

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**.

October Save the Date *

- Oct 3 Blood Pressure
- Oct 3 Ridgefield Visiting Nurse Association
- Oct 3 Art Gottlieb Historical Series
- Oct 4 Live Well Series
- Oct 4 Oktoberfest
- Oct 5 Visiting Nurse & Hospice of Fairfield County Lunch & Learn **Complimentary Lunch**
- Oct 5 Crafts
- Oct 5 Pleasure through Plants
- Oct 6 Osborne Home Care Lunch & Learn **Complimentary Lunch**
- Oct 10 CLOSED - HAPPY COLUMBUS DAY
- Oct 12 Crafts
- Oct 12 CT Pharmacy
- Oct 13 Great Decisions with Eric Rambusch
- Oct 17 Flu Clinic
- Oct 18 Live Well Series
- Oct 18 Stamford Hospital
- Oct 19 Crafts
- Oct 19 Walgreens, "Medication Adherence"
- Oct 20 Blood Pressure
- Oct 25 Live Well Series
- Oct 25 Darien Library
- Oct 26 Crafts
- Oct 26 Kelly Johnson on "Good Lit, Good Life"
- Oct 31 Kenny Capetta Entertains

**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.

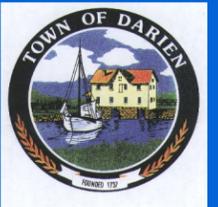
Elizabeth Paris
Director Senior Programs
Email: eparis@darienct.gov

Marcy Rand
Program Specialist
Email: mrand@darienct.gov

Eileen Manhart
Receptionist
Email: emanhart@darienct.gov

**The Voice
Darien Senior Programs**

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



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

From the Desk of Beth Paris

"Aging is not lost Youth but a new stage of opportunity and strength"...Betty Friedan



September is National Senior Center Month!!! This year we celebrate LIFE: L-Learning; I-Independence, F- Friends, and E -Energy. These are 4 great reasons to celebrate Senior Centers and all they bring to the community. Please mark your calendars and don't miss an opportunity to participate in this month's special offerings!

New Program!

Great Decisions - Facilitated by Erik Rambusch - Second Thursday of the Month Beginning September 8th @ 10:00 a.m.

****There is a class size limit of 20. Sign up is required!****

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: Middle East Alliances, The Rise of ISIS, The Future of Kurdistan, Migration, The Koreas, The United Nations, Climate Change, and Cuba and the U.S.

**Organization of Chinese Americans Choir
Thursday, September 29th @12:30**

Back by popular demand! The Organization of Chinese Americans Fairfield County Chapter Choir will perform traditional music as well as present some cultural background. The Organization of Chinese Americans, Fairfield County Chapter ("OCAFC") is a chapter of OCA, Inc, a national non-profit, non-partisan advocacy organization based in Washington, DC, with 100 chapters across the U.S. and Hong Kong. It is dedicated to advancing the social, political, and economic well-being of Chinese and Asian Pacific Americans and fostering leadership development and engagement through its various programs. Please sign up if you are planning on having lunch by Monday, September 26th. 203-656-7490

The Alzheimer's Association will be conducting Walk to End Alzheimer's Events throughout the month. Once again Darien Senior Programs will turn our lobby purple and offer information and resources, a raffle to support this cause and in addition weekly events that provide opportunities for exploring the importance of memory to our lives... Handmade items from our crafters as well as some beautiful items donated by Geri Genovese in loving memory of her Mom Rose Marie Buchetto will be offered as raffle prizes all in the purple theme of the month.

Visiting Nurse and Hospice of Fairfield County: Using your Noodle
Wednesday September 7th - Complimentary Lunch at noon program @ 12:30

Memory is the sum total of what we remember. It gives us the capability to learn from past experiences. Memory allows us to build relationships, skills, and habits. According to the Alzheimer's Foundation of America "memory screenings are suggested for anyone concerned about memory loss or experiencing warning signs of dementia; whose family and friends have noticed changes in them; who believe they are at risk due to a family history of dementia; or who want to see how their memory is now and for future comparisons." Melody will present an in-depth program on memory on Wednesday with a complimentary lunch at noon.

CT Pharmacy: Food/Drug Interactions - CT Pharmacy: Food/Drug Interactions
Wednesday September 14th @12:30

What you eat and drink can affect the way your medicines work. A food – drug interaction is a change in how a medicine works. The change is caused by food, caffeine, or even alcohol. Food-drug interactions can prevent a medicine from working the way it should. The Diane from CT Pharmacy will help you learn what you can do to prevent a food – drug interaction.

