



CORRIDORS

NOVEMBER
DECEMBER
2002

Note:

Changes have been made in the Medicare Savings Program participation levels. These changes are displayed in the grid on the bottom of page 5. Please use these parameters in determining eligibility.

The Computer Registration Form is on the last page of the newsletter.

Read On!



CORRIDORS

NOVEMBER
DECEMBER
2009

Retired Senior Volunteer Program

RSVP developed as an outgrowth of efforts by private groups, gerontologists, and government agencies to address the needs of retirees. In 1961 the White House called attention to the continuing need of older people for useful activity. In 1965 the Older Americans Act was passed.

In 1971 RSVP was launched under the auspices of the Administration on Aging (AOA) and was transferred to the federal agency, ACTION, which had oversight of federal domestic volunteer programs. Eleven RSVP projects were started that first summer.

Originally, volunteers had to be retired and over the age of 60. In 1993 the age was reduced to 55 and volunteers could remain in the work force.

By 2001 the RSVP program nationwide included over 750 local projects with nearly half-a-million volunteers contributing over 78 million hours of service through a network of 70,000 local agencies. What started out as a small federal project more than 35 years ago has become an integral part of many communities nationwide.

RSVP volunteers demonstrate daily how seniors are a vital resource in helping to solve many of society's problems. This program offers seniors a chance to contribute to community projects in a way that matches their values, passions, and skills. Many volunteers continue to be active well into their 90's!

In lower Fairfield County, more than 400 volunteers have donated over 35,000 hours to over 65 community agencies. The Norwalk Eco-

nomic Opportunity Now, Inc., (NEON) sponsors RSVP in lower Fairfield County.

What about our volunteers from Wilton? Wilton volunteers contributed 6,945 hours of time to the Community in the past year. The monetary value of the volunteer time as reported by Connecti-

cut standards is over \$178,000. This volunteer service helped augment staff time in various agencies and assisted in needed fundraising. Service hours included administration assistance, help with special events, educational programs, flu clinics, blood mobiles, kindergarten registration, and emergency preparedness training.

The Wilton volunteers also created over 350 hand-crafted items which were donated to Social Service agencies in Wilton and those in need in the greater Southwestern Connecticut community. Items included lap robes to Wilton Social Services; bibs to the Department of Mental Retardation of Lower Fairfield Regional Center; hats, mittens, and scarves to the NEON Child Development program; quilts to Family and Children's Agency and Nursing and Home Care/Mid-Fairfield Hospice. Hats and scarves were donated to the Merchant Seaman's Christmas at Sea Project.

Why become an RSVP volunteer? There's something for everybody! You can get together and work with others if that's your style, or you can work on projects in the privacy of your home. It's an opportunity to be a part of a bigger operation... an operation which serves the needs of your neighbors.

Call Del Overby, Wilton's Coordinator for over 30 years, at 203-762-0520 to get more information or sign up as a volunteer.

Come and support the R.S.V.P. Holiday Boutique

Wednesday, November 4

11 a.m. - 1:00 p.m.

Ogden House, 100 River Road, Wilton

***Proceeds buy needed supplies for projects
which are donated to the community.***

MEDICARE "REPS" ARE COMING!

Are you confused about the Medicare Part D Prescription Drug Program? Social Services can help. Representatives from the Area Agency on Aging will be at the Comstock Community Center on Tuesday, November 17, from 11 a.m. to 2 p.m. This is your chance to learn about a variety of benefit programs for which you are eligible and to receive a personalized computer-generated list of prescription plans for which you are eligible. This opportunity is particularly important for anyone newly enrolled in Medicare (those who have recently turned 65) and anyone who has already enrolled in a Medicare Part D prescription plan and wants to change the plan provider. **Medicare Part D enrollment will re-open November 15 through December 31, 2009 for coverage to begin January 1, 2010.** Call Lauren Hughes of Wilton Social Services at 834-6238 for more information or to schedule an appointment.

CONNECTICUT ENERGY ASSISTANCE PROGRAM (CEAP)

The Social Services Department is available to help you apply for assistance with your heating bills. **Applications are now being accepted. Deadline for applications is March 15, 2010.** New income guidelines for eligibility state that a single individual may earn no more than \$30,485; a couple's maximum income may not exceed \$39,865. Income includes wages, social security, pension, rental income, child support and interest. Homeowners must have less than \$10,000 in savings including IRAs and renters less than \$7,000. For more information or to schedule an appointment, call Social Services at 834-6238.

THE GREENS AND RESIDENCE AT CANNONDALE

The first of this season's Community Health Series hosted by The Greens at Cannondale and presented by Danbury Hospital was an interactive session aimed at preventing bone fractures due to falls, bone loss and osteoporosis. Thomas Sullivan, Danbury Hospital physical therapist, rated physical risks by testing balance, reach and agility.

