

**Come Lunch with the Darien Senior Programs at Mather Center**  
**The best value in Town!**

Chicken Cacciatore, Lamb Kabobs w/ Couscous, Vegetable Lasagna, Roast Beef w/ Lyonnaise Potatoes, Seafood Gumbo, Meat Loaf w/mashed potatoes—all complete with a vegetable side and dessert. These delicacies and more are prepared by our Master Chef Tom Mirto, a graduate of the Culinary Institute of America. Not only are the meals nutritious and delicious but they are an incredible value at \$4.00 each.

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 fare in 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. 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!**



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**.

**November Save the Date \***

- Nov 1 Blood Pressure
- Nov 1 AARP Driving
- Nov 1 Art Gottlieb Historical Series
- Nov 2 Crafts
- Nov 2 Pleasure Through Plants
- Nov 2 Visiting Nurse & Hospice of Fairfield County Lunch & Learn **Complimentary Lunch**
- Nov 3 Sedgwick Sisters
- Nov 7 Ridgefield Visiting Nurses Association
- Nov 8 CLOSED - ELECTION DAY
- Nov 9 Crafts
- Nov 9 CT Pharmacy
- Nov 10 Great Decisions with Eric Rambusch
- Nov 10 Hoot Owls
- Nov 11 CLOSED - HAPPY VETERANS' DAY
- Nov 15 Stamford Hospital
- Nov 16 Thanksgiving Luncheon
- Nov 17 Blood Pressure
- Nov 22 Darien Library
- Nov 23 Crafts
- Nov 24 & 25 CLOSED - HAPPY THANKSGIVING
- Nov 30 Crafts
- Nov 30 Kelly Johnson on "Good Lit, Good Life"

**\*Remember to check current month's newsletter for accurate dates and time.**

**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.

**Senior Trips**

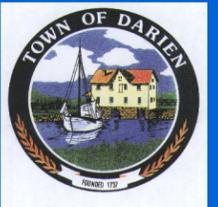
Darien Parks and Recreation is offering exciting trips. For your convenience, brochures are located next to the sign up counter. To sign up for any trip, please contact the Parks and Recreation department at 203-656-7325.

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**The Voice**  
**Darien Senior Programs**  
 At  
**The Mather Center**  
**2 Renshaw Road**  
**Darien, CT 06820**  
**203-656-7490**  
**www.darienct.gov**



**October 2016**  
**Hours of Operation**  
**9 am - 3 pm**

**From the Desk of Beth Paris**

***"The secret of change is to focus all of your energy, not on fighting the old, but on building the new..." Socrates***



We want to thank everyone who participated in the Food Satisfaction Survey. There were many great suggestions, and we are also very pleased by the overall level of members' satisfaction. You may have noticed a few changes we have already implemented from your suggestions. The menu is now online, posted on a Friday for the following week, as well as on the Welcome Desk. Go to **darienct.gov**, *click on Department and Services*, and then *click on Darien Senior Center*. If you want the current menu, just *click on Menu*, and for the newsletter, *click on Newsletter*, then refer to the bottom of the screen to open the PDF. In addition, other changes of note: salad dressing is offered on the side, cleanup in the café does not begin until 1:00, and we are encouraging folks who are not attending programs after lunch to take their time and socialize. Chef Tom is taking extra care to be more descriptive in the menu. He is also buying as much fresh produce as the current budget allows. There are other modifications that will be made over the next year as we continue to assess needs and concerns. Please remember, we do work within an assigned budget, and, as always, continue to do our best to be creative and responsive!

