



CORRIDORS

SEPTEMBER
OCTOBER
2018



September is National Preparedness Month



According to ready.gov, the official website of the Department of Homeland Security, National Preparedness Month (NPM) is recognized each September. NPM provides an opportunity to remind us that we all must prepare ourselves and our families now and throughout the year. This year's NPM will focus on planning, with an overarching theme: Disasters Happen. Prepare Now. Learn How.

Some of the key points for this year's theme are to take time to learn lifesaving skills- such as CPR and first aid, check your insurance policies and coverage for the hazards you may face, such as flood, earthquakes, and tornados. Make sure to consider the costs associated with disasters and save for an emergency. Also, if applicable, know how to take practical safety steps like shutting off water and gas

For more town-specific information on emergency preparedness, visit <http://wiltonct.org> and click on "Emergency Preparedness Information" on the left side of the page. Here you can find information on the Code RED emergency alert system as well as links to information from the Red Cross and National Weather Service.

The Town of Wilton also has an Emergency Contact Registration Program. The program is intended for senior citizens, those living alone, individuals with disabilities, and any resident with a special need or desire to participate. The information registered would be helpful in assisting public safety personnel such as police, fire, rescue

squad and emergency management in locating residents that may need assistance during an emergency situation or evacuation. In an extreme situation, this information would enable safety personnel to reach out to those listed as emergency contacts.

All residents are encouraged to prepare to shelter in their homes with appropriate emergency supplies. It is important to prepare in advance to help yourself and your community.

If you need help accessing emergency preparedness information or you would like to register for Wilton's Emergency Contact Registration Program, please call Wilton Social Services at 203-834-6238.

"BARE MINIMUM" EMERGENCY KIT:

- | | |
|---|---|
| ⇒ Water (1 gallon per person per day; 3 day supply for home and a 2 week supply for evacuation) | ⇒ Multi-purpose tool |
| ⇒ Non-perishable food (3 day supply for home, 2 week supply for evacuation) | ⇒ Sanitation and hygiene items |
| ⇒ Battery-powered or hand crank radio | ⇒ Copies of personal documents (identification, medical info, insurance info) |
| ⇒ Extra batteries | ⇒ Cell phone with chargers |
| ⇒ First-aid kit | ⇒ Family and emergency contact information |
| ⇒ Medication (7 day supply) and medical items | ⇒ Extra cash |
| | ⇒ Emergency blanket |
| | ⇒ Maps of the area |
| | ⇒ Any other items that may be necessary for you or your family including pets |

Medicare Boot Camp Thursday, October 11, 7:00 p.m. to 8:30 p.m.

How do you sign up for Medicare? When do you become eligible? What are your options?

Join a community conversation on Thursday, October 11 from 7:00 p.m. to 8:30 p.m. at the Wilton Library in the Brubeck Room. This discussion will provide information for those who will be new to Medicare in the near future. Learn the "ins and outs" of Medicare enrollment and how to avoid mistakes that can be costly. Most importantly, bring questions of your own!

There will be brief presentations by Nancy Lombard, Long Term Options Specialist and CHOICES counselor for Southwestern Connecticut Agency on Aging* and Lauren Hughes, Coordinator of Senior Services for the Wilton Department of Social Services.

Please register with the Wilton Library by calling 203-762-6334.

The Southwestern Connecticut Agency on Aging is a trusted source of comprehensive information about services and programs for older adults on Fairfield County. Find them on the web at <http://swcaa.org/> or call 203-333-9288.

For more help with Medicare, see page 10.



Pictured: Ellen Abend (L), CHOICES counselor and Lauren Hughes, LCSW (R)



CENTERS for MEDICARE & MEDICAID SERVICES



Books for Discussion

Michael Bellacosa from the Wilton Library has prepared an exceptional reading series for the coming year at the Senior Center. Each session begins at 11:00 a.m. on the fourth Tuesday of the month. Lunch (\$3) is served at noon. Books are on reserve at the Wilton Library. Brochures describing the entire 2018-2019 season are available at the Senior Center and the Library.

Tuesday, September 25, 2018

Discussion Leader – Judson Scruton

***The Poets Laureate Anthology*, edited by Elizabeth Hun Schmidt**

The Poets Laureate Anthology brings together a sampling of the works of the 43 “poets laureate” of the United States from the inception of the position in 1937 until the book’s publication in 2010. Collected and edited by Elizabeth Hun Schmidt, the former poetry editor of *The New York Times Book Review*, the volume includes brief introductions to each of the poets as well as an inviting foreword by poet Billy Collins who held the position from 2001 to 2003. In its review, *Booklist* said that “the nearly 500 poems map a great republic of the imagination.” For this year’s discussion, we will be reading “A Pasture Poem” and “A Measuring Worm” by Richard Wilbur and “Awaking” and “An Elementary School Class Room in a Slum” by Stephen Spender.