Mr. Sullivan showed a startling chart demonstrating how good posture can deteriorate over time, unless a strong back and strong bones are maintained through exercise and diet. "Walking is the best exercise," he said, "but lying flat on your back with knees up can be beneficial. It's a simple decompression exercise that helps extend the spine." He advised

against high impact exercises for older adults as well as forward bending, trunk twisting, and abdominal crunches. Though there are medications to strengthen bones, Mr. Sullivan recommended a diet high in calcium, plus Vitamin D which is necessary for calcium absorption. Falls at home can be prevented by simple precautions such as good lighting, eliminating clutter, secure railings on stairways and grab bars where needed.

The Community Health Series for Fall 2009 continues on November 4 with "Healthy Heart Screening" and on November 10 with "Sleep Disorders." Dinner, 5:30 p.m. Presentation, 6 p.m. at The Greens at Cannondale, 435 Danbury Road. The free series is open to the community. Reservations are recommended. Please call 866-374-0007.

HOME FOR THE HOLIDAYS

Kiwanis Club of Wilton
ANNUAL HOLIDAY CONCERT

Saturday, December 5 at 8 p.m.
Wilton High School Clune Center

Emcee Jane Powell
Star of screen, stage, and TV

Featured Performers:

- * **The Little Sisters of the Holy Cards** and their unusual version of the Hallelujah Chorus
 - * concert pianist **Kyong Ho Chee**
- * **Wilton Congregational Church handbell choir**
- * **Wilton High School Madrigal Singers**
 - * **Chance Browne** and friends
 - * 8th grader **Casey Cunningham**
 - * **Wilton Singers**
- * **Kelly Kesler**, star of Brigadoon
- * **Mike Barr**, WHS Madrigal alum

General Admission Ticket - \$20
Call Dial-A-Ride today to reserve your ride.
Seats are limited. Call 834-6235.

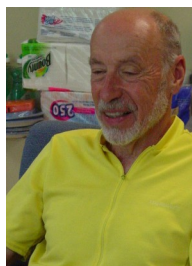
To order tickets: 203-604-9014 or
www.wiltonkiwanis.org



Magdalen

Comstock Writers - Call for new members

Comstock Writers, now beginning its fifth season, is looking to welcome new members. The group meets at Comstock on Wednesdays from 10 to 11.30 a.m. It is open to anyone with an interest in writing. Some current members are experienced writers; others are just "trying their wings." Genres range from memoir to short story to poetry to political commentary. Most people bring their own writing to share, but not everyone brings work every time – nor is there any requirement to do so. The only requirement is to listen,



Ray

absorb, and reflect, and to support each other. It's a wonderful community of people who love the written word.



Jack

If you've ever thought of writing family stories, or been moved to write a poem, a story, or just a newsy letter, come join us!

Call the Senior Center 834-6240 for more information.

BOOK DISCUSSION with RAY RAUTH

at the Wilton Senior Center

Tuesday, November 24

Sailing Alone Around the World

by Captain Joshua Slocum

This classic book, an account of an epic voyage by Captain Joshua Slocum, was first published in 1900 and has been in print ever since. Slocum, an aging Massachusetts merchantman, was the first man to circumnavigate the globe single-handed. He did this in a 37-foot sailboat which he had rebuilt from an oyster sloop. Leaving Boston in April of 1895 he returned to Newport, Rhode Island, in June of 1898. He had traveled by sail, entirely alone, for 46,000 miles. And, he set down the story of his journey in what is considered an unequalled masterpiece of prose.

Discussion at 11:00 a.m.; lunch (\$3) at Noon.
Call 834-6240 for reservations.

Holiday Lunches

BAPTIST CHURCH THANKSGIVING LUNCH

The Wilton Baptist Church, 254 Danbury Road, will treat the town's senior citizens to a bountiful Thanksgiving luncheon on Wednesday, November 18. Beginning at 11:30 a.m., hot cider will be available to all guests. This is the 33rd year of this generous gift at no cost to the seniors of Wilton. Phyllis Boozer and Rosiane Olivea will be organizing the affair along with help from community church members. Reservations: Call the Wilton Senior Center at 834-6240 by Monday, November 16. **Do not call the Baptist Church.**



PARKS AND REC THANKSGIVING LUNCH

The Parks and Rec Department will host a Thanksgiving luncheon on Friday, November 6, at noon at the Comstock Community Center. The cost is \$5. Reservations: 834-6234.

CHRISTMAS HOLIDAY CELEBRATIONS

On Wednesday, December 16, Captain Karl Dolnier and Wilton Career Fire Fighters Local 2233 will serve a turkey dinner with all the trimmings to seniors at the weekly Ogden House luncheon. This wonderful tradition began in 1985 as a way for the fire fighters to thank seniors for their years of support. Volunteers from Our Lady of Fatima Church, under the direction of Ed Raposa, will prepare the meal compliments of the fire fighters. Lunch is served at noon; guests are encouraged to come early to socialize. The Middlebrook Singers and Middlemen under the direction of Janet Nobles and Jana Janeway will again provide the entertainment. Middlebrook's Student Council, coordinated by Tim Ley, will treat the lunch goers to homemade delights. Reservations: 834-6240.

