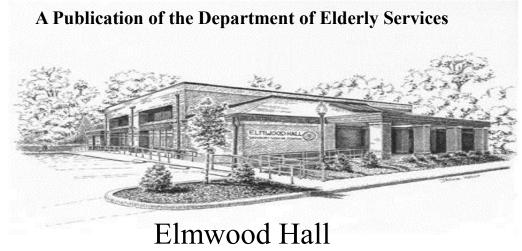
# THE ELMWOOD EXTRA

Read All About It!

Vol X, Issue III

February / March 2014



The club for people age 60 and up.

Valentine's Day Hoedown
AARP Tax Assistance
Heart Health Discussion
The DASH Diet
Senior Day—The Danbury Whalers
Moonlighting with the Glenn Miller Orchestra
Top Ten Health Issues for Men
The RMS Titanic: Historical Presentation
St. Patrick's Day Event

## City of Danbury

Department of Elderly Services Mark D. Boughton, Mayor

Susan M. Tomanio, LCSW, Director of Elderly Services Margaret Emerito, Municipal Agent for the Elderly Michelle McNamara, Program Coordinator, Elmwood Hall 10 Elmwood Place, Danbury, CT 06810

www.danbury-ct.gov

Tel. 203-797-4686

**HOURS OF OPERATION: MONDAY — FRIDAY 8:30 - 4:30** 

## MESSAGE FROM THE DIRECTOR OF ELDERLY SERVICES

Susan M. Tomanio, LCSW



We have plenty of activities to keep you going this February / March. Help us to help Girl Scout Troup 241 collect books for needy causes. Our annual income tax assistance runs through February, March and through April 10. Join us for a Valentine's Day Hoedown and our annual St. Patrick's Day event. We will have a healthy heart discussion, a special "senior day" Danbury Whalers Game as well as introduce you to the DASH diet. Historian Art Gottlieb returns to discuss the Titanic and the last living member of

the Glen Miller Orchestra will be here discuss his time with the big band. We focus on men's health with the top ten health problems for men as well as continue with our popular trivia programs. Two other interesting opportunities to check out is our partnership with Golden Opportunities for their new Friendly Visitor program and the Home Repair Safety Program in partnership with Family and Children's Aid.

## February / March Highlights

#### Book Drive / Girl Scout Troup 241

Elmwood Hall / Danbury Senior Center is partnering with Girl Scout Troop 241 to help them with a book drive to benefit the following organizations: The Women's Center, Healing Hearts, Family and Children's Aid, our own Elmwood Hall. If you would like to be a part of this effort, please bring any used or new books, puzzles, magazines, and board games to Elmwood Hall between February 3 and March 31 (Monday – Friday 8:30 – 4:30). We will hold them here for the Girl Scouts to distribute. We thank Troop 241 for choosing our senior center to partner with for this worthy project.

AARP Tax Return Assistance begins on February 4 and will run through April 10 on Tuesday and Thursday mornings. Please call for an appointment to have your tax return completed by experienced AARP volunteers. This free service provided by the AARP is for all ages and includes both CT and NY state returns.

**Heart Health Discussion** on Wednesday, February 12 at 1:00pm. Heart disease is the leading cause of death for both men and women, but heart disease is preventable and controllable. This seminar, presented by Danbury Health

Care will teach us how we can take care of ourselves and have a healthy heart and body. Please sign up.

<u>Valentine's Day Hoedown</u> on Friday, February 14 from 1:00pm—3:00pm. Intergenerational party hosted by line dance instructor Jill Weiss, this country western dance will include line dance lessons as well as some cha cha, waltz, and swing. Wear red, pink and cowboy/cowgirl attire for the fun afternoon. Refreshments served. Cost \$3 at door (60 and over, \$5 under 60). No sign up needed.

<u>Senior Day—Danbury Whaler's Game</u> on Sunday, February 16, 5:00pm game time. Let's support our local hockey team as they play here in Danbury at the ice arena. We will go as a group for a cost of \$11 per person, which includes admission, hot dog, soda, group picture with the team and the chance to drop the puck. Please pay when you sign up at the front desk. Transportation for Danbury residents provided.

