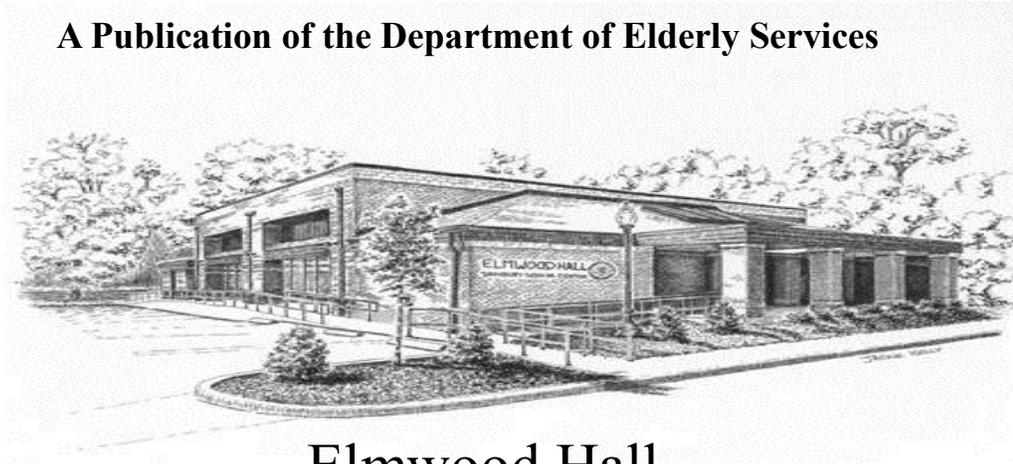


THE ELMWOOD EXTRA

Read All About It!

February / March 2016

A Publication of the Department of Elderly Services



Elmwood Hall

The club for people age 60 and up.

AARP Tax Assistance
BINGO

What is Normal Aging with Dr. Varano
YMCA Diabetes Prevention Information Meeting
Timeless Trivia
Happy Feet Program
Read Across America Day
Afternoon at the Movies: Hoosiers
Name That Tune!

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



February is National Heart Month. WHAT BECOMES OF A BROKEN HEART? It goes by many names: coronary heart disease, congenital heart disease, arrhythmia, heart attack, congestive heart failure. Whatever form it takes, heart disease can affect anyone—and the risk rises with age. Of the 83 million Americans estimated to have cardiovascular disease today, almost half (40 million) are aged 60 or older. Heart disease can cause constant fatigue, stress, depression, organ damage or failure, blocked blood vessels, disability and death. In fact, it's the No. 1 cause of death among men and women in the U.S. today, taking a life every 39 seconds on average. You do not have to become one of the 40 million over age 60 with heart disease. I encourage you to challenge yourself to establish better

habits and break bad ones. The American Heart Association offers 7 simple steps for a healthy life and heart. They are: 1) Manage blood pressure 2) Control cholesterol 3) Reduce blood sugar 4) Get active 5) Eat better 6) Lose weight 7) Stop smoking. Even taking on one of these goals and making small changes can dramatically improve your health. We are here to help, either with one of our programs or a referral to a local program in our community.

February / March Highlights

AARP Tax Return Assistance begins on February 2 and will run through April 12 on Tuesday and Thursday mornings. Please call for an appointment to have your tax return completed by experienced AARP volunteers. This is a free service provided by the AARP for all ages and includes both CT and NY state returns.

BINGO on Friday, February 5 at 1:00 pm. Be sure to wear RED for National Wear Red Day to raise awareness for heart disease in women. The cost is \$3 and includes 8 games.

What is Normal Aging with Dr. Varano on Monday, February 8 at 1:00 pm. Geriatrician Dr. Susann Varano, Director of the Elder Horizons Program at Yale – New Haven Hospital and Candlewood Valley Health and Rehab will give a presentation on the physical and cognitive signs of normal aging as well as take questions from those in attendance. Please sign up!

