

The Elmwood Extra

Read All About It!

April - May 2021

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
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www.danburyseniors.org • Tel. 203-797-4686

Message from the Director of Elderly Services

Susan M. Tomanio, LCSW



Wow, it's been a long year! I hope you are all well and safe. I am thinking of you and your families each time I am at the Senior Center and no one else is there. While we still continue to provide programs to you over Zoom and through Grab and Go, it is our hope to be able to provide programs outdoors soon on the Senior Center grounds. We will work with the Mayor's office and our Department of Health to create guidelines and protocols so we can welcome you back safely when the time is right. We will certainly let you know when we begin the transition to some, limited, outdoor programming. Until then we will continue with Zoom, Virtual, and Grab and Go programs. Please know that you can call us

any time for information and assistance on taxes, vaccines, rent rebate, Medicare, Meals on Wheels and other community services. Take care, be well, and I hope to see you soon!

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.

Assistance with Getting an Appointment for COVID19 Vaccine. Give us a call if we can assist you to get an appointment for the COVID19 vaccine at the City of Danbury Department of Health Vaccine Clinic at Rogers Park Middle School.

Transportation to COVID19 Vaccine Appointment. If you live in Danbury and need a ride to your COVID19 vaccine appointment, please give us a call and we can arrange a ride with the Senior Center van.

Homebound Seniors who Need COVID19 Vaccine. Please call the Danbury Health Department at 203-797-4625. Due to overwhelming call volume, you can also call the senior center and we will make sure your name or the name of the homebound person living in Danbury gets added to the list.

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.



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.

MEDICARE SAVINGS PROGRAM SAVES YOU MONEY

WHO? The State of Connecticut's Department of Social Services.

WHAT? Can save you \$148.50 per month which is the cost of Medicare Part B currently subtracted from your monthly Social Security Benefit.

WHEN? Within 90 days of receiving your application.

WHY? Because you meet the simple criteria to qualify for the program which is income based. Assets are not taken into account.

HOW? By contacting Joyce Kuhn at 203-797-4686.



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

All Zoom/Virtual Programs



Movers and Shapers class with Coleen, Mondays at 11:00am.

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.

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.



Timeless Trivia with Kevin and Michelle on Friday, April 9 at 11am.

Test your knowledge, enjoy and laugh and share the late morning with Kevin and Michelle.

Please email **Susan** by Monday, **April 5.**

Understanding the Impressionists: Art Appreciation 101 with Adele Moros on Tuesdays, April 6 and April 13 at 10:00am.

Spontaneity, capturing a moment with color, outdoor settings, these are the things we think of when we picture the work of Monet, Renoir and the Impressionists. These two interactive sessions will focus on understanding the Impressionists as an introduction to today's painting.

Please email **Susan** by Thursday, **April 1.**

In Amazement: Amanda Gorman & THAT Inauguration Poem A Virtual Two-Part Series by Barb Jennes on Tuesdays, April 20 and April 27 at 1:00pm.

How does a 22-year old woman, raised by a single mother in Watts and who struggled to overcome a serious speech impediment end up on center stage

at President Joe Biden's Inauguration? With POETRY – a genre embraced for its ability to heal. Join Ridgefield Poet Laureate Barb Jennes for a two-part presentation in which we'll look closely at Ms. Gorman's breathtaking inauguration poem, "The Hill We Climb," as well as at two of her other stunning spoken-word pieces. We'll watch clips from interviews with the U.S. Youth Poet Laureate in which she discusses the hills she's climbed in her rise to fame. Please join us as we celebrate this remarkable young poet and her amazing poetic gift. Please email **Susan** by Friday, **April 16.**

Water, Water Everywhere! On Friday, April 30 at 1:00pm.

A fun and engaging presentation about the oceans and rivers in CT including Sea Shanties performed by Tom Callinan, a multi-faceted performing artist designated Connecticut's first "Official State Troubadour" in 1991. *Be on the lookout for an email from us that includes a link to sign up for this program.* This is a statewide virtual Senior Center program brought to you by the CT Healthy Living Collective, The CT Association of Senior Center Personnel, and AARP CT.

