

The Elmwood Extra

Read All About It!

October - November 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



Elmwood Hall - Danbury Senior Center continues to face the challenges of the COVID19 pandemic. Some of you have asked when we will open our doors. At this time, out of an abundance of caution, the City of Danbury recommends that our doors remain closed because those most at risk continue to be adults age 65+. We would like to stay connected with you through phone calls and Zoom programs. Zoom Strength Training and Zoom Chair Yoga have begun. These are great ways to connect and exercise at the same time.

We will also offer the Zoom Movie Club, Coloring Circle, and Timeless Trivia. We would love to hear from you as to what programming you would enjoy. We have included information on where to find AARP CT Virtual programs. While we will not be offering our flu shot clinics this year, inside this edition of the newsletter are referrals to where you can get your flu shot. Please see the "frequently asked for resources section." Please understand that this continues to be a fluid and ever-changing situation and programs may change at any time. We have tentatively scheduled a grab and go Halloween event in our parking lot at the end of October and staff at the senior center hope to be able to see you then. Look inside for more details. Take care and stay safe.

COVID19 Programs Information

Hello, we 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 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, and 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 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. We cannot just drop them off at your door step. Meals have a voluntary, suggested donation of \$3.



"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. **Medicare Open Enrollment begins on October 15, 2020 and runs through December 7, 2020.** This is an opportunity to review and change your Medicare D Plan (prescription drugs)- (especially if you take insulin), enroll or change your Medicare Advantage Plan, or purchase a Supplemental Insurance Plan (Medigap). Please ask for staff member, Joyce Kuhn, to schedule an appointment over the phone.



Rent Rebate Over the Phone – The State of CT Rent Rebate program for 2019 began on April 1 of this year. Applications were processed over the phone, through email, text, and through the mail. The application period for this program ends on October 1st. However, should you have any questions, Michelle McNamara is your contact person for this program.

Virtual Activities / Wellness Classes –

Virtual wellness classes and activities are posted under the “Virtual Classes and Events” section of this website, www.danburyseniors.org. Look for Strength Training, Chair Yoga, Zumba Gold, Gentle Flow Yoga, Line Dancing and Timeless Trivia. These classes are also posted on our Facebook page, Elmwood Hall - Danbury Senior Center.

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, City Center 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. The last delivery of Farm Market boxes is on Wednesday, October 21. The last day to use your coins at the Farmers' Market is October 30.

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. Vouchers are still available for those who qualify. City Center Farmers Market runs until October 30, 2020.

One-on-One Tech Support - Do you have a device, smart phone, 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!

Zoom and Grab and Go Activities and Events!

New! Zoom Strength Training with Coleen, Wednesdays at 11:00am.



I've fallen and I can't get up. Don't let this happen to you. The answer is strength training. As we age we lose more and more muscle tissue. Strength training helps you maintain your muscle tissue. Coleen is an upbeat, warm, friendly instructor, but don't be fooled, she will make you work, at your own pace, of course!

New! Zoom Chair Yoga with Beverly on Tuesdays at 10:00am.



Chair Yoga is approved by the Arthritis Foundation to ease the aches and pains of arthritis sufferers and is very beneficial for people with sedentary lifestyles. Advantages of Chair yoga: Increase circulation, aids heart and lung functions, improves mental clarity, and reduces aches and pains. Classes can be light and demanding at the same time. The perfect blend of play and serious practice. Might even get a few dances in from time to time. In any event, you're certain to have fun!

New! Zoom Coloring Circle with Susan weekly on Wednesday at 1:00pm



starting on October 21 through November 18. Many people have found or rediscovered how therapeutic coloring can be, I know I have! A great indoor hobby, adult coloring has pretty much taken over the world. We will meet weekly over Zoom to share our latest projects and color together. If you have new markers that you love, others might want to know about them too. You can use your own pencils, markers and coloring book, or pages and a small set of colored pencils can be provided to you for free. This program is limited to the first 15 people who sign up. Please call by October 16 to sign up for this program.

Zoom Movie Club with Michelle on Monday, October 26 at 1:00pm.



The movie club returns in a Zoom format. Featuring the comedy *Knives Out*, join us via zoom to watch the movie together. Afterwards, Michelle will lead a lively discussion about themes and performances. Snacks delivered by Elmwood Hall van drivers. You must sign up by October 21 for this event.

Get a Treat Because You are Sweet - Grab and Go Halloween Treat Bags on Thursday, October 29 beginning at 11:00am. Join us as we dress in costume and hand out grab and go Halloween treat bags at the Elmwood Hall Senior Center. Event

will be held in our parking lot. Please call by October 23 to sign up for this program. Wear a mask and please stay in your car. Wearing a costume is optional. Treat bags will be delivered to those who do not have transportation. This is a free event, but you must sign up.

