The Elmwood Extra

Read All About It!

June - July 2020

A Publication of the Department of Elderly Services

Elmwood Hall

The club for people age 60 and up

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www.danburyseniors.org • Tel. 203-797-4686

Message from the Director of Elderly Services

Susan M. Tomanio, LCSW

Hello everyone. I never thought in all my 17 years here at the senior center that we would be closed due to a pandemic. We miss you all! I hope you all are doing well and staying safe.

We have no word on when the center will open again. We will be following guidelines set by Governor Lamont and Mayor Boughton, along with the State and City health departments. With individuals over age 60 being more at risk we will be proceeding with caution, putting your safety first.

We have designed a new newsletter so we can continue to stay in touch, provide information on what services we are currently offering and try to provide you with a little bit of information and perhaps make you smile. Along with our current services, we will be including community resources, information, an easy recipe, some trivia, photos, cartoons, quotes and a bit more.

While the look and design will be different, our mission remains the same, to improve the quality of life for Danbury seniors. Please take care and we hope to see you all soon.

Please understand that resources and information are frequently changing due to COVID19 as the state begins the gradual reopening process. Please call the individual agency to receive the most up to date information on their programming.

I would like to thank staff member, Vinny Albano, who graciously used his skills as a graphic designer to create this newsletter. Content is provided by other members of the Elderly Services staff. We thank the Danbury community for all the services and donations provided to the senior community. Finally, our warmest appreciation and gratitude to all those essential workers for putting your lives on the line for the safety of the greater community.

Thank you Mayor Mark Boughton for your leadership during this difficult time.

COVID19 Programs Information

Hello, I hope you all are well and staying safe. Elmwood Hall - Danbury Senior Center remains closed, but we continue to work from home or in shifts at the center to do our best to deliver programs and services to you. We are not open for face to face appointments, but you can call us with your questions or concerns at the main number, 203-797-4686 and leave us a voice mail. We will make every effort to return your call within 24 hours.

Here is an update of how we have changed our programming in response to COVID19.

Resource and Referral / Case Management Over the Phone – While the Elmwood Hall Danbury Senior Center building is closed, staff is available by phone to answer questions and provide information on resources in the community, such as how to acquire food, how to get Meals on Wheels, transportation, home care, SNAP benefits, etc.

Congregate Lunch Now as a Meals on Wheels Program

Our congregate lunch program has temporarily turned into a meals on wheels delivery program. Meals are currently being delivered Mondays and Wednesdays.

"Sunshine Smile" Social Wellness Call program Seniors who have been isolated at home have been receiving weekly phone calls from senior center staff to check in on their social well-being. Let us know if we can be ray of sunshine in your day.

CHOICES Over the Phone (Connecticut's program for Health Insurance Assistance, Outreach, Information and Referral, Counseling, Eligibility Screening, i.e. Medicare A, B, D, Advantage, Medigap, Medicare Savings) – A CHOICES certified counselor and center staff member assists seniors with Medicare A, B, D, Medicare Advantage plans,

Medigap plans and the Medicare Savings program. Call and ask for Joyce.

Rent Rebate Over the Phone – The State of CT Rent Rebate program for 2019 began on April 1 of this year. Applications are being processed over the phone. Call and ask for Michelle.

Virtual Activities / Wellness Classes
We have gone virtual! Virtual wellness classes and activities are posted under the "Virtual Classes and Events" section of our website **www.danburyseniors.org**

Look for **Strength Training, Chair Yoga, Zumba Gold, Gentle Flow Yoga, Line Dancing and Timeless Trivia.**
These classes are also posted on our Facebook page, Elmwood Hall - Danbury Senior Center.

Sophia T. donated her time and talent to make masks for other seniors in the Danbury community.

Face Masks - We have a limited supply of hand-made cloth face masks for distribution. Thank you to seniors Sophia T. and Gale and Jim M. for making and donating these lovely cloth masks.

If you need a face mask contact Susan. Because we have a limited supply, it is one mask per senior.

Gale and Jim M. of Danbury made and donated these beautiful masks for distribution to other seniors.

Due to the rapidly changing nature of the COVID19 pandemic, these program offerings are subject to change. Our goal is the health and safety of the Danbury senior population and the Elderly Services staff.

We thank you for your patience as this is a fluid and ever changing situation.

Thank you to staff members Michelle McNamara and Vinny Albano, plus volunteer Cienna McNamara and Senior Center Therapy Dog, Logan, for helping to not only deliver meals to seniors, but to spread hope and love. Credit for this idea goes to Michelle, and she and her daughter Cienna made these awesome signs!

