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Mental Health First Aid Training Fridays, June 7 and June 14, 9:00 a.m. - 4:00 p.m. Comstock Community Center

Mental Health First Aid is a 12-hour certification course given over two days that helps individuals and communities understand mental health issues and respond to those who may be experiencing distress. Attendees must attend both days in order to receive certification.

Who should take the Mental Health First Aid training course?

- volunteers and the general public;
- primary care professionals;
- school personnel, nurses and educators;
- first-responders, fire, police and corrections officers;
- nursing home staff;
- employers, human resources professionals and business leaders; and
- state policymakers.

About the Program

Mental Health First Aid is an interactive course designed to provide key skills in helping someone who is developing a mental health problem or experiencing a mental health crisis. CPR training helps a non-medical professional assist an individual following a heart attack; Mental Health First Aid training helps an individual who does not have clinical training assist someone experiencing a mental health crisis.

Highlights of the training course include:

- The prevalence of mental illnesses in the United States;
- Potential warning signs of the most common mental health disorders;
- A five-step action plan for assisting an individual in crisis; and
- Resources available to help someone with a mental health problem.

Mental Health First Aid USA is managed, operated, and disseminated by three national authorities: the Nation Council for Community Behavior Health-care, the Maryland Department of Health and Mental Hygiene, and the Missouri Department of Mental Health.

About the Instructor

Dawn Roy, LCSW is in private practice in Fairfield serving the mental health needs of the community. Ms. Roy has been a MHFA instructor since 2009, providing over 30 MHFA training courses throughout Fairfield County.

Seating is limited to the first 30 registrants. To register contact Dawn Roy at ladyroy@earthlink.net or 203-331-7458. Course fee: \$100 per person. This includes three-year certification in MHFA, two-day training, MHFA manual, handouts, and certificate.

WILTON COMMONS UPDATE

Great news for the future of Wilton Commons!

On April 18 we received word from State Representative Gail Lavielle that the Connecticut Department of Economic and Community Development has approved a grant to build an additional 23 units of affordable senior housing. This will complete our goal of 74 units. Planning for the construction of phase two is already underway.

By the time you read this, phase one of Wilton Commons will be ready for occupancy. Nearly 100 applications have been received for the 51 units. Both the Building Committee and the Decorating Committee, staffed by local volunteers, have worked diligently to complete the project. A contributor recognition sculpture/mural is being prepared for the lobby.

We expect to have a grand opening for phase one in June.

George Ciaccio, Chairman

SENIOR CENTER ACTIVITIES

ENHANCE FITNESS

Monday (9:20 a.m.) and Thursday (9:00 a.m.)

\$3 drop-in fee

Wilton Family Y brings the Enhance Fitness program to the Senior Center on Mondays and Thursdays. The one-hour class includes 30 minutes of endurance-type activity and specific strengthening exercises for legs, trunk, arms and shoulders. Enhance Fitness helps to maintain and enhance cardio-respiratory fitness, muscle strength, balance and flexibility. Laura Mars and Leslie Hinshaw, instructors.

MOVE, STRENGTHEN, AND STRETCH

Friday, 10:00 a.m. to 11:00 a.m.

\$3 drop-in fee

Attention, active seniors! Visiting Nurse and Hospice brings Julienne Camhi to the Senior Center. Each class combines light aerobic movement for heart health with light weights for strength and gentle stretching to tone your body. Move at your own pace.

PLAY READING

Monday, May 6, 12:30 p.m.

RUMORS by Neil Simon

Andrea Ragusa, Leader

Four couples are at the townhouse of a New York City Deputy Mayor and his wife to celebrate their wedding anniversary. The party never begins because the host has shot himself and his wife is missing. The Deputy Mayor's lawyer covers up the incident as the other guests arrive and nobody can remember who has been told what about whom. The couples become more and more crazed as the evening progresses. Copies of the play are available in the Senior Center cafe. Call 203-834-6240 to sign up.

SCRABBLE, CHESS, BACKGAMMON, MAH JONGG, BILLIARDS, BOCCI, CARDS

Why not get together with others who enjoy the challenges of these games? All of these are available at the Senior Center. Assemble your group together and reserve what you need for your activity. Call Lizabeth Doty at 203-834-6240 to reserve what you need to play.

THURSDAY BINGO

Thursdays, 12:45 p.m., 25 cents per card

Don't miss BINGO at the Comstock Community Center on Thursdays. Winners get "the pot" each game.

