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“Juniors to Seniors”

“Juniors to Seniors” is a new volunteer program initiated by Wilton High School sophomore Neal Sarup. As founder of this program he has mobilized fellow students to assist in his vision of assisting Wilton’s senior citizens in their quest for technological understanding.

After interviewing senior citizens in town and meeting with Lizabeth Doty, Senior Activities Coordinator, Neal and his cohorts developed a plan to offer multiple workshops at the Senior Center. Seminars on Facebook, iPhone, smartphones, iPads, eReaders, and more are on the group’s agenda.

Each workshop will be limited to five attendees. These small-group sessions will encourage one-on-one interaction between the attendee and the WHS “technology coach.” See page 10 for the first workshop offering.



Neal Sarup (left) and Andrew Curtice (right) meet with Lizabeth Doty, Senior Activities Coordinator, to preview their workshop materials for Facebook Fundamentals.

--Photo by Don Gedney

WILTON HIGH SCHOOL HOSTS DAY FOR SENIORS

The annual Wilton High School Arts Festival will again present a recognition concert and luncheon for the senior citizens of Wilton on Thursday, March 28. Developed by members of the Wilton Fine and Performing Arts staff two years ago in collaboration with the Senior Center, the event is an opportunity to recognize the significant contribution Wilton seniors have made to the town. For those who want to leave their cars at Comstock, a school shuttle bus will pick up seniors at Comstock at 11:00 a.m. Rides will also be available though Dial-A-Ride (203-834-6235). The lunch be served in the Zellner Gallery from 11:30 a.m. to 12:30 p.m.

The special occasion will be hosted by the PTSA, students of the Culinary Arts program, and the student government 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 recognition concert will be held in the Clune Center for the Performing Arts 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 203-834-6240 to register. Additional Wilton High School (WHS) performances to put on your calendar:

March 20 - Orchestra Concert, Clune, 7:30 p.m.

March 26 - Choir Concert, Clune, 7:30 p.m.

April 10 - Band Concert, Clune, 7:30 p.m.

May 1 - Jazz Concert - Little Theater, 7:00 p.m.

May 19 - **Les Miserables**, 2:00 p.m. (limited complimentary tickets available for seniors)

May 29 - Pops Concert, Clune, 7:30 p.m.

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 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 on the next page 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?

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 800-994-9422.

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. Register today at 203-834-6410.

MEDICARE SAVINGS PLAN

<i>If your monthly income is at or below these levels...</i>	<i>You may qualify for... (Guidelines beginning March 1, 2013.)</i>
\$ 2,021.38 single \$ 2,728.23 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 = \$104.90 in 2013. (This amount increases January 1 every year.) (2) The 2013 hospital deductible is \$1,184. (This amount increases January 1 every year.) The Part B deductible is \$147 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.
\$ 2,212.98 single \$ 2,986.83 couple	SLMB - This program pays your Part B premium only (\$104.90/month).
\$ 2,356.68 single \$ 3,180.78 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.

Social Security Announces New Online Services Available with a *my Social Security Account*

Michael J. Astrue, Commissioner of Social Security, today announced that the agency is expanding the services available with my Social Security, a personalized online account that people can use beginning in their working years and continuing throughout the time they receive Social Security benefits. More than 60 million Social Security beneficiaries and Supplemental Security Income (SSI) recipients can now access their benefit verification letter, payment history, and earnings record instantly using their online accounts. Social Security beneficiaries also can change their address and start or change direct deposit information online.

"We are making it even easier for people to do their business with us from the comfort of their home, office, or library," Commissioner Astrue said. "I encourage people of all ages to take advantage of our award-winning online services and check out the new features available through an online my Social Security account."

Social Security beneficiaries and SSI recipients with a my Social Security account can go online and get

an official benefit verification letter instantly. The benefit verification letter serves as proof of income to secure loans, mortgages and other housing, and state or local benefits. Additionally, people use the letter to prove current Medicare health insurance coverage, retirement or disability status, and age. People can print or save a customized letter.

This new online service allows people to conduct business with Social Security without having to visit an office, make a phone call, or wait for a letter to arrive in the mail.

People age 18 and older can sign up for an account at www.socialsecurity.gov/myaccount. After completing the secure verification process, people can create a my Social Security account with a unique user name and password. Those who are not receiving benefits can get a personalized online Social Security Statement that provides eligible workers with secure and convenient access to their social security earnings and estimates of future benefits. The portal also includes links to information about other online services, such as applications for retirement, disability and Medicare.

