

Madison



Events

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Volume 2 • Quarter 4 • 2011



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and much more



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First Selectman's Corner



Ambulance Garage and Senior Center - It has been two-and-a-half years since the majority of Madison voters said they wanted these two new facilities. Kudos to the Building Committee for bringing a difficult project in on-time and on-budget. The Madison Ambulance Association moved into the new garage just three days before Irene arrived (timing is everything). The Senior Center officially opens in mid-November. See elsewhere in this magazine for more on the Center.

Irene - In this column I normally focus on future events. This time I will discuss some lessons that we learned during the recent hurricane and that could be relevant should we have a severe ice storm this winter.

Communications - A traditional land line may survive when power lines, internet lines, and cable TV lines do not. If all of your phones are cordless, however, they will not work without electricity. You should have at least one extension of the "push-button, with cord" variety. To insure you receive any emergency messages from the town, you should register your cell phone at ctalert.gov.

Emergency generators - If you have one of these, make sure that it is located outside and that the exhaust cannot get in the house via a slightly open window. We had a few near tragedies during Irene from carbon monoxide (CO) buildup. Thank goodness for CO detectors in good operating condition!

Electrical appliances - If your power goes off, make sure you turn off all of your appliances, especially stoves, irons, and space heaters. Otherwise, you could end up with a fire once the power returns.

Irene Recovery - The town still has several major rebuilding projects left from Irene's landing. The first priority will be to effect a permanent rebuilding of the portion of Middle Beach Road that was washed out. This includes a new seawall, new sidewalk, new guardrails, and a new road. Next will be the seawall at the Surf Club. Finally, the two stone jetties at East Wharf and West Wharf will be addressed. Work will commence in the spring, with the stone jetty work lasting through the summer and possibly into autumn.

An "Irene" thank you - Perhaps you have heard me say this before, but it's worth repeating. A lot of people worked very hard to get Madison back on track after the storm.

Continued on page 8



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The Madison Senior Center - A New Vision

What role does a Senior Center play within a community? Many people believe that a Senior Center is a place where they don't belong. Some feel that it is a place for inactive, immobile people who are past their prime or don't have anything else to do. The belief that a Senior Center is any one of these may have been true in the past, but a new vision for Senior Centers is emerging in American society, and the Town of Madison has positioned itself to be in the forefront of this new era.

The opening of the new Madison Senior Center marks the beginning of this new vision and starts a new phase for the Senior Services Department that will enable us to meet the growing need of a growing population. Across the nation Senior Centers are beginning to define themselves as destination spots that connect adults to vital community services that enable an individual to stay healthy and independent. The Madison Senior Center is doing just that. By utilizing a "holistic" approach, the Senior Center will provide a variety of services that will lift up the spirit, challenge the mind, and keep the body moving. The center will act as a "hub" where individuals can access services, learn a new skill, take an exercise class, play billiards, socialize, eat lunch, participate

in a book club, or simply come talk and relax with friends. The best part about it, though, is that all these activities can happen at the same time, which results in a vibrant, lively, active place for all to enjoy. With multiple rooms available for activities, meetings, and educational programs, the staff is busy coordinating billiards leagues, tai chi classes, dance classes, lectures, art and crafts classes, card leagues, aerobics classes, yoga classes, computer courses, book clubs, trips, and much more. Staff is also busy coordinating clinics, health screening, and support groups for those individuals who just need a place to talk to someone. If you don't see something that interests you, give us a suggestion; I'm sure we can find a way to accommodate your needs.

As we embark on this new era and vision, we encourage all of you to stop by the new Senior Center at 29 Bradley Road and see what all the excitement is about. Step outside the box, try a class, learn something new, meet new friends, or just come down for a tour. No matter what you decide, you are always welcome to join us and help us create the new vision of the Madison Senior Center.

Joseph Petrella
Senior Services Supervisor



"Insect" by Meg McGuinness

Madison Land Conservation Trust

The Land Trust's third annual photo contest attracted 78 entries. The spectacular photos taken on MLCT properties were on display in the Community Room at Scranton Library during the month of October. Contest judges Anne Foley, Andrew Kaplan, and Christopher Jennings Penders awarded prizes as follows:

LANDSCAPES

- 1st place, Kate Stufano
- 2nd place, Tricia Hurst
- 3rd place, David Loiterstein

PLANTS

- 1st place, Deanna Broderick
- 2nd place, Amanda Griffin
- 3rd place, Kate Stufano

STUDENT

- 1st place, Chris Daub
- 2nd place, Jack Donat
- 3rd place, Meg McGuinness

WILDLIFE

- 1st place, Deanna Broderick
- 2nd place, Chris Daub
- 3rd place, Meg McGuinness

Honorable Mentions were awarded to Natasha Barrow, Justin Coleman, Chris Daub, Sammie Foggie, Emma Galluzzi, Korinne Portley, Emily Soboleski, and Karl Zoeckler.

