

Washington Senior Center News



July–August 2013
Vol. 26 No. 4

Washington Depot,
Connecticut 06794

R.J. Curtis

“UPCOMING LUNCHEON” “Design Your Own” Salad Bar



*Wednesday, July 17
at high noon*

Suggested donation: Sign up to bring salad bar items or \$5.00.

Suggested items: veggies of all kinds, cut up turkey, ham, cheese, tuna, bread, rolls, etc...
Dessert & beverages will be provided.
Reservations required.

Guest speakers: Deborah Matta and Claudette Sesera with New Milford VNA. They will discuss Lifeline and the Caregiver Café (a place to relax, express your feelings and connect with other caregivers).

RETIREMENT PLANNING

Douglas Greene, CPA and Registered Investment Advisor, will be presenting this educational seminar at the Center on **Wednesday, July 10 at 10:00a.m.**

He will show you how to retire smarter! This entails an analysis and recommendation for maximizing social security benefits; stock selection and investments designed to safeguard one’s retirement assets; lifetime income planning and other critical retirement planning issues.

Please call the Senior Center as **sign up is required!**



ZUMBA
GOLD

ZUMBA - NEW DAY AND TIME!! See inside for details.

Come join the fun and see what you have been missing!! Let’s Zu-u-umba!!!!

IN THIS ISSUE

Web Sites, etc.	Pg 3
Program Notes	Pg 4
Calendar	Pg 5
Trips, More Programs, 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
Sam Morrissey	Design
Barbara Carey	Advertising

Pam Collins	Senior Center Director & Municipal Agent for the Elderly & Disabled
Jim Babiyan	Van Driver
<u>Senior Center Volunteer Staff</u>	
Sam Morrissey	Website
<u>Senior Center Advisory Board</u>	
Donna Dutcher	Diane Locke
Jane Moore	Dolly Whitney
Iona Douskey	MaryAnn Lundberg
Holly Camp	Bob Hinckley
Nick Rimbochi	
<u>Alternates</u>	
Hugh Fitzpatrick	Harold Stoeffler
<u>Ex Officio</u>	
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, July 8 and August 12.

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. A 501(c)(3) organization, we appreciate your donations: P.O. Box 294, Litchfield, CT 06759.

Coordinator, Sally Irwin – 860-567-6121

Gift Certificates Available! . A meaningful way to remember an elderly friend or family member at holidays, birthdays or to just say thank you.

Rate: \$15 per hour. Call the Senior Center at 860-868-0735.

The Consumer Law Project for Elders

provides legal assistance to individuals over the age of 60 with consumer problems such as identity theft, debt or collection problems, bankruptcy, and problems with loans and contracts. This confidential service is available from 9 A.M. – 5 P.M. Monday thru Friday by calling 1-800-296-1467

Property Tax Relief Program

Dates to apply: Homeowner: 2/1 – 5/15
 Renter: 4/1- 10/1
 Age: 65 or disabled
 Couple: \$40,900
 Single: \$33,500

Town of Washington tax relief program for income up to \$42,900.

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. 860-223-8412
Web Site: www.house.gov/write.rep

United States Senators

Richard Blumenthal 1-860-258-6940
Chris Murphy 1-860-549-8463

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.

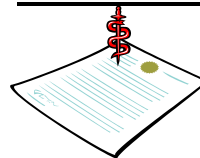
Web Sites of Interest:

- ❖ Compare the quality of health care Available at local hospitals & what Medicare pays for those services: Hospitalcompare.hhs.gov
- ❖ **NEW** Chore Service Website: www.ChoreServiceLH.org
- ❖ Info on CT Long-Term Care Services: ct.gov/longtermcare
- ❖ Find benefits, financial assistance, programs and general information: ctseniorinfo.com
- ❖ 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: \$25 for six weeks or \$5 for walk-ins.

***PLEASE NOTE: NEW DAY AND TIME for Zumba Gold – Thursdays at 9:15 beginning July 11.** 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 September 9 thru October 23. 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 17 – Salad Bar. Cost: Sign up to bring salad bar items or \$5.00. 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 readings will resume October 7.**

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. **The Club will resume September 16.** The topic will be: Continuing with Woodville and beginning MarbleDale.