**Cholesterol Screening
at the
Senior Center
180 School Road**



Shingles Vaccine

The shingles vaccine is available by appointment for adults over age 60. The cost is \$200 which includes administration fee. This vaccine is covered by most private insurance and

through Medicare Part D. For more information, call Visiting Nurse and Hospice at 203-762-8958.

Superbugs! What You Need to Know

So-called “superbugs”— drug-resistant microbes—are reported at health care facilities and health clubs alike and can lead to life-threatening infections. Are the rising rates a true public health calamity or an overblown cause for alarm? Where do these superbugs come from, and what can we do to protect ourselves? *Superbugs! What You Need to Know* will be presented by Visiting Nurse & Hospice of Fairfield County at Ogden House at 12:45 p.m. on Wednesday, April 17. Free and open to the public. For more information, call Lizabeth Doty at **203-834-6240**.

Safe Steps Fall Prevention at Norwalk Senior Center, 11 Allen Road, Norwalk

Wednesday, March 13, 10:30 a.m. to 11:30 a.m.

Falls are preventable! Reduce your risk of falling by completing your fall risk self-assessment and learn the necessary steps to take at home, including simple balance exercises. The Safe Steps program is based on fall prevention research conducted at Yale School of Medicine and will be facilitated by Elaine Abrams, MPH, RN, Community Health Coordinator at Visiting Nurse & Hospice of Fairfield County. Free and open to the public. For more information, contact Julie DeMarco at 203-847-3115.

Planning and Preparing for the Road Ahead

A workshop for caregivers and families of memory-impaired adults will take place on Thursday, April 4, from 5:30 p.m. to 7:30 p.m. at Visiting Nurse & Hospice of Fairfield County, 761 Main Avenue, Suite 114 in Norwalk. A light meal will be offered.

Who will make healthcare and/or financial decisions when the memory-impaired adult is no longer able to do so? Who will provide care? Thinking ahead about these difficult issues will help in making decisions later on. Local resources and support services will be discussed. The workshop is facilitated by Dawn Pelazza, RN. Ms. Pelazza is a Dementia Educator for the Alzheimer’s Association Education Conference and a nurse with Visiting Nurse & Hospice of Fairfield County. Registration required. Call 203-762-8958 to register or for more information.

On Tuesday, March 12, 8:30 a.m. to 10:30 a.m., Visiting Nurse and Hospice will offer cholesterol screening at the Senior Center by appointment only. The screening 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 for an appointment. Cost: \$25, cash or check.

BLOOD PRESSURE SCREENINGS

Sponsored by Visiting Nurse & Hospice

Wednesday, March 20 and April 17

Wilton YMCA, 404 Danbury Road
9:00 a.m.-10:30 a.m.

Tuesday, March 26 and April 23

Village Market, 108 Old Ridgefield Road
12:30 p.m.-2:00 p.m.

Thursday, March 7 and April 4

Wilton Senior Center, 180 School Road
11:00 a.m.-12 Noon

GARDEN CLUB INVITES YOU!

Come to our monthly Garden Club session which includes a hands-on project for each participant to take home and enjoy along with a delectable, home-made lunch. Meetings take place on the first Tuesday of the month at noon at the Senior Center. Upcoming activities include:

March 5: Decorating a collage flower frame for your beloved photos and remembrances

April 2: Planting window sill herb pots or house plants. As part of the Club, we will also sow seeds for the Garden Club’s annual plant sale which takes place in May.

Enjoy the camaraderie of friends and Garden Club members. Call 203-834-6240 to sign up for the next meeting.

