

MAY 2022

NEW
MILFORD
SENIOR
CENTER

discover



OLDER
AMERICANS
MONTH



AGE MY WAY: MAY 2022

ABC FUEL OIL

NEW CUSTOMERS WELCOME!
203-775-0221

- Emergency Service
- Discount Fuel Oil Dealer
- Energy Assistance Program
- No Contracts Necessary



Family Owned And Operated
Since January 2000 HOD #009

Office: 860.350.3801 Cell: 203.241.9300



The Aiello Roofing Company

Christopher Aiello
OWNER

www.theaielloroofingcompany.com
aielloroofingco@gmail.com / HIC 0641306

Butter Brook Hill Apartments

105 Butterbrook Hill. New Milford, CT 06776

Apartments for seniors 62 years of age or older, or eligible disabled persons
Funded by the U.S. Dept. of HUD's 236 Program

Rental assistance available for 40 units. Income limits and other eligibility criteria apply.

For Information call: (860) 355-0814 TRS (800) 842-9710



EOH



GROW YOUR BUSINESS

BY PLACING AN AD HERE!

CONTACT US!

Contact Bill Humphreys to place an ad today!
bhumphreys@lpicommunities.com
or (800) 477-4574 x6634



New Milford Visiting Nurse & Hospice and VNA Home are now part of the RVNAhealth family

Stronger Together to Serve You Better

RVNAhealth provides exceptional lifelong care and wellness services that bring the WELL to your health, care, and daily living. We provide the WELL you need when, where and how you need it.

- BEWELL Wellness, Prevention and Nutrition
- GETWELL Visiting Nursing and Rehabilitation Therapies
- STAYWELL Personal Caregiving (Live-in & hourly)
- COMFORTWELL Hospice Care

27 Governor Street, Ridgefield
68 Park Lane Road, New Milford

203.438.5555
RVNAhealth.org

rVnaHEALTH™
For Lifelong Care & Wellness

LEARN MORE



CARLSON PROCARE

CHRONIC PAIN • POST-OP MANAGEMENT
SPORTS MEDICINE • MANUAL THERAPY



860-354-7605 • 116 Danbury Road • New Milford
www.carlsonprocure.com

Life-changing hearing care starts here.

Call today to schedule your **complimentary hearing assessment*** and **personal demonstration!**



HEARING AID Specialists of CT

A **HearingLife** Company
337 Danbury Road
New Milford, CT 06776
860.946.4339



Carol Wintrose Maksimov
B.S., BC-HIS, ACA
hearct.com

*See office for details.

MENTION CODE **AG60-1** WHEN CALLING



NEW MILFORD SENIOR CENTER

40 Main Street ♦ New Milford, CT 06776
Telephone (860) 355-6075 Fax (860) 354-2843
Hours: Monday-Friday, 8:00 AM-4:00 PM
Website: www.newmilford.org

Click on "Departments" and select "Senior Center"



[www.facebook.com/
NewMilfordCTSeniorCenter](http://www.facebook.com/NewMilfordCTSeniorCenter)



www.agewellct.org/newmilford



SUBCOMMITTEES

TRIAD for Senior Safety

Andrea Wilson, *Chairperson*
Jasmin Marie J. Ducusin-Jara, *Co-Chairperson*

WHEELS Program of Greater NM

Thea Gruber, *Program Coordinator*
Laura Weimar, *Scheduler*

Chore Council Members

Dennis Carter, Jo-Ann Durdock, Lorrie Seely,
Suzanne Serbia, Patti Tompkins, Frank Wargo

HEALTH & WELLNESS PARTNERS

Carolyn DeRocco, *Vice President of
Programs and Education of the Alzheimer's
Association Connecticut Chapter*
New Milford Health Department
RVNA-New Milford and Nuvance Health
Community Culinary School of NW CT

COMMISSION ON AGING

Monthly Meetings take place every Second Thursday at 3:30 PM

Gretchen O'Shea, *Chairperson*
Robert Bennett, Mary-Ellen Foster,
Michelle Liquori, Holly Mullins, Daniel
Sullivan, Cecilia Buck-Taylor, Bonnie
Weed



SENIOR COMMUNITY CAFE

Community Culinary School of Northwestern CT

Lunch is served Mondays - Thursdays at 12:00 PM | Suggested donation: \$4.00
Sign up in person on our Touch Screen or by phone at least 3 days in advance!
Jason Streck-Weller, *Chef On Site* Flora Quammie, *Lunch Volunteer*

SENIOR CENTER STAFF

Jasmin Marie J. Ducusin-Jara
Director of Senior Services

Janette Ireland
Program Coordinator/Asst. Director

Amanda Caldwell
Municipal Agent/Senior Services Advisor

Marisa Levine
Municipal Agent/Senior Services Advisor

Kim Fitch
Office Coordinator

Tom Williams
Senior Bus Operator

Erin Baldwick
Senior Bus Operator

Rufus de Rham
Chore Services Coordinator

Sue Desgro
Per Diem Substitute Bus Driver

TO OUR READERS: Our newsletter company, Liturgical Publications, accepts advertising from a number of area businesses and service providers. Please note that although we publish these advertisements, the New Milford Senior Center does not receive any financial benefit from the identification of any product or service provider contained or referred to in any ad, and does not constitute an endorsement, referral, guarantee, or recommendation of or by the Town of New Milford or the New Milford Senior Center.

FOR YOUR INFORMATION

CONGREGATE MEALS

IN-HOUSE DINING AND MEAL PICKUP AVAILABLE



The Senior Community Café is open for Lunch with the option of in-house dining and meal pickup! Meals are prepared by Chef Jay and Chef Blythe of the Community Culinary School of Northwestern CT. To make a reservation, please stop in or call at least 3 days in advance. Suggested donation for the meals is \$4.00 and can be made in-house using the donation box or by mailing in a check made out to *Community Culinary School* to 40 Main Street New Milford, CT 06776. All meals in-house will follow the most current health and safety protocols plus the option of dining al fresco as well! Lunch menus are on Page 14 of this newsletter and hard copies are available for pickup at the Senior Center.

SENIOR SHOPPING DAYS IN DOWNTOWN NEW MILFORD



Shop small and shop local, right in our very own Downtown New Milford. In collaboration with the Mayor's Office and the Downtown Merchants on the Green, we are happy to announce that Senior Shopping Days will begin on the first Tuesdays of every month with special senior discounts for your shopping pleasure. Just show your New Milford Senior Center MySeniorCenter card to participating vendors and shop away!

