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COMSTOCK COMMUNITY CENTER

"The renovation of Comstock is long overdue," according to Nea Martin, a Wilton resident since 1953 whose three sons attended the Strong-Comstock School in their elementary grades in the 1960's. She recalls that the Strong-Comstock public school greeted its first students in 1956 and closed in 1981. Comstock then became a mixed-use facility for Town departments and not-for-profit tenants. In 1997 a two-story addition was built. Nea now visits the Wilton Senior Center, housed in that addition, for bridge, yoga and book discussions.

Today the Comstock Community Center, located on School Road, serves young and old alike. It is home to the Wilton Parks and Recreation Department and Wilton Department of Social Services offices, the Wilton Senior Center, Parks and Rec recreational program and meeting spaces and the Wilton Food Pantry. It also serves as the Town's primary community shelter in the aftermath of a natural disaster or other emergency. Participation statistics indicate that there were more than 40,000 visits by Wilton residents ranging in age from pre-school to 90-plus during the past fiscal year, confirming a steady increase over previous years.

The building's use has evolved and expanded during more than fifty-seven years of continual service to more than two generations of Wilton residents!

Thanks to the Wilton Board of Selectmen, Comstock renovations are now on the drawing board with a focus on extending the useful life of the building for another twenty years. Project objectives developed by the Board of Selectmen include: making repairs and improvements so that the building and site will meet current code requirements for occupants' health, safety and access; enhancing the comfort



Architect's Rendering of Proposed New Entrance
Quisenberry Arcari Architects

and security of employees and citizens who use the facility; improving the inside and outside appearance of the building; allowing for gradual program growth and flexibility; and utilizing materials and systems that reduce operating and maintenance costs and conserve energy.

Features proposed by the Comstock Renovations Building Committee

in a presentation to the Board of Selectmen on February 12 include:

- Improved public toilet facilities including a downstairs restroom in the Senior Center
- Energy-efficient heating, cooling and ventilation systems
- Enhanced building security
- A building sprinkler system and code compliant fire alarm system
- New energy-efficient and secure windows and doors
- An expanded lobby and waiting area
- Hazardous materials abatement
- A fully accessible site that meets ADA requirements for parking and building access
- New electrical, data and communication systems
- New energy-efficient and secure vestibules.

Further details and cost estimates will be presented at the March 17 meeting of the Board of Selectmen at 7:30 p.m. Watch the meeting live on Cablevision Channel 79 or later on the Town's website (www.wiltonct.org) under "VIDEOS On the Web." Stay tuned...

*Judy Zucker, Chairman
Comstock Renovations Building Committee*

Staying Independent in Wilton

"The doctor says I can't live alone; the kids want me to sell the house and move in with them or go to a 'home'; all my friends are gone and the media doesn't value my experience or knowledge."

As you age it is not easy to retain independence. Whether the reason is physical or emotional you may not be as able as you once were. Learn to bolster your independence. Learn to know when you need assistance and whom to turn to.

A nurse and social worker from Visiting Nurse and Hospice of Fairfield County will provide information and tips on how you can prepare and learn to be more independent. From advance directives to deciding if you should continue to drive, we will provide the information that you need to make decisions that best suit you and your family.

You can stay more independent! The keys are communication and preparation.

Please join us on April 15 from 12:15 p.m. to 1:30 p.m. at the Wilton Senior Center. Call the Senior Center at 203-834-6240 to reserve your place.

What is Palliative Care?

What is Palliative Care? Why should we embrace this option? On March 11 Wilton's clinical nurse specialist, Christine Pfeffer, RN, MS, will discuss the options available when considering palliative care. Ms. Pfeffer is credentialed and accomplished in her field of home care with focus on the individual. She has worked in Wilton as a homecare field nurse for over thirty years and is presently Director of Hospice at Visiting Nurse and Hospice of Fairfield County. Her presentation will take place in the Senior Center Lounge at noon on Tuesday, March 11. Reservations: 203-834-6240.



Christine Pfeffer

Know Your Meds

"Know Your Meds" sessions will take place at the Senior Center on Thursdays, March 27 and April 24, from 11:00 a.m. to 12:00 p.m. A nurse from Visiting Nurse & Hospice will review your medications with you and provide you with a typed list and a med planner. Please call 203-834-6240 to schedule an appointment. Walk-ins are welcome.



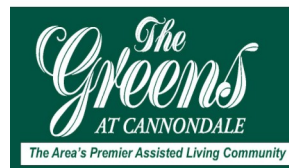
**Genealogy with
Kevin Cleary
March 18 at Noon
Lounge**



Lunch and presentation sponsored by Right at Home

Have you ever wondered where your family migrated from or where your second cousins are today? With the help of the computer and a vast data base of information you may be able to find these answers. Genealogy is not just about your grandmother! It is the search for anyone. Find out what became of a teenage buddy or reconnect with a college roommate. Come to this complimentary lunch and presentation to get a taste of what genealogy is all about. Call the Senior Center for reservations at 203-834-6240. Limited enrollment.