BOOK DISCUSSION

Tuesday, May 28, 11:00 a.m.

THE MAN IN THE WHITE SHARKSKIN SUIT by Lucette Lagnado

Discussion Leader, Barbara Jones

In this beautifully written memoir of her father, Lucette Lagnado recreates the glamour of Cairo in the years between World War II and the rise to power of Gamal Abdel Nasser. Lunch (\$3) at noon. Please call 203-834-6240 for reservations.

BRIDGE GROUPS

If you would like to join other seniors in an afternoon of bridge from noon to 3 p.m., call the organizers listed below:

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

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

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

Chicago Bridge: First and third Wednesdays, contact Dorothy Wright at 203-762-8567.

If you would prefer a morning game, come to Duplicate Bridge with Dan: Wednesdays, 10:00 a.m. to 12:30 p.m., \$5 drop-in fee. Dan DeVlieg supervises. This is not a sanctioned game.

SKETCHING AND PAINTING

Friday, May 17 and June 21

10:30 a.m. to noon

\$10 drop-in fee per class

Discover your hidden talent for sketching and painting. Now's the time to give it a try! Viola Galetta instructs beginners in the basics of drawing still life, landscape, and even portrait. Students experiment in a relaxed atmosphere. No experience necessary.

THURSDAY LUNCH

Most Thursdays, 12 noon, \$3

Join other seniors for lunch on Thursday. Seating is limited. Reservations required. Karen White, Chef.

All activities take place at the Senior Center unless otherwise stated.

SENIOR CENTER ACTIVITIES

COMSTOCK KNITTERS AND CRAFTERS

May 14, June 4 (not the second Tuesday but the first this month) and 24

1:00 p.m. to 2:30 p.m.

Basic instruction will be provided for projects, and the company will be great. The coffee pot's always on. If you have a work in progress, bring it. If it's all new to you, just come and give knitting a try! We'll supply the practice materials. Not a knitter? Bring your own handiwork and enjoy the company. Lizabeth Doty, Instructor.

COMSTOCK WRITERS GROUP

May 1 and 15, June 5 and 19

10:00 a.m. to 11:30 a.m.

Are you interested in reading and writing? Here's a group for you! Do you have family history or lore that you would like to record for future generations? Are you passionate about politics, the arts, travel, or gardening, any of which would provide plenty of material to write about? Leading the group is Magdalen Livesey, an editor and writer living in Wilton.

CARD MAKING

May 15 and June 19, 9:30 a.m. to 11:30 a.m., \$10

Try your hand at something new! Learn and use the techniques of stamping to create assorted cards for all occasions. The instructor will provide information on basic stamping techniques along with time-saving tips and advice for turning your ideas into practical projects. Now's the time to prepare holidays cards or

gift sets for loved ones. Materials supplied by the instructor. Class size limited. Class open to beginners as well as experienced "stampers."

TAI CHI

Wednesdays, 9:45 a.m. to 10:45 a.m., \$3 per class

Tai Chi contains a series of gentle and graceful movements performed with respiration coordination and deep concentration. Practicing Tai Chi leads to relaxation of the body and mind, improves flexibility and balance, and enhances energy and general well-being. Tai Chi has been shown to prevent falls and improve the functioning of daily activities. Debbie Dong, Instructor.

JEWELRY WORKSHOP

May 3 and June 7, 10:00 a.m. to 11:30 a.m., \$5 plus materials if needed

Beads, beads, beads! No prior experience is necessary. Enjoy the fun of making your own beaded jewelry. Select materials to match your own style. Make gifts for relatives and loved ones. Class size limited. Viola Galetta, Instructor.

TUESDAY AND/OR THURSDAY YOGA

Tuesdays, 11:00 a.m. to noon; Thursdays, 10:00 a.m. to 11:00 a.m.; \$3 per class

Denise O'Hearn, owner of Vibrant Moves in Wilton, conducts this gentle yoga class that warms up your joints, stretches and strengthens your muscles and helps your balance and focus. Classes include warm-ups, breathwork (pranayama), yoga postures (asanas), relaxation and meditation. Leave class feeling refreshed and alive!

LINE DANCE FUSION

Mondays, 10:30 a.m. to 11:30 a.m., \$3 drop-in fee

This program blends traditional dance steps with elements of modern line dancing. Waltz, mambo Italiano, Charleston, Lambada, samba electric slide and tango all rolled into one keep your feet moving and your heart pumping. This is a great form of exercise and social interaction. Beginners as well as experienced dancers are welcome. Beatriz Araujo, Instructor.



