



The

# ESTUARY GAZETTE

**JUNE 2010 - Volume 36, Issue 06**

Old Saybrook Middle School came to clean the grounds for Earth Day. Mary Looney is the dedicated teacher who organizes the event. They did a great job and we can't thank them enough.

**The Volunteer Appreciation Luncheon** was not only a lot of fun, but also an opportunity for us to show how much we appreciate the volunteers for all they do. Special thanks to the staff for all their work, Unilever for donating hand lotions, and Equator, Bob Rayner, and Scottie Pepe for donating raffle items. Marge Baroni did a wonderful job organizing our annual **Antique Appraisal Day**. It was interesting to find out what all those treasures are worth. The Savvy **Tea by the Sea** was such a success that the committee is already planning for next year. Thank you to Saavy Tea in Madison for preparing the delicious tea and a very informative talk on the benefits of tea. The scones from the Paperback Café were to die for. The Tea Committee and table hostesses did a tremendous job. The food was wonderful and the tables and decorations unbelievably beautiful. I didn't recognize the dining room! **Remember to attend our Volunteer Fair June 5.** This is a great opportunity to find out what volunteer opportunities are available throughout the Estuary region. Paula, Executive Director

## JUNE - SAVE THE DATE!

- June 5 Find out where you can volunteer!
  - June 8 The Secret of Salt, Dr. Houghton, 12:40 pm
  - June 9 Improve Your Balance with Colin, 12:45 pm
  - June 10 Diabetes Screening, 7:30 am
  - June 11 Marshview Gallery Reception, 5 pm
  - June 16 Hearing Clinic by appointment - Page 4
  - June 17 Health Screenings in Chester - Page 8
  - June 18 Legal Paperwork You Need, 12:45 pm
  - June 18 Father's Day Ice Cream Social, 1 pm
  - June 22 & 29 Alzheimer's Association - Page 4
- See Page 7 for ongoing programs

First Day of Summer is June 21



### VOLUNTEER OPEN HOUSE

**Saturday, June 5  
from 9 am - Noon**

Students, retirees, part-time workers, and stay at home parents and caregivers - **all ages are welcome** to our Volunteer Open House.

Local non-profits will be on hand to describe their organization, the many things they do to help others, and how you can make a difference!

Non-profit organizations rely on the generosity of volunteers to help the communities they serve.

*Now is the time to learn how YOU can make a difference to a cause that is important to you!*

### BIRDIES FOR CHARITY



See Page 11 to find out how YOU can help raise money for Meals on Wheels through the Travelers Championship Birdies for Charity event!



[www.ecsenior.org](http://www.ecsenior.org)

Easyweb Creations in Waterford helped us design a fantastic new website! Find out what is on today's menu, what classes are being offered, or contact us with a suggestion or idea! All from the comfort of your own home! Get clicking and join us! Need a website designed for your business or organization? Contact James at 860-442-9999.

Support Seniors in Your Community



**Donate Your Unwanted  
Vehicles (or Boat) to ECSI  
and get a Tax Deduction!**

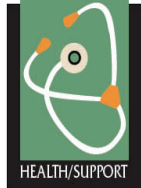
**Free pick up: 1-800-716-5868**

## ESTUARY COUNCIL OF SENIORS, INC.

CHESTER, CLINTON, DEEP RIVER, ESSEX, KILLINGWORTH, LYME, OLD LYME, OLD SAYBROOK, WESTBROOK

## BENEFITS COUNSELING

**ESTUARY**



**COUNCIL**

**Dawn Page - Support Service Coordinator** is available by appointment, from 9 am - Noon, Monday - Friday, by calling 860-388-1611.

Offering information and assistance, including guidance to Specialists in a particular field with the following: **Medicare, Part D along with Medicare Savings Programs and ConnPACE, Supplemental Plans, Food Assistance, Attorney services, area senior services as well as assistance with general forms. Call Dawn for an appointment.**

\*\*\*\*\*

**LENDING CLOSET** consisting of donated Medical Equipment such as walkers, commodes, wheelchairs, etc.

### All I Ever Needed to Know, I Learned From My Animals.

All of my animals have been rescues. My entourage has included numerous dogs, barn cats, horses, hamsters, guinea pigs, and even ferrets! They have taught me a great deal about living life. Call me crazy, but animals really have a much greater appreciation of life and all its nuances.

