



# The Elmwood Extra

*Read All About It!*

December 2020 - January 2021

*A Publication of the Department of Elderly Services*



## Elmwood Hall

*The club for people age 60 and up*

### *What's Inside:*

COVID19 Programs Information  
Zoom and Grab and Go Activities and Events  
Timeless Trivia with Kevin Burland • Winter Safety Word Search  
Tasty Recipe from Joyce Kuhn  
Frequently Asked for Resources During COVID19

### **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

[www.danburyseniors.org](http://www.danburyseniors.org) • Tel. 203-797-4686

# Message from the Director of Elderly Services

Susan M. Tomanio, LCSW



**N**ormally the Holiday Season is a time for getting together. This year is going to be different. While we will all miss the normal events we plan for and get excited about, we will offer some new activities to keep us together as a community. This pandemic has changed and shaped how we do things now at the senior center, but our mission of caring and creating an inclusive community remains the same.

We miss seeing your smiling faces, hearing about what you are doing, and just sitting together enjoying coffee. This spirit is still alive at the senior center. We are still here answering the phone and staying connected to you. When it is safe to do so, we will reopen our doors. We continue to work with the Mayor's office

and our Department of Health to know when that time will be.

As of right now, it is not today. So please do take care of yourself and each other. Call a friend, step outside into the sunshine, and please know we are thinking of you. We are holding a seat at the table for you when the time is right for you to return. We still have the Bingo chips, the decks of cards, our little library of puzzles and books to borrow and all the things we enjoyed doing together. And, most importantly, we still have that sense that our Senior Center community is made up of each and every one of you. While this is not an easy time, let us take comfort in knowing we will get through this together. Stay well, stay safe, and may the blessing of this season carry you forward into the new year.

## COVID19 Programs Information

Hello, we hope you all are well and staying safe. Elmwood Hall - Danbury Senior Center remains closed, but staff continues to work 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 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. 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 ends on 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.

### CHANGES IN MEDICARE COST IN 2021

Each year Medicare premiums, deductibles and coinsurance rates are adjusted according to the Social Security Act. This includes changes for Part A (hospital) and Part B (doctors and other services). Increases will occur for both Part A and Part B in 2021. The standard monthly premium for Medicare Part B beneficiaries will be \$148.50 in 2021. This is an increase of \$3.90 from \$144.60 in 2020. The annual deductible for all Medicare Part B beneficiaries is \$203 in 2021 an increase of \$5 from the annual deductible of \$198 in 2020. Medicare does impose an income related monthly adjustment to the Part B premium if your income exceeds \$88,000 for an individual or \$176,000 for a couple. Medicare Part A deductible in 2021 will be \$1484, an increase of \$76 from \$1408 in 2020. The deductible covers beneficiaries share of costs for the first 60 days of Medicare-covered inpatient hospital care per benefit period.

On days 61 through day 90 the cost share is \$371 day. The daily coinsurance for a skilled nursing facility after day 20 will be \$185.50.

**The Medicare Savings Program**, offered by the State of Connecticut, can help seniors pay for the monthly Part B premium and provide lower costs for medications and monthly Medicare Part D (prescription drugs) premiums. This is a stated income program and is not based on assets. To see if you qualify for the Medicare Savings Program (MSP), contact senior center 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 were processed over the phone, through email, text, and through the mail. The application period for

this program ended October 1st. However, should you have any questions, Michelle McNamara is your contact person for this program.

**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 about what these programs are that everyone is talking about? 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!

**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!

**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 Line Dance Practice with Kevin and Susan beginning on Thursday, December 3 at 10:00am.** This will be a

weekly class where we take it back to basics by reviewing and dancing some of the early favorites. This is a free class, but you must sign up by emailing Susan at [s.tomanio@danbury-ct.gov](mailto:s.tomanio@danbury-ct.gov) to receive the Zoom link. Please email by Monday, November 30th to be included in the first class.

**Holiday Craft At Home - Wooden Heart Ornaments, Monday, Dec 14 - 9:30am.**



Holiday Crafting at Home - Wooden Heart Ornaments sponsored by Candlewood Valley Health and Rehabilitation

Care Center and DELIVERED to your door by an Elmwood Hall Danbury Senior Center staff member. This holiday craft kit includes all supplies and bags are limited to 20 participants so be sure to call or email your RSVP, asap! A staff member will deliver this holiday craft kit on Monday, December 14 between 9:30 am and 10:30 am. Due to delivery this is limited to Danbury residents only. This is a free event.

**You've Been Elfed! - Grab and Go Holiday Treat Bags on Wednesday, December 16 beginning at 10:00am.**



Senior center staff will magically turn into Elves to host this Grab and Go Holiday event. The Elmwood Elves will be handing out Holiday Treat bags outside in front

of the Senior Center building. We ask you to please wear a mask and stay in your car for this safe and socially distanced event. While this year is certainly different from holiday events at the senior center in the past, we would still like to celebrate and encourage you to wear your favorite holiday colors. Treat bags will be delivered to those who do not have transportation and reside in Danbury. Please RSVP by Monday, December 14 to sign up for this special event.

**Zoom Timeless Trivia with Kevin and Michelle on Friday, January 15 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 January 12 for this program.

## Other Virtual Programs:

Elmwood Hall Danbury Senior Center On Demand Virtual Activities / Wellness Classes – Virtual wellness classes and activities are posted under the “Virtual Classes and Events” section of this website, [www.danburyseniors.org](http://www.danburyseniors.org). Look for Strength Training, Chair Yoga, Zumba Gold, Gentle Flow Yoga, Line Dancing and Timeless Trivia. These are free and can be watched at any time.

