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## SENIORS MAY QUALIFY FOR FREE Y MEMBERSHIP AND ACCESS TO SILVERSNEAKERS® FITNESS PROGRAM

The Wilton Family Y is offering the Healthways SilverSneakers® Fitness Program to enable people 65 and older to take control of their health and well-being. Older adults who are eligible to participate in the award-winning fitness program, which is **new** to the Y, may qualify for a **free Y membership** through their health care provider.



The goal of the SilverSneakers Fitness Program is to minimize age-related physical deterioration, enhance general health and skill-related activities, improve daily living functionality, and increase a person's sense of well-being through exercise.

Individuals wishing to join SilverSneakers must first contact their health insurance provider to confirm that their Medicare health plan qualifies them for the free Y membership. The next steps include seeing Y Membership Director

Michelle Wishna with a copy of your insurance card, completing the SilverSneakers enrollment form, and obtaining your Y membership ID card. The ID card must be scanned at the reception desk every time you enter the Y.

With your SilverSneakers membership, you have full access to the Y Fitness Center, swimming pools, gymnasium, and group exercise classes. A special 45-minute SilverSneakers Muscular Strength

& Range of Movement class, specifically designed for older adults, is being offered twice a week. People 65 and older who are already members of the Y and qualify for SilverSneakers should contact Ms. Wishna to adjust their membership.

For information about enrolling in SilverSneakers, contact Ms. Wishna at 203-762-8384, ext. 222 or at [mwishna@wiltonymca.org](mailto:mwishna@wiltonymca.org).

### ***Wilton Commons Update...***

Over the past year, the Wilton Commons' Board has continued building plans and financing efforts for our affordable congregate housing facility for seniors in Wilton. We have support of our town's officials via the long-term lease option on the 4.5 acres near Wilton Center.

The need for this housing complex is demonstrated by the growing list of over 100 informal requests for the 74 units that will be available. The public/private partnership structure, the projected first year positive cash flow, and the potential addition of construction and private jobs make it a win/win for all involved.

Over 200 families, businesses, and foundations have given or pledged \$2 million in private funds to

Wilton Commons. However, we have not been able to finalize or break ground for this "shovel ready" housing complex. These economic times have curtailed the funding we have sought from state and federal governments. The stimulus housing segment does not support new senior affordable housing.

We have maintained contact with the Connecticut Department of Economic and Community Development and the Connecticut Housing and Finance Authority. Their funds have been frozen. Peggy Reeves and Toni Boucher, our State Representative and Senator respectively, have been proactive on our behalf. We continue to work diligently to open up state and federal funding avenues. We pray that the financing gates will open in 2010. If successful, we stand ready to move forward immediately.

*George Ciaccio, 203-402-0884  
Chairman, Wilton Commons*

# Where to Find Help When Facing Economic Hardship

Catherine Pierce, LCSW, Director, Wilton Social Services

Phone: 203-834-6238

Fax: 203-563-0128

Wilton Social Services provides counseling, information, referral, and emergency financial assistance to Wilton residents who are experiencing financial difficulties. Households who have never needed this type of assistance in the past are often unaware that there is help available to them. We encourage people to call our office to discuss our services. Confidentiality is assured.

There are state and federal programs that are designed to assist individuals and families during difficult economic times. These services include fuel assistance, nutritional assistance and emergency financial assistance. Below are program descriptions, income guidelines, and links to state and local websites where you may apply directly for assistance.

## Heating Assistance

The **Connecticut Energy Assistance Program (CEAP)** provides energy assistance grants to pay for heat to households with income no greater than 60% of the State Median Income, e.g. individual, \$30,485; couple, \$39,865; and family of 4, \$58,625. 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. You may apply at Wilton Social Services (203-834-6238) or at NEON in Norwalk (203-663-7337). Call for an appointment.

**Operation Fuel** provides a one-time grant of \$500 or \$300 to low-income households for deliverable fuel. 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 \$21,660; couple, \$29,140; and family of 4, \$44,100. There is no asset test. In most cases, the CEAP funds must be used first. Wilton residents apply at Wilton Social Services. Call 203-834-6238 for further details.

## Food Assistance

**SNAP** is the **Supplemental Nutritional Assistance Program** which is provided through the Connecticut Department of Social Services. For more information on how to apply for this program, you may contact Catherine Pierce at Wilton Social Services or you may go to [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.

**Angel Food Ministries** is a non-profit, non-denominational organization dedicated to providing food relief and financial support to communities throughout the United States. At a local site in Fairfield County Wilton residents may purchase inexpensive, healthful, and restaurant-quality food. One order provides a family of four with food for one week at a cost of \$30. There are smaller options for seniors. Learn more at [www.angelfoodministries.com](http://www.angelfoodministries.com).

