

# THE ELMWOOD EXTRA

Read All About It!

Vol XI, Issue I

August / September 2014

A Publication of the Department of Elderly Services



## Elmwood Hall

The club for people age 60 and up.

**Wii Bowling: Fall League**  
**If a Button Could Talk**  
**BINGO**  
**Bean Bag Tournament**  
**Central Park Presented by Art Gottlieb**  
**Just Bead It!**  
**Let's Talk About it Over Lunch**  
**Just Ask Joyce: You have Choices**  
**Happy Feet Program with Dr. Gosnay**

### 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](http://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



As the months go by here at Elmwood Hall, we continue to bring you diverse programming and an environment where all questions about aging in our society can be discussed. While we bring you a social environment to connect with others, we do much work with the vulnerable and frail in our society. We assist with individuals looking for answers for aging parents and with the recent widower who needs an attentive ear. We know that our society is aging and that Connecticut is ranked 7th in median age across the country. We want to help you find answers so you can “Age in Place,” which means grow older in the home of your choice. Most seniors choose to age in their own home. We are here to help you do that with important referrals, pertinent information about benefits, including Medicare, Tax Freeze Assistance, the SNAP Program, and so many more. Please give us a call if you have a question, we will do our best to get you an answer.

### August / September Highlights

*Sports Talk with Wayne & Steve* is sizzling this summer! Be sure to join the group on Tuesday, August 5 at 1pm (change of time) as they will be showing the Jackie Robinson Movie, “42.” Popcorn will be served. Mark your calendars with the following dates to hear hot topics from around the horn with this dynamic duo: August 19, September 9, 23 at their regularly scheduled time of 2pm.

*If a Button Could Talk* on Thursday, August 7 at 10:00. Laurie Martin, member of the CT State Button Society will be here displaying and discussing the history of buttons in CT. Laurie is a recent “honorable mention” winner in the North East Regional Button Association Competition for her Mother/Daughter buttons. She is encouraging all participants to bring in their buttons for a lively button discussion!

**Please sign up!**

*Wii Open Bowling* on Thursdays at 2:00 pm through August. Beginners are welcome as we meet to Wii bowl for fun and practice during the month of August. If you are new and would like a lesson, please let us know and we will be happy to teach you. Just show up!

*You asked for it and here it is, BINGO* on Wednesday, August 20 at 1pm. **Sign up is required!** All you will need is \$2.30 to pay for the 15 games we will play. It is guaranteed to be an afternoon of FUN! Refreshments will be served. **Please Sign Up!**

*Timeless Trivia with Kevin* will meet at 1:30pm on August 15 and September 19. A very popular afternoon activity, trivia with Kevin is always interesting and fun! Join us on a team or as a member of the audience. Both are a great way to have an entertaining afternoon. Prizes awarded to the winning team. **Please Sign Up!**

*Bean Bag Tournament* to be held on Wednesday, August 27 at 1pm. Please join us for Elmwood Hall’s 1st Annual Bean Bag Toss Tournament. **Sign up** with a partner or as a single, either way, it will be an afternoon of playing a game reminiscent of horseshoes. Refreshments will be provided. **Please be sure to Sign Up!**

*Elmwood Hall Golf Club* is still in full swing. We will meet at Gainfield Farms in Southbury at 8:45am on Tuesday, August 26

and Tuesday, September 23. The rain date for each outing is the upcoming Tuesday of the following week. **Please Sign Up!**

**Let's Talk About it Over Lunch** is a program run by Marnie Emerito (Municipal Agent) and Joyce Kuhn (Outreach Specialist) that will discuss different topics over lunch. Together, through information and support, this opportunity for people to help people will run on August 26 and September 23 at Noon. **Please sign up!**

**The History of Central Park by Art Gottlieb** on Wednesday, September 3 at 1:30pm. A masterpiece of landscape design by Fredrick Law Olmstead and Calvert Vaux, Central Park has offered New Yorkers a treasured respite from the daily bustle of Manhattan life ever since the first tree was planted in 1858. This program is sponsored by Laurel Ridge Health Care. Refreshments served. **Please Sign Up!**

**Wii Bowling Fall League** Join us for our informational meeting on Friday, September 5 at 1:00pm. This will be a scratch league that runs for 8 weeks beginning the week of September 15. Please sign your team up in advance or come to the informational meeting as a single to find a team. Beginners welcomed and encouraged. There will be a bowling banquet on Friday, November 21 at 1:00pm.