**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](http://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.

## The Danbury Library Virtual Programs

The Library offers many virtual programs that are interesting, fun, and educational. To find them go to the Danbury Library's website, [www.danburylibrary.org](http://www.danburylibrary.org)

**“Seniors enjoying a sweet treat delivered by senior center staff.”**



Director Susan Tomanio and therapy dog Logan hand out treat bags for our Halloween Grab and Go.



Staff member Michelle McNamara is ready to safely greet seniors for our Halloween Grab and Go Treats.

## How to participate in Zoom classes:

- 1) You must sign up through email at [s.tomanio@danbury-ct.gov](mailto:s.tomanio@danbury-ct.gov). We will then email 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**

- 1.) What U.S. state was the **FIRST** to recognize Christmas as an official holiday in 1836?
  - a.) Louisiana
  - b.) Tennessee
  - c.) Arkansas
  - d.) Alabama
- 2.) Which of the following words are of **CHINESE** origin?
  - a.) Karaoke
  - b.) Ketchup
  - c.) Broccoli
  - d.) Dumpling
- 3.) What famous horse started out his first four years under the name "Golden Cloud"?
  - a.) Roy Roger's "TRIGGER"
  - b.) Dale Evan's "BUTTERMILK"?
  - c.) Gene Autry's "CHAMPION"?
  - d.) Hopalong Cassidy's "TOPPER"?
- 4.) Including Rudolf, how many reindeer **HOOVES** are pulling Santa's sleigh?
  - a.) 28
  - b.) 32
  - c.) 36
  - d.) 40
- 5.) What celebrity hosted **SATURDAY NIGHT LIVE** the most times?
  - a.) Tom Hanks
  - b.) Alec Baldwin
  - c.) John Goodman
  - d.) Steve Martin
- 6.) In what year did the United States declare war on Germany and enter World War 1?
  - a.) 1915
  - b.) 1916
  - c.) 1917
  - d.) 1918
- 7.) What company was known for the famous slogan, "...because I'm worth it..."?
  - a.) Almay
  - b.) Maybelline
  - c.) L'oreal
  - d.) Pantene
- 8.) Which of these famous lines from "The Godfather" was **IMPROVISED** (not in the script), and left in the picture?
  - a.) "leave the gun, take the cannoli"
  - b.) "look how they massacred my boy"
  - c.) "I'll make him an offer he can't refuse"
  - d.) "it's not personal Sonny, it's strictly business"
- 9.) What player holds the NBA record for "most missed shots in a career"?
  - a.) Michael Jordan
  - b.) Charles Barkley
  - c.) Shaquille O'neal
  - d.) Kobe Bryant
- 10.) What does the Scottish phrase "AULD LANG SYNE" translate to in English?
  - a.) "for old times sake"
  - b.) "leave the past behind"
  - c.) "days gone by"
  - d.) "times gone past"

# WINTER SAFETY

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

*Air Pockets Base Layer Boots Bundle Up Coat Duck Walk Ear Muffs Gloves Hats  
Hoodies Hydrate Jacket Keep Moving Layers Long Johns Middle Layer Mittens  
Outer Layer Pants Snowpants Stay Dry Sunglasses Sunscreen Sweaters Sweatpants  
Sweatshirts Turtlenecks*



# Joyce Kuhn

## Hacienda Dip

### Ingredients

- 2 8oz. Packages Philadelphia Brand Cream Cheese, Softened
- 1 Half Cup Salsa
- Dash or Onion Salt
- Corn Chips or Vegetable Dippers

### Directions

- Mix cream cheese, salsa and onion salt until well blended. Spread cheese mixture in microwavable pie plate or bowl.
- Microwave on HIGH 3 to 4 minutes or until thoroughly heated, stirring every 2 minutes.
- Makes 2 cups.

*Prep Time: 5 minutes*

*Cooking Time: 4 minutes*

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## Timeless Trivia Answers

*Thanks for playing! I leave you with this question; What song do YOU think describes 2020?  
(email your answers to us at Elmwood Hall)*

- 1.) **d** Alabama; followed by Louisiana & Arkansas in 1839.
- 2.) **b** KETCHUP; from the Chinese word "Ketsiap", the name of a sauce derived from fermented fish.
- 3.) **a** TRIGGER; born in 1934, this Golden Palomino was first seen as Olivia DeHaviland's horse in "The Adventures of Robin Hood." Roy Rogers saw him in that movie and bought him in 1938.
- 4.) **c** ( there are 8 other reindeers that Rudolph is leading...Dasher, Dancer, Prancer, Vixen, Comet, Cupid, Donner and Blitzen. That makes 9 reindeers X four hooves each = 36 hooves.)
- 5.) **b** ALEC BALDWIN; since 1990, he has hosted the show 17 times! The other stars mentioned have hosted at least 12 times.
- 6.) **b**
- 7.) **c**
- 8.) **a** When actor Richard S. Castellano-as "Capo" Peter Clemenza wacked a stool pigeon in the Meadowlands, he told his henchman to leave the gun, but then, he ad-libbed " take the cannoli".
- 9.) **d** First of all, the very OPPORTUNITY to shoot that often is a mark of dominance. As the old saying goes, " You miss 100 % of the shots you don't take." With 14,481 missed shots...KOBE BRYANT.
- 10.) **a** According to SCOTLAND.org , this traditional song for New Year's Eve roughly translates into..."FOR OLD TIMES SAKE". It's all about remembering old friendships and looking back over the events of the year.

# 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](http://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 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/](http://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](http://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](http://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.