What I've learned along the way:

- Never take life, or anything else for that matter, for granted.
- Social interaction is important, even if only a cursory "hello".
- Take time to "check out" your surroundings, enjoy and be safe.
- Utilize your senses and follow your instincts.
- Greet each day with excitement and without expectation. Live it to the fullest.
- Enjoy each meal with zest, and clean your plate.
- Be mindful of other's space.
- Don't take what is not yours, no matter how tempting.
- Hoarding is only helpful if you really will make use of the items saved.
- It is as important to rest, as it is to play.

Be Well. Be Healthy. Be Happy! Dawn :->

*Preventive Health and Benefits Counseling activities are supported by the **Senior Resources Agency on Aging** with Title III funds made available under the Older Americans Act.*

## SUPPORT GROUPS

### **BETTER BREATHERS: Thur., June 3 & 17 at 1:30 pm**

If you have a chronic lung disease like asthma, bronchitis, or emphysema, learn techniques, coping skills, and the latest medical information. *1st. & 3rd Thurs. each month.*

### **DIABETES: Thursday, June 10 at 9:00 am**

Learn how others cope with everyday challenges that living with diabetes can present. Join Tina Belmont, Old Saybrook Town Nurse, for an informal talk. Bring your friends, and questions. *2nd Thursday each month.*

### **WIDOWS/WIDOWERS: Thur., June 10, 24, at 10:30 am**

Come share your experience with others who are also learning to cope with a loss. *2nd & 4th Thurs. each month.*

### **CAREGIVER SUPPORT: Thurs., June 24, at 1:00 pm**

## SERVICES (AVAILABLE BY APPOINTMENT) CALL (860) 388-1611 TO SCHEDULE

**FOOT CARE: Gretchen O'Conner, RN**  
Monday, June 7, 14, 28, by appointment. Cost \$34.

### HAIRCUTS

**Morning Appointments Cost is \$10**

- Tuesday with Roberta - June 8
- Saturday with Stephanie - June 19
- Fridays with Deb - June 4 and June 25 (*NEW DATE*)

**FREE LEGAL ADVICE: Attorney Robert F. Hester**  
with Connecticut Legal Services

Thursday, June 17 from 1 - 3 pm by appointment

*Does not execute last will and testament documents.*

### NOTARY PUBLIC SERVICE

A Notary Public is available at the Estuary.

Call Stan at (860) 388-1611 to make your appointment.

*Many of the information sessions, counseling, programs, and support services are offered without any charge.*

***Donation are graciously and gratefully accepted.***

*Our thanks to: VNA of Southeastern CT, Middlesex Hospital Homecare, Shoreline Clinic, Westbrook Public Health, VNA Association, VNA of the Lower Valley, OS Town Nurse and all the Visiting Nurses of our nine estuary towns for providing these vital services to seniors along the shoreline!*

**FREE SCREENINGS**

**DIABETES: Sugar (Fasting)**  
Thursday, June 10, 7:30 - 8:30 am  
Screenings are held the 2nd Thursday of each month. Fasting is required.  
**No Appointment required**

**CHOLESTEROL: Thurs., June 17**  
Screenings are held the 3rd Thursday of each month. **No fasting required.**  
**Appointment required**  
**Appointments from 9 - 11 am**

**Blood Pressure: Wed., 8am - 11am**  
Screenings are every Wed., each week.  
**No Appointment needed**

**FREE HEARING CLINIC WITH BOB SAWYER**

Wednesday, June 16,  
9 am - 11:45 - **by appointment**  
Hearing screenings, hearing aid maintenance, and ear wax inspection.

**STAN GREIMANN EMOTS TRANSPORTATION**

Rides for medical appointments for those aged 60+ to a location beyond the nine-town estuary region such as New Haven, Middletown, and New London.  
Call Judy at 860-388-1611.  
\$25 *suggested donation for roundtrip.*

Supported by the **Senior Resources Agency on Aging** with Title III funds made available under the Older Americans Act.

**HEALTH & WELLNESS EVENTS**

**DR. HOUGHTON - The Secret of Salt**  
Tuesday, June 8 at 12:40 pm

We have all seen the latest news reports. Let the Doc explain why we should know how much salt is in our food and its consequences to our health.

**SELECT MEDICAL GROUP**  
Wednesday, June 9 at 12:45 pm

*Improve your Balance*

This is a topic you can't afford to miss. Falls are the #1 cause of injury for people 60 years and older. The lecture is **free** and Colin has some great advice.

