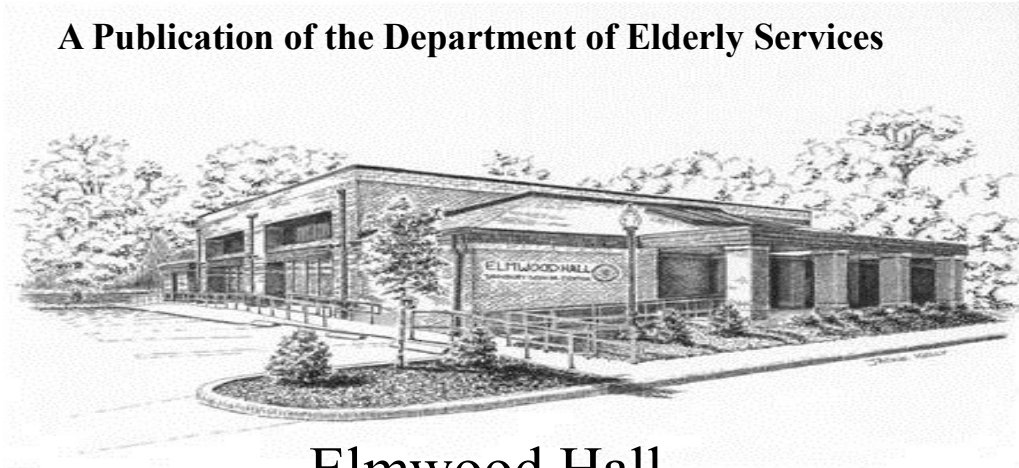


THE ELMWOOD EXTRA

Read All About It!

October / November 2015

A Publication of the Department of Elderly Services



Elmwood Hall

The club for people age 60 and up.

Flu Shot Clinics
Gadgets & Things
Elder Law Seminar
Medicare Open Enrollment
Spooktacular Halloween Trivia
C.O.P.D. Awareness Month
A Salute to Veterans
Mayor Boughton's Fall Festival
Understanding Dementia—Alzheimer's Awareness Month

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/Outreach/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



Over the months of October and November we are focusing on Healthy Aging. October is National Dental Hygiene Month and we want to draw your attention to the subsidized dental care program mentioned in this newsletter. National Health Education Week occurs during October, so we will use that opportunity to encourage you to get a flu shot. We offer two flu shot clinics during this month. As we move to November we are highlighting COPD Awareness Month with a talk about what this chronic illness is and how it can be managed. Finally, it's also Alzheimer's Awareness Month and we have partnered with The Alzheimer's Association to bring you educational talks on this disease, as well as caregiving. We ask you to join in with us as we participate in a "Forget Me Not Flowers" campaign to raise money for Alzheimer's research. Come down to the center to purchase a paper flower. All it takes is a \$1 donation. Help us to decorate the center with purple flowers and raise money for an important cause. This is an illness that affects 73,000 people in Connecticut alone.

October / November Highlights

BINGO! On Fridays, October 2 and November 6 at 1:00 pm. Both events will have door prizes sponsored by Mike's Towing & Collision Center and Alzheimer's Association CT Chapter. Be sure to wear purple in November to support Alzheimer's Awareness and receive an extra raffle ticket! The cost is \$3 and it includes 8 games. Please sign up!

Flu Shot Clinics on Wednesday, October 14 and Wednesday October 21 from 9:00 am – 11:00 am in partnership with Western CT Homecare, Inc. Please call Elmwood Hall for an appointment and make sure you bring your Medicare card.

Gadgets and Things: Devices that Can Make Your Life Easier on Wednesday, October 14 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 Aging 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.

Elder Law Seminar: Medical Decision Making, Financial Decision Making and Medical Fraud on Wednesday, October 21 at 1:00 pm. Attorneys Rosemary Jones, from the Western CT Area Agency on Aging and Michael Giardina, from the firm Henry & Federer, LLP, will discuss three main topics of concern: 1. Medical Decision Making: (living wills, appointment of health care representative, conservator, things that can go wrong in signing documents and making medical decisions) 2. Financial Decision Making (Power of Attorney, Conservator of Finance, Fraud in Conservatorship and Finances) 3. Medical Fraud (Medical Identity Theft, Medical Fraud, Identifying & Reporting Fraud). All are welcome. FREE! Please sign up!

