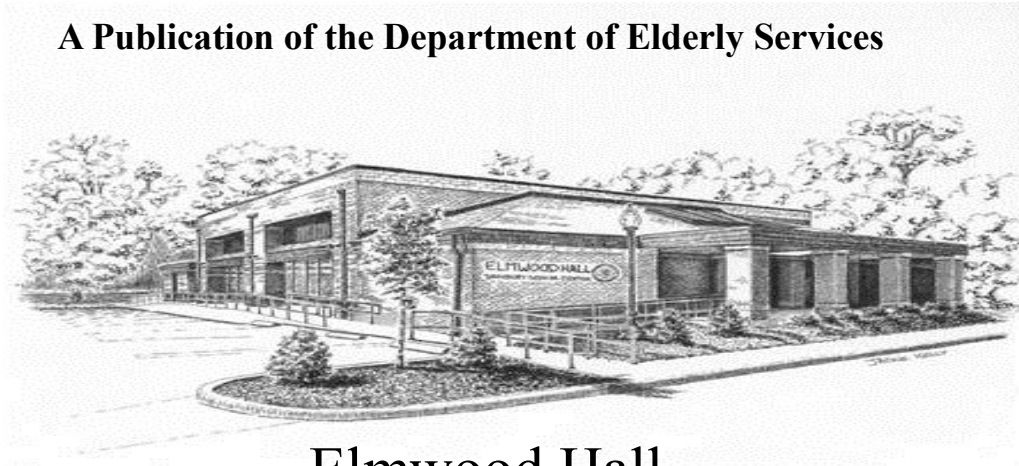


THE ELMWOOD EXTRA

Read All About It!

June / July 2017

A Publication of the Department of Elderly Services



Elmwood Hall

The club for people age 60 and up.

Fraud and Scam Protection
A Visit from Christine's Critters
Author Talk and Book Signing on Climate Change
Danbury Commission on Aging Forum: Older Adults and Mental Well Being
Veteran's Wall Project
Elmwood's Finest Concert
Beekeeping in Connecticut: Past and Present
Hike at Tarrywile Park
How to Choose a Caregiver
Summer Safety

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/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



Back in 1943, the first Senior Center opened its doors in New York City. The goal was to provide educational and recreational activities, as well as resource and referral. Today, according to the National Council on Aging, “Senior centers serve as a gateway to the nation’s aging network—connecting older adults to vital community services that can help them stay healthy and independent.”

The Elmwood Hall Senior Center is designated as a community focal point by the CT State Department on Aging. We not only provide helpful resources to older adults, but serve the entire community with information on aging. In addition, we provide a variety of wellness-based, educational, and recreation/social programs.

June / July Highlights

Friday Afternoon Fun! These FUN games will be played on the following Fridays: Bingo (6/2, Timeless Trivia (6/16). Programs are slated to begin at 1:00 pm on their respective dates. Please sign up!

Fraud and Scam Protection on Monday, June 5 at 1:00 pm with the professionals from Savings Bank of Danbury. Come learn how to protect your personal information; avoid internet and telephone scams and potential financial losses. Hosted by Beth Ann Fetzer, Vice President/Community Development Officer. Please sign up.

Nature Series: A Visit from Christine’s Critters on Tuesday, June 6 at 1:00 pm. An education and interactive presentation with live birds of prey and reptiles. Learn about majestic birds of prey and fascinating reptiles with Christine Peyreigne, a licensed falconer, wildlife rehabilitator, and educator. Please sign up.

Author Talk and Book Signing: on Friday, June 9 at 1:00 pm. Join us in welcoming local author Jack Kozuchowski for an author chat and book signing for his new book: “*Climate Futures: Time Travels to Alternative Outcomes.*” It imparts an understanding of various possible fates, setting them in another time and dimension. To the casual reader, Climate Futures is an adventure story that offers an enjoya-

ble way to learn about climate change resulting from human greenhouse gas emissions. To the science buff, Climate Futures offers facts about climate change within the context of an adventure story. Jack Kozuchowski served as the former Environmental Director for the City of Danbury from 1979-2006. Books will be available for purchase and a portion is donated to environmental causes. Please sign up.

