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## WILTON HIGH SCHOOL HOSTS DAY FOR SENIORS

The annual Wilton High School Arts Festival will again host a special recognition concert for the senior citizens of Wilton on Thursday, April 5. The event was developed by members of the Wilton Fine and Performing Arts staff last year in collaboration with the Senior Center. The event is an opportunity to recognize the significant contributions Wilton seniors have made to the town. A bus will pick up seniors at Comstock at 11:15 a.m. The lunch be served in the Zellner Gallery from 11:45 a.m. to 12:45 p.m.

The event will be hosted by the PTSA, students of the Culinary Arts program, and the student government at Wilton High School. The luncheon will be serenaded by members of the WHS string program. Student art work from the Arts Festival will adorn the Gallery.

Following the luncheon, a recognition concert will be held in the Clune Center for the Performing Arts featuring the WHS Madrigals, Chamber Singers, Bottom Line, and both top Jazz Ensembles. We are once again expecting several hundred Wilton High School students and staff to attend the concert.

Call the Senior Center for more information or to register your name for the bus to WHS from Comstock 203-834-6240.



A warm home in the winter is not a luxury. It's a necessity, especially for the young, elderly, and frail.

Because of reduced federal funding and cuts in the Connecticut Energy Assistance Program, the Wilton Warm-Up Fund which provides emergency heat assistance to Wilton residents is facing an unprecedented financial shortfall. So far this year we have 64 Wilton households applying for fuel assistance. Our goal is to raise \$63,000 in a short period of time from individual and corporate donations. Please consider helping a Wilton neighbor and making a donation today. Your contribution is 100% tax-deductible to the extent permitted by law. It will go directly to a Wilton family in need.

Please make checks payable to  
**The Wilton Interfaith Fund**  
**180 School Road**  
**Wilton, CT 06897**

Thank you for considering donating to the Wilton Warm-Up Fund.

**Catherine Pierce, LCSW**  
**Director, Wilton Social Services**



*Sponsored by the Town of Wilton, the Wilton League of Women Voters, and the Kiwanis Club of Wilton*

***Speak Up, Wilton...  
A Question and Answer Forum with  
Town Officials  
Everything You Wanted to Know  
About Your Town...  
But Never had the Chance to Ask!***

**Saturday, March 3, 9 a.m.-11 a.m.  
Trackside Teen Center  
15 Station Rd.**

**Free/Open to the public  
Coffee & light refreshments  
Information? [wiltonlww@lwwct.org](mailto:wiltonlww@lwwct.org)**

# 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 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 and emergency financial assistance

## 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, \$31,712.72; couple, \$41,470.48; and family of four, \$60,986. 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 (203-834-6238) or at NEON in Norwalk (203-899-2420). Call for an appointment.

**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 must be under 200% of the Federal Poverty Level which for an individual is under \$21,660; couple, \$29,140; and family of four, \$44,100. There is no asset test. Apply through Wilton Social Services (203-834-6238).

## Food Assistance

**SNAP** (formerly the Food Stamp Program) is the **Supplemental Nutritional Assistance Program** provided through the Connecticut Department of Social Services. For more information contact Catherine Pierce at Wilton Social Services or visit [www.ct.gov/dss](http://www.ct.gov/dss) and click on **SNAP** for more information and an application. Applications should be mailed to Department of Social Services, 1642 Bedford Street, Stamford, CT 06905.

Wilton Social Services operates the **Wilton Interfaith Food Pantry** at the Comstock Community Center at 180 School Road. Hours of operation are:

Monday	1:30 p.m. to 4:00 p.m.
Tuesday	9:00 a.m. to 12 noon
Wednesday	9:00 a.m. to 12 noon 2:30 p.m. to 5:00 p.m.
Thursday	9:00 a.m. to 12 noon
Friday	1:30 p.m. to 4:00 p.m.

There are perishable and non-perishable food, personal care items, paper products, and detergents. Financial

screening is required. Call Social Services at 203-834-6238.

## Emergency Financial Assistance

The **Wilton Interfaith 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. Please call 203-834-6238 to discuss these programs.

## Town-to-Town

Town-to-Town is an inter-town, door-to-door service that operates solely for elderly and disabled residents who wish to travel between towns in Southwestern Connecticut. 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, please call Lauren Hughes, LCSW, Senior Services Coordinator, at 203-834-6238.

## Medicare Part D

Anyone who turned 65 after January 1, 2010 is eligible to enroll in Medicare Part D, the Medicare prescription 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.

