

# Sherman Senior Center Newsletter

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September-October 2016



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## Helpful Contacts

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Lynne Gomez Assistant

### Commission on Aging

• Juan Garcia • Ed Hayes

• Arthur Jellen • Sheila McMahon

• Jean McRoberts • Janet Wey

• Rick Hudson

**Ex Officio:** Clay Cope

The Sherman Senior Center is committed to ensuring that no person is excluded from participation, denied benefits, or otherwise subjected to discrimination under any program or activity, on the basis of race, color, national origin, sexual orientation, age or disability.

## Events & Trips

### Events:

**Medicare Fraud and Abuse and Scams:** Thursday, September 1 at 12:00. Have you ever been puzzled over all that information in your Medicare Summary Notice? Are you being billed for services you didn't receive? Are you concerned by the kinds of scams and abuse that are directed at seniors like you? Would you like to learn how to DEFEND YOURSELF? Learn "NOT to be a Target, protect what's in your wallet."

**Medicare Update:** Tuesday, September 13, 11:00. John Silliman will be back with Medicare updates for 2017. He will present a general overview of the Medicare program with a discussion of what Medicare A, B, C and D provide.

**AARP Smart Driver Program:** Friday, September 16, 9:00-1:00. Issues facing older drivers will be addressed in this class. The registration fee is \$15 for members and \$20 for non-members. Make check payable to: AARP. Members should bring their membership card to include their number on their official certificate. If you are 62 or older you may qualify for a discount on your insurance.

**Straight Talk, Alzheimer's Disease:** Monday, September 19, 11:00. Geriatrician Dr. Susann Varano will discuss Alzheimer's Disease, the different stages and what to expect as the disease progresses. The program will provide guidance on how to make the most of the time you spend with your loved one affected by Alzheimer's Disease.

**Genealogy Workshop:** Friday, September 23, 10:00-1:00. From family heirlooms to DNA swabs, there is something for everyone interested in family history at this fascinating workshop. It will be led by Jennifer Zinck, a researcher and writer who specializes in the intersection of traditional and genetic genealogy. Discover how science unites with history to help break down brick walls and find family using DNA research. Grow your family tree through a variety of online resources that will be introduced. Free program, lunch included, co-sponsored by Sherman Commission on Aging. RSVP by September 16.

**Music of Lumos:** Last Thursday of the month at 1:30 "Susie and Al" will entertain us with their unique and sweet music.

### Trips:

**Essex Steam Train & Riverboat Lunch Excursion:** Friday, September 30. Enjoy a three-course lunch aboard a restored 1920's Pullman Diner as part of a 3.75-hour lunch, train and riverboat sightseeing excursion. Take a trip back in time when rail travel was king and eating in the "Diner" was a delicious special occasion. \$50 per person includes 3-course lunch, tax, gratuity, train, and riverboat excursion.

**Scenic Drive to Kent Falls:** Friday, October 21. Enjoy a trip to the "most visited falls" in Connecticut. Hike to the top or just enjoy the view from the picnic area. The trail to the top is about 1/4 mile alongside the falls. The path and lookouts are beautifully maintained for splendid views. The vertical height of the entire falls is around 150-200 ft.

**Walkway Over the Hudson:** Wednesday, October 26 (rain date 10/28). Join us on a trip to Poughkeepsie, NY, to enjoy the Walkway Over the Hudson State Historic Park. The park includes a linear walkway spanning the Hudson River. At 212 feet tall and 1.28 miles long, it is the longest elevated pedestrian bridge in the world.

## Don't Forget Your Vaccinations

Shingles/Pneumonia Clinic

Wednesday, Sept. 14,

9:30 to 11:30

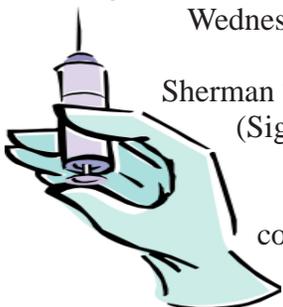
Sherman Senior Center

(Sign up required

one week in

advance to

confirm Copay)



Sherman Senior **Flu Clinic**

Monday, Oct. 3, 10 am to noon at  
the Firehouse. Walk-ins Welcome!

# September 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <b>Happy Birthday!</b> Jeanne McRoberts George Auer Lorraine Palmenta Lillian Hart Gloria Dorn	<b>5</b>  Labor Day Office Closed	<b>6</b>  10:00 Exercise Club Shopping Trip <b>11:00</b> Adult Coloring + Coffee	 <b>7</b> 9:00 Walking Trip: Sherman Library and Town Center 12:00 Pinochle	<b>1</b> <b>10:30</b> Senior Dine at American Pie <i>WhiteHouse Omelet, or Chicken Parmesan Sandwich</i> <b>12:00</b> Medicare fraud, abuse and scams	<b>2</b>  9:00 Walking Trip: Danbury Mall, Christmas Tree Shop & Trader Joe's	<b>3</b>
<b>11</b> <b>9:00</b> Walking <b>11:30</b> Blood Pressure <b>12:30</b> Birthday Party <i>Pinochle after</i>	<b>13</b>  10:00 Exercise Club Shopping Trip <b>11:00</b> Talk: Medicare 2017 Update	<b>14</b> 9:00 Walking <b>9:30-11:30</b> Shingles/Pneumonia Clinic sign up required 12:00 Pinochle	<b>15</b> <b>10:30</b> Senior Dine at American Pie <i>Vegetable Quiche of the day, or Cheeseburger Deluxe</i>	<b>16</b> <b>9:00</b> Walking <b>9-1:</b> AARP Safe Drive Class 	<b>17</b>	<b>17</b>
<b>18</b> <b>9:00</b> Walking <b>11:00</b> Talk: Dr. Varano Alzheimer's Disease 12:00 Pinochle	<b>20</b> 10:00: Exercise Club with NMVNA Physical Therapist Shopping Trip 	<b>21</b> <b>9:00</b> Walking <b>11:00</b> Trip: Sherman Library and Town Center 12:00 Pinochle <b>5:00</b> NM Hospital Dining	<b>22</b> <b>10:45</b> Senior Dine at American Pie <i>German Potato Pancakes, or Chef's salad</i>	<b>23</b> <b>9:00</b> Walking <b>10-1</b> Lunch & Learn Genealogy & DNA testing Workshop 	<b>24</b>	<b>24</b>
<b>25</b> <b>9:00</b> Walking <b>10:30</b> Craft Class 12:00 Pinochle	<b>27</b>  10:00 Exercise Club Shopping Trip	<b>28</b> 9:00 Walking 12:00 Pinochle <b>1:30</b> Trip: Shoprite 	<b>29</b> <b>10:30</b> Senior Dine at American Pie <i>Cheese blintzes w. cream cheese and fruit, or meatloaf and gravy</i> <b>11:45</b> BINGO <b>1:30</b> Music with Lumos: "Susie and Al" 	<b>30</b> <b>9:00</b> Walking Trip: Essex Dining Train and Steamboat Cost \$50	<b>30</b>	<b>30</b>

