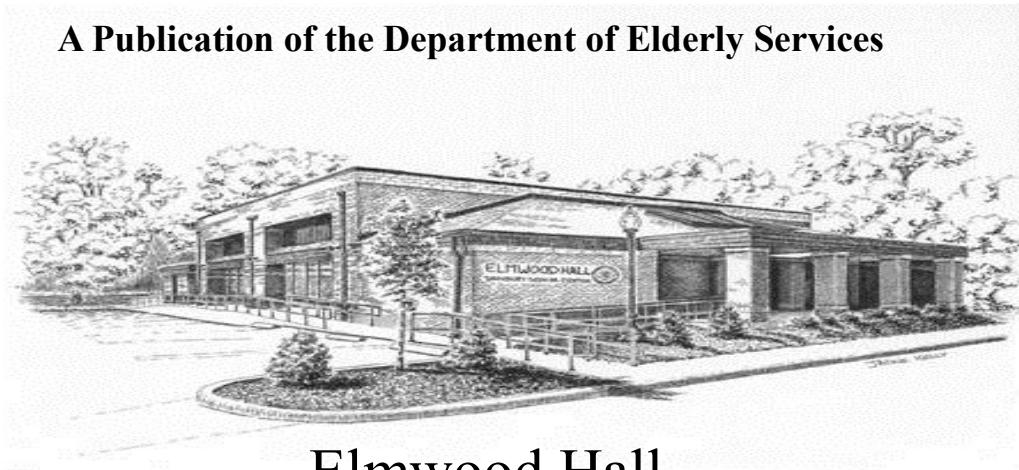


# THE ELMWOOD EXTRA

Read All About It!

February / March 2017

A Publication of the Department of Elderly Services



## Elmwood Hall

The club for people age 60 and up.

**AARP Tax Assistance**

**Underground Railroad: Presented by Art Gottlieb**

**All Pain is Not Created Equal: Presented by Dr. Susann Varano**

**Danbury In Love: Presented by Brigid Guertin**

**“Then and Now” Cookbook sponsored by RVNA**

**Depression and Diabetes Talks: Presented by Danbury High School**

**Spring Nature Series: Honey Bees**

**Home Adaptation & Fall Prevention: Lunch & Learn**

**Spotlight of Color: Coloring Circle Showcase**

## City of Danbury

**Department of Elderly Services**

**Mark D. Boughton, Mayor**

**Susan M. Tomanio, LCSW, Director of Elderly Services**

**Michelle McNamara, Municipal Agent/Program Coordinator**

**Joyce Kuhn, Activities/Resource & Referral**

**10 Elmwood Place, Danbury, CT 06810**

**[www.danburyseniors.org](http://www.danburyseniors.org)**

**Tel. 203-797-4686**

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

## MESSAGE FROM THE DIRECTOR OF ELDERLY SERVICES

Susan M. Tomanio, LCSW



Over the months of February and March we are partnering with many organizations to bring you interesting and varied programs. We welcome back Dr. Susann Varano from Candlewood Valley Health and Rehab, as well as Brigid Guertin from the Danbury Museum. Ridgefield VNA has invited us to be a part of their “Then and Now” Cookbook Project. We have partnered with Danbury High School students to present three programs: two health education seminars and one Peer Leadership Project—The Coloring Circle Showcase! We are once again welcoming the WCSU Nursing students back during their spring semester and they will be here on Tuesdays, Thursdays, and Fridays. Finally, we are partnering with the State of CT Agricultural Experiment Station for a series of nature lectures. Come on down!

### February / March Highlights

**AARP Tax Assistance** begins on Thursday, February 2 and will run through April 18 on Tuesday and Thursday mornings. Please call for an appointment to have your tax return completed by experienced AARP volunteers. This is a free service. Please note that on the day of your appointment, you will need to bring with you, **your 2015 Tax Return, Proper Form of Identification including Social Security Card and ALL of your 2016 Tax Information.**

**Bingo, Timeless Trivia, & Mark My Words: The “Quotation” Game** Come enjoy Bingo (2/3 ***Wear Red***, 3/3 ***Wear Green***), Timeless Trivia (2/17, 3/10) and introducing Mark My Words: The “Quotation” Game (2/24, 3/17). This different type of question/answer game, played in teams, will challenge contestants to identify memorable quotations from movies, books, headlines, history, etc. All three programs are slated to begin at 1:00 pm on their respective dates. Please be sure to sign up!

