

THE ELMWOOD EXTRA

Read All About It!

Vol XI, Issue II

October / November 2014

A Publication of the Department of Elderly Services



Elmwood Hall

The club for people age 60 and up.

Fun Fridays for Fall: Bingo, Trivia, Bean Bag Toss

Don't Be A Victim: Know Your Rights

Annual Craft and Bake Sale

Flu Shot Clinics

Honoring Our Veterans

Veterans' Benefits: What do I qualify for?

Historical Presentation: Radio City Music Hall

Mayor Boughton's Fall Festival

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



I have long been a supporter of the work of Dr. William Thomas, a Harvard educated doctor whose mission is to change the way seniors age in nursing homes and the community. His guiding principles include putting an end to boredom, loneliness and hopelessness, serious social issues that can plague us all, but seem to be especially prevalent in later life. He speaks of environments that include life and spontaneity brought about by meaningful interactions with others, children, animals, and nature. As many of you know we have always welcomed your grandchildren to the senior center as part of our policy as we firmly believe that children are a joy to all. We have recently received a grant to expand the programs over the next year that involve children, we call them our intergenerational programs. We welcome your thoughts and ideas as we have already started the process of reaching out to the Danbury public, private, and parochial schools. We look forward to introducing these programs soon. We look forward to your participation!

October / November Highlights

FUN FRIDAYS FOR FALL!

BINGO, TRIVIA, BEAN BAG TOSS

BINGO! Because an overwhelming number of you so enjoyed our first ever BINGO, we have added this to our regular program schedule. Our next day is Friday, October 3 and all games after that will follow monthly on the 1st Friday of the month (November 7, December 5, etc.). We start at 1:00. We will play 9 games of varying amounts and the cost to you to play will be \$2. Please make sure you sign up to hold your place as seating is limited and this is very popular.

Bean Bag Toss Another very popular activity when introduced in August, we will have 2 more Bean Bags Tournaments on Friday October 17 and Friday, November 14 from 1:00 to 2:30. Bean bag toss is a popular American pastime that has been around for centuries. The object of the game is to toss the bean bags so they land in the hole or on the board. No experience necessary. Please sign up.

Timeless Trivia Hosted by Kevin on Friday, October 31 and Friday, November 21 at 1:00.

Special Halloween themed trivia in October. Played in teams of 4, trivia is a great way to test your memory and have fun. Audience members welcomed. Please sign up. Prizes awarded.

Live Safely in Your Home on Wednesday, October 1 at 1:00. Jim Gustin, CAPS, ASD from Home Crew CT will be here to discuss changes you can make to your home so you can age there safely and independently. Please sign up.

Don't Be a Victim: Know Your Rights on October 8 at 1:00. Staff from the Office of the Victim Advocate in Hartford will conduct a seminar regarding the statutory and constitutional rights of crime victims and the services available to them in Connecticut. They will also cover specific issues of interest to seniors, such as elderly abuse and identity theft. Please sign up.

Annual Craft and Bake Sale on Friday, October 10 from 8:30 - 3:00. The Craft and Bake Sale has become one of our most popular events. Please consider baking or making

something for our sale. Items can be dropped off anytime before October 9. Baked items are accepted early in the morning on the 10th. This year's event will feature a small boutique. Thank you for all of your support for this popular event. All proceeds benefit The Prime Timers, Inc., Friends of Danbury Seniors.

Breast Cancer Awareness on Wednesday, October 15 at 1:00. While most people are aware of breast cancer, many forget to take the steps to have a plan to detect the disease in its early stages. Presented by Ann's Place: Community Based Cancer Support. Please sign up.

Flu Shot Clinics on Wednesday, October 15 and Wednesday, October 22 from 9:00 - 11:00. Sponsored by the Western CT Homecare, Inc. (formerly the Danbury VNA). Please call Elmwood Hall for an appointment and make sure you bring your Medicare card.