MARCH 2013

Monday		Tuesday		Wednesday		Thursday		Friday	
OH	Ogden House	100 River Road	203-762-8035	<i>Events are held at the Senior Center unless otherwise indicated.</i>		1 10:00 Jewelry Workshop 10:00 iPad Workshop 10:00 Move, Strengthen, Stretch 12:00 Bridge 1:30-3 Free Senior Swim Y 1:30 Beginner Bridge			
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						
VNH	Visiting Nurse & Hospice	761 Main Ave.	203-762-8958						
BP	Brookdale Place	96 Danbury Road	203-761-8999						
LR	Laurel Ridge	642 Danbury Rd.	203-438-8226						
4	9:20 Enhance Fitness 10:30 Line Dancing 11:30 Coffee and... 12:00 Movie, High Society 12:30 Play Reading with Andrea 1:00 Bridge Nerina	5	10:00 Painting with Althea 11:00 Yoga 12:00 Garden Club Activity and Lunch 2:00 Chair Yoga OH	6	9:30 RSVP 10:00 Duplicate with Dan 10:00 Tai Chi 10:00 Comstock Writers 12:00 Duplicate Bridge 12:00 Lunch OH Program: Arthritis 1:30 Mah Jongg	7	9:00 Enhance Fitness 10:00 Yoga 11-12 Blood Pressure Screening 12:00 Lunch 12:45 Bingo 1:30 Mah Jongg	8	10:00 Move, Strengthen, Stretch 12:00 Bridge 1:30-3 Free Sr Swim Y 1:30 Beginner Bridge Tomorrow: Speak Up, Wilton at Trackside, 9 a.m. to 11 a.m.
11	9:30 Organize Memoirs 9:20 Enhance Fitness 10:30 Line Dancing 11:30 Coffee and... 12:00 Movie, You've Got Mail 1:00 Bridge Nerina	12	8:30 Cholesterol Screening 9:30 Computer Fundamentals 10:00 Painting Althea 11:00 Yoga 1:00 Comstock Knitters and Crafters 2:00 Mah Jongg with Kay 2:00 Chair Yoga OH 3:15 Facebook	13	9:30 Organize Memoirs 9:30 RSVP 10:00 Tai Chi 10:00 Duplicate with Dan 12:00 Chicago Bridge 12:00 Lunch OH Program: Music with Jerry King 1:30 Mah Jongg	14	9:00 Enhance Fitness 10:00 Yoga 12:00 Lunch 12:45 Bingo 1:30 Mah Jongg 3:30 St. Patrick Celebration BP 5:30 Social Service Commission	15	9:30 Computer Fundamentals 10:00 Move, Strengthen, Stretch 10:30 Painting with Viola 12:00 Bridge 1:30 Beginner Bridge 1:30-3 Free Sr Swim Y
18	9:20 Enhance Fitness 10:30 Line Dancing 11:30 Coffee and... 12:00 Movie, Twister 1:00 Bridge Nerina 3:15 Facebook Classes begin for Lifetime Learners at NCC	19	10:00 Painting with Althea 11:00 Yoga 11:30 Lunch and Bingo WM 12:00 Duplicate Bridge 2:00 Chair Yoga OH	20	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: Music with Bill Kohler 12:00 Medicare LR 1:30 Mah Jongg	21	9:00 Enhance Fitness 10:00 Yoga 12:00 St. Matthew's Church Lunch 1:30 Mah Jongg	22	10:00 Move, Strengthen, Stretch 12:00 Bridge 1:30 Beginner Bridge 1:30-3 Free Senior Swim Y
25	9-1 AARP Tax Help 9:20 Enhance Fitness 10:30 Line Dancing 11:30 Coffee and... 12:00 Movie, Phenomenon 1:00 Bridge Nerina 1:00 Comstock Knitters and Crafters	26	10:00 Painting with Althea 11:00 Yoga 12:00 Book Discussion with Karen Tatarka 12:30-2 Blood Pressure, VM 12:30 Mah Jongg with Kay 2:00 Chair Yoga OH 3:00 Stay at Home	27	9:30 RSVP 10:00 International Club 10:00 Tai Chi 10:00 Duplicate with Dan 12:00 Chicago Bridge 12:00 Lunch OH Program: Memory Presentation with Judy Klinger 1:30 Mah Jongg	28	9:00 Enhance Fitness 9:30 Picasa Computer Course 10:00 Yoga 11:00 Shuttle Bus leaves for WHS 11:30 WHS Arts Day for Seniors 1:30 Mah Jongg	29	Good Friday, Senior Center Closed

