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## WILTON HIGH SCHOOL HOSTS FIFTH ANNUAL SENIOR APPRECIATION DAY Thursday, April 2, 11:00 a.m.



*Marshal Meade directs the WHS Orchestra*

The annual Wilton High School Arts Festival will again present a recognition concert and luncheon for the senior citizens of Wilton on Thursday, April 2, in the Clune Center for the Performing Arts at Wilton High School. Developed by members of the Wilton Fine and Performing Arts staff five years ago in collaboration

with the Senior Center, Senior Appreciation Day recognizes the significant contribution Wilton seniors have made to the town. The special occasion will be hosted by the PTSA, the student govern-

ment, and students of the Culinary Arts program at Wilton High School. At lunch, seniors will be serenaded by members of the WHS string and jazz program. Student art work from the International Arts Show will adorn the Gallery. Following the luncheon, a senior recognition concert will be held featuring the WHS Symphonic Orchestra and WHS Wind Ensemble. Several hundred Wilton High School students and staff are also expected to attend the concert.

Call the Senior Center at 203-834-6240 for reservations. For those who want to leave their cars at Comstock, a school shuttle bus will pick up seniors at Comstock at 10:50 a.m. Rides will also be available though Dial-A-Ride (203-834-6235).

*Visiting Nurse and Hospice of Fairfield County presents*

### What is Palliative Care?

What is palliative care? It's the treatment and relief of mental and physical pain without curing the causes, especially in patients suffering from a terminal illness. Why should we embrace this option? Come and find out.

Director of Hospice for VNH Christine Pfeffer, RN, MS, will discuss the options available when considering palliative care. Her presentation will take place in the Senior Center Lounge at noon on Tuesday, March 10. A light lunch will be served. Reservations: 203-834-6240.

### Talking with your Doctor

What do you need to know when preparing for a visit to the doctor? Melody Orphen-Matheny, RN, BSN, will provide attendees with some pointers on "Talking with your Doctor." Her presentation will include how to prepare for an appointment, share information with your doctor, and incorporate your doctor's recommendations into your life. Her presentation will take place in the Senior Center Lounge at 11:15 a.m. on Thursday, April 9. Reservations: 203-834-6240.

*SYNERGY HomeCare of Fairfield presents*

### Growing Old is Not for Sissies: Some Alternatives and Ideas

Synergy HomeCare will host a panel presentation, "Growing Old is Not for Sissies: Some Alternatives and Ideas," on Wednesday, April 22, at noon at the Senior Center. The panelists will provide timely information for current and future consideration. The panel will include:

- Jay Kiley, Owner and Regional Director of Synergy HomeCare, representing non-medical homecare;
- Melissa Hripak, Admissions Director at St. Joseph's Center in Trumbull, representing rehab and nursing homes;
- Ann Fowler Cruz, Cohen and Wolf elder law attorney, presenting legal options in planning for future years
- Christy Perone, Director of Admissions at Brookdale Place Wilton, presenting assisted living considerations.

A light lunch will be provided by Jay Kiley of Synergy HomeCare, Cohen and Wolf, and St. Joseph's Center. Reservations: 203-834-6240.

# COMSTOCK RENOVATION UPDATE

William Brennan, First Selectman  
Town of Wilton  
Judy Zucker, Chairman  
Comstock Renovation Building Committee

## WHO'S WHO?

**Rusty Malik**, AIA, LEED AP-BD & C  
Project Principal Architect



A partner in the firm of Quisenberry Arcari Architects, Rusty Malik has 32 years of experience in municipal architecture. He brings expertise in the programming, planning and design of community and educational facilities, including recent projects in Brookfield, Newtown, Greenwich, New Canaan and New Orleans. As a LEED-accredited professional he is committed to a sustainable approach to architecture. A registered architect in both Connecticut and Texas, he graduated from the New York Institute of Technology with a Bachelor of Science degree in architecture and attended graduate school at the University of Texas at Austin.

His Comstock responsibilities include overall project management and oversight from schematic design through final construction documents, bidding and negotiation, and construction administration.



**Ty Tregellas**, LEED AP, Project Executive

Ty Tregellas has worked for the Turner Construction Company for more than 30 years. Since 2005 he has been Turner's Manager of the K-12 Education Group. Mr. Tregellas has led many successful Turner projects including a variety in Greenwich, New Canaan, North Branford, Easton, Plainville, Seymour, White Plains and Armonk— and, in Wilton, the Wilton High School Little Theatre and HVAC renovation, the Middlebrook and Wilton High School toilet renovations, and the Middlebrook and Comstock reroofing projects. A LEED-accredited professional, he holds a Bachelor of Arts degree in economics from Trinity College in Hartford, Connecticut.

His Comstock responsibilities include overall organizational leadership and support for the project team; pre-construction planning and estimating; monitoring performance and cost effectiveness; participating in the management of subcontract awards; and development and management of the project schedule, phasing, and logistics.

**Steve Giametta**, Project Superintendent



Steve Giametta's background includes a Bachelor of Arts degree in business administration from Dutchess Community College (SUNY) and 15 years of construction experience with the Turner Construction Company. He has served as a Turner superintendent and/or engineer on major projects in Stamford, Greenwich, Middletown, Armonk, Mt. Kisco, and New York City.

His Comstock responsibilities include management of day-to-day operations on site; daily management of project quality, schedule and budget; and assisting in the resolution of outstanding project issues.



**Adam Tarfano**, AIA, Project Architect

Adam Tarfano is a registered architect in the firm of Quisenberry Arcari Architects. His ten years of experience involved a variety of project types, including residential, commercial, low-income/elderly housing, higher education and civic projects. He has managed several projects not only as architectural design professional but also as construction project manager. He has a Bachelor of Architecture degree from Norwich University in Northfield, Vermont.