Right at Home provides care for people who do not need an institutional setting, but still need some assistance to live at home.



**Take time off for fun
events at The Greens at
Cannondale**

Eager to win at Scrabble? Come hear Cornelia Guest, Scrabble champion, describe all you need to know. Her talk "Winning Scrabble Strategies" is entertaining and enlightening. **Wednesday, March 5, 2 p.m.**

Enjoy watching Irish Dancers? Extraordinary students from the Gray Foundation School of Irish Dance will entertain and amaze you. **Saturday, March 8, 1:45 p.m.**

Delighted to see and hear super-talented young pianists? Join us for a splendid piano recital by students of the Suzuki School. You'll meet music's future stars. **Saturday, March 15, 3 p.m.**

The Greens at Cannondale, 435 Danbury Road, extends a cordial invitation to these free events. For further information call 203-761-1191.

**Fortieth Annual RVNA Health and Wellness Fair
Saturday, April 5
East Ridge Middle School, Ridgefield**

Spring is coming and so is the RVNA Fortieth Annual Health and Wellness Fair. On April 5 RVNA will transform East Ridge Middle School in Ridgefield into a virtual village of health-focused medical screenings and informational booths. Here are some of the attractions that RVNA Community Health and Wellness Director Eloise Barron has planned for you:

Cholesterol, anemia, and glucose screenings, along with blood pressure checks;
Hearing, vision, glaucoma testing, and skin cancer screening;
Balance screenings by physical and occupational therapists to help identify your risk of falling;
Physicians (including a cardiologist), a dietitian, and a pharmacist available to answer questions;
The Wilton Family Y on hand to jump start a "healthier you"; and
Foot exams by a podiatrist—in case your feet are aching at the end of the fair!

Popular integrative healing techniques will also be featured this year. Stop by for a chair massage or sample some demonstrations of Reiki, Acu-Yoga, acupuncture, meditation, or reflexology.

Do you have used medical equipment that's gathering dust – walkers, canes, shower benches or wheelchairs, for example? Donations of gently-used medical equipment will be accepted at the fair by NEAT, a non-profit organization that repairs and restores equipment.

RVNA's Fortieth Health and Wellness Fair promises fun and educational activities for all ages, and it's free! Circle the date, Saturday, April 5, from 10:00 a.m. to 2:00 p.m. at East Ridge Middle School. No appointments necessary!

Juniors for Seniors

Need help with your computer? Confused with your new iPad? Don't know how to use your phone? Juniors to Seniors can help! Wilton High School Junior Neal Sarup and members of Juniors to Seniors can offer one-on-one assistance to help you navigate these devices. Get individual attention. Call Neal at 203-762-7751 to set up a time to meet at the Senior Center and get your electronic problems solved!

VITAS Innovative Hospice Care

Volunteer Orientation, March 27
9:00 a.m. to 4:00 p.m.
456 Glenbrook Road, Stamford



VITAS provides end-of-life care for adult and pediatric patients with life-limiting illnesses. They work with patients and families to provide comfort and preserve dignity in the face of terminal illness. VITAS is training volunteers who can help further the VITAS mission: to preserve the quality of life for those who have a limited time to live.

Volunteering is very rewarding. As a volunteer, you make a difference in another person's life. You feel a sense of accomplishment by improving the quality of life of someone at the end of life. You also establish meaningful relationships with patients, their families, and our hospice team. All VITAS volunteers receive comprehensive training that includes hospice philosophy, caring for the terminally ill, and grief and loss education. We match your talents and interests with available volunteer roles.

How can you help patients and families?

- Listening as a patient shares memories, feelings, and fears
- Giving a family caregiver a short, needed break
- Making supportive calls and visits to bereaved family members and friends
- Telephoning patients and families to offer reassurance and comfort
- Providing administrative support in the VITAS office
- Running errands and performing light housekeeping chores
- Visiting lonely hospice patients in nursing homes
- Reading, playing games, listening to music with a patient

Specialty volunteers give massages, play music, and bring their pets to visit. We have volunteer opportunities for those who are homebound, including telephone visitation.

Contact Christine Urpin, Volunteer Manager, at 203-455-3345 or Christine.urpin@vitas.com if you have questions or would like to register for this training.

SENIOR CENTER WEATHER POLICY

Call 203-834-6240 after 7 a.m. and listen to the recording for specific information.

PLAY READING

at the Senior Center
Moderated by
Andrea Ragusa, MA



Monday, March 3, 12:30 p.m.

THE MERRY WIVES OF WINDSOR by William Shakespeare, Acts I, II, and III

Sir John Falstaff has rolled into the town of Windsor, England. Falstaff thinks he can solve his financial problems by luring the rich housewives, Mistress Ford and Mistress Page, into bed with steamy love notes. When the women realize that Falstaff has sent them both the same love note, they hatch a plot to teach him a lesson. However, Master Ford is jealous and learns of the plan. He disguises himself and becomes Falstaff's newest drinking buddy. Conflict and disguise continue throughout the play.

