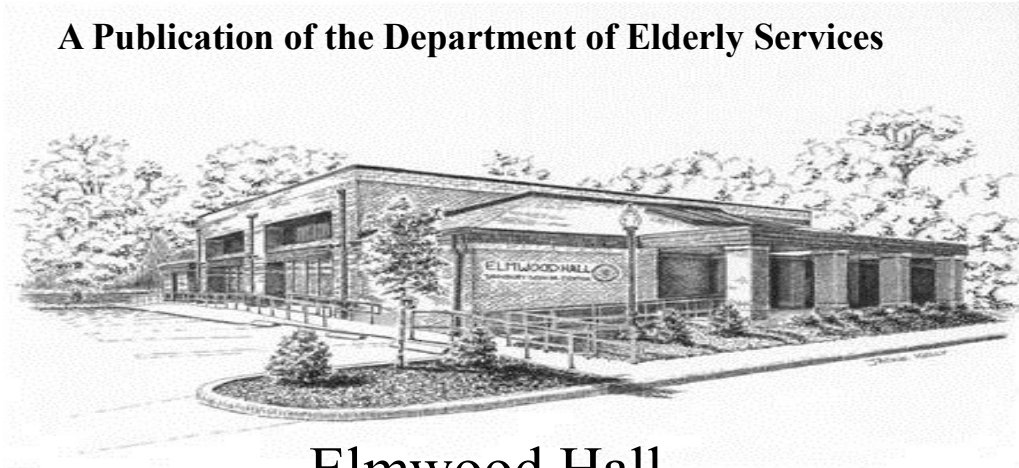


THE ELMWOOD EXTRA

Read All About It!

October/November 2016

A Publication of the Department of Elderly Services



Elmwood Hall

The club for people age 60 and up.

BINGO, Timeless Trivia, & Name That Tune!

Medicare 2017: Update Seminar

Dr. Varano Presents, "Keeping it Real...Straight Talk About Alzheimer's"

The Crafting Circle: Card Stamping & Greeting Card Making

Gadgets and Things: Assistive Devices to Make Your Life Easier

"Chillers" - Spooky Stories, Eerie Tales and a Few Laughs

"Magic Moments" The Professional Magic of Bryan Lizotte

Who's Watching your Wallet? Medicare Fraud & Abuse & Popular Senior Scams

Mayor's Fall Festival

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

Tel. 203-797-4686

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

MESSAGE FROM THE DIRECTOR OF ELDERLY SERVICES

Susan M. Tomanio, LCSW



September was national senior center month, a time when we focus on the benefits of senior centers to the greater community at large. Did you know that senior centers are a key component in the community to help seniors age well? They provide opportunities for exercise, intellectual stimulation, meaningful purpose, and access to support services and resources that a person needs to age as successfully as possible. According to the National Council on Aging (NCOA), senior centers are “one of the most widely used resources among America’s older adults with nearly 11,000 senior centers serving one million older adults each day.” NCOA further reports that older adults who participate in senior center programs experience measurable improvements in their overall well being. So come on down!

October/November Highlights

The Crafting Circle: Card Stamping & Greeting Card Making begins on Monday, October 3 at 1:00 pm. Taught by Karen Janell, this 8 week series will teach you the basics of card stamping and greeting card assembly. When the series is complete, participants will have created a full set of all occasion greeting cards. Cost is \$2 per session. Materials provided. Seating is limited, Please sign up!

Bingo, Timeless Trivia, & Name That Tune! Fall Friday Fun is back in full force. Come and enjoy BINGO, (10/7, 11/4), Timeless Trivia (10/21, 11/18) and Name That Tune (10/28). All programs are slated to begin at 1:00 pm on their respective dates.

Medicare 2017: Update Seminar on Wednesday, October 12 at 1:00 pm. Learn what changes are being made in 2017 and what this means for you. This is an opportunity to review and change your Medicare Part D Plan (prescription drugs), enroll or change your Medicare Advantage Plan or purchase a Supplemental Insurance Plan (Medigap). Why Bother? Because costs and ap-

proved drug lists can change in your current Prescription Drug Plan. Doctors can be added or removed from your Advantage Plan and Supplemental Plan Premiums can increase or decrease. Join Joyce Kuhn, Dept. of Elderly Services staff, to learn what changes are being made in 2017 and how they affect you! While you are here, schedule a one-on-one appointment to review your Medicare options with one of the staff or call 203-797-4686 to do so.