**Historian Art Gottlieb presents: Underground Railroad** on Thursday, February 9 at 1:00 pm.

In the early 19<sup>th</sup> Century, abolitionists aided up to 100,000 Black slaves escape to free states, Mexico and Canada through the creation of a vast secret network of routes and safe houses that came to be known as the Underground Railroad. Please sign up!

**Dr. Susann Varano presents, All Pain is Not Created Equal** on Friday, February 10 at 1:00 pm. Geriatrician Dr. Susann Varano, Director of the Elder Horizons Program at Yale-New Haven Hospital and Candlewood Valley Health and Rehab will identify different types/levels of pain and discuss their treatment options. Please sign up!

**Celebrating History Month: Danbury In Love** on Tuesday, February 14 at 11:00 am with Danbury Museum Director Brigid Guertin who will talk about the famous Danbury couples from the 18th, 19th, and early 20th centuries. Please sign up!

**“Then and Now” Cookbook** on Friday, February 17 at 11:00 am. This is a great chance to

share your favorite recipe(s), be a part of a multi-senior center project, learn some amazing new nutritional facts, receive a FREE copy of the finished cookbook, and have a chance for your recipe to be entered in to a drawing to be the featured meal at a luncheon for all participants! This project is led by Doreen Frey, a student at WCSU who is interning at RVNA. Come and hear more about this exciting and fun project! Please sign up!

**Danbury Library On The Move (OTM)** Join us at Elmwood Hall on Wednesday, February 22 and Thursday, March 23 from 11:00 am to 2:00 pm as a representative from the Danbury Library will be on-site to help renew library cards, check out books or iPads, and view upcoming programs and events at the Danbury Library.

**Danbury High School Student Presentations** Students from the Health and Bioscience Academy at Danbury High School will present on two topics: Recognizing the signs of Depression on Monday, February 27 at 12:45 pm, and Recognizing the signs of Diabetes on Monday, March 6 at 12:45 pm. Please sign up!

**Community Conversations, We Want to Hear from You!** On Monday, February 27 with the first session beginning at 12 noon and two other sessions beginning at 1:00 pm and 2:00 pm, The Danbury Aging in Place Council would love to speak to you if you are a senior who lives on or near Main Street, Danbury. Help them to know how you use downtown resources such as the library, stores, social events, and public services. Also, they are interested in hearing about your challenges. Sign up required. Light refreshments and City Center Bucks given to all participants.

**March Madness: Corn Hole is BACK!** Join us on Wednesdays, March 1, 8, 15, & 22 for one of our most popular “indoor games.”

**What is the State of Connecticut Rent Rebate Program** on Monday, March 13 at 1:00 pm.

Come and learn about the program, including who is eligible and how to apply. Please sign up!













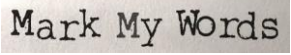
**Happy Feet Program w/ Dr. Richard Gosnay** is a wellness foot program that will run on the following Wednesdays: March 15, April 19, May 17, and June 21 with appointments between 9:00 am - 12 noon. It includes a thorough foot exam and toe nail clippings by Dr. Richard Gosnay, a local Podiatrist. Cost is \$5 and you must call Elmwood Hall in advance to set up an appointment. You must be a Danbury resident and a Non-Diabetic.

**Spring Nature Series: Beekeeping in CT - Past and Present** on Thursday, March 16 at 1:00 pm presented by the CT Agricultural Experiment Station. The Beekeeping in CT - Past and Present is the first of the Spring Nature Series presentations which will include Earth Worms on April 20th and Container Gardening Tips on May 18. Presented by Mark H. Creighton, Apiary Inspector, will focus on the modern beehive structure and describe the communal organization of bees within a hive. The life cycle of worker bees and basic bee genetics will be covered. Please sign up!

**Lunch & Learn with Masonicare at Newtown** on Monday, March 20 at 1:00 pm. As we get older, we increase the risk of falling in our homes, and the injuries sustained can be life threatening. Simple home modifications along with exercises to improve strength and balance can help reduce the risk of falling. Please join us for this presentation on Home Adaptation and Fall Prevention. Seating is limited. Please sign up!
















**Spotlight of Color: Coloring Circle Showcase** on Wednesday, March 29, from 2:00 pm to 4:00 pm. Come enjoy the artistic talents of the members of Elmwood Hall as TeAva Mercado, a senior from Danbury High School, produces the culmination of her community Peer Leadership project with a spotlight of their work through a gallery display. Refreshments will be served.

