

# THE ELMWOOD EXTRA

Read All About It!

August / September 2022

A Publication of the Department of Elderly Services



## Elmwood Hall

*The club for people age 60 and up.*

White House Memories with Author Alan DeValerio: Lecture and Book Signing

Silk Scarf Painting

AAA Drivers Course

National Park Armchair Travel and Crafting Event:

The Grand Canyon and Yellowstone National Park

Mimi's Cupcake Decorating Class

Medicare Fraud Prevention

Lunch and Learn: Options for Aging in the Place of Your Choice

Flu Shot Clinic

## City of Danbury

Department of Elderly Services

Dean Esposito, Mayor

Susan M. Tomanio, LCSW, Director of Elderly Services

Michelle McNamara, Municipal Agent/Program Coordinator

Joyce Kuhn, Activities/Resource & Referral

10 Elmwood Place, Danbury, CT 06810

[www.danburyseniors.org](http://www.danburyseniors.org)

Tel. 203-797-4686

HOURS OF OPERATION: MONDAY — FRIDAY 8:30 - 4:30

## MESSAGE FROM THE DIRECTOR OF ELDERLY SERVICES

Susan M. Tomanio, MSW, LCSW



Late summer greets us with a variety of new programs. Enjoy a lecture and book signing from a former White House butler. Try out your decorating and piping skills with Mimi from Mimi's Cupcakes. Learn more about Aging in Place with our lunch and learn "Aging in the Place of Your Choice." Travel to a few National Parks with our armchair travel series. Create a silk scarf. Refresh your driving skills and get a discount on your car insurance with our AAA Drivers' Class. Or come down to enjoy a light breakfast or have lunch. Drop by anytime with questions about Medicare and insurance. We are always happy to see you!

**Elmwood Hall will be CLOSED on Monday, September 5**

**Sometimes the end of our road, Elmwood Place, floods when there is heavy rain. If that is the case, there is a way into the Senior Center parking lot that can be accessed by turning into the driveway between Padaminas NY Bakery II and The Siegel Insurance Company. Drive to the back and look for the orange cones.**

**All programs are subject to change due to the pandemic. Thank you for your patience.**

## August / September Highlights

**Seniors Eating Well** on Wednesday, August 10, September 14, and October 12. Start time is 1:30pm. Heather Peracchio, MS, RDN, CD-N will lead this popular pre-pandemic program. It is a nutrition seminar designed to help those age 60 plus incorporate more fruits, vegetables, and exercise into their lives. She will also talk about our local Farmers' Market. For each monthly seminar completed, a \$20 gift certificate will be provided to shop at the Danbury Farmers' Market or at the Farm Market on the Move located at the Danbury Senior Center, which takes place on the same day as the nutrition seminars. **Sign up is required.**

**Farm Market On the Move at Elmwood Hall** on Wednesday, August 10, September 14, and October 12 from 12:30pm to 3:30pm. Clatter Valley Farm of New Milford will bring their fresh vegetables and produce. Cash, credit cards, SNAP cards, "Seniors Eating Well" gift certificates and state department

of agriculture checks will be accepted. End Hunger CT will be available to sign up seniors who qualify for SNAP. The Danbury Farmers' Market will double the amount of SNAP benefits so it's worth seeing if you qualify.

**White House Memories with Author Alan DeValerio: Lecture and Book Signing** Thursday, August 11 at 10am. Alan DeValerio was employed as a contract butler at the White House from 1980 to 1989. His position afforded him a unique glimpse into life at 1600 Pennsylvania Avenue under Presidents Jimmy Carter, Ronald Reagan, and George H. W. Bush. He was inspired to become a White House butler after he read the 1973 book, *Upstairs at the White House: My Life with the First Ladies* by J.B. West, who was the Chief Usher at the White House from 1957 to 1969. Mr. DeValerio is the author of *A History of Entertainment in the Modern White House*. **Sign up required.**