Medicare Changes for 2016 and Open Enrollment on Wednesday, October 28 at 1:00 pm. What does this mean 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 approved 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 2016 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.

Spooktacular Halloween Trivia on Friday, October 30 at 1:00 pm hosted by Ghoul Kevin Burland. Played in teams of four, this spooky event is sure to test your memory and of course have fun! Costumes are encouraged but not required. Please sign up!

C.O.P.D. Awareness on Wednesday, November 4 at 1:00 pm. Please join Kathy Curran, RN BSHE from Hancock Hall/Filosa as she explores Chronic Obstructive Pulmonary Disease (COPD), the possible causes, what current treatments are available, and tips on how to manage it. Please sign up!

Memory Screenings with Dr. Varano on Friday, November 6 between 10:00 am - 3:00 pm. The screening consists of a brief questionnaire followed by a consultation with Dr. Susann Varano, Geriatric Specialist. Please call the center for an appointment.

A Salute to Veterans on Tuesday, November 10 at 10:00 am with Historian Art Gottlieb. Formerly known as Armistice Day, Veteran's Day is an official federal holiday observed on November 11. Sometimes confused with Memorial Day, which commemorates those who gave their lives in the service of their country, Veterans Day celebrates the service of all U.S. military Veterans. Mayor Boughton will start the program with inspiring words. National Anthem, Pledge of Allegiance and a moment of silence will be observed. Light continental breakfast served before lecture. Sponsored by Laurel Ridge Health Care. All are welcome, **Sign up Required!**

Understanding & Responding to Dementia Related Behavior on Wednesday, November 18 at 1:00 pm. Behavior is a powerful form of communication and is one of the primary ways for people with dementia to communicate their needs and feelings as the ability of language is lost. However, some behaviors can present real challenges for caregivers to manage. Join Tina Hogan from the CT Chapter of the Alzheimer's Association as she will help us to learn to decode behavioral messages, identify common behavior triggers, and learn strategies to help intervene with some of the most common behavioral challenges of Alzheimer's Disease. Please sign up!

Fall Concert with Elmwood's FINEST Senior Chorus and Band on Thursday, November 19 at 10:30 am. Be sure to be dazzled by such a talented group led by director Jill Weiss as they perform in a special themed concert.

Forget Me Not Flowers! November is National Alzheimer's Disease Awareness and National Caregiver Month. In the United States, there are more than 15 million Alzheimer's and dementia caregivers. We want to send those exceptional people a big "thank you" for everything they do. Honor them throughout November, by sharing your tribute message by purchasing and customizing a Forget Me Not paper flower for \$1 on sale here at Elmwood Hall. All donations collected will benefit the Alzheimer's Association CT Chapter. Help our garden grow – each flower purchased will be displayed on the wall here at Elmwood Hall.

DRAMA Club will meet on Wednesdays at 1:00 pm with Jenna Waltuch! Come and experience a mixture of teaching techniques and acting! No experience necessary, all welcome.

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.



