

Washington Senior Center News



January–February 2014
Vol. 27 No. 1

Washington Depot,
Connecticut 06794

R.J. Curtis

UPCOMING LUNCHEONS



Wednesday,

January 15 at noon

Herb roasted pork, rice, mixed vegetables, salad, roll and dessert.
Cost: \$6.00. Reservations required!

Wednesday, **February 19 at
noon**

Baked cavatappi, sweet Italian sausage & peppers, salad, Italian bread and dessert.

Cost: \$ 6.00. Reservations required!
Guest speaker: : Charlene Wicks from the Western CT Area Agency on Aging. She will demonstrate some of the Assistive Technology devices available to help someone live more independently and with more freedom!

***Rescheduled from October 16, 2013.**

HAPPY NEW YEAR!!!

JOINT PAIN??

Discuss the latest treatment options with local orthopaedic surgeon, Martin Clark, M.D. – Sharon Hospital. He will be at the Senior Center on Friday, January 17 from 12:15 p.m. – 1:15 p.m.

Topics will include:

Causes of joint pain, such as those caused by osteoarthritis, treatment options both surgical and non-surgical, what joint replacement surgery involves and realistic expectations after joint replacement. Light refreshments will be served.

Reservations are required!!

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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

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| Pam Collins | Mark Lyon |

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, January 13 and February 10.

Municipal Agent Pam Collins is available to help with Medicare or for information on financial assistance programs. Call for an appointment. Phone: 860-868-0735

Litchfield Hills Chore Service
Could you use help with:

- **Transportation to shopping and doctor's appointments**
- **Housekeeping, laundry or cooking**
- **Odd jobs around the house or yard**

Call the Chore Service – an affordable way to get the help you need. We will supply a Chore Worker for up to 4 1/2 hours per week. This service is available to people age 60 and over and individuals with disabilities. A 501(c)(3) organization, we appreciate your donations: P.O. Box 294, Litchfield, CT 06759.

- **Coordinator, Sally Irwin – 860-567-6121**
- *Gift Certificates now available!!!**

Heating Season Is Here Again.....

To apply, or for eligibility information on the energy assistance program, call, 860-868-0735.

CANCELLATIONS DUE TO WEATHER

Senior Center activities will be cancelled on days when Region 12 schools are closed due to hazardous travel conditions. School closings are announced on local radio and TV stations.

Property Tax Relief Program

- Dates to apply: Homeowner: 2/1 – 5/15
- Renter: 4/1/- 10/1
- Age: 65 or disabled
- Couple: \$41,600
- Single: \$34,100

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.

**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:

32th Dist. State Senator Robert Kane (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

Elizabeth Esty 5th Dist. 202-225-4476
Web Site: <http://esty.house.gov/>

United States Senators

Richard Blumenthal 202-224-2823
Website: www.blumenthal.Senate.gov/contact/
Chris Murphy 202-224-4041
Website: www.murphy.Senate.gov/contact

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



**Senior Center
Computer**

A computer is available for Internet use - please call to reserve a time.

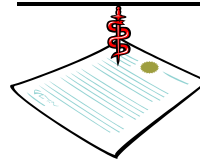
Web Sites of Interest:

- ❖ **State Health Insurance Assistance:**
www.shiptalk.org
- ❖ **VA Caregiver Support:**
www.caregiver.va.gov
- ❖ **Information and Support for people With Alzheimer's Disease and Their Caregivers:** www.alz.org or call 800-272-3900
- ❖ **Home Energy Audit and Oil Heating System Rebates:** www.ct.gov/opm:
www.ct.gov/agingservices
- ❖ **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

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.

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

CHAIR YOGA – Tuesdays, at 10:30. Cost: \$5.00 per class.

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 begins January 6. 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.

Luncheons: Wednesday, January, 15 – Roast Pork Cost: \$6.00. Wednesday, February, 19– Baked cavatappi. Cost: \$6.00. Please call the Center as reservations are required.

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 next readings will be on January 6 & February 3.

WASHINGTON HISTORY CLUB – The meetings are held on the third Monday of the month at 10:00 a.m. The club welcomes everyone interested in the history of the town and its villages. **Due to consecutive holidays, the next meetings will be held on January 27 and February, 24.**

Acupressure Clinic – 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. **The clinic will resume in June. Your donation of \$10 or more will be given to the Pancreatic Cancer Research Foundation.**

Woodbury Diner(Senior van) – Wednesday, February 12. Call the Center to make a reservation. Van departs at 11:30 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.**

January				
Monday	Tuesday	Wednesday	Thursday	Friday
		1 Closed for New Year	2 9:15 Zumba 10:30 Pilates 2:00 N&T	3 9:00 Exercise
6 9:00 Exercise 10:00 Gunn Museum 2:00 Strong Women	7 9:00 Exercise 10:30 Chair Yoga 1:30 Bridge	8 9:00 Exercise 10:00 Chair Massage 2:00 Strong Women	9 9:15 Zumba 10:30 Pilates 2:00 N&T	10 9:00 Exercise
13 9:00 Exercise 9:00 Van to Mall 2:00 Strong Women	14 9:00 Exercise 10:30 Chair Yoga 1:30 Bridge 4:00 Advisory Board	15 9:00 Exercise 11:00 Blood Pressure 12:00 Luncheon 2:00 Strong Women	16 9:15 Zumba 10:30 Pilates 2:00 N&T	17 9:00 Exercise 12:15 Joint Pain Seminar
20 Closed for Martin Luther King, Jr.	21 9:00 Exercise 10:30 Chair Yoga 9:30 Medicare Consult 1:30 Bridge	22 9:00 Exercise 2:00 Strong Women	23 9:15 Zumba 10:30 Pilates 2:00 N&T	24 9:00 Exercise
27 9:00 Exercise 10:00 History Group 2:00 Strong Woman	28 9:00 Exercise 10:30 Chair Yoga 1:30 Bridge	29 9:00 Exercise 2:00 Strong Women	30 9:15 Zumba 10:30 Pilates 2:00 N&T	31 9:00 Exercise

