



CORRIDORS

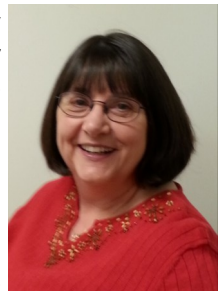
NOVEMBER
DECEMBER
2014

You Have CHOICES!

What is CHOICES? CHOICES helps Connecticut's older adults and other people with Medicare understand their Medicare and health care options. Our goal is to help you make informed health insurance decisions and to help prevent, detect and report health-care fraud and abuse. We provide INFORMATION (free of charge) on Medicare, Medigap, Medicare Managed Care, Medicaid, Long Term Care Insurance and other related state & federal programs. We also provide community outreach, information and referral services on a wide variety of topics.

Wilton resident Ellen Abend recently completed CHOICES training through the Southwestern Connecticut Agency on Aging and is now a volunteer counselor with the Wilton Social Services Department helping people with Medicare understand their insurance and health care options. Ellen is an RN with a master's degree in health education from SUNY Cortland. She

retired from Cornell University in 2011 after working for over 25 years as a Cooperative Extension health/safety educator, an injury prevention specialist, and the New York State Extension Disaster Education Coordinator. After retiring, Ellen and her husband relocated to Wilton from upstate New York to be closer to family.



Ellen Abend

Information is available from CHOICES counselor Ellen Abend or from CHOICES headquarters at 800-994-9422. You can make an appointment with Ms. Abend by calling Cathy Pierce or Lauren Hughes of Wilton Social Services at 203-834-6238. The [CHOICES](#) Program (Connecticut's programs for Health insurance, Outreach, Information and Eligibility Screening) is designated as the official State Health Insurance Program (SHIP).

WILTON CAREER FIRE FIGHTERS HOST LUNCHEON



BJ Locher and her fire fighter son, Jeff Locher, pose during a holiday luncheon.

On Wednesday, December 17, at noon the Wilton Career Fire Fighters Local 2233 will serve a turkey dinner with all the trimmings at an 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 the Wilton Woman's Club, under the direction of Marcia Gillespie, will prepare the meal, compliments of the fire fighters. Guests are encouraged to come early to socialize. The Middlebrook Singers 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 and Tom Koch, will treat the participants to home-made delights. Reservations: 203-834-6240.

Coping with Loss during the Holidays

If you are seeking support and coping strategies to make it through the holiday

season, you are invited to attend a one-hour workshop and/or a multi-week support group for adults grieving the loss of a loved one. The sessions will be held at Visiting Nurse & Hospice offices at I-Park, 761 Main Avenue, Norwalk. Three one-hour workshops are available on Thursday, November 6. Choose from 8:00 a.m. to 9:00 a.m., 12:00 p.m. to 1:00 p.m., or 6:00 p.m. to 7:00 p.m. The six-week support group meets every Thursday, November 13 through December 18, from 11:00 a.m. to 12:30 p.m. or from 6:00 p.m. to 7:30 p.m.

Patient Support Volunteers

Volunteers are an integral part of the support care provided by Visiting Nurse and Hospice. Volunteers provide essential family support as empathic and non-judgmental listeners, providing respite time for weary caregivers or simply holding a hand. Each volunteer assignment is unique. The next training for patient support volunteers will take place on December 1, 2, and 3 from 10:00 a.m. to 11:30 a.m. at the VNHFC offices. Contact Laurie Petrasanta, Volunteer Coordinator, at 203-762-8958 ext. 316 or lpetrasanta@visitingnurse.net to register.

BLOOD PRESSURE SCREENINGS

Complimentary and open to the public.

***Conducted by a registered nurse from
Visiting Nurse & Hospice of Fairfield County***

Wilton Senior Center, 180 School Road

11 a.m. to noon

Thursdays, November 6 and December 4

Village Market— No clinics during November and December because of the holidays.

Wilton Family Y, 404 Danbury Road

12:30 p.m. to 2:00 p.m.

Thursdays, November 13 and December 11

NEW

Wilton Health Department

238 Danbury Road (Town Hall Annex)

9:30 a.m. to 11:00 a.m. and 2:30 p.m. to 4:00 p.m.

Mondays, November 10 and December 8

ESSENTIAL ADVICE FOR SENIORS

by Melody Matheny Orpen, RN, BSN

The boomers are coming, the boomers are coming! That means approximately 10,000 boomers turn 65 every day... one new boomer every eight seconds.

With that in mind, here are some tips for healthy "boomeraging!"

Quit smoking. Chronic obstructive pulmonary disease (COPD) is the third leading cause of death.