PARKS AND REC HOLIDAY LUNCH



The Parks and Rec Department will sponsor a Holiday Luncheon at Comstock Community on Friday, December 11, noon-1:30 p.m. The lunch and entertainment are \$5. Reservations: 834-6234.

WILTON COMMONS UPDATE

On September 30, State Senator Toni Boucher proposed a pilot program to create a dedicated national fund to build low-income congregate housing for seniors not able to live independently, who do not require skilled nursing care. State Representative Peggy Reeves and Selectman Richard Creeth enthusiastically endorse this concept. Toni Boucher believes that encouraging the construction of low cost, intermediate care facilities within the financial reach of our seniors would reduce Medicare and Medicaid costs at the state and federal level. A "Senior Congregate Housing Pilot Program" could be rolled out throughout the country with Wilton Commons as Connecticut's initial program.

In the meantime, we have met with Representative Himes and both Senator Dodd and Lieberman's staff in Hartford. They enthusiastically support Wilton Commons. Over the past two months, we have also been in contact with the Connecticut Department of Economic and Community Development and the Department of Housing and Finance Authority. WE WILL NOT STOP UNTIL THE NECESSARY FUNDING IS SECURED.

George Ciaccio
Chairman, Wilton Commons

Ogden House Activities

Sandra Bacher is teaching Watercolor Art. Classes take place on Tuesdays from 8:45a.m. to 11:45 a.m. in the activities room. Six sessions: \$20 for Ogden House residents; \$27 for non-residents.

Mary Bartz is teaching Decorative Painting in the Folk Art Style using contemporary products and techniques to produce unique works of art. Students create a project on a surface of their choice. Classes take place on Mondays from 12:00 to 2:00 p.m. in the activities room. Six sessions: \$20 for Ogden House residents; \$27 for non-residents.

Betty Castillo is teaching a light weight chair exercise class on Tuesdays from 2:00 to 3:00 p.m. The exercises focus on balance, stretching, and abdominal tightening. There is no charge for Ogden House residents; \$3 for non-residents.

The Medicare

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 can 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 \$96.40 each month?

If you have Medicare Part B, you pay \$96.40 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 \$96.40 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 1-800-772-1213.

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!*

Savings Program— Save \$96.40 Every Month!

Will this cost me anything?

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

What is the asset limit?

For QMB and SLMB, you may not have more than \$4,000 in countable assets for one person or \$6,000 for a married couple. There is no asset limit for the ALMB program.

What are countable assets?

Countable assets include bank accounts, stocks, bonds, annuities, trusts, non-home property and some types of life insurance policies. Assets such as term life insurance policies and irrevocable burial funds do not count in the assets calculations.

What if I own a home or a car?

The home you live in, one automobile, home furnishings, personal effects and burial plots do not count toward the asset limit. A lien will not be placed on the home you live in, but benefits paid may be recovered from your estate.

Is there an income limit?

Yes. The level of help that you receive depends on your countable 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. Certain deductions are allowed in the calculation of your countable income amount. For example, the first \$278 of unearned income (such as Social Security or pension) does not count. There is also a \$556 exemption for earned income you may have from employment.

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?

Contact the Wilton Department of Social Services at 834-6238. You may also telephone a CHOICES health insurance counselor at the Southwestern Connecticut Agency on Aging (SWCAA). They will answer your questions, send you a simple four-page application, and a postage paid return envelope. To reach a CHOICES counselor, call 1-800-994-9422.

| <i>If your monthly countable income is at or below these levels...</i> | <i>You may qualify for...</i> |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <div>\$ 1,778.91 single \$ 2,393.55 couple</div> <div>NOTE: The amounts listed here are updated. These are the current limits set by the government. The amounts which appear in the <u>printed version</u> of Corridors are incorrect.</div> | <p>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).</p> <p>(1) Part B = \$96.40 in 2009. (This amount increases January 1 every year.)</p> <p>(2) The 2009 hospital deductible is \$1,068. (This amount increases January 1 every year.) The Part B deductible is \$135 per year.</p> <p>(3) Co-insurance is the portion of Medicare approved services that you are responsible for paying. This is usually 20% of the approved Medicare</p> |
| <div>\$ 1,959.51 single \$ 2,636.55 couple</div> | SLMB - This program pays your Part B premium only (\$96.40/month). |
| <div>\$ 2,091.67 single \$ 2,816.67 couple</div> | ALMB (QI-1) - This program pays your Part B premium only (\$96.40/month). This program is subject to available program funding. You are not eligible for this program if you receive Medicaid. |
| Need to have this information summarized? Have a question, or two, or three??? Call Cathy Pierce or Lauren Hughes at Wilton Social Services—834-6238. | |

National Memory Screening Day, November 17

On Tuesday, November 17, Nursing and Home Care and the Wilton Senior Center will sponsor free one-on-one, confidential memory screening from 9 a.m. to 12 noon at the Comstock Community Center. If your screening raises concerns, you will be referred to your primary care provider for further assessment. Screenings will take place by appointment only. For more information or to make an appointment, contact Jeanette Graham, Life Care Coordinator at Nursing & Home Care, at 762-8958 ext. 249. Space is limited.