Waveny LifeCare Network - Monday September 19th @ 12:30

Join Waveny's professional team at the Darien Senior Program to learn about the many supportive services and local resources available to you through Waveny LifeCare Network. Waveny is a non-profit alternative to a CCRC and is available to people from all areas.

Stamford Hospital: Case Management - Tuesday, September 20th @ 12:30

Case management is a collaborative process of assessment, planning, facilitation, care coordination, evaluation, and advocacy for options and services to meet an individual's and family's comprehensive health needs through communication and available resources to promote quality, cost-effective outcomes. Debbie Milne – Director of Diabetes and Endocrine Center at Stamford Hospital will present an in depth program on how to understand your case management.

Walgreens Pharmacy: Vitamins and Herbals - Wednesday, September 21st @ 12:30

Brian our Walgreens Pharmacist will be presenting an informative program - "Exploring Popular Herbal Medications and Vitamins." Did you know they can interact with your prescription medications? Find out about this and more including how herbals are regulated and what are some of the more common ones are used for (from heart health to memory care).

Live Well/Chronic Disease Self-Management Program Series

Developed by Stanford University "Live Well/Chronic Disease, Self-Management Program is a 6 week series for anyone dealing with a chronic health issues (diabetes arthritis, heart disease high blood pressure, depression, anxiety) or caring for someone with a chronic health issue. Live Well introduces participants to new tools and techniques which help in managing their health issues.

Workshops are highly interactive and the activities are kept short and engaging. They meet once a week 2 ½ hours with a break included. We ask that you make every effort to attend the 6 sessions.

Space is limited to 16 with an 8 person minimum Sign up required!

Dates: TUESDAYS: September 13th and 20th- October 4th, 18th and 25th- November 1st

Time: 9:30am – 12:00, with a 20 minute break

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.

"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!**

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.

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.

Bob Mel Entertains! - Thursday September 8th @ 12:30

A professional entertainer, Bob has been making music for New England for over 25 years! The Bob Mel Show has never been done the same way twice because Bob blends his experience and observations to create a customized presentation for each audience. Bob sings, plays acoustic and electric guitars, keyboards and harmonics accompanied by full musical back up. Please come for a wonderful lunch served at noon (**\$4.00**) prepared by Master Chef Tom and stay for the wonderful entertainment (free of charge) beginning at 12:30! 203-656-7490

Beginner and Intermediate Spanish - Fridays

Beginner Spanish 10:00 a.m. After Mexico, the country with more Spanish speakers in the world is the USA. Spanish is also one of the fastest growing languages. Do you want to learn the basic grammar and structure of this beautiful language in addition to basic sentences and expressions to communicate with your neighbor, local merchant or service provider and also feel more comfortable and enjoy more your trip to Spain, Queens, NY or Latin America? If your answer is yes, this fun-filled, enjoyable class is for you. Join us and broaden your mind while having fun with your classmates.

Sedgwick Sisters! - Thursday, September 22nd @ 12:30

The Sedgwick Sisters are back by popular demand with an all new show! Feel the beat and tap your feet with a Dixieland Jazz show full of lively songs and scat improvisation of Louie Armstrong's When the Saints Go Marching In, Basin Street Blues, and You Tell Me Your Dream! All performed by the very talented "Sedgwick Sisters" - a group of real sisters and their Mom.

Ask a Lawyer - Friday, September 30th @ 11:00

Nedder and Associates LLC. will be available for 15 minute private appointments at the Senior Center. Attorney Michael Nedder can answer questions regarding power of attorney, living wills, trusts, guardianships, disability planning, IRA custodianships, and wills just to name a few. Please sign up as appointments fill quickly. 203-656-7490.

**Two AARP Smart Driver Courses offered this fall
10:00 - 2:30**

**1st: Tuesday, September 13
2nd: Tuesday, November 1**

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.

**Bridge Begins in September
With Karen Barrett and Douglas Thompson**

Bridge classes will begin again in September at the Senior Program. For all Bridge players – there will be something for everyone. **Newplicate Bridge instruction** will be held on **Thursdays beginning September 8th from 9:30-12:30**. If you are a bridge player that wants to try duplicate without all the pressure, this is the game for you. Newplicate instruction will cover such topics as duplicate etiquette and strategy.

Newplicate bridge play will be held on **Mondays beginning September 12th from 9:00-11:30**. It will be an opportunity to play an ACBL sanctioned game for players with 0-20 master points. Both Newplicate days will be facilitated by Karen Barrett. For more information on Newplicate Bridge Karen can be contacted at 203-286-7530.

