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HEAT SAFETY --DON'T LET THE SUN GET YOU DOWN!!!

People of all ages can be affected by the heat and should take precautions. Seniors over the age of 65 years are more prone to heat-related illness than younger people for several reasons:

- The older body takes longer to adjust to sudden temperature changes.
- Chronic disease may alter the normal body response to heat.
- Medications can impair the body's ability to regulate its temperature or inhibit perspiration.
- The elderly sometimes don't feel thirsty. They drink less to avoid having to go to the bathroom frequently.

In order to prevent heat-related illness:

- Stay hydrated. Drink six to eight 8-oz glasses of cool, non-alcoholic, non-caffeinated beverages each day. Drink more if you are outside during hot weather. If you are taking diuretics, such as Lasix for edema or heart conditions, check with your doctor on how much water you should drink.
- Eat light, small, frequent meals. Avoid heavy meals and foods hard to digest. Enjoy fresh fruit.
- Avoid strenuous activities. Break big tasks into smaller ones and do them over a longer period of time. Rest between activities.
- Avoid going outside during the warmest part of the day (10 a.m. to 3 p.m.).
- Wear a large-brimmed hat and sunscreen (SPF 15 or higher) when outside.
- Wear sunglasses to protect against UV rays.
- Take a cool shower, tub or sponge bath.
- Wear light-colored clothing made of linen or cotton. Dress in layers.
- Use air conditioning. Point the vent up toward the ceiling so the cool air does not blow directly on you. Use an oscillating fan to distribute the cool air.
- Check on neighbors, friends, and family at least twice a day.

Signs of heat stroke include change in behavior;

body temperature of 103 degrees or more; red, hot, or dry skin; no perspiration; rapid pounding pulse; throbbing headache; dizziness, nausea, or vomiting.

Signs of heat exhaustion include heavy sweating; paleness; muscle cramps; fatigue; weakness; dizziness; headache; nausea, vomiting, or fainting. Skin may be cool or moist; pulse may be fast and weak; breathing may be fast and shallow.

This information was supplied by Melody Matheny-Orpen, RN, BSN, Community Health Coordinator, Visiting Nurse & Hospice of Fairfield County, 203-762-8958, ext. 312.

GUIDE TO SENIOR SERVICES

Catherine Pierce	203-834-6238
Director, Social Services	
Municipal Agent for the Elderly	
Lauren Hughes	203-834-6238
Coordinator, Senior Services	
Sarah Muccio	203-834-6238
Adult and Family Social Worker	
Lizabeth Doty	203-834-6240
Coordinator, Senior Activities	
Debbie Wolyniec	203-834-6238
Administrative Assistant	
Meals-on-Wheels	203-762-0566
Food Pantry	203-834-6238
Dial-A-Ride	203-834-6235
Town-to-Town	203-299-5180
FISH (medical appt. transportation)	203-834-3737
AARP	888-687-2277
Mid-Fairfield Hospice	203-762-8958
Visiting Nurse & Hospice	203-762-8958
Parks and Rec Department	203-834-6234
Stay at Home in Wilton	203-423-3225
Wilton Family Y	203-762-8384
Wilton Library	203-762-3950

SENIOR CENTER ACTIVITIES THROUGH THE SUMMER

Call 203-834-6240 unless otherwise noted. See the calendar for additional activities.

THURSDAY LUNCH AND BINGO

Most Thursdays, the Senior Center hosts a noon lunch prepared by Chef Karen White. After lunch, ten games of Bingo are held in the Game Room. Lunch is \$3. Come for either or both!

BE MOVED! (NO CLASSES IN AUGUST)

Tuesdays, 9:45 a.m.; \$5 drop-in fee per class
BeMoved is a new dance fitness experience for adults of all movement abilities. It is designed to deliver a safe, body-friendly experience that improves the quality of a person's movement. Each class focuses on a different musical dance genre using continuous, engaging dance combinations to inspire anyone from first-time dancer to professional. Phyllis Hirschfield, Instructor.