YMCA Diabetes Prevention Program Informational Event on Wednesday, February 10 at 1:00 pm followed by a free blood glucose screening at 2:00 pm. The YMCA's Diabetes Prevention Pro-

gram 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 March 3rd at 10:15 am. Please sign up.

Coloring Circle will carry on! Join us on Wednesdays at 1:00 pm as our newly introduced class the Coloring Circle will assume this regularly scheduled time slot for another 6 weeks (ending date March 30). Please feel free to bring your own coloring pages and colored pencils or feel free to share ours as we spend the afternoon coloring and having fun! No artistic skills necessary!

Timeless Trivia with Kevin on Friday, February 19 at 1:00 pm. Come test your knowledge and have fun! You will be part of a team of four players competing against other teams. Anyone is

welcome to come and watch and be a part of the audience. Please sign up at the front desk.

Happy Feet Program with Dr. Richard

Gosnay is a wellness foot program that runs on Wednesday, February 24 and Wednesday, March 23 with appointments between 9 am -12 noon. It includes a thorough foot exam and toenail clippings by Dr. Richard Gosnay, a local Podiatrist. Cost is \$5 and you must call the center in advance for an appointment. You must be a Danbury Resident and a Non-Diabetic.

Memory Screenings with Dr. Varano on Monday, February 29 with appointments beginning at 10:00 am. The screen consists of a brief questionnaire followed by a consultation with Dr. Varano. Please call the center for an appointment.



Read Across America Day,

Wednesday, March 2 at 1:00 pm. We are looking for volunteers to join us in the afternoon as we celebrate Dr. Seuss's birthday by reading to the students at St. Peter's School. "You're never too old, too wacky, too wild, to pick up a book, and read to a child." Please sign up at the Front Desk if you are interested in joining us go over to St. Peter's School.



Lucky Leprechaun BINGO on Friday, March 4 at 1:00 pm, sponsored by Laurel Ridge Health Care Center. Be sure to wear GREEN! Cost is \$3 and includes 8 games.

Afternoon at the Movies on Friday, March 11 at 1:00 pm. Join us as we kick off our own rendition of March Madness with basketball's great movie classic, "Hoosiers." Snacks will be provided.



Name That Tune! on Friday, March 18 at 1:00 pm hosted by Kevin Burland. Back by popular demand with some modifications, this new and improved "Name that Tune" game is looking for contestants! Sign up at the Front Desk as either a player or an audience member. FUN is had by all.

Lions Low Vision on Monday, March 28 at 1:00 pm. The support group provides a place for seniors to come together for support, education, and social interaction.



Elmwood Hall - Danbury Senior Center will be **CLOSED** on the following days/dates in February and March:

- Lincoln's Birthday - **Friday, February 12**
- President's Day - **Monday, February 15**
- Good Friday - **Friday, March 25**



As we finally move towards the colder weather and what feels like Winter, please take a moment to review our inclement weather policy. If the Danbury schools are closed, so are we. If Danbury schools are delayed, we open at our normal time. Closings are announced on WLAD radio and Ch. 3 TV.



