

The Elmwood Extra

Read All About It!

August - September 2020

A Publication of the Department of Elderly Services



Elmwood Hall

The club for people age 60 and up

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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 and Referral

10 Elmwood Place, Danbury, CT 06810

Message from the Director of Elderly Services

Susan M. Tomanio, LCSW



On March 16 at 1:00pm, we closed the doors of the Elmwood Hall Senior Center due to the COVID-19 pandemic. It has been five months since that time and not a day goes by when we don't think of each of you and how you are doing during this most challenging time. We have reached out and connected

with so many of you to hear your inspiring stories of strength and resilience. If we have not been able to connect with you, we would love to hear from you. Please call and tell us how you are doing, what is helping you to get through this difficult time. Your story may inspire and help others. We truly are all in this together and we never know if what we might say or share could inspire or assist someone else.

While things have greatly improved in Connecticut and new cases are down, the Corona virus remains a threat to Danbury's more mature citizens. Governor Lamont has held us in Phase 2 of his CT Reopening Plan and it is not recommended that seniors gather until the end of Phase 3.

A date to start Phase 3 has yet to be announced at the time of this writing. We continue to work in partnership with the Mayor's office, the City's Department of Health and Human Services, and with Governor Lamont's office for information on how to reopen safely.

Closed doors to the physical Elmwood Hall Senior Center building never meant staff went away. We continued to work from home and redesigned programs, focusing on delivering lunches, answering phones, providing important information, continuing with the Rent Rebate program, and assisting with understanding Medicare. We continue to scale up our programs with touchless distribution of the State of CT Department of Agriculture Farmers' Market Nutrition Program and our redesigned Farmers' Market Grab and Go Boxes and Farmers' Market Coin programs. In this newsletter, we introduce Facebook Live and Zoom programs and activities!

It is with great regret that we must inform you that out of an abundance of caution, this year's Fall Festival, originally scheduled to take place in November at the Amber Room, has been cancelled. We will continue to bring you new and interesting Zoom and Facebook Live programming throughout the Fall. Stay safe, stay well!

COVID19 Programs Information

Hello, I hope you all are well and staying safe. Elmwood Hall - Danbury Senior Center remains closed, but we continue to work from home or in shifts at the center to do our best to deliver programs and services to you. Please call us anytime with your questions or concerns at the main number, 203-797-4686.

Here is an update of how we have changed our programming in response to COVID19.

Resource and Referral / Case Management Over the Phone – While the Elmwood Hall – Danbury Senior Center building is closed, staff are working in shifts at the center and from home. Staff is here to answer questions and provide information on resources in the community, such as how to acquire food, how to get Meals on Wheels, transportation, home care, SNAP benefits, etc.

Congregate meal site turned into a meals on wheels delivery program – Elmwood Hall – Danbury Senior Center was a congregate meal site for seniors. Now 4 of the 5 meals are delivered to Danbury seniors twice a week. If you would like to receive meal delivery, please give us a call to be added to the list. Senior center staff members will bring these meals to your door. You must be present and at home to receive them per the City of Danbury Department of Health and Housing. We cannot just drop them off at your door step.

Virtual Activities / Wellness Classes – Virtual wellness classes and activities are posted under the "Virtual Classes and Events" section online at, www.danburyseniors.org. Look for Strength Training, Chair Yoga, Zumba Gold, Gentle Flow Yoga, Line Dancing and Timeless Trivia. September begins our Facebook Live and Zoom events and activities.



"Sunshine Smile" Social Wellness Call program – Senior Center Van driver, Pam Makin has taken on a new role. If you're looking for a new friend to chat with, discuss our latest department programs, share recipes, talk about your favorite pet, or just talk, Pam would love to hear from you. Give us a call at the senior center to get this started. If you know someone who might like a weekly call from Pam, let us know at the senior center and we will reach out to them!