Rules and entry forms for the 2012 photo contest posted at www.madisonlandtrust.org.

Selectman ... continued from page 6

A special round of applause goes to our two volunteer fire departments; our police; our public works, facilities, and maintenance crews; and the Ambulance Association. They worked long, tough hours in bad conditions to clear the roads and respond to emergency situations. And don't forget

the power and tree crews that drove here from all over the country and Canada to help restore power. They all deserve our thanks.

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Asset Allocation: A Key to Portfolio Success

For many investors, investing typically begins with one stock or mutual fund. Over time, other selections are added because many people understand it may not be prudent to invest everything in a single security, even if it has a "blue chip" reputation. However, just "spreading money around" in a haphazard way may create only an illusion of diversification.

If you have assembled a "hodgepodge" portfolio, you may not know the extent to which your investments are (or are not) consistent with your objectives. How do you go about setting up a framework which tailors your investments to your particular circumstances?

A sound portfolio management strategy begins with asset allocation – that is, dividing your investments among the major asset categories of equities, bonds and cash. Since each type of investment category has unique characteristics, they rarely rise or fall at the same time. Then, you can make finer distinctions within each asset category (i.e., diversification). Combining different asset classes could help reduce risk, although it doesn't eliminate market risk altogether. Still two nagging questions remain: What factors guide the asset allocation process? How much of a portfolio should go into each category?

To answer the first question, the main objective of asset allocation is to match the investment characteristics of the various investment categories to the most important aspects of your personal investment profile – that is, your tolerance for risk, your return and liquidity needs, and your time horizon.

Investing according to your risk tolerance will help you keep from abandoning your investment program during times of market turbulence. One way to measure your risk comfort zone is to ask yourself how much of a loss in a one-year period you could withstand and still stay the course.

Finding an appropriate match for you means balancing your tolerance for risk against the different volatility levels of various asset classes. For example, if you have a low tolerance for risk, that fact may dictate a portfolio that emphasizes conservative investments while sacrificing the potentially higher returns that usually involve a greater degree of risk.

RETURN NEED refers to the income and/or growth you expect a portfolio to generate in order to meet your objectives. For example, retirees may prefer a portfolio that emphasizes current income, while younger investors may wish to concentrate on potential growth.

Your personal time horizon extends from when you implement an investment strategy until you need to begin withdrawing money from a portfolio. For example, a very short time horizon (less than 5 years) is probably best served by a conservative portfolio emphasizing safety of principal. On the other hand, the more time you have to invest, the greater risk you may be able to withstand because you have time to recover from market downturns.

Continued on next page

Asset Allocation ... continued from previous page

The short answer to how much of a portfolio should go into each category is that asset allocation is more a personal process than a strategy based on a set formula. There are guidelines to help establish the general framework of a well-diversified portfolio. For example, you may decide on the need for growth in order to offset the erosion of purchasing power caused by inflation.

However, building an investment portfolio that is right for you involves matching the risk-return tradeoffs of various asset classes to your unique investment profile. One final point that is worthy of emphasis - when you put together your own asset allocation strategy, you should combine all your assets (i.e., your investments and retirement savings). That way you can ensure that all your assets are working together to help meet your goals and objectives. Keep in mind, investment return and principal value will fluctuate with changes in market conditions so that shares may be more or less than original cost. Diversification cannot eliminate the risk of investment losses.

This article is provided for general information only. It is not intended to provide specific advice or recommendations for any individual. You should consult with your financial representative, attorney or accountant with regard to your individual situation.

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Beach & Recreation Department News

The Beach & Recreation Department has many exciting programs planned for your consideration and participation for the upcoming season. Whether you are looking for a passive activity or an activity to tone your body to help you remain physically fit, we have you covered. Please visit our website www.madisonct.org to see a complete listing of our program offerings.

Recreational Passes are on sale throughout the year for those wishing to utilize the Town Campus Gym. For those 16 years of age or older we also feature a small Exercise/Fitness room for your use.

We, the staff of both the Beach and Recreation Department and Senior Services, wish you much joy in the upcoming Holiday Season. Please check out our program and service offerings at www.madisonct.org throughout the year as new programs are thought of and offered on a continual basis.