**Oktoberfest!**  
**Tuesday, October 4<sup>th</sup> @ 12:00**

Ach, Du Lieber! A little bit of Germany comes to the Darien Senior Programs! Chris of the Chris and Ronnie Band will be here to celebrate Oktoberfest in grand style! Chris will perform musical features like the Beer Barrel Polka, The Happy Wanderer, Muss I Denn, Edelweiss, Ach Du Lieber Augustin and much, much more. So come bring your German Cowbells and enjoy the journey to an authentic German Oktoberfest! The Chris and Ronnie Band have performed all over Connecticut including last year's Oktoberfest at the Darien Social. It will be sure to be fun! German lunch of mixed wurst platter, boiled potatoes, sautéed cabbage and apples, seedless rye bread, and delicious Black Forest cake will be served (\$4.00) at noon and entertainment will begin at 12:30. Please make lunch reservations. 203-656-7490

**Medicare and the Medicare Advantage Plan**  
**Monday, October 17<sup>th</sup> @ 12:30**

Ali Ramsteck, LCSW, from the Darien Human Services Department, will be here to provide an educational presentation on Medicare on Thursday, October 17<sup>th</sup> at 12:30. She will discuss the latest changes to Medicare, including Part D prescription drug plans, Medicare A & B, and the Medicare Advantage Plans. The Annual Enrollment Period when Medicare beneficiaries can evaluate and make changes begins on October 15<sup>th</sup> and ends on December 7<sup>th</sup>. Don't miss this informative presentation that will provide you with what you need to know to make the most informed decisions for your own personal healthcare needs.

**RVNA: Dementia  
Monday, October 3<sup>rd</sup> @ 11:00**

Dementia is a term used to describe an assortment of diseases that adversely affect brain function. Collectively, it refers to the effects of Alzheimer's, brain damage from stroke or injury, or impairment from other diseases. Generally, dementia is applied to more severe aspects of mental impairment rather than the occasional lapse of memory that does occur in most people as they age. April Rodrigues, RN will lead a presentation on what is normal memory loss and what is not. Questions and concerns are welcomed!

**Visiting Nurse and Hospice of Fairfield County: Myths about Aging  
Wednesday, October 5<sup>th</sup>**

**Complimentary Lunch @ Noon \* Program begins @ 12:30**

Stereotypes about seniors are pervasive in our culture and promote ageism: on television, in films, and even in the jokes we hear. Stereotypes and misconceptions about aging and seniors are ever-present. Like any form of bias, ageism has led many of us to make false assumptions about seniors and the aging process in general. Melody will present some of the top myths of aging and hints on how NOT to believe everything you read.

**Osborn Home Care: Lunch and Learn  
Thursday, October 6<sup>th</sup>**

**Complimentary Lunch @ 12:00 \* Program @ 12:30**

Osborn's professional team will present general information on the many supportive services and local resources available to you such as assisted living, skilled nursing, memory care, and home care.

**CT Pharmacy: Arthritis  
Wednesday, October 12<sup>th</sup> @ 12:30**

Most people commonly think of arthritis as the condition of having painful, stiff joints. In fact, there are many kinds of arthritis, each with different symptoms and treatments. Most types of arthritis are chronic with symptoms lasting years. Some forms of arthritis cause changes you can see and feel, such as pain, swelling, warmth and redness in your joints. Other types cause less troublesome symptoms, but slowly damage your joints. Diane of CT Pharmacy will present an informative program with an opportunity for questions following.

**Reminiscence with Geri Genovese  
Thursday, October 20<sup>th</sup> @ 12:45**

Geri will lead the group in lively discussions about a myriad of different topics from yesteryear: Bring your memories and share your experiences!

**Bright Star Home Care: Barbara Schmidt Nutritionist  
Monday, October 24<sup>th</sup>**

**Complimentary Lunch @ 12:00 \* Program @ 12:30**

Bright Star Home Care has invited Barbara Schmidt, Nutrition Life Style Specialist with Norwalk Hospital, to host another entertaining and informative nutritional presentation. "Being overweight can put you at some risk for heart disease, high cholesterol, high blood pressure, diabetes, cancer, and back problems. Barb's emphasis is not on dieting, but about being healthy." She is always full of helpful hints to get us back on the right nutritional track. Sign up is a must for this program.