# October 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>2</b>	<b>3</b> 9:00 Walking  10 - 12 Flu Clinic 12:00 Pinochle	<b>4</b> 10:00 Exercise Club  Shopping Trip 11:00 Adult Coloring & Coffee	<b>5</b> 9:00 Walking Trip: Sherman Library and Town Center 12:00 Pinochle	<b>6</b> 10:30 Senior Dine at American Pie <i>Florentine Omelet, or soup-of-the-day w.1/2 chicken Caesar salad.</i>	<b>7</b>  9:00 Walking Trip: Danbury Mall, Christmas Tree Shop & Trader Joe's	<b>8</b> 9:00 Walking
<b>9</b>	<b>10</b>  Columbus Day Office Closed	<b>11</b> 10:00 Exercise Club  Shopping Trip 11:00 Talk: Uber drivers in Sherman	<b>12</b> 9:00 Walking 12:00 Pinochle	<b>13</b> 10:30 Senior Dine at American Pie <i>Banana-fritter, French toast w. 1 egg, or French Dip w. melted cheese.</i>	<b>14</b> 12:00-2:00 9:00 Walking Housatonic Probate Court Judge Martin Landgrebe. Call for appointment drop-ins welcome!	<b>15</b>
<b>16</b>	<b>17</b> 9:00 Walking 11:30 Blood Pressure 12:30 Birthday Party  Pinochle after	<b>18</b>  Shopping Trip 10:00 Exercise Club at Great Hollow, optional hiking after class. Bring bag lunch.	<b>19</b> 9:00 Walking Trip: Sherman Library and town center 12:00 Pinochle 5:00 NM Hospital Dining	<b>20</b> 10:30 Senior Dine at American Pie <i>Roasted Veggie Fajita, or Soup of the day with Turkey/Swiss Sandwich.</i> 11:45 Discussion Club "A Hilarious Celebration of Lifelong Female Friendship"	<b>21</b>  9:00 Walking Trip: Kent Falls & lunch out	<b>22</b>
<b>23</b>	<b>24</b> 9:00 Walking 10:00 Cooking with Lori  Octoberfest 12:00 Pinochle	<b>25</b>  10:00 Exercise Club Shopping Trip 11:00 Computer Security Class with Rick Hudson	<b>26</b> 9:00 Walking Trip: Walkway over the Hudson (raindate 10/28) 12:00 Pinochle	<b>27</b> 10:30 Senior Dine at American Pie <i>Uncle Sam Grand Slam, or Chef salad and cheese.</i> 11:45 BINGO 1:30 Music with Lumos: "Susie and Al"	<b>28</b> 9:00 Walking Raindate for 10/26 trip	<b>29</b>
<b>30</b>	<b>31</b> 9:00 Walking 10:30 Craft Class 12:00 Pinochle	    		<b>Happy Birthday!</b> Edith Jordan Jackie Crawford Brigitte Koester Carol Faure Marie Hayes		

# How Can We Help?

Sherman Social Services is located at the Sherman Senior Center. Here's how we can help...

**Medicare Part D** enrollment is the drug portion of Medicare. Open enrollment for any changes to your Medicare Part D runs only Oct. 15 thru Dec. 7 each year. Make an appointment with Beth Trott, Director of Sherman Social Services, to update your plan during the enrollment period. It is important to find the most cost effective plan for your medications each year.



**Medicare Savings Program** is a great way to save money on Medicare Part B and Part D premiums if your income is below \$2,435 per month for a single person and \$3,284/couple.

**Prepare: Don't Panic!** Federal Energy Assistance is available for the coming winter heating season. Make an appointment with Beth to see if you qualify for help to pay for heat. The gross income limit is \$33,880 for a single person, \$44,305/couple. Assets below \$10,000 for home owners and \$7000 for renters are allowed. Discuss Free Home Weatherization plans also.



**You can apply** for Supplemental Nutrition Assistance Program (SNAP) right in Beth's office. Call for an appointment at (860) 354-2414, ext. 2. Housing and medical expenses are deducted from your income to determine eligibility. Details can be found on the SNAP website at <http://www.fns.usda.gov/SNAP/>.

Beth is Sherman's Municipal Agent for the Elderly. She can answer your questions about Social Security, Medicare, Medicaid/Husky, home health issues, housing, etc.