HOME DELIVERED MEALS—MEALS ON WHEELS

For seniors 60 years of age or older and of homebound status meaning not able to access public places without assistance and not be able to drive can qualify for home delivered meals with Meals on Wheels. Prepared meals are delivered to a person's home for individuals who are unable to prepare or obtain nourishing meals on their own. Western CT's Area Agency on Aging's home-delivered meal programs provide two meals a day and can be obtained anywhere from one to seven days per week depending on need. To apply or make a referral, please call the WCAAA at 800-994-9422 or 203-757-5449.

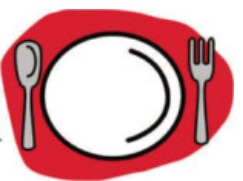
DURABLE MEDICAL EQUIPMENT LENDING CLOSET



Did you know that the New Milford Senior Center houses a "lending closet" of durable medical equipment for donated items in clean + excellent condition or for those in need? Connect with the Senior Center for further details, availabilities, or acceptable items for donation.

THE LUNCH BUNCH

The Lunch Bunch is back and meets one Saturday a month to enjoy a new or favorite area restaurant. Join in for delicious local fare and friendships! Connect with the Senior Center for contact information.



4 | FOR YOUR INFORMATION

LUNCH WITH NEW MILFORD'S FINEST

Monday, May 16th, 12:00 PM

Join us as we welcome our friends from the New Milford Police Department for lunch at the Senior Center! Our very own men and women in blue will be available for questions and just friendly community chatter so meet us at the table! To sign up for lunch, please connect with the Senior Center by Thursday, May 12th. We thank our NMPD for their service and dedication to our community!



AARP SMART DRIVER™ COURSE

Friday, May 27th, 9:00 AM - 1:00 PM (Space is Limited)

The AARP Smart Driver™ Course has given millions of drivers the skills and tools they need to drive safely on today's roads. Highlights of the course include the safest way to change lanes, the effects of medications on driving, reducing driver distractions, and even get an insurance discount! (Check with your auto insurance company) The cost of the course is \$20 for AARP members and \$25 for non-AARP members. Checks can be made out to "AARP" and your payment, which can be dropped off at the Center or mailed to 40 Main St New Milford, CT 06776 will reserve your spot.



SENIOR CENTER COMMUNICATIONS

As we look to optimize our communications, please help us as we work to update our system! If you would like to be able to receive email correspondence from the New Milford Senior Center, please send us an email at senior@newmilford.org to say hello and add you to our system. We look forward to hearing from you!

THE COMMUNITY FUEL BANK OF NEW MILFORD

Even as the work our way to warmer weather, please consider making a donation to the Community Fuel Bank of New Milford as there is always a need throughout the year. The Community Fuel Bank is a special fund shared by the New Milford Senior Center and New Milford Social Services to aid in keeping New Milford families in need warm during the winter months. Donations are graciously accepted either online on the "Senior Center" page at newmilford.org or by mail: Community Fuel Bank 40 Main Street New Milford, CT 06776 with checks made payable to *Community Fuel Bank of New Milford*.



HELPING HANDS OF NEW MILFORD SENIOR CENTER VOLUNTEER MEETING

Thursday, May 12th, 10:00 AM

Looking for volunteer opportunities or do you simply just want to help make the New Milford Senior Center a better place? Join us as we look to gather new and returning Senior Center volunteers to learn of upcoming events, brainstorm new ideas, or seeing where your time and talents can be shared and appreciated! All of us at the New Milford Senior Center are so grateful for all our volunteers and these monthly meetings will also serve as a way to say THANK YOU to you all who wholeheartedly serves our senior community especially during Volunteer Appreciation Week in April. Please see the following page for more details on our Volunteer Appreciation Event held in honor of YOU!



THE NEW MILFORD SENIOR CENTER WILL BE CLOSED ON MONDAY, MAY 30TH IN HONOR OF MEMORIAL DAY

Skilled Nursing and Rehabilitation
A Holistic Approach to Care and Living

- Outpatient rehabilitation day and evening appointments
- Low rehospitalization rates and close to NYC
- Hospice and palliative care
- Wound care specialists on site
- Physical, occupational and speech therapist
- Medicare and Medicaid accepted

17 Cobble Road, Salisbury, CT
(860) 435-9851
www.noblehorizons.org

50 YEARS Noble HORIZONS THE ART OF aging A nonprofit organization

Senior Living Rehabilitation Skilled Nursing Memory Care

ADVERTISE HERE to reach the senior market

Call (800) 477-4574

SUPPORT OUR ADVERTISERS!



CULTURAL CONNECTIONS— CELEBRATING DIVERSITY AROUND THE WORLD: KOREAN SPIRIT AND CULTURE PROMOTION PROJECT

In partnership with Connecticut Community Foundation, the New Milford Senior Center is honored to announce that we have been awarded a grant to be able to showcase a four part series entitled, "Cultural Connections—Celebrating Diversity Around the World." Through this series, we will be taking you on a trip around the world showcasing different cultures and bringing attention to the diversity in the community as part of our "Never Stop Learning" initiative. The next part of this series will bring us the "Land of Morning Calm": South Korea. We are happy to welcome the Korean Spirit and Cultural Promotion Project for a two-part presentation featuring a Lotus Lantern Craft Workshop and a Taste of Korea. The New Milford Senior Center thanks Connecticut Community Foundation for this opportunity to share these beautiful cultures with you all!

LOTUS LANTERN CRAFT WORKSHOP - Thursday, May 5th, 10:00 AM

Learn to make beautiful Lotus Lanterns made of colorful paper and wire frames with the help of the members of the Korean Spirit and Culture Promotion Project and enjoy an educational documentary and literature on Korean history and culture.

To sign up, please connect with the Senior Center as space is limited.



A TASTE OF KOREA - Friday, May 20th, 12:00 PM

Join us for a taste of authentic Korean Cuisine! Members of the Korean Spirit and Culture Promotion Project will be back again later in the month to offer a sampling of Korean favorites such as *Kimchi* (side dish of salted and fermented vegetables), *Bulgogi* (Soy Sauce and Honey Marinated Beef), *Bibimbabap* (rice with mixed vegetables), and *Dubu Jorim* (braised soybean curd). Enjoy and experience the flavor of this beautiful culture! To sign up, please connect with the Senior Center as space is limited.



