

## Come Lunch with the Darien Senior Programs at Mather Center

### The best value in Town!

Research shows that eating your main meal at noontime, especially as we grow older, has actual health benefits. We have more time to digest and metabolize the meal. Eating lighter for the evening meal can aid in a better night’s sleep and help with weight control.

Eating at the Center also has the added benefit of socializing with peers and attending some of the wonderful programming offered before or after lunch.

Cooking for one can also be stressful. The cost saving of only having to shop for breakfast and a lighter evening meal is also significant.

So give a meal at the Center a try for \$5.00. Call in for our weekly menu on Mondays 203-656-7490. **To reserve a meal, call by 11:15 the day of.... Lunch is served at 12:00 sharp!**

### Senior Trips

Both the Norwalk and Stamford Senior Centers are offering trips to seniors! For more information from Norwalk, please call Joan at 203-847-3115 ext. 109 or email [jtheroux@norwalksc.org](mailto:jtheroux@norwalksc.org); from Stamford, please call 203-977-5151.

*A donation to the Darien Senior Programs is a thoughtful way to honor an individual or family member whose life was impacted by our programs and services. Your donation will help us continue to serve more individuals throughout the community.*

Don’t forget that **At Home in Darien** is available to take you to appointments, shopping, visiting and of course, to the Senior Programs. Rides are available **Monday - Friday, 9am - 4pm**. Call **203-655-2227** to reserve your ride. A suggested donation is **\$5**.

### December Save the Date

Dec 2 Flu Shots  
 Dec 3 Blood Pressure check-up  
 Dec 4 Garden Club of Darien  
 Dec 4 Visiting Nurses & Hospice of Fairfield County  
           Lunch & Learn **Complimentary Lunch**  
 Dec 5 Hoot Owls perform  
 Dec 9 Audiology Concierge  
 Dec 9 Brain Bowl  
 Dec 10 Bobby Buch Fire Marshal  
 Dec 11 CT Pharmacy  
 Dec 12 Them Gs Entertainment Greenwich Home Care  
 Dec 16 Art Gottlieb Historical Series  
 Dec 17 Blood Pressure check-up  
 Dec 17 Stamford Hospital  
 Dec 18 Circle of Light  
 Dec 19 Caregivers Support Group **Note day change**  
**Dec 24 & 25 CLOSED FOR CHRISTMAS**  
**Dec 31 CLOSSES AT 1:00**  
**Jan 1 CLOSED FOR NEW YEARS DAY**

### Woodshop Repair Program

Woodshop volunteers will repair small wooden items, chairs, drawers, tables, etc., for a recommended donation. Bring your item into the woodshop any **Monday or Tuesday** between 9:30 -11:30 a.m. and one of our volunteers will discuss the cost to repair, including supplies.

### MONTHLY CAREGIVER EDUCATIONAL SUPPORT GROUP

The monthly Caregiver Educational Support Group will meet on the third Wednesday of the month from 1:00 - 2:30 in the Mather Center Computer Room. If you are caregiving a family member or a friend with multiple needs, especially Dementia of the Alzheimer’s Type, you will find information and resources to assist you. For more information, please contact Beth Paris, Senior Programs Director, at 203-656-7490.

### Community Health and Wellness Calendar

Community Health and Wellness Calendar is an online tool that is available to the public as a resource for residents to see at a glance what events are up-coming or of interest in helping learn more about leading healthy lives. The Health Department monitors the calendar to make sure events are relevant while adding events offered by other organizations as well. This calendar is intended to be a key step to creating a healthier and more involved Darien community. You may access the calendar through the Darien Health Department website ([www.darienhealth.com](http://www.darienhealth.com)).