Wilton Social Services is now operating the **Wilton Interfaith Food Pantry** at the Comstock Community Center at 180 School Road. Any Wilton resident who is in need of food may pick up groceries from 9 a.m. to 4 p.m., Monday through Friday. It is strongly suggested that you call first to make sure that someone will be available to let you into the pantry. We have perishable and non-perishable food items, personal care items, paper products, and detergents. Call Wilton Social Services at 203-834-6238.

## Health Insurance

The state of Connecticut offers free and low-cost health insurance to individuals and families. You can learn more about **HUSKY** and **Charter Oak** at [www.ct.gov/dss](http://www.ct.gov/dss). Click on the **HUSKY** and **Charter Oak** links. You may use the website to apply or come to Wilton Social Services for an application and assistance with these plans.

## Foreclosure and Emergency Housing Assistance

**Homelessness Prevention and Rapid Re-housing Program (HPRP)** is a federal program designed to provide assistance to individuals and families who face the loss of housing due to eviction and foreclosure. The program provides funds for moving expenses, security deposits, and related costs. To access HPRP call Janet King-Williams at NEON at 203-663-7339.

## Emergency Financial Assistance

The **Wilton Interfaith Fund** and the **Salvation Army** have emergency funds available for Wilton residents in need. They help pay for emergency oil deliveries, utility bills to prevent shut offs, rent, and other expenses. 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 and to make an appointment.



## THE MAJESTY AND THE GRANDEUR OF THE ENGLISH LANGUAGE... and Vikings too!

Dr. Vera Littlejohn returns to the Senior Center on Monday, March 8, from 12:30 to 1:30 p.m. with her presentation on **Early Modern**

**English through Present Day English.**

**Now for the Vikings!** For decades, even centuries, the Vikings have been maligned, accused of all kinds of dastardly deeds. Films have had a field day with misinformation! In fact, the Norsemen were the GOOD GUYS, as you'll find out. Dr. Littlejohn has studied Vikings as a serious project for more than 35 years, visiting Viking sites, Viking research villages, reading everything in print in 4 languages. It's exciting, it's verifiable, and there are even some good laughs and some show-and-tells. Dr. Littlejohn will try to set the record straight, hoping you will become emissaries of The Real Vikings! Viking presentations take place on the following Mondays at 12:30 p.m. at the Senior Center:

- March 22 — Background and Build-up: Geography, History, Anatomy and Sociology
- March 29 — Why and Wherefore: Intentions, Art and Amber, Documentation
- April 12 — Vessels and Voyages: East, West, Archeological Evidence
- April 19 — Facts and Fictions: Believe It or Not, Bad Press

*Dr. Littlejohn has a B.A. cum laude and M.A. in French from St. Lawrence University; an M.A. in Linguistic Pedagogy from Stockholm University, Sweden; and a Ph.D. in Viking Studies from Uppsala University, Sweden. She is Professor Emeritus, State University of New York and Syracuse University.*

Reservations: 203-834-6240

## March Meeting on Hearing Loss

Robert L. Weiss, M.D., F.A.C.S., of Hearing and Balance Associates of Fairfield County will be guest speaker on Saturday, March 20, at the Hearing Loss Association of America, Southwestern Chapter meeting from 10 a.m. to 12 noon at the United Covenant Church, 68 Westport Road, Wilton. Dr. Weiss will discuss balance and hearing loss and other topics relating to hearing loss. The meeting is free, open to the public, and facilitated by an Inductive Loop System and Live Captioning. Please contact Alan Gould at 203-834-9737 for more information or visit <http://www.heareez.org>.

## Play Reading

Play Reading takes place at the Senior Center from 12:30 to 2:30 p.m. Call 203-834-6240 to reserve a place or just drop in to see what this is all about!



Monday, March 1

Moderator—Sherman Poultney

*Exit The King* by Eugene Ionesco

The New York Times wrote, "The most moving of all of Ionesco's plays. It is incomparably his greatest work." The prognosis is that the king will not live out the day. The king who was all-powerful does not want to die, and he fights desperately against the inevitable truth. A parable on the death of power and what that entails and motivates.

Monday, April 5

Moderator—Andrea Ragusa

*The Sea Gull* by Anton Chekhov, translated by Stark Young

This is a precise translation of the classic story of Irina, a middle-aged and fading actress; Trigorin, a popular author who realizes that he has failed to achieve greatness; and Irina's melancholy son who is in love with a neighbor named Nina. The play careens to a sudden and tragic end.