2015 ~ Welcome to Elmwood Hall ~ The Danbury Senior Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Fall Festival November 15th – 11am to 3pm The Amber Room \$15 per person Tickets go on sale at Elmwood Hall on October 1st</p>	<p>Oct. 14 and Oct. 21 9:00 am to 11:00 am</p>	<p>Save these Dates..... 10/2 - BINGO 10/14 - Gadgets & Things 10/21 – Elder Law and Fraud 10/28 – Happy Feet 10/28 – Medicare 2016 10/30 – Spooktacular Trivia</p>	<p>1 Knit/Crochet, 10:00 am Blood Pressure Screen, 10:00 am Band/Chorus, 10:30 am Lunch, 12 noon Woodcarving, 12:30 pm Chair Yoga, 1:00 pm Exercise Video, 1:00 pm</p>	<p>2 Ukulele Club, 9:30 am Zumba Gold, 10:00 am Lunch, 12 noon BINGO, 1:00 pm Your Point of View, 1:15 pm</p>
<p>5 Mah Jongg, 9:00 am Quilt Club, 9:00 am Strength Training, 11:15 am Lunch, 12 noon Nursing Home Visitors, 1:00 pm Bridge Club, 1:00 pm Ceramics, 1:00 pm Pinochle, 1:00 pm</p>	<p>6 Art Class, 9:00 am Tai Chi, 9:00 am Knit & Crochet, 10:00 am Freestyle Dance, 11:00 am Lunch, 12 noon Aerobics, 1:00 pm Mah Jongg, 1:00 pm</p>	<p>7 AARP Safe Driver's Course, 8:45 am Yolanda's Hair Boutique, 9:30 am Line Dancing, 10:00 am Strength Training, 11:15 am Lunch, 12 noon Drama, 1:00 pm Poker, 1:00 pm Zumba Gold, 3:00 pm</p>	<p>8 Knit/Crochet, 10:00 am Blood Pressure Screen, 10:00 am Band/Chorus, 10:30 am Lunch, 12 noon Woodcarving, 12:30 pm Chair Yoga, 1:00 pm Exercise Video, 1:00 pm</p>	<p>9 Ukulele Club, 9:30 am Zumba Gold, 10:00 am Lunch, 12 noon Trip-Farmer's Market, 12:45 pm Your Point of View, 1:15 pm</p>
<p>12 CLOSED</p>	<p>13 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 Comm. On Aging, 1 pm, City Hall Mah Jongg, 1:00 pm Sports Talk, 1:00 pm</p>	<p>14 Flu Clinic, 9:00 am to 11:00 am Chair Massage, 9:30 am Line Dancing, 10:00 am Strength Training, 11:15 am Lunch, 12 noon Drama, 1:00 pm Gadgets & Things, 1:00 pm Poker, 1:00 pm Zumba Gold, 3:00 pm</p>	<p>15 Knit/Crochet, 10:00 am Blood Pressure Screen, 10:00 am Band/Chorus, 10:30 am Lunch, 12 noon Woodcarving, 12:30 pm Chair Yoga, 1:00 pm Exercise Video, 1:00 pm</p>	<p>16 Ukulele Club, 9:30 am Zumba Gold, 10:00 am Lunch, 12 noon Your Point of View, 1:15 pm</p>
<p>19 Mah Jongg, 9:00 am Quilt Club, 9:00 am Strength Training, 11:15 am Lunch, 12 noon Nursing Home Visitors, 1:00 pm Bridge Club, 1:00 pm Ceramics, 1:00 pm Pinochle, 1:00 pm</p>	<p>29 Art Class, 9:00 am Tai Chi, 9:00 am Knit & Crochet, 10:00 am Freestyle Dance, 11:00 am Lunch, 12 noon Aerobics, 1:00 pm Mah Jongg, 1:00 pm</p>	<p>21 Flu Clinic, 9:00 am to 11:00 am Yolanda's Hair Boutique, 9:30 am Line Dancing, 10:00 am Strength Training, 11:15 am Lunch, 12 noon Elder Law and Fraud, 1:00 pm Drama, 1:00 pm Poker, 1:00 pm Zumba Gold, 3:00 pm</p>	<p>22 Knit/Crochet, 10:00 am Blood Pressure Screen, 10:00 am Band/Chorus, 10:30 am Lunch, 12 noon Woodcarving, 12:30 pm Chair Yoga, 1:00 pm Exercise Video, 1:00 pm</p>	<p>23 Ukulele Club, 9:30 am Zumba Gold, 10:00 am Lunch, 12 noon Your Point of View, 1:15 pm Page Turners Book Cl, 2:30 pm</p>
<p>26 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 Lions Club Low Vision, 1:00 pm Pinochle, 1:00 pm</p>	<p>27 Art Class, 9:00 am Tai Chi, 9:00 am Knit & Crochet, 10:00 am Freestyle Dance, 11:00 am Lunch, 12 noon Aerobics, 1:00 pm Mah Jongg, 1:00 pm Sports Talk, 1:00 pm</p>	<p>28 Happy Feet w/ Dr. Gosnay, 9:00 am Line Dancing, 10:00 am Strength Training, 11:15 am Lunch, 12 noon Medicare 2016, 1:00 pm Drama, 1:00 pm Poker, 1:00 pm Zumba Gold, 3:00 pm</p>	<p>29 Knit/Crochet, 10:00 am Blood Pressure Screen, 10:00 am Band/Chorus, 10:30 am Lunch, 12 noon Woodcarving, 12:30 pm Chair Yoga, 1:00 pm Exercise Video, 1:00 pm</p>	<p>30 Ukulele Club, 9:30 am Zumba Gold, 10:00 am Lunch, 12 noon Spooktacular Trivia, 1:00 pm Your Point of View, 1:15 pm</p>

