

Washington Senior Center News



March–April 2013
Vol. 26 No. 2

Washington Depot,
Connecticut 06794

R.J. Curtis

UPCOMING LUNCHEON



“THE ANNUAL CORNED BEEF & CABBAGE LUNCHEON”

courtesy of the American Legion on
Thursday, March 14 at Noon.

All Washington senior citizens are invited. Suggested donation: \$6:00. Please call the Senior Center by March 11 for reservations.

Guests today are: Three Shepaug Seniors from Washington, Bridgewater & Roxbury will discuss their Senior Projects.

HEARING HEALTH SEMINAR

Friday, April 26 at 10 AM

Scott Adamsons, Hearing Instrument Specialist at Hearing Aid Specialist of CT, will discuss the needs of those who currently wear hearing aids or whom have tried them with unsuccessful results: “Are your hearing devices getting the job done?” We now have new technology that can measure exactly that. When followed by a complete hearing evaluation, a live aided speech mapping test can measure exactly what your hearing instruments are delivering to your ear while you are wearing them. This new technology can show us where your instruments may be tuned too loud and where you are perhaps not receiving enough help. We will also be taking appointments for complimentary hearing evaluations and live speech testing at that time. Please call the Center -**SIGN UP REQUIRED!**

Domenick Calabrese, Judge of the Region 22 Probate District, will give a free seminar on wills in Connecticut on **Tuesday, March 19th at 10:00 am.** Many people don't have wills, and others with wills may not understand how changes in circumstances may affect the terms of their will. Judge Calabrese will review the purposes of wills, outlining which assets are transferred by a will, and which assets are transferred outside of a will after the death of the person who created the will. There will also be discussion of what happens when someone with no will passes away, and how the lawful owners of the decedent's property are determined. Judge Calabrese will also present the advantages and disadvantages of wills in the context of estate planning. ***Snow Date: 3/26/13**
PLEASE CALL THE CENTER - SIGN UP REQUIRED!

AARP DRIVER SAFETY COURSE

Now Only Four Hours!!

Tuesday, April 16

9-1 P.M.

Defensive Driving Techniques! Insurance Discounts for those 60 and older! Call the Center to register.

Cost: \$12 for AARP members and \$14 for non-members. Make checks payable to AARP.

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

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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, March 11 and April 8.

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.

Heating Season Is Here Again.....

To apply or for eligibility information on the energy assistance program, call 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: \$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 1-800-225-5605

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.

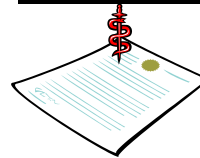
Web Sites of Interest:

- ❖ **Name it and Claim It website of CT State Treasurer's Office returns funds and property to rightful owners and heirs:** nameitandclaimit.org
- ❖ **NEW Chore Service Website:** www.ChoreServiceLH.org
- ❖ **Eldercare Locator (links consumers and their families to local aging services):** www.eldercare.gov or call 1-800-677-1116
- ❖ **Find benefits, financial assistance programs and general information:** www.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.

Zumba Gold – Wednesdays at 3:15. 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 March 4 thru April 17. 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: Thursday, March 14 – Corned Beef & Cabbage. Cost: \$6.00. Please call the Center as **reservations are required.**

FREE INCOME TAX ADVICE FOR WASHINGTON SENIORS

Doug Greene, CPA/PFS will be available for help with questions regarding the preparation of 2012 income tax forms on Thursdays, beginning February 7 through March 14. Call the Senior Center for an appointment. *Please note: Also offered is advice and insurance for Medicare Advantage and Medicare Part D coverage should anyone be interested.*

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. For March 4 & April 1 – the topics were unavailable at press time.

WASHINGTON HISTORY CLUB – The meetings are held on the third Monday of the month (March 18 & April 15) at 10:00 a.m. The topic for March 18 will be immigrants and churches. The club welcomes everyone interested in the history of the town and its villages.