## Open Caption Performance at the Wilton Playshop

On Sunday, May 2, at 2 p.m., the Wilton Playshop on Lover's Lane will present *The Italian American Reconciliation: A Folk Tale* by John Patrick Shanley. As part of a celebration of the sixtieth anniversary of the Connecticut Speech-Language-Hearing Association. This twenty-third special production at the Playshop is designed for theatergoers who have hearing loss. Open Captioning enables the audience to view the dialog on a screen at the front of the stage as the actors on stage are saying their lines. A reception will follow the performance.

The Wilton Playshop production will run from April 30 through May 8. For tickets call 203-762-7629.

# NURSING AND HOME CARE

761 Main Avenue, Suite 114, Norwalk, CT 06851  
(across from Wal-Mart)

## BLOOD PRESSURE SCREENINGS

Wednesday, March 17 and April 21

Wilton YMCA , 404 Danbury Road

9-10:30 a.m.

Tuesday, March 23 and April 27

Village Market, 108 Old Ridgefield Road

12:30-2 p.m.

Thursday, March 4 and April 1

Wilton Senior Center, 180 School Road

11 a.m.-12 Noon

Friday, March 5, 19 and April 2 and 16

Ogden House, 100 River Road

9:30-11 a.m.

## MEDICATION MANAGEMENT SESSION

Do you take three or more prescription medications? Nursing & Home Care will offer a "brown bag" medication management session at their offices on Main Avenue to interested Wilton residents during March and April. Participants must be currently taking at least three prescription medications. Nurse will use internet-based software program to review potential medication interactions and adverse effects, as well as offer tips on using medications safely. No fee. For more information and to make an appointment, call 203-762-8958, ext. 312.

## MEMORY SCREENING

Concerned about memory loss? Nursing & Home Care is offering a free, confidential memory screening by appointment on **Wednesday, April 7, from 9 a.m. to 11 a.m.** at their Main Avenue location. The screening takes about 10 minutes and consists of questions and tasks to assess basic memory and other cognitive functioning. It may be an important first step toward finding out the cause of memory problems. A screening is also appropriate for anyone who may not have a concern right now but who wishes to establish a baseline for future comparison. To make an appointment, call Jeanette Graham at 203-762-8958, ext. 249.

## A MATTER OF BALANCE



The importance of maintaining physical strength and balance in the later years will be the topic of an educational session at Ogden House on Wednesday, April 21, at 12:45 p.m. The program, "A Matter of Balance," will be taught by

Frank Callahan, RN, a Certified Personal Trainer with Nursing & Home Care.

Mr. Callahan will discuss the importance of remaining as physically active as possible as we age. He will explain how balance and strength are vital to remaining safe and active. He will demonstrate how to prevent falls and other injuries. Participants are encouraged to wear comfortable clothes and shoes and to be prepared to practice simple exercises, either sitting or standing.

"Older adults often worry that they are becoming less steady on their feet. They tend to cut back on activity rather than increase it," says Mr. Callahan. "Fortunately, there are easy, effective exercises that can be done safely at home to improve and maintain good balance."

Frank Callahan is a Registered Nurse with over twenty years' experience caring for Fairfield County seniors. A senior himself, he practices daily yoga, sings with the Good News Gospel Choir, and acts in community theater. A graduate of Marist and Hunter Colleges, Callahan also has extensive teaching experience. His personal philosophy about aging is an important part of his teaching. "I tend to look at a person's 'activity age' versus their chronological age," says Callahan.

Call the Senior Center at 203-834-6240 for reservations. Lunch is served at noon followed by the presentation.

# ABCs of Healthy Nutrition for Older Adults

Elaine Abrams, RN, MPH, Community Health Coordinator, Nursing & Home Care

Wednesday, March 10, 12:45 p.m.

Ogden House, 100 River Road, Wilton

March is National Nutrition Month and on Wednesday, March 10, at Ogden House, Elaine Abrams will remind us that good diet habits are particularly important for older adults. Why? Because diet plays a vital role in disease prevention and management as we age. Risk factors for many "diseases of aging," including heart disease, type 2 diabetes, high blood pressure, Alzheimer's disease, and osteoporosis are influenced by what we eat.

What are the unique nutritional requirements of older adults? First, as a person gets older, the body needs fewer calories. Second, many adults become less active as they age. The average daily caloric requirement for males over age 50 is 2300; females, 1900. Consuming excess may lead to overweight and obesity which contribute to chronic diseases such as diabetes, high blood pressure, and heart disease.

Dietary carbohydrates are important sources of energy, vitamins, and minerals for older adults. It is recommended that 60 percent of calories come from carbohydrates. Fiber is a beneficial type of complex carbohydrate. It helps keep bad cholesterol low, improves blood sugar control, and, as a natural laxative, relieves constipation and diverticulitis. The National Cancer Institute recommends that adults consume 20 to 35 grams of fiber per day.

