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Soup & Suggestions with Stephanie Wednesday, March 6th at Noon



Stephanie Belcher joined the Social Services team here in Wilton last December. She brings with her an extensive background in senior care and program planning. Stephanie graduated cum laude with her Bachelors of Arts in Psychology from Western Connecticut State University in May of 2015. In May of 2018, she went on to receive her Masters in Science from Southern Connecticut State University in Recreation Administration and Supervision.

Stephanie has been in the field for more than ten years. Her first job in high school was serving lunch and dinners at an independent living facilities in her home town of New Milford. This led to her becoming a Home Health Aide and activities assistant within the independent living. Throughout college she worked at the Woodbury Senior Center as their Programs Assistant. Most recently, Stephanie was the Director of Recreation for The Com-

mons of Newtown, (Formally known as Lockwood Lodge) an assisted living facility in Newtown, CT. Her experiences include positions at senior centers, independent living, assisted living and skilled nursing facilities.

In her personal time, Stephanie loves to hike, snowboard and karaoke (poorly) with her friends.

She loves to travel; most

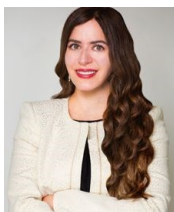
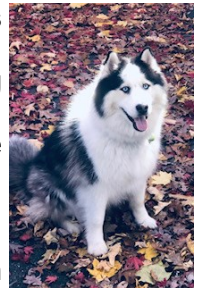
recently to Bermuda. She lives in

Ridgefield with her Fiancé Will, and

their Siberian Husky, Waldo (Pictured Right) .

Stephanie will be getting married this New Years Eve and then honeymooning in the Bahamas.

Enjoy lunch and talk with Stephanie on March 6th at 12:00, in the café at the Wilton Senior Center. She will be serving a delicious cream of broccoli soup. Tell her what you enjoy and what you would like to see happening at the senior center! Reservations required. Please call Stephanie at 203-834-6240.



Ain't She Sweet

presented by Lia Levitt

Wednesday, April 10th at Noon

What does it look like when people go into a nursing home to live, rather than die? When my Grandmother gave up her independent life in Brooklyn to put herself into a nursing home in suburban Connecticut, neither of us knew I would join her there. *Ain't She Sweet: A Coming of (Old) Age Tale* details the arc of two women coming of age congruently. *Ain't She Sweet* is a riveting and relatable tale about what defines family, home, and resiliency. At it's core, it is a love story between a grandmother and granddaughter learning — relearning — what unconditional love means in practice.

Join author Lia Levitt in discussing her tale on Wednesday April 10th at Noon in our lounge. This will be an inspirational afternoon, opening up the discussion of redefining the conversation about aging! Questions and reservations please call Stephanie at 203-834-6240.

Information Update from Wilton Social Services

Phone: 203-834-6238

Fax: 203-563-0172

Wilton Social Services provides counseling, information, referral, and emergency financial assistance for Wilton residents. We encourage people to call our office at 203-834-6238 to discuss our services. Confidentiality is assured. State and federal programs designed to assist individuals and families during difficult times include fuel assistance, nutritional assistance, emergency financial assistance, and Medicare Savings Programs.

Winter Heating Assistance

The Connecticut Energy Assistance Program provides energy assistance grants for heat to households with no more than 60% of the state median income. For individuals, the annual income limit is \$35,116 and for couples it is \$45,920. Asset limits are \$15,000 for homeowners and \$12,000 for renters. Retirement accounts are not counted as assets for those under the age of 59 ½. For more information on winter heating assistance including income and asset limits please visit <https://portal.ct.gov/DSS> and type "energy assistance" into the search box on the left side of the page. For questions or to make an appointment, please contact Phoebe Musico at 203-834-6238 x 1613.

Operation Fuel provides a one-time grant of \$500 to eligible low-income households. The program also assists with non-heat utility bills that are overdue. Income limits are the same as CEAP. There is no asset test. Apply through Wilton Social Services by calling 203-834-6238 for an appointment. Funding is limited.

Town-to-Town

Dial-a-Ride

Wilton Dial-a-Ride provides van transportation for Wilton Seniors and individuals with disabilities to destinations within Town boundaries. This service is available Monday through Friday from 9:15 am to 3:45 pm, excluding Town holidays and during inclement weather. The fee for this service is \$2.00. Wilton Dial-a-Ride also provides van transportation for Wilton Seniors and individuals with disabilities to selected points in Norwalk. This service runs two days a week (Tuesdays and Thursdays) from 9:15 am to 3:45 pm. The fee for this service is \$4.00. Reservations for Dial-a-Ride must be made at least 24 hours in advance by calling (203) 834-6235.

Norwalk Transit District

Please call (203) 299-5180 to pre-certify, reserve a ride, and to purchase tickets (\$3.50 each ticket, one way within town and one additional ticket for each additional town.) Regional door-to-door medical transportation for people with disabilities which are permanent or temporary to travel between towns in the region, from Westport to Greenwich. Must pre-certify by calling the Norwalk Transit District. Vehicles are lift-equipped.