# FEBRUARY 2017 ~ Welcome to Elmwood Hall ~ The Danbury Senior Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p><b>HISTORY</b></p> <p>Art Gottlieb Presents: Underground Railroad, <b>Feb. 9</b></p> <p>Brigid Guertin Presents: Danbury In Love, <b>Feb. 14</b></p>	<p><b>PRESENTATIONS</b></p> <p>♥ Not All Pain is Created Equal, <b>Feb. 10</b></p> <p>♥ Then &amp; Now Cookbook Info Meeting!, <b>Feb. 17</b></p> <p>♥ Recognizing the signs of Depression! <b>Feb. 27</b></p>	<p><b>1</b> 9:30 am Yolanda's Hair Boutique</p> <p>10:00 am Line Dancing </p> <p>11:15 am Strength Training</p> <p>12 noon Lunch</p> <p>12:45 pm <b>Afternoon at the Movies</b></p> <p>1:00 pm Coloring Circle, Poker</p> <p>1:30 pm Elmwood's FINEST</p>	<p><b>2</b> 8:30 am AARP Tax Prep</p> <p>10:00 am Knit/Crochet Blood Pressure Screen</p> <p>10:30 am Freestyle Dance</p> <p>11:00 am Line Dance Practice</p> <p>12 noon Lunch</p> <p>12:30 pm Woodcarving</p> <p>1:00 pm Chair Yoga, Exercise Video</p>	<p><b>3</b></p> <p>10:00 am Zumba Gold</p> <p>12 noon Lunch</p> <p>1:00 pm <b>BINGO</b></p> <p>1:15 pm Your Point of View</p> 
<p><b>6</b></p> <p>9:00 am Quilt Club</p> <p>11:15 am Strength Training</p> <p>12 noon Lunch</p> <p>1:00 pm Bridge, Pinochle</p> 	<p><b>7</b></p> <p>8:30 am AARP Tax Prep</p> <p>9:00 am Art Class, Tai Chi</p> <p>10:00 am Knit &amp; Crochet</p> <p>12 noon Lunch</p> <p>1:00 pm Aerobics, Mah Jongg Set Back</p>	<p><b>8</b></p> <p>10:00 am Line Dancing </p> <p>11:15 am Strength Training</p> <p>12 noon Lunch</p> <p>12:45 pm <b>Afternoon at the Movies</b></p> <p>1:00 pm Coloring Circle, Poker</p> <p>1:30 pm Elmwood's FINEST</p>	<p><b>9</b></p> <p>8:30 am AARP Tax Prep</p> <p>10:00 am Knit/Crochet Blood Pressure Screen</p> <p>10:30 am Freestyle Dance</p> <p>11:00 am Line Dance Practice</p> <p>12 noon Lunch</p> <p>12:30 pm Woodcarving</p> <p>1:00 pm <b>Underground Railroad</b></p>	<p><b>10</b></p> <p>10:00 am Zumba Gold</p> <p>12 noon Lunch</p> <p>1:00 pm <b>Dr. Varano: Pain Talk</b></p> <p>1:15 pm Your Point of View</p> 
<p><b>13</b> <b>CLOSED</b></p> <p>Lincoln's Birthday</p> 	<p><b>14</b></p> <p>8:30 am AARP Tax Prep</p> <p>9:00 am Art Class, Tai Chi</p> <p>10:00 am Knit &amp; Crochet</p> <p>11:00 am <b>Danbury In Love</b></p> <p>12 noon Lunch</p> <p>1:00 pm Comm. On Aging/City Hall</p> <p>Aerobics, Mah Jongg, Sports Talk</p> <p>2:15 pm Set Back</p>	<p><b>15</b></p> <p>9:30 am Yolanda's Hair Boutique</p> <p>10:00 am Line Dancing </p> <p>11:15 am Strength Training</p> <p>12 noon