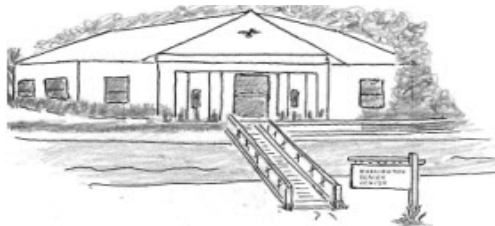


Washington Senior Center News



July – August 2012
Vol. 25 No. 4

Washington Depot,
Connecticut 06794

R.J. Curtis

UPCOMING LUNCHEON



TACOS

Wednesday, July 18
at noon

YOUR CHOICE OF:
Salad plate

Soft or hard shell tortillas
Chicken or Beef

With all the trimmings!!!

Cost: \$6.00. Please call the Senior Center for reservations.



**Mahjong, Cribbage or
Setback Interest??** Let us know if you
are interested in joining a group at the
Center.

SKIN CANCER SCREENING

Tuesday, August 21

10:00 – 11:15

Dr. Kirsten Pilchard will hold a
screening at the Center by **appointment**
only. Call 868-0735. No fee.

FEDERAL GOVERNMENT CHANGES PAYMENT METHOD

Starting next year, the federal government is phasing out paper checks for all benefit programs, requiring people to get payments electronically either through direct deposit or they will receive a prepaid debit card called Direct Express, where their social security income will be deposited. With few exceptions, everyone will be required to go paperless by March 2013.

Additional information and online enrollment is available at www.godirect.org or over the phone at 1-800-333-1795 or your local Social Security office.

IN THIS ISSUE

Web Sites, etc.	Pg 3
Program Notes	Pg 4
Calendar	Pg 5
Trips, etc.	Pg 6
Support Our Advertisers	Pg 7

The Washington Senior Center News is published bi-monthly and is mailed to all known seniors in the town of Washington. Call the Center at 860-868-0735 for additions to the mailing list.

Contributions of articles or items for publication may be sent to the Senior Center at PO Box 352, Washington Depot, CT 06794, or emailed to seniors@washingtonct.org

Pam Collins	Editor
Brigid Davidson	Assistant Editor
Brigid Davidson	Mailing
Susan Conner	Mailing
Barbara Carey	Advertising
Pam Collins	SeniorCenter Director & Elderly Services Director
Jim Babiyan	Van Driver

.....

**Senior Center
Volunteer Staff**

Dolly Whitney	Office Assistant
Phil Payson	Computer Instructor

**Senior Center
Advisory Board**

Brigid Davidson	Kelly Zinick
Ann Dahl	Dolly Whitney
Donna Dutcher	MaryAnn Lundberg
Holly Camp	Bob Hinckley
Betty Hinckley	

Alternates

Diane Locke	Nicholas Rimocchi
-------------	-------------------

Ex Officio

Pam Collins	Mark Lyons
-------------	------------

The Senior Center Advisory Board meets on the second Tuesday every other month. Attendance at the meetings is open to all.



Van Service for Seniors:

The van is available on Wednesdays and Thursdays; and for a monthly trip to the Danbury Mall. To reserve a seat, call the Senior Center at 860-868-0735, at least one day ahead. Upcoming trips to the Danbury Mall will be on Monday, July 9 and August 13.

Municipal Agent Pam Collins is available to help with Medicare or for information on financial assistance programs. Office hours: 9:00 to 12:00 and 1:00 to 4:00 on Tuesdays at the Senior Center..Call for an appointment. Phone: 860-868-0735

CHORE SERVICE

The Litchfield Hills Chore Service is available to help elderly and handicapped residents to stay safely independent and at home in the community. Chore Service workers provide light and heavy housekeeping, shopping, laundry, cooking, yard maintenance and minor home repairs.

Suggested Client Contribution is based on a sliding scale of monthly income, ranging from \$6/ to \$11/hour. (Residents below the age of 60, may also utilize this service, but will be required to pay the full cost (\$25/hour).

For more information on this service, call the Senior Center.

Property Tax Relief Program

Dates to apply:
 Homeowner: 2/1 – 5/15 Renter: 5/15/ - 9/15
 Age: 65 or Disabled
 Couple: \$39,500 Single: \$32,300
 Town of Washington tax relief program for income up to \$41,500. Apply in assessor's office.

*Homeowners who have been on the State program must reapply every two years and applications will be sent to them.

Homeowners who are only eligible for the Town of Washington tax relief program, must apply annually.

VETERANS AID & ASSISTANCE

The Aid and Attendance Benefit is a non-service connected program. It offers veterans and spouses, widows and widowers of veterans, a payment of up to \$1949 per month to help with out-of-pocket medical expenses that can last the rest of your life.