Helen Dawley, Dottie Sonntag, and Warren Bundy pause between lunch and the Wilton High School Orchestra performance on Senior Day at Wilton High School.



The Live Well Program

A Free Health-Promotion
Program for Older Adults

Thursdays, May 16, 23, 30; June 6, 13, 20
9:30 a.m.-Noon

Live Well brings great news for adults age 60 and older with one or more conditions such as arthritis, diabetes, high blood pressure, anxiety, depression, heart or lung disease, asthma, cancer or chronic pain... and their caregivers. It is a nationwide, evidence-based health promotion program developed by Stanford University to help adults living with chronic conditions manage their health and maintain active, fulfilling lives.

The six-week series of workshops encourages participants and caregivers to:

- Find practical ways of dealing with pain and fatigue;
- Discover easy exercises that will improve or maintain strength and energy;
- Learn the appropriate use of medications;
- Improve nutritional choices;
- Talk effectively with family, friends and health professionals;
- Understand new treatment choices; and
- Feel better about life.

This series is designed to energize both older adults with chronic health conditions and those who care for them. Led by two trained facilitators, the workshops cover new topics each week and provide opportunities for interaction and group problem solving.

Live Well is sponsored by the Southwestern Connecticut Agency on Aging, the Connecticut Department of Social Services Aging Services Division and the Connecticut Department of Public Health.

Join the free 2 ½-hour workshops held each week for a series of six weeks. Set your own goals and develop a step-by-step plan to improve your health and your life.

Space is limited. Register at 203-834-6240. For more information visit www.swcaa.org and click on "Benefits and Services" and "Live Well Program."



Instrumental Series concludes with Steel Guitars

[Thursday, May 9, 11:00 a.m.
at the Senior Center](#)

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 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.

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

Have a consumer complaint? Contact the CFPB.

- **Write:** Consumer Financial Protection Bureau, P.O. Box 4503, Iowa City, Iowa 52244
- **Phone:** 855-411-2372 toll-free weekdays 8 a.m. to 8 p.m.
- **Fax:** 855-237-2392 toll-free
- **Email:** Info@consumerfinance.gov
- **Website:** www.consumerfinance.gov/complaint



ANNUAL TOWN MEETING on May 7 Adjourned Voting on May 11

May 7, Annual Town Meeting, 7:30 p.m., Middlebrook School Auditorium

May 11, Adjourned Town Meeting Vote, 8 a.m. to 6 p.m., Clune Center Lobby, Wilton High School

Those eligible to vote in Wilton's Annual Town Meeting include:

- All registered voters, regardless of whether or not they own property in town; and
- U.S. citizens—resident and nonresident—liable to the town for taxes on assessments (real property or motor vehicle) of at least \$1,000 on the October 1, 2012 Grand List. If you purchased property after October 1, 2012, you must be a registered voter to cast a ballot at the Annual Town Meeting.

In all cases, you must be at least 18 years old and a U.S. citizen to vote. Don't forget to bring your ID.

We will vote on the town and school district's combined Fiscal Year 2014 budget. There will also be three bonding questions this year.

1. Shall the Budget and Tax Rate for the Fiscal Year 2014 as recommended by the Board of Finance or as amended by the Town Meeting be approved, rejected because it is too high, or rejected because it is too low?
2. Shall \$220,000 be appropriated for the replacement of the boiler and steam distribution system and an underground oil tank at Gilbert and Bennett School and authorization for the issuance of \$220,000 bonds of the Town to meet said appropriation be approved?
3. Shall \$902,000 be appropriated for boiler replacement and heating system improvements and other renovations at the Comstock Community Center and authorization for the issuance of \$902,000 bonds of the Town to meet said appropriation be approved?
4. Shall \$1,400,400 be appropriated for conversion of boilers and/or the replacement of boilers to accommodate use of natural gas at the High School, Cider Mill, and Middlebrook schools and authorization for the issuance of \$1,400,400 bonds of the Town to meet said appropriation be approved?

You may register to vote at the Wilton Town Hall, Monday through Friday, from 8:30 a.m. to 4:30 p.m. Call 203-563-0111 to request a mail-in application, or download a voter registration application from the Wilton website <http://www.wiltonct.org>. If you wish to vote at the Town Meeting, the in-person voter registration deadline is Tuesday, May 7. Absentee ballots will be available from the Office of the Town Clerk at the Wilton Town Hall beginning on Wednesday, May 8, through Friday, May 10, from 8:30 a.m. to 4:30 p.m.



