



The Elmwood Extra

Read All About It!

February - March 2021

A Publication of the Department of Elderly Services



Elmwood Hall

The club for people age 60 and up

What's Inside:

COVID19 Program Information
Zoom and Grab and Go Activities and Events
Timeless Trivia with Kevin Burland
Tasty Recipe from Joyce Kuhn
Frequently Asked for Resources During COVID19

City of Danbury
Department of Elderly Services
Joseph M. Cavo, 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 • Tel. 203-797-4686

Message from the Director of Elderly Services

Susan M. Tomanio, LCSW



We would like to offer our congratulations to new Mayor, Joseph M. Cavo. Mayor Cavo was the City Council President and has served on the City Council for many years before stepping into his new role. We look forward to having him at the Senior Center to meet all of you when it is safe to open our doors.

As we move into February and March we feel a sense of hope, as vaccines begin to be rolled out to seniors. For the most recent information, please check the State of CT's website at www.portal.ct.gov, as well as the City of Danbury's website, www.danbury-ct.gov. If you don't have access to a computer, please call and we will give you the most up-to-date information.

Due to the COVID19 rate in Danbury, we will not be able to run the AARP tax program. We encourage you to find other resources for assistance. If and when we find other alternative resources we will let you know.

We are offering some new programs over Zoom and in Grab and Go form. While these are not the events we are all used to, we hope you find them fun and engaging. No date has been set to reopen Elmwood Hall - Danbury Senior Center. We are looking forward with hope to the day when we can begin outdoor programming and, eventually, welcome you back to the Senior Center. Please call us anytime with questions or if you are looking for information. Stay safe and take care of yourself and each other.

COVID19 Program Information

Elmwood Hall - Danbury Senior Center remains closed, but staff continue 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.

Resource and Referral / Case Management Over the Phone – Staff is available 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.

Tax Return Assistance At this time, the AARP Tax Program will NOT be operating at the Senior Center. We hope to be able to provide you with alternative resources should they become available. We will post this information on our website and our facebook page. If you lack access to a computer, please give us a call.



Rent Rebate Over the Phone -

The State of CT Rent Rebate program for 2020 will begin on April 1 and end on October 1. Applications will NOT be mailed. All communication will be handled via telephone, email, and text. Michelle McNamara is the contact for this program and her direct line is 203-731-9903 or via email at m.mcnamara@danbury-ct.gov



"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, Give us a call at the senior center.



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. A review of other DSS benefits is also provided.

The Medicare Savings Program, offered by the State of Connecticut, helps seniors pay for the monthly Part B Medicare premium and may reduce the costs of medications and the monthly premium for Medicare Part D. This is a state income program and is not based on assets. An application can be completed over the phone. Contact Joyce Kuhn at 203-797-4686.

All Zoom/Virtual Programs



Movers and Shapers class with Coleen, Mondays at 11:00am beginning on Monday, February 1.

A low impact aerobic fitness class that is great for cardiovascular health. Strength training and abdominal work are added to this class for a total body workout. A chair and weights are needed. Please email **Susan** by **January 27**.

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. Strength training helps you maintain your muscle tissue.



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

Advantages of Chair Yoga: Increase circulation, aids heart and lung functions, improves mental clarity, and reduces aches and pains.



Line Dance Practice with Kevin and Susan on Thursdays, starting at 10.00am.

We take it back to basics by reviewing and dancing some of the early favorites.



Basic Drawing Skills with Adele Moros, on Monday, February 22 at 10:00am.

Join Adele online in the comfort of your home as she provides basic drawing skills to help you creatively express yourself. For beginner to intermediate artists. A pencil or any other drawing medium and paper is all that is needed for the class. Please email **Susan** by Wednesday, **February 17**.



Around the House Virtual Scavenger Hunt with Michelle on Tuesday, February 23, at 11:00am.

A virtual scavenger hunt is an online experience based on the traditional game that challenges players to find specified items or solve puzzles before the allotted time runs out. These remote games are designed to get you up and moving around (even if it is just in your own living space). Join Michelle for some good old fashioned fun! Please email **Susan** by Thursday, **February 18**.



Timeless Trivia with Kevin and Michelle on Monday, March 1 at 11am.

Take time out from a manic Monday and have fun with Timeless Trivia. We have changed the way we play so that we can still have fun from a distance and over Zoom. Test your knowledge, enjoy and laugh and share the late morning with Kevin and Michelle. Please email **Susan** by Wednesday, **February 24**.



Shake, Shamrock and Roll! Sweat in your Sweats Virtual Dance Party on Friday, March 12 at 1:00 pm.

Join DJ Kevin Burland as he creates his own March Madness by taking a stroll through the music and dances of yesterday. Let's find out if the Hokey Pokey is REALLY what it's all about! Please email **Susan** by Friday, **March 5**.

AARP CT 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.

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

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. 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.

How to participate in Zoom classes:

You must sign up through email at s.tomanio@danbury-ct.gov. We will then email you the Zoom invitation with the link to connect to the class.

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.