MOTHER'S DAY LADIES' TEA PARTY

Monday, May 9th, 10:00 AM

Pinkies up, Ladies! In honor of Mother's Day, we welcome all our ladies to enjoy a spot of tea (or two) to honor all of our wonderful women for Mother's Day!

We will be welcoming Jen Clark, owner of B.D. Provisions, who will be offering our ladies a tea tasting of a variety of delicious loose leaf teas. Bring your favorite tea cup and saucer! To sign up, please connect with the Senior Center and we wish all our ladies a very Happy Mother's Day. Whether you are a mother, grandmother, aunt, mother figure or mother at heart, we honor you today and everyday!

NEW LEGENDS HISTORY STICKER BOOK WORKSHOP

Tuesday, May 17th, 1:00 PM

Do you like trivia? Take part in this fun and engaging activity where you learn, reminisce, and "build" your own history sticker book about the Legends of the 20th Century! The cost of this program is \$12 which will confirm your reservation. To sign up, please connect with the Senior Center.

NEW INTRODUCTION TO MEMOIR WRITING: DO YOU HAVE A STORY TO TELL? WE ALL DO...

Introductory Meeting: Tuesday, May 10th, 10:00 AM

Why write memoirs? Your life has only happened to you—your story is unique! This is a potential family legacy. Memoirs could be a steppingstone to getting published. It can dig up your forgotten treasures and is an easy way to jumpstart the daunting writing process. Join as we welcome local American author, Tom Ciccarone who will guide you to getting your work organized, submitted and published, or simply into a volume that you will treasure and love to hand down to your loved ones as you find your voice in a style that suits you! To sign up, please connect with the Senior Center.



MOVERS AND SHAKERS: HIKE AT SAGA MEADOWS

Thursday, May 26th, 1:30 PM

Saga Meadows Park - Boardman Rd New Milford, CT



Let's get back out on the trail! Our first hike of the season will be at Saga Meadows Park right here in New Milford! It's a 2.60 mile, loop trail that's generally considered an easy route taking an average of 1 hour and 7 minutes to complete. You can either meet us there or meet at the Senior Center at 1:15 to caravan or carpool over. Be sure to wear sturdy shoes and bring along some water. To sign up, please connect with the Senior Center.

AMANDA CALDWELL & MARISA LEVINE

MUNICIPAL AGENTS FOR THE ELDERLY/SENIOR SERVICE ADVISORS

Our Municipal Agents/Senior Service Advisors are available for appointments at the Senior Center, home visits and may be also contacted by phone and email.

SERVICES AVAILABLE TO NEW MILFORD RESIDENTS AND THEIR FAMILIES ONLY

- Information and Referrals • Housing Options • Prescription Drug Plans • Energy Assistance • Renter & Tax Rebates •
- Medicaid • Medicare and Supplemental Plans • Medicare Advantage Plans • Long Term Care Planning and Insurance •
- Social Security Counseling • Meals On Wheels • Home Care Options • Life Line • Financial Counseling • Transportation •
- Title 5 Senior Employment Options • Chores • Elderly Nutrition/SNAP/Farmers Market Coupons •
- Volunteer Opportunities • Support Groups •

MUNICIPAL AGENTS/SENIOR SERVICES ADVISORS

OFFICE AND CHORE SERVICES PHONE NUMBER: 860-457-4191



The mission of New Milford Chore Services is to assist senior residents of New Milford with light chores work so that they are able to remain living independently and with dignity, at home. *We assess work on a case by case basis, but here are some examples of how we might be able to help:* Trim hedges,

rake leaves, weed the garden, wash windows, spring cleaning, decluttering, rearrange furniture, switch out screen/storm windows, change lightbulbs, or even tighten screws. The New Milford Chore Services program is funded through federal and state grants and donations based on a sliding scale of client fees. If you think we might be able to help, give Chore Services a call at **860-457-4191**.

HOMEOWNER'S PROPERTY TAX CREDIT

Application Period: February 1st – May 15th

Eligibility Requirements: Must be age 65 or older or Social Security disabled and own a home throughout 2021 in New Milford. Income limit is \$46,400.

Documents Required: Applicants will need to provide proof of income from all sources in 2021. If applicants file a tax return this must be included along with SSA-1099s. If applicants don't file tax returns then all 1099s are required. Please connect with the Senior Center to make an appointment. Please note that there are other tax credit programs and abatements for veterans, disabled and legally blind residents and you may connect with the Assessor's Office for more details on those programs at (860)-355-6070.

RENTER'S REBATE

Application Period: April 1st - October 1st

Eligibility Requirements: Must be age 65 or older or Social Security disabled and rented in New Milford in the previous year (2021).

Documents required: Proof of last year's income: Previous year's tax return and Social Security 1099, or if did not file, all 1099 forms including SSA 1099 and proof of rent and utilities paid in previous year via note from Landlord or payment records.

Please connect with the Senior Center for an appointment if you feel as though you qualify.

ENERGY ASSISTANCE



The Senior Center will begin taking applications for the CT Energy Assistance Program on September 1st. Qualifying income guidelines are as follows: \$37,645 for individuals and \$49,228 for couples. Assets under \$12,000 for renters and \$15,000 for homeowners are excluded. Anything over that is added to your income. The total must be below the above numbers to be eligible. Make sure you have all documents before coming in to apply. We will need your current income, such as: Social Security benefit, wages from work (previous 4 weeks worth of pay-stubs), interest and/or dividends, etc. If you are self-employed, please call before you make an appointment to find out what you will need to bring. We will also need proof of assets which will be ALL bank accounts, stocks, bonds and any other liquid assets and whether you heat with electricity or not, we need a current electric bill. When all of your documents are ready, please call the front desk to make an appointment.

VETERAN'S ADDITIONAL EXEMPTION

Application Period: February 1st – October 1st

Eligibility Requirements: Must have filed DD-214 at the Town Hall and must meet the established income guidelines.

Documents required: Same as the Homeowner's tax credit.

Please connect with the Senior Center for an appointment if you feel as though you qualify.