**Just Bead It** on Thursday, September 11 at 10:00 am off site at "A Bead of Roses" located in Newtown, CT. While there, participants will enjoy the store's handmade jewelry pieces, and make their own bracelets. The cost for this off-site trip is \$5. Please note that van transportation will be provided for those who do not drive, and is limited to 8 people. **Please sign up by September 2.**

**Happy Feet Program with Dr. Richard Gosnay** on September 24 is a wellness foot program. Appointments will run between 9am -12 noon. It includes a thorough foot exam and toe-nail clipping by Dr. Richard

Gosnay, a local Podiatrist. Cost is \$5 and you must call the center in advance for an appointment. Because this program is grant supported, in order to be eligible, you must be a Danbury resident who is a non-diabetic. Six Happy Feet clinics will be offered throughout the year and each senior will be limited to 2 appointments per year. Dates are as follows: July 23, September 24, November 19, January 28, March 25, and May 27.

**Just Ask Joyce** on September 24 at 1pm. "You have Choices!" How long has it been since you reviewed your Medicare prescription drug coverage (Medicare Part D) or your Medicare Advantage Plan? Was it last year..two years ago... not since you turned 65? Will Medicare make any changes in 2015? What is Medicare Open Enrollment period? What is a drug tier? Join Joyce Kuhn on September 24 at 1:00 pm and be ready for this year's Medicare Open Enrollment Period which begins October 15. **Please sign up.**

**Subsidized Dental Care for Danbury Senior** Danbury Hospital has received a one-year grant from a local funder to provide subsidized dental care for seniors, beginning July 1st. To receive treatment through the grant, individuals must be Danbury residents age 60 or above without current dental insurance coverage. To confirm eligibility and sign up for the program, contact Jennie Parra at the Dental Hospital Dental Clinic at 203-791-5016.





**Exercise with Dee** will take a take a break during the month of August and will resume on September 9.

**Elmwood Swingers Band** will also take a break during the month of August and will resume on September 2. The band is recruiting new members so if you can play an instrument or just want to join, show up on September 2 at 2:00 pm.