TUESDAY AND/OR THURSDAY YOGA

Tuesdays, 11:00 a.m. to noon; Thursdays, 10:00 a.m. to 11:00 a.m.; \$3 drop-in fee per class
Denise O'Hearn, owner of Vibrant Moves in Wilton, conducts a gentle yoga class that warms up the joints of your body, stretches and strengthens your muscles.

FELDENKRAIS

Fridays, 10:00 a.m. to 11:00 a.m.; \$5 drop-in fee per class
Do you limit yourself without even knowing it? It's time to take charge of your own comfort and discard the movement patterns that hold you back. Explore this exciting, innovative movement method designed to relieve pain, exercise your brain, and teach you to move with greater comfort, ease, and fluidity. Cathy Paine, Instructor.

TAI CHI

Wednesdays, 10:30 a.m. to 11:30 a.m., \$3 drop-in fee per class
Joe Alampi teaches these easy-to-absorb, effective, short sets of motions (forms) appropriate for any age. Tai Chi has been shown to prevent falls and improve the daily functioning of seniors.

LINE DANCE FUSION

Mondays, 10:30 a.m. to 11:30 a.m., \$3 drop-in fee per class
Beatriz Araujo teaches line dancing as a great form of exercise and social interaction. Beginners as well as experienced dancers are welcome. Summer's a great time to learn a new exercise in the air-conditioned dance studio.

JEWELRY WORKSHOP

Fridays, July 15 and 29, August 5 and 19, 10:00 a.m. to 12:00 p.m.; \$5 drop-in fee per class
Viola Galetta conducts this jewelry-making workshop. No prior experience is necessary. Enjoy the fun of making

your own beaded jewelry. Select materials to match your own style.

STUDIO KNITTING

July 12 and 25, August 9 and 22, 1:00 p.m. to 2:30 p.m.
Basic instruction will be provided for projects; the company will be great, too. Not a knitter? Bring your own handiwork and enjoy the camaraderie.

BRIDGE GROUPS

If you would like to join other seniors in an afternoon of bridge, call the organizers listed below:

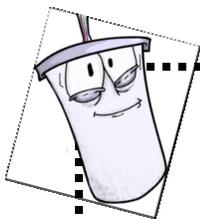
Duplicate Bridge: First Wednesday of the month; contact Lois Bruce at 203-762-5818.

Duplicate Bridge: Third Tuesday of the month; contact Maureen Turnier at 203-762-9386.

Open Bridge: 10:00 a.m. on Wednesdays. Drop-in fee: \$5.

Contract Bridge: Fridays, contact Eleanor Mihailidis at 203-762-8720.

Contract Bridge: Fridays, contact Sharon Frost at 203-762-9708.



Healthy Shakes Galore!

Thursday, July 28, 11:00 a.m., Lounge

Come by and sample some healthy-shake options.
Compliments of BrightStar Care

RENTER'S REBATE

September 1 is the deadline for elderly renters and totally disabled renters to file for the State of Connecticut's annual renter's rebate program. Under this program, they may be eligible for a rebate of up to \$900.

Elderly applicants must have been 65 years of age by December 31, 2015; have rented in Connecticut for at least one year; and have income for 2015 of less than \$35,200 if single and \$42,900 if filing married. There is no age requirement for totally disabled renters; however, all remaining requirements are the same as for elderly renters.

Eligible renters should come to the Assessor's Office between 9:00 a.m. and 4:00 p.m., Monday through Friday. Renters must bring proof of income, including their Federal 1040 tax return, Social Security 1099 statement, rent receipts and utility bills for the year ending December 31, 2015. Totally Disabled renters must also bring proof of disability.

If you have any questions, call Anna in the Assessor's office at 203-563-0121.