Join Us for Medicare Open Enrollment Day
Thursday, October 30 from 10:00 to 2:00

Every year between October 15 and December 7 is open enrollment for Medicare. Open enrollment is the time of year when current or newly-eligible Medicare beneficiaries, including people with original Medicare, can review their current health or prescription drug plans, compare the plans to other options, and choose the plans that best meet their current needs. Please call for an appointment with one of our Medicare Specialists. This is provided in partnership with the Western CT Area Agency on Aging.

Honoring Our Veterans on Thursday, November 6 at 1:00. We welcome all veterans of all wars to come, share their stories and be honored and thanked for their service to our great country. Please join us on this day. Memorabilia welcomed. Special musical presentation provided by local musician Billy Michael. Cake and coffee served. Sponsored by Laurel Ridge Health Care.

Veterans' Benefits: What you need to know on Wednesday, November 12 at 1:00. Carl Stewart of the Western CT Area on Aging will be discussing Veterans' Health Care Plan, Pension,

Compensation, Home Care Program. Please sign up.

Elmwood Swinger Concert on Thursday, November 13 at 1:00. Join our local band as they honor our great country's Veterans and ring in the upcoming holiday season. Refreshments served.



Historical Presentation: Radio City Music Hall on Wednesday, November 19 at 1:00. Opening on December 27, 1932 as part of Rockefeller Center, this magnificent Art Deco theatre was designated a New York City landmark in 1978. Generations of audiences have been entertained by the Music Hall's famous pipe organ, Rockettes and Christmas Spectacular. Join historian Art Gottlieb for a trip down memory lane. Please sign up. Sponsored by Laurel Ridge Health Care.

Happy Feet Program with Dr. Richard Gosnay on November 19 is a wellness foot program. Appointments will run between 9 to noon. It includes a thorough foot exam and toenail 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: January 28, March 25, and May 27.

SAVE THE DATE for our 10th Annual Holiday Party on Thursday, December 11 (snow date is the 18th). Sign-up begins on November 3rd at 9:00. Lunch, fabulous raffle prizes and dancing to the Kenny Lee Band. Pre-pay cost is \$10.

Inclement Weather Policy: As we move toward Winter let me take this opportunity to remind everyone of our inclement weather policy. If the Danbury schools are closed, so are we. If Danbury schools are delayed, we open at our normal time. Closings are announced on WLAD radio and Ch. 3 TV.