NOVEMBER

2015 ~ Welcome to Elmwood Hall ~ The Danbury Senior Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Mah Jongg, 9:00 am Quilt Club, 9:00 am Strength Training, 11:15 am Lunch, 12 noon Nursing Home Visitors, 1:00 pm Bridge Club, 1:00 pm Ceramics, 1:00 pm Pinochle, 1:00 pm</p>	<p>3</p> <p>Art Class, 9:00 am Tai Chi, 9:00 am Knit & Crochet, 10:00 am Freestyle Dance, 11:00 am Lunch, 12 noon Aerobics, 1:00 pm Mah Jongg, 1:00 pm</p>	<p>4</p> <p>AARP Safe Driver's Course, 8:45 am Yolanda's Hair Boutique, 9:30 am Line Dancing, 10:00 am Strength Training, 11:15 am Lunch, 12 noon C.O.P.D. Awareness, 1:00 pm Drama, 1:00 pm Poker, 1:00 pm Zumba Gold, 3:00 pm</p>	<p>5</p> <p>Knit/Crochet, 10:00 am Blood Pressure Screen, 10:00 am Band/Chorus, 10:30 am Lunch, 12 noon Woodcarving, 12:30 pm Chair Yoga, 1:00 pm Exercise Video, 1:00 pm</p>	<p>6</p> <p>Ukulele Club, 9:30 am Memory Screens, begin at 10 am Zumba Gold, 10:00 am Lunch, 12 noon BINGO, 1:00 pm Your Point of View, 1:15 pm</p> 
<p>9</p> <p>Mah Jongg, 9:00 am Quilt Club, 9:00 am Strength Training, 11:15 am Lunch, 12 noon Bridge Club, 1:00 pm Ceramics, 1:00 pm Pinochle, 1:00 pm</p>	<p>10</p> <p>A Salute to Veterans, 10:00 am Lunch, 12 noon Aerobics, 1:00 pm Comm. On Aging, 1 pm, City Hall Mah Jongg, 1:00 pm Sports Talk, 1:00 pm</p>	<p>11</p> <p>CLOSED</p> 	<p>12</p> <p>Knit/Crochet, 10:00 am Blood Pressure Screen, 10:00 am Band/Chorus, 10:30 am Lunch, 12 noon Woodcarving, 12:30 pm Chair Yoga, 1:00 pm Exercise Video, 1:00 pm</p>	<p>13</p> <p>Ukulele Club, 9:30 am Zumba Gold, 10:00 am Lunch, 12 noon Timeless Trivia, 1:00 pm Your Point of View, 1:15 pm</p>
<p>16</p> <p>Mah Jongg, 9:00 am Quilt Club, 9:00 am Strength Training, 11:15 am Lunch, 12 noon Nursing Home Visitors, 1:00 pm Bridge Club, 1:00 pm Ceramics, 1:00 pm Pinochle, 1:00 pm</p>	<p>17</p> <p>Art Class, 9:00 am Tai Chi, 9:00 am Knit & Crochet, 10:00 am Freestyle Dance, 11:00 am Lunch, 12 noon Aerobics, 1:00 pm Mah Jongg, 1:00 pm</p>	<p>18</p> <p>Happy Feet w/ Dr. Gosnay, 9:00 am Yolanda's Hair Boutique, 9:30 am Line Dancing, 10:00 am Strength Training, 11:15 am Lunch, 12 noon Understanding Dementia, 1:00 pm Drama, 1:00 pm Poker, 1:00 pm Zumba Gold, 3:00 pm</p>	<p>19</p> <p>Knit/Crochet, 10:00 am Blood Pressure Screen, 10:00 am Fall Concert, 10:30 am Lunch, 12 noon Woodcarving, 12:30 pm Chair Yoga, 1:00 pm Exercise Video, 1:00 pm</p> 	<p>20</p> <p>Ukulele Club, 9:30 am Zumba Gold, 10:00 am Lunch, 12 noon Your Point of View, 1:15 pm Page Turner's Book Cl, 2:30 pm</p>
<p>23</p> <p>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 Lions Club Low Vision, 1:00 pm Pinochle, 1:00 pm</p>	<p>24</p> <p>Art Class, 9:00 am Tai Chi, 9:00 am Knit & Crochet, 10:00 am Freestyle Dance, 11:00 am Lunch, 12 noon Aerobics, 1:00 pm Mah Jongg, 1:00 pm Sports Talk, 1:00 pm</p>	<p>25</p> <p>Line Dancing, 10:00 am Strength Training, 11:15 am Lunch, 12 noon Drama, 1:00 pm Poker, 1:00 pm Zumba Gold, 3:00 pm</p>	<p>26</p> <p>CLOSED</p> 	<p>27</p> 
<p>30</p> <p>Mah Jongg, 9:00 am Quilt Club, 9:00 am Strength Training, 11:15 am Lunch, 12 noon Bridge Club, 1:00 pm Ceramics, 1:00 pm Pinochle, 1:00 pm</p>	<p> Fall Festival Sunday, November 15th! The Amber Room 11:00 am to 3:00 pm</p> <p> Elmwood's F.I.N.E.S.T Fall Concert, 11/19</p>	<p>A Salute to Veterans Tuesday, November 10th at 10:00 am with Historian Art Gottlieb</p> 	<p>Save the Dates: </p> <p>11/4 - C.O.P.D. Talk 11/6 - Memory Screens 11/6 - BINGO 11/13 - Timeless Trivia 11/18 - Understanding Dementia 11/19 - Fall Concert</p>	<p><small>national alzheimer's disease awareness month</small> november <small>national family caregiver month</small></p> <p>Purchase a Forget Me Not Paper Flower all month long and Honor a Loved one or Caregiver. On Sale at Elmwood Hall for \$1</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.

