

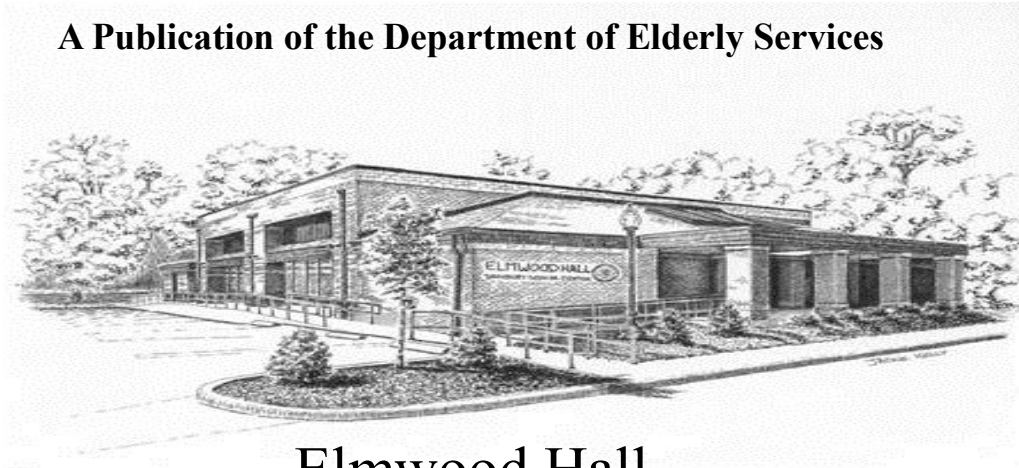
THE ELMWOOD EXTRA

Read All About It!

Vol X, Issue IV

April / May 2014

A Publication of the Department of Elderly Services



Elmwood Hall

The club for people age 60 and up.

The Walking Club

Safety Tips for Storing and Taking Medication

Hearing Loss and Hearing Aids

Volunteer Recognition

Aging: Awkward and Embarrassing Health Issues

Creative Writing: Memoirs

Sports Talk with Wayne and Steve

Getting to Know Doctors Express / Urgent Care

Powerful Tools for Caregivers Course

City of Danbury

Department of Elderly Services

Mark D. Boughton, Mayor

Susan M. Tomanio, LCSW, Director of Elderly Services

Margaret Emerito, Municipal Agent for the Elderly

Michelle McNamara, Program Coordinator, Elmwood Hall

10 Elmwood Place, Danbury, CT 06810

www.danbury-ct.gov

Tel. 203-797-4686

HOURS OF OPERATION: MONDAY — FRIDAY 8:30 - 4:30

MESSAGE FROM THE DIRECTOR OF ELDERLY SERVICES

Susan M. Tomanio, LCSW



While we encourage you to come down to the center, we also encourage you to spend some time outside! Finally, we are looking to Spring and all that it brings, warm weather and sunshine. This month we offer some medical presentations from tips to taking medications to understanding hearing loss. We honor and recognize our volunteers. A big thank you to anyone who has given to the center and the department over the past year. Our work is made stronger and sustained by your contributions of time and energy. We offer a new memoirs writing class as well as a sports-talk discussion group. Both the walking club and the golf club start again and we hope to have a bocci club over the summer. Look for our next large event in July as we are planning an all American party to celebrate the birth of our great country. Enjoy the rest of the newsletter. I hope you find something interesting and decide to join us at the club.

April / May Highlights

Safety Tips for Storing and Taking Medications on Friday, April 4 at 1:00. Kathy Haddy, RPh, MPH from Walgreen Pharmacy at Danbury Hospital will be here to talk about safety tips for storing and taking medication. Please sign up.

Hearing Loss and Hearing Aids: What you need to know on Wednesday, April 9 at 1:00. Frank Scarfi from Quality Hearing returns to the center to give his informative talk on hearing loss and hearing aids. Please sign up at front desk. Refreshments served.



Volunteer Recognition on Friday, April 11 at 1:00. This is our time to thank you for all the time, energy, and dedication you give to Elmwood Hall. Please join us for an ice cream social with entertainment provided by "Sonny Sings - The Best of Sinatra." Sign up required. Sponsored by Laurel Ridge.

