



Trends & Traditions

MADISON SENIOR NEWS

Madison Senior Center
C/O First Congregational Church
26 Meetinghouse Lane
Madison, CT 06443

February 2011

OFFICE HOURS:
8:30 AM – 4:00 PM
MONDAY – FRIDAY

Website: <http://www.madisonct.org/seniorsvcs/index.shtml>

SENIOR COMMISSION CHAIR

Patricia Melady

VICE-CHAIR

Maureen Lopes

MEMBERS:

Mitchell Cohan

Robert Hale

Gerard Kerins

Leslie Marcarelli-Naizby

Barry Miller

Wendy Oberg

Marcy Sanders

Liaison to the Board of Selectmen:

Noreen Kokoruda

STAFF

Scot Erskine

Gina Millan

Heather Castrilli

Carrie Gazda

BUS DRIVERS

Pat Cocchiaro

Patricia Connelly

Michael Rand

Helen Sneider

Carolyn Tenedine

CAFÉ MANAGER

Joan Waldron



Please call the Senior Center if you
are interested in receiving the
newsletter via email!

TOWN WEB PAGE

www.madisonct.org

Main Office: 203-245-5627

Fax: 203-318-0670

Municipal

Agent: 203-245-5687

Café Site: 203-245-5686

MADISON SENIOR SERVICES COMMISSION

Meetings held on the third Thursday of the month. Next meeting:
February 17, 2011, 5:30 PM in the Hammonasset Room at the Town Hall.

SENIOR CAFÉ ANNOUNCEMENT

Due to the elderly nutrition services budget cuts, through FSW & The Agency on Aging of South Central Connecticut, inc., the Madison Senior Center will no longer serve lunch on Tuesday, effective February 1, 2011.

Looking for volunteers who knit or crochet-To teach students in the after school program. Please contact the Senior Center if you are interested.

NEW! THE DOCTOR'S CORNER

Q. Dear Dr. Kerins; I have noticed that my mother has been taking more medications over the past year. I am concerned that she may be taking too many. What can I do to check the need for her medications?

~ Concerned Daughter

A. Dear Concerned Daughter; Overuse of medications by older adults is a significant problem, resulting in unnecessary hospitalizations and other adverse events. Some basic approaches should be used when reviewing medication use in older adults: first, we always recommend that people keep a complete list of their medications. As older adults may see multiple healthcare providers, we recommend that they take their medication list with them to appointments. We also recommend that they follow the "brown bag" approach - putting all of their medications in a bag and bringing them to each physician encounter, so that all providers may be fully apprised of their medications and dosages. This also includes over-the-counter drugs (OTC), as OTC medications can be a potential source of adverse effects.

We also recommend that patients and caregivers ask about dosages. In Geriatrics, we try to follow the principle of "start low and go slow" when it relates to either new medications or changing a medication dose. Finally, be aware that medications can be affected not only by other medications, but also by food. Some foodstuffs may interfere with the action and absorption of medications. Your local pharmacist is a valuable resource for this type of information. It is critical that patients and caregivers are aware of medications and proactive in questioning the need for those medications. This will significantly reduce the unnecessary use of medications and minimize potential adverse effects.

~Dr. Kerins

MUNICIPAL INFORMATION

For more information, please contact Heather Castrilli at (203) 245-5687 OR castrillih@madisonct.org

ANNOUNCEMENTS/CURRENT SOCIAL SERVICE PROGRAMS

IMPORTANT REMINDER:

Tax documents are being mailed to your homes. It is very important to put them in a safe place. They will be needed throughout the year for a variety of programs.

SENIOR & DISABLED TAX RELIEF PROGRAM

Filing Period: Tuesday, February 1, 2011 to Friday, May 13, 2011

The Town of Madison offers tax relief for elderly and totally disabled residents that own and occupy their property as a primary residence. There are income, age, and residency requirements in order to be eligible to qualify for the program.

Please stop in or give a call to receive program information or to schedule an appointment to apply.

Maximum Qualifying Income: \$58,450

CONNECTICUT ENERGY ASSISTANCE PROGRAM

The Connecticut Energy Assistance Program assists CT residents by paying for a portion of their heating costs for the winter season. The asset limit for homeowners is \$10,000 & for renters the limit is \$7,000. Proof of all income, rent, & utility expenses, as well as bank statements for the 4- week period prior to the date of the application, are required.

Maximum Monthly Income for a Single: \$2540 Maximum Monthly Income for a Couple: \$3322

Please call (203)245-5687 to schedule an appointment.