His Comstock responsibilities include development of the design, production of the construction documents, specifications, coordination of consultants and construction administration.

**Nick Rongoe**, Project Engineer



Nick Rongoe has worked for the Turner Construction Company for eight years, serving as engineer and/or superintendent on varied projects in Westport, Greenwich and Stamford. He has also worked as a cost control engineer in Turner's cost department. He received his Bachelor of Arts degree from the University of Connecticut.

His Comstock responsibilities include managing shop drawings and the submittals process, project budget and cost control, construction document controls, materials tracking, and management of the close-out process.

# COMPUTER COURSES

9:30 to 11:30 a.m.

Comstock Community Center

Call Andrea Ragusa at 203-762-8445 to register.

## Organize Your Memoir Research and Prepare it for Publication

Become an author! This course will provide comprehensive information as to options for printing when preparing a memoir for print in book form. It will outline how to set up your copy in order to have continuity among the pages and how to develop graphics to enhance the book's material. Learn practical points which will save you money when you take the manuscript to a professional printer or local UPS Store. This is not a research course; it is a workshop to help you organize before you get started. Taught by Catherine Myers; April 21 and 22; Fee: \$30.

## Getting Around The Internet

This introduction to use of the Internet begins with an overview followed by the concepts and terminology needed to get you "surfing the web" for specific information and fun. Use of the mouse and knowledge of the keyboard are required. Students learn to use Google and Yahoo to search for and download information and pictures. The course also covers attaching images and documents to email (Yahoo!), managing favorites, save, and print. Taught by Andrea Ragusa; March 26. Fee: \$20.

## Basic Word

This course is designed for seniors who are interested in learning the basics of the powerful word processing program "Word." You will learn windows operations, using the toolbar, creating & formatting documents, deleting, copying, pasting, underlining, highlighting, printing and saving documents, using different types and sizes of fonts. Taught by Andrea Ragusa; March 17 and 19. Fee: \$30.

## Word Graphics

This is a Word Program for the person who wishes to become creative in its use. Learn how to insert pictures and clipart and alter them by enlarging, cropping, and changing their shapes and position in the document. Step into the world of graphics that Word offers for using artistic text, borders, drawing, color, and special effects. Come with an idea and the course will show you how to develop it in Word 2007 or with instructions to use with Word 2010 which has more and different graphics. Taught by Catherine Myers; March 30 and 31. Fee: \$30.

## Students for Seniors

Need help with your computer? Confused by your new iPad? Don't know how to use your phone? Wilton High School Junior Neal Sarup and members of Students for Seniors can offer one-on-one assistance to



## RVNA's 41<sup>st</sup> Annual Health and Wellness Fair Saturday, March 28, 10:00 a.m. to 2:00 p.m. East Ridge Middle School, Ridgefield

Spring is coming and so is the RVNA's 41<sup>st</sup> Annual Health and Wellness Fair. On Saturday, March 28, RVNA will transform East Ridge Middle School in Ridgefield into a virtual village of health-focused medical screenings and informational booths. Here are some of the attractions that RVNA Community Health and Wellness Director Barbara Newland has planned:

- Cholesterol, anemia, and glucose screenings, along with pulse ox and blood pressure checks
- Hearing, vision, and glaucoma testing
- Physicians, a dentist, dieticians, and a pharmacist available to answer questions
- Strength and flexibility testing
- Bone density assessments
- Mammograms provided by Stamford Hospital
- The Wilton Family Y on hand to jump start a "healthier you"; AND
- Foot exams by a podiatrist—in case your feet are aching at the end of the fair!

Popular integrative healing techniques will also be featured this year. Stop by for a chair massage or sample some demonstrations of Reiki, breath work, acupuncture, meditation, or reflexology.

If you like to stay up-to-date on medical issues, watch the Hands-Only CPR demonstration, the new advance in this important life-saving technique.

Do you have used medical equipment that's gathering dust – walkers, canes, shower benches or wheelchairs, for example? Donations of gently-used medical equipment will be accepted by NEAT, a non-profit organization that repairs and restores medical equipment. No appointments necessary.

help you navigate these devices. Get individual attention. Call Neal at 203-762-7751 to set up a time to meet at the Senior Center.

## Facebook

The Facebook seminar will cover creating a Facebook account; posting photos and videos; viewing, liking and commenting; messaging Facebook friends; reviewing security settings. Taught by Students for Seniors; March 26 or April 8, 3:15 p.m. Fee: \$15.



The Greens at Cannondale, 435 Danbury Road, extends a public invitation to these free events. For further information call 203-761-1191.

*The Spring Concert Series in the Cafe*

Sunday, March 1, 2:00 p.m.  
Fun & Frolic with Billy Michael and his great musical style. Favorite songs for sing-a-longs.

Thursday, March 5, 3:00 p.m.  
An afternoon of music with Grammy winner Les Julian. Always a hit with his mellow voice and guitar.

Sunday, March 8, 3:00 p.m.  
Guitar, piano, harmonica and saxophone performer Eric Lipper with his musical surprises.

Sunday, March 15, 3:00 p.m.  
Classical violinist Tom Aalfs with a diverse program of wonderful songs.

Wednesday, March 18, 3:00 p.m.  
The world's beloved Irish tunes with Bill O'Connor in the spirit of St. Pat.

Sunday, March 22, 3:00 p.m.  
A special performance by talented comedian Karen Beals with her popular "One-Woman-Show: The Best of Broadway."

