

THE ELMWOOD EXTRA

Read All About It!

Vol X, Issue V

June / July 2014

A Publication of the Department of Elderly Services



Elmwood Hall

The club for people age 60 and up.

Just Ask Joyce: Senior Benefits Check Up
Trip to Ferris Acres Creamery
Love Stories in Song with Martha Bishop
Free Health Screenings
Joint Pain and Treatment Options with Dr. Deveney
Hike at Tarrywile Park
All American Country Line Dance Hoe-Down
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

Tel. 203-797-4686

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

MESSAGE FROM THE DIRECTOR OF ELDERLY SERVICES

Susan M. Tomanio, LCSW



We are offering a mix of both fun and educational programs over the next two months. We understand that Summer is a time to enjoy the outdoors, family and friends, but we might have one or two things that might bring you down to the center. Here are some programs of interest and importance. Please note our Benefits CheckUp seminar that will help seniors identify federal, state and private benefits programs that might assist them. We also will have a talk on joint replacement and chronic obstructive pulmonary disease. You may want to join us on a trip to Ferris Creamery, or perhaps come on our hike at Tarrywile Park. Maybe the golf club is of interest to you or Timeless Trivia, our popular monthly program. We will also offer a concert by our own Elmwood Swingers band and, at a later date, entertainment by Martha Bishop and her musicians. Finally, please don't miss our All-American Hoe Down to celebrate our great country and our patriotism.

June / July Highlights

Just Ask Joyce: NCOA's Benefits CheckUp Program on June 4 at 1:00 pm. Many adults over 60 need help paying for prescription drugs, health care, utilities, and other basic needs. There are over 2,000 federal, state and private benefits programs available to help. But many people don't know these programs exist or how they can apply. Benefits CheckUp asks a series of questions to help identify benefits that could save you money and cover the costs of everyday expenses. Join Joyce Kuhn, our Outreach Specialist, as she explains what Benefits CheckUp is and then schedule an appointment to see what you might qualify for.

Trip to Ferris Acres Creamery for Ice Cream! On Friday, June 6 at 1:00pm. Meet here at Elmwood Hall at 12:15 and ride over on your own or in our van to the Creamery in Newtown. Bring cash to pay for your own ice cream. It's worth it! Please sign up.

Love Stories in Song on Wednesday, June 11 at 1:00. Join Martha Bishop and her trio of musicians as they play our favorite love songs of yesterday. Free, but please sign up.

Understanding Chronic Obstructive Pulmonary Disease on June 18 at 12:00 noon with Shari Gold from Lincare. Fifteen million Americans have COPD, which includes the diseases emphysema, chronic bronchitis, and in some cases asthma. Come learn more about COPD and how to manage it. Light lunch provided by Lincare. Please sign up.



Concert by our own Elmwood Swingers Band on Thursday, June 19 at 1:00. Swing into the Summer with a concert of old fashioned, favorite songs. Join in and sing-along. Refreshments and punch will be served. All are welcome.

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

Timeless Trivia with Kevin on June 20 and July 18 at 1:30. A popular afternoon activity, trivia with Kevin is always interesting. Join us on a team or as a member of the audience. Both are a great way to have an entertaining afternoon. Prizes to the winning team. Please sign up.

Free Health Screenings on Friday, June 20 by appointment beginning at 9:30. Sponsored by the Western CT Area Agency on Aging, these screenings with local doctors will include vision, dental, cholesterol, blood sugar, lung capacity, blood pressure and bone density. Please call the senior center for an appointment at 203-797-4686.

Joint Pain and Treatment Options on Wednesday, June 25 at 1:00 pm. Dr. Robert Deveney, Orthopedic Hip and Knee Surgeon, will be here to talk about the causes of joint pain and various treatment options. Please sign up.

Go Hiking at Tarrywile Park in Danbury on Friday, June 27 at 9:15 am. We will meet at 9:15 am in the lower parking lot of Tarrywile Park for a 9:30 a.m. departure. Hike will include the one mile, level loop around the pond. Wear sturdy shoes/boots, sun hat, long pants and/or bug spray. Beverages and snacks served afterwards on the picnic tables in the park. Please sign up. Led by Susan Tomanio and her dog Jake.