MEDICARE SAVINGS PROGRAM

The Medicare Savings Program assists eligible participants with paying their Medicare Part B premiums each month. In addition, participants will have \$2.50 co-pay for generic Rx's and \$6.30 co-pay for name brand Rx's. This also covers doctor Co-Pays, if your doctor accepts State Medical Insurance. There is no asset test or filing time period for this program.

Maximum monthly income for a single: \$2,091.67 and for a couple: \$2,816.67

SNAP PROGRAM (Formerly Food Stamps)

This program helps offset food expenses. Eligible participants are given a set amount of money each month on an EBT debit card to use at local grocery stores. Monthly income guidelines: **Single: \$1,671, Couple: \$2,248.**

FOOD PANTRY

The food pantry is operated by Madison Community Services and available for those residents who need the assistance. The pantry is located in the back of the First Congregational Church on the Town Green and is open Wednesdays from 11-3. **Transportation available, call Dial-a-Ride, 203-245-5695. Regular Bus Pick up for Concord Meadows-10:15AM.**

ANGEL FOOD MINISTRY

In these tight economic times, we all could use a little help in making ends meet! Pre-order food through Angel Food Ministries & receive substantial savings. For more information, you can visit their website: <http://www.angelfoodministries.com> Stop in at the senior center to pick up this months menu and SNAP benefits are accepted.

TRANSPORTATION OPTIONS

DIAL-A-RIDE

Madison Senior Center
203- 245-5695

A public transportation service designed to meet the transportation needs of the elderly & disabled. Rides may be used in a 14 town region for medical, shopping, personal business & work.

Please call to be mailed the rules and regulations.

48 HOURS NOTICE REQUIRED!!

SENIOR BUS

Madison Senior Center
203-245-5627

Fixed routes to the senior center, downtown, special events, hot lunch program, & Thursday grocery shopping. See enclosed monthly calendar for route schedule.

48 HOURS NOTICE REQUIRED!!

MADISON COMMUNITY SERVICES:

203-245-3031

Madison Community Services has a group of volunteers who will take Madison residents to Medical Appointments. This program operates locally and in the surrounding areas.

7 DAYS NOTICE REQUIRED!

FEBRUARY 2011 ACTIVITIES CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
	9:00 AM Bus/Town 1:00 PM Bus/Town 1:00 PM Card Play – Rooms 15 & 16A 1:30 PM Art Class 3:00 PM Yoga	9:00 AM Fit & Move 10:15 AM Srs in Motion 12:00 PM LUNCH 1:00 PM Wii	9:00 AM – 3:00 PM Grocery Shopping 12:00 PM LUNCH- Lower Level 12:00-4:00 PM Tax Preparation Lower Level 1:00 Cards & Mah Jongg – Room 15 & 16A	9:00 AM SILL Trip to Pfizer 9:00 AM Fit & Move 10:30 AM Chair Exercise 12:00 PM LUNCH- Lower Level 12:45 PM Shop Rite in Clinton & Joanne Fabrics
7	8	9	10	11
9-11am Medicare Monday 9:00 AM Fit & Move 10:30 AM Chair Exercise 12:00PM LUNCH 1:00 PM Wheel of Fortune 1:30 PM Line Dancing	9:00 AM Bus/Town 10:00 AM SILL Sculpting @ Surf Club 1:00 PM Bus/Town 1:00 PM Card Play – Rooms 15 & 16A 1:30 PM Art Class 3:00 PM Yoga	9:00 AM Fit & Move 10:15 AM Srs in Motion 12:00PM LUNCH 1:00 PM Wii	9:00 AM – 3:00 PM Grocery Shopping 12:00 PM LUNCH 12:00-4:00 PM Tax Preparation Lower Level 1:00 Cards & Mah Jongg – Rooms 15 & 16A	9:00 AM Fit & Move 10:30 AM Chair Exercise 12:00 PM LUNCH 12:45 PM Home Goods & Expect East Haven
14	15	16	17	18
9:00 AM Fit & Move 10:30 AM Chair Exercise 12:00PM LUNCH 9:00 AM Moonlight in Mystic 12:30 – 1:30pm -Blood Pressure 1:30 PM Line Dancing	9:00 AM Bus/Town 10:00 AM SILL History WWI pt.1 Hubley Hall 1:00 PM Bus/Town 1:00 PM Card Play – Rooms 15 & 16A 1:30 PM Art Class	9:00 AM Fit & Move 10:15 AM Srs in Motion 12:00 PM LUNCH 1:00 PM Wii	9-10 AM LEGAL ASSISTANCE by <u>Appt.</u> 9:00 AM – 3:00 PM Grocery Shopping 12:00 PM LUNCH 12:00-4:00 PM Tax Preparation Lower Level 1:00 Cards & Mah Jongg – Room 15 & 16A	9:00 AM Fit & Move 1030 AM Chair Exercise 12:00PM LUNCH 1:00 PM Bingo
21	22	23	24	25
Senior Center Closed	9:00 AM Bus/Town 1:00 PM Bus/Town 1:00 PM Card Play – Rooms 15 & 16A 1:30 PM Art Class	9:00 AM Fit & Move 10:00 AM SILL Abe Lincoln Hubley Hall 10:15 AM Srs in Motion 12:00 PM LUNCH 1:00 PM Wii	9:00 AM – 3:00 PM Grocery Shopping 12:00 PM LUNCH 12:00-4:00 PM Tax Preparation Lower Level 1:00 Cards & Mah Jongg – Rooms 15 & 16A	9:00 AM Fit & Move 1030 AM Chair Exercise 12:00 PM LUNCH & Movie
28				
9:00 AM Fit & Move 10:00 AM SILL FBI history on Crime LL Activity Rm. 10:30 AM Chair Exercise 12:00 PM LUNCH 12:30–1:30pm B.P 1:00 PM VNA Seminar on Shingles 1:30 PM Line Dancing				

