



CORRIDORS

NOVEMBER
DECEMBER
2012

New Outdoor Fitness Center Opens

Did you know that Wilton's Parks and Recreation Department has installed a new – and different – Outdoor Fitness Center at the Wilton High School stadium, south of the home stands and adjacent to the concession stand building?

Open to the public from dawn to dusk, weather permitting, the outdoor exercise equipment may be utilized by anyone 15 years of age or older. The Fitness Center contains four machines: an elliptical cross trainer, a rowing machine, an

air walker machine and a cross country ski machine.

Made possible by a grant to the Wilton Y from the Robert Wood Johnson Foundation's Center to Combat Childhood Obesity, the installation is the result of close collaboration among the Town of Wilton, the Wilton Alliance for a Healthy Community and the Wilton Y.

"We are very excited to open the Outdoor Fitness Center to provide another opportunity for Wilton residents to improve their health and wellness," said Bill Brennan, First Selectman.

Because these unique pieces of equipment use the exerciser's body mass for resistance, they may

be used by people of all ages and stages of physical fitness for cardiovascular and muscle strengthening workouts. The four machines are self-explanatory and easy to use. Exercisers do not have to adjust seats or change weight levels.

Wilton Family Y Director Bob McDowell commented, "We know that parents' behavior is a very strong role model for children and a goal of the equipment center is to encourage teens and adults to maintain good cardiovascular health through physical activity."

Additional information about health and fitness programs offered by Wilton Parks and Recreation may be found on the Town's website www.wiltonct.org or by calling the Parks and Recreation office at 203-834-6234.

Kathe and Leo Morin try out the new equipment available near the stadium concession stand.



U.S. Presidential Election--Tuesday, November 6, 6 a.m.-8 p.m.

The 2012 Presidential Election, including offices for U.S. Senate, Representative in Congress, State Senate, State Representative, and Registrar of Voters will take place on **Tuesday, November 6**, at all three polling places (listed below) from 6 a.m. to 8 p.m. Find your voting place—it might have changed this year!—and confirm your voter registration on the Wilton Registrars of Voters “Voter Look Up” page on the town website: <http://www.wiltonct.org/departments/Voter/voter2.asp>



Polling Places - Please note that the Miller Driscoll School is NOT a polling place.

District 1—Wilton High School Clune Center, 395 Danbury Road—serves the northern section of Wilton.

District 2—Cider Mill School Main Gym, 240 School Road—serves the Belden Hill and western section of Wilton

District 3—Middlebrook School Main Gym, 131 School Road—serves the south section and River Road areas of Wilton.

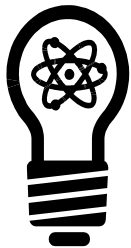
Parking for voters with disabilities will be marked at each polling place. For those unable to leave their vehicles due to a physical disability, curbside voting is available upon request. Please contact the Wilton Registrars of Voters office for information.

Absentee Ballots

If you are unable to vote at the polls between 6 a.m. and 8 p.m. on Election Day, absentee ballots are now available. You may obtain an application for an absentee ballot by downloading and printing a copy from the town website at <http://www.wiltonct.org/departments/Voter/voter5.html> or by calling the Town Clerk's office at 203-563-0106.

Questions? Contact Registrars of Voters Carole Young-Kleinfeld and Tina Gardner at 203-563-0111.

CONNECTICUT ENERGY ASSISTANCE PROGRAM (CEAP)



The Wilton Social Services Department is available to help you apply for assistance with your heating bills. Income guidelines for eligibility state that a single individual may earn no more than \$31,863; a couple's maximum income may not exceed \$41,667. 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 203-834-6238.

MEDICARE PART D APPOINTMENTS

THURSDAY, NOVEMBER 8, 10 A.M. TO 2 P.M.

Representatives from the Southwestern Connecticut Agency on Aging will be at the Comstock Community Center on November 8 from 10 a.m. to 2 p.m. to meet with individuals regarding the Medicare Part D prescription drug program. The open enrollment period this year for Medicare Part D is from October 15 to December 7. Take this opportunity to get the help you need to choose or change your prescription drug plan.

Appointments are available for any Medicare beneficiary who has Medicare Part A or Part B or both. You must book an appointment through Sharon Powers, 203-834-6238.

BECOME A HOSPICE VOLUNTEER!

Visiting Nurse & Hospice of Fairfield County offers a unique medical/holistic program of compassionate, at-home health care for people with terminal illnesses. Our goal is to enhance the quality of life for both the patient and the family so that each remaining day can be lived in dignity and grace.

Volunteers are an integral part of our hospice team. Volunteers provide essential family supports such as being empathic and non-judgmental listeners, providing respite time for weary caregivers or simply holding a hand. Each volunteer assignment is unique.

Volunteers are required to attend a five-class training course and are provided on-going support and supervision by the Volunteer Coordinator.

