

THE ELMWOOD EXTRA

Read All About It!

April / May 2015

A Publication of the Department of Elderly Services



Elmwood Hall

The club for people age 60 and up.

Senior Appreciation Day
Grand Central Station Historical Presentation
Keeping Connected - Communication and Behavior
Dr. Varano - Has Your "Get Up & Go" Got Up and Left?
Art History: The Work of Claude Monet
Dr. Varano - Brain Health
CHOICES Training
Powerful Tools for Caregivers

City of Danbury

Department of Elderly Services
Mark D. Boughton, Mayor

Susan M. Tomanio, LCSW, Director of Elderly Services
Michelle McNamara, Program Coordinator, Elmwood Hall
Joyce Kuhn, Outreach Specialist
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



I stumbled across an interesting book the other day that seems to fit in with the mission of what we try to accomplish here at the Elmwood Hall Senior Center. The book is called *The Longevity Bible* by Gary Small M.D. Dr. Small is the Director of the UCLA Memory and Aging Research Center and he lectures all over the world. In the work I am reading, he speaks of “quality longevity” what he defines as a “safe, convenient, medically sound way to live longer, empower ourselves, and remain healthy and fulfilled throughout that long life.” He identifies 8 key essentials to achieve quality longevity, including: sharpening your mind, keeping a positive attitude, cultivating healthy and intimate relationships, promoting stress free living, mastering your environment, managing technology, shaping up to stay young, eating to stay well, and modern medicine for feeling and looking younger. It’s a lot of information, but simply adding small changes to your life can make a big difference in regards to your health. Stay tuned!

April / May Highlights

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.