Tuesday, October 23, 2018

Discussion Leader – Barbara Jones

***The Shepherd’s Life: Modern Dispatches from an Ancient Landscape* by James Rebanks**

James Rebanks is an honors graduate in history from Oxford University who is the first-born son of a shepherd and whose father was the first-born son of a shepherd as well. Indeed, his family has lived and worked in the verdant landscape of England’s Lake District for generations. In his memoir *The Shepherd’s Life: Modern Dispatches from an Ancient Landscape*, Rebanks recounts his experiences over the annual shepherding cycle from new life in the spring, through growth and maturity in summer and fall, and then winter survival. Along the way, he tells a story about deeply rooted linkages and commitment to family, culture, work, and the land itself. As Michiko Kakutani wrote in a review in *The New York Times*: “Captivating... A book about continuity and roots and a sense of belonging in an age that’s increasingly about mobility and self-invention. Hugely compelling.”

Intermediate Bridge is Back!

Intermediate Bridge with Michael Hess is back for the fall. The 8-week session will meet on Fridays from 1 p.m. to 3 p.m. and run from September 14 through November 2. The fee is \$85.00. Checks can be made out to Town of Wilton and given to Debbie Wolyniec in the Social Services office.



WEDNESDAY LUNCHES

Local religious and civic organization teams prepare a delicious lunch every month. Open to all Wilton seniors, lunch (\$3) takes place at the Ogden House, 100 River Road, at noon and is followed by entertainment or an educational program. Mark this year’s schedule on your calendar!

Sept. 19

Oct. 17

Nov. 14

Dec. 12

Jan. 16

Feb. 20

Mar 20

April 17

May 15

June 6



LIFETIME LEARNERS

AT NORWALK COMMUNITY COLLEGE

Looking for a way to keep your mind active this fall? Lifetime Learners Institute is offering classes ranging from Early History of Rock n’ Roll to Japan to Watercolors and more. Classes are in the mornings and afternoons Monday to Friday, once per week. No homework or required reading. Just thinking, being creative, and learning with others. Classes begin September 12.

Classes are \$30 each, plus \$50 for membership if you are not already a member. Membership is good for a year. All classes are at Norwalk Community College, 188 Richards Avenue in Norwalk.

See the catalog and register online at www.lifetimelearners.org or mail to Lifetime Learners at 188 Richards Avenue, Norwalk, CT 06854, West Campus Room 102.

Safety for Older Americans

Information from the Wilton Fire Department

Fire Safety

If you are age 65 or older, you are your own best insurance against fire and burn injuries. Fire safety isn't just for children; it is for all ages. Older Americans are at a greater risk of being injured or killed from fires or burns than other adults. The Wilton Fire Department encourages you to take some time to look for and correct fire hazards around your home.

Make sure you have at least one working smoke detector on each level of your home. They should be tested once a month and the batteries should be changed twice a year.

Have an escape plan: know two ways out of every room in case fire or smoke blocks one way out. Remember during a fire the breathable air is close to the floor, so crawl out low under the smoke. Once you get out, stay out and call the fire department from a neighbor's home. Keep your glasses and a flashlight near your bed so you are ready in case of an emergency.

If you smoke or have smokers in your home, you should smoke outdoors. If you choose to smoke indoors, extra precautions should be taken. Each year, careless smoking is a major cause of fires. A lit cigarette that falls onto a bed or sofa can smolder for hours. You should never smoke in bed or while lying down. Make sure large deep ashtrays are used and that all smoking materials have been extinguished completely. Dispose of butts in a closed metal container or douse with water before emptying into a trash can.

The kitchen is another area that can be very dangerous if certain precautions are not followed. Make sure your stove is clean and free of grease buildup. Keep flammables, such as towels and pot holders, away from the stove and oven. Turn pot

handles away from the front of the stove so they won't be knocked off or pulled down. If you are called away from the kitchen, turn all burners off. If you have a stove fire, put a lid on it, turn off the heat, and let it cool.

Many fires are caused by home heating. You should always have your heating system checked annually by a qualified professional. If you use portable heaters, make sure they have at least 3 feet of clearance around them while in operation and always follow the manufacturer's instructions for their use.

Trips & Falls

Falls are another concern for the elderly. In 2014 there were 27,000 deaths, 2.8 million injuries, with 800,000 injuries requiring hospitalization for those over 65. There are some simple things to remember. Always stand slowly as to not get dizzy and be careful after taking medication that may cause dizziness. Make sure rugs are secured so they don't move under your feet. Always keep your path of travel clear of clutter like shoes, papers, and boxes.

Make sure you've ensured your safety at home by knowing what to do in case of a fire or other emergency. Don't hesitate to call 911 for your emergency. Contact the Wilton Fire Department if you have any questions or need more information.

