

# Washington Senior Center News



July–August 2014  
Vol. 27 No. 4

Washington Depot,  
Connecticut 06794

*R.J. Curtis*

## UPCOMING LUNCHEON



### **TACOS**

**Wednesday, July 16  
at noon**

**YOUR CHOICE OF:**

**Salad plate**

OR

Soft or hard shell tortillas

Chicken or Beef

With all the trimmings!!!

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

Guest: Amanda Schultz who will be providing our dessert – an ice cream social!!

## **REVERSE MORTGAGE FACTS & MTYHS**

Benjamin Rosenberg & Matthew Murphy with East Coast Capital, will be at the Center on Monday, July 21 at 10:00 a.m. They will discuss the facts vs myths that are important for you to be aware of as you investigate the possible benefits of a reverse mortgage. Is it right for you??

**Call the Center as reservations are required!**

## **LIVING WITH NEUROPATHY PAIN?**

DO YOU SUFFER FROM ANY OF  
THE FOLLOWING...

- ✓ NUMBNESS OF YOUR FEET
- ✓ Painful tingling feet
- ✓ Night time discomfort
- ✓ Pin-like sensations with each step

Have you ever been told...

- ✓ You have Neuropathy
- ✓ Live with the pain, nothing can be done

If you answered yes to any of these questions, come to the Center on  
**Tuesday, July 29 at 1P.M.**

Dr. Adrian Marcus from CT Neuropathy will be here to discuss why you are having this problem in the first place and what you can do to reverse this degenerative nerve disease and eliminate your numbness, tingling and pain.

**Call the Center as 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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	<u>Alternates</u>
Anthony Bedini	Betty Hinckley
	<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 14 and August 11.*

**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!!!**

**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.

**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 \$43,600.

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:**

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

**State Senate:**

32<sup>th</sup> 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](http://www.cslib.orgattygenl)

**United States Congress Representative**

Elizabeth Esty 5<sup>th</sup> Dist. 202-223-8412  
Web Site: <http://esty.house.gov/>

**United States Senators**

Richard Blumenthal 202-224-2823  
Website: [www.blumenthal.Senate.gov/contact/](http://www.blumenthal.Senate.gov/contact/)  
Chris Murphy 202-224-4041  
Website: [www.murphy.Senate.gov/contact](http://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.

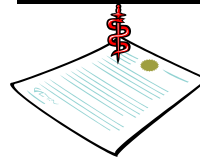
**Web Sites of Interest:**

- ❖ **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](http://www.ct.gov/longtermcare)
- ❖ **Washington Senior Center Web Site:**  
[www.washingtonctseniorcenter.weebly.com](http://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](http://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.

**\*Please note:** Any suggestions regarding restarting a bridge group would be greatly appreciated.

**Exercise (video)** meets Monday, Wednesday and Friday 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 (fast paced cardio workout)– Tuesdays at 8:30 & Thursdays at 9:15.** Cost: \$25 for six classes or \$5 for walk-ins.

**SENIOR PILATES – Thursdays at 10:30.** Cost: \$25 for six weeks or \$5 for walk-ins. **Please note: Classes will resume September 4**

**Strong Women/Strong Bones** – (clinically shown to help prevent and reverse osteoporosis) Mondays & Wednesdays from 2:00 - 3:15p.m. Next session begins July 7. 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, July 17 – Taco Bar. 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 readings will resume on October 6.**

**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 meetings will resume on September 15.** The topic will be “Transportation”.

**Acupressure Clinic** – Wednesday, August 13. 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.**

The Washington Senior Van has been given a VIP parking spot for the July 4<sup>th</sup> 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.

**Old Drake Hill Flower Bridge & Saybrook Fish House.** (Senior van) – Monday August 4. Reservation required as seating is limited. Van departs at 10:00.

**\*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.**

<b>July</b>				
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
	1 8:30 Zumba 10:30 Chair Yoga	2 9:00 Exercise	3 9:15 Zumba 2:00 Needles & Things	4 Closed for Holiday
7 9:00 Exercise 2:00 Strong Women	8 8:30 Zumba 10:30 Chair Yoga 4:00 Advisory Board	9 9:00 Exercise 2:00 Strong Women	10 9:15 Zumba 2:00 Needles & Things	11 9:00 Exercise
14 9:00 Exercise 9:00 Van to Mall 2:00 Strong Women	15 8:30 Zumba 9:30 Medicare Consultations 10:30 Chair Yoga	16 9:00 Exercise 11:00 Blood Pressure 12:00 Taco Lunch 2:00 Strong Women	17 9:15 Zumba 2:00 Needles & Things	18 9:00 Exercise
21 9:00 Exercise 10:00 Reverse Mortgage Program 2:00 Strong Women	22 8:30 Zumba 10:30 Chair Yoga	23 9:00 Exercise 10:00 Hearing Program 2:00 Strong Women	24 9:15 Zumba 2:00 Needles & Things	25 9:00 Exercise
28 9:00 Exercise 2:00 Strong Women	29 8:30 Zumba 10:30 Chair Yoga 1:00 Neuropathy Program	30 9:00 Exercise 2:00 Strong Women	31 9:15 Zumba 2:00 Needles & Things	

