



CITY OF DANBURY

DANBURY, CONNECTICUT 06810

DEPARTMENT OF ELDERLY SERVICES
COMMISSION ON AGING

Danbury Senior Center
Elmwood Hall
10 Elmwood Place
(203) 797-4686

Susan M. Tomanio, LCSW
April 24, 2006
Report for Commission on Aging/Common Council

Municipal Agent
80 Main Street
(203) 796-1513

Narrative/Key Indicators

March / April 2006

Elmwood Hall Senior Center

130 program offerings

Please see attached sheet for details.

Municipal Agent

134 office/phone appointments

Please see attached sheet for details.

SeniorNet

SeniorNet began new classes enrollment again in early April offering Computer Fundamentals, Introduction to PC, Exploring Windows, Using the Internet, Custom Class designed to meet student needs, and MS Access.

MONTHLY Concerns & Issues

Mid March – Mid April 2006

*****Client Contacts - Office Appointments and Lengthy Informational Phone Calls = 134**

- 1. Scheduled community room visits with building managers for 9 senior housing buildings to assist with Rent Rebate applications.**
- 2. Veteran widow's pension check stopped, discussed with Danbury's Director of Veteran Affairs Patrick Waldron, who made appropriate contacts. Problem should be solved mid-April.**
- 3. Consistent Monthly Concerns**
 - Ct. Rent Rebate Program, clients gathering info to complete application after 5/15**
 - Medicare Rx Plans**
 - Social Security Subsidy for Medicare Rx Plans**
 - Medicaid and spenddown**
 - Ct. Prescription Program (ConnPACE),
new and renewals**
 - Energy Assistance**
 - State, City, and Veteran Property Tax**
 - Comcast Senior Discounts**
 - SBC Senior Discounts**
 - Medicare Savings Programs**
 - Senior Transportation Programs**
 - Senior Subsidized and Affordable Housing**
- 4. Updated handout literature regarding:**
 - a. Elderly Health Insurance Programs for State, Federal, Veteran, and other plans.**
 - b. Elderly Benefits**
 - c. Homecare and Quality of Life Resource List**
- 5. Health Insurance for prescriptions for low income younger person, who is not disabled or eligible for Medicaid. Discussed Americanas Free Clinic, pharmaceutical company programs, and City Welfare for more information on what might be available for younger people.**
- 6. Dementia and behavioral changes in people.**
- 7. Homecare, respite care, possible spousal abuse of caregiver.**
- 8. 50th wedding anniversary correspondence.**
- 9. Homeowner insurance and payment options.**
- 10. Pre-Hospice Care and support.**

Commission on Aging Report



Danbury Senior Center Coordinators Report



April 11, 2006

Spring is nature's way of saying, "Let's party!" ~Robin Williams

WRAP-UP.....

**** "St. Patrick's Day Party" - on March 17 was very successful with over 110 people attending!! The Cellmates played for the sing-a-long followed by the step dancers from the Grey School of Irish Dance. The chef's at Village at Brookfield Commons made home made soda bread and cookies for our party, delivering them just in time.**

**** Nearly a dozen people consented to be interviewed by Victoria Panzer, Director of the UCONN Medical Center's - Balance and Gate Enhancement Laboratory (BAGEL). She gave a talk on "Individualized Fall Prevention ~ What YOU Can Do To Prevent Falls." Victoria and her staff met with seniors for 3 hour long interviews in our Conference Room. Everyone seems pleased with being in this study and helping others to learn as well. This was a very successful partnering.**

***** Our first trip in 2006 is on Wednesday March 15 to see the St Patrick's comedy with "Father Aloysius Misgivings," was the funniest event we had ever seen!!! Riotous, good clean fun, filled with fun pokes at Catholic culture and customs. There was even a real Bishop there and he was laughing!! The food was delicious and nicely prepared. We shared a bus with the Winstead Senior Center, got a guided tour of their area by their senior center**

representative, told jokes, sang and on the way home, listened to more Irish comedy from a cassette the driver brought along. We all agreed our faces actually hurt from so much laughing!! It was great.

** The Elmwood Red Hatters sponsored the 2nd annual "Red Hat Ramble" with elegant Red Hat ladies from the Bethel SWANS, The Village at Brookfield Commons and the Queen of the Wilton group called "Frankly Scarlet(I don't give a dam!)" We shared ideas, healthy nibbles (veggies, dip, fruit and desserts). Alexa led us in a very creative and fun sing-a-long with the group. She was able to get others to join on the mike - it was a playful time.

** Chef Laurie held her first class called, "Proper Knife Use and Basic and Fancy Veggie Cuts." They cut and cut finally filling two huge bowls - one with salsa and one with bruchetta and a third with a carrot and sesame salad. There was enough for all of us and plenty for the class students to take home in plastic tubs.

COMING UP.....

