

Washington Senior Center News



March–April 2014
Vol. 27 No. 2

Washington Depot,
Connecticut 06794

R.J. Curtis

THINK SPRING!!!



FALL PREVENTION PROGRAM

VNA Northwest, Inc. is launching a fall prevention campaign that will include a series fall risk assessment clinics in area towns. A clinic at the Washington Senior Center will be held on **Tuesday, April 22, from 1-3 p.m.**

The VNA staff members will help you determine your own risk of falling, and share with you some proven strategies for lessening that risk. They will demonstrate some safety measures and tools you can use to protect yourself from accident or injury. The presentation will be followed by the opportunity to have a review of your medications and a blood pressure check, as well as an individual assessment by a physical therapist.

The blood pressure screening will include a postural test to determine whether you experience a drop in blood pressure when you change position from lying or sitting to standing. If this is the case, you will receive helpful information on ways to stand up safely to decrease your risk of falling. Call to sign up as **registration as for this clinic is required!**

UPCOMING LUNCHEON



“CORNED BEEF & CABBAGE”

courtesy of the American Legion
The annual corned beef luncheon will be held at the Senior Center on **Monday, March 17** at noon. All Washington senior citizens are invited. Suggested donation \$6:00. Please call the Senior Center by March 10 for reservations.

AARP DRIVER SAFETY COURSE

Wednesday, April 16
Now Only Four Hours!!
9-1 P.M.

Defensive Driving Techniques! Insurance Discounts for those 60 and older! Call the Center to register. Cost: \$15 for AARP members and \$20 for non-members. Make checks payable to AARP.

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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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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 10 and April 14.

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 have delays or are closed due to hazardous travel conditions. School closings, delays and early dismissals 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.

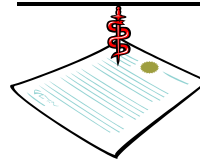
Web Sites of Interest:

- ❖ **Name It and Claim It website of CT State Treasurer's Office returns funds and property to rightful owners and heirs: nameitandclaimit.org**
- ❖ **Find benefits, financial assistance, programs and general information: ctseniorinfo.com**
- ❖ **Eldercare Locator (links consumers and their families to local aging services): eldercare.gov**
- ❖ **Jokes, Humor & More: laughwithlife.net**
- ❖ **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 – NOW OFFERED TWO DAYS A WEEK! Tuesdays & Thursdays at 9:15.
Cost: \$25 for six weeks (one day a week), \$50 for six weeks (two days a week) 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 March 10. 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: Monday, March 17 – Corned Beef & Cabbage 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 March 3 & April 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. Due to a scheduling conflict, the March meeting will be held on March 24 . April 21 will be the next meeting.

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.

***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
3 9:00 Exercise 10:00 Gunn Museum	4 9:15 Zumba 10:30 Chair Yoga 1:30 Bridge	5 9:00 Exercise 10:00 Chair Massage	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 9:15 Zumba 10:30 Chair Yoga 1:00 Dance Therapy 4:00 Advisory Board	12 9:00 Exercise 2:00 Strong Women	13 9:15 Zumba 10:30 Pilates 2:00 N&T	14 9:00 Exercise
17 9:00 Exercise 12:00 Corned Beef 2:00 Strong Women	18 9:15 Zumba 9:30 Medicare Consult 10:30 Chair Yoga 1:30 Bridge	19 9:00 Exercise 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 2:00 Strong Woman	25 9:15 Zumba 10:30 Chair Yoga 1:30 Bridge	26 9:00 Exercise 2:00 Strong Women	27 9:15 Zumba 10:30 Pilates 2:00 N&T	28 9:00 Exercise
31 9:00 Exercise 2:00 Strong Woman				

April				
Monday	Tuesday	Wednesday	Thursday	Friday
	1 9:15 Zumba 10:30 Chair Yoga 1:30 Bridge	2 9:00 Exercise 10:00 Chair Massage 2:00 Strong Women	3 9:15 Zumba 10:30 Pilates 2:00 N&T	4 9:00 Exercise
7 9:00 Exercise 10:00 Gunn Museum 2:00 Strong Women	8 9:15 Zumba 10:30 Chair Yoga 1:30 Bridge	9 9:00 Exercise 2:00 Strong Women	10 9:15 Zumba 10:30 Pilates 2:00 N&T	11 9:00 Exercise 10:00 Everlasting Cosmetics Program
14 9:00 Exercise 9:00 Van to Mall 2:00 Strong Women	15 9:15 Zumba 10:30 Chair Yoga 1:30 Bridge	16 9:00 AARP Drive Course 2:00 Strong Women	17 9:15 Zumba 10:30 Pilates 2:00 N&T	18 Closed for Good Friday
21 9:00 Exercise 10:00 History Group 2:00 Strong Women	22 9:15 Zumba 10:30 Chair Yoga 1:00 Fall Risk Clinic	23 9:00 Exercise 2:00 Strong Women	24 9:15 Zumba 10:30 Pilates 2:00 N&T	25 9:00 Exercise
28 9:00 Exercise	29 9:15 Zumba 10:00 Aqua Turf 10:30 Chair Yoga 1:30 Bridge	30 9:00 Exercise	\ \	

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.