Acupressure Clinic – Wednesday, August 14. 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.**

Jim Barbarie’s Restaurant (Senior van) – Wednesday, July 31. Available today: the Lobster Special (\$14.99)! Call the Center to make a reservation. Van departs at 11:00 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
1 9:00 Exercise	2 9:00 Exercise 10:30 Chair Yoga 1:30 Bridge	3 9:00 Exercise 3:15 Zumba Gold	4 Closed for Holiday	5 9:00 Exercise
8 9:00 Exercise 9:00 Van to Mall	9 9:00 Exercise 10:30 Chair Yoga 1:30 Bridge 4:00 Advisory Board	10 9:00 Exercise 10:00 Retirement Planning	11 9:15 Zumba 10:30 Pilates 2:00 N&T	12 9:00 Exercise
15 9:00 Exercise 9:00 Van to Mall 2:00 Strong Women	16 9:00 Exercise 10:30 Chair Yoga 1:30 Bridge	17 9:00 Exercise 11:00 Blood Pressure 12:00 Luncheon	18 9:15 Zumba 10:30 Pilates 2:00 N&T	19 9:00 Exercise
22 9:00 Exercise	23 9:00 Exercise 10:30 Chair Yoga 1:30 Bridge	24 9:00 Exercise	25 9:15 Zumba 10:30 Pilates 2:00 N&T	26 9:00 Exercise
29 9:00 Exercise	30 9:00 Exercise 10:30 Chair Yoga 1:30 Bridge	31 9:00 Exercise 11:00 Lunch Trip		

August				
Monday	Tuesday	Wednesday	Thursday	Friday
			1 9:15 Zumba 10:30 Pilates 2:00 N&T	2 9:00 Exercise
5 9:00 Exercise	6 9:00 Exercise 10:30 Chair Yoga 1:30 Bridge	7 9:00 Exercise	8 9:15 Zumba 10:30 Pilates 2:00 N&T	9 9:00 Exercise
12 9:00 Exercise 9:00 Van to Mall	13 9:00 Exercise 10:30 Chair Yoga 1:30 Bridge	14 9:00 Exercise 1:00 Acupressure	15 9:15 Zumba 10:30 Pilates 2:00 N&T	16 9:00 Exercise
19 9:00 Exercise	20 9:00 Exercise 10:30 Chair Yoga 1:30 Bridge	21 9:00 Exercise 11:00 Blood Pressure	22 9:15 Zumba 10:30 Pilates 2:00 N&T	23 9:00 Exercise
26 9:00 Exercise	27 9:00 Exercise 10:30 Chair Yoga 1:30 Bridge	28 9:00 Exercise	29 9:15 Zumba 10:30 Pilates 2:00 N&T	30 9:00 Exercise

TRIPS FOR 2013

WEDNESDAY, JULY 24 – ESSEX VILLAGE & RIVER CRUISE

Today, you will enjoy lunch at the Griswold Inn, one of the oldest continuously operated inns in the country. You will enjoy a choice of *Pan-Seared Breast of Chicken or Slow Roast Top Sirloin of Beef, complete with all the trimmings*. After lunch, there will be time to explore this picturesque town and all its charming shops.

This afternoon will travel to Haddam, where we will embark on a 90 minute, narrated cruise onboard the Riverquest. The Captain and crew will narrate about local history and point out areas of interest. Bring your camera and binoculars – come experience this pristine lower Connecticut River, an area labeled by the Nature Conservancy as “One of the Last Great Places”. Cost: \$80 per person.

TUESDAY, SEPTEMBER 24 “DOO WOP SHOW & DANCING AT AQUA TURF

New England’s PREMIER Oldies Vocal Group will hit the stage performing 50’s and 60’s music! Today’s family style luncheon includes salad, pasta, pan seared salmon, flank steak, vegetable, potato and dessert. Cost: \$38 per person.