Powerful Tools for Caregivers Course begins on Wednesday, July 2, 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.

Sports Talk: Visit from the Danbury Westerners Baseball Team on Tuesday, July 8 at 2:00 with Wayne and Steve. Join us for an invigorating sports talk with players from the Danbury Westerners baseball team!





All American Country Line Dance Hoe-Down on Thursday, July 10 from 1:00—3:00. Intergenerational party hosted by line dance instructor Jill Weiss, this country western dance will include line dance lessons as well as some cha cha, waltz, and swing. Wear red, white, and blue cowboy/cowgirl attire to help celebrate our great country and enjoy a fun afternoon. Refreshments served. Cost \$3 at door. Please sign up.

Happy Feet Program with Dr. Richard Gosnay begins on July 23 and runs every other month on the 4th Wednesday of the month from 9:00 - 12 noon. Happy Feet is a wellness foot program. 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. Six Happy Feet clinics will be offered throughout the year and each senior will be limited to 2 appointments per year. This program is grant supported. Dates are as follows: July 23, September 24, November 19, January 28, March 25, and May 27.

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.





JUNE 2014

~ Welcome to Elmwood Hall ~ The Danbury Senior Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 Mah Jongg, 9am Quilt Club, 9 am Freestyle Dance Group, 10:30am Strength Training, 11:15am Lunch, 12 noon Bridge Club, 1 pm Ceramics, 1pm Nursing Home Visitors, 1pm</p>	<p>3 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 Sports Talk, 2pm</p>	<p>4 Carol's Creative Cuts, 9:30am Line Dancing, 10am Chorus Rehearsal, 10am Strength Training, 11:15am Lunch, 12 noon Benefit Checkup w/ Joyce, 1pm Zumba Gold with Coleen, 3pm</p>	<p>5 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>6 Ukulele Club, 9:30 am Zumba Gold, 10am Lunch, 12 noon Ceramics, 1pm Poker, 1pm Your Point of View, 1:15pm Ferris Acres Creamery, 1:00pm</p>
<p>9 Mah Jongg, 9am Quilt Club, 9 am Freestyle Dance Group, 10:30am Strength Training, 11:15am Lunch, 12 noon Bridge Club, 1 pm Ceramics, 1pm</p>	<p>10 Art Class, 9 am Tai Chi with Susan, 9 am Knit & Crochet, 10 am Mayor's Advisory Council, 11am Lunch, 12 noon Comm. on Aging, City Hall 1pm Exercise with Dee, 1 pm Mah Jongg, 1 pm</p>	<p>11 AARP Safe Driver's Course, 9am Chair Massages, 9:30am Line Dancing, 10am Strength Training, 11:15am Lunch, 12 noon Love Stories in Song, 1pm Chorus @ Glen Crest, 2pm Zumba Gold with Coleen, 3pm</p>	<p>12 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>13 Ukulele Club, 9:30am Zumba Gold, 10am Lunch, 12 noon Ceramics, 1pm Poker, 1pm Your Point of View, 1:15pm</p>