FEBRUARY 2016

~ Welcome to Elmwood Hall ~ The Danbury Senior Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 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>2 AARP Tax Prep, 8:30 am 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</p>	<p>3 Yolanda's Hair Boutique, 9:30 am Line Dancing, 10:00 am Strength Training, 11:15 am Lunch, 12 noon Coloring Circle, 1:00 pm Poker, 1:00 pm Zumba Gold, 3:00 pm</p>	<p>4 AARP Tax Prep, 8:30 am Knit/Crochet, 10:00 am Blood Pressure Screen, 10:00 am Band/Chorus, 10:30 am Lunch, 12 noon Woodcarving, 12:30 pm Chair Yoga, 1:00 pm Exercise Video, 1:00 pm</p>	<p>5 Zumba Gold, 10:00 am Lunch, 12 noon BINGO, 1:00 pm Your Point of View, 1:15 pm</p> 
<p>8 Mah Jongg, 9:00 am Quilt Club, 9:00 am Strength Training, 11:15 am Lunch, 12 noon What is Normal Aging? 1:00 pm Bridge Club, 1:00 pm Ceramics, 1:00 pm Pinochle, 1:00 pm</p>	<p>9 AARP Tax Prep, 8:30 am Art Class, 9:00 am Tai Chi, 9:00 am Knit & Crochet, 10:00 am Freestyle Dance, 11:00 am Lunch, 12 noon Comm. On Aging, 1 pm, City Hall Aerobics, 1:00 pm Mah Jongg, 1:00 pm</p>	<p>10 Chair Massage, 9:30 am Line Dancing, 10:00 am Strength Training, 11:15 am Lunch, 12 noon YMCA Diabetes Prevention, 1:00 pm Coloring Circle, 1:00 pm Poker, 1:00 pm Zumba Gold, 3:00 pm</p>	<p>11 AARP Tax Prep, 8:30 am Knit/Crochet, 10:00 am Blood Pressure Screen, 10:00 am Band/Chorus, 10:30 am Lunch, 12 noon Woodcarving, 12:30 pm Chair Yoga, 1:00 pm Exercise Video, 1:00 pm</p>	<p>12 CLOSED Lincoln's Birthday</p> 
<p>15 CLOSED President's Day Washington's Birthday</p> 	<p>16 AARP Tax Prep, 8:30 am 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</p>	<p>17 Yolanda's Hair Boutique, 9:30 am Line Dancing, 10:00 am Strength Training, 11:15 am Lunch, 12 noon Poker, 1:00 pm Coloring Circle! 1:00 pm Zumba Gold, 3:00 pm</p>	<p>18 AARP Tax Prep, 8:30 am Knit/Crochet, 10:00 am Blood Pressure Screen, 10:00 am Band/Chorus, 10:30 am Lunch, 12 noon Woodcarving, 12:30 pm Chair Yoga, 1:00 pm Exercise Video, 1:00 pm</p>	<p>19 Zumba Gold, 10:00 am Lunch, 12 noon Timeless Trivia, 1:00 pm Your Point of View, 1:15 pm</p> 
<p>22 Mah Jongg, 9:00 am Quilt Club, 9:00 am SNAP Assistance, 10:00 am Strength Training, 11:15 am Lunch, 12 noon Bridge Club, 1:00 pm Ceramics, 1:00 pm Pinochle, 1:00 pm</p>	<p>23 AARP Tax Prep, 8:30 am 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</p>	<p>24 Happy Feet, 9:00 am Line Dancing, 10:00 am Strength Training, 11:15 am Lunch, 12 noon Coloring Circle, 1:00 pm Poker, 1:00 pm Zumba Gold, 3:00 pm</p>	<p>25 AARP Tax Prep, 8:30 am Knit/Crochet, 10:00 am Blood Pressure Screen, 10:00 am Band/Chorus, 10:30 am Lunch, 12 noon Woodcarving, 12:30 pm Chair Yoga, 1:00 pm Exercise Video, 1:00 pm</p>	<p>26 Zumba Gold, 10:00 am Lunch, 12 noon Your Point of View, 1:15 pm Page Turner's Book Cl, 2:30 pm</p>
<p>29 Mah Jongg, 9:00 am Quilt Club, 9:00 am Memory Screens, 10:00 am Strength Training, 11:15 am Lunch, 12 noon Bridge Club, 1:00 pm Ceramics, 1:00 pm Pinochle, 1:00 pm</p>	<p> BINGO, Feb. 5th (National Wear RED day) Timeless Trivia, Feb. 19th</p>	<p>AARP Tax Prep Assistance Feb. 2 through April 12</p> <p>Book your appointment!</p> 	<p>What is Normal Aging with Dr. Susan Varano, Monday, Feb. 8 at 1:00 pm</p> <p>Memory Screenings with Dr. Varano Monday, Feb. 29, by appt.</p>	<p> Information Meeting Wednesday, Feb. 10 at 1:00 pm</p>

