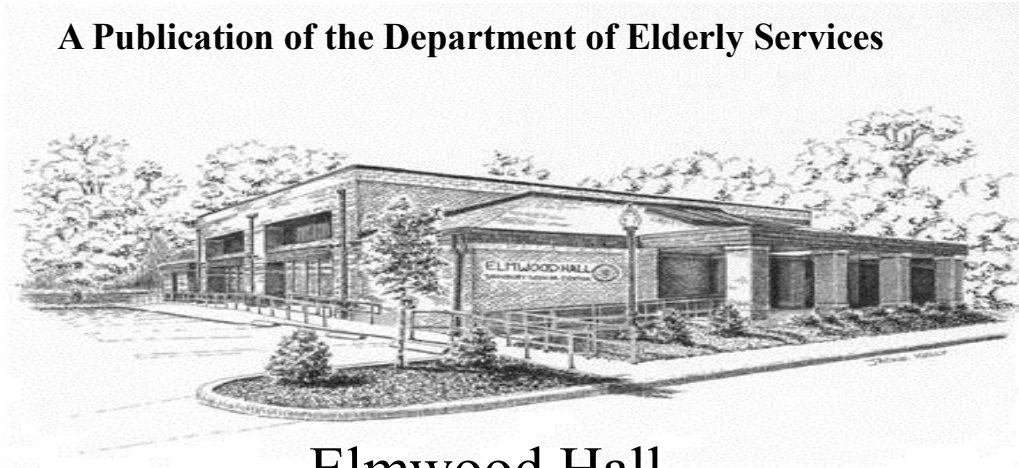


# THE ELMWOOD EXTRA

Read All About It!

August / September 2015

A Publication of the Department of Elderly Services



## Elmwood Hall

The club for people age 60 and up.

**Gentle/Chair Yoga**

**Memory Screenings with Dr. Varano**

**Wii Bowling - New League - New Competition - Join In!**

**History Lecture - The Statue of Liberty**

**YMCA Diabetes Prevention Program**

**How to Talk to Your Doctor**

**The SweetHART Bus: Learn How to Ride**

**Happy Feet - Wellness Prevention Program**

**Checklist for Safety - Falls Prevention**

## City of Danbury

**Department of Elderly Services**

**Mark D. Boughton, Mayor**

**Susan M. Tomanio, LCSW, Director of Elderly Services**

**Michelle McNamara, Program Coordinator**

**Joyce Kuhn, Outreach Specialist**

**10 Elmwood Place, Danbury, CT 06810**

**[www.danburyseniors.org](http://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



The **White House Conference on Aging** is a once-a-decade conference sponsored by the Executive Office of the President of the United States, which makes policy recommendations to the president and Congress regarding the elderly. The first of its kind, the goals of the conference are to promote the dignity, health, and economic security of older Americans. On July 13th of this year the conference was held again in Washington, D.C. Many new initiatives were announced including: a program for Veterans and caregivers called “Building Better Caregivers;” a rule that would allow SNAP benefits to be used for services that deliver food to homes; a new online training called STEADI (Stopping Elderly Accidents, Deaths, and Injuries) that helps care providers integrate falls screening, assessment, and intervention into their practice; the development of tools to help financial institutions recognize and prevent financial exploitation; and assistance to help seniors better use their Medicare Preventive benefits. Read more in the “news” section of our website [www.danburyseniors.org](http://www.danburyseniors.org)

## August / September Highlights

**Gentle/Chair Yoga with Jill** on Thursdays at 2:00. Focusing on relaxation, breathing, and gentle postures, yoga for older adults can ease suffering caused by many ailments including arthritis, chronic pain, and heart disease. Taught by Jill Hancock, owner of A Common Ground Community Arts Center. The cost is \$2 per class.

**Memory Screenings with Dr. Varano** on Friday, August 14 between 10:00 - 2:00. The screen consists of a brief questionnaire followed by consultation by Dr. Varano. Please call the center for an appointment.