To register and schedule an interview, please contact Chris Urpin, Volunteer Coordinator, at 203-762-8958 ext. 316 or urpinc@visitingnurse.net

****Surviving family members must wait one year post death before serving as a hospice patient care volunteer.**



FLU VACCINATION CLINICS

Sponsored by Visiting Nurse & Hospice

Wilton YMCA, 404 Danbury Road
Saturday, November 3, 9 a.m. to 11 a.m.

Senior Center, 180 School Road
Tuesday, November 6 (Election Day)
10 a.m. to noon

Wilton Library, 137 Old Ridgefield Road
Friday, November 23, 10:30 a.m. to 12:30 p.m.
(the day after Thanksgiving)

Flu Info Line, 203-834-6341 ext. 444
www.visitingnurse.net

BLOOD PRESSURE SCREENINGS

Complimentary and open to the public.
***Conducted by a registered nurse from
Visiting Nurse & Hospice of Fairfield County***

Wilton Senior Center, 11 a.m. to noon
Thursdays, November 1 and December 6

Village Market, 12:30 p.m. to 2 p.m.
Tuesday, November 27

Wilton Family Y, 9 a.m. to 10:30 a.m.
Wednesdays, November 21 and December 19

Cholesterol Screening
Visiting Nurse & Hospice
761 Main Avenue, Suite 114, Norwalk

Tuesday, December 11
8:30 a.m. to 11:30 a.m. by appointment only

Includes total cholesterol, HDL, LDL, triglycerides and glucose. Simple finger stick with results within 10 minutes. Allow 30 minutes for your appointment. Fasting recommended, but not necessary. Please call 203-762-8958 ext. 221. Cost: \$25, cash or check.

CHRISTMAS HOLIDAY CELEBRATION

On Wednesday, December 19, the 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 Susan Kelly and Janet Nobles, as well as the Flute Choir conducted by Jennifer Ginsberg, will provide entertainment. Middlebrook's Student Council, coordinated by Bill Gerundo, will treat the participants to homemade delights. Reservations: 203-834-6240.

PARKS AND RECREATION NEWS

LUNCHEONS

The Parks and Rec Department will host a Thanksgiving luncheon on Friday, November 2, and a Holiday Luncheon on Friday, December 7. Both events take place from noon to 1:30 p.m. at the Comstock Community Center.

The cost is \$5. Reservations: 203-834-6234.

TRIPS

November 10, Cottrell Brewing Company, Pawcatuck, CT

December 8, A Day in New York City

See the Parks and Rec brochure at www.wiltonparksandrec.org for the specifics of each trip.

R.S.V.P. Holiday Boutique

Wednesday, November 7

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

Ogden House, 100 River Road, Wilton

Proceeds buy needed supplies for hand-crafted projects that are donated to the community. The public is encouraged to attend.

BOOK DISCUSSION with RAY RAUTH

at the Senior Center
Tuesday, November 27

THE SUN ALSO RISES by Ernest Hemingway

Awarded the Pulitzer Prize in 1953 and the Nobel Prize for Literature in 1954, Hemingway changed the style of American writing with his terse prose and short declarative sentences. *The Sun Also Rises*, which first appeared in 1926, tells the story of young American and British expatriates who, disillusioned by World War I, have been called the "lost generation." Weary of drinking and dancing in Paris, they go to the Spanish town of Pamplona for a week-long fiesta known for the running of the bulls and brutal bullfighting. As described in *The New York Times*, the book is "a heart-breaking narrative...a truly gripping story, told in lean, hard, athletic prose...magnificent." Discussion at 11:00 a.m.; lunch (\$3) at noon. Call 203-834-6240 for reservations.



Voting Transportation

The Wilton Republican Town Committee (203-515-6055) and the Wilton Democratic Town Committee (1-203-249-4030) will provide rides to the polls on Election Day for those who need transportation. Please call to make arrangements.

Eliminate Stress and Learn to Relax

To awaken the sleeping teacher inherent in all of us, learn the simple steps of self-hypnosis with Sonia Katz. In a recent interview, Ms. Katz explained: "It is a skill that can be easily understood and implemented. I have used this knowledge for over 40 years and want to share this with you. Join me for a workshop of fun and relaxation whatever your age or experience. This is a positive step to improving the quality of your life. After all, hypnosis is really focused concentration."



Ms. Katz studied hypnosis with Dr. Brian Weiss, author of *Many Lives, Many Masters*. Ms. Katz will teach you how to plant the proper suggestions in the unconscious mind to achieve a deep state of relaxation—and take control of your life.

Sessions take place on Thursdays, November 15 and 29 and December 6 and 13, at 2 p.m. in the Senior Center Lounge. Participants sit in chairs (straight back or sofa style) for the gathering. Fee: \$5 per class

Play Reading



Call the Senior Center at
203-834-6240 to register.

