

Washington Senior Center News



September–October 2014
Vol. 27 No. 5

Washington Depot,
Connecticut 06794

R.J. Curtis

UPCOMING LUNCHEONS



Hot Dog & Hamburger Cookout

Wednesday, September 17 at noon.
Hot Dogs & Hamburgers on the grill,
assorted salads, etc....

Suggested donation \$5.00. Reservations
required.

ANNUAL MEETING AND POTLUCK LUNCHEON

For the election of new members to the
Senior Center Advisory Board
Wednesday, October 15
12 noon
at the Senior Center

All seniors are invited to the annual meeting and
potluck luncheon. Please sign up to bring a dish or
suggested donation is \$5.00. Dessert will be
provided.

**SAVE THIS DATE!!! Monday,
November 10 – Veteran's Breakfast!!!**

“ESTATE TAXES IN CT”

When a Connecticut resident passes away, his or
her estate may be subject to estate tax. The
estate tax scheme can be complex; rates and
exemptions can be drastically different from one
year to another

On Tuesday, October 14 at 1:00 p.m., Judge
Domenick Calabrese will be at the Center. He
will review CT estate taxes, outlining
exemptions, marital deduction, persons subject
to estate tax, property subject to estate tax and
tax rates. He will then take questions from the
audience.

Please call the Senior Center as **sign up is
required!**

FLU CLINIC

ALL AGES WELCOME

Friday, September 26

10:00 – Noon

Sponsored by New Milford VNA

They accept Medicare, Anthem,
Connecticare, Health Net and Aetna
Bring Medicare or Primary Insurance Card
for photocopying.

NO PRE-REGISTRATION REQUIRED!!

****This clinic is for seasonal flu only.***

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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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Iona Douskey	Hugh Fitzpatrick
Holly Camp	Harold Stoeffler
Nick Rimbochi	
<u>Alternates</u>	
Anthony Bedini	Betty Hinckley
<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.



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, September 8 and October 13.

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.

BUREAU OF REHABILITATION SERVICES

BRS services are available to anyone who has a disability and wishes to work. They will assist with job placement, job training and college education at any state college (dependent on income criteria).

***This program allows persons with disabilities to be employed without risking eligibility for needed medical services through the Medicaid program.** The program also helps with assistive technology which is any device which helps an individual with a disability to maintain or improve their ability to function independently at home, work, school or in the community. For eligibility and more information, call 1-800-537-2549.

**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:

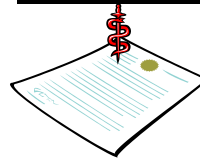
- ❖ Find Eye Care: eyecareamerica.org
- ❖ Find Free or Low Cost Dental Care: nidcr.nih.gov
- ❖ Consumer Credit Counseling Services: moneymangement.org
- ❖ Affordable Rental Housing: CTHousingSearch.org.
- ❖ Vaccine & Immunization Info: vaccines.gov. Vaccines Senior Should Have: <http://vaccines>
- ❖ 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 w/Veronica Kleeman – (clinically shown to help prevent and reverse osteoporosis) Mondays & Wednesdays from 2:00 - 3:15p.m. Next session begins September 8. 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: Wednesday, September 17 – Cookout. Cost: \$5.00. Wednesday, October 15 – Annual Potluck. Sign up to bring a dish or \$5.00. 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 readings will resume on October 6.**

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 September 15 and October 20. The topic for September will be “Transportation”.

Acupressure Clinic – Wednesday, October 22. 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.**

Cracker Barrel/Windsor (Senior van) – Wednesday, October 8. Reservation required as seating is limited. Van departs at 10:30.

***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.**

September				
Monday	Tuesday	Wednesday	Thursday	Friday
1 Closed for Labor day	2 8:30 Zumba 10:30 Chair Yoga	3 9:00 Exercise	4 9:15 Zumba 10:30 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 4:00 Advisory Board	10 9:00 Exercise 2:00 Strong Women	11 9:15 Zumba 10:30 Pilates 2:00 Needles & Things	12 9:00 Exercise
15 9:00 Exercise 10:00 History Group 2:00 Strong Women	16 8:30 Zumba 10:30 Chair Yoga	17 9:00 Exercise 11:00 Blood Pressure 12:00 Cookout 2:00 Strong Women	18 9:15 Zumba 10:30 Senior Pilates 2:00 Needles & Things	19 9:00 Exercise
22 9:00 Exercise 2:00 Strong Women	23 8:30 Zumba 10:30 Chair Yoga 10:00 Aqua Turf	24 9:00 Exercise 2:00 Strong Women	25 9:15 Zumba 10:30 Senior Pilates 2:00 Needles & Things	26 9:00 Exercise 10:00 Flu Clinic
29 9:00 Exercise 10:00 Gunn Museum Tour 2:00 Strong Women	30 8:30 Zumba 10:30 Chair Yoga			