Monday, April 7, 12:30 p.m.

THE MERRY WIVES OF WINDSOR by William Shakespeare, Acts IV and V

Register at 203-834-6240. Copies of the play are available in the Senior Center café.



*An award-winning film
about America's
addiction epidemic*

Wednesday, April 23, Wilton High School Little Theater

According to the 2011 Substance Abuse and Mental Health Services Administration National Survey on Drug Use and Health, 23.5 million Americans needed treatment for a drug or alcohol addiction, but only 11.2 percent received it. While not the sole reason, the social stigma surrounding addiction to alcohol and other drugs contributes to the gap in treatment of substance use disorders.

On April 23, Silver Hill Hospital, the Human Services Council, Wilton Public Schools, Wilton Youth Services and the Wilton Youth Council are sponsoring a screening of *The Anonymous People* at Wilton High School's Little Theater, 395 Danbury Road. The goal of the film was to find out why our country treats people with addiction differently than people with other health issues. As part of the evening, various mental health organizations will participate in a mental health fair beginning at 6:00 p.m. The film screening begins at 6:45 p.m., followed by a Q&A session. Refreshments will be provided by students in the Wilton High School culinary arts program. *Due to the graphic nature of the film, it is recommended for high school students and adults only.*

BOOK DISCUSSION

Book Discussion takes place at the Senior Center at 11:00 a.m. Lunch (\$3) is served at noon. Call 203-834-6240 to reserve a place.

Tuesday, March 25

Discussion Leader - Charles Safford

HEART OF DARKNESS AND OTHER TALES

by Joseph Conrad

Heart of Darkness was first published in 1899 as a three-part serial in *Blackwood's Magazine*. Since that time the novel has been published and translated into many languages. In 1998 it was rated by Modern Library as one of the hundred best novels of the twentieth century. Considered the finest of Conrad's novels, it is set in an atmosphere of mystery and menace. Both an adventure story and a study of the corruption that comes from the exercise of tyrannical power, it explores the relationship between civilization and savagery. The other three tales in this volume, set in exotic locations, explore different aspects of imperial adventure.

Tuesday, April 22

Discussion Leader - Miwako Ogasawara


STONER by John Williams

The New York Times Book Review describes this novel as "...something rarer than a great novel -- it is a perfect novel, so well told and beautifully written, so deeply moving, that it takes your breath away." First published in 1965, it is the story of William Stoner, a young man from a hardscrabble farm who is sent by his father to the University of Missouri to study agriculture. Captivated by literature and the life of the mind, he eventually becomes a master teacher. He marries a St. Louis beauty and has a daughter. He loves his daughter deeply and struggles to be a good husband. However, Stoner's life is made miserable by his wife's personal war against him and by the actions of vindictive colleagues.

Free Tax Help Available at the Senior Center on March 24

The AARP 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 24**, from 9:00 a.m. to 1:00 p.m. to assist in tax preparation. No appointment is necessary.