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, 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 29 through December 7** between the times of **9:45 am and 12 noon**. Please call **203-797-4686** to **schedule your appointment**. **Appointments required.**



Fall Festival

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

*Sunday, November 15, 2015
11:00 a.m. - 3:00 p.m.*

*The Amber Room Colonnade
\$15*

*Music by,
The Kenny Lee Band*



*Tickets go on sale here at Elmwood
Hall on October 1st at 9:00 am.*



Just a friendly reminder to swipe your membership card on your arrival. This helps us keep attendance for activities and membership. Thank you! If you have lost your card, it's missing, or you never got one, please see Michelle or Joyce to get one. It's the hottest ticket in town!

SAVE THE DATE for our 11th Annual Holiday Party on Thursday, December 10 (snow date is the 17th). 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.

Subsidized Dental Care for Danbury Seniors

Danbury Hospital has received a grant from a local funder to provide subsidized dental care for Danbury residents age 60+ without private dental insurance or Title 19 coverage. Because funding is limited and anticipated demand for services is great, grant recipients will be chosen by lottery. To enter the lottery:

- Call **(203) 791-5095** and leave a voicemail with your name and phone number.
- You will receive a call from Danbury Hospital's Dental Clinic **only** if you are chosen in the lottery.

Eligible seniors may enter the lottery from **October 12 to October 23, 2015**. Lottery winners will be notified by **November 2, 2015**.

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 "Healthy Aging": 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 - Municipal Agent/Coordinator
Joyce Kuhn - Activities/Outreach/Resource & Referral (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