

# CIGAR BOX BULLETIN

Retired Men's Association of Greenwich, Inc.  
37 Lafayette Place, Greenwich, CT 06830

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

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**Scribe: ED FARRELL**

*“Common sense without education is better than education without common sense.”*

(Benjamin Franklin)

President **TAD LARRABEE** opened the meeting at 10:00 AM and called on **MIKE HAYDEN** to lead us in the pledge. **MIKE** then led members in singing *God Bless America* accompanied by **GEORGE STOCKBRIDGE** on the piano. **BOB LUCE** drew laughs with ethnic stories about penurious Scots, who questioned the cost of an obituary and refused to lend a book on suicide for fear it would not be returned.

## ANNOUNCEMENTS

**TAD** introduced **JOEL BLUMBERG**, who informed members of the importance of being vaccinated with a new shingles vaccine called **Shingrix**. **JOEL** noted that shingles is a painful rash that can appear years following a bout of chicken pox and in some cases, can cause life-long pain. He noted that **Shingrix** is given in two doses 2-6 months apart and is believed to be effective for about nine years. **Shingrix** is currently not easily obtained, although someone in the audience suggested it would be available at CVS around January 18. **JOEL** urged all members to get a **Shingrix** vaccination even if they were previously vaccinated for shingles. It has some side effects (e.g. redness at injection site) and may not be covered by some insurance plans.

Pamela Kuhn, leader of Greenwich's Angels Choir, noted that the choir, in association with The Greenwich Arts Council, is beginning a new series of musical salons. The first in this series will be held on January 12th at The Greenwich Arts Council, 299 Greenwich Ave, at 7:30 PM. Featured performers will be Rolf Schulte, classical violinist, and Wayne Weng, pianist. The program will feature music by Schubert,

Rondeau and Brahms. Tickets are available to RMA members at a discounted price of \$20. Call 347-224-7577.

**TAD LARRABEE** read a letter from **DOUG FRANCEFORT** thanking the RMA for the 90<sup>th</sup> birthday cake presented to him last week, and noting that, after 26 enjoyable years with the RMA, he will be unable to attend future gatherings.

**GEORGE STOCKBRIDGE** said that **KEITH SMITH** will host a presentation of Shakespeare's Richard III, starring Laurence Olivier, at his home at 37 Jones Park Drive, Riverside, on Wednesday, January 23rd, at 1:00 PM.

Tai Chi Walk: **TOM MORRISON** suggested that for those interested in improving balance and health while developing a more resilient walk, a Tai Chi Walk class is held at the Greenwich Senior Center each Monday and Wednesday at 3:00PM.

### WEEKLY REPORTS

**VISITING:** **JIM BUTLER** reported that **PAUL BRADY** is ill at home and would welcome calls at (203-637-7736).

**RETURNEES:** **TAD LARRABEE** announced returnees: **FRANK ZAVATTARO** (Mount Pleasant, South Carolina); **MAURICE KROHN** (Decatur, Georgia); **GERRY GIBIAN** (Palm Beach, Florida); **JIM SANTORA** (Tokyo and Kyoto, Japan); **BOB PHILLIPS** (San Francisco, CA, and Lech, Austria).

**PROGRAM:** **BOB RIMMER** announced today's speaker will be **Lori Contadino**, Director, Commission on Aging – Town of Greenwich, and **Steven Katz**, Vice-Chairman, Greenwich Commission on Aging. They will discuss "Age Friendly Greenwich – A Community for All Ages." **STEVE MYER** noted that next week's speaker will be **Bill Baker**, former President of WNET, who will speak on "The Future of Public Media."

**MEEMBERSHIP:** **HORST TEBBE** reported 117 members, 1 guest and 1 inductee present at today's meeting. Guest is: Keith Roe. Inductee **CHARLIE GRAVES** was nominated for membership by **MIKE SMITH** and seconded by **TOM HEALY**. He was unanimously elected to membership.

**VOLUNTEERS:** **GRANT PERKINS** reported 34 men donated 363 hours to outside agencies, and 22 men reported 119 volunteer hours for the RMA. **BOB CAREY** had the most hours for the week with 52 hours.

### FUN AND GAMES

**BRIDGE:** **MARTIN WAINE** announced that the winners on January 2nd were: **KURT SCHAFFIR** (3190); **TONY COCCHI** (2940); **RALPH VIGGIANO** (2560).

**TENNIS:** **MICHAEL AMBROSINO** reported that the January 4th winners were: **PETER ORBANOWSKI** and **MIKE SMITH** on court #1 and **TOM HEALY** and **BOB GRAYSON** on court #2.

**HEARTS:** **GRANT PERKINS** reported 8 players played on January 2nd. Winners were on Table #1 game 1 **MICHAEL AMBROSINO**, games 2&3 **LOU TROVATO**. On Table #2 games 1&2, winners were **JACK SWEGER**. Moon Shooters: **JACK SWEGER (2); PETER BERG; TOM HEALY**.

### TODAY'S SPEAKER

**Lori Contadino**, Director, Commission on Aging – Town of Greenwich, and **Steven Katz**, Vice-Chairman, Greenwich Commission on Aging, co-presented a review of Greenwich's response to the needs of our aging population. They noted that awareness of such needs arose in large part from standards proposed as a result of surveys done by the World Health Organization (2006) and AARP (2012). The commission's analysis of town data revealed 54.4% of Greenwich's population is 50 years of age or older, and that 28% of households have one or more residents 65 years of age or older. The Greenwich commission, which is supported by an advisory board comprised of representation from all major town departments, commissioned a town survey in 2018 to ascertain the needs of local aging residents. A total of 1800 responses were received, and the commission found that some of the key concerns of respondents included: security; transportation options; affordable housing; responsive government, etc. It was also observed that the impact of dementia among older residents would require programs to support care givers, as well as patients. Overall, the speakers provided significant insights into how Greenwich is responding to the needs of an aging population.

### SPECIAL EVENTS:

*Events are open to all, guests, candidates and spouses. Checks should be made out to RMA and must be received within two weeks following the reservation or the reservation will be cancelled. Contact MIKE FERRARESE (myagentmike@yahoo.cm / 203-554-0678) or ABBEY SMOLER (abbeysmoler@gmail.com / 203-531-0236) for information.*

**New York Philharmonic** **Date: Thursday, January 10th, 2019.** Cost: \$115 per person. Lunch: Atlantic Grill. Transportation: Bus leaves St. Catherine's at 8:00 AM

**Elmsford Dinner Theater – *Ain't Misbehaving*, Date: Thursday, February 14th, 2019.** Cost: \$95 per person. Lunch: At the theater. Transportation: Bus leaves St. Catherine's at 10:30 AM

### NEXT WEEK'S SPEAKER

Next week the RMA will welcome **Bill Baker**, former President of WNET, who will speak on *The Future of Public Media*.

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