## ConnPACE

ConnPACE is a service that helps eligible senior citizens and people with disabilities afford the cost of most prescription medicines as well as insulin and insulin syringes. If you are a Connecticut resident age 65 or older or with a disability age 18 or older and you are NOT eligible for Medicare, you may qualify for ConnPACE. To get all the information you need about applying for ConnPACE, please see our ConnPACE application kit. You may also call ConnPACE at 800-423-5026, toll-free in Connecticut with any questions.

# 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 can 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 \$99.90 each month?

If you have Medicare Part B, you pay \$99.90 for your 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 \$99.90 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 1-800-772-1213.

## 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 income limit?

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

## What is countable income?

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

*Continued on page 4...*

<b><i>If your monthly countable income is at or below these levels...</i></b>	<b><i>You may qualify for...</i></b>
\$ 1,983.03 single \$ 2,685.93 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). (1) Part B = \$99.90 in 2012. (This amount increases January 1 every year.) (2) The 2012 hospital deductible is \$1,156. (This amount increases January 1 every year.) The Part B deductible is \$140 per year. (3) Co-insurance is the portion of Medicare approved services that you are responsible for paying. This is usually 20% of the approved Medicare charge, up to the Medicaid approved rate.
\$ 2,169.23 single \$ 2,938.13 couple	SLMB - This program pays your Part B premium only (\$99.90/month).
\$ 2,308.88 single \$ 3,127.28 couple	ALMB (QI-1) - This program pays your Part B premium only (\$99.90/month). This program is subject to available program funding. You are not eligible for this program if you receive Medicaid.

**Need to have this information summarized? Have a question, or two, or three???**

**Call Cathy Pierce or Lauren Hughes at Wilton Social Services—203-834-6238.**



# PRE-DIABETES: ARE YOU AT RISK?

Pre-diabetes is a serious health condition that increases the risk of developing type 2

diabetes, heart disease, and stroke. Yet the vast majority of people with pre-diabetes do not know they have the condition, according to Centers for Disease Control research. Just seven percent of people with pre-diabetes are aware of their condition, yet almost 80 million Americans—35 percent of adults aged 20 years and older—have pre-diabetes and half of all Americans aged 65 years and older have pre-diabetes.

“Pre-diabetes means that you are living with blood sugar levels that are higher than normal but not high enough to be considered ‘diabetic,’” says Elaine Abrams RN, Community Health Coordinator at Visiting Nurse & Hospice of Fairfield County. “The vast majority of adults living with pre-diabetes do not know they have it. They will likely develop diabetes if it is not addressed. Learning if you have pre-diabetes is important because early treatment can prevent serious problems that diabetes can cause, such as heart attack, stroke, loss of eyesight or kidney damage.”

Many factors may increase your risk for pre-diabetes and type 2 diabetes including:

- You are age 45 years of age or older.
- You are overweight.
- You have a parent, sister or brother with diabetes.
- Your family background is African-American, Hispanic/Latino, American Indian, Asian American, or Pacific Islander.
- You had diabetes while pregnant or gave birth to a baby weighing nine pounds or more.
- You are physically active less than three times a week.

Abrams suggests that if blood test results indicate pre-diabetes, the best route is to get involved in a lifestyle change program. Research shows that modest weight loss and regular physical activity can help prevent or delay type 2 diabetes by up to 58 percent in people with pre-diabetes. Weight loss should be achieved by making lasting lifestyle changes to improve nutrition and increase physical activity.

The American Diabetes Association “Diabetes Alert Day”, held on the fourth Tuesday each March, is a one-day, “wake-up call” asking the public to take the Diabetes Risk Test in order to find out if they are at risk for developing type 2 diabetes. On Wednesday, March 14, at 12:45 p.m., Visiting Nurse & Hospice of Fairfield County will present *Pre-diabetes: Are You at Risk?* at Ogden House. Participants will take the Diabetes Risk Test and learn important steps to take if they are at risk. The program is free and open to the public. For more information and to register, call Lizabeth Doty at 203-834-6240.

## Medicare Savings Program, Continued from Page 3.....

dividends. Certain deductions are allowed in the calculation of your countable income amount. For example, the first \$278 of unearned income (such as Social Security or pension) does not count. There is also a \$556 exemption for earned income you may have from employment.

### **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?**

Contact the Wilton Department of Social Services at 203-834-6238. You may also telephone a CHOICES health insurance counselor at the Southwestern Connecticut Agency on Aging (SWCAA). They will answer your questions, send you a simple four-page application, and a postage paid return envelope. To reach a CHOICES counselor, call 1-800-994-9422.

