

Obituaries

Antoniet Illausky, graduated Bristol High School in 1936

Antoniet (Pinkowish) Illausky, 94, of Bristol, died on Jan. 14 after a struggle with dementia.

She was the widow of John P. Illausky Sr.

She was born in Lowell, Mass. on Nov. 29, 1917, daughter of the late Andrew and Mary (Dudziak) Pinkowish. She lived in Bristol for most of her life, graduating from Bristol High School in 1936.

She was employed at various jobs, including the Blue Lantern Restaurant,

New Departure, and the State of Connecticut.

She is survived by her son, John Illausky of Harwinton; a brother, Alexander Pinkowish of Bristol; six step-grandchildren: Joseph Beliveau, Latrisha Seamon, Kristina Perez, Katherine Ortiz, Dawn Cundiff and Nicholas Beliveau; seven great-grandchildren; and



Illausky

Carolyn Matt, retired from GE Electric

Carolyn (Sgro) Matt, 81, of Bristol, widow of Robert Matt, died on Sunday, Jan. 15 at her home.

She was born in Bristol on Feb. 26, 1930 and was the daughter of the late Richard and Theresa (DeNote) Sgro. She is a lifelong Bristol resident and retired from GE Electric. She was a member of St. Ann Church, Bristol.

She is survived by several nieces, nephews, great-nieces, and great-nephews.

She was predeceased by two brothers, Frank and Richard Sgro. A Mass of Christian



Matt

Virginia P. Murray, graduate of Bristol High School

Virginia P. Murray, 77, of Bristol, died on Thursday, Jan. 19 at Bristol Hospital.

She was born on Dec. 3, 1934 in New Britain and was a daughter of the late Tom and Catherine (Regan) Peace. A longtime Bristol resident, she attended

Bristol schools and was a graduate of Bristol High School. Prior to her retirement, she was employed at Superior Electric, Briarwood College, and the Town of Plainville. She did volunteer work for BARC and was a member of the

several nieces and nephews.

She was pre-deceased by four sisters: Caroline, Mildred, Annie, and Lucy; and one brother, Stanley.

A memorial talk was held on Saturday, Jan. 21 at Funk Funeral Home, 35 Bellevue Ave., Bristol.

Burial in West Cemetery, Bristol will be held privately at the convenience of the family.

www.FunkFuneralHome.com.

Burial was celebrated on Wednesday, Jan. 18 at St. Ann Church.

Burial will be in St. Joseph Cemetery, Bristol.

Memorial donations may be made to Covenant House, 460 West 41st St., New York, NY 10036.

www.FunkFuneralHome.com.

Patricia Thibeault, lifelong Bristol resident

Patricia (Piper) Thibeault, 54, of Bristol, died unexpectedly Tuesday, Jan. 10 at her home.

She was born Sept. 6, 1957 in Bristol. She was the daughter of the late Robert and Charlotte Piper and has been a lifelong resident of

Bristol.

She leaves behind her daughter, Jennifer Piper; her sons, Jason Piper and Joshua Thibeault; her step-daughters, Brandi Vega and Candace Thibeault; her three grandchildren, Felicity Irizarry, Colin and Sky-Lee

Martinez.

A memorial service was held Saturday, Jan. 21 at the Scott Funeral Home, 169 Main St., Terryville.

www.scottfuneral-homeinc.com

Margaret W. Palmer, active with Bristol Baptist Church

Margaret W. (Waterhouse) Palmer, 96, the widow of Robert Palmer, Jr., died on Thursday, Jan. 12.

She was born on April Fool's Day 1915 to George and Nellie Grieder Waterhouse in Torrey, Fla. and immediately came to Connecticut to live with her paternal grandparents, Elmer and Margaret Waterhouse, because of the death of her mother during childbirth.

She spent most of her life in Bristol, where she graduated from Bristol High School Class of 1932, married her husband Robert in 1935, and during their 67

years together they became active members of the Bristol Baptist Church. In

2003, she moved to South Windsor to live with her daughter, Pamela, who became her main caregiver before she moved on to Vernon Manor.

Besides her daughter, Pamela Elliott, she is survived by a son, Clifford Palmer of Orlando, Fla.; six grandchildren, Karen Jones, Scott Palmer, Shawn Palmer, and Ryan Palmer - all of Florida, Robert Elliott of



Palmer

Broadbrook, Conn., and Heather Wilson of Woburn, Mass.; and 13 great-grandchildren.

She was pre-deceased by all of her siblings.