Medicare Part D

Anyone who turned 65 after January 1, 2019, and who is

not covered by a prescription plan connected with employment-based health insurance is eligible to enroll in Medicare Part D, the Medicare prescription drug plan. In order to avoid a penalty (a penalty which you will pay for the remainder of your Medicare life), call Wilton Social Services for an appointment within 60 days of your birthday. We will help you choose a plan using a computer-based program that enables you to compare the numerous plans available. Call 203-834-6238 and ask for Lauren Hughes, LCSW. You may also call the State of Connecticut for help through the CHOICES Program at 800-994-9422 and a trained counselor will assist you.

In addition, some people have to sign up for Medicare Part A and/or Part B. If you are within 3 months of your 65th birthday, not collecting Social Security or Railroad Retirement Benefits, you will need to sign up, even if you are and will continue to be covered by an employer's health insurance plan. If you do not enroll, you risk incurring a financial penalty for all the years you will be enrolled in Medicare. In addition, anyone turning 65 who is new to Medicare and interested in learning about the Medigap/supplemental insurance option or who is retiring and losing existing coverage can meet with Lauren Hughes to discuss available options. Call 203-834-6238 to make an appointment.

Emergency Financial Assistance

The Wilton Community Assistance Fund, formerly known as the Wilton Interfaith Council, and the **Salvation Army** provide emergency funds for Wilton residents in need. They may help pay for emergency oil deliveries, utility bills to prevent shut-offs, and rental assistance. A financial application and a confidential appointment are required. Call 203-834-6238 to make an appointment.

Food Assistance

SNAP, or the Supplemental Nutritional Assistance Program, (formerly known as Food Stamps), is the program provided through the Connecticut Department of Social Services that helps eligible individuals and families afford the cost of food at supermarkets, grocery stores and farmers' markets. For more information or for funding updates, please visit <https://portal.ct.gov/DSS> and type "SNAP" in the search box on the left side of the page. You can also visit www.connect.ct.gov to create an account and apply for benefits online. If you need support with the SNAP application or renewal process, please call Wilton Social Services at 203-834-6238.

Wilton Social Services operates the **Food Pantry** at the Comstock Community Center. Hours of operation are:

Monday	1:45 p.m. to 4:00 p.m.
Tuesday	9:00 a.m. to 12 noon 2:00 p.m. to 4:00 p.m.
Wednesday	1:45 p.m. to 4:00 p.m.
Thursday	9:00 a.m. to 12 noon
Friday	Closed

GUIDE TO SENIOR SERVICES

Sarah Heath, Director 203-834-6238
Director, Social Services

Lauren Hughes 203-834-6238
Coordinator, Senior Services, and Municipal Agent for the Elderly

Stephanie Belcher 203-834-6240
Coordinator, Social Services Activities

Phoebe Musico 203-834-6238
Adult and Family Social Worker

Deborah Wolyniec 203-834-6238
Office Assistant

Meals-on-Wheels 203-762-0566

Dial-A-Ride 203-834-6235

Town-to-Town 203-299-5180

Parks and Rec Department 203-834-6234

Wilton Family Y 203-762-8384

Wilton Library 203-762-3950

Stay at Home in Wilton 203-423-3225



**Playing Smarter Tennis:
Tips to Win More Points
& Have More Fun!**
Friday, March 29th at 11:00

Senior Center Computer Room Fee: 5 Dollars

Peter Engstrom, a USPTA Certified Teaching Professional, will be presenting a classroom program on Singles and Doubles Tennis Play. Using 2- and 3-dimensional visual aids, he will review fundamental tactics and tips aimed at helping players win more points and have more fun.

Among the topics to be covered are:

How to intimidate your opponents.

Serving with confidence. (Double faulting is not a sin!)

The power of the "lob".

When and how to "poach".

Playing the net.

Court position and movement.

Offensive players responsibilities.

Defensive players responsibilities.

Bringing out the best in your doubles partner.

Tennis etiquette.

No equipment necessary. All you need bring is an interest in tennis and a desire to improve your game (although if you bring your racquet, Peter will be glad to check if the grip size is right for you.) **Guaranteed you will learn at least three key things to help you improve your game/have more fun or your money back!**

NEW!

Seated Strength Training

Thursdays Starting April 4th 11:00-11:30

Looking for an exercise program that can be modified? Seated Exercise might be right for you! Join Stephanie Thursdays at 11:00 for a new Seated Exercise. This Program is free and can be modified with or without weights. This exercise program promotes strengthening, flexibility and to get the blood flowing to the joints!

**For more information please
call Stephanie at
203-834-6240**



How NOT to Wait for an Emergency

**Tuesday, March 12th Noon
Senior Center Café**



Whether you're a senior, or have aging parents, you'll want to join us for this discussion about the importance of not waiting until an emergency strikes before looking into options such as Home Care, Assisted Living, Independent Living, and Memory Care. Lance Galassi from "A Place for Mom" will prepare you for the pros, cons and costs of what is available to you in the local area and beyond. No one should have to research options from a hospital bed. Join Lance on March 12th at Noon and enjoy a free pizza lunch.

This program is **free** but requires a reservation. Please call Stephanie at 203-834-6240 to reserve your spot!



Informational Discussion on Vestibular Therapy By Visiting Angels

Friday, March 8th 11:00 Senior Center Lounge

Evidence has shown that vestibular rehabilitation can be effective in improving symptoms related to many vestibular (Inner ear/balance) disorders. Rehabilitation therapy aims to reduce problems with vertigo, dizziness, visual disturbance and/or imbalance. Join Adriana Caravakis from Visiting Angels in this eye opening presentation on Vestibular Therapy. Enjoy a variety of bagels with coffee and tea RVSP to the Senior Center at 203-834-6240.