Zoom Timeless Trivia with Kevin and Michelle on Friday, November 6 at 11:00am.



Timeless Trivia reinvents itself again so you can play at home over Zoom. Play for fun, test your knowledge, enjoy and laugh and share trivia with Kevin and Michelle. Please sign up by November 3 for this program.

Nintendo Wii Bowling League from Home. So many of you have your own Nintendo Wii and bowl at home to practice and improve your game. We are thinking of starting a league of at home Wii bowlers. Please call the center by October 30 if you are interested in participating in a Wii at Home Bowling League. You must have your own Nintendo Wii to participate. Other Virtual Programs:

AARP CT Virtual Programs. AARP CT offers many virtual programs that are fun, informative and interesting. To find them go to AARP's website, aarp.org, go to the menu button, and in the drop down menu, click on AARP in Your State. Then select your state and scroll down to events. You do not need to be an AARP member to participate.

How to participate in Zoom classes:

- 1) You must sign up through email at s.tomanio@danbury-ct.gov We will then send you the Zoom invitation with the link to connect to the class.
- 2) We will spend some time greeting each other just so we can see each other's smiling faces.

You can use a computer, laptop, iPad, iPhone or Android/Smartphone to join Zoom by going to the website <https://zoom.us/> or by downloading the Zoom app. Set up a user id and password. You will receive an email with the link to each week's class.

Click on the link in the email and launch the Zoom Meeting. It will take you to the Zoom website or the zoom app.

If we can be of any assistance, please give us a call.