Creative Writing: Memoirs, Tuesdays and Thursday, from 1:00 - 2:30 for 8 weeks beginning on Tuesday, April 15. Taught by Jesse Longman who has a masters from Columbia University in playwriting and theatre arts. Jesse has written numerous original plays and is currently writing her first novel. Memoirs writing is the story of you and your life, preserved for future generations to enjoy and treasure. Offered as part of our new "life-long learning" series. Cost is \$2 per class. Please sign up as class size is limited.

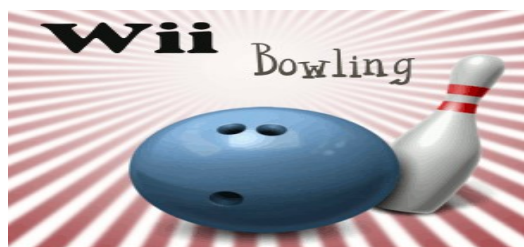
Getting to Know Doctors Express/Urgent Care on Wednesday, April 16 at 1:00. This will be a presentation on getting to know Doctors Express/Urgent Care and what they can do for you! This will be a question and answer session and they will provide information about the difference between going to see them and the ER. This will be very informative. Please sign up.

Powerful Tools for Caregivers Course begins on Wednesday, April 23, 1:00 - 3:30. This six-week educational series will provide caregivers the tools they need for taking care

of themselves while caring for another. Offered with respite care for those who qualify. Pre-registration required by calling the front desk. The course is offered here at Elmwood Hall in partnership with the Western CT Area Agency on Aging.

Timeless Trivia with Kevin on April 25 and May 23 at 1:00. A popular afternoon activity, trivia with Kevin is always interesting. Join us on a team or as a member of the audience. Both a great way to have an entertaining afternoon. Prizes awarded to the winning team. Please sign up.

Wayne and Steve in the Afternoon: Sports Talk on Tuesday, May 6 and Tuesday May 20 at 2:00 pm. Just like Mike and Mike in the Morning on The Fan, Steve and Wayne will lead a baseball sports talk with the seniors in the afternoon here at Elmwood Hall. Topics will include all MLB teams, players, statistics, trades, Hall of Fame, predictions for the World Series, and comparisons from some of the all time greats to those up and coming stars! Please sign up.



Wii In-House Bowling Summer Scratch League Information Meeting and League Schedule on Thursday, May 8 at 1:00. Our summer league starts the week of May 19th. Come to the informational meeting with your teammates or come as a single and we will help you find a team. League starts week of May 19 and runs 8 weeks. Bowling banquet on Friday, July 25 at 1:00. Sign up.

Aging: Awkward and Embarrassing Health Issues on Friday, May 9 at 1:00. Our bodies

change as we age and some time we feel betrayed! This never happened when I was young, why is it happening now? Dr. Verano will make discussing these common health issues easy. Please sign up. Dr. Varano will also be offering free memory screenings on this day so call to sign up for that appointment too.



The Walking Club: Spring weather has arrived and we will begin our walking club on Wednesday, May 21 at 9:00. We will walk on Wednesday and Friday mornings through the end of May. If popular, we will continue through the summer. Walk down to Rogers Park and return. Rain cancels.



Elmwood Hall Golf Club. We will beginning the club again in May and playing once a month on the 4th Tuesday beginning at 8:45am at Gainfield Farms in Southbury. Dates are May 27, June 24, July 22 and August 26. Rain date for each outing is the upcoming Tuesday of the following week. Please sign up.

SNAP Application Assistance is available on the 4th Monday of each month with Sara Arroyo from the Greater Danbury Community Health Center. Please call the center for an appointment.

Golden Opportunities, a non-profit organization that serves area seniors, is offering transportation to medical appointments for Danbury's residents age 65 and older. This service is free (donations are accepted) but participants must register in advance. For more information please contact the Golden Opportunities at 203-426-3301.