Bring your loved one to enjoy a meal and activity with our life-enrichment team while you attend these complimentary community events.

Events will be held at our community: 123 Richards Avenue in Norwalk. RSVP to one or all of these educational events by calling 203.523.0510 or visit www.BridgesbyEPOCH.com. (CT Relay 711)

CAREGIVER SUPPORT GROUP

THURSDAY MARCH 14 | 2 & 5:30 P.M.

SATURDAY APRIL 20 | 2:00 PM

Refreshments will be served. Get the support you need from dementia care professionals who understand your challenges and concerns. These sessions are your chance to take a break, socialize with other caregivers and learn how to make life easier for you and your loved one.

LUNCH & LEARN SCAM TALK

TUESDAY, MARCH 19 | 12:00 P.M. PRESENTED BY SERGEANT SOFIA GULINO, NORWALK POLICE DEPARTMENT

As seniors are often the primary target of scammers, it's important to protect yourself and your loved ones. Join us for an informative presentation where we will discuss common scams and provide tips to stop scammers in their tracks.

LUNCH & LEARN BENEFITS OF EARLY DETECTION

THURSDAY, MARCH 28 | 12:30 P.M.

Early detection allows for medical and nonmedical intervention that could delay the symptoms or slow the progression of dementia. Come discover what signs and risk factors may suggest it's time for a screening, and get a free memory care screening by Bayada while you're here.

LUNCH & LEARN VETERAN FINANCIAL

WEDNESDAY, APRIL 3 | 12:00 P.M.

This lunch and learn will go over the new rules with Aid and Attendance Benefit with Holly Walters from Veteran's Financial.

POWERFUL TOOLS FOR CAREGIVERS

MONDAYS APRIL 1 8 15 22 | 5:00-7:00 PM

SIX PART SERIES BY NICOL RUPOLO OWNER OF COMFORCARE AND LORETTA LACCI DIRECTOR OF FAIRFIELD COUNTY HOSPICE HOUSE

This six part series will include April 1st: "Taking Care of You" April 8th: "Identifying and Reducing Personal Stress" April 15th: "Communicating Feelings, Needs and Concerns" and April 22nd: "Communicating in Challenging Situations" Dinner is included in all presentations at 5:00 Presentation starts at 5:30 Part 5 and 6 will be in May.



Are you Ready to Downsize?

Tuesday, March 26 3 - 5 p.m. Senior Center

Alexis Boccanfuso, Professional Organizer, and Peter Schattenfield of Turning Point Estates share their tips on decluttering, downsizing and organizing.

- How to decide what to keep
- Recognizing barriers to parting with possessions
- Dealing with Stuff: selling items, charitable donations and disposing of unwanted items
- Preparing your home to sell
- Packing and selling

RSVP to Stay at Home in Wilton : 203-762-2600



Better Hearing Better Living

Tuesday, April 23 3 -5 p.m.
Senior Center

- How We Hear
- Common Hearing Problems
- Effects of Hearing Loss on Health
- Treatment
- Hearing Test Screening*



*Screening will be done immediately following the lecture. Dr. Parker's team will assist with screening. *

Reservations recommended: 203-762-2600

Andrew J. Parker, M.D. is a Board Certified Otolaryngologist. His practice is in Norwalk. He is the Chief of the Department of Ear Nose & Throat - Head & Neck Surgery at Norwalk Hospital. Dr. Parker has been on CT Magazine's Top Doc list since 2008.

Intermediate Bridge Session

Fridays 1:00 3:00 3/29-5/31
(No Class 4/5 4/19)



Michael Hess will be continuing Intermediate Bridge in a new session starting March 29th. The current session will run until March 15th. The Fee is \$85.00, checks can be made out to the Town of Wilton and given to Stephanie on the first day of the new session. Any Questions? Call Stephanie at 203-834-6240.

Free Tax Help Available at the Senior Center

The AARP Tax Aid Program provides income tax preparation assistance for low and middle-income taxpayers of all ages, with special attention to those 60 and older. **Volunteers from AARP will be at the Senior Center on Monday, March 4 from 9:00 a.m. until noon to assist in tax preparation. No appointment is necessary. Just take a number upon entering and wait your turn.**

In order to prepare for your visit, keep in mind the following tips:

- ♦ If married, both husband and wife must be present during an income tax counseling session.
- ♦ Taxpayers must bring all the documents they have received which apply to their 2018 income taxes including:
 - ♦ Copies of 2018 income tax returns.
 - ♦ Social Security or Individual Taxpayer ID numbers for all household members and personal photo identification.
 - ♦ A blank check with a routing number for a direct deposit refund request.
 - ♦ All documents that relate to deductible expenses.
 - ♦ All 2018 income report forms that have been received such as:
 - SSA-1099, Social Security Benefit Statement, and RRB-1099-R, US Railroad Retirement Board forms.
 - All 1099 forms (1099-INT, 1099-OID, 1099-DIV, 1099-R, 1099-B, 1099-S, 1099-MISC).
 - W-2, Wage and Tax Statement forms.
 - W-2G, Certain Gambling Winnings forms.
 - Original cost of assets sold during 2018.

