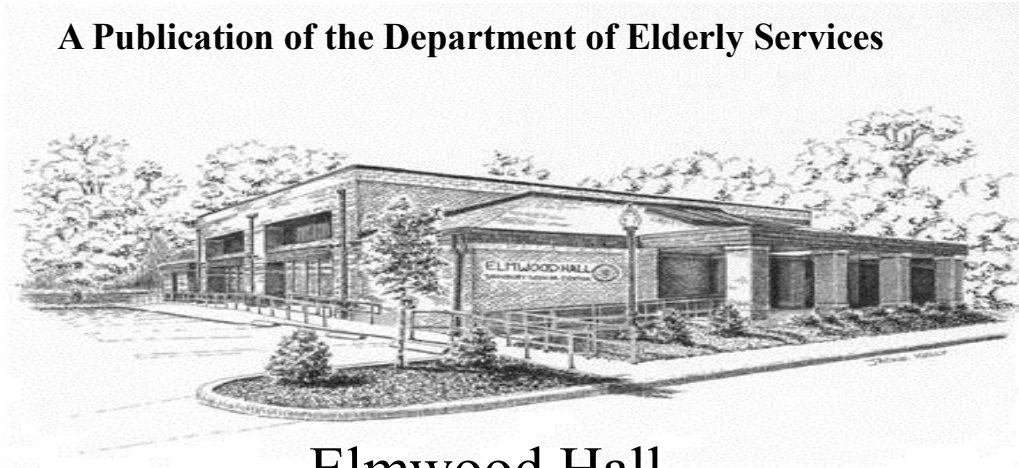


THE ELMWOOD EXTRA

Read All About It!

October/ November 2017

A Publication of the Department of Elderly Services



Elmwood Hall

The club for people age 60 and up.

Financial Fraud Bingo
Assistive Technology: Gadgets and Things
Benefits of Physical Therapy
Afternoon at the Movies: *Fences* and *Beauty & the Beast*
Medicare 2018 and You
Craft and Bake Sale
Art Gottlieb: Boroughs of New York
Everything You wanted to Know about Hearing Aids But Were Afraid to Ask
Honoring our Veterans
Mayor Boughton'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



October and November at Elmwood Hall are packed with activities and programs. One of the most exciting activities is a revitalized Craft and Bake Sale with a new component: The Unique Boutique. Our Bake Sale will feature homemade breads, cookies, pies, cakes and other sweet delights made by the Elmwood Hall Senior Community. Our lovely Craft Sale will feature the talented hand crafted items of the Knit and Crochet Club and the Quilting Club. Some of the most popular items for sale are handmade baby sweaters, blankets, socks, quilts, holiday stockings, wreaths and much more. The Unique Boutique will feature gently used handbags, jewelry, neck scarves and some delightful surprises. All proceeds from the event benefit Elmwood Hall's programs and activities. So save the date! Friday October 27th from 8:30 am until 3:00 PM. For more details on how to donate or volunteer to help...call us at 203-797-4686 or stop in and ask for Karen or Joyce.

October / November Highlights

Financial Fraud Bingo on Monday, October 2 at 1:00 pm. Join us for a fun, interactive way to remind ourselves about protecting our personal information and our finances! Banking scams, investment fraud, cyber security, credit and debt management are just a few topics that will be discussed. This program is being offered by the Department of Banking in collaboration with AARP's Fraud Watch Network. Prizes awarded. Please sign up!

Birthday of the Month! On the first Friday of each month we celebrate birthdays. So if its your birthday month, please come down to celebrate with cake, coffee and a special birthday cheer! The party starts at 12:15 pm.

B-I-N-G-O! on Friday, October 6 and Friday, November 3 at 1:00 pm. The cost to play is \$3 and will include 7 exciting games.

Spooktacular Dance on Friday, October 13 at 1:00 pm. Kevin and Susan will lead this dance that includes a mix of freestyle and line dancing. No set price for the event, but a \$3 donation is appreciated to support future programs at the senior center. Ice cream bar with toppings will be provided by Maplewood of Danbury.

Flu Shot Clinic on 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.

WCAA presents Assistive Technology: Gadgets and Things on Wednesday, October 11 at 1:00 pm. The WCAA is dedicated to increasing access and awareness of assistive devices available to people of all ages and disabilities to remove barriers and increase independence in performing tasks of daily living. Demonstration on assistive devices such as magnifiers, phone amplifiers, vibrating alarm clock, talking watch and kitchen utensils to name a few. Please sign up!

Lunch and Learn: Starting the Conversation—Advanced Planning on Monday, October 16 at 1:00 pm. Limited sign up for this lunch and learn that helps start the conversation about your legacy and advanced planning. Sign up required. Sponsored by the professionals at Maplewood Assisted Living.