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Madison Health Department

Seasonal Influenza Information

Each year several strains of influenza (flu) circulate in the U.S. Flu season usually begins in the fall and peaks in January or February, but each flu season is unique. Flu viruses are constantly changing, and it is common for new strains to appear each year. It is likely that last year's H1N1 viruses will still circulate in the U.S. this coming flu season, along with other strains. Flu causes a number of annoying symptoms but can lead to more serious complications in the elderly and other people with certain health conditions, such as asthma, diabetes, or heart disease. Experts estimate that each year, about 30,000 flu-related deaths occur in this country.

There are several steps to reducing the chance of catching the flu or passing the flu on to others. During flu season, it is important to observe proper "cough etiquette" by

coughing or sneezing into a tissue or your sleeve to prevent viruses from becoming airborne. You should wash your hands with soap and water regularly to prevent picking up and passing viruses to others.

One of the most important things you can do to prevent the flu is to get a flu vaccination. This year's flu vaccine will protect against the H1N1 virus of a few years ago and two other types that are expected to be circulating. The flu vaccine has been found to be very safe, and the Federal CDC recommends that virtually everyone get vaccinated this year. This is a significant change from prior years, in that previously, senior citizens were the main target group of vaccination. Unless you have a medical contra-indication for the flu vaccination, you should be vaccinated. Vaccine should be readily available this season.

Gift Wines for the Holidays

Choosing wines for the holidays can be difficult whether it be for a family meal or a present for a friend. The first thing you need to know is whether they would prefer a red, white or sparkling wine. Then you need to know their style preference; dry, fruity, sweet, acidic, soft on the palate or big and bold. Here are some basic examples for picking a wine.

Starting with white wines, if you are looking for something fruity your best bet would be a Chenin Blanc or a Riesling. When buying a Riesling you should know that the grapes are picked at different times which can alter the sweetness of the wine. For a drier Riesling choose a Kabinett which is the earliest pick. For a medium-sweet wine you should try a Spatlese, and for the sweetest Riesling choose an Auslese which stays on the vine longer and therefore has the highest residual sugar. If you are looking for a fuller white, Chardonnay is the way to go. They tend to be rich and buttery since they are usually aged in oak, although some are fermented in stainless steel which allows for a cleaner more crisp Chardonnay. If you are looking for a drier and lighter white both Sauvignon Blanc and Pinot Grigio are right up that alley.

When looking for red wines French Beaujolais and California Merlots tend to have more forward fruit and have

lighter finishes. The lightest reds would be Pinot Noir and Cotes-du-Rhone which have plenty of flavor but sit lightly on the tongue and have very smooth finishes. The most robust reds would be Cabernet Sauvignon and Red Zinfandel from California, as well as French Bordeaux and Italian Barolo and Brunello. These wines are bursting with flavor and have a lot of complexity.

If you prefer sparkling wine there are many to choose from: French Champagne, Italian Prosecco or Spanish Cava to name a few. Champagne tends to be more complex and is usually priced higher than Prosecco and Cava which are usually priced under twenty dollars.

These are of course just a few generalized examples to work with. Sometimes it is difficult to know what to choose when buying for someone else. Come visit our knowledgeable staff to find the perfect dinner-pairing or gift wine. We are here to assist you in making this holiday season a success!

*Art Lipuma, Manager
Spirits of Madison / Madison
SeaSide Wine & Spirits / Old Saybrook*

Hire A Returning Soldier

Recently, we have been informed that our forces in Afghanistan and elsewhere are being redeployed back to the United States. We are grateful that they will no longer be in harm's way. However, they will face another daunting challenge: finding gainful employment in their hometown, with their former employer or in a field in which they have been trained while in the military.

They are returning to an economically challenged United States. Many businesses have closed, most have down-scaled and others have eliminated the positions once held by the returning men and women. What can we do as citizens and as business owners?

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MADISON NEWCOMERS' GUIDE

WELCOME TO MADISON!

On behalf of *Events Magazines*, welcome to Madison. Whether you are new to Connecticut or just new to Madison you will find wonderful people and places to visit in town. Madison has something for everyone. Below are important phone numbers. Tear out this page and keep it for future reference. We at *Events Magazines* and Essex Printing support local businesses. Please use this guide and "Buy Local" - we do!

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Hire A Soldier ... continued on page 15

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*David V. Winstead, Ph.D.
Publisher*

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Madison Emergency Management Winter Storm Preparation

Winter will be here soon and you should begin to prepare now for harsh weather. Madison is subject to blizzards, ice storms, and freezing rain that can block roads and bring down trees and power lines. Power outages could last several days, as we just experienced after Tropical Storm Irene. Roads will have to be cleared by the Public Works Department in conjunction with CL&P.