Sessions will take place in the Senior Center Technology Room. Follow the signs when you enter the lobby.



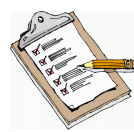
Register for one of AAA's **FREE** Driving Improvement Programs

**Friday, March 22, 2019
or Friday, April 26 2019**

**Comstock Community Center Room 31
8:30 a.m. – 12:30 p.m.**

The Driver Improvement Program is aimed at experienced drivers who wish to improve their driving skills and review defensive driving basics. By completing this class drivers 60 years of age and older may qualify for a minimum 5% discount* on their auto insurance. In fact, some insurers provide that discount to experienced drivers as young as 55. We encourage you to check with your insurer to see what benefits they offer. This course is taught by Lieutenant David Hartman of the Wilton Police Department. A graduate of Wilton High School with 18 years experience in law enforcement. Lieutenant Hartman was on the traffic division for five years, is a Field Training Officer, a Child Safety Seat Technician certified by the NHTSA and the night-shift supervisor. Register online by visiting www.aaa.com/driverimprovement or 1-866-901-8457 for more information.

***PLEASE CONTACT YOUR INSURER IN ORDER TO DETERMINE WHAT AUTO INSURANCE BENEFIT, IF ANY, WOULD BE ASSOCIATED WITH THIS PROGRAM.**



Wilton's Emergency Contact List

The Town of Wilton's Department of Social Services maintains an Emergency Contact List of vulnerable seniors and residents with a disability. This information will assist public safety personnel and emergency services in locating residents that may need assistance during an emergency situation or evacuation. This will permit the town of Wilton to be better aware of residents with special needs.

With a call to Social Services, you can complete a simple application which asks for your emergency contact information, any special needs, medical devices, whether you drive a car, and how long you are prepared to survive without power. Although the Town cannot guarantee emergency rescue, we can reach out to your emergency contacts to check on you if the phone lines are not working and we cannot reach you.

Any senior and/or resident with a disability is encouraged to take advantage of this opportunity. All information is confidential and will only be shared with Wilton Police and Fire if rescue is needed. Please feel free to call Wilton Social Services to complete the application and get on the list: 203-834-6238.



"What you Need to Know Before Going into the Hospital" Lunch and Learn

Wednesday April 24th at Noon

Attend this Lunch and Learn with Katherine Lasberg, JD, BSN, RN Community Health Nurse from Visiting Nurse & Hospice of Fairfield County and learn what you should know before entering a hospital. You have a right to participate in clinical decisions that affect you. Find out what questions to ask and why having a discharge plan is crucial in order to avoid winding up back in the hospital. **This program is FREE but sign up is required for this program. Call 203-834-6240 to sign up or for more information**

The Best Place to Volunteer



Join the team of dedicated volunteers and have fun while supporting your local national park! Weir Farm National Historic Site is the only NPS site dedicated to American painting. As a volunteer you will join a diverse, enthusiastic and friendly community to provide opportunities for visitors to experience art, nature, and history in this unique and inspirational setting. From working hands-on to maintain the park's stunning historic gardens, to staffing the Weir and Young Studios and sharing the stories of Weir Farm with over 35,000 visitors each year, you can make a difference as a volunteer! Volunteers needed May – October. The hours are flexible; the work is enjoyable and rewarding; and orientation, training, and enrichment opportunities are provided. To learn more or to join us for a Prospective Volunteer Open House on April 13th, contact Carly Buta, Volunteer Coordinator at 203-834-1896 ext. **12**.