October				
Monday	Tuesday	Wednesday	Thursday	Friday
		1 9:00 Exercise 2:00 Strong Women	2 9:15 Zumba 10:30 Senior Pilates 2:00 Needles & Things	3 9:00 Exercise
6 9:00 Exercise 10:00 Gunn Museum 2:00 Strong Women	7 8:30 Zumba 10:30 Chair Yoga	8 9:00 Exercise 10:30 Cracker Barrel 2:00 Strong Women	9 9:15 Zumba 10:30 Senior Pilates 2:00 Needles & Things	10 9:00 Exercise
13 9:00 Van to Mall Closed for Holiday	14 8:30 Zumba 10:30 Chair Yoga 1:00 Probate Program	15 9:00 Exercise 11:00 Blood Pressure 12:00 Potluck 2:00 Strong Women	16 9:15 Zumba 10:30 Senior Pilates 2:00 Needles & Things	17 9:00 Exercise
20 9:00 Exercise 10:00 History Group 2:00 Strong Women	21 8:30 Zumba 10:30 Chair Yoga 10:00 Medicare Program	22 9:00 Exercise 12:30 Acupressure 2:00 Strong Women	23 9:15 Zumba 10:30 Senior Pilates 2:00 Needles & Things	24 9:00 Exercise
27 9:00 Exercise 2:00 Strong Women	28 8:30 Zumba 10:30 Chair Yoga	29 9:00 Exercise 2:00 Strong Women	30 9:15 Zumba 10:30 Senior Pilates 2:00 Needles & Things	31 9:00 Exercise

TRIPS FOR 2014

Tuesday, September 23 – Celebrate Polka! AT AQUA TURF

Featuring the legendary Jimmy Sturr, an 18 time Grammy Award Winner and voted #1 Polka Band in the country for 12 years!! Today's family style luncheon includes, salad, pasta, stuffed cabbage, kielbasa & kraut, pierogies, vegetable, potato and dessert. Cost: \$40 per person.

Reminder - 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!!!



EMERGENCY PREPAREDNESS

Emergencies can happen without notice and at any time. Our area's American Red Cross chapter received a grant that will provide an emergency preparedness kit for each senior who participates in a 20-minute program. The purpose of the program is to provide information on preparing supplies and "sheltering in place." The kit includes: first aid kit w/instructions, light stick, poncho, whistle, emergency blanket, dust mask and water.

The **Bridgewater Senior Center will host this program on Thursday, September 25 at noon.** A reservation will be required by calling (860)355-3090. If you would like to join the group for lunch, there will be a small fee. If you chose not to participate in the lunch, the program will begin immediately after lunch.

CT PASSES OBSERVATION LAW

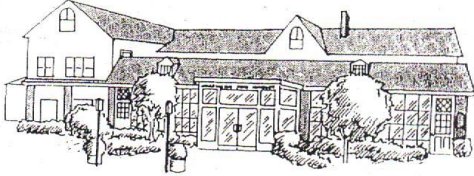
Ct has passed a law which will take effect October 1, 2014 requiring that **CT hospitals must provide written and oral notice to patients who are placed under Observation Status for more than 24 hrs.** The law requires that the hospital provide a statement that the patient is not admitted but is on observation status; that the observation status may impact payment under Medicare, Medicaid, or private insurance; and a recommendation that the patient contact their insurer or the Office of Healthcare Advocate (1-866-466-4446 for more information).

MEDICARE ROUNDTABLE PROGRAM

On Tuesday, October 21 at 10:00 a.m., the Western CT Area Agency on Aging, will host an informational session concerning Medicare and options for Medigap and Medicare Advantage plans. Each year, there is Medicare Part D open enrollment from October 15 to December 7. This is the time of year where seniors and those who are disabled can choose a supplemental insurance plan and also choose a prescription drug plan. There will also be discussion regarding the Medicare Savings Program which pays for the Medicare Part B premium, reduces prescription drug charges and covers copays on doctor visits and other expenses. Please call the Senior Center at 860-868-0735 as **reservations are required.**

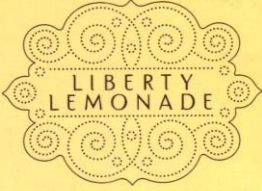
Please patronize our Supporters, who are in part responsible for our publications

Washington Food Market



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 Sun 8:30AM - 2PM

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 www.libertylemonade.com

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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!!

GUNN MUSEUM GUIDED TOUR

On Monday, September 29 at 10: a.m., museum curator, Stephen Bartkus will lead a guided tour of their new exhibit, **Over There: Washington and the Great War.** This exhibit commemorates the 100th anniversary of World War 1, one of the largest and bloodiest conflicts in history, where over 70 million military personnel were mobilized around the world and more than 10 million combatants and 7 million civilians were killed, including several from Washington CT. Over 100 men and women from Washington, and more than 150 alumni and faculty from the Gunnery served in the Great War. Local history will come alive as visitors step back in time and explore the lives of Washington residents during the war, through their own words, and the impact this war had on our small town. Please call the Center to sign up as **reservations are required!** **The Senior van will be available.**

Please note: The Gunn Museum was presented with an "Award of Merit" from the Order of the First World War for this exhibit!!!!

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