Sunday, March 29, 3:00 p.m.  
Bill Kohler on guitar with the songs we all like best.

**INSTRUCTIONAL BRIDGE OPPORTUNITIES**

**INTRODUCTION TO BRIDGE**

Tuesdays beginning March 17, 1:00 to 3:00 p.m., \$85 for the eight-week series.

**INTERMEDIATE BRIDGE**

Fridays beginning March 6, 1:30 to 3:30 p.m., \$75 for the eight-week series.

**OPEN BRIDGE WITH DAN**

For all levels of play. This is not a sanctioned game. Dan DeVlieg will supervise. Wednesdays, 10:00 a.m. to 12:30 p.m., \$5 drop-in fee.

Signup for Intro and Intermediate: 203-834-6240.



*with Denise O'Hearn*

**Yoga for Digestive Health**

Tuesday, March 24, 9:00 a.m. to 10:30 a.m.

Do you ever feel a little sluggish, mentally and/or physically? Would you like to learn ways to "let go"? Join Denise O'Hearn at her next workshop **Yoga for Digestive Health** where you'll learn simple yoga poses and breathing techniques that will help you digest food, and perhaps life, with more ease. You'll also discover ways to stimulate your digestive system using basic foods.

**Yoga for Back Health**

Tuesday, April 21, 9:00 a.m. to 10:30 a.m.

Let's face it. When your back hurts, many facets of life are affected. How would you like to gain some knowledge and tools to help you feel better and move with ease? Join Denise O'Hearn at her workshop **Yoga for Back Health** where you'll learn about different types of muscular back pain, what may be causing your pain and what you can do to minimize or even eliminate that pain.

No yoga experience necessary. Sessions take place at the Comstock Dance Studio. Fee: \$25 per session. Call 203-210-5780 or email [support@vibrantmoves.com](mailto:support@vibrantmoves.com) to reserve your spot. *Space is limited.*

**Eliminate Stress and Learn to Relax**

To awaken the sleeping teacher inherent in all of us, learn the simple steps of self-hypnosis with Sonia Katz.



Ms. Katz studied hypnosis with Dr. Brian Weiss, author of *Many Lives, Many Masters*. Ms. Katz will teach you how to plant the proper suggestions in the unconscious mind to achieve a deep state of relaxation—and take control of your life.

Sessions take place on Thursday, March 12, 26, April 2, and 16, at 2:00 p.m. in the Senior Center Lounge. Participants sit in chairs (straight back or sofa style) for the gathering. Fee: \$5 per class. Call 203-834-6240 for reservations.

# MARCH 2015

Monday	Tuesday	Wednesday	Thursday	Friday	
<b>2</b> 10:00 Digital Photo book Workshop 10:30 Line Dancing 11:30 Coffee and... 12:00 Movie 12:30 Play Reading 1:00 Bridge	<b>3</b> 10:00 Painting 11:00 Yoga 12:00 Garden Club Activity and Lunch 1:00 Intro Bridge 2:00 Chair Yoga OH	<b>4</b> 9:30 Sewing Session OH 10:00 Open Bridge 10:00 Comstock Writers 10:30 Tai Chi 12:00 Duplicate Bridge 1:00 Mah Jongg	<b>5</b> 9:00 Enhance Fitness 9:30 Drawing 10:00 Yoga 11-12 Blood Pressure Screening 12:00 Drawing 12:00 Lunch 12:45 Bingo	<b>6</b> 9:30 Knitting 10:00 Jewelry Workshop 10:00 Feldenkrais 10:30 Room Transformation 12:00 Bridge 1:30-3 Free Senior Swim Y 1:30 Intermediate Bridge	
<b>9</b> 10:00 Digital Photo book Workshop 10:30 Line Dancing 11:30 Coffee and... 12:00 Movie 1:00 Bridge	<b>10</b> 9:00 SAHW Men's Breakfast at Orem's 10:00 Painting 11:00 Yoga 12:00 Palliative Care 1:00 Studio Knitting 1:00 Intro Bridge 2:00 Mah Jongg with Kay 2:00 Chair Yoga OH	<b>11</b> 9:30 Sewing Session OH 10:00 Open Bridge 10:00 Watercolor 10:30 Tai Chi 1:00 Mah Jongg 1:00 Free Music Downloads	<b>12</b> 9:00 Enhance Fitness 9:30 Drawing 10:00 Yoga 12:00 Drawing 12:00 St. Patrick's Day Lunch at the Greens 12:30-2 Blood Pressure Screening Y 2:00 Self-Hypnosis 5:30 Social Service Commission	<b>13</b> 9:30 Knitting 10:00 Feldenkrais 12:00 Bridge 1:30 Intermediate Bridge 1:30-3 Free Senior Swim Y	
<b>16</b> 10:00 Digital Photo book Workshop 10:30 Line Dancing 11:30 Coffee and... 12:00 Movie 1:00 Bridge	<b>17</b> 9:30 Basic Word  10:00 Painting 11:00 Yoga 12:00 Duplicate Bridge 1:00 Intro Bridge 2:00 Chair Yoga OH	<b>18</b> 9:30 Sewing Session OH 10:00 Comstock Writers 10:00 Open Bridge 10:30 Tai Chi 12:00 Lunch OH Program: Fashion Show, Turnover Shop Sale 1:00 Mah Jongg	<b>19</b> 9:00 Enhance Fitness 9:30 Basic Word 9:30 Drawing 10:00 Yoga 12:00 Drawing 12:00 St. Matthew's Church Lunch	<b>20</b> 9:30 Knitting 10:00 Feldenkrais 10:00 Jewelry Workshop 12:00 Bridge 1:30 Intermediate Bridge 1:30-3 Free Senior Swim Y	
<b>23</b> <b>9-12 AARP Tax Help</b> 10:30 Line Dancing 11:30 Coffee and... 12:00 Movie 1:00 Studio Knitting 1:00 Bridge	<b>24</b> 9:00 Yoga for Digestive Health 10:00 Painting 11:00 Yoga 11:00 Book Discussion 12:00 Lunch 12:30-2 Blood Pressure VM 12:30 Mah Jongg with Kay 1:00 Intro Bridge 2:00 Chair Yoga OH	<b>25</b> 9:30 Sewing Session OH 10:00 Watercolor 10:00 Open Bridge 10:30 Tai Chi 1:00 Mah Jongg	<b>26</b> 9:00 Enhance Fitness 9:30 Internet 9:30 Drawing 10:00 Yoga 12:00 Lunch 12:00 Drawing 12:00 Encore Book Discussion 2:00 Self-Hypnosis 3:15 Facebook Workshop	<b>27</b> 9:30 Knitting 10:00 Feldenkrais 11:15 Stringed Instruments of the World 12:00 Bridge 1:30 Intermediate Bridge 1:30-3 Free Senior Swim Y RVNA Health Fair tomorrow at East Ridge, Rdg	
<b>30</b> 9:30 Word Graphics 10:30 Line Dancing 11:30 Coffee and... 12:00 Movie 1:00 Bridge	<b>31</b> 9:30 Word Graphics 10:00 Painting 11:00 Yoga 12:00 Spring is Coming Lunch and Bingo 1:00 Intro Bridge 2:00 Chair Yoga OH 3:00 Stay at Home	<b>KEY</b> OH Ogden House Y Wilton Family Y WL Wilton Library G The Greens WM Wilton Meadows VM Village Market VNH Visiting Nurse & Hospice LR Laurel Ridge Health Care			<b>BP</b> Brookdale Place <b>SAHW</b> Stay at Home in Wilton <b>WCE</b> Wilton Continuing Ed  <i>All activities are held at the Senior Center unless otherwise noted.</i>