Benefits of Physical Therapy on Tuesday, October 17 at 1:00 pm. Vivian Frerking, Director of Rehabilitation, at Putnam Ridge will educate seniors on the benefits of physical therapy. She will touch on topics of treatments, equipment used, fall preven-

tion and balance, strengthening, and mobility, assistive devices and more. Please sign up!

Medicare 2018 and You on Friday, October 20 at 10:30 am. Learn what changes are being made in 2018 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 Medical 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 2018 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. Please sign up.

An Afternoon at the Movies: on the 3rd Friday of each month starting at 12:45 pm. October 20 will feature "Fences" and November 17 will feature "Beauty and the Beast." Light refreshments will be served. A discussion will follow the movie.

Happy Feet Program w/ Dr. Richard Gosnay is a wellness foot program that will run on Wednesday, October 25 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.

Craft and Bake Sale on Friday, October 27 from 8:30 am to 3:00 pm! Be the first to see our homemade collections of crafts, quilts, knitware, crocheted items, delicious baked goods, plus our Unique Boutique. All proceeds from the Craft and Bake Sale benefit the Prime Timers, Inc., Friends of Danbury Seniors. Thank you!

Art Gottlieb presents The Boroughs of New York on Monday, October 30 at 1:00 pm. A visual treat for New York subway riders are the colorful ceramic plaques and mosaic designs that inform and decorate the various platforms, posts, and station walls. Much of the surviving examples of this work have remained in place since the original NYC subway system opened in 1904. This program will feature a photo-tour of the most notable examples of this beautiful artwork. Please sign up!

Everything You Want to Know about Hearing Loss, but were Afraid to Ask on Monday, November 6 at 1:00 pm with Frank Scarfi from Quality Hearing Aid Center. Frank has been helping people to hear better for more than 20 years. Join him to learn about hearing aids and have all of your questions answered. Please sign up.

Caregiving Around the Clock on Wednesday, November 8 at 1:00 pm will be presented by the professionals at Western Rehab. Caregiving can be a 24/7 job. Caring for a senior with Alzheimer's can be non-stop. The average family caregiver is a working Mom with kids. Each stage of the day has it's own individual challenges, from getting family off to work and school, making sure loved ones are cared for, managing their medication through the day, trying to ensure proper nutrition for the whole family, as well as late night emergency room visits. Caregiving is truly around the clock! Join us for an informative presentation and helpful tips on caregiving 24/7. Please sign up.

Honoring Our Veterans on Thursday, November 9 at 12:45 pm as we thank our Veterans, not just here at Elmwood Hall, but from the community and across the country. Our Veteran's Remembrance Wall has now been made into beautiful scrapbooks of keepsake memories. These scrapbooks will be on display for all to see along with a newly designed cabinet honoring former volunteer and USO dancer, Susan Ella Bradley. Cake and coffee will follow. All are welcome. Please be sure to make a reservation for lunch with at least a 48 hour notice if interested in eating here on that day.



Open Wii Bowling on Tuesdays in October and November from 2:00 pm to 4:00 pm. All are welcome!



Mayor Boughton's Fall Festival on Sunday, November 12 at the Amber Fall Festival Room Colonnade. All Danbury area seniors age 60 or older are welcome at this yearly event. Cost per ticket is \$15. Purchase a ticket in advance at the Elmwood Hall Senior Center. Tickets go on sale Monday, October 2 through Wednesday, November 8. Included is a lovely Thanksgiving style lunch, dancing to the Kenny Lee Band and fabulous raffle prizes. Delightfully hosted by Mayor Mark Boughton! This is an event not to be missed!

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 after October 27. If you have not received your check by November 18, then please contact the Office of Policy and 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. Two options to consider are Eversource, 1-800-286-2000, and Community Action Agency of Western Connecticut at 203-748-5422 Ext. 3. (*Maximum income and asset limits apply*). Please call either to see if you are eligible.

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 at Elmwood Hall from October 16 through December 7. Please call 203-797-4686 to schedule your appointment. Appointments are required and you must bring a list of your current medications and your insurance card.

Inclement Weather Policy:

As we move toward Winter please be reminded 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, Channel 3 and Channel 8 TV.

Elmwood Hall Photos and News Briefs



Photo Credit: M. McNamara

Chef Jamie at Maplewood of Danbury, dazzled the audience with his fruit carving and demonstration. Pictured above with Chef Jamie are a few seniors who took part in the program.



Photo Credit: B. Cullen

Pictured above: (L to R) Evelyn, Nicolina, and Red were just a few of the Seniors at Elmwood Hall who enjoyed an afternoon viewing the Solar Eclipse on Monday, August 21.



Photo Credit: E. Carr

The Downtown Chow-Down at Kennedy Park was a big hit this summer! Elmwood Hall took 4 trips to enjoy all of the different lunch offerings. Pictured above is a group that went and enjoyed lunch in August.



Photo Credit: M. McNamara

The Summer League of Wii Bowling ended perfectly for our bowlers and of course for Dolores, who is pictured above, with her season ending 300 score.

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