



The Elmwood Extra

Read All About It!

October- November 2021

A Publication of the Department of Elderly Services



Elmwood Hall

The club for people age 60 and up

What's Inside:
Reopening Information
Events and Activities
Benefits and Support Programs

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



It was our hope that we would be fully open and welcoming you all back by now, but unfortunately that is not the case. We are open for limited in person programs, for Zoom programs, and for appointments for services and referrals. Due to the continued pandemic, we are unable to return to normal programming. We miss seeing so many of you and look forward to when we are able to move forward into a new normal. Masks continue to be required to attend all programs as well as social distancing.

Elmwood Hall will be closed on Monday, October 11 for Columbus Day and Thursday, November 11 for Veterans Day.

Senior Center Reopening Information

The Senior Center resumed activities with a “gradual reopening” on Wednesday May 19, 2021. We are excited to welcome people back into the building and we will be reopening slowly, with caution. Safety, for our members and our staff, will remain our highest priority. We will use CDC recommendations, the State of Connecticut’s Best Practices to Reopen Senior Centers Guide, and direction from the City of Danbury’s Health and Human Services Department. Although it won’t be the same Senior Center you left on March 16, 2020, we are excited to offer opportunities for people to see each other and have fun.

FREQUENTLY ASKED QUESTIONS:

Can I just stop by the Senior Center any time I want?

Unfortunately, no. Individuals must make an advance reservation to attend a program or receive a service at the Senior Center. For instance, if you want to speak with Joyce Kuhn about Medicare, you would call the Senior Center and make an appointment. If you want to attend any class or exercise or wellness program you must call in advance to “reserve your spot”. Each activity will have maximum attendance limits due to social distancing, the size of the room and the activity.

Do I have to wear a mask?

MASKS: MASKS ARE MANDATORY while participating in an indoor activity or indoor appointment. If you are unable to wear a mask, please call Susan Tomanio at the Senior Center to see if alternative arrangements can be made for you to participate in programs or services virtually. Masks must be worn covering the nose and the mouth completely.

What about Social Distancing and Contact Tracing?

Social Distancing: Everyone is required to maintain a 6-foot social distance while in the Senior Center building.

Contact Tracing: Before participating in any activity or meeting with staff, you must stop at the reception desk and provide your name, address, and phone number for contact tracing in the event someone tests positive for COVID-19.

Do I have to wash or sanitize my hands?

Hand Sanitizer/Hand Washing: Hand sanitizer will be available at the entrance of the building, near the restrooms, and in the Sugar Hollow Cafe room. The use of hand sanitizer upon entering the building is mandated.

Senior Center Reopening Information

How do I get into the Senior Center for a program or appointment?

Entrance/Exit: The sliding front door will serve as the point of entry into the building. All other doors will be locked. You may exit the building out of any of the glass, side doors.

Then what do I do?

Check-In:

Upon arrival at the Senior Center, all visitors are required to “check-in” with a staff member. Persons will be required to fill out a renewal of membership form so we have the most up to date information. You will also need to use your “Key Tag” as you have done in the past. This will provide the information we need to contact you if necessary. Please arrive early so you have time to check in.

Class Fees:

The class fee is \$2 per class and will be collected at the front desk. Please allow extra time before class to take care of these requirements. Masks are required during check-in while you are in the building. Those participating in activities over Zoom are asked to send the class fee by check to the Elmwood Hall Senior Center, 10 Elmwood Place, Danbury, CT 06810. Make checks payable to Danbury Senior Center.

Will the bathrooms be available?

Bathrooms: The bathrooms will be available for use. We ask that one person use the bathroom at a time. Bathrooms will be sanitized during the day. Masks are required for use of the bathroom.

Can I meet friends for coffee and a visit?

Visiting: People will not be allowed to drop-in and “visit” at this time. Hopefully in the near future, we will establish socially distance outdoor “visiting” times by reservation. Over time we will hope to establish indoor “visiting” times.