**The DASH Diet Program** on Wednesday, February 19 at 9:30am. The DASH diet pro-

gram, is the Dietary Approach to Stop Hypertension. Laurie Figliola, MS and Registered Dietitian and Diabetes Educator from Bethel Health Care will talk about and prepare recipes to help reduce blood pressure. Food samples provided. Please sign up.

Moonlighting with the Glen Miller Orchestra on Wednesday, February 19 at 1:00pm. Howard Williams, the last living member of the Glenn Miller Orchestra will be here to talk about the music and his life as a member of this famous band! Sponsored by Ridgefield Crossings. Refreshments served. Please sign up.

Free Memory Screening with Dr. Susaan Varano, Director of Elder Horizons Program at Yale-New Haven Hospital on Monday, February 24. Please call for an appointment.

Healthy Men Matters: Top 10 Health Issues for Men on Wednesday, March 5 at 1:00pm with Aaron Crook, R.N from the Ridgefield VNA. This will be a discussion of the top ten medical problems for men and the signs and symptoms of potential problems to watch for. When to see a doctor will also be discussed. A question and answer period will follow. Refreshments served. Please sign up.

The RMS Titanic: Historical Presentation with Art Gottlieb on Wednesday, March 12 at 1:00pm. A detailed discussion of the British passenger liner that sank in the North Atlantic Ocean on April 15, 1912 after colliding with an iceberg during her maiden voyage from Southampton, UK to New York City, US. Sponsored by Laurel Ridge Health Care. Refreshments served. Please sign up.

<u>St. Patrick's Day Celebration</u> on Monday, March 17 at 2:00pm. A performance by Harpist Tara Alterman playing traditional Celtic music followed by Jigs, Reels, and Hornpipes danced by the students of the Iris Gray School of Dance. Irish Soda Bread and Leprechaun punch served. Please sign up.

<u>Your Life Your Legacy</u> on Wednesday, March 19 at 1:00 with Katy Beard from Green's Funeral Home. This seminar explains the importance and simplicity of planning funeral and cemetery arrangements in advance. Presented in four easy to follow steps. Refreshments served. Please sign up.

Friendly Visitor Program: Do you know someone who might like a weekly call or visit? Maybe you yourself would like one. The Senior Center is partnering with an organization called Golden Opportunities of Newtown to bring you such a visit. Please give them a call directly at 203-426-3301 and say you saw this article in our newsletter letter. They would love to hear from you and spend time with you over the phone or in person in your home. Paid for by a private grant, this program is for Danbury residents only.

Home Repair Safety Program: Through a grant and in partnership with Family and Children's Aid, the "Home Repair Safety" Program is now available to Danbury seniors. If you have a safety concern in a home you own, such as: light bulb needs to be changed, need a new smoke detector, need a study kitchen step stool, need a support grab bar in your bathroom, etc, please give the senior center a call at 203-770-2892 and we will refer you to this new program. Income limits are 41,000 for a single person and 45,000 for a couple.

**Inclement Weather Policy:** If the Danbury Schools are closed, so are we. If the Danbury Schools are delayed, we open at our normal time.

**SNAP Application Assistance** is available on the 4th Monday of each month with Sara Arroyo from the Greater Danbury Community Health Center. Please call the center for an appointment.