## **CHOLESTEROL SCREENING**

DATE: Tuesday, April 10  
TIME: 8:30 a.m. to 11:30 a.m.

LOCATION: Visiting Nurse & Hospice of Fairfield County, 761 Main Avenue, Suite 114, Norwalk (across from Walmart on Main Ave)

COST: \$25. Screening uses Cholestec® technology and involves a simple finger stick. Results in 10 minutes include total cholesterol, HDL, LDL, triglycerides, and glucose. Fasting is suggested. Allow 30 minutes total for visit. By appointment only. Please call 203-762-8958.

# MARCH 2012

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

## KEY TO THE CALENDAR

OH	Ogden House	100 River Road	203-762-8035
Y	Wilton Family Y	404 Danbury Road	203-762-8384
WL	Wilton Library	137 Old Ridgefield Rd.	203-762-3950
G	The Greens	435 Danbury Road	203-761-1191
WM	Wilton Meadows	439 Danbury Road	203-834-0199
VM	Village Market	Old Ridgefield Road	203-762-7283
NHC	Nursing & Home Care	761 Main Ave.	203-762-8958
B	Brookdale	96 Danbury Road	203-761-8999
LR	Laurel Ridge	642 Danbury Rd.	203-438-8226r

*Events are held at the Senior Center unless otherwise indicated.*

<b>1</b>	9:00 Enhance Fitness 10:00 Yoga 11-12 Blood Pressure Screening 12:00 Lunch 12:45 Bingo 1:30 Mah Jongg
<b>2</b>	10:00 Jewelry Workshop 10:00 Move, Strengthen, Stretch 12:00 Bridge 1:30-3 Free Senior Swim Y 1:30 Beginner Bridge  <b>Tomorrow: Speak Up, Wilton at Trackside, 9 a.m. to 11 a.m.</b>

<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
9:15 Enhance Fitness 10:30 Line Dancing 11:30 Coffee and... 12:00 Movie, Showboat 12:30 Play Reading with Andrea	9:00 Enhance Fitness 10:00 Painting Class with Althea 10:30 Chess 11:00 Yoga 12:00 Garden Club Activity and Lunch	9:30 RSVP 10:00 Tai Chi 10:00 Comstock Writers 12:00 Duplicate Bridge 12:00 Lunch OH Program: Sleeping Tips from A-Z 1:30 Mah Jongg	9:00 Enhance Fitness 10:00 Yoga 12:00 Lunch 12:45 Bingo 1:30 Mah Jongg 2:00 Self-Hypnosis with Sonia 5:30 Social Service Commission	9:30 Senior Center Advisory Meeting 10:00 Move, Strengthen, Stretch 12:00 Bridge 1:30-3 Free Senior Swim Y 1:30 Beginner Bridge

<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
9:15 Enhance Fitness <b>9-12 AARP Tax Help</b> 10:30 Line Dancing 11:30 Coffee and... 12:00 Movie, Bringing Up Baby	9:00 Enhance Fitness 10:00 Painting Class with Althea 11:00 Yoga 10:30 Chess 1:00 Comstock Knitters and Crafters 2:00 Mah Jongg with Kay	9:30 RSVP 10:00 Tai Chi 10:00 Duplicate with Dan 12:00 Lunch OH Program: Pre-Diabetes: Are You At Risk? 1:30 Mah Jongg	9:00 Enhance Fitness 10:00 Yoga 11:15 Financial Conversations with Women 12:00 St. Matthew's Church Lunch 1:30 Mah Jongg 2:00 Self-Hypnosis with Sonia	10:00 Move, Strengthen, Stretch 10:30 Painting with Viola 12:00 Bridge 1:30 Beginner Bridge 1:30-3 Free Senior Swim Y

<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
9:15 Enhance Fitness 10:30 Line Dancing 11:30 Coffee and... 12:00 Movie, Seven Brothers, Seven Brides	9:00 Enhance Fitness 9:30 Intro to Computer 10:00 Painting Class with Althea 11:00 Yoga 11 Book Discussion with Kathy Leeds 12:00 Duplicate Bridge 12:00 Lunch	9:30 RSVP 9-10:30 Blood Pressure Screening Y 10:00 Comstock Writers 10:00 Tai Chi 10:00 Duplicate with Dan 12:00 Lunch OH Program: WHS Orchestra 1:30 Mah Jongg	9:00 Enhance Fitness 10:00 Yoga 11:15 Financial Conversations with Women 12:00 Lunch 12:45 Bingo 1:30 Mah Jongg	9:30 Intro to Computer 10:00 Move, Strengthen, Stretch 11:15 Civil War with Dave 12:00 Bridge 1:30 Beginner Bridge 1:30-3 Free Senior Swim Y