Dr. Varano presents “Keeping it Real - Straight Talk about Alzheimer’s Disease” on Friday, October 14 at 11:00 am. This presentation will focus on knowing and preparing for when the time comes to place your loved one in a skilled nursing facility for 24/7 care. Dr. Varano will discuss the different stages of Alzheimer’s Disease as well as what to expect as the disease progresses and how to make the most of the time you spend with a loved one affected by Alzheimer’s Disease. Sponsored by Candlewood Valley Health and Rehabilitation Center, this is a FREE program. Please sign up!

Happy Feet Program with Danbury Podiatrist

Dr. Richard Gosnay is a wellness foot program that runs on Wednesday, October 19 and Wednesday, November 16 with appointments between 9 am—12 noon. It includes a thorough foot exam and toe-nail clippings. Cost is \$5 and you must call the center in advance for an appointment. You must be a Danbury Resident and a Non-Diabetic.

Gadgets and Things: Devices that Can Make Your Life Easier on Wednesday, October 19 at 1:00 pm. This will be a demonstration on assistive devices such as magnifiers, phone amplifiers, vibrating alarm clocks, talking watches, kitchen utensils and much more. Presented by the staff at Western CT Area Agency on Aging, a partner in the CT Tech Act Project whose mission is to increase independence and improve the lives of individuals with disabilities through increased access to Assistive Technology for work, school, and community living. This is a Free program. Please sign up!

“CHILLERS” on Thursday, October 20 at 1:00 pm. Join storyteller Linda Schuyler Ford as she shares spooky stories, eerie tales and a few laughs just in time for Halloween! This is a Free program, please sign up.

Magic Moments: The professional magic of Bryan Lizotte on Monday, October 31 at 1:00 pm. Halloween just got a little magical this year as Elmwood Hall introduces Bryan Lizotte, a full time magician performing for over 26 years. His magic shows are interactive, funny and mystifying. So if you like amazing magic, mind reading and comedy, not only will you enjoy Bryan’s show, but you will leave wondering “How did he do that!” Please join us for this fun and free program. Please sign up!

HARTransit Community Forum: on Tuesday, November 1 at 1:00 pm. Representatives from HARTransit will be here at Elmwood Hall to discuss the different transportation options that they provide. Come learn more about the low cost transportation for seniors. Please sign up!

Who’s Watching Your Wallet? A program on Medicare Fraud /Abuse and Scams on Thursday, November 3 at 1:00 pm. Have you ever been puzzled over all that information in your

Medicare Summary Notice? You know—the statement of charges that the government sends you from time to time. Are you concerned by the kinds of scams and abuse that are directed at seniors like you? Would you like to acquire the sort of know-how you can use to DEFEND YOURSELF? Join us here at Elmwood Hall as the Western Connecticut Area Agency on Aging goes over the Newest Scams out to “GET YOU”. This a free program! Please sign up!

Thank a Veteran Day! Please join us at Elmwood Hall on Thursday, November 10 at 12:45 pm as we thank our Veterans, not just here at Elmwood Hall, but from the community and across the country. Cake and coffee will follow. Please be sure to make a reservation for lunch with at least a 48 hour notice if interested in eating here on that day.

Fall Concert with Elmwood’s FINEST Senior Chorus and Band on Wednesday, December 7 at 1:30 pm. Be prepared to be dazzled! Led by director Jill Weiss, this talented group will perform a special themed concert focused on travel and special places.