# APRIL 2015

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: center;"><b><u>Cholesterol Screening</u></b>  <b>Visiting Nurse &amp; Hospice</b>                      Monday, April 13                      8:45 a.m. to 12:00 a.m. at the Senior Center                      by appointment only                      Includes total cholesterol, HDL, LDL, triglycerides and glucose. Simple finger stick with results within ten minutes. Allow thirty minutes for your appointment. Fasting recommended, but not necessary. Please call 203-762-8958 ext. 221. \$25, cash or check.</p>		<p><b>1</b>                      9:30 Sewing Session OH                      10:00 Open Bridge                      10:00 Comstock Writers                      10:30 Tai Chi                      12:00 Duplicate Bridge                      1:00 Mah Jongg</p>	<p><b>2</b>                      9:00 Enhance Fitness                      9:30 Drawing                      10:00 Yoga                      10:50 Bus for WHS                      11:00 Senior Day at WHS                      11-12 Blood Pressure Screening                      12:00 Drawing                      2:00 Self-Hypnosis</p>	<p><b>3</b>                      Good Friday                      Senior Center Closed</p>
<p><b>6</b>                      10:30 Line Dancing                      11:30 Coffee and...                      12:00 Movie                      12:30 Play Reading                      1:00 Bridge</p>	<p><b>7</b>                      10:00 Painting                      11:00 Yoga                      12:00 Garden Club Lunch and Activity                      1:00 Intro Bridge                      2:00 Chair Yoga OH</p>	<p><b>8</b>                      9:30 Sewing Session OH                      10:00 Open Bridge                      10:00 Watercolor                      10:30 Tai Chi                      12:00 Chicago Bridge                      1:00 Mah Jongg                      1:00 Free Magazine Downloads                      3:15 Facebook Workshop</p>	<p><b>9</b>                      9:00 Enhance Fitness                      9:30 Drawing                      10:00 Yoga                      11:15 Talking with your Doctor                      12:00 Drawing                      12:00 Lunch                      12:30-2 Blood Pressure Screening Y                      12:45 Bingo                      5:30 Social Service Commission</p>	<p><b>10</b>                      9:30 Knitting                      10:00 Feldenkrais                      10:00 Jewelry Workshop (only one session this month)                      12:00 Bridge                      1:30 Intermediate Bridge                      1:30-3 Free Sr. Swim Y</p>
<p><b>13</b>                      8:45-12:00 Cholesterol Screening                      10:30 Line Dancing                      11:30 Coffee and...                      12:00 Movie                      1:00 Bridge</p>	<p><b>14</b>                      9:00 SAHW Men's Breakfast at Orem's                      10:00 Painting                      11:00 Yoga                      1:00 Studio Knitting                      1:00 Intro Bridge                      2:00 Chair Yoga OH                      2:00 Mah Jongg with Kay</p>	<p><b>15</b>                      9:30 Sewing Session OH                      10:00 Comstock Writers                      10:00 Open Bridge                      10:30 Tai Chi                      12:00 Lunch at OH                      12:45 Performance by the Hoot Owls                      1:00 Mah Jongg</p>	<p><b>16</b>                      9:00 Enhance Fitness                      9:30 Drawing                      10:00 Yoga                      11:45 Senior Networking Meeting                      12:00 St. Mathew's Church Lunch                      12:00 Drawing                      2:00 Self-Hypnosis</p>	<p><b>17</b>                      9:30 Knitting                      10:00 Feldenkrais                      10:30 Stage Your Home                      12:00 Bridge                      1:30 Intermediate Bridge                      1:30-3 Free Sr. Swim Y</p>
<p><b>20</b>                      10:30 Line Dancing                      11:30 Coffee and...                      12:00 Movie                      1:00 Bridge</p>	<p><b>21</b>                      9:00 Yoga for Back Health                      9:30 Memoir Research                      10:00 Painting                      11:00 Yoga                      12:00 Duplicate Bridge                      1:00 Intro Bridge                      2:00 Chair Yoga OH</p>	<p><b>22</b>                      9:30 Sewing Session OH                      9:30 Memoir Research                      10:00 Open Bridge                      10:00 Watercolor                      10:30 Tai Chi                      12:00 Lunch and Synergy Symposium                      1:00 Mah Jongg</p>	<p><b>23</b>                      9:00 Enhance Fitness                      9:30 Drawing                      10:00 Yoga                      12:00 Lunch                      12:45 Bingo</p>	<p><b>24</b>                      10:00 Feldenkrais                      12:00 Bridge                      1:30 Intermediate Bridge                      1:30-3 Free Sr. Swim Y</p>
<p><b>27</b>                      10:30 Line Dancing                      11:30 Coffee and...                      12:00 Movie                      1:00 Studio Knitting                      1:00 Bridge</p>	<p><b>28</b>                      10:00 Painting                      11:00 Yoga                      11:00 Book Discussion                      12:00 Lunch                      12:30-2 Blood Pressure VM                      12:30 Mah Jongg with Kay                      1:00 Intro Bridge                      2:00 Chair Yoga OH                      3:00 Stay at Home</p>	<p><b>29</b>                      9:30 Sewing Session OH                      10:00 Open Bridge                      10:00 Watercolor                      10:30 Tai Chi                      1:00 Mah Jongg</p>	<p><b>30</b>                      9:00 Enhance Fitness                      9:30 Drawing                      10:00 Yoga                      11:45 Complimentary Lunch and Bingo at Wilton Meadows</p>	<p><b>“Talking with Your Doctor”</b>  <b>April 9, 11:15 a.m.</b>  <b>Lounge</b></p>

