

# Washington Senior Center News

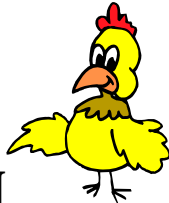


May–June 2013  
Vol. 26 No. 3

Washington Depot,  
Connecticut 06794

*R.J. Curtis*

## “UPCOMING LUNCHEON”



### CHICKEN BARBEQUE

**Wednesday, May 15 at 12:00 noon**

Suggested donation: Sign up to bring a side salad or \$6.00.

Call the Center to make a **reservation** as seating will be limited.

**Guest speakers:** Representatives from Senior Care Resources of Western CT. They provide and promote a local continuum of senior care resources through education, advocacy and support for the benefit of the older person to age in place with grace and dignity.

**Chair Yoga Classes and a Steep  
Rock walking group starting!!**



SEE INSIDE FOR DETAILS!!

## “Incapacity, Conservatorships and the Probate Court”

Judge Domenick Calabrese will be at the Center on **Tuesday, May 21 at 10** to discuss legal incapacity, the role of the probate court, conservatorships and legal tools to plan for incapacity.

While many people plan for the transfer of assets at death by creating wills, few are aware of the options and importance of planning for legal incapacity. Legal incapacity can occur suddenly and unexpectedly. The ability to deal with the incapacitated person’s financial and personal affairs may require court intervention. Planning can minimize the stress and uncertainty. Please call the Senior Center as **sign up is 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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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.*

**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.**

**SBC/Lifeline** offers a \$9.29 reduction for telephone service to individuals who meet certain guidelines. For eligibility requirements, call **1-800-540-7638**.  
**FREE SBC – Directory Assistance (411)**  
This plan is for certain persons with disabilities to have up to 100 free Ct. (in-state), and 100 free out-of-state directory assistance calls per month. There are eligibility requirements and they are considered on a case by case basis. For more information, call **1-800-922-4605**.

**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](http://cancercare.org)



**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 13 and June 10.*

**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:**

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. 860-223-8412  
Web Site: [www.house.gov/write.rep](http://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.

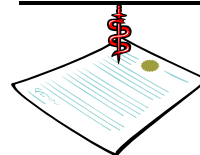
**Web Sites of Interest:**

- ❖ Enhanced Search Functions/Online 211 Database: [www.211ct.org](http://www.211ct.org)
- ❖ **NEW Chore Service Website:** [www.ChoreServiceLH.org](http://www.ChoreServiceLH.org)
- ❖ Have a Consumer Complaint: [consumerfinance.gov/complaint](http://consumerfinance.gov/complaint) or call 855-411-2372
- ❖ Ct Dept. of Veteran's Affairs: [state.ct.us.ctva](http://state.ct.us.ctva)
- ❖ Online Living Will: [ctelderlaw.org](http://ctelderlaw.org)
- ❖ 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.

**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.

**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 May 13 thru June 26. 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: Tuesday, May 15** – Chicken Barbeque. Cost: \$6.00 or sign up to bring a side salad. Please call the Center as **reservations are required.**

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.

**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 May 6 & June 3 – the topics were unavailable at press time.

**WASHINGTON HISTORY CLUB** – The meetings are held on the third Monday of the month (May 20 & June 17) at 10:00 a.m. The topic for May 20 will be “Community Groups”, such as but not limited to: DAR, Knights of Columbus, Boys and Girls Club, Garden Club, the Grange, Washington Club, American Legion and Veteran’s of Foreign Affairs. The club welcomes everyone interested in the history of the town and its villages.

**Acupressure Clinic** – Wednesday, June 12. 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.**

**Chowder Pot** (Senior van) – Wednesday, May 22. 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.**

May				
Monday	Tuesday	Wednesday	Thursday	Friday
		1 9:00 Exercise 3:15 Zumba Gold	2 9:00 Exercise 10:30 Pilates 2:00 Needles &	3 9:00 Exercise
6 9:00 Exercise 10:00 Gunn Museum 1:00 Meet & Greet w/Superintendent	7 8:30 Walk Group 9:00 Exercise 10:30 Chair Yoga 1:30 Bridge	8 9:00 Exercise 3:15 Zumba Gold	9 8:30 Walk Group 9:00 Exercise 10:30 Pilates 2:00 N&T	10 9:00 Exercise 10:00 Dementia Caregiver Program
13 9:00 Exercise 9:00 Van to Mall 2:00 Strong Women	14 8:30 Walk Group 10:30 Chair Yoga 1:30 Bridge 4:00 Advisory Board	15 9:00 Exercise 12:00 Barbeque 2:00 Strong Women 3:15 Zumba Gold	16 8:30 Walk Group 9:00 Exercise 10:30 Pilates 2:00 N&T	17 9:00 Exercise
20 9:00 Exercise 10:00 History Group 2:00 Strong Women	21 8:30 Walk Group 9:00 Exercise 10:00 Probate Judge 1:30 Bridge	22 9:00 Exercise 11:00 Chowder Pot 2:00 Strong Women 3:15 Zumba Gold	23 8:30 Walk Group 9:00 Exercise 10:30 Pilates 2:00 N&T	24 9:00 Exercise
27 Closed for Memorial Day	28 8:30 Walk Group 9:00 Exercise 10:30 Chair Yoga 1:30 Bridge	29 9:00 Exercise 2:00 Strong Women 3:15 Zumba Gold	30 8:30 Walk Group 9:00 Exercise 10:30 Pilates 2:00 N&T	31 9:00 Exercise