Overall fat intake for older adults should not exceed one-third of total calories. Only 10 percent of fat should come from animal sources (saturated fats). High intake of animal fats is associated with accelerated heart disease, obesity, high cholesterol, and Alzheimer's disease. However, evidence reveals that reducing or eliminating trans fats found in processed foods, bakery products, and candy, is even more critical to heart health. On the other hand, "heart healthy fats" found in olive oil, safflower oil, soybean oil, sunflower oil, nuts, and fatty cold water fish, such as

salmon and mackerel, should be incorporated into the diet.

Quality protein requirements for older adults minimize bone and muscle loss related to aging, illness, and stress. The best protein sources are lean meat, fish, and chicken. Three 3- to 4-ounce servings of high quality protein sources should be eaten daily.

Older adults may have problems absorbing the necessary amounts of vitamins and minerals in their normal diet. For example, while the need for calcium and Vitamin D increases after age 50, many older adults reduce their intake of dairy products and spend less time out of doors (which decreases the amount of Vitamin D obtained from the sun). Older adults should get at least 15 minutes of sunlight twice a week. Good dietary sources of Vitamin D include non-fat milk, yogurt, fortified orange juice, salmon, and tuna. At least 600 units of Vitamin D-3 per day is recommended.

Vitamin B-6, important for immune system function, is another nutrient that may be in short supply as we age. Vitamin B-6 is found in fortified breakfast cereals, salmon, tuna fish, pork, chicken, bananas, beans, peanut butter, and many vegetables.

All Americans, young and old, need to reduce sodium intake, preferably to 2000 mg per day. About 75 percent of our sodium intake is hidden in processed and prepared foods.

Older adults are prone to inadequate fluid intake and are at high risk for dehydration. Some have reduced thirst sensation. At least 1.5 liters of water or non-caloric fluid daily is recommended.

Call the Senior Center at 203-834-6240 for reservations. Lunch is served at noon; presentation begins at 12:45 p.m.

## WILTON'S ELDERLY & DISABLED TAX RELIEF PROGRAM

The application deadline for benefits under Wilton's Elderly and Disabled Tax Relief program is Friday, May 14. With qualifying income up to \$75,000, you may be entitled to a real estate tax credit and tax deferral that will affect your July 2010 tax bill. Please contact the Wilton Assessor's office at 203-563-0122.

## Free Tax Help Available at the Senior Center

The AARP Tax Aid 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 8**, from 9:00 a.m. until 1 p.m. to assist in tax preparation. No appointment is necessary. Just take a number upon entering and wait your turn. Coffee and... will be available.

*In order to prepare for your visit, keep in mind the following tips:*

If married, both husband and wife must be present during an income tax counseling session.

Taxpayers must bring all the documents they have received which apply to their 2009 income taxes including:

- ◆ Copies of 2008 income tax returns.
- ◆ Social Security or Individual Taxpayer ID numbers for all household members and personal photo identification.
- ◆ A blank check with a routing number for a direct deposit refund request.
- ◆ All documents that relate to deductible expenses.
- ◆ All 2009 income report forms that have been received such as:
  - SSA-1099, Social Security Benefit Statement and RRB-1099-R, US Railroad Retirement Board forms.
  - All 1099 forms (1099-INT, 1099-OID, 1099-DIV, 1099-R, 1099-B, 1099-S, 1099-MISC).
  - W-2, Wage and Tax Statement forms.
  - W-2G, Certain Gambling Winnings forms.
  - Original cost of assets sold during 2009.

## BOOK DISCUSSION NEWS

Tuesday, March 23

Discussion Leader – Miwako Ogasawara  
*Burmese Days* by George Orwell

Evocative and gripping, this novel features a few Englishmen living in Burma during the waning days of British imperialism. The atmosphere of Burma—its climate, foliage, animals, and birds—is strongly portrayed as are the extreme loneliness and boredom of the British residents who are isolated by their contempt and hatred of the natives. The New York Times states, "This is a superior novel, not less so because it tells an absorbing story. Orwell has made his people and background vividly real. And he knows of what he writes."

Tuesday, April 27

Discussion Leader – Kathy Leeds  
*Never Let Me Go* by Kazuo Ishiguro

From the Booker Prize-winning author of *The Remains of the Day* comes a strangely affecting novel. Narrated by an adult woman named Kathy, the story revolves around three people who were children together in a British private school. According to the Washington Post, "It is almost literally a novel about humanity, what constitutes it, what it means, how it can be honored or denied. These little children and the adults they eventually become are brought up to serve humanity in the most astonishing and selfless ways...."