<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
9:15 Enhance Fitness 9:30 Beyond Beginners-Word 2007/2010 10:30 Line Dancing 11:30 Coffee and... 12:00 Movie, Suspicion 1:00 Comstock Knitters and Crafters	9:00 Enhance Fitness 10:00 Painting Class with Althea 11:00 Yoga 12:30-2 Blood Pressure, VM 2:00 Mah Jongg with Kay	9:30 Beyond Beginners-Word 2007/2010 9:30 RSVP 10:00 International Club 10:00 Tai Chi 10:00 Duplicate with Dan 12:00 Lunch OH 1:30 Mah Jongg	9:00 Enhance Fitness 10:00 Yoga 11:15 Financial Conversations with Women 12:00 Lunch 12:45 Bingo 1:30 Mah Jongg	10:00 Move, Strengthen, Stretch 11:15 Civil War with Dave 12:00 Bridge 1:30 Beginner Bridge 1:30-3 Free Senior Swim Y

# APRIL 2012

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> 9:15 Enhance Fitness 9:30 Organize your Memoir 10:30 Line Dancing 11:30 Coffee and... 12:00 Movie, The Philadelphia Story 12:30 Play Reading with Andrea	<b>3</b> 9:00 Enhance Fitness 9:30 Word Graphics 10:00 Painting Class with Althea 11:00 Yoga 12:00 Garden Club Lunch and Activity	<b>4</b> 9:30 RSVP 9:30 Organize Your Memoir 10:00 Tai Chi 12:00 Lunch OH Program: Cellist, Thirzah Bendokas 12:00 Duplicate Bridge 1:30 Mah Jongg	<b>5</b> 9:00 Enhance Fitness 9:30 Word Graphics 10:00 Yoga 11:45 Wilton High School Recognition Day for Seniors at WHS 11 NO Blood Pressure Screening today 1:30 Mah Jongg	<b>6</b> Good Friday, Senior Center Closed
<b>9</b> 9:15 Enhance Fitness 10:30 Line Dancing 11:30 Coffee and... 12:00 Movie, Play-boy of the Western World	<b>10</b> 8:30-11:30 Cholesterol Screening VNH 9:00 Enhance Fitness 10:00 Painting Class with Althea 11:00 Yoga 1:00 Comstock Knitters and Crafters	<b>11</b> 9:30 RSVP 9:30 Memoir Follow-Up Class 10:00 Tai Chi 10:00 Duplicate with Dan 12:00 Lunch at OH Program: WWC Bingo 1:30 Mah Jongg	<b>12</b> 9:00 Enhance Fitness 10:00 Yoga 12:00 Lunch 12:45 Bingo 1:30 Mah Jongg 2:00 Seminar with Sonia 5:30 Social Service Commission	<b>13</b> 8:15-12:30 55 ALIVE! 10:00 Move, Strengthen, Stretch 10:00 Jewelry Workshop with Viola 11:15 Civil War with Dave 12:00 Bridge 1:30 Beginner Bridge 1:30-3 Free Sr. Swim Y
<b>16</b> 9:15 Enhance Fitness 10:30 Line Dancing 11:30 Coffee and... 12:00 Movie, Kiss Me Kate	<b>17</b> 9:00 Enhance Fitness 10:00 NO Painting Class today 11:00 Yoga 12:00 Duplicate Bridge	<b>18</b> 9-10:30 Blood Pressure Y 9:30 RSVP 10:00 Comstock Writers 10:00 Duplicate with Dan 10:00 Tai Chi 12:00 Lunch at OH Program: Ease the Distance 1:30 Mah Jongg	<b>19</b> 9:00 Enhance Fitness 10:00 Yoga 11:45 Wilton Senior Council Meeting 1:30 Mah Jongg 2:00 Seminar with Sonia	<b>20</b> 10:30 Move, Strengthen, Stretch 10:30 Painting with Viola 11:15 Civil War with Dave 12:00 Bridge 1:30 Beginner Bridge 1:30-3 Free Sr. Swim Y
<b>23</b> 9:15 Enhance Fitness 10:30 Line Dancing 11:30 Coffee and... 12:00 Movie, Annie Get your Gun 1:00 Comstock Knitters and Crafters	<b>24</b> 9:00 Enhance Fitness 10:00 Painting Class with Althea 11:00 Yoga 11:00 Book Discussion with Miwako Ogasawara 12:00 Lunch 12:30-2 Blood Pressure at Village Market	<b>25</b> 9:30 RSVP 10:00 Duplicate with Dan 10:00 Tai Chi 12:00 Lunch OH Program: Park Street Singers 1:30 Mah Jongg	<b>26</b> 9:00 Enhance Fitness 10:00 Yoga 11:15 Plan for No Regrets 12:00 Lunch 12:45 Bingo 1:30 Mah Jongg	<b>27</b> 10:30 Move, Strengthen, Stretch 12:00 Bridge 1:30 Beginner Bridge 1:30-3 Free Sr. Swim Y  5:00 Kiwanis Club Roast Beef Dinner at Our Lady of Fatima School
<b>30</b> 9:15 Enhance Fitness 10:30 Line Dancing 11:30 Coffee and... 12:00 Movie, The Wrong Man	<div style="text-align: center;">  <p><i>The Greens</i> AT CANNONDALE</p> <p>435 Danbury Road Wilton</p> </div> <div style="text-align: center;"> <p><b>ADDITIONAL UNITS ARE NOW OPEN FOR OCCUPANCY</b></p> <p>Call 203-761-1191 or 888-256-1707 for more information.  <a href="http://www.thegreensatcannondale.com">www.thegreensatcannondale.com</a></p> <p><b><i>The Area's Premier Independent/Assisted Living Community</i></b></p> </div>			

