

Washington Senior Center News



May – June 2012
Vol. 25 No. 3

Washington Depot,
Connecticut 06794

R.J. Curtis

HEARING LOSS

Scott Adamsons, an audiologist at Hearing Aid Specialists of CT, will be at the Center on **Monday, May 14 at 1:30.** He will discuss hearing loss and new technology updates. Please call the Center as sign up is required.

THOUGHT FIELD THERAPY

Patrica Jennings, Natural Health Consultant, will be at the Center on **Thursday, June 7 at 10:30** to teach the tools needed to use this powerful yet simple method. Thought Field Therapy is a highly specialized technique that brings almost instantaneous relief from all types of stress and anxiety issues. It is a drug-free method of literally tapping into the body's energy to allow healing – without using acupuncture needles, drugs or invasive means. **Sign up required.** Donations accepted.



Mind & Body Pilates

**COMING: SENIOR
PILATES!!!**

See page 2 for dates!!

UPCOMING LUNCHEON



CHICKEN BARBEQUE Wednesday, May 16 at noon

Suggested donation: Bring a side salad or \$6.00.

Call the Center to sign up as **reservation** are required.

Guest speaker: Dr. Archna Johar. She will discuss different eye vitamins and new scientific findings that can potentially save your vision. Topics will include: cataracts, glaucoma, macular degeneration and diabetes. Dr. Johar has performed hundreds of surgeries and helped thousands of people improve their eyesight. All questions will be answered and attendees will receive door prizes.

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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 | SeniorCenter Director & Elderly Services Director |
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.....

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| | |
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| Phil Payson | Computer Instructor |

**Senior Center
Advisory Board**

| | |
|-----------------|------------------|
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| Holly Camp | Bob Hinckley |
| Betty Hinckley | |

Alternates

| | |
|-------------|-------------------|
| Diane Locke | Nicholas Rimocchi |
|-------------|-------------------|

Ex Officio

| | |
|-------------|------------|
| Pam Collins | Mark Lyons |
|-------------|------------|

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, May 14 and June 11.

Municipal Agent Pam Collins is available to help with Medicare or for information on financial assistance programs. Office hours: 9:00 to 12:00 and 1:00 to 4:00 on Tuesdays at the Senior Center..Call for an appointment. Phone: 860-868-0735

CHORE SERVICE

The Litchfield Hills Chore Service is available to help elderly and handicapped residents to stay safely independent and at home in the community. Chore Service workers provide light and heavy housekeeping, shopping, laundry, cooking, yard maintenance and minor home repairs.

Suggested Client Contribution is based on a sliding scale of monthly income, ranging from \$6/ to \$11/hour. (Residents below the age of 60, may also utilize this service, but will be required to pay the full cost (\$25/hour).

For more information on this service, call the Senior Center.

Property Tax Relief Program

Dates to apply:
 Homeowner: 2/1 – 5/16 Renter: 5/16/ - 9/15
 Age: 65 or Disabled
 Couple: \$39,500 Single: \$32,300
 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.

VNA Northwest

Blood Pressure Clinic Schedule:
3rd Wednesday of each month 11:00-12:00 at Washington Senior Center.

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

**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:

30th Dist. State Senator Andrew Roraback (R)
Democrats 1-800-842-1420
Republicans 1-800-842-1421

State Attorney General

George Jepsen 1-860-808-5318
Web Site: www.cslib.orgattygen

United States Congress Representative

Chris Murphy 5th Dist. 860-223-8412
Web Site: www.house.gov/write.rep
e-mail: chrismurphy.house.gov

United States Senators

Richard Blumenthal 1-860-258-6940
Joseph Lieberman 1-800-225-5605
(Lieberman@Lieberman.senate.gov)

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



Senior Center Computer

A computer is available for Internet use and for individual instruction, please call to reserve a time.

Questions about using e-mail or the internet? The Senior Center Computer Club meets on the third Wednesday of the month at 2:00 p.m. for informal discussion and problem solving. All are welcome.

