

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; 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**.

April Save the Date

- Apr 2 Matter of Balance
- Apr 2 Blood Pressure check-up
- Apr 2 Art Gottlieb Historical Series
- Apr 3 Garden Club of Darien
- Apr 3 Visiting Nurses & Hospice of Fairfield County
Lunch & Learn **Complimentary Lunch**
- Apr 5 Diabetes Prevention class
- Apr 8 AARP Tax Counseling
- Apr 8 Audiology Concierge
- Apr 8 Dementia Friendly Training
- Apr 9 Matter of Balance
- Apr 10 CT Pharmacy
- Apr 11 Volunteer Recognition & Touch of Sinatra
- Apr 16 Stamford Hospital
- Apr 16 Blood Pressure check-up
- Apr 17 Walgreens
- Apr 17 Pitchpipers Entertain
- Apr 23 Blue Notes Entertain
- Apr 24 Good Lit, Good Life

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

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).

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★ Celebrating **5 Fabulous Years** ★

Mather Center

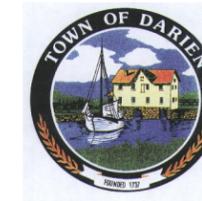
Home of

Darien Senior Programs

2 Renshaw Road Darien, CT 06820

203-656-7490

www.darienct.gov



March 2019
Hours of Operation
9 am - 3 pm

From the Desk of Beth Paris



“When fun gets deep enough it can heal the world” Bernie DeKoven

Well, the winter officially ends this month and Spring begins! Let's reflect on this month's quote, and, as we move into the Spring, consider having more "fun" each day... As we continue to celebrate the Senior Programs' 5th year in the Mather Center, we invite you to participate in programs and activities that keep that fun quotient high and your enjoyment level soaring. **We will be celebrating St. Patrick's Day on Thursday, March 14th. Wear a little green and be a little Irish while enjoying a delicious corned beef luncheon (12:00 sharp) prepared by Chef Kris and then a wonderful FREE entertainment (12:30)! There will be Irish Music, Storytelling, and Step Dancing accompanied by bag pipes, mandolin, banjo and guitar. Richard Stillman is a Broadway actor, musician, singer and dancer and will bring along another entertainer for even more merriment. Please sign up in advance for this event, as it is sure to be popular! Space is limited.**

StretchLab New Canaan: Complimentary Personal Stretching

Monday, March 11th 9:15 – 1:00

Tight shoulders? sore hamstrings? neck tension? StretchLab can help! One on one stretching is about identifying tightness and imbalances in your body and customizing a stretch routine that is just for you. A proper stretching routine over time will increase your range of motion and flexibility – making everyday tasks easier and improving your quality of life. Stretching help to alleviate muscle tension reducing pain in sore areas and reduces joint pain. Stretching routines also help in injury and pain prevention. StretchLab will be offering two flexologists with stretching tables in room 210 to offer complimentary personal stretching before or after exercise classes.

Free Tax Prep and Filing: March 11 & April 8

AARP/IRS/VITA volunteer tax assistance program will be available to the Darien community at the Darien Senior Programs. This is a no cost, full service program with special attention to seniors and low to moderate income households. Tax preparation and electronic filing of state and federal returns will be offered at the Senior Programs on March 11 and April 8 from 9:00 am to 1:00 pm. **Appointments are highly suggested 203-656-7490.**

GREAT OPPORTUNITY!

Prevent Type 2 Diabetes Lifestyle Change Program
Begins Friday March 15 @ 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 that runs for 6 months. This class is limited in size to 20. The program is recognized by the CDC, and the curriculum is led by Dr. Dana Wade of the National Institute of Health. Monitor My Health, a not-for-profit preventive health care organization, is based in Fairfield County. This program is valued at \$675.00 per participant but is being offered to us FREE OF CHARGE to qualifying pre-diabetic candidates. Please see Beth for the qualifying questionnaire to be filled out prior to the beginning of the program.

Sound Directions Drumming Circle

Thursday, March 28 @ 12:30

Randy Brody will facilitate this interactive, recreational music-making program. Through Drum Circles participants can feel a sense of community and enjoy some social interaction. The act of drumming can be an excellent upper body exercise and can stimulate the heart. Group drumming in particular builds community, lifts spirits, releases stress, and strengthens the immune system. Best of all – no experience is necessary to participate! Randy is a music educator, therapeutic drummer, and HealthRhythms facilitator. Mather Center is offering this special program free of charge. **Sign up is a must, as space is limited to 20 participants.**

**VNH of Fairfield County: Bone Health
Wednesday, March 6
Complimentary Lunch @ Noon
Program @ 12:30**

Bone loss is inevitable as we age and can cause osteoporosis, but there are ways to slow the process. Katherine Lasberg of VNH will discuss reducing these risks by a healthy diets, supplements, and exercise.

**CT Pharmacy: Thyroid Health
Wednesday, March 13 @ 12:30**

It is estimated that almost 60 million Americans have a thyroid problem, and the majority of these people don't know it yet. The thyroid, a gland located in the neck, is the master gland of metabolism. When your thyroid doesn't function, it can affect every aspect of your health and in particular, weight, depression, and energy levels. Undiagnosed thyroid problems can dramatically increase your risk of obesity, heart disease, depression, anxiety, hair loss, and a host of other symptoms and health problems. Diane Corba of CT Pharmacy will explain in detail the issues faced when struggling with thyroid problems.