“SENIOR SUPPERS” at New Milford Hospital

New Milford Hospital offers “Senior Suppers” in the hospital’s dining room on weekdays for area seniors. There are two seatings from 4-5p.m. and 5-6p.m (Weekends: breakfast or lunch entrees for \$5). For only \$5.00, you can enjoy a delicious, well-balanced meal, made from scratch with fresh, whole ingredients. Dinner includes soup or salad, entrée, two side dishes, dessert and coffee. Then after dessert and coffee, there’s time to gather in the hospital’s living room to chat with friends. They also have special events, sometimes with music, healing techniques for stress management and guest speakers.

To take part, you will need a card issued by the Senior Center. The card is free to all area seniors and should be shown to the cashier whenever you dine. So stop by the Center and pick up your discount card and enjoy!! The dining card may also be used to receive a 10% discount in the hospital’s gift shop.

***Reservations are mandatory, so please call 860-210-5011 by 2p.m. on the day you wish to attend.**

If a reservation is not called in by the deadline, the individual will be required to pay full price.

Senior Community Service Employment Program


A job training program for unemployed, low income seniors

The purpose of this program is to provide training and skill building opportunities to participants while providing much needed community service to local non-profits and public agencies. Participants are assigned to organizations in the local community where they train for 20 hours per week while earning minimum wage. They are trained in career tracks that lead to entry level jobs in high employment areas such as: clerical and office support, food service, childcare, customer service, janitorial service and retail sales. To be eligible, individuals must be age 55+, income less than 125% of federal poverty guidelines and unemployed. For more information, contact Associates for Training and Development at 203-721-6263 or www.a4td.org

Our Supporters

Gifts Garden Goods Furniture Accessories		<h3>Washington Supply Company</h3> & Outdoor Living Center	Keys Made Knives Sharpened Screen Repairs UPS Shipping
<p><i>Since 1893 - Our 120th year!</i></p> <p>2 Calhoun Street ♦ Washington Depot, Connecticut 860-868-7395 ♦ www.washingtonsupply.com</p>			

	<p>Beverly J. W. Weaving <i>Branch Manager</i></p> <p>6 Bee Brook Road Washington Depot, CT 06794</p> <p>(860) 868-0591 Fax (860) 868-1353 beverly.weaving@ironbank.com</p>
<p>www.ironbank.com</p>	



GREENE

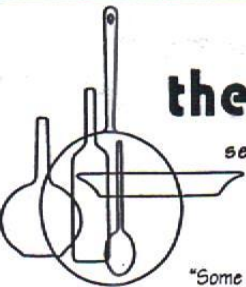
Certified Public Accountants & Investment Advisors

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

Henry Ference (860) 868-2743

Painter Ridge Farm

94 Painter Ridge Road • Washington, CT 06793-1709

Annuals • Vegetables • Hay • Christmas Products



SILVERSNEAKERS FITNESS PROGRAM

SilverSneakers is a fun, energizing program that helps older adults take greater control of their health by encouraging physical activity. Health plans around the country offer this award –winning program to people who are eligible for Medicare or to group retirees. SilverSneakers provides a fitness center membership to any participating location across the country. Participating health plans in Connecticut are AARP Medicare Complete, AARP Medicare Supplement Insurance Plan, Anthem Blue Cross and Blue Shields, ConnectCare, Humana, United Healthcare and WellCare. To find a participating fitness center in your area: silverSneakers.com or call customer service at 1-888-423-4632

DENTAL RESOURCES

Most elderly individuals do not carry dental insurance. Individuals needing treatments such as cleanings, x-rays, fillings, extractions, bridges, etc. have to pay out of their own pocket, which can be very costly. Here are some suggestions as to where one may make an appointment to have dental work done at affordable prices. Most of these Clinics charge according to one's income:

Stay Well Health Center (Dental Clinic)
80 Phoenix Ave
Waterbury 203-756-8021

Conn. Family Dental
171 Grandview Ave
Waterbury 203574-2725

Seifert & Ford Community Health
70 Main St.
Danbury 203-791-5030

University of Ct Dental Clinic
Farmington 860-679-3415
(work performed by dental students
with supervision)

Community Health & Wellness
459 Migeon Ave
Torrington 860-489-0931

St. Mary' Hospital
Dental Clinic
Waterbury 203-709-7055

**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