Lunch</p> <p>12:45 pm <b>Afternoon at the Movies</b></p> <p>1:00 pm Coloring Circle, Poker</p> <p>1:30 pm Elmwood's FINEST</p>	<p><b>16</b></p> <p>8:30 am AARP Tax Prep</p> <p>10:00 am Knit/Crochet Blood Pressure Screen</p> <p>10:30 am Freestyle Dance</p> <p>11:00 am Line Dance Practice</p> <p>12 noon Lunch</p> <p>12:30 pm Woodcarving</p> <p>1:00 pm Chair Yoga, Exercise Video</p>	<p><b>17</b></p> <p>10:00 am Zumba Gold</p> <p>11:00 am <b>Then &amp; Now Cookbook</b></p> <p>12 noon Lunch</p> <p>1:00 pm <b>Timeless Trivia</b></p> <p>1:15 pm Your Point of View</p>  
<p><b>20</b> <b>CLOSED</b></p> <p>President's Day Washington's Birthday</p> 	<p><b>21</b></p> <p>8:30 am AARP Tax Prep</p> <p>9:00 am Art Class, Tai Chi</p> <p>10:00 am Knit &amp; Crochet</p> <p>12 noon Lunch</p> <p>1:00 pm Aerobics, Mah Jongg Set Back</p>	<p><b>22</b></p> <p>10:00 am Line Dancing</p> <p>11:00 am <b>Danbury Library OTM</b></p> <p>11:15 am Strength Training</p> <p>12 noon Lunch</p> <p>12:45 pm <b>Afternoon at the Movies</b></p> <p>1:00 pm Coloring Circle, Poker </p> <p>1:30 pm Elmwood's FINEST</p>	<p><b>23</b></p> <p>8:30 am AARP Tax Prep</p> <p>10:00 am Knit/Crochet Blood Pressure Screen</p> <p>10:30 am Freestyle Dance</p> <p>11:00 am Line Dance Practice</p> <p>12 noon Lunch</p> <p>12:30 pm Woodcarving</p> <p>1:00 pm Chair Yoga, Exercise Video</p>	<p><b>24</b></p> <p>12 noon Lunch</p> <p>1:00 pm <b>Mark My Words</b></p> <p>1:15 pm Your Point of View</p> <p>2:30 pm Page Turner's Book Cl</p> 
<p><b>27</b></p> <p>9:00 am Quilt Club</p> <p>10:00 am SNAP</p> <p>11:15 am Strength Training</p> <p>12 noon Lunch</p> <p>12 noon <b>Community Convo</b></p> <p>12:45 pm <b>Depression Talk</b></p> <p>1:00 pm Bridge, Pinochle</p>	<p><b>28</b></p> <p>8:30 am AARP Tax Prep</p> <p>9:00 am Art Class, Tai Chi</p> <p>10:00 am Knit &amp; Crochet</p> <p>11:00 am Mayor's Advisory Grp.</p> <p>12 noon Lunch</p> <p>1:00 pm Aerobics, Mah Jongg, Sports Talk</p> <p>2:15 pm Set Back</p>	<p><b>AARP Tax Prep Assistance</b></p> <p><b>AARP</b></p> <p>Feb. 2 through April 18</p> <p>Book your appointment!</p> <p>203-797-4686</p>	<p><b>Fantabulous FEBRUARY FUN</b></p> <p><b>BINGO, Feb. 3<sup>rd</sup></b> (National Wear RED day)</p> <p>Timeless Trivia, Feb. 10th</p> <p>Mark My Words, Feb. 24th</p>	<p><b>Afternoon at the Movies</b></p> <p>Feb. 1 – The Notebook</p> <p>Feb. 8 – The Family Stone</p> <p>Feb. 15 – My Favorite Year</p> <p>Feb. 22 – Phantom of the Opera</p> <p><b>All shows begin at 12:45 pm</b></p>



