

THE ELMWOOD EXTRA

Read All About It!

June / July 2015

A Publication of the Department of Elderly Services



Elmwood Hall

The club for people age 60 and up.

Senior Day - Danbury Westerners Baseball Game
Mondays at the Museum
Robotic Surgery with Dr. Deveney
Senior Day - Picnic at Italian Club (Amerigo Vespucci)
Performance by the band "Music from the Heart"
Chair Yoga with Jill Hancock
Young Dancers to Perform from "A Common Ground Arts Center"
Eat Smart, Live Strong - Danbury Farmers Market - Gift Certificates
Ben's Bells Intergenerational Program

City of Danbury

Department of Elderly Services
Mark D. Boughton, Mayor

Susan M. Tomanio, LCSW, Director of Elderly Services
Michelle McNamara, Program Coordinator, Elmwood Hall
Joyce Kuhn, Outreach Specialist
10 Elmwood Place, Danbury, CT 06810

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



What is “Aging in Place” and why is it important for seniors? There has been a lot of buzz lately around the term “Aging in Place.” But what does that mean and is it important? Aging in Place is defined by the Center for Disease Control as “the ability to live in one’s own home and community safely, independently, and comfortably, regardless of age, income, or ability level. This defines a shift in thinking from the once norm of seniors aging in institutional care or nursing homes. Seniors want a choice as to where they will live and many want to remain in the communities they have come to know. Communities where they attend religious services, see friends at civic meetings, know the cashiers where they choose to buy food, and meet their friends and families in their favorite, local eateries. In other words, they want to remain “home,” safely and independently, contributing to their communities as they do in so many ways. Stop by and discuss what “Aging in Place” means to you, we would love to chat. Stay tuned!

June / July Highlights

Robotic Surgery on Monday, June 8 at 1:00pm. Dr. Robert Deveney will address the primary causes of joint pain, such as those caused by osteoarthritis, as well as a variety of non-surgical/surgical treatment options available to provide pain relief. He will focus on the latest industry advancements that are helping joint pain sufferers to gain or maintain mobility and an improved quality of life. Please sign up.

Elder Fraud and Scams on Tuesday, June 9 at 1:00pm. Information on this topic is always changing. Stay informed by coming to hear Detective Brooks from the Danbury Police Department speak about:

- Elder Fraud Schemes
- Identity Theft Prevention and Detection
- General Crimes

Please sign up. Sponsored by the Danbury Commission on Aging.

Sports Talk with the Danbury Westerners on Wednesday, June 10 at 2:00pm. Players will come by to share their stories about playing baseball for their respective colleges and how the experience of playing with the Westerners hones their skills. Please sign up.

Ben’s Bells Community Intergenerational Project on Friday, June 12 at 9:30am—11:00am. Would you like to be a part of spreading kindness? Join us and 4th and 5th graders from Hayestown School as we paint pieces to help create Ben’s Bells. The mission of Ben’s Bells is to inspire, educate, and motivate people to realize the impact of intentional kindness, and to empower individuals to act according to that awareness, thereby strengthening ourselves, our relationships, and our communities. Please Sign up.

Mondays at the Museum: This series is a partnership between the Danbury Museum and Historical Society and Elmwood Hall. The Museum will host gatherings on the third Monday of the month, beginning June 15 from 9:30am to 11:30am to offer Greater Danbury seniors an opportunity to discuss local history. Oral history projects, roundtable discussions, family history research assistance and help with identifying unmarked photographs in the archives are a few of the activities slated. Monday, June 15 will be about helping with the Museum’s “Focus on the Fifties” exhibit. Other dates include July 20 and August 17. Sign up at the senior center.

Senior Game Day with our own baseball team: The Danbury Westerners on Saturday, June 20 at 5:00pm. (PLEASE ARRIVE BY 4:30PM.) Enjoy the game with reserved seating behind home plate. Watch Elmwood Hall member, Gil Black, throw out the first pitch! Transportation provided. Please sign up. Tickets paid for and provided by Jack Deering, but you must sign up through Elmwood Hall. Thank you Jack!

Eat Smart, Live Strong: Danbury Farmer's Market Gift Certificates on Monday, June 22 at 1:00pm. Heather Peracchio, MS, RD, CD-N will run a program called "Eat Smart Live Strong" that is designed to help those age 60 and up incorporate more fruits, vegetables, and exercise into their lives. She will also talk about our local Farmer's Market and give out gift certificates for the farmers market to those who attend. Please sign up. This is a series of talks that will take place on the 4th Monday of the month through the Summer. Other dates include July 27th, August 24, and Sept. 28.