June				
Monday	Tuesday	Wednesday	Thursday	Friday
3 9:00 Exercise 10:00 Gunn Museum Series 2:00 Strong Women	4 8:30 Walk Group 9:00 Exercise 10:30 Chair Yoga 1:30 Bridge	5 9:00 Exercise 2:00 Strong Women 3:15 Zumba Gold	6 8:30 Walk Group 9:00 Exercise 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 8:30 Walk Group 9:00 Exercise 10:30 Chair Yoga 1:30 Bridge	12 9:00 Exercise 1:00 Accupressure 2:00 Strong Women 3:15 Zumba Gold	13 8:30 Walk Group 9:00 Exercise 10:30 Pilates 2:00 N&T	14 9:00 Exercise 10:00 Assistive Technology Program
17 9:00 Exercise 10:00 History Group 2:00 Strong Women	18 8:30 Walk Group 9:00 Exercise 10:30 Chair Yoga 1:30 Bridge	19 9:00 Exercise 2:00 Strong Women 3:15 Zumba Gold	20 8:30 Walk Group 9:00 Exercise 10:30 Pilates 2:00 N&T	21 9:00 Exercise
24 9:00 Exercise 2:00 Strong Women	25 8:30 Walk Group 9:00 Exercise 10:30 Chair Yoga 1:30 Bridge	26 9:00 Exercise 2:00 Strong Women 3:15 Zumba Gold	27 8:30 Walk Group 9:00 Exercise 10:30 Pilates 2:00 N&T	28 9:00 Exercise

## ***TRIPS FOR 2013***

### **MONDAY, JUNE 17 – “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. **\*Please note date change**

### **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 it's 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.



## **ASSISTIVE TECHNOLOGY PROGRAM**


The Western Connecticut Area Agency on Aging has a new Technology Center. The Center is dedicated to increasing access and awareness of assistive devices available to people of all ages and disabilities to reduce or remove barriers and increase independence in performing tasks of daily living. Charlene Wicks will be at the Center on **Friday, June 14 at 1:00**. She will demonstrate assistive devices such as magnifiers, phone amplifiers, vibrating alarm clock, talking watch and kitchen utensils just to name a few. This demonstration will enable an individual to make an informed decision as to which device will work best for their needs. These assistive items may help you or someone you know to live, work or play more independently and will more freedom! Please **call the Center – sign up required!**

## **DEMENTIA PROGRAM FOR CAREGIVERS**

Kathy Maher and Cindy LaCour from Candlewood Valley Health & Rehab Center will give a presentation on **Friday, May 10 at 10:00**. They will give an overview of dementia and discuss such topics as: understanding dementia, keeping connected, meaningful engagement, pain and discomfort, understanding behaviors, end of life care and caregiver support. **Please call the Center – sign up required!**



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**FALL CERAMICS – POTTERY FOR ALL!! – LEARN TO HAND BUILD AND THROW THE WHEEL!!!**

Come, learn and try your hands at creating with clay with the guidance of Washington Art Association Ceramics Instructor, Pam Church accompanied by energetic and talented Shepaug High School art students. You will learn basic handbuilding techniques and try the potter's wheel. There will be a series of 6 – 1.5 hr. classes held from 3:00 – 4:30 at the Senior Center. Come for one or all of the classes. All classes are free and limited to 12 people. Absolutely no experience needed! **If this is a program you would participate in – please call the Center. This program will be offered in the Fall only if interest is established first!!**

**MEET & GREET WITH REGION 12 SUPERINTENDENT, DR. PATRICIA COSENTINO - MONDAY, MAY 6 At 1:00**

Topics to discuss will include:

1. Strategic Plan
  2. 2013-2014 School Budget
  3. Consolidation options being researched
- Question & answer session encouraged.

**STEEP ROCK WALKING GROUP**

**Tuesdays and Thursdays at 8:30 A.M. beginning May 7**

**\*Walking will be weather permitting**

**Whether a beginner or advanced – All Levels Welcome!!**

We will meet at the Steep Rock riding ring and start our adventure!!!! Hope to see you there!!

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

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

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