Celebrate Cinco De Mayo with Virtual BINGO on Wednesday, May 5 at 12 noon.

Join us as we move one of our most popular events at Elmwood Hall from the Candlewood Room to Zoom! Please email **Susan** by Friday, **April 30.** To celebrate Cinco de Mayo, any bingo participant who is snacking on chips and salsa during the bingo event, will have their name entered to win a chance for a \$20 gift card to Chipotle.

Celebrating Older Americans Month on Friday, May 21 at 1:00pm.

We will celebrate the strength of older adults and the Aging Network, with special emphasis on the power of connection and engagement in building strong communities. Brought to you by the CT Healthy Living Collective, The CT Association of Senior Center Personnel, and AARP CT. *Be on the lookout for an email from us that includes a link to sign up 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. 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.

TIMELESS ? TRIVIA



With **Kevin Burland**

- 1.) Who is the First actor to be nominated posthumously for a "Best Actor" academy award?
 - a.) Spencer Tracy
 - b.) Peter Finch
 - c.) James Dean
 - d.) Montgomery Clift
- 2.) Who is the First President not to wear a top hat at their inauguration?
 - a.) John F. Kennedy
 - b.) Lyndon Johnson
 - c.) Richard Nixon
 - d.) Jimmy Carter
- 3.) Who had the band that shared it's name with the FIRST film to win an Oscar for "Best Picture"?
 - a.) Prince
 - b.) Paul McCartney
 - c.) Freddie Mercury
 - d.) James Brown
- 4.) Who was the YOUNGEST baseball player to be inducted into the MLB Hall of Fame?
 - a.) Sandy Koufax
 - b.) Lou Gehrig
 - c.) Roberto Clemente
 - d.) Joe DiMaggio
- 5.) The MAJORITY of the Patagonian Desert lies in what South American country?
 - a.) Brazil
 - b.) Peru
 - c.) Chile
 - d.) Argentina
- 6.) In what state were the first shots of the American Civil War fired?
 - a.) North Carolina
 - b.) South Carolina
 - c.) Virginia
 - d.) Pennsylvania
- 7.) With just over 17,000 words, what is Shakespeare's shortest tragedy?
 - a.) King Lear
 - b.) Romeo & Juliet
 - c.) Macbeth
 - d.) Hamlet
- 8.) A dog's sweat glands are located where?
 - a.) The tongue
 - b.) The stomach
 - c.) The nose
 - d.) The paws
- 9.) Who said... "laughter is timeless, imagination has no age, and dreams are forever?"
 - a.) Walt Disney
 - b.) Fred Rogers
 - c.) Pee wee Herman
 - d.) Dr. Seuss
- 10.) On the TV show, "FRASIER", Niles was in love with his Father's live-in aid, Daphne. Who was he married to?
 - a.) Mavis
 - b.) Roz
 - c.) Maris
 - d.) Marianne

Grab & Go and Delivery Events

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

Spring Into Self-Care Grab and Go on Tuesday, May 11 at 9am.

Spring is a time for renewal and rejuvenation. Let us help you get started by offering a Spring into Selfcare Grab and Go. Stop by Elmwood Hall to receive a gift bag of lotion, toothpaste, sparkling water, tissues, etc so you can start the season knowing you have put yourself first - and that's ok! Please call to sign up by Wednesday, May 5. Sponsored in part by Synergy Home Care and a grant from the State of CT.



“Drink Up Buttercup” Grab and Go Before the Show, Tuesday, June 15 at 9:00am and Zoom “Rethink Your Drink” Seminar June 15 at 1:00pm.

Hydration can be boring, but not with Heather! Join Heather Peracchio, MS, RDN, CD-N, for our Seniors Eating Well series for a “Rethink Your Drink” program. This program includes tips for choosing nutrient-rich beverages and staying hydrated throughout the summer. Grab and go before the show includes the ingredients to make a Tropical Fizz drink!

Stop by Elmwood Hall - Danbury Senior Center that morning between 9:00am and 10:00am for a **Grab and Go Before the Show** that will include ingredients to make the Tropical Fizz drink and a reusable straw! Delivery to Danbury residents without transportation available. Sign up for both these programs by emailing **Susan** at s.tomanio@danbury-ct.gov by **Wednesday, June 8th.**

Farmers Market Box Program and Farmers Market Coin Program.