APRIL 2014

~ Welcome to Elmwood Hall ~ The Danbury Senior Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Hot Topics Safety Tips on storing & taking medication, April 4th</p> <p>Quality Hearing presents April 9th</p> <p>Urgent Care & You, April 16</p>	<p>1 AARP Tax Preparation, 8:30am Art Class, 9 am Tai Chi with Susan, 9am Knit & Crochet, 10am Lunch, 12 noon Exercise with Dee, 1pm Mah Jongg, 1pm</p>	<p>2 Carol's Creative Cuts, 9:30am Line Dancing, 10am Chorus Rehearsal, 10:30am Strength Training, 11:15am Lunch, 12 noon Zumba Gold, 3pm</p>	<p>3 AARP Tax Preparation, 8:30am Knit/Crochet, 10am Blood Pressure Screening, 10am Freestyle Dance Group, 11am Lunch, 12 noon Woodcarving, 12:30pm Exercise Video, 1pm Music/Band, 2pm</p>	<p>4 Ukulele Club, 9:30am Zumba Gold, 10am Lunch, 12 noon Safety Tips on Meds, 1pm Poker, 1pm Your Point of View, 1:15pm</p>
<p>7 Mah Jongg, 9am Quilt Club, 9am Freestyle Dance Group, 10:30am Strength Training, 11:15am Lunch, 12 noon Afternoon Pinochle, 1pm Bridge Club, 1pm Nursing Home Visitors, 1pm Poker, 1pm</p>	<p>8 AARP Tax Preparation, 8:30am Art Class, 9am Tai Chi with Susan, 9am Knit & Crochet, 10am Mayor's Senior Advisory, 11am Lunch, 12 noon Comm. On Aging, City Hall 1pm Exercise with Dee, 1pm Mah Jongg, 1pm</p>	<p>9 AARP Safe Driver's Course, 9am Chair Massages, 9:30am Line Dancing, 10am Strength Training, 11:15am Lunch, 12 noon Quality Hearing Program, 1pm Chorus @ Maplewood/Db, 2pm Zumba Gold, 3pm</p>	<p>10 AARP Tax Preparation, 8:30am Knit/Crochet, 10 am Blood Pressure Screening, 10 am Freestyle Dance Group, 11am Lunch, 12 noon Woodcarving, 12:30pm Exercise Video, 1pm Music/Band, 2pm</p>	<p>11 Ukulele Club, 9:30am Zumba Gold, 10am Lunch, 12 noon Volunteer Recognition, 1pm Your Point of View, 1:15 pm</p> 
<p>14 Mah Jongg, 9 am Quilt Club, 9 am Freestyle Dance Group, 10:30am Strength Training, 11:15am Lunch, 12 noon Afternoon Pinochle, 1pm Bridge Club, 1 pm</p>	<p>15 Art Class, 9 am Tai Chi with Susan, 9 am Knit & Crochet, 10 am Lunch, 12 noon Creative Writing, 1pm Exercise with Dee, 1 pm Mah Jongg, 1 pm</p>	<p>16 Carol's Creative Cuts, 9:30am Lunch, 12 noon Chorus @ NF Sr. Ctr, 1:30pm Urgent Care & You, 1pm Zumba Gold with Coleen, 3 pm</p>	<p>17 Knit/Crochet, 10am Blood Pressure Screening, 10am Freestyle Dance Group, 11am Lunch, 12 noon Woodcarving, 12:30 pm Creative Writing, 1pm Exercise Video, 1pm Music/ Band, 2pm</p>	<p>18</p> <p style="text-align: center;">CLOSED</p> <p style="text-align: center;">GOOD FRIDAY</p>
<p>21 Mah Jongg, 9 am Quilt Club, 9 am Freestyle Dance Group, 10:30am Strength Training, 11:15am Lunch, 12 noon Afternoon Pinochle, 1 pm Bridge Club, 1 pm Nursing Home Visitors, 1pm</p>	<p>22 Art Class, 9 am Tai Chi with Susan, 9 am Knit & Crochet, 10 am Lunch, 12 noon Creative Writing, 1pm Exercise with Dee, 1 pm Mah Jongg, 1 pm</p>	<p>23 Line Dancing, 10am Strength Training, 11:15am Lunch, 12 noon Powerful Tools, 1pm Poker, 1pm Chorus @ Pope John Paul, 2pm Zumba Gold with Coleen, 3 pm</p>	<p>24 Knit/Crochet, 10 am Blood Pressure Screening, 10 am Freestyle Dance Group, 10:30am Lunch, 12 noon Woodcarving, 12:30 pm Creative Writing, 1pm Exercise Video, 1 pm Music/Band, 2pm</p>	<p>25 Ukulele Club, 9:30 Zumba Gold, 10am Lunch, 12 noon Poker, 1pm Your Point of View, 1:15 pm Timeless Trivia, 1:30pm Page Turner's Book Cl, 2:30pm</p>
<p>28 Mah Jongg, 9 am Quilt Club, 9 am SNAP, 10am Freestyle Dance Group, 10:30am Strength Training, 11:15am Lunch, 12 noon Afternoon Pinochle, 1 pm Bridge Club, 1pm</p>	<p>29 Art Class, 9 am Tai Chi with Susan, 9 am Knit & Crochet, 10 am Lunch, 12 noon Creative Writing, 1pm Exercise with Dee, 1 pm Mah Jongg, 1 pm</p>	<p>30 Line Dancing, 10am Strength Training, 11:15am Lunch, 12 noon Drama Club, 1pm Powerful Tools, 1pm Chorus @ Ridgefield Cross, 2pm Zumba Gold with Coleen, 3 pm</p>	<p>New Programs Creative Writing: Memoirs Begins on April 15</p> <p>Powerful Tools for Caregivers Begins on April 23</p>	<p>VOLUNTEER RECOGNITION! Friday, April 11th @ 1pm</p> 