MARCH 2014

Monday	Tuesday	Wednesday	Thursday	Friday
3 9:15 Enhance Fitness 10:30 Line Dancing 11:30 Coffee and... 12:00 Movie 12:30 Play Reading	4 10:00 Painting 10:30 UTI Presentation 11:00 Yoga 12:00 Garden Club Activity and Lunch 2:00 Chair Yoga OH	5 9:30 Sewing Session OH 10:00 Duplicate with Dan 10:00 Comstock Writers 11:30 Tai Chi 12:00 Duplicate Bridge 1:30 Mah Jongg 2:00 Scrabble Strategies G	6 9:00 Enhance Fitness 10:00 Yoga 11-12 Blood Pressure Screening 12:00 Portraiture 12:00 Lunch 12:45 Bingo 1:00 Matter of Balance	7 9:30 Beginner Knitting 10:00 Jewelry Workshop 10:00 iPad Workshop 10:00 Feldenkrais 12:00 Bridge 1:30-3 Free Senior Swim Y 1:30 Intermediate Bridge
10 9:20 Enhance Fitness 9:30 Word Graphics 10:30 Line Dancing 11:30 Coffee and... 12:00 Movie	11 8:30 Cholesterol Screening VNH 9:30 Word Graphics 10:00 Painting 11:00 Yoga 12:00 Palliative Care 1:00 Comstock Knitters and Crafters 2:00 Mah Jongg 2:00 Chair Yoga OH	12 9:30 Sewing Session OH 10:00 Duplicate with Dan 11:30 Tai Chi 12:00 Chicago Bridge 12:00 Lunch OH Program: Fashion Show 1:30 Mah Jongg	13 9:00 Enhance Fitness 10:00 Yoga 12:00 Portraiture 12:00 Lunch 12:30-2 Blood Pressure Screening Y 12:45 Bingo 1:00 Matter of Balance 5:30 Social Service Commission	14 9:30 Beginner Knitting 10:00 Feldenkrais 12:00 Bridge 1:30 Intermediate Bridge 1:30-3 Free Senior Swim Y
17  9:15 Enhance Fitness 10:30 Line Dancing 11:30 Coffee and... 12:00 Movie 7:30 BOS Meeting Comstock Renovations	18 9:30 Picasa 10:00 Painting 11:00 Yoga 12:00 Duplicate Bridge 12:00 Genealogy Presentation and Lunch 2:00 Chair Yoga OH	19 9:30 Sewing Session OH 10:00 Comstock Writers 10:00 Duplicate with Dan 11:30 Tai Chi 1:00 Free Downloads by Wilton Library 1:30 Mah Jongg	20 9:00 Enhance Fitness 9:30 Internet 10:00 Yoga 12:00 Portraiture 12:00 St. Matthew's Church Lunch 1:00 Matter of Balance	21 9:30 Beginner Knitting 10:00 Feldenkrais 10:00 Jewelry Workshop 12:00 Bridge 1:30 Intermediate Bridge 1:30-3 Free Senior Swim Y
24 9-1 AARP Tax Help 9:15 Enhance Fitness 10:30 Line Dancing 11:30 Coffee and... 12:00 Movie 1:00 Comstock Knitters and Crafters	25 9:00 Aging with Vibrant Moves 10:00 Painting 11:00 Yoga 11:00 Book Discussion with Charles Safford 12:30-2 Blood Pressure, VM 12:30 Mah Jongg 2:00 Chair Yoga OH 3:00 Stay at Home	26 9:30 Sewing Session OH 10:00 Duplicate with Dan 11:30 Tai Chi 1:30 Mah Jongg	27 9:00 Enhance Fitness 9:00 VITAS Training in Stamford 10:00 Yoga 11:00 Know Your Meds 11:45 Lunch WM 12:00 Portraiture 12:00 Encore Book Discussion	28 9:30 Beginner Knitting 10:00 Feldenkrais 12:00 Bridge 1:30 Intermediate Bridge 1:30-3 Free Senior Swim Y
31 9:15 Enhance Fitness 10:30 Line Dancing 11:30 Coffee and... 12:00 Ukraine Travelogue Presentation	<div> <div> K E Y </div> <div> OH Y WL G WM VM VNH LR BP SAHW WCE </div> <div> Ogden House Wilton Family Y Wilton Library The Greens Wilton Meadows Village Market Visiting Nurse & Hospice Laurel Ridge Health Care Brookdale Place Stay at Home in Wilton Wilton Continuing Ed </div> <div> 100 River Road 404 Danbury Road 137 Old Ridgefield Rd. 435 Danbury Road 439 Danbury Road Old Ridgefield Road 761 Main Ave., Norwalk 642 Danbury Rd., Rdgfld 99 Danbury Road 395 Danbury Road </div> <div> 203-762-8035 203-762-8384 203-762-3950 203-761-1191 203-834-0199 203-762-7283 203-762-8958 203-438-8226 203-761-7999 203-423-3225 203-834-7694 </div> </div> <p>All activities are held at the Senior Center unless otherwise noted.</p>			