Join your Wilton neighbors and other green-minded friends at the third Wilton Go Green Festival on Sunday, May 5, from 11 a.m. to 4 p.m. at the Wilton Town Green and Wilton Library. The day's activities will include fun and educational issues such as sustainable food, transportation, land and water use, building and energy savings, and recycling.

DON'T MISS—

- Giant Earth Balloon, sponsored by Deloitte—Earth from the inside out
- 80 sustainable exhibitors
- Live music throughout the day
- Healthy food and snacks
- Family activities

Hosted by Wilton Go Green, Inc. and the Wilton Library Association, the festival is sponsored by Energize Connecticut with funding provided by the Clean Energy Finance & Investment Authority through a Community Innovations Grant.

Visit www.wiltongogreen.org for more information.



Community Health Series

The Greens at Cannondale will host three May sessions of the Community Health Series under the auspices of Norwalk Hospital. Presentations take place at the Greens, 435 Danbury Road, Wilton. Dinner is served at 5:30 p.m. Presentations begin at 6:00 p.m. Reservations required: 203-761-1191.

"Insight into Insomnia"

Ian D. Weir, DO, FAASM, Director, Insomnia Center, Norwalk Hospital
Thursday, May 2, at 6 p.m.

Many people suffer from insomnia, which means they have trouble falling asleep. Dr. Ian Weir will explain how people can address insomnia through good sleep hygiene and/or treatments. He'll provide simple tips to overcoming sleepless nights.

"How to Diet Effectively"

Cindy Sherlock, RD, Nutrition Services, Norwalk Hospital
Thursday, May 9, at 6 p.m.

Eating well may require lifestyle changes. Cindy Sherlock, a registered dietitian, will explain that dieting involves not just *what* you eat, but also *when* you eat and the *portions* that you eat. She will provide suggestions on how to diet effectively in order to stay healthy and look fit.

"Osteoarthritis and Rheumatoid Arthritis"

Stuart N. Novack, MD, Norwalk Medical Group
Thursday, May 16, at 6 p.m.

Osteoarthritis and rheumatoid arthritis may share common symptoms but there are different causes for these conditions. Dr. Stuart Novack, chief of rheumatology at Norwalk Hospital, will explain the causes, as well as provide information on symptoms, diagnosis and treatments.

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. This is excellent preparation for Beyond Beginners Word 2007/2010. Taught by Andrea Ragusa; May 13 and 14. 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; June 6. 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; May 20 and 21. 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; June 17 and 18. 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; June 4. Fee: \$20.



Ally Davatzes

Lunch and Bingo
compliments of
Wilton Meadows Rehabilitation and Health Care Center
May 2 and June 20 at 11:30 a.m.
Reservations: 203-834-6240.