Monday, November 5, 12:30 p.m.

RICHARD III by William Shakespeare
(Acts IV and V)

After a civil war, England is enjoying a period of peace under King Edward IV. However, Edward's younger brother Richard resents Edward's power and the happiness of those around him. Bitter about his own physical deformity, malicious and power-hungry Richard aspires to the throne and decides to kill in order to become king. He begins his campaign for the throne using his intelligence and skills of deception and political manipulation. Richard's reign of terror causes the common people of England to fear and loathe him. He alienates the noblemen of the court; they defect in droves to join the forces of the Earl of Richmond who plans to invade England and to challenge Richard III for the throne.

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

THE SEAGULL by Anton Chekhov
(translated by Stark Young)

This is a classic story about Irina, a middle-aged and fading actress; Trigorin, a moderately popular author who realizes that he has failed to achieve greatness; and Irina's son who is lovesick over a pretty neighbor named Nina. Nina, however, is enchanted with the debonair Trigorin and is obsessed with becoming an actress. She runs off to the city with Trigorin. Nina bears Trigorin a child and becomes an actress. Then Trigorin deserts Nina. She returns home and again rejects Irina's pathetic son. The play careens to a sudden and tragic end.



BAPTIST CHURCH THANKSGIVING LUNCH

The Wilton Baptist Church at 254 Danbury Road will treat the town's senior citizens to a bountiful Thanksgiving luncheon on **Wednesday, November 14**. All are welcome! Beginning at 11:30 a.m. with hot cider, this will be the 36th year of this generous gift at no cost to Wilton seniors. The luncheon feast includes roasted turkeys, stuffing, sides dishes, dessert, and salad.

Reservations: call the Senior Center at 203-834-6240 by Monday, November 14. **Do not call the Baptist Church. Dial-A-Ride will be available. To schedule a ride call 203-834-6235.**

Laurel Ridge Health Center
642 Danbury Road (Rt. 7), Ridgefield

Free Memory Screening—For those concerned about memory loss, a private, confidential screening will be conducted at Laurel Ridge on **Tuesday, November 13, from 10 a.m. to 2 p.m.** by appointment only. Early detection is key in promoting overall cognitive wellness and an initial memory screening can uncover concerns about memory problems. The private screening will take 15 minutes and will assess basic memory and other cognitive functioning; the assessment may be used by your physician for proper diagnosis. Free and open to the public. Refreshments will be available. For more information or to schedule an appointment, call 203-438-8226.

“Aging and Beyond”—If you have questions about Medicare, Veterans’ benefits, or finances, you will not want to miss this panel discussion for adult children and seniors. On **Wednesday, Nov. 14, from 6 to 8 p.m.** Laurel Ridge will host a panel of experts who have in-depth knowledge about benefit evaluation, eligibility determination, asset retention, health care options, financial and retirement planning. Light dinner will be served. Free and open to the public. Please call 203-438-8226 to place your reservation.

Holiday Open House—Please celebrate the holidays at Laurel Ridge with food, fun music and holiday cheer at their annual Open House on **Sunday, December 16, from 2 to 4 p.m.** The event will feature arts and crafts, holiday trivia, music, door prizes and other special treats. Please make this part of your holiday tradition! For more information or to reserve, please call 203-438-8226.

Brookdale Place
99 Danbury Road, Wilton

The holidays are almost here again, and it won’t be long before we start feeling the stress of the season. Please join us on Wednesday, November 7, from 12:00 p.m. to 1:30 p.m., for a special lunch presentation on stress relief by VITAS Innovative Hospice Care, “Taking Care of Me: Stress Relief.” You’ll learn some valuable tips and pointers for getting through the season stress-free. Call Christy Perone at 203-761-8999 by November 5 to register.

Ogden House
100 River road, Wilton

Liz Wendell teaches gentle chair yoga every Tuesday from 2:00 p.m. to 3:00 p.m. in the Ogden House living room. The exercises focus on breathing and body movement while integrating mind and body through meditation. Drop in any day. Fee: \$3 per class. New students welcome. Call Ogden House at 203-762-8035 to sign up.

Ridgefield Visiting Nurse Association
90 East Ridge, Ridgefield

“Celebrate with Joy and Ease” is a presentation on new ways to celebrate the holidays when your life circumstances have changed. Judy Klinger, Occupational Therapist and Wellness speaker from RVNA, will also talk about appropriate and meaningful gift ideas for the family. She offers important sleep and diet strategies as well as ways to decrease your stress. The presentation will take place on Wednesday, December 12, 12:45 p.m. at Ogden House, 100 River Road.

Holiday Cooking Combo

Mark your calendar for a sweet date on **Tuesday, December 11, from 11:15 a.m. to 12:30 p.m.** at the Senior Center for a combination of culinary instruction and holiday cookie decorating.