**Center for Vein Restoration: Causes and Symptoms of Vein Insufficiency
Tuesday, March 19 @ 12:30**

“Chronic venous insufficiency (or CVI) is the most common vascular condition in the United States. A product of malfunctioning venous valves, it causes blood to gather in the veins, placing greater pressure on them. It most often affects the lower legs, but it can occur in any vein in the body.”
As its name suggests, CVI is a chronic disorder that requires active treatment. Fortunately, a number of effective remedies are easily available, from basic lifestyle adjustments to minimally invasive procedures designed to eliminate the problem altogether. Dr. Edelman of the Center for Vein Restoration will present a program on the causes and symptoms of venous insufficiency; he will also provide time for questions.

**Walgreens Pharmacy: Immunizations
Wednesday, March 20 @ 12:30**

Shots - or immunizations - are not just for children! Adults also need to be vaccinated from time to time to protect themselves against serious infectious diseases. In fact, some shots are more important for adults than for children. Brian, the pharmacist from Walgreens will be here to present a program covering all suggested immunizations for seniors and when to get them.

**Caregiver Educational Support Group
3rd Wednesday of the Month @ 1:00**

The monthly Caregiver Educational Support Group will resume meeting on the 3rd Wednesday of the Month from 1:00-2:30 in the Mather Center Computer Room. If you are caregiving a family member or 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.

Energy Assistance Program

The Energy Assistance Program is continuing for customers who heat with oil. You have until 3/14/19 to apply. For customers who heat with electric, gas, or propane, you have until 5/1/19 to apply. For an appointment, please call Darien Human Services at 203-656-7328 Monday-Friday 8:30a.m to 4:30 p.m. **Assets and income limits apply.**

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

2019 RENTERS REBATE PROGRAM

Darien senior citizens and/or disabled residents who are renters may be eligible for a rent rebate from the State of Connecticut for the year 2018. The program begins on April 1, 2019 and will continue through September 30, 2019. The Darien Human Services Department will begin accepting applications on Monday, April 1, 2019. Eligibility requirements are:

1. Must be 65 years of age as of December 31, 2018 or disabled and collecting Social Security disability payments.
2. One year or more residency in Connecticut.
3. Income must not exceed \$36,000 for a single person or \$43,900 for a married couple.
4. Disabled persons under age 65 must show proof of Social Security disability.
5. If you filed a 2018 income tax return, a copy is required.

Proof of rent and utility payments is required for every month you were renting. A printout from the utility company, receipt of rent payment from your landlord, and canceled checks are acceptable. For more information or to make an appointment, please call Darien Human Services at 203-656-7328. The Department is located in Town Hall Room 109 and is open Monday through Friday from 8:30am to 4:30pm.

**AARP Smart Driver Course
Tuesday, May 14 @ 10:00**

The AARP Smart Driver™ Course is the nation’s first and largest refresher course for drivers age 50 and older. It has given millions of drivers the skills and tools they need to drive safely on today’s roads, allowing them to remain independent for many years to come. In fact, 97% of those who take it change at least one driving behavior, and the best part? 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.

**Notice to Elderly Homeowners
Tax Credits**

Anthony J. Homicki, Darien Assessor, advises all senior homeowners over the age of 65 may be eligible for tax credits on their Real Estate Property tax under the Circuit Breaker (State Program), Town Program, or Elderly Tax Deferral, that applications are being accepted now and must be filed before Wednesday May 15, 2019. Any homeowner reaching the age of 65 on or before December 31, 2018 and qualifies within the income limits, should come into the Assessor’s Office and apply by May 15, 2019. To be eligible for credit, income must not exceed \$52,900 for married couples or \$45,000 for single persons. All income, including Social Security must be reported. Documentation of proof such as a copy of your 2018 Social Security 1099 form and a copy of your 2018 Income Tax Return is needed. If you have any questions, including questions about the Elderly Tax Deferral option, please call the Assessor’s Office @ 203-656-7310, Monday through Friday from 8:30 a.m. to 4:30 p.m.

**Read and Tell: Good Lit, Good Life
Wednesday, March 27 @ 12:30**

Join Ashleigh Miller, a clinician with the Center for HOPE/Family Centers, Darien, for a monthly (last Wednesday) literary treat (poem, story, philosophical or inspirational essay) as springboard into sharing from our own stories and concerns. As meetings progress, participants will also be invited (although not obliged) to share their own narratives, spoken or written, biographical or fictional and to share their own truths. We will explore how creativity motivates, comforts, unsettles and keeps us on our toes. 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, share inspiration and have fun!

**Garden Club of Darien: Pleasure through Plants
Wednesday, March 6 @ 10:00**

Volunteers with the Garden Club of Darien’s Pleasure through Plants program will be here on Wednesday, March 6th to host a wonderful cut flower arranging group. Flowers are generously donated by the Garden Club. Participants will finish with a beautiful arrangement to bring home free of charge. Please see Marcy to sign up – space is limited and fills up quickly.