MAY 2013

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Wilton High School</i> presents <i>Les Miserables</i></p> <p><i>There are a limited number of complimentary senior citizen tickets available for the Sunday, May 19, matinee performance. Call 203-834-6240 to reserve tickets. Dial-a-ride available.</i></p>		<p>1 9:45 Tai Chi 10:00 Duplicate with Dan 10:00 Comstock Writers 12:00 Lunch OH Program: Music by Bill Kohler 12:00 Duplicate Bridge 1:30 Mah Jongg</p>	<p>2 9:00 Enhance Fitness 10:00 Yoga 11-12 Blood Pressure Screening 11:30 Complimentary Lunch and Bingo WM 6:00 Insight unto Insomnia G</p>	<p>3 10:00 Jewelry Workshop 10:00 Move, Strengthen, Stretch 12:00 Bridge 1:30 Beginner Bridge 1:30-3 Free Swim for Seniors Y</p>
<p>6 9:20 Enhance Fitness 10:30 Line Dancing 11:30 Coffee and... 12:00 Movie: Chicago 12:30 Play Reading</p>	<p>7 11:00 Yoga 12:00 Garden Club Lunch and Activity 2:00 Chair Yoga OH 7:30 Town Meeting and Voting</p>	<p>8 9:45 Tai Chi 10:00 Duplicate with Dan 12:00 Chicago Bridge 12:00 Lunch OH Program: High Blood Pressure, Know Your Numbers by Elaine Abrams 1:30 Mah Jongg</p>	<p>9 9:00 Enhance Fitness 10:00 Yoga 11:00 Steel Guitars with Chris Merwin 12 Lunch 12:45 Bingo 2:00 Hypnosis with Sonia</p>	<p>10 10:00 Move, Strengthen, Stretch 12:00 Bridge 1:30 Beginner Bridge 1:30-3 Free Swim for Seniors Y</p>
<p>13 9:20 Enhance Fitness 9:30 Computer Fundamentals 10:30 Line Dancing 11:30 Coffee and... 12:00 Movie: Emma</p>	<p>14 9:30 Computer Fundamentals 11:00 Yoga 1:00 Comstock Knitters and Crafters 2:00 Chair Yoga OH</p>	<p>15 9-10:30 Blood Pressure Screening Y 9:30 Card Making 9:45 Tai Chi 10:00 Duplicate with Dan 10:00 Comstock Writers 12:00 Lunch OH Program: Fall Prevention 1:30 Mah Jongg Elderly Tax Relief Deadline</p>	<p>16 9:00 Enhance Fitness 9:30 Live Well! 10:00 Yoga 12:00 St. Matthew Lunch 6:00 Osteoarthritis Presentation G</p>	<p>17 10:00 Move, Strengthen, Stretch 10:30 Painting and Sketching 12:00 Bridge 1:30 Beginner Bridge 1:30-3 Free Swim for Seniors Y</p>
<p>20 9:20 Enhance Fitness 9:30 Memoir Research 10:30 Line Dancing 11:30 Coffee and... 12:00 Movie: Lorne Doone</p>	<p>21 9:30 Memoir Research 11:00 Yoga 12:00 Duplicate Bridge 2:00 Chair Yoga OH</p>	<p>22 9:45 Tai Chi 10:00 Duplicate with Dan 10:30 WWC International 12:00 Chicago Bridge 12:00 Lunch OH Program: TBA 1:30 Mah Jongg</p>	<p>23 9:00 Enhance Fitness 9:30 Live Well! 10:00 Yoga 12:00 Lunch 12:45 Bingo 2:00 Hypnosis with Sonia</p>	<p>24 10:00 Move, Strengthen, Stretch 12:00 Bridge 1:30 Beginner Bridge 1:30-3 Free Swim for Seniors Y</p>
<p>May 27 Memorial Day Senior Center Closed</p>	<p>28 11:00 Book Discussion 11:00 Yoga 12:00 Lunch 12:30-2 Blood Pressure Screening VM 2:00 Chair Yoga OH</p>	<p>29 9:45 Tai Chi 10:00 Duplicate with Dan 12:00 Lunch OH Program: Gentlemen Songsters 1:30 Mah Jongg</p>	<p>30 9:00 Enhance Fitness 9:30 Live Well! 10:00 Yoga 12:00 Lunch 12:45 Bingo</p>	<p>31 10:00 Move, Strengthen, Stretch 12:00 Bridge 1:30 Beginner Bridge 1:30-3 Free Swim for Seniors Y</p>

