

Washington Senior Center News



November–December 2014
Vol. 27 No. 6

Washington Depot,
Connecticut 06794

R.J. Curtis

UPCOMING 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 20 at 11:45. There is no charge. Please call the Senior Center no later than **November 14** for reservations.



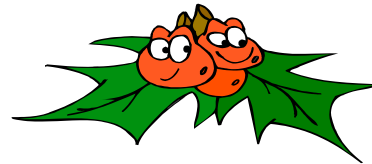
WASHINGTON VETERANS!!

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

It will be held at the Senior Center on Monday, November 10 at 9:00 A.M.

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

LUNCHEONS



HAPPY HOLIDAYS!

THE WASHINGTON SENIOR CENTER will hold it's Holiday Party at the Curtis House on Wednesday, December 3 at noon

You may choose from the following menu entrée selections: Roast Salmon w/ asparagus & confit potatoes, Grilled NY Sirloin w/sautéed onions & mushrooms or Roast Chicken w/spring vegetables. Cost: \$23.00. Price includes salad, bread, coffee, seasonal dessert, tax and tip. Call the Senior Center by **November 24** to make a reservation. Come join for good food and cheer!

*****Please bring a wrapped grab bag gift valued at no more than \$1.00.**

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

Pam Collins	Editor
Brigid Davidson	Assistant Editor
Brigid Davidson	Mailing
Susan Conner	Mailing
Diane Locke	Mailing
Betty Hinckley	Mailing
Sam Morrissey	Design

.....

Pam Collins	Senior Center Director & Municipal Agent for the Elderly & Disabled
-------------	---

Jim Babiyan	Van Driver
-------------	------------

Senior Center Volunteer Staff

Sam Morrissey	Website
---------------	---------

Senior Center Advisory Board

Donna Dutcher	Diane Locke
Jane Moore	Betty Hinckley
Iona Douskey	Hugh Fitzpatrick
Holly Camp	Harold Stoeffler
Nick Rimbocchi	

Alternates

Anthony Bedini	Dolly Whitney
----------------	---------------

Ex Officio

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.



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 10 and December 8.

CANCELLATIONS DUE TO WEATHER

All Senior Center activities will be cancelled on days when Region 12 schools are closed due to hazardous travel conditions.
School Delays = No A.M. Activities
Early Dismissals = No P.M. Activities
School closings, delays and early dismissals are announced on local radio and TV stations.

**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. 202-223-8412
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:

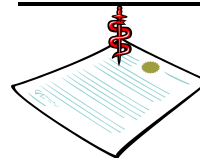
- ❖ Find Links to a Variety of CT Companies, organizations and State Agencies That Provide Services Related To Energy Efficiency: ctenergyinfo.com
- ❖ Online Living Will Forms: ctelderlaw.org
- ❖ Locate Numerous Elder Care Resources: CtHelpNet.org
- ❖ Eliminate Pre-Screen Offers or Credit & Insurance Card Mailings: optoutprescreen.com or call 1-888-567-8688
- ❖ 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

Exercise (video) meets **Monday, Wednesday and Friday 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 (fast paced cardio workout) – Tuesdays at 8:30 & Thursdays at 9:15. Cost: \$25 for six classes or \$5 for walk-ins.

SENIOR PILATES – Thursdays at 10:30. Cost: \$5 per class.

Strong Women/Strong Bones – (clinically shown to help prevent and reverse osteoporosis) Mondays & Wednesdays from 2:00 - 3:15p.m. Next session begins October 27 thru December 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: Thursday, November 20 – Thanksgiving Luncheon at the Washington Primary School. Cost: Free Wednesday, December, 3 - Holiday Party at the Curtis House. Cost: \$23.00. Please call the Center as reservations are required

***Holiday in the Depot – Friday, December 12.** Donations are needed for the Senior Center sale. Items can be bought in thru the week of December 5. 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.

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 held on November 3 and December 1. The topics will be “Two Missionary Volunteers Among the Dakota – the Story of Samuel and Gideon Pond of Washington, CT”.

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 17 and December 15. The topic for December will be will be “Washington’s Roads Including Maps Of Them”.

Acupressure Clinic – Wednesday, December 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.**

Stateline Pizza & Mohawk Trail (Senior van) – Tuesday, November 11. Reservation required as seating is limited. Van departs at 11:00.

***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.**

November				
Monday	Tuesday	Wednesday	Thursday	Friday
3 9:00 Exercise 10:00 Gunn Museum 2:00 Strong Women	4 8:30 Zumba 10:30 Chair Yoga	5 9:00 Exercise 2:00 Strong Women	6 9:15 Zumba 10:30 Senior Pilates 2:00 Needles & Things	7 9:00 Exercise
10 9:00 Exercise 9:00 Veteran's Breakfast 9:00 Van to Mall 2:00 Strong Women 4:00 Advisory Board	11 Closed for Veteran's Day 11:00 Stateline Pizza & Mohawk	12 9:00 Exercise 2:00 Strong Women	13 9:15 Zumba 10:30 Senior Pilates 2:00 Needles & Things	14 9:00 Exercise
17 9:00 Exercise 10:00 History Group 2:00 Strong Women	18 8:30 Zumba 9:30 Part D Program 10:30 Chair Yoga	19 9:00 Exercise 2:00 Strong Women	20 9:15 Zumba 10:30 Senior Pilate 11:45 Thanksgiving Lunch 2:00 Strong Women	21 9:00 Exercise
24 9:00 Exercise 2:00 Strong Women	25 8:30 Zumba 10:30 Chair Yoga	26 9:00 Exercise 2:00 Strong Women	27 Closed for Thanksgiving	28 Closed for Thanksgiving

