THE ELMWOOD EXTRA

Read All About It!

Vol XI, Issue III

December 2014 / January 2015

A Publication of the Department of Elderly Services



Elmwood Hall The club for people age 60 and up.

Social Security Presentation The Readys! An Emergency Preparedness Program BINGO! Annual Holiday Party Blizzard of Dance Showcase Balance and Vestibular Disorders Presentation Hearing Loss and Hearing Aids Presentation Calling All Writers! Creative Writing Class Art History Presentation

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



The importance of social connections - A recent article on psychcentral.com by Jonice Webb states that the most significant highs and lows in our lives are not individual achievements and failures, but instead relationship connections and disconnections. What does this mean? It means people need people! Social connections, relationships, friendships, and family are the most important things in our lives. This is especially true as we age as many seniors end up alone and isolated. Seniors Centers help put an end to loneliness and isolation because they are places that help build social connections. Connections with those who are the same age, as well as con-

nections with children through our intergenerational programs. A senior center is often a gateway for people to learn about the many programs and benefits for older adults. So please do come down, enjoy, and learn. Wishing you a peaceful, socially connected holiday season and a new year filled with health and happiness!

December / January Highlights

Local Trips to Favorite Places Ride our van on short, local, weekly trips around greater Danbury. We have trips to Michael's, Christmas Tree Shop, Target and the Danbury Fair Mall, etc. Call the center to ask for the schedule of trips. Please note that preference is given to those who have no independent transportation. Van seating is limited.

<u>Social Security Presentation</u> on Wednesday, December 3 at 10:00am. This program will discuss important changes in certain services within the Social Security Administration. For example, to protect the integrity of the Social Security number and to prevent fraud, printouts containing Social Security numbers have been discontinued. Please join us to learn more and to see how it affects you!

The Readys: Emergency Preparedness Program on Wednesday, December 3 at 1:00pm. Connecticut Community Care will present on emergency preparedness for people with access and functional needs. This program's goal is to help educate the community, including older adults who may be living with chronic conditions, about disaster preparedness and special considerations and preparations that should be addressed before disaster strikes.

BINGO, Friday, December 5 and Friday, January 9 at 1pm. Due to its recent success, the cost to play is \$3 and the winnings are significantly greater! Each participant will play a total of eight games and receive one to two Bingo boards. All who enter will also receive a raffle ticket with a chance to win a donated door prize. Please sign up!

<u>Annual Holiday Party</u> on Thursday, December 11 (snow date is the 18th) from Noon - 4:30. Lunch, fabulous raffle prizes, and dancing to the Kenny Lee Band. Pre-pay cost is \$10.

Bean Bag Tournament, Friday, December 12 and Friday, January 16 at 1pm. Join us for this popular outdoor game turned indoor here at Elmwood Hall. Each player will compete with a partner in a double elimination format. The winners will each receive \$10 gift certificates to JK's. Please sign up.

Marnie Emerito's Retirement Celebration Marnie has dedicated the last 27 years of her life to the City of Danbury's Department of Elderly Services. At the end of this year, December 24, she will retire. Marnie has helped countless seniors and their families over the years as well as being a champion of the needs of older people. Please join us on Tuesday, December 16 at 12:45pm as we wish her well with all her new adventures! All welcome. Cake and coffee served.

<u>Blizzard of Dance</u> on Wednesday, December 17 at 10:45am. Elmwood Hall is proud to present this Intergenerational Line Dance Showcase with the 4th grade students from Scotland Elementary School in Ridgefield, CT. Line Dance Instructor Jill Weiss will lead this spectacular event. Anyone interested in participating in the fun is encouraged to sign up. Audience members are always welcomed.

Holiday Sing-A-Long on Thursday, December 18 at 1:30pm. Join Band/Chorus instructor Jill Weiss as she leads this Elmwood Hall winter tradition of spreading "Holiday Cheer" with a very special sing-a-long. Peppermint Hot chocolate will be served. No sign up required.