**Save the Date:** Annual Craft and Bake Sale will take place on Friday, October 10th.

# AUGUST 2014

~ Welcome to Elmwood Hall ~ The Danbury Senior Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>4</p> <p>Mah Jongg, 9 am Quilt Club, 9 am Freestyle Dance Group, 10:45am Strength Training, 11:15am Lunch, 12 noon Bridge Club, 1pm Ceramics, 1pm Nursing Home Visitors, 1pm Poker, 1pm</p>	<p>5 Art Class, 9am Tai Chi with Susan, 9 am Knit &amp; Crochet, 10am Lunch, 12 noon Mah Jongg, 1 pm Poker, 1pm Sports Talk, 1pm (Movie: 42)</p> 	<p>6</p> <p>AARP Safe Driver's Course, 9am Carol's Creative Cuts, 9:30am Line Dancing, 10am Strength Training, 11:15am Lunch, 12 noon Poker, 1pm Powerful Tools for Caregivers, 1pm Zumba Gold with Coleen, 3pm</p>	<p>7 Knit/Crochet, 10 am If a Button Could Talk, 10am Blood Pressure Screening, 10am Freestyle Dance Group, 11am Lunch, 12 noon Woodcarving, 12:30pm Poker, 1pm Exercise Video, 1pm Wii Open Bowling, 2-4pm</p>	<p>8</p> <p>Ukulele Club, 9:30am Zumba Gold, 10am Lunch, 12 noon Ceramics, 1pm Poker, 1pm Your Point of View, 1:15pm</p>
<p>11 Mah Jongg, 9 am Quilt Club, 9 am Freestyle Dance Group, 10:45am Strength Training, 11:15am Lunch, 12 noon Bridge Club, 1 pm Ceramics, 1pm Poker, 1pm</p>	<p>12</p> <p>Art Class, 9am  Tai Chi with Susan, 9 am Knit &amp; Crochet, 10 am Mayor's Advisory Council, 11am Lunch, 12 noon Poker, 1pm Mah Jongg, 1 pm</p>	<p>13</p> <p>Chair Massages, 9:30am Line Dancing, 10am Strength Training, 11:15am Lunch, 12 noon Poker, 1pm Zumba Gold with Coleen, 3pm</p>	<p>14 Knit/Crochet, 10am Blood Pressure Screening, 10am Freestyle Dance Group, 11am Lunch, 12 noon Woodcarving, 12:30pm Exercise Video, 1pm Poker, 1pm Wii Open Bowling, 2-4pm</p>	<p>15 Ukulele Club, 9:30am Zumba Gold, 10am Lunch, 12 noon Ceramics, 1pm  Poker, 1pm Your Point of View, 1:15pm Timeless Trivia, 1:30pm</p>
<p>18 Mah Jongg, 9 am Quilt Club, 9 am Freestyle Dance Group, 10:45am Strength Training, 11:15am Lunch, 12 noon Bridge Club, 1pm Ceramics, 1pm Poker, 1pm Nursing Home Visitors, 1pm</p>	<p>19</p> <p>Art Class, 9am Tai Chi with Susan, 9am Knit &amp; Crochet, 10am Lunch, 12 noon Mah Jongg, 1pm Poker, 1pm Sports Talk, 2pm</p>	<p>20 Carol's Creative Cuts, 9:30am Line Dancing, 10am Strength Training, 11:15am Lunch, 12 noon BINGO, 1pm  Zumba Gold with Coleen, 3pm</p> 	<p>21 Knit/Crochet, 10am Blood Pressure Screening, 10am Freestyle Dance Group, 11am Lunch, 12 noon Woodcarving, 12:30 pm Exercise Video, 1pm Poker, 1pm Wii Open Bowling, 2-4pm</p>	<p>22 Ukulele Club, 9:30am Zumba Gold, 10am Lunch, 12 noon Ceramics, 1pm Poker, 1pm Your Point of View, 1:15 pm </p>
<p>25</p> <p>Mah Jongg, 9 am Quilt Club, 9 am SNAP, 10am Freestyle Dance Group, 10:45am Strength Training, 11:15am Lunch, 12 noon Bridge Club, 1 pm Ceramics, 1pm Poker, 1pm</p>	<p>26</p> <p>Golf Club, 8:15am  Art Class, 9 am Tai Chi with Susan, 9am Knit &amp; Crochet, 10am Lunch, 12 noon Let's Talk Over Lunch, 12 noon Mah Jongg, 1pm Poker, 1pm</p>	<p>27</p> <p>Line Dancing, 10am Strength Training, 11:15am Lunch, 12 noon Bean Bag Tourney, 1pm Poker, 1pm Zumba Gold with Coleen, 3pm</p> 	<p>28</p> <p>Knit/Crochet, 10 am Blood Pressure Screening, 10 am Freestyle Dance Group, 11am Lunch, 12 noon Woodcarving, 12:30 pm Exercise Video, 1 pm Poker, 1pm Wii Open Bowling, 2-4pm</p>	<p>29 Ukulele Club, 9:30 Zumba Gold, 10am Lunch, 12 noon Poker, 1pm Your Point of View, 1:15 pm Page Turner's Book Cl, 2:30pm</p> 