**Medicare Open Enrollment  
Starts October 15<sup>th</sup> – Ends December 7<sup>th</sup>  
CHOICES counselors available in Town Hall Room 109  
Darien Residents: Call 203-656-7328 for an appointment**

It is that time of year when you should compare plans and make sure you have the right health and prescription drug plan for you. Premiums change from year to year, as well as co-pays, your prescriptions, and formularies – so be certain you have the best plan for coverage starting January 1, 2017. If you find the available choices confusing and need help navigating the medicare.gov site, free confidential consultation is available in Town Hall for Darien residents. Ask for Olive Hauser or Ali Ramsteck, trained CT CHOICES counselors.

**Energy Assistance Upcoming Program Reminders**

**Darien Human Services** will begin taking Energy Assistance applications 9/15/2016, you can call to make an appointment beginning 9/1/2016.

**Open Enrollment:** Medicare part D open enrollment is 10/15/2016 thru 12/7/2016, you can call to make an appointment beginning 10/1/2016.

**If you are a Darien resident** and have questions regarding eligibility for either program please call 203-656-7328.

**Renters Rebate Program**

**Darien senior citizens and/or disabled people** who are renters may be eligible for a rent rebate from the State of Connecticut for the year 2015. The program begins **April 1, 2016** and will continue through **October 1, 2016** at the Darien Human Services Department.

**Eligibility requirements:** One-year residency in Connecticut, age 65 as of December 31, 2015 or receives Social Security Disability. Income guidelines are: Married couple must not exceed \$42,900 and unmarried must not exceed \$35,200.

**All income including Social Security** (Social Security Form SSA-1099) must be reported and documented. This includes, but is not limited to: pensions, interest on bank accounts, dividends and wages. If a 2015 Federal Income Tax Return was filed, a copy is required.

**New Eligibility Guidelines for MSP (Medical Savings Program)**

**As of March 2016**, a single senior can have \$2,413 in monthly income and qualify to have the \$104 deducted for Part B put back in their Social Security check. For a couple, the income limit is \$3,266. There is no asset limit for MSP. **If your single income is less than \$2,069**, you may also qualify for QMB and have your part D premiums paid and lower co-pays for your drugs. For a couple, the income limit is \$2,802. If you think you qualify, or have any questions, please do not hesitate to call Ali at 203-656-7328 at Darien Human Services.

**"Ask the Social Worker"**

Every Wednesday at 11:00 a.m. Ali Ramsteck will be at the Senior Programs to answer any questions you may have about available government benefits, town services, or to have a confidential chat about anything of concern to you. For Darien residents only.

**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!**

## SPECIAL EVENTS AND ACTIVITIES

### Stamford Hospital: Upper Extremities and Orthopedics Tuesday, October 18<sup>th</sup> @ 12:30

Stamford Hospital's Dr. Corinne Van Beek will be here to talk about what Orthopedics services are, and how they aid recovery of upper extremities, how bracing equipment can aid in recovery, and the options in Occupational Therapy. Operative and non-operative solutions to the problems of musculoskeletal diseases can affect a person's quality of life. It is imperative that an individual be educated before making such decisions.

### Walgreens Pharmacy: Medication Adherence Wednesday, October 19<sup>th</sup> @ 12:30

Taking medication correctly may seem like a simple or personal matter, but non-adherence is a complicated and common problem. Nearly three out of four Americans report that they do not always take their medicine as directed. Nearly half of Americans (133 million) are diagnosed with at least one long-term health condition, like asthma or diabetes. (FDA) People with these common conditions take their medicine as directed only 50- 60% of the time. (NIH) It is likely you or someone you know has one of these conditions and is struggling to take the medicine as directed—and this can have serious health consequences. Brian of Walgreens Pharmacy will be here to discuss the importance of adhering to your medication regime and how to make doing so a little easier.

### Read and Tell: Good Lit; Good Life! Last Wednesday of every month October 26<sup>th</sup> @ 12:30

Join Kelly Johnson, LCSW of the Center for HOPE/Family Centers, Darien, for a monthly (last Wednesday) literary treat (poem, story, philosophical or inspirational essay) as a 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 us 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!

### AARP Smart Driver Course offered this fall Tuesday, November 1<sup>st</sup> — 10:00 - 2:30

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 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 (\$4.00). Reservations for lunch must be made by 11:15 the day of the course.