Why is memory screening important?

Memory screening is a first step toward identifying Alzheimer's disease, a related dementia, or another condition that causes memory loss. Memory screening also lets you know that you are okay, when results turn out normal and put your fears to rest. A normal memory screening score also establishes a baseline for future comparison. The results of the memory screening do not represent a diagnosis of any particular illness. Screening does not replace consultation with a qualified healthcare professional.

Memory may be affected by a number of factors, including stress, lack of sleep, Alzheimer's disease, vascular dementia, vitamin deficiencies, depression, and thyroid problems. Some conditions are reversible. In general, the earlier the diagnosis, the easier it is to treat. Early recognition of mild cognitive impairment (MCI) — mild intellectual loss that may develop into dementia — provides an opportunity for healthcare professionals to treat the condition and possibly slow the decline in memory and other functions.

For irreversible illnesses, such as Alzheimer's disease, early diagnosis could improve future health. Although there currently is no cure for Alzheimer's disease, available and emerging medical treatments may slow the progression of symptoms. These medications have been proven to work better the earlier they are given.

Facts about memory screenings

- ♦ Various healthcare professionals provide memory screenings, including physicians, psychiatrists, physician assistants, nurse practitioners, nurses, social workers, pharmacists and dementia care administrators.
- ♦ A memory screening is a simple, safe evaluation tool that takes five to ten minutes to administer. It consists of a series of questions and/or tasks designed to test memory, language skills, thinking ability and other intellectual functions.
- ♦ The results of the memory screening do not represent a diagnosis.
- ♦ The person who administers the screening will review the results with you. Individuals with an abnormal score or those with a normal score who have concerns should follow up with a qualified healthcare professional for more testing.
- ♦ Results of the memory screenings are confidential. Ask for a copy of the screening results to bring to your healthcare professional.

Who should be screened?

Screenings make sense for people concerned about memory loss, whose family and friends have noticed changes or who believe they are at risk due to a family history of dementia. If you answer "yes" to any of the following questions, you may benefit from a memory screening.

- ♦ Am I becoming more forgetful?
- ♦ Do I have trouble concentrating?
- ♦ Do I have difficulty performing familiar tasks?
- ♦ Do I have trouble recalling words or names in conversation?
- ♦ Do I sometimes forget where I am?
- ♦ Am I misplacing things more often?
- ♦ Have my family or friends noticed changes in my mood, behavior or personality?

—Source: "Memory Screenings," published by the Alzheimer's Foundation of America

Wilton Emergency Contact List

To add your name to the Wilton Emergency Contact List, Call Sharon Powers at the Department of Social Services 834 6238. This list will be used to identify Wilton seniors who are in need of assistance in a natural disaster or other emergency event.

Mid-Fairfield Hospice Support Groups

Loss During the Holidays Support Group

Wednesday, Nov. 18, 3:00 – 4:30 p.m. at the New Canaan Library

Thursday, Nov. 19, 4:00 – 5:30 p.m. at the Wilton Library

Holiday Grief Support Group

Mondays, Nov. 16 and 30, 1Dec. 14, 4:00-5:30 p.m. at Mid-Fairfield Hospice, ipark Building, 761 Main Avenue, Norwalk (across the street from Wal-Mart on Route 7.) Go around to the back of the building and use entrance E.

Please call in advance to register, 762-8958. All support groups are free to the public.

Nursing & Home Care Volunteer Training Opportunities

Peer Counselor Volunteer /Patient Support Volunteer Training is offered on Fridays, Nov. 13 and Nov. 20 and Monday, Nov. 30. Nursing & Home Care is seeking volunteers to provide friendship and companionship to isolated and housebound patients through our Peer Counselor Program. As a volunteer, you will be asked to visit a patient for one hour every week or every other week. All volunteers are required to attend a three class training course and are provided on-going supervision by the Volunteer Coordinator. Call Barbara Mortimer at 834-6341, ext. 316.

Blood Pressure Screenings by NHC Ogden House

Fridays, November 6 & 20 and December 4 & 18

Village Market

Tuesdays, November 24 & December 22

Wilton YMCA

Wednesday, November 18 and December 16

Wilton Senior Center

Thursday, November 5 & December 3

Cholesterol Screening at Nursing & Home Care

DATE: Tuesday, November 10

TIME: 8:30 – 11:30 a.m. by appointment

LOCATION: Nursing & Home Care, 761 Main Avenue Suite 114, Norwalk

Includes total cholesterol, HDL, LDL, triglycerides, glucose, blood pressure, BMI calculation and risk counseling session with Registered Nurse. Cost is \$25. Sorry, no third party billing. Space is limited. Call 762-8958, ext. 221 for more information and to make an appointment.