Get alerted about emergencies and other important community news by signing up for the Town of New Milford's Emergency Alert Program. This system enables the town to provide you with critical information quickly in a variety of situations such as severe weather, unexpected road closures, missing persons and evacuations of buildings or neighborhood. Not only will you receive notifications regarding emergencies, but you also have the option to sign up for information relevant to you such as age related programs and town events. You will receive time-sensitive messages where you specify, such as your home, mobile or business phones, email address, text messages, and more. You pick where, you pick how. If you choose to download the Everbridge App, you will be able to receive messages anytime you enter an area where an event may be occurring, such as a road closure. To sign up, go to the Town of New Milford home page at www.newmilford.org and scroll down to the bottom of the home page and click the "Notify New Milford" icon. For questions, please call the Mayor's Office at 860-355-6010 or email mayor@newmilford.org.

2022 MEDICARE COSTS AT A GLANCE

Part A Premium	Most people don't pay a monthly premium for Part A (sometimes called "premium-free Part A"). If you buy Part A, you'll pay up to \$499 each month in 2022. If you paid Medicare taxes for less than 30 quarters, the standard Part A premium is \$499. If you paid Medicare taxes for 30-39 quarters, the standard Part A premium is \$274.
Part A Hospital Inpatient Deductible and Coinsurance	You pay: \$1,556 deductible for each benefit period Days 1-60: \$0 coinsurance for each benefit period Days 61-90: \$389 coinsurance per day of each benefit period Days 91 and beyond: \$778 coinsurance per each "lifetime reserve day" after day 90 for each benefit period (up to 60 days over your lifetime) Beyond lifetime reserve days: all costs
Part B Premium	The standard Part B premium amount is \$170.10 <u>per month</u> (or higher depending on your income)
Part B Deductible and Coinsurance	\$233. After your deductible is met, you typically pay 20% of the Medicare-approved amount for most doctor services (including most doctor services while you're a hospital inpatient), outpatient therapy, and durable medical equipment (dme),



AMANDA'S KITCHEN

Enjoy this fun recipe from our very own Senior Service Advisor, Amanda Caldwell



ROASTED BROCCOLI PASTA SALAD WITH PESTO

Cuisine: Plant-Based/Gluten Free (Optional)
 Freezer Friendly: No Does it keep? 3-4 Days

BROCCOLI

2 small heads organic broccoli, chopped
 1-2 tbsp olive oil
 1/4 tsp each sea salt and black pepper

PESTO

Purchase your favorite store-bought pesto sauce

PASTA

2 tsp salt (for salting water)
 1 1/2 cups (dry) gluten-free or regular pasta

FOR SERVING *Optional*

2/3 cup sun-dried tomatoes
 1/2 cup parmesan cheese (with or without dairy)
 1 sprinkle red pepper flake

1. Heat oven to 400 degrees. Line a baking sheet with parchment paper. Add broccoli and toss with oil, salt, and pepper. Once the oven is preheated, add broccoli and cook for 15 minutes or until lightly golden browned.
2. In the meantime, bring a small pot of water to a boil and add salt (to season the water and the pasta). Once boiling, add the pasta, stir, and cook according to package instructions or until al dente. Drain and set aside.
3. Once broccoli is roasted, cool slightly then add to a large serving / mixing bowl. Then add cooked drained pasta, sun-dried tomatoes (optional), and little spoonfuls of parmesan cheese (optional), and red pepper flake (optional). Top with pesto and toss gently to combine (being careful to not break the pasta).
4. Enjoy immediately or refrigerate up to 3-4 days (not freezer friendly). Enjoy chilled or at room temperature.

WELCOMING A NEW FACE TO THE NEW MILFORD SENIOR CENTER

It is with great pleasure and honor that we welcome aboard the newest member to the New Milford Senior Center Staff:

MARISA CROSBY LEVINE

Our *NEW* Municipal Agent/Senior Service Advisor

Marisa will be starting with us in mid-May and is excited to meet you all and serve our Senior Community. Please join us in a warm welcome to the New Milford Senior Center!

UNTIL FURTHER NOTICE, PLEASE BE ADVISED THAT OUR SENIOR TRANSPORTATION SERVICES WILL CONTINUE TO ADHERE TO THE GUIDANCE OF MASKS OPTIONAL BUT STILL STRONGLY ENCOURAGED. WE THANK YOU FOR YOUR COOPERATION.



RESERVATIONS AND RIDERSHIP

Transportation is available for seniors and individuals who are ADA-certified to head to the Senior Center, work, shopping, and anywhere within New Milford. To reserve a ride, please call the Center at **860-355-6075** a minimum of three days before you need transportation and you will receive a phone call the afternoon before your bus ride (Friday afternoon for Monday rides), for confirmation and your pickup time. We require at least 24 hours notice for a change

in destination as all “stops” are scheduled accordingly. We ask that bus riders be ready at least 15 minutes before your scheduled pickup time! When you are finished with your appointment and/or have been waiting for more than 15 minutes for your ride, please call the Center. All walkers and canes must be secured and wheelchairs will be secured in appropriate locked positions while onboard the bus. For the safety of yourself and others, please limit yourself to bringing no more than 3-reasonably sized bags of groceries or other goods/belongings that can be easily stored at your feet or on your lap. Bus riders must be able to independently handle/carry your belongings and purchases on and off the bus as the bus drivers are not permitted to handle your personal items and must remain within 3 feet of the bus at all times. For the comfort and security of our riders, we ask that you please refrain from any cell phone conversations while riding the Senior Center bus.

SUGGESTED DONATION IS \$1.00 PER ONE-WAY RIDE

Senior Center Bus riders must present their MySeniorCenter Card upon entering the bus and bus riders must have independently mobility. If you need assistance, aides and companions (>18 years old) are welcome to ride with you free of charge, but you must indicate that there will be an additional passenger with you at time of scheduling.

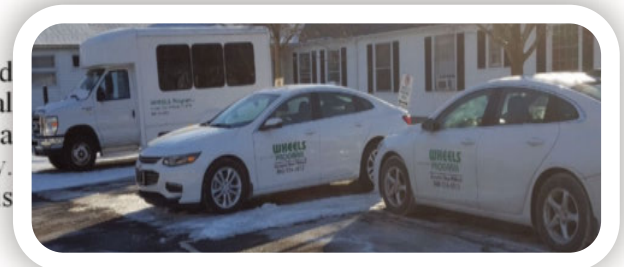
MASKS STILL ENCOURAGED

The health and safety of our riders and drivers are of utmost importance. Riders are still recommended to wear a face mask/covering that covers both the nose and mouth upon entering, exiting, and for the duration of the bus ride. Please be mindful of social distancing and proper hygiene practices when touching shared surfaces.