CHOICES Over the Phone - (Connecticut's program for Health Insurance Assistance, Outreach, Information and Referral, Counseling, Eligibility Screening, i.e. Medicare A, B, D, Advantage, Medigap, Medicare Savings) – A CHOICES certified counselor and center staff member assists seniors with Medicare A, B, D, Medicare Advantage plans, Medigap plans and the Medicare Savings program. Resources for some DSS benefits are discussed. Please ask for staff member, Joyce Kuhn.



RENT REBATE Over the Phone - The State of CT Rent Rebate program for 2019 began on April 1 of this year. Applications will be processed over the phone, through email, text, and through the mail for the remainder of the program year. Michelle McNamara is your contact person for this program.

Face Masks - We have a limited supply of hand-made cloth face masks for distribution. Thank you to seniors Sophia T. and Gale and Jim M. for making and donating these lovely cloth masks.



Farmers Market Box / Farmers Market Coin Program - Monthly program that replaces Eat Smart Live Strong and Farmers Market on the Move. One time per month, qualified seniors can receive a Grab and Go Farmers Market Box or Farmers Market Coins, both valued at \$10, as well as nutrition education and recipe information. This program is a partnership between the Department of Elderly Services, CityCenter Farmers Market Collaborative, and the UCONN Department of Agriculture. This program is funded in part by grant dollars. Please call the senior center for more information.

State of CT Farmers Market Nutrition Program - For those who qualify, Farmers Market Checks (or Vouchers) for use at the City Center Danbury Farmers Market. Call the senior center for more information. The City Center Danbury Farmers Market is

weekly on Fridays at 120 White Street, the same location as the Danbury Railway Museum. Vouchers can be doubled in value at the Danbury Farmers Market. For more information on this program, please call the senior center. For more information on the Farmers Market, please call 203-792-1711.

One-on-One Tech Support - Do you have a device, smart phone, or tablet and have questions about how you can use it to connect with friends and family? Do you want to participate in Zoom programs and Facebook Live events? Or do you just want to learn what these programs everyone is talking about are? The Elmwood Hall Senior Center and the Danbury Library would like to help. Our One-on-One Tech Support program will now be conducted over the phone. Please give us a call at the center and we will connect you with one of the technology experts at the Danbury Library who will assist you over the phone and get you up and running on your device. Soon you will be Zooming and FaceTiming with everyone!

Frequently Asked for Resources During COVID19

Food Resources

Food Pantries: The Danbury Food Collaborative continues to update their Danbury Food Guide. It is available on the United Way of Western Connecticut's website, www.uwwesternct.org/danburyfoodcollaborative. A hardcopy can be obtained by calling the United Way directly at 203-883-0879, or we would also be happy to mail you one upon request. A pantry of special interest is Hillside Food Outreach. They will deliver a bag of groceries to your home. They can be reached at 203-702-4881.

Senior Hours for Grocery Stores: Many of the local grocery stores, including ShopRite, Stop & Shop, Stew Leonard's, Caraluzzi's, Target, and Whole Foods have designated special "senior" shopping hours. Please call each store directly as hours may change to find out when it is best for you to shop.

Need Someone to Shop for You: Seniors are still considered an at risk group for COVID19. Many have medical conditions that might compromise their immune systems. If you would like someone to shop for you, please call the Age Well Community Council of Danbury's Food Shopping line at 203-883-0879. Please leave a message and someone will call you back. You are responsible for payment of the groceries, but volunteers from Jericho Partnership will do the shopping for you.

Meals on Wheels: If you would like Meals on Wheels delivered to you, please call the Western CT Area Agency on Aging to see if you qualify. Eligibility has been modified due to COVID19. They can be reached at 1-800-994-9422. SNAP (Supplemental Nutrition Assistance Program) Please call End Hunger CT at 1-866-974-7624 or fill out an application online at www.endhungerct.org/services/snap/ to see if you qualify. SNAP can now be used to purchase food online as well as in person at participating stores. **Did your SNAP household experience food loss during the recent storm? If so, you might qualify for food replacement. Two forms need to be filled out. Call End Hunger CT to receive help. You must file by September 3, 2020 to qualify.**

Transportation

Transportation to medical appointments continues to be provided by the SweetHART Bus. Their phone number is 203-744-4070. Additional assistance can be provided by April Chaplin at the Kennedy Center. April is the Mobility Manager for Northwest CT Regional Mobility Manager/Ombudswoman. Her number is 475-298-3103.

