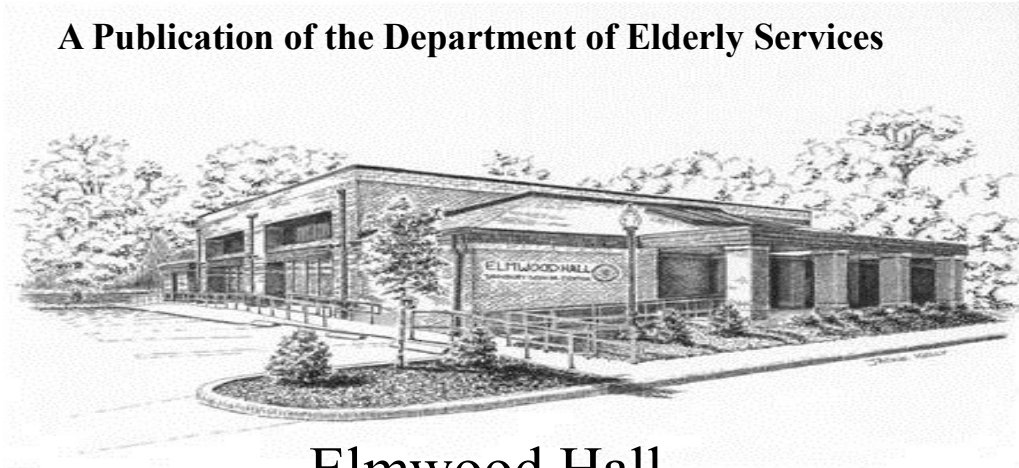


THE ELMWOOD EXTRA

Read All About It!

April / May 2017

A Publication of the Department of Elderly Services



Elmwood Hall

The club for people age 60 and up.

What Happens When I Can't Do It Myself- Elder Law Attorney Alyson Marcucio

The Difference between OT and PT: Lunch and Learn

Spring Nature Series: Earthworms & Soil, Gardening Tips

Underground Railroad, presented by Art Gottlieb

All Pain is NOT Created Equal presented by Dr. Varano

Your Life, Your Legacy: Lunch and Learn

Memories of the Great War

Brain Food: Taste and Learn

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



Originally named Senior Center Month by President John F. Kennedy, Older Americans Month has been recognized in the US since 1963. It came about after President Kennedy met with the National Council of Senior Citizens to hear about their needs and what was important to them. A proclamation followed shortly afterwards that stated each year in May the nation would pay tribute to its older citizens. This year's theme is "Aging Out Loud" and according to the Administration on Aging, the theme shines a light on important trends. "More than ever before, older Americans are working longer, trying new things, and engaging in their communities. They're taking charge, striving for wellness, focusing on independence, and advocating for themselves and others. What it means to age has changed, and Older Americans Month 2017 is a perfect opportunity to recognize and celebrate what getting older looks like today." How are you "Aging Out Loud"? We would like to know!

April / May Highlights

Friday Afternoon Fun! These FUN games will be played on the following Fridays: Bingo (4/7, 5/5), Timeless Trivia (4/21, 5/12) and Mark My Words, The "Quotation" Game (5/19). All three programs are slated to begin at 1:00 pm on their respective dates. Please sign up!

What Happens When I Can't Do It Myself on Tuesday, April 10 at 1:00 pm with Elder Law Attorney Alyson Marcucio. Are you concerned about how your finances will be managed if you have a physical or mental impairment? Do you lie awake at night thinking about how your health care needs will be managed if you can no longer coordinate the care yourself? Are you fearful of losing the ability to make decisions for yourself? Learn what estate plan documents you should have in order to maintain control of your life as you age and come educate yourself about some red flags you may come across when you are faced with sensitive end of life, healthcare, financial, and estate planning decisions. Please sign up!

Lunch and Learn: The Difference between Occupational Therapy and Physical Therapy on

Tuesday, April 18 at 1:00 pm. Many people are curious about the relationship between Occupational Therapy (OT) and Physical Therapy (PT) as there are often confusion about these two professions. There are significant differences between the two, and we will learn about those differences from Director of Rehab and Physical Therapist Liz McAdam from Bethel Health Care. Lunch will be provided. Seating is limited. Please sign up.

Measurable Progress, Unlimited Support: YMCA'S Diabetes Prevention Program Information Session and Biometric Screening on Thursday, April 20 from 10:00 - 10:30 am with a FREE Biometric Screening from 10:30 -11:30 am. Registration is appreciated, please sign up! The **YMCA's Diabetes Prevention Program** is a one-year, community based program where participants work in small groups with a trained Lifestyle Coach in a relaxed, classroom setting. Sessions are held in a group setting where participants learn how to incorporate healthier eating, moderate physical activity, problem-solving and coping skills into their daily lives.