OCTOBER 2014 ~ Welcome to Elmwood Hall ~ The Danbury Senior Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	 <p>Fall Festival November 16th – 11am to 3pm The Amber Room \$12 per person Tickets go on sale at Elmwood Hall on October 1st</p>	<p>1 Carol's Creative Cuts, 9:30am Line Dancing with Jill, 10am Strength Training, 11:15 am Lunch, 12 noon Living Safely in Your Home, 1pm Poker, 1pm Zumba Gold with Coleen, 3 pm</p>	<p>2 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>3 Ukulele Club, 9:30am Zumba Gold, 10am Lunch, 12 noon Poker, 1pm BINGO, 1pm Your Point of View, 1:15pm</p> 
<p>6 Mah Jongg, 9am Quilt Club, 9am Freestyle Dance Group, 10:45am Strength Training, 11:15am Lunch, 12 noon Bridge Club, 1pm Nursing Home Visitors, 1pm Ceramics, 1pm</p>	<p>7 Art Class with Adele, 9 am Tai Chi with Susan, 9am Knit & Crochet, 10 am Lunch, 12 noon Exercise with Dee, 1pm Sports Talk, 1pm Mah Jongg, 1pm Poker, 1pm</p>	<p>8 AARP Safe Driver's Course, 9am Chair Massages, 9:30am Line Dancing with Jill, 10am Strength Training, 11:15 am Lunch, 12 noon Don't be a Victim, 1pm Zumba Gold with Coleen, 3 pm</p>	<p>9 Knit/Crochet, 10am Blood Pressure Screening, 10am Freestyle Dance Group, 11am Lunch, 12 noon Woodcarving, 12:30pm Exercise Video, 1pm Poker, 1pm Music/Band, 2pm</p>	<p>10 Craft / Bake Sale, 9am Ukulele Club, 9:30am Zumba Gold, 10am Lunch, 12 noon Poker, 1pm Your Point of View, 1:15pm</p> 
<p>13</p> 	<p>14 Art Class with Adele, 9am Tai Chi with Susan, 9am Knit & Crochet, 10am Mayor's Advisory Mtg, 11am Lunch, 12 noon Commission on Aging, City Hall, 1pm Exercise with Dee, 1pm Mah Jongg, 1pm</p>	<p>15 Flu Clinic, 9am-11am Carol's Creative Cuts, 9:30am Line Dancing with Jill, 10am Strength Training, 11:15am Lunch, 12 noon Breast Cancer Awareness, 1pm Zumba Gold with Coleen, 3pm</p>	<p>16 Knit/Crochet, 10am Blood Pressure Screening, 10am Freestyle Dance Group, 11am Lunch, 12 noon Woodcarving, 12:30pm Exercise Video, 1pm Poker, 1pm Music/Band, 2pm</p>	<p>17 Ukulele Club, 9:30am Zumba Gold, 10am Lunch, 12 noon Bean Bag Tourney, 1pm Poker, 1pm Your Point of View, 1:15 pm</p> 
<p>20 Mah Jongg, 9am Quilt Club, 9am Freestyle Dance Group, 10:45am Strength Training, 11:15am Lunch, 12 noon Bridge Club, 1pm Nursing Home Visitors, 1pm Ceramics, 1pm</p>	<p>21 Art Class with Adele, 9 am Tai Chi with Susan, 9am Knit & Crochet, 10am Lunch, 12 noon Exercise with Dee, 1pm Sports Talk, 1pm Mah Jongg, 1pm Poker, 1pm</p>	<p>22 Flu Clinic, 9am -11am Line Dancing with Jill, 10am Strength Training, 11:15am Lunch, 12 noon Poker, 1pm Zumba Gold with Coleen, 3 pm</p>	<p>23 Knit/Crochet, 10am Blood Pressure Screening, 10am Freestyle Dance Group, 11am Lunch, 12 noon Woodcarving, 12:30pm Exercise Video, 1pm Poker, 1pm Music/Band, 2pm</p>	<p>24 Ukulele Club, 9:30am Zumba Gold, 10am Lunch, 12 noon Your Point of View, 1:15 pm Page Turner's Book Cl, 2:30pm</p>
<p>27 Mah Jongg, 9am Quilt Club, 9am SNAP Assistance, 10am Freestyle Dance Group, 10:45am Strength Training, 11:15am Lunch, 12 noon Bridge Club, 1pm Low Vision, 1pm Ceramics, 1pm</p>	<p>28 Art Class with Adele, 9 am Tai Chi with Susan, 9am Knit & Crochet, 10am Lunch, 12 noon Let's Talk Over Lunch, Noon Exercise with Dee, 1pm Mah Jongg, 1pm Poker, 1pm</p>	<p>29 Line Dancing with Jill, 10am Strength Training, 11:15am Lunch, 12 noon Poker, 1pm Zumba Gold with Coleen, 3 pm</p>	<p>30 Knit/Crochet, 10am Blood Pressure Screening, 10am Open Enrollment 10am – 2pm Freestyle Dance Group, 11am Lunch, 12 noon Woodcarving, 12:30pm Exercise Video, 1pm Poker, 1pm Music/Band, 2pm</p>	<p>31 Ukulele Club, 9:30am Zumba Gold, 10am Lunch, 12 noon Poker, 1pm Halloween Trivia, 1:00pm Your Point of View, 1:15pm</p> 