TIMELESS ? TRIVIA



With **Kevin Burland**

- 1.) In what European city can you visit "The Winter Palace"?
 - a.) St. Petersburg
 - b.) Prague
 - c.) Copenhagen
 - d.) Budapest
- 2.) How many "points" does a snowflake usually have?
 - a.) 4
 - b.) 5
 - c.) 6
 - d.) 8
- 3.) Whose profile can be seen on the front of DIMES that are currently in circulation?
 - a.) Thomas Jefferson
 - b.) Benjamin Franklin
 - c.) FDR
 - d.) George Washington
- 4.) What percentage of police officers are women?
 - a.) 4%
 - b.) 12%
 - c.) 20%
 - d.) 31%
- 5.) Herman Melville dedicated his famous novel, "MOBY DICK", to which lifelong friend and fellow accomplished author?
 - a.) Henry Wadsworth Longfellow
 - b.) Horatio Alger
 - c.) Henry David Thoreau
 - d.) Nathaniel Hawthorne
- 6.) What does a PH level measure?
 - a.) Acidity
 - b.) Clarity
 - c.) Density
 - d.) Color
- 7.) As played by Betty White, what was the last name of ROSE on "The Golden Girls"?
 - a.) Petrillo
 - b.) Deveraux
 - c.) Nylund
 - d.) Walker
- 8.) What TV host used to be an announcer for the MIAMI DOLPHINS for three seasons?
 - a.) Dr. Phil
 - b.) Arsenio Hall
 - c.) Phil Donahue
 - d.) Larry King
- 9.) Running 8 minutes & 37 seconds in length, what was the LONGEST single ever to reach the #1 spot on the Billboard Hot 100 Chart?
 - a.) American Pie
 - b.) Hey Jude
 - c.) MacArthur Park
 - d.) Paradise by the Dashboard Light
- 10.) Who was the only unmarried President?
 - a.) Zachary Taylor
 - b.) Millard Fillmore
 - c.) Franklin Pierce
 - d.) James Buchanan

Grab & Go and Delivery Events

We ask you to please wear a mask and stay in your car for this safe and socially distanced event. Senior Center Staff will be handing out the bags outside in front of the senior center. Delivery available to Danbury residents without transportation.



Valentine's Breakfast, Tuesday, February 9 from 9:00 am to 10:00am.

Senior Center Staff members will be giving out small breakfast bags consisting of a muffin and croissant, a packet of hot chocolate, a stick of coffee, a bag of tea, along with a sweet surprise. A raffle ticket will be attached to each bag that will enter you into a drawing for a \$20 Dunkin' Donuts gift card. Please call 203-797-4686 to RSVP by 11:00am on Thursday, **February 4**. Snow date on Thursday, February 11.



Crafting at Home with Zentangles! Thursday, February 18 from 9:00 am to 10:00 am.

Candlewood Valley Health and Rehabilitation Center is sponsoring this craft. An easy-to-learn, relaxing, and fun way to create beautiful images by drawing structured patterns. The craft kit contains all materials and supplies. Please call 203-797-4686 to RSVP by Thursday, **February 11**. The snow date will be Friday, February 19.



Painting at Home with Watercolors! Thursday, March 4 from 9:00 am to 10:00 am.

Candlewood Valley Health and Rehabilitation Center is sponsoring and supplying all materials for this craft. Please call 203-797-4686 to RSVP by Thursday, **February 25**. The snow date will be Friday, March 5.



St. Patty's Day Surprise! Tuesday, March 16 from 9:00am. to 10:00am.

Wear green and drive on through, as we have put together a special treat bag for you! **Please call 203-797-4686 to RSVP by Wednesday, March 10**. Snow date March 17.

One-on-One Tech Support Over the Phone

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 about what these programs are that everyone is talking about? The Elmwood Hall Senior Center and the Danbury Library would like to help.

Please give us a call at the center. We will connect you with one of the technology experts at the Danbury Library. Soon you will be Zooming and FaceTiming with everyone!





Joyce Kuhn

Slow Cook Hamburger Casserole

Ingredients

- 2 large Russet or Yukon Gold potatoes, sliced.
- 2-3 medium carrots, sliced.
- 1-2 can of peas, drained.
- 3 medium onions, sliced.
- 2 stalks celery, chopped.
- 1.5 pound ground turkey or lean ground beef.
- 1 - 10 oz. can tomato soup.
- 1 - 10 oz. can water. (use soup can to measure).

Directions

- Place layers of vegetables in order given into a large casserole dish.
- Season each layer with salt & pepper.
- Lightly brown the meat and place on top of celery.
- Mix tomato soup and water together and pour over meat.
- Cover the casserole and bake 3-4 hours at 300 degrees.

Timeless Trivia Answers

- 1.) a St. Petersburg
- 2.) b 6
- 3.) c FDR
- 4.) a According to the Bureau of Justice statistics, 12%
- 5.) d Nathaniel Hawthorne, for convincing Melville to rewrite the book after his first draft and change it's tone to focus more on the human side of the tale.
- 6.) a Acidity
- 7.) c Nylund
- 8.) d Larry King
- 9.) a American Pie by Don McLean (1 month at number one in 1972)
- 10.) d James Buchanan, our 15th President from 1857-1861

Frequently Asked for Resources During COVID19

Vaccines:

For the latest information on vaccine rollout, please refer to City of Danbury's website, www.Danbury-ct.gov or the State of Connecticut's website www.portal.ct.gov. If you lack access to a computer, please give us a call at the senior center for information.

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 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: 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, www.agewellct.org.

"I enjoy knitting at the Senior Center"

♥ "I LOVE the Senior Center!" ♥

"I enjoy having a cup of coffee here"

"Dare I say I LOVE the Senior Center!"
(And the coffee too!) ♥

Valentine's Day, February 14, 2021

Happy Valentine's Day
From the Danbury Senior Center

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.