Keep active. Exercise or being active improves weight, bone health, and physical looks and reduces stress. Sleep quality improves. Risk of falls and injuries related to falls/near falls decreases.

Eat well. Vary your diet. Increase protein and control carbs and sweets. You want to protect your muscle mass. Minimize salt and use herbs to flavor foods. Avoid fried foods. Eating well decreases risk for osteoporosis, heart disease, obesity, diabetes, and hypertension.

Healthy weight. When you are overweight your risk of heart disease, diabetes, pain related to osteoarthritis and hypertension increases.

Prevent falls. Check your home for fall risks. Provide adequate lighting. Wear shoes with good support. Walking barefoot increases your risk of falls. (See pg. 10, "The High Costs and Risks of Falls.")

Immunizations/screenings. Keep track of your immunizations. Get an annual flu vaccine. Check with your medical provider regarding pneumonia, shingles, and tetanus vaccines. Memory, depression and cholesterol screenings are available.

Take care of your skin. Hydration is important. Six to eight 8-oz. glasses of water a day. As you get older the skin is thinner, drier and less elastic. Be screened for skin cancers.

Checkups. Don't forget to keep medical, dental, vision, and hearing appointments.

Stress management. Deep breathing, volunteering, listening to music, going for a walk or meditating can help you control stress.

Maintain relationships. Isolation can lead to increased illness and decreased sense of well-being. Even if you can't get out (bad weather or lack of transportation) call a friend and chat about old times.

**AVOID THE FLU!
GET VACCINATED
BEFORE FLU SEASON**

Sponsored by Visiting Nurse & Hospice

- ♦ Flu clinics are open to the public. No appointment is necessary.
- ♦ Anyone three years of age or older may receive a seasonal flu vaccine.
- ♦ Persons under age 18 must be accompanied by a parent or legal guardian.
- ♦ The vaccine cost is \$42. Cash, check, Medicare Part B, Aetna, and Anthem will be accepted as payment. You must bring your insurance card with you.
- ♦ Pneumonia vaccine will also be available to adults age 65 or older who have not previously received pneumonia vaccine since attaining age 65. The cost is \$80 and is billable to Medicare Part B.

Senior Center, 180 School Road
Tuesday, November 4 (Election Day)
10:00 a.m. to 11:30 a.m.

Wilton Baptist Church, 254 Danbury Road
Friday, November 7
9:00 a.m. to 12:00 p.m.

Wilton Library, 137 Old Ridgefield Road
Saturday, November 8
10:00 a.m. to 11:30 a.m.

Visiting Nurse & Hospice offices
I-Park, 761 Main Avenue, Norwalk
Wednesday, November 5, 12, 19 and 26
3:00 p.m. to 5:00 p.m.

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

MEDICARE PART D APPOINTMENTS

This year open enrollment for Medicare Part D began October 15 and ends December 7. On Thursday, November 6, representatives from the Southwestern Connecticut Agency on Aging will be at the Senior Center meeting with any Medicare beneficiary who has Medicare Part A or Part B or both. November is the time to get the help you need **to choose or change** your prescription drug plan. Schedule an appointment through Sharon Powers, 203-834-6238.

**Election Day
Tuesday, November 4, 6 a.m.-8 p.m.**

The 2014 Gubernatorial Elections will take place on **Tuesday, November 4**, for Governor/Lieutenant Governor, Representative in Congress, State Senate, State Representative, Secretary of the State, Treasurer, Comptroller, Attorney General, and Judge of Probate at all three Wilton polling places from 6 a.m. to 8 p.m. Find your polling place 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 at 203-563-0111.

Election Day Registration

For Wilton residents who are eligible to vote and have delayed registering, Election Day registration is available at Town Hall from 6 a.m. to 8 p.m. Voters should bring positive proof of identity and residence, such as a current and valid photo ID showing their Wilton address.

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.



Book Discussion
with Ray Rauth
at the Senior Center
Tuesday, November 25
ALL QUIET ON THE WESTERN FRONT
by Erich Maria Remarque

As we in 2014 observe the hundredth anniversary of the start of World War I, this classic novel of WWI, written from the German perspective, demands to be read. The book does not focus on the heroic stories of war but gives a view of the conditions which the soldiers must endure. The author, whose real name was Erich Paul Remark, was conscripted into the German Army at age 18 and sent to the Western Front in 1917. As Remarque states at the beginning, "This book is to be neither an accusation nor a confession, and least of all an adventure, for death is not an adventure to those who stand face to face with it. It will try simply to tell of a generation of men who, even though they may have escaped shells, were destroyed by war." Discussion at 11 a.m.; lunch (\$3) at noon. Call 203-834-6240 for reservations.