**Corn Hole Tournament** on Friday, August 26 and Friday, September 23, both at 1pm. Corn Hole is a game where two wooden boards with a hole are positioned out 20 feet apart. There are two people standing at each board and they take turns tossing the bean bags back and forth. It's an overall great game that is certain to provide a lot of fun. All welcome. **Sign up required.**

**Silk Scarf Painting** on Wednesday, August 24 at 1pm. Silk painting is an ancient technique that first originated in India and Eastern Asia in the second century CE. This is an easy, beginner friendly craft that anyone can do. Sponsored by Bethel Health Care. **Sign up required.**

**AAA Defensive Driver Course** on Thursday, August 25 and again on Thursday, September 29 from 9am to 1pm. Stay safe on the road with this free course that may qualify you for an auto insurance discount upon completion. **Sign up required.**

**National Park Armchair Travel and Crafting Events** on Tuesday, August 30 at 1pm (The Grand Canyon and create a painting) and Wednesday, September 28 at 10am (Yellowstone National Park and create a mandala). Sponsored by Candlewood Valley Health and Rehab. **Please sign up for each event separately.**

**Mimi's Cake Decorating School is coming to Elmwood Hall!** on Thursday, September 1 at 1pm. Participants will learn how to make piping bags, color icing and basic decorating techniques to decorate beautiful fall themed cupcakes. Class is limited to 12 participants. Each participant will go home with 12 cupcakes. **You must sign up. The fee for this class is \$5.**

**Medicare Fraud Prevention** on Tuesday, Septem-

ber 6 at 1pm. This presentation, offered by our State of CT partner, the Western CT Area Aging's Senior Medicare Patrol teaches about Medicare basics, fraud, abuse, and scam prevention. The mission of the Senior Medicare Patrol (SMP) program is to empower and assist Medicare beneficiaries, their families, and caregivers to prevent, detect, and report health care fraud, errors, and abuse through outreach, counseling and education. **Please sign up.**

**YMCA's Diabetes Prevention Program Virtual Informational Session** on Tuesday, September 13 at 11am. Pre-diabetes is a reversible condition that, when ignored, often leads to Type II diabetes. A trained lifestyle coach will introduce topics to encourage participants as they explore how healthy eating, physical activity and behavior changes can benefit their health. Funded by the City of Danbury's Health Department.

Email Susan at [s.tomanio@danbury-ct.gov](mailto:s.tomanio@danbury-ct.gov) to sign up and receive the Zoom link.

**Lunch and Learn with Synergy Home Care and Friends: Options for Aging in Place (including housing options)** on Thursday, September 15 at 12 noon. Guest panel will include Peter Crossett from Synergy HomeCare, Stacey McIvor from Restore Mobile Therapy, Alexa Graves from Glen Hill Nursing Home and Rehab and Josh Sevell from Keystone Place in Danbury. Each panel member will give a brief description of how they help seniors. Giving the audience a clearer picture of some of the resources in the community and offering a chance to ask questions. **Please sign up.**

**Flu Shot Clinic** on Thursday, September 22 from 1pm to 3pm. This flu shot clinic is provided by the City of Danbury Health Department. No appointment necessary. Please bring your id and insurance cards.

## NEW MEMBERSHIP AND CHECK IN SYSTEM!

We have a new software for membership and check in. You will now check in with your seven digit phone number, not a scan card. You can pay as you go for classes, or put money on your account and prepay, making check in easier. We don't ask for your credit card or social security number. We will be sending you important recorded messages over the phone about special events or closings. The calls will come from phone number 475-256-5210. If you have email, you will receive emails from us as well. The email will come from

Danbury Senior Center <[Danbury@schedulesplus.com](mailto:Danbury@schedulesplus.com)>

While membership remains free, you will be asked each year to update your member information, especially your emergency contact person. We look forward to seeing you at the Center.

## **Every Day Class Offerings & Programs At Elmwood Hall**



### **HEALTH AND WELLNESS**

#### **Movers and Shapers** - Mondays at 11:15am.

Low impact aerobics, strength training and stretching. Taught by Coleen Krempel. The fee is \$2 per class.

