

Washington Senior Center News

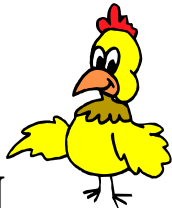


May-June 2017
Vol. 30 No. 3

Washington Depot,
Connecticut 06794

R.J. Curtis

UPCOMING LUNCHEON



CHICKEN BARBEQUE

Wednesday, May 20 at 12:00 noon

Suggested donation: Bring a side salad or \$6.00.

Reservations requires. Please call the Center to sign up.

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.

***Donations of non-perishable food with current expiration dates always appreciated!**

FREE HEARING SCREENING

Veralyn Davee, a certified and licensed Audiologist and Hearing Instrument Specialist with Hearing Aid Specialist of CT will be at the Center to conduct free hearing screenings on **Friday, June 9 at 10:00 A.M. By appointment.**



“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 **Thursday, May 4 at 11:30 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!**

DENTAL Cleaning Clinic Returns

Dental hygienist Janette Miret will once again be offering low-cost dental cleanings to income eligible senior at the Woodbury Senior Center.

Regular dental cleanings are important for all adults, even more so as we age.

(Con't on pg. 8)

BRIDGE Game – see inside

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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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Brigid Davidson	Mailing
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Diane Locke	Mailing
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Pam Collins	Senior Center Director & Municipal Agent for the Elderly & Disabled
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Jim Babiyan	Van Drivers
Ray Kramer	

Senior Center Volunteer Staff

Sam Morrissey	Website
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Senior Center Advisory Board

Donna Dutcher	Dolly Whitney
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.



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 May 8 and June 12.

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.

CRIS

CT Radio Information System is CT's Talking Newsstand for the Blind and Print-handicapped. The programs broadcast on CRIS radio are available to individuals who, as a result of vision loss or physical disability, are unable to read printed material. Because of CRIS, thousands of CT residents have access to world and national news, state and local news as well as magazine articles on health, personal finance, the environment, and a variety of other topics. CRIS provides its programming free of charge via specially tuned radios, cable providers, standard telephones and soon, the internet. To find out more, call CHRIS at 860-527-8000 or visit the website at chrisradio.org.

**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 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

Web Sites of Interest:

- ❖ Veterans medical/financial benefits & resources, discounts, job search info, etc.: military.com or call: 800-827-1000.
- ❖ Enhanced Search Functions/Online 211 Database: 211ct.org
- ❖ Mobil Tool to Help Residents Find Medical & Home Supplies During Emergencies: "Business Finder" @ <http://businessstatus.ct.gov>
- ❖ Have a Consumer Complaint: Consumerfinance.gov/complaint or call 855-411-2372.
- ❖ VA Programs & Services for Women Veterans: va.gov/womenvet or publichealth.va.gov/womenshealth
- ❖ 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

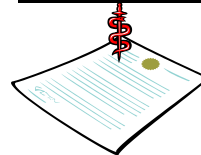
A computer is available for Internet use - please call to reserve a time.

2017 Curbside Recycling Schedule

South of Rt. 109: May 5, 15 & 30 (Tuesday) and June 12 & 26.

North of Rt. 109: May 8, 22 and June 5, 19.

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 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: Thursday, May 17 – Chicken Barbeque. Cost: \$6.00 or sign up to bring a side salad. Please call the Center as reservations are required

From the Archives of the Gunn Historical Museum – will resume in the fall. 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 **June 19 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) Painted Pony “All Inclusive Senior Lunch” – Tuesday, June 13. Choose between the Quick lunch menu (\$10.25) or the Hot lunch menu (\$11.50). This includes one beverage (non- alcohol), dessert, tip and tax. 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.

