



CREAMERY BROOK CRICKET

News for friends of Creamery Brook Retirement Village

Summer 2011

Message from the Executive Director



Meeting our residents needs is our top priority at Creamery Brook. We strive to know each one of them personally and learn what it is that will make them feel safe, secure and happy.

For some, they love the trips and presentations our activities director, Mary, spends her days planning. They enjoy talking with her about where they've been and what they'd like to do for future adventures.

For others it's the convenience of our amenities and services that makes Creamery Brook their ideal home. Knowing that so many basic needs are covered by their monthly service fee – including 24-hour security, house-keeping and all maintenance – gives our residents great peace of mind.

Caring and sharing is enjoyable, rewarding work for myself and the Creamery Brook staff. I invite you to visit us to see for yourself. Have a safe and happy summer.

Linda Silvia

*Whether you're a Thinker or a Do-er,
a Finance Planner or a Freedom Lover,
Creamery Brook offers*

The Best of Both Worlds

As an active adult, you have a lot of choices to make – both financial and life-style. Decisions on how to manage time and money are just as important now as they were when you were younger, if not more so.

To some, how their money will remain invested and safe is the most important aspect of living life comfortably. A good investment gives people peace of mind and helps them enjoy life.

Then there are those who find that filling their days with the things they love to do – traveling, spending time with friends and family, volunteering, gardening, reading, etc. – is what life is all about.

How are you meeting your life long goals? Finances – you're financially secure but are you concerned about your home's value in a precarious economy and how you will maintain it in the future? Lifestyle – you love your independence but do you find yourself spending more time on household chores than on your favorite activities, or perhaps you were feeling isolated this past winter? For most it's a combination of many thoughts such as these that make up

the decision on how we will get the most out of life.

Whether you're looking at finances or freedom, chores or life-style choices, it's time to look at Creamery Brook. We offer the best of both worlds.

As an investment, we offer housing that provides daily living amenities and services in a way that keeps your monthly expenditures more stable. Many view our monthly service fee as a type of insurance against a huge cost of living increase or unexpected home expenses. Our fee includes all real estate taxes, utilities, maintenance, basic cable tv and internet to name a few, plus priority access to our on-site health care center.

As a life-style choice, Creamery Brook can't be beat. Whether you choose one of our spacious apartments or lovely cottages, you become part of a close-knit community that respects your safety and privacy while being open to participate in planned activities and outings that match your hobbies and interests.

Call us today to learn more about the smart, fun, safe and secure community at Creamery Brook.

After traveling the world, starting a successful plastics business, and raising an active family, the Czarnecki's are happy to say *Our Home is Creamery Brook*

You might never meet a couple that has seen and done more in their lifetime than Sig and Fran Czarnecki. A talk with them might include talk of how they met in 7th grade where Fran first chose to ignore Sig; or stories of how Sig was thrown from a rubber raft and tossed over miles of the boulder-strewn Umbomba River; or an account of Fran's struggle with discrimination at her workplace after the war or her teaching adventures; or maybe a few tales about how they took their 4 grandchildren on annual vacations across North America in their camper van; or maybe you'll hear about the difficulties and triumphs that came with Sig starting a successful plastic packaging business in Putnam; or perhaps a description of one of their many world-wide trips – ballooning in Africa, riding elephants in Nepal, heli-hiking the Bugaboo Mountains (that means being dropped from a helicopter at the top of a mountain and hiking your way down), China, Australia, Easter Islands, Iceland for

Sig's birthday. The list goes on and on.

People like the Czarnecki's have a passion for life and for everything they do which makes them a perfect fit at Creamery Brook. Although they have only lived here 6 months, they feel right at home. They have made many new friends and find the staff very helpful and pleasant. Sig loves sitting in our café and enjoying his morning coffee and conversations.

Now that they no longer have to deal with the maintenance their condo required, they are free to participate in several activities both Creamery Brook and the Brooklyn area have to offer. Although they can no longer hike the 4 miles they were accustomed to hiking every day, they now participate in our daily exercise classes, take walks on the wooded paths and have joined a local walking club. Fran, a life-long gardener, enjoys maintaining one of our community gardens where she can sit on the rails to prune and weed her beautiful flowers. Sig no longer has to manage a business, but he does keep



Above: Sig and Fran in Anacortes, WA with the San Juan Islands as a backdrop. Below left: Fran enjoying a cool fudgesicle in Kenya. Below right: Sig in Guatemala during his Jeep trip from Woodstock to the Panama Canal.



track of his stocks on his computer via our internet access while Fran enjoys building 1,000 piece puzzles. And they both enjoy the freedom and flexibility the Creamery Brook lifestyle has to offer.

From traveling around the world to bringing a world of enjoyment to their family, Sig and Fran recognize the need to get the most out of life. They have found it here in the freedom, safety, security and companionship of Creamery Brook.