You should review and restock emergency supplies you may have put together for hurricane season, along with the following:

- Flashlight and extra batteries
- Battery-powered radio
- Extra nonperishable food and drinking water (enough for at least 3 days)
- Extra medicines, pet and baby items
- First aid supplies
- Heating fuel and emergency heating source (use indoor heaters properly and with ventilation to prevent carbon monoxide build-up)
- Cash (ATMs may not work in power outages)

Winterize your vehicles and provide an emergency kit for your vehicles:

- Blanket
- Flashlight with extra batteries
- First aid kit
- Knife
- High-calorie nonperishable food
- Battery booster cables
- Shovel
- Windshield scraper and brush

If it appears that power will go out:

If you have a drinking water well, fill your bathtub with water to be used to flush toilets, etc.

Alternately, you can use water from a pond or stream to flush toilets.

Turn the thermostat on your refrigerator and freezer to the coldest setting and minimize opening it once the power does go out to maintain the lowest temperature.

Portable phones will not work when the power goes out; cell phones may not work.

If you rely on electric power for specialized medical equipment, make a plan for potential power outages ahead of time (have extra oxygen delivered, get a generator, talk to a neighbor who has a generator, go to a friend or family member's house that has power, etc.)

If the power goes out for a few days or more, please de-activate your burglar and fire alarm systems to prevent false alarms when the backup batteries in these systems begin to lose power. These false alarms put an undue burden on our emergency responders.

Use generators properly to prevent back-feeding electricity to the grid and carbon monoxide build-up in homes.

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M.A.D.E. in Madison

Building a Healthier Community: One Medicine Cabinet at a Time

For the month of November the Madison Alcohol & Drug Education Coalition will be sponsoring several events to educate the general public about the public health risks and dangers of prescription drug misuse and what individuals can do to stay healthy and keep our children and our environment safe. Partnering with the Madison Police Department, the coalition has several events planned for the month of November.

Madison joins coalitions in 37 other states working with their police departments and the American Medicine Chest Challenge. The goals of the Challenge, according to the man behind its success, are to shine a spotlight on home security, raise public awareness, and encourage five easy steps to secure medications.

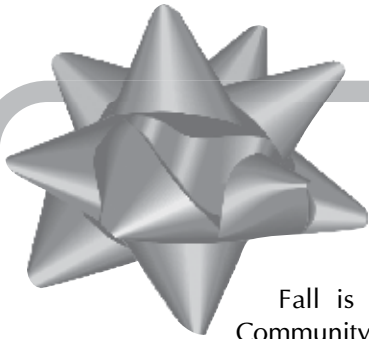
If you were unable to bring your unused, expired or unwanted medicines on November 12, you can now bring

them to the Madison Police Station. In early November, the MADE coalition and police department unveiled a 24/7 prescription drug drop box in the station lobby on Campus Drive. That service is currently available to residents year round.

All community residents are asked to participate in a short, anonymous 10-question survey on prescription drug use and youth. The link to the survey will be on the MADE website, and results will be used to shape the work of the MADE Coalition as it moves toward 2012.

To quote the US Department of Justice, "National public health initiatives mark a new era in community collaboration and law enforcement...long term success will be measured by millions of parents, grandparents, and caregivers looking at their medicine chest through new eyes and in turn saving more teen lives." It begins, now.

Join us at one or more of these events. It is good for the environment, good for our community, and good for our kids.



Shoreline Community Women ~ Holiday Boxes for Soldiers

Fall is in the air, and Shoreline Community Women will be sending many Thanksgiving and Christmas boxes to our troops in Iraq and Afghanistan. We send care packages all year, but try to send as many as we can during the holidays. The contents of our boxes are shared by the troops, and we hope to remember, show our gratitude, and brighten the day of as many of our troops as possible.

We are accepting military addresses ... the soldier does not have to live in the area. If you know of someone in the military who can use a care package, just call or email us with the address.

This fall we definitely need a lot of items to fill all these boxes! If anyone would like to organize a drive at their school, workplace, bookclub, sports team, or wherever please contact us. There is a list of items we collect at the Clinton Post Office. Items we always need include socks (calf height-white or dark), drink mixes (hot or cold) wet wipes, men's razors, toothbrushes, smaller toothpaste, peanut butter, instant oatmeal, Cup of soup, movie DVD's (used is ok), hard candy, healthy snacks, and men's deodorant. Drop off places include the Clinton library

(children's room), Ace Hardware, Northeast Fitness Factory, The Bookloft in Clinton, Clinton Sport Shop, and First Niagra Bank in Clinton.

We always include notes, letters and cards from kids in the boxes and the troops LOVE them! If any teachers would like to help us and have their students write letters or make cards for us please let us know. We have other ideas of how classes can help if you're interested. If you knit and would like to make hats, mittens, etc we have patterns for you.

