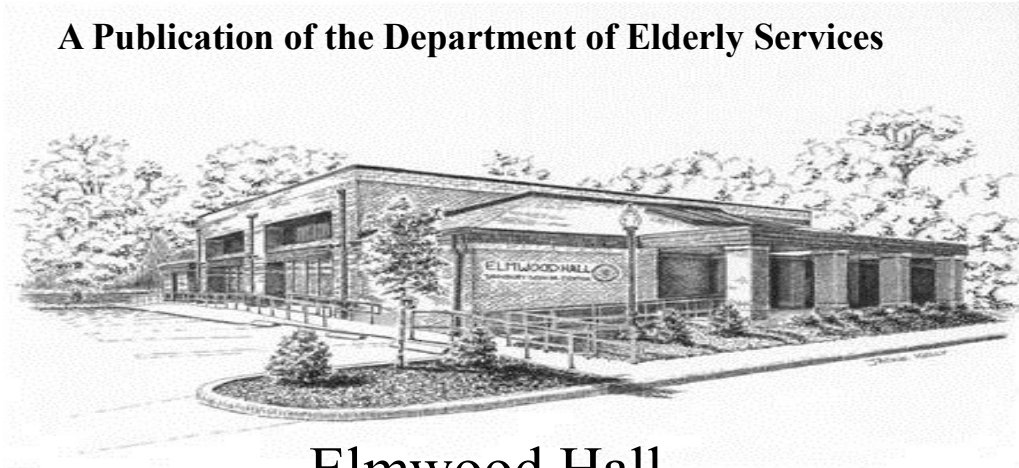


THE ELMWOOD EXTRA

Read All About It!

August / September 2017

A Publication of the Department of Elderly Services



Elmwood Hall

The club for people age 60 and up.

Beat the Heat Summer Dance
Eat Smart, Live Strong
Fruit Carving Demonstration and Samples
Afternoon at the Movies: Gifted & Hidden Figures
Elmwood's FINEST Chorus is back!
"Ask the Doctor ANY Question," with Dr. Varano
Falls Prevention Series
Flu Shot Clinics
Aging Mastery Program
BINGO!

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 is Falls Prevention Month

According to the National Council on Aging: "Falls are the leading cause of fatal and non-fatal injuries for older Americans. Falls threaten seniors' safety and independence and generate enormous economic and personal costs." According to the Centers for Disease Control: One-fourth of Americans aged 65+ fall each year. Every 11 seconds, an older adult is treated in the emergency room for a fall. Every 19 minutes, an older adult dies from a fall. Falls are the leading cause of fatal injury and the most common cause of non-fatal trauma-related hospital admissions among older adults. Falls result in more than 2.8 million injuries treated in emergency departments annually, including over 800,000 hospitalizations and more than 27,000 deaths. In 2013, the total cost of fall injuries was \$34 billion and the financial toll for older adult falls is expected to increase as the population ages and may reach \$67.7 billion by 2020. Join us in September for our Falls Prevention Series of seminars and classes. Don't become the next statistic!

August / September Highlights

Beat the Heat Summer

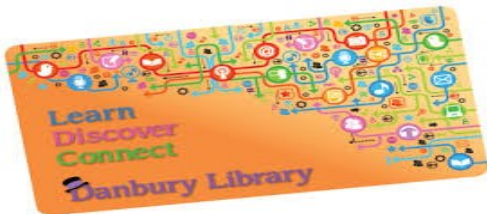
Dance on Friday, August 11 at 1:00 pm.

Dance includes a mix of freestyle and line dancing. No set price for event, but a \$3 donation is appreciated to support future programs at the senior center. Ice cream will be provided by Western Rehabilitation Care Center for all participants.



Danbury Library On The Move (OTM)

Join us at Elmwood Hall on Monday, August 14 and Tuesday, September 19 from 11:00 am to 1:00 pm as a representative from Danbury Library will be on-site to offer assistance with the following: renewing library cards, checking out books or iPads, downloading library subscriptions (which allow you to watch free movies, get free music and books) as well as answering any technology questions. Please be sure to bring your device!



CityCenter Danbury **Farmers' Market** PROVIDING EQUITABLE ACCESS TO FRESH FOOD FOR ALL

Eat Smart, Live Strong: Danbury Farmer's Market Gift Certificates on the following Wednesdays, August 16 and September 20 at 1:00 pm. 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 at the end of each session, she will give out gift certificates for the farmers market to those who are in attendance. Please sign up for each remaining date separately.



Fruit Carving Expo with Maplewood of Danbury

on Thursday, August 17 at 1:00 pm. Chefs from Maplewood of

Danbury will do a fruit carving demonstration and then combine the results with ice cream and serve tasty treats to all participants.

Please sign up.



An Afternoon at the Movies: on the 3rd Friday of each month. August 18 will feature “*Gifted*” and September 15 will feature “*Hidden Figures*.” Light refreshments will be served.

B-I-N-G-O is back! on Friday, September 8 at 1:00 pm and will be sponsored by Maplewood of Danbury. The cost to play is \$3 and will include 7 exciting games.



Elmwood’s FINEST Chorus returns to Elmwood Hall on Wednesday, September 6 at 1:30 pm. After a brief summer break, Elmwood’s Finest, the senior center chorus, under the direction of Jill Weiss, will fall back in to the swing of things. We are always looking for new members to join us! No singing experience required. Bring an instrument or just bring yourself!