Connections with Friends Family through Technology

Are you interested in getting some "technology" or a "device" (phone, tablet) to help you get connected to friends and family? If the answer is yes, you might be interested in a new program called "Stay Connected." Qualified seniors will be matched with a "device" to help them to see family and friends via FaceTime, Zoom, Google Meet, etc. We have partnered with the Western CT Area Agency on Aging (WCAAA) to bring this program to Danbury seniors.

Please call us here at the center for the initial eligibility screening and be connected to complete your application. This program is supported by the CARES Act.

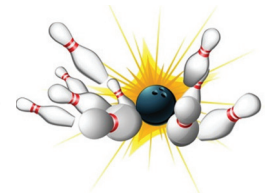
TIMELESS ? TRIVIA



With **Kevin Burland**

- 1.) In the movies, which of these singers performed the MOST James Bond songs?
 - a.) Nancy Sinatra
 - b.) Tom Jones
 - c.) Shirley Bassey
 - d.) Sheena Easton
- 2.) The German food chain, ALDI, split into 2 different corporations in the 60s - NORD & SUD (north and south) - when the two owners disagreed on WHAT policy?
 - a.) Selling Beer & Wine
 - b.) Selling Cigarettes
 - c.) Staying open 24 hours
 - d.) Not accepting manufacturers coupons
- 3.) How long did the "Cuban Missile Crisis" last in 1962?
 - a.) 10 days
 - b.) 13 days
 - c.) 2 weeks
 - d.) One month
- 4.) In what sport do athletes compete for the "WALKER CUP"?
 - a.) Squash
 - b.) Cricket
 - c.) Tennis
 - d.) Golf
- 5.) What gives the "White Cliffs of Dover" their color?
 - a.) Limestone
 - b.) Granite
 - c.) Chalk
 - d.) Marble
- 6.) What famous TV actress, while undergoing treatment for alcohol abuse, snuck out of the Betty Ford Clinic because she didn't like cleaning and abiding by the rules of the facility?
 - a.) Mary Tyler Moore
 - b.) Betty White
 - c.) Kirstie Alley
 - d.) Sally Struthers
- 7.) Which state's capital is named after a famous German Statesman?
 - a.) Georgia
 - b.) Louisiana
 - c.) Wyoming
 - d.) North Dakota
- 8.) What is the chemical symbol for the element with the shortest name?
 - a.) Au
 - b.) Fe
 - c.) Sn
 - d.) Zn
- 9.) What Broadway musical includes a song with these words?
"Girls in white dresses with blue satin sashes"
 - a.) Annie
 - b.) My Fair Lay
 - c.) The Sound of Music
 - d.) The Music Man
- 10.) In 2003, as part of it's salute to "100 Years of Film", The American Film Institute named which character as "the greatest hero in the movies"?
 - a.) James Bond
 - b.) George Bailey
 - c.) Rocky Balboa
 - d.) Atticus Finch

Team Sports



A V O L L E Y B A L L H A F H J A U B H N L V M
M P K S C I T S A N M Y G L A U Z X I G R L H I
E L F R Q I J Z L Y G B S O K G P Z Z O G A V I
R G U R U G B Y C J C O V G M X P E N A N B Y E
I E B W N C A B W O E H A J S X K H R L B H U Y
C C T D Y E O O W L M C D L C T Q G C A H C E X
A B R I B W X Z K B Q M O Q S N F K Y T M N C T
N X J N L G G C I J X H U O C H B A Y T D E N A
F U U I H S A R V J K G M N P U O E G A L B E H
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O G G O A L D E F E N C E D Y C R Y T K T T E E
T R E P C F G I Z S I N E T Q X A A R E L C D K
B E J H A C O O R D I N A T I O N T T D R F G C
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L Q J C K D P N E S B A S K E T B A L L P K F
L C W H E D T J O I Z K L L A B T E N E G U Z Q
A G P C Y F T T K C A T T A G N I W X J G G V Z
B N G O A L K E E P E R F K L N O T N I M D A B
E G V M Z D C H E E R L E A D I N G G N S Q R C
S Z Y Y V R W O R V Q U A R T E R B A C K C N M
A P W Q S V Y I G N I T A K S E R U G I F P T B
B E W G K I T N W P Q B V J W F O O T B A L L M