APRIL 2014

Monday	Tuesday	Wednesday	Thursday	Friday
	1 10:00 Painting 10:30 Stroke 11:00 Yoga 12:00 Garden Club Lunch and Activity 2:00 Chair Yoga OH	2 9:30 Sewing Session OH 10:00 Duplicate with Dan 10:00 Comstock Writers 11:30 Tai Chi 12:00 Duplicate Bridge 1:30 Mah Jongg	3 9:00 Enhance Fitness 10:00 Yoga 11-12 Blood Pressure Screening 12:00 Portraiture 12:00 Lunch 12:45 Bingo 1:00 Matter of Balance	4 9:30 Beginner Knitting 10:00 Feldenkrais No Jewelry Workshop today 12:00 Bridge 1:30 Intermediate Bridge 1:30-3 Free Sr. Swim Y
7 9:15 Enhance Fitness 9:30 Memoir Class 10:30 Line Dancing 11:30 Coffee and... 12:00 Movie 12:30 Play Reading	8 9:30 Memoir Class 10:00 Painting 11:00 Yoga 1:00 Comstock Knitters and Crafters 2:00 Chair Yoga OH 2:00 Mah Jongg with Kay	9 9:30 Sewing Session OH 10:00 Duplicate with Dan 11:30 Tai Chi 12:00 Chicago Bridge 12:00 Lunch at OH 1:30 Mah Jongg	10 9:00 Enhance Fitness 10:00 Yoga 12:00 Portraiture 12:00 Lunch compliments of Laurel Ridge 12:30-2 Blood Pressure Screening Y 5:30 Social Service Commission	11 9:30 Beginner Knitting 10:00 Feldenkrais 12:00 Bridge 1:00 Jewelry Workshop 1:30 Intermediate Bridge 1:30-3 Free Sr. Swim Y
14 9:15 Enhance Fitness 9:30 Basic Word 10:30 Line Dancing 11:30 Coffee and... 12:00 Movie	15 9:30 Basic Word 10:00 Painting 11:00 Yoga 12:00 Duplicate Bridge 12:15 Staying Independent 2:00 Chair Yoga OH	16 9:30 Sewing Session OH 10:00 Comstock Writers 10:00 Duplicate with Dan 11:30 Tai Chi 1:30 Mah Jongg	17 9:00 Enhance Fitness 10:00 Yoga 11:45 Senior Networking Meeting 12:00 Portraiture	18 Good Friday Senior Center Closed
21 9:15 Enhance Fitness 10:30 Line Dancing 11:30 Coffee and... 12:00 Movie	22 10:00 Painting 11:00 Yoga 11:00 Book Discussion with Miwako Ogasawara 12:00 Lunch 12:30-2 Blood Pressure VM 12:30 Mah Jongg 2:00 Chair Yoga OH 3:00 Stay at Home	23 9:30 Sewing Session OH 10:00 Duplicate with Dan 11:30 Tai Chi 1:00 Free Downloads by Wilton Library 1:30 Mah Jongg 6:00 Mental Health Fair WHS	24 9:00 Enhance Fitness 10:00 Yoga 11:00 Know Your Meds 12:00 Lunch 12:45 Bingo 1:30 Mah Jongg	25 10:00 Feldenkrais 12:00 Bridge 1:00 Jewelry Workshop 1:30 Intermediate Bridge 1:30-3 Free Sr. Swim Y
28 9:15 Enhance Fitness 10:30 Line Dancing 11:30 Coffee and... 12:00 Movie 1:00 Comstock Knitters and Crafters	29 10:00 Painting 11:00 Yoga 11:00 Bingo Bonanza 2:00 Chair Yoga OH	30 9:30 Sewing Session OH 10:00 Duplicate with Dan 11:30 Tai Chi 1:30 Mah Jongg		

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, **2013**, or your spouse was; or you were at least 60 years of age as of December 31, **2013**, 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 **2013** is **\$79,000** 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 Thursday, May 15, 2014, for tax credit and tax deferral benefits affecting your real estate tax bill payable in July 2014 and January 2015. 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 3 to May 15. For more information, contact the Wilton Assessor's office at 203-563-0121.

WILTON COMMONS REPORT

- All 51 apartments have been leased. We have a waiting list of 40.
- Construction of 23 additional units (Phase 2) will begin later this year.
- To add your name to the waiting list, please call 203-487-3633 ext 1.
- If you wish to make a tax-deductible donation that will help us furnish the Chapel, please send your check payable to Wilton Commons Inc. to David Graybill, 357 New Canaan Road, Wilton, CT 06897.

George Ciaccio, Chairman

iPads: Convenience and Connection for the Beginner

Have a new Apple iPad or just updated your older model to the newest operating system (iOS7)? Bring it along and learn its new and updated features. This class will help you comfortably transition to this new operating system which gives your iPad a completely different look. Review much-needed settings, such as larger and bolder text size, ringtones and volume for hearing impaired, FaceTime, Maps and using your calendar for daily activities and reminders. Review and discuss free popular apps for your enjoyment.

Don't yet have an iPad? Come and see what's going on anyway.

The Senior Center will host an iPad class taught by Dolores Tufariello, Director of Wilton Continuing Education, on Friday, March 7, 10:00 a.m. to 12:00 p.m. A general working knowledge of computers and email set-up is required. Wilton resident fee: \$25; Non-resident fee: \$35. Register at 203-834-7694, Continuing Education office.



"Armchair Trips" Series Begins

March 31, Noon, Senior Center Lounge

Jerry and Barbara Holdridge, Wilton residents since 1965, will start the travelogue series, "Armchair Trips," with commentary and photographic highlights of their travels in UKRAINE in 2006, one year after that country's Orange Revolution. Their journey took them along the scenic Dnieper River from Odessa to the capital city of Kiev. The Holdridges will also discuss the current state of political upheaval and tumultuous protests centering around the Ukrainian capital. Bring your lunch and enjoy the trip to the Ukraine!



MAH JONGG

Mah Jongg sets in hand, Gale Roeder and Betty Ruckel arrive for an afternoon of Mah Jongg in the Game Room. Several groups of Mah Jongg players meet each week. Check the calendar for a time that's convenient for you!



LIFETIME LEARNERS INSTITUTE

Lifetime Learners Institute at Norwalk Community College announces their Spring daytime courses for people aged fifty or older who want to keep active mentally, physically and socially. Forty-seven courses are being offered this semester. Classes begin the week of March 16. To receive a free course catalog call 203-857-3330 or see www.lifetimelearners.org.



Brookdale Senior Living sponsors a new three-part series on better living at the Senior Center, 10:30 a.m.