# SEPTEMBER 2014 ~ Welcome to Elmwood Hall ~ The Danbury Senior Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p><b>CLOSED</b></p> 	<p>2 Art Class, 9am Tai Chi with Susan, 9 am Knit &amp; Crochet, 10am Lunch, 12 noon Mah Jongg, 1 pm Poker, 1pm</p>	<p>3 Carol's Creative Cuts, 9:30am Line Dancing, 10am Strength Training, 11:15am Lunch, 12 noon Central Park Presentation, 1:30pm Zumba Gold with Coleen, 3pm</p>	<p>4 Knit/Crochet, 10 am Blood Pressure Screening, 10am Freestyle Dance Group, 11am Lunch, 12 noon Woodcarving, 12:30pm Exercise Video, 1pm Music/Band, 2pm</p>	<p>5 Ukulele Club, 9:30am Zumba Gold, 10am Lunch, 12 noon In House Bowling Meeting, 1pm Poker, 1pm Your Point of View, 1:15pm</p>
<p>8 Mah Jongg, 9 am Quilt Club, 9 am Freestyle Dance Group, 10:45am Strength Training, 11:15am Lunch, 12 noon Bridge Club, 1 pm Ceramics, 1pm</p>	<p>9 Art Class, 9am Tai Chi with Susan, 9 am Knit &amp; Crochet, 10 am Mayor's Advisory Council, 11am Lunch, 12 noon Comm. On Aging, 1pm (City Hall) Exercise with Dee, 1pm Mah Jongg, 1 pm Sports Talk, 2pm</p>	<p>10 AARP Safe Driver's Course, 9am Chair Massages, 9:30am Line Dancing, 10am Strength Training, 11:15am Lunch, 12 noon Zumba Gold with Coleen, 3pm</p> 	<p>11 Knit/Crochet, 10am Just Bead It, 10am Blood Pressure Screening, 10am Freestyle Dance Group, 11am Lunch, 12 noon Woodcarving, 12:30pm Exercise Video, 1pm Music/Band, 2pm</p>	<p>12 Ukulele Club, 9:30am Zumba Gold, 10am Lunch, 12 noon Ceramics, 1pm Poker, 1pm Your Point of View, 1:15pm Timeless Trivia, 1:30pm</p> 
<p>15 Mah Jongg, 9 am Quilt Club, 9 am Freestyle Dance Group, 10:45am Strength Training, 11:15am Lunch, 12 noon Bridge Club, 1pm Ceramics, 1pm Nursing Home Visitors, 1pm</p>	<p>16 Art Class, 9am Tai Chi with Susan, 9am Knit &amp; Crochet, 10am Lunch, 12 noon Exercise with Dee, 1pm Mah Jongg, 1pm Poker, 1pm</p>	<p>17 Carol's Creative Cuts, 9:30am Line Dancing, 10am Strength Training, 11:15am Lunch, 12 noon Poker, 1pm Zumba Gold with Coleen, 3pm</p>	<p>18 Knit/Crochet, 10am Blood Pressure Screening, 10am Freestyle Dance Group, 11am Lunch, 12 noon Woodcarving, 12:30 pm Exercise Video, 1pm Music/Band, 2pm</p>	<p>19 Ukulele Club, 9:30am Zumba Gold, 10am Lunch, 12 noon Ceramics, 1pm Poker, 1pm Your Point of View, 1:15 pm</p>
<p>22 Mah Jongg, 9 am Quilt Club, 9 am SNAP, 10am Freestyle Dance Group, 10:45am Strength Training, 11:15am Lunch, 12 noon Bridge Club, 1 pm Ceramics, 1pm Poker, 1pm</p>	<p>23 Golf Club, 8:15am Art Class, 9am Tai Chi with Susan, 9am Knit &amp; Crochet, 10am Lunch, 12 noon Let's Talk Over Lunch, 12 noon Exercise with Dee, 1pm Mah Jongg, 1pm Sports Talk, 2pm</p>	<p>24 Happy Feet, 9am to Noon Line Dancing, 10am Strength Training, 11:15am Lunch, 12 noon Just Ask Joyce, 1pm Poker, 1pm Zumba Gold with Coleen, 3pm</p>	<p>25 Knit/Crochet, 10 am Blood Pressure Screening, 10 am Freestyle Dance Group, 11am Lunch, 12 noon Woodcarving, 12:30 pm Exercise Video, 1 pm Music/Band, 2pm</p>	<p>26 Ukulele Club, 9:30 Zumba Gold, 10am Lunch, 12 noon Poker, 1pm Your Point of View, 1:15 pm Page Turner's Book Cl, 2:30pm</p>
<p>29 Mah Jongg, 9 am Quilt Club, 9 am Freestyle Dance Group, 10:45am Strength Training, 11:15am Lunch, 12 noon Bridge Club, 1 pm Ceramics, 1pm</p>	<p>30 Art Class, 9am Tai Chi with Susan, 9am Knit &amp; Crochet, 10am Lunch, 12 noon Exercise with Dee, 1pm Mah Jongg, 1pm Poker, 1pm</p>	<p>Central Park Presentation</p>  <p>With Art Gottlieb Sponsored by, Laurel Ridge Health Care Center September 3<sup>rd</sup> at 1:30pm</p>	 <p>Let's Talk Over Lunch, 9/23 Golf Club, 9/23 Sports Talk, 9/9, 9/23 Just Bead It, 9/11 Timeless Trivia, 9/12</p>	 <p>Just Ask Joyce, 9/24 at 1pm Why review Medicare Part D Yearly</p> <p>Happy Feet w/ Dr. Gosnay, 9/24 Appointment Required!</p>