December				
Monday	Tuesday	Wednesday	Thursday	Friday
1 9:00 Exercise 10:00 Gunn Museum 2:00 Strong Women	2 8:30 Zumba 10:30 Chair Yoga	3 9:00 Exercise 12:00 Xmas Party 2:00 Strong Women	4 9:15 Zumba 10:30 Senior Pilates 2:00 Needles & Things	5 9:00 Exercise
8 9:00 Exercise 9:00 Van to Mall 2:00 Strong Women	9 8:30 Zumba 10:30 Chair Yoga	10 9:00 Exercise 12:30 Acupressure 2:00 Strong Women	11 9:15 Zumba 10:30 Senior Pilates 2:00 Needles & Things	12 9:00 Exercise 5:00 Holiday in The Depot
15 9:00 Exercise 10:00 History Group	16 8:30 Zumba 10:30 Chair Yoga	17 9:00 Exercise	18 9:15 Zumba 10:30 Senior Pilates 2:00 Needles & Things	19 9:00 Exercise
22 9:00 Exercise	23 8:30 Zumba 10:30 Chair Yoga	24 Closed for Christmas	25 Closed for Christmas	26 9:00 Exercise
29 9:00 Exercise 2	30 8:30 Zumba 10:30 Chair Yoga	31 Closed for New Year's Eve		

TRIPS FOR 2015 – TO BE ANNOUNCED



FYI

Consumer Law Project for Elders

The Consumer Law Project for Elders provides free legal assistance for CT residents over 60 with consumer type legal problems. Some examples of consumer problems:

- You have billing, debt or collection problems, including medical debt, credit card debt or harassment by debt collectors.
- You are being billed for things you never bought.
- You are considering bankruptcy.
- You are a victim of identity theft, healthcare fraud or a consumer scam.
- You have a dispute over goods or services.
- You have an unfair loan.
- You have a problem with a contract or a contractor
- You have received a summons or notice about a court hearing involving your debt or property.

For more information, they can be reached at 1-800-296-1467 – Monday thru Friday 9am-5pm.

Community Health & Wellness Center

The Center provides quality, compassionate and professional health care that is affordable, easily accessible and without discrimination to all residents of northwest CT. They provide comprehensive medical services, dental services and behavioral health services. The Center provides financial assistance for those who qualify. Staff is also available for Medicaid, Husky and Snap/Food Stamp applications. The Center is located at 469 Migeon Ave., Torrington, CT. The phone number is 860-489-0931.

HOME SOLUTIONS

Home Solutions is a statewide program for **Seniors** (age 62 or older). It provides free and low- cost repairs for homeowners who might need a new roof, heating system, windows, siding, handicap accessibility, bathrooms, plumbing, electrical work, etc., in order to remain safely in their homes. The program can pay up to \$10,000 for work on a single family home (or \$20,000 on a two-family home). Program staff will meet with senior applicant, inspect the property, obtain bids for the work and make sure the work is completed properly. To find out if you are eligible, call (860) 560-5800 or (800) 798-3805.

***Please continue to 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!!!**





RECEIVE THE SENIOR CENTER NEWSLETTER VIA EMAIL

In order to reduce cost and save paper, the Senior Center would like to send as many newsletters electronically as possible. Please help us to achieve this goal by calling the Center and providing your email address. It will be greatly appreciated!!!! Thank you in advance!!

Please patronize our Supporters, who are in part responsible for our publications


More than a bank...
WE'RE PART OF *your* COMMUNITY.

Union Savings Bank
unionsavings.com
860.868.7387
866.872.1866
Member FDIC

TITUS PARK GARAGE
TOWING & ROAD SERVICE

Auto Repairs • Domestic • Foreign • Light Truck
Tires • Brakes • Exhaust
Washington Depot Hours Mon.-Fri. 7-5, Sat. 7-4

868-2400  868-2224
Shawn Campbell

Henry Ference (860) 868-2743
Painter Ridge Farm
94 Painter Ridge Road • Washington, CT 06793-1709
Annuals • Vegetables • Hay • Christmas Products



**** Painter Ridge Farm****

will be open for trees, wreaths, greens & poinsettias beginning November 28, 2014

Gifts		Washington Supply Company	Keys Made
Garden Goods		&	Knives Sharpened
Furniture		Outdoor Living Center	Screen Repairs
Accessories			UPS Shipping

Since 1893 - Our 120th year!

2 Calhoun Street ♦ Washington Depot, Connecticut
860-868-7395 ♦ www.washingtonsupply.com

PART D ENROLLMENT HELP

MEDICARE PART D/ OPEN ENROLLMENT PERIOD

October 15 thru December 7

Please be advised that this is the time to compare, prepare and decide the plan that is right for you!

Use the Medicare Plan Finder to make sure you have a plan that meets your needs for 2015 or the Western CT Area Agency on Aging Medicare Part D Drug Plan Screening Forms are available at the Senior Center. If you would like personalized help, a Choices Counselor from the Agency will be at the Senior Center on **Tuesday, November 18** to help you with enrollment.

By appointment only.

Social Security Announces New Compassionate Allowances Conditions

The Social Security Compassionate Allowances program expedites disability decisions for those with the most serious disabilities to ensure that they receive their benefit decisions within days instead of months or years. The new conditions also include disorders that affect the digestive, neurological, immune and multiple body systems. They are dedicated to providing vulnerable people with faster access to disability benefits. By incorporating cutting edge technology, they can quickly identify claims where the applicant's disease or condition clearly meet Social Security's statutory standard for disability. For more information, including a list of all Compassionate Allowances conditions, visit socialsecurity.gov/compassionateallowances.

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