APRIL 2013

Monday	Tuesday	Wednesday	Thursday	Friday
1 9:20 Enhance Fitness 10:30 Line Dancing 11:30 Coffee and... 12:00 Movie, Sense and Sensibility 12:30 Play Reading with Andrea 1:00 Bridge Nerina	2 10:00 Painting Class with Althea 11:00 Yoga 12:00 Garden Club Lunch and Activity 2:00 Chair Yoga OH	3 9:30 RSVP 10:00 Tai Chi 10:00 Duplicate with Dan 10:00 Comstock Writers 12:00 Lunch OH Program: Canine Officer Enzo 12:00 Duplicate Bridge 1:30 Mah Jongg 6:00 Financial Round Table Discussion BP	4 9:00 Enhance Fitness 10:00 Yoga 11:00 Instrumental Music Series 11-12 Blood Pressure Screening 12:00 Lunch 12:45 Bingo 1:30 Mah Jongg	5 8:15-12:30 55 ALIVE! 10:00 Move, Strengthen, Stretch 10:00 Jewelry Workshop with Viola 12:00 Bridge 1:30 Beginner Bridge 1:30-3 Free Sr. Swim Y
8 9:20 Enhance Fitness 9:30 Beyond Beginners Word 10:30 Line Dancing 11:30 Coffee and... 12:00 Movie, Steel Magnolias 1:00 Bridge Nerina	9 9:30 Getting Around the Internet 10:00 Painting Class with Althea 11:00 Yoga 1:00 Comstock Knitters and Crafters 2:00 Chair Yoga OH 2:00 Mah Jongg with Kay	10 9:30 Beyond Beginners Word 9:30 RSVP 10:00 Tai Chi 10:00 Duplicate with Dan 12:00 Chicago Bridge 12:00 Lunch at OH Program: Wilton Woman's Club Bingo 1:30 Mah Jongg	11 9:00 Enhance Fitness 10:00 Yoga 12:00 Lunch 12:45 Bingo 1:30 Mah Jongg 5:30 Social Service Commission	12 10:00 Move, Strengthen, Stretch 12:00 Bridge 1:30 New Session of Beginner Bridge 1:30-3 Free Sr. Swim Y
15 9:20 Enhance Fitness 10:30 Line Dancing 11:30 Coffee and... 12:00 Movie, Sleepless in Seattle 1:00 Bridge Nerina	16 10:00 Painting with Althea 10:30 Facebook 11:00 Yoga 12:00 Duplicate Bridge 2:00 Chair Yoga OH	17 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: Superbugs 1:30 Mah Jongg	18 9:00 Enhance Fitness 10:00 Yoga 11:00 Instrumental Music Series 11:45 Wilton Senior Council 1:30 Mah Jongg 2:00 Facebook	19 10:30 Move, Strengthen, Stretch 10:30 Painting with Viola 12:00 Bridge 1:30 Beginner Bridge 1:30-3 Free Sr. Swim Y
22 9:20 Enhance Fitness 10:30 Line Dancing 11:30 Coffee and... 12:00 Movie, Apollo 13 1:00 Bridge Nerina 1:00 Comstock Knitters and Crafters	23 10:00 Painting-Althea 11:00 Yoga 11:00 Book Discussion with Miwako Ogasawara 12:00 Lunch 12:30-2 Blood Pressure VM 12:30 Mah Jongg Kay 2:00 Chair Yoga OH 3:00 Stay at Home 6:00 Mental Health Fair WHS	24 9:30 RSVP 10:00 Duplicate with Dan 10:00 Tai Chi 12:00 Chicago Bridge 12:00 Lunch OH Program: Park Street Singers 1:30 Mah Jongg	25 9:00 Enhance Fitness 10:00 Yoga 12:00 Lunch 12:45 Bingo 1:30 Mah Jongg	26 10:30 Move, Strengthen, Stretch 12:00 Bridge 1:30 Beginner Bridge 1:30-3 Free Sr. Swim Y
29 9:20 Enhance Fitness 10:30 Line Dancing 11:30 Coffee and... 12:00 Movie, Mr. Holland's Opus 1:00 Bridge Nerina	30 10:00 Painting Class with Althea 11:00 Yoga 2:00 Chair Yoga OH	55 ALIVE! DRIVING COURSE Friday, April 5 8:15 a.m.-12:30 p.m. Comstock Community Center 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.		Come and meet the <u>Wilton Police Department's</u> newest addition to their force, <u>Enzo, a German Shepherd</u> , and his handler, Officer Steven Rangel. Ogden House 100 River Road April 3 Lunch at noon Officer Rangel and Enzo, 12:40 p.m.