**Wilton Fire Department
Office of the Fire Marshal
203-834-6249**



AAA Roadwise Driver Training Class

Friday, September 28 or Friday, October 26
8:30 a.m.-12:30 p.m.

Comstock Community Center, Room 31
(Please bring a pencil or pen)

No charge; please register by calling 866-901-8457 or go to <https://dip.northeast.aaa.com/DIP/classInfo.aspx> to register online. (Choose Connecticut, choose Fairfield County, choose Comstock Community Center, and then continue to follow the online registration process.)



COMSTOCK WRITERS GROUP

The Comstock Writers group will meet on the following Wednesdays from 10 a.m. to 11:30 a.m. at the Senior Center:

September 19

October 3

October 17

Remaining fall dates to be determined.

For more information about the Writers Group, call Debbie Wolyniec at 203-834-6238.



ACTIVITIES AT THE SENIOR CENTER

LINE DANCE FUSION

Mondays,
10:30 a.m. to 11:30 a.m.
\$3 drop-in fee

This program blends traditional dance steps with elements of modern line dancing. This is a great form of exercise, social interaction, and just plain FUN!

Beatriz Araujo, Instructor.

TUESDAY AND/OR THURSDAY YOGA

Tuesdays, 11:00 a.m. to noon
Thursdays, 10:00 a.m. to 11:00 a.m.
\$3 drop-in fee

Denise O'Hearn, owner of Vibrant Moves in Wilton, conducts this gentle yoga class that warms up your joints, stretches and strengthens your muscles and helps your balance and focus.

BEMOVED!

Tuesdays, 9:45 a.m. to 10:45 a.m., \$5 drop-in fee

BeMoved® is a dance fitness experience for adults of all movement abilities. It is designed to deliver a safe, body-friendly experience that improves the quality of a person's movement. The class starts with a warm-up and easy-to-follow therapeutic movements and concludes with a cool down that brings the workout full circle, leaving participants feeling rejuvenated. Phyllis Hirschfield, Instructor.

JEWELRY WORKSHOP

Friday, September 7 and September 21, October 5 and 19
10:00 a.m. to noon
\$5 drop-in fee

Beads, beads, beads! No prior experience is necessary. Enjoy the fun of making your own beaded jewelry. Viola Galetta, Instructor.

STUDIO KNITTING

Tuesdays, 1:00 p.m. to 2:30 p.m.

Basic instruction will be provided for projects. The company will be great. If you have a work-in-progress, bring it. If it's all new to you, come give knitting a try! We'll supply the practice materials. Not a knitter? Bring your own handiwork and enjoy the company.

TAI CHI

Wednesdays, 10:30 a.m. to 11:30 a.m.

\$3 drop-in fee

Tai Chi contains a series of gentle and graceful movements performed with respiration coordination and deep concentration. Tai Chi has been shown to prevent falls and improve the functioning of daily activities. Joe Alampi, Instructor.

THURSDAY LUNCH

Thursdays, 12 noon, \$3

Join other seniors for lunch in the café on most Thursdays. Seating is limited. Reservations required. Elizabeth Chambers, Chef.

FELDENKRAIS

Fridays, 10:00 a.m. to 11:00 a.m.
\$5 drop-in fee

Explore this exciting and innovative movement method designed to relieve pain, exercise your brain and teach you to move with greater comfort, ease, and fluidity. Cathy Paine, Instructor.

THURSDAY BINGO

Thursdays, 12:45 p.m., 25 cents per card
Don't miss BINGO at the Comstock Community Center on Thursdays. Winners get "the pot" each game.

FIVE CROWNS

Tuesdays, 12:30 p.m.

Five Crowns is a progressive rummy-style card game. It has spades, hearts, diamonds, clubs, and stars! It can be played by two to seven players. It's easy to learn and lots of fun to play. Call Nerina Klobas at 203-210-5624 for details.

CHAIR YOGA

Second Friday of the month September 14 and October 12
11:15 a.m. to 12:00 p.m.

Visiting Angels Senior Homecare sponsors this mindful session of chair yoga at no cost to the participants. The class will focus on proper breathing and muscle stretching.

Adriana Caravakis, Instructor.

AMERICAN MAH JONGG

Wednesdays, 1:00 p.m.

American Mah Jongg is different from Chinese Mah Jongg in several ways. American Mah Jongg utilizes racks, jokers, and "Hands and Rules" score cards, and has several distinct game-play mechanics. Come and see this game in action. In order to play, call Gale Roeder 203-762-3784 or Pat Wernig 203-762-1739.

CHINESE MAH JONGG

Second Tuesday of the month at 1:30 p.m.

Fourth Tuesday of the month at 12:30 p.m.

Kay Chann supervises the Chinese Mah Jongg. If you would like to learn how to play, Kay will be happy to instruct you. Come and see the game in action. Call Kay at 203-544-7414 for information regarding the group.