**Wii Bowling Informational Meeting** on Monday, August 31 at 1:00. New league format, new competition, handicaps, player progression, play-offs - come learn about our new league. All welcome, no experience necessary. Join in - have fun! Great Wii Bowling Banquet to end the season!

**History Lecture: The Statue of Liberty** on Wednesday, September 9 at 1:00 with historian Art Gottlieb. Join us for a photographic journey of one of America’s most iconic monuments, from

the ancient origins of its design to her post on Liberty Island standing watch over New York Harbor. Sponsored by Laurel Ridge Health Care. Please sign up.

**Freestyle Dance with Kevin moves to a new day and time!** Starting on Tuesday, September 1st, this great free class now moves to Tuesdays at 11:00 except for the 2nd Tuesday of the month when we welcome Mayor Boughton for his Senior Advisory Council. All are welcome!

**Elmwood’s Finest: The Centers Band/Choir will meet at a new time!** Elmwood’s Finest returns for rehearsal on September 3rd at a new time, 10:30. Jill Weiss will continue to be the director and we welcome new, as well as returning members to join in. No experience necessary. Watch the calendar for their next performance!

**Bingo is Back!** Starting on September 4 at 1:00 and continuing on the first Friday of every month. Three dollars is required to play the 8 games. It is guaranteed to be an afternoon of FUN! Please sign up.

**The SweetHART Bus: How it can help you get to where you are going** on Thursday, September 10 at 11:00. The SweetHART bus is a dial-a-ride service that can get you to doctors appointment, to food shopping, the mall and the senior center. Come learn more about this low cost transportation for seniors. Please sign up.

**YMCA Diabetes Prevention Program Informational Event** and Program on Tuesday, September 15 at 10:00; following by free blood glucose screenings at 11:00. 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. Participants learn how to incorporate healthier eating, moderate physical activity, problem-solving and coping skills into their daily lives. Come learn more about this program and see if you qualify. Cost is offset by grant money. Program is limited to Danbury residents only. Program begins on October 6th at 10:30. Please sign up.

**How to Talk to Your Doctor** on September 16 at 1:00. You show up five minutes early for your doctor's appointment and wind up waiting 20 in the lobby and 10 in the exam room. As you hear the doctor approach, talking in the hallway, you ready yourself. If you're lucky, you will have the next 15 minutes to voice your concerns, be examined, receive treatment recommendations and ask any questions. It's little wonder patients don't feel listened to when they are at the doctor; they're hardly given enough time. When you consider you'll only spend a small portion of that 15 minutes talking, you better have a well-rehearsed speech ready and anticipate your doctor's questions in advance. Join Joyce Kuhn here at Elmwood Hall as she offers tips to help you take an active role in your health care that can help you get the best care possible from your doctor. Please sign up.

**Learn From a Physical Therapist—How to Prevent Falls** on Wednesday, September 23 at 1:00. Annually, 30 to 40% of elderly people liv-

ing in the community fall. In the US, falls are the leading cause of accidental death and the 7th leading cause of death in people greater than 65. Physical therapy, strength training, and balance exercises can help. Come learn more about this with the physical therapist from Main Street Rehab. Please sign up.

**Happy Feet Wellness Foot Program with Dr. Richard Gosnay** continues with new dates: September 23, October 28, November 18, January 23, March 23, April 27, and May 27. Appointments will run between 9:00-12:00. The program includes a thorough foot exam and toe-nail clipping by Dr. Richard Gosnay, a local Podiatrist. Cost is \$5 and you must call the center in advance for an appointment. This program is grant supported and you must be a Danbury resident who is non-diabetic to qualify.

**Checklist for Safety** on Wednesday, September 30 at 1:00. Your comfort and independence matter and safety is key when trying to stay in your home as you age. Falling is the number one reason why people are forced to leave the homes they love. Age in Place CT knows what you should be looking for to ensure safety in the home. Correcting these things can prevent falls so your home continues to be the safe-haven that it has always been. Presented by Age in Place CT, LLC is a wholly owned division of MLC Associates LLC. MLC is a 30 year old, full service general construction company specializing in kitchen and bathroom renovations. Please sign up.