PLAY READING

at the Senior Center
Moderated by
Andrea Ragusa, MA



Monday, March 4, 12:30 p.m.
LOOK BACK IN ANGER by John Osborne`

This play takes place in a one-bedroom flat in the Midlands in India. Jimmy Porter lives with his wife Alison, the daughter of a retired Colonel in the British Army. Jimmy who is university-educated reads the papers, argues, and taunts his friends over their acceptance of the world around them. He rages to the point of violence, reserving much of his anger for Alison's family and friends. The situation is exacerbated by the arrival of an actress friend of Alison's who is appalled at what she finds.

Monday, April 1, 12:30 p.m.
A DOLL'S HOUSE by Henrik Ibsen (translated by Nicholas Rudall)

This classic feminist play is about a husband who treats his wife like a plaything and a wife who so loves her husband that she commits forgery for him. However, her self respect now demands that she leave this pompous man and close the door on her marriage.

Copies of the play are available at the Senior Center.

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 26
Discussion Leader - Karen Tatarka
AN AMERICAN TRAGEDY
by Theodore Dreiser

When first published in 1925, this novel became an immediate bestseller. Dreiser, inspired by a notorious murder in 1906, studied the social background of the case and others like it in preparation for writing this remarkable novel. The movie, *A Place in the Sun*, based on the novel is considered one of the finest dramatic productions of the 1950's.

Tuesday, April 23
Discussion Leader - Miwako Ogasawara
THE HOUSEKEEPER AND THE PROFESSOR
by Yoko Ogawa

A brilliant math professor is assisted by a housekeeper with a young son. Because of a traumatic head injury, the Professor has only eighty minutes of short-term memory; each morning he has to be reintroduced to the Housekeeper. However, his mind is still alive with equations and, through math, he and the Housekeeper develop a beautiful relationship.

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, 2012, or your spouse was; or you were at least 60 years of age as of December 31, 2012, 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 2012 is \$77,650 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 Wednesday, May 15, 2013, for tax credit and tax deferral benefits affecting your real estate tax bill payable in July 2013 and January 2014. 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.



On Thursday, March 14, from 3:30 p.m. to 5:00 p.m. Brookdale Place, 96 Danbury Road, will host a St. Patrick's Day Party

with an assortment of Irish food and drink. You may even take home Irish soda bread for later. Executive Director Wendy Kaufman will be on hand to introduce InTouch by Brookdale, a state-of-the-art technology system coming this summer. Free and open to the public.

On Wednesday, April 3, from 6:00 p.m. to 7:30 p.m. Brookdale Place will hold a round-table discussion on aging and finances with three experts in their respective fields. Ann Fowler-Cruz, an elder law attorney with Cohen and Wolf, will discuss planning in advance, making sure your documents are in order, options available to help pay for long-term care, and new asset preservation planning for 2013. Joan Garbow, a geriatric care manager with Joan Garbow and Associates, will talk about the cost of care and options for care as you age in your home and how to be proactive about planning for your care needs. Stephen Nitz, an Investment Executive at Fairfield County Bank and a certified financial planner and retirement counselor, will discuss proper titling of accounts, beneficiary designations and portfolio review and management. Refreshments will be served. Free and open to the public.

RSVP for the above events to Christy Perone at 203-761-8999.



Lifetime Learners Institute at Norwalk Community College announces their Spring daytime courses for people over 50 who want to keep active mentally, physically and socially. These classes will begin the week of March 18. To receive a free course catalog phone 203-857-3330 or see www.lifetimelearners.org.

Free Tax Help Available at the Senior Center on March 25

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 25**, from 9:00 a.m. to 1:00 p.m. to assist in tax preparation. No appointment is necessary.

Mental Health Fair to Feature Joey Pantoliano's Documentary "No Kidding, Me Too!"

Please join us on Tuesday, April 23, at 6 p.m. at the Little Theater at Wilton High School for an important community event addressing mental health issues. The goal of the program is to de-stigmatize and provide information about mental illness and to recognize the hope that comes with diagnosis and treatment. There will be a Mental Health Fair and refreshments in the lobby prior to the screening of Joey Pantoliano's documentary "No Kidding, Me Too!," an educational, provocative, hopeful and sometimes even humorous look at mental illness and recovery. Following the film, there will be a panel discussion followed by a question-and-answer session.

If you have a loved one or friend who struggles with mental illness, this evening will provide an excellent opportunity for you to gain an understanding of both the disease and the possibilities for recovery.

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. This is a continuous class. Come any Tuesday. Fee: \$3 per class. New students welcome.