BRIDGE GROUPS

If you like to join other seniors in an afternoon of bridge, call the organizers listed below:

Duplicate Bridge: First Tuesday of the month, contact person to be determined.

Duplicate Bridge: Third Tuesday of the month, contact Maureen Turnier at 203-762-9386.

Contract Bridge: Fridays, contact Eleanor Mihailidis at 203-762-8720.

Open Bridge: If you prefer a morning game, come to Open Bridge with Mike, Wednesdays, 10:00 a.m. to 12:00 p.m., \$5 drop-in fee. Michael Hess supervises.

Please see page 2 for information on Intermediate Bridge.



STAY AT HOME IN WILTON

UPCOMING EVENTS

September 25 "Fall Prevention"

3:00 p.m. at the Senior Center

Because of the enormous medical impact of falls, September has been designated as Fall Prevention Month. We are fortunate to have Joan Dodds PT, a physical therapist with Visiting Nursing and Hospice of Fairfield County, discuss practical measures in preventing falls both in and outside the home. The importance of general physical conditioning and control of medical problems will be discussed as well as simple measures for making our homes safer. There will be an opportunity for questions regarding the general role of physical therapy in health care. Refreshment will be served. Event sponsored by Lang's Pharmacy. No charge. Reservations recommended; please call 203-762-2600

September 30 "The Spiritual, Medical, and Legal Aspects of Aging" roundtable panel discussion

3:00 p.m. at Trackside

This presentation and discussion will feature three leaders in the community dealing with issues associated with aging. It is a presentation appropriate for senior citizens as well as the children of senior citizens. It will offer an opportunity for attendees to ask questions regarding the challenges as well as the pleasures of the retirement years.

The discussion will feature pastor and author, Reverend Shannon White, who will discuss the role of spirituality in the retirement years. Attorney Christine Tenore, an elder law expert from the firm of Eliovson and Tenore, will discuss important legal considerations including wills and advanced directives in health care. Dr. Andrea Peterson, an internist and moderator of Health Talk, will discuss health issues of importance during the retirement years including preventative health care recommendations. Questions will be encouraged and refreshments will be served. Reservations are recommended; please call 203-762-2600.

October 23rd "Avoiding Scams"

3:00 p.m. at the Senior Center

Lieutenant David Hartman of the Wilton Police Department will discuss scams, particularly those aimed at senior citizens. He will describe scam statistics, several current scams, things to look and listen for to avoid being scammed, and what to do if you suspect that you might be the victim of a scam.

Officer Hartman will introduce two other officers from the Wilton Police Department, Officer Diane MacLean, our School Resource Officer, and Officer John Patry, who will discuss the role of the police department in serving the citizens of Wilton. This will be an excellent opportunity for seniors to not only learn about the work of the Wilton Police Department but also express their appreciation for the work that our police officers do. Refreshments will be served. Event sponsored by Lang's Pharmacy. No charge. Reservations are recommended; please call 203-762-2600.

CALLING ALL ACTORS AND ACTRESSES

A new group is forming at the Senior Center! The Comstock Players will perform a program via Readers' Theatre for other seniors at the Senior Center.

What is Readers' Theatre? Readers' Theatre is show business without the stress. There is no memorization of lines but rather, the participants perform for an audience by reading directly from the script. Characters are developed and focus is on the use of voice, oral expression, facial expression and gestures. Dates for rehearsals and the performance will be during the day and will be forthcoming after the group is formed.

All people interested in joining the Comstock Players should contact Debbie Wolyniec at 203-834-6238 or Deborah.Wolyniec@wiltonct.org by September 24. The script will be chosen based upon the number of people who express interest in performing.

Andrea Ragusa will be the Director. She has a B.S. in Speech and Theatre Arts from SUNY Oswego and an M.A. in Educational Theatre from NYU. Come join the group and have some fun!



All activities take place
at the Senior Center
unless otherwise noted.