*The Book Discussion group meets at 11 a.m. at the Senior Center. Lunch (\$3) follows at noon.  
Reservations: 203-834-6240*

## PARKS AND REC TRIPS

**Saturday, March 27**  
**Boston on your own**

**Tuesday, April 13**  
**Stepping Out Productions, Bethel**

**Call 203-834-6234 or visit**  
**[www.wiltonparksandrec.org](http://www.wiltonparksandrec.org)**

# Police Chief Michael Lombardo will address seniors at luncheon

Wilton Police Chief Michael Lombardo will give his first address to seniors at the Wednesday luncheon at Ogden House on March 3 at 12:45 p.m. Our new Police Chief will also answer questions from the audience.

Michael Lombardo began his career as a patrolman with the Wilton Police Department on June 29, 1981. He was assigned to many specialized tasks as Field Training Officer, member of the SCUBA Dive Team, and on many occasions as an acting sergeant.



Chief Michael Lombardo

In 1993, Officer Lombardo was promoted to Detective and served as the department's crime prevention officer for several years. In 1998, he was promoted to the position of Lieutenant. In this role, he served as the Commander of the Detective Bureau until 2002 when he was transferred to the Patrol Division as one of its commanders. In 2003, Lieutenant Lombardo became the department's Training Officer and in 2004, he was once again assigned to head the Detective Bureau. On October 15, 2009, Michael Lombardo was appointed Chief of the Wilton Police Department.

Chief Lombardo holds a Bachelor's Degree in Criminal Justice from Sacred Heart University and a Master's Degree in Criminal Justice from Boston University. In addition, the Chief attended the FBI's Law Enforcement Executive Development program and participated in many official training and certification programs as relating to law enforcement. Recently he attended the Roger Williams University Criminal Justice Program for executive development.

Chief Lombardo comes from a family with a 60-year legacy of police service, including his brother, Robert, who is presently a Sergeant with the Greenwich Police Department. Chief Lombardo resides in Trumbull with his wife, Cathy, and two children, Dana and Michael.

## 55 ALIVE! DRIVING COURSE

Thursday, April 8, and Friday, April 9  
8:30 a.m.-12:30 p.m.

Comstock Community Center

Learn defensive driving techniques, new traffic laws, rules of the road, and much more in this two-session course sponsored by AARP. 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, have a Connecticut drivers license, and attend both classes. Class limited to 30. Fee: \$10 for AARP members; \$12 for non-members. Register at the Parks and Rec Department office in Comstock or call 203-834-6234.

**The mission of the Senior Center is to provide Wilton's older citizens with stimulating and creative opportunities for their social, physical, emotional and intellectual enrichment.**

## Spring Semester for Lifetime Learners Institute at NCC "Yearn to Learn at 50+ at LLI"

Lifetime Learners Institute, a non-profit educational organization for people over 50 at Norwalk Community College, announces their Spring Semester daytime classes will begin March 22. They will be offering fifty non-credit courses on a variety of interesting subjects, including history, music, current events, movies, photography, languages, religions, arts, books, theater, opera, travel, memoirs, etc, etc. Course registrations will continue throughout March on a space-available basis. Course fees are \$20 for each course, and new memberships are available at \$30. A membership card entitles use of the NCC Fitness Center as well as attendance at the LLI one-hour Friday-afternoon "Lunch & Learn" guest presentations at 1 p.m. For additional information call 203-857-3330 or visit [www.lifetimelearners.org](http://www.lifetimelearners.org)

# COMSTOCK COMPUTER LEARNING CENTER

180 School Road, Wilton, CT 06897

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

E-Mail: \_\_\_\_\_



**Mail this completed form along with your check payable to TOWN OF WILTON.**

X	COURSE TITLE	DATES	FEE
	Introduction to Computer Fundamentals	March 16 and 19	\$25
	Introduction to Word 2003	March 23 and 26	\$25
	Introduction to Word 2007	March 9 and 11	\$25
	Graphics I (2003 and 2007 versions)	March 22 and 24	\$25
	Advanced Graphics in Word 2007	April 13 and 15	\$25
	Getting Around the Internet	Call for Dates (203-762-8445)	\$30
	Basic Excel 2007	April 16, 23, and 30	\$45

**For additional information on the courses listed above, call 203-834-6410 or 203-762-8445**



435 Danbury Road, Wilton

### Adult Enrichment Series

The Greens at Cannondale will present a new, stimulating series of adult enrichment, "Memory Matters: Refresh, Reflect, Renew."

The series is an original and entertaining learning experience. Combining a delicious lunch with discussions, music, brain teaser games, reflections about art and new ways to look at life and yourself. There's never been anything like it! **See the enclosed flyer and registration form on page 13 of this newsletter.** Event is free; reservations are required. Call 203-761-1191 to reserve your place.