**UNITED CHURCH OF CHESTER**

Thursday, June 17 at 11 am

Free blood pressure & cholesterol screenings. Provided by the Lower Valley Visiting Nurses. No appointment necessary.

**ATTORNEY MATTHEW T. STILLMAN, ESQ.**

Friday, June 18 at 12:45 pm

Living Wills, Power of Attorney, Medical Power of Attorney. These are papers you need to protect yourself and your property. Learn what they are and how to get them.

**ALZHEIMER'S ASSOCIATION**

**Free Family Caregiver Series 1:30 - 3 pm**

**June 22** - Family Dynamics, Keeping the Caregiver Healthy and Community Resources.

**June 29** - Legal & Financial Issues by Wade D. Jensen, Attorney at Law.

To register for this free seminar please call The Alzheimer's Association at 1-800-356-5502 **advance registration required** for planning purposes

**SPECIAL PROGRAMS & EVENTS**  
**SEE PAGE 7 FOR CALENDAR OF ONGOING PROGRAMS**  
**PROGRAMS are at the OLD SAYBROOK SITE - 220 MAIN ST.**  
**To sign up, call (860) 388-1611.**

**VOLUNTEER OPEN HOUSE**

**Saturday, June 5 at 9 - Noon**

Local non-profit organizations will be here looking for volunteers. If you have the time we have the organization! All ages welcome!

**ESTUARY FRIENDSHIP LUAU**

**Tuesday, June 15 from 5 - 7 pm**

John Banker will perform and it promises to be a fun evening!

Menu : Roast Pork, rice, garden salad, strawberry short cake, coffee, tea or punch.

Cost is \$6.00 per person and must be paid at time of signup.

No phone reservations or refunds.

Cut off date June 8 at 11 am

NO WALK INS. Doors open at 4:45 pm.  
 Tickets available Monday– Friday 8am– 1pm

**FATHER'S DAY ICE CREAM SOCIAL**

**Friday, June 18 at 1 pm**

The Estuary Council wants to wish all Fathers a Happy Father's Day! Please join us for ice cream and sports trivia. PRIZES!

Please sign up by 11 am on June 15 by calling 860-388-1611.

**STOPA BROTHERS PERFORM**

**Saturday, June 19 from 9:30 - Noon**

The Estuary is proud to be chosen as the venue for a **single appearance** of the return of "Breakfast with The Stopa Brothers"

Dave & Larry will be sharing their music with family & friends. We have all missed them, so join us for breakfast and music.

Suggested donation for breakfast \$2.50.

Music with Larry & David - **Free**

Thank you Stopa Brothers.  
 We have missed you!!!!!!!

**AAA MATURE DRIVERS**

**Wednesday & Thursday, June 2 & 3**

From 8 am - Noon

Advance reservations only.

Cost \$15 a person and must be paid at time of signup. No phone reservations or refunds.

Space is limited. NO WALK INS.

**TOPS - NEW CHAPTER**

Do you have a desire to take off pounds sensibly and keep them off? Join our diet support group.

Mondays 3:30/4 pm ( weigh-in / meeting)

Cost: \$26 a year plus \$1 week for supplies.

Call Deb at 860-388-1611 for more information

**ARTIST RECEPTION**

**Friday, June 11 from 5-7 pm**

Barbara Middleton has been drawing since grade school. She dabbled in pencil, ink and charcoal sketches. It wasn't until college when she became interested in pastels. When she moved to Pasadena, CA, she enrolled in an oil class at Pasadena City College. It was always her desire to try her hand at water colors. The opportunity arose after moving to Old Saybrook and taking classes with Stan Carver.

*Everyone is welcome to attend the reception.*

*Refreshments provided.*

**SAYBROOK SUMMER STROLL**

**Friday, June 25 at 5 pm**

Watch for us near the Essex Savings Bank. Join us for a glass of Dan's famous Lemonade  
 See you at the Stroll!

**CHESS ANYONE?**

**Thursdays at 9 am**

Looking for people who play chess and people who would like to learn to play. Qualified instructors who are willing to teach you.

No experience necessary. For more information call 860-388-1611

Please see  
Our Menu  
Link to view  
June Menu

Please see  
Our Calendar  
Link to view  
June Calendar

## AREA SENIOR CLUBS

### NEW MEMBERS ALWAYS WELCOME!

Socialize, learn about current events and the region, enjoy trips and entertainment. Gather your friends, and get involved!