Elizabeth Paris  
 Director Senior Programs  
 Email: [eparis@darienct.gov](mailto:eparis@darienct.gov)

Marcella Rand, MSW  
 Program Specialist  
 Email: [mrand@darienct.gov](mailto:mrand@darienct.gov)

Eileen Manhart  
 Receptionist  
 Email: [emanhart@darienct.gov](mailto:emanhart@darienct.gov)

★ Celebrating **5 Fabulous Years** ★  
**Mather Center**  
*Home of*  
**Darien Senior Programs**  
**2 Renshaw Road Darien, CT 06820**  
**203-656-7490**  
**[www.darienct.gov](http://www.darienct.gov)**



**November 2019**  
**Hours of Operation**  
**9 am - 3 pm**

### From the Desk of Beth Paris

***Gratitude can transform common days into Thanksgiving, turn routine jobs into joy and change ordinary opportunities into blessings...William Arthur Ward***

I am witness on a daily basis to all sorts of good doing and acts of kindness. When I see folks watching out for one another, grabbing a Newsletter for a friend, sharing laughter around a cluster of chairs, and, also, very poignantly offering a word of support and encouragement while sharing a cup of tea — I am reminded what makes a community are these very lovely and gentle gestures. It is true we can be proud of the excellent programs and activities that are offered by a small but mighty staff and super group of volunteers at Senior Programs—but what sets our Center apart is the welcoming sprit here, the strong sense of being there for one another, all assisting each member to be as resilient as possible in order to enjoy the best quality of life possible...For these things and so much more, I am truly thankful!

**Thanksgiving Dinner** will be held Wednesday, November 20<sup>th</sup> at 12:00 noon sharp! This year, besides an amazing dinner prepared by Chef Judi Rotar, we will have the pleasure of Darien Finest Serving!!! We are thrilled that Police Officers are making the time to be with us for this very special event...**Sign Up for Darien Residents November 1<sup>st</sup> through 8<sup>th</sup> then all other members!**



### Meet Chief Anderson! Wednesday, November 6 @ 9:00 am

Chief Anderson is the son of the late Bruce M. Anderson who served as Chief from 1988-1993. Anderson is also a graduate of the 245<sup>th</sup> session of the FBI National Academy. Captain Anderson holds a Bachelor's degree in Criminal Justice from Sacred Heart University and a Master's degree in Criminal Justice from Iona College. Please come meet and welcome Chief Anderson – Darien’s 11<sup>th</sup> Police Chief!

### Scams: Congressman Jim Himes Monday, November 4 @ 12:30

The Office of Congressman Jim Himes in partnership with the Internal Revenue Service, Federal Trade Commission, Center for Medicare & Medicaid Services, and the Western Connecticut Area Agency on Aging Senior Medicare Patrol will be hosting a fraud prevention workshop highlighting scams targeting seniors. Join us and learn how you can protect yourself and loved ones from these practices.

### Medicare Boot Camp! Friday, November 1 @ 10:00 am

Are you turning 65 this year? Will you be nearing 65 soon? Are you already enrolled in Medicare but have questions? Then this is the program for you! Nancy Lombard , Long-term Options Specialist and CHOICES counselor for the Southwest CT Agency on Aging, will cover topic such as: When to enroll to avoid penalties, what is part A, B, C, &D, Medicare savings plans, and alternative Medicare options.

### Blood Pressure Monitoring and Ask a Nurse Flu Shots

**Tuesdays November 5 @ 9:30 and November 19 @ 12:30**

Nurse Jeannie Bain is available the first and third Tuesday for blood pressure monitoring and to answer any health related questions you may have. Tuesday, November 19<sup>th</sup>, Jeannie will also be available for Flu shots during her visit. Please bring your Medicare card with you.

### Prevent Type 2 Diabetes Program: Dr. Wade Begins Friday, March 20 @ 10:30

The Prevent T2 lifestyle change program can help you lose weight, become more physically active and reduce stress. This Diabetes prevention program is a weekly interactive one hour long workshop. The class is limited in size. The goal of the program is to teach participants research based skills. The program is a CDC recognized program and the curriculum is led by the National Institute of Health.

Monitor My Health, a not-for-profit preventive health care organization based in Fairfield County is offering this year long program with a value of \$675.00 free of charge through Medicare to qualifying pre-diabetic candidates. Please see Beth or Marcy for the qualifying questionnaire to be filled out prior to the beginning of the program.

### CT Pharmacy: Is it a Cold or the Flu? Wednesday, November 13 @ 12:30

Because the common cold and the flu have overlapping symptoms, it's easy to mistake one for the other. It's important to know the difference between flu and cold symptoms. While a cold is a mild annoyance, the flu can result in serious health problems. Diane Corba of CT Pharmacy will discuss symptoms to be aware of and when to take a sniffle seriously.