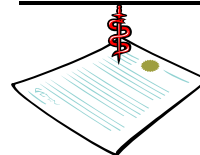
Web Sites of Interest:

- ❖ **Links to Partnership for Prescription Assistance, which directs people to info reduced cost or free drugs by drug companies and/or other organizations:**
www.healthfinder.gov/rxdrug
- ❖ **Comprehensive guide to housing and mortgages for seniors:**
<http://www.mortgageloan.com/seniors>
- ❖ **VA Programs and Services for Women Veterans:**
www.va.gov/womenvet or
www.publichealth.va.gov/womenshealth
- ❖ **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

Computer Club will meet on Wednesday, May 16 and June 20 at 2:00 p.m.

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.

Computer Instruction on Wednesday beginning at 1:00 p.m. Call to reserve a time slot, 868-0735, no fee.

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

Zumba Gold – Thursdays at 9:15. Cost: \$25 for six classes

SENIOR PILATES – Thursdays at 10:30 beginning May 17 thru June 21. Cost: \$25 for six weeks or \$5 for walk- ins. Please call the Center as sign up is required.

Strong Women/Strong Bones – (clinically shown to help prevent and reverse osteoporosis) Mondays & Wednesdays from 2:00-3:15p.m. Next session is May 7 thru June 20. 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, May 16 – Chicken Barbeque. 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 topics for May and June were unavailable at press time

WASHINGTON HISTORY CLUB – The meeting is held on the third Monday of the month (May 21 & June 18) at 10:00 a.m. The club welcomes everyone interested in the history of the town and its villages.

Acupressure Clinic – Wednesday, May 23. 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.**

Woodbury Diner (Senior van) – Wednesday, June 6. Reservation required as seating is limited. Van departs at 11:20.

***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.**

| May | | | | |
|---|---|--|---|---------------|
| Monday | Tuesday | Wednesday | Thursday | Friday |
| | 9:00 Exercise 1:30 Bridge | 9:00 Exercise 1:00 Computer Inst. | 9:15 Zumba Gold 2:00 Needles & Things | |
| 9:00 Exercise 10:00 Gunn Museum 2:00 Strong Women | 9:00 Exercise 1:30 Bridge 4:00 Advisory | 9:00 Exercise 1:00 Computer Inst. 2:00 Strong Women | 9:15 Zumba Gold 2:00 Needles & Things | 9:00 Exercise |
| 9:00 Exercise 9:00 Van to Mall 10:30 Hearing Loss 2:00 Strong Women | 9:00 Exercise 1:30 Bridge | 9:00 Exercise 11:30 Blood Pressure 12:00 Barbeque 2:00 Strong Women | 9:15 Zumba Gold 10:30 Pilates 2:00 Needles & Things | 9:00 Exercise |
| 9:00 Exercise 10:00 History Group 2:00 Strong Women | 9:00 Exercise 1:30 Bridge | 9:00 Exercise 1:00 Computer Inst. 1:00 Acupressure 2:00 Strong Women | 9:15 Zumba Gold 10:30 Pilates 2:00 Needles & Things | 9:00 Exercise |
| Closed for Memorial Day | 9:00 Exercise 1:30 Bridge | 9:00 Exercise 1:00 Computer Inst. 2:00 Strong Women | 9:15 Zumba Gold 10:30 Pilates 2:00 Needles & Things | 9:00 Exercise |

| June | | | | |
|---|------------------------------|--|--|---------------|
| Monday | Tuesday | Wednesday | Thursday | Friday |
| | | | | 9:00 Exercise |
| 9:00 Exercise 10:00 Gunn Museum 2:00 Strong Women | 9:00 Exercise 1:30 Bridge | 9:00 Exercise 1:00 Computer Instr. 11:20 Woodbury 2:00 Strong Women | 9:15 Zumba Gold 10:30 Thought Therapy Program 2:00 Needles | 9:00 Exercise |
| 9:00 Exercise 9:00 Van to Mall 2:00 Strong Women | 9:00 Exercise 1:30 Bridge | 9:00 Exercise 1:00 Computer Instr. 2:00 Strong Women | 9:15 Zumba Gold 10:30 Pilates 2:00 Needles & Things | 9:00 Exercise |
| 9:00 Exercise 10:00 History Group 2:00 Strong Women | 9:00 Exercise 1:30 Bridge | 9:00 Exercise 11:30 Blood Pressure 2:00 Strong Women 2:00 Computer Club | 9:15 Zumba Gold 10:30 Pilates 2:00 Needles & Things | 9:00 Exercise |
| 9:00 Exercise | 9:00 Exercise 1:30 Bridge | 9:00 Exercise 1:00 Computer Instr. | 9:15 Zumba Gold 2:00 Needles & Things | 9:00 Exercise |