N VEMBER 2014

~ Welcome to Elmwood Hall ~ The Danbury Senior Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Fall Festival Sunday, Nov. 16th 11-3pm The Amber Room</p>	<p>Elmwood Swingers Fall Concert Nov. 13 at 1pm</p> 	 <p>Honoring our Veterans Nov. 6 at 1pm</p> <p>Veterans Benefits Talk Nov. 12 at 1pm</p>	<p>Radio City Music Hall Special Presentation by, Art Gottlieb</p> <p>Sponsored by, <i>Laurel Ridge</i> Health Care Center</p>	 <p>Nov. 7 at 1pm</p>
<p>3 Mah Jongg, 9am Quilt Club, 9am 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>4 Art Class with Adele, 9 am Tai Chi with Susan, 9am Knit & Crochet, 10 am Lunch, 12 noon Exercise with Dee, 1pm Mah Jongg, 1pm Poker, 1pm Sports Talk, 1pm</p>	<p>5 AARP Safe Driver's Course, 9am Carol's Creative Cuts, 9:30am Line Dancing with Jill, 10am Strength Training, 11:15 am Lunch, 12 noon Poker, 1pm Zumba Gold with Coleen, 3 pm</p>	<p>6 Knit/Crochet, 10am Blood Pressure Screening, 10am Freestyle Dance Group, 11am Lunch, 12 noon Honoring our Veterans, 1pm</p> 	<p>7 Ukulele Club, 9:30am Zumba Gold, 10am Lunch, 12 noon BINGO, 1pm Your Point of View, 1:15pm Poker, 1pm</p> 
<p>10 Mah Jongg, 9am Quilt Club, 9am Freestyle Dance Group, 10:45am Strength Training, 11:15am Lunch, 12 noon Bridge Club, 1pm Ceramics, 1pm Poker, 1pm</p>	<p>11</p>  <p>CLOSED HONORING ALL WHO SERVED VETERANS DAY</p>	<p>12 Chair Massages, 9:30am Line Dancing with Jill, 10am Strength Training, 11:15am Lunch, 12 noon Veterans' Benefits Talk, 1pm Zumba Gold with Coleen, 3pm</p>	<p>13 Knit/Crochet, 10am Blood Pressure Screening, 10am Freestyle Dance Group, 11am Lunch, 12 noon Woodcarving, 12:30pm Fall Concert, 1pm</p> 	<p>14 Ukulele Club, 9:30am Zumba Gold, 10am Lunch, 12 noon Bean Bag Tournament, 1pm Poker, 1pm Your Point of View, 1:15 pm</p> 
<p>17 Mah Jongg, 9am Quilt Club, 9am 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>18 Art Class with Adele, 9 am Tai Chi with Susan, 9am Knit & Crochet, 10am Lunch, 12 noon Exercise with Dee, 1pm Mah Jongg, 1pm Poker, 1pm Sports Talk, 1pm</p>	<p>19 Happy Feet, 9am to Noon Carol's Creative Cuts, 9:30am Line Dancing with Jill, 10am Strength Training, 11:15am Lunch, 12 noon Poker, 1pm Radio City Music Hall, 1pm Zumba Gold with Coleen, 3 pm</p>	<p>20 Knit/Crochet, 10am Blood Pressure Screening, 10am Freestyle Dance Group, 11am Lunch, 12 noon Woodcarving, 12:30pm Exercise Video, 1pm Fall Wii Bowling Banquet, 1pm Poker, 1pm</p>	<p>21 Ukulele Club, 9:30am Zumba Gold, 10am Lunch, 12 noon Poker, 1pm Your Point of View, 1:15pm Timeless Trivia, 1pm Page Turner's Book Club, 2:30pm</p> 
<p>24 Mah Jongg, 9am Quilt Club, 9am SNAP Assistance, 10am Freestyle Dance Group, 10:45am Strength Training, 11:15am Lunch, 12 noon Bridge Club, 1pm Low Vision, 1pm</p>	<p>25 Art Class with Adele, 9 am Tai Chi with Susan, 9am Knit & Crochet, 10am Lunch, 12 noon Let's Talk Over Lunch, Noon Exercise with Dee, 1pm Mah Jongg, 1pm Movie: Brian's Song, 1pm</p> 	<p>26 Line Dancing with Jill, 10am Strength Training, 11:15am Lunch, 12 noon Poker, 1pm Zumba Gold with Coleen, 3 pm</p>	<p>27</p>  <p>CLOSED Happy Thanksgiving</p>	<p>28</p>  <p>CLOSED</p>

Rent Rebate: If you didn't do it for 2013 by Oct. 1, 2014, you may be eligible to apply for a Medical Extension with proper documentation from your doctor. Call Marnie or Joyce at 203-796-1513, leave a message and we will determine your eligibility and mail you the form that you mail to Hartford. Do before Dec. 1, 2014.