# RENT REBATE FOR 2013

## REQUIREMENTS:

- Must be 'living' in Danbury during the program application times April 1 – October 1, 2014
- In 2013: 1. Must be at least age 65 or Social Security Disabled. For new applicants age 62-65 proof of disability is needed. 2. Age 50-64 and widowed from a previous applicant (proof required).
- In 2013: Income at or below \$34,100 for a single person, \$41,600 married
- Residency: Must live in CT at least one year

please call Marnie or Joyce at 203-796-1513 to get the application form. If you are a NEW applicant, the form will be started over the phone. The form will then be completed through the mail and returned to our office by mail with signature and the required 2013 documentation.

- Dates of program are: start 4/1/14 and stop 9/30/14
  - 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 for married couple
- 

**'LET'S TALK ABOUT IT', OVER LUNCH.** Marnie and Joyce invite you to bring your lunch on the 4<sup>th</sup> Tuesday of each month from, noon to 1 PM, to the Candlewood Room. The Senior Center will provide water and coffee. The point of the program will be 'People Helping People' regarding the little (or not) things in life. Share your concerns, problems, or issues with your friends at Elmwood Hall and find support, suggestions, or hints of how to handle or solve the problem.

---

**A Friend from Bethel shares the following information: How to get Discount Coupons for Your Medicines. Might be worth a try!**

Go online and put [goodrx.com](http://goodrx.com) in the browser at the top of the page. A page will appear which asks for the name of the medicines and where you live, city and state. Click on coupons from various drug stores in your area and print the ones which are best for you. It is most important to know that you do not need insurance or be a citizen of the United States. Most of the drug stores are the large ones like Target, Kmart, Walmart, CVS, Riteaid, etc.

An example of how the coupons work: The person who shared this information takes medicine for migraines. At CVS it costs \$88.57 for four tablets with medical insurance. With a coupon, she got 10 tablets for \$20.56 at Target Pharmacy with no insurance.

# Elmwood Hall Photos and News Briefs

## Elmwood Hall's Golf Club



Photo Credit: M. McNamara

Above, John Longobricco, Tom Woodruff, Richard Nelson and Jim Jermansen pose for a quick picture before they tee off!

## Love Stories in Song



Photo Credit: M. McNamara

We Three + Two performance quintet, Martha Bishop, Dick Ahlstrom, Bill Palmer, Ethel Palmer, and Tim Bishop entertained the audience at Elmwood Hall on June 11 with their Love Stories in Song!

## Dazzled by the Danbury Westerners



Photo Credit: M. McNamara

Sports Talk hosts Wayne and Steve were happy to have players from our very own 2014 Danbury Westerners as special guests for their program on July 8. *Pictured from left to right:* Gil Black, Daniel Rankin, Joe Poduslenko, Wayne Cole, Tyler Sanchez, Steve Ackerman, Sam Burum, Hector Gutierrez, and assistant coach Dylan Elber.

## All American Hoe Down



Photo Credit: Kevin Burland

Line Dance Instructor Jill Weiss, poses with just a few patriotic participants that filled Elmwood Hall on July 10.

## ***Elmwood Extra ~ Read All About It***

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

Pre-Sorted Standard  
U.S. Postage  
PAID  
Danbury, CT 06810  
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 (grant funded)  
JoAnn Schofield - Administrative Assistant  
Linda Rinaldi - Administrative Assistant  
Steve Ackerman - Elderly Services Office Associate  
Wayne Cole - Elderly Services Office Associate  
Kevin Burland - Van Driver  
Joyce Kuhn - Outreach Specialist (grant funded / partnership with WCAAA)  
Debbie Moore - Cafe Manager (in partnership with C.W. Resources)