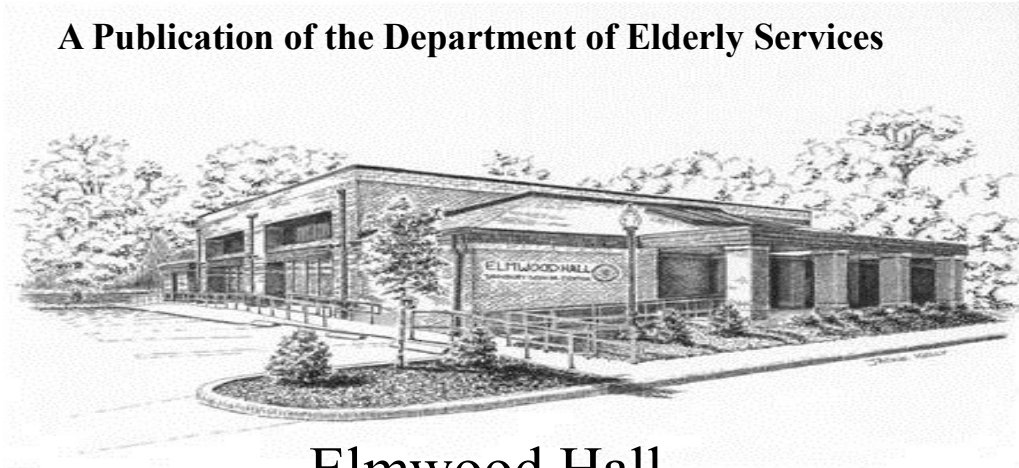


THE ELMWOOD EXTRA

Read All About It!

August / September 2016

A Publication of the Department of Elderly Services



Elmwood Hall

The club for people age 60 and up.

Senior Day—Picnic at the Italian Club (Amerigo Vespucci)
The Inner Workings of Pageantry - Dress Rehearsal Miss Pre-Teen CT
Mini Fiddler's Brawl: Country, Bluegrass, Fiddle Fest, and Hootenanny
Afternoon at the Movies: The Express; The Ernie Davis Story
BINGO, Timeless Trivia, and Chorus are Back in September!
Medicare Savings Plan: Do you qualify? Come & Find Out!
Dr. Varano Presents: We're All In This Together
Losing Sight & Sound without Losing Your Confidence
Flu Shot Clinics (in partnership with Western Ct. Home Care)

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/Outreach/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



Often times families and caregivers ask me for information and/or support groups on caring for a loved one, whether that is an aging parent, spouse, friend or sibling. While caregiver support groups are helpful, sometimes it's difficult to find respite care (someone to stay with the person you are caring for) so you can get away to attend the caregiver group. This can add to additional stress for the caregiver. One book I do suggest to these caregivers is by long time New York Times writer Paula Span. For years Ms. Span wrote a blog for the New York Times called "The New Old Age." It is filled with wisdom, facts, guidance, and humor. From this blog, Ms. Span penned, "*When the Time Comes: Families with Aging Parents Share Their Struggles and Solutions.*" Available as an e-book form from iTunes, Amazon, or in used hard-copy form from Barnes & Noble, this book is described as a support group for caregivers. Written about real people, most will find they can relate and draw strength from the stories and anecdotes of everyday people who struggle with the challenges and rewards of caring for a family member. I hope you too find this book helpful.

August / September Highlights

An Afternoon at the Movies: The Express - The Ernie Davis Story on Friday, August 5 at 1:00 pm. All are welcome for this free movie.

The Inner Workings of Pageantry: Dress Rehearsal Miss Pre-Teen Connecticut on Tuesday, August 9 at 1:00 pm. Come learn about pageantry as Miss Pre-Teen CT, Irelynn Jannell dazzles us with her dress rehearsal for national competition. She will be join by Serena Charbonneau, Miss Westbury Outstanding Teen 2015, and Miss Ava Charbonneau, Miss Preteen Liberty. See runway routines, causal wear, evening gown, and talent. Participate in preparing these young women for interviews. Home baked refreshments served.

Senior Day: Picnic at the Italian Club in Danbury on Wednesday, August 17 from 11:00 am - 3:00 pm. Free event that is limited to 250 seniors AGE 60 AND UP. Please sign up in person or by phone at Elmwood Hall / Danbury Senior Center. Lunch served from 11:30am - 2:00pm. Hamburgers, hot dogs, pasta with sauce, green salad, bread, coffee, dessert. Mayor Boughton

will "kick-off" event! Bean bag toss, dance, relax under the pavilion. Bring your own lawn chair if you desire, sun hat, and sun screen. Enjoy the music of Peter Priolo, the "Keep on Dancing DJ." Line Dancing with Kevin Burland. Transportation provided to those Danbury residents in need. Rain or Shine! This FREE picnic is provided to Danbury area seniors by the members of Amerigo Vespucci Lodge (Italian Club) of Danbury. We cannot say enough about the generosity of the members of the Italian Club. Thank you very much for this wonderful community event!