February				
Monday	Tuesday	Wednesday	Thursday	Friday
3 9:00 Exercise 10:00 Gunn Museum 2:00 Strong Women	4 9:00 Exercise 10:00 Probate Prog. 10:30 Chair Yoga 1:30 Bridge	5 9:00 Exercise 10:00 Chair Massage 2:00 Strong Women	6 9:15 Zumba 10:30 Pilates 2:00 N&T	7 9:00 Exercise
10 9:00 Exercise 9:00 Van to Mall 2:00 Strong Women	11 9:00 Exercise 10:30 Chair Yoga 1:30 Bridge	12 9:00 Exercise 11:30 Woodbury Diner 2:00 Strong Women	13 9:15 Zumba 10:30 Pilates 2:00 N&T	14 9:00 Exercise
17 Closed for President's Day	18 9:00 Exercise 10:30 Chair Yoga 1:30 Bridge	19 9:00 Exercise 11:00 Blood Pressure 12:00 Luncheon 2:00 Strong Women	20 9:15 Zumba 10:30 Pilates 2:00 N&T	21 9:00 Exercise
24 9:00 Exercise 10:00 History Group	25 9:00 Exercise 10:30 Chair Yoga 1:30 Bridge	26 9:00 Exercise	27 9:15 Zumba 10:30 Pilates 2:00 N&T	28 9:00 Exercise
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TRIPS FOR 2014

TUESDAY, April 29 “A Tribute to Bobby Darin & Connie Francis!” AT AQUA TURF

Jimmy Mazz & Eva Tereso will touch your heart and soul with their tribute to these delightful entertainers!!

Sam Vincent Quartet will provide dance music! Today’s family style luncheon includes salad, pasta, pan seared salmon, chicken florentine, vegetable, potato and dessert. Cost: \$38 per person.



DO YOU HAVE ANY QUESTIONS REGARDING MEDICARE??

On Tuesday, January 21 at 9:30 a.m., Jim Dunn, who is a CHOICES (Medicare) Community Outreach Coordinator from the Western CT Area Agency on Aging, will be available for one-on-one consultations to discuss any questions regarding Medicare.

Those interested may call the Senior Center at 860-868-0735 to make an appointment.

**Jim will be available on an ongoing basis to assist people either by phone or in person with Medicare related questions. Jim’s number at the Agency on Aging is 1-800-994-9422.



THERAPEUTIC MASSAGE FOR YOU!

With Amparo Pino and Angela Bayer, licensed and insured massage therapists

They will be at the Center on Wednesday, January 8 and February 5.

They will be offering a ten minute chair, hand and/or face massage for a suggested donation of \$10.

Call the Center to make an appointment

***Longer appointment times are also available.**

CLARIFICATION – RENTER’S REBATE PROGRAM

The State of Connecticut has, through its renter’s rebate program provided payments to renters who are either elderly or totally disabled and who met income guidelines. However, since April 1, 2013 there have been major changes in the program: It has been closed to new applicants and if you have received annual Renter’s Rebate grants since getting one for calendar year 2011, you may continue to apply for the program. If you still qualify and have not applied for this year’s benefit, you need to do so before the October 1st deadline or you will permanently lose you eligibility. Call or visit your town’s assessor’s office.



THE GRAY CARD

If you apply for MSP (Medicare Savings Program) and qualify for the QMB program, you will get a Gray Card (called a Connect card). Show it along with your Medicare card if you are admitted to a hospital and you will have no deductibles or co-pays. If your MD accepts Medicaid assignment, you will have no co-pays at his office if you show both cards. The same is the case with other medical providers, including nursing homes and durable medical equipment suppliers. If your Gray Card has the word Quest written on it, the magnetic strip on the back is loaded with food stamps. Because you have this card, the state is paying your Medicare Part B premium, making your monthly social security payment higher than it would be otherwise.

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10 AM - 8PM
Fri - Sat
9AM - 8PM


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“Real Estate and Probate”

Judge Domenick Calabrese will be at the Center on **Tuesday, February 4 at 10.** to discuss the role of Connecticut probate courts regarding real estate. It is a common area of confusion that can have significant consequences. For example, did you know that even if someone passes away owning real estate In survivorship with someone else, probate proceedings are necessary? Judge Calabrese will discuss this in an easy to understand way. He will look at different ways real estate may be owned and how that ownership affects what must be done in the probate court. He will also discuss Connecticut estate and succession tax liens. Call the Center as **reservations are required! *Snow Date: Tuesday, February 11.**

Reminder - to save the box top coupons (Box Tops for Education) that are found on many items and bring them to the Senior Center. The accumulated coupons will be used to purchase items for Washington Primary School. Thank you for participating!!!

ALSO – Go to the Senior Center’s website and check out the great photos from both our veteran’s breakfast and the pottery classes!!!

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 Senior Center web site at: www.washingtonctseniorcenter.weebly.com

Box 352
Washington Depot
CT 06794

CHANGE SERVICE REQUESTED