<p>16 Mah Jongg, 9am Quilt Club, 9 am Freestyle Dance Group, 10:30am Strength Training, 11:15am Lunch, 12 noon Bridge Club, 1 pm Ceramics, 1pm Nursing Home Visitors, 1pm</p>	<p>17 Art Class, 9 am Tai Chi with Susan, 9 am Knit & Crochet, 10 am Lunch, 12 noon Exercise with Dee, 1 pm Mah Jongg, 1 pm Sports Talk, 2pm</p>	<p>18 Carol's Creative Cuts, 9:30am Line Dancing, 10am Strength Training, 11:15am Lunch, 12 noon Lunch & Learn with Lincare, Noon Chorus @ Almost Home, 1pm Zumba Gold with Coleen, 3pm</p>	<p>19 Knit/Crochet, 10 am Blood Pressure Screening, 10 am Freestyle Dance Group, 11am Lunch, 12 noon Woodcarving, 12:30 pm Exercise Video, 1pm Elmwood Swingers Concert, 1pm</p>	<p>20 Health Screenings, 9:30-12 Ukulele Club, 9:30am Zumba Gold, 10am Lunch, 12 noon Ceramics, 1pm Your Point of View, 1:15 pm Timeless Trivia, 1:30pm</p>
<p>23 Mah Jongg, 9am Quilt Club, 9 am SNAP, 10am Freestyle Dance Group, 10:30am Strength Training, 11:15am Lunch, 12 noon Bridge Club, 1 pm Low Vision, 1pm</p>	<p>24 Golf Club, 8:15am Art Class, 9 am Tai Chi with Susan, 9 am Knit & Crochet, 10 am Lunch, 12 noon Exercise with Dee, 1 pm Mah Jongg, 1 pm</p>	<p>25 Line Dancing, 10am Strength Training, 11:15am Lunch, 12 noon Dr. Deveney Joint Care, 1pm Chorus @ Maplewood/Dbj, 2pm Zumba Gold with Coleen, 3pm</p>	<p>26 Knit/Crochet, 10 am Blood Pressure Screening, 10 am Freestyle Dance Group, 11am Lunch, 12 noon Woodcarving, 12:30pm Exercise Video, 1pm Poker, 1pm Music/Band, 2pm</p>	<p>27 Hike @ Tarrywile, 9:30am Ukulele Club, 9:30am Zumba Gold, 10am Lunch, 12 noon Ceramics, 1pm Your Point of View, 1:15 pm Page Turner's Luncheon, 1pm (at Jim Barbaries)</p>
<p>30 Mah Jongg, 9am Quilt Club, 9 am Freestyle Dance Group, 10:30am Strength Training, 11:15am Lunch, 12 noon Bridge Club, 1 pm Ceramics, 1pm</p>	<p><u>EASY LISTENING</u> Love Stories in Song, 6/11 Elmwood Swingers Concert, 6/19</p> 	<p><u>EDUCATION</u> Benefit Checkup w/Joyce, 6/4 Lunch & Learn w/ Lincare, 6/18 Dr. Deveney, Joint Care, 6/25</p> 	<p><u>EXERCISE & HEALTH</u> Health Screenings, 6/20 Golf Club, 6/24 Hike at Tarrywile, 6/27</p> 	<p><u>FUN</u> Ferris Acres Creamery 6/6 Sports Talk, 6/3 & 6/17 Timeless Trivia, 6/20</p> 