Elmwood's Finest Chorus: First Rehearsal of Fall Program—Wednesday, September 7 at 1:30 pm. PLEASE NOTE NEW DATE AND TIME. Our chorus returns for their fall rehearsal and program under the direction of Jill Weiss. They are welcoming new as well as returning members. If you love to sing or play an instrument, now is a great time to join. No singing experience necessary, just a desire to have fun and make music.

Bingo and Timeless Trivia return in September! Come enjoy Bingo on September 9 and Timeless Trivia with Kevin on September 16. Both start at 1:00 pm.

The Medicare Savings Program: Do You Qualify? on Monday, September 12 at 1:00 pm. Join Joyce Kuhn, Department of Elderly Services staff, as she introduces you to a Medicare program that may help you save money on your Medicare B premium if you qualify.

Measurable Progress, Unlimited Support: YMCA's Diabetes Prevention Program Information Session and Blood Glucose Screening on Wednesday, September 14 at 1:00 pm.

The Regional YMCA of Western Connecticut will be presenting a FREE informational session on the YMCA's Diabetes Prevention Program followed by free Blood Glucose Screenings here at Elmwood Hall. 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. Sessions are held in a group setting where participants learn how to incorporate healthier eating, moderate physical activity, problem-solving and coping skills into their daily lives. Please call Elmwood Hall at 203-797-4686 to reserve a space.

Dr. Varano Presents "We're All in this Together" on Monday, September 19 at 1:00 pm. Are you caring for a loved one with Alzheimer's Disease? Please join Geriatrician, Dr. Susann Varano, along with Candlewood Valley Social Worker, Cindy LaCour, for an informative presentation on resources and support groups available for caregivers. You will have the opportunity to share your thoughts, to give and receive encouragement, and also to learn more about Alzheimer's Disease.

Losing Sight & Sound without Losing Confidence on Tuesday, September 20 at 1:00pm. Are you an older adult who has both sight and hearing loss? Are you the caregiver, service provider, or relative of senior who has this dual

disability? As you may know, the dual-challenge of sight and hearing loss can have devastating effects on your self-confidence, independence, and one's ability to communicate with others. Do you feel it is time to reclaim your ability to participate in the world around you? We want to offer you this opportunity. This program is free of charge and may change your life forever! Join us where you will learn from professionals about techniques and technologies that may help you maintain or restore your ability to communicate in meaningful ways with those around you. Presented by Bureau of Education and Services for the Blind, and Hearing Loss Association of America. **All participants must sign up in advance so the presenters can accommodate your "hard of hearing" issues during the presentation. No walk-ins for this seminar. Call the Elmwood Hall Senior Center or sign up in person by September 13.**

Flu Shot Clinics on Wednesday September 21 and Wednesday September 28 from 9:00 am -11:00 am in partnership with Western CT Homecare, Inc. Please call Elmwood Hall for an appointment and make sure you bring your Medicare card.

Mini Fiddler's Brawl: Banjos, Fiddles, and Bluegrass - Entertainment! On Friday, September 30 at 1:30pm. Country, Bluegrass, Fiddle Fest, and Hootenanny come to the Elmwood Hall Senior Center in the form of the "Mini Fiddler's Brawl." Join Billy Michael and company for an event not to be missed. Refreshments served. Sign up to reserve a seat. Americana music at it's best!

Left, Right, Center begins on Thursday, August 25 at 1:00 pm. You'll love Left, Right, Center, a fun dice game that can be played by everyone. Find yourself a team/table of players and come down and try it out. Played monthly on the 4th Thursday of the month starting at 1:00 pm.






Save the date!

Mayor's Fall Festival

Sunday, November 13

at the Amber Room Colonnade.

Tickets go on sale on October 1st!