## WILTON TAX RELIEF PROGRAM FOR ELDERLY OR DISABLED HOMEOWNERS

YOU MAY RECEIVE BENEFITS UNDER  
WILTON'S TAX RELIEF PROGRAM FOR  
ELDERLY OR DISABLED HOMEOWNERS IF...

- You were at least 65 years of age or over as of December 31, **2014**, or your spouse was; or you were at least 60 years of age as of December 31, **2014**, and you are the surviving spouse of a taxpayer who qualified for tax relief at the time of his/her death; or you are under 65 years of age and permanently totally disabled under Social Security Disability; and
- You have been a Wilton taxpayer for at least one year; and
- You have occupied your Wilton property as your principal residence for more than 183 days during the past twelve months; and
- Your qualifying household income for **2014** is **\$80,150** or less.

YOU MAY BE ENTITLED TO A REDUCTION IN YOUR  
REAL ESTATE TAX AND YOU MAY BE  
ABLE TO POSTPONE PAYMENT OF A  
PERCENTAGE OF THE TAX BALANCE.

Note: Your application deadline is Friday, May 15, 2015, for tax credit and tax deferral benefits affecting your real estate tax bill payable in July 2015 and January 2016. Town of Wilton and State of Connecticut Tax Relief applications are available at the Town Hall Assessor's office. The filing period for both programs is from February 2 to May 15. For more information, contact the Wilton Assessor's office at 203-563-0121.

Compliments of

*Laurel Ridge*

Health Care Center

*Spring is Coming!*

*Lunch and Bingo*

*Tuesday, March 31, noon*

*Senior Center Cafe*

*Reservations: 203-834-6240*

### *Free Income Tax Help Available at the Senior Center on March 23*

The AARP program provides income tax preparation assistance for low and middle-income taxpayers of all ages, with special attention to those 60 and older. Volunteers from AARP will be at the Senior Center on **Monday, March 23**, from 9:00 a.m. to noon to assist in tax preparation. No appointment is necessary.

*Stringed Instruments of the World*

On Friday, March 27, at 11:15 a.m., musician Chris Merwin will present a performance lecture at the Senior Center on stringed instruments of the world. His program is an overview of some stringed instruments from different countries. It features the Colombian tiple, the Irish bouzouki, Turkish saz, and Portuguese guitar. This show focuses more on playing than on lecture. It is a mix of historical information, traditional music, and original compositions.

The tiple is the national instrument of Colombia and has ten steel strings. It looks like a miniature acoustic guitar but has a fuller, sweeter sound because it has more strings than a guitar. The bouzouki originally came from Greece but was brought to Ireland in the 1960's where its construction was changed slightly. Now used in traditional folk music, it has eight steel strings and the body is tear-drop shaped. The Portuguese guitar is not a guitar at all. It has twelve steel strings, a short neck and tear-drop shaped body. It sounds similar to the tiple, but the sound is even fuller because it has more strings and a larger body. The Turkish saz is a long necked lute with a tear-drop body and seven steel strings. The frets are made of nylon fishing line and are moveable. A guitar has frets made of wire and they are immoveable. The frets are spaced so there are quarter tones which are used in Arabic music but do not exist in Western music. These notes will sound out of tune to a Western ear.



Mr. Merwin is an instrumentalist and lecturer who specializes in multi-cultural music. He has been playing the guitar for 27 years and studying music and instruments of other cultures for the past 17 years. Fee: \$5. Reservations: 203-834-6240.

#### OGDEN HOUSE

Liz Wendell teaches gentle chair yoga on Tuesdays from 2:00 p.m. to 3:00 p.m. in the living room. The exercises focus on breathing and body movement while integrating mind and body through meditation. Come any Tuesday. Fee: \$3 per class. New students welcome.