JULY 2016

Monday	Tuesday	Wednesday	Thursday	Friday
RVNA Ridgefield Visiting Nurse Association VM Village Market VNH Visiting Nurse and Hospice of Fairfield County WM Wilton Meadows Rehabilitation and Healthcare Y Wilton Family Y			SYNERGY BINGO On Thursday, July 28, Synergy HomeCare will provide prizes for Bingo following Lunch in the café. Over 60 different games available for play. Come and join the fun!	1 Senior Center Closed for Fourth of July
4 Senior Center Closed for Fourth of July	5 9:45 BeMoved! 11:00 Yoga 12:30 Five Crowns	6 10:00 Open Bridge 10:30 Tai Chi 1:00 Duplicate Bridge 1:00 Mah Jongg	7 10:00 Yoga 11-12 Blood Pressure Screening 12:00 Lunch 12:45 Bingo	8 12:00 Bridge 1:30 Bridge 1:30-3 Free Swim Y
11 10:30 Line Dancing 11-1 Biometric Screening RVNA 12:00 Movie 1:00 Bridge	12 9:45 BeMoved! 11:00 Yoga 1:00 Studio Knitting 2:00 Mah Jongg	13 10:00 Open Bridge 10:30 Tai Chi 1:00 Mah Jongg	14 9:30 Volunteer Training VNH 10:00 Yoga 12:00 Lunch 12:30-2 Blood Pressure Screening VM 12:45 Bingo	15 10:00 Feldenkrais 10:00 Jewelry Workshop 12:00 Bridge 1:30 Bridge 1:30-3 Free Swim Y
18 10:30 Line Dancing 11-1 Biometric Screening RVNA 12:00 Movie 1:00 Bridge	19 9:45 BeMoved! 11:00 Yoga 12:00 Duplicate Bridge 12:00 Complimentary Lunch and Bingo WM 12:30 Five Crowns	20 10:00 Open Bridge 10:30 Tai Chi 1:00 Mah Jongg	21 10:00 Yoga	22 10:00 Feldenkrais 12:00 Bridge 1:30 Bridge 1:30-3 Free Swim Y
25 10:30 Line Dancing 11-1 Biometric Screening RVNA 12:00 Movie 1:00 Bridge 1:00 Studio Knitting	26 9:45 BeMoved! 11:00 Yoga 12:30-2 Blood Pressure Screening VM 12:30 Mah Jongg	27 10:00 Open Bridge 10:30 Tai Chi 1:00 Mah Jongg	28 10:00 Yoga 11:00 Healthy Shakes Galore! 12:00 Lunch 12:45 Bingo sponsored by Synergy HomeCare	29 10:00 Feldenkrais 10:00 Jewelry Workshop 12:00 Bridge 1:30 Bridge 1:30-3 Free Swim Y

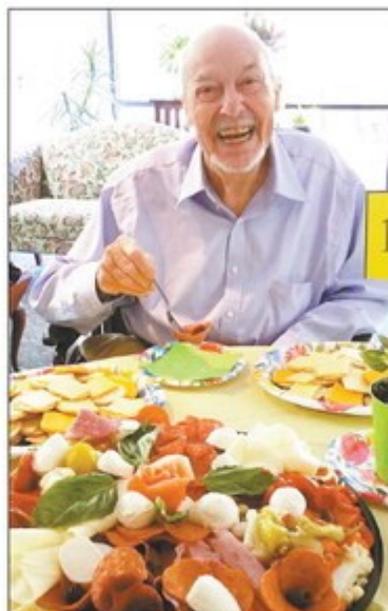


BLOOD PRESSURE SCREENINGS

Blood pressure screenings are conducted by a Registered Nurse. They are free of charge and open to the public unless otherwise noted. No appointment is necessary. Screening dates are listed in the calendars.

Volunteer Training Session for Good Samaritans
Thursday, July 14, 9:30 a.m. to 2:30 p.m.
at VNH, 761 Main Ave., Suite 114, Norwalk

Volunteers are needed to do errands and drive patients to doctor appointments. If you would be able to volunteer for this invaluable service, call Visiting Nurse and Hospice Volunteer Coordinator, Laurie Petrasanta, at 203-762-8958, Ext. 316.



Wilton Meadows Lunch and Bingo

Tuesday, July 19, Noon
 at Wilton Meadows

Call the Senior Center at 203-834-6240 to reserve a place.

Jim Orser (left) digs into the antipasto at the Volunteer Lunch on Wednesday, June 15. More than 70 people attended the luncheon honoring volunteers for the Social Services Department and Wilton Senior Center.