# 2017 ~ Welcome to Elmwood Hall ~ The Danbury Senior Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Lunch &amp; Learn</b> sponsored by <i>Masonicare at Newtown</i> <b>Topic:</b> Home Adaptation &amp; Fall Prevention - <b>March 20</b></p> <p><b>Honey Bee Talk, March 16</b> Given by CT Agricultural Experiment Station</p>	<p>☘ Recognizing Diabetes, <b>March 6</b></p> <p>☘ What is Rent Rebate? <b>March 13</b></p> <p>☘ Spotlight of Color: Coloring Circle Showcase, <b>March 29<sup>th</sup></b></p> <p>☘ March Madness: CORNHOLE is back! Wednesdays at 1:00 pm</p>	<p><b>1</b></p> <p>8:45 am AARP Drive Smart Class 9:30 am Yolanda's Hair Boutique 10:00 am Line Dancing 11:15 am Strength Training  12 noon Lunch 1:00 pm <b>CORN HOLE</b> 1:00 pm Coloring Circle, Poker 1:30 pm Elmwood's FINEST</p>	<p><b>2</b></p> <p>8:30 am AARP Tax Prep 10:00 am Knit/Crochet Blood Pressure Screen 10:30 am Freestyle Dance 11:00 am Line Dance Practice 12 noon Lunch 12:30 pm Woodcarving 1:00 pm Chair Yoga, Exercise Video</p>	<p><b>3</b></p> <p>10:00 am Zumba Gold 12 noon Lunch <b>1:00 pm BINGO</b> 1:15 pm Your Point of View</p> 
<p><b>6</b></p> <p>9:00 am Quilt Club 11:15 am Strength Training 12 noon Lunch 12:45 pm <b>Diabetes Talk</b> 1:00 pm Bridge, Pinochle</p>	<p><b>7</b></p> <p>8:30 am AARP Tax Prep 9:00 am Art Class, Tai Chi 10:00 am Knit &amp; Crochet 12 noon Lunch 1:00 pm Aerobics, Mah Jongg Set Back</p> 	<p><b>8</b></p> <p>10:00 am Line Dancing 11:15 am Strength Training  12 noon LUNCH 1:00 pm <b>CORN HOLE</b> 1:00 pm Coloring Circle, Poker 1:30 pm Elmwood's FINEST</p>	<p><b>9</b></p> <p>8:30 am AARP Tax Prep 10:00 am Knit/Crochet Blood Pressure Screen 10:30 am Freestyle Dance 11:00 am Line Dance Practice 12 noon Lunch 12:30 pm Woodcarving 1:00 pm Chair Yoga, Exercise Video</p>	<p><b>10</b></p> <p>10:00 am Zumba Gold 12 noon Lunch <b>1:00 pm Timeless Trivia</b> 1:15 pm Your Point of View</p> 
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<p><b>20</b></p> <p>9:00 am Quilt Club 11:15 am Strength Training 12 noon Lunch 1:00 pm Bridge, Pinochle 1:00 pm <b>Lunch &amp; Learn</b></p> 	<p><b>21</b></p> <p>8:30 am AARP Tax Prep 9:00 am Art Class, Tai Chi 10:00 am Knit &amp; Crochet 12 noon Lunch 1:00 pm Aerobics, Mah Jongg Set Back</p> 	<p><b>22</b></p> <p>10:00 am Line Dancing  11:15 am Strength Training 12 noon Lunch 1:00 pm <b>CORN HOLE</b> 1:00 pm Coloring Circle, Poker 1:30 pm Elmwood's FINEST</p>	<p><b>23</b></p> <p>8:30 am AARP Tax Prep 10:00 am Knit/Crochet Blood Pressure Screen 10:30 am Freestyle Dance 11:00 am Line Dance Practice <b>Danbury Library OTM</b> 12 noon Lunch 12:30 pm Woodcarving 1:00 pm Chair Yoga, Exercise Video</p>	<p><b>24</b></p> <p>10:00 am Zumba Gold 12 noon Lunch 1:15 pm Your Point of View</p> 
<p><b>27</b></p> <p>9:00 am Quilt Club 11:15 am Strength Training 12 noon Lunch 1:00 pm Bridge, Pinochle 1:00 pm Lions Low Vision</p>	<p><b>28</b></p> <p>8:30 am AARP Tax Prep 9:00 am Art Class, Tai Chi 10:00 am Knit &amp; Crochet 11:00 am Mayor's Advisory Grp. 12 noon Lunch 1:00 pm Aerobics, Mah Jongg, Sports Talk 2:15 pm Set Back</p>	<p><b>29</b></p> <p>10:00 am Line Dancing 11:15 am Strength Training 12 noon Lunch 1:00 pm Poker 2:00 pm <b>Spotlight of Color</b></p> 	<p><b>30</b></p> <p>8:30 am AARP Tax Prep 10:00 am Knit/Crochet Blood Pressure Screen 10:30 am Freestyle Dance 11:00 am Line Dance Practice 12 noon Lunch 12:30 pm Woodcarving 1:00 pm Chair Yoga, Exercise Video</p>	<p><b>31</b></p> <p>10:00 am Zumba Gold 12 noon Lunch 1:15 pm Your Point of View 2:30 pm Page Turner's Book Cl.</p> <p style="text-align: center;"> </p>