"A Common Ground" Dancers present "This Land is Your Land, This Land is my Land" on Wednesday, June 24 at 1:00pm. Young dance students from "A Common Ground Community Arts Center" in downtown Danbury will be performing under the direction of owner/dancer Jill Hancock. Come enjoy this intergenerational program. Please sign up.

Summer Concert: Elmwood's Finest: Senior Center Chorus and Band on Thursday, June 25 at 1:00pm. Broadway themed concert featuring classic show tunes. Refreshments served.

Opening Day: Danbury Farmer's Market Friday, June 26 at 12 noon. Seniors will travel by our van or their car to celebrate the opening day of the Danbury Farmer's Market. This event will be preceded by the distribution of Farmer's Market vouchers and certificates. Please sign up for event and indicate if you need a van ride. This will be followed by van trips to the Farmer's Market on the 2nd and 4th Friday of each month through September.

Gentle/Chair Yoga with Jill starts on Thursday, July 2 at 2:00pm. This is a new class that we are piloting for 6 weeks. The cost is \$2 per

class. Focusing on relaxation, breathing, and gentle postures, yoga for older adults can ease suffering caused by many ailments including arthritis, chronic pain, and heart disease. Taught by Jill Hancock, owner of A Common Ground Community Arts Center.

Music From The Heart on Friday, June 26 at 1:30pm. Pianist Ethel Kaufman is joined by vocalist and trumpeter Bucky Milam and drummer Jeremy Alston in a program from the great American Songbook. Please join us for an afternoon of old favorites and incredible music. Free, refreshments served.

Senior Day: Picnic at the Italian Club in Danbury!!

Wednesday, July 8 from 11:00am - 3:00pm

Lunch served from 11:30am - 2:00pm



**Hamburgers
Hotdogs
Pasta with Sauce
Green Salad
Bread
Coffee
Dessert**

Mayor Boughton to "kick-off" event!

Play Bocce, Bean Bag Toss, Dance, Relax under the Pavilion. Bring your own lawn chair if you desire, sun hat, and sun screen.

**Enjoy the music of Peter Priolo,
the "Keep on Dancing DJ"**

Line Dancing with Kevin Burland

Free. Limited to 150 Seniors. Sign up at Elmwood Hall / Danbury Senior Center

Transportation provided to Danbury Residents

Rain or Shine!

Important Information from the Office of the Municipal Agent

RENT REBATE FOR 2014

- Please be sure to turn in your Rent Rebate Application along with the Required Documentation by September 30, 2015.
- Your completed application/documentation can be sent through the mail or use the Rent Rebate Drop-off Box located in the lobby of Elmwood Hall, Danbury Senior Center.
- New Applicants: the application process is started over the phone and completed via the mail. Contact Joyce at 203-796-1513 to start a new application.



LIBRARY VOLUNTEERS NEEDED!

WE WANT YOU!

Our Library needs your help! Joyce Kuhn is looking for volunteers to help with the sorting, alphabetizing, and restocking of the books. Ongoing, volunteer library aides will re-shelve returned and new books via a new in-box bin. A library aide will be needed each week for one hour per day (day TBD) to keep the library books alphabetized so that patrons can easily find a book. If interested please sign up at the front desk. Any questions, please call Joyce Kuhn at 203-797-4686.



Elmwood Hall Photos and News Briefs

Bean Bag is a BIG hit!



Photo Credit: K. Burland

Bean Bag Toss which is a component of the Fun to be had on Fridays has really proved to be an absolute success. Once a month seniors are partnered up and work hard to be crowned Champions. Pictured above are winners Margie Zenobia and Rich Green with sponsor Frank Scarfi from Quality Hearing scorekeeper Michelle McNamara.

Senior Appreciation Day a Success!



Photo Credit: K. Burland

On April 15, Elmwood Hall celebrated Senior Appreciation Day with the sounds of vocalist Anthony Nazzaro and an ice cream social sponsored by Laurel Ridge Health Care Center. Pictured above with a few seniors are some of the special younger volunteers who helped serve at the event.

WCSU Nursing Students At Elmwood Hall



Photo Credit: S. Tomanio

WCSU Nursing Students visited Elmwood Hall on Tuesdays from 8:30am to 1:00pm running from the end of February through April 21. While here the students talked with several seniors, observed classes and learned how to crochet from our very own Hilda Nichols. Pictured above, nursing student Lydia Socci shows off her work.



To check us out online at:



Danbury Senior Resources

www.danburyseniors.org

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
Michelle McNamara - Program Coordinator / Elmwood Hall (grant funded)
Linda Rinaldi - Administrative Assistant
Pam Rist - Administrative Assistant
Steve Ackerman - Elderly Services Office Associate
Wayne Cole - Elderly Services Office Associate
Kevin Burland - Van Driver
Jeff Jurczyk - 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)