Acupressure Clinic – Wednesday, April 10. 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.**

***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.**

March				
Monday	Tuesday	Wednesday	Thursday	Friday
				9:00 Exercise ¹
9:00 Exercise ⁴ 10:00 Gunn Museum Series 2:00 Strong Women	9:00 Exercise ⁵ 1:30 Bridge	9:00 Exercise ⁶ 2:00 Strong Women 3:15 Zumba Gold	9:00 Exercise ⁷ 10:30 Pilates 2:00 N&T 2:00 Tax Advice	9:00 Exercise ⁸
9:00 Exercise ¹¹ 9:00 Van to Mall 2:00 Strong Women	9:00 Exercise ¹² 1:30 Bridge 4:00 Advisory Board	9:00 Exercise ¹³ 2:00 Strong Women 3:15 Zumba Gold	9:00 Exercise ¹⁴ 12:00 Corned Beef 2:00 N&T 2:00 Tax Advice	9:00 Exercise ¹⁵
9:00 Exercise ¹⁸ 10:00 History Group 2:00 Strong Women	9:00 Exercise ¹⁹ 10:00 Will Program 1:30 Bridge	9:00 Exercise ²⁰ 2:00 Strong Women 3:15 Zumba Gold	9:00 Exercise ²¹ 10:30 Pilates 2:00 Needles & Things	9:00 Exercise ²²
9:00 Exercise ²⁵ 2:00 Strong Women	9:00 Exercise ²⁶ 10:00 Wills/Snow Date 1:30 Bridge	9:00 Exercise ²⁷ 2:00 Strong Women 3:15 Zumba Gold	9:00 Exercise ²⁸ 10:30 Pilates 2:00 Needles & Things	Closed for Good Friday ²⁹

April				
Monday	Tuesday	Wednesday	Thursday	Friday
9:00 Exercise ¹ 10:00 Gunn Museum Series 2:00 Strong Women	9:00 Exercise ² 10:30 Chair Yoga 1:30 Bridge	9:00 Exercise ³ 2:00 Strong Women 3:15 Zumba Gold	9:00 Exercise ⁴ 10:30 Pilates 2:00 Needles & Things	9:00 Exercise ⁵ 10:00 Smart Energy Program
9:00 Exercise ⁸ 9:00 Van to Mall 2:00 Strong Women	9:00 Exercise ⁹ 1:30 Bridge	9:00 Exercise ¹⁰ 12:30 Acupressure 2:00 Strong Women 3:15 Zumba Gold	9:00 Exercise ¹¹ 10:30 Pilates 12:00 Lunch & Learn 2:00 N&T	9:00 Exercise ¹²
9:00 Exercise ¹⁵ 10:00 History Group 2:00 Strong Women	9:00 AARP Drive Course ¹⁶ 1:30 Bridge	9:00 Exercise ¹⁷ 11:00 Blood Pressure 2:00 Strong Women 3:15 Zumba Gold	9:00 Exercise ¹⁸ 10:30 Pilates 2:00 Needles & Things	9:00 Exercise ¹⁹
9:00 Exercise ²² 10:00 Assisted Transition Program 10:30 Aqua Turf	9:00 Exercise ²³ 1:30 Bridge	9:00 Exercise ²⁴ 3:15 Zumba Gold	9:00 Exercise ²⁵ 10:30 Pilates 2:00 Needles & Things	9:00 Exercise ²⁶ 10:00 Hearing Health Seminar
9:00 Exercise ²⁹ 10:00 Smart Record Saving Program	9:00 Exercise ³⁰ 1:30 Bridge			

TRIPS FOR 2012

MONDAY, APRIL 22 – JUDY GARLAND “LIVE” AT THE AQUA TURF

Off Broadway winner of Manhattan Association of Caberets and Club Award! Starring Tommy Femia!! Today’s family style luncheon includes salad, pasta, roast turkey, baked scrod, vegetable, potato and dessert. Cost: \$40 per person

FRIDAY, JUNE 21 – “A Day At The Races” SUFFOLK DOWNS

Today enjoy the action- packed excitement of live thoroughbred racing, located just three miles from downtown Boston. Lunch is included today and is a complete hot and cold luncheon buffet. Your day included Clubhouse admission, a daily racing program and a race named in honor of our group!! Cost: \$71 per person.



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

SATURDAY/SUNDAY MATINEES

**** Warner Theater**

April 21 - City of Angels

June 23 – Forever Plaid

METROPOLITAN OPERA HD LIVE

March 16 – Zandonai’s Francesca da Rimini(12p.m.) April 27 – Handel’s Giulio Cesare(12p.m.)