### Stamford Hospital: Osteoarthritis Tuesday, November 19 @ 12:30

The chance of suffering from a rheumatic illness like osteoarthritis tends to increase with age. Rheumatic diseases and related conditions include more than 100 disorders that typically affect the joints, tendons, ligaments, bones and muscles. While there are few cures for rheumatic diseases, there are many therapies that can make a big difference for patients by relieving pain, lessening inflammation, and slowing or stopping damage to joints. Anastasia Slobodnick, MD, is a rheumatologist and internal medicine physician with Stamford Hospital. Dr. Slobodnick will discuss osteoarthritis and treatment options.

### Read and Tell: Good Art, Good Life Wednesday, November 27 @ 12:30

Join us for a monthly (last Wednesday) treat. You can bring a literary piece (poem, story, philosophical, or inspirational essay), picture of a sculpture, painting, movie poster, or a play bill as a spring board into sharing from our own stories and concerns. We will explore how arts and creativity can motivate, comfort, take us by the hand and guide us in our journeys. We will share the stories which most move and keep us going, the ideas which nurture a good life and help us through tough times. Come listen, interact, and share inspiration and fun! The meeting will be moderated by a Family Centers' Center for HOPE employee.

### Connecticut Energy Assistance Program

The *Connecticut Energy Assistance Program* helps eligible Darien families with home heating costs. We will begin accepting applications for the 2019-2020 program on Monday, September 9<sup>th</sup> for households who heat with oil and on Monday, October 7<sup>th</sup> for households who heat with electricity, gas, or propane. Residents must meet the following income restrictions:

Maximum Household Income

Household Size	1	2	3	4	5	6	7	8
Annual Income	36,171	47,300	58,430	69,559	80,688	91,818	93,905	95,991

Proof of income is required, including:

- Social Security benefits
- Pensions or annuities
- Dividend and interest income
- Employment income
- Child support and/or alimony payments
- Unemployment, workman's comp. or disability payments

Proof of liquid assets is also required:

- Checking and/or Savings accounts
- Stocks, Bonds, CDs and IRAs

Individuals, couples, and families may have liquid assets up to \$15,000 for home owners and \$12,000 for renters and still be eligible. Applications must be filed by 3/16/20 for households with oil or gas heat and 5/1/20 for households with electric heat. Please contact Darien Human Services at 203-656-7328 to schedule an appointment. The office is open Monday through Friday 8:30am to 4:30 pm in Town Hall, Room 109. For more information, please visit [www.darienct.gov](http://www.darienct.gov).

### Medicare Open Enrollment

It is that time of year; Medicare Open Enrollment begins October 15<sup>th</sup> through December 7<sup>th</sup>.

This is the time to review your Medicare part D coverage. Even if you are happy with your current plan, coverage can change year to year. It is important to compare plans and make sure you are enrolled in the best possible option for you. This is also the time where you can switch Medicare Advantage plans, or dis-enroll and revert back to original Medicare. Darien residents, Please call the Human Services department to schedule an appointment with Ali Ramsteck, LCSW or Cynthia Hall, LMSW - CHOICES trained counselors at (203) 656-7328.

### Emergency Call List for Darien Residents

Would you like to be on the Darien Human Services' Emergency Call List? The staff keeps a list of seniors or disabled individuals to call prior to a storm or town wide emergency. Calls are also made during and after the storm to provide reassurance and make sure you are alright. If you are a Darien resident, and would like to have your name added to the list, please call 203-656-7328.

### Medical Equipment Loan Closet

If Darien residents are in need of a walker, wheelchair, crutches, or a cane, you can borrow them, on a short term basis, from Darien Human Services Loan Closet. Just call 203-656-7328 to reserve what you need. You, or someone on your behalf, can stop by to pick up the equipment. There is no charge for this service. **Please spread the word!**

### Darien Police Department: Unused Prescription Medication

Do you have an unused prescription medication that you would like to dispose of safely – but are homebound? Darien Officers will collect them from you by appointment. This program is open to Darien residents only. 203-662-5320





## Meet the Chef — Judi Rotar

Judi grew up in Morris Park, Bronx, NY. She moved to Connecticut in 1976 when her grandmother retired. She grew up on having homemade meals every night. Two of her grandmother's friends owned the BLUE MOON Restaurant in Norwalk and they furthered her cooking experience. Judy went on to become a classically trained Escoffier Style French Chef. In the 70s, there were no women working in a French Kitchen alongside men — but Judy did — a feat she is still very proud of!