# PLAN FOR NO REGRETS

*The Patient Self-determination Act of 1991 requires that health care institutions ask patients about end of life plans. Statistics indicate that only 50 percent of severely-ill hospitalized patients had an advance directive in place...*

Research indicates that an overwhelming majority of adults approve of laws that allow them to be involved in their healthcare choices at the end of life. The Patient Self-Determination Act, passed in 1991, requires that healthcare institutions ask patients about their end of life wishes at the time of admission. Yet each day in the U.S. thousands of critically important end of life decisions are being made without the benefit of advanced planning. In fact, the Agency for Healthcare Research and Quality reported in 2005 that only 30 percent of the severely ill patients they studied had an advance directive in their medical record. Why the dichotomy?

"Adults may discuss their wishes with family and their physicians, but they often delay the completion of advanced directives," says Christine Pfeffer, RN, Hospice Director at Visiting Nurse & Hospice of Fairfield County. "This delay can lead to situations in which family members must make intuitive guesses about what their loved one would want at the end of

On Thursday, April 26, at 11:15 a.m., the Wilton Senior Center will host a presentation by Visiting Nurse & Hospice of Fairfield County called "Plan for No Regrets." The program, free and open to the public, will provide important information about Connecticut's advanced directives law, appointment of a health care representative, and how to go about completing your own advanced directives. For more information, contact Lizabeth Doty at 203-834-6240.

life. Sometimes, family members disagree about what their loved one would or would not want, and intense legal battles can ensue."

An advance directive is a legal written document listing who you wish to make medical decisions for you if you are unable to speak for yourself. It can also list what treatments you would want or not want at that time. While each state may have different terminology or requirements, advance directives generally come in two forms:

- A "healthcare power of attorney" (or "proxy," "agent" or "surrogate") identifies the person you select to be your voice for healthcare decisions if you cannot speak for yourself.
- A "living will" documents what kinds of medical treatment you would or would not want at the end of life.

## 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, 2011, or your spouse was; or you were at least 60 years of age as of December 31, 2011, 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 2011 is \$75,000 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 Tuesday, May 15, 2012 for tax credit and tax deferral benefits affecting your real estate tax bill payable in July 2012 and January 2013. 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 1 to May 15. For more information, contact the Wilton Assessor's office at 203-563-0121.

## NEWS FROM THE WILTON TOWN CLERK AND REGISTRARS OF VOTERS

### STATE LEGISLATURE ENACTS PERMANENT ABSENTEE BALLOT STATUS

The Connecticut Legislature has enacted a measure allowing permanently physically disabled voters to receive an absentee ballot application automatically upon filing a physician's statement with their town clerk. The law, effective January 1, 2012, permits a voter who is unable to appear in person at the assigned polling place to receive absentee ballot applications for each election, primary, and referendum held within that municipality. Registrars are required to contact each such voter annually to confirm their residence. For information on permanent absentee ballot status, voters should contact Wilton Town Clerk Bettye Ragonetti at 203-563-0106.