## February 2014 ~ Welcome to Elmwood Hall ~ The Danbury Senior Center

<u> </u>	T C D T C C T T V C COME to Emitwood Han The Danbury Semon Center					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
3 Mah Jongg, 9am Quilt Club, 9am Freestyle Dance Group, 10:30am Strength Training, 11:15am Lunch, 12 noon Bridge Club, 1pm Nursing Home Visitors, 1pm Poker, 1pm	4 AARP Tax Prep, 8:30am Art Class, 9am Tai Chi with Susan, 9am Knit & Crochet, 10am Lunch, 12 noon Exercise with Dee, 1pm Mah Jongg, 1pm Poker, 1pm	5 AARP Safe Driver's Course, 9am Carol's Creative Haircuts, 9:30am Line Dancing with Jill, 10am Strength Training, 11:15am Lunch, 12 noon Poker, 1pm Zumba Gold with Coleen, 3pm	6 AARP Tax Prep, 8:30am Knit/Crochet, 10am Blood Pressure Screening, 10am Freestyle Dance Group, 11am Lunch, 12 noon Woodcarving, 12:30pm Exercise Video, 1pm Poker, 1pm Music/Band, 2pm	7 Ukulele Club, 9:30am Zumba Gold, 10am Lunch, 12 noon Ceramics, 1pm Poker, 1pm Your Point of View, 1:15pm		
10 Mah Jongg, 9am Quilt Club, 9am Freestyle Dance Group, 10:30am Strength Training, 11:15am Lunch, 12 noon Bridge Club, 1pm Poker, 1pm	11 AARP Tax Prep, 8:30am Art Class, 9am Tai Chi with Susan, 9am Knit & Crochet, 10am Mayor's Advisory Council, 11am Lunch, 12 noon Comm. On Aging, City Hall, 1pm Exercise with Dee, 1pm Mah Jongg, 1pm Poker, 1pm	Chair Massage, 9:30am Line Dancing with Jill, 10am Strength Training, 11:15am Lunch, 12 noon Heart Health Talk, 1pm Poker, 1pm Zumba Gold with Coleen, 3pm	13 CLOSED Lincoln's Birthday	14 Ukulele Club, 9:30am Zumba Gold, 10am Lunch, 12 noon Valentine's Day Hoe Down, 1pm		
17 CLOSED President's Day Washington's Birthday	18 AARP Tax Prep, 8:30am Art Class, 9am Tai Chi with Susan, 9am Knit & Crochet, 10am Lunch, 12 noon Exercise with Dee, 1pm Mah Jongg, 1pm Poker, 1pm	19 Carol's Creative Haircuts, 9:30am DASH Program, 9:30am Line Dancing with Jill, 10am Strength Training, 11:15am Lunch, 12 noon Moonlighting w/ Glenn Miller, 1pm Poker, 1pm Zumba Gold with Coleen, 3pm	20 AARP Tax Prep, 8:30am Knit/Crochet, 10am Blood Pressure Screening, 10am Freestyle Dance Group, 11am Lunch, 12 noon Woodcarving, 12:30pm Exercise Video, 1pm Poker, 1pm Music/Band, 2pm	21 Ukulele Club, 9:30am Zumba Gold, 10am Lunch, 12 noon Ceramics, 1pm Poker, 1pm Your Point of View, 1:15pm		
24 Mah Jongg, 9am Quilt Club, 9am Memory Screenings, 10am SNAP Assistance, 10am Freestyle Dance Group, 10:30am Strength Training, 11:15am Lunch, 12 noon Bridge Club, 1pm Poker, 1pm	25 AARP Tax Prep, 8:30am Art Class, 9am Tai Chi with Susan, 9am Knit & Crochet, 10am Lunch, 12 noon Exercise with Dee, 1pm Mah Jongg, 1pm Poker, 1pm	26 Line Dancing with Jill, 10am Strength Training, 11:15am Lunch, 12 noon Poker, 1pm Zumba Gold with Coleen, 3pm	27 AARP Tax Prep, 8:30am Knit/Crochet, 10am Blood Pressure Screening, 10 am Freestyle Dance Group, 11am Lunch, 12 noon Woodcarving, 12:30pm Exercise Video, 1pm Poker, 1pm Music/Band, 2pm	28 Ukulele Club, 9:30am Zumba Gold, 10am Lunch, 12 noon Ceramics, 1pm Poker, 1 pm Your Point of View, 1:15pm Timeless Trivia, 1:30 pm Page Turner's Book Club, 2:30pm		
Heart Health Talk February 12 <sup>th</sup> at 1pm Sponsored by Danbury Health Care	Healthy Heart Hoe Down February 14 <sup>th</sup> at 1:00pm \$3 at the Door Refreshments will be served Wear Red or Pink Attire!	DanburyWhalers Night "Starring Elmwood Hall" Sunday, February 16 <sup>th</sup> 5:05pm Call for more details!	Moonlighting with the Glenn Miller Orchestra! Last living member of the Glenn Miller Orchestra, Howard Williams shares stories and music on Feb. 19 at 1pm	FREE Memory Screenings With Dr. Varano! Back by popular demand! Monday, February 24 <sup>th</sup> . Call to book your appointment!		

