

Washington Senior Center News



July-August 2017
Vol. 30 No. 4

Washington Depot,
Connecticut 06794

R.J. Curtis

UPCOMING LUNCHEON

“Design Your Own” Salad Bar



*Wednesday,
July 19
at high noon*

Suggested donation: Sign up to bring salad bar items or \$6.00.

Suggested items: veggies of all kinds, cut up turkey, ham, cheese, tuna, bread, rolls, etc...

Dessert & beverages will be provided.

Reservations required.

Do you have Medicare questions or concerns regarding:

- ❖ 2017 Part A and B deductibles and Part B Premium increases
- ❖ Medigap/Medicare Supplement Plans
- ❖ Understanding Medicare Advantage Plans
- ❖ Prescription Drug Plans
- ❖ Do you qualify for state assistance with Part B premiums and copays through the Medicare Savings Program

Thursdays, July 20 and August 17 at 1

Dan Condon, New Preston resident and licensed CT insurance agent specializing in Medicare will be available by appointment to answer questions.

This is for educational purposes only.

Now Open: Washington/Warren Food Bank

Serving residents of the Washington and Warren communities.

Location: Warren Community Center
7 Sackett Hill Rd., Warren

The food bank is open the 1st & 3rd Tuesday each month from 10:00 – noon. To register contact: Washington 860-868-2259 or 860-868-0058 or Warren 860-868-7881 ex. 114.

SNAP APPLICATION ASSISTANCE

End Hunger Ct partnered with AARP over 4 years ago to offer an online and telephone assistance call center for SNAP (State Nutrition Assistance Program) applications. This call center is for those older adults who have difficulty getting to the local offices or getting through to them on the phone. They can assist callers over the phone with eligibility prescreening, application assistance, recertifications and My Account technical support.

The call center is staffed until 8 pm Monday thru Wednesday – 6 pm Thursday & Friday and 10 – 6 pm on Sunday.

Call 866-974-7627 or visit the website at endhungerct.org

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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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Senior Center Volunteer Staff

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Senior Center Advisory Board

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Jane Moore	Betty Hinckley
Iona Douskey	Hugh Fitzpatrick
Holly Camp	Anthony Bedini
Kathy Johnson	

Alternates

Joan Stevens	John Gueniat
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Ex Officio

Pam Collins	Mark Lyon
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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 3 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!!!**

Website: ChoreServiceLH.org

Property Tax Relief Program

Dates to apply: Homeowner: 2/1 – 5/15

Renter: 4/1- 10/1

Age: 65 or disabled

Couple: \$42,900

Single: \$35,200

Town of Washington tax relief program:

Couple: \$43,600 Single: \$36,100

For more info or to apply, call the assessor's office at 860-868-0398.

*Homeowners who have been on the State program must reapply every two years and applications will be sent to them.

Homeowners who are only eligible for the Town of Washington tax relief program, must apply annually.

EyeCare America

This program provides medical eye care at no out-of-pocket cost for seniors age 65 and older. Visit the new online referral center at www.eyecareamerica to see within minutes if you are eligible to be matched with an EyeCare America volunteer ophthalmologist or call 1-877-887-6327.

VA Caregiver Support

The National Caregiver Support Line, **1-855-260-3274** was created to recognize the significant contributions made by caregivers by allowing Veterans to remain at home. Social workers will be available to answer questions, listen to your concerns and directly link you to the Caregiver Support Coordinator at your local VA Medical Center. In addition, the VA caregiver website

(www.caregiver.va.gov), has been redesigned to make it easier for caregivers to find important services and benefits. It offers valuable resources to help you balance life, ease daily burdens and achieve greater personal satisfaction in the role of caregiver.



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 July 10 and August 14.

**Phone  Numbers Etc.
Town Officials**

Selectmen's Office 860-868-2259
Town Clerk 860-868-2786
Tax Collector 860-868-7796
Community Services Specialist 860-868-0058
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 Eric Berthel (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

Web Sites of Interest:

- ❖ Connecticut Clearinghouse – a library & resource center for comprehensive information on substance use disorders, mental health disorders, prevention & health promotion, treatment & recovery, wellness and related topics: ctclearinghouse.org or call 800-232-4424.
- ❖ Pharmaceutical Assistance Programs: needymeds.org, Partnership for Prescription Assistance (pparx.org) and the Patient Advocate Foundation (patientadvocate.org).
- ❖ How to Watch for Scams Against Seniors or Clear Instructions On How To Do (just about) Everything: <http://www.ehow.com>
- ❖ Washington Senior Center Web Site: washingtonct.org

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: washingtonct.org



Senior Center Computer

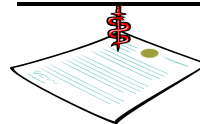
A computer is available for Internet use - please call to reserve a time.

2017 Curbside Recycling Schedule

South of Rt. 109: July 10 & 24 and August 7 & 21.

North of Rt. 109: July 3, 17 & 31 and August 14 & 28.