<u>**Treasures in Your Attic</u>** on Wednesday, January 7 at 1pm. When was the last time you were in your attic? Do you know what is there? Are there potential "treasures" that might finance your next vacation, dinner for two, or future care needs? Is it sentimental or valuable? Attend this event to find out if you have any treasures in your attic! Sponsored by Ridgefield VNA. Presented by Peter Schattenfield, managing partner at Turning Point Estate Services.</u>

<u>Gentle/Chair Yoga</u> begins on January 8 at 9:30am with Juliet Ben-Ami a certified yoga instructor. This is new class that we are piloting for a 6-week period of time. The cost is \$2 per class. Focusing on relaxation, breathing, and gentle postures, yoga for older adults can ease suffering caused by many ailments including arthritis, chronic pain and heart disease.

Hearing Loss and Hearing Aids, What you <u>NEED to know!</u> Wednesday, January 14 at 1pm. Join Frank Scarfi from Quality Hearing as he gives an informative talk on hearing loss and hearing aids.

Calling all Writers! Creative Writing begins on Thursday, January 15 at 1pm. This popular 8 week class is back and under the instruction of Sandra Diamond Fox. Have you ever wanted to share your writing with others? Are you interested in getting constructive feedback on ways to improve your writing? Whether you write fiction, memoir, or poetry, this class is for you! Members of the group will write, revise, share their work, and have fun in a supportive environment. This class is limited to 10 people. Please sign up! Cost is \$2 per class.

Timeless Trivia on Friday, December 19 and Friday, January 23 at 1pm. Hosted by Kevin, this great, FUN game is played in teams of 4, and is certain to test your knowledge and memory. Please sign up!

Balance and Vestibular Disorders on Wednesday, January 28 at 1pm. Dr. Lisa Dransfield, PT, DPT, MA, is the Director of Physical Therapy at the Balance and Vestibular Center of Associated Neurologists. She has been treating patients with dizziness and balance problems for 25 years. Come and learn how to manage Benign Paroxysmal Positional Vertigo (BPPV), the most common type of dizziness encountered in the clinic. Patients who complain of episodic vertigo that is triggered by lying down, rolling over, looking up, and bending over may have BPPV. Come and learn more! Please sign up.

<u>Musical Bingo</u> on Friday, January 30 at 1pm. This special BINGO event is sure to have participants humming! With a maximum of 24 players, there will be a mix of friendly competition associated with bingo along with everyone's love of music. This is a guaranteed winning combination! Please sign up and remember that the game is limited to 24 people.