TIMELESS ? TRIVIA

With Kevin Burland

1.) What fast food franchise got it's start in a Shell gas station in 1930?

a.) McDonalds

b.) Kentucky Fried Chicken

c.) White Castle

d.) Arby's

2.) On a set of jumper cables, which color designates the negative connector?

a.) Blue

b.) Red

c.) Orange

d.) Black

3.) Which U.S. city is known as the "toilet paper capitol of the world?

a.) Seattle

b.) Detroit

c.) Cleveland

d.) Green Bay

4.) In what decade was the phrase "junk food" added to the dictionary?

a.) 1950s

b.) 1960s

c.) 1970s

d.) 1980s

5.) What is the "rainiest city" in the United States?

a.) Mobile, Alabama

b.) Portland, Oregon

c.) Tampa, Florida

d.) Seattle, Washington

6.) Which of these countries does NOT share a border with Germany?

a.) Denmark

b.) Liechtenstein

c.) Czech Republic

d.) Poland

7.) Which movie features the catchphrase, "where we're going, we don't need roads"?

a.) The Wizard of Oz

b.) Star Wars

c.) Back to the Future

d.) The Matrix

8.) What composer wrote "God Bless America"?

a.) George M. Cohan

b.) Irving Berlin

c.) John Philip Sousa

d.) Francis Scott Key

9.) What was first lady "Lady Bird" Johnson's ACTUAL first name?

a.) Claudia

b.) Dolly

c.) Meredith

d.) Seratina

10.) John Wayne starred in the 1962 movie called "HATARI" which means WHAT in Swahili?

a.) Help!

b.) Stampede!

c.) Danger!

d.) Run!

For answers, turn to page 6

Frequently Asked for Resources During COVID19

Food Resources

Food Pantries: The Danbury Food Collaborative continues to update their Danbury Food Guide. It is available on the United Way of Western Connecticut's website, **www.uwwesternct.org/danburyfoodcollaborative .** A hardcopy can be obtained by calling the United Way directly at 203-883-0879, or we would also be happy to mail you one upon request. A pantry of special interest is Hillside Food Outreach. They will deliver a bag of groceries to your home. They can be reached at 203-702-4881.

Senior Hours for Grocery Stores: Many of the local grocery stores, including ShopRite, Stop & Shop, Stew Leonard's, Caraluzzi's, Target, and Whole Foods have designated special "senior" shopping hours. Please call each store directly as hours may change to find out when it best to shop for you.

Need Someone to Shop for You : Seniors are still considered an at risk group for COVID19. Many have medical conditions that might compromise their immune systems. If you would like someone to shop for you, please call the Age Well Community Council of Danbury's Food Shopping line at **203-883-0879.** Please leave a message and someone will call you back. You are responsible for payment of the groceries, but volunteers from Jericho Partnership will do the shopping for you.

Meals on Wheels: If you would like Meals on Wheels delivered to you, please call the Western CT Area Agency on Aging to see if you qualify. Eligibility has been modified due to COVID19. They can be reached at **1-800-994-9422.**

SNAP (Supplemental Nutrition Assistance Program) Please call End Hunger CT at **1-866-974-7624** or fill out an application online at www.endhungerct.org/services/snap/ to see if you qualify. **SNAP** can now be used to purchase food online as well as in person at participating stores.

Income Tax Preparation

The Senior Center remains closed, therefore we are not offering AARP Tax Assistance. Income taxes can be filed at the **AARP Tax Foundation** website, **www.aarp.org/money/taxes/aarp_taxaide/. VITA, Volunteer Income Tax Assistance,** continues to assist individuals with tax preparation. Please call the **Community Action Agency of Western CT at 203-744-4700.**