Energy Assistance helps pay for heat: call CACD for details of the program: 203-748-5422. Maximum income and asset limits apply.

Medicare Health Insurance Enrollment / Search Yearly

1. Medicare D and Medicare Advantage Plan Enrollment for 2015 is from 10/15 – 12/7. Call the Senior Center (203-797-4686) to schedule an appointment with Joyce Kuhn to search the Medicare website for the best Medicare D Plan for your personal prescription needs. A detailed prescription list is needed.
 2. Marnie will assist people by appointment only; leave a message at 203-796-1513.
 3. The Western Connecticut Area on Aging (WCAAA), is offering a Medicare enrollment day on October 30 from 10 AM to 2 PM. Please bring your prescriptions or a list with the correct spelling of medications and dosages so that a search can be done for you.
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Reminder to people enrolled in a Medicare Savings Program, an annual enrollment is needed. This is usually ten months to one year of the anniversary date of the original sign up. The CT. DSS is supposed to send out letters and forms.

Affordable Care Act Enrollment is NOT FOR MEDICARE BENEFICIARIES

Once again people of all ages, not on Medicare, can sign up for the Affordable Care Act (Obama Care). Registering for coverage that begins in 2015 will start November 15th, 2014 through February 15th, 2015. This insurance will be for the uninsured not for those covered under Medicare. Different offerings, some subsidized, will be available. A person's income level could determine the cost to that person. In CT. the state is offering a health insurance exchange called Access Health CT. Use the website www.accesshealthct.com or phone the call center at 855-805-4325 for more information. Watch the media for a listing of your community locations for registering for these insurance policies. CACD may be one of the sites, it is to be determined. The Senior Center will NOT be a place to sign up for Access Health policies. If you are between the ages of 60 and 64 and not on Medicare, call WCAAA at 800-994-9422 for direction.

Watch Out for 'Observation Status' When Hospitalized

An 'Observation' stay is an outpatient hospital stay. During this stay, you receive medical services that help the hospital doctor decide whether you should be admitted as an inpatient or be discharged from the hospital. This status is a cost complication. Ask, or have your family ask, whether you are an inpatient or outpatient. If there's no three day inpatient hospital stay then there's no Medicare coverage in a skilled nursing facility. Deductibles and co pays will differ too. People have been surprised by getting charged for the full cost of their nursing home stay when the inpatient status would have meant full coverage for 1-20 days and shared coverage for longer stays. Observation stay means no coverage at all under Medicare.

Connecticut is one of three states that has tried to deal with this new phenomenon by passing a law that CT. hospitals must provide written and oral notice to patients who are placed under Observation Status for more than 24 hours. The law requires that the hospital provide a statement that the patient is not admitted but is on observation status; that the observation status may impact payment under Medicare, Medicaid, or private insurance; and a recommendation that the patient contact their insurance provider or call the Office of Healthcare Advocate (1-866-466-4446) for information.

Elmwood Hall Photos and News Briefs



*Hosted by Mayor Mark Boughton and
First Lady Phyllis Boughton*

*Sunday, November 16, 2014
11:00 a.m. - 3:00 p.m.*

*The Amber Room Colonnade
\$12*



*Music by
The Kenny Lee Band*

*Tickets go on sale at Elmwood Hall
on October 1st at 9:00 a.m.*

Swipe Your Card



Photo Credit: Susan Tomanio

Just a friendly reminder to swipe your membership card on your arrival. This helps us keep attendance for activities and membership. Thank you!

Bean Bag Toss



Photo Credit: Susan Tomanio

This is the first time we have played bean bag toss and now it will be a monthly activity. Pictured left to right are JoAnn, Terre, Louise, Steve, Annette, Kevin, Ron, and Eleanor and behind the bean bag board is Michelle.

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, intergenerational, 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)
Donna Pipkin - Café Manager (in partnership with C.W. Resources)