MAY 2014

~ Welcome to Elmwood Hall ~ The Danbury Senior Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Older Americans Month! <i>Safe Today. Healthy Tomorrow</i></p> 	<p>Dr. Varano presents Aging: Awkward and Embarrassing Health Issues</p> <p>Friday, May 9th</p> <p>Memory Screening Appointments available in the Morning</p>	<p><u>Sports, Exercise and More</u> Sports Talk on May 6 and May 20</p> <p>Wii Bowling In House Mtg, May 8</p> <p>Walking Club begins on May 21</p> <p>Golf Club begins on May 27</p>	<p>1 Knit/Crochet, 10 am Blood Pressure Screening, 10am Freestyle Dance Group, 11am Lunch, 12 noon Woodcarving, 12:30pm Creative Writing, 1pm Exercise Video, 1pm Music/Band, 2pm</p>	<p>2 Ukulele Club, 9:30 am Zumba Gold, 10am Lunch, 12 noon Ceramics, 1pm Poker, 1pm Your Point of View, 1:15pm</p>
<p>5 Mah Jongg, 9 am Quilt Club, 9 am Freestyle Dance Group, 10:30am Strength Training, 11:15am Lunch, 12 noon Afternoon Pinochle, 1 pm Bridge Club, 1 pm Nursing Home Visitors, 1pm</p>	<p>6 Art Class, 9 am Tai Chi with Susan, 9 am Knit & Crochet, 10 am Lunch, 12 noon Creative Writing, 1pm Exercise with Dee, 1 pm Mah Jongg, 1 pm Poker, 1pm Sports Talk, 2pm</p>	<p>7 AARP Safe Driver's Course, 9am Carol's Creative Cuts, 9:30am Line Dancing, 10am Chorus Rehearsal, 10am Strength Training, 11:15am Lunch, 12 noon Powerful Tools for Caregivers, 1pm Zumba Gold with Coleen, 3pm</p>	<p>8 Knit/Crochet, 10 am Blood Pressure Screening, 10 am Freestyle Dance Group, 11am Lunch, 12 noon Woodcarving, 12:30pm Creative Writing, 1pm Exercise Video, 1pm Wii In House Bowling Mtg, 1pm Music/Band, 2pm</p>	<p>9 Ukulele Club, 9:30am Zumba Gold, 10am Lunch, 12 noon Ceramics, 1pm Poker, 1pm Dr. Varano Presents, 1pm Your Point of View, 1:15pm</p>
<p>12 Mah Jongg, 9 am Quilt Club, 9 am Freestyle Dance Group, 10:30am Strength Training, 11:15am Lunch, 12 noon Afternoon Pinochle, 1 pm Bridge Club, 1 pm Poker, 1pm</p>	<p>13 Art Class, 9 am Tai Chi with Susan, 9 am Knit & Crochet, 10 am Mayor's Advisory Council, 11am Lunch, 12 noon Creative Writing, 1pm Comm. on Aging, City Hall 1pm Exercise with Dee, 1 pm Mah Jongg, 1 pm</p>	<p>14 Chair Massages, 9:30am Line Dancing, 10am Strength Training, 11:15am Lunch, 12 noon Poker, 1pm Powerful Tools for Caregivers, 1pm Chorus sings @ The Gardens, 2pm Zumba Gold with Coleen, 3pm</p>	<p>15 Knit/Crochet, 10 am Blood Pressure Screening, 10 am Freestyle Dance Group, 11am Lunch, 12 noon Woodcarving, 12:30 pm Creative Writing, 1pm Exercise Video, 1pm Music/Band, 2pm</p>	<p>16 Ukulele Club, 9:30am Zumba Gold, 10am Lunch, 12 noon Ceramics, 1pm Poker, 1pm Your Point of View, 1:15 pm</p>
<p>19 Mah Jongg, 9 am Quilt Club, 9 am Freestyle Dance Group, 10:30am Strength Training, 11:15am Lunch, 12 noon Afternoon Pinochle, 1 pm Bridge Club, 1 pm Nursing Home Visitors, 1pm Poker, 1pm</p>	<p>20 Art Class, 9 am Tai Chi with Susan, 9am Knit & Crochet, 10am Lunch, 12 noon Creative Writing, 1pm Exercise with Dee, 1pm Mah Jongg, 1pm Poker, 1pm Sports Talk, 2pm</p>	<p>21 Walking Club, 9am Line Dancing, 10am Strength Training, 11:15am Lunch, 12 noon Powerful Tools for Caregivers, 1pm Poker, 1pm Chorus sings @ Glen Hill, 2pm Zumba Gold with Coleen, 3pm</p>	<p>22 Knit/Crochet, 10 am Blood Pressure Screening, 10 am Freestyle Dance Group, 11am Lunch, 12 noon Woodcarving, 12:30 pm Creative Writing, 1pm Exercise Video, 1 pm Music/Band, 2pm</p>	<p>23 Walking Club, 9am Ukulele Club, 9:30 Zumba Gold, 10am Lunch, 12 noon Ceramics, 1pm Poker, 1pm Your Point of View, 1:15 pm Timeless Trivia, 1:30pm</p>
<p>26 CLOSED Memorial Day</p>	<p>27 Golf Club, 8:15am Art Class, 9 am Tai Chi with Susan, 9am Knit & Crochet, 10am Lunch, 12 noon Creative Writing, 1pm Exercise with Dee, 1pm Mah Jongg, 1pm Poker, 1pm</p>	<p>28 Walking Club, 9am Line Dancing, 10am Strength Training, 11:15am Lunch, 12 noon Powerful Tools for Caregivers, 1pm Chorus sings @ Ridg. Cross, 2pm Zumba Gold with Coleen, 3pm</p>	<p>29 Knit/Crochet, 10 am Blood Pressure Screening, 10 am Freestyle Dance Group, 11am Lunch, 12 noon Woodcarving, 12:30 pm Creative Writing, 1pm Exercise Video, 1 pm Music/Band, 2pm</p>	<p>30 Walking Club, 9am Ukulele Club, 9:30 Zumba Gold, 10am Lunch, 12 noon Ceramics, 1pm Poker, 1pm Your Point of View, 1:15 pm Page Turner's Book Cl, 2:30pm</p>