<u>Inclement Weather Policy</u>: As we move toward Winter let me take this opportunity to remind everyone of 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.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Mah Jongg, 9am Quilt Club, 9am Freestyle Dance Group, 10:45am Strength Training, 11:15am Lunch, 12 noon Bridge Club, 1pm Ceramics, 1pm Nursing Home Visitors, 1pm Poker, 1pm	2 Art Class with Adele, 9 am Tai Chi with Susan, 9am Knit & Crochet, 10 am Rudy Behrens Book Signing, 11am Lunch, 12 noon Exercise with Dee, 1pm Mah Jongg, 1pm Sports Talk, 1pm Poker, 1pm	3 Walking Club, 9am Social Security Presentation, 10am Line Dancing with Jill, 10am Strength Training, 11:15 am Lunch, 12 noon The Readys! Presentation, 1:15pm Zumba Gold with Coleen, 3 pm	4 Knit/Crochet, 10am Blood Pressure Screening, 10am Freestyle Dance Group, 11am Lunch, 12 noon Woodcarving, 12:30pm Exercise Video, 1pm Band/Chorus, 1pm Poker, 1pm	5 Walking Club, 9am Ukulele Club, 9:30am Zumba Gold, 9:30 am Lunch, 12 noon BINGO, 1pm Poker, 1pm Your Point of View, 1:15pm
8 Mah Jongg, 9am Quilt Club, 9am Freestyle Dance Group, 10:45am Strength Training, 11:15am Lunch, 12 noon Bridge Club, 1pm Ceramics, 1pm Poker, 1pm	9 Art Class with Adele, 9 am Tai Chi with Susan, 9am Knit & Crochet, 10 am Mayor's Advisory Meeting,11am Lunch, 12 noon Comm. on Aging, 1pm City Hall Exercise with Dee, 1pm Mah Jongg, 1pm Poker, 1pm	10 Walking Club, 9am Chair Massages, 9:30am Line Dancing with Jill, 10am Strength Training, 11:15 am Lunch, 12 noon Poker, 1pm	11 Elmwood Hall's Annual 12noon - 4:30pm Lunch, Raffles, & Music with The Kenny Lee Band! Seating is limited. \$10 pre-pay Sign up is Mandatory!	12 Walking Club, 9am Ukulele Club, 9:30am Zumba Gold, 9:30am Lunch, 12 noon Bean Bag Toss Tourney, 1pm Your Point of View, 1:15pm
15 Mah Jongg, 9am Quilt Club, 9am Freestyle Dance Group, 10:45am Strength Training, 11:15am Lunch, 12 noon Bridge Club, 1pm Ceramics, 1pm Nursing Home Visitors, 1pm Poker, 1pm	16 Art Class with Adele, 9 am Tai Chi with Susan, 9am Knit & Crochet, 10 am Lunch, 12 noon Exercise with Dee, 1pm Mah Jongg, 1pm Sports Talk, 1pm Poker, 1pm	17 Walking Club, 9am Yolanda's Hair Boutique, 9:30am Line Dancing with Jill, 10am Blizzard of Dance, 10:45am Lunch, 12 noon Zumba Gold with Coleen, 3pm	18 Knit/Crochet, 10am Blood Pressure Screening, 10am Freestyle Dance Group, 11am Lunch, 12 noon Woodcarving, 12:30pm Exercise Video, 1pm Holiday Sing-A-Long, 1:30pm	19 Walking Club, 9am Ukulele Club, 9:30am Zumba Gold, 9:30am Lunch, 12 noon Poker, 1pm Timeless Trivia, 1:00pm Your Point of View, 1:15 pm
22 Mah Jongg, 9am Quilt Club, 9am SNAP Assistance, 10am Freestyle Dance Group, 10:45am Strength Training, 11:15am Lunch, 12 noon Bridge Club, 1pm Low Vision, 1pm	23 Art Class with Adele, 9 am Tai Chi with Susan, 9am Knit & Crochet, 10am Lunch, 12 noon Exercise with Dee, 1pm Mah Jongg, 1pm Poker, 1pm	24 Walking Club, 9am Line Dancing with Jill, 10am Strength Training, 11:15 am Lunch, 12 noon Zumba Gold with Coleen, 3pm	25 CLOSED CHRISTMAS DAY Happy Holidays	26 Walking Club, 9am Ukulele Club, 9:30am Zumba Gold, 9:30am Lunch, 12 noon Poker, 1pm Your Point of View, 1:15pm
29 Mah Jongg, 9am Quilt Club, 9am Freestyle Dance Group, 10:45am Strength Training, 11:15am Lunch, 12 noon Bridge Club, 1pm Ceramics, 1pm Poker, 1pm	30 Art Class with Adele, 9 am Tai Chi with Susan, 9am Knit & Crochet, 10am Lunch, 12 noon Exercise with Dee, 1pm Mah Jongg, 1pm Sports Talk, 1pm Poker, 1pm	31 Walking Club, 9am Line Dancing with Jill, 10am Strength Training, 11:15 am Lunch, 12 noon Zumba Gold with Coleen, 3pm	Special Programs Social Security, Dec. 3 The Readys!, Dec. 3 BINGO, Dec. 5 Bean Bag Tournament, Dec. 12 Timeless Trivia, Dec. 19	Join us at Elmwood Hall Dec. 11 Annual Holiday Party Dec. 17 Blizzard of Dance Dec. 18 Holiday Sing-a-long **Holiday Hours Subject to Change. Please call the center to confirm classes.