JULY 2014

~ Welcome to Elmwood Hall ~ The Danbury Senior Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>All American Hoe Down Thursday, July 10th 1pm-3pm</p>  <p>Cost is \$3 – pay at the door</p>	<p>1 Art Class, 9am Tai Chi with Susan, 9 am Knit & Crochet, 10am Lunch, 12 noon Exercise with Dee, 1pm Mah Jongg, 1 pm Poker, 1pm</p>	<p>2 Carol's Creative Cuts, 9:30am Line Dancing, 10am Strength Training, 11:15am Lunch, 12 noon Powerful Tools for Caregivers, 1pm Zumba Gold with Coleen, 3pm</p>	<p>3 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>4 CLOSED</p> 
<p>7 Mah Jongg, 9 am Quilt Club, 9 am Freestyle Dance Group, 10:30am Strength Training, 11:15am Lunch, 12 noon Bridge Club, 1 pm Ceramics, 1pm Nursing Home Visitors, 1pm</p>	<p>8 Art Class, 9am Tai Chi with Susan, 9 am Knit & Crochet, 10 am Mayor's Advisory Council, 11am Lunch, 12 noon Exercise with Dee, 1pm Mah Jongg, 1 pm Sports Talk, Westerners, 2pm</p>	<p>9 AARP Safe Driver's Course, 9am Chair Massages, 9:30am Line Dancing, 10am Strength Training, 11:15am Lunch, 12 noon Powerful Tools for Caregivers, 1pm Zumba Gold with Coleen, 3pm</p>	<p>10 Knit/Crochet, 10am Blood Pressure Screening, 10am Freestyle Dance Group, 11am Lunch, 12 noon <u>All American Hoe Down 1-3pm</u></p> 	<p>11 Ukulele Club, 9:30am Zumba Gold, 10am Lunch, 12 noon Ceramics, 1pm Poker, 1pm Your Point of View, 1:15pm</p>
<p>14 Mah Jongg, 9 am Quilt Club, 9 am Freestyle Dance Group, 10:30am Strength Training, 11:15am Lunch, 12 noon Bridge Club, 1pm Ceramics, 1pm</p>	<p>15 Art Class, 9am Tai Chi with Susan, 9am Knit & Crochet, 10am Lunch, 12 noon Exercise with Dee, 1pm Mah Jongg, 1pm Poker, 1pm</p>	<p>16 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>17 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>18 Ukulele Club, 9:30am Zumba Gold, 10am Lunch, 12 noon Ceramics, 1pm Your Point of View, 1:15 pm Timeless Trivia, 1:30pm</p>
<p>21 Mah Jongg, 9 am Quilt Club, 9 am Freestyle Dance Group, 10:30am Strength Training, 11:15am Lunch, 12 noon Bridge Club, 1 pm Ceramics, 1pm Nursing Home Visitors, 1pm</p>	<p>22 Golf Club, 8:15am Art Class, 9 am Tai Chi with Susan, 9am Knit & Crochet, 10am Lunch, 12 noon Exercise with Dee, 1pm Mah Jongg, 1pm Poker, 1pm</p>	<p>23 Happy Feet, Dr. Gosnay, 9am-12pm Line Dancing, 10am Strength Training, 11:15am Lunch, 12 noon Powerful Tools for Caregivers, 1pm Poker, 1pm Zumba Gold with Coleen, 3pm</p>	<p>24 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>25 Ukulele Club, 9:30 Zumba Gold, 10am Lunch, 12 noon Your Point of View, 1:15 pm In House Bowling Banquet, 1pm 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 Bridge Club, 1 pm Ceramics, 1pm Low Vision, 1pm</p>	<p>29 Art Class, 9 am Tai Chi with Susan, 9am Knit & Crochet, 10am Lunch, 12 noon Exercise with Dee, 1pm Mah Jongg, 1pm Sports Talk, 2pm</p>	<p>30 Line Dancing, 10am Strength Training, 11:15am Lunch, 12 noon Powerful Tools for Caregivers, 1pm Poker, 1pm Zumba Gold with Coleen, 3pm</p>	<p>31 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>Tuesday, July 8th at 2pm Come and meet some of the baseball players!</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 for a married**
- **Residency: Must live in CT at least one year**

Applicants will receive a form in the mail to complete. IF one does not arrive before May, 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**

Ask the Municipal Agent, No Rent Rebate Service – Open Door Policy to answer questions about Senior Services on Wednesdays 1:30 – 2:30

June is Benefits Check-Up Month at Elmwood Hall

Did you need a check-up? A benefits check-up? Few people realize there are over 2000 federal, state and private benefit programs available to adults over 55. Using The National Council on Aging on-line Benefits Check up program, Joyce Kuhn, Community Outreach Coordinator for WCAAA, will provide you with a report created just for you that describes programs you may be eligible for. Joyce will also help you complete the applications for the programs. Appointments are available all day Tuesdays, by signing up at the reception desk. Home visits are available for the home bound by contacting Joyce Kuhn at 203-797-4686.

Elmwood Hall Photos and News Briefs

Intergenerational Wii Bowling Fun with Youth Volunteer Corp



Photo Credit: Linda Casey

Above, a group photo of all those who enjoyed the Intergenerational Wii Bowling.

Below, Elmwood Hall's Top Bowler Evelyn DiLorenzo takes the time to show these young men what it takes to bowl a perfect 300 game!



Photo Credit: Linda Casey



Photo Credit: Susan Morton

World Book Night

Elmwood Hall celebrates World Book Night with a generous donation from Byrds Books of Bethel. Susan Morton brought over the chosen title, *Wild* by Cheryl Strayed. We thank Byrds Books for their generous donation!



Photo Credit: Linda Casey

Mayor Boughton's Senior Advisory Council

Mayor Boughton, pictured above, answering questions regarding various issues of importance pertaining to our senior community. The Mayor holds this meeting on the 2nd Tuesday of each month and all are welcome to attend.

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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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
Marie DeVito - Administrative Assistant / Van Dispatcher
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)