#### **Strength Training** - Wednesdays at 11:15am.

This class helps you stay strong and maintain your muscles. Taught by Coleen Krempel. The fee is \$2 per class.

**Tai Chi** - Tuesdays at 1:00pm. This class is proven to help reduce stress and improve concentration, balance, strength, and flexibility. Taught by Susan Bradley. The fee is \$2 per class.

**Line Dancing Instruction** - Thursdays at 1:00 pm. Line dancing is a great way to exercise, improve your coordination, share a laugh with friends, and have fun. Taught by Jill Weiss. The fee is \$2 per class.

**Chair Yoga** - Tuesdays at 10:00am. 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. Taught by Beverly Leighton. The fee is \$2 per class.

**Zumba Gold** - Fridays at 10:00am. Zumba Gold builds cardiovascular health by challenging the heart and working the muscles of the hips, legs, and arms with dance moves. Taught by Coleen Krempel. The fee is \$2 per class.

**Senior Nutrition Lunch Program** – Served on Mondays, Wednesdays, and Fridays at noon. This is a hot, nutritionally balanced meal served at the Senior Center. You must sign up for lunch by the previous Wednesday before

11:30am in order to have lunch the following week. **PLEASE NOTE: NO WALK IN'S.** Meals provided in partnership with CW Resources. Suggested donation of \$3.

**Walking Club** - Mondays at 9:30am and Fridays 9:00am. This group, led by volunteer Paul, and staff member, Michelle, will meet at the Senior Center and will enjoy walking adventures around downtown Danbury. Inclement weather cancels this event.

**Gentle Flow Yoga** - Thursdays at 10:30am. Instructor Beverly Leighton has been practicing and teaching yoga for seventeen years. She says that anyone can practice yoga and believes the idea of concentration and focusing inward fosters patience, balance and peace. This class will be modified based on an individual's personal needs, but please know that it does involve getting down and up from the floor. The cost for the class is \$2 and a yoga mat is needed.

**Line Dance Practice** - Wednesdays at 1:00pm. Come practice your steps and get some exercise at the same time. This is a fun practice class that gets you moving. Taught by Kevin Burland and Susan Tomanio. There is no fee for this class.

**Blood Pressure Screening** - the 3rd Monday of each month at 11:00am. Your blood pressure is your most important number! Thank you to Bethel Health Care for sponsoring our monthly blood pressure screening. No appointment is necessary. Free.

### **LEISURE TIME ACTIVITIES**

**Multimedia Art Instruction** – Tuesdays at 10:00 am. A mixed media class taught with work varying from miniatures to murals, portraits, still life, and landscapes. Beginners to advanced artists

## **Every Day Class Offerings & Programs At Elmwood Hall**

are welcome. Taught by Adele Moros. The fee is \$2 per class. Please bring your own art supplies.

**Knit and Crochet Club** – *Thursdays 10:00am.* Share patterns, yarn, conversation and support each other when trying something new.

**BINGO** - *Fridays, August 5 and September 2 at 1:00 pm.* The fee to play is \$3 and includes one card and seven games. An additional card can be purchased for \$1. Limit to two cards per person.

**Pinochle** - *on Mondays and Wednesdays at 1:00pm.* Pinochle is a game for two or more players using a 48-card deck consisting of two of each card from nine to ace, with the object being to score points for various combinations and to win tricks.

**Mah Jongg** - *on Tuesdays at 1:00pm.* Mah Jongg is a game that originated in China that is commonly played by four players. Similar to the Western card game rummy, mah jongg is a game of skill, strategy, and calculation that involves a certain degree of chance.

**Movie Club Matinees** - monthly on Monday, August 8 and Monday, September 19 at 12:45pm. The movie will be followed by a lively discussion with Michelle. Snacks will be served. A \$1 donation is appreciated.

**Monday, August 8**  
“Dog” (comedy)

**Monday, September 19**  
“Marry Me” (romantic comedy)

**Attention Movie Club Attendees!** - Some of the movies are rated “R” by the Motion Picture Association and may contain language or scenes

that some find offensive. Please use your own judgment as to whether the movie is right for you.

