
  - 9:30 Computer: Internet & Email
  - 10:00 Chinese Religions
  - 1:00 American Folk Culture

#### Wednesday
- **7**
  - 10:00 The Poet’s Voice
  - 1:00 Creative Body

#### Thursday
- **1**
  - 9:30 Computer: More Windows 7
  - 10:00 Feminine Face of God Shakespeare
- **2**
  - 10:00 Catholicism
  - 12:15 Movie: From Prada to Nada
  - 1:00 Z-Health

#### Friday
- **9**
  - 12:15 Movie: The Magic of Belle Isle
  - 1:00 Z-Health

#### 12
- **Veteran’s Day Center Closed**

#### 19
- **Veteran’s Day Center Closed**

#### 26
- **2:30 Creative Body**

#### 27
- **9:30 Computer: Internet & Email Bunko**

#### 28
- **9:30 Cardiovascular Screening Facebook Class**

#### 29
- **9:30 Computer: Internet & Email United Illuminating Presentation Human Services Commission**

#### 30
- **9:30 Table Tennis**

#### Every Monday
- **9:00 Pacers-Walking Group**
- **9:00 Table Tennis**
- **9:00 Table Pool**
- **9:30 Coed Exercise**
- **1:00 Open Computer Lab**
  - **Pokeno**
  - **Sewing Bee**
- **10:00 Senior Exercise**
- **11:00 Flex & Stretch**
- **12:30 Bingo**
- **1:00 Open Bridge**
- **1:00 Tai Chi**

#### Every Tuesday
- **9:00 Woodcarving**
- **9:00 Table Tennis**
- **9:00 Table Pool**
- **9:10 Coed Exercise**
- **9:30 Bocce**
- **10:00 Senior Exercise**
- **11:00 Flex & Stretch**
- **1:00 Open Bridge**
- **1:00 Ballroom Aerobics**

#### Every Wednesday
- **9:00 Woodcarving**
- **9:00 Table Tennis**
- **9:00 Woodworkers**
- **9:00 Table Pool**
- **9:00 Zumba Gold ($5)**
- **9:30 Yoga**
- **10:00 Senior Exercise**
- **10:00 Open Painting**
- **11:00 Flex & Stretch**
- **11:30 Arthritis Exercise**
- **1:00 Chess Club**
- **1:00 Tai Chi**

#### Every Thursday
- **9:00 Pacers-Walking Group**
- **9:00 Table Tennis**
- **9:00 Woodcarving**
- **9:00 Woodworkers**
- **9:00 Table Pool**
- **9:00 Zumba Gold ($5)**
- **9:30 Yoga**
- **10:00 Senior Exercise**
- **11:00 Open Bridge**
- **1:00 Mah-Jongg**

#### Every Friday
- **9:00 Table Tennis**
- **9:00 Pokeno**
- **9:00 Zumba Gold ($5)**
- **9:00 Quilters**
- **9:00 Table Pool**
- **10:00 Senior Exercise**
- **11:00 Flex & Stretch**
- **11:30 Arthritis Exercise**
- **12:15 Movies**
- **1:00 Scrabble**
Reminders & Other Stuff

Our annual Holiday Fair is scheduled for Thursday, November 15th between 9:00 a.m. and 3:00 p.m. We guarantee you’ll find a wonderful selection of baked goods and an intriguing assortment of gifts, many of them handmade. So come to the Holiday Fair and put a dent in your Christmas shopping.

Need help signing up for a Medicare Part D prescription drug plan? The Center will help you with enrollment on Wednesday, November 14th, from 9:00 a.m. to 12 noon. You must call 203.256.3166 for an appointment. Please make sure to bring your Medicare card with you along with a list of all your prescription medications, the daily dosage for each and the correct spelling of each drug’s name.

Need help raking those autumn leaves? Our good friends at Tomlinson Middle School have generously volunteered their services. On Veteran’s Day, November 12th, a team of students and parents will come to your home and rake and bag your leaves. Just sign up at the Senior Center and a team leader will contact you. Questions? Call Kathleen Ruppert at 203.366.6046.

Our AARP-sponsored defensive driving class will be offered at no cost to veterans in November. The class is scheduled for 9:00 a.m. on Tuesday, November 13th.