Tackle Quarterback Communication Coordination Cooperation Teamwork
American Football Wing defence Wing attack Goal attack Goal shooter Goal defence
Goal keeper Cheerleading Figure skating Hockey Bowling Gymnastics Benchball Cricket
Volleyball Golf Badminton Dodge ball Tennis Baseball Basketball Football Rugby Netball

Zoom and Facebook Live Events!

If you would like some help getting on to Facebook Live or Zoom on your device, or would like to borrow a device from the Danbury Library to participate in an event, please call the Senior Center for assistance - 203-797-4686.

Facebook Live Coffee House with Billy Micheal on Tuesday, September 15 at 1pm. Our first Facebook Live event features the endearing performer Billy Micheal. Known and loved in the community for decades, Billy will bring his classic performance to Facebook Live for you all to enjoy. Coffee and pastry will be delivered by our Elmwood Hall Van drivers, Pam and Kevin, so you can enjoy fresh coffee and a treat while sharing the connection of our senior center community. You must sign up in advance for this program. Coffee and pastry delivery limited to Danbury residents. All welcome to join Facebook Live Coffee House. Look for a special guest appearance by Mayor Mark Boughton.

Zoom Meet Movie Club with Michelle on Monday, September 21 at 11am. The movie club returns in a Zoom format. Featuring the movie Judy, join us via zoom to watch the movie Judy together. Afterwards, Michelle will lead a lively discussion about themes and performances in this powerful story. Snacks delivered by Elmwood Hall van drivers, Kevin and Pam. You must sign up in advance for this event.

Zoom in the Room Scavenger Hunt with Michelle on Tuesday, September 29 at 10:30am. What do you have in your room? Hosted by Michelle, have fun with us as we connect over Zoom to seek and find common, everyday items that you might have in your house in your favorite room. Share together and enjoy friendly competition to see who might have the most of these everyday common items. You must sign up in advance for this event.



Joyce Kuhn

Quick Chicken Recipe

Ingredients

- 2 10 Ounces Each Skin Off Bone-In Chicken Breasts
- 2 Tablespoons of Creamy Peanut Butter
- ½ Cup Nonfat Plain Yogurt
- 1/8 Teaspoon Ground Red Pepper

Directions

- Preheat oven to 375 degrees.
- Line baking pan with heavy foil.
- In a small bowl combine ½ cup nonfat plain yogurt and 2 tablespoons of creamy peanut butter with 1/8 teaspoon ground red pepper.
- Dip 2 –10 ounces each skin off bone-in chicken breasts in sauce. Coat evenly.
- Arrange pieces, rib side down on prepared pan.
- Bake on top shelf of the oven for 35 to 45 minutes or until chicken is evenly brown and juices run clear when the breast is pierced with a fork.
- Serve hot or cold.
- Serves 2. Recipe can be doubled.

Timeless Trivia Answers

How did you do? Have fun? Let us know!

- 1.) c Shirley Bassey performed 3 songs: Goldfinger 1964, Diamonds Are Forever 1971, Moonraker 1979
- 2.) b
- 3.) b 13 days from October 16th through October 28th
- 4.) d An event that occurs in odd numbered years with leading Golf amateurs playing in two teams: The USA vs. Great Britain & Ireland.
- 5.) c
- 6.) a
- 7.) d Named after Germany's "Iron Chancellor", Otto Von Bismarck: Bismarck, North Dakota
- 8.) c TIN, the others are Gold (Au), Iron (Fe), and Zinc (Zn)
- 9.) c The Sound of Music (My Favorite Things)
- 10.) d

Happy Seniors Enjoying Meal Delivery from the Senior Center!