## $March\ 2014\ \ \text{~Welcome to Elmwood Hall~~The Danbury Senior Center}$

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Mah Jongg, 9 am Quilt Club, 9 am Freestyle Dance Group, 10:30am Strength Training, 11:15am Lunch, 12 noon Bridge Club, 1 pm Nursing Home Visitors, 1pm Poker, 1pm	4 AARP Tax Prep, 8:30am Art Class, 9am Tai Chi with Susan, 9am Knit & Crochet, 10am Lunch, 12 noon Exercise with Dee, 1pm Mah Jongg, 1pm Poker, 1pm	5 Carol's Creative Haircuts, 9:30am Line Dancing, 10am Strength Training, 11:15am Lunch, 12 noon Healthy Men Matters, 1pm Poker, 1pm Zumba Gold with Coleen, 3 pm	6 AARP Tax Prep, 8:30am Knit/Crochet, 10am Blood Pressure Screening, 10am Freestyle Dance Group, 11am Lunch, 12 noon Woodcarving, 12:30pm Exercise Video, 1pm Poker, 1pm Music/Band, 2pm	7 Ukulele Club, 9:30am Zumba Gold, 10am Lunch, 12 noon Ceramics, 1pm Poker, 1pm Your Point of View, 1:15pm
10 Mah Jongg, 9 am Quilt Club, 9 am Freestyle Dance Group, 10:30am Strength Training, 11:15am Lunch, 12 noon Bridge Club, 1 pm Poker, 1pm	11 AARP Tax Prep, 8:30am Art Class, 9am Tai Chi with Susan, 9am Knit & Crochet, 10am Mayor's Advisory Council, 11am Lunch, 12 noon Comm. On Aging, City Hall 1pm Exercise with Dee, 1 pm Mah Jongg, 1 pm Poker, 1pm	AARP Safe Drivers Course, 9am Chair Massages, 9:30am Line Dancing, 10am Strength Training, 11:15am Lunch, 12 noon Titanic Presentation, 1pm Poker, 1pm Zumba Gold with Coleen, 3 pm	AARP Tax Prep, 8:30am Knit/Crochet, 10am Blood Pressure Screening, 10am Freestyle Dance Group, 11am Lunch, 12 noon Woodcarving, 12:30pm Exercise Video, 1pm Poker, 1pm Music/Band, 2pm	14 Ukulele Club, 9:30am Zumba Gold, 10am Lunch, 12 noon Ceramics, 1pm Poker, 1pm Afternoon at the Movies, 1pm Your Point of View, 1:15pm
17 Mah Jongg, 9 am Quilt Club, 9 am Freestyle Dance Group, 10:30am Strength Training, 11:15am Lunch, 12 noon Bridge Club, 1 pm St. Patrick's Day Event, 2-4pm	18 AARP Tax Prep, 8:30am Art Class, 9am Tai Chi with Susan, 9 am Knit & Crochet, 10am Lunch, 12 noon Exercise with Dee, 1pm Mah Jongg, 1pm Poker, 1pm	19 Carol's Creative Cuts, 9:30am Line Dancing, 10am Strength Training, 11:15am Lunch, 12 noon Poker, 1pm Your Life, Your Legacy, 1pm Zumba Gold with Coleen, 3 pm	20 AARP Tax Prep, 8:30am Knit/Crochet, 10am Blood Pressure Screening, 10am Freestyle Dance Group, 11am Lunch, 12 noon Woodcarving, 12:30pm Exercise Video, 1 pm Poker, 1pm Music/Band, 2pm	21 Ukulele Club, 9:30am Zumba Gold, 10am Lunch, 12 noon Ceramics, 1pm Poker, 1pm Your Point of View, 1:15pm
24 Mah Jongg, 9 am Quilt Club, 9 am SNAP Assistance, 10am Freestyle Dance Group, 10:30am Strength Training, 11:15am Lunch, 12 noon Bridge Club, 1 pm Low Vision, 1pm Poker, 1pm	25 AARP Tax Prep, 8:30am Art Class, 9am Tai Chi with Susan, 9 am Knit & Crochet, 10am Lunch, 12 noon Exercise with Dee, 1pm Mah Jongg, 1pm Poker, 1pm	26 Line Dancing, 10am Strength Training, 11:15am Lunch, 12 noon Poker, 1pm Zumba Gold with Coleen, 3pm	27 AARP Tax Prep, 8:30am Knit/Crochet, 10am Blood Pressure Screening, 10am Freestyle Dance Group, 11am Lunch, 12 noon Woodcarving, 12:30pm Exercise Video, 1pm Poker, 1pm Music/Band, 2pm	28 Ukulele Club, 9:30am Zumba Gold, 10am Lunch, 12 noon Ceramics, 1pm Poker, 1pm Your Point of View, 1:15pm Timeless Trivia, 1:30pm Page Turner's Book Club, 2:30pm
31 Mah Jongg, 9 am Quilt Club, 9 am Freestyle Dance Group, 10:30am Strength Training, 11:15am Lunch, 12 noon Bridge Club, 1pm Poker, 1pm	Healthy Men Matters  March 5 <sup>th</sup> at 1pm  Come and learn how to gain a better understanding of staying Healthy  Sponsored by  Ridgefield VNA	Art Gottlieb presents a special piece on the <b>Titanic</b> on <b>March 12 at 1pm</b> Sponsored by Laurel Ridge Health Care	Your Life, Your Legacy Presented by Green Funeral Home on March 19 <sup>th</sup> at 1pm	St. Patrick's Day Event includes: Harpist Tara Alterman Irish Dancers Refreshments, Fun and More! 2 - 4pm