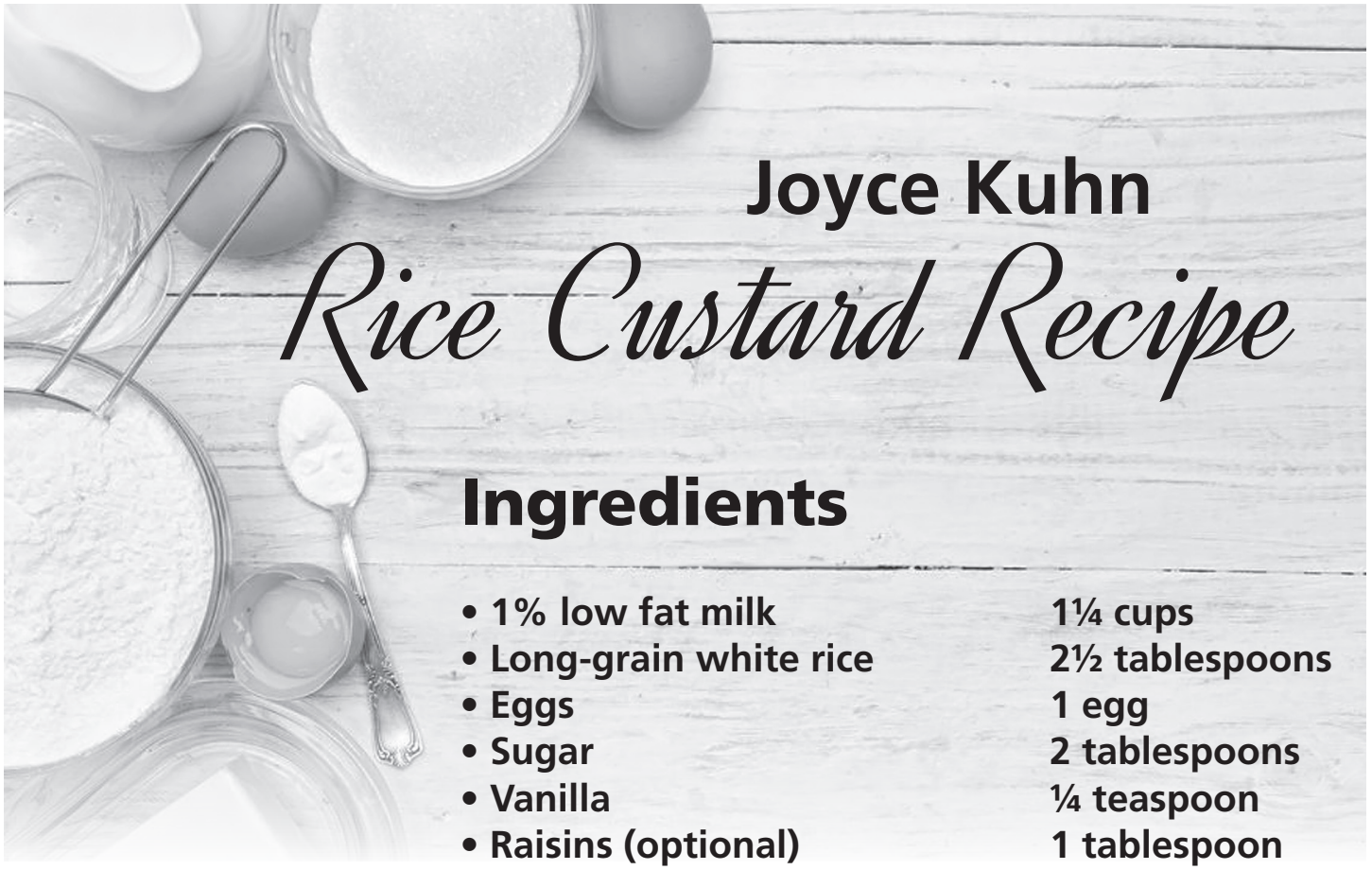
Transportation

Transportation to medical appointments continues to be provided by the SweetHART Bus. Their phone number is **203-744-4070.** Additional assistance can be provided by April Chaplin at the Kennedy Center. April is the **Mobility Manager for Northwest CT Regional Mobility Manager/Ombudswoman.** Her number is **475-298-3103.**

General Resources and Information

The City of Danbury website, **https://www.danbury-ct.gov/ is a wonderful resource for information and links to services due to COVID19.**
Age Well CT's website also lists resources and activities, **https://agewellct.org.**

Please give us a call at the senior center to see if we can help connect you to the resources you are looking for.



Joyce Kuhn

Rice Custard Recipe

Ingredients

• 1% low fat milk	1¼ cups
• Long-grain white rice	2½ tablespoons
• Eggs	1 egg
• Sugar	2 tablespoons
• Vanilla	¼ teaspoon
• Raisins (optional)	1 tablespoon

Directions

In a heavy saucepan, mix the milk, rice, cinnamon and salt (if using). Bring the mixture to a simmer over medium heat, then reduce the heat to low and cook, stirring occasionally for 20 minutes, or until the rice is tender.

In a medium mixing bowl, beat together the egg, sugar and vanilla; beat into the hot rice mixture, then transfer the mixture back to saucepan. Cook, stirring, for 2 minutes longer. Stir in raisins (if using) and pour the pudding into serving dishes. Cover with plastic wrap and chill for 2 hours or overnight. Makes 2 servings. Recipe can be doubled.