MARCH 2016 ~ Welcome to Elmwood Hall ~ The Danbury Senior Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Sign up to Read to Students at St. Peter's School on March 2!</p>	<p>1 AARP Tax Prep, 8:30 am 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</p>	<p>2 AARP Driver Safety, 8:45 am Yolanda's Hair Boutique, 9:30 am Line Dancing, 10:00 am Strength Training, 11:15 am Lunch, 12 noon Read Across America, 1:00 pm Coloring Circle, 1:00 pm Poker, 1:00 pm Zumba Gold, 3:00 pm</p>	<p>3 AARP Tax Prep, 8:30 am Knit/Crochet, 10:00 am Blood Pressure Screen, 10:00 am Band/Chorus, 10:30 am Lunch, 12 noon Woodcarving, 12:30 pm Chair Yoga, 1:00 pm Exercise Video, 1:00 pm</p>	<p>4 Zumba Gold, 10:00 am Lunch, 12 noon BINGO, 1:00 pm Your Point of View, 1:15 pm</p>
<p>7 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>8 AARP Tax Prep, 8:30 am Art Class, 9:00 am Tai Chi, 9:00 am Knit & Crochet, 10:00 am Freestyle Dance, 11:00 am Lunch, 12 noon Comm. On Aging, 1 pm, City Hall Aerobics, 1:00 pm Mah Jongg, 1:00 pm</p>	<p>9 Chair Massage, 9:30 am Line Dancing, 10:00 am Strength Training, 11:15 am Lunch, 12 noon Coloring Circle, 1:00 pm Poker, 1:00 pm Zumba Gold, 3:00 pm</p>	<p>10 AARP Tax Prep, 8:30 am Knit/Crochet, 10:00 am Blood Pressure Screen, 10:00 am Band/Chorus, 10:30 am Lunch, 12 noon Woodcarving, 12:30 pm Chair Yoga, 1:00 pm Exercise Video, 1:00 pm</p>	<p>11 Zumba Gold, 10:00 am Lunch, 12 noon Afternoon at the Movies, 1:00 pm Your Point of View, 1:15 pm</p>
<p>14 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>15 AARP Tax Prep, 8:30 am 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</p>	<p>16 Yolanda's Hair Boutique, 9:30 am Line Dancing, 10:00 am Strength Training, 11:15 am Lunch, 12 noon Poker, 1:00 pm Coloring Circle! 1:00 pm Zumba Gold, 3:00 pm</p>	<p>17 AARP Tax Prep, 8:30 am Knit/Crochet, 10:00 am Blood Pressure Screen, 10:00 am Band/Chorus, 10:30 am Lunch, 12 noon Woodcarving, 12:30 pm Chair Yoga, 1:00 pm Exercise Video, 1:00 pm</p>	<p>18 Zumba Gold, 10:00 am Lunch, 12 noon Name That Tune, 1:00 pm Your Point of View, 1:15 pm</p>
<p>21 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>22 AARP Tax Prep, 8:30 am 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</p>	<p>23 Happy Feet, 9:00 am Line Dancing, 10:00 am Strength Training, 11:15 am Lunch, 12 noon Coloring Circle! 1:00 pm Poker, 1:00 pm Zumba Gold, 3:00 pm</p>	<p>24 AARP Tax Prep, 8:30 am Knit/Crochet, 10:00 am Blood Pressure Screen, 10:00 am Band/Chorus, 10:30 am Lunch, 12 noon Woodcarving, 12:30 pm Chair Yoga, 1:00 pm Exercise Video, 1:00 pm</p>	<p>25</p> <p>CLOSED</p>
<p>28 Mah Jongg, 9:00 am Quilt Club, 9:00 am SNAP Assistance, 10:00 am Strength Training, 11:15 am Lunch, 12 noon Bridge Club, 1:00 pm Ceramics, 1:00 pm Lions Low Vision, 1:00 pm Pinochle, 1:00 pm</p>	<p>29 AARP Tax Prep, 8:30 am 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</p>	<p>30 Line Dancing, 10:00 am Strength Training, 11:15 am Lunch, 12 noon Coloring Circle! 1:00 pm Poker, 1:00 pm Zumba Gold, 3:00 pm</p>	<p>31 AARP Tax Prep, 8:30 am Knit/Crochet, 10:00 am Blood Pressure Screen, 10:00 am Band/Chorus, 10:30 am Lunch, 12 noon Woodcarving, 12:30 pm Chair Yoga, 1:00 pm Exercise Video, 1:00 pm</p>	<p>Come wearing Green! March 4 at 1:00 pm Sponsored by Laurel Ridge Health Care Center</p>