MARCH 2019



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Why don't you iron 4-Leaf clovers?</p> <p>♦ You don't want to press your luck!</p> <p>On March 18th stop by the café between 12:30-1:30 for St. Patrick's Day tea and snacks made by Wilton Students !</p>				<p>1</p> <p>10:00 Jewelry Workshop is BACK</p> <p>10:00 Feldenkrais</p> <p>12:00 Bridge</p> <p>1:00 Intermediate Bridge</p>
<p>4</p> <p>9-12 AARP Tax Help</p> <p>10:30 Line Dance Fusion</p> <p>12:00 Movie</p> <p>1:00 Bridge</p>	<p>5</p> <p>9:45 BeMoved!</p> <p>11:00 Yoga</p> <p>12:30 Five Crowns</p> <p>1:00 Studio Knitting</p>	<p>6</p> <p>10:00 Open Bridge</p> <p>10:00 Comstock Writers</p> <p>10:30 Tai Chi</p> <p>12:00 Meet Steph Luncheon</p> <p>1:00 Duplicate Bridge</p> <p>1:00 Mah Jongg</p> <p>1:30 Comstock Players</p>	<p>7</p> <p>10:00 Yoga</p> <p>12:00 Lunch</p> <p>12:45 Bingo</p> <p>1:00 Matter of Balance</p>	<p>8</p> <p>10:00 Feldenkrais</p> <p>11:00 Visiting Angels: Vestibular Therapy Inner Ear Balance Presentation</p> <p>12:00 Bridge</p> <p>1:00 Intermediate Bridge</p>
<p>11</p> <p>10:30 Line Dance Fusion</p> <p>12:00 Movie</p> <p>1:00 Bridge</p>	<p>12</p> <p>9:45 BeMoved</p> <p>11:00 Yoga</p> <p>12:00 Lunch and Learn: How NOT to wait for an emergency</p> <p>12:30 Five Crowns</p> <p>1:00 Studio Knitting</p> <p>1:30 Chinese Mah Jongg</p>	<p>13</p> <p>10:00 Open Bridge</p> <p>10:30 Tai Chi</p> <p>1:00 Mah Jongg</p> <p>1:30 Comstock Players Present Reader Theater</p>	<p>14</p> <p>10:00 Yoga</p> <p>11:00 Price is Right</p> <p>12:00 Lunch</p> <p>12:45 Bingo</p> <p>1:00 Matter of Balance</p>	<p>15</p> <p>10:00 Feldenkrais</p> <p>10:00 Jewelry Workshop</p> <p>12:00 Bridge</p> <p>12:00 Streaming Media</p> <p>1:00 Intermediate Bridge</p> <p>*Session Ends*</p>
<p>18</p> <p>10:30 Line Dance Fusion</p> <p>12:00 Movie</p> <p>12:30 St. Patrick's day Tea and Snacks</p> <p>1:00 Bridge</p>	<p>19</p> <p>9:45 BeMoved</p> <p>11:00 Yoga</p> <p>12:00 Duplicate Bridge</p> <p>12:30 Five Crowns</p> <p>1:00 Studio Knitting</p> <p>1:00 A Fresh Eye: Transform that Room!</p>	<p>20</p> <p>First Day of Spring!</p> <p>10:00 Open Bridge</p> <p>10:00 Comstock Writers</p> <p>10:30 Tai Chi</p> <p>12:00 Lunch OH Program: Wilton High School Orchestra</p> <p>1:00 Mah Jongg</p>	<p>21</p> <p>10:00 Yoga</p> <p>12:00 St. Matthew's Lunch: VNA's Katherine Lasberg: Decluttering</p>	<p>22</p> <p>8:30-12:30 AARP Driver Retraining</p> <p>10:00 Feldenkrais</p> <p>12:00 Bridge</p>
<p>25</p> <p>10:30 Line Dance Fusion</p> <p>12:00 Movie</p> <p>1:00 Bridge</p>	<p>26</p> <p>9:45 BeMoved</p> <p>11:00 Yoga</p> <p>11:00 Book Discussion</p> <p>12:30 Mah Jongg</p> <p>12:30 Five Crowns</p> <p>1:00 Studio Knitting</p> <p>3:00 Stay at Home in Wilton Downsizing</p>	<p>27</p> <p>10:00 Open Bridge</p> <p>10:30 Tai Chi</p> <p>1:00 Mah Jongg</p> <p>1:30 Round Table Discussion with Christine Tenore, Elder Law Attorney</p>	<p>28</p> <p>10:00 Yoga</p> <p>12:00 Lunch</p> <p>12:45 Bingo</p> <p>1:00 Matter of Balance</p>	<p>29</p> <p>10:00 Feldenkrais</p> <p>11:00 Tennis Strategies</p> <p>12:00 Bridge</p> <p>1:00 Intermediate Bridge *New Session*</p>



APRIL 2019



Monday	Tuesday	Wednesday	Thursday	Friday
1 10:30 Line Dance Fusion 12:00 Movie 1:00 Bridge	2 9:45 BeMoved! 11:00 Yoga 12:30 Five Crowns 1:00 Studio Knitting 1:00 Fresh Eye: Staging your Home to Sell	3 10:00 Open Bridge 10:00 Comstock Writers 10:30 Tai Chi 1:00 Mah Jongg 1:00 Duplicate Bridge	4 10:00 Yoga 11:00 New Seated Exercise! 11-12 Blood Pressure Screening 12:00 Lunch 12:45 Bingo 1:00 Matter of Balance	5 10:00 Feldenkrais 10:00 Jewelry Workshop 12:00 Bridge 1:00 NO intermediate Bridge
8 10:30 Line Dance Fusion 12:00 Movie 1:00 Bridge	9 9:45 BeMoved 11:00 Yoga 1:30 Chinese Mah Jongg 12:30 Five Crowns 1:00 Studio Knitting	10 10:00 Open Bridge 10:30 Tai Chi 12:00 Ain't She Sweet 1:00 Mah Jongg	11 10:00 Yoga 11:00 Seated Exercise 12:00 Lunch 12:45 Bingo 1:00 Matter of Balance (Snow Date)	12 10:00 Feldenkrais 11:00 Start your Own Business 12:00 Bridge 1:00 Intermediate Bridge
15 10:30 Line Dance Fusion 12:00 Movie 1:00 Bridge	16 9:45 BeMoved 11:00 Yoga 12:00 Duplicate Bridge 12:30 Five Crowns 1:00 Studio Knitting 1:00 Fresh Eye: Conquer the Clutter	17 10:00 Open Bridge 10:00 Comstock Writers 10:30 Tai Chi 1:00 Mah Jongg * There will be <u>no</u> OH luncheon*	18 10:00 Yoga 11:00 Seated Exercise 12:00 Lunch 12:45 Bingo	19 Senior Center Closed for Good Friday
22 10:30 Line Dance Fusion 12:00 Movie 1:00 Bridge	23 9:45 BeMoved 11:00 Yoga 11:00 Book Discussion 12:00 Lunch 12:30 Mah Jongg 12:30 Five Crowns 1:00 Studio Knitting 3:00 Better Hearing Better Living SAHW	24 10:00 Open Bridge 10:30 Tai Chi 1:00 Mah Jongg 12:00 Lunch and Learn by Visiting Nurses What you need to know before a Hospital Admission	25 10:00 Yoga 11:00 Seated Exercise 12:00 Lunch 12:45 Bingo	26 8:30-12:30 AARP Driver Retraining 10:00 Feldenkrais 11:00 Long Term Social Security Planning 12:00 Bridge 1:00 Intermediate Bridge
29 10:30 Line Dance Fusion 12:00 Movie 1:00 Bridge	30 9:45 BeMoved 11:00 Yoga 12:30 Mah Jongg 12:30 Five Crowns 1:00 Studio Knitting	<p style="text-align: center;">SENIOR CENTER INCLEMENT WEATHER POLICY</p> <p><i>When in doubt, call 203-834-6240 after 7:15 a.m. and listen to the recording for information regarding the day's activities at the Senior Center. We do <u>not</u> follow the public school closings.</i></p>		