### REDISTRICTING COMES TO WILTON: WHERE DO I VOTE?

Because of state redistricting, your polling place may change. The registrars of voters will notify voters by mail in early April of any change in their polling place. Watch for your post card!!

## NEW FRIDAY MORNING SERIES ON THE CIVIL WAR



March 23 and 30  
April 13 and 20  
11:15 a.m.  
Senior Center  
Lounge

Wilton resident David Petre will moderate a four-part series on the Civil War beginning March 23. Mr. Petre is the author of *The Civil War (1861-1865): A Student Handbook*. Mr. Petre will combine information gleaned from years of research with visual media.

Part 1: Overview; The First Week of the War, April 12-19, 1861; Destiny at Fort Sumter

Part 2: The Battle of Antietam, Bloody Lane

Part 3: The Battle of Gettysburg, The Wheatfield on July 2, 1863

Part 4: The Battle of Atlanta, Sherman's March to the Sea

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

## Laurel Ridge Caregiver Course at Laurel Ridge

Health Care Center

This is a four-part training program for caregivers of those with Alzheimer's disease or related dementia. It will take place on Thursdays, March 8, 15, 22, 29, from 6:00 p.m. to 8:00 p.m. at Laurel Ridge Health Care Center, 642 Danbury Road, Ridgefield. To register call Laurel Ridge at 203-438-8226. A light supper will be served.

*\*Free and Open to the Public\**

March 8: Alzheimer's Association Programs and Services presented by Kristen Cusato, Connecticut Southwest Regional Director of the Alzheimer's Association; Overview of Alzheimer's Disease presented by Dr. Dan Wollman, Medical Director, Palliative Care Service, St. Vincent's Hospital

March 15: Communication Techniques / Behavioral Challenges / Safety presented by Dawn Pelazza, R.N., Visiting Nurse & Hospice of Fairfield County

March 22: Family Dynamics: A Healthy Caregiver/Community Resources presented by Mary Underwood, Corporate Division of Memory Care, Maplewood Senior Living and Marianne Haynes, Director of Social Services at Laurel Ridge Health Care Center

March 29: Legal and Financial Issues presented by Ann Fowler-Cruz, Elder Care Attorney, Cohen & Wolf, P.C.

## 55 ALIVE! DRIVING COURSE

Friday, April 13  
8:15 a.m.-12:30 p.m.  
Comstock Community Center

This is an adult driving education course for skill improvement. A trained facilitator will help you adjust your driving to age-related changes. You may save money on auto insurance if you are 62 or older and complete the course. Participants must be at least 50 years old and have a valid Connecticut drivers license. Class limited to 30. Fee: \$12 for AARP members; \$14 for non-members. Register at the Parks and Rec Department office in Comstock or call 203-834-6234.

AARP also makes the 55-ALIVE! Driver Safety Program available online. Check [www.aarpdriversafety.org](http://www.aarpdriversafety.org) for details.

## BOOK DISCUSSION

Book Discussion takes place at the Senior Center at 11:00 a.m. Lunch (\$3) is served at noon. Call 203-834-6240 to reserve a place.

**Tuesday, March 20** (NOTE: This is a change from the originally published date.)

**Discussion Leader – Kathy Leeds**  
***The Tortilla Curtain* by T. C. Boyle**

In this powerful novel, T. C. Boyle examines two parallel lives—one of a wealthy, suburban, politically correct American couple and the other of an illegal immigrant Mexican couple. It is a harrowing tale describing the distance between the lives of the haves and have-nots in America today.

**Tuesday, April 24**

**Discussion Leader – Miwako Ogasawara**  
***Scoop* by Evelyn Waugh**

*Scoop* is a comedy about the British newspaper business in the 1930's. In a case of mistaken identity, William Boot, an innocent country gentleman who writes essays about the habits of wildlife, is hired as a foreign correspondent for a Fleet Street newspaper. Boot is sent to a fictional African country to cover an expected revolution. Although he has no idea about what he is doing, he eventually gets the big story.

## PLAY READING

Join the Play Reading group at the Senior Center at 12:30 p.m. on the first Monday of the month.

The *Playboy of the Western World* by John Millington Synge will be read in two sessions, March 5 and April 2, and moderated by Andrea Ragusa. The play focuses on the reception given to Christy Mahon as he wanders into a small Irish village, declaring that he has just murdered his father. The villagers initially embrace Christy, determining that his courageous act has made him "the playboy of the western world." Their vision of him, however, soon changes. Call 203-834-6240 for information.