UTI: Urinary Tract Infections, March 4

Urinary tract infections occur more commonly in women than men, with half of women having at least one infection at some point in their lives. In the elderly and the very young, symptoms may be vague or non-specific. Learn how to identify symptoms and deal with them better.

Stroke and What It Means to You, April 1

We will discuss the different types of stroke, its manifestations, risk factors, and what you can do to prevent it.

Staying Positive: The Benefits of Positivity, May 6

You will gain a basic understanding of the field of positive psychology and learn some exercises to use to increase happiness and emotional well-being.

Abigail Co, PT, who will conduct the sessions, is the team leader for therapy at Brookdale Place of Wilton. She has over ten years experience as a physical therapist working mostly with the geriatric population in acute, homecare, sub-acute and out-patient settings.



Stay At Home in Wilton provides the support needed to make "Aging in Place" in your own home enjoyable, and for less than a dollar a day. Let us help you with emergency planning, household services, transportation, seminars, and social activities. Upcoming Events: Tuesday, March 11 and April 8: Men's Breakfast at Orem's, 9:00 a.m. Tuesday, March 25, A Spring Thing... How to Arrange Tulips at the Senior Center, 3 - 4:30 p.m. You'll have fun and find out more about membership and volunteering through Stay at Home in Wilton. Contact: Janet Johnson, 203-762-9303 <http://www.stayathomeinwilton.org>

March Fashion Show

Join us for a fashion show at Ogden House on Wednesday, March 12. Lunch is served at noon, and the Fashion Show will follow in the Great Hall, 100 River Road.



Ogden House Program Coordinator Betty Castillo will collaborate with Sharon Sobel, President of the Turnover Shop, on this event. The Turnover Shop in Wilton will provide fashions modeled by Ogden House and other Wilton residents. Everything modeled is for sale at bargain prices. Additional items from the Turnover Shop will also be available for sale. Rose Mrvica, Carnell Morehand-Oluface, and Anne Richards will be modeling the fashions. If you would like to serve as a model, call Betty at 203-762-8035. Reservations for lunch: 203-834-6240.

Wilton Library presents "Free Downloads" Wednesday, March 19 and April 23 1:00 p.m., Senior Center Lounge

Wilton Library is pleased to bring you access to downloadable eBooks through our partnership with Library Connection and OverDrive. Wilton residents with a valid Wilton Library Card will be able to download eBooks without charge to their computers and/or portable devices. Representatives from the Wilton Library will present these opportunities and demonstrate step by step how to download free material from their website.

Listed here are some of the downloadables available. Bring your own portable device to the session and get started utilizing this free material.

OverDrive (downloadable eBooks):

<http://www.wiltonlibrary.org/digital-library/overdrive/>

Zinio (downloadable magazines):

<http://www.wiltonlibrary.org/digital-library/zinio/>

Naxos (streaming music, jazz, classical):

<http://www.wiltonlibrary.org/digital-library/naxos-music-library/>

IndieFlix (streaming movies):

<http://www.wiltonlibrary.org/digital-library/indieflix/>

COMPUTER COURSES AT COMSTOCK

The following computer classes for PC users are offered at the Comstock Computer Learning Center in the Senior Center, 180 School Road. Call Andrea Ragusa at 203-762-8445 to register. Classes take place from 9:30 a.m. to 11:30 a.m.

Picasa Photo Workshop

Want to do something with all those pictures currently on your computer... or those photos in your future? Google's Picasa software lets you organize, edit, and upload your photos in quick, easy steps, and the software is free! **Picasa** is an image organizer and image viewer for organizing and editing digital photos, plus an integrated photo-sharing website. Taught by Bill Brautigam; March 18. Fee: \$20.

Organize Your Memoir Research and Prepare it for Publication

Become an author! This course will provide comprehensive information as to options for printing when preparing a memoir for print in book form. It will outline how to set up your copy in order to have continuity among the pages and how to develop graphics to enhance the book's material. Learn practical points which will save you money when you take the manuscript to a professional printer or local UPS Store. This is not a research course; it is a workshop to help you organize before you get started. Taught by Catherine Myers; April 7 and 8; Fee: \$30.

Word Graphics

This is a Word Program for the person who wishes to become creative in its use. Learn how to insert pictures and clipart and alter them by enlarging, cropping, and changing their shapes and position in the document. Step into the world of graphics that Word offers for using artistic text, borders, drawing, color, and special effects. Come with an idea and the course will show you how to develop it in Word 2007 or with instructions to use with Word 2010, which has more and different graphics. Taught by Catherine Myers; March 10 and 11; Fee: \$30.

Getting Around The Internet: Age 50+

This introduction to use of the Internet begins with an overview followed by the concepts and terminology needed to get you "surfing the web" for specific information and fun. Use of the mouse and knowledge of the keyboard are required. Students learn to use Google and Yahoo to search for and download information and pictures. The course also covers attaching images and documents to email (Yahoo!), managing favorites, save, and print. Taught by Andrea Ragusa; March 20. Fee: \$20.