Estate Planning with Christine Tenore

March 27th 2019 1:30 Lounge

Attorney Christine Tenore will present an open round-table discussion regarding Estate Planning on Wednesday, March 27, 2019 at 1:30 p.m. in the Senior Center Lounge. Attorney Tenore will review the many documents needed for Life Planning – not only Estate Planning. It is essential for everyone to insure that their medical wishes as well as their financial goals are met as they age in place. She will also discuss Wills and Trusts and their place in planning. Attendees are invited to bring their questions for a mutually beneficial discussion. This session is free and open to the public.

**Please note that no specific legal advice will be given.*

Spring into that House! with A FRESH EYE, LLC

Kathy Engstrom, owner of A Fresh Eye, LLC, is a former professional organizer. She currently specializes in home decorating, staging houses for resale, and move management. This spring, Ms. Engstrom will offer a series of three presentations in reorganizing for selling, downsizing or just for change! Enjoy a fun, interactive class. Each presentation is independent of the others.

Take one session, two sessions, or come for all three! Sessions take place in the Senior Center Technology Room from 10:00 a.m. to 12:00 p.m. Fee: \$5 per session. Registration: 203-834-6240



Transform that Room! Tuesday March 19th 1-3

Would you like to transform an ordinary room into a space that lives beautifully? Learn how to use your existing furnishings and accessories to create warmth, harmony and flow.

Kathy, owner of A Fresh Eye, LLC, is a home decorating professional. She believes a room should not only look beautiful, but also function effectively for the people who live in it. Kathy enjoys working closely with her clients to understand how a room will be used, what kind of look and feel they prefer, and what things they enjoy having around them. A well-designed room should promote feelings of comfort and harmony.

Kathy specializes in the areas of room transformations, color consulting, home staging and move management

Staging Your Home Tuesday April 2nd 1-3

Sell your home more quickly ... and at top dollar. Stage it!

In a fun, interactive class, Kathy will show you what needs to be done to make sure your home looks it's best and appeals to the largest number of buyers. In her class she focuses on the key elements of real estate staging. She enjoys the challenge of figuring out how to make a home appeal to the largest number of buyers.



Conquer the Clutter!

Tuesday April 16th 1-3

Are you moving to a smaller home and find you need to get rid of a ton of accumulated possessions? Are your closets scary? Do you want to get things organized, but just don't know where to begin? Kathy will help you start bringing order to your chaos. In this class she will teach you how to attack your clutter, decide what is important and what can be discarded, and create systems to help things function more smoothly and maintain order going forward.



Advocacy Alert!

Proposed Bill No. 5115 or An Act Concerning An Assets Test for the Medicare Savings Program

This act proposes that an asset test be implemented for eligibility for the state's Medicare Savings Program. There are no details in the proposal about what the asset limit would be, what would be counted as assets, or who would confirm eligibility in regards to assets. If you feel that an asset test would affect you or a loved one, please contact your state legislator and let them know how important the Medicare Savings Program is to you and how an asset limit would affect you. Please note this is only a proposed bill but we want to make sure that the voices of seniors are heard as decisions are being made.

The State Representatives for Wilton are Tom O'Dea (125th District) or Gail Lavielle (143rd District) and Wilton's State Senator is Will Haskell (26th District). To find out who your State Representative is, you can go to <https://www.cga.ct.gov/> and under the "Representation" tab, click "Find Your Legislators". If you need assistance finding your legislator's contact information or want help with what to say, please contact Phoebe Musico, Adult and Family Social Worker at 203-834-6238 x 1613.



Comstock Players Present Reader's Theater

The Comstock Players will perform three short plays for seniors at the Senior Center on Wednesday March 13, 2019 at 1:30 pm. The plays are: THE DANDELION LADIES DECISIVE TEA by Pamela Loyd, MOTHERS' DAY by Arthur S. Keyser, and BINGO LADIES GONE BAD by Laura Pfizenmayer. Featured players are: Donna Skolnick, Karen Pingarron, Elizabeth O'Conner, Anne Richards, Kathleen Kager and Andrea Ragusa. Andrea Ragusa is also the Director. The plays will be performed in a readers theatre format where both the readers and the audience members visualize the scenery and the characters talking to each other. Refreshments will be served at the end of the program. Admission is free! Please call 203-834-6238 to reserve a place.