**Save the date!**

**Mayor Boughton's Fall Festival** - Sunday, November 15 at the Amber Room Colonnade. Tickets go on sale on October 1st!







**Check out our website - Danbury Senior Resources - for the latest news and information at:**

**[www.danburyseniors.org](http://www.danburyseniors.org)**



# August

## 2015 ~ Welcome to Elmwood Hall ~ The Danbury Senior Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3 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 Nursing Home Visit, 1:00 pm Pinochle, 1:00 pm</p>	<p>4 Art Class, 9:00 am Tai Chi, 9:00 am Knit &amp; Crochet, 10:00 am Lunch, 12 noon Mah Jongg, 1:00 pm Sports Talk, 1:00 pm</p>	<p>5 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 Poker, 1:00 pm Zumba Gold, 3:00 pm</p>	<p>6 Knit/Crochet, 10:00 am Blood Pressure Screen, 10:00 am Freestyle Dance, 11:00 am Lunch, 12 noon Woodcarving, 12:30 pm Exercise Video, 1:00 pm Chair Yoga, 2:00 pm</p>	<p>7 Ukulele Club, 9:30 am Zumba Gold, 10:00 am Lunch, 12 noon Your Point of View, 1:15 pm</p> 
<p>10 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>11 Art Class, 9:00 am Tai Chi, 9:00 am Knit &amp; Crochet, 10:00 am Mayor's Advisory Council, 11 am Lunch, 12 noon Mah Jongg, 1:00 pm</p>	<p>12 Chair Massage, 9:30 am Line Dancing, 10:00 am Strength Training, 11:15 am Lunch, 12 noon Poker, 1:00 pm Zumba Gold, 3:00 pm</p>	<p>13 Knit/Crochet, 10:00 am Blood Pressure Screen, 10:00 am Freestyle Dance, 11:00 am Lunch, 12 noon Woodcarving, 12:30 pm Exercise Video, 1:00 pm Chair Yoga, 2:00 pm</p>	<p>14 Ukulele Club, 9:30 am Zumba Gold, 10:00 am Memory Screenings, 10:00 am Lunch, 12 noon Trip- Farmer's Market, 12:45 pm Your Point of View, 1:15 pm</p>
<p>17 Mah Jongg, 9:00 am Quilt Club, 9:00 am Mondays at Museum, 9:30 am Strength Training, 11:15 am Lunch, 12 noon Bridge Club, 1:00 pm Ceramics, 1:00 pm Nursing Home Visit, 1:00 pm Pinochle, 1:00 pm</p>	<p>18 Art Class, 9:00 am Tai Chi, 9:00 am Knit &amp; Crochet, 10:00 am Lunch, 12 noon Mah Jongg, 1:00 pm Sports Talk, 1:00 pm</p>	<p>19 Yolanda's Hair Boutique, 9:30 am Line Dancing, 10:00 am Strength Training, 11:15 am Lunch, 12 noon Poker, 1:00 pm Zumba Gold, 3:00 pm</p>	<p>20 Knit/Crochet, 10:00 am Blood Pressure Screen, 10:00 am Freestyle Dance, 11:00 am Lunch, 12 noon Woodcarving, 12:30 pm Exercise Video, 1:00 pm Chair Yoga, 2:00 pm</p>	<p>21 Ukulele Club, 9:30 am Zumba Gold, 10:00 am Lunch, 12 noon Your Point of View, 1:15 pm</p> 
<p>24 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 Eat Smart, Live Strong, 1:00 pm Lions Club Low Vision, 1:00 pm Pinochle, 1:00 pm</p>	<p>25 Art Class, 9:00 am Tai Chi, 9:00 am Knit &amp; Crochet, 10:00 am Lunch, 12 noon Mah Jongg, 1:00 pm</p>	<p>26 Line Dancing, 10:00 am Strength Training, 11:15 am Lunch, 12 noon Poker, 1:00 pm Zumba Gold, 3:00 pm</p>	<p>27 Knit/Crochet, 10:00 am Blood Pressure Screen, 10:00 am Freestyle Dance, 11:00 am Lunch, 12 noon Woodcarving, 12:30 pm Exercise Video, 1:00 pm Chair Yoga, 2:00 pm</p>	<p>28 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 Page Turners Book Cl, 2:30 pm</p>
<p>31 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 Wii Bowling Meeting, 1:00 pm</p>	<p>Mondays at the Museum</p>  <p>Aug. 17<sup>th</sup></p>	<p>Memory Screenings on Aug. 14 With Dr. Varano Book your appointment! 10:00 am to 3:00 pm</p> 	<p>Trips to the Farmer's Market Aug. 14 Aug. 28 12:45 pm – 1:45 pm</p> 	<p>Informational Meeting for Wii Bowling Fall League Monday, August 31 at 1:00 pm</p> 