Chef Ed Raposa will conclude his “Soup ‘n’ Sumpin’” series with an Italian cuisine. (Chef Ed’s November demonstration takes place on Tuesday, Nov. 13, 11:15 a.m.) Following Chef Ed’s demonstration, Bonnie Leavy-Mello, Marketing Director for Laurel Ridge Health Care Center of Ridgefield, will host the Cookie Decorating segment of the day’s luncheon. The cookies, decorative toppings, and icing are compliments of Laurel Ridge.

Join us while we listen to holiday music, enjoy lunch, and decorate cookies. Just bring your creativity! Reservations required: 203-834-6240.



Wilton Commons Under Construction

Wilton Commons is approximately forty percent complete. Expected move-in date is late winter 2013. During the past two months, public information sessions have been held at Traskside and Norwalk City Hall. Over 130 interested parties have attended these meetings.

There will be fifty-one 650-square-foot units available for occupancy. Each resident may expect:

- an attractive one-bedroom apartment
- on site staff with 24-hour emergency call
- secure access to the building
- daily social events and activities
- a fully-accessible apartment with common ground area.

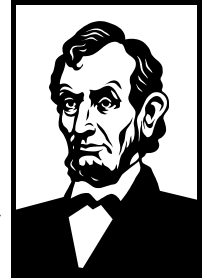
A proposal has been submitted to the Connecticut Department of Economic and Community Development to secure funding for the completion of phase two of Wilton Commons consisting of 23 units for a total complex of 74 apartments.

An office has been set up at Our Lady of Fatima Church for interviews, to answer questions, and to help with applications. To receive information, call the Wilton Commons message center at 203-487-3633 or visit Wilton Commons at www.WiltonCommons.org.

George Ciaccio

Abraham Lincoln Lectures

Open to the public at the Norwalk Community College, East Campus on Richards Avenue



Note: The following lectures are part of an ongoing November Lincoln Exhibition in the Baker Library at the College's East Campus, which is also worthwhile visiting.

Opening Celebration

Wednesday, November 7, 10:00 a.m. to 3:00 p.m.
Pepsico Theater, Norwalk Community College

10:00 a.m., Keynote Address by Michael Burlingame (University of Illinois, Springfield), author of *Abraham Lincoln: A Life*.

1:00 p.m., Academic Panel Discussion by Michael Burlingame, James F. Simon (New York University School of Law), and Manisha Sinha (University of Massachusetts, Amherst), moderated by J. Ronald Spencer (Trinity College).

Connecticut in the American Civil War: Slavery, Sacrifice, and Survival

Thursday, November 8, 10:00 a.m.
East Campus Forum Auditorium

One Book One Region talk by author Matthew Warshauer, Professor of History at Central Connecticut State University.

Lincoln, the Gettysburg Address, and the Transformation of the Civil War

Friday, November 9, 12:15 p.m.

East Campus, PepsiCo Theater: A Bring your Lunch and Learn event. A talk by Housatonic Community College historian David Koch, sponsored by Lifetime Learners Institute at NCC.