### CLINTON LEISURE CLUB 2<sup>nd</sup> & 4<sup>th</sup>

Monday at 1:30 pm; Green Room, Town Hall.

**June 14:** Noon luncheon at Dock & Dine - Old Saybrook. **Must sign up.** Call Ginny at 860 669-5640 to sign up for luncheon.

**DEEP RIVER 60 CLUB** 2<sup>nd</sup> Tuesday at 1:30 pm; Kirtland Commons, 60 Main Street

**New members always welcome!**

**KILLINGWORTH SENIORS** 1<sup>st</sup> Monday, 1:30 pm, Congregational Church, Killingworth  
Call Cathy at 860-663-1807.

**LYMES' SENIOR CLUB** 1<sup>st</sup> & 3<sup>rd</sup> Wed. at 1:30 pm Lymes' Sr. Center, 26 Town Woods Rd. **June 16** Annual picnic and election of Officers. No meetings in July/August.

**Creative Writing** group meet the 2nd & 4th Tuesday at 1 pm. Call Barbara, 860-434-7560.

### LYMES' SENIOR CLUB TRAVEL

**June 17:** Darren William—Australia performer of the year at the Aqua Turf. \$58 per person. Contact Allan 860-434-7634 for information.

**WESTBROOK SENIORS CLUB** 2nd & 4th Weds., at 1:30 pm. Westbrook Sr. Center.

**June 10:** 35th Anniversary Luncheon at Clinton Country Club. Social at Noon and luncheon at 12:30. Reserve with Clara at 399-6418 Please note day and date change for this month only! Social Service accepts all non-perishable food. Call Marge, 860-669-4549.

**WESTBROOK/CLINTON SR CLUB TRAVEL** **June 1:** Ride the Riverboat on The Charles with lunch at The Cheesecake Factory \$75. **July 13:** Gloucester & Rockport Lobster Clambake \$84. **August:** Cape Cod & the Boston Pops. **September:** Penn Dutch. Tour Amish Countryside and see Joseph at the Millennium Theatre. **October 8:** Oktoberfest at the Platzl Brauhaus. German entertainment, activities, and luncheon. Call Lucile at (860) 399-6065 for more trip information.

## ESTUARY CAFE SITES

Lunch is served promptly at Noon. Reservations **MUST** be made before 11 am, 24 hrs. in advance. 860-388-1611. *Menu subject to change without notice.*

Lunch Cost: Age 60+ - \$2.50 suggested donation  
Under Age 60 - \$6.25.

*Meals are supported by Senior Resources Agency on Aging with Title III funds available under the Older Americans Act.*

**FREE! SCREENINGS - see page 4**

**Thursday, June 17 at 11 am**

**CHESTER:** United Church of Chester

No appointments necessary.

**CHESTER CAFÉ: United Church of Chester**  
29 W. Main Street, Chester 860-388-1611

**CLINTON CAFÉ - Town Hall— Rose Room**  
54 E. Main Street, Clinton in the Rose Room  
The Café can be reached at 860-669-1898

**Line Dancing** - Thursdays, 10:30-11:30 am - free!  
**Bingo** - Fridays with prizes at 11 am  
**We Need YOU** - cards, board games, puzzle table.

**OLD LYME CAFÉ - Lymes' Senior Center**  
26 Town Woods Road, Old Lyme 860-434-4127  
Call Sherry Meyers for senior center programs.

**OLD SAYBROOK CAFÉ - 220 Main Street**  
See page 7 for ongoing activities and programs.

**WESTBROOK CAFÉ - 866 Boston Post Rd**  
**Thursdays: Lunch at Noon**  
**Bingo** is the Third Thursday of each month!

**Westbrook Senior Center - 860-399-2029**  
Mon– Wed, 9 am-4 pm, Thurs. 9 am -7 pm,  
Fri. 9 am-Noon. Call Sharon Lessard for programs.

**9 TOWN TRANSIT**

**ESTUARY TRANSIT DISTRICT** *"When you need a ride, we're here to help"*

**FREE BUS RIDES FOR THOSE AGE 60+**

Dial-a-Ride for all estuary towns. Call: (860) 510-0429

*A service of The Estuary Transit District - Not affiliated with Estuary Council of Seniors, Inc.*



## GENTLE YOGA

**Friday mornings from 8:45 - 9:45 am.** Drop - in classes \$5 each

Come breath, stretch and relax. Student should arrive a few minutes early, please wear loose, comfortable clothing and bring a yoga mat. For more information call Deb at 860-388-1611.