Basic Word

This course is designed for seniors who are interested in learning the basics of the powerful word processing program "Word." You will learn windows operations, using the toolbar, creating & formatting documents, deleting, copying, pasting, underlining, highlighting, aligning, printing and saving documents, using different types and sizes of fonts. Taught by Andrea Ragusa; April 14 and 15. Fee: \$30.



Denise O'Hearn

Graceful Aging with Vibrant Moves

**Tuesday, March 25, 9:00 a.m.
to 10:45 a.m. in the Dance
Studio**

Would you like to...

- * be more JOYFUL?
- * have more ENERGY?
- * feel more BALANCED both mentally and physically?

This yoga workshop is for you! No yoga experience is necessary. Fee: \$10. Reserve your place at 203-834-6240. Space is limited.

www.vibrantmoves.com



Say "Cheese!" Grilled Cheese Tasting for Foodies

Come taste the best grilled cheese sandwiches in Wilton! Wilton Seniors will sample different gourmet-grilled cheese recipes prepared by Chef Joanna Rendon of Toozy Patza and Bonnie Leavy-Mello of Laurel Ridge Health Care Center on Thursday, April 10, at noon. In addition, a light fare of soups will be offered during the tasting to indulge the pallet. Chef Rendon said, "The most wonderful thing about grilled cheese sandwiches is that they can be so diverse, and the pairing of different cheeses and breads is the exciting part." She will prepare and present several tantalizing grilled cheese sandwich combinations for the tasters and will give a little background on each. If you consider yourself a 'foodie' or you just simply want the enjoyment of something different, reserve your spot at the grilled cheese tasting compliments of Laurel Ridge Health Care Center. Call 203-834-6240 for reservations.

MEDICARE SAVINGS PLAN

The Medicare Savings Programs, also known as QMB (Qualified Medicare Beneficiary), SLMB (Specified Low Income Medicare Beneficiary) and ALMB (Additional Low Income Medicare Beneficiary), may help pay for your Medicare premiums. QMB may also pay for your Medicare coinsurance and deductibles.

Who can apply for the Medicare Savings Programs?

A person who is eligible for Medicare Part A hospital coverage and who has income and assets below the program limits may be eligible for one of the programs. Most people become eligible for Medicare Part A when they turn 65 years old. People who are between the ages of 18 and 65 may also receive Medicare Part A if they receive Social Security benefits and have been permanently disabled for at least two years.

How can I get an extra \$104.90 each month?

If you have Medicare Part B, you pay \$104.90 for your premium each month for coverage. (Part B pays for doctor bills, lab tests, x-rays, etc.) It comes out of your Social Security check each month. If you qualify for QMB, SLMB or ALMB, the State of Connecticut will pay the Part B premium for you. **You will then get \$104.90 more in your Social Security check each month.**

What if I don't have Part A?

Some people choose not to take Part A when they become eligible for Medicare. They can change their minds later, but then the person has to pay the Part A premium instead of the federal government. If you were eligible for Part A but did not take it at enrollment, **the State of Connecticut will pay the Part A premium for you under the QMB program.** If you are not sure that you have Part A, check your Medicare card or call the Social Security Administration at 800-772-1213.

Are there other benefits?

Yes! If you qualify for QMB, QMB will pay your Medicare coinsurance (co-payments) and deductibles up to the amount that Medicaid would pay for that service. The

SLMB or ALMB programs do not pay coinsurance or deductibles. *Please note: QMB can only make the payment if the provider accepts Medicaid. In some cases, QMB may also pay your Medicare Part A premium. These benefits could save you hundreds or even thousands of dollars each year!*

Will this cost me anything?

No. There is no charge to you for any of the benefits under these programs.

Is there an asset limit?

No. There is no asset limit for any of these programs.

Is there an income limit?

Yes. The level of help that you receive depends on your income. The table below shows the benefits available at different income levels.

What is income?

Income includes Social Security, pensions, disability benefits, wages, alimony, rental income, interest and dividends.

Will I need to provide documents?

Only your completed application form is required. The Wilton Department of Social Services will verify the information you provide on the form. The Department will also verify that you either have or are eligible for Medicare Part A coverage. (Part A pays for hospital care and other inpatient services.) In most cases, the federal government pays the premium for Part A, not the Medicare beneficiary.

How do I apply?

Telephone a CHOICES health insurance counselor at the Southwestern Connecticut Agency on Aging at 800-994-9422. They will answer your questions, send you a simple four-page application and a postage paid return envelope. Call Lauren Hughes at Wilton Social Services at 203-834-6238 with any questions you may have.