For information regarding Title VI, please refer to www.newmilford.org:
Departments → Senior Center

WHEELS PROGRAM OF GREATER NEW MILFORD

WHEELS is a volunteer organization that provides seniors and individuals who are ADA-certified to non-emergency medical appointments in and around the greater New Milford area. Two cars and a wheelchair accessible van are available to transport based on availability. The WHEELS Office, located on the lower level of the Senior Center, is open Monday - Thursday, 9:00 AM - 12:00 PM and can be reached at **860-354-6012** or through their website: www.wheelsofnewmilford.org

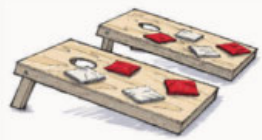


THE WHEELS PROGRAM IS IN NEED OF VOLUNTEERS!
FOR MORE INFORMATION, PLEASE CALL 860-354-6012 AND ASK FOR THEA

SUPPORT OUR ADVERTISERS!



FYI: AT-HOME COVID-19 TEST KITS ARE AVAILABLE AT THE SENIOR CENTER WHILE SUPPLIES LAST!



***NEW* CORNHOLE LEAGUE**

Tuesdays, May 3rd, 10:00 AM

Join us for a game or two of cornhole, a sport that has swept the nation. We'll hold these games each Tuesday and have the

option to play indoors or outdoors, weather-permitting. To sign up, please connect with the Senior Center and let the games begin!

***NEW* RIVER WALK WEDNESDAYS**

Wednesdays, starting May 4th, 9:30 AM

Join us for a nice walk along the Housatonic! The path is paved and flat which makes it perfect for all abilities. Let's get our stems in and enjoy the lovely outdoors as we work our way through spring! To join the walking group, please connect with the Senior Center for meet details or to set up transportation with our busses.



***NEW* HEARING SCREENINGS**

Tuesday, May 10th

9:00 AM - 12:00 PM by appointment

Free Hearing Screenings will be available right here in our Health & Wellness Room with hearing instrument specialist, Irene Sahinovic, representing Hearing Aid Specialists of CT.



Please connect with the Senior Center to set up an appointment.

REIKI HEALING

Tuesdays, May 10th and 24th, 1:00 - 3:00 PM

Reiki is used to reduce stress, promote relaxation, and restore physical, mental, and emotional health through simple hands-on healing techniques with Reiki Master, Mary-Ellen Foster every second and fourth Tuesday of the month. A 10 minute Reiki Healing session is a suggested donation of \$7.00 and clients are received on a first come, first served basis.



ALZHEIMER'S ASSOCIATION

The Alzheimer's Association is available for you to get connected with resources, advocacy, and advice. For more information, please contact the Alzheimer's Association at **1-800-272-3900**. A representative of the Alzheimer's Association can be available for questions/information by appointment.

Want to be a part of bringing individuals living in the early stages of Alzheimer's or other dementias together to promote social interactions and companionship? The Alzheimer's Association is looking for volunteers to facilitate Early Stage Social Engagement programs in local communities. Training and support will be offered to those volunteers who qualify.



For more information on getting involved, please contact Tina Hogan at 860-412-8029 or thogan@alz.org.



***NEW* SOUND HEALING WORKSHOP**

Thursday, May 12th, 1:00 PM

Do you want to explore sound as a way to improve health? Learn how sound can reduce stress and help you relax! Join us as we welcome Barbara (Bobbi) Soares of Hummingbird Sound Yoga and experience Hummingbird's medicine that teaches you to listen and be deeply in the present moment. Space is limited and no experience is necessary. Sign up to "be sound" by connecting with the Senior Center.

LUNCH AND LEARN ABOUT STROKES

Friday, May 13th, 1:00 PM

Join us as we welcome Dr. Jennifer L. Kolwicz sponsored by Candlewood Valley Health and Rehab for an informative Lunch and Learn about Strokes. This presentation will cover the different types of strokes, what is impacted by a stroke in each area of the brain, what therapy can do to improve functions after a stroke, and different methods used to assist with stroke recovery. To sign up, please connect with the Senior Center.



**HOUSATONIC VALLEY HEALTH DISTRICT PRESENTS:
COPING DURING TIMES OF COVID-19**

Thursday, May 19th, 1:00 PM

Feeling stressed and isolated from the pandemic? Join the Housatonic Valley Health District's Emily Gomes, RN, BSN to learn more about promoting positive mental health and combating feelings of anxiety, stress and loss due to COVID-19 Pandemic. To sign up, please connect with the Senior Center.



BLOOD PRESSURE SCREENINGS

Wednesdays, 10:30 - 11:30 AM

Join us for a weekly, first come, first serve blood pressure screening with New Milford's very own Community Health Nurses. This free service provides you with an opportunity to check and track your blood pressure as well as meet with a nurse for basic health questions and guidance.



GET THE LATEST UPDATES ON COVID-19 INCLUDING INFORMATION REGARDING BOOSTER SHOTS AND OTHER HELPFUL LOCAL RESOURCES SUCH AS TESTING BY VISITING WWW.VACCINATENEWMILFORD.ORG

VillageCrest
Center for Health & Rehabilitation

19 Poplar Street
New Milford, CT 06776



Contact us to schedule your in-person or virtual tour.

860.354.9365

village-info@NHCA.com

www.villagecrestrehab.com

HANDIWORK CIRCLE

Mondays, 10:00 AM

Meeting every week throughout the year to knit and crochet, all are welcome to work on their own personal pieces or ones that will be donated within our community. If you've never knitted or crocheted before, there are plenty of hands willing to assist and yarn donations in excellent condition are always welcome!

WEEKLY BINGO

Mondays, 1:00 PM

Join us for an afternoon of Bingo! Whether across, down, or diagonally it's a- BINGO! For your own comfort, you are welcome to bring in your own supplies as well! Good luck!



**ASK THE ATTORNEY—
ROUNDTABLE DISCUSSION**

Tuesday, May 17th, 9:30 AM

Do you have an elder law concern? This free informational service is offered by local elder law attorneys in a roundtable discussion format to discuss any elder law issue that might be of interest such as estate planning, living wills, transfer of assets, Medicare, and Medicaid. These are *informational discussions* only; no legal advice is offered. Pre-registration is required, please connect with the Center to sign up.