Senior Center Services

Information: M-F, 9:00 a.m. to 3:30 p.m. 203.256.3166.
Transportation: M-F, 8:30 a.m. to 2:30 p.m. 203.256.3168.
Lunch (three days notice required): M-F, 11:45 a.m. to 12:30 p.m. Call 203.256.3118 after 10:00 a.m.
Coffee Shop: M-F, 9:00 a.m. to 11:00 a.m.
Gift Shop: M-F, 9:30 a.m. to 2:30 p.m.
Social Worker: M-F, 9:00 a.m. to 3:30 p.m. 203.256.3125.
Blood Pressure Screening: 203.256.3166
Notary Public: M-F, 9:00 a.m. to 2:30 p.m. 203.256.3166.

Services Below by Appointment Only. Call 203.256.3166
Legal counseling; long term care; medigap and Medicare counseling.

Visit the Senior Times online at www.fairfieldct.org/senior.htm

Prescription Drug Plans to Cost More

Seven of the top 10 prescription drug plans have scheduled increases of 11 percent or more, according to an analysis by Avalere Health of the Centers for Medicare and Medicaid Service Part D Landscape Files.

The Humana Walmart Preferred Rx Plan is upping its charge the most. Its premium is going up 23 percent to $18.50 per month (which is still cheaper than most others). First Health Part D Premier, First Health Part D Value Plus and Cigna Medicare Rx Plan One each raised premiums by at least 15 percent. Overall, Part D premiums for current plans increased on average by 6 percent from 2012 to 2013, and the average monthly premium rose from about $38 to $40.

Medicare open enrollment starts October 15th and runs through December 7th. This is when you can switch plans. While the selection of a plan may seem daunting, given the number of choices available, our social workers will be here on the morning of November 14th (see Reminders at left) to help you make the best choice.
The Origins of Thanksgiving in the U.S.

In the United States, the modern Thanksgiving holiday tradition is commonly traced to a 1621 celebration at Plymouth in present-day Massachusetts. This thanksgiving feast was prompted by a good harvest. In later years, the tradition was continued by civil leaders such as Governor Bradford who planned a thanksgiving celebration and fast in 1623. While initially, the Plymouth colony did not have enough food to feed half of the 102 colonists, the Wampanoag Native Americans helped the Pilgrims by providing seeds and teaching them to fish. The practice of holding an annual harvest festival like this did not become a regular affair in New England until the late 1660s.

Pilgrims and Puritans who began emigrating from England in the 1620s and 1630s carried the tradition of Days of Fasting and Days of Thanksgiving with them to New England. Several days of Thanksgiving were held in early New England history that have been identified as the "First Thanksgiving," including Pilgrim holidays in Plymouth in 1621 and 1623, and a Puritan holiday in Boston in 1631. Thanksgiving proclamations were made mostly by church leaders in New England up until 1682, and then by both state and church leaders until after the American Revolution. During the revolutionary period, political influences affected the issuance of Thanksgiving proclamations. Various proclamations were made by royal governors, John Hancock, General George Washington, and the Continental Congress, each giving thanks to God for events favorable to their causes. As President of the United States, George Washington proclaimed the first nation-wide thanksgiving celebration in America marking November 26, 1789, "as a day of public thanksgiving and prayer to be observed by acknowledging with grateful hearts the many and signal favours of Almighty God."

The question as to where the first Thanksgiving was held in the United States, and even the Americas, has often been a subject of debate. There is evidence for an earlier religious service by Spanish explorers in Texas at San Elizario in 1598, as well as thanksgiving feasts in the Virginia Colony. Thanksgiving services were routine in Virginia as early as 1607, and a thanksgiving observance in Virginia in 1619 was prompted by the colonists' leaders on the anniversary of the settlement.

Some scholars have argued that the earliest attested "Thanksgiving" service in what is now the United States was celebrated by the Spanish on September 8, 1565, in what is now Saint Augustine, Florida.

Freedom from Want

Norman Rockwell's Freedom from Want appeared on the pages of The Saturday Evening Post on March 6, 1943. This was the third installment of Rockwell's celebrated Four Freedoms series. The series was inspired by President Franklin Roosevelt's 1941 State of the Union Address in which he articulated the four freedoms.

The painting was also reproduced on a poster promoting the sale of war bonds during World War Two.