WILTON TAX RELIEF PROGRAM FOR ELDERLY OR DISABLED HOMEOWNERS

YOU MAY RECEIVE BENEFITS UNDER WILTON'S TAX RELIEF PROGRAM FOR ELDERLY OR DISABLED HOMEOWNERS IF...

You were at least 65 years of age or over as of December 31, **2018**, or your spouse was; or you were at least 60 years of age as of December 31, **2018**, and you are the surviving spouse of a taxpayer who qualified for tax relief at the time of his/her death; or You are under 65 years of age and permanently totally disabled under Social Security Disability; and

You have been a Wilton taxpayer for at least one year; and

You have occupied your Wilton property as your principal residence for more than 183 days during the past twelve months; and

Your qualifying household income for **2018** is **\$83,400** or less.

YOU MAY BE ENTITLED TO A REDUCTION IN YOUR REAL ESTATE TAX AND YOU MAY BE ABLE TO POSTPONE PAYMENT OF A PERCENTAGE OF THE TAX BALANCE.

Note: Your application deadline is Tuesday, May 15, **2019** for tax credit and tax deferral benefits affecting your real estate tax bill payable in July **2019** and January **2020**. Town of Wilton and State of Connecticut Tax Relief applications are available at the Town Hall Assessor's office. The filing period for both programs is from **February 1 to May 15**. For more information, contact the Wilton Assessor's office at 203-563-0122.



Long Term Social Security Planning Friday, April 26th 11:00 in the Lounge

Join Dixon Downey from Reby Advisors and explore the changes social security and Medicare can occur over your life. Are you maximizing your benefits? He will speak on changes with survivorship benefits, divorce and how to navigate your benefits to create a sustainable path for a successful future.

A light snack and refreshments will be served. To RSVP please call Stephanie at 203-834-6240.

TECH FRIDAYS!

Register by calling 203-834-7694 or online at www.wiltoncontinuinged.org
Resident \$15 Non Resident \$25

PASSWORD MANAGEMENT: Taming The Password Beast March 1st 12:00 p.m.-1:30 p.m.

Are your passwords causing you grief? Too many to remember? Learn how to keep your passwords organized, secure and easy to remember. Forget using a password management program—learn an easy, convenient and SAFE way to store your passwords. A template and instructions will be provided.

STREAMING MEDIA: Learn Apple TV, Roku, Google Chrome & More, March 8th, 12:00 p.m.-1:30 p.m.

Whether you're cutting the cord (discontinuing cable service to save money) or simply adding more variety to your TV viewing, the future of viewing is streaming media. Learn the pros and cons of "cord cutting," the various hardware products and streaming media services.

Facebook 101:

March 15th 12:00 p.m.-2:00 p.m.

Please bring your smartphone, Facebook ID & Password. (If you have an existing account). This workshop will help you set up a new Facebook account or enhance an existing one. Create profiles, invite friends or family, add pictures and comments, and post status updates. Learn to control your account and privacy settings.

Finding Discounts Online

March 22, 12:00 p.m.-1:30 p.m.

The internet provides an unlimited number of sites designed to save money on almost everything that you use every day. Here, you'll learn how and where to find legitimate money-savers on the internet—gift cards below face value, and discounted parking at the airport, online discounts coupons for popular retailers and more. Bring your laptop (if you have one) and/or your smartphone or tablet.

BOOK DISCUSSION

Lunch (\$3) is served at noon. Call 203-834-6240 to reserve a place. Books are available at the Wilton Library.

Tuesday, March 26th, 2019

Discussion Leader – Janet Krauss

Tenth of December: Stories by George Saunders

This collection of stories by MacArthur Fellow and Booker Prize-winner George Saunders offers something for everyone and will tantalize and move its readers. There's the pathos of the title story about an encounter between a misfit boy and a dying cancer patient on a frozen pond in December. Another delivers the intensity of love-inducing pharmaceutical experiments on prisoners by a demented warden. One is in the form of a management memo about a mysterious department whose function is never explicitly revealed. Whimsical, funny and certainly unconventional, Saunders is an impish post-modernist following in the steps of Twain or Vonnegut. The New York Times Magazine bluntly stated with it came out: "The best book you'll read this year"

Tuesday, April 23, 2019

Discussion Leader – Miwako Ogasawara

An Artist of the Floating World by Kazuo Ishiguro

Nobel Prize-winning author Kazuo Ishiguro's novel, *An Artist of the Floating World* is a first person narrative of an elderly Japanese artist looking back on his life and career. Masuji Ono reflects on his choices, action and errors particularly during the period leading up to and after World War II. His reflection's and reconsiderations span both aesthetic and political themes as well as the loyalties due to one's teacher, one's country and one's art. Written in a lyrical style, Ishiguro's novel combines elements of historical, literary and psychological fiction. In its review, Library Journal asks "Should we have remained a traditional painter of the floating world, of geishas, tea houses, and such? Should an artist follow an aesthetic of pure art or of social involvement? How does a person or a society come to terms with mistakes of the past?"



Price is Right!

Thursday March 14th 11:00 AM

Brookdale of Wilton will be presenting the Price is Right!

This exciting game show challenge has everyone competing to guess the prices of prizes,

the bidder who comes closest to the actual price wins the Prize!

Be prepared for lots of laughter and fun!