## LIFETIME LEARNERS INSTITUTE

Lifetime Learners Institute at Norwalk Community College announces its Spring daytime courses for people aged fifty or older who want to keep active mentally, physically and socially. Forty courses are being offered this semester. Classes begin the week of March 15. To receive a free course catalog call 203-857-3330 or see [www.lifetimelearners.org](http://www.lifetimelearners.org).

at NCC

## BACK BY POPULAR DEMAND!

Kathy Engstrom, owner of A Fresh Eye, LLC, specializes in home decorating, staging houses for resale, and move management. On Friday, April 17, in the Senior Center Lounge from 10:30 a.m. to 12:30 p.m. Kathy will present **"Stage Your Home to Sell!"**

Would you like to sell your home quickly ... and at top dollar? Stage it! Staging is the process of preparing your house so it speaks emotionally to the buyer, not only by making your home look terrific, but by helping the buyer envision living in the home. Kathy will show you some tricks of the trade and help you decide what needs to be done to make sure your home appeals to potential buyers. Fee: \$5. Registration: 203-834-6240; Space limited.



*Stay at Home in Wilton*  
presents

### *The Music in My Life*

*in the Senior Center Lounge*

*Betty and Doug Jones*

*Book Presentation and Signing*

**Tuesday, March 31, 3:00 to 5:00 p.m.**

THE MUSIC IN MY LIFE is the story of how Betty Jones decided to enter the difficult world of opera singing after the age of 40. Betty was a Wilton housewife and mother of two teenagers when a neighbor heard her sing at a Wilton Congregational Church service. She made her professional opera debut with the Boston Opera Company at the age of 41. Betty lives in Wilton, Connecticut with her husband, Eugene D. Jones. They just celebrated their 60th wedding anniversary. She has two children and is grandmother of three. Books will be available for purchase and signing after the talk. There is no charge for this special event.

<http://www.stayathomeinwilton.org>

## March Fashion Show

Join us for a fashion show at Ogden House on Wednesday, March 18. Lunch is served at noon, and the Fashion Show will follow in the Great Hall, 100 River Road.



Ogden House Program Manager Betty Castillo will collaborate with Sharon Sobel, President of the Turnover Shop, on this event. The Turnover Shop in Wilton will provide fashions. Models are needed for this fun event. Think about volunteering to model these great fashions. Additional items (jewelry, hats, gloves, handbags, etc.) from the Turnover Shop will be available for sale. Everything modeled is for sale at bargain prices. Additional items from the Turnover Shop will also be available for sale. If you would like to serve as a model, call Betty at 203-762-8035. Reservations for lunch (\$3): 203-834-6240.

### SENIOR CENTER WEATHER POLICY

Call 203-834-6240 after 7 a.m. and listen to the recording for specific information.

### Wilton Library presents "Free Downloads" 1:00 p.m., Senior Center Lounge

**Wednesday, March 11, Free Music Downloads**

BYOD - Bring your own device and follow along as Melissa Baker demonstrates our free downloadable and streaming music. You will learn about our streaming jazz and classical music (Naxos Music Library) and downloadable popular music (Hoopla Digital), all available 24/7 from Wilton Library

**Wednesday, April 8, Free Magazine Downloads**

BYOD - Bring your own device and follow along as Melissa Baker demonstrates how to download popular magazines onto your mobile device or computer. There is something for everyone and hours of enjoyment for patrons with Wilton Library cards.

WILTON LIBRARY



This series is presented by Wilton Library for seniors at the Senior Center. Registration at 203-762-3950 is strongly recommended.

[www.wiltonlibrary.org](http://www.wiltonlibrary.org);



## Welcome Michael F. Bellacosa

Since 2013 Michael F. Bellacosa has been a Reference Librarian at the Wilton Library where he also teaches technology classes. He coordinates various literature programs including the Senior Center book discussions. Since 2011 he has also worked at the Bridgeport Public Library on both the Reference Desk and the onsite Bridgeport History Center where he assists patrons with genealogy research and works on digitizing historical materials for increased access and preservation.

He has a B.A. in Philosophy from Yale and a Masters in International Affairs from Columbia. He left a nearly 20-year finance career in 2008 and received a Masters in Library Science from St. John's University in 2010.

from a friend around 1888. More than a story of adultery, it captures a world on the eve of its dissolution. In the Introduction to the novel Fontane's writing is compared with that of Jane Austen in that it works through "glimpses and allusions" with a limited circle of characters whom we meet in small groups. Thomas Mann is reported to have said in 1919 that *Effie Briest* belonged among the six most significant novels ever written.

Lunch (\$3) is served at noon. Call 203-834-6240 to reserve a place.

## PLAY READING



at the Senior Center  
Moderated by Andrea Ragusa, MA

Register at 203-834-6240. Copies of the play are available in the Senior Center café.

**Monday, March 2, 12:30 p.m.**  
**THE LADY FROM THE SEA by Henrik Ibsen**

Marriage and freedom are the subject of this symbolic play. Ellida, the daughter of a lighthouse keeper, grew up on the open sea. Married to Dr. Wangel, she lives in a small Norwegian mountain town. The doctor has two daughters, Bolette and Hilde, by his previous wife who is deceased. This has put a big strain on their marriage. Dr. Wangel is concerned about Ellida's mental health and invites Arnholm, his daughters' former tutor, to help her. Arnholm thinks that Bolette is waiting for him, and he proposes. Bolette agrees to marry him because she sees this as her only way to get out into the world. Ellida must deal with the return of the sailor to whom she was once engaged. Now she must choose between the sailor and her husband.