### Spring Health Series

On Thursday, April 8, at the Greens at Cannondale, Dr. Richard Frank, Director of Cancer Research at the Whittingham Cancer Center, and Jennifer Long, Clinical Research Nurse at Whittingham Center, will describe new clinical trial treatments for lung cancer patients. Clinical trials will be fully explained, as well as therapies for breast, colon, prostate, ovarian, pancreatic, lymphoma, myeloma, and hand and neck cancers. The Spring 2010 Health Series is co-sponsored with Norwalk Hospital. A light supper is served at 5:30 p.m., followed by the presentation at 6:00 p.m. Event is free; reservations are required. Call 203-761-1191 to reserve your place.



Laurel Ridge Health Care Center is sponsoring a lunch and learn event with Dr. Ronald Tietjen and Dr.

John Dunleavy of Danbury Orthopedic Associates on March 8, Noon to 1 p.m. Their presentation is entitled, "Understanding Joint Replace-

ment." A light lunch will be served. On March 25, 5:30 p.m., Joan Garbow, MSW, will speak on "Navigating the Healthcare System with Success. Both presentations take place at Laurel Ridge in Ridgefield. The talks are free; reservations are required. Call 203-438-8226 to reserve your place.

# YOGA FOR SENIORS

Join in the Fun and the Benefits!

*By Denise O'Hearn*

No one really chooses to age, but unfortunately it just comes with the passage of time. As we age, it often becomes difficult or even painful to move, and we tend to slow down or sometimes even stop moving altogether. If we stop moving, the body loses strength, and we feel even more stiffness and pain. It's a vicious cycle. To stay active and vibrant, it's imperative to keep moving. Yoga offers a great way for seniors to tune into their bodies and to learn effective and gentle ways to keep moving and to heal.

Why are many people around the country and the world doing yoga these days? Simply because it makes them feel better – and not only physically, but mentally and energetically as well. Yoga, from the Sanskrit root word “Yuj” means “union.” Yoga returns us to wholeness, bringing together body, mind and spirit.

Not only will yoga make you stronger and more flexible. With regular practice it can greatly improve your balance and make you feel more alive! Your posture will improve as you gently move your body and spine, drawing fresh oxygenated blood and nutrients to the spine, muscles, limbs and brain. Yoga will lower blood pressure and heart rate. Yoga can even help release chronic tension and pain. (That's why I personally started doing yoga.)

Breathing is an autonomic response, and most people assume they already know how to breathe. Unfortunately, many people are not breathing effectively. By learning full yogic breathing, you will stimulate the parasympathetic nervous system, the opposite of the “fight or flight” sympathetic nervous system. Conscious, effective breathing relaxes the body, calms the mind, helps decrease stress, anxiety and depression, and lowers blood pressure and heart rate.

I love teaching yoga to seniors. My “Elders” are very important to me and to my community. Keeping them moving and strong is my personal goal. Ask yourself: Would you like to age with more grace, less pain and more energy? Would you like to feel more relaxed and balanced, both physically and mentally? Then why not try a gentle yoga class.