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. Call the Center for the summer schedule. Cost: \$5 per class.

Zumba (fast paced cardio workout) – Thursdays at 8:30. Cost: \$25 for six classes or \$5 for walk-ins.

SENIOR PILATES – Thursdays at 10:30. FIRST TWO LESSONS FREE!
Cost: \$30 for 6 weeks.

Technology Help for Seniors. Tuesday afternoons by **appointment only.**

Bridge – Tuesdays at 1:00 . New Players welcome!! Please call the Center.

Needles & Things on Thursdays, 1:00 - 3:00 p.m. Bring any project and join us for a productive afternoon with “chat”. No fee. All are welcome.

Luncheons: Wednesday, July 19 – Salad Bar. Cost: \$6.00 or sign up bring salad bar items. Please call the Center as reservations are required

From the Archives of the Gunn Historical Museum – will resume September 18. Museum curator, Stephen Bartkus, will be reading research papers from the museum’s archives, sharing photos, stories and reminiscing about Washington’s history.

Please note: there is an alternating schedule between the Museum Readings and the History Group meetings.

WASHINGTON HISTORY CLUB – The meetings are held on the third Monday of the month of **October 2 at 10:00 a.m.** It discusses the history of Washington, Washington Depot, Marble Dale, New Preston and Woodville. Share your stories with the group or just listen to the fascinating conversation about our town’s past. Bring your photos and objects for show and tell! The club welcomes everyone interested in the history of the town and its villages.

(Senior Van) AJ’s Steak & Pizza House (Goshen – accepts cash only) – Wednesday, August 9. Van leaves at 11:00. Call the Center for reservations.

IMPORTANT! When you see a program that interests you, please call to register, whether the program is being offered for free or a fee. Some programs fill quickly and others may unfortunately be cancelled if minimum enrollments are not met.

July				
Monday	Tuesday	Wednesday	Thursday	Friday
9:00 Exercise ³	Closed for Holiday ⁴	9:00 Exercise ⁵	8:30 Zumba 10:30 Senior Pilates 1:00 Needles & Things ⁶	9:00 Exercise ⁷
9:00 Exercise ¹⁰ 9:00 Van to Mall	10:30 Chair Yoga 1:00 Bridge 2:30 Technology ¹¹	9:00 Exercise ¹²	8:30 Zumba 10:30 Senior Pilates 1:00 Needles & Things ¹³	9:00 Exercise ¹⁴
9:00 Exercise ¹⁷	10:30 Chair Yoga 1:00 Bridge 2:30 Technology ¹⁸	9:00 Exercise ¹⁹ 12:00 Salad Bar Luncheon	8:30 Zumba 10:30 Senior Pilates 1:00 Medicare Q & A 1:00 Needles & Things ²⁰	9:00 Exercise ²¹
9:00 Exercise ²⁴	10:30 Chair Yoga 1:00 Bridge 2:30 Technology ²⁵	9:00 Exercise ²⁶	8:30 Zumba 10:30 Senior Pilates 1:00 Needles & Things ²⁷	9:00 Exercise ²⁸
9:00 Exercise ³¹				

August				
Monday	Tuesday	Wednesday	Thursday	Friday
	10:30 No Chair Yoga 1:00 Bridge 2:30 Technology ¹	9:00 Exercise ²	8:30 Zumba 10:30 Senior Pilates 1:00 Needles & Things ³	9:00 Exercise ⁴
9:00 Exercise ⁷	10:30 No Chair Yoga 1:00 Bridge 2:30 Technology ⁸	9:00 Exercise ⁹ 11:00 AJ's Trip	8:30 Zumba 10:30 Senior Pilates 1:00 Needles & Things ¹⁰	9:00 Exercise ¹¹
9:00 Exercise ¹⁴ 9:00 Van to Mall	10:30 No Chair Yoga 1:00 Bridge 2:30 Technology ¹⁵	9:00 Exercise ¹⁶	8:30 Zumba 10:30 Senior Pilates 1:00 Medicare Q & A 1:00 Needles & Things ¹⁷	9:00 Exercise ¹⁸
9:00 Exercise ²¹	10:30 No Chair Yoga 1:00 Bridge 2:30 Technology ²²	9:00 Exercise ²³	8:30 Zumba 10:30 Senior Pilates 1:00 Needles & Things ²⁴	9:00 Exercise ²⁵
9:00 Exercise ²⁸	10:30 No Chair Yoga 1:00 Bridge 2:30 Technology ²⁹	9:00 Exercise ³⁰	8:30 Zumba 10:30 Senior Pilates 1:00 Needles & Things ³¹	

TRIPS FOR 2017

Tuesday, August 15 – “Song, Dance & Romance” at Aqua Turf featuring the Incomparable Ritchie Mitnick!

A musical journey of great songs all designed with the dancing romantic in mind! Ritchie and his entourage will certainly bring the songs not only from yester-year but also favorites from today!