Instructor Liz Archambault RYI

## KATHY MCNEIL EXERCISE CLASSES

**DROP IN CLASSES: \$3 each; pay as you go. Ongoing classes. No pre-register!**

- ♥ **SENIOR FITNESS - Tuesdays & Thursdays, 8:45 am – 9:45 am**  
Mondays & Wednesdays, 10:30 am – 11:30 am at Lymes' Senior Center
- ♥ **STRETCH AND STRENGTH - Mondays & Wednesdays, 8:45 am – 9:45 am**

**WEIGHT TRAINING - Must register! NO drop-ins permitted.** Provide Deb with your name and phone number and you will be contacted with class availability, price, and schedule.

## HEALTHY STEPS ( THE LEBED METHOD)

**Mondays at 1 pm - Therapeutic Exercise & Movement Class**

This is a great class to help you start to get moving. All levels are welcome.

Class can be done sitting or you can stand. All levels of fitness welcome.

It can help with chronic pain, increase your range of motion, balance, and help your energy level!

Cost is \$3 per class and you can pay as you go!

You do not need to be physically active to take this class!

Call Mary for more details or to sign up at 203 - 214 - 4853 ( Mary Shapiro instructor)

## POOL TOURNAMENT

1st Monday of the month  
at 12:45

in the game room

For more information

Call Roland at 860-526-4074



## NUTRITION FOR BUSY PEOPLE

**Thursday, June 3 & 17 at 8:45 am**

Beth Johnson registered dietitian from Gladeview Health Care will be here to answer your questions and concerns about nutrition . For more information call Deb at 860-388-1611

## ESTUARY LINE DANCING

This group meets **Mondays at 10 am** in the

Exercise Room. The music is fun and the dancing is wonderful. If you're looking for a way to get some movement into your day without formal exercise, come join this group of fun individuals.

There is always room for one more - and it's FREE!

## STAN GREIMANN ESTUARY MEDICAL TRANSPORTATION



Transportation to Medical appointments for those aged 60 and better, including dialysis, to a medical location beyond the nine-town estuary region such as Branford, New Haven, Middletown, Hartford, and New London. A driver will pick you up, take you to your appointment, and bring you home. Call Judy Sousa at 860-388-1611 to schedule your transportation. *Suggested donation of \$25 for roundtrip.*

*Stan Greimann EMOTS is partially supported by the Senior Resources Agency on Aging with Title III funds available under the Older Americans Act.*

# ESTUARY TRIPS

## PAYMENTS FOR TRIPS

Reservations can be made in person 8 am - 2 pm Monday - Friday with full payment. Please make your check payable to E.C.S.I. No reservations will be taken by phone. You must pay for the trip when you make the reservation. Monday - Friday 8 am - 2 pm. For a detailed flyer of a trip call Deb at 860-388-1611.

### CULINARY INSTITUTE AND VAL-KILL

Friday, June 11; Cost - \$91

INCLUDES - Motorcoach Transportation, Lunch at the Culinary Institute, a visit to Val-Kill (Eleanor Roosevelt's cottage), and driver's gratuity.

### DISCOVER THE 3 C'S BOSTON

Thursday, July 15; Cost - \$90

INCLUDES - Motorcoach Transportation, Relaxing cruise around the Charles River Basin, guided tour of Cambridge, lunch at the Cheesecake Factory, and driver's gratuity.

### THE TASTE OF NEW HAMPSHIRE

Wednesday, August 18; Cost - \$86

INCLUDES - Motorcoach Transportation, Samples at Swan Chocolates, Lunch at Giorgio's, and then visit the Budwieser Clydesdales and sample beer.

### OKTOBERFEST

Wednesday, October 20; Cost - \$86

INCLUDES - Motorcoach Transportation to Sturbridge, MA, luncheon, a free glass of beer or wine, Bavarian Music performed by Oberlaender Hofbrau Band, and driver's gratuity.

### Reflections of Italy

This is the trip of a life time! November 2010  
Call Deb at 860-388-1611 for more information.

### LOCAL TRIPS - CALL JUDY at 860-388-1611

#### WEDNESDAY SHOPPING

Wednesday, June 9  
Westfarms Mall



Shop in the cool comfort of the air conditioned mall. Lunch on your own.

Bus leaves at 9 am. Cost \$10.