We always need money for shipping...each box costs an average of \$25 to ship. The boxes are the size of a copy paper box, totally full of goodies. (maybe you've been behind me at the post office!). Donations can be made out to Shoreline Community Women, P.O. Box 51, Clinton, CT 06413. This project is not possible without a large amount of community support. Help us thank our troops this holiday season for what they do for us and our country every day!

*Cindy Stevens, 860-669-1109, snowsblock@aol.com
Brenda Farrel, 860-669-0750*

Fourth Annual Teen Safe Driving Video Contest

How A Community Helps to Make Teens Safe Drivers

The Department of Motor Vehicles is seeking entries for its fourth annual teen safe driving video contest that builds this year upon last year's significant success of increased entries from teens around the state talking to other teens about the importance of safe driving.

The contest, which drew a 100-percent increase in entries last year, gives students and high schools a chance to raise driving safety awareness through creating a 25-second public service announcement. This year's theme will be: "How A Community Helps to Make Teens Safe Drivers."

Videos must illustrate a specific community effort to help prevent crashes, injuries and deaths among 16- and 17-year-olds, who are the state's youngest and most inexperienced drivers. The deadline for submitting a video is January 13, 2012. Contest information and rules can be found at ct.gov/teendriving/contest.

"Safe driving among teens is not just an individual and family concern, it's also a community issue because any crash, injury or death affects so many people beyond the driver," said DMV Commissioner Melody A. Currey.

Continued on page 23



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Local Doctor Calls It As It Is

As a Chiropractor and Applied Kinesiologist, I have had the pleasure over the last 15 years of helping people with symptoms of headaches and plantar fasciitis, allergies and other gastro-intestinal disorders to hormone imbalances and, of course, neck and back pain. From this experience I'd like to offer a viewpoint in three areas of healthcare:

- 1) Why do most get sick?
- 2) Where is healthcare going?
- 3) The cost of healthcare?

From musculo-skeletal pains to visceral problems, truly the leading cause is the American lifestyle of stress, crowded schedules, over stimulation and no down-time. Poor posture at the computer and in front of the TV combined with lack of stretching; all contribute to tight non-yielding bodies waiting for the straw to break your back. It is this compression that leads to joint degeneration, tearing of tissue and PAIN. Then there is the obvious toxicity that is put into the body combined with natural toxins that the body produces. Without supplying the basic needs to remove and repair the damage, disease is always at your threshold. Those basic needs we know but seldom create time for; proper nutrition, proper exercise, manual treatment and most importantly to control the ego that tells you to compete with the Jones's for the

American dream. The body is always in a state of sympathetic overload, just trying to stay functional.

So where is your health and healthcare going? It took generations of bad fats, diets and ideologies to create many conditions we see today, so it will naturally take generations of Omega 3's, better water intake and a better sense of self to correct. However, fad sugar drinks and genetically modified foods will create new issues to future generations. The saving grace is in stem cells and the massive change in healthcare that is just 15-20 years away. The removal and replacement of damaged tissue without rejection will alter how we live dramatically! The problem then becomes lengthening of life and its influence on water and food to the world's population.

Finally, the cost - healthcare is a business and everyone is aware of the issues there. From lawsuits that lead to over-diagnosing, to the control over legislation being pressured by insurance and hospital lobbyists.

However, underlining the surface issues are the growing usage of Third Party Administrators (TPA's). TPA's are often a subsidiary of the main insurance company, but not subject to the laws of the Insurance Commissioner. The result, as a patient you are sold a plan where "the devil is in the details" and the TPA's are restricting PAID healthcare services via the term "medical necessity". Translation - you may be hurt, you may have paid to receive treatment, but you are denied because you do not meet the required guidelines. Although you may appeal the decision, as the subscriber you may be restricted in the information provided by the TPA for the appeal process. Bureaucracy restricts the ability of the doctor, patient, insurance company and TPA from certain informational transfers. Your answer lies in releasing fear bestowed by these companies and drug ads, recognizing that genetic testing and stem cells will alter our use of the healthcare industry. Having the knowledge of how to care for oneself, combined with the relief of the financial stress will lead to less usage of services. Patients continue to take advantage of Health Savings Accounts where you have more say in how your healthcare dollars are utilized. What I would like most from this is for people to understand they have more control over their health and lives than they realize. That it is easier to stay well than to get well, and to stop and smell the roses.

I look forward to any responses or questions and can be reached at the email below.