TIMELESS ? TRIVIA



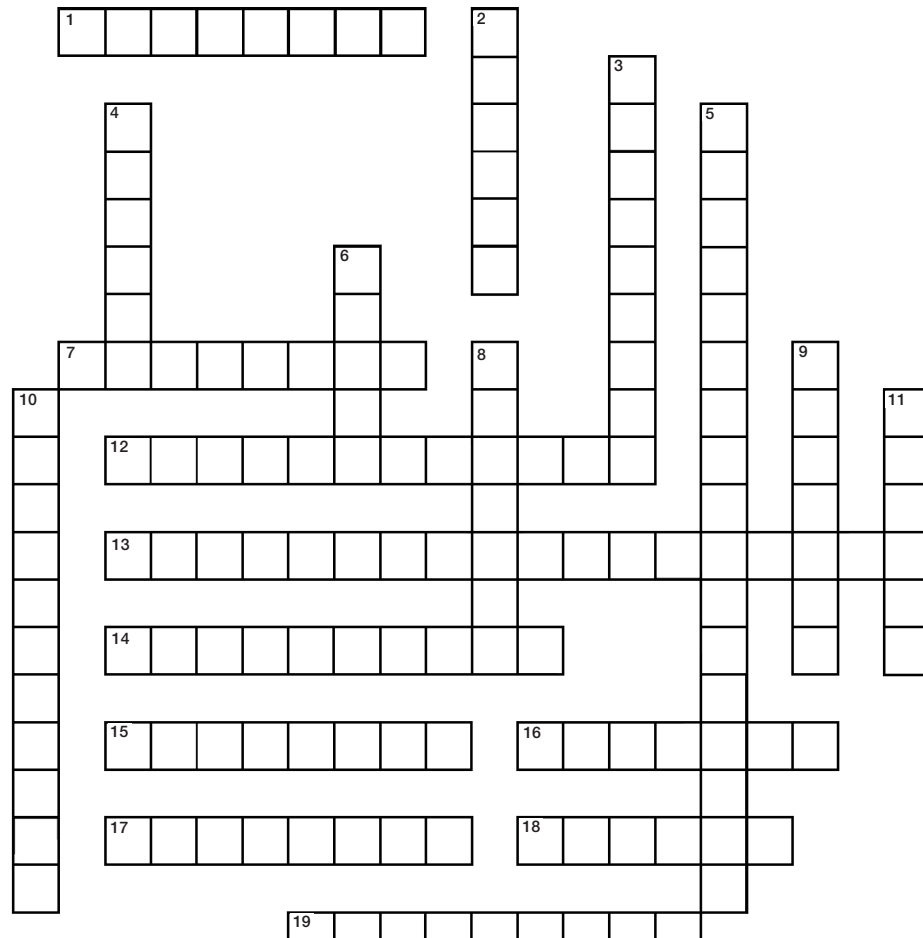
With **Kevin Burland**



Photo manipulation by Kevin Burland

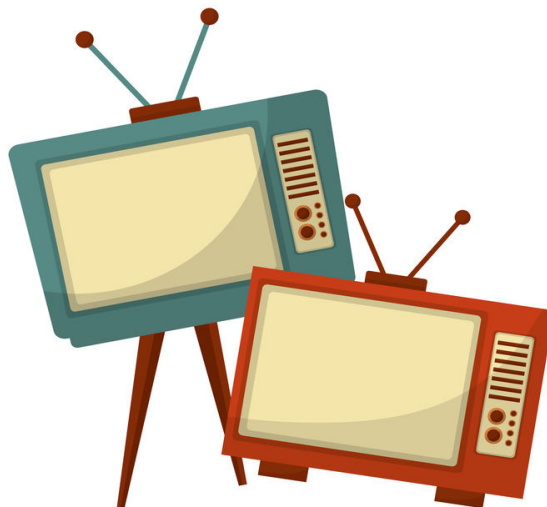
- 1.) Who composed the classic seasonal song, "Autumn Leaves"?
 - a.) Harold Arlen
 - b.) Cole Porter
 - c.) George Gershwin
 - d.) Johnny Mercer
- 2.) What is a dog's baseline body temperature?
 - a.) Between 94.5 and 96 degrees Fahrenheit
 - b.) Between 98.5 and 100 degrees Fahrenheit
 - c.) Between 101 and 102.5 degrees Fahrenheit
 - d.) Between 102.5 and 104 degrees Fahrenheit
- 3.) What is an antonym for the word "confront"?
 - a.) Avoid
 - b.) Lie
 - c.) Forget
 - d.) Regret
- 4.) The "Antoinette Perry Award for Excellence" is better known as what ?
 - a.) The Emmy Award
 - b.) The Tony Award
 - c.) The Golden Globe Award
 - d.) The Grammy Award
- 5.) What is "AVIOPHOBIA"?
 - a.) Fear of heights
 - b.) The fear of birds
 - c.) The fear of flying
 - d.) The fear of clouds
- 6.) The all-seeing EYE at the top of the pyramid on the \$1 dollar bill symbolizes the Divine help the early Americans needed in establishing the new country. It is called "the eye of _____" ?
 - a.) Justice
 - b.) Providence
 - c.) Liberty
 - d.) Strength
- 7.) Who is the OLDEST person-at the time-to ever win an ACTING Oscar?
 - a.) Christopher Plummer
 - b.) Clint Eastwood
 - c.) Jessica Tandy
 - d.) Henry Fonda
- 8.) Who was the ONLY President ever to receive a POSTHUMOUS "Congressional Medal of Honor" awarded to him by President Bill Clinton in 2001?
 - a.) Ulysses S. Grant
 - b.) George Washington
 - c.) Theodore Roosevelt
 - d.) Dwight Eisenhower
- 9.) What girl group of the 60's sang about "The Leader of the Pack"?
 - a.) The Angels
 - b.) The Shangri-Las
 - c.) The Chiffons
 - d.) The Marvelettes
- 10.) Which of these birds do NOT migrate in Autumn?
 - a.) Ravens
 - b.) Hummingbirds
 - c.) Swallows
 - d.) Storks

Classic TV Shows



Across

1. Marshall Matt Dillon
7. Dumb spy
12. Stalag 13
13. Jed and Granny
14. John Boy
15. Petticoat
16. Beatnik on Dobie Gillis
17. Talking Horse
18. Leave it to
19. Witch marries a mortal



Down

2. The Lone
3. Fonzie
4. Maid
5. Paladin
6. Golden
8. My Favorite
9. Ozzie and
10. Fred McMurray
11. Famous Collie



Joyce Kuhn

Little Meat Chili

Ingredients

- 1 Tablespoon Vegetable Oil
- 2 Cups Diced Onion
- 1 Tablespoon Minced Garlic
- 1 lb. Ground Round Beef
- 2 to 6 Teaspoons Chili Powder
- 1 Tablespoon Salt
- 1 Three Ounce Can Italian Plum Tomatoes with their Liquid
- Two 16 ounce Cans Red Kidney Beans Drained and Rinsed

Directions

- In a large saucepot or Dutch oven, heat oil over moderately high heat.
- Add onion and garlic and cook 5 min. stirring often until onion is soft.
- Add meat and cook 2 min., breaking up meat with a spoon until it begins to lose its red color.
- Add remaining ingredients and bring to a boil stirring often.
- Reduce heat to low and simmer 30 min. stirring occasionally to prevent sticking.

Makes 7 cups. 1 cup of Chili is 283 Calories.