Organizing with Randi Hutton November 16, 1 p.m.

Do you have too much stuff around? Come to the Wilton Senior Center, have a light lunch, and listen to Randi Hutton of the RZ connection.

Randi is a professional organizer who offers a variety of workshops to help people organize in every way! You may say, "HOW COULD I EVER PART WITH THAT?" It's taken many years to accumulate all this stuff! Randi will delve into the reasons why we think we need to hold onto items that have no meaning to us. What about all those clothes? What about that furniture? You can leave this seminar with some ideas on giving away, consigning, selling or just throwing out appropriate items thereby freeing up physical and mental space for a healthier life.

A complimentary lunch will be served at noon; the seminar begins at 1 p.m. in the Senior Center. Fee: \$10; Reservations: 834-6240

Low interest loans are available for home improvements

Connecticut Housing and Investment Fund (CHIF) has low interest loans available for home improvements. Energy Conservation Loans (ECL) are geared toward energy saving improvements on homes.

Loan Amount and Term

Single family (1-4 units) homeowners may borrow up to \$25,000 and multi-family property owners may borrow up to \$2,000 per unit (a maximum of \$60,000 per building) for a period of 10 years for eligible improvements.

Eligible Improvements

The following are some of the improvements eligible under the ECL programs:

- Automatic Set-Back Thermostats
- Siding
- Caulking and Weather Stripping
- Insulation
- Heat Pumps
- Replacement Heating Systems
- Replacement Roofs
- Replacement Windows
- Solar Systems and Passive Solar Additions

For more information call 860 233 5165, ext. 2019 or write CHIF, 121 Tremont Street, Hartford, CT 06105, Attn: Loan Origination or email: loans@chif.org

COMSTOCK COMPUTER LEARNING CENTER

COMSTOCK COMMUNITY CENTER
180 School Road, Wilton
203-834-6410 or 762-8445
Andrea Ragusa, Coordinator

The Comstock Computer Learning Center offers computer classes specifically designed for adults. Come and experience computer learning in a fun, stimulating and comfortable environment.

Our instructors are volunteers who appreciate the benefits of peers teaching peers in useful computer applications. Classes vary from an introduction to computer fundamentals to spreadsheets for financial management to staying connected to the world through online information and surfing the net.

Courses are offered five times each year for one, two, or three sessions. Classes take place at the Comstock Community Center from 9:30 to 11:30 a.m. Monday through Friday.

Visit www.comstockclc.org for additional information.

Introduction to Computer Fundamentals

This introductory course is for those with limited or no computer experience who would like to test the waters. It will include turning the computer on and off, using the mouse and keyboard, understanding the meaning of simple computer terms, opening and closing a program, and using the desktop. Excellent preparation for Introduction to Basic Word.

Introduction to Word 2003

This course will introduce the basics of this powerful word processing program including vocabulary, concepts, and features. You will learn how to work your way around the desktop. Topics will include windows operations, using the toolbar and the start menu, and creating and formatting documents.

Use of Graphic Tools in Word, Beginner

This course will show you how to use graphic toolbars in the Word program. You will learn how to use Page Setup's Layout folder for artistic page and paragraph borders, practice the use of graphic symbols, utilize the picture toolbar after inserting Clip Art or From File, and design with Word Art.



Classes take place from 9:30-11:30

Intro to Comp. Fundamentals \$20 Nov. 9 & 13
Use of Graphic Tools in Word \$20 Nov. 10 & 12
Introduction to Word 2003 \$20 Nov. 17 & 19
More Graphics Advanced \$20 Nov. 18 & 20
Introduction to Word 2007 \$20 Dec. 8 and 10
Basic Excel (9:30-12:00) \$30 Dec. 11 & 18
Getting Around the Internet \$30 Call for dates.

More Steps in Using Word Graphic Toolbars, Advanced

This course will provide a brief review of selected toolbars, including WordArt and Picture toolbar. The Drawing toolbar in Tables will be introduced and used extensively.

Getting Around the Internet

This three-session course is a comprehensive introduction to the internet. It begins with an overview followed by the concepts and terminology needed to "surf the web" for specific information. Computer experience, use of the mouse, and knowledge of the keyboard are required.

Basic Excel

This two-session course will introduce the basics of this popular spreadsheet program including essential vocabulary, concepts and features. Become familiar with entering, editing, and formatting numerical and text data. Experiment with basic database capabilities. Learn to design meaningful, attractive and useful spreadsheets.

Introduction to Word 2007

Step into the present and acquaint yourself with the Word 2007 program. It will look different from the Word you have been using. The familiar toolbars and menus from previous versions of Word are gone! This course will explore the Word Window, Office Button, Terminology, Ribbon Organization, Mini Toolbar, Quick Access Toolbar, Mouse's left & right click, Office Clipboard, Margin features, Document views, plus commonly used features in Word. You will revisit the steps needed for entering, changing, deleting, copying, pasting, underlining, aligning, and saving, as well as inserting a bullet or number in text.