**Dance and Social Parties** - on Friday, August 19 at 1:00pm for our Dog Days of Summer Dance, and Friday, September 16 for our End of Summer Dance. Music provided by DJ Kevin Burland of Old Man Rhythm. Freestyle and Line Dance to your favorite music of today and yesterday. Even if you don’t dance this is a great opportunity to socialize and see old friends. Cake and Coffee served. A \$3 donation is suggested.

### **LIFE LONG LEARNING**











**Library On-the-Move and One-on-One Tech Support** - *on Wednesday, August 17 and Monday, September 19 from 11:00am—1:00pm.* Representatives from the Danbury Library will be on site at the Senior Center so you can conveniently renew a library card, check out books, check out iPads, and review flyers for upcoming programs. If you want a certain book, you can call Darlene at the Library ahead of time at 203-797-4513, and she will bring it for you. The Library will also offer one-on-one tech support on this same day at the Senior Center. They can help with iPhones, tablets, and smart phones. **Please call to set up an appointment for an individual session with one of the Danbury Library’s Tech Support staff.**

**Timeless Trivia** - monthly on Friday, August 12 and Friday, September 9 at 1:00pm. How well do you know stuff? Come test your knowledge and memory. Played in teams. Categories include: literature, movies, nature, science, geography, music, technology, etc. **Sign up required.**





## 2022 ~ Welcome to Elmwood Hall ~ The Danbury Senior Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> 9:00 am Walking Club 11:15 am Movers and Shapers 12 noon Lunch 1:00 pm Pinochle 1:00 pm Bridge Club	<b>2</b> 10:00 am Multimedia Art 10:00 am Chair Yoga 1:00 pm Mah Jongg 1:00 pm Tai Chi	<b>3</b> 11:15 am Strength Training 12 noon Lunch 1:00 pm Pinochle 1:00 pm Line Dance Practice	<b>4</b> 10:00 am Knit/Crochet 10:30 am Gentle Flow Yoga 12:30 pm Woodcarving 1:00 pm Line Dancing 	<b>5</b> 9:00 am Walking Club 10:00 am Zumba Gold 12 noon Lunch 1:00 pm <b>BINGO</b> 
<b>8</b> 9:00 am Walking Club 11:15 am Movers and Shapers 12 noon Lunch <b>12:45 pm Movie Club: DOG</b> 1:00 pm Pinochle 1:00 pm Bridge Club	<b>9</b> 10:00 am Multimedia Art 10:00 am Chair Yoga 1:00 pm Mah Jongg 1:00 pm Tai Chi	<b>10</b> 11:15 am Strength Training 12 noon Lunch 12:30 pm <b>Farm Market OTM</b> 1:00 pm Pinochle 1:00 pm Line Dance Practice 1:30 pm <b>Seniors Eating Well</b>	<b>11</b> 10:00 am Knit/Crochet <b>10:00 am White House Memories</b> 10:30 am Gentle Flow Yoga 12:30 pm Woodcarving 1:00 pm Line Dancing 	<b>12</b> 9:00 am Walking Club 10:00 am Zumba Gold 12 noon Lunch 1:00 pm <b>Timeless Trivia</b> 
<b>15</b> 9:00 am Walking Club <b>11:00 am Blood Pressure Screen</b> 11:15 am Movers and Shapers 12 noon Lunch 1:00 pm Pinochle 1:00 pm Bridge Club	<b>16</b> 10:00 am Multimedia Art 10:00 am Chair Yoga 1:00 pm Mah Jongg 1:00 pm Tai Chi 	<b>17</b> 11:00 am <b>Library on the Move</b> 11:15 am Strength Training 12 noon Lunch 1:00 pm Pinochle 1:00 pm Line Dance Practice	<b>18</b> 10:00 am Knit/Crochet <b>10:00 am COVID Vaccine/Booster</b> 10:30 am Gentle Flow Yoga 12:30 pm Woodcarving 1:00 pm Line Dancing 	<b>19</b> 9:00 am Walking Club 10:00 am Zumba Gold 12 noon Lunch 1:00 pm <b>Freestyle &amp; Line Dance with DJ Kevin Burland of Old Man Rhythm</b> 
<b>22</b> 9:00 am Walking Club 11:15 am Movers and Shapers 12 noon Lunch 1:00 pm Pinochle 1:00 pm Bridge Club 1:00 pm <b>Lion's Low Vision</b>	<b>23</b> 10:00 am Multimedia Art 10:00 am Chair Yoga 1:00 pm Mah Jongg 1:00 pm Tai Chi 	<b>24</b> 11:15 am Strength Training 12 noon Lunch 1:00 pm Pinochle 1:00 pm Line Dance Practice <b>1:00 pm Silk Scarf Painting</b>	<b>25</b> <b>9:00 am AAA Drivers' Course</b> 10:00 am Knit/Crochet 10:30 am Gentle Flow Yoga 12:30 pm Woodcarving 1:00 pm Line Dancing 	<b>26</b> 9:00 am Walking Club 10:00 am Zumba Gold 12 noon Lunch 1:00 pm <b>Corn Hole Tourney</b> 
<b>29</b> 9:00 am Walking Club 11:15 am Movers and Shapers 12 noon Lunch 1:00 pm Pinochle 1:00 pm Bridge Club	<b>30</b> 10:00 am Multimedia Art 10:00 am Chair Yoga 1:00 pm Mah Jongg 1:00 pm Tai Chi <b>1:00 pm National Park Armchair Travel and Crafting Event: The Grand Canyon</b>	<b>31</b> 11:15 am Strength Training 12 noon Lunch 1:00 pm Pinochle 1:00 pm Line Dance Practice	<b>1X PER MONTH EVENTS</b> <b>8/8</b> Movie: DOG <b>8/15</b> Blood Pressure Screen <b>8/17</b> Library on the Move <b>8/22</b> Lion's Low Vision <b>8/26</b> Corn Hole Tourney	<b>SPECIAL EVENTS</b> <b>8/10</b> Seniors Eating Well <b>8/11</b> White House Memories <b>8/18</b> COVID Vaccine/Booster <b>8/24</b> Silk Scarf Painting <b>8/25</b> AAA Drivers/ Course <b>8/30</b> The Grand Canyon