Don Gedney and Paula Gentry wait for taping of "The Trisha Goddard Show" to begin during a trip to the NBC Universal Studios in Stamford. Trip participants were treated to lunch before assuming a place in the audience.

Celebrate St. Patrick's Day at The Greens



Sunday, March 17, is St. Pat's Day and there will be a genuine Taste of Ireland at The Greens at Cannondale. At 3

p.m., the music of Ireland will entertain you and have you singing! And everybody's eyes will be smiling at 4 p.m. when you'll sit down to a glorious Irish traditional feast. Corned beef and cabbage, of course, plus Irish soda bread and much more. While you enjoy yourself, you'll help the Connecticut Chapter of the Alzheimer's Association reach their goal of ending Alzheimer's for good. All it takes is a \$10 donation at the door. RSVP 203-761-1191. The Greens at Cannondale, 435 Danbury Road, Wilton. (And, if you ever need it, the 24/7 Alzheimer's helpline is 800-272-3900.)



Laurel Ridge Health Care Center, 642 Danbury Road, Ridgefield.

Medicare Lunch & Learn

Listen to the latest updates on Medicare and Medicaid from the Western CT Area Agency on Aging on Wednesday, March 20, at noon. Topics will include the Medicare Savings Plan, Medicare Part A & B, Medigap supplement, Medicare Part D (prescription drug plan), Advantage Plan and applying for Medicaid. Bring your questions and leave with answers. This program is open to the public and free with reservations by calling 203-438-8226. Light lunch provided.

Put Pain in its Place – The Arthritis Foundation will talk about pain management as it relates to arthritis on Wednesday, May 1, at noon. The program will arm older adults with knowledge about osteoarthritis pain and strategies for pain relief. Speaker Sue Nesci, VP of Public Policy & Advocacy, states that, "Arthritis is the nation's leading cause of disability in older adults. It is important to educate people and inform them about the relevant information that can help them live healthier lives." Bring your questions to this discussion on diagnosis, management and treatment options. This program is open to the public and free with reservations by calling 203-438-8226. Light lunch provided.



39th Annual RVNA Health Fair

March 16

Have a question about your hearing? Your skin? Your feet? Practitioners from these and many other medical fields will be on hand to field your questions at the 39th Annual Health Fair to be held at the Ridgefield Visiting Nurses Association, 90 East Ridge Avenue, Ridgefield, from 9:00 a.m. to 1:00 p.m. on Saturday, March 16.

Doctors, nurses, and other medical specialists will bring their expertise to the Health Fair. New this year the Stamford Hospital Mobile Wellness Center with mammograms will be here. Representatives from community service organizations such as the Lyme Disease Task Force, the Ridgefield Commission on Aging, WomenHeart, local rehabilitation and senior living communities, will also be on hand to talk with you. All this plus the ever popular medical screenings such as cholesterol, anemia, blood pressure and more will be offered at the Health Fair. For additional information, call 203-438-5555.

MEMORY AND THE ARTS OF REMEMBERING

This will be the subject on Wednesday, March 27, at Ogden House at 12:45 p.m.. Judy Klinger, OTR/L, MA, occupational therapist for the Ridgefield Visiting Nurse Association, will lead the seminar.

Ms. Klinger will explore mind-sharpening strategies to boost memory, the roles of exercise and nutrition, ways to diffuse anxiety when one draws a blank, plus the use of activities and brain games to increase memory power. "Many things affect our memory," Ms. Klinger says, "These may include diet, some medications, poor sleep and depression. What adds to brain power? Exercise boosts blood flow to one's brain and increases the size of the area responsible for memory. Adding new skills to one's daily life helps the brain stay alert. This can be through reading, lectures, games, new music. Getting up to dance a new step or learning computer skills. Crossword puzzles are great, as are calendars with a new word every day." A free hand-out includes tips, memory exercises and resources. Free and open to the public.



Instrumental Series with Chris Merwin

Chris Merwin is an instrumentalist and lecturer who specializes in multi-cultural music. He has been playing the guitar for twenty-

seven years along with studying music and instruments of other cultures for the past seventeen years. Mr. Merwin will present a three-part educational series on the shakuhachi flute, stringed instruments, and steel guitars at the Senior Center.

Thursday, April 4, 11:00 a.m., Shakuhachi Flute

One of Mr. Merwin's main instruments and deep passions is the shakuhachi, a bamboo flute from Japan. The shakuhachi was once used strictly for Zen meditation music but is now used for Japanese classical and folk music as well. Mr. Merwin has studied in Japan and at home and plays all three styles of shakuhachi music.