Important Information from the Office of the Municipal Agent

ELDERLY TAX RELIEF PROGRAMS 2015 GRAND LIST

This information is provided by the Danbury Assessor's Office. Please call the Assessor's Office for more details and to **APPLY** 203-797-4556.

Tax Relief Filing Period: February 1 – May 15
Veteran's Filing Period: – February 1 – October 1

You must be a resident of Danbury for at least one year and 65 years of age by December 31st of 2015. If Disabled, you must provide award letter from Social Security.

CITY LOCAL PROGRAM

Income: Single - \$45,200 Married - \$65,600
BENEFIT - \$250 - Single \$350 - Married

CITY DEFERRAL PROGRAM

(Requires Annual Filing)

Income: Single - \$52,500 Married - \$59,200
BENEFIT – 24% of Real Estate Taxes with a lien of 1% per annum

FREEZE PROGRAM

Income – Single \$51,300 Married - \$58,000
BENEFIT – Will be calculated based on taxes paid for October 1, 2011 (Gross Income)

SAVE PROGRAM (Requires Annual Filing)

Income: Single - \$57,900 Married - \$65,600
BENEFIT - \$600 off taxes (Taxpayer must volunteer 100 hours of work with a non profit agency)

CITY ENERGY ASSISTANCE PROGRAM

Income: Single - \$57,900 Married - \$65,600
BENEFIT - \$250 – Single \$350 – Married

STATE PROGRAM

Income: Single - \$35,200 Married - \$42,900
BENEFIT - 10% to 50% or \$150 to \$1,250 off based on income

VETERANS PROGRAMS

CITY LOCAL VETERANS PROGRAMS

Income: Single - \$60,200 Married - \$67,900
BENEFIT - Up to 10% off the assessed value of your property

STATE ADDITIONAL VETERANS PROGRAMS

Income: Single - \$35,200 Married - \$42,900
BENEFIT - per Assessor's Office

SOCIAL SECURITY DISABILITY EXEMPTION

No Income Limit.

Award letter from Social Security is required.

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

RENT REBATE 2015

If you applied last year, your 2015 application will be mailed to you by the end of March. Dates to apply for this program run from **April 1 to October 1**.

New applicants **MUST** set up an appointment after April 22, 2016 with Michelle or Joyce at Elmwood Hall – Danbury Senior Center. Please call 203-797-4686 to set up your appointment.

Elmwood Hall Photos and News Briefs



Photo Credit: K. Burland

Elmwood's FINEST resumes after their winter break on Thursday, February 4 at 10:30 am.



Photo Credit: M. McNamara

Ladies in Red! Rocking around the Christmas Tree at the Annual Elmwood Hall Jingle and Mingle!



Photo Credit: M. McNamara

St. Peter's School performed various holiday songs for Elmwood Hall on December 18th, including this old time favorite, Frosty the Snowman.



Photo Credit: S. Tomanio

Name that Tune was a ton of fun! Pictured above is our first group of finalists! Join us on March 18, as we play "Name that Tune" again with some modifications!

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

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
Pam Rist - Administrative Assistant
Steve Ackerman - Elderly Services Office Associate
Wayne Cole - Elderly Services Office Associate
Kevin Burland - Van Driver
Jeff Jurczyk - Van Driver