RENT REBATE FOR 2013: NOTE CHANGE *New Applications WILL be Taken*. Most Old and New applicants that applied last year will receive a signature page and directions for the completion of the application process in the mail in March. If an application is not received, please call Marnie or Joyce at 203-796-1513 to begin the application over the phone. It will then be completed through the mail. The legislature will be voting on allowing new applications before the end of June. We will start processing old / new applications in April.

- Dates of program are: start 4/1/14 and stop 10/1/14
- Documentation is based on 2013 income and 2013 expenses paid out of pocket
- Income guidelines are: \$34,100 for a single person or \$41,600 married

‘Ask the Municipal Agent Open Door Program’ is a time to ask questions about Senior Services. Wednesdays 1:30 to 2:30 - No Rent Rebate Service

Property Tax Relief Programs – This information is provided by the Danbury Assessor’s Office. For Details call the Assessor’s Office at 203-797-4556. In most cases applications are taken by May 15th.

***** FOR YOUR AWARENESS - GENERAL INFORMATION *****

- THE MAJORITY OF THE PROGRAM FILING PERIODS ARE ON A TWO YEAR FILING BASIS AND ELIGIBILITY IS BASED ON THE PREVIOUS YEAR’S INCOME EARNINGS
- INCOME PROOF REQUIRED (FOR PREVIOUS YEAR) - INCOME TAX RETURN, OR ALL SOURCES OF INCOME IF NO TAX RETURN FILED, PLUS YOUR SOCIAL SECURITY 1099
- ELDERLY TAX RELIEF FILING PERIOD- FEBRUARY 1 THRU MAY 15th
- VETERAN PROGRAM FILING PERIOD- FEBRUARY 1 THRU OCTOBER 1st.
- RESIDENCY: RESIDENT OF DANBURY FOR AT LEAST ONE YEAR
- THERE MAY BE ADDITIONAL REQUIREMENTS - CHECK EARLY IN FILING PERIOD
- TAXPAYERS NEED TO BE 65 BY DECEMBER 31ST of previous year OR 100% DISABLED of previous year (AWARD LETTER FROM SOCIAL SECURITY IS REQUIRED PROOF)

