

Washington Senior Center News



March-April 2018
Vol. 31 No. 2

Washington Depot,
Connecticut 06794

R.J. Curtis

UPCOMING LUNCHEONS

“CORNERD BEEF & CABBAGE”



courtesy of the American Legion

The annual corned beef luncheon will be held at the Senior Center on **Thursday, March 8** at noon. Suggested donation: \$6:00. Please call the Senior Center by March 5 for reservations.

Wednesday, April 18 at noon - rescheduled from January 17

Herb roasted pork, roasted potatoes, vegetable, salad, roll and dessert.

Cost: \$6.00. Reservations required!

Guest speaker: **Probate Judge Dominick Calabrese.**

Immediately following the luncheon, he will discuss:

The New Connecticut Uniform Power of Attorney Act

On October 1, 2016, the Connecticut Uniform Power of Attorney Act became law. Additional changes became effective on July 1, 2017. This extensive overhaul of the existing power of attorney statutes in Connecticut is comprehensive and has far-reaching consequences. Some of the topics covered include agent liability, termination of powers of attorney, authenticity, validity, and the requirements that third parties, such as financial institutions honor valid powers of attorney. Judge Calabrese will answer questions from the audience during the presentation.

Reservations required!

THINK  SPRING!!!

Monday, March 26, 2018 at 2:00pm

Join Lisa Rowland and Rev. Anne-Marie Davenport, of Season's Hospice to learn more about the “Five Wishes” document, the first living will that talks about your personal, emotional and spiritual needs as well as your medical wishes. It has been featured on CNN and NBC's Today show and in the pages of TIME and Money magazines. Newspapers have called Five Wishes the first “living will with a heart a heart and soul”. All participants will receive a Five Wishes document to fill out their own will. Refreshments sponsored by River Glen Health Care, Southbury.

Reservations required.

Join us to celebrate **National Walking Day on Wednesday, April 4** in conjunction with the American Heart Association initiative to move more in April. We will meet our friends from Washington Senior Center, New Milford VNA & Hospice and Washington Primary School in front of the River Walk Pavilion at 2:30p.m.

AARP DRIVE COURSE – see pg. 8

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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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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 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!!!***
Website: ChoreServiceLH.org

Heating Season Is Here Again.....

To apply or for eligibility information on the energy assistance program, call 860-868-0735.

Property Tax Relief Program

Dates to apply: Homeowner: 2/1 – 5/15
 Renter: 4/1- 10/1
 Age: 65 or disabled
 Couple: \$43,000
 Single: \$35,300

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.



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 March 12 and April 9.

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
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.org/attygenl

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:

- ❖ **Information & Support for People with Alzheimer's Disease & Their Caregivers:** alz.org or call 1-800-272-3900.
- ❖ **Online Living Will Forms:** ctelderlaw.org.
- ❖ **Eldercare Locator (links consumers and their families to local aging services):** eldercare.gov or call 1-800-677-1116.
- ❖ **Find benefits, financial assistance programs and general information:** ctseniorinfor.com.
- ❖ **Washington Senior Center Web Site:** washingtonct.org
- ❖ **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

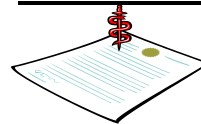
A computer is available for Internet use - please call to reserve a time.

2017 Curbside Recycling Schedule

South of Rt. 109: March 5 & 19 and April 2, 16 & 30.

North of Rt. 109: March 12 & 16 and April 9 & 23.

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 (moderate impact aerobics video) meets **Monday, Wednesday and Friday at 9:00 a.m.** No fee. Come as often as you please.

CHAIR YOGA – Tuesdays, at 10:00. Cost: \$5 per class.

Zumba (video) – Thursdays at 8:30. No fee. Come as often as you please.

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.

Pinochle??? If interested, **Call the Senior 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: Thursday, March 8 – Corned Beef & Cabbage. Cost: 6.00. Wednesday, April 18 (rescheduled from January 17) – Roast Pork Luncheon. Cost: \$6.00. Please call the Center as reservations are required

From the Archives of the Gunn Historical Museum –The readings are held on the first Monday of the month at 10:00. The next reading will be held on **April 2**. 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 at 10:00. The next meetings will be held on **March 19 and June 18**. 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) Woodbury Diner – Tuesday, April 24. Van leaves at 11:30. 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.