<i>If your monthly income is at or below these levels...</i>	<i>You may qualify for... (Guidelines beginning <u>March 1, 2014.</u>)</i>
\$ 2,053.03 single \$ 2,766.21 couple	QMB - This program is similar to a "Medigap" policy. It pays your Part B premium (1) and all Medicare deductibles (2) and co-insurance (3).
\$ 2,247.63 single \$ 3,028.41 couple	SLMB - This program pays your Part B premium only (\$104.90/month).
\$ 2,393.58 single \$ 3,225.06 couple	ALMB (QI-1) - This program pays your Part B premium only (\$104.90/month). This program is subject to available program funding. You are not eligible for this program if you receive Medicaid.

Information Update from the Director of Wilton Social Services

Catherine Pierce, LCSW

Phone: 203-834-6238

Fax: 203-563-0172

Wilton Social Services provides counseling, information, referral, and emergency financial assistance to Wilton residents. We encourage people to call our office to discuss our services. Confidentiality is assured. Call 203-834-6238 to contact Wilton Social Services.

State and federal programs designed to assist individuals and families during difficult economic times include fuel assistance, nutritional assistance, emergency financial assistance, and Medicare Savings Programs (see page 10).

Heating Assistance

The **Connecticut Energy Assistance Program (CEAP)** provides energy assistance grants for heat to households with income no greater than 60% of the State Median Income, e.g. individual, \$32,190; couple, \$42,095; and family of four, \$61,904. Asset limits are \$10,000 for homeowners and \$7,000 for renters. Retirement accounts are not counted as assets for those under the age of 59 ½. Apply through Wilton Social Services.

Operation Fuel provides a one-time grant of \$500 to 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.

Food Assistance

SNAP (formerly the Food Stamp Program) is the **Supplemental Nutritional Assistance Program** provided through the Connecticut Department of Social Services. The online application process for DSS programs is now live. Visit www.connect.ct.gov to apply for benefits. An account will have to be created first. For more information contact Catherine Pierce at Wilton Social Services.

Wilton Social Services operates the **Wilton Interfaith Food Pantry** at the Comstock Community Center at 180 School Road. **NEW** hours of operation as of January 1, 2014, are:

Monday	1:45 p.m. to 4:00 p.m.
Tuesday	9:00 a.m. to 12 noon 2:00 p.m. to 5:00 p.m.
Wednesday	1:45 p.m. to 4:00 p.m.
Thursday	9:00 a.m. to 12 noon
Friday	Closed

There are perishable and non-perishable food, personal care items, paper products, and detergents. Financial screening is required. Call Wilton Social Services.

Emergency Financial Assistance

The **Wilton Interfaith Council**, also known as the **Wilton Community Assistance Fund**, and the **Salvation Army** provide emergency funds for Wilton residents in need. They help pay for emergency oil deliveries, utility bills to prevent shut offs, and rental assistance. A financial application and a confidential appointment with Catherine Pierce, Director, Wilton Social Services are required.

Town-to-Town

Town-to-Town is an inter-town, door-to-door medical transportation service. There is no age limitation, but persons must be medically certified as disabled (temporary or permanent) and unable to use other forms of transportation. Vehicles are wheelchair-lift-equipped. Hours of operation are Monday through Friday, 7:00 a.m. to 6:00 p.m. The disabled pay \$5 each way when they cross one town line; \$7.50 each way when they cross two or more town lines. For more information and to obtain an application, call Lauren Hughes, LCSW, at Wilton Social Services.

Medicare Part D

Anyone who turned 65 after January 1, 2014 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 Lauren Hughes at 203-834-6238. 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.

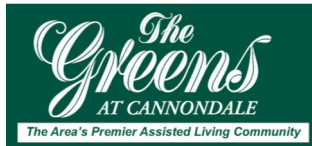
ConnPACE

ConnPACE is a service that helps eligible senior citizens and people with disabilities afford the cost of most prescription medicines as well as insulin and insulin syringes. If you are a Connecticut resident age 65 or older or with a disability age 18 or older and you are NOT eligible for Medicare, you may qualify for ConnPACE. Call ConnPACE at 800-423-5026, toll-free in Connecticut with any questions.

Wilton Senior Center
Comstock Community Center
180 School Road
Wilton, CT 06897

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*Garden Club
member Carol
Steiner prepares
for an activity in
the greenhouse.*

GARDEN CLUB INVITES YOU to the Monthly Lunch and Learn!

Come to the monthly Garden Club lunch and learn session which includes a delectable home-made lunch and a hands-on project for each participant to take home. In May, the club supports the Plant Sale, the Garden Club's biggest fundraiser with a special project. Meetings take place on the first Tuesday of the month at noon at the Senior Center. Upcoming activities are:

March 4: *What is an "Epiphyte"?* The easiest and "in" plant to grow! Find out why and have your own epiphyte floral design to take home.

April 1: *House Plant Recovery.* Bring your plants in to be repotted, possibly divided, reshaped and fed after the long winter. If you do not have any we will supply some.

May 6: *Time to think about the Plant Sale!* Creative baskets will be made up for the garden club to sell at the children's table on May 9 and 10.

Enjoy the camaraderie of friends and Garden Club members. Call 203-834-6240 to sign up for the next meeting.