Wilton Commons, Fall 2012



NOVEMBER 2012

					Monday	Tuesday	Wednesday	Thursday	Friday
K E Y	OH	Ogden House	100 River Road	203-762-8035	All activities are held at the Senior Center unless otherwise noted.			1	2
	Y	Wilton Family Y	404 Danbury Road	203-762-8384				9:00 Enhance Fitness	9:30 Live Well
	WL	Wilton Library	137 Old Ridgefield Rd.	203-762-3950				10:00 Yoga	10:00 Jewelry Workshop
	G	The Greens	435 Danbury Road	203-761-1191				11:00 Wii Bowling	10:00 Move, Strengthen, and Stretch
	WM	Wilton Meadows	439 Danbury Road	203-834-0199				11-12 Blood Pressure Screening	12:00 Bridge
	VM	Village Market	Old Ridgefield Road	203-762-7283				12:00 Lunch	12:00 Parks and Rec
	VNH	Visiting Nurse & Hospice	761 Main Ave., Norwalk	203-762-8958				12:45 Bingo	Thanksgiving Lunch
	LR	Laurel Ridge Health Care	642 Danbury Rd., Rdgfld	203-438-8226				1:30 Mah Jongg	1:30 Beginner Bridge
	BP	Brookdale Place	99 Danbury Road	203-761-7999					1:30-3 Free Sr Swim Y
	SAHW	Stay at Home in Wilton							
	All activities are held at the Senior Center unless otherwise noted.								
5						6 Election Day	7	8	9
9:15 Enhance Fitness						10-12 Flu Clinic	10:00 Tai Chi	10-2 Medicare Part D Appointments	10:00 Move, Strengthen, and Stretch
10:30 Line Dancing						10:30 Pool/Billiards	11-1 RSVP Craft Boutique OH	9:00 Enhance Fitness	12:00 Bridge
11:30 Coffee and...						11:00 Yoga	12:00 Duplicate Bridge	10:00 Yoga	1:30 Beginner Bridge
12:00 Movie, Wild Guitar						12:00 Garden Club Lunch and Activity	12:00 Lunch OH	11:00 Wii Bowling	1:30-3 Free Sr Swim Y
12:30 Play Reading with Andrea						2:00 Chair Yoga OH	Program: Hoot Owls	12:00 Lunch	
							12:00 Taking Care of Me BP	12:45 Bingo	
							1:30 Mah Jongg	5:30 Social Services Commission	
12						13	14	15	16
9:15 Enhance Fitness						9:30 Computer Fundamentals	9:30 Computer Fundamentals	9:00 Enhance Fitness	10:00 Move, Strengthen, Stretch
10:30 Line Dancing						10-2 Memory Screening LR	10:00 SWCAA Advisory Council Meeting	10:00 Yoga	10:30 Sketching and Painting with Viola
11:30 Coffee and...						11:00 Yoga	10:00 Writers	11:00 Wii Bowling	12:00 Bridge
12:00 Movie, Against a Crooked Sky						11:15 Cooking with Chef Ed	10:00 Tai Chi	12:00 Lunch	12:00 Bridge
						1:00 Comstock Knitters and Crafters	10:00 Duplicate Dan	12:45 Bingo	1:30 Beginner Bridge
						2:00 Mah Jongg	12:00 Thanksgiving Lunch -Baptist Church	2:00 Eliminate Stress	1:30-3 Free Sr Swim Y
						2:00 Chair Yoga OH	1:30 Mah Jongg		
							6:00 Aging & Beyond LR		
19						20	21	22	23
9:15 Enhance Fitness						9:30 Memoir Research	9-10:30 Blood Pressure Screening Y	Thanksgiving Day Senior Center Closed	10:30-12:30 Flu Clinic WL
9:30 Memoir Research						11:00 Yoga	10:00 Tai Chi		Senior Center Closed
10:30 Line Dancing						12:00 Duplicate Bridge	10:00 Duplicate Dan		
11:30 Coffee and...						2:00 Chair Yoga OH	1:30 Mah Jongg		
12:00 Movie, Wacky Taxi						3:00 SAHW Meets			
26						27	28	29	30
9:15 Enhance Fitness						10:30 Pool/Billiards	9-10:30 Blood Pressure Screening Y	9:00 Enhance Fitness	10:00 Move, Strengthen, Stretch
10:30 Line Dancing						11:00 Yoga	9:30 Card Stamping	10:00 Yoga	12:00 Bridge
11:30 Coffee and...						11:00 Book Discussion	9:30 RSVP	11:00 Wii Bowling	1:30 Beginner Bridge
12:00 Movie, Rhythm and Blues Revue						12:00 Lunch	10:00 Writers	12:00 Lunch	1:30-3 Free Sr Swim Y
1:00 Comstock Knitters and Crafters						12:30 Mah Jongg	10:00 Tai Chi	12:45 Bingo	
						12:30-2 Blood Pressure Screening VM	10:00 Duplicate Dan	2:00 Eliminate Stress	
						2:00 Chair Yoga OH	12:00 Lunch OH		
							12:45 Program: The Gentleman Songsters		
							1:30 Mah Jongg		



