

# Washington Senior Center News



November–December 2013  
Vol. 26 No. 6

Washington Depot,  
Connecticut 06794

R.J. Curtis

## UPCOMING LUNCHEONS

### HAPPY THANKSGIVING

#### **Thanksgiving Luncheon for Seniors at Washington Primary School**

*All Washington senior citizens are invited to attend the annual Thanksgiving luncheon sponsored by the Washington Primary PTO.*

The luncheon will take place at the Primary School cafeteria on Thursday, November 21 at 11:45. There is no charge. Please call the Senior Center no later than November 15 for reservations.



#### **The Washington Senior Center will hold its Holiday Party at the Curtis House on Wednesday, December 4 at noon.**

You may choose from the following menu selections: *Grilled Salmon/ almond vinaigrette, Roast Turkey/stuffing & cranberry sauce or Short Rib Yankee Pot Roast. Cost: \$24.50 \*Price includes appetizer, dessert, tax and tip. Call the Senior Center by November 26 to make a reservation. \*\*\*Please bring a wrapped grab bag gift valued at no more than \$1.00.*

## **WASHINGTON VETERANS!!**

The Senior Center invites you and a guest to a breakfast in your honor.

It will be held at the Senior Center on Friday, November 8 at 9:00 A.M.

Please call 860-868-0735 to sign up – reservations are required by Tuesday, November 5.

## **WASHINGTON ALERT NOW/Blackboard Connect**

This system notifies residents of urgent emergency communications, such as emergency weather, health, roads and utility updates quickly and effectively. Emergency Management Director, Rocky Tomlinson will be at the Center on Friday, November 15 from 10-12 to help anyone needing assistance in signing up online – a very daunting task!!!

## **DON'T FORGET TO VOTE NOVEMBER 5th!!**

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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>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.*

**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 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.

**“HELPING HANDS”**- The Senior Center Advisory Board has established a fund to offer financial assistance to Washington residents in emergency situations to pay for fuel delivery, medical or other bills, through funds raised and donations, in a confidential manner. In addition, referrals will be made to an appropriate agency when necessary. If you know of someone in need of help, contact the Senior Center.



**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, November 11 and December 9.*

**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  
Website: [www.blumenthal.senate.gov](http://www.blumenthal.senate.gov)  
Chris Murphy 1-860-549-8463  
Website: [www.murphy.senate.gov](http://www.murphy.senate.gov)

**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.

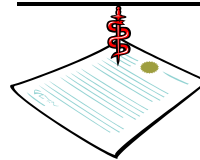
**Web Sites of Interest:**

- ❖ **Online Living Will Forms:**  
[www.ctelderlaw.org](http://www.ctelderlaw.org)
- ❖ **CT Housing Investment Fund/offers several lending programs designed to meet the affordable housing needs of low & moderate income individuals:** [www.chif.org](http://www.chif.org)
- ❖ **National Center on Grandparents Raising Grandchildren:**  
[chhs.gsu.edu/nationalcenter](http://chhs.gsu.edu/nationalcenter)
- ❖ **CT Dept of Social Services/ Elder Services:**  
[www.ct.gov/agingservices](http://www.ct.gov/agingservices)
- ❖ **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: \$5.00 per class.

**Zumba Gold – Thursdays** at 9:15. 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. The program will resume in January. Call the Center for exact time & date. 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.

**\*Holiday in the Depot – Friday, December 13.** Donations are needed for the Senior Center sale. Items can be bought in thru the week of December 9. Suggestions: Hand-made craft items, unused gift items, jams, jellies, etc. Please note this is not a bake sale, but cookies, cupcakes, and muffins would be appreciated. Hot dogs and Chili **will be** sold at the Legion.

**Luncheons:** Thursday, November 21 – Thanksgiving Luncheon at the Washington Primary School. Cost: Free. Wednesday, December 4– Holiday Party at the Curtis House. Cost: \$24.50. 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 November 4 & December 2

**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 next meetings will be held on November 18 & December 16. The topic for November is “Lake Warmaug, New Preston and MarbleDale”.

**Acupressure Clinic** – Wednesday, November 20. 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.**

<b>November</b>				
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
				9:00 Exercise <sup>1</sup>
9:00 Exercise <sup>4</sup> 10:00 Gunn Museum	9:00 Exercise <sup>5</sup> 10:30 Chair Yoga 1:30 Bridge	9:00 Bend & Stretch <sup>6</sup> 10:00 Chair Massage	9:15 Zumba <sup>7</sup> 10:30 Pilates 2:00 N&T	9:00 Veterans Breakfast <sup>8</sup>
9:00 Van to Mall <sup>11</sup> Closed for Veterans Day	9:00 Exercise <sup>12</sup> 10:30 Chair Yoga 1:30 Bridge	9:00 Exercise <sup>13</sup>	9:15 Zumba <sup>14</sup> 10:00 Medicare 10:30 Pilates 2:00 N&T	9:00 Exercise <sup>15</sup> 10:00 Alert Now/ Sign up Help
9:00 Exercise <sup>18</sup> 10:00 History Group	9:00 Exercise <sup>19</sup> 10:30 Chair Yoga 1:30 Bridge	9:00 Exercise <sup>20</sup> 12:30 Acupressure	9:15 Zumba <sup>21</sup> 10:30 Pilates 11:45 Thanksgiving 2:00 N&T	9:00 Exercise <sup>22</sup>
9:00 Exercise <sup>25</sup>	9:00 Exercise <sup>26</sup> 10:30 Chair Yoga 1:30 Bridge	9:00 Exercise <sup>27</sup>	Closed for Thanksgiving <sup>28</sup>	Closed for Thanksgiving <sup>29</sup>