2022 ~ Welcome to Elmwood Hall ~ The Danbury Senior Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1X PER MONTH EVENTS</b>  <b>9/19</b> Movie: Marry Me <b>9/19</b> Blood Pressure Screen <b>9/19</b> Library on the Move <b>9/23</b> Corn Hole Tourney <b>9/26</b> Lion's Low Vision	<b>SPECIAL EVENTS</b>  <b>9/1</b> Mimi's Cupcake Decorating <b>9/6</b> Medicare Fraud Talk <b>9/13</b> YMCA Diabetes Prevention Q & A – over Zoom <b>9/14</b> Seniors Eating Well	<b>SPECIAL EVENTS</b>  <b>9/15 Lunch &amp; Learn w/ Synergy Home Care</b> <b>9/22 Flu Shot Clinic</b> <b>9/28</b> Yellowstone National Park <b>9/29</b> AAA Drivers/ Course	<b>1</b> 10:00 am Knit/Crochet 10:30 am Gentle Flow Yoga 12:30 pm Woodcarving 1:00 pm Line Dancing <b>1:00 pm Mimi's Cupcake Decorating</b>	<b>2</b> 9:00 am Walking Club 10:00 am Zumba Gold 12 noon Lunch 1:00 pm <b>BINGO</b> 
<b>5</b> 	<b>6</b> 10:00 am Multimedia Art 10:00 am Chair Yoga 1:00 pm Mah Jongg 1:00 pm Tai Chi <b>1:00 pm Medicare Fraud</b>	<b>7</b> 11:15 am Strength Training 12 noon Lunch 1:00 pm Pinochle 1:00 pm Line Dance Practice	<b>8</b> 10:00 am Knit/Crochet 10:30 am Gentle Flow Yoga 12:30 pm Woodcarving 1:00 pm Line Dancing	<b>9</b> 9:00 am Walking Club 10:00 am Zumba Gold 12 noon Lunch 1:00 pm <b>Timeless Trivia</b> 
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<b>26</b> 9:00 am Walking Club 11:15 am Movers and Shapers 12 noon Lunch 1:00 pm Pinochle 1:00 pm Bridge Club <b>1:00 pm Lion's Low Vision</b>	<b>27</b> 10:00 am Multimedia Art 10:00 am Chair Yoga 1:00 pm Mah Jongg 1:00 pm Tai Chi	<b>28</b> <b>10:00 am National Park Armchair Travel and Crafting Event: Yellowstone National Park</b> 11:15 am Strength Training 12 noon Lunch 1:00 pm Pinochle 1:00 pm Line Dance Practice	<b>29</b> <b>9:00 am AAA Drivers' Course</b> 10:00 am Knit/Crochet 10:30 am Gentle Flow Yoga 12:30 pm Woodcarving 1:00 pm Line Dancing 	<b>30</b> 9:00 am Walking Club 10:00 am Zumba Gold 12 noon Lunch 