** Next week will be the "Senior to Senior Sing-a-Long and Karaoke." On April 20, we will be joined by the students from Danbury High School's Music Honor Society will join all of us in a great sing-a-long from 1 -4 p.m. All are invited.

** April 12 - 10 a.m. A Free Reverse Mortgage Workshop with Anita Anderson of the Senior Lending Network.

** Week of April 17 and 24 - special and temporary exercises classes held here from the YMCA, which is undergoing renovations to their gym. Classes will be Monday, Wednesday and Friday from 8 - 9:30 a.m. at Elmwood Hall. Dee will lead the two earlier classes each week and another instructor will lead on Fridays.

**** April 18 - Spaghetti Supper Fund Raiser for the Prime Timers - Serves at 5:30 after the Ballroom Dance Party. First try at this - may become monthly if it goes well. Cost is \$7.00 pp. This has been filled up for many weeks - almost as soon as it was announced!**

**** April 19 - 1:30 - p.m., Patriot's Day in Massachusetts. We will be showing the PBS Video "Patriots Day" filmed in CT and MA about 18th century re-enactors, how and why they do what they do. Fran's 3 seconds of fame!**

**** April 26 - 11 a.m. Blood Pressure Screening with CT VNA.**

**** April 28 - 1 p.m. Area Senior Center Directors and Coordinators meeting HERE, 1 - 3 or so. This is a networking event for the head staff of senior centers from Bethel, Redding, Newtown, Ridgefield, New Fairfield, Sherman and Brookfield. We have held these meetings over the past 10 - 15 years. They stopped for a while as we moved into this building but have resumed in the past 2 years. These are very helpful and informative. We learn a lot from each other through these share meetings. We met 3 - 4 times a year at different centers.**

IMPORTANT FUTURE EVENTS.....

**** Beginning plans for the month of May as it's "Older American Month" and holds "Senior Center Week." Please offer to help with the coming events, most especially the Volunteer Recognition and the Senior Health and Fitness Fair.**

May 4 - Volunteer Recognition, 12 noon - 3 p.m. for all those who are registered here and volunteer at our center. Have you Commission members signed up yet??!! Our volunteers are filling out new registration forms upon signing up so we can be up-to-date on volunteers and information. Please make plans to be here on May 4 to show your support to all those nearly 200 people who give of their time in so many ways. Chef Laurie is catering

May 9 - "Re-Creating Ourselves, a Senior Art Show" Hanging during morning class AND
May 9 - Opening Reception that evening from 4:30 - 6:30 p.m. Adele Moros, the
instructor, and her students are excited to show off their new creations!! Refreshments
will be available.

May 31 - the annual National Senior Health & Fitness Fair from 10 a.m. - 3 p.m. This all-
day event will feature educational booths, entertainment, free giveaways, and a boxed
lunch to those who register to attend (age 50 and better - limit 80). This is a lot of work
but worth the effort for the sharing of information and good times. The boxed lunches
are donated by Benchmark who holds The Village at Brookfield Commons and Ridgefield
Crossings. Other groups are coming forth with ways to help too. The Prime Timers will be
involved again, as usual both visually and by paying for part of the T-Shirt costs and some
giveaways.

** Enclosed also is the calendar for April as was included in our newsletter.

Please be sure to join in our activities.