DECEMBER 2012

Monday	Tuesday	Wednesday	Thursday	Friday
3 9:15 Enhance Fitness 10:30 Line Dancing 11:30 Coffee and... 12:00 Movie, Lay that Rifle Down 12:30 Play Reading with Andrea	4 9:30 Getting Around the Internet 10:30 Pool/Billiards 11:00 Yoga 12:00 Garden Club Lunch and Activity	5 10:00 Tai Chi 10:00 Writers 12:00 Duplicate Bridge 12:00 Lunch OH Program: Treblemakers 1:30 Mah Jongg	6 9:00 Enhance Fitness 10:00 Yoga 11-12 Blood Pressure Screening 12:00 Lunch 12:45 Bingo 2:00 Eliminate Stress	7 10:00 Jewelry Workshop 10:00 MSS 12:00 Bridge 12:00 Parks and Rec Holiday Lunch 1:30 Beginner Bridge 1:30-3 Free Sr Swim
10 9:15 Enhance Fitness 9:30 Beyond Beginners Word 10:30 Line Dancing 11:30 Coffee and... 12:00 Movie, Black Tights	11 8:30 Cholesterol Screening VNH (appt. only) 9:30 Beyond Beginners Word 11:00 Yoga 11:15 Cooking with Chef Ed and Cookie Decorating with Bonnie 1:00 Comstock Knitters and Crafters 2:00 Chair Yoga OH	12 10:00 Tai Chi 10:00 Duplicate Dan 12:00 Lunch OH Program: Celebrate with Joy and Ease 1:30 Mah Jongg	13 9:00 Enhance Fitness 9:30 Picasa workshop 10:00 Yoga 11:00 Wii Bowling 12:00 Lunch 12:45 Bingo 2:00 Eliminate Stress 5:30 Social Services Commission	14 10:00 Move, Strengthen, Stretch 12:00 Bridge 1:30-3 Free Sr Swim Y
17 9:15 Enhance Fitness 10:30 Line Dancing 11:30 Coffee and... 12:00 Movie, It's a Wonderful Life	18 10:30 Pool/Billiards 11:00 Yoga 12:00 Duplicate Bridge 2:00 Chair Yoga OH	19 9-10:30 Blood Pressure Screening Y 9:30 RSVP 10:00 Tai Chi 10:00 Writers 10:00 Duplicate Dan 12:00 Lunch OH Program: Firefighters Lunch/Middlebrook Singers 1:30 Mah Jongg	20 9:00 Enhance Fitness 10:00 Yoga 11:00 Wii Bowling 11:45 Wilton Senior Council	21 10:00 Move, Strengthen, Stretch 10:30 Sketching and Painting with Viola 12:00 Bridge 1:30-3 Free Sr Swim Y
24 Senior Center Closed	25 Christmas Senior Center Closed	26 10:00 Tai Chi 10:00 Duplicate Dan 1:30 Mah Jongg	27 9:00 Enhance Fitness 10:00 Yoga	28 10:00 Move, Strengthen, Stretch 12:00 Bridge 1:30-3 Free Sr Swim Y
31 Senior Center Open 9:15 Enhance Fitness 10:30 Line Dancing 11:30 Coffee and... 12:00 Movie, Sunny	January 1, 2013 New Year's Day Senior Center Closed	January 2, 2013 10:00 Tai Chi 10:00 Duplicate Dan 12:00 Lunch OH 1:30 Mah Jongg	January 3, 2013 9:00 Enhance Fitness 10:00 Yoga 11-12 Blood Pressure Screening 12:00 Lunch 12:45 Bingo	January 4, 2013 10:00 Jewelry Workshop 10:00 Move, Strengthen, Stretch 12:00 Bridge 1:30-3 Free Sr Swim

CMA* ALERT

Making Sense of Medicare's Preventive Service Benefits

*Center for Medicare Advocacy, Inc.

With the Balanced Budget Act of 1997 (BBA1997), Congress began an expansion of preventive benefits and services available through Medicare. The Medicare Modernization Act of 2003 (MMA) added additional preventive services. The Medicare Improvements for Patients and Providers Act of 2008 (MIPPA) made refinements to Medicare's preventive services. Finally, the Patient Protection and Affordable Care Act of 2010 (ACA) further expanded Medicare-covered preventive services and removed the co-pay for most of them. Understanding the criteria for accessing preventive benefits is tricky, particularly as there are often frequency limitations, condition constraints, and age and gender restrictions.

The Centers for Medicare & Medicaid Services (CMS) website (www.cms.gov) has a list of Questions & Answers commonly associated with understanding Medicare's preventive services. In addition, CMS has a useful chart, part of its MedLearn Series, which provides an overview of preventive services, relevant billing codes, categories of beneficiaries covered, frequency of coverage, and any beneficiary cost-sharing. Below we highlight key preventive services associated with the congressional acts noted above.

Preventive Services and the Balanced Budget Act of 1997

- **Annual Mammogram** for women age 40 and over (deductible does not apply).
- **Annual Pap Smears and Pelvic Exams** for beneficiaries considered at high risk or following an abnormal Pap smear; for women not in these groups, coverage is for Pap smears and pelvic exams once every two years (deductible does not apply).
- **Prostate Cancer Screening** annually for men over age 50.
- **Colorectal Cancer Screening** tests for beneficiaries age 50 and older. There is no minimum age for having a screening colonoscopy. Fecal occult blood tests are covered annually; flexible sigmoidoscopy is generally covered every 48 months (or every 120 months when used instead of a colonoscopy for those not at high risk); screening colonoscopy is covered every 120 months or every 24 months for those at high risk; and barium enemas are covered every 48 months (or every 24 months for those at high risk) when used instead of sigmoidoscopy or colonoscopy. The Part B related deductible for colorectal screenings was eliminated by the Deficit Reduction Act of 2005 (DRA), effective January 1, 2007.

- **Outpatient Diabetes Self-Management Training Services, Blood Testing Strips, and Monitors.**
- **Medical Nutrition Therapy Services** for beneficiaries who have diabetes or renal disease who have not received diabetes outpatient self-management training services within a time period determined by the Secretary, are not receiving maintenance dialysis for which Medicare payment is being made, and who meet such other criteria determined by the Secretary.
- **Bone Mass Measurements** once every two years for qualified high-risk individuals.
- **Glaucoma Screening** for individuals determined to be at high risk for glaucoma, individuals with a family history of glaucoma, and individuals with diabetes.
- **Tele-Health Services** when a beneficiary resides in a rural county designated as a health professional shortage area and where other criteria are met.
- Services not otherwise described that identify medical conditions or risk factors as the Secretary determines.