Last summer, due to COVID19, our Farmers' Market on the Move, was transformed into the Farmers' Market Box and/or Coin Program. Participants either came to the Senior Center parking lot and picked up a box of vegetables valued at \$10 or for those participants who were comfortable shopping at the Farmers' Market, they received a \$10 coin to pick their own produce while there.

We are trying to gauge interest for the program this year and ask you to please call the senior center or email **Michelle** at m.mcnamera@danbury-ct.gov to let her know your interest: Farmers Market Box Grab and Go or shopping at the Farmers' Market.

Thank you in advance for your input as we put together this program in an ever-changing environment due to the pandemic.

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.

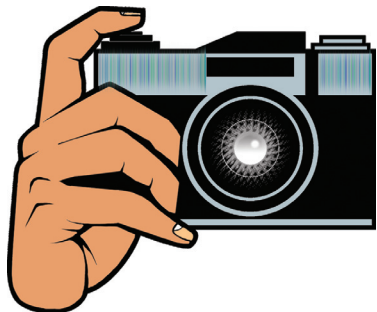
Please give us a call at the center. We will connect you with one of the technology experts at the Danbury Library. Soon you will be Zooming and FaceTiming with everyone!



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.



Spring into Spring Photo Contest starting on May 3 - May 14

Get out of your home and enjoy Spring! Take a photo of nature, a tree, flower, field, bird, anything that says Spring as long as it is taken outside. Contestants will have from Monday, May 3 - Friday, May 14 to take and submit their photo. One photo per person. Email photos to **Susan**. Our special panel of judges, Mayor Joe Cavo, Police Chief Patrick Ridenhour, and Fire Chief Kevin Ford will choose 1st, 2nd and 3rd place winners. Then join us on Zoom on Wednesday, May 26 at 1:00pm when we view all the photos and announce the winners. You too can vote for your favorite on May 26 and that photo will receive an Honorable Mention. All four winners will have their photos made into a beautiful 8x10 plaque then can display in their home. Sign up by emailing **Susan** at s.tomanio@danbury-ct.gov Friday, **April 30**.



Joyce Kuhn Easy Bake Chicken

Ingredients

- 1- can cream of chicken soup
- 1- can cream of celery soup
- 1- package dry onion soup mix
- 1- soup can white wine
- 1- cup regular white rice
- 4- boneless chicken breasts

How to: Mix all of the ingredients except chicken in a two quart casserole dish. Refrigerate casserole dish for 1 hour. Add chicken. Bake at 350 degrees for 1 hour and 15 minutes.

Serves 4 to 6

Timeless Trivia Answers

- 1.) **c** James Dean. (Nominated posthumously TWICE for "East of Eden & "Giant)."
- 2.) **b** Lyndon Johnson. (Starting in 1853 with Franklin Pierce, every president wore a top hat).
- 3.) **b** The first film to win... "Wings" in 1929, the same group to be led by Paul McCartney.
- 4.) **a** Sandy Koufax. (At the age of 36 years and 20 days in 1972).
- 5.) **d** The Patagonian Desert is 258,688 sq. miles in size... primarily in Argentina.
- 6.) **b** First shots were fired on April 12, 1861, against the northern-held garrison of Fort Sumter in Charleston Harbor, South Carolina.
- 7.) **c** Macbeth
- 8.) **d** (They are located in a dog's paw pads).
- 9.) **a** Walt Disney
- 10.) **c** Maris

Frequently Asked for Resources During COVID19

Income Tax Preparation - TAXES NOW DUE ON MAY 17, 2021

The Senior Center remains closed, therefore we are not offering AARP Tax Assistance. Income taxes can be filed at the AARP Tax Foundation website, www.aarp.org/money/taxes/aarp_taxaide/. VITA, Volunteer Income Tax Assistance, continues to assist individuals with tax preparation. They can assist you online at <https://danbury-vita.org/> They can be reached at (203) 826-9517. Or, call the Community Action Agency of Western CT at 203-744-4700 where VITA can help you in-person. Another online resource includes the IRS. They offer free online filing for those under a certain income. www.irs.gov

Vaccines

For the latest information on vaccine rollout, please refer to the 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.com. 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.