Thursday, April 18, 11:00 a.m., Stringed Instruments

Mr. Merwin plays some traditional music on the Colombian tiple, Turkish saz, Turkish yayli tambur, Portugese guitar, and Irish bouzouki. He mostly plays his own compositions, playing the instruments very differently from the usual approach. The history of each instrument is explained in some detail, but the main focus is on the music. Mr. Merwin is also a skilled improviser and includes some improvised pieces on each instrument.

Thursday, May 9, 11:00 a.m., Steel Guitars

Mr. Merwin uses an assortment of steel guitars from the 20's and 30's, including the extremely rare weissenborn which has a sound like no other stringed instrument, a 1929 National tri cone, and a 1937 Rickenbacher silver Hawaiian. The instruments themselves are the show because of their beauty and unique appearance. The silver Hawaiian and tri cone are both plated with shiny chrome and the Weissenborn is made of Hawaiian koa wood.

Reservations: 203-834-6240

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.

NEW

Facebook Fundamentals

This workshop provides an overview of Facebook. You will explore how to set up a Facebook account, upload photos, find friends, set statuses, and message others. This one-hour workshop will be offered on four different days: March 12 and March 18 at 3:15 p.m.; April 16 at 10:30 a.m.; April 18 at 2:00 p.m. Fee: \$15.

Computer Fundamentals

This introductory course is for those with limited or no computer experience who would like to test the waters. This is excellent preparation for Beyond Beginners Word 2007/2010. Taught by Andrea Ragusa; March 12 and 15. Fee: \$30.

Picasa Photo Workshop

Want to do something with all those pictures currently on your computer... or those photos in your future? Google's Picasa software lets you organize, edit, and upload your photos in quick, easy steps, and the software is free! **Picasa** is an image organizer and image viewer for organizing and editing digital photos, plus an integrated photo-sharing website. "Picasa" is a blend of the name of Spanish painter Pablo Picasso, the phrase *mi casa* for "my house," and "pic" for pictures. Taught by Bill Brautigam; March 28. Fee: \$20.

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; March 11 and 13. Fee: \$30.

Beyond Beginners Word 2007/2010

Word 2007/2010 has a different appearance from the previous Word version you may have been using. The familiar toolbars and menus from previous versions of Word are gone! You will learn how to do the same things you've always done such as entering, changing, deleting, copying, pasting, underlining, aligning, saving, bulleting, and numbering in a Word 2007/2010 environment. Taught by Catherine Myers; April 8 and 10. Fee: \$30.

Getting Around The Internet: Age 50+

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; April 9. Fee: \$20.

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, emergency financial assistance, and Medicare Savings Programs (see page 2).

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, \$31,815.68; couple, \$41,605.48; and family of four, \$61,184. 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 limits are the same as CEAP. 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 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. **NEW** hours of operation as of March 1, 2013, are:

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

There are perishable and non-perishable food, per-

sonal care items, paper products, and detergents. Financial screening is required. Call Social Services at 203-834-6238.

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. Call 203-834-6238 to discuss these programs.

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, Senior Services Coordinator, at 203-834-6238.

Medicare Part D

Anyone who turned 65 after January 1, 2013 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.

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. Call ConnPACE at 800-423-5026, toll-free in Connecticut with any questions.



Meet Your Town Leaders at 2013 Speak Up, Wilton

The annual **Speak Up, Wilton** returns on Saturday, March 9, 9 a.m. to 11 a.m., at Trakside Teen Center. This event is a question-and-answer forum that offers residents a chance to meet the chairpersons of the town's boards and commissions and ask questions on any topic—schools, land use, taxes, etc. In addition, Wilton's First Selectman, superintendent of schools, chief of police, and fire chief will be present to meet with town residents. A light breakfast will be served. The program will be taped for re-broadcast on Wilton's Government Access Channel (Ch. 79) and is open to the public.

Speak Up, Wilton is co-sponsored by the Wilton League of Women Voters, the Kiwanis Club of Wilton, and the Town of Wilton. For information contact Lori Kaine (Wilton LWV) at likaine@yahoo.com or Emily Humiston (Wilton Kiwanis) at emhum@optonline.net.

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

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
Stay at Home in Wilton	203-423-3225

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