**¡APRENDA ESPAÑOL
CON NOSOTROS!**

Tuesdays, 11:00 AM

¡Hola, mis amigos! Hello my friends! Have you ever wanted to learn to speak Spanish? Well, now is your opportunity to learn! Join Señora Nora Tigner who will be providing an introductory Spanish class, right here at the Center! Together we will learn the basics of the language and explore the culture. To sign up, please connect with the Center.



SCRABBLE Tuesdays, 12:30 PM

Scrabble is a board-and-tile game in which two to four players compete in forming words with lettered tiles interlocked like words in a crossword puzzle.



QUILT CIRCLE Tuesdays, 1:00 PM

Calling all quilters! Work on your individual pieces or join in on a group project. We have fabric, thread, quilting tools and sewing machines and quilting material donations in excellent condition are always welcome and appreciated.



MAHJONG

Tuesdays, 1:00 PM (Beginners)

Wednesdays, 1:00 PM (Experienced)

Mahjong is a game of both skill and luck that originated in China many centuries ago. Tiles are shuffled, die are cast, and rituals involving the allocation of tiles and then the exchange of tiles begin. All levels welcome!



LIBRARY BOOK EXCHANGE

Wednesday, May 4th, 11:00 AM

At the beginning of the month, a volunteer from the New Milford Library comes to the Center with a new selection of books for you to "check-out". When you are done with your book, either bring it back the following month when the library volunteer is here or drop them off with a staff member at any time.



BRIDGE CLUB

Wednesdays, 12:30 PM

Bridge is a team trick taking game played with a standard 52 playing card deck. Join in on the fun—newcomers are always welcome!



MIDWEEK MATINEE

Wednesdays, 1:00 PM

Join us as we turn the Grand Room into a movie theater! Upcoming movies are on display by the Sign-in Computer or call to find out what'll be playing on the big screen!



CELEBRATING MAY BIRTHDAYS

Tuesday, May 17th, 12:00 PM

Happy May Birthdays! Are you celebrating a birthday in the month of May? Well come to the Center to celebrate with us! This month's birthday celebrants will not only have "Happy Birthday" sung to them, but will also be honored with flowers, balloons, and of course, good company wishing them the happiest of birthdays and many more to come! Connect with the Senior Center to reserve lunch and Happy Birthday to you!



WE GOT GAME CLUB

Fridays, 10:00 AM

Let's get together and play some games — Card games, dominoes, board games, and more! Have a game you want to play? Bring it along. Connect with the Senior Center to sign up and join in on the fun!



Need to use a Computer?

Check out our fully equipped Computer Lab located on the 2nd Floor available for senior use! See staff for assistance.



ONE-ON-ONE TECH HELP

Appointments Available By Request
30 minute, one-on-one appointments are available with guidance from tech savvy volunteers to answer questions about your technical devices. Connect with the Center to make an appointment.



BOOK DISCUSSIONS

**Friday, May 13th,
Thursday, May 19th, and
Tuesday, May 24th, 1:00 PM**

We're happy to welcome back our book discussion groups where readers can come together and share their reading experience with three different groups meeting every second Friday, third Thursday, and fourth Tuesday of the month! In partnership with the New Milford Public Library, we have multiple book discussions available throughout the month here at the Center. Books are provided by the library for your convenience. Our discussions are informal but lively, so let's see where the story takes you! Call the Center or the New Milford Library at **860-355-1191** for more information.

WII BOWLING

Fridays, 11:00 AM

Join in the excitement of Wii Bowling, a virtual bowling game that simulates all the movements of bowling minus the heavy ball!



**SENIOR SONGBIRDS
SINGING GROUP**

Please Call for Details

The Senior Songbirds are back and ready to gather around the piano once again. Local pianist, Dan Ringuette, will be join us to tickle the ivories and accompany our singers. Warm up those voices, it's time to SING!



**PLAY POOL
Monday - Friday,
Open Hours**

Let's shoot some pool! The pool table is located on the lower level of the Senior Center and available by request. Bring some competition or practice on your own, just give us a call at least one hour prior to your arrival to ensure that the table is available and ready for you to start playing! Pool sticks, balls, and chalk are available or you are welcome to bring in your own equipment Let's see those pool sharks!





STRENGTH & BALANCE

Mondays & Thursdays, 11:00 - 11:45 AM

Join Kerry Swift, our Strength and Balance exercise instructor who teaches a low-impact exercise program that includes strength training with light hand weights, stretchy bands, chair exercises and lots of laughter! The cost of a 4-week session is \$15 to take only the Monday Class or Thursday Class or \$30 to take the class on both Mondays and Thursdays, and payment will confirm your registration. Take a seat and let's get movin'!

ZUMBA GOLD Mondays, 5:00 - 6:00 PM

Join Jasmin Ducusin-Jara, certified Zumba Gold instructor for a class that's perfect for active older adults who are looking for a Zumba® class at a lower-intensity. The class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination as well as all the elements of fitness: cardiovascular, muscular conditioning, flexibility and balance. The cost of a 4-week session is \$25 and payment will confirm your registration. Let's get the party started!



DANCIN' THROUGH THE DECADES

Wednesdays, 11:00 AM

Join professional dancer and certified personal trainer Matthew Ames as he hits the floor in this exciting new dance workout. Designed to increase range of motion and muscle recruitment, all while dancing to your favorite golden oldies of yesteryear. No dance experience is required, just a love of music and movement. The cost of a 4-week session is \$25 and payment will confirm your registration. Get ready to boogie!

CLASSES | 11



CHAIR YOGA Tuesdays, 10:30 - 11:30 AM

Join Elaine Donahue, certified Yoga Instructor, for an enriching gentle yoga class where you have a partner on the mat: a chair! Improve balance, strength and flexibility by practicing classic yogic poses while supported by your chair. This class is welcome to all who are striving for increased energy, improved wellness, and an enhanced enthusiasm for life! The cost of a 4-week session is \$25 and payment will confirm your registration. Namaste, friends!

YOGA Fridays, 9:15 - 10:15 AM and 10:30 - 11:30 AM

Join yoga instructor, Kristin Wilkins who brings compassion and a positive approach to her work by helping people maintain a healthy lifestyle! With two class times available, yoga is not only a type of exercise, but a discipline that includes breath control, simple meditation, and specific bodily postures for health and relaxation. The cost of a 4-week session is \$25 and payment will confirm your registration. "It's not about being good at something. It's about being good to yourself."