March				
Monday	Tuesday	Wednesday	Thursday	Friday
			1 8:30 Zumba 10:30 Senior Pilates 1:00 Needles & Things	2 9:00 Exercise
5 9:00 Exercise	6 10:00 Chair Yoga 1:00 Bridge 2:30 Technology	7 9:00 Exercise	8 8:30 Zumba 10:30 Senior Pilates 12:00 Corned Beef Lunch 1:00 Needles & Things	9 9:00 Exercise
12 9:00 Exercise 9:00 Van to Mall	13 10:00 Chair Yoga 1:00 Bridge 2:30 Technology 4:00 Advisory Board	14 9:00 Exercise	15 8:30 Zumba 10:30 Senior Pilates 1:00 Needles & Things	16 9:00 Exercise
19 9:00 Exercise 10:00 Washington History Group	20 10:00 Chair Yoga 1:00 Bridge 2:30 Technology	21 9:00 Exercise	22 8:30 Zumba 10:30 Senior Pilates 1:00 Needles & Things	23 9:00 Exercise
26 9:00 Exercise 2:00 "Five Wishes" Program	27 10:00 Chair Yoga 1:00 Bridge 2:30 Technology	28 9:00 Exercise	29 8:30 Zumba 10:30 Senior Pilates 1:00 Needles & Things.	30 9:00 Exercise

April				
Monday	Tuesday	Wednesday	Thursday	Friday
2 9:00 Exercise 10:00 Gunn Museum Readings	3 10:00 Chair Yoga 1:00 Bridge 2:30 Technology	4 9:00 Exercise 2:30 Nat'l Walking Day at Pavilion	5 8:30 Zumba 10:30 Senior Pilates 1:00 Needles & Tings	6 9:00 Exercise
9 9:00 Exercise 9:00 Van to Mall	10 10:00 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
16 9:00 Exercise	17 10:00 Chair Yoga 10:00 Aqua Turf 1:00 Bridge 2:30 Technology	18 9:00 Exercise 12:00 Roast Pork Lunch w/Probate Program	19 8:30 Zumba 10:30 Senior Pilates 1:00 Needles & Things	20 9:00 Exercise
23 9:00 AARP Drive Course	24 10:00 Chair Yoga 11:30 Woodbury Diner 1:00 Bridge 2:30 Technology	25 9:00 Exercise 2:00 "Name That Tune" Program	26 8:30 Zumba 10:30 Senior Pilates 1:00 Needles & Things	27 9:00 Exercise
30 9:00 Exercise				

TRIPS FOR 2018

Tuesday, April 17 – “Tribute to the Divine Miss M!! starring Kathy Thompson” at Aqua Turf

Kathy has been singing the hits of Bette Midler for more than 20 years on stages around the world. Bette’s repertoire has something for everyone! Big Band, swing era tunes, hip hop, country, ballads, blues, dance and “Sophie” joke for a good belly laugh! Today’s family style luncheon includes salad, pasta, chicken marsala, baked meatloaf, potato, vegetable & dessert. Cost: \$43 per person.

NEW MEDICARD CARDS/Protect Your Personal Information

Starting in April, Medicare will mail new Medicare cards to all people with Medicare, to help protect you from identity fraud. They are removing social security numbers from all Medicare cards to make them safer. Your new card will have a new Medicare number that’s unique to you. The new card will help protect your identity and keep your personal information more secure. Your Medicare coverages and benefits stay the same.

Once you get your new Medicare card, take these 3 steps to make it harder for someone to steal your information and identity:

1. Destroy your old Medicare card right away
2. Use your new card. Doctors, other health care providers and plans approved by Medicare know that Medicare is replacing your old card.
3. Beware of people contacting you about your new card and asking you for your Medicare number, personal information or to pay a fee for your new card. Treat your Medicare number like you treat your social security or credit card numbers. Remember, Medicare will never contact you uninvited to ask for your personal information.

If you do not receive your new Medicare card by April 2019, call 1-800-633-4227.

RITS (Rural Independent Transportation Service)

This program is for non-emergency medical trips for the elderly and disabled. Rides are available to and from medical facilities including those outside of the region such as Yale New Haven or UCONN Medical Center. These door-to-door handicap accessible mini-vans are generally available Monday – Friday, 9am – 6pm. Calls should be made 48 hours in advance. The designated provider for Washington residents is EdAdvance. Call 860-567-08563 to schedule your medical appointment.

Please note: NHTCOG funds this program. No fare is charged but donations are accepted!

***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



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AARP DRIVER SAFETY COURSE

Monday, April 23

Now Only Four Hours!!

9-1 P.M.

Defensive Driving Techniques! Insurance Discounts for those 60 and older! Call the Center to register.

Cost: \$15 for AARP members and \$20 for non-members.

Make checks payable to AARP.

Wednesday, April 25 at 2:00pm - Name That Tune!

Join us to test your knowledge of songs through the decades! Join us for fun and camaraderie guessing the song from 1940s through 1980s!

Light refreshment sponsored by River Glen Health Care, Southbury. Reservations required.



Do you have Medicare questions or concerns regarding:

- ❖ 2018 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?

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**

Call the center for an appointment.

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: washingtonct.org

Box 352

Washington Depot

CT 06794

CHANGE SERVICE REQUESTED