Dr. Kevin Healy
Kevinhealy@sbcglobal.net

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A Valley Shore YMCA Membership Helped Save My Life

The mission of the Valley Shore YMCA is to develop and encourage the growth of all individuals in Spirit, Mind and Body, in an atmosphere of mutual respect. This means different things to four generations of women in my family. To our six year old granddaughter, it means showing her family that she can swim independently, without a bubble. To her mother and aunt, the Y means swim and gymnastics lessons, as well as summer camp and teenage employment. To her great grandmother, the YMCA means mastering the mind-over-matter challenge of learning to swim in her 70s, despite a lifelong fear of being in water over her head.

I have enjoyed regular exercise at the Valley Shore Y for four decades, where I am a member of our local Board of Directors. I have also been influenced by the world community leadership of the YMCA, with its ability to connect people across the world and train them for community leadership and social service.

I recently experienced a health crisis which served to underscore the mutual importance of the three worlds of mind, body and spiritual health. I contracted a bacterial staphylococcal infection, for which my medical team could not find a cause. The infection rapidly spread to my heart and my brain. Treatment required three surgeries and intravenous antibiotics to stem the infection. My cardiologist informed my family that there is a 40% mortality rate associated with endocarditis, and that the risk of three surgeries boosted that rate exponentially.

But one week after the surgeries, I was alive and lucid. Clinicians from other medical specialties (internal medicine, infectious disease, neurology, orthopedics, and ENT) joined my cardiology team and treated me over the next month. Three weeks at a rehabilitation facility followed the hospitalization. Although there are many unanswered questions about the cause of the staph infection, there was universal consensus about WHY I survived the ordeal. All agreed that my state of health enabled me to endure the surgeries and fight the infection. The recurring comment from the medical community was that "I did not look like my chart"; I seemed stronger than my records indicated.

The fitness I have acquired at the YMCA and often take for granted provided the strength to survive the surgeries and jumpstart a return to health. "Mind" and "spirit" components also formed a net that carried me through the pain and worry of losing my health. The strength of my family, friends and YMCA colleagues prevailed whenever I had doubts about recovery. I am now enjoying regular, although modified workouts at the Valley Shore YMCA. My cardiologist predicts that I will "return to baseline", eventually resuming normal activities.

My granddaughter learned to swim at the YMCA, and

my daughters formed life-long connections with the Y. My mother-in-law conquered her fear of water at the Y. And I reclaimed my appreciation for the mind-body-spirit power of the YMCA. Thanks, Y colleagues, for supporting so much more than my physical recovery alone.

*Kathleen C. Laundy, PsyD, LMFT - 8-28-11
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Seniors Getting Fit at the Saybrook at Haddam

Walking, lifting weights, stretching, rowing, biking... the list of fun things seniors do today to stay physically fit keeps growing. In fact, "working out" is becoming a bigger part of daily life for today's senior citizen, and the benefits are piling up.



Residents at The Saybrook at Haddam (l-r: Bill Wassell, Harry Archambault, and Marian Marston) enjoy the new gym, where they use exercise machines to stay physically fit.

Seniors who work some level of physical fitness into their routines are taking positive, proactive steps to maintain (or even improve) their quality of life. Regular exercise builds muscle - which can be accomplished at every stage of life. Stronger muscles allow seniors to be more self-sufficient and manage daily tasks on their own.

Regular exercise helps keep seniors "in balance" and flexible,

which, in turn, helps them avoid falls and injuries that can lead to greater complications. It also increases endorphins, improves cardiovascular health, and helps lower blood pressure - which all contribute to improved overall wellbeing. Senior often find themselves socializing more by taking group exercise or workout classes, or by simply going on walks with friends. Daily exercise does not have to be a formal process. Many seniors find themselves getting a lot of exercise simply by their circum-



Residents at The Saybrook at Haddam, Bill Wassell (L) and Harry Archambault (R) work out at the new gym.

stance. For instance, if they live in a community such as The Saybrook at Haddam, they walk back and forth to their dining room three times a day, and they walk to activities, to the in-house hair dresser, to meet up with friends, and for many other purposes throughout each day. They always have the option to take stairs instead of the elevator, giving them even more of a

workout. In nice weather, many residents and their guests enjoy walking outdoors.

The Saybrook at Haddam recently added a new gym so residents can really build muscle and tone their bodies. Those who would like to use the gym receive individualized training on each of the different pieces of equipment - which include weight machines, rowing machines, and self-propelled treadmills. The walls of our gym are lined with mirrors so residents can watch their posture and be sure they are using the machines correctly. We placed treadmills facing our large windows that overlook the courtyard so everyone can take in the roses in the summer, the foliage in the fall, and the picturesque snow in the winter (while staying warm inside!). The gym is open all day long, so residents are able to create their own exercise regime into any time of day - in addition to enjoying our daily morning stretch and exercise classes.