SEPTEMBER 2018



Monday	Tuesday	Wednesday	Thursday	Friday
3 SENIOR CENTER CLOSED FOR LABOR DAY	4 9:45 BeMoved! 11:00 Yoga 12:00 Duplicate Bridge 12:30 Five Crowns 1:00 Studio Knitting	5 10:00 Open Bridge 10:30 Tai Chi 12:00-5:00 Farmer's Mar- ket H 1:00 Mah Jongg	6 10:00 Yoga 11:00-12:00 Blood Pressure Screening 12:00 Lunch 12:45 Bingo	7 10:00 Feldenkrais 10:00 Jewelry Workshop 12:00 Bridge
10 10:30 Line Dancing 12:00 Movie 1:00 Bridge	11 9:45 BeMoved! 11:00 Yoga 12:30 Five Crowns 1:00 Studio Knitting 1:30 Mah Jongg	12 10:00 Open Bridge 10:30 Tai Chi 12:00-5:00 Farmer's Mar- ket H 1:00 Mah Jongg	13 10:00 Yoga 12:00 Lunch 12:30-2 Blood Pres- sure Screening Y 12:45 Bingo	14 10:00 Feldenkrais 11:15 Chair Yoga 12:00 Bridge 1:00 Intermediate Bridge
17 10:30 Line Dancing 12:00 Movie 1:00 Bridge	18 9:45 BeMoved! 11:00 Yoga 12:00 Duplicate Bridge 12:30 Five Crowns 1:00 Studio Knitting	19 10:00 Writers Group 10:00 Open Bridge 10:30 Tai Chi 12:00 Lunch OH 12:00-5:00 Farmer's Mar- ket H 1:00 Mah Jongg	20 10:00 Yoga 12:00 Lunch 12:45 Bingo	21 10:00 Feldenkrais 10:00 Jewelry Workshop 12:00 Bridge 1:00 Intermediate Bridge
24 10:30 Line Dancing 12:00 Movie 1:00 Bridge	25 9:45 BeMoved! 11:00 Book Discussion 11:00 Yoga 12:30 Five Crowns 12:30-2 Blood Pressure Screening VM 1:00 Studio Knitting 12:30 Mah Jongg 3:00 SAHW Presenta- tion on Fall Prevention	26 10:00 Open Bridge 10:30 Tai Chi 12:00-5:00 Farmer's Mar- ket H 1:00 Mah Jongg	27 10:00 Yoga 12:00 Lunch 12:45 Bingo	28 10:00 Feldenkrais 12:00 Bridge 1:00 Intermediate Bridge

OH	Ogden House	100 River Road	203-762-8035
Y	Wilton YMCA	404 Danbury Road	203-762-8384
WL	Wilton Library	137 Old Ridgefield Road	203-762-3950
VM	Village Market	Old Ridgefield Road	203-762-7283
SAHW	Stay at Home in Wilton		203-423-3225
WCE	Wilton Continuing Ed	395 Danbury Road	203-834-7694
H	Wilton Historical Society	224 Danbury Road	203-762-7257

Please note that the YMCA still offers free swim but the times are no longer shown on this calendar. For more information on pool schedules, call the YMCA directly at 203-762-8384.

Jewelry and Accessories Show By Maryann

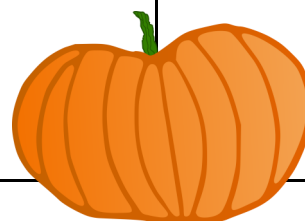
Ogden House
100 River Road

September 19
11:00 a.m. to 3:00 p.m.

All activities take place
at the Senior Center
unless otherwise noted.

OCTOBER 2018

Monday	Tuesday	Wednesday	Thursday	Friday
1 10:30 Line Dancing 12:00 Movie 1:00 Bridge	2 9:45 BeMoved! 11:00 Yoga 12:00 Duplicate Bridge 12:30 Five Crowns 1:00 Studio Knitting	3 10:00 Writers Group 10:00 Open Bridge 10:30 Tai Chi 12:00-5:00 Wilton Farm- ers Market H 1:00 Mah Jongg	4 10:00 Yoga 11:00-12:00 Blood Pressure Screening 12:00 Lunch 12:45 Bingo	5 10:00 Feldenkrais 10:00 Jewelry Work- shop 11:00-2:00 Free Swim Y 12:00 Bridge
8 10:30 Line Dancing 12:00 Movie 1:00 Bridge	8 9:45 BeMoved! 11:00 Yoga 12:30 Five Crowns 1:00 Studio Knitting 1:30 Mah Jongg	10 10:00 Open Bridge 10:30 Tai Chi 12:00-5:00 Wilton Farm- ers Market H 1:00 Mah Jongg	11 10:00 Yoga 12:00 Lunch 12:30-2:00 Blood Pressure Screening Y 12:45 Bingo 7:00 Medicare Boot- camp WL	12 10:00 Feldenkrais 12:00 Bridge 1:00 Intermediate Bridge
15 10:30 Line Dancing 12:00 Movie 1:00 Bridge	16 9:45 BeMoved! 11:00 Yoga 12:00 Duplicate Bridge 12:30 Five Crowns 1:00 Studio Knitting	17 10:00 Writers Group 10:00 Open Bridge 10:30 Tai Chi 12:00 Lunch OH 12:00-5:00 Wilton Farm- ers Market H 1:00 Mah Jongg	18 10:00 Yoga 11:00 Making the Most of Your Retirement 12:00 Lunch 12:45 Bingo	19 10:00 Feldenkrais 10:00 Jewelry Work- shop 12:00 Bridge 1:00 Intermediate Bridge
22 10:30 Line Dancing 12:00 Movie 1:00 Bridge	23 9:45 BeMoved! 11:00 Yoga 11:00 Book Discussion 12:30-2 Blood Pressure Screening VM 1:00 Studio Knitting 12:30 Mah Jongg 3:00 SAHW Presentation on Avoiding Scams"	24 10:00 Open Bridge 10:30 Tai Chi 12:00-5:00 Wilton Farm- ers Market H 1:00 Mah Jongg <i>Last day of the season for Farmers Market</i>	25 10:00 Yoga 11:00 5 Simple Steps for Managing Your Finances 12:00 Lunch 12:45 Bingo	26 10:00 Feldenkrais 12:00 Bridge 1:00 Intermediate Bridge
29 10:30 Line Dancing 12:00 Movie 1:00 Bridge	30 9:45 BeMoved! 11:00 Yoga 12:30 Five Crowns 1:00 Studio Knitting	31 10:00 Open Bridge 10:30 Tai Chi 1:00 Mah Jongg		