**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 19. All are welcome! Beginning at 11:30 a.m. with hot cider, this will be the 38th year of this generous gift at no cost to Wilton seniors. The luncheon feast includes roasted turkey, stuffing, side dishes, dessert, and salad.

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



Stay at Home in Wilton

All Wilton men are invited to Orem's Diner, 167 Danbury Road, on November 10 and December 8 at 9:00 a.m. for a great breakfast and even greater company. For more information on Stay at Home in Wilton membership or volunteering, please contact Janet Johnson, Executive Coordinator, at 203-762-2600. www.stayathomeinwilton.org.

Ogden House Chair Yoga



Liz Wendell will teach gentle chair yoga on Tuesdays, 2 p.m. to 3 p.m. Fee: \$3 per class. To register for the class, please call Betty at 203-762-8035.



**Play Reading
at the Senior Center**

Monday, November 3, 12:30 p.m.
THE PANIC BROADCAST OF 1938
by Michael Druce

It is a Sunday evening the night before Halloween in Misty Valley, Pennsylvania. Margie and June are waiting in the park for June's boyfriend to get off from work. The girls unexpectedly meet Tom and Hank, two young men from the circus train which just pulled into town. Margie and Tom take an immediate liking to each other; Margie senses an opportunity to leave town. The rest of the nation learns about a Martian invasion, courtesy of the radio broadcast *War of the Worlds*. As word of the invasion reaches Misty Valley, panic ensues. A prized Holstein is shot; Tom and Hank are arrested and accused of being Martians; and a giant Martian appears on the scene.

Monday, December 1, 12:30 p.m.
THE PIANO LESSON
by August Wilson

In 1990 The Piano Lesson received the Drama Desk Award for Outstanding Play, the New York Drama Critics' Circle Award for Best Play, and the Pulitzer Prize for Drama. Set in 1936 Pittsburg, the action takes place in the house of Doaker Charles. A 137-year-old upright piano, decorated in the manner of African sculpture, dominates the parlor. Willie, Doaker's nephew, arrives intending to sell the piano and use the money to buy the land his ancestors once worked as slaves. Willie's sister does not want to sell the piano which she sees as their legacy. Follow August Wilson's spell-binding and haunting portrayal of the family conflict and dilemma, involving symbols of the past.

Copies of the play are available in advance in the Senior Center Café. To register, call 203-834-6240.



*Coming up! The
most entertaining
months of the year!*

Holidays, friendship, and entertainment! Join us for these free events at The Greens at Cannondale, 435 Danbury Road. Call 203-761-1191 for more information.

Sunday, November 2, 3 p.m.
Sing-a-long with Cantor Deborah Katchko-Gray

Sunday, November 9, 2 p.m.
Piano recital with students of Fairfield County Music Teachers

Saturday, November 15, 2 p.m.
History of Veteran's Day with Mark Albertson

Sunday, November 30, 3 p.m.
Entertaining Sounds: Piano and vocals with John Gould

Saturday, December 6, 2 p.m.
Choral performance by Camerata d'Amici Chorus

Sunday, December 7, 3 p.m.
Sing-a-long with Eric Lipper, guitar and vocals

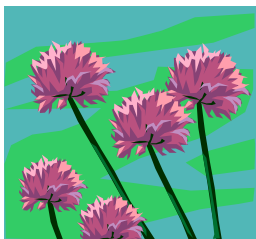
Sunday, December 21, 3 p.m.
Holiday Sounds with Chuck Mahoney

Community Health Series

Dinner, 5:30 p.m.; Presentation, 6:15 p.m.

Wednesday, November 5
"Nutrition and You"

Barbara Schmidt, MS, RDN, Nutrition Lifestyle Specialist with Norwalk Hospital, will discuss the importance of healthy eating. She will offer invaluable advice in the form of the three P's: planning, practicing, and perseverance.



Wednesday, November 12
"Plants That Clean the Air"
Jeffrey Eleveld, Certified Horticulture Therapist, will focus on the need for plants in the home and their positive therapeutic effects.

Wilton Meadows Bingo Luncheon



On Thursday, November 13, at 11:30 a.m., Wilton Meadows Health Care, 439 Danbury Road, will host a complimentary lunch and bingo at their site. Gift card prizes are provided by Wilton Meadows. Space is limited; reservations: 203-834-6240.

PARKS AND RECREATION LUNCHEON



A holiday luncheon will take place on Friday, December 5, from 12:00 p.m. to 1:30 p.m. at the Comstock Community Center. The cost is \$5. Reservations: 203-834-6234.