Wednesday, June 25 – 9/11 Memorial & Museum

Upon arrival in New York City, you will visit the 9/11 Memorial. The Memorial is a national tribute of remembrance and honor to the nearly 3,000 people killed in the terror attacks of September 11, 2001 at the World trade center, the Pentagon and United Flight 93 that crashed near Shanksville, PA. The Memorial is defined by two reflecting pools, a grove of trees and the names of the victims inscribed in bronze panels edging the Memorial pools. You will then travel seven stories underground to the newly opened 9/11 Museum.

This afternoon, we will enjoy a late afternoon lunch at the famous Italian restaurant Carmine’s. Your meal will be served family style. The platters will include Rigatoni & Broccoli and Chicken Parmigiana served complete with all the trimmings!! Cost: \$107 – this includes transportation, complete luncheon, admission to the Memorial & Museum and driver gratuity.



DO YOU HAVE ANY QUESTIONS REGARDING MEDICARE??

On Tuesday, March 18 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.

INFO FOR HOMEOWNERS:

Two organizations, Rebuilding Together and AmeriCares Homefront, use volunteers to help eligible homeowners with repairs, upkeep and maintenance projects. Both offer an annual spring event with teams of helpers assigned to homes. Throughout the year, Rebuilding Together focuses on preventive home maintenance. They accept smaller tasks through their “Odd Month, Second Saturday, 9-1PM” program. Volunteers are always needed for these. Contact Ceia Webb, of Rebuilding Together, at ceiawebb@rebuildinglitchfieldcounty.org or calling at 350-2290.

For AmeriCares, contact, 1-800-887-4673 (income limit - \$35,000/yr) or pick up application at the Center.

FYI

SOCIAL SECURITY'S FIELD OFFICE SERVICE CHANGES

Important upcoming changes to the services provided at Social Security offices across the country. As of February 2014, the Social Security Administration will no longer offer Social Security number (SSN) printouts and benefit verification information in their field offices. They will continue providing these services, if requested, until April 2014. Because the SSN printout is not an official document with security features, and is easily duplicated or shared illegally, eliminating it helps prevent fraud. Employers, DMV and other entities requiring SSN verification can obtain this information using online government services such as E-Verify and Social Security's Business Services Online. Beneficiaries and recipients needing a benefit verification letter can obtain one immediately by registering for a my Social Security account at www.socialsecurity.gov/myaccount or through the mail within 5-7 days by calling the national toll-free number, 1-800-772-1213.



AUTOMATIC ENROLLMENT IN MEDICARE DOESN'T WORK THAT WAY ANYMORE

The start date for Social Security for most of those currently entering the system is above 65, and climbing. Only those who are actually receiving or scheduled to receive Social Security on their 65th birthday will be sent notice about being eligible for Medicare. If you are not one of them, you need to contact Social Security and tell them you want to sign up for Medicare Part A, and if you desire, for Part B

If you don't, you risk consequences, including having no primary insurance payer because your employer coverage will likely become secondary to Medicare's, having to wait to receive Part B coverage because you didn't sign up in a timely manner, and incurring a Part B penalty for the same reason.

Remember – your age of eligibility for Medicare remains unchanged. It is still 65. What has become different is that you must speak up for yourself to get enrolled.

CANCERCARE OF CT

This program provides financial assistance with the cost of transportation, child care, home care, pain/comfort medications, and medical supplies and equipment for cancer patients. For eligibility and program guidelines, call 1-800-813-4673 or go to website @ cancercare.org

Our Supporters

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DANCE THERAPY PLAYSHOP!!/WITH JIANDAN PAYZA MS, BC-DMT

TUESDAY, MARCH 11 AT 1:00 P.M.

Jiandan is an Internationally Board Certified, Dance/Movement Therapist. She has worked at hospitals, day programs and rehabilitation centers nationwide. She believes that each individual that engages in her dance therapy groups can improve their health and well-being, mentally, emotionally and spiritually through rhythm, music and dance. So come and de-stress, enjoy and refresh yourself and have fun at the 1.5 hr. long “Playshop!” “Live, Love, Dance, Laugh!! **Sign up required.**



EVERLASTING COSMETICS /

DIANE NEELANDS - 30 yr Licensed Cosmetologist and Certified Permanent Makeup Technician

Ladies, do you cosmetically apply your eyebrows, eyeliner or lip color on a daily basis? Would you prefer not to have to touch it up during the day or remove it every night?

Everlasting cosmetics offers an educational presentation that explains what permanent makeup is, who can benefit and questions you should ask before having the procedure. Diane will do a power point presentation, which includes before and after photos. It will be held at the Center on **Friday, April 11 at 10:00 a.m.** Promotional discounts will be available to those who attend. Refreshments will be served. **Sign up required.**

Reminder - Please 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!!!

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