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WCE	Wilton Continuing Ed	395 Danbury Road	203-834-7694
H	Wilton Historical Society	224 Danbury Road	203-762-7257

SENIOR VOLUNTEER PROGRAM *SVP Boutique*

Wednesday, October 17

11:00 a.m. to 1:00 p.m., Ogden House
Proceeds benefit the charitable works
of SVP.

WILTON MUNICIPAL ELECTION

Tuesday, November 6, 6:00 a.m. to 8:00 p.m.



Federal, State and Local Election

Tuesday, November 6, 2018, 6:00 a.m. to 8:00 p.m.

This year Election Day is Tuesday, November 6, 2018. All three of Wilton's polling places will be open from 6:00 a.m. to 8:00 p.m. The ballot will include the offices of Governor, Lieutenant Governor, Secretary of the State, State Treasurer, State Comptroller, State Attorney General, U.S. Senator, U.S. Representative in Congress, State Senator, State Representative, and Wilton-Norwalk Probate Judge.

Polling places

District 1 – Wilton High School, 395 Danbury Road
District 2 – Cider Mill School Main Gym, 240 School Road
District 3 – Middlebrook School Gym, 131 School Road

You can find your voting place and confirm your voter registration on the Wilton Registrars of Voters "Voter Look Up" page on the town website at <http://www.wiltonct.org/departments/Voter/voter4.asp>

Parking for voters with disabilities will be marked at each polling place. For those unable to enter the polling place due to a physical disability, curbside voting is available upon request.

Voter Registration Deadline

October 30, 2018 is the mail-in and in person deadline to

register to vote. Mailed applications must be received or postmarked by this date. The in-person deadline is 8:00 p.m. at the Wilton Town Hall.

Election Day Registration

New Wilton residents may register to vote on Election Day from 6:00 a.m. to 8:00 p.m. at Wilton Town Hall. Voters must provide proof of residence and identity. Be prepared to spend extra time registering and casting your ballot.

Absentee Ballots

If you are unable to appear at the polls anytime between 6:00 a.m. and 8:00 p.m. on Election Day because of absence from town, physical disability, illness, military service, or religious prohibitions, you may apply for an absentee ballot. Download the application by visiting the town website at <http://www.wiltonct.org/departments/Voter/voter5.html> or call the Town Clerk's office at 203-563-0106. Absentee ballots become available on October 5.

Questions?

Contact Registrars of Voters Karen Birck and Annalisa Stravato at 203-563-0111.

CONNECTICUT ENERGY ASSISTANCE PROGRAM (CEAP)

The Wilton Social Services Department has begun assisting with applications for the Connecticut Energy Assistance Program. The Energy Assistance Program helps offset the winter heating costs of Connecticut's lower-income households. The program does not start until November, but applications may be taken early. Appointments will be available on Mondays, Wednesdays, and Fridays between 9:00 a.m. and 3:00 p.m. Please call Phoebe Musico, Adult and Family Social Worker, at 203-834-6238 extension 1613 for questions regarding documentation requirements or to make an appointment.

The income limits for this program are:

\$35,116 for a household of 1
\$45,920 for a household of 2
\$56,725 for a household of 3
\$67,530 for a household of 4



RENTER'S REBATE

Elderly renters and totally disabled renters have until October 1, 2018 to file for the State of Connecticut annual renter's rebate program. Under this program, they may be eligible for a rebate of up to \$900.

Elderly applicants must have been 65 years of age by December 31, 2017; have rented in Connecticut for at least one year, and have income for 2017 of less than \$35,300 if single and \$43,000 if filing married. There is no age requirement for Totally Disabled renters; however, all remaining requirements are the same as for Elderly renters.

Eligible renters should come to the Assessor's Office between 9:00 a.m. and 4:00 p.m., Monday through Friday. Renters must bring proof of income, including their Federal 1040 tax return, Social Security 1099 statement, rent receipts and utility bills for the year ending December 31, 2017. Totally Disabled renters must also bring proof of disability.