Inclement Weather Policy

As we move toward Winter please be reminded of our inclement weather policy. If the Danbury Schools are closed due to inclement weather, so are we. If Danbury schools are delayed, we are open for pre-registered activities and appointments. Please note that when schools are delayed, our Senior Center Van will NOT run. If you have questions about whether or not classes are still running, please call ahead. Closings are announced on WLAD radio 800 AM, Channel 3 and Channel 8 TV, as well as on our answering machine and Facebook page.



The Knit and Crochet Club has been busy making hats, scarves and stuffed animals for St. Peter's Early Learning Center. Pictured is Dottie with her beautiful work!



Walking Club!! Mondays at 9am. Join us! Conversation, Calorie Burning, and Beautiful Scenery!

Events and Activities

All classes are inside the building. Masks and social distancing are required. Space is limited due to social distancing. Please call each week to sign up for class.

If you do not sign up in advance, we can not guarantee you a spot in the class. Membership at the Senior Center is required. Membership is FREE!

MONDAY

MOVERS AND SHAPERS *With Coleen*

11:15am (In Person and Zoom); Class Fee: \$2.00

A combination of low impact aerobics, strength training and stretching.

WALKING CLUB *With Michelle and Paul*

9:00am; Free

Walking is the easiest and safest exercise. Lace up your sneakers and join in! The route will include a trip to Rogers Park and back to the Senior Center. All walkers are encouraged to keep their own pace. Please call the senior center to sign up! Please be advised that this is a weather permitting club!

TUESDAY

CHAIR YOGA *With Beverly*

10:00am (In Person and Zoom); Class Fee: \$2.00

Focusing on relaxation, breathing and gentle postures. Yoga for older adults can ease suffering caused by many ailments including arthritis, chronic pain, and heart disease.

MULTIMEDIA ART *With Adele*

10:00am-12:00 noon (In Person and Zoom); Class Fee: \$2.00

A mixed media class taught with work varying from miniatures to murals, portraits, still life and landscapes. Beginner to advanced artists are welcome.

TAI CHI *With Susan*

1:00pm (In Person and Zoom); Class Fee: \$2.00

This class is proven to help reduce stress and improve concentration, balance, strength and flexibility.

WEDNESDAY

STRENGTH TRAINING *With Coleen*

11:15am (In Person and Zoom); Class Fee: \$2.00

This class helps you stay strong and maintain your muscles.



Beverly



Coleen



THURSDAY

LINE DANCING *With Jill*

1:00pm (In Person, NO Zoom); Class Fee: \$2.00

Line dancing is a great way to exercise, improve your coordination, share a laugh with friends and have fun.

HAT CITY WOOD CARVERS, FREE

Beginning August 5th • 1:00pm – 3:00pm

All woodcarvers - beginners to masters welcomed. Members work on their own projects. Each person will have their own table for social distancing. Masks are required.

KNIT & CROCHET, FREE

10:00am – 12 noon

Share patterns, yarn, and conversation. Each person will have their own table for social distancing. Masks are required. You must sign up each week to reserve a spot.

FRIDAY

ZUMBA GOLD *With Coleen*

10:00am (In Person, NO Zoom); Class Fee: \$2.00

Builds cardiovascular health by challenging the heart and working the muscles of the hips, legs and arms with dance moves.

Masks must be worn at all times



B-I-N-G-O is BACK!

Friday, October 29 (Halloween Theme, costumes encouraged)

Sponsored by Synergy Home Care at 1:00pm

and Friday, November 19 at 1:00pm



**Join us as we welcome back one of
Elmwood Hall's most popular events.
Seating is limited.**

**You must call 203-797-4686
to reserve your spot.**

The cost to play is \$3.00



Benefits and Support Programs • 203-797-4686

Municipal Agent for the Elderly/Senior Support Services

We are available for appointments at the Elmwood Hall Senior Center or via phone or email.

Information and referrals available to Danbury residents, Caregivers, Family Members, and the Greater Community.