***Hosted by Mayor Mark Boughton
Sunday, November 13, 2016
11:00 a.m. - 3:00 p.m.***

***The Amber Room Colonnade
\$15 per person***






***Music by
The Kenny Lee Band***

***Tickets go on sale Monday, October 3rd at
Elmwood Hall—Danbury Senior Center***








2016 ~ Welcome to Elmwood Hall ~ The Danbury Senior Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Mah Jongg, 9:00 am Quilt Club, 9:00 am Strength Training, 11:15 am Lunch, 12 noon Bridge Club, 1:00 pm Pinochle, 1:00 pm Crafting Circle, 1:00 pm	4 Art Class, 9:00 am Tai Chi, 9:00 am Knit & Crochet, 10:00 am Lunch, 12 noon Aerobics, 1:00 pm Mah Jongg, 1:00 pm Set Back, 1:00 pm	5 AARP Safe Driver Course , 8:45 am Yolanda's Hair Boutique, 9:00 am Line Dancing, 10:00 am Strength Training, 11:15 am Coloring Circle, 1:00 pm Poker, 1:00 pm Chorus, 1:30 pm	6 Knit/Crochet, 10:00 am Blood Pressure Screen, 10:00 am Freestyle Dance, 10:30 am Lunch, 12 noon Woodcarving, 12:30 pm Chair Yoga, 1:00 pm Exercise Video, 1:00 pm	7 Zumba Gold, 10:00 am Lunch, 12 noon BINGO , 1:00 pm Your Point of View, 1:15 pm 
10 CLOSED 	11 Art Class, 9:00 am Tai Chi, 9:00 am Knit & Crochet, 10:00 am Lunch, 12 noon Comm. on Aging @ City Hall, 1pm Sports Talk, 1:00 pm Aerobics, 1:00 pm Mah Jongg, 1:00 pm Set Back, 2:15 pm	12 Line Dancing, 10:00 am Strength Training, 11:15 am Medicare 2017, 1:00 pm Coloring Circle, 1:00 pm Poker, 1:00 pm Chorus, 1:30 pm	13 Knit/Crochet, 10:00 am Blood Pressure Screen, 10:00 am Freestyle Dance, 10:30 am Line Dance Practice, 11:00 am Lunch, 12 noon Woodcarving, 12:30 pm Chair Yoga, 1:00 pm Exercise Video, 1:00 pm	14 Zumba Gold, 10:00 am Keeping it Real , 11:00 am Lunch, 12 noon Your Point of View, 1:15 pm
17 Mah Jongg, 9:00 am Quilt Club, 9:00 am Strength Training, 11:15 am Lunch, 12 noon Bridge Club, 1:00 pm Pinochle, 1:00 pm Crafting Circle, 1:00 pm	18 Art Class, 9:00 am Tai Chi, 9:00 am Knit & Crochet, 10:00 am Lunch, 12 noon Aerobics, 1:00 pm Mah Jongg, 1:00 pm Set Back, 1:00 pm	19 Happy Feet w/ Dr. Gosnay , 9:00 am Yolanda's Hair Boutique, 9:00 am Line Dancing, 10:00 am Strength Training, 11:15 am Gadgets and Things , 1:00 pm Coloring Circle! 1:00 pm Poker, 1:00 pm Chorus, 1:30 pm	20 Knit/Crochet, 10:00 am Blood Pressure Screen, 10:00 am Freestyle Dance, 10:30 am Line Dance Practice, 11:00 am Lunch, 12 noon Woodcarving, 12:30 pm "Chillers", 1:00 pm Chair Yoga, 1:00 pm	21 Zumba Gold, 10:00 am Lunch, 12 noon Timeless Trivia, 1:00 pm Your Point of View, 1:15 pm 
24 Mah Jongg, 9:00 am Quilt Club, 9:00 am SNAP , 10:00 am Strength Training, 11:15 am Lunch, 12 noon Bridge Club, 1:00 pm Pinochle, 1:00 pm Lions Low Vision , 1:00 pm Crafting Circle, 1:00 pm	25 Art Class, 9:00 am Tai Chi, 9:00 am Knit & Crochet, 10:00 am Mayor's Advisory Council , 11 am Lunch, 12 noon Sports Talk, 1:00 pm Aerobics, 1:00 pm Mah Jongg, 1:00 pm Set Back, 2:15 pm	26 Line Dancing, 10:00 am Strength Training, 11:15 am Coloring Circle, 1:00 pm Poker, 1:00 pm Chorus, 1:30 pm	27 Knit/Crochet, 10:00 am Blood Pressure Screen, 10:00 am Freestyle Dance, 10:30 am Line Dance Practice, 11:00 am Lunch, 12 noon Woodcarving, 12:30 pm Chair Yoga, 1:00 pm Left, Right, Center , 1:00 pm Exercise Video, 1:00 pm	28 Zumba Gold, 10:00 am Lunch, 12 noon Name That Tune , 1:00 pm Your Point of View, 1:15 pm Page Turner's Book Cl, 2:30 pm
31 Mah Jongg, 9:00 am Quilt Club, 9:00 am Strength Training, 11:15 am Lunch, 12 noon Magic Moments, 1:00 pm	BENEFITS & SUPPORT Medicare 2017, Oct. 12 Happy Feet w/ Dr. Gosnay, Oct. 19 Gadgets & Things, Oct. 19 SNAP, Oct. 24 Lions Low Vision, Oct. 24	LEISURE TIME ACTIVITIES BINGO, Oct. 7 Sports Talk, Oct. 11 & Oct. 25 "Chillers," Oct. 20 Timeless Trivia, Oct. 21 Name That Tune, Oct. 28	 Professional magic of Bryan Lizotte Monday, Oct. 31 at 1:00 pm	Dr. Varano presents.... <i>Keeping It Real</i> The stages of Alzheimer's Disease Friday, Oct. 14 at 11:00 am