If you have any questions you may call Michelle in the Assessor's office at 203-563-0122.



Individual Medicare Part D Appointments

On Monday, November 5, representatives from the Southwestern Connecticut Agency on Aging will **meet one-on-one with individuals** in the Senior Center Technology Room regarding the Medicare Part D prescription drug program. Appointments are available between 10:00 a.m. and 2:00 p.m. for 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. It is strongly recommended that you review your plan annually as plan coverage and drug costs often change for the coming year. In order to attend this session, you must schedule an appointment through the Social Services office, 203-834-6238. Speak with either Debbie or Lauren.

New to Medicare: Understanding Your Benefits and Options

September 25th, 6:00pm to 7:00pm at The Village at Waveny LifeCare Network, 3 Farm Road, New Canaan, CT

Please join special guest-speakers Lisa Alhabal, CHOICES Counselor, and Sharon Gesek, Director of Programs, of Southwestern CT Area Agency on Aging (SWCAA) for a **FREE** educational seminar for people new to Medicare. Light dinner will be served at 5:30 p.m. RSVP to Mary Ntiri at 203-594-5310 or MNtiri@Waveny.org

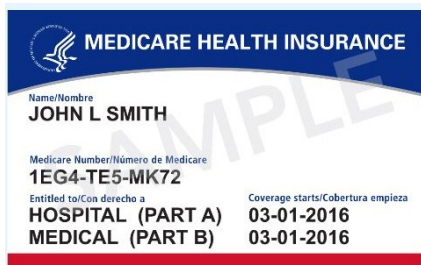
Your New Medicare Card: 3 Things to Know

1. Your new card will automatically come to you. You don't need to do anything as long as your address is up to date. If you need to update your address, visit ssa.gov.
2. Once you get your new Medicare card, destroy your old Medicare card and start using your new card right away.
3. Your new Medicare Number is a unique combination of numbers and letters. Your new number uses numbers 0 thru 9. The letters S, L, O, I, B, and Z are never used

Medicare Enrollment Alert

When you turn 65 you are required to enroll in Medicare Part A. If you are still working and covered under an insurance plan provided by your employer, you may postpone enrolling in Medicare Part B until you retire, but you are still required to activate your Medicare Part A. This is a simple process that may be completed online by going to www.Medicare.gov or you may call Lauren Hughes at the Wilton Department of Social Services, 203-834-6238. She will be happy to assist you.

The enrollment period begins three months before the month of your 65th birthday and extends for three months after the month of your 65th birthday. If you do not enroll during this period, even if you are still covered under your employer's insurance, you risk future financial penalties.



PREVENTING FALLS

According to Centers for Disease Control, in 2015 alone, more than one in four older adults reported falling and more than 28,000 older adults died as a result of falls—that's 74 older adults every day. There are simple steps you can take to prevent falls and decrease falls risks. CDC developed the STEADI (Stopping Elderly Accidents, Deaths & Injuries) initiative which includes educational materials and tools to improve fall prevention. For more information, go to <https://www.cdc.gov/steady/patient.html>

Use the following checklist to find and fix hazards in your home...

STAIRS & STEPS (INDOORS & OUTDOORS)

Are there papers, shoes, books, or other objects on the stairs?

- ☐ Always keep objects off the stairs.

Are some steps broken or uneven?

- ☐ Fix loose or uneven steps.

Is there a light and light switch at the top and bottom of the stairs?

- ☐ Have an electrician put in an overhead light and light switch at the top and bottom of the stairs. You can get light switches that glow.

Has a stairway light bulb burned out?

- ☐ Have a friend or family member change the light bulb.

Is the carpet on the steps loose or torn?

- ☐ Make sure the carpet is firmly attached to every step, or remove the carpet and attach non-slip rubber treads to the stairs.

Are the handrails loose or broken? Is there a handrail on only one side of the stairs?

- ☐ Fix loose handrails, or put in new ones. Make sure handrails are on both sides of the stairs, and are as long as the stairs.

FLOORS

When you walk through a room, do you have to walk around furniture?

- ☐ Ask someone to move the furniture so your path is clear.

Do you have throw rugs on the floor?

- ☐ Remove the rugs, or use double-sided tape or a non-slip backing so the rugs won't slip.

Are there papers, shoes, books, or other objects on the floor?

- ☐ Pick up things that are on the floor. Always keep objects off the floor.

Do you have to walk over or around wires or cords (like lamp, telephone, or extension cords)?

- ☐ Coil or tape cords and wires next to the wall so you can't trip over them. If needed, have an electrician put in another outlet.

KITCHEN

Are the things you use often on high shelves?

- ☐ Keep things you use often on the lower shelves (about waist high).

Is your step stool sturdy?

- ☐ If you must use a step stool, get one with a bar to hold on to. Never use a chair as a step stool.