Ask her about some of the well-known folks she is cooked for: Henry Kissinger, Bette Davis, Jack Welch, Rodney Dangerfield, Greg Morris to name a few. She also worked for author Robert Ludlum when he was writing the Jason Bourne series.

Her passion for food is still strong! She also is a proud member of the Daughter of the American Revolution Chapter in Fairfield. She holds the title of Chapter Historian Chair of Conservation as well as being active on the State Level.

She is extremely happy to be the chef for Darien Senior Programs at Mather Center. Feel free to share some of your favorite meals with her. She would love to prepare them.



## Discount Vouchers for Locally Grown Fruits and Vegetables

Darien seniors may now be eligible to receive discount vouchers for locally grown fruits and vegetables through the Connecticut Department of Agriculture. Darien Human Services has just been designated as a Local Coordinating Agency for the Senior Farmers' Market Nutrition Program (SFMNP). SFMNP provides vouchers for locally grown fruits, vegetables, herbs and honey to eligible low income seniors. Vouchers can be redeemed at any local Farmers Market. The Darien Farmers Market is held every Wednesday from 10:00am to 3:00pm at the Goodwives Shopping Center parking lot, 25 Old King's Highway North. Vouchers are limited and will be distributed on a first-come, first-served basis. Vouchers are valid through October 30th. Interested seniors (60 years of age or older) must be Darien residents and have a maximum household income of no more than 185% of the federal poverty level (\$1926/ month for a single person and \$2607/ month for a couple). Proof of income is required. Please contact Darien Human Services at (203) 656-7328 Monday through Friday 8:30 – 4:30 to schedule an appointment.

## AARP Smart Driver Course Tuesday, November 12 @ 10:00

The AARP Smart Driver™ Course is the nation's first and largest refresher course for drivers age 50 and older. There are no tests to pass - just useful information to keep you safe on the road! Learn about normal age-related physical changes and how to adjust your driving to compensate. Reduce your chances of receiving a traffic violation, getting into an accident, or becoming injured. Get an insurance discount. Auto insurance companies in most states provide a multi-year discount to course graduates! (Some states may have restrictions on accepting an online driver improvement course for insurance discounts. Please consult your insurance agent for more information about discounts in your state.) Cost of the Smart Driver Course is \$15.00 dollars for members and \$20.00 for non-members. There will be a half hour lunch break for all participants. Bag lunch can be brought, or purchased (\$5.00). Reservations for lunch must be made by 11:15 the day of the course.

## Darien Garden Club Flower Arranging Wednesday, November 6 @ 10:00

A group of dedicated volunteers from the Garden Club leads a flower arranging class each month called “*Pleasure through Plants Program.*” They graciously provide all the flowers and the containers to highlight occasions or special holiday themes that month. They also offer instructions on making arrangements as well as valuable information on the flowers used at each class. Sign up required. (In the event a class or program is full, **Darien residents will be given 1<sup>st</sup> priority.**)



**NEW**

## Country Western BBQ! Thursday, November 7 @ 12:30

We're roundin' up a barbeque and hope you'll join us! We'll be gittin' down country! So put on your boots and ten gallon hats and join us for some country hoots! Talented new performers (to us!), Ray Simonelli and Wendy May will be singing and dancing is encouraged!



## David Allen Entertains! Thursday, November 14 @ 12:30

**NEW**

We are thrilled to have David Allen back again this year! David has a vast repertoire of popular songs sure to be enjoyed! David will sing and play guitar as well as throw in some comedy and encourage audience participation! Come and enjoy yourselves – we know you will!

## Here Comes Rosie the Dog! Monday, November 18 @ 11:00

Geri Genovese will be here with Rosie for some reminiscing. There are so many benefits of interaction with pets – mental, emotional, and even physical. So come and enjoy Rosie's visit!

## Art Gottlieb, LCSW: The Cloisters Tuesday, November 26 @ 12:30

The Cloisters were excavated from French monasteries in the 1930's and reconstructed on their present site in the Washington Heights section of upper Manhattan. This Romanesque and Gothic style landmark is part of the Metropolitan Museum of Art, and now serves as a museum of European architecture and sculpture.