## **BENEFITS AND SUPPORT INFORMATION**



**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 referral 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 and Gift  
Certificates) ~ Home Care Options ~ MediGap Supplemental Plans ~ Rent Rebate ~ Tax  
Relief ~ Medicare Advantage Plans ~ Medicare Savings Program ~ Housing Options ~  
Medical Alert ~ Transportation

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### **Rent Rebate Program**

The State of CT Rent Rebate program for 2022 began on April 1st and will end on October 1st. Applications will **NOT** be mailed. All communication will be handled via telephone, email, text, and in person. 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](mailto:m.mcnamara@danbury-ct.gov)

### **Danbury Lion's Club Low Vision Support Group**

**Monday, August 22 and Monday, September 26 at 1:00pm**

The Lion's Club Low Vision Support Group works in conjunction with the Lion's Club Low Vision Center on 235 Main Street, Danbury. The support group provides a place for seniors to come together for support, education, and social interactions.

This support group meets on the fourth Monday of each month, except for January and February.

### **State of Connecticut Farmers' Market Nutrition Voucher Program**

The Farmers Market Checks (Vouchers) are 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; \$2,686 for a family of two. The vouchers may be used at the Danbury Farmers Market, which is located at the Downtown Danbury Green. Complimentary parking is available at the Patriot Garage. The market is open on Saturdays from 10am until 2pm. Vouchers will be distributed in person at the Danbury Senior Center in early July. One booklet of vouchers is available per person. You must be a Danbury resident. If you receive Vouchers from the Senior Housing building you reside in, you are not eligible to receive a second set from the Danbury Senior Center. Recipients will be asked to sign an acknowledgement that your income does not exceed the program limits. Please call the Senior Center in July for specific date and time for distribution.



## Elmwood Hall Photos and News Briefs



We are so happy to welcome back our Farmers' Market on the Move to Elmwood Hall - Danbury Senior Center.



It's always nice to have volunteers of all ages helping out!



Thank you End Hunger CT for assisting our members to sign up for SNAP benefits.



We were happy to partner with the State of CT Department of Oral Health to assist with research for older adults.

### Inclement Weather Policy

Elmwood Hall Danbury Senior Center closes at times during inclement weather. Because there have now been many occasions when Danbury Schools are closed and the Senior Center did not close, such as during Storm Isaac in 2020 and the during the pandemic, **we will no longer follow the Danbury School's closing schedule.** A message regarding our closing status will be on our answering machine, will be noted on our Facebook page, and announced on WLAD 800am and TV Channel 3 WFSB.

## ***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.**

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**Elmwood Hall Senior Center (Wellness, Livelong Learning, Leisure Time Programs)  
Municipal Agent's Office for the Elderly (Resource, Referral, Benefits, Services)  
Van Transportation Program  
Rent Rebate Program  
Intergenerational Programs**

**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  
Chris Bachmann - Administrative Assistant  
Jose Fuentes - Elderly Services Associate  
Pam Makin - Van Driver