2016 ~ Welcome to Elmwood Hall ~ The Danbury Senior Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Fall Festival Sunday, November 13 11:00 am to 3:00 pm The Amber Room Colonnade Tickets are \$15</p>	<p>1 Art Class, 9:00 am Tai Chi, 9:00 am Knit & Crochet, 10:00 am Lunch, 12 noon HARtransit Forum, 1:00 pm Aerobics, 1:00 pm Mah Jongg, 1:00 pm Set Back, 2:15 pm</p>	<p>2 AARP Safe Driver Course, 8:45 am Yolanda's Hair Boutique, 9:00 am Line Dancing, 10:00 am Strength Training, 11:15 am Coloring Circle, 1:00 pm Poker, 1:00 pm Chorus, 1:30 pm</p>	<p>3 Knit/Crochet, 10:00 am Blood Pressure Screen, 10:00 am Freestyle Dance, 10:30 am Lunch, 12 noon Woodcarving, 12:30 pm Medicare Fraud/Scams, 1:00 pm Chair Yoga, 1:00 pm</p>	<p>4 Zumba Gold, 10:00 am Lunch, 12 noon BINGO, 1:00 pm Your Point of View, 1:15 pm</p> 
<p>7 Mah Jongg, 9:00 am Quilt Club, 9:00 am Strength Training, 11:15 am Lunch, 12 noon Bridge Club, 1:00 pm Pinochle, 1:00 pm Crafting Circle, 1:00 pm</p>	<p>8 Art Class, 9:00 am Tai Chi, 9:00 am Knit & Crochet, 10:00 am Lunch, 12 noon Comm. on Aging @ City Hall, 1pm Sports Talk, 1:00 pm Aerobics, 1:00 pm Mah Jongg, 1:00 pm Set Back, 2:15 pm</p>	<p>9 Line Dancing, 10:00 am Strength Training, 11:15 am Coloring Circle, 1:00 pm Poker, 1:00 pm Chorus, 1:30 pm</p>	<p>10 Knit/Crochet, 10:00 am Blood Pressure Screen, 10:00 am Freestyle Dance, 10:30 am Line Dance Practice, 11:00 am Lunch, 12 noon Woodcarving, 12:30 pm Thank A Veteran, 12:45 pm</p>	<p>11 Closed Friday, Nov. 11 Veterans Day</p> 
<p>14 Mah Jongg, 9:00 am Quilt Club, 9:00 am Strength Training, 11:15 am Lunch, 12 noon Bridge Club, 1:00 pm Pinochle, 1:00 pm Crafting Circle, 1:00 pm</p>	<p>15 Art Class, 9:00 am Tai Chi, 9:00 am Knit & Crochet, 10:00 am Lunch, 12 noon Aerobics, 1:00 pm Mah Jongg, 1:00 pm Set Back, 1:00 pm</p>	<p>16 Happy Feet w/ Dr. Gosnay, 9:00 am Yolanda's Hair Boutique, 9:00 am Line Dancing, 10:00 am Strength Training, 11:15 am Coloring Circle! 1:00 pm Poker, 1:00 pm Chorus, 1:30 pm</p>	<p>17 Knit/Crochet, 10:00 am Blood Pressure Screen, 10:00 am Freestyle Dance, 10:30 am Line Dance Practice, 11:00 am Lunch, 12 noon Woodcarving, 12:30 pm Chair Yoga, 1:00 pm Exercise Video, 1:00 pm</p>	<p>18 Zumba Gold, 10:00 am Lunch, 12 noon Timeless Trivia, 1:00 pm Your Point of View, 1:15 pm</p> 
<p>21 Mah Jongg, 9:00 am Quilt Club, 9:00 am Strength Training, 11:15 am Lunch, 12 noon Bridge Club, 1:00 pm Pinochle, 1:00 pm Crafting Circle, 1:00 pm</p>	<p>22 Art Class, 9:00 am Tai Chi, 9:00 am Knit & Crochet, 10:00 am Lunch, 12 noon Sports Talk, 1:00 pm Aerobics, 1:00 pm Mah Jongg, 1:00 pm Set Back, 2:15 pm</p>	<p>23 Line Dancing, 10:00 am Strength Training, 11:15 am Coloring Circle, 1:00 pm Poker, 1:00 pm Chorus, 1:30 pm</p>	<p>24</p> 	<p>25</p> 
<p>28 Mah Jongg, 9:00 am Quilt Club, 9:00 am SNAP, 10:00 am Strength Training, 11:15 am Lunch, 12 noon Bridge Club, 1:00 pm Pinochle, 1:00 pm Lions Low Vision, 1:00 pm Crafting Circle, 1:00 pm</p>	<p>29 Art Class, 9:00 am Tai Chi, 9:00 am Knit & Crochet, 10:00 am Mayor's Advisory Council, 11 am Lunch, 12 noon Aerobics, 1:00 pm Mah Jongg, 1:00 pm Set Back, 1:00 pm</p>	<p>30 Line Dancing, 10:00 am Strength Training, 11:15 am Coloring Circle, 1:00 pm Poker, 1:00 pm Chorus, 1:30 pm</p>	<p>Special Programs HARtransit Community Forum 11/1</p> <p>Who's Watching Your Wallet? Medicare Fraud & Scams on 11/3</p> <p>Thank A Veteran 11/10</p>	<p>Fall FUN Fridays BINGO, 11/4 Timeless Trivia, 11/18</p> <p>Health & Wellness Happy Feet w/ Dr. Gosnay, 11/16</p> <p>Benefits and Support SNAP, 11/28 Lions Low Vision, 11/28</p>