AUGUST 2016

Monday	Tuesday	Wednesday	Thursday	Friday
1 10:30 Line Dancing 11-1 Biometric Screening RVNA 12:00 Movie 1:00 Bridge	2 11:00 Yoga 12:30 Five Crowns	3 10:00 Open Bridge 10:30 Tai Chi 12:00 Declutter Presentation RVNA 1:00 Duplicate Bridge 1:00 Mah Jongg	4 10:00 Yoga 11-12 Blood Pressure Screening 12:00 Lunch 12:45 Bingo	5 10:00 Feldenkrais 10:00 Jewelry Workshop 12:00 Bridge 1:30 Bridge 1:30-3 Free Swim Y
8 10:30 Line Dancing 11-1 Biometric Screening RVNA 12:00 Movie 1:00 Bridge	9 11:00 Yoga 1:00 Studio Knitting 2:00 Mah Jongg	10 10:00 Open Bridge 10:30 Tai Chi 1:00 Mah Jongg	11 10:00 Yoga 12:00 Lunch 12:30-2 Blood Pressure Screening VM 12:45 Bingo	12 10:00 Feldenkrais 12:00 Bridge 1:30 Bridge 1:30-3 Free Swim Y
15 10:30 Line Dancing 11-1 Biometric Screening RVNA 12:00 Movie 1:00 Bridge	16 11:00 Yoga 12:00 Duplicate Bridge 12:30 Five Crowns	17 10:00 Open Bridge 10:30 Tai Chi 1:00 Mah Jongg	18 10:00 Yoga 12:00 Lunch 12:45 Bingo	19 10:00 Feldenkrais 10:00 Jewelry Workshop 12:00 Bridge 1:30 Bridge 1:30-3 Free Swim Y
22 10:30 Line Dancing 11-1 Biometric Screening RVNA 12:00 Movie 1:00 Bridge 1:00 Studio Knitting	23 11:00 Yoga 12:30-2 Blood Pressure Screening VM 12:30 Mah Jongg	24 10:00 Open Bridge 10:30 Tai Chi 1:00 Mah Jongg	25 10:00 Yoga 12:00 Lunch 12:45 Bingo	26 10:00 Feldenkrais 12:00 Bridge 1:30 Bridge 1:30-3 Free Swim Y
29 10:30 Line Dancing 11-1 Biometric Screening RVNA 12:00 Movie 1:00 Bridge	30 11:00 Yoga 12:30 Five Crowns	31 10:00 Open Bridge 10:30 Tai Chi 1:00 Mah Jongg		



Ridgefield VNA Walk-In Biometric Screenings

Starting Monday, July 11, RVNA is holding weekly walk-in biometric health screenings every Monday from 11:00 a.m. to 1:00 p.m. at its new office at 27 Governor Street, Ridgefield. Cholesterol, blood pressure and glucose tests will be available; screening will include a private consultation with an RVNA registered nurse. The fees are \$25 for 1 test, \$50 for 2, and \$65 for all 3. If this time is not convenient, appointments may be made by calling 203-438-5555.

Lunch n' Learn – August 3 at RVNA

Enjoy lunch at RVNA's new Center for Exceptional Care while learning how to declutter, sort, right-size and pack from Deirdre Dolan Nesline, owner of DeClutter by Deirdre and a senior move specialist. Deirdre can help with the difficult and emotional task of organizing and moving or organizing and staying in place. The event takes place from noon to 1:30 pm. at 27 Governor Street, Ridgefield. It is free and open to the public. Lunch will be provided. RSVP to RVNA at 203-438-5555.

MEDICARE ENROLLMENT ALERT

Remember: When you turn 65 you are required to enroll in Medicare Part A. If you are still working and covered under an insurance plan provided by your employer, you can postpone enrolling in Medicare Part B until you retire, but you are still required to activate your Medicare Part A. This is a simple process that may be completed online by going to www.Medicare.gov or you may call Lauren Hughes at the Wilton Department of Social Services, 203-834-6238. She will be happy to assist you.

The enrollment period begins three months before the month of your 65th birthday and extends for three months after the month of your 65th birthday. If you do not enroll during this period, even if you are still covered under your employer's insurance, you risk future financial penalties.