Funeral services were held on Saturday, Jan. 21 at Funk Funeral Home on 35 Bellevue Ave. in Bristol. Burial will be at the convenience of the family in West Cemetery, Bristol.

Memorial donations may be made to the Recreation Fund at Vernon Manor, 180 Regan Road, Vernon, CT 06066.

www.FunkFuneralHome.com

Family FOCUS

Remember what a smile can do for you

By LINDA RICH, MSW
FAMILY RESOURCE CENTER

My suggestion for the best and most effective life changing New Year's resolution is to smile more. A smile is universally understood, regardless of what language you speak. Smiling can also help you reap many rewards for yourself, your children and everyone around you. If you look closely enough, there is always something to smile about. Try to make it a daily goal and bring out your best smile every chance you get.

This is what a smile can do for you:

- When you smile, you automatically look and feel better and so do the people around you.

- A smile releases endorphins and serotonin, both are natural bio-chemical reactions in our body that will elevate your mood and even decrease any pain you might feel in your body.

- A smile makes you look more confident, healthier and can lead to more success in your life. Some research studies show that smiling during a

job interview increases your likelihood of getting hired and people who smile are more likely to get a job promotion!

Mother Theresa said, "Peace begins with a smile." Peace in your life, family and community can begin with a smile. For some people, smiling comes naturally. However, for others, it takes a bit more effort to remember to smile. Don't give up on your smile and find ways to help bring it out by reading something funny every day (You Tube is a great resource for that).

Make it a point to give your partner and children a smile (or two), daily. Smiles are not something you can fake. We all know how to spot a fake smile. It can send shivers up a spine quicker than ice on our teeth. A genuine smile is a wonderful gift to share with others and it will enrich your life as well as the life of others around you.

Children can teach us a lot about smiling. They are naturals at it. However, parents have a responsibility to nurture their children's smiles, by teaching them

how to brush their teeth and by taking them to see a dentist regularly. How about you? When was the last time you went to the dentist? Make an appointment today. Your overall health and your children's health depend on good oral hygiene and regular dental care. The Community Health Center in New Britain offers free/ low cost dental care; call them at (860)224-3642. Also, UConn School of Dental Medicine offers low cost dental care, including availability of low cost programs for major

dental work. Contact their Patient Financial Medical Services department at (860)679-2464 for more information.

A free thing to do this week is to do some "smile experiments." Try smiling at people you don't usually smile at and let me know what happens!

Family FOCUS is brought to you by the Bristol Family Resource Centers serving families at O'Connell, South Side. linda.rich@ci.bristol.ct.us

Bristol Public Library hosting free introductory fitness classes

In February and March, Bristol Public Library hosts a series of free introductory fitness classes for Bristol adults and teens. If you're not comfortable committing to a gym or want more fitness in your life, but aren't sure how to start, then come to Bristol Public Library.

Zumba on Saturday, Feb. 18 at 2 p.m.: Zumba Fitness is a Latin-inspired dance and fitness program blending music and lively

steps to form a "fitness-party." You can dance your way to health and happiness modifying the moves to suit your needs. Participants should wear comfortable clothes and sneakers. Wendy LeClerc, a professional Zumba instructor, will present the class.

Qigong on Saturday, March 3 at 10 a.m.: The gentle and rhythmic movements of Qigong can reduce

stress, build stamina, increase vitality, and enhance the immune system. Wear comfortable clothes and sneakers and bring a towel or yoga mat. This introductory class is led by Yueh Ching Chung of Heights of Wellness, Hartford.

Laughter Yoga on Saturday, March 10 at 2 p.m.: Laughter Yoga is a playful form of exercise that contains components such

as deep breathing, clapping, and laughter. It helps unwind the negative effects of stress, strengthen the immune system, and makes you feel good, empowered and energetic. You don't need to have prior yoga experience to learn laughter yoga. Participants should wear comfortable clothes and sneakers. Lois Grasso of the Oxygenesis Institute, Hartford, will present this class. This class is funded by

a grant from The Friends of the Bristol Public Library.

Nia on Saturday, March 17 at 10 a.m.: Are you looking for a fitness class that gives you a blend of dance, aerobics, martial arts and yoga focusing on the joy of movement? Come try Nia. Nia's many benefits include developing grace, power and muscle tone plus improving posture, balance and stability. Practicing Nia is beneficial for all ages and

levels of health and will help you with relaxation and stress reduction. Participants should wear comfortable clothes and sneakers. Elizabeth Simpson of the Yoga Center of Collinsville will lead this class.

All classes are free and registration is not required. For more information, call reference at (860)584-7787 x2017, or visit bristolpubliclibrary.wordpress.com.