2015 ~ Welcome to Elmwood Hall ~ The Danbury Senior Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>April 15th at 1:30pm</p>  <p>Join us for an Ice Cream Social and Entertainment.</p> 	<p>Special Presentations/Programs Grand Central Station, 4/1 Into the Triangle Community, 4/8 The Governor's Proposed Budget and How it Affects Seniors, 4/21 Elder Fraud/Scam Program, 4/22 CHOICES Orientation, 4/28 Drama Club begins 4/29</p>	<p>1 Yolanda's Hair Boutique, 9:30am Line Dancing with Jill, 10:00am Strength Training, 11:15am Lunch, 12 noon Grand Central Station, 1:00pm Poker, 1pm Zumba Gold with Coleen, 3:00pm</p>	<p>2 AARP Tax Prep, 8:30am Knit/Crochet, 10:00am Blood Pressure Screen, 10:00am Freestyle Dance Group, 11:00am Lunch, 12 noon Woodcarving, 12:30pm Exercise Video, 1:00pm Band/Chorus, 1:00pm</p>	<p>3</p> <p>CLOSED</p> 
<p>6 Mah Jongg, 9:00am Quilt Club, 9:00am Strength Training, 11:15am Lunch, 12 noon Bridge Club, 1:00pm Ceramics, 1:00pm Nursing Home Visitors, 1:00pm Pinochle, 1:00pm</p>	<p>7 AARP Tax Prep, 8:30am Art Class, 9:00am Tai Chi with Susan, 9:00am Knit & Crochet, 10:00am Lunch, 12 noon Exercise with Dee, 1:00pm Mah Jongg, 1:00pm</p>	<p>8 AARP Safe Driver's Course, 8:45am Chair Massages, 9:30am Line Dancing with Jill, 10:00am Strength Training, 11:15am Lunch, 12 noon Poker, 1pm Into the Triangle Community, 1pm Zumba Gold with Coleen, 3:00pm</p>	<p>9 AARP Tax Prep, 8:30am Knit/Crochet, 10:00am Blood Pressure Screen, 10:00am Freestyle Dance Group, 11:00am Lunch, 12 noon Woodcarving, 12:30pm Exercise Video, 1:00pm Band/Chorus, 1:00pm</p>	<p>10 Ukulele Club, 9:30am Zumba Gold, 10:00am Lunch, 12 noon BINGO, 1:00pm Your Point of View, 1:15pm</p> 
<p>13 Mah Jongg, 9:00am Quilt Club, 9:00am Strength Training, 11:15am Lunch, 12 noon Bridge Club, 1:00pm Ceramics, 1:00pm Pinochle, 1:00pm</p>	<p>14 Art Class, 9:00am Tai Chi with Susan, 9:00am Knit & Crochet, 10:00am Mayor's Advisory Council, 11am Lunch, 12 noon Comm. On Aging, 1pm, City Hall Exercise with Dee, 1:00pm Mah Jongg, 1:00pm Sports Talk, 1:00pm</p>	<p>15 Yolanda's Hair Boutique, 9:30am Line Dancing with Jill, 10:00am Strength Training, 11:15am Lunch, 12 noon Poker, 1pm Senior Appreciation Day, 1:30pm</p>	<p>16 Knit/Crochet, 10:00am Blood Pressure Screen, 10:00am Monet Presentation, 10:00am Freestyle Dance Group, 11:00am Lunch, 12 noon Woodcarving, 12:30pm Band/Chorus, 1:00pm Exercise with Video, 1pm</p>	<p>17 Ukulele Club, 9:30am Zumba Gold, 10:00am Lunch, 12 noon Your Point of View, 1:15pm Bean Bag Tourney, 1:00pm</p> 
<p>20 Mah Jongg, 9:00am Quilt Club, 9:00am Strength Training, 11:15am Lunch, 12 noon Bridge Club, 1:00pm Nursing Home Visitors, 1:00pm</p>	<p>21 Art Class, 9:00am Tai Chi with Susan, 9:00am Knit & Crochet, 10:00am Lunch, 12 noon Talk on CT Budget, 12:30pm Exercise with Dee, 1:00pm Mah Jongg, 1:00pm</p>	<p>22 Line Dancing with Jill, 10:00am Strength Training, 11:15am Lunch, 12 noon Elder Fraud/Scam Program, 1pm Poker, 1pm Zumba Gold with Coleen, 3:00pm</p>	<p>23 Knit/Crochet, 10:00am Blood Pressure Screen, 10:00am Freestyle Dance Group, 11:00am Lunch, 12 noon Woodcarving, 12:30pm Exercise Video, 1:00pm Band/Chorus, 1:00pm</p>	<p>24 Ukulele Club, 9:30am Zumba Gold, 10:00am Lunch, 12 noon Wii Bowling Banquet, 1pm Your Point of View, 1:15pm Page Turner's Book Club, 2:30pm</p>
<p>27 Mah Jongg, 9:00am Quilt Club, 9:00am SNAP Assistance, 10am Strength Training, 11:15am Lunch, 12 noon Bridge Club, 1:00pm Lions Club Low Vision, 1:00pm Pinochle, 1:00pm</p>	<p>28 Art Class, 9:00am Tai Chi with Susan, 9:00am CHOICES, 9:00am - Noon Knit & Crochet, 10:00am Lunch, 12 noon Exercise with Dee, 1:00pm Mah Jongg, 1:00pm Sports Talk, 1:00pm</p>	<p>29 Line Dancing with Jill, 10:00am Strength Training, 11:15am Lunch, 12 noon Drama Club, 1:00pm Poker, 1pm Zumba Gold with Coleen, 3:00pm</p> 	<p>30 Knit/Crochet, 10:00am Blood Pressure Screen, 10:00am Freestyle Dance Group, 11:00am Lunch, 12 noon Woodcarving, 12:30pm Exercise Video, 1:00pm Band/Chorus, 1:00pm</p>	<p>April FUN!!!</p> <p>BINGO, 4/10 </p> <p>Bean Bag Tourney, 4/17 </p> <p>Wii Bowling Banquet, 4/24 </p>