NEW The Greens Holiday Lunch, Trivia, and Music

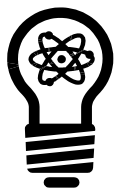
The Greens at Cannondale is hosting a holiday lunch on Friday, December 19, at 12:00 p.m. in the Senior Center café. After this complimentary lunch, trivia contests will precede a holiday music songfest with Pat Spenser at the keyboard. Space is limited; reservations: 203-834-6240.

Laurel Ridge Holiday Tea Cup Luncheon

Mark your calendar for a sweet date on Monday, December 22, at noon for the second annual Holiday Tea Cup Luncheon sponsored by Laurel Ridge Health Care. Bring your own tea cup and saucer and get it filled with delicious treats just in time for the holidays. Bonnie Leavy-Mello, Marketing Director for Laurel Ridge Health Care Center of Ridgefield, will host this complimentary luncheon at the Senior Center. Following the luncheon "It's a Wonderful Life" will play in the lounge.



Join us while we listen to holiday music, enjoy lunch, and "fill a tea cup!" Space is limited; reservations required 203-834-6240.



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 \$32,515; a couple's maximum income may not exceed \$42,519. Income includes wages, social security, pension, rental income, child support and interest.

There is also a liquid assets test. Liquid assets include checking, savings, CDs, stocks/shares, bonds, annuities, certificates of deposit and individual retirement account. The purpose of the liquid assets test is to try to ensure that winter heating assistance dollars go to households most in need; that is, to people without the financial means to heat their home. For homeowners, the first \$10,000 in liquid assets, and for other households, the first \$7,000 in liquid assets, is disregarded. Any amount over that limit, when added to the annual gross income, must be below the income guidelines.

The program officially begins November 1. For more information or to schedule an appointment, call Social Services at 203-834-6238. New documentation is required each year.

GUIDE TO SENIOR SERVICES

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

Lauren Hughes203-834-6238
Coordinator, Senior Services

Patricia Kapsinow203-834-6238
Benefits Counselor

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

Stay at Home in Wilton203-762-3950

Joyful Aging

Tuesday, November 11

9:00 a.m. to 10:30 a.m.

in the Senior Center Dance Studio

Would you like to...

- Be more PLAYFUL?
- Feel more ALIVE?
- Feel LIGHTER in body and mind?

In this workshop you will...

- explore what makes you feel young at heart
- identify what could be draining your energy
- learn simple techniques to strengthen your spirit



Denise O'Hearn

These yoga workshops are for you! No yoga experience is necessary. Fee: \$25 per class. Space is limited. Reserve your place now at 203-834-6240.

www.vibrantmoves.com

Balanced Aging

Tuesday, December 9

9:00 a.m. to 10:30 a.m.

in the Senior Center Dance Studio

Would you like to...

- feel NOURISHED in body, mind and spirit?
- become more RESILIENT?
- feel STRONG and STEADY?

In this workshop, you will...

- learn simple, easy and effective techniques to lift your energy and mood
- explore ways to let go of "perfection"
- incorporate ways to strengthen your body and mind



NOVEMBER 2014

Monday

Tuesday

Wednesday

Thursday

Friday

**K
E
Y**

OH Ogden House
Y Wilton Family Y
WL Wilton Library
G The Greens
WM Wilton Meadows
VM Village Market
VNH Visiting Nurse & Hospice
LR Laurel Ridge Health Care
BP Brookdale Place
SAHW Stay at Home in Wilton
 All activities are held at the Senior Center unless otherwise noted.


Computer Classes offered at the Senior Center include Basic Word, Internet, Excel, Picasa, and Digital Photo Book Workshop.

Call Andrea at 203-762-8445 for details.