Our residents are surprised to find themselves in better shape than they were before moving into our community. They don't realize the level of physical activity they take on each day, but they certainly notice how great they feel. That is why we encourage as much movement and engagement as possible.



Marian Marston uses the rowing machine while Bill Wassell and Harry Archambault make use of weight machines.

Their families, too, are happy to see their loved ones getting exercise and staying active.

Most important to us, we want residents to enjoy their hobbies and interests, do more with their children and grandchildren, and have the best quality of life possible. We know physically fit seniors have a more positive outlook on life, as they are able to be more independent longer. To put it simply, they are having more fun with their lives. And that is our hope for every senior!

*- By Kathy Ryan, Executive Director
The Saybrook at Haddam*

Catalytic Converters 101

You've heard the term, heard horror stories about expensive repairs to pass emissions, but what is a catalytic converter and what is its purpose?

A catalytic converter or "cat" is a device used to convert toxic exhaust emissions from an automobile engine into non-toxic substances. Have you ever driven behind an older pre-1970's car and smelled that heavy, fuel laden exhaust smell? Well, that is a pre-catalytic converter vehicle.

As part of the exhaust system, a catalytic converter stimulates a chemical reaction in which noxious byproducts of combustion are converted to less toxic substances. Most modern vehicles that run on gasoline are fitted with a "three way cat" so named because it converts the three main pollutants in automobile exhaust (the bad stuff):

- carbon monoxide
- unburned hydrocarbons
- oxides of nitrogen to produce (the not so bad stuff)
- carbon dioxide
- nitrogen
- water, which is emitted from your tailpipe

The first catalytic converters appeared in the U.S. in the 1975 model year to comply with tightening U.S. Environmental Protection Agency Regulations.

Catalytic Converters are essentially maintenance free but there are a few things you can do to avoid a costly catalytic converter replacement:

- Pay attention to your "Check Engine Light". One of its jobs is to monitor the health of your cat.
- Use your car's recommended fuel. If your vehicle specifies the use premium fuel, use it!
- If your vehicle gets limited use, make sure to take it out on the highway once in a while to eliminate accumulated condensation and avoid rust.

You can thank Eugene Houdry, the French mechanical engineer, for inventing the catalytic converter, cleaning up automobile exhaust air pollution and making engines more efficient.

- Lars Vigen, Madison Motors

Teen Driving Video Contest ... continued from page 19

"Each video in this contest will encourage students and their communities to recognize the important connection they have to promote safe driving and it's also about teens talking to teens on this important safety message."

DMV sponsors the annual "From the Driver's Seat to the Director's Chair" contest in cooperation with The Travelers Companies, Inc.

"Travelers is honored to once again sponsor the Teen Safe Driving Video Contest," said Doreen Spadorcia, Executive Vice President & Chief Executive Officer, Claim and Personal Insurance for Travelers. "We strongly believe that these videos, with their targeted, peer-to-peer messaging, are one of the most effective ways to help teens understand the importance of avoiding driving distractions and developing safe habits behind the wheel."

Travelers will award a total of \$15,000, an increase from \$9,000 last year, to five top-ranking videos placing in the contest. For the last three years the contest has offered three top-ranking prizes with cash awards. The awards go to the high schools of the winning contestants and the money must be used to create teen safe driving programs.

In the first three years of the contest, DMV received a total of about 300 PSAs and participation from over 1,000 students across the state. Last year DMV saw 100 percent increase - to 164 entries - in videos submitted for the contest. The videos have been aired on commercial and cable television stations, in movie theaters statewide and posted on safety advocates' websites. The top-five winners in this year's contest will also

be offered for airing in these venues.

Promotional sponsors of the contest include the CT Police Chief's Association; the Connecticut State Police; Mourning Parents Act (!MPACT), a bereaved parents group; the Connecticut Children's Medical Center; Yale-New Haven Hospital; Saint Francis Hospital and Medical Center; The Connecticut Association of Schools; the state Department of Public Health; The state Department of Insurance, the state Department of Transportation; the state Division of Criminal Justice and the National Highway Traffic Safety Administration.

The complete set of rules can be found at ct.gov/teendriving/contest and should be read before entering the contest.

To submit an entry, each entrant must produce (write, shoot and edit to final production) his or her own twenty-five (:25) second public service announcement ("PSA").

Students may participate either individually or in teams with no more than five (5) students per team producing the video. (However, there is no limit on the number of students who may appear in the video.) One person must be responsible for taking ownership of the entry. Bi-lingual videos are welcomed and encouraged. In addition, quality standards and evaluation by judges will also include young women and youth representative of diverse ethnic and racial groups.