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><u>Don't Miss May FUN!!!</u> BINGO, 5/1  Bean Bag Tourney, 5/15  Timeless Trivia, 5/29 </p>	<p>Drama Club  Wednesdays at 1:00pm Happy Feet with Dr. Gosnay on 5/27(appt required) </p>	<p><u>May's Must See Presentations</u> Dr. Susann Varano will be here to discuss Brain Health on 5/8 AND 5/11 - Strengthening Program, Has your "Get Up & Go" Got Up & Left?</p>	<p><u>May's Must See Presentations</u> Maria Tomasetti from Alzheimer's Association of CT Chapter on 5/6 "Keeping Connected with People with Dementia and the Resources That Can Help!"</p>	<p>1 Ukulele Club, 9:30am Zumba Gold, 10:00am Lunch, 12 noon BINGO, 1:00pm Your Point of View, 1:15pm </p>
<p>4 Mah Jongg, 9:00am Quilt Club, 9:00am Strength Training, 11:15am Lunch, 12 noon Bridge Club, 1:00pm Ceramics, 1:00pm Nursing Home Visitors, 1:00pm Pinochle, 1:00pm</p>	<p>5 Art Class, 9:00am Tai Chi with Susan, 9:00am CHOICES, 9:30am Knit & Crochet, 10:00am Lunch, 12 noon Exercise with Dee, 1:00pm Mah Jongg, 1:00pm Sports Talk, 1:00pm</p>	<p>6 AARP Safe Driver's Course, 8:45am Yolanda's Hair Boutique, 9:30am Line Dancing with Jill, 10:00am Strength Training, 11:15am Lunch, 12 noon Drama Club, 1:00pm Keeping Connected, 1:00pm Poker, 1:00pm Zumba Gold with Coleen, 3:00pm</p>	<p>7 Knit/Crochet, 10:00am Blood Pressure Screen, 10:00am Freestyle Dance Group, 11:00am Lunch, 12 noon Woodcarving, 12:30pm Exercise Video, 1:00pm Band/Chorus, 1:00pm</p>	<p>8 Ukulele Club, 9:30am Zumba Gold, 10:00am Lunch, 12 noon Brain Health Discussion, 1:00pm Your Point of View, 1:15pm</p>
<p>11 Mah Jongg, 9:00am Quilt Club, 9:00am Strength Training, 11:15am Lunch, 12 noon Strengthening Program, 1:00pm Bridge Club, 1:00pm New To Medicare, 3:30pm Pinochle, 1:00pm</p>	<p>12 Art Class, 9:00am Tai Chi with Susan, 9:00am CHOICES, 9:30am Knit & Crochet, 10:00am Mayor's Advisory Council, 11am Lunch, 12 noon Comm. On Aging, 1pm, City Hall Exercise with Dee, 1:00pm Mah Jongg, 1:00pm</p>	<p>13 Chair Massages, 9:30am Line Dancing with Jill, 10:00am Strength Training, 11:15am Lunch, 12 noon Drama Club, 1:00pm Poker, 1:00pm Zumba Gold with Coleen, 3:00pm</p>	<p>14 Knit/Crochet, 10:00am Blood Pressure Screen, 10:00am Freestyle Dance Group, 11:00am Lunch, 12 noon Woodcarving, 12:30pm Exercise Video, 1:00pm Band/Chorus, 1:00pm</p>	<p>15 Ukulele Club, 9:30am Zumba Gold, 10:00am Lunch, 12 noon Bean Bag Tourney, 1:00pm Your Point of View, 1:15pm </p>
<p>18 Mah Jongg, 9:00am Quilt Club, 9:00am SNAP, 10:00am Strength Training, 11:15am Lunch, 12 noon Bridge Club, 1:00pm Nursing Home Visitors, 1:00pm Lions Club Low Vision, 1:00pm Pinochle, 1:00pm</p>	<p>19 Art Class, 9:00am Tai Chi with Susan, 9:00am CHOICES, 9:30am Knit & Crochet, 10:00am Lunch, 12 noon Exercise with Dee, 1:00pm Mah Jongg, 1:00pm Sports Talk, 1:00pm</p>	<p>20 Yolanda's Hair Boutique, 9:30am Line Dancing with Jill, 10:00am Strength Training, 11:15am Lunch, 12 noon Drama Club, 1:00pm Poker, 1:00pm Zumba Gold with Coleen, 3:00pm</p>	<p>21 Knit/Crochet, 10:00am Blood Pressure Screen, 10:00am Freestyle Dance Group, 11:00am Lunch, 12 noon Woodcarving, 12:30pm Exercise Video, 1:00pm Band/Chorus, 1:00pm Powerful Tools, 1:00pm</p>	<p>22 Ukulele Club, 9:30am Zumba Gold, 10:00am Lunch, 12 noon Your Point of View, 1:15pm</p>
<p>25 CLOSED </p>	<p>26 Art Class, 9:00am Tai Chi with Susan, 9:00am CHOICES, 9:30am Knit & Crochet, 10:00am Lunch, 12 noon Exercise with Dee, 1:00pm Mah Jongg, 1:00pm</p>	<p>27 Happy Feet, 9:00am Line Dancing with Jill, 10:00am Strength Training, 11:15am Lunch, 12 noon Drama Club, 1:00pm Poker, 1:00pm Zumba Gold with Coleen, 3:00pm</p>	<p>28 Knit/Crochet, 10:00am Blood Pressure Screen, 10:00am Freestyle Dance Group, 11:00am Lunch, 12 noon Woodcarving, 12:30pm Exercise Video, 1:00pm Band/Chorus, 1:00pm Powerful Tools, 1:00pm</p>	<p>29 Ukulele Club, 9:30am Zumba Gold, 10:00am Lunch, 12 noon Timeless Trivia, 1:00pm Your Point of View, 1:15pm Page Turner's Book Cl, 2:30pm</p>