May				
Monday	Tuesday	Wednesday	Thursday	Friday
9:00 Exercise ¹	10:30 Chair Yoga ² 1:00 Bridge 2:30 Technology	9:00 Exercise ³	8:30 Zumba ⁴ 10:30 Senior Pilates 11:30 Probate Program 1:00 Needles & Things	9:00 Exercise ⁵
9:00 Exercise ⁸ 9:00 Van to Mall	10:30 Chair Yoga ⁹ 1:00 Bridge 2:30 Technology	9:00 Exercise ¹⁰	8:30 Zumba ¹¹ 10:30 Senior Pilates 1:00 Needles & Things	9:00 Exercise ¹²
9:00 Exercise ¹⁵	10:30 Chair Yoga ¹⁶ 1:00 Bridge 2:30 Technology	9:00 Exercise ¹⁷ 12:00 Chicken Barbeque	8:30 Zumba ¹⁸ 10:30 Senior Pilates 1:00 Medicare Q & A 1:00 Needles & Things	9:00 Exercise ¹⁹
9:00 Exercise ²²	10:30 Chair Yoga ²³ 1:00 Bridge 2:30 Technology	9:00 Exercise ²⁴	8:30 Zumba ²⁵ 10:30 Senior Pilates 1:00 Needles & Things	9:00 Exercise ²⁶
Closed for Memorial Day ²⁹	10:30 Chair Yoga ³⁰ 1:00 Bridge 2:30 Technology	9:00 Exercise ³¹		

June				
Monday	Tuesday	Wednesday	Thursday	Friday
			8:30 Zumba ¹ 10:30 Senior Pilates 1:00 Needles & Things	9:00 Exercise ²
9:00 Exercise ⁵	10:30 Chair Yoga ⁶ 1:00 Bridge 2:30 Technology	9:00 Exercise ⁷	8:30 Zumba ⁸ 10:30 Senior Pilates 1:00 Needles & Things	10:00 Hearing Screening ⁹
9:00 Exercise ¹² 9:00 Van to Mall	10:30 Chair Yoga ¹³ 11:30 Painted Pony 1:00 Bridge 2:30 Technology	9:00 Exercise ¹⁴	8:30 Zumba ¹⁵ 10:30 Senior Pilates 1:00 Medicare Q & A 1:00 Needles & Things	9:00 Exercise ¹⁶
9:00 Exercise ¹⁹ 10:00 Washington History Group	10:30 Chair Yoga ²⁰ 1:00 Bridge 2:30 Technology	9:00 Exercise ²¹	8:30 Zumba ²² 10:30 Senior Pilates 1:00 Needles & Things	9:00 Exercise ²³
9:00 Exercise ²⁶	10:30 Chair Yoga ²⁷ 1:00 Bridge 2:30 Technology	9:00 Exercise ²⁸	8:30 Zumba ²⁹ 10:30 Senior Pilates 1:00 Needles & Things	9:00 Exercise ³⁰

TRIPS FOR 2017

May 31 – June 2 – Boothbay Harbor “Scenery & Greenery Tour”

This three day trip includes roundtrip transportation, overnight accommodations, 4 meals (2 buffet breakfasts, & 2 dinners including one lobster choice dinner), admissions wherever applicable, local guide in Kennebunkport (gratuity not included), souvenir Maine lobster hat, taxes & baggage handling, Tour Director and driver gratuity. Cost: \$550. PP Double; \$650. Single; \$530. PP Triple. Complete itinerary at the Center. Trip cancellation insurance is available and recommended.

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.

FYI - MEDICARE OBSERVATION LAW

This law requires 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.

***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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Michael Gorra, DVM Trish Grinnell, DVM, CVA

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, May 18th and June 15 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.

Call the center for an appointment.

Con't - DENTAL Cleaning Clinic Returns

Regular dental check-ups are an indicator for overall health and can help prevent infection and even diseases such as stroke and heart attack. This clinic serves those older adults who do not have dental insurance or who might not be able to afford the cost of a cleaning. Participants will pay either \$80 or \$10 per cleaning, depending on income. New program participants are welcome, contact the Woodbury Senior Center at 203-263-2828 for more information or for an appointment.

Please note: Any senior interested in submitting his/her name to run for a position on the Advisory Board during our October election period?? Please contact the Senior Center.

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