RENT REBATE FOR 2013: No New Applications will be taken, program being phased out

- Dates of program have changed to start 4/1/14 and stop 9/30/14, and is based on 2013 info
- Applicants must have received a grant for the 2012 rebate year, No New Applications
- Income guidelines are: \$34,100 for a single person or \$41,600 married
- For applicants that applied last year, forms and directions will be mailed late March.

The office of Danbury's Municipal Agent is pleased to announce funding has been received to increase services. A part-time staff member, Joyce Kuhn, will be able to assist with your information needs either in the office or in your own home if homebound visits are necessary. Need information about services? Help with a benefit? Services of a notary public? Call Joyce at 203-797-4686 and make an appointment.

Ask the Municipal Agent - Open Door Policy - Wednesdays 1:30 - 2:30

Property Tax Relief Programs – This information is provided by the Danbury Assessor's Office. Please call the Assessor's Office for more details – 203-797-4556.

\*\*\*\*\*\* FOR YOUR AWARENESS - GENERAL INFORMATION \*\*\*\*\*\*

- THE MAJORITY OF THE PROGRAM FILING PERIODS ARE ON A TWO YEAR FILING BASIS AND ELIGIBILITY IS BASED ON THE PREVIOUS YEAR'S INCOME EARNINGS
- INCOME PROOF REQUIRED (FOR PREVIOUS YEAR) INCOME TAX RETURN, OR ALL SOURCES OF INCOME IF NO TAX RETURN FILED, PLUS YOUR SOCIAL SECURITY 1099
- ELDERLY TAX RELIEF FILING PERIOD- FEBRUARY 1 THRU MAY 15<sup>th</sup>
- VETERAN PROGRAM FILING PERIOD- FEBRUARY 1 THRU OCTOBER 1st.
- RESIDENCY: RESIDENT OF DANBURY FOR AT LEAST ONE YEAR
- THERE MAY BE ADDITIONAL REQUIREMENTS CHECK EARLY IN FILLING PERIOD
- TAXPAYERS NEED TO BE 65 BY DECEMBER 31<sup>ST</sup> of previous year OR 100% DISABLED of previous year (AWARD LETTER FROM SOCIAL SECURITY IS REQUIRED PROOF)

  ELDERLY OR DISABLED PROPERTY TAX RELIEF PROGRAMS.