MIPPA Modifications (2008)

- **Preventive Physical Exams.** When initially enacted, the law stated that this exam was for an initial physical exam performed no later than six months after the individual's initial date of coverage under Part B. MIPPA, however, changed the time period for this exam to 12 months after the initial date of coverage under Part B, effective January 1, 2009. The term "initial preventive physical examination" means physicians' services consisting of a physical examination (including measurement of height, weight, and blood pressure, and an electrocardiograph) with the goal of health promotion and disease detection and includes education, counseling, and referral with respect to screening and other preventive services described in MIPPA Section 611(b)(2) but does not include clinical laboratory tests.
- **Cardiovascular Screening Tests.** This is a blood test for the early detection of cardiovascular disease. The tests can only be performed once every two years. The provision was effective on January 1, 2005.
- **Diabetes Laboratory Diagnostic Tests.** The tests include fasting plasma glucose tests as well as other tests and modifications. Coverage of the tests applies to individuals at risk of diabetes or who have any combination of the following: hypertension; dyslipidemia; obesity (body mass index greater than or equal

to 30kg/m²; previous identification of an elevated impaired glucose tolerance; a risk factor consisting of at least two of the following characteristics: overweight (body mass index greater than 25, but less than 30 kg/m²); a family history of diabetes; a history of gestational diabetes mellitus or delivery of a baby weighing greater than 9 pounds; or being 65 years of age or older.

- **Abdominal Aortic Aneurysm Screening.** In addition, note that the DRA adds coverage for this screening test as part of the "Welcome to Medicare" physical exam for certain Medicare beneficiaries as of January 1, 2007, and eliminates the Medicare Part B Premium for this screening test.
- **Screening for Depression in Adults.** Coverage is available in primary care settings that have staff-assisted depression care supports in place to assure accurate diagnosis, effective treatment, and follow-up.
- **Screening and Behavioral Counseling Interventions in Primary Care to Reduce Alcohol Misuse.** CMS will cover up to four brief, face-to-face, behavioral counseling interventions per year for Medicare beneficiaries, including pregnant women. Covered are those beneficiaries who misuse alcohol, but whose levels or patterns of alcohol consumption do not meet criteria for alcohol dependence; who are competent and alert at the time that counseling is provided; and whose counseling is furnished by qualified primary care physicians or other primary care practitioners in a primary care setting.

Preventive Services and the Affordable Care Act

- **Annual Wellness Visit.** Effective January 1, 2011, Medicare beneficiaries are entitled to an annual Wellness Visit which includes the development of a personalized prevention plan, based on an individualized health risk assessment prior to, or as part of, the visit with a health care professional (physician, health educator, registered dietitian, or nutrition professional or a team of professionals). The Wellness Visit is not an annual physical, but should include the following:
 - The assessment should establish or update medical and family history; list current providers and suppliers that are regularly involved in providing medical care to the individual (including a list of prescribed medications); record height, weight, body mass index (or waist circumference, if appropriate), blood pressure, and other routine measurements; and indicate any cognitive impairment.
 - Establish a screening schedule for the next five to ten years, as appropriate, based on recommendations of the United States Preventive Services Task

Force and the Advisory Committee on Immunization Practices, and the individual's health status, screening history, and age-appropriate preventive services.

- **One Time Only "Welcome to Medicare" Physical Exam.** A "Welcome to Medicare" check-up or "initial physical examination" is available to beneficiaries once, within 12 months of their becoming covered under Medicare Part B.
 - The exam consists of a physical examination, including measurement of height, weight, and blood pressure, and an electrocardiograph, with the goal of health promotion and disease detection.
 - The exam also includes education, counseling, and referral with respect to screening and other preventive services, although it does not include clinical laboratory tests.
 - Each beneficiary is entitled to only one "Welcome to Medicare" check-up. Annual exams are not covered.
- **ACA eliminated cost-sharing** (including no deductibles and/or copayments) for most of the preventive services covered under Medicare, effective January 1, 2011:
 - Mammograms every 12 months for eligible beneficiaries age 40 and older;
 - Colorectal cancer screening, including flexible sigmoidoscopy or colonoscopy;
 - Cervical cancer screening, including a Pap smear test and pelvic exam;
 - Cholesterol and other cardiovascular screenings;
 - Diabetes screening;
 - Medical nutrition therapy to help people manage diabetes or kidney disease;
 - Prostate cancer screening (for most codes);
 - Annual flu shot, pneumonia vaccine, and the hepatitis B vaccine;
 - Bone mass measurement;
 - Abdominal aortic aneurysm screening to check for a bulging blood vessel;
 - HIV screening for people who are at increased risk or who ask for the test;
 - Smoking cessation counseling. Wellness Visit/ Personal Prevention Plan.