ELDERLY OR DISABLED PROPERTY TAX RELIEF PROGRAMS, RECEIVE CREDIT OFF ON YOUR PROPERTY TAXES

STATE of CONNECTICUT PROGRAM

Income: Single – \$34,100 Married – \$41,600
 BENEFIT - 10%- 50% or \$150.00 - \$1,250.00 off based on income

CITY of DANBURY LOCAL PROGRAM

Income: Single – \$44,100 Married – \$51,600
 BENEFIT - \$450.00- single \$600.00- married

CITY of DANBURY ENERGY PROPERTY TAX CREDIT PROGRAM

Income: Single- \$56,800 Married – \$64,300
 BENEFIT - \$250.00- single \$350.00- married

CITY of DANBURY DEFERRAL PROGRAM (annual filing)

Income: Single- \$52,500 Married- \$59,200
 BENEFIT- 25% of Real Estate Taxes with a lien of 1% per annum

SAVE PROGRAM (Senior Added Value Experience) - (annual filing)

Taxpayer must volunteer 100 hours of work with a city department or a non profit agency.
 Income at or below: Single- \$56,800 Married- \$64,300
 BENEFIT - \$600.00 off taxes – The IRS may consider this credit as income, ask your tax advisor.

THE FREEZE – single \$51,300 married \$58,000 (calculated on taxes for 10/1/2011 grand list)

VETERANS PROGRAMS

STATE ADDITIONAL VETERANS PROGRAM

Income: Single- \$33,500 Married – \$40,900
 BENEFIT – Increase on your current veteran status

CITY LOCAL VETERANS PROGRAM

Income: Single – \$58,500 Married – \$68,900
 BENEFIT – Up to 10% off the assessed value of your property

SOCIAL SECURITY DISABILITY EXEMPTION

No income required. Award letter from Social Security is required. Benefit - \$1,000 off assessed value.

Elmwood Hall Photos and News Briefs



Photo Credit: Steve Ackerman

St. Patrick's Day Party

Peter Hearty was part of our annual St. Patrick's Day party which also included harpist Tara Alterman and dancers from the Iris Gray School of Dance.



Photo Credit: Linda Casey

Valentine's Day Hoedown

Our first ever "hoedown" was quite an event. Cancelled once due to the snow, the event drew about 100 people who enjoyed line dancing, great music, punch, and time with friends. Look for a large line dance event over the summer.



Photo Credit: Kevin Burland



Photo Credit: Deirdra Wallin

Partnership with Youth Volunteer Corp of the United Way

Elmwood Hall is partnering with the Youth Volunteer Corp to bring more young people to the center. Please look for upcoming events that feature Youth Corp participation.

Elmwood Extra ~ Read All About It

Department of Elderly Services
Elmwood Hall ~ Danbury Senior Center
10 Elmwood Place
Danbury, CT 06810

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Permit No. 155

Mission Statement

To increase the quality of life of Danbury area citizens who are age 60 and up by developing many comprehensive programs specifically designed to enrich the general well-being of Danbury's more mature population. With a special focus on reaching out to those most vulnerable and in need, the Department of Elderly Services provides the following resource and referral services to assist with "Aging in Place": the Municipal Agents Office for the Elderly, the Van Transportation Program, and the warm and supportive recreational, educational, and wellness-based environment of the Elmwood Hall Senior Center.

Department of Elderly Services—Staff Members

Susan Tomanio, LCSW - Director of Elderly Services
Margaret Emerito - Municipal Agent for the Elderly
Michelle McNamara - Program Coordinator / Elmwood Hall-Danbury Senior Center
Marie DeVito - Administrative Assistant / Van Dispatcher
JoAnn Schofield - Administrative Assistant
Steve Ackerman - Elderly Services Office Associate
Wayne Cole - Elderly Services Office Associate
Kevin Burland - Van Driver
Joyce Kuhn - Outreach Specialist (in partnership with WCAAA)
Debbie Moore - Cafe Manager (in partnership with C.W. Resources)