Happy Feet Program w/ Dr. Richard Gosnay is a wellness foot program that will run on the following Wednesdays: April 12, 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: Earthworms and Soil on Thursday, April 20 at 1:00 pm presented by Dr. Wade Elmer, Department Head, Plant Pathology and Ecology of the CT Agricultural Experiment Station. Earthworms are important for processing organic matter and for maintaining soil health. Dr. Elmer will present an overview of the different kinds of earthworms that are found in Connecticut and will discuss their role in processing organic matter and how earthworms help to increase soil health. He will also discuss his research on earthworms and show how their activity can suppress certain soil borne diseases of vegetables. Please sign up!

Historian Art Gottlieb presents: Underground Railroad on Friday, April 21 at 10:30 am. In the early 19th 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, April 28 at 11:00 am. 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!

Your Life, Your Legacy on Monday, May 8 at 1:00 pm with John Falkowski of Green Funeral Home presenting. This lunch and learn will present on four easy to follow steps, as well as explain the importance and simplicity of planning

funeral and cemetery arrangements in advance. Seating is limited. Please sign up!

Memories of the Great War on Thursday, May 11 at 1:00 pm presented by Jack Scully. In trying to create a profile of his ancestors, Jack grew frustrated with the lack of genealogical information he was able to uncover as years went by. Jack's research was focused on his Uncle and though he will share the many resources he used and stories about people who helped him along the way, he uncovered interesting details about the U.S. Army's involvement in WWI. Although the presentation features his uncle, the sources and methods that Jack used can be applied to anyone's study of their family history. Join us for a fun, informal presentation that may be of interest to you in your pursuit of your family history. Please sign up!

Brain Food: Taste and Learn on Monday, May 15 at 1:00 sponsored by Maplewood Senior Living. Do you ever look at the way food is presented and think that it won't taste good? Or does your sense of smell ever influence how something may taste before you actually taste it? Food is a primal part of our lives and yet rich with mystery. Join us for a fun afternoon! Seating is limited, please sign up!

Spring Nature Series: Spring and Summer Gardening Tips on Thursday, May 18 at 1:00 pm presented by Yonghao Li of the CT Agricultural Experiment Station. Spring and summer are a great time to be working in the garden for beauty and foods, but you might encounter a number of puzzling issues. This presentation will answer and discuss some common questions about general care, pruning, water management, fertilizing, and disease control in lawns, flower gardens, small fruits, and vegetable gardens. Please sign up!

The Ambassadors, DMC's Senior Band is Back on Tuesday, May 23 at 1:00 pm. Please join us for an afternoon of songs of yesteryear, and some old time rock and roll. The Ambassadors are a creation of the Danbury Music Center comprised of all seniors. Please sign up!

Important Information from the Office of the Municipal Agent

RENT REBATE FOR 2016:
APRIL 1, 2017 through OCTOBER 1, 2017

The Rent Rebate program provides a one-time yearly rebate to renters based on income, rent, and utilities that were paid for the previous year (2016).

Requirements for Eligibility: All Applicants **MUST** be:

- 65 as of 12/31/16 **OR** receiving Social Security Disability benefits and over the age 18
- Have resided in the State of Connecticut for one full year at some time in your life, and also be a resident of the State during time of application period.

You must apply in the town/city in which you resided in 2016.

- 2016 income must not exceed \$35,200 (single person), or \$42,900 (married couple)

****Please Note:** If you received cash benefits from the Department of Social Services (DSS), your rebate amount may be reduced.

For applicants that applied last year, Rent Rebate Applications have already been mailed out. Please contact Michelle at 203-797-4686 if you have not received your application.

Return your completed application with required documentation in the mail or use the Rent Rebate Drop-Off Box located in the lobby of Elmwood Hall, Danbury Senior Center.

All “**new**” applicants **must** make an appointment **after** April 21, 2017 with Michelle or Joyce at Elmwood Hall – Danbury Senior Center, 10 Elmwood Place, 203-797-4686.

The Medicare Savings Program

Qualifying Income Levels have INCREASED:

QMB: \$2120.55 single	\$2854.83 married
SLMB: \$2321.55 single	\$3125.43 married
ALMB: \$2472.30 single	\$3328.38 married

This program can help with the cost of your Medicare Part B Premium.

You may also qualify for reduced prescription drug co-insurance and co-pays.

Call Elmwood Hall—Danbury Senior Center at 203-797-4686 to make an appointment.

Elmwood Hall Photos and News Briefs



Photo Credit: M. McNamara

Pictured above is a smiling Team #3, Flo, Pat, Bob, and Art, after their victory in Timeless Trivia.



Photo Credit: M. McNamara

Brigid Geurtin, pictured above, is shown sharing stories of Danbury's Famous Couples from the 18th, 19th, and 20th centuries with Elmwood Hall on Valentine's Day.



Photo Credit: M. McNamara

Pictured above is Pearl B. enjoying Read Across America Day at St. Peter's School.



Photo Credit: M. McNamara

Pictured above are some of the seniors who celebrated Dr. Seuss's Birthday by reading to the students at St. Peter's School

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