COMPUTER CENTER

INCLEMENT WEATHER POLICY

When the Wilton Public Schools are closed due to weather, the Computer Center courses for that same day are cancelled.

School DELAYS do not affect the computer courses.

Call 834-6410 after 7 a.m. for information.

AARP TAX AIDE

What is AARP Tax-Aide?

AARP Tax-Aide is the nation's largest free, volunteer-run tax assistance and preparation service available to taxpayers with low and moderate income, with special attention to those age 60 and older. Over 33,000 AARP Tax-Aide volunteers, trained in cooperation with the Internal Revenue Service, help over two million taxpayers file their federal, state, and local tax returns each year at nearly 7,000 AARP Tax-Aide sites nationwide. The program operates under a cooperative agreement with the Internal Revenue Service (IRS) as part of its Tax Counseling for the Elderly (TCE) program.

How does AARP Tax-Aide work?

Volunteers are trained to assist in filing the 1040 tax form and basic schedules. Taxpayers with complex tax returns are advised to seek paid tax assistance.

- Free year-round tax assistance on the Internet allows taxpayers to pose tax questions to online assistants 24 hours a day, seven days a week, from the comfort of their home by visiting www.aarp.org/taxaide;
- Free face-to-face tax assistance and preparation are provided at nearly 7,000 AARP Tax-Aide sites nationwide, located in senior centers, libraries, community centers, and other convenient locations. AARP Tax-Aide volunteers also visit some hospitals and nursing homes;
- Electronic filing (e-filing) is offered at most sites nationwide. E-filing ensures a more accurate tax return and faster processing of tax refunds.

How can I find an AARP Tax-Aide Site in Wilton?

To locate an AARP Tax-Aide site in Wilton or a nearby community, visit www.aarp.org/taxaide or call the toll-free number at 888-AARPNOW (888-227-7669) from late January/early February to April 15.

How can I find out more about volunteering?

AARP Tax-Aide volunteers are:

- from all ages, races, ethnic groups, income levels, and educational backgrounds;
- trained comprehensively in cooperation with the IRS; and
- reimbursed for qualified program-related expenses.

To volunteer, send an e-mail to ctvoltaxaide@juno.com. Provide your name, address, and telephone number. No matter what your skills, the AARP Tax-Aide program probably has a volunteer opportunity just right for you. New volunteers join the Connecticut Tax-Aide program

every year, beginning in December. Connecticut Tax-Aide volunteers helped more than 28,000 taxpayers during the 2009 tax season. Trained volunteers will greet clients, fill out forms using tax preparation software, manage computers, or publicize the program. AARP Tax-Aide is a program of the AARP Foundation.

Local Election News

Don't forget that there's a municipal election on Tuesday, November 3. Voting takes place at all three polling districts: Wilton High School's Clune Center, Driscoll School, and Middlebrook School Gymnasium. Many local offices will be included on the ballot. This year, there is a contested race for full-term seats on the Board of Finance and two referendum questions. Call Carole Young-Kleinfeld or Tina Gardner, Registrars of Voters, at 563-0111, or use our handy Voter Look-Up feature on the town's web site www.wiltonct.org if you have any questions about your voter registration status.

Two Questions for Voters on November 3 Ballot

"Shall the sale of alcohol/liquor under Package Store Permits be permitted in Wilton?" and "Shall the revised Town of Wilton Charter, dated August 10, 2009, as drafted by the Charter Commission and submitted to the Board of Selectmen, be approved?"

These are the two questions that voters will either approve or reject on the November 3 ballot. Voters can get a quick briefing on these questions by going to the website of the Wilton League of Women Voters (*Nobody Told Me That!* column) at www.wiltonlwv.org and by visiting the website of the Wilton Charter Commission at <http://www.wiltonct.org> and scrolling down to the Charter Commission link.


Cooking for One or Two with Chef Tony Ragusa

Tuesday, November 10
10:45 a.m.
in the
Wilton Senior Center
Fee: \$5
Reservations: 834-6240