JANU	ARY				
2015 ~ Welcome to Elmwood Hall ~ The Danbury Senior Center					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Health & Wellness ProgramsGentle/Chair Yoga begins on Jan. 8Hearing Loss & Hearing Aids on Jan. 14 with Frank ScarfiBalance & Vestibular Disorders Jan. 28 presented by Dr. Lisa Dransfield, PT, DPT, MA	Supportive Service Program Treasures in Your Attic, Jan. 7 Lifelong Learning Programs Creative Writing begins on Jan. 15	Play Games! Have Fun! BINGO, Jan. 9 at 1pm Bean Bag Tourney, Jan. 16 at 1pm Timeless Trivia, Jan. 23 at 1pm Musical Bingo, Jan. 30 at 1pm	1 Closed New Year's Day	2 Walking Club, 9am Ukulele Club, 9:30am Lunch, 12 noon Poker, 1pm Your Point of View, 1:15pm	
5 Mah Jongg, 9 am Quilt Club, 9 am Freestyle Dance Group, 10:45am Strength Training, 11:15am Lunch, 12 noon Bridge Club, 1 pm Ceramics, 1pm Nursing Home Visitors, 1pm Poker, 1pm	6 Art Class, 9 am Tai Chi with Susan, 9 am Knit & Crochet, 10 am Lunch, 12 noon Exercise with Dee, 1 pm Mah Jongg, 1 pm Poker, 1 pm	7 Walking Club, 9am AARP Safe Driver's Course, 9am Chair Massages, 9:30 am Line Dancing with Jill, 10am Strength Training, 11:15am Lunch, 12 noon Treasures in your Attic, 1pm Poker, 1 pm Zumba Gold with Coleen, 3 pm	8 Gentle/Chair Yoga, 9:30am Knit/Crochet, 10 am Blood Pressure Screening, 10 am Freestyle Dance Group, 11am Lunch, 12 noon Woodcarving, 12:30 pm Exercise Video, 1 pm Poker, 1pm Band/Chorus, 1pm	9 Walking Club, 9am Ukulele Club, 9:30am Zumba Gold, 9:30am Lunch, 12 noon BINGO, 1pm Poker, 1 pm Your Point of View, 1:15 pm	
12 Mah Jongg, 9 am Quilt Club, 9 am Freestyle Dance Group, 10:45am Strength Training, 11:15am Lunch, 12 noon Bridge Club, 1 pm Ceramics, 1pm Poker, 1 pm	13 Art Class, 9 am Tai Chi with Susan, 9 am Knit & Crochet, 10 am Mayor's Advisory Mtg, 11am Lunch, 12 noon Comm. On Aging, 1pm City Hall Exercise with Dee, 1 pm Sports Talk, 1pm Mah Jongg, 1 pm	14 Walking Club, 9am Yolanda's Hair Boutique, 9:30am Line Dancing with Jill, 10am Strength Training, 11:15am Lunch, 12 noon Quality Hearing, 1pm Poker, 1 pm Zumba Gold with Coleen, 3 pm	15 Gentle/Chair Yoga, 9:30am Knit/Crochet, 10 am Blood Pressure Screening, 10 am Freestyle Dance Group, 11am Lunch, 12 noon Woodcarving, 12:30 pm Creative Writing, 1pm Exercise Video, 1 pm Band/Chorus, 1pm	16 Walking Club, 9am Ukulele Club, 9:30am Zumba Gold, 9:30am Lunch, 12 noon Bean Bag Tourney, 1pm Poker, 1 pm Your Point of View, 1:15 pm	
19 CLOSED Martin Luther King's Birthday	20 Art Class, 9 am Tai Chi with Susan, 9 am Knit & Crochet, 10 am Lunch, 12 noon Exercise with Dee, 1 pm Mah Jongg, 1 pm Poker, 1 pm	21 Walking Club, 9am Line Dancing with Jill, 10am Strength Training, 11:15am Lunch, 12 noon Poker, 1 pm Zumba Gold with Coleen, 3 pm	22 Gently/Chair Yoga, 9:30am Knit/Crochet, 10 am Blood Pressure Screening, 10 am Freestyle Dance Group, 11am Lunch, 12 noon Woodcarving, 12:30 pm Creative Writing, 1pm Exercise Video, 1 pm Band/Chorus, 1pm	23 Walking Club, 9am Ukulele Club, 9:30am Zumba Gold, 9:30am Lunch, 12 noon Timeless Trivia, 1pm Poker, 1 pm Your Point of View, 1:15 pm	
26 Mah Jongg, 9 am Quilt Club, 9 am SNAP Assistance, 10am Freestyle Dance Group, 10:45am Strength Training, 11:15am Lunch, 12 noon Bridge Club, 1 pm Lions Club Low Vision, 1pm	27 Art Class, 9 am Tai Chi with Susan, 9 am Knit & Crochet, 10 am Lunch, 12 noon Exercise with Dee, 1 pm Sports Talk, 1pm Mah Jongg, 1 pm Poker, 1 pm	28 Walking Club, 9am Happy Feet, 9am to Noon Yolanda's Hair Boutique, 9:30am Line Dancing with Jill, 10am Strength Training, 11:15am Lunch, 12 noon Balance &Vestibular Presentation,1pm Zumba Gold with Coleen, 3 pm	29 Gentle/Chair Yoga, 9:30am Knit/Crochet, 10 am Freestyle Dance Group, 11am Lunch, 12 noon Woodcarving, 12:30 pm Creative Writing, 1pm Exercise Video, 1 pm Band/Chorus, 1pm	30 Walking Club, 9am Ukulele Club, 9:30am Zumba Gold, 9:30am Lunch, 12 noon Poker, 1 pm Your Point of View, 1:15 pm Musical Bingo, 1 pm Page Turner's Book Club, 2:30pm	