3 9:30 Fire and Clay 10:00 Digital Photo Book Workshop 10:30 Line Dance Fusion 12:00 Movie 12:00 Encore Bridge 12:30 Play Reading	4 Election Day 10:00 Oil/Acrylics 10-11:30 Flu Clinic 11:00 Yoga 12:00 Garden Club Lunch and Activity 12:30 Mah Jongg 1:00 Beginner Bridge 2:00 Chair Yoga OH	5 9:30 Sewing OH 10:00 Writers 10:00 Duplicate Dan 10:00 Watercolors 11:30 Tai Chi 12:00 Duplicate Bridge 1:00 Mah Jongg 3:00-5:00 Flu Clinic VNH 5:30 Nutrition and You G	6 10-2 Medicare Part D Appointments 9:00 Enhance Fitness 9:30 Drawing 10:00 Yoga 11-12 Blood Pressure Screening 12:00 Studio Drawing 12:00 Lunch 12:45 Bingo 2:00 Eliminate Stress	7 9-12 Flu Clinic Baptist Church 10:00 Jewelry Workshop 10:00 Feldenkrais 10:00 Movie Streaming 12:00 Bridge 1:30 Intermediate Bridge 1:30-3 Free Sr SwimY
10 9:30 Fire and Clay 9:00 Stay at Home Men's Breakfast 9:30-11 and 2:30-4 Blood Pressure Screening at Town Hall 10:00 Digital Photo Book Workshop 10:30 Line Dance 12:00 Movie 12:00 Encore Bridge	11 9:00 Joyful Aging Workshop 10:00 Oil/Acrylics 11:00 Yoga 1:00 Beginner Bridge 1:00 Comstock Knitters and Crafters Studio Knit. 2:00 Mah Jongg 2:00 Chair Yoga OH	12 9:30 Sewing OH 10:00 Duplicate Dan 10:00 Watercolors 11:30 Tai Chi 1:00 Mah Jongg 3:00-5:00 Flu Clinic VNH 5:30 Plants that Clean the Air G	13 9:00 Enhance Fitness 9:30 Drawing 10:00 Yoga 12:00 Studio Drawing 11:30 Lunch at Wilton Meadows with Bingo 12:30-2 Blood Pressure Screening Y 5:30 Social Services Commission	14 10:00 Feldenkrais 12:00 Bridge 1:30 Intermediate Bridge 1:30-3 Free Sr Swim Y
17 10:00 Digital Photo Book Workshop 10:30 Line Dance Fusion 12:00 Movie 12:00 Encore Bridge	18 10:00 Oil/Acrylics 11:00 Yoga 12:00 Duplicate Bridge 12:30 Mah Jongg 1:00 Beginner Bridge (Last Class) 2:00 Chair Yoga OH	19 9:30 Sewing OH 10:00 Writers 10:00 Duplicate Dan 10:00 Watercolors 11:30 Tai Chi 11:30 Thanksgiving Lunch, Baptist Church 1:00 Mah Jongg 2:00 Boxwood Workshop BP 3:00-5:00 Flu Clinic VNH	20 9:00 Enhance Fitness 9:30 Drawing 10:00 Yoga 12:00 Lunch 12:00 Studio Drawing 12:45 Bingo 2:00 Eliminate Stress	21 10:00 Jewelry Workshop 10:00 Feldenkrais 12:00 Bridge 1:30 Intermediate Bridge (Last Class) 1:30-3 Free Sr Swim Y
24 10:00 Digital Photo Book Workshop 10:30 Line Dance Fusion 12:00 Movie 12:00 Encore Bridge 1:00 Comstock Knitters and Crafters Studio Knitting	25 10:00 Oil/Acrylics 11:00 Yoga 11:00 Book Discussion 12:00 Lunch 12:30 Mah Jongg 2:00 Chair Yoga OH 3:00 SAHW Meets	26 9:30 Sewing OH 10:00 Duplicate Dan 11:30 Tai Chi 1:00 Mah Jongg 3:00-5:00 Flu Clinic VNH	27 Thanksgiving Day Senior Center Closed 	28 Senior Center Closed