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|---|--|
| 1 Walking Club, 9:00 am Mah Jongg, 9:00 am Quilt Club, 9:00 am Strength Training, 11:15 am Lunch, 12 noon Bridge Club, 1:00 pm Pinochle, 1:00 pm | 2 Art Class, 9:00 am Tai Chi, 9:00 am Knit & Crochet, 10:00 am Lunch, 12 noon Summer Bowling, 1:00 pm Mah Jongg, 1:00 pm Sports Talk, 1:00 pm Set Back, 2:15 pm | 3 Walking Club, 9:00 am Yolanda's Hair Boutique, 9:30 am Line Dancing, 10:00 am Strength Training, 11:15 am Summer Bowling, 1:00 pm Coloring Circle, 1:00 pm Poker, 1:00 pm | 4 Knit/Crochet, 10:00 am Blood Pressure Screen, 10:00 am Freestyle Dance, 10:30 am Line Dance Practice, 11:00 am Lunch, 12 noon Woodcarving, 12:30 pm Chair Yoga, 1:00 pm Exercise Video, 1:00 pm | 5 Walking Club, 9:00 am Zumba Gold, 10:00 am Lunch, 12 noon An Afternoon at the Movies , 1 pm Your Point of View, 1:15 pm  |
| 8 Walking Club, 9:00 am Mah Jongg, 9:00 am Quilt Club, 9:00 am Strength Training, 11:15 am Lunch, 12 noon Bridge Club, 1:00 pm Pinochle, 1:00 pm | 9 Art Class, 9:00 am Tai Chi, 9:00 am Knit & Crochet, 10:00 am Lunch, 12 noon Inside Look at Pageantry , 1:00 pm Mah Jongg, 1:00 pm Set Back, 1:00 pm | 10 Walking Club, 9:00 am Line Dancing, 10:00 am Strength Training, 11:15 am Eat Smart, Live Strong , 1:00 pm Coloring Circle, 1:00 pm Poker, 1:00 pm | 11 Knit/Crochet, 10:00 am Blood Pressure Screen, 10:00 am Freestyle Dance, 10:30 am Line Dance Practice, 11:00 am Lunch, 12 noon Woodcarving, 12:30 pm Chair Yoga, 1:00 pm Exercise Video, 1:00 pm | 12 Walking Club, 9:00 am Zumba Gold, 10:00 am Lunch, 12 noon Your Point of View, 1:15 pm  |
| 15 Walking Club, 9:00 am Mah Jongg, 9:00 am Quilt Club, 9:00 am Strength Training, 11:15 am Lunch, 12 noon Bridge Club, 1:00 pm Pinochle, 1:00 pm | 16 Art Class, 9:00 am Tai Chi, 9:00 am Knit & Crochet, 10:00 am Lunch, 12 noon Summer Bowling, 1:00 pm Sports Talk, 1:00 pm Mah Jongg, 1:00 pm Set Back, 2:15 pm | 17 Elmwood Hall Closes at 11:00 am Senior Picnic at Italian Club, Amerigo Vespucci Lodge, 11:00 am to 3:00 pm | 18 Knit/Crochet, 10:00 am Blood Pressure Screen, 10:00 am Freestyle Dance, 10:30 am Line Dance Practice, 11:00 am Lunch, 12 noon Woodcarving, 12:30 pm Chair Yoga, 1:00 pm Exercise Video, 1:00 pm | 19 Walking Club, 9:00 am Zumba Gold, 10:00 am Lunch, 12 noon Your Point of View, 1:15 pm  |
| 22 Walking Club, 9:00 am 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 Lions Low Vision , 1:00 pm Pinochle, 1:00 pm | 23 Art Class, 9:00 am Tai Chi, 9:00 am Knit & Crochet, 10:00 am Lunch, 12 noon Summer Bowling, 1:00 pm Mah Jongg, 1:00 pm Set Back, 1:00 pm | 24 Walking Club, 9:00 am Line Dancing, 10:00 am Strength Training, 11:15 am Summer Bowling, 1:00 pm Coloring Circle! 1:00 pm Poker, 1:00 pm | 25 Knit/Crochet, 10:00 am Blood Pressure Screen, 10:00 am Freestyle Dance, 10:30 am Line Dance Practice, 11:00 am Lunch, 12 noon Woodcarving, 12:30 pm Left, Right, Center , 1:00 pm Chair Yoga, 1:00 pm Exercise Video, 1:00 pm | 26 Walking Club, 9:00 am Zumba Gold, 10:00 am Lunch, 12 noon Your Point of View, 1:15 pm Page Turner's Book Cl., 2:30 pm |
| 29 Walking Club, 9:00 am Mah Jongg, 9:00 am Quilt Club, 9:00 am Strength Training, 11:15 am Lunch, 12 noon Bridge Club, 1:00 pm Pinochle, 1:00 pm | 30 Art Class, 9:00 am Tai Chi, 9:00 am Knit & Crochet, 10:00 am Mayor's Advisory Council , 11 am Lunch, 12 noon Summer Bowling, 1:00 pm Sports Talk, 1:00 pm Mah Jongg, 1:00 pm Set Back, 2:15 pm | 31 Walking Club, 9:00 am Line Dancing, 10:00 am Strength Training, 11:15 am Summer Bowling, 1:00 pm Coloring Circle! 1:00 pm Poker, 1:00 pm | August 10 Eat Smart, Live Strong 1:00 pm August 17 Senior Picnic at Italian Club 11:00 am to 3:00 pm |  Afternoon at the Movies Aug. 5 @ 1:00 pm Inside Look at Pageantry, Aug. 9 at 1:00 pm  |