This year's theme is: How A Community Helps to Make Teens Safe Drivers. The video must visually demonstrate or depict how a community can help to make teens safe drivers. Content Last Modified on 10/6/2011.

- www.ct.gov

Austin-Healey ... Extraordinary Then, and Now



Luncheon stop in East Haddam

While sitting in the publisher's office of *Events Magazines* one day this past July, it was announced that there was a phone call for the "Motorsports Editor". I was soon chatting with George Greider, a member of the Austin-Healey Club of North America. George informed me that he and a large contingent of club members were having a summer rally, which included a luncheon stop at the Gelston House in East Haddam. Would I like to come up, meet some of the folks and check out the cars, he asked. You bet, what's the date? I'll be there.

These cars have always been on my short list of favorite sports cars; I even owned one for a while back in the

"long ago". You may recall a story I wrote about it for *Events Magazines*, but I digress. Let's take a quick look at some of what made these cars so special when introduced in 1953 and sought after as collector cars today.

Built in Great Britain, the Austin-Healey 100 was initially just a two-seat roadster. A 90" wheelbase chassis underpinned the car. Power was provided by a 2,660 cc inline four cylinder engine.

Torquey and rugged this power plant was rated a 90 horsepower which seems puny today, but when coupled with a car weighing just over 2,100 pounds, provided good performance for the era, good enough to propel the car to 100 mph, hence the model designation. The Austin Company also provided the three speed transmission with overdrive and drum brakes. All this fairly standard fare for the time.

So what made the car so special then and now? In a word: "looks". Road and Track Magazine in a March 1956 review of a 100M model suggested the car's popularity was due to being a "genuine" sports car and also trouble free. I submit a third reason, colored without question by nostalgia. They were drop dead gorgeous. Low slung and curvaceous, long hood with short rear deck and a two seat cockpit all riding on wire wheels with bright chrome knock off hubs. Wow! This was a "sports car".

The cars evolved over the next decade and a half. Six cylinder engine, four speed transmission, disc brakes, all welcome advances. Also four seats in some models, roll up windows, increased weight and in the opinion of at least a few, an overly chromed front end. But, nit pickers aside, the big Healey's endure as icons of the British sports car era.

In the late fifties A-H introduced an entry level sports car called the Sprite. Affectionately known as the "Bug Eye" in the states, because of its bulging upright headlights, it too is a sports car icon. A low cost, entertaining street sports car, Sprites also enjoyed considerable success in sports car racing competition.

All this 'wonderfulness' came to a screeching halt following the 1967 introduction of the Federal Safety and Emissions Standards. Austin-Healey withdrew from our market. It was the end of an era.

We should all thank George Greider and his fellow Healey enthusiasts for keeping this very special sports car part of our modern car culture. It's especially gratifying to see and hear them on our public highways and byways. Thanks all you guys and gals, and kudos for a job well done.

Keep the shiny side up and I'll see you next time
- Dana Hill

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Is Too Old Ever Really Too Old?

Just because you're a grandmother doesn't mean you have to look like one. When I was five years old, my grandmother looked like she was eighty. She was actually in her early fifties. Boy, how times have changed!

It wasn't so long ago that plastic surgery procedures were only for Hollywood celebrities. Statistics show that an increasing number of people in the United States are seeking cosmetic surgery, as well as non-surgical procedures to help them look younger. Surprisingly, a large number of this demographic are senior citizens.

I saw a segment recently on "Good Morning America" that

featured an 80 year old woman who not only had a face lift, but a breast augmentation as well. During her interview she said that she had done what she was supposed to do her entire life and now this was her time. She felt she had earned the privilege to do what she wanted to do and described it as "very freeing."

As a nation, we are living longer and are much more active than relatives from even two generations ago. And we are in the work place much longer as well. It's more important than ever to look the part. Thankfully, a large array of non-surgical procedures is available to help us achieve that goal. Surgery is always an option, but it doesn't have to be your only option.

A recent report described individuals who are considered "baby boomers" seeking out surgical, as well as non-surgical procedures so their bodies and faces could match how they feel on the inside - youthful and energized.

So I guess eighty really is the new forty!

- Dr. Susan O'Malley



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Fall and Winter are beautiful seasons. Much too beautiful to be SAD.

I can be reached @ 860-767-7576 or Dianne@dhmtherapy.com.



Sincerely,
Dianne Hunt-Mason

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For those pondering whether to purchase a home consider a few facts: Mortgage interest rates remain near historical lows, there are plenty of homes to choose from, and affordability levels are the best they have been in years. Additionally, rental rates have been increasing in many metropolitan areas, making homeownership even more attractive.

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