# **Important Information from the Office of the Municipal Agent**

## **ELDERLY TAX RELIEF PROGRAMS 2016 GRAND LIST**

This information is provided by the Danbury Assessor's Office. Please call the Assessor's Office for more details and to **APPLY** 203-797-4556.

**Tax Relief Filing Period:** February 1 – May 15  
**Veteran's Filing Period:** – February 1 – October 1

You must be a resident of Danbury for at least one year and 65 years of age by December 31<sup>st</sup> of 2016. If Disabled, you must provide award letter from Social Security.

### **CITY LOCAL PROGRAM**

Income: Single - \$45,200 Married - \$52,900  
**BENEFIT** - \$450 - Single \$600 - Married

### **CITY DEFERRAL PROGRAM** ( Requires Annual Filing)

Income: Single - \$52,500 Married - \$59,200  
**BENEFIT** – 25% of Real Estate Taxes with a lien of 5% per annum

### **FREEZE PROGRAM**

Income – Single \$51,300 Married - \$58,000  
**BENEFIT** – Will be calculated based on taxes paid for October 1, 2011 (Gross Income)

### **SAVE PROGRAM** (Requires Annual Filing)

Income: Single - \$57,900 Married - \$65,600  
**BENEFIT** - \$700 off taxes (Taxpayer must volunteer 100 hours of work with a non profit agency)

### **CITY ENERGY ASSISTANCE PROGRAM**

Income: Single - \$57,900 Married - \$65,600  
**BENEFIT** - \$250 – Single \$350 – Married

### **STATE PROGRAM**

Income: Single - \$35,200 Married - \$42,900  
**BENEFIT** - 10% to 50% or \$150 to \$1,250 off based income

### **VETERANS PROGRAMS**

#### **CITY LOCAL VETERANS PROGRAMS**

Income: Single - \$60,200 Married - \$67,900  
**BENEFIT** - Up to 10% off the assessed value of your property

#### **STATE ADDITIONAL VETERANS PROGRAMS**

Income: Single - \$35,200 Married - \$42,900  
**BENEFIT** - Increase on your current veteran status

#### **SOCIAL SECURITY DISABILITY EXEMPTION**

No Income Limit.  
Award letter from Social Security is required.  
**BENEFIT:** \$1,000 off the assessed value of the property

## **RENT REBATE 2016**

If you applied last year, your 2016 application will be mailed to you by the end of March. Dates to apply for this program run from **April 1 to October 1.**

New applicants **MUST** set up an appointment after April 22, 2017 with Michelle or Joyce at Elmwood Hall – Danbury Senior Center. Please call 203-797-4686 to set up your appointment.

# Elmwood Hall Photos and News Briefs



Photo Credit: M. McNamara

All was Merry and Bright at Elmwood Hall during the holiday season! Pictured above are Paul and Steve sporting their matching festive attire!

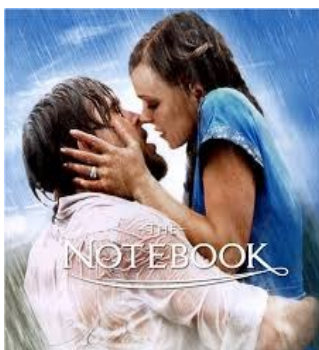


Photo Credit: M. McNamara

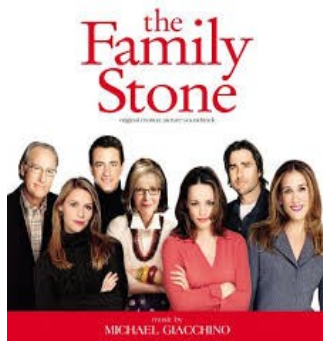
The Danbury Music Center group, The Ambassadors, delighted the audience on December 13th! Pictured above, Jane B. joins the group during one of their sets.

**February is**  
the month of  
*Love*

## Afternoons



**The Notebook**  
Feb. 1



**The Family Stone**  
Feb. 8



**My Favorite Year**  
Feb. 15



**The Phantom of the Opera**  
Feb. 22

**All Shows will begin at 12:45 pm**

## ***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**

The Department of Elderly Services seeks to increase the quality of life of Danbury area citizens who are age 60 or older by developing many comprehensive programs and resources and referral services specifically designed to enrich the general well-being of Danbury's more mature population.

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Elmwood Hall Senior Center  
Municipal Agent's Office for the Elderly (Resource and Referral)  
Van Transportation Program  
Rent Rebate Program  
Intergenerational Programs

### **Department of Elderly Services—Staff Members**

Susan Tomanio, LCSW - Director of Elderly Services  
Michelle McNamara - Municipal Agent/Coordinator  
Joyce Kuhn - Activities/Outreach/Resource & Referral (Grant Funded)  
Linda Rinaldi - Administrative Assistant  
Karen Janell - Administrative Assistant  
Steve Ackerman - Elderly Services Office Associate  
Wayne Cole - Elderly Services Office Associate  
Kevin Burland - Van Driver  
Pam Makin - Van Driver