JUNE 2013

Monday	Tuesday	Wednesday	Thursday	Friday																																				
<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="font-size: 2em; font-weight: bold; letter-spacing: 0.5em;">KEY</div> <table style="border: none;"> <tr> <td style="padding-right: 10px;">OH</td> <td>Ogden House</td> <td>100 River Road</td> <td>203-762-8035</td> </tr> <tr> <td>Y</td> <td>Wilton Family Y</td> <td>404 Danbury Road</td> <td>203-762-8384</td> </tr> <tr> <td>WL</td> <td>Wilton Library</td> <td>137 Old Ridgefield Rd.</td> <td>203-762-3950</td> </tr> <tr> <td>G</td> <td>The Greens</td> <td>435 Danbury Road</td> <td>203-761-1191</td> </tr> <tr> <td>WM</td> <td>Wilton Meadows</td> <td>439 Danbury Road</td> <td>203-834-0199</td> </tr> <tr> <td>VM</td> <td>Village Market</td> <td>Old Ridgefield Road</td> <td>203-762-7283</td> </tr> <tr> <td>NHC</td> <td>Nursing & Home Care</td> <td>761 Main Ave.</td> <td>203-762-8958</td> </tr> <tr> <td>B</td> <td>Brookdale</td> <td>96 Danbury Road</td> <td>203-761-8999</td> </tr> <tr> <td>LR</td> <td>Laurel Ridge</td> <td>642 Danbury Rd.</td> <td>203-438-8226</td> </tr> </table> </div>					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.	203-438-8226
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3 9:20 Enhance Fitness 10:30 Line Dance Fusion 11:30 Coffee and... 12:00 Movie, The Scarlet Pimpernel	4 9:30 Getting Around the Internet 11:00 Yoga 1:00 Comstock Knitters and Crafters (note date change) 2:00 Chair Yoga OH	5 9:00 New York On your Own 9:30 RSVP 9:45 Tai Chi 10:00 Comstock Writers 12:00 Duplicate Bridge 2:00 Lunch OH Program: Music by the Treblemakers 1:30 Mah Jongg	6 9:00 Enhance Fitness 9:30 Live Well! 9:30 Picasa 10:00 Yoga 11-12 Blood Pressure Screening 12:00 Lunch 12:45 Bingo 2:00 Hypnosis with Sonia	7 9:00 Mental Health Training 10:00 Jewelry Workshop 10:00 Move, Strengthen, Stretch 12:00 Bridge 1:30-3 Free Sr Swim Y																																				
10 9:20 Enhance Fitness 10:30 Line Dance Fusion 11:30 Coffee and... 12:00 Movie, Tom Jones	11 8:30-10:30 Cholesterol Screening VNH (by appointment only) 11:00 Yoga 2:00 Chair Yoga OH 5:30 Caregiver VNH	12 9:45 Tai Chi 12:00 Chicago Bridge 12:00 Volunteer Luncheon OH 1:30 Mah Jongg	13 9:00 Enhance Fitness 9:30 Live Well! 10:00 Yoga 12:00 Lunch 12:45 Bingo	14 9:00 Mental Health Training 10:00 Move, Strengthen, Stretch 12:00 Bridge 1:30-3 Free Sr Swim Y																																				
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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.

The seminar takes place on Thursdays, May 9 and 23, June 6 and 20, at 2:00 p.m., at the Senior Center. There is a \$5 drop-in fee; advance registration recommended.

Free and Low-Cost Prescriptions

Many "big box" store pharmacies (such as Stop and Shop, Walmart, Target, Costco, Shop Rite) offer discounts and even free medication and supplies. Ask at your local store or go online. Some examples include:

- Generic drugs. Some discounts can be as low as \$4 for a 30-day supply or \$10 for a 90-day supply. (Not all generics are covered.)
- Free antibiotics.
- Free diabetes medication and supplies.

Discount Cards

Family Wize Community Partnership offers a free prescription discount card to use at participating pharmacies. You can get a card online (www.familywize.org), at any Stop and Shop or Kmart store, and at some pharmacies.

To find out more about other programs that help with prescriptions, call Infoline at 211.

Source: CABHN FEVER (Connecticut Alliance for Basic Human Needs), March 2013 newsletter.

BROOKDALE PLACE, 96 Danbury Road

Tuesday, May 7, at noon, and Thursday, May 9, at 6:00 p.m.

Holly Walters from Veterans Financial will speak on the Aid and Attendance Benefit available to veterans and their surviving spouses. Join us for a light meal.

Thursday, May 16, 3 p.m. to 4 p.m.

Magda Bennett from MB Floral will devote part one of her garden series to annual/perennial garden container planting. Learn how to plant elegant outdoor pots. You will proudly take home your work.

Thursday, June 13, 3 p.m. to 4 p.m.

Magda Bennett will devote part two of her garden series to flower arranging. Learn the secrets of making your own indoor arrangements look professional. Take home a sample.

RSVP to Christy Perone at 203-761-8999.

OGDEN HOUSE, 100 River Road

Liz Wendell teaches gentle chair yoga on Tuesdays from 2:00 p.m. to 3:00 p.m. in the Ogden House living room. The exercises focus on breathing and body movement while integrating mind and body through meditation. Come any Tuesday. Fee: \$3 per class. New students welcome. Call Betty at 203-762-8035.

Elderly and Disabled Tax Relief Deadline, May 15

by David Lisowski, Town Assessor

Elderly Wilton homeowners and totally disabled homeowners who have NOT yet applied for tax relief benefits on their July 2013 tax bills are reminded that Wednesday, May 15, is the last day applications will be accepted in the Assessor's Office. The application deadline will not be extended.

The Town of Wilton tax relief program requires an annual filing. The State of Connecticut tax relief program requires a biennial filing. Please call the Assessor's office at 203-563-0121 if you have any questions.