2016 ~ Welcome to Elmwood Hall ~ The Danbury Senior Center

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|--|--|
| <p>Benefits & Support Medicare Savings Program, 9/12 Lions Low Vision, 9/26</p> <p>Health & Wellness YMCA Diabetes Prevention, 9/14 Flu Clinics, 9/21 & 9/28 Eat Smart, Live Strong, 9/21</p> | <p>Leisure Time Activities BINGO, 9/9 Timeless Trivia, 9/16 Left, Right, Center, 9/22 Elmwood's Finest Chorus, 9/7 Fiddler's Brawl, 9/30</p> | <p>Education & Lifelong Learning Dr. Varano presents: We're All in This Together, 9/19</p> <p>Losing Sight & Sound without Losing Your Confidence, 9/20</p> | <p>1 Knit/Crochet, 10:00 am Blood Pressure Screen, 10:00 am Freestyle Dance, 10:30 am Lunch, 12 noon Woodcarving, 12:30 pm Chair Yoga, 1:00 pm Exercise Video, 1:00 pm</p> | <p>2 Walking Club, 9:00 am Zumba Gold, 10:00 am Lunch, 12 noon Your Point of View, 1:15 pm</p>  |
| <p>5</p> <p>CLOSED</p>  | <p>6 Art Class, 9:00 am Tai Chi, 9:00 am Knit & Crochet, 10:00 am Lunch, 12 noon Aerobics, 1:00 pm Mah Jongg, 1:00 pm Set Back, 1:00 pm</p> | <p>7 AARP Safe Driver Course, 8:45 am Yolanda's Hair Boutique, 9:00 am Walking Club, 9:00 am Line Dancing, 10:00 am Strength Training, 11:15 am Coloring Circle, 1:00 pm Poker, 1:00 pm Chorus, 1:30 pm</p> | <p>8 Knit/Crochet, 10:00 am Blood Pressure Screen, 10:00 am Freestyle Dance, 10:30 am Line Dance Practice, 11:00 am Lunch, 12 noon Woodcarving, 12:30 pm Chair Yoga, 1:00 pm Exercise Video, 1:00 pm</p> | <p>9 Walking Club, 9:00 am Zumba Gold, 10:00 am Lunch, 12 noon BINGO, 1:00 pm Your Point of View, 1:15 pm</p>  |
| <p>12 Walking Club, 9:00 am Mah Jongg, 9:00 am Quilt Club, 9:00 am Strength Training, 11:15 am Lunch, 12 noon Medicare Savings Plan, 1:00 pm Bridge Club, 1:00 pm Pinochle, 1:00 pm</p> | <p>13 Art Class, 9:00 am Tai Chi, 9:00 am Knit & Crochet, 10:00 am Lunch, 12 noon Comm. on Aging @ City Hall, 1pm Aerobics, 1:00 pm Sports Talk, 1:00 pm Mah Jongg, 1:00 pm Set Back, 2:15 pm</p> | <p>14 Walking Club, 9:00 am Line Dancing, 10:00 am Strength Training, 11:15 am YMCA Diabetes Prevention, 1:00 pm Coloring Circle! 1:00 pm Poker, 1:00 pm Chorus, 1:30 pm</p> | <p>15 Knit/Crochet, 10:00 am Blood Pressure Screen, 10:00 am Freestyle Dance, 10:30 am Line Dance Practice, 11:00 am Lunch, 12 noon Woodcarving, 12:30 pm Chair Yoga, 1:00 pm Exercise Video, 1:00 pm</p> | <p>16 Walking Club, 9:00 am Zumba Gold, 10:00 am Lunch, 12 noon Timeless Trivia, 1:00 pm Your Point of View, 1:15 pm</p>  |
| <p>19 Walking Club, 9:00 am Mah Jongg, 9:00 am Quilt Club, 9:00 am Strength Training, 11:15 am Lunch, 12 noon Dr. Varano Presents, 1:00 pm Bridge Club, 1:00 pm Pinochle, 1:00 pm</p> | <p>20 Art Class, 9:00 am Tai Chi, 9:00 am Knit & Crochet, 10:00 am Lunch, 12 noon Losing Sight & Sound, 1:00 pm Aerobics, 1:00 pm Mah Jongg, 1:00 pm Set Back, 2:15 pm</p> | <p>21 Yolanda's Hair Boutique, 9:00 am Flu Clinic, 9:00 am Walking Club, 9:00 am Line Dancing, 10:00 am Strength Training, 11:15 am Eat Smart, Live Strong, 1:00 pm Chorus, 1:30 pm</p> | <p>22 Knit/Crochet, 10:00 am Blood Pressure Screen, 10:00 am Freestyle Dance, 10:30 am Line Dance Practice, 11:00 am Lunch, 12 noon Woodcarving, 12:30 pm Chair Yoga, 1:00 pm Left, Right, Center, 1:00 pm</p> | <p>23 Walking Club, 9:00 am Zumba Gold, 10:00 am Lunch, 12 noon Your Point of View, 1:15 pm</p>  |
| <p>26 Walking Club, 9:00 am Mah Jongg, 9:00 am Quilt Club, 9:00 am SNAP, 10:00 am Strength Training, 11:15 am Lunch, 12 noon Lions Low Vision, 1:00 pm Bridge Club, 1:00 pm Pinochle, 1:00 pm</p> | <p>27 Art Class, 9:00 am Tai Chi, 9:00 am Knit & Crochet, 10:00 am Mayor's Advisory Council, 11 am Lunch, 12 noon Sports Talk, 1:00 pm Mah Jongg, 1:00 pm Set Back, 2:15 pm</p> | <p>28 Flu Clinic, 9:00 am Walking Club, 9:00 am Line Dancing, 10:00 am Strength Training, 11:15 am Coloring Circle! 1:00 pm Poker, 1:00 pm Chorus, 1:30 pm</p> | <p>29 Knit/Crochet, 10:00 am Blood Pressure Screen, 10:00 am Freestyle Dance, 10:30 am Line Dance Practice, 11:00 am Lunch, 12 noon Woodcarving, 12:30 pm Chair Yoga, 1:00 pm Exercise Video, 1:00 pm</p> | <p>30 Walking Club, 9:00 am Zumba Gold, 10:00 am Lunch, 12 noon Your Point of View, 1:15 pm Fiddler's Brawl, 1:30 pm Page Turner's Book Cl, 2:30 pm</p> |