TRIPS FOR 2012

WEDNESDAY, MAY 23 – THIMBLE ISLANDS & The Connecticut Shoreline

This morning we'll travel to the Connecticut shoreline to board the M.V. Sea Mist and explore the charm of the Thimble Islands, relax and enjoy the Captain's narration on points of interest and the colorful history of the area. After our cruise, we'll enjoy lunch at the Chowder Pot 111 where your entrée choices will include: Baked Stuffed Shrimp, North Atlantic Salmon or Chicken Marsala, served complete with all the trimmings. This afternoon, you will ride the trolleys at the museum in motion, the Shoreline Trolley Museum. The trolleys here are operated by the Branford Electric Railway Association, which boasts the oldest suburban trolley line in continuous operation in the United States and has earned a place on the National Register of Historic Places. You'll be sure to enjoy a wonderful feeling of nostalgia at reliving the past!!

Cost: \$81.00 per person. This price includes deluxe motorcoach transportation, sightseeing cruise, luncheon, admission to the trolley museum and driver gratuity.

MONDAY, JULY 2 – BOSTON HARBORFEST

This morning we'll travel to Boston and the **TALL SHIPS** celebration. A complete lunch with a choice of beef, fish or chicken entrée will be included. After lunch, you'll enjoy a Boston Harbor cruise sailing past the beautiful Tall Ships docked there. The Tall Ships from many different countries, are sailing to Boston along with the U.S. Navy's military ships to commemorate the Bicentennial War of 1812. Cost: \$117 per person. This price includes deluxe motorcoach transportation, complete luncheon, Boston Harbor cruise and driver gratuity.

TUESDAY, AUGUST 14 – “WORLDWIDE MUSIC FEST” AT THE AQUA TURF

Enjoy the sounds of Caribbean & Mexican music – the moves of Hawaiian & Indian dancers – sing-a-long with German Professor Hamzy and dance to DJ Marc Joseph!!!

Today's family style luncheon includes salad, pasta, salmon, pork, potato, vegetable and dessert. Cost: \$37.

MATINEES AT 2:00 P.M.

**** Warner Theater**

June 10 - The Taffetas (\$22)

July 29 – Annie

TriArts (Sharon)

July 11-The Best Little Whorehouse in Texas (\$20)

July 25 – Altar Boyz

August 22 – Sound of Music

****These trips require payment at the time of reservation**

ARE YOUR FOOD BILLS TOO HIGH?

The Supplemental Nutritional Assistance Program **SNAP** (formerly "Food Stamps") rules have changed. Low income people with savings or retirement accounts now qualify. You can have gross monthly income up to \$1680 for one, \$2268 for two people and there is no asset limit (property and bank accounts not counted). SNAP benefits can be up to \$200 for one, \$367 for two. The amount depends on income and expenses. You do not have to repay this benefit. No lien will be placed on your home. For more information or to apply, call the Dept. of Social Services at 496-6900.

* If you are over the income limit, you can still apply, but you will have to do a net-income test, which will be the difference between your income versus expenses, and your assets cannot exceed \$3000.

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MEDICAID FOR THE WORKING DISABLED

- This program permits people to work without risking their eligibility for the kinds of services they need to treat and manage their disability.
- It permits them to earn in excess of traditional income limits, up to \$75,000 per year.
- They may retain cash assets of up to \$10,000.
- They may have a pension or 401K plan.
- They may own their own home.

For more information, contact CT Dept. of Social Services at 860-496-6900 (Torrington).



BEGINNERS WATERCOLOR PAINTING CLASS taught by ISABEL

Wednesdays, 10:30 – 12 beginning May 23 thru June 13

Beginners will learn to work with watercolor using your imagination practicing sketching, planning and painting.

Cost: Free. All necessary supplies will be provided at no cost. SIGN UP REQUIRED!!!

**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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