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. 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.

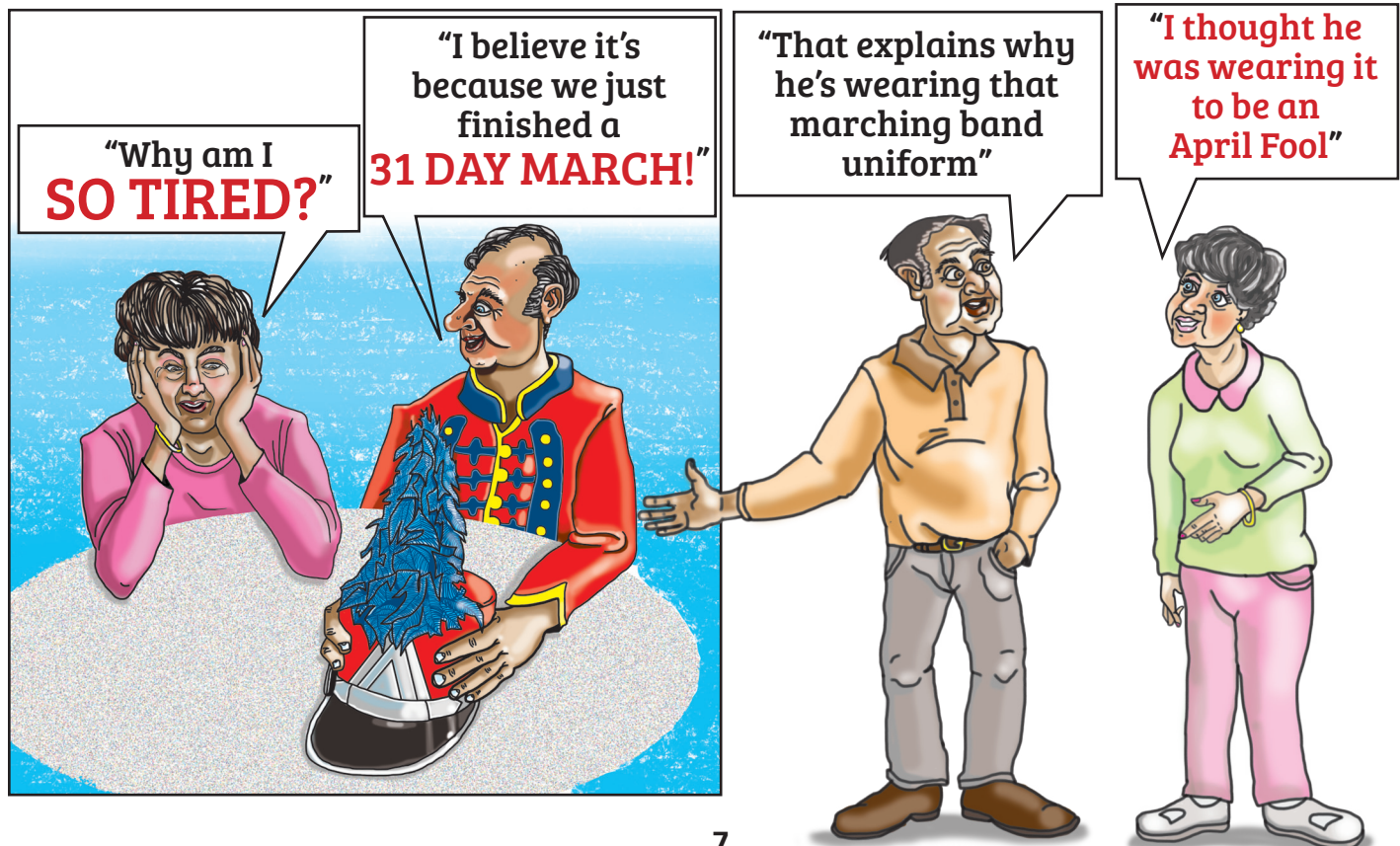
Transportation

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.

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



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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.