DECEMBER 2014

Monday	Tuesday	Wednesday	Thursday	Friday
1 10:30 Line Dance Fusion 12:00 Encore Bridge 12:00 Movie 12:30 Play Reading	2 10:00 Oil/Acrylics 11:00 Yoga 12:00 Garden Club Lunch and Activity 12:30 Mah Jongg 1:00 Beginner Bridge 2:00 Chair Yoga OH	3 9:30 SEWING OH 10:00 Writers 10:00 Duplicate Dan 11:30 Tai Chi 12:00 Duplicate Bridge 1:00 Mah Jongg	4 9:00 Enhance Fitness 9:30 Drawing 10:00 Yoga 11-12 Blood Pressure Screening 12:00 Studio Draw. 12:00 Lunch 12:45 Bingo 4:00 Alzheimer's Presentation BP	5 10:00 Feldenkrais 10:00 Jewelry Workshop 12:00 Bridge 12:00 Parks and Rec Holiday Lunch 1:30-3 Free Sr Swim 1:30 Intermediate Bridge
8 9:00 Stay at Home Men's Breakfast 9:30-11 and 2:30-4 Blood Pressure Screening at Town Hall 10:30 Line Dance Fusion 12:00 Movie 12:00 Encore Bridge	9 9:00 Balanced Aging Workshop 11:00 Yoga 1:00 Beginner Bridge 1:00 Comstock Knitters and Crafters 2:00 Mah Jongg 2:00 Chair Yoga OH	10 9:30 Sewing OH 10:00 Duplicate Dan 11:30 Tai Chi 1:00 Mah Jongg	11 9:00 Enhance Fitness 10:00 Yoga 12:00 Lunch 12:30-2 Blood Pressure Screening Y 12:45 Bingo 5:30 Social Services Commission	12 10:00 Feldenkrais 12:00 Bridge 1:30-3 Free Sr Swim Y 1:30 Intermediate Bridge
15 10:30 Line Dance Fusion 12:00 Movie 12:00 Encore Bridge	16 11:00 Yoga 12:00 Duplicate Bridge 12:30 Mah Jongg 1:00 Beginner Bridge 2:00 Chair Yoga OH	17 9:30 Sewing OH 10:00 Writers 10:00 Duplicate Dan 11:30 Tai Chi 12:00 Lunch OH Program: Firefighters Lunch/Middlebrook Singers 1:00 Mah Jongg	18 9:00 Enhance Fitness 10:00 Yoga 11:45 CT Geriatric Meeting at Waveny	19 10:00 Feldenkrais 10:00 Jewelry Workshop 12:00 Holiday Trivia Lunch and Song Fest 12:00 Bridge 1:30 Intermediate Bridge 1:30-3 Free Sr Swim Y
22 10:30 Line Dance Fusion 12:00 Laurel Ridge Tea Cup Luncheon and Movie 12:00 Encore Bridge	23 11:00 Yoga 12:30 Mah Jongg 1:00 Beginner Bridge 2:00 Chair Yoga OH 3:00 SAHW Meets	24 <i>Senior Center Open</i> <i>No Activities Scheduled for Today</i>	25 Christmas Senior Center Closed 	26 Senior Center Closed
29 10:30 Line Dance Fusion 12:00 Movie 12:00 Encore Bridge 1:00 Comstock Knitters and Crafters Studio Knit. (Note date change.)	30 11:00 Yoga 12:30 Mah Jongg 1:00 Beginner Bridge 2:00 Chair Yoga OH	31 9:30 Sewing OH 10:00 Duplicate Dan 11:30 Tai Chi 1:00 Mah Jongg	January 1, 2015 New Year's Day Senior Center Closed	January 2, 2015 10:00 Jewelry Workshop 10:00 Feldenkrais 12:00 Bridge 1:30 Intermediate Bridge 1:30-3 Free Sr Swim

**BACK BY
POPULAR DEMAND**

PHOTO BOOK WORKSHOP

by LT Organizing

Organizing photos can be an intimidating and time-consuming task. We think we have to do it alone, but help is here! **THIS IS YOUR CHANCE TO START ORGANIZING YOUR PHOTOS!**

Linda Thomas, LT Organizer, and Sharon Gialo, Memory Engineer, will be here to help you get started. The class meets on Mondays in November from 10 a.m. to 11 a.m. in the Comstock Computer Learning Center. You may remain in the computer lab to continue your work after class ends.

- November 3 - ABCs of photo organizing. Bring your photos. Linda and Sharon will not only help you organize them but will also scan them into the computer for you.
- November 10 - Guided computer work in the computer lab. You will be taught how to drop your pictures into the photo book you have chosen.
- November 17 and 24 - Continue the work of adding your pictures to the book. Linda and Sharon will guide you every step of the way.

It's often "the start that stops us." Now's your chance to get started in time to have a beautiful gift for the holidays. Sign up today! Fee: \$85 (includes all four class sessions and your photo book). The workshop is limited to four participants. Registration required; call 203-834-6240.

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 Thursday, November 6 and 20, at 2:00 p.m. in the Senior Center Lounge. Participants sit in chairs (straight back or sofa style) for the gathering. Fee: \$5 per class. Call 203-834-6240 for reservations.

November is National Family Caregiver Month!

If you are a caregiver, you're invited to the second annual Caregiver Appreciation Event at Adam Broderick Salon and Spa, 89 Danbury Road, Ridgefield, CT, on Friday November 7, from 6:30 p.m. to 8:30 p.m. The event is free. Space is limited; RSVP, Nicole Beau-car at nbeaucar@alz.org or call 860-828-2828.

Events at Brookdale Place Wilton

On Wednesday, November 19, at 2:00 p.m. come to Brookdale Place Wilton, 96 Danbury Road, for box-wood tree decorating under the direction of Magda Bennett with the florist, *mbfloral*. All supplies will be provided.

On Thursday, December 4, at 4:00 p.m. join Tania Paparazzo of the Alzheimer's Association. 'Keeping connected with your loved ones especially during the holidays' will be the topic of her presentation. Refreshments will be available.