NEW BOOGIE SHOES

Fridays, 1:00 PM

Move and groove to classic boogie beats as you target and tone legs and core muscles with funky fresh dance routines with professional dancer and certified personal trainer, Matthew Ames. No experience or dance skill is required. Routines are easy to modify for all fitness levels. The cost of a 4-week session is \$25 and payment will confirm your registration. It's time to get toned to the sounds of Jazz, Funk, and boogie, all your favorite sounds of the post-disco era, so put on your "Boogie Shoes."



LISA BOWMAN

Associate Broker | SRES®

C. 203.733.7638 | O. 860.354.4111

lisa@lisabowmanre.com | bowmanpropertiesllc.com

Lic#: REB0791451

375 Danbury Rd. | New Milford, CT 06776



**COLDWELL BANKER
REALTY**

Owned by a subsidiary of Realty Brokerage Group LLC.

We provide the **highest quality** of medical & surgical eye care.



**Formerly Danbury Eye
Physicians & Surgeons**

Clearly the Right Choice

69 Sand Pit Road • Danbury, CT

120 Park Lane, Suite B-203 • New Milford, CT

166 Waterbury Road, Suite 201 • Prospect, CT

203-791-2020 | www.ctyeve2020.com

Complete Eye Exams • Cataract Surgery • LASIK • Corneal Transplants • Glaucoma Treatments
Retina Surgery • Eye Muscle Surgery • Optical Shop • Emergency Treatment • Hearing Specialist



National Barbeque Day

B L H A W A I I A N M B C P T
 B E E R O T N C K H I H I S B
 Q B E R O C Z U A E A T E R B
 E A B E A N S K O R H T I I A
 U C S A U S A G E R N S T B B
 Q K E I T N J U E O K U F S E
 E Y A M S S L G C E O H C B K
 B A N A A J R D T K G O Y U V
 R R S U E U L P O S C G W R E
 A D C R B T S O B H S T E A K
 B E K M A N C A R O L I N A A
 S A A R T M E M P H I S E K X
 P H B P O R K H I C K O R Y H
 I A A C K T E X A S A B E E R
 T L A I S M O K E R G R I L L

Word List:

BBQ
 HAMBURGER
 RUB
 COOKOUT
 BEER
 BACKYARD
 TEXAS
 CAROLINA

BARBEQUE
 BRAT
 SAUCE
 SAUSAGE
 HICKORY
 SPIT
 KANSAS
 HAWAIIAN

BRISKET
 KEBAB
 GRILL
 RIBS
 OAK
 BEANS
 MEMPHIS
 JERK

PORK
 STEAK
 SMOKER
 HOG
 CHAR
 PIT
 CONTEST



NEW ARTS AND CRAFTS: GUARDIAN ANGEL ART

Wednesday,
May 18th, 10:00 AM

Our Arts and Craft Volunteers are back and will help us create thoughtful guardian angel art to help protect and guide you through life's ups and downs. All materials and supplies will be provided. To sign up, please connect with the Senior Center.

NEW ARTS AND CRAFTS: CHARM BRACELET WORKSHOP

Thursday, May 26th, 10:00 AM

Join us as we welcome back our friends from Candlewood Valley Health and Rehab for a morning of arts and crafts.

Learn the art of making your own custom jewelry. All materials and supplies will be provided. To sign up, please connect with the Senior Center.



NEW RED, WHITE & BLUE BINGO

Tuesday, May 31st, 1:00 PM

Join for an afternoon of Special Bingo that's Red, White, and Blue! To sign up, please connect with the Senior Center and we hope you join us for lunch, too!



MANY NEW THINGS IN THE MONTH OF MAY! | 13

WHAT'S HAPPENING: CURRENT EVENTS AND CONVERSATION Thursdays, May 12th



and May 26th, 10:30 AM *NEW TIME*
Join us for lively discussions of current events, from local to international every 2nd and 4th Thursday. Some may prefer to just listen and learn while others may offer their thoughts, but all must be respectful! Whatever your comfort level, you will be welcomed to join in the conversation. To sign up, connect with the Senior Center.

NEW LET'S TALK SPORTS Thursday, May 12th, 1:00 PM

Join us every 2nd Thursday join in to talk sports. Sports Talk with Bill, Paul and Wayne is designed to give you a forum to talk about your favorite teams, players, personalities, statistics and more. You can express your happiness about a recent win or complain about your team's transactions or performances; all respectful conversations welcome! Whether you are a sports nut or just curious; everyone is welcome to join in. To sign up, please connect with the Senior Center.



NEW PAINT, SIP, AND REPEAT! Thursday, March 3rd, 5:00 - 7:00 PM

Let's get our creative juices flowing! Join us as we welcome local artist, RJ Yarrish for a guided painting class where you will leave with your very own springtime masterpiece. Cost of the class is \$20.00 which will include all your supplies and light fare. This event is BYOB, and space is limited. The painting that that you will be creating is featured above. Connect with the Senior Center to sign up.

Serving All Cemeteries and Faiths, Since 1846

Markers, Monuments, Mausoleums, Bronze Plaques, Inscriptions, Cleaning,
Pet Markers, Civil, Community and War Memorials, Pre-Need Monuments & More

Vicky Godfrey

51 Grove Street, New Milford, CT 06776

39 South Street, Danbury, CT 06810

O: 860-355-8285 F: 860-355-9491

Email: vicky@ctmonumentgroup.com

www.CTMonumentGroup.com



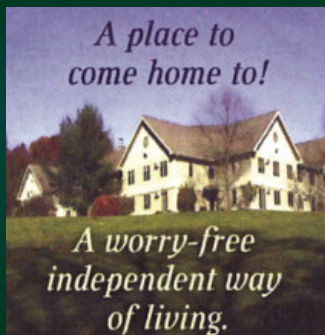
Over 300 bulk items sold by weight
Coffee beans freshly roasted in store
43 Main Street, New Milford
(next to Domino's)
860-799-0100 | www.bdprovisions.com

Stop in and ask for a sample from one of our hundreds of bins!

Chestnut Grove

Congregate Living for Retirement Years

- Dinner served daily
- Emergency call system
- Weekly housekeeping
- Full program of activities
 - Library
 - Local Transportation
- On-site, live-in superintendent
- Minutes from New Milford Hospital



200 Chestnut Grove | New Milford, CT 06776
860-350-9950 | lgaudenzi@demarcom.com

WE'RE HIRING

AD SALES EXECUTIVES

BE YOURSELF. BRING YOUR PASSION.
WORK WITH PURPOSE.