Intermediate Bridge instruction will be held on **Friday's beginning September 9th from 10:00-12:00**. This class is for bridge players looking to expand their game. Friday Bridge instruction will be facilitated by Doug Thompson.

As requested – Doug will also be teaching a new BEGINNER bridge class!! This class will begin Friday, September 9th from 12:30-2:30. Beginner Bridge class will be held over 6 weeks at a fee of \$120 – the class is designed for players that have little or no experience. All students must register in advance with Doug directly. Doug can be contacted at minus1880@gmail.com or by phone (508) 272-2300.

Art Gottlieb: 9/11 Photo Remembrance

MONDAY!! September 12th @ 12:30

PLEASE NOTE THE DAY AND DATE THIS MONTH

September 11, 2016 will mark 15 years since the day that terrorists flew two hijacked airliners into the World Trade Center, one into the Pentagon with a fourth aircraft diverted from its target only after passengers seized control and crashed it into a field in Shanksville PA. This program will feature a photo-collage of this terrible day. There will be no political discussion during this presentation, as it is intended only as a solemn remembrance of those who lost their lives. Note: Some photographs may be disturbing for some viewers.

Reminisce with Geri Genovese

Ice Cream Treats and Conversations - Tuesday September 6th and Thursday September 15th @ 12:45

September 6: Special guest speaker Horthy Baffa. Horthy is 101 years young! She will reminisce on her 47 year career as a social worker and Director of Catholic Big Sister – an organization servicing children and families throughout the 5 boroughs of New York.

September 15th: Geri will reminisce about Music – the trends, the sounds, and favorites. From Rock and Roll and Big Band to Country.

Enjoy a delicious ice cream treat immediately after both programs!

CT Money School: Protect Yourself - Know your rights as a consumer

Tuesday, September 27th @ 12:30

This workshop provides important information on the topics of identity theft, elder financial abuse, types of insurance to help manage risk, as well as financial preparedness. The objective of this workshop is for participants to be able to recognize how federal deposit insurance protects deposits, how to guard against identity theft, how to various types of insurance will help you manage your risks, and most importantly – how to recognize the need to plan for unexpected death or disability. **There is a person participation minimum for the program so sign up is a must.**

Weekly Classes at the Senior Programs

MONDAY

9:00 Pinochle/Cards—Room 133
 9:00 Tai Chi \$4/Class (starts September 12th)
 9:30 Newplicate Bridge Play, \$15/Class—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, \$15/Class—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 (Returning in the fall)
 1:00 QiGong, \$4/Class—Room 210/211

FRIDAY

9:30 - 2:00 Open Wii Bowling—Room 201
 10:00 Yoga, \$4/Class—Room 211
 10:00 Oil Painting,, \$4/Class—128A
 10:00 Intermediate Bridge, \$15/Class—Room 133
 10:00 Beginners 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

September Special Programs

Mon 5th CLOSED - HAPPY LABOR DAY!
 Tues 6th Reminisce with Gerri Genovese and ice cream treats 12:45
 Wed 7th Crafts 9:30
 Wed 7th Visiting Nurse and Hospice of Fairfield County
 “Using Your Noodle”
Complimentary Lunch-and-Learn
Lunch Promptly at 12 Noon — Program at 12:30
 Thurs 8th Great Decisions 10:00 - 11:30
 Thurs 8th Bob Mel 12:30



Mon 12th Art Gottlieb “9/11 Photo Remembrance” 12:30
 Tues 13th AARP Safe Driving Course 10:00 - 2:30
 Tues 13th Live Well Series 9:30 - 12:00
 Wed 14th Crafts 9:30
 Thurs 15th Blood Pressure 1:00 - 2:00



Mon 19th Waveny Care Center 12:30
 Tues 20th Live Well Series 9:30 - 12:00
 Tues 20th Stamford Hospital “Case Management” 12:30
 Wed 21st Crafts
 Wed 21st Walgreens: “Common Vitamins and Herbals” 12:30
 Wed 21st Caregivers Support Group 1:00
 Thurs 22nd Sedgwick Sisters 12:30



Thurs 22nd Flu Shot Clinic 9:30 - 11:30

Mon 26th Movie Monday 12:30
 Tues 27th CT Money School 12:30
 Wed 28th Crafts 9:30
 Thurs 29th Chinese American Fairfield City Choir 12:30
 Fri 30th Ask a Lawyer 11:00 by appointment only



For more info see pages 2, 3 & 6