Important Information from the Office of the Municipal Agent

RENT REBATE FOR 2014

- Program begins **4/1/15** and **ends 9/30/15**.
- Eligibility is based on 2014 income earned or received and 2014 rent and utilities paid.
- Income guidelines are: \$34,600 for a single person or \$42,200 married couple.
- Be sure to keep your Social Security SSA-1099 statement. *Effective 2015, local Social Security offices will no longer provide print outs.*
- For applicants that applied last year, forms and directions have already been mailed. If you have not received your application, contact Joyce at 203-796-1513.
- New Applicants: the application process is started over the phone and completed via the mail. Contact Joyce at 203-796-1513 to start a new application.
- Return your completed application/documentation in the mail or use the Rent Rebate Drop-off Box located in the lobby of Elmwood Hall, Danbury Senior Center.

Elmwood Hall Photos and News Briefs

A Day At Danbury Lanes



Photo Credit: K. Burland

22 Seniors didn't let a little snow stop them as they spent the afternoon on February 18 at Danbury Duckpin Lanes.

Elmwood's FINEST takes the STAGE!



Photo Credit: M. McNamara

On February 19th, Elmwood's Finest filled the building as they performed their first concert of 2015 with musical director Jill Weiss.



Pictured to the left, Bernie and Rosalie share a special moment at the microphone.

Photo Credit: M. McNamara

Rock and Roll is here to STAY!



Photo Credit: M. McNamara

On Wednesday, March 11th, 7th and 8th grade students from St. Peter's performed their own choreographed 50's Rock and Roll concert for Elmwood Hall.



Photo Credit: M. McNamara

Pictured above, Sal Maggio is dancing to the sounds of Rockin' Robin with his swarm of Pink Ladies, while below, the seniors and students are shaking it down.



Photo Credit: M. McNamara

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

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 / Elmwood Hall (grant funded)
Linda Rinaldi - 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)