Jane and Jimmy



Nicolina



Leo



Paul



Elderly Services staff member, Vinny Albano, sorting meals for delivery.

Photos by Kevin Burland

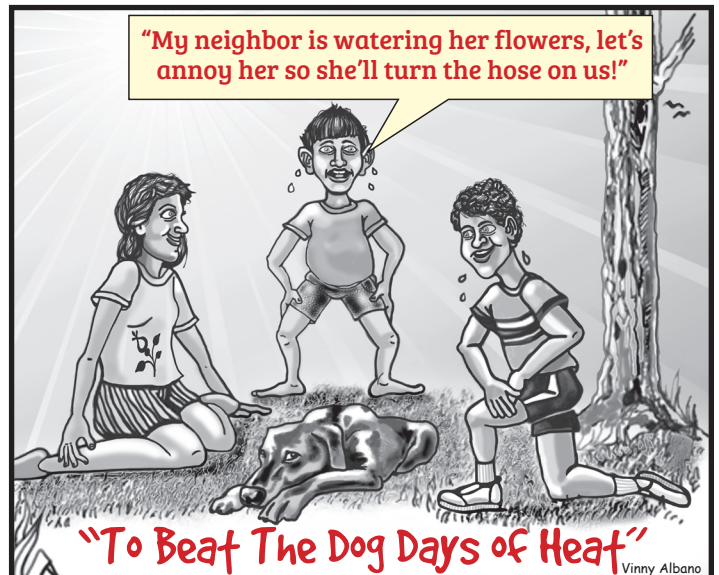
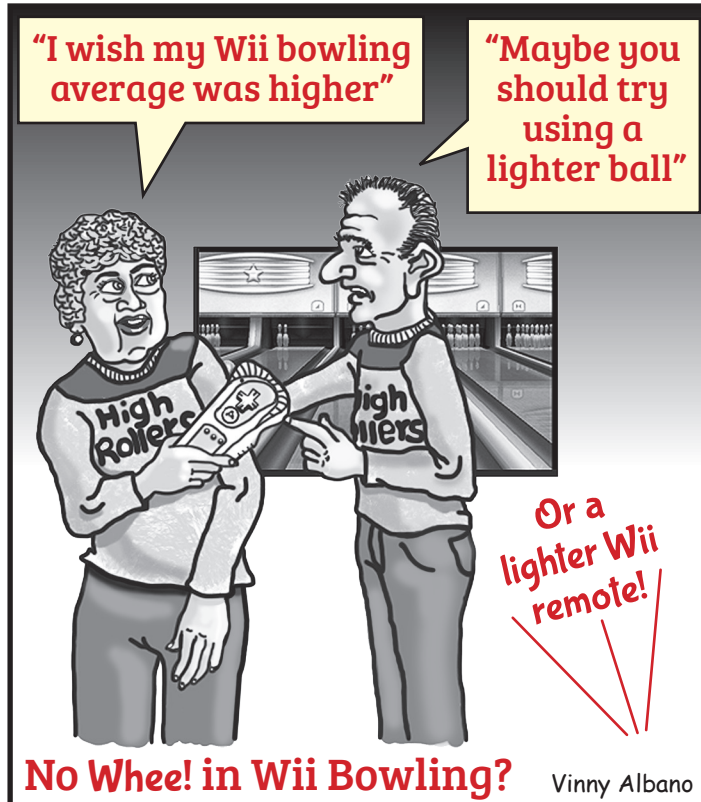


Logan

The Senior Center Therapy Dog, is missing all his friends at the center!



Logan's Stay Positive sign was made by Michelle McNamara's daughter Cienna.



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

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.

For a full listing of our programs, please visit our website www.danburyseniors.org

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*

Jose Fuentes - *Program Set Up Assistant* • Vincent Albano - *Program Set Up Assistant*

Kevin Burland - *Van Driver* • Pam Makin - *Van Driver*



Continued thanks to staff member **Vinny Albano** for his graphic design of this newsletter. Vinny is a professional graphic artist, an award winning watercolor painter who resides in Danbury with his wife and two daughters.