Timeless Trivia Answers *See page 4*

1.) b	2.) d	3.) d	4.) a	5.) a	6.) b	7.) c	8.) b	9.) a	10.) c
		13.8 billion annually	1952	67 inches; 59 rainy days on average					

Self Care During COVID19 Word Search

Listen to music

Do a puzzle

Watch a movie

I	I	Y	K	O	G	H	D	J	Q	B	V	B	F	I	S	R	B	Z	X	X	Z	F	I
Q	H	J	Q	D	N	E	I	R	F	A	O	T	K	L	A	T	L	V	M	A	Z	D	O
T	C	L	L	A	B	S	S	E	R	T	S	W	Z	K	O	Y	R	A	Y	A	R	P	U
T	X	E	X	P	G	Q	A	L	Y	C	F	Q	I	K	T	S	K	D	N	W	D	A	B
L	A	E	A	Y	A	K	Z	R	L	G	J	B	Y	V	P	P	G	G	P	R	K	H	Y
I	W	R	Q	I	O	Z	P	Z	E	I	W	T	M	Q	W	Z	Z	W	K	Z	U	E	W
S	E	F	K	O	E	M	F	M	V	G	K	J	C	A	Z	J	Z	L	H	A	S	O	A
T	P	S	C	Q	M	M	F	R	I	K	R	S	R	L	P	K	X	O	U	R	P	Y	J
E	O	S	M	Y	A	P	S	W	T	Z	M	D	G	V	X	W	U	V	G	O	E	L	V
N	C	E	E	E	G	E	X	W	I	E	A	N	G	N	H	W	M	K	A	M	T	T	Y
T	B	R	D	X	A	L	V	Z	S	I	Q	L	U	T	I	Q	F	D	S	A	T	O	S
O	V	T	I	E	G	Z	U	X	O	J	V	O	A	I	G	P	N	S	T	T	I	V	G
M	T	S	T	R	N	Z	H	Y	P	A	Y	B	W	O	A	X	O	N	U	H	N	J	T
U	H	L	A	C	I	U	H	F	E	A	A	K	E	Y	R	P	F	C	F	E	G	R	V
S	C	P	T	I	Y	P	J	S	B	E	Q	S	G	J	D	A	C	M	F	R	A	S	I
I	T	B	E	S	A	A	B	A	K	R	Z	D	Z	G	E	I	I	J	E	A	N	C	P
C	A	V	D	E	L	O	D	A	Q	B	K	I	M	R	N	R	L	K	D	P	A	D	M
C	W	S	P	S	P	D	T	X	U	H	H	G	T	J	R	N	P	K	A	Y	N	P	Y
P	C	U	E	I	V	O	M	A	H	C	T	A	W	K	S	K	W	O	N	G	I	E	M
Y	Y	I	N	E	Q	D	E	E	P	B	R	E	A	T	H	I	N	G	I	L	M	F	Z
H	J	G	N	K	A	P	R	S	H	D	S	J	O	F	R	U	A	S	M	C	A	L	T
Y	Q	F	K	Y	C	T	I	H	C	J	T	W	U	I	R	Y	N	G	A	S	L	W	A
C	L	E	A	N	S	O	M	E	T	H	I	N	G	K	D	O	B	Y	L	O	J	H	X
V	L	B	U	S	E	S	D	H	R	X	W	O	L	L	I	P	A	H	C	N	U	P	F

Watch TV

Eat

Petting an animal

stress free cope coping skills be positive aromatherapy journal draw
watch a movie listen to music do a puzzle eat garden pray hug a stuffed animal
punch a pillow cook meditate clean something talk to a friend exercise
Petting an animal take a bath watch TV stress ball playing a game deep breathing

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Department of Elderly Services

Elmwood Hall - Danbury Senior Center
10 Elmwood Place, Danbury, CT 06810

Mission Statement

The Department of Elderly Services seeks to increase the quality of life of Danbury area citizens who are age 60 or older by developing many comprehensive programs and resources and referral services specifically designed to enrich the general well-being of Danbury's more mature population.

Elmwood Hall Senior Center
Municipal Agent's Office for the Elderly (Resource and Referral)
Van Transportation Program
Rent Rebate Program
Intergenerational Programs

For a full listing of our programs, please visit our website www.danburyseniors.org

Department of Elderly Services Staff Members

Susan Tomanio, LCSW - *Director of Elderly Services*
Michelle McNamara - *Municipal Agent / Coordinator*
Joyce Kuhn - *Activities / Outreach / Resource & Referral (Grant Funded)*
Linda Rinaldi - *Administrative Assistant*
Jose Fuentes - *Program Set Up Assistant* • Vincent Albano - *Program Set Up Assistant*
Kevin Burland - *Van Driver* • Pam Makin - *Van Driver*