Veteran’s Wall Project: Turning Our Veteran’s Wall into a Historical Keepsake Susan Ella Bradley, a former volunteer and USO dancer, started our “Veteran’s Wall” when Elmwood Hall first opened in 2003. This project will involve taking all of the photos, articles and memorabilia from the Veteran’s Wall and respectfully arranging them into a keepsake through a scrapbooking project led by Karen Janell. If you would like to be a part of making these scrapbooks, please call the center to sign up. The scrapbooking project will meet on the 2nd and 4th Monday at 1:00 pm beginning June 12 through the end of October. Also, if you are a Veteran and would like to be included in the keepsake scrapbooks, Navy Veteran Jack Scully will meet with you by appointment to do a short interview of your military experience. Please bring a photo that we can copy from your time in the service. The

scrapbooks will be displayed in a cabinet and revealed for all to see on Thursday, November 9th when we do our annual "Honoring Our Veterans" event. Those interested in being a part of this project, please call the center. And let us always remember to thank our Veterans for their service to our country.

Danbury Commission on Aging Forum: Older Adults and Mental Well Being on Tuesday, June 13 at 1:00 pm. Forum will include experts in the field of mental health and older adults including Psychiatrist Dr. Donna Pellerin from Danbury Hospital, Elizabeth Peralta, LCSW, Crisis Intervention Manager, Danbury Hospital, and Judy Slason, Operations Director, Danbury Animal Welfare. Please sign up.

Elmwood's FINEST Senior Center Chorus Concert on Wednesday, June 14 at 1:30 pm. Always a crowd pleaser, Elmwood's Finest, the senior center chorus, under the direction of Jill Weiss, will perform their year end concert featuring "Americana Favorites." All are welcome, refreshments will be served.

Spring Nature Series: Bee Keeping in Connecticut Past and Present on Thursday, June 15 at 1:00 pm. Mark H. Creighton, Apiary Inspector from the CT Agricultural Experiment Station, will speak on modern beehive structure and describe the communal organization of bees within a hive. The life cycle of worker bees and basic bee genetics will also be covered. Please sign up.

Hike at Tarrywile Park with Susan on Friday, June 16 at 10:00 am. We will meet in the parking lot by Immaculate High School and hike the 1 mile easy loop around the pond. Wear sturdy shoes, long pants, sun hat, bug spray. Hiking pole suggested. Please be comfortable walking a mile on an unpaved, uneven trail that has rocks and roots. Light refreshments served after hike. Van rides provided to the park from the senior center. Van departs senior center at 9:30 am. Please sign up.

How to Choose a Caregiver on Monday, June 19 at 1:00 pm. What is the difference between medical and non-medical homecare? What does Medicare cover? What does home bound status mean? What is the difference between a non-medical homecare agency and a registry? What about private caregivers? Get answers to these and other questions with Heather McGhie, Director of Homecare by RVNA. Refreshments served, please sign up.

WWI Podcast Project starts on June 20 and meets weekly at the Danbury Library's new Recording Studio at 1:00 pm. The Danbury Museum is looking for seniors who would like to take part in a WWI Project by reading aloud articles from the time of WWI to be recorded as a way of commemorating the 100 year anniversary of the end of the war. Seniors who are interested would meet at the senior center to be taken over to the library in the senior center van. This project will meet weekly through the end of August. Please sign up.

Happy Feet Program w/ Dr. Richard Gosnay is a wellness foot program that will run on Wednesday, June 21 with appointments between 9:00 am - 12 noon. It includes a thorough foot exam and toe nail clippings by Dr. Richard Gosnay, a local Podiatrist. Cost is \$5 and you must call Elmwood Hall in advance to set up an appointment. You must be a Danbury resident and a Non-Diabetic.