NOVEMBER 2009

| <u>Monday</u> | <u>Tuesday</u> | <u>Wednesday</u> | <u>Thursday</u> | <u>Friday</u> |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|
| 2 10:30 Line Dancing 11:30 Coffee and... 12 Decorative Art OH 12:15 Forever Fit Y 12:30 Play Reading with Sherman | 3 Election Day 10 Strength Train. Y 10:30 Arthritis Ex. Y 11 Yoga 12 Garden Club Lunch and Activity | 4 10 Tai Chi 10 Comstock Writers 11-1 RSVP Holiday Boutique OH 12:00 Ogden House Guest: Hoot Owls 6 Healthy Heart Screening G | 5 10 Strength Train. Y 10 Yoga 10 Arthritis Ex. Y 11-12 Blood Pressure Screening at the Senior Center 12 Lunch 12:15 Forever Fit Y 12:45 Bingo | 6 10 Jewelry Workshop 12 Parks and Rec Thanksgiving Lunch 12 Bridge 1:30-3 Free Swim for Seniors Y |
| 9 9:30 Introduction to Computer Fundamentals 10:30 Line Dancing 11:30 Coffee and... 12 Decorative Art OH 12:15 Forever Fit Y | 10 8:30-11:30 Cholesterol Screening NHC 9:30 Use of Graphic Tools in Word 10 Strength Train. Y 10:30 Arthritis Ex. Y 10:45 Cooking for One or Two 11 Yoga 1 Comstock Knitters and Crafters 6 Sleep Disorders G | 11 Veterans' Day Senior Center Closed  | 12 9:30 Use of Graphic Tools in Word 10 Strength Train. Y 10:00 Yoga 10:30 Arthritis Ex. Y 12 Lunch 12:15 Forever Fit Y 12:45 Bingo 5:30 SS Commission | 13 9:30 Intro to Computer Fundamentals 12 Bridge 1:30-3 Free Swim for Seniors Y |
| 16 10:30 Line Dancing 11:30 Coffee and... 12 Decorative Art OH 12 Lunch 12:15 Forever Fit Y 1 Organizing with Randi Hutton | 17 9-12 Memory Loss Screening at Comstock 9:30 Intro to Word 10 Strength Train. Y 10:30 Arthritis Ex. Y 11-2 Medicare Reps 11 Yoga 12:00 Duplicate Bridge | 18 9-10:30 Blood Pressure Screening Y 9:30 More Graphics in Word 10 Tai Chi 10 Comstock Writers 12 Chicago Bridge 12 Thanksgiving Lunch at the Baptist | 19 9:30 Intro to Word 10 Strength Train. Y 10:00 Yoga 10:30 Arthritis Ex. Y 12 Lunch 12:15 Forever Fit Y 12:45 Bingo | 20 9:30 More Graphics in Word 12 Bridge 1:30-3 Free Swim for Seniors Y |
| 23 10:30 Line Dancing 11:30 Coffee and... 12 Decorative Art OH 12:15 Forever Fit Y 30 10:30 Line Dancing 11:30 Coffee and... 12 Decorative Art OH 12:15 Forever Fit Y | 24 10 Strength Train. Y 10:30 Arthritis Ex. Y 11 Yoga 11:00 Book Discussion with Ray Rauth 12 Lunch 12:30-2 Blood Pressure at VM | 25 10 Tai Chi 10 Comstock Writers 12 Chicago Bridge No Lunch at Ogden House | 26 Thanksgiving Day Senior Center Closed <div> <div> K E Y </div> <div> OH Ogden House Y Wilton Family Y WL Wilton Library G The Greens WM Wilton Meadows VM Village Market NHC Nursing & Home Care </div> </div> | 27 Senior Center Closed |

DECEMBER 2009

| <u>Monday</u> | <u>Tuesday</u> | <u>Wednesday</u> | <u>Thursday</u> | <u>Friday</u> |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Corridors is on the Town website www.wiltonct.org Click on the minia- ture Corridors on the home page | 1 10 Strength Train. Y 10:30 Arthritis Ex. Y 11 Yoga 12 Garden Club Activ- ity and Lunch | 2 9:30 RSVP OH 10 Tai Chi 10 Comstock Writers 12 Lunch OH Guest: Gentlemen Song- sters 12 Duplicate Bridge | 3 10 Strength Train. Y 10 Yoga 10:30 Arthritis Ex. Y 11-12 Blood Pressure at Senior Center 12 Lunch 12:15 Forever Fit Y 12:45 Bingo 5:30 Commission | 4 10 Jewelry Work- shop 12 Bridge 1:30-3 Free Swim for Seniors Y Saturday, Dec. 5 Kiwanis Holiday Concert |
| | 7 10:30 Line Dancing 11:30 Coffee and... 12 Decorative Art OH 12:15 Forever Fit Y 12:30 Play Reading with Andrea | 8 9:30 Introduction to Word 2007 10 Strength Train. Y 10:30 Arthritis Ex. Y 11 Yoga 1:00 Comstock Knit- ters and Crafters | 9 9:30 RSVP OH 10 Tai Chi 10 Comstock Writers 12 Lunch OH Guest: Treblemakers | 10 9:30 Introduction to Word 2007 10 Strength Train. Y 10 Yoga 10:30 Arthritis Ex. Y 12 Lunch 12:15 Forever Fit Y 12:45 Bingo |
| 14 10:30 Line Dancing 11:30 Coffee and... 12 Decorative Art OH 12:15 Forever Fit Y | 15 10 Strength Train. Y 10:30 Arthritis Ex. Y 11 Yoga 12:00 Duplicate Bridge | 16 9-10:30 Blood Pressure Screening Y 9:30 RSVP OH 10 Tai Chi 10 Comstock Writers 12 Lunch OH Guest: Middlebrook Cho- ruses and Firefighters | 17 10 Strength Train. Y 10:00 Yoga 10:30 Arthritis Ex. Y 11:45 Wilton Senior Council 12:15 Forever Fit Y | 18 9:30 Excel 12 Bridge 1:30-3 Free Swim for Seniors Y Hayrides Tonight at Ambler Farm |
| 21 10:30 Line Dancing 11:30 Coffee and... 12 Decorative Art OH 12:15 Forever Fit Y | 22 10 Strength Train. Y 10:30 Arthritis Ex. Y 11 Yoga 12:30-2, Blood Pres- sure Screening VM | 23 10 Tai Chi 10 Comstock Writers 12 Chicago Bridge No Lunch at Ogden House | 24 Christmas Eve | 25 Christmas Senior Center Closed |
| 28 10:30 Line Dancing 11:30 Coffee and... 12 Decorative Art OH 12:15 Forever Fit Y | 29 10 Strength Train. Y 10:30 Arthritis Ex. Y 11 Yoga | 30 10 Tai Chi 10 Comstock Writers 12 Chicago Bridge No Lunch at Ogden House | 31 New Year's Eve | January 1, 2010 <div> SENIOR CENTER CANCELLATION POLICY If the Wilton Public Schools are <u>delayed or closed</u>, the Senior Center activities <u>for that same day are cancelled</u>. Listen to the radio stations for Wilton School information or call a friend before you head out for an activity. </div> |