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Special Presentations</b> Sept. 9 - Art Gottlieb: Statue of Liberty Sept. 10 - Sweet Hart Bus Sept. 14 - Mondays at the Museum Sept. 15 - YMCA Diabetes Prevention Sept. 16 - How to Talk to Your Doctor Sept. 23 - Happy Feet Sept. 23 - Falls Prevention Awareness Sept. 28 - Eat Smart, Live Strong Sept. 30 - Checklist for Safety	<b>1</b> Art Class, 9:00 am Tai Chi, 9:00 am Knit & Crochet, 10:00 am Freestyle Dance, 11:00 am Lunch, 12 noon Mah Jongg, 1:00 pm Sports Talk, 1:00 pm	<b>2</b> Yolanda's Hair Boutique, 9:30 am Line Dancing, 10:00 am Strength Training, 11:15 am Lunch, 12 noon Poker, 1:00 pm Zumba Gold, 3:00 pm	<b>3</b> Knit/Crochet, 10:00 am Blood Pressure Screen, 10:00 am Band/Chorus, 10:30 am Lunch, 12 noon Woodcarving, 12:30 pm Exercise Video, 1:00 pm Chair Yoga, 2:00 pm	<b>4</b> Ukulele Club, 9:30 am Zumba Gold, 10:00 am Lunch, 12 noon BINGO, 1:00 pm Your Point of View, 1:15 pm 
<b>7</b>  	<b>8</b> Art Class, 9:00 am Tai Chi, 9:00 am Knit & Crochet, 10:00 am Mayor's Advisory Council, 11 am Lunch, 12 noon Comm. On Aging, 1 pm, City Hall Aerobics, 1:00 pm Mah Jongg, 1:00 pm	<b>9</b> AARP Safe Driver's Course, 8:45 am Chair Massage, 9:30 am Line Dancing, 10:00 am Strength Training, 11:15 am Lunch, 12 noon Statue of Liberty w/ Art G., 1:00 pm Poker, 1:00 pm Zumba Gold, 3:00 pm	<b>10</b> Knit/Crochet, 10:00 am Blood Pressure Screen, 10:00 am Band/Chorus, 10:30 am SweetHart Bus, 11:00 am Lunch, 12 noon Woodcarving, 12:30 pm Exercise Video, 1:00 pm Chair Yoga, 2:00 pm	<b>11</b> 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
<b>14</b> Mah Jongg, 9:00 am Quilt Club, 9:00 am Mondays at Museum, 9:30 am Strength Training, 11:15 am Lunch, 12 noon Bridge Club, 1:00 pm Ceramics, 1:00 pm Pinochle, 1:00 pm	<b>15</b> Art Class, 9:00 am Tai Chi, 9:00 am Knit & Crochet, 10:00 am YMCA Diabetes Program, 10 am Freestyle Dance, 11:00 am Lunch, 12 noon Aerobics, 1:00 pm Mah Jongg, 1:00 pm Sports Talk, 1:00 pm	<b>16</b> Yolanda's Hair Boutique, 9:30 am Line Dancing, 10:00 am Strength Training, 11:15 am Lunch, 12 noon How to Talk to Your Doctor, 1:00 pm Poker, 1:00 pm Zumba Gold, 3:00 pm	<b>17</b> Knit/Crochet, 10:00 am Blood Pressure Screen, 10:00 am Band/Chorus, 10:30 am Lunch, 12 noon Woodcarving, 12:30 pm Exercise Video, 1:00 pm Chair Yoga, 2:00 pm	<b>18</b> Ukulele Club, 9:30 am Zumba Gold, 10:00 am Lunch, 12 noon Your Point of View, 1:15 pm
<b>21</b> 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	<b>22</b> 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	<b>23</b> Happy Feet w/ Dr. Gosnay, 9:00 am Line Dancing, 10:00 am Strength Training, 11:15 am Lunch, 12 noon Falls Prevention Awareness, 1:00 pm Poker, 1:00 pm Zumba Gold, 3:00 pm	<b>24</b> Knit/Crochet, 10:00 am Blood Pressure Screen, 10:00 am Band/Chorus, 10:30 am Lunch, 12 noon Woodcarving, 12:30 pm Exercise Video, 1:00 pm Chair Yoga, 2:00 pm	<b>25</b> 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 Page Turners Book Cl, 2:30 pm
<b>28</b> 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 Eat Smart, Live Strong, 1:00 pm Lions Club Low Vision, 1:00 pm Pinochle, 1:00 pm	<b>29</b> 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	<b>30</b> Line Dancing, 10:00 am Strength Training, 11:15 am Lunch, 12 noon Checklist for Safety, 1:00 pm Poker, 1:00 pm Zumba Gold, 3:00 pm	 **Eat Smart, Live Strong Sept. 28 at 1:00 pm ** You <b>MUST</b> Sign Up Farmer's Market Trips Sept. 11 and Sept. 25 	Friday BINGO Fun is Back in Action! <b>September 4<sup>th</sup></b> 