Stress Reduction for Caregivers

Tuesday, June 11, 5:30 p.m. to 7 p.m.
Visiting Nurse & Hospice of Fairfield County
761 Main Avenue, Suite 114, Norwalk

Caregivers of adults with memory loss frequently experience high levels of stress, isolation and depression due to role changes and other day-to-day challenges. Keeping stress in check is a critical goal in self-care.

This free workshop will discuss the importance of:

- Expressing feelings in a constructive way;
- Connecting with others; and
- Identifying and managing the physiological symptoms of stress.

The workshop facilitator will demonstrate helpful stress reduction techniques including meditation, deep breathing, and visualization. Refreshments will be available. Registration is necessary and space is limited. Please call 203-762-8958 to register or for more information.



Introducing...

Reverend Karen Judd is an ordained Interfaith Minister with Visiting Nurse & Hospice of Fairfield County where she provides psycho-spiritual and bereavement counseling to patients, families and caregivers. A graduate of One Spirit Interfaith Seminary, she received her B.A. in Education from Providence College and her graduate degree from Columbia School of Social Work. Rev. Karen also received Third Degree level training as a Reiki Master, trained at Hudson Valley Psycho-drama Institute, and studied Playback Theater at Vassar College.

Patricia Kapsinow is here to help!

Have you ever wondered if you or someone you know might be eligible for SNAP (Supplemental Nutrition Assistance Program, formerly known as Food Stamps), Medicaid, nursing home or long-term at home care, or cash assistance? If you have questions about any of these State of Connecticut programs, you can get answers and help navigating the application process by calling Patricia Kapsinow at Wilton Social Services. Ms. Kapsinow worked at the State of Connecticut Department of Social Services for 25 years and is now with Wilton Social Services. She's ready to help on Wednesday and Friday mornings from 8:30 a.m. to 11:00 a.m. at 203-834-6238.



**High Blood Pressure:
Know Your Numbers!**
Wednesday, May 8
12:45 p.m.-1:30 p.m.
Ogden House

Learn why it is important to know your blood pressure numbers and how to keep your blood pressure in check. Take the high blood pressure IQ test. Presented by Elaine Abrams, MPH, RN, Community Health Coordinator at Visiting Nurse & Hospice of Fairfield County. Call Lizabeth Doty at 203-834-6240 for more information.

BLOOD PRESSURE SCREENINGS

Complimentary and open to the public.
Sponsored by Visiting Nurse & Hospice

Wilton Senior Center, 11 a.m. to noon
Thursdays, May 2 and June 6

Village Market, 12:30 p.m. to 2 p.m.
Tuesdays, May 28 and June 25

Wilton Family Y, 9 a.m. to 10:30 a.m.
Wednesdays, May 15 and June 19

Cholesterol Screenings

Tuesday, June 11
8:30 a.m. to 10:30 a.m.
Visiting Nurse & Hospice of Fairfield County
761 Main Ave. (iPark), Norwalk

By appointment. Includes total cholesterol, HDL, LDL, triglycerides, glucose. Results in ten minutes. Allow a half hour for your appointment. Fasting recommended for 12 hours prior. Cost is \$25 cash or check. Call 203-762-8958 for an appointment.

Shingles Vaccine

The shingles vaccine is available by appointment for adults age 60 and over. 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.

High Blood Pressure: Know Your Numbers!

May is High Blood Pressure Education Month. High blood pressure, also known as hypertension, affects about one in three adults in the United States. More than 76 million Americans have high blood pressure, and as many as 16 million of them do not even know they have the condition. If left untreated, high blood pressure greatly increases your risk for heart attack and kidney failure.

"Blood pressure" is the force of blood pushing against the walls of the arteries as the heart pumps blood. It is measured in millimeters of mercury as systolic (sis-TOL-ik) and diastolic (di-ah-STOL-ik) pressures. "Systolic" refers to blood pressure when the heart beats while pumping blood. "Diastolic" refers to blood pressure when the heart is at rest between beats. You usually will see blood pressure numbers written with the systolic number above or before the diastolic number, such as 120/80 mmHg.

The table below shows normal blood pressure numbers for adults. It also shows which numbers put you at greater risk for health problems. Your systolic and diastolic numbers may not be in the same blood pressure category. **In this case, the more severe category is the one you're in.** For example, if your systolic number is 160 and your diastolic number is 80, you have stage 2 HBP. If your systolic number is 120 and your diastolic number is 95, you have stage 1 HBP.