Important Information from the Office of the Municipal Agent

Rent Rebate:

We have completed processing all Rent Rebate applications. The State of Connecticut will mail rent rebate checks between October 15 and November 15. If you have not received your check by November 15, then please contact the Office of Policy Management at the State of Connecticut, toll free at 1-800-617-8889.

Energy Assistance:

Winter time energy benefits (help that pays for heat) will be available for low income households and homeowners. Please contact Community Action Agency of Western Connecticut at 203-748-5422 Ext. 3 to see if you are eligible for this program. ****Maximum income and asset limits apply****

Medicare Open Enrollment:

Every year between October 15 and December 7, is open enrollment for Medicare. **What does this mean for you?** This is the time where you can make changes to your Medicare plans. Whether it is changing a Medicare D Plan (Prescription Drug), or changing a Medicare Advantage Plan, this is the time to see what plan meets your current needs. Appointments will run daily at Elmwood Hall from **October 17 through December 7** between the times of **9:30 am and 12 noon**. **Please call 203-797-4686 to schedule your appointment. Appointments required.**

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 800 AM and Channel 3 TV.



Elmwood Hall Photos and News Briefs



Photo Credit: M. McNamara

Andy and Anna Pirone enjoying a dance at the Italian Club's Senior Picnic on August 17th!



Photo Credit: M. McNamara

Dancing the afternoon away! The ladies are enjoying the sounds of the Keep on Dancing DJ Peter Priolo, and MC Kevin Burland at the Italian Club's Senior Picnic



Photo Credit: M. McNamara

Demina Setzer, Community Relations Director at The Gardens, awards a prize to Jean Sacridier during monthly Bingo! The Gardens sponsored Bingo for the month of September.



Photo Credit: M. McNamara

Serious concentration during afternoon Bingo!

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

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.

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