## WHAT IS CODE RED?

Code Red, through Emergency Communications Network (ECN), allows citizens to be notified about a public emergency. It also sends on-going messages updating citizens on the status of emergency operations. Call the Code Red telephone line at the Senior Center to register today: 203-834-6410.



## WELLNESS SEMINAR ON SLEEP Sleeping Tips from A to ZZZZ...

Did you know that sleepy people tend to overeat? That lack of sleep often equates with weight gain or inability to lose weight? Or that midnight trips to the bathroom can be reduced by moving around for five to ten minutes before bedtime? These and other tips will be discussed at a Wellness Seminar on Sleep at Ogden House on Wednesday, March 7, from 12:45 p.m. to 1:30 p.m. The seminar will be led by Judith Klinger, OTR/L, MA, an occupational therapist for the Ridgefield Visiting Nurse Association. Topics will include a Sleep Hygiene Quiz; suggestions on non-drug products that can help you drift off with ease; a guide to recognizing whether morning fatigue is due to lack of sleep or other causes; and what (and what not) to eat before sleep. Mrs. Klinger will provide a free handout identifying additional resources and references.

If you can't wait until March 7 to get started, try the following "Snooze Do's" published in *Family Circle* magazine:

- ◆ **DO Watch What You Eat** – Don't go to bed hungry or overstuffed. Avoid coffee, tea, chocolate and some sodas after dinner. The caffeine they contain acts as a stimulant. Also avoid alcoholic drinks after dinner. They may help you doze off but may also result in unrefreshing sleep.
- ◆ **DO Get Comfortable** – Set your thermostat so your bedroom is not too hot or too cold. Make sure your mattress is firm and comfortable. Turn the bedroom TV *off* before going to sleep.
- ◆ **DO Avoid Overstimulation** – Set the stage for sleep by relaxing before bedtime. For example, read, take a warm bath, listen to calming music, or practice yoga.
- ◆ **DO De-stress** – Tension can trigger sleep troubles, and poor sleep can, in turn, make it tough to handle stress. To break the stress-sleep cycle, take regular time-outs from your normal routine. Close your eyes, breathe deeply, and visualize a pleasant, relaxing scene.

This workshop is for women by women. Join the conversation to learn about estate planning and the importance of a long term care plan in retirement as well as how to take a more active role in managing your financial future. Bring your questions and explore strategies and actionable practices that may be used to achieve your goals and grant you peace of mind in retirement. Call the Senior Center at 203-834-6240 to reserve a place.

**Thursday, March 15, 11:15 a.m.**

“Estate Planning Basics for Keeping Your Plans Current” with attorney Heather Lange of Brody Wilkinson P.C. This session includes:

- The preparation of a personalized plan of administration and disposition of one's estate using a will, trusts and lifetime gifting strategies
- How to update existing estate plan documents
- Using beneficiary designations and titling of assets consistent with your plan
- Current state and federal estate and income tax laws and how they impact you

**Thursday, March 22, 11:15 a.m.**

“Investing in Uncertain Times: How to Move from Nerves to Next Steps” with Laurie Stefanowicz & Jenn Bond Huisling of Catamount Wealth Management. This session includes:

- Investing 101: Keys to a successful investment strategy & preparing for retirement
- Understanding the costs of investing as well as the costs of not investing
- Balancing growth and income producing investments so that you don't outlive your money

**Thursday, March 29, 11:15 a.m.**

“Insurance Considerations: Protecting Your Financial Plan” with Susanne C. Truax, CLU, ChFC, CFP, of Gencorp Insurance Group. This session includes:

- When and why insurance is important for you and your family
- The many forms of insurance including life and long term care insurance
- Insurance vehicles for additional retirement needs

***The Connecticut Money School (CMS) provides free financial education for adults and seniors.***

**St. Matthew's Episcopal Church News**

Senior Luncheon, March 15 at noon

Come and enjoy a Mediterranean experience both culinary and cultural as Connie Tate tells of her cruise experiences when she traveled to Rome, Malta, Tunis, Sardinia, Corsica, and Italy, and ended up with visits to Florence, Naples, Pompeii and the Amalfi coast. As she says, “It's one way to get away from winter and see some old and new treasures of the Mediterranean world.”

Sweet Honey in the Rock, Sunday, April 29, 4:00 p.m.

St. Matthew's welcomes Sweet Honey in the Rock, an internationally renowned a cappella ensemble. Rooted in a commitment to create music out of the rich textures of African American traditions. Call St. Matthew's at 203-762-7400 for details on the performance.