RSVP to Christy Perone 203-761-8999.

BRIDGE ADVENTURES SUPERVISED BY DAN DEVLIEG



BEGINNER BRIDGE LESSONS
Tuesday beginning Dec. 2, 1:00 p.m.
to 3:00 p.m.
\$75 for the eight-week series

INTERMEDIATE BRIDGE
Friday beginning Dec. 5, 1:30 p.m. to 3:30 p.m.
\$75 for the eight-week series

DROP-IN DUPLICATE BRIDGE WITH DAN
Wednesday, 10:00 a.m. to 12:30 p.m.
\$5 drop-in fee

Duplicate Bridge is a form of contract bridge in which contestants play identical cards, with each deal scored independently, permitting comparison of individual scores. For all levels of playing. This is not a sanctioned game.

Call Lizabeth Doty 203-834-6240 to sign up.

The High Costs and Risks of Falls

by Dennis Patouhas

Each year one third of you aged 65 or older suffer a fall. While falling may seem like a normal occurrence for not just older adults but younger people as well, the effect falls have on older adults can often be disastrous both financially and physically. Consider these facts:

In 2010 medical costs related to falls for seniors aged 65 and older totaled \$30 billion.

By 2020 the annual direct and indirect cost of fall injuries is expected to reach \$67.7 billion.

Fractures and internal injuries resulting from falls are the primary catalysts for senior adult admissions to long-term care facilities related to falls, especially in seniors 75 and older.

Falls are the leading cause of injury and death in seniors 65 and older.

Elderly men are more likely to die from fall-related injuries than women, though elderly women account for the highest rates of emergency room visits for fall-related injuries.

Rates of injuries nearly double for adults aged 75 to 84 when compared with the 65- to 74-year old age group.

Why Are You More Affected By Falls?

Biological changes such as muscle weakness, vision loss, osteoporosis, physical disabilities, and loss of coordination and balance can contribute to greater injuries resulting from falls. Medications can affect your gait and agility. There is a strong connection between the presence of urinary tract infections and falls. One study showed that women who experienced one or more periods of urgency or incontinence associated with UTI's per week had an increased fall risk, most likely due to the need to rush to the bathroom.

A recent report based upon a study which appeared online on July 31 in the European Journal of Public Health involving 65,000 Swedes showed that half of the 20 most-prescribed medications contribute to falls among seniors. Painkillers and anti-depressants top the list. According to Jette Moller from the Karolinska Institute in Stockholm, the study's senior author, "Medications that affect the central nervous system—hypnotics, sedatives, analgesics and antidepressants—were of particular concern."

Behavior is also a contributor. Because you feel you are capable of conducting business as usual, you may attempt to perform tasks that were once easy but now put you at a great risk of falling. For example, climbing on ladders to clean or hang items, pruning trees and other plants, and shoveling snow are activities that can place you at risk. Inadequate or poor diet, little or no exercise, and alcohol abuse are additional risk factors. Environmental factors such as poor lighting, uneven flooring, loose carpeting, and no handrails are major causes of falls.

How Can You Prevent Falls?

In the majority of cases, the risk of falling can be greatly reduced through awareness and behavioral and environmental changes. It's very important to understand just what the risks are and how you can avoid them. You should assess your current physical condition honestly and recognize if you have any limitations so that you can ask for help if necessary. (Asking for help can be difficult for many people who have lived independently their entire lives.) Friends and family must take the initiative and offer to help with tasks that may put their elderly loved ones at risk.

You can also initiate lifestyle changes that will help reduce your risk of falling. Specific lifestyle changes include exercising regularly; focusing on leg-strengthening exercises and exercises to improve mobility, agility, balance and coordination; staying hydrated and maintaining a healthy diet; reviewing medications with your healthcare provider to identify those that may cause dizziness or impaired senses; getting regular checkups and eye exams; adding safety features to your home such as railings on the stairs, grab bars in the bathrooms, and additional light fixtures throughout the home; and using assistive devices, such as canes or walkers, as recommended by physicians.

Editor's Note: This came to my inbox, and I consider it a worthwhile read. Dennis Patouhas gave me permission to reprint it in Corridors. Dennis and Marian Patouhas, husband and wife, established the first Comfort Keepers franchise in the tri-state area. Since 2001, Comfort Keepers® of Southern Fairfield County, based in Greenwich, has been helping seniors enjoy safe, independent living at home and supporting family caregivers.

Medicare Premiums and Deductibles for 2015

Here is the updated information regarding Medicare premiums and deductibles for the coming year. Any questions? Call Wilton Social Services at 203-834-6238.