Weekly Classes at the Senior Programs

MONDAY

9:05 Tai Chi with Ken  
9:30 Duplicate 199’er Game  
9:30 - 11:30 Woodshop  
10:00 Open Studio Acrylic Painting  
10:00 - 12:00 Knit and Crochet  
10:15- 11:00 Silver Fit with Lisa  
10:00 - 12:00 & 12:30 - 2:30 Mahjongg  
10:30 - 12:00 Wii Team Play  
11:30 Ballet for Seniors with Elizabeth  
12:40 Dance, Strength, and Balance with Ginger

TUESDAY

9:30 - 12:00 Open Pickleball (advanced level)  
9:30 - 2:00 Open Wii Bowling  
9:30 - 11:30 Woodshop  
10:00 Computer Help  
10:00 Open Art Studio  
10:00 Writing Class  
10:00 Sittercise with Winifred (Free of Charge)  
10:15 Senior Aerobics with Linda  
11:00 Feldenkrais Movement withWendy  
12:30 - 2:00 Open Pickleball (beginners — no instruction)  
1:00 Italian Conversation

WEDNESDAY

9:30 Chair Yoga with Marilyn  
9:30 - 2:00 Open Wii Bowling  
10:00 - 12:00 Open Watercolor Studio  
10:00 Yoga (bring your own mat) with Frances  
10:00 - 11:45 Fabulously Fun Bingo! Except for 1st Wednesday of the month, begins at 10:30  
11:00 Silver Fit with Lisa  
12:30 - 2:30 Pinochle Lessons  
1:00 Tai Chi with Ken

THURSDAY

9:30 Body Essentials with Elizabeth  
9:30 Intermediate Bridge Instruction  
9:30 - 12:00 Open Pickleball (advanced)  
10:00 Musical Flow Yoga with Amanda  
10:00 Italian Language & Culture  
10:30 Darien YMCA Low Impact Aerobics with Linda (Free of Charge)  
10:00 - 12:00 & 12:30 - 2:30 Mahjongg  
11:15 Chair Dance with Claudia  
11:30 Senior Fitness (Free of Charge) with Elizabeth  
12:30 - 2:00 Open Pickleball (beginners — no instruction)  
1:00 Short Story Discussion  
1:00 QiGong with Bill

FRIDAY

9:30 - 2:00 Open Wii Bowling  
9:30 Stained Glass  
10:00 Yoga (bring your own mat) with Frances  
10:00 Oil Painting  
10:00 Beginner Spanish  
11:00 Spanish  
11:00 Ballet for Seniors with Elizabeth  
12:30 Contemporary Issues  
12:30 Brain Twisters & Teasers

November Special Programs

Fri	1st	Medicare Boot Camp	10:00
Mon	4th	Scam Program with Congressman Jim Himes	12:30
Tues	5th	blood pressure check-up	9:30 - 11:30
Wed	6th	Coffee with a Cop: Meet Chief Anderson	9:00
Wed	6th	Garden Club of Darien	10:00
Wed	6th	Mahjongg Instruction	12:30
Thurs	7th	Country Western BBQ	12:00



Mon	11th	CLOSED FOR VETERANS DAY	
Tues	12th	AARP Safe Driving Course	10:00 - 2:30
Wed	13th	CT Pharmacy: <i>Is it a Cold or the Flu?</i>	12:30
Wed	13th	Mahjongg Instruction	12:30
Thurs	14th	David Allen entertains	12:30

Mon	18th	Here Comes Rosie	11:00
Tues	19th	blood pressure check-up and flu shots	12:30 - 1:30
Tues	19th	Stamford Hospital: Osteoarthritis	12:30
Wed	20th	Thanksgiving Celebration	12:00
Thurs	21st	Caregivers’ Support Group	1:00 - 2:30 <i>Note day change</i>



Mon	26th	Art Gottlieb, LCSW: <i>The Cloisters</i>	12:30
Wed	27th	Good Lit, Good Life	12:30
Thurs	28th & 29th	CLOSED FOR THANKSGIVING	



For more info see pages 2, 3 & 6