Respectfully Submitted,

Fran Hendrickson, Senior Center Coordinator, Elmwood Hall

April 2006 ~ Welcome to Elmwood Hall ~ The New Danbury Senior Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Request a Large Print version of this newsletter</p>	<p>Contact Susan s.tomanio@ci.danbury.ct.us Contact Fran f.hendrickson@ci.danbury.ct.us Contact Marnie m.emerito@ci.danbury.ct.us</p>	<p>Daylight Savings Time begins April 2 "Spring Ahead" Move your clock ahead one hour.</p>	<p>"Let's Talk about Mental Health" April 6, 13, 20, 27 10 a.m. Led by Susan and Social Work Student Andy – limited seats</p>	<p>AARP Safe Drivers Course EVENINGS June 12 & 19 ~ 6 – 10 pm Signing up now.</p>
<p>3 > Mah Jongg with Ellie, 9 – 12 > Quilt Club, 10 a.m. > Pinochle – 10 am /noon > Tai Chi with Ruth, 10 am > Elders/Lit. Vols... 11:30 > Nursing Home Visitors, 12:30 > Pinochle with Lillian, 1 p.m. > Bridge Club – 1 :30 p.m.</p>	<p>4 > AARP Income Tax Assist 8:30 – 11:30 a.m. by appt. > Art Class 9am-12noon > Exercise with Dee, 1 p.m. > Poker with Joe, 1-4:30 pm > "RED HAT RAMBLE" for area Red Hat group members by invitation, 1 – 3 p.m. > Ballroom Dance lessons, 3 pm</p>	<p>5 > Cook & Learn with Chef Laurie - Session 1: Proper Knife Use and Basic & Fancy Veggie Cuts > AARP Income Tax Assist 8:30 – 11:30 a.m. by appt. > Conversational Spanish, 10 am > Chorus Rehearsal, 10 a.m. > Ceramics, 1 p.m. OJ > Yoga, 2 p.m.</p>	<p>6 > Cellmates play at Interfaith Early Child Care, 10:30 > Knit/Crochet, 10 am > Exercise Video, 1 p.,m > Woodcarving, 12:30 pm</p>	<p>7 > Chinese Mah Jongg, 9 am > Widow & Widowers, 10 am > Country Western Dance, 11:30 > Ceramics 1 p.m. – OJ > "Your Point of View," 1:30 pm</p>
<p>10 > Mah Jongg with Ellie, 9 – 12 > Quilt Club, 10 a.m. > Pinochle – 10 am /noon > Tai Chi with Ruth, 10 am > Elders/Lit. Vols... 11:30 > Pinochle with Lillian, 1 p.m. > Bridge Club – 1 :30 p.m.</p>	<p>11 > AARP Income Tax Assist 8:30 – 11:30 a.m. by appt. > Art Class 9am-12noon > Mayor's Sr Advisory 11 a.m > Exercise with Dee, 1 p.m. > Poker with Joe, 1-4:30 pm > Commission on Aging, 2:15 > Ballroom Dance lessons, 3 pm</p>	<p>12 > AARP Income Tax Assist 8:30 – 11:30 a.m. by appt. > Reverse Mortgage talk, 10 am > Conversational Spanish, 10 am > Ceramics, 1 p.m. OJ > Chorus at The Gardens, 2:30 > Yoga, 2 p.m.</p>	<p>13> Blood Pressure with Danbury Healthcare, 10 am > Knit/Crochet, 10 am > Exercise Video, 1 p.m. > Woodcarving, 12:30 pm > Cellmates play at Butter Brook in New Milford, 1:30 leave EH 12:15 p.m.</p>	<p>14 CENTER IS CLOSED GOOD FRIDAY</p>
<p>17 > Mah Jongg with Ellie, 9 – 12 > Quilt Club, 10 a.m. > Pinochle – 10 am /noon > Tai Chi with Ruth, 10 am > Elders/Lit. Vols... 11:30 > Nursing Home Visitors, 12:30 > Pinochle with Lillian, 1 p.m. > Bridge Club – 1 :30 p.m.</p>	<p>18 > Art Class 9am-12noon > Exercise with Dee, 1 p.m. > Poker with Joe, 1-4:30 pm > Ballroom Dance Party with the Kenny Lee Band, 2:30-4:30 pm \$2.00 each - refreshments</p>	<p>19 > "Patriot's Day" PBS Video on 18th century re-enactors, 10 am > Conversational Spanish, 10 am > Blood Pressure, 11 am/CTVNA > Municipal Agent & You, 11 am > Chorus to Ridgefield Crossings, > Ceramics, 1 p.m. OJ > Yoga, 2 p.m.</p>	<p>20 > Knit/Crochet, 10 am > Woodcarving, 12:30 pm > Exercise Video, 1 p.m. > Senior to Senior Karaoke and Sing-a-long" 2:30 p.m. With students from Music Honor Soc. Cellmates join. All welcome!</p>	<p>21 > Chinese Mah Jongg, 9 am > Medicare part D enrollment, 9 a.m. – 12 noon at Old Jail by appointment only. > Widow & Widowers, 10 am > Country Western Dance, 11:30 > Ceramics 1 p.m. – OJ > "Your Point of View," 1:30 pm</p>
<p>24 > Mah Jongg with Ellie, 9 – 12 > Quilt Club, 10 a.m. > Pinochle – 10 am /noon > Tai Chi with Ruth, 10 am > Elders/Lit. Vols... 11:30 > Pinochle with Lillian, 1 p.m. > Lion's Low Vision meet, 1-3 pm > Bridge Club – 1 :30 p.m.</p>	<p>25 > Art Class 9am-12noon > Exercise with Dee, 1 p.m. > Poker with Joe, 1-4:30 pm > Ballroom Dance lessons with John Vitti, 3 pm</p>	<p>26 > AARP Safe Drivers, pt 1, 9 - 1 > Conversational Spanish, 10 am > Ceramics, 1 p.m. OJ > Yoga, 2 p.m. > Chorus sings at Filosa, 2:30</p>	<p>27 > AARP Safe Drivers, pt 2, 9 - 1 > Knit/Crochet, 10 am > Cellmates entertain St. Peter Pre-School here, 10:30 a.m. > Exercise Video, 1 p.m. > Woodcarving, 12:30 pm</p>	<p>28 > Chinese Mah Jongg, 9 am > Widow & Widowers, 10 am > Country Western Dance, 11:30 > Ceramics 1 p.m. – OJ > "Your Point of View," 1:30 pm > Page Turners Book Club, 2:35</p>