To be eligible: The veteran must be 65 years old and have a medical qualification of disability (you need assistance of another person to perform daily tasks) and you must have served at least 90 days of active duty (at least one day must be during a wartime period as defined by Congress). Aid is available only if you are no longer serving in the Armed Forces and you have not been dishonorably discharged. For additional information, required documentation, etc., call 1-800-827-1000. In Connecticut, officers from the CT Veterans Service Organization and the CT State Dept of Veterans Affairs will help with filing claims.

**Phone  Numbers Etc.
Town Officials**

Selectmen's Office 860-868-2259
Town Clerk 860-868-2786
Tax Collector 860-868-7796
Region 12
Superintendent of Schools 860-868-6100

**Connecticut Legislators
State House:**

69th Dist. Representative Arthur O'Neil (R)
House Democrats 1-800-842-1902
House Republicans 1-800-842-1423

State Senate:

30th Dist. State Senator Andrew Roraback (R)
Democrats 1-800-842-1420
Republicans 1-800-842-1421

State Attorney General

George Jepsen 1-860-808-5318
Web Site: www.cslib.orgattygenl

United States Congress Representative

Chris Murphy 5th Dist. 860-223-8412
Web Site: www.house.gov/write.rep
e-mail: chrismurphy.house.gov

United States Senators

Richard Blumenthal 1-860-258-6940
Joseph Lieberman 1-800-225-5605
(Lieberman@Lieberman.senate.gov)

CHOICES: help with Medicare and related insurance questions: 1-800-994-9422



Senior Center Computer

A computer is available for Internet use and for individual instruction, please call to reserve a time.

Questions about using e-mail or the internet? The Senior Center Computer Club meets on the third Wednesday of the month at 2:00 p.m. for informal discussion and problem solving. All are welcome.

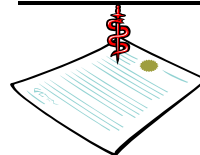
Web Sites of Interest:

- ❖ **2-1-1 Navigator (instantly screens for eligibility for various state and federal benefit programs):**
<http://navigator.211ct.org>
- ❖ **How to Watch for Scams Against Seniors or Clear Instructions On How To Do (just about) Everything:**
<http://www.ehow.com>
- ❖ **National Do Not Call Registry:**
donotcall.gov or call 1-888-3821222
- ❖ **Info on CT Long Term Care Services:** www.ct.gov/longtermcare
- ❖ **Washington Senior Center Web Site:**
www.washingtonctseniorcenter.weebly.com

Meetings of Town Boards and Commissions

Regular meetings of Town boards and commissions are open to the public. Meeting dates, times, agendas and minutes to meetings are listed on the Town Calendar which is posted on the bulletin board outside the Town Clerk's office and on the Town website: www.washingtonct.org

PERSONAL MEDICAL INFORMATION FORM



Here is a way to keep your vital medical information one place at your fingertips for when it is needed

Forms are available at the Senior Center. Keep the form where it will be readily available (attach to refrigerator with magnet) for use in an emergency or for a doctor's visit.

PROGRAM NOTES

Computer Club will meet on Wednesday, July 18 and August 15 at 2:00 p.m.

Bridge meets on Tuesdays at 1:30 p.m. Tables are planned in advance. New players should call ahead to be included in future games. Substitutes needed, please call 868-0735.

Computer Instruction on Wednesday beginning at 1:00 p.m. Call to reserve a time slot, 868-0735, no fee.

Exercise (video) meets daily at 9:00 a.m. No fee. Come as often as you please.

Zumba Gold – Thursdays at 9:15. Cost: \$25 for six weeks or \$5 for walk-ins.

SENIOR PILATES – Thursdays at 10:30. Cost: \$25 for six weeks or \$5 for walk-ins.

Strong Women/Strong Bones – (clinically shown to help prevent and reverse osteoporosis) Mondays & Wednesdays from 2:00-3:15p.m. Next session is July 9 thru August 22. Cost: \$85 for 7 weeks.

Needles & Things on Thursdays, 2:00 - 4:00 p.m. Bring any project and join us for a productive afternoon with “chat”. No fee. All are welcome

Luncheon: Wednesday, July 18 – Tacos. Cost: \$6.00. Please call the Center as reservations are required.

The Washington Senior Van has been given a VIP parking spot for the July 4th fireworks at Shepaug School. Any Washington senior who would like to attend should call the Center at 868-0735 to reserve a seat. This is only to observe the fireworks display.

From the Archives of the Gunn Historical Museum – The first Monday of the month at 10:00a.m. Museum curator, Stephen Bartkus, will be reading research papers from the museum’s archives, sharing photos, stories and reminiscing about Washington’s history. **The readings will resume in October.**

WASHINGTON HISTORY CLUB – The meeting is held on the third Monday of the month (July 16 & August 20) at 10:00 a.m. The club welcomes everyone interested in the history of the town and its villages.