BEDROOMS

Is the light near the bed hard to reach?

- ☐ Place a lamp close to the bed where it's easy to reach.

Is the path from your bed to the bathroom dark?

- ☐ Put in a nightlight so you can see where you're walking. Some nightlights go on by themselves after dark.

BATHROOMS

Is the tub or shower floor slippery?

- ☐ Put a non-slip rubber mat or self-stick strips on the floor of the tub or shower.

Do you need some support when you get in and out of the tub, or up from the toilet?

- ☐ Have grab bars put in next to and inside the tub, and next to the toilet

For more information on Fall Prevention and Safety from the Wilton Fire Department, see page 4

As noted on page 5, Stay at Home in Wilton is also offering a presentation on Fall Prevention on September 25 at 3:00 p.m. at the Senior Center.



Bridges by EPOCH Upcoming Programs

MEDICARE PART D & LTC INSURANCE

WEDNESDAY, SEPTEMBER 26 5:30 P.M.

With Dave Pallotta, President of DHP Benefits Consulting Group & Laurie Sappern Gaugler, Long-Term Care Insurance Specialist
Refreshments will be served.

According to the U.S. Department of Health & Human Services, 70 percent of people over 65 will require long-term care services at some point in their life. Are you prepared financially? Don't miss this presentation about Medicare Part D benefits, prescription costs and money saving tips, as well as long-term care insurance options and how they work.

DEMENTIA 360: A COMPASS FOR THE JOURNEY THURSDAY, SEPTEMBER 27

2:00 P.M. & 5:30 P.M.

Join us for this intriguing presentation to view dementia from the perspectives of all those involved – individuals living with the disease, family members and healthcare providers, as well as non-affected members of the public.

WINE PULL FUNDRAISER THURSDAY, SEPTEMBER 20

4:00 – 6:00 P.M.

Pasta Station & Wine

Help put a cork in Alzheimer's disease! Join friends for a fun Wine Pull event to sponsor the Alzheimer's Association®. A terrific variety of reds, whites, sweets and dries will be up for grabs. Don't miss it!

CAREGIVER SUPPORT GROUPS SECOND THURSDAYS, SEPTEMBER 13 AND OCTOBER 11, 2:00 P.M.

Refreshments will be served.

Talk with dementia care experts and other caregivers who understand the unique challenges you face. We'll discuss research and treatment updates as well as caregiving tips you can try at home for easier, more enjoyable interactions with your loved one.

All programs take place at Bridges by EPOCH located at Norwalk, 123 Richard Ave, Norwalk. Please RSVP to Christy Perone at 203-523-0510 or cperone@bridgesbyeepoch.com.



CLARITY. CONFIDENCE. COMMITMENT. TAKE ACTION IN MANAGING YOUR FINANCES.

You are invited to join Catamount Wealth Management for educational and empowering workshops at no charge at the Senior Center:

October 18, 11:00 a.m.

Making the *Most* of Retirement?

Whether you are retired, thinking about it or can't even imagine it—the money you have worked so hard for needs to be protected. If you don't take an active role in managing your retirement assets sometimes the life you envision won't be possible. Learn strategies for investing, protecting and growing your assets so you can afford the lifestyle you want.

October 25, 11:00 a.m.

I'm In Charge! 5 Simple Steps for Managing Your Finances

Learn how to successfully handle the management of your finances, tax preparation and protecting yourself from the unexpected. The best peace of mind is a plan.

Join the **Walk to End Alzheimer's**

Sunday, September 16
Calf Pasture Beach Park, Norwalk
8:30 a.m. Registration

Sunday, September 30
Western Connecticut State University
Westside Campus, Danbury
8:30 a.m. Registration

Register at www.alz.org/walk.

The Alzheimer's Association is the world's leading voluntary health organization devoted to Alzheimer's research, care, and support. Its mission is to eliminate Alzheimer's disease through the advancement of research, to provide and enhance care and support for all affected, and to reduce the risk of dementia through the promotion of brain health. Its vision is a world without Alzheimer's.

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

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Center for Comfort Care & Healing

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Fax: 203.702.7401

Home Hospice Care

Any person with a terminal illness, regardless of age, is eligible for our hospice care programs. Home Hospice Care comes to you, wherever you reside – your home, assisted living residence or skilled nursing facility

The Center for Comfort Care & Healing

Regional Hospice and Palliative Care provides expert hospice care to patients wherever they are—in their home, in a skilled nursing facility or at our Center for Comfort Care and Healing.

Palliative Care

Our palliative home care ushers in comfort and peace through the integration of expert pain and symptom management

Perinatal & Pediatric Care

Our program provides physical, emotional, and spiritual support for families whose babies have died or have been diagnosed with a terminal condition prior to delivery.

Healing Hearts Center

More than 30 programs, support groups, workshops and memorial events help to heal the pain of grief and loss.