#### RECEIVE CREDIT OFF ON YOUR PROPERTY TAXES

#### **STATE of CONNECTICUT PROGRAM**

Income: Single - \$34,100 Married - \$41,600

BENEFIT - 10%- 50% or \$150.00 - \$1,250.00 off based on income

#### CITY of DANBURY LOCAL PROGRAM

Income: Single - \$44,100 Married - \$51,600

BENEFIT - \$450.00- single \$600.00- married

CITY of DANBURY ENERGY PROPERTY TAX CREDIT PROGRAM

Income: Single- \$56,800 Married - \$64,300 BENEFIT - \$250.00- single \$350.00- married

CITY of DANBURY DEFERRAL PROGRAM (annual filing)

Income: Single- \$52,500 Married- \$59,200

BENEFIT- 25% of Real Estate Taxes with a lien of 1% per annum

SAVE PROGRAM (Senior Added Value Experience) - (annual filing)

Taxpayer must volunteer 100 hours of work with a city department or a non profit agency.

Income at or below: Single-\$56,800 Married-\$64,300

BENEFIT - \$600.00 off taxes - The IRS may consider this credit as income, ask your tax advisor.

THE FREEZE - single \$51,300 married \$58,000 (calculated on taxes for 10/1/2011 grand list)

#### **VETERANS PROGRAMS**

#### STATE ADDITIONAL VETERANS PROGRAM

Income: Single- \$33,500 Married - \$40,900

BENEFIT - Increase on your current veteran status

#### **CITY LOCAL VETERANS PROGRAM**

Income: Single - \$58,500 Married - \$68,900

BENEFIT - Up to 10% off the assessed value of your property

#### **SOCIAL SECURITY DISABILITY EXEMPTION**

No income required. Award letter from Social Security is required.

BENEFIT -\$1,000 off the assessed value of the property.

### **Elmwood Hall Photos and News Briefs**



Photo Credit: Linda Casey

## Holiday Party 2013

Nick Vakos of Danbury the Whalers hockey team and Jean Granata share a dance at the 2013 Holiday Party. The Dan-Whalers bury sent players over to spend the day during this annual event.



Photo Credit: Michelle McNamara

## **Holiday Trivia**

Holiday Trivia was a great way to spend an afternoon. Hosted by Kevin Burland with assistance by Michelle McNamara, this popular activity will now be offered monthly with special trivia contests featured around holidays.



Photo Credit: Linda Casey

#### **Holiday Party 2013**

Kevin Hoy, Scott Morongell, Ryan Patsch, Matt Crowley from the Danbury Whalers hockey team are pictured with Emma Clabert, Annie Armstrong, and Mable Clemons, who all enjoyed the festivities along with 122 other seniors. Thank you to everyone who contributed to making this event a success.



Photo Credit: Michelle McNamara

### **Dementia Versus Depression**

Dr. Susann Varano, Internist Geriatrician spoke to about 60 seniors about the differences between dementia and depression. Dr. Varano will continue with her memory screenings for seniors. Please call Michelle here at the center to book an appointment.

## Elmwood Extra ~ Read All About It

Department of Elderly Services
Elmwood Hall ~ Danbury Senior Center
10 Elmwood Place
Danbury, CT 06810

Pre-Sorted Standard U.S. Postage PAID Danbury, CT 06810 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, and wellness-based environment of the Elmwood Hall Senior Center.

#### **Department of Elderly Services—Staff Members**

Susan Tomanio, LCSW - Director of Elderly Services

Margaret Emerito - Municipal Agent for the Elderly

Michelle McNamara - Program Coordinator / Elmwood Hall-Danbury Senior Center

Marie DeVito - Administrative Assistant / Van Dispatcher

JoAnn Schofield - Administrative Assistant

Steve Ackerman - Elderly Services Office Associate

Rafael Rodas - Van Driver

Wayne Cole - Elderly Services Office Associate

Kevin Burland - Van Driver

Joyce Kuhn - Outreach Specialist (in partnership with WCAAA)

Debbie Moore - Cafe Manager (in partnership with C.W. Resources)