- Paid Training
- Some Travel
- Work-Life Balance
- Full-Time with Benefits
- Serve Your Community



Contact us at careers@4ipi.com
www.4ipi.com/careers





SENIOR LUNCH

SERVED MONDAY - THURSDAY, 12:00 PM

SUGGESTED DONATION: \$4.00

PLEASE SIGN UP BY CONNECTING WITH THE SENIOR CENTER AT LEAST 3 DAYS IN ADVANCE

MAY 2022 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
2	3	4	5
<ul style="list-style-type: none"> Grilled Cheese Creamy Tomato Soup Cupcake Low-Fat Milk Fruit Juice 	<ul style="list-style-type: none"> Lemon Chicken and Pasta Broccoli Garlic Bread Parfait Low-Fat Milk Fruit Juice 	<ul style="list-style-type: none"> Veggie & Bean Quesadilla Rice Applesauce Low-Fat Milk Fruit Juice 	<ul style="list-style-type: none"> Pasta with Meat Sauce Broccoli Bread Peanut Butter Cookie Low-Fat Milk Fruit Juice
9	10	11	12
<ul style="list-style-type: none"> Chicken Biscuit Pot Pie Mixed Veggies Pudding Low-Fat Milk Fruit Juice 	<ul style="list-style-type: none"> Tuna Noodle Casserole Peas Bread Cupcake Low-Fat Milk Fruit Juice 	<ul style="list-style-type: none"> Beefaroni Green Beans Bread Oatmeal Cookie Low-Fat Milk Fruit Juice 	<ul style="list-style-type: none"> Veggie and Bean Chili Rice Bread Fresh Fruit Low-Fat Milk Fruit Juice
16	17	18	19
<ul style="list-style-type: none"> Chicken Cacciatore Mushrooms and Peppers Pasta Bread Parfait Low-Fat Milk Fruit Juice 	<p>*Happy May Birthdays*</p> <ul style="list-style-type: none"> Roasted Pork Loin Mashed Potatoes Green Beans Bread Birthday Cupcake Low-Fat Milk Fruit Juice 	<ul style="list-style-type: none"> Mac and Cheese Stewed Tomatoes Bread Peanut Butter Cookie Low-Fat Milk Fruit Juice 	<ul style="list-style-type: none"> Turkey Sandwich Veggie Soup Fruited Jell-O Low-Fat Milk Fruit Juice
23	24	25	26
<ul style="list-style-type: none"> Salmon Burger with Bun Coleslaw Applesauce Low-Fat Milk Fruit Juice 	<ul style="list-style-type: none"> BBQ Chicken Mashed Potatoes Roasted Corn Bread Pudding Low-Fat Milk Fruit Juice 	<ul style="list-style-type: none"> Beef Stroganoff Noodles Mushroom and Onions Bread Fresh Fruit Low-Fat Milk Fruit Juice 	<ul style="list-style-type: none"> Franks and Beans Sauerkraut Coleslaw Chocolate Chip Cookie Low-Fat Milk Fruit Juice
30	31	<p>LUNCH PREPARED BY</p>  <p>*PLEASE NOTE THAT DUE TO PRODUCT AVAILABILITY, MENU ITEMS MAY BE SUBJECT TO SUBSTITUTIONS</p>	
<p>MEMORIAL DAY Senior Center Closed</p>	<p>*Memorial Day Special*</p> <ul style="list-style-type: none"> Meatloaf Mashed Potatoes Mixed Veggies Bread Applesauce Low-Fat Milk 		



Your CBD Store®

New Milford

5 Church St.

860-799-7871

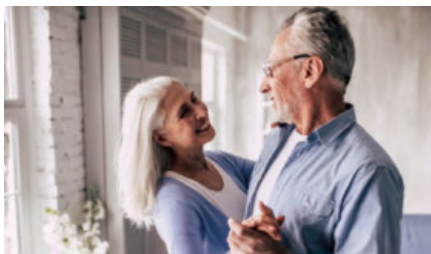
www.yourcbdstorect.com

Danbury

52 Padanaram Rd.

203-826-7560

Enjoy CBD Oils, Water Solubles, Edibles, Topical Creams, Pet Products, Skin Care, Delta-8 and More!



Featuring Our Water Soluble
High Bioavailability and Fast Absorption so you can

Start your day the right way!

Stop in for a FREE sample!



CRAMER & ANDERSON LLP

Attorneys at Law

Protecting Seniors' Assets & Rights

Our Experienced Estate Planning and Elder Law Departments are ready to assist you with your Estate Tax Planning and Elder Law Needs

Wills • Health Care Proxy • HIPAA Waivers • Living Trusts • Estate Planning
Title 19 • Conservatorships • Probate • Asset Protection

Arthur C. Weinshank, Esq. • Dolores R. Schiesel, Esq. • Joshua A. Weinshank, Esq. • Neal D. White, Esq.

New Milford (860) 355-2631 | **Danbury** (203) 744-1234 | **Washington** (860) 868-0527

Litchfield (860) 567-8718 | **Kent** (860) 927-3568 | **Ridgefield** (203) 403-4005 | www.cramer-anderson.com



Geron Nursing & Geron Home Care

Specializing in the Care of the Older Person
The Professional Home Care Solution for your Health!

Full Nursing & Personalized Care Services
With Respect, Dignity & Compassion

In the comfort of your own home:

RN's • LPN's • CNAs

Personal Care Attendants

42 Main Street | New Milford, CT | (860) 354-7698



Fully bonded, registered and insured.

geronhomecare.com



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.lpicommunities.com

New Milford Senior Center, New Milford, CT

06-5288

discover

NEW
MILFORD
SENIOR
CENTER

PRSTD STD
U.S. POSTAGE
PAID
PERMIT 14
NEW MILFORD,
CONNECTICUT

New Milford Senior Center
40 Main Street
New Milford, CT 06776

Lillis Funeral Home

Family Owned and Operated Since 1928
"On the Village Green"

Christopher M. Milano

Director

- Pre-Arrangement Consultations
- Complete Burial and Cremation Services
- Title XIX Funeral Trusts
- State Approved Contracts

58 Bridge Street / P.O. Box 959 / New Milford, CT. 06776 • 860-354-4655 • Fax 860-354-0085

NEVER MISS A NEWSLETTER!

Sign up to have our newsletter emailed to you at

www.mycommunityonline.com