Hospital Deductible: \$1,260.00 / Benefit period

Hospital Coinsurance:

- Days 0-60: \$0
- Days 61-90: \$315 / Day
- Days 91-150: \$630/ Day

Skilled Nursing Facility Coinsurance:

- Days 1-20: \$0
- Days 21-100: \$157/ Day

Part A Premium (For voluntary enrollees only)

- With 30-39 quarters of Social Security coverage: \$224.00 / Month
- With 29 or fewer quarters of Social Security coverage: \$407.00 / Month

Part B

- Deductible: \$147.00 / Year
- Standard Premium: \$104.90 / Month (No change from 2014)

Part B Income-Related Premium			
Beneficiaries who file an individual tax return with income:	Beneficiaries who file a joint tax return with income:	Income-related monthly adjustment amount	Total monthly premium amount
Less than or equal to \$85,000	Less than or equal to \$170,000	\$0	\$104.90
Greater than \$85,000 and less than or equal to \$107,000	Greater than \$170,000 and less than or equal to \$214,000	\$42.00	\$146.90
Greater than \$107,000 and less than or equal to \$160,000	Greater than \$214,000 and less than or equal to \$320,000	\$104.90	\$209.80
Greater than \$160,000 and less than or equal to \$214,000	Greater than \$320,000 and less than or equal to \$428,000	\$167.80	\$272.70
Greater than \$214,000	Greater than \$428,000	\$230.80	\$335.70

Standard Part D Cost-Sharing for 2015

Note: The amounts in this table do not apply to the beneficiaries who have the Part D Low Income Subsidy ("Extra Help")

Annual Deductible Maximum: \$320.00

Initial Coverage Period: Members Pay 25% of the next \$2,640

Donut Hole Threshold Amount: \$2,960
(Once the member AND the plan have spent this amount, the member enters the Donut Hole)

Donut Hole: \$3,720

Catastrophic Coverage Threshold: \$4,700
(Begins when the member's true out-of-pocket costs equals this amount, including Donut Hole discounts)

Total spending before Catastrophic Coverage: \$6,680

Cost Sharing During Catastrophic Coverage: \$2.65 (generics)/\$6.60 (brand name) OR 5%, whichever is greater

Low-Income Subsidy Co-Payments (LIS)

1. Full Benefit Dual Eligibles Institutionalized or Receiving HCBS: \$0

2. Full Benefit Dual Eligibles with incomes ≤ 100% Federal Poverty Level

- Generic/Preferred Drugs: \$1.20
- Other: \$3.60
- Above Catastrophic Limit: \$0.00

3. Full Benefit Duals with Incomes >100% Federal Poverty Level & Other Full-Subsidy Eligible Beneficiaries

- Deductible: \$0
- Generic/preferred drugs: \$2.65
- Other: \$6.60
- Above Catastrophic Limit: \$0.00

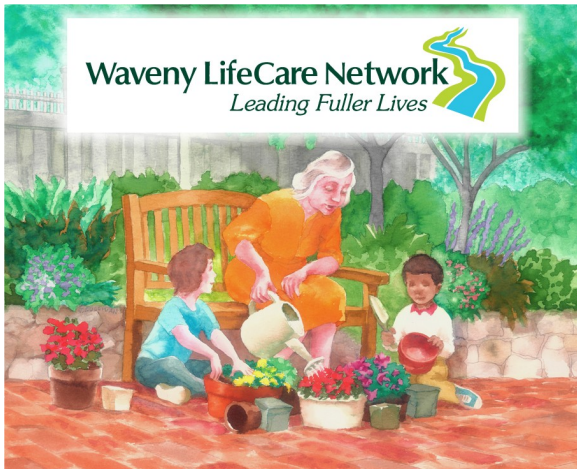
4. Partial Subsidy Eligible Beneficiaries

- Deductible: \$66.00
- Co-ins. to Initial Coverage Limit: 15%
- Generics above catastrophic limit: \$2.65
- Others above catastrophic limit: \$6.60

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Ranging from residential options and outpatient programs to community-based services, our array of eldercare services includes independent living at The Inn, assisted living for people with memory loss at The Village, and skilled nursing at Waveny Care Center. We also offer Waveny Home Healthcare, Waveny at Home, the Brown Geriatric Evaluation Clinic, Geriatric Care Management, an Adult Day Program available on weekdays with flexible hours and local transportation, inpatient and outpatient Rehabilitation Services, and respite programs at The Village and Care Center.

For information call 1-855-WAVENY-1 or visit www.waveny.org.