Today's family style luncheon includes salad, pasta ala norma, chicken francais, pan seared salmon, potatoes, vegetable & dessert. Cost: \$41 per person.

Tuesday, September 12 – “Welcome to Motown” at Aqua Turf

Featuring Marva Scott as Diana Ross & Tina Turner and CP Lacey as Stevie Wonder & James Brown!! One of the best vocal impressionists in *Las Vegas, Reno* and *Atlantic City*. Marva Scott will light up the stage with the many facets of these two legendary entertainers! CP is a master celebrity tribute artist! His tribute at the *Apollo Theater* to these two superstars is “second to none”.

Today's family style luncheon includes salad, pasta, chicken marsala, baked meatloaf, potatoes, vegetable & dessert. Cost: \$42 per person.

Tuesday, September 12 – Newport Playhouse & Cabaret Restaurant Lobsterfest Matinee featuring the play *Self- Help*.

Depart from our area en route to the Newport Playhouse & Cabaret Restaurant. This dinner theater is unique...you will enjoy a great buffet, a wonderful play and a fun- filled cabaret.

Today's menu includes boiled live lobster, shrimp cocktail, mussels in wine, new england clam chowder, corn on the cob, roasted chicken, bbq chicken, creole shrimp & rice, a variety of potatoes, salads, watermelon and desserts!! Cost: \$112 per person and includes transportation, lunch buffet and show and driver gratuity.

October 3-4 – Villa Roma Resort (Callicoon, NY) “Octoberfest”

This overnight trip includes transportation, hotel accommodations, baggage handling and taxes, 3 meals (1-breakfast, 1-lunch, 1-dinner), entertainment, dining & housekeeping gratuities and driver gratuity. For more information regarding itinerary, food etc. call the Center. Cost: \$257 pp double, \$299 single and \$247 pp triple.

Tuesday, October 17-Polka at the Aqua Turf featuring the Polka Family Band!

This East Coast Band is one of the finest Polka Bands around! Enjoy an energetic day filled with both Polka dance standards and your favorite American traditional music!

Today's family style luncheon includes chicken rice soup, tossed salad, pierogi's, roast pork loin, galumpki's, potato, vegetable and cheesecake. Cost: \$41 per person.

The Senior Center has established an award program to be given to a Washington Primary School 5th grade boy and girl. The criteria for those receiving the award are: Strives for Academic Success, Shows Consideration for Others, Accepts and Respects Authority, Demonstrates Personal Responsibility and Exemplifies the School's Glider's Pledge, “Cares”. This year's recipients are Mason Murphy and Ona Swanson. Congratulations!!

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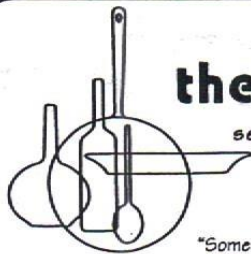
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of the "Best Dining Values in Litchfield County," Zagats

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Differences between Original Medicare and Medicare Advantage Plans

Costs: **Original Medicare**

You pay Medicare premiums, deductibles & coinsurances (usually 20% of the Medicare approved costs for outpatient care)

Medicare Advantage Plans

You pay Medicare premiums and your plan's premium, if it charges one. Your plan sets its own deductibles and copays. You pay the full cost if you don't follow your plans rules

Supplemental Insurance:

You can buy a medigap policy

You can't buy a medigap policy to help pay your out of pocket cost in a Medicare Advantage Plan

Covers extra services like vision & dental?

No. Covers medically- necessary inpatient & outpatient care. Doesn't cover routine vision, hearing or dental.

Maybe. May cover some vision, hearing or dental services. All plans must cover the same inpatient and Outpatient services original Medicare covers.

Lets me providers nationwide?

Yes. You can go to any or hospital in the U.S. that accepts Medicare.

Usually not. Most people have HMOs which have local networks of providers you must use in order for the plan to cover your care. PPOs & PFFS should cover care you get outside the network, but you will pay more.

Need referrals to see specialists?

No. You don't need a referral.

Maybe. You often need to get a referral from your Primary Care Physician.

Covers Drugs?

No. You will need a separate Part D Plan.

Usually. Most plans include Part D drug coverage.

Out-of-pocket limits?

No. There is no cap on what you spend on health care.

Yes. Plans must have an annual out-of-pocket limit, which can be high but protect you if you need expensive care. The plan pays the full cost of your care after you reach the limit.

DEFINITIONS

Premium: The monthly fee you pay to have Medicare. **Deductible:** What you must pay before Medicare starts paying for your care.

Copayment/Coinsurance: The amount you pay for each service. **Part A:** Medicare hospital insurance for inpatient care. **Part B:** Medicare medical insurance for outpatient care. **Part D:** Medicare drug coverage. **Medigap:** Supplemental insurance that helps pay your out-of-pocket costs in Original Medicare.

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@washingtont.org

Please visit the Senior Center web site at: washingtont.org

Box 352

Washington Depot

CT 06794

CHANGE SERVICE REQUESTED

