

# **Elmwood Hall**

## **April / May 2015 - Special Events**

***Senior Appreciation Day - Ice Cream Social*** on Wednesday, April 15 at 1:30pm. This is our time to thank you for all the time, energy, and dedication you give to Elmwood Hall. Please join us for an ice cream social with entertainment provided by vocalist Anthony Nazzaro featuring Joe McWilliams on keyboard. Favorites by Sinatra, Dean Martin, Bobby Darrin, Elvis and more. Sign up required. Sponsored by Laurel Ridge Health Care. All welcome.

***Art History: The Work of Claude Monet*** on Thursday, April 16 at 10:00am. Oscar-Claude Monet was one of the founders of French Impressionist painting, and the most consistent and prolific practitioner of the movement's philosophy of expressing one's perceptions before nature, especially as applied to plein-air landscape painting. Please join us as Karen Scion from Maplewood Assisted Living of Stoney Hill at Bethel, speaks about this important historical figure.

***Grand Central Station*** has been rescheduled for Wednesday, April 1 at 1:00pm with Historian Art Gottlieb. Bisecting Manhattan's Park Avenue and boasting 44 train platforms on two levels, this recently restored Beaux Arts masterpiece has remained one of New York's most famous transportation landmarks since its building in 1913. Sponsored by Laurel Ridge Health Care. Please sign up.

***Introduction to the Triangle Community Center*** on Wednesday, April 8 at 1:00pm (rescheduled from March 18). The Triangle Community Center is the only organization focused exclusively on the LGBTQ (Lesbian, Gay, Bi-Sexual, Transgendered, and Queer) community in Fairfield County. This is a community at much greater risk of isolation, discrimination, suicide, substance abuse, and HIV/AIDS than its peers. The TCC supports people of all ages. This presentation will focus on how they support LGBTQ seniors as they age, and to provide resources and referral.

***Elder Fraud and Scams*** on Wednesday, April 22 at 1:00pm. Information on this topic is always changing. Stay informed by coming to hear retired Ridgefield Police Department Major Don McGran. Mr. McGran is now employed as the Security Advisor for Fairfield County Bank and will cover topics including:

- Elder Fraud Schemes
- Identity Theft Prevention and Detection
- Safe Banking/Financial Management
- Techniques
- General Crimes

RSVP by April 21 to 203-797-4686. Sponsored by the Danbury Commission on Aging.

***CT State Commission on Aging to Present on Governor's Proposed Budget Cuts and How it Affects Seniors*** on Thursday, April 23 at 12:30pm. Please join us for a light lunch and lively discussion on Governor Malloy's proposed budget and how it might impact seniors, their families, and our community. RSVP by April 17 to 203-770-2892.

***Learn how to be a CHOICES counselor; help people with Medicare*** A CHOICES volunteer counselor learns how to assist people with Medicare / Medicaid issues, applications for benefits, nutrition, housing referrals, and more. Orientation is on April 28 from 9:00am - 12 noon. This course meets once a week on Wednesdays over the next five weeks. The course is for community volunteers and professionals. Some fee may apply. Contact Joyce Kuhn here at the center to register or get more information. Sponsored by Western CT Area Agency on Aging.

***New! Drama Club: Acting, Improv, Scene Study*** begins on April 29th. Meet at 1:00pm for an introduction to acting and improv. Club will meet weekly and will eventually perform a one-act show. All are welcome. No previous acting experience necessary. You will learn from the teacher, actor, director, Daniel Mulvihill, Jr. and share experiences with each other.

***Caregiver Seminar: Keeping Connected —Communication and Behavior*** on Wednesday, May 6th at 1:00pm. This is an educational program designed for family caregivers, friends, neighbors, and supporters of people with any type of dementia, including Alzheimer's disease. Jessica Warner from the Western CT Area Agency on Aging and Maria Tomasetti from the Alzheimer's Association, CT Chapter will present "Keeping Connected with People with Dementia" as well as "Resources That Can Help." The workshop will include communication tips, behavioral challenges/strategies that work, and caregiver resources.

***Brain Health with Dr. Susann Varano*** on Friday, May 8 at 1:00pm. There are lifestyle habits that you can adopt to maintain or potentially improve your health as you age. These habits, spanning four categories — physical health and exercise, diet and nutrition, cognitive activity, and social engagement — can help keep your body and brain healthy and potentially reduce your risk of cognitive decline. Sponsored by Candlewood Valley Health and Rehab. Please sign up.

***Has your "Get Up & Go" got up and Left?*** with Dr. Susann Varano, a Geriatric Care doctor from Candlewood Valley Health and Rehab on Monday, May 11 at 1:00pm. Do you have little pep in your step? Do you get out of breath going up stairs? Do you sleep on the first floor because it's too difficult for you to make it to your bedroom on the second floor? As you age, if you don't use your muscles regularly, they will become weakened. In other words, if you don't use it, you will lose it! Come learn how you can prevent this from happening. Please sign up.

***New to Medicare? Understanding Your Benefits and Options*** on Monday, May 11 at 3:30pm. This engaging presentation will cover the following: Transitioning to Medicare – what you need to know, Medicare Enrollment periods, Traditional Medicare (Parts A and B), what it costs and what it covers, Medicare Supplement Insurance (aka MediGap), What is Medicare Part C, Medicare Part D (Prescription Drugs), What is Creditable Coverage?, The “Donut Hole,” Medicare Options. Sponsored by the Western CT Area Agency on Aging.

***Powerful Tools for Caregivers Course*** begins on Wednesday, May 23, 1:00pm - 3:30pm. This six-week educational series will provide caregivers the tools they need for taking care of themselves while caring for another. Offered with respite care for those who qualify. Pre-registration required by calling the front desk. The course is offered here at Elmwood Hall in partnership with the Western CT Area Agency on Aging.