**Monday, April 6, 12:30 p.m.**  
**\$38,000 FOR A FRIENDLY FACE**  
by Kristin Shepherd

This play is a heartfelt contemporary comedy set in a small-town funeral home in our time. An unpleasant woman dies and her two estranged daughters arrive at the small town funeral home for the celebration of life service. Matt is new in the funeral home business and is trying his best. The women of the last supper committee are preparing food for the event. It soon becomes apparent that no one else is coming to the service. The play takes a humorous look at what matters most in relationships—in families, friendships, and celebrations of life. First produced in Canada in 2005, it was the winner of the 2007 Samuel French Canadian Playwright Contest.

## BOOK DISCUSSION

at the Senior Center  
Coordinated by Michael Bellacosa, MIA, MLS

**Tuesday, March 24, 11:00 a.m.**  
**Discussion Leader - Elaine Tai-Lauria**  
PERSUASION by Jane Austen

"Just as Jane Austen is the favorite author of many discerning readers, *Persuasion* is the most highly esteemed novel of many Austenites. It has the deep irony, the scathing wit, the droll and finely drawn characters of Austen's other novels, all attributes beloved of her readers. But it is conventionally said that as her last novel, the novel of her middle age, it additionally has a greater maturity and wisdom than the 'light, bright and sparkling' earlier novels, to use Austen's own famous description of *Pride and Prejudice*, her most popular work. In other words, *Persuasion* has often been seen as the thinking reader's *Pride and Prejudice*." This elegant novel is described by Susan Ostrov Weisser in the Introduction to the Barnes & Nobel Classics 2005 edition.

**Tuesday, April 28, 11:00 a.m.**  
**Discussion Leader - Miwako Ogasawara**  
EFFI BRIEST by Theodor Fontane

When this complex novel, translated from the German, was first published as a book in 1895 it was its seventy-five-year-old author's first real literary success. Theodor Fontane based the story on a scandal he had heard of

# MEDICARE SAVINGS PLAN

The Medicare Savings Programs, also known as QMB (Qualified Medicare Beneficiary), SLMB (Specified Low Income Medicare Beneficiary) and ALMB (Additional Low Income Medicare Beneficiary), may help pay for your Medicare premiums. QMB may also pay for your Medicare coinsurance and deductibles.

## Who can apply for the Medicare Savings Programs?

A person who is eligible for Medicare Part A hospital coverage and who has income and assets below the program limits may be eligible for one of the programs. Most people become eligible for Medicare Part A when they turn 65 years old. People who are between the ages of 18 and 65 may also receive Medicare Part A if they receive Social Security benefits and have been permanently disabled for at least two years.

## How can I get an extra \$104.90 each month?

If you have Medicare Part B, you pay \$104.90 for your basic premium each month for coverage. (Part B pays for doctor bills, lab tests, x-rays, etc.) It comes out of your Social Security check each month. If you qualify for QMB, SLMB or ALMB, the State of Connecticut will pay the Part B premium for you. **You will then get \$104.90 more in your Social Security check each month.**

## What if I don't have Part A?

Some people choose not to take Part A when they become eligible for Medicare. They can change their minds later, but then the person has to pay the Part A premium instead of the federal government. If you were eligible for Part A but did not take it at enrollment, **the State of Connecticut will pay the Part A premium for you under the QMB program.** If you are not sure that you have Part A, check your Medicare card or call the Social Security Administration at 800-772-1213.

## Are there other benefits?

Yes! If you qualify for QMB, QMB will pay your Medicare coinsurance (co-payments) and deductibles up to the amount that Medicaid would pay for that service. The

SLMB or ALMB programs do not pay coinsurance or deductibles. *Please note: QMB can only make the payment if the provider accepts Medicaid. In some cases, QMB may also pay your Medicare Part A premium. These benefits could save you hundreds or even thousands of dollars each year!*

## Will this cost me anything?

No. There is no charge to you for any of the benefits under these programs.

## Is there an asset limit?

No. There is no asset limit for any of these programs.

## Is there an income limit?

Yes. The level of help that you receive depends on your income. The table below shows the benefits available at different income levels.

## What is income?

Income includes Social Security, pensions, disability benefits, wages, alimony, rental income, interest and dividends.

## Will I need to provide documents?

Only your completed application form is required. The Wilton Department of Social Services will verify the information you provide on the form. The Department will also verify that you either have or are eligible for Medicare Part A coverage. (Part A pays for hospital care and other inpatient services.) In most cases, the federal government pays the premium for Part A, not the Medicare beneficiary.

## How do I apply?

Telephone a CHOICES health insurance counselor at the Southwestern Connecticut Agency on Aging at 800-994-9422. They will answer your questions, send you a simple four-page application and a postage paid return envelope. Call Lauren Hughes at Wilton Social Services at 203-834-6238 with any questions you may have.

<b><i>If your monthly income is at or below these levels...</i></b>	<b><i>You may qualify for... (Guidelines beginning <u>March 1, 2015.</u>)</i></b>
\$ 2,069.91 single \$ 2,802.08 couple	QMB - This program is similar to a "Medigap" policy. It pays your Part B premium (1) and all Medicare deductibles (2) and co-insurance (3).
\$ 2,266.11 single \$ 3,067.68 couple	SLMB - This program pays your Part B premium only (\$104.90/month).
\$ 2,413.26 single \$ 3,266.88 couple	ALMB (QI-1) - This program pays your Part B premium only (\$104.90/month). This program is subject to available program funding. You are not eligible for this program if you receive Medicaid.