## ENTERTAINMENT

### Celebrate Halloween with Kenny Cappetta Monday, October 31<sup>st</sup>

Lunch (\$4.00) at Noon, Entertainment at 12:30

Kenny Cappetta will be here to sing some of your favorite hits and old standards - and a few spooky numbers to celebrate Halloween! Come dressed in costume for a chance to win a "best costume" prize! So dust off your dancing shoes and enjoy an afternoon with music and friends. Entertainment and Costume judging starts right after lunch at 12:30.

### Art Gottlieb, LCSW: St Patrick's Cathedral Monday, October 3<sup>rd</sup> @ 12:30

**\*\*Please Note the Day Change this Month!\*\***

Art Gottlieb will be here to present a beautiful PowerPoint presentation on St. Patrick's Cathedral. This mid-Manhattan landmark and seat of the Archbishop of the Roman Catholic Archdiocese of New York has a rich and interesting history.

### Garden Club of Darien – Pleasure Through Plants Program Wednesday, October 5<sup>th</sup> @ 10:00am

Volunteers with the Garden Club of Darien's Pleasure through Plants program will be here on Wednesday, October 5<sup>th</sup> 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.

### Great Decisions Facilitated by Erik Rambusch - Second Thursday of the Month Thursday, October 13<sup>th</sup> @ 10:00 am

Great Decisions is America's largest discussion program on world affairs. Published annually by the Foreign Policy Association, the Great Decisions briefing book highlights eight of the most thought-provoking foreign policy challenges facing Americans today. Great Decisions provides background information, current data and policy options for each issue and serves as the focal text for discussion groups. We will meet **once a month on the second Thursday** to discuss one topic per session. It is important that you read the appropriate section of the briefing book (approximately 8 to 10 pages) to prepare for these discussions. These sessions are not lectures. The leader will facilitate the process. **The eight topics are as follows: The Rise of ISIS, The Future of Kurdistan, Migration, The Koreas, The United Nations, Climate Change, and Cuba and the U.S.**

### Darien Library: The Story Behind the Painting Tuesday, October 25<sup>th</sup> @ 12:30

Every painting has its own story behind it. Even the choice of brushes and colors used are part of the writing of that story on canvas. The ladies of Darien Library will take you on a tour of some of the world's most famous paintings and their background stories. This is a great program for the art lover in all of us!

*Don't miss out - for more programs see page 6*

## Weekly Classes at the Senior Programs

### MONDAY

9:00 Pinochle/Cards—Room 133  
 9:00 Tai Chi \$4/Class—Room 211  
 9:30 Newplicate Bridge Play—Room 129B  
 9:30 - 11:30 Woodshop—Room 123  
 10:00 Acrylic Painting, \$4/Class—Room 128A  
 10:00 - 12:00 Knitting—Library, Room 134  
 10:00 - 10:45 Senior Aerobics, \$4/Class—Room 210/211  
 10:30 Mahjong—Room 205  
 10:30 - 12:00 Wii Team Play—Room 201  
 11:30 Ballet for Seniors, \$4/Class—Room 210/211  
 12:30 Spanish Conversation, \$4/Class—Room 134  
 12:30 Zumba, \$4/Class—Room 210/211

\* TBA = To Be Announced

### TUESDAY

9:00 Pinochle/Cards—Room 133  
 9:05 Pilates, \$4/Class—Room 210/211  
 9:30 Open Pickleball—Town Hall Gym (Returning in the fall)  
 9:30 - 2:00 Open Wii Bowling—Room 201  
 9:30 Woodshop—Room 123  
 10:00 Computer Help—Room 135  
 10:00 Open Art Studio—Room 128A  
 10:00 Writing Class—Room 134  
 10:00 Sittercise—Room 133  
 11:00 Feldenkrais Movement Class, \$4/Class—Room 211  
 12:30 Line Dancing—(No class on 3rd Tuesday)—Room 210/211  
 1:00 Italian Conversation—Room 205