Important Information from the Office of the Municipal Agent

REMINDERS FOR RENT REBATE -2015

- All Rent Rebate Applications **and** Required Documentation **MUST** be turned in by **September 30, 2016**.
- 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.

UPCOMING BENEFIT PROGRAMS

Monday, September 12, at 1:00 pm

Medicare Savings Program, Do you Qualify?

Come & Find Out as qualifications for this State benefit program are reviewed.

Wednesday, October 12 at 1:00 pm

A Medicare 2017 Update Seminar:

Learn the important changes in your Medicare benefits for 2017

Open Enrollment runs from October 15th through December 7th.

During this time, you can make changes to your Medicare Part D, Medicare Advantage Plans, or Supplemental Plans. Call Elmwood Hall to schedule an appointment, 203-797-4686.

TAKE THE TROLLEY TO THE FARMER'S MARKET

On Saturday, June 25, Hart Transit began a new Trolley service that coincide with the Farmer's Market. The Trolley runs every Saturday from 9:40 am until 1:50 pm and is free to ride. A Hart employee will be on the Trolley to assist seniors with their packages from the Farmer's Market. The Danbury Farmer's Market, located at Kennedy Park, will be open Saturday until October 22nd, from 10:00 am to 2:00 pm. Stop by the Elmwood Hall Senior Center for a copy of the schedule or visit our website at www.danburyseniors.org.

Elmwood Hall Photos and News Briefs



Photo Credit: M. McNamara

Some of the Fellas enjoying the fresh summer air after lunch!



Photo Credit: M. McNamara

With a 1950's theme, both the students of St. Peter's and the seniors of Elmwood Hall were rockin' around the clock back in May!



Photo Credit: M. McNamara

June's Beach Ball BINGO Winner Jean Ross is all smiles! A very special thanks to Michael Stone, Director at VNA Home in New Milford for calling BINGO as well as sponsoring.



Photo Credit: M. McNamara

Red, White, & Blue July BINGO was Hot Dog Fun! Thanks to Frank Scarfi along with his daughter Danielle, of Quality Hearing Aid Center, Brookfield for sponsoring!

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

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