**Conscious, effective breathing relaxes the body and calms the mind.**



**Tuesdays, 11 a.m. to Noon, and Thursdays, 10 to 11 a.m. at the Senior Center**

**Fee: \$3 per class**

**For more information call 203-834-6240**

# MARCH 2010

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<b>1</b> 10:30 Line Dancing 11:30 Coffee and... 12:15 Forever Fit Y 12:30 Play Reading with Sherman 12 Scrabble 12 Decorative Painting OH	<b>2</b> 8:45 Watercolor Art OH 10 Strength Train. Y 10:30 Arthritis Ex. Y 11 Yoga 11 Brain Matters G 12 Garden Club Activity and Lunch 2 Chair Yoga OH	<b>3</b> 9:30 RSVP 10 Tai Chi 10 Comstock Writers 12 Lunch OH— compliments of the Wilton Police Program: Chief Michael Lombardo 12 Duplicate Bridge	<b>4</b> 10 Strength Train. Y 10 Yoga 10:30 Arthritis Ex. Y 11-12 Blood Pressure Screening 12 Lunch 12:15 Forever Fit Y 12:45 Bingo	<b>5</b> 9:30-11 Blood Pressure OH 10 Jewelry Workshop 12 Bridge 1:30-3 Free Senior Swim Y
<b>8</b> <b>9-1 AARP Tax Help</b> 10:30 Line Dancing 11:30 Coffee and... 12:15 Forever Fit Y 12 Scrabble 12 Decorative Painting OH 12 Understanding Joint Replacement LR 12:30 The Majesty and the	<b>9</b> 8:45 Watercolor Art OH 9:30 Intro to Word 2007 10 Strength Train. Y 10:30 Arthritis Ex. Y 11 Yoga 1:00 Comstock Knitters and Crafters 2 Chair Yoga OH	<b>10</b> 9:30 RSVP 10 Tai Chi 12 Lunch OH Program: ABCs of Healthy Nutrition with Elaine Abrams 12 Chicago Bridge	<b>11</b> 9:30 Intro to Word 2007 10 Strength Train. Y 10 Yoga 10:30 Arthritis Ex. Y 12 Lunch 12:15 Forever Fit Y 12:45 Bingo  5:30 Social Service Commission	<b>12</b> 12 Bridge 1:30-3 Free Senior Swim Y
<b>15</b> 10:30 Line Dancing 11:30 Coffee and... 12:15 Forever Fit Y 12 Scrabble 12 Decorative Painting OH	<b>16</b> 8:45 Watercolor Art OH 9:30 Intro to Computers 10 Strength Train. Y 10:30 Arthritis Ex. Y 11 Yoga 11 Recipe for a Healthy Life Style G 12 Duplicate Bridge 2 Chair Yoga OH	<b>17</b> 9-10:30 Blood Pressure Screening Y 9:30 RSVP  10 Tai Chi 10 Comstock Writers 12 Lunch OH Program: Wilton High School Orchestra 12 Chicago Bridge	<b>18</b> 10 Strength Train. Y 10 Yoga 10:30 Arthritis Ex. Y 12 Lunch at St. Matthew's 12:15 Forever Fit Y	<b>19</b> 9:30 Intro to Computers 9:30-11 Blood Pressure Screening OH 12 Bridge 1:30-3 Free Senior Swim Y
<b>22</b> 9:30 Graphics I 10:30 Line Dancing 11:30 Coffee and... 12:15 Forever Fit Y 12 Scrabble 12 Decorative Painting OH 12:30 The Vikings with Dr. Littlejohn	<b>23</b> 8:45 Watercolor Art OH 9:30 Intro to Word 2003 10 Strength Train. Y 10:30 Arthritis Ex. Y 11 Yoga 11 Book Discussion with Miwako 12 Lunch 12:30-2 Blood Pressure, VM 2 Chair Yoga OH	<b>24</b> 9:30 Graphics I 9:30 RSVP 10 Tai Chi 12 Chicago Bridge 12 Lunch OH	<b>25</b> 10 Strength Train. Y 10 Yoga 10:30 Arthritis Ex. Y 12 Lunch 12:15 Forever Fit Y 12:45 Bingo <b>5:30 Navigating the Healthcare System with Success with Joan Garbow LR</b>	<b>26</b> 9:30 Intro to Word 2003 12 Bridge 1:30-3 Free Senior Swim Y  Boston on-your-own Trip tomorrow
<b>29</b> 10:30 Line Dancing 11:30 Coffee and... 12:15 Forever Fit Y 12 Scrabble 12 Decorative Painting OH 12:30 The Vikings with Dr. Littlejohn	<b>30</b> 8:45 Watercolor Art OH 10 Strength Train. Y 10:30 Arthritis Ex. Y 11 Yoga 11 Exercise and a Healthy Brain 2 Chair Yoga OH	<b>31</b> 9:30 RSVP 10 Tai Chi 12 Lunch OH Program: Music by Chris Merwin 12 Chicago Bridge		