**COMSTOCK COMPUTER LEARNING CENTER**

Call Andrea Ragusa, Coordinator, at 203-762-8445 to register.  
Classes from 9:30 a.m. to 11:30 a.m.

**Computer Fundamentals**

This introductory course is for those with limited or no computer experience who would like to test the waters. Mar. 20 and 23, \$25.

**Beyond Beginners—Word 2007/2010**

Still using Word 2003????? Step into the present to acquaint yourself with the Word 2007/2010 program. Mar. 26 and 28, \$25.

**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 graphics to enhance the book's material. This is not a research course; it is a workshop to help you organize before you get started. Knowledge of Word 2007 beneficial. April 2 and 4, 9:30 a.m. to noon, \$25.

**Memoir Follow-Up Class (Organize Your Memoir... required)**

Bring your materials with you to continue organizing your material for publication. April 11, 9:30 a.m. to noon, \$15

## Self-hypnosis Seminar with Sonia



Learn the simple steps of self-hypnosis with Sonia Katz. In a recent interview, Ms. Katz explained: "It is a skill that can be easily understood and implemented. I have used this knowledge for over 40 years and want to share this with you. Join me for a workshop of fun and relaxation whatever your age or experience. This is a positive step to improving the quality of your life. After all, hypnosis is really focused concentration."

Ms. Katz studied hypnosis with Dr. Brian Weiss, author of *Many Lives, Many Masters*. Ms. Katz will teach how to achieve relaxation through breathing techniques, guided meditation and position, and how to plant the proper suggestions in the unconscious mind in order to achieve goals.

When: Thursdays, March 8 and 15, April 12 and 19 at 2:00 p.m.

Where: Senior Center

Fee: \$5 per class; advance registration preferred.

## TAKING THE "LOSS" OUT OF HEARING LOSS

Hearing Loss Association of America (HLAA)

On Saturday, March 17, at 10:00 a.m. the HLAA, Southwestern CT Chapter will feature Jay C. Paulsen speaking about Caption Call, a new phone system designed for those with hearing loss.

On Saturday, April 21, at 10:00 a.m. Dr. Robert L. Weiss and audiologist Dawn C. Boyce will present "Update On Hearing and Balance."

The Hearing Association of America's mission is to "open the world of communications to people with hearing loss, their family and friends, by providing information, education, support and advocacy." Chapter meetings are held on the third Saturday of the month from 10 to noon at the United Covenant Church, 68 Westport Rd., Wilton. Meetings are equipped with a loop system and open captioning. For more information visit <http://www.heareez.org> or call Alan Gould, President, at 203-762-8269.



## FORUM ON FRAUD

Sunday, April 29

1:30 p.m. at Trackside

For all Wilton residents and particularly its senior citizens...

Stay at Home in Wilton presents a panel of experts representing the FBI and the Wilton Police Department, among others, who will discuss the spread of fraudulent activities via email, U.S. mail, the internet, and in parking lots, over the phone, at your very door. Come to Trackside at 15 Station Road on Sunday, April 29, at 1:30 p.m. – and learn what to watch out for and what NOT to do in response.

Do you recognize these examples of potential fraud?

- An email from someone you know that points to an unrecognized website
- A request from an old friend who needs help in a foreign country because of a lost wallet or purse
- A bank claiming that your account is closed
- A store seeking to verify your account information over the phone
- An announcement that you have won the Indonesian lottery
- An offer to share an inheritance provided that you acknowledge with a cash deposit.

The Forum on Fraud will highlight many sources of fraud and will provide answers as to how best to deal with each one and where to turn for advice.

Refreshments will be served. Further information at [www.stayathomeinwilton.org](http://www.stayathomeinwilton.org).

ALL ARE WELCOME.

## Free Tax Help Available at the Senior Center on March 12

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 12**, from 9:00 a.m. until noon to assist in tax preparation. No appointment is necessary.



# Kiwanis Club of Wilton 36<sup>th</sup> Annual Roast Beef Dinner

Friday, April 27  
Our Lady of Fatima School  
5:00 p.m. – 7:30 p.m.

Adult: \$15; Child (up to age 18): \$10

Purchase your advance tickets at the Wilton  
Bank, the Wilton Y, or online at  
[www.wiltonkiwanis.org](http://www.wiltonkiwanis.org).

Tickets available at the door  
for \$18/adult & \$10/child

Questions? Please call 203-604-9014.

## 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

Code Red Registration.....203-834-6410

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.....203-762-8958

Parks and Rec Department.....203-834-6234

Wilton Family Y .....203-762-8384

Wilton Library.....203-762-3950

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

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