The Creamery Brook Gardens

Next time you visit Creamery Brook, make sure you take time to visit our community gardens. Our residents are proud of their beauty and bounty, and rightly so! You'll see flowers planted and raised by Elinor MacDonald, each year with a different color theme, and vegetables grown by Warren Haddon, Corrie Triewth and Richard Garcin. Every morning Rose Squatriglia can be seen tending to her many vegetables, hyacinth, lavender and tulips. Many residents enjoy the birdbath and birdhouses that grace Bea Buell's garden while sitting on a nearby bench. There is always a garden spot available for anyone that chooses to be a member of the Creamery Brook Gardens.



Are you on the List?

Whatever you prefer - a spacious apartment or an elegant cottage - Creamery Brook has what you need to live comfortably, safely and affordably. Call today to get your name added to the list of active adults who know now is the time to start living life to the fullest. For more information call 860-779-8700, ask for Dave Bamber, ext. 202.



FROM THE CREAMERY BROOK KITCHEN...

Summer Recipe

Summer Vegetable Salad

Looking for ways to use your Garden produce in the summer? This Salad is great because you can use whatever vegetables you have on hand, and you'll love this dill dressing

Ingredients

- 1 cup fresh cauliflower
- 1 cup fresh baby carrots
- 1 cup sliced red onion
- 1 cup halved grape tomatoes
- 1 cup chopped zucchini
- 3 tablespoons cider vinegar
- 2 tablespoons olive oil
- 1 teaspoon dill weed
- 1/2 teaspoon salt
- 1/2 teaspoon ground mustard
- 1/4 to 1/2 teaspoon garlic powder
- 1/4 teaspoon pepper

Preparation

- In a large bowl, combine the cauliflower, carrots, onion, tomatoes and zucchini. In a small bowl, whisk the remaining ingredients. Pour over vegetables and toss to coat.
- Cover and refrigerate for at least 2 hours, stirring occasionally. Serve with a slotted spoon.

Yield: 6 servings.

Bon Appetit!



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Word Scramble

Who was the host of television's first telethon, in 1949, which raised \$1.1 million for cancer research?

ELBEMNTLRIO

For the correct answer to this issue's Cricket Word Scramble, please call Creamery Brook at 860-779-8700!

The Amenities at Creamery Brook

Listed below is a sampling of the amenities and services that are included in the monthly service fee at Creamery Brook. If you've been considering Creamery Brook but are concerned about the cost of living here, stop and take time to calculate how much each of these services cost you for every month of owning your own home. Consider how much some of these basic needs have increased over the past 5 years. Then consider how each and every one of them is included in our monthly fee:

- All utilities and property taxes
- Local telephone, expanded basic cable and wireless internet service
- Scheduled local transportation
- 24-hour security and response
- Fine dining with the main meal served in our elegant dining room
- Coffee and snacks available throughout the day
- Weekly housekeeping & linen service
- All maintenance of residences, grounds and appliances
- Convenient and free laundry centers on each floor

Now consider these items that might not have a monetary value, but are included as well:

- Planned activities and programs
- Walking trails and exercise options
- On-site health suite, hair salon, bank and country store
- Community raised-bed gardens
- Concierge in lobby to screen and greet guests
- Priority access to our full service Health Care Center at Pierce Memorial Baptist Home

It's easy to see why many consider our monthly service fee reasonable and affordable. When you add in the advantages of our safe, secure, friendly community, there's no question – Creamery Brook is a valuable investment.

Calendar of Events

Residents of Creamery Brook Village enjoy a wealth of activities and programs.

The following events are open to the public. Please call for reservations. (860) 779-8700

Sunday, June 12th at 4:00 p.m.
"Quintebross" Summer Concert

Tuesday, June 14th, 10:00 a.m. *Small Steps to the Rightsize* - Christine Lantz from Shoreline Moving Assistance will offer suggestions to help you with a process and how to determine what to keep, what to discard and what to do with everything else in between.

Wednesday, June 22nd, 10:00 a.m. - 2:00 p.m.
Bea Smith's Trunk Show - fine womens fashions

Thursday, June 23rd, 9:00 a.m. - 1:00 p.m. *AARP Safe Driver Class*

Friday, July 8th, 2:00 p.m. - Extreme Weather: Attack from the Sky!
 Presented by Meteorologist Art Horn, this program will highlight the amazing variety of weather we've seen around the world in the last year.

Thursday, July 21st, 10:00 a.m. *Open House* - featuring a tour of our cottages and model apartments. Refreshments will be served.

Monday, July 25th, 8:00 am - 5:00 p.m. - Red Cross Blood Drive



Pierce Memorial Baptist Home
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Let us show you Creamery Brook. Please fill out and return this postage-paid card and we'll send you detailed information. - Thank you.

- I would like to schedule a tour of the model cottages & apartments Send information about Creamery Brook

Name _____

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