<u>News From Margaret (Marnie) Emerito</u>. I have been fortunate to have served as The City of Danbury's Municipal Agent for the Elderly for 27 years. After careful consideration I have decided it is time to retire. I really enjoyed my position everyday and leave still feeling joy in coming to work. People I have met and colleagues I have worked with have inspired me and have given me wonderful examples of how to live a full and rewarding life. Now I can't wait to enjoy my retirement and maintain those relationships by becoming a member of Elmwood Hall Senior Center. See you around! **RENT REBATE FOR 2014:** last year applicants receive an application through the mail. New Danbury applicants please phone 203-796-1413 in April to begin and then form is complete by mail

- Dates of program have changed to start 4/1/15 and stop 10/1/15, and is based on 2014 info
- Applicants must be 65 or older in the rebate year (2014) or disabled under Social Security
- Income guidelines are: \$34,600 for a single person or \$42,200 married
- For applicants that applied last year, forms and directions will be mailed before April.
- Agency applicants should contact their case managers for assistance with the application
- Documentation of 2014 income and 2014 out-of-pocket applicant's payment history for rent, heat, and
- electricity, must be submitted with signed and dated application (provided by us)

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.

- 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. CALL Assessor if no income limit
- ELDERLY TAX RELIEF FILING PERIOD- FEBRUARY 1 THRU MAY 15th
- 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 31ST 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 - \$34,600 Married - \$42,200

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

CITY of DANBURY LOCAL PROGRAM

- Income: Single \$44,600 Married \$52,200
- BENEFIT \$450.00- single \$600.00- married
- CITY of DANBURY ENERGY PROPERTY TAX CREDIT PROGRAM

Income: Single-call Married – call

BENEFIT - \$250.00- single \$350.00- married

CITY of DANBURY DEFERRAL PROGRAM (annual filing) Income: Single- call Married- call

RENEEIT, 25% of Dool Estate Taxes with a line

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- call Married- call

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

THE FREEZE – Under Review

VETERANS PROGRAMS

VETERAN) PROGRAMS
STATE ADDITIONAL VETERANS PROGRAM
Income: \$ingle- \$34,600 Married — \$42,200
BENEFIT – Increase on your current veteran status
CITY LOCAL VETERANS PROGRAM
Income: Single – call Married – call
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

Halloween Trivia



Photo Credit: M.McNamara

Getting in the Spirit of Halloween, Kevin runs his Spooktacular Trivia Event and above are some of our participants in costume!

Spreading Kindness with Ben's Bells: <u>An Intergenerational Program with</u> <u>St. Peter's Students</u>



Photo Credit: M.McNamara

November was Kindness month and Elmwood Hall worked very closely with St. Peter's School to paint Ben's Bells. This intergenerational program saw over 1,000 pieces painted!

Students & Seniors Sharing their Work



Photo Credit: K. Burland

The mission of Ben's Bells is to inspire, educate, and motivate others to realize the impact of intentional kindness and to empower individuals to act according to that awareness, thereby strengthening ourselves, our relationships and our communities. Ben's Bells beads are created in a variety of different shapes and colors, reflecting the diverse community involved in their creation.

Thank you VETERANS!



Photo Credit: M.McNamara

Elmwood Hall proudly held their annual Honoring of the Veteran's Ceremony on November 6. Thank you to ALL who have served, are still serving, and who have made the ultimate sacrifice.

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 wellbeing 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 Margaret Emerito - Municipal Agent for the Elderly Michelle McNamara - Program Coordinator / Elmwood Hall (grant funded) JoAnn Schofield - Administrative Assistant 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)