# APRIL 2010

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
OH Ogden House Y Wilton Family Y WL Wilton Library G The Greens WM Wilton Meadows VM Village Market NHC Nursing & Home Care B Brookdale (formerly Sunrise) LR Laurel Ridge	100 River Road 404 Danbury Road 137 Old Ridgefield Rd. 435 Danbury Road 439 Danbury Road Old Ridgefield Road 761 Main Ave. at 96 Danbury Road 642 Danbury Rd.	203-762-8035 203-762-8384 203-762-3950 203-761-1191 203-834-0199 203-762-7283 203-762-8958 203-761-8999 203-438-8226	1 10 Strength Train. Y 10 Yoga 10:30 Arthritis Ex. Y 12:15 Forever Fit Y 11-12 Blood Pressure Screening at the Senior Center 12:00 Lunch 12:45 Bingo	2 Good Friday Senior Center Closed  9:30-11 Blood Pressure Screening OH
5 10:30 Line Dancing 11:30 Coffee and... 12:15 Forever Fit Y 12 Scrabble 12 Decorative Painting OH 12:30 Play Reading with Andrea	6 10 Strength Train. Y 10:30 Arthritis Ex. Y 11 Yoga 12 Garden Club 2 Chair Ex. OH	7 9-11 Memory Screening by appointment NHC 9:30 RSVP 10 Comstock Writers 10 Tai Chi 12:00 Lunch OH 12 Duplicate Bridge	8 8:30-12:30 55 ALIVE! 10 Strength Train. Y 10 Yoga 10:30 Arthritis Ex. Y 12:15 Forever Fit Y 12:00 Lunch 12:45 Bingo 5:30 Cancer Presentation G 5:30 Commission on Social Services	9 8:30-12:30 55 ALIVE! 10 Jewelry Workshop 12 Bridge 1:30-3 Wilton Family Y Free Swim for Seniors
12 10:30 Line Dancing 11:30 Coffee and... 12:15 Forever Fit Y 12 Scrabble 12 Decorative Painting OH 12:30 The Vikings with Dr. Littlejohn	13 Stepping Out Productions Trip Parks and Rec 9:30 Advanced Graphics 10 Strength Train. Y 11 Yoga 11 Brain Teasers G 10:30 Arthritis Ex. Y 1 Comstock Knitters and Crafters 2 Chair Ex. OH	14 9:30 RSVP 10 Tai Chi 12 Chicago Bridge 12 Lunch at OH Program: WWC Bingo	15 9:30 Advanced Graphics 10 Strength Train. Y 10 Yoga 10:30 Arthritis Ex. Y 12:15 Forever Fit Y 11:45 Wilton Senior Council Meeting (No lunch today)	16 9:30 Excel 2007 9:30-11 Blood Pressure OH 12 Bridge 1:30-3 Wilton Family Y Free Swim for Seniors
19 10:30 Line Dancing 11:30 Coffee and... 12:15 Forever Fit Y 12 Scrabble 12 Decorative Painting OH 12:30 The Vikings with Dr. Littlejohn	20 11 Yoga 10 Strength Train. Y 10:30 Arthritis Ex. Y 12 Duplicate Bridge 2 Chair Ex. OH	21 9-10:30 Blood Pressure Y 9:30 RSVP 10 Comstock Writers 10 Tai Chi 12 Chicago Bridge 12 Lunch at OH Program: Matter of Balance	22 10 Strength Train. Y 10 Yoga 10:30 Arthritis Ex. Y 12:15 Forever Fit Y 12:00 Lunch and Bingo compliments of Wilton Meadows WM	23 9:30 Excel 2007 12:00 Bridge 1:30-3 Wilton Family Y Free Swim for Seniors
26 10:30 Line Dancing 11:30 Coffee and... 12:00 Forever Fit Y 12 Scrabble 12 Decorative Painting OH	27 11 Yoga 10 Strength Train. Y 10:30 Arthritis Ex. Y 11 Book Discussion with Kathy Leeds 11 Test Your Memory G 12:00 Lunch 12:30-2 Blood Pressure at Village Market 2 Chair Ex. OH	28 9:30 9:30 RSVP 10 Tai Chi 12 Chicago Bridge 12 Lunch OH Program: Schubert Club Chorale	29 10 Strength Train. Y 10 Yoga 10:30 Arthritis Ex. Y 12:15 Forever Fit Y 12:00 Lunch 12:45 Bingo	30 9:30 Excel 2007 12 Bridge 1:30-3 Wilton Family Y Free Swim for Seniors

BULK POSTAGE  
U.S. POSTAGE PAID  
PERMIT NO. 11  
WILTON, CT

Printing costs for this issue have  
been underwritten by  
*Laurel Ridge*  
Health Care Center  
642 Danbury Road (Route 7)  
Ridgefield, CT 06877

Wilton Senior Center  
180 School Road  
Wilton, CT 06897

# Excellence in Caring

## A new Special Dementia Unit at Laurel Ridge

With a long history of caring for people living with Alzheimer's and other dementia diseases, Laurel Ridge at 642 Danbury Road, Ridgefield, is pleased to announce the opening of its new Special Dementia Unit (SDU) this spring. Laurel Ridge will carry on its mission by providing high-quality care through its specially trained staff and therapeutic recreation approaches. The Special Dementia Unit will incorporate the latest in medical and complimentary therapies to address each person's cognitive, physical, and emotional needs in a safe and secure environment.

For someone living with memory impairment, it is critical to maintain a sense of independence and offer opportunities that enhance the quality of life. The Special Dementia Unit will provide a calm and relaxing environment, augmented by the appropriate



level of sensory stimulation, designed to address each individual's cognitive, physical, and emotional needs. The Special Dementia Unit will feature brighter lighting, noise reduction measures, and contrasting colors. The therapeutic recreation program will include small-group structured activities, reminiscence therapies and multi-sensory stimulation. All staff members have been specially trained in a curriculum developed by the Alzheimer's Association that includes clinical management, medication monitoring and wellness therapies. Laurel Ridge fosters a sharing relationship with the families of residents with Alzheimer's.

Applications are now being accepted for the Special Dementia Unit. For more information or a tour, please call Laurel Ridge at 203-438-8226.