Categories for Blood Pressure Levels in	Systolic (top number)		Diastolic (bottom number)
Normal	Less than 120	And	Less than 80
Prehypertension	120–139	Or	80–89
Stage 1 Hypertension	140–159	Or	90–99
Stage 2 Hypertension	160 or higher	Or	100 or higher

Blood pressure does not remain constant. It drops as you sleep and rises when you wake up. Blood pressure also rises when you're excited, nervous, or active. If your numbers stay above normal most of the time, you're at risk for health problems. The risk increases as blood pressure numbers rise. "Prehypertension" means you may end up with HBP, unless you take steps to prevent it.

Knowing your blood pressure numbers is important, even when you're feeling fine. If your blood pressure is normal, there are many steps you can take to maintain it that way. However, blood pressure tends to rise with age. As you get older, it is even more important to take necessary steps to keep it low.

If you're being treated for hypertension and have repeat readings in the normal range, your blood pressure is under control. However, you still have the condition. You should continue to see your doctor regularly and follow your treatment plan.

Pursuing a healthy lifestyle helps some people delay or prevent a rise in blood pressure. Key steps include:

Reduce salt (sodium) intake--Most adults should have less than one teaspoon, or 1,500 milligrams, of sodium a day. It is important to read food labels and avoid such high sodium foods as canned soups, deli meats, and frozen meals.

Keep active and maintain a healthy weight--The recommended physical activity level for healthy adults is at least 30 minutes of moderate activity most days of the week. Moderate activity includes a brisk walk, swimming, biking, and gardening. Discover your healthy weight range using the online BMI calculator (at www.CDC.org)

Know Your Numbers!—Every adult should know his or her blood pressure numbers. Have it checked at least once a year and more often if you have prehypertension or hypertension. Many grocery or drug stores have blood pressure machines that you may use at no charge. Keep in mind that these machines may not give you a correct reading. It is best to have your blood pressure checked by a licensed health care professional.

Learn to manage stress.

If you smoke, quit today!

Drink alcohol in moderation, if at all. Remember that moderate intake is an average of one or two drinks per day for men and one drink per day for women. One drink is four ounces of wine, for example.

For more information, visit the National Heart, Lung, and Blood Institute website at www.nhlbi.nih.gov and the American Heart Association website at www.heart.org

Source: Elaine Abrams, RN, MPH, Community Health Coordinator at Visiting Nurse and Hospice of Fairfield County

PARKS AND RECREATION TRIPS ON YOUR OWN

Sunday, May 19, Boston On Your Own

Let us drive you to Boston where you can sightsee and shop at Quincy Market, tour Faneuil Hall, and sightsee at the harbor. Enjoy a leisurely day on your own. Depart from Comstock at 7 a.m.

Wednesday, June 5, New York On Your Own

Spend the day in the city on your own where you can shop, visit museums, or just walk around and take in the sights. Drop off is at the Metropolitan Museum or at midtown Manhattan. Depart from Comstock at 9 a.m.

Tuesday, June 25, Philadelphia On Your Own

Enjoy the history this old city offers: the Liberty Bell, Independence Hall, the Betsy Ross House and more. Visit the Philadelphia Museum of Art, the Rodin museum, Franklin Institute or the Natural History Museum...all within walking distance of each other. Depart from Comstock at 7 a.m.

Transportation for each trip:
Wilton resident, \$25; Non-resident, \$35.

See the Parks and Rec brochure at www.wiltonparksandrec.org

GUIDE TO SENIOR SERVICES

Catherine Pierce203-834-6238
Director, Social Services, and Municipal Agent for the Elderly

Lauren Hughes203-834-6238
Coordinator, Senior Services

Lizabeth Doty203-834-6240
Coordinator, Senior Activities

Andrea Ragusa203-762-8445
Comstock Computer Learning Center

Sharon Powers203-834-6238
Office Assistant

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

Meals-on-Wheels203-762-0566

Dial-A-Ride203-834-6235

Town-to-Town.....203-299-5180

FISH (medical transportation).....203-834-3737

AARP203-762-0033

RUOK (Are You OK?)203-834-6238 or 834-6260

Visiting Nurse & Hospice.....203-762-8958

Parks and Rec Department203-834-6234

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

Wilton Library203-762-3950

Stay at Home in Wilton203-423-3225

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

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