Acupressure Clinic – Wednesday, July 25. Carol O’Toole, a licensed acupuncturist and massage therapist will conduct a 20 minute seated acupressure massage. This is for those who have received a treatment before or have yet to experience it’s rejuvenating benefits. Please call the Center for an appointment. **Your donation of \$10 or more will be given to the Pancreatic Cancer Research Foundation.**

Chowder Pot (Senior van) – Wednesday, August 29. Call the Center to make a reservation. Van departs at 10:00 a.m.

***IMPORTANT! When you see a program that interests you, please call to register, whether the program is being offered for free or for a fee. Some programs fill quickly and others may unfortunately be cancelled if minimum enrollments are not met.**

July				
Monday	Tuesday	Wednesday	Thursday	Friday
9:00 Exercise ²	9:00 Exercise ³ 1:30 Bridge	Closed for Holiday ⁴	9:15 Zumba Gold ⁵ 10:30 Pilates 2:00 Needles & Things	9:00 Exercise ⁶
9:00 Exercise ⁹ 9:00 Van to Mall 2:00 Strong Women	9:00 Exercise ¹⁰ 1:30 Bridge 4:00 Advisory	9:00 Exercise ¹¹ 1:00 Computer Inst. 2:00 Strong Women	9:15 Zumba Gold ¹² 10:30 Pilates 2:00 Needles & Things	9:00 Exercise ¹³
9:00 Exercise ¹⁶ 10:00 History Group 2:00 Strong Women	9:00 Exercise ¹⁷ 1:30 Bridge	9:00 Exercise ¹⁸ 11:00 Blood Pressure 12:00 Tacos 2:00 Strong Women	9:15 Zumba Gold ¹⁹ 10:30 Pilates 2:00 Needles & Things	9:00 Exercise ²⁰
9:00 Exercise ²³ 2:00 Strong Women	9:00 Exercise ²⁴ 1:30 Bridge	9:00 Exercise ²⁵ 1:00 Computer Inst. 1:00 Acupressure 2:00 Strong Women	9:15 Zumba Gold ²⁶ 10:30 Pilates 2:00 Needles & Things	9:00 Exercise ²⁷
9:00 Exercise ³⁰ 2:00 Strong Women	9:00 Exercise ³¹ 1:30 Bridge			

August				
Monday	Tuesday	Wednesday	Thursday	Friday
		9:00 Exercise ¹ 1:00 Computer Instr. 2:00 Strong Women	9:15 Zumba Gold ² 10:30 Pilates 2:00 Needles & Things	9:00 Exercise ³
9:00 Exercise ⁶ 2:00 Strong Women	9:00 Exercise ⁷ 1:30 Bridge	9:00 Exercise ⁸ 1:00 Computer Instr. 2:00 Strong Women	9:15 Zumba Gold ⁹ 10:30 Pilates 2:00 Needles & Things	9:00 Exercise ¹⁰
9:00 Exercise ¹³ 9:00 Van to Mall 2:00 Strong Women	9:00 Exercise ¹⁴ 10:00 Aqua Turf 1:30 Bridge	9:00 Exercise ¹⁵ 2:00 Computer Club 2:00 Strong Women	9:15 Zumba Gold ¹⁶ 10:30 Pilates 2:00 Needles & Things	9:00 Exercise ¹⁷
9:00 Exercise ²⁰ 10:00 History Group 2:00 Strong Women	9:00 Exercise ²¹ 10:00 Skin Cancer Screening 1:30 Bridge	9:00 Exercise ²² 1:00 Computer Instr. 2:00 Strong Women	9:15 Zumba Gold ²³ 10:30 Pilates 2:00 Needles & Things	9:00 Exercise ²⁴
9:00 Exercise ²⁷	9:00 Exercise ²⁸ 1:30 Bridge	9:00 Exercise ²⁹ 10:00 Chowder Pot 1:00 Computer Instr.	9:15 Zumba Gold ³⁰ 10:30 Pilates 2:00 Needles & Things	9:00 Exercise ³¹

TRIPS FOR 2012

TUESDAY, AUGUST 14 – “WORLDWIDE MUSIC FEST” AT THE AQUA TURF

Enjoy the sounds of Caribbean & Mexican music – the moves of Hawaiian & Indian dancers – sing-a-long with German Professor Hamzy and dance to DJ Marc Joseph!!!

Today’s family style luncheon includes salad, pasta, salmon, pork, potato, vegetable and dessert. Cost: \$37.