<b>December</b>				
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
9:00 Exercise <sup>2</sup> 10:00 Gunn Museum	9:00 Exercise <sup>3</sup> 10:30 Chair Yoga 1:30 Bridge	9:00 Exercise <sup>4</sup> 10:00 Chair Massage 12:00 Party at Curtis House	9:15 Zumba <sup>5</sup> 10:30 Pilates 2:00 N&T	9:00 Exercise <sup>6</sup>
9:00 Exercise <sup>9</sup> 9:00 Van to Mall	9:00 Exercise <sup>10</sup> 10:30 Chair Yoga 1:30 Bridge	9:00 Exercise <sup>11</sup>	9:15 Zumba <sup>12</sup> 10:30 Pilates 2:00 N&T	9:00 Exercise <sup>13</sup> 5:30 Holiday in the Depot
9:00 Exercise <sup>16</sup> 10:00 History Group	9:00 Exercise <sup>17</sup> 10:30 Chair Yoga 1:30 Bridge	9:00 Exercise <sup>18</sup>	9:15 Zumba <sup>19</sup> 10:30 Pilates 2:00 N&T	9:00 Exercise <sup>20</sup>
9:00 Exercise <sup>23</sup>	Closed for Christmas <sup>24</sup>	Closed for Christmas <sup>25</sup>	9:15 Zumba <sup>26</sup> 10:30 Pilates 2:00 N&T	9:00 Exercise <sup>27</sup>
9:00 Exercise <sup>30</sup>	Closed for New Years Eve <sup>31</sup>	.	\ \	

## ***TRIPS FOR 2014- to be announced***

### **SCAM ALERT!**

**The state's SMP program notifies us that the following scams are still alive and well.**

- ✓ Calls to Medicare beneficiaries from scammers claim that a new Medicare card is being issued, but beneficiary must provide/verify their bank information.
- ✓ Grandparents still receiving calls from a scammer claiming their grandchild to be in trouble and needing money. They are told not to contact the child's parents and to wire money to a specific location.
- ✓ A company called GMY out of Atlanta, Georgia (866-680-0169) is calling seniors to get their bank account information in order to sign up for a medical savings card.
- ✓ Scammers posing as medical device representatives and promising free medical alert systems. They ask for money, personal and banking information to receive the medical alert.

We remind you that you should never give out personal information, social security information, bank account numbers, date of birth. The government rarely communicates via phone calls. Most often they use traditional snail mail. Don't count on caller- ID. Scammers know how to display another name or number!!



### **“BOX TOPS for EDUCATION”**

At the request of the Principal of Washington Primary School, we have agreed to have a collection box in the Senior Center for seniors to place Box Tops for Education. The box top coupons are found on many items; all you need to do is clip them from the label. The accumulated coupons will be used to purchase items for the school. Thank you for participating!!!

**The Senior Center is looking for a volunteer teacher willing to give instruction in digital photography and/or photo editing. Please call the Center at 860-868-0735.**

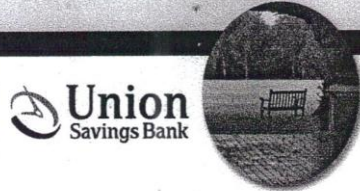
### **Toll-Free Call Center to Offer Affordable Care Act Answers**

Access Health CT has launched a toll-free call center providing consumers with a new way to get information on health care coverage. Speak with a center representative at 1-855-805-4325 from 8 a.m. to 3 p.m. Monday thru Friday, and Saturdays 11 a.m. to 3 p.m.



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Shawn Campbell

**\*\* Painter Ridge Farm** will be open for trees, wreaths, greens & poinsettias beginning Nov. 29<sup>th</sup>, 2013

Henry Ference (860) 868-2743

**Painter Ridge Farm**

94 Painter Ridge Road • Washington, CT 06793-1709

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Furniture		&	Screen Repairs
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2 Calhoun Street ♦ Washington Depot, Connecticut			
860-868-7395 ♦ <a href="http://www.washingtonsupply.com">www.washingtonsupply.com</a>			



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

On Thursday, November 14 at 10:00 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. This will include assistance with Part D (prescription drug insurance) enrollment.

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.

**THERAPEUTIC MASSAGE FOR YOU!**

**With Amparo Pino and Angela Bayer, licensed and insured massage therapists**

They will be at the Center on the first Wednesday of the month (November 6 & December 4). They will be offering a ten minute chair or hand massage for a suggested donation of \$10. Therapeutic massage allows you to turn off the noise of your everyday life and to tune into your body for uninterrupted, stress free minutes. Massage relieves stress, anxiety, pain and improves emotional well-being by connecting the body to the mind. There are no side effects – It just makes you feel better! Call the Center to make an appointment

**\*Longer appointment times are also available.**

**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)**

Box 352  
Washington Depot  
CT 06794

**CHANGE SERVICE REQUESTED**