### WEDNESDAY

9:00 Pinochle/Cards—Room 133  
 9:30 - 2:00 Open Wii Bowling—Room 201  
 9:30 Crafts, \$4 unless otherwise stated—Room 205  
 10:00 - 12:00 Intermediate Watercolor—Room 128A  
 10:00 Yoga, \$4/Class—Room 211  
 1:00 Tai Chi, \$4 Class—Room 211

### THURSDAY

9:00 Pinochle/Cards—Room 133  
 9:05 Pilates, \$4/Class—Room 210/211  
 9:30 Stained Glass—Room 129B  
 9:30 Intermediate Bridge Instruction—Room 129B  
 10:15 Low Impact Aerobics with Linda—Room 210/211  
 10:30 Mahjong—Room 205  
 11:15 Jazzercise Lite, \$4/Class—Room 210/211  
 12:00 - 2:00 Wii Team Play—Room 201  
 12:30 Mahjong—Room 133  
 12:30 Senior Fitness—Room 135  
 1:00 Short Story Discussion—Room 134  
 1:00 Open Pickleball—Town Hall Gym  
 1:00 QiGong, \$4/Class—Room 210/211

### FRIDAY

9:00 Tai Chi, \$4/Class—Room 211  
 9:30 - 2:00 Open Wii Bowling—Room 201  
 9:30 Intermediate Bridge—Room 133  
 10:00 Yoga, \$4/Class—Room 211  
 10:00 Oil Painting, \$4/Class—128A  
 10:00 Beginner Spanish, \$5/Class—Room 134  
 11:00 Spanish, \$5/Class—Room 134  
 11:00 Ballet for Seniors, \$4/Class—Room 210/211  
 12:30 Current Events—Room 134  
 12:30 Brain Twisters & Teasers—Auxiliary Café, Room 113  
 12:30 Beginner Bridge — Room 133

## October Special Programs

Mon 3rd Blood Pressure 9:30 - 11:00  
 Mon 3rd Ridgefield Visiting Nurses “Dementia” 11:00  
 Mon 3rd Art Gottlieb “ St. Patrick’s Cathedral” 12:30  
 Tues 4th Live Well Series 9:30 - 12:00  
 Tues 4th Oktoberfest 12:00  
 Wed 5th Crafts 9:30  
 Wed 5th Pleasure Through Plants 10:00  
 Wed 5th Visiting Nurse and Hospice of Fairfield County  
 “Myths about Aging”  
 Complimentary Lunch-and-Learn  
 Lunch Promptly at 12 Noon — Program at 12:30  
 Thurs 6th Osborne Home Care Lunch & Learn  
 Complimentary Lunch-and-Learn  
 Lunch Promptly at 12 Noon — Program at 12:30  
 Mon 10th CLOSED - HAPPY COLUMBUS DAY  
 Wed 12th Crafts 9:30  
 Wed 12th CT Pharmacy “Arthritis” 12:30  
 Thurs 13th Great Decisions with Eric Rambusch 10:00 - 11:30  
 Mon 17th Flu Clinic 9:30 - 11:30  
 Mon 17th Ali Ramsteck “Medicare Choices” 12:30  
 Tues 18th Live Well Series 9:30 - 12:00  
 Tues 18th Stamford Hospital “Upper Extremities and Orthopedics” 12:30  
 Wed 19th Crafts 9:30  
 Wed 19th Walgreens: “Medication Adherence” 12:30  
 Wed 19th Caregivers Support Group 1:00  
 Thurs 20th Reminisce with Geri Genovese 12:45  
 Thurs 20th Blood Pressure /Flu Shots 1:00  
 Mon 24th Bright Star Home Care  
 Complimentary Lunch-and-Learn  
 Lunch Promptly at 12 Noon — Program at 12:30  
 Tues 25th Live Well Series 9:30 - 12:00  
 Tues 25th Darien Library “The Story Behind the Painting” 12:30  
 Wed 26th Crafts 9:30  
 Wed 26th Kelly Johnson on “Good Lit, Good Life” 12:30  
 Mon 31st Kenny Capetta Entertains 12:30



For more info see pages 2, 3 & 6