# Information Update from the Director of Wilton Social Services

Catherine Pierce, LCSW

Phone: 203-834-6238

Fax: 203-563-0172

Wilton Social Services provides counseling, information, referral, and emergency financial assistance to Wilton residents. We encourage people to call our office at 203-834-6238 to discuss our services. Confidentiality is assured.

State and federal programs designed to assist individuals and families during difficult economic times include fuel assistance, nutritional assistance, emergency financial assistance, and Medicare Savings Programs (see page 10).

## Heating Assistance

The **Connecticut Energy Assistance Program (CEAP)** provides energy assistance grants for heat to households with income no greater than 60% of the State Median Income, e.g. individual, \$32,515; couple, \$42,519; and family of four, \$62,528. Asset limits are \$10,000 for homeowners and \$7,000 for renters. Retirement accounts are not counted as assets for those under the age of 59 ½. Apply through Wilton Social Services.

**Operation Fuel** provides a one-time grant of \$500 to low-income households. The program also assists with non-heat utility bills that are overdue. Income limits are the same as CEAP. There is no asset test. Apply through Wilton Social Services.

## Town-to-Town

Town-to-Town is an inter-town, door-to-door medical transportation service. There is no age limitation, but persons must be medically certified as disabled (temporary or permanent) and unable to use other forms of transportation. Vehicles are wheelchair-lift-equipped. Hours of operation are Monday through Friday, 7:00 a.m. to 6:00 p.m. The disabled pay \$5 each way when they cross one town line; \$7.50 each way when they cross two or more town lines. For more information and to obtain an application, call Lauren Hughes, LCSW, at Wilton Social Services.

## Medicare Part D

Anyone who turned 65 after January 1, 2015 is eligible to enroll in Medicare Part D, the Medicare prescription drug plan. In order to avoid a penalty (a penalty which you will pay for the remainder of your Medicare life), call Wilton Social Services for an appointment within 60 days of your birthday. We will

help you choose a plan using a computer-based program that enables you to compare the numerous plans available. Call Lauren Hughes at 203-834-6238. You may also call the State of Connecticut for help through the CHOICES Program at 800-994-9422 and a trained counselor will assist you.

In addition, anyone turning 65 who is new to Medicare and interested in learning about the Medigap/supplemental insurance option or who is retiring and losing existing coverage can meet with Lauren Hughes to discuss and learn about available options.

## Food Assistance

**SNAP** (formerly the Food Stamp Program) is the **Supplemental Nutritional Assistance Program** provided through the Connecticut Department of Social Services. The online application process for DSS programs is now live. Visit [www.connect.ct.gov](http://www.connect.ct.gov) to apply for benefits. An account will have to be created first. For more information contact Catherine Pierce at Wilton Social Services.

Wilton Social Services operates the **Wilton Interfaith Food Pantry** at the Comstock Community Center. Hours of operation are:

Monday	1:45 p.m. to 4:00 p.m.
Tuesday	9:00 a.m. to 12 noon 2:00 p.m. to 4:30 p.m.
Wednesday	1:45 p.m. to 4:00 p.m.
Thursday	9:00 a.m. to 12 noon
Friday	Closed

There are perishable and non-perishable food, personal care items, paper products, and detergents. Financial screening is required. Call Wilton Social Services.

## Emergency Financial Assistance

The **Wilton Interfaith Council**, also known as the **Wilton Community Assistance Fund**, and the **Salvation Army** provide emergency funds for Wilton residents in need. They help pay for emergency oil deliveries, utility bills to prevent shut offs, and rental assistance. A financial application and a confidential appointment with Catherine Pierce, Director, Wilton Social Services are required.

**Wilton Senior Center  
Comstock Community Center  
180 School Road  
Wilton, CT 06897**

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*The Greens at Cannondale will host a complimentary St. Patrick's Day lunch in their café at 435 Danbury Road, Wilton. Call the Senior Center for reservations: 203-834-6240.*



***Excellent Care Close to Home***

At Wilton Meadows Rehabilitation and Health Care Center, we offer a variety of services to meet community needs. Our services include short-term rehabilitation for inpatients and outpatients, specialized care for individuals with Alzheimer's disease and related memory impairments, IV therapy, respite care, and long-term skilled nursing care. Our team of highly skilled professionals includes physical, occupational, and speech therapists, recreation therapists, social workers, and registered dietitians in addition to our around-the-clock nursing staff. All truly embrace our philosophy of "Family Caring for Families".

**Visit our website to learn more:  
[www.wiltonmeadowshealthcare.com](http://www.wiltonmeadowshealthcare.com)**

**GUIDE TO SENIOR SERVICES**

- Catherine Pierce .....203-834-6238**  
Director, Social Services, and Municipal Agent for the Elderly
- Lauren Hughes .....203-834-6238**  
Coordinator, Senior Services
- Lizabeth Doty.....203-834-6240**  
Coordinator, Senior Activities
- Andrea Ragusa .....203-762-8445**  
Comstock Computer Learning Center
- Sharon Powers .....203-834-6238**  
Office Assistant
- Meals-on-Wheels .....203-762-0566**
- Dial-A-Ride.....203-834-6235**
- Town-to-Town.....203-299-5180**
- FISH (medical transportation) .....203-834-3737**
- AARP .....203-866-0435**
- RUOK (Are You OK?) 203-834-6238 or 834-6260**
- Visiting Nurse & Hospice of Fairfield County.....**  
.....203-762-8958
- Parks and Rec Department.....203-834-6234**
- Wilton Family Y.....203-762-8384**
- Wilton Library .....203-762-3950**
- Stay at Home in Wilton.....203-423-3225**