Preventive Service Benefits

Note: CMS indicates that the following Medicare-covered preventive services will continue to be subject to cost-sharing:

- Digital rectal examination furnished as a prostate cancer screening service;
- Glaucoma screening;
- Diabetes self-management training services;
- Barium enema furnished as a colorectal cancer screening.

Preventive Services in Medicare Advantage Plans

With the exception of hospice care, **Medicare Advantage plans are required to provide all items and services that are covered under Medicare Part A and Part B.** Thus, Medicare Advantage plans are required to offer the new Annual Wellness Visit to their enrollees. Medicare Advantage plans are allowed to impose different cost-sharing than Part A and Part B, as long as the cost-sharing is actuarially equivalent to cost-sharing under traditional Medicare.

While many Medicare Advantage plans have traditionally eliminated cost-sharing for preventive benefits under their authority to offer an actuarially equivalent benefit package, some have not. CMS has issued regulations that prohibit plans from charging deductibles, copayments, or coinsurance for in-network Medicare-covered preventive services, as specified by CMS on an annual basis, effective January 2012.

Conclusion

Medicare's expanding array of preventive services appropriately emphasizes prevention and wellness. However, as the rules have been added to an existing program over time, the institution of new services has a "patch-work" feel. In addition, as medical practice criteria shift and best practice paradigms are established, frequency limitations often change. It is thus important to review both coverage and frequency of use criteria regularly. To do so, check the CMS Q&As on preventive services, and the list of preventive services for which cost-sharing has been eliminated.

For further discussion, please contact, Alfred J. Chiplin (achiplin@medicareadvocacy.org) in the Center for Medicare Advocacy's Washington, DC office at (202) 293-5760.

The above text in its entirety may be found at www.medicareadvocacy.org.

COMSTOCK COMPUTER LEARNING CENTER

180 School Road

Call Andrea Ragusa 203-762-8445 to register.

Classes from 9:30 a.m. to 11:30 a.m.

Computer Fundamentals (PC users only)

This introductory course is for those with limited or no computer experience who would like to test the waters. This is excellent preparation for Beyond Beginners Word 2007/2010. Taught by Andrea Ragusa; Nov. 13 and 14; \$30.

Picasa Photo Workshop (PC users only)

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. "Picasa" is a blend of the name of Spanish painter Pablo Picasso, the phrase *mi casa* for "my house," and "pic" for pictures. Taught by Bill Brautigam; Dec. 13; \$20.

Organize Your Memoir Research and Prepare it for Publication (PC users only)

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; Nov. 19 and 20; \$30.

Getting Around The Internet: Age 50+ (PC users only)

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; Dec. 4, \$20.

Beyond Beginners Word 2007/2010 (PC users only)

Word 2007/2010 has a different appearance from the previous Word version you may have been using. The familiar toolbars and menus from previous versions of Word are gone! You will learn how to do the same things you've always done such as entering, changing, deleting, copying, pasting, underlining, aligning, saving, bulleting, and numbering in a Word 2007/2010 environment. Taught by Catherine Myers; Dec. 10 and 11, \$30.

REALTY SEVEN, INC.



*Printing costs for this issue have
been underwritten by*

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

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

The Wilton Kiwanis Club and the Wilton Rotary Club
jointly present

BEATLEMANIA

STAGE SHOW

for the benefit of the
Wilton Food Bank and Wilton Warm-Up Fund

Saturday, December 1, 8:00 p.m.

Clune Center for the Arts at Wilton High School

*A live performance of your favorite Beatles songs
for all generations*

Tickets available at the Wilton Bank and the Fairfield
Country Bank's Wilton Branch or online at
www.wiltonkiwanis.org.

General admission \$35
Preferred seating \$50

For Dial-A-Ride transportation,
please call 203-834-6235.

GUIDE TO SENIOR SERVICES

Catherine Pierce203-834-6238
Director, Social Services, and Municipal Agent for the Elderly

Lauren Hughes203-834-6238
Coordinator, Senior Services

Lizabeth Doty203-834-6240
Coordinator, Senior Activities

Andrea Ragusa203-762-8445
Comstock Computer Learning Center

Sharon Powers203-834-6238
Office Assistant

Meals-on-Wheels203-762-0566

Dial-A-Ride203-834-6235

Town-to-Town203-299-5180

FISH (medical transportation)203-834-3737

AARP203-866-0435

RUOK (Are You OK?) 203-834-6238 or 834-6260

Visiting Nurse & Hospice of Fairfield County....
.....203-762-8958

Parks and Rec Department203-834-6234

Wilton Family Y203-762-8384

Wilton Library203-762-3950