# Important Information from the Office of the Municipal Agent

## REMINDERS FOR RENT REBATE -2014

- All Rent Rebate Applications **and** Required Documentation **MUST** be turned in by September 30, 2015.
- Your completed application/documentation can be sent through the mail or placed in the Rent Rebate Drop Off Box located in the lobby of Elmwood Hall, Danbury Senior Center.
- Please note that Applications are currently being processed and grant eligibility letters are being sent out through the mail.
- The State of Connecticut begins to issue Rent Rebate Checks at the end of October 2015.

BE ON THE  FOR INFORMATION REGARDING

A Medicare 2016 Update Seminar in October (Date to be determined)

AND



Open Enrollment for Medicare Part D, Medicare Advantage Plans, and Supplemental Plans runs from October 15th through December 7th.

# Elmwood Hall Photos and News Briefs

## DSC Players—Our New Drama Club!



Photo Credit: M. McNamara

The first performance of our new Drama Club—DSC Players was very successful. Thank you to all those who participated and to Daniel Mulvihill for his direction leading this new group.

## Elmwood’s Finest - Our Chorus and Band



Photo Credit: M. McNamara

The second performance of Elmwood’s Finest under the direction of Jill Weiss drew a large crowd to the center in June. Consider joining when they meet again at a new time starting September 3 at 10:30 am. No singing experience necessary.

## A Visit From Students at Hayestown School



Photo Credit: K., Burland

A big thank you to both seniors and students from Hayestown School who joined together to make Ben’s Bells, a community kindness organization based in Sandy Hook.

## Senior Picnic at the Italian Club!



Photo Credit: The New Times

On July 8 the Italian Club welcomed Danbury seniors to their lodge for a fabulous outdoor picnic. We thank them and their members for their generosity in sponsoring this free event. Thank you!

## ***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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Permit No. 155

### **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 "Aging in Place": 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 - Program Coordinator  
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  
Joyce Kuhn - Outreach Specialist (grant funded / partnership with WCAAA)  
Debbie Moore - Cafe Manager (in partnership with C.W. Resources)  
Donna Pipkin - Café Manager (in partnership with C.W. Resources)