**Tony Castle and Patsy Shore
Thursday, March 7 @ 12:30**

This talented duo will have you singing along to popular songs from Patsy Cline, Frank Sinatra, Tony Bennett, Dean Martin, Elvis Presley, Neil Diamond, Garth Brooks, Alan Jackson, and More. Lunch (\$5.00) will be served at noon and entertainment (free of charge) will begin at 12:30.



**Coffee with a Cop
Wednesday, March 13 @ 9:15**

Coffee with a Cop brings police officers and the community members they serve together over coffee – to discuss issues and learn more about each other. Please join Sgt. Keri Isaac for a cup and some conversation. Coffee with a Cop provides a comfortable opportunity for positive officer-citizen engagements.

**Darien High School CORE Group
Friday, March 15 @ 11:15**

The Darien High School CORE students are returning to enjoy the opportunity to explore the differences and the likenesses between themselves and seniors. Beth will have on hand some great questions to start off the conversations.

**Cookie Martini
“Laughter is STILL the Best Medicine!”
Thursday, March 21 @ 11:00**

Laughter is still the best medicine. We’ve heard the expression time and again. For decades, researchers have explored how humor helps patients relieve stress and heal. When laughter is shared, it binds people together and increases happiness and intimacy. Humor and laughter strengthen your immune system, boost your energy, diminish pain, and protect you from the damaging effects of stress. Best of all, this priceless medicine is fun, free, and easy to use. Come and laugh with Cookie!



Weekly Classes at the Senior Programs

MONDAY

9:05 Tai Chi
 9:30 Duplicate 199'er Game
 9:30 - 11:30 Woodshop
 10:00 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 Mahjong
 10:30 - 12:00 Wii Team Play
 11:30 Ballet for Seniors
 12:40 Dance, Strength, & Balance

TUESDAY

9:30 Body Essentials with Elizabeth
 9:30 - 11:00 Open Pickleball (all levels)
 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
 11:00 - 12:30 Open Pickleball (intermediate to advanced level)
 12:30 - 2:00 Open Pickleball (all levels)
 1:00 Italian Conversation

WEDNESDAY

9:30 Chair Yoga
 9:30 - 2:00 Open Wii Bowling
 10:00 - 12:00 Open Watercolor Studio
 10:00 Yoga (bring your own mat)
 10:30 - 11:45 Fabulously Fun Bingo!
 10:45 1:00 Open Pickleball
 11:00 Silver Fit with Lisa
 11:00 Beginner Conversational Spanish with Sybil
 12:30 Conversational Intermediate Spanish with Sybil
 12:30 - 2:30 Pinochle Lessons
 1:00 Tai Chi

THURSDAY

9:30 Body Essentials with Elizabeth
 9:30 Intermediate Bridge Instruction
 9:30 - 11:00 Open Pickleball (all levels)
 10:00 Musical Flow Yoga
 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 Mahjong
 11:00 - 12:30 Open Pickleball (intermediate to advanced level)
 11:15 Chair Dance with Claudia
 11:30 Senior Fitness (Free of Charge)
 12:30 - 2:00 Open Pickleball (all levels)
 1:00 Short Story Discussion
 1:00 QiGong

FRIDAY

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

March Special Programs

Tues	5th	Blood Pressure 9:30 - 11:30	
Tues	5th	Matter of Balance 10:00 - 12:00	
Wed	6th	Garden Club of Darien 10:00	
Wed	6th	Visiting Nurse and Hospice of Fairfield County <i>Bone Health - Staying Strong</i> Complimentary Lunch-and-Learn Lunch promptly at 12 Noon — Program at 12:30	
Thurs	7th	Patsy Shore Entertains 12:30	
Mon	11th	AARP Tax Counseling 9:00 - 1:00	
Mon	11th	Stretch Lab 9:15 - 1:00	
Tues	12th	Matter of Balance 10:00 - 12:00	
Wed	13th	Coffee with a Cop 9:15	
Wed	13th	CT Pharmacy: <i>Thyroid Health</i> 12:30	
Thurs	14th	Richard Stillman Entertains on St. Patrick's Day 12:30	
Fri	15th	Diabetes Prevention Class 10:30 - 11:30	
Fri	15th	DHS Core Group 11:15	
Tues	19th	Blood Pressure 12:30 - 1:30	
Tues	19th	Center for Vein Restoration 12:30	
Wed	20th	Walgreen's Pharmacy: <i>Immunizations</i> 12:30	
Wed	20th	Caregivers' Support Group 1:00 - 2:30	
Thurs	21st	Cookie Martini 11:00	
Fri	22nd	Diabetes Prevention Class 10:30	
Tues	26th	Matter of Balance 10:00 - 12:00	
Wed	27th	Good Lit, Good Life 12:30	
Thurs	28th	Drumming Circle 12:30	
Fri	29th	Ask a Lawyer 10:00 - 11:00 <i>By appointment only</i>	
Fri	29th	Diabetes Prevention Class 10:30	

For more info see pages 2, 3 & 6