#### WEDNESDAY SHOPPING

Wednesday, June 23

Blue Back Square/ West Hartford Center

A unique shopping and dining experience. Shopping at Crate & Barrel, Whole Foods, Cheesecake Factory, **and much more!** Lunch on your own. Put on your walking shoes! Bus leaves at 9 am. Cost \$10.



## FUNDRAISING EVENTS

### BIRDIES FOR CHARITY FUNDRAISER



The Estuary Council of Seniors regional senior center is participating in the Travelers Championship Birdies Fore Charities fundraiser! All birdies made during the Travelers Championship, June 22-28, means cash for our organization! A birdie is a score of one stroke better than par for any golf hole. Call 860-388-1611 for details.

Pledge an amount per birdie or a one-time donation. Average number of birdies is 1,500 – 2,000. Forms are available at the Estuary Council or at our Café sites in Westbrook, Clinton, Chester, and Old Lyme.

**Pledge online by going to [www.travelerschampions.com](http://www.travelerschampions.com) and registering. Forms available until June 22.**

**ESTUARY FURNITURE SALE** - donations of gently used furniture are being accepted. Furniture sales are every Friday from 9-12 in the upper parking lot. Volunteers to help at the sale would be greatly appreciated. Call Stan at 860-388-1611.

### THRIFT SHOP

Looking for great bargains? You will find them at our Thrift Shop!

Coats, shoes, clothing for the whole family, housewares, games, and more! New items every day!

**YOU WILL BE AMAZED!**

All ages welcome to shop!

Monday - Friday: 10 am - 4 pm  
Saturday: 9 am - 1 pm

*Donations are accepted up to one hour before closing!*

**Credit cards accepted!**

**Volunteers welcome!**

### VOLUNTEERS

Want to meet people who are interesting and want to stay active?  
*Volunteer with us!*

Many of our volunteers have made new friends by volunteering.

Answer phones, sort donations in our Thrift Shop, be a Friendly Visitor, teach a class, serve on our Board of Directors or a committee, or deliver Meals on Wheels!

**The possibilities are endless!  
You decide on how much time  
and we'll find a job for you!**

Call Judy at 388-1611 for details.

# SPONSORS

# S P O N S O R S



**ESTUARY COUNCIL OF SENIORS, INC.**

*All programs and activities are held at the Regional Senior Center, unless otherwise noted.*

**220 Main Street, Old Saybrook, CT 06475**

Phone 860-388-1611, Fax 860-388-6770

estuary.council@snet.net www.ecsenior.org

Non-Profit Organization  
U.S. Postage Paid  
Old Saybrook, CT 06475  
Permit #366

**ESTUARY HOURS**  
**OLD SAYBROOK LOCATION**  
MON-FRI 7:45 am—4 pm  
SATURDAY 8 am—1 pm  
**THRIFT SHOP**  
MON-FRI 10 am—4 pm  
SATURDAY 9 am—1 pm

Our thanks to the ...  
Essex Savings Bank for  
underwriting a portion of  
our newsletter postage!.



**OUR MISSION SERVING SENIORS 55 AND OLDER**  
Promoting Senior ... Quality of Life, Community Involvement, and Independent Living  
Providing Senior ... Nutrition, Trips, Health and Support Services, and Socialization  
Through ... Programs, Services, Education, and Advocacy

**YES, I WANT TO CELEBRATE 35 YEARS OF SERVICE TO SENIORS!**

*Enclosed is my gift of:*

\$1,000    \$500    \$250    \$100    \$50    \$35    \$ \_\_\_\_\_

- My company will match my gift. *(Please enclose the proper form)*
- I/We wish this gift to remain anonymous.
- This donation is in honor or memory of: \_\_\_\_\_  
Memorial donations of \$100 or more will be recognized with a memorial name plate.
- I/We have included the Estuary Council of Seniors, Inc. in my estate plans.
- I/We would like legacy planned gifts information that offer tax advantages.
- Please add my name to the mailing list for *The Estuary Gazette*.

***Thank you for your generosity!***

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

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

Street: \_\_\_\_\_ City/State \_\_\_\_\_

Zip Code: \_\_\_\_\_ Phone: \_\_\_\_\_

***For Credit Card Payments, please complete the above plus ...***

Name as it appears on card: \_\_\_\_\_

Select card:    MasterCard    VISA    Discover   Expiration date: \_\_\_\_\_

Card Number: \_\_\_\_\_ 3 digit code: \_\_\_\_\_

This is a :    one-time payment   or    recurring monthly for \_\_\_\_\_ months