RSVP to Stephanie at 203-834-6240



Statues, Boulders, and Monoliths:

The World War One Memorials of Connecticut Illustrated talk

by Richard Donohue

Thursday, April 11, 2019 12:30 – 1:30

At the Wilton Historical Society

Includes light lunch

As the First World War ended, American communities such as Wilton hurried to memorialize the great efforts of their sons and daughters. Changes in cultural and civic ideals since the American Civil War led to extensive public discourse about what memorials should and should not be. Government leaders, artists, historians, and the monument industry itself promoted ideas from simple tablets to monoliths rivaling those of Egypt and Rome. Memorials throughout Connecticut exemplify this entire range of monumental styles. On Thursday, April 11 at 12:30 historian Richard Donohue will be presenting an illustrated talk on the World War I monuments of Connecticut at the Wilton Historical Society. He will share stories of their design, placement, and the people memorialized on them. Special attention will be given to the many in Wilton. This illustrated program lasts for approximately 1 hour, with questions, and includes images of all of the memorials throughout the 169 towns of Connecticut, accompanied by musical recordings of the period. A light lunch is included. This program is presented as part of the exhibition "Bullets, Bonds and Butter: Wilton Responds to War" which will be on display in the Burt Barn Gallery from March 15 – May 11, 2019.

Richard Franklin Donohue is the Town Historian of his hometown of Cromwell, Connecticut. His original research has formed the basis of museum exhibits, travelling lectures, and living history programs on topics ranging from 18th-century slavery to Civil War-era subscription balls to early 20th-century marine engines. As President and Program Director of the Cromwell Historical Society for nearly fifteen years and a teacher in both public and private schools for twenty-five, he strives to enhance his town's interest and participation in local and national history. In addition to his work with history, Richard is a tenor soloist specializing in Middle English Carols, Bach arias, and German Lieder and is the director of the 1876 Singing Society at Mystic Seaport. Wilton Historical Society Members free, non-Members, \$10 per person.

Please register for World War I Memorials of Connecticut: info@wiltonhistorical.org or call 203-762-7257.

The Wilton Historical Society 224 Danbury Road, Wilton, CT 06897 www.wiltonhistorical.org



Legal Planning For The Present And The Future: What Are All Of Those Legal Documents & Why Do I Need Them?

Thursday March 21st 2019 7:00– 9:00 pm.

Resident: \$25 Non-resident: \$35

Wilton High School–Room 150

Learn about the legal documents essential for a good life and estate plan. "Substitute Decision-Making Documents" include Powers of Attorney, Living Wills, Appointment of Health Care Representative/Proxy, and Predesignating of Conservator of Person and Estate. Learn the differences between Last Wills and Testament and Living Trusts, as well as whether "avoiding probate" is necessary. Discover why everyone, regardless of age, should have these essential documents prepared and in place for their own and their family's sake.

This Program is offered by Wilton Continuing Education for more information please call 203– 834-7694 or go online at wiltoncontinuinged.org

VISITING NURSE & HOSPICE OF FAIRFIELD COUNTY COMES HOME TO WILTON

Visiting Nurse & Hospice of Fairfield County has moved into its new home in Wilton at 22 Danbury Road.

"We have a long and rich history in Wilton and we are pleased to be back," said Agency President and CEO, Sharon Bradley. "In addition to providing home health care and hospice services to the members of the community, we serve as the school nurses and the public health nurses for the town of Wilton. Our new home in Wilton is in a highly visible location on Route 7 and we are easily accessible to the public. The new building is comfortable and welcoming for patients, families, staff, volunteers and members of the community."

Wilton First Selectwoman, Lynne Vanderslice, said how pleased she was that Visiting Nurse & Hospice of Fairfield County is coming home to Wilton. "The Town of Wilton enjoys a wonderful partnership with the Visiting Nurses," said Ms. Vanderslice. "We look forward to your serving the town from your beautiful new building on Danbury Road."

Outdoor Tennis for Seniors!



Resident/Non-resident: \$110

Location: Route 7 Tennis Courts

Beginners: 4/25/2019 to 5/30/2019 Thursday 12-1PM 6 Sessions

Other Levels: 4/25/2019 to 5/30/2019 Thursday 1-2PM

This class is open to all levels of play: beginners, those who haven't played in a while and those who would like to improve their skills. **Must be 62 years or older to participate.**

This Program is offered by Wilton Continuing Education for more information please call 203– 834-7694 or go online at wiltoncontinuinged.org



So You Want to Start Your Own "Business"

April 12th 11:00 AM

Lounge Fee: 3 Dollars

It is not uncommon to find seniors, both retired and non-retired, who have thought about starting their own business. And why not! Doing so provides intellectual stimulation, the opportunity to do something they you like, while earning some extra cash

If you are among those who have toyed with this thought, you may wish to join us for this brief introduction intended to help you evaluate your idea, and identify some of the key steps toward success.

The program will discuss:

- Some Important Qualities of an "Entrepreneur"
- Some Key Pitfalls & How to Avoid them
- The Importance of a Business Plan
- Key Elements of a Business Plan
- Identifying your "USP" (Unique Selling Proposition)
- A good first step ... your "Elevator Speech"
- What to expect on the "Road to Success"

The program will be presented by Peter Engstrom ... a successful entrepreneur, Adjunct Professor at Sacred Heart University's College of Business, and local "senior" citizen.

Register with Stephanie at 203-834-6240

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