SUNDAY, SEPTEMBER 16 – STAGELOFT REPERTORY THEATER

This morning we’ll travel to Sturbridge. Our first stop will be at one of the finest restaurants in New England, the **Salem Cross Inn**, where you will enjoy a choice of Maple Salmon or Meatloaf w/mushroom sauce served complete with all the fixings. After lunch, you will enjoy Nunsense: A-Men! at the Stageloft Repertory Theater. All the lovely nuns are back again, but they just happened to have developed beards, baritone voices and a manly way of moving. That’s right! It’s a classic gathering of the zany nuns, played by five males. Sure to please! Cost: \$86 per person. This price includes deluxe motorcoach transportation, complete luncheon, theater show and driver gratuity



*****These trips require payment at the time of reservation*****

*****To secure your reservation, payment must be received thirty days prior to trip*****

*****Several European tours and cruises are available! Inquire at the Senior Center*****

MATINEES AT 2:00 P.M.

***** Warner Theater***

July 29 – Annie (\$22)

TriArts (Sharon)

July 11-The Best Little Whorehouse in Texas (\$20) July 25 – Altar Boyz

August 22 – Sound of Music

EXTRA MONEY FOR THOSE ON MEDICARE

Many Medicare recipients could save \$1000+ per year. If you are on Medicare and your monthly income is below \$2308.88/single, \$3127.28/couple you are eligible for the “Medicare Savings Program”. In the State of Connecticut there are no asset limitations.

Being enrolled the Medicare savings Program, (MSP) and Medicare Part D automatically qualifies you for the LIS/”Extra Help.” This means your Medicare Part D (drugs) co-pays will be \$2.60 generic/\$6.50 brand or less. Medicare will cover the entire monthly premium if you are enrolled in a Connecticut-approved Medicare Part D benchmark plan or will pay a portion of your monthly Part D premium if you are enrolled in a non-benchmark plan. You will be able to change your Part D plan at anytime; you won’t have to wait for the open enrollment period. You will no longer pay for Medicare Part B premiums (\$96.40 - \$115.40 per month), which means that you will receive more in your Social Security check every month. Some individual who are eligible may even qualify to have their 20% co-insurance and Medicare deductibles covered. For more information or an application, call CHOICES at 800-994-9422.

Our Supporters

**NATIONAL
IRON BANK**
Since 1847

www.ironbank.com

Beverly J. W. Weaving
Branch Manager

6 Bee Brook Road
Washington Depot, CT 06794

(860) 868-0591
Fax (860) 868-1353
beverly.weaving@ironbank.com

Henry Ference (860) 868-2743

Painter Ridge Farm

94 Painter Ridge Road • Washington, CT 06793-1709

Annuals • Vegetables • Hay • Christmas Products



GREENE
Certified Public Accountants & Investment Advisors
COMPANY

Douglas H. Greene, CPA/PFS

*Providing personal,
one-on-one attention since 1982
for your investments, insurance,
retirement planning & taxes*

1 Kirby Road, Washington, CT 06793
Email: doug@Lcurve.com
Tel: 860.868.3410 • Fax: 860.868.3414
Web: www.Lcurve.com



the pantry
serving a greater table

café . gifts . catering
specialty foods . bakery . take-out

"Some of Washington Depot's Best Cooking," and one
of the "Best Dining Values in Litchfield County," Zagats

titus road • washington depot, ct 06794 • 860.868.0258

NATURAL MANICURES



by VALERIE SPENGLER

Valerie, a licensed cosmetologist, will be at the Center to do manicures on Monday, July 23. Her hygienic & sterile nail service includes hand massage, cuticle care, nail shaping and polish (either color or French). Call the Center to set up an appointment. Cost: \$12 **cash**.

AS a "BABY BOOMER"

Did you play a musical instrument?...put it in the closet?...and have that nagging thought that you would like to re-visit it???

John Meeker, a lifelong resident of Washington did. He started playing the accordion in the 1950's for several years. Stopped, raised a family, started again in the mid nineties and was called back into state service. Stopped and again dusted off his accordion in 2012. Come and join John as he tells us about his trip with some humorous anecdotes and some accordion music!! This will be held at the Center on **Wednesday, August 15th at 10:00a.m.**

**Do you know someone who would like to receive a copy of this newsletter?
Please call the Senior Center to have that address added to our mailing list.**

**UNLESS OTHERWISE STATED, ALL INTERESTED PARTIES ARE WELCOME AND ENCOURAGED
TO ATTEND ANY PROGRAMS AND ACTIVITIES AT THE WASHINGTON SENIOR CENTER.**

THE WASHINGTON SENIOR CENTER

**Hours: 9:00-12:00 and 1:00-4:30 Monday through Thursday
9:00-12:00 on Friday**

Phone & Fax: 860-868-0735 e-mail: seniors@washingtonct.org

Please visit the NEW Senior Center web site at: www.washingtonctseniorcenter.weebly.com

**Box 352
Washington Depot
CT 06794
*CHANGE SERVICE REQUESTED***

PRSRT STD
U.S. POSTAGE PAID
WASHINGTON DEPOT, CT
PERMIT NO. 22