Good food and good fellowship were abundantly present at SISCA’s annual Septemberfest, Wednesday, September 16 at Camp Quinipet. About 50 members and guests gathered in the newly-refurbished dining hall at the historic camp site on the shores of Shelter Island Sound.

Commander Cody’s crisp and moist fried chicken was the centerpiece among a cornucopia of member-donated salads, slow-cooked, homemade baked beans and specialty breads. Joan Belaval, SISCA’s program co-chair, was pleased her plan for avoiding duplication among the donated side dishes worked so well, and Rose O’Neill and Mollie Strugats, hospitality co-chairs and their team labored in the kitchen setting up the platters and cleaning up after the feast.

Alan Krauss, SISCA’s unofficial chaplain, asked the membership to choose a prayer of grace from among those inscribed above the window wall in the dining hall before the feast began. There was a hearty “ Amen” after the reading and the sotto voce “ Play ball” from Bob Gundlach, long-time SISCA member and regular volunteer at the Dinner Bell.

Using a hand-held mike, petite SISCA President Carolyn Willberg greeted the members after lunch and introduced special guests Shelter Island Town Supervisor Jim Dougheerty, Suffolk County Legislator Ed Romaine and Bob Costanzo, president and CEO of Be Safe at Home, Inc.

Mr. Romaine should be awarded an honorary membership in SISCA. Not only does he regularly attend all its major functions, but he is also a true friend to Island seniors, working within the county legislature to secure funding for senior programs when he can.

Bob Costanzo is well known on Shelter Island. His company provides a medical alert emergency service to many local seniors. He was accompanied by Don Jewell, the architect for a proposed senior housing project. Bob, a tall, vigorous and charismatic figure, spoke without a microphone, travelling the length of the hall as he outlined the details of his proposal.

There was a lengthy Q & A following his presentation during which about 20 SISCA members expressed an interest in the project and explained their housing needs. As a result, the plan has been modified since the SISCA luncheon. Details are still in flux, but the proposal now looks like this:

• A cluster of two-bedroom cottages complete with washer/dryer whose porches connect with other cottages by garden paths.
• The units will use green technology to provide electricity for heating, cooling and hot water.
• The units will also be designed to be user-friendly to physically challenged owners.
• There will be a community room with kitchen for meetings, social activities and family parties.

In the new proposal, no firm figure has been set for either rental (originally it was $1,500 per month) or direct purchase.

• Additional common charges would provide maintenance 24/7 for both cottages and grounds.
• Included in the rental/direct purchase price would be a 24/7 personal emergency response system with medication monitoring and reminder. (“Good morning, Vera,” says a kindly voice on your medical alert unit. “It’s time to take your morning medications.”)
• Acquiring land on the Island is still a question mark. A four-cottage cluster would require ½ acre; an eight-cottage cluster, 1 acre; 20 cottages, 2½ to 3 acres.

“We are going to make it work,” Bob declared confidently at the end of his Septemberfest presentation. And, knowing him, we will. You can contact Bob at 734-8220 with your own questions and concerns.

Housing plan for seniors unveiled

By MIMI BRENNEN

Housing plan for seniors unveiled

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October Senior Calendar

Cinema 114: Video viewings Wednesday, October 14 and Wednesday, October 28 at 2 p.m. at the Senior Activity Center. See Janet Rescigno’s previews in the October 8 issue of the Reporter.

Dinner Bell: Luncheon and social hour every Monday and Friday 12:15 –1:30 p.m., Fellowship Hall at the Presbyterian Church. Suggested donation, $3. Call 749-0291, extension 2104, to reserve.

Office of Senior Services: free Home Caregivers Course. Monday, October 26 through Friday, October 30, 7 to 9 p.m. at the Senior Activity Center. For further information and registration call 749-1059.

The Poker Table: Thursdays, 2 p.m. at the Senior Activity Center. Call 749-1059 for information.

SISCA: Regular monthly meeting Thursday, October 15, 9:30 a.m. at the Senior Activity Center.

Senior Bowling: Tuesdays at 2 p.m. at the American Legion Hall. $2 per game. For further information, call Bob Rescigno at 749-1931.

Senior Mahjong: Mondays and Fridays, 130 to 5 p.m. at the Senior Activity Center, play only. Sponsored by SCAC. Call 749-1059 for information.

SISCA: Wednesday, October 7 at noon at the Presbyterian Church’s Fellowship Hall, “Meet the Candidates” forum. Co-sponsored with the Shelter Island Women’s Community Club. Bring your lunch. Dessert and beverage provided.

Yoga for Seniors: Friday class, $5 fee, continues through October 30. Monday class, free, continues through October 26. All classes at the Senior Activity Center from 10:30 to 11:30 a.m. Call 749-1059 for information.

Calendar dates subject to change

Dinner Bell Menu

The Dinner Bell, for seniors over 60, is open for lunch Monday and Friday at 12:15 p.m. at the Presbyterian Church. Suggested donation is $3. For reservations, call a day in advance: 749-0291, extension 2104, or 749-0805 by 10 a.m. on Wednesdays or Fridays.

LUNCH MENU

Friday, October 2
Shrimp scampi, wild rice mix, spinach ice cream & berry sauce

Monday, October 5
Meat loaf & gravy, mashed potatoes, Brussels sprouts, three-bean salad

Diced peaches

FREE RIDES FOR SENIORS

Medical appointments and shopping! Call 749-1059

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