<b>August</b>				
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
				1 9:00 Exercise
4 9:00 Exercise 10:00 Day Trip 2:00 Strong Women	5 8:30 Zumba 10:30 Chair Yoga	6 9:00 Exercise 2:00 Strong Women	7 9:15 Zumba 2:00 Needles & Things	8 9:00 Exercise
11 9:00 Exercise 9:00 Van to mall 2:00 Strong Women	12 8:30 Zumba 10:30 Chair Yoga 10:00 Aqua Turf	13 9:00 Exercise 12:30 Acupressure 2:00 Strong Women	14 9:15 Zumba 2:00 Needles & Things	15 9:00 Exercise
18 9:00 Exercise 2:00 Strong Women	19 8:30 Zumba 10:30 Chair Yoga	20 9:00 Exercise 2:00 Strong Women	21 9:15 Zumba 2:00 Needles & Things	22 9:00 Exercise
25 9:00 Exercise	26 8:30 Zumba 10:30 Chair Yoga	27 9:00 Exercise	28 9:15 Zumba 2:00 Needles & Things	29 9:00 Exercise

## ***TRIPS FOR 2014***

### **Sunday, July 13 – The Boston Pops at Tanglewood**

We will depart our area en route to the Berkshires. Our first stop will be for lunch at one of the fabulous local restaurants in the Lennox area. After lunch, we will head over to the 210- acre Tanglewood estate, which became the summer home of the world- renowned Boston Symphony Orchestra/Pops. The special guest will be Jason Alexander, a very talented award-winning Broadway singer and dancer. He will entertain us with numerous Broadway tunes, many of which you will recognize. Our seats will be located in the covered area of “The Shed.” !! Cost: \$131 – this includes transportation, lunch, reserved seat in the Music Shed and driver gratuity.

### **Tuesday, August 12 -“A Tribute to the Grand Ole Opry!” AT AQUA TURF**

Dave Colucci will pay tribute to the music and singers of Country’s biggest stage – Glen Campbell, John Denver, Kenny Rogers, Patsy Cline etc! Today’s family style luncheon includes fruit, salad, baked scrod, chicken Kathryn, vegetable, potato and dessert. Cost: \$38 per person.

### **Tuesday, August 19 – Block Island *Beaches, Bluffs & Bays***

We will depart our area en route to Point Judith, Rhode Island where we will travel by Ferry to beautiful Block Island. Although only a mere 12-miles out to sea, a visit to Block Island is a visit to a different place and time. The island today is much as it was 200 years ago – unspoiled, unhurried and a soothing contrast to the pace and pressures of life on the mainland. Upon arrival, we will be met by a local guide who will give us an insightful, narrated tour of the Island. Along the way, we will stop at the National Hotel for a complete luncheon. You will enjoy a choice of herb baked salmon, pan fried chicken or jumbo crabcake each served with all the trimmings. You won’t want to miss this memorable day on Block Island! Cost: \$129 – this includes transportation, round trip ferry ride, narrated island tour, lunch, and driver gratuity.

### **Tuesday, September 23 – Celebrate Polka! AT AQUA TURF**

Featuring the legendary Jimmy Sturr, an 18 time Grammy Award Winner and voted #1 Polka Band in the country for 12 years!! Today’s family style luncheon includes, salad, pasta, stuffed cabbage, kielbasa & kraut, pierogies, vegetable, potato and dessert. Cost: \$40 per person.

**Reminder - Please continue to save the box top coupons (Box Tops for Education) that are found on many items and bring them to the Senior Center. Thank you for participating!!!**



### **DO YOU HAVE ANY QUESTIONS REGARDING MEDICARE??**

On Tuesday, July 15 at 9:30 a.m., Rosemary Jones, 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.

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

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## **INTERACTIVE PRESENTATION & FREE HEARING SCREENINGS!**

**Wednesday, July 23 at 10:00**

**48 Million Americans have some kind of hearing loss. Only 2% ever get the help they need!**

Scott Adamsons, B.A., HIS is a licensed Hearing Instrument Specialist at Hearing Aid Specialist of CT, will discuss the causes, effects and remedies for hearing loss. He will inform as well as demonstrate how hearing loss affects everyone and how hearing technology can bridge the gap between – just hearing sound...and actually understanding the message!

After this presentation, Mr. Adamsons will offer free hearing screenings for anyone who wants to know more about their hearing health.

**\*There will be a raffle for VISA Gift cards too!!**

**Call the Center as reservations are required!**

**The Senior Center has established an award program to be given to a Washington Primary School 5<sup>th</sup> grade boy and girl. The criteria for those receiving the award are: Strives for Academic Success, Shows Consideration for Others, Accepts and Respects Authority, Demonstrates Personal Responsibility and Exemplifies the School's Glider's Pledge, "Cares". This year's recipients are Matthew Gruendig and Isabella Guzman. Congratulations!!**

**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](mailto:seniors@washingtonct.org)**

**Please visit the Senior Center web site at: [www.washingtonctseniorcenter.weebly.com](http://www.washingtonctseniorcenter.weebly.com)**

Box 352

Washington Depot

CT 06794

**CHANGE SERVICE REQUESTED**