Seniors! Is your home leaking energy? Are your heating and cooling bills hefty? Is your home drafty, uncomfortable & unhealthy? Then attend this interactive talk with Marilyn Gansel, Community Liaison with New England Smart Energy, LLC on **Friday, April 5 at 10 AM. At the Senior Center** Learn what a home energy assessment includes and how you can reduce home energy bills up to 40%. Learn about the Home Energy Solutions Program sponsored by Ct Clean Energy Efficiency Fund administered by CL&P, and UI. Get in on the energy rebates!! **SIGN UP REQUIRED!**

ASSISTED TRANSITION – Senior Living and Care Finders

When an elderly relative needs help, the entire family can be in turmoil. Prior planning and communication are key. “Navigating the Elder Living Maze” starts with planning, such as: documents required, family discussions that should happen, signs that care is needed, obstacles to getting care and how it can be funded. Wendy Seiler, Senior Care Advisor with Assisted Transition, will be at the Center on **Monday, April 22 at 10.** She will discuss the services provided: help with all the above, where to find resources, whether elder law attorneys, moving and organizing specialists, home care, assisted living, and a whole range of services to make sure you will find the right care situation for you. **Please call the Center – sign up required!**

FREE LUNCH & LEARN – THURSDAY, APRIL 11 at Noon

Candlewood Valley Health and Rehabilitation Center invites you to a free lunch and learn event. **“What is Normal Aging?”** Dr. Susann Varano and Social Worker, Cindy LaCour, will give a presentation on the physical and cognitive signs of normal aging. Following the talk, Dr Varano will take questions from those in attendance. Free Memory Screenings will also be provided to anyone interested. Please call the Center as sign up is required.

***Senior Van Transportation Available.**

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www.Lcurve.com

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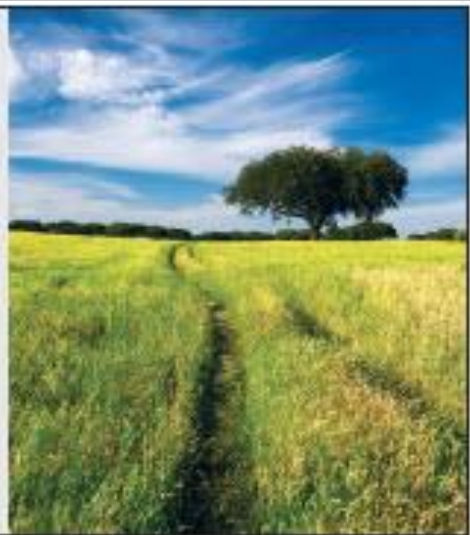
As a **Registered Investment Advisor**, we manage assets using a conservative investment strategy that both protects your profits and selects only companies whose stock price is increasing in value at an accelerating rate.

As a **CPA Financial Planner**, we help you to transition into the future gracefully and intelligently while slashing your tax bill in the process.

The unique marriage of these two professions offers you a rare opportunity to engage the services of a firm that can not only invest your money successfully, but also understands the tax ramifications of your investment activities. Both of these advantages are offered within a financial plan tailored to your own specific requirements.

SERVICES

- Portfolio Design & Management
- Retirement Planning
- Income Tax Preparation
- Insurance Counseling
- Comprehensive Financial Planning
- Bookkeeping Services
- CPA Services



1 Kirby Road • P.O. Box 1495, Washington, CT 06793-1495 • 860.868.3410

On Monday, April 29th, 2013 at 10 AM, Eric H. Freedman of the Western Connecticut Area Agency on Aging will be giving a presentation entitled “**Smart Saving of Records for Yourself and Your Survivors.**” The talk will stress the importance of organizing important documents in ways that insure that they are clear and available to you, your caregivers, or your heirs whenever they need to be located. He will distribute materials which will help you to do that. He will also speak about Medicare and consumer fraud and ways to protect yourself from both. Mr. Freedman is a CHOICES Counselor, the Long Term Options Specialist, and the SMP Coordinator of Volunteers at the Agency. **PLEASE CALL THE CENTER- SIGN UP REQUIRED!**

CHAIR YOGA – FREE DEMONSTRATION CLASS

Tuesday, April 2 at 10:30

Chair yoga is a gentle, therapeutic form of exercise providing all the benefits of a traditional yoga practice using the chair for support and stability. Yoga relaxes the body and mind, improves circulation and balance, increases strength and flexibility and elevates overall health and well-being. Chair yoga is ideal for individuals with physical challenges due to age, illness or injury. This free class will be conducted by Andrea Lake, a certified chair yoga instructor. *Ongoing classes will be offered based on level of interest shown!

**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

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