Aging Mastery Program begins on Tuesday, September 12 and runs for 10 weeks. The Aging Mastery Program is a program outlined by the National Council on Aging that teaches older adults how to master behaviors that lead to improved health, stronger financial security, and overall well-being. Facilitated by the Regional YMCA of Western CT, area experts will be brought in as speakers on topics to include: Medication Management, Volunteer Engagement, Sleep, Healthy Relationships just to name a few. The program includes a core curriculum notebook, journal, small gifts and incentives, and a final graduation ceremony. Advanced sign up is required. This program is free to Danbury Residents and \$60 for Non-Danbury residents.



Dr. Varano presents, Ask the Doctor Anything! on Monday, September 18, at 1:00 pm. Do you ever feel like your doctor doesn’t take the time to answer your questions? Bring your questions to Elmwood Hall and have Geriatrician Dr. Susann Varano, Director of the Elder Horizons Program at Yale-New Haven Hospital, answer them. All questions will be collected in advance at the front desk by September 8. Please sign up!

Falls Prevention Series on Tuesdays in September. Falls are the leading cause of fatal and non-fatal injuries for older Americans. Falls threaten seniors’ safety and independence and generate enormous economic and personal costs. September is Fall Prevention month.

September 12 at 10:30 - Benefits of Tai Chi Instructor, Susan Bradley, will explain and lead an interactive demonstration of the Dr. Fuzhong Li style of Tai Chi. Dr. Fuzhong Li, Ph.D, a leading tai chi researcher whose method is proven to improve balance. Susan is certified in the Yang style Dr. Li teaches.

September 19 at 1:00 pm - Balance Testing, Avoiding Falls, Building Strength. Physical Therapists from Greenwood Physical Therapy will be here doing balance testing and offering tips to help you stay on your feet.

September 26 at 1:00 pm - Home Safety and Modifications with Jim Gustin from Home Crew CT, a certified Aging in Place Home Specialist.

End of Summer Dance on Friday, Sept. 8 at 1:00 pm. Dance includes a mix of freestyle and line dancing. No set price for event, but a \$3 donation is appreciated to support future programs at the senior center. Ice cream bar with toppings will be provided by Frank Scarfi from Quality Hearing Aide Center.

Flu Shot Clinics on Wednesday, September 27 and Wednesday, October 11 from 10:00 am to Noon in partnership with Western CT Home Care. Please call Elmwood Hall for an appointment and make sure that you bring your Medicare card.



Save the Date for our upcoming Craft and Bake Sale on Friday, October 27! Would you like to make or bake something to help raise money for the programs at Elmwood Hall? Do you have any gently used pocketbooks or perhaps some jewelry that you no longer use and would like to donate for the “Unique Boutique” sale portion of this event? See Karen at the front desk to sign up and get more information! All proceeds from the Craft and Bake Sale benefit the Prime Timers, Inc., Friends of Danbury Seniors. Thank you!



Important Information from the Office of the Municipal Agent

REMINDERS FOR RENT REBATE—2016

- All Rent Rebate Applications **and** Required Documentation **MUST** be turned in by September 29, 2017.
- If you need assistance or have any questions, call 203-797-4686.

UPCOMING BENEFIT PROGRAMS

Wednesdays, September 27 & October 11 from 10:00 am to 12:00 pm
Flu Shot Clinics in partnership with Western CT Home Care. Schedule your appointment, 203-797-4686, and be sure to bring your Medicare card.

Monday, October 2 at 1:00 pm

Financial Fraud Bingo: A fun way to learn to avoid banking scams and fraud! Sponsored by the CT Department of Banking. Enjoy prizes and light refreshments.

Friday, October 20 at 10:30 am

A Medicare 2018 Update Seminar—Learn the important changes in your Medicare benefits for 2018

Open Enrollment runs from October 15th through December 7th.

During this time, you can make changes to your Medicare Part D, Medicare Advantage Plans, or Supplemental Plans. Call Elmwood Hall to schedule an appointment, 203-797-4686.



**Save the Date! Mayor Boughton's
Fall Festival at the Amber Room Colonnade
on Sunday, November 12.
Tickets go on sale on Monday, October 2nd!**

Elmwood Hall Photos and News Briefs



Photo Credit: S. Burland

Kevin continues to recover and we hope to welcome him back soon. Thank you for all of the cards, letters, donations and well wishes. They all make a difference!



Photo Credit: K. Burland

Annual hike at Tarrywile Park. Fifteen hearty seniors conquered the one mile trail around the pond. Congratulations to all who took on this challenge, some hiking for the first time!



Photo Credit: M. McNamara

Elmwood's Finest Chorus performed their June End of the Season program called "America—Our Music." The chorus is off for the summer but starts rehearsal again in September. New members are always welcome. No singing experience necessary, just a love of music.



Photo Credit: M. McNamara

The Eat Smart Live Strong Program was very well attended with an interesting nutrition talk and sample meal offered by Heather Peracchio MS, RD, CD-N. Fifteen dollar gift certificates are distributed upon the completion of the seminar for seniors to use at the Danbury Farmer's Market.

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