Timeless Trivia Answers

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

- 1.) d
- 2.) c
- 3.) a An "anytonym" is a word that is OPPOSITE in meaning to another.
- 4.) b Tony Award; it recognizes "excellance in live Broadway theatre."
- 5.) c Fear of flying; statistically, it affects 1 in every 5 people.
- 6.) b
- 7.) a Christopher Plummer; he won the "Best Supporting Actor" Oscar at the age of 82 for the movie "BEGINNERS."
- 8.) c Theodore Roosevelt; for his time in the Army as the leader of the "Rough Riders."
- 9.) b
- 10.) a Most Ravens are omnivorous. Raven pairs mate for life and use the same nest each year.

Frequently Asked for Resources During COVID19

Flu Shots: Flu shot clinic will not be held at the Elmwood Hall Senior Center this year due to COVID19. Here are a few resources as to where you can get your flu shot this year. 1. Many primary care doctors offer the flu shot. 2. Area pharmacies are offering flu shots. 3. The Community Health Center, located at 8 Delay Street in Danbury offers flu shots. No appointment is needed. Flu shot hours are Mon-Fri 9am-1pm and 2pm-5pm. Their number is 203-797-8330.

COVID19 Testing: Free COVID19 testing is available 1. Greater Danbury Community Health Center located at 120 Main Street (rear lot). Call 203-456-1413 to set up an appointment. 2. Community Health Center, 8 Delay Street. Walk up or drive up testing is available. No appointment required, but they do encourage you to call ahead 475-241-0740. Hours 9am-1pm.

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/danburyfood-collaborative. 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, Tar-

get, 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 to shop for you.

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 203-591-5485. 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.

Energy Assistance Connecticut Energy Assistance Program (CEAP): assists with heating oil, natural gas, electricity, propane, kerosene, and wood. The Connecticut Energy Assistance Program is designed to help offset the winter heating costs of Connecticut's

lower income households, specifically those households whose incomes fall at or below 60 percent of the state median income. Homeowners and renters may apply. The amount of heat assistance may not be sufficient to cover a household's entire winter heating cost. Community Action Agency of Western CT, 66 North Street, Danbury, CT 06810. (203) 744-4700 or (203) 748-5422 or www.caawc.org

Transportation

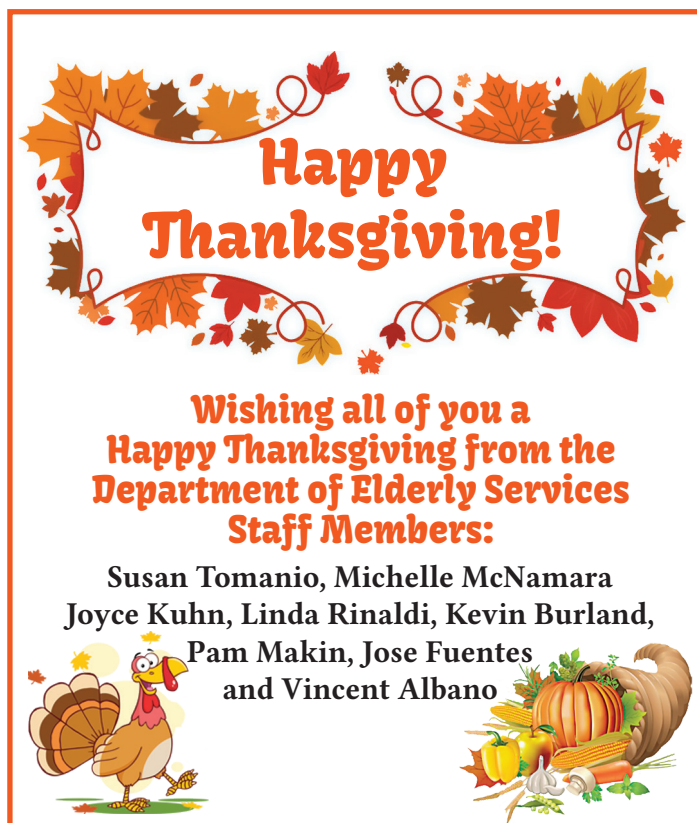
Transportation to medical appointments continues to be provided by the SweetHART Bus. Their phone number is 203-744-4070. Additional assistance can be provided by April Chaplin at the Kennedy Center. April is the Mobility Manager for Northwest CT Regional Mobility Manager/ Ombudswoman. Her number is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

General Resources and Information

The City of Danbury website: <https://www.danbury-ct.gov/> is a wonderful resource for information and links to services due to COVID19.

Age Well CT's website also lists resources and activities, <https://agewellct.org>

Please give us a call at the senior center to see if we can help connect you to the resources you are looking for.



Elmwood Extra Read All About It

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.