Wilton Senior Center
180 School Road
Wilton, CT 06897

BULK POSTAGE
U.S. POSTAGE PAID
PERMIT NO. 11
WILTON, CT

Play Reading



Monday, November 2, 1-2:30 p.m.
with Sherman Poultney

Dust of The Road by Kenneth Sawyer Goodman

This play makes everyone who listens take stock of himself. Peter and Prudence are surprised by the entrance of a tramp who reveals himself as a wandering Judas. Peter has been entrusted with thirty one hundred dollars which he is tempted to keep. On the dawn of Christmas day, Peter and Prudence rejoice in a new happiness that comes of honesty.

Monday, December 7, 1-2:30 p.m. with Andrea Ragusa
A Talent for Murder by Jerome Chodorov & Norman Panama

This suspense comedy is about an internationally successful mystery novelist whose relatives wouldn't mind killing her to get their hands on her art collection. This exciting comic thriller was produced on BBC-TV starring Angela Lansbury and Sir Lawrence Olivier.

Call the Senior Center to sign up. 834-6240

GUIDE TO SENIOR SERVICES

Catherine Pierce 834-6238
Director, Social Services, and Municipal Agent for the Elderly

Lauren Hughes 834-6238
Coordinator, Senior Services

Lizabeth Doty 834-6240
Coordinator, Senior Activities

Andrea Ragusa 762-8445 or 834-6410
Comstock Computer Learning Center

Sharon Powers 834-6238
Office Assistant

Meals-on-Wheels 762-0566
Dial-A-Ride 834-6235
Town-to-Town 299-5180
FISH (medical appt. transportation) ... 834-3737
AARP 866-0435
RUOK (Are You OK?) 834-6238 or 834-6260
Mid-Fairfield Hospice 762-8958
Nursing and Home Care 762-8958
Parks and Rec Department 834-6234

COMSTOCK COMPUTER
LEARNING CENTER
COMSTOCK COMMUNITY CENTER
180 School Road, Wilton, CT 06897
203-834-6410 or 762-8445
Andrea Ragusa, Coordinator

The Computer Learning Center in Comstock Community Center offers computer courses for adults. Courses are published in ***The Wilton Bulletin***, the Parks and Rec Fall Brochure, and on the website at www.comstockclc.org. Print this form and send it in with your check.

Mail the form below and your check payable to TOWN OF WILTON to:

Comstock Computer Learning Center, Comstock Community Center,
180 School Road, Wilton, CT 06897

Name: _____

Address: _____

Phone: _____

E-Mail: _____

| X | COURSE TITLE | DATES | Fee |
|---|------------------------------------------------------|--------------------|------|
| | INTRODUCTION TO COMPUTER FUNDAMENTALS | November 9 and 13 | \$25 |
| | INTRODUCTION TO BASIC WORD (2003) | November 17 and 19 | \$25 |
| | INTRODUCTION TO BASIC WORD (2007) | December 8 and 10 | \$25 |
| | USE OF GRAPHICS TOOLS IN WORD | November 10 and 12 | \$25 |
| | MORE STEPS IN USING WORD GRAPHIC TOOL-BARS, ADVANCED | November 18 and 20 | \$25 |
| | GETTING AROUND THE INTERNET | Call for Dates | \$30 |
| | BASIC EXCEL | December 11 and 18 | \$30 |