*Information and Referrals • Medicare
Medicare Prescription Drug Plans • Elderly Nutrition
(Congregate Meals/Meals on Wheels/SNAP/Farm Market Vouchers)
Home Care Options • MediGap Supplemental Plans • Rent Rebate • Tax Relief
Medicare Advantage Plans • Medicare Savings Program • Housing Options
Medical Alert • Transportation*



CHOICES PROGRAM (Connecticut's program for Health Insurance Assistance, Outreach, Information and Referrals, 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 Open Enrollment begins on October 15, 2021 and runs through December 7, 2021. This is an opportunity to review and change your Medicare D Plan (prescription drugs) 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.

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 PROGRAM

The State of CT Rent Rebate program for 2020 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.

Senior Center still offering Grab & Go Lunches

Two lunches can be picked up on Mondays and again on Wednesdays at 9:30am. The cost per lunch is a \$3 donation. Please call the Senior Center to sign up for this program. Open to Danbury residents only.

State Of CT Farmers Market Nutrition Program –

The Farmers Market Checks (Vouchers) are now available to persons 60 years of age or older who qualify for the program. To qualify your income cannot exceed the following limits: \$1,986 monthly for an individual family; \$2,686 for a family of two. You must be a Danbury resident. Vouchers are valued at \$42 and will be doubled at the Danbury Farmers' Market. One per person.

Residents of the following senior housing buildings, please see your property manager or resident services coordinator as Vouchers will be distributed to you by your building.

Crosby Manor, Glen Apartments, Danbury Towers, Ives Manor, Putnam Towers, Laurel Gardens, Eden Drive, Mill Ridge Area, Fairfield Ridge. Proof of ID required.

Please stop by the Danbury Senior Center, 10 Elmwood Place, anytime between 9:00 – 4:00 to pick up vouchers.

The vouchers may be used at the Danbury Farmers Market. It is located in the parking lot of the Danbury Railroad Museum, 120 White Street. The market is open on Fridays from 10 AM until 2 PM until October 29.

Special Events

It's Fall Y'All Grab and Go, Wednesday, October 13 at 10:00am

Come by the Senior Center for an "all things Fall" bag of goodies, including tea, chocolate, cookies and more. Please call the Senior Center to sign up. Delivery available to Danbury residents who lack transportation. This event is sponsored in part by Synergy Home Care and Bethel Health Care.

Medicare Basics - In Person, Thursday, October 14 at 3:00pm

Danbury Library and the Danbury Senior Center are co-hosting this program. This program will be held at the Danbury Senior Center located at 10 Elmwood Place, Danbury.

Are you new to Medicare? Will you turn 65 soon or in the next year or two? Please join us to learn about how and when to enroll, when you can make changes, and the different types of insurance options available to you. WCAAA (The Western Connecticut Area Agency on Aging) provides this Medicare Basics Bootcamp which

outlines Parts A, B, C, and D and the Medicare Saving Program in very easy terms. Carlyn, the presenter from WCAAA, will demonstrate the use of the Medicare.gov PlanFinder Tool for plan comparisons. She will help you discover the resources available for you to choose the best plan for you.

To register go to the Library's website <https://danburylibrary.org/> or call at 203-797-4505.

Fall Prevention, Wednesday, October 27 at 10:00.

This is a virtual program.

Learn practical strategies on preventing and / or reducing falls. This talk focuses on key components of fall prevention - physical activity, behavior, and environmental modifications that will help reduce the risk of falls. Presented by Maria Tumang, Injury Prevention Coordinator at Danbury Hospital/Nuvance Health. Please email Susan to RSVP by Friday, October 22, to receive the MS Teams link.

Brain Games, Wednesday, November 10 at 1:00pm

There are many ways we can improve brain health...eating the right foods, getting enough sleep, exercising our bodies and exercising our brains! Brain Games is an enjoyable and effective way to improve brain health! Come in to play a variety of trivia games that will engage long term memory, working memory and more! Provided by: Danielle Ramos CDP, Bethel Health & Rehab Center. Seating is limited. Please call the Senior Center to reserve your spot.



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*

Pam Makin - *Van Driver*



Continued thanks to volunteer **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.