Eat Smart, Live Strong: Danbury Farmer's Market Gift Certificates on Wednesday, June 21 at 1:00 pm. Heather Peracchio, MS, RD, CD-N will run a program called "Eat Smart Live Strong" that is designed to help those age 60 and up incorporate more fruits, vegetables, and exercise into their lives. She will also talk about our local Farmer's Market and give out gift certificates for the farmers market to those who attend. Please sign up. This is a series of talks that will take place on July 19, August 16, and Sept. 26. **YOU MUST SIGN UP FOR EACH DATE SEPARATELY.**

An Afternoon at the Movies - Wednesday, June 28: "War Horse," Wednesday July 26: "Just Like Heaven." All movies start at 12:45 pm. Snacks will be served.

Beat the Heat Summer Dance on Friday July 14 at 1:00 pm. Dance includes a mix of freestyle and line dancing led by Kevin and Susan. No set price for event, but a donation is appreciated to support future programs at the senior center. Ice cream provided by Bethel Health Care for all participants.

Summer Safety: Sunscreen, Hydration, Food Contamination, Heat Advisories on Monday, July 17 at 1:00 pm. This talk will focus on how to enjoy the Summer months while staying safe and healthy. Various topics will be covered along with a question and answer period. Led by Kathy Hehl Curran, RN BSHE, Hancock Hall and Filosa.

Important Information from the Office of the Municipal Agent

RENT REBATE FOR 2016

Please be sure to turn in your Rent Rebate Application along with **Required Documentation** by September 29, 2017. You can send it via **mail** or use the Rent Rebate Drop-Off Box located in the lobby of Elmwood Hall, Danbury Senior Center.

All “**new**” applicants **MUST** make an appointment to see Michelle or Joyce at Elmwood Hall – Danbury Senior Center, 10 Elmwood Place, Danbury. Please call 203-797-4686 to schedule an appointment.

Weekly Programs You Might Want to Try!

Art Class with Adele: A mixed media class taught by Adele Moros, a multi-media artist whose work varies from miniatures to murals, portraits, still life, and landscapes. Adele has taught painting for the past 25 years in the greater Danbury area. Beginners to advanced artists are welcome to come learn from Adele and paint in a friendly group setting. The fee is \$2 per class.

Hat City Wood Carvers: This group comes together to promote and keep the art of wood carving alive and well in Western Connecticut. They welcome all woodcarvers – beginners to masters. Members work on their own projects led by one of their more experienced members. Tools are available for new carvers to use. Wood for projects is provided by the club at a reasonable price. Group meets Thursdays from 12:30 pm to 3:00 pm. Free.

Your Point of View: Current events discussion group that takes on a variety of topics. Meets Fridays at 1:15 pm. All are welcomed to participate. Free.

Lions Club Low Vision Support Group: “Low Vision” is that degree of vision loss that can no longer be corrected by eyeglasses. The Lions Club Low Vision Support Group works in conjunction with the Lions Club Low Vision Center at 235 Main Street, Danbury. The support group provides a place for seniors to come together for support, education and social interaction. Meets monthly on the 4th Monday of each month from 1:00 pm to 3:00 pm. Free.

Lunch Program: Elmwood Hall, in partnership with CW Resources, is a congregate meal site. What does that mean for you? Hot lunch 5 days a week, Monday through Friday, served at 12 noon. Good company and lunch - all for a \$3 donation. A reservation is required 48 hours in advance.

Elmwood Hall Photos and News Briefs



Photo Credit: M. McNamara

The DiLorenzo Dynamic Duo, pose by their perfect 300 Wii bowling games!



Photo Credit: M. McNamara

Our Coloring Showcase was a big success! Above are some examples of creative coloring! Meets on Wednesdays at 1:00 pm.



Photo Credit: S. Tomanio

Bethel Health Care sponsored Bingo for the month of May. Picture above is Julie Brown, Admissions Coordinator, helping Michelle call the Bingo numbers. Thank you Julie!



Photo Credit: S. Tomanio

Members of the Elmwood Hall Garden Club, Rosalina and Nicolina, are hard at work removing Dandelions from the front garden. Thank you for your hard work!

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