SENIOR COMMUNITY CAFÉ

Lunch begins at 12:00 PM

Please remember to call to order lunch by 12:00 PM the previous day. To order lunch held on a Monday, call the Friday before. Lucky Lunch Fridays include a free raffle for those purchasing lunch.	No Lunch Served	Chicken Fajitas w/ Pepper & Onions Rice Combo Peas & Mushrooms Fresh Fruit	Lunch Downstairs Philly Cheese Steak Salad Fruited Jello	<u>LUCKY LUNCH</u> Lunch Downstairs Canneloni w/ Tomato Sauce Salad Sliced Pears
Turkey Kielbasa w/ Sauerkraut Boiled Potatoes California Blend Veg. Fresh Fruit	No Lunch Served	Beef Stew Salad Mandarin Oranges	Chicken Rice Soup Sausage & Peppers Salad Tropical Fruit Cup	<u>LUCKY LUNCH</u> Eggplant Rolatini w/ Tomato Meat Sauce Salad Fresh Fruit
Valentine's Day Roast Turkey w/ Gravy Stuffing Cranberry Sauce Mixed Veg. Oatmeal Raisin Cookie	No Lunch Served	Sl. Ham w/ Pineapple Glaze Sweet Potatoes Peas & Carrots Applesauce	Birthday Cake Day Roast Chicken w/ Gravy Cranberry Sauce Stuffing Mixed Veg. Birthday Cake	<u>LUCKY LUNCH</u> Spaghetti & Meatballs Salad Fresh Fruit Cup
President's Day Senior Center Closed	No Lunch Served	Yankee Pot Roast w/ Gravy Boiled Potatoes Mixed Veg. Oatmeal Raisin Cookies	Fried Chicken Macaroni & Cheese Spinach Sweet Potato Pie	<u>LUCKY LUNCH</u> Baked Salmon Boat w/ Dill Sauce Brown Rice Salad Sliced Pears
Cream of Broccoli Soup Grilled Chicken Salad Orange	<p><u>SENIOR CAFÉ ANNOUNCEMENT</u></p> <p>Due to the elderly nutrition services budget cuts, through FSW & The Agency on Aging of South Central Connecticut, inc., the Madison Senior Center will no longer serve lunch on Tuesday, effective February 1, 2011.</p> <p><small>All meals include Bread & Butter, Milk, and Coffee & Tea. All Soups come with Unsalted Crackers. All Soups, Entrees, Gravies, Sauces, Salad Dressings & Desserts are Low Fat, Low Sodium.</small></p>			

HAPPY BIRTHDAY TO ALL THE FEBRUARY BIRTHDAYS!

Celebrate with us on Birthday Cake Day

February 17, 2011

Receive a special surprise to celebrate your day!

Please make Joan aware of your birth date, to receive a surprise.

(Attendance is required on Birthday Cake Day)



If you cannot attend a luncheon that you have reserved, please call Joan in the Café at 203-245-5686. There may be last minute calls to fill your spot. Thank you for your cooperation.

EXERCISE AND RELAX WITH YOGA

Instructed by Pat Velleca. Learn Yoga techniques are used to increase circulation and relaxation. Know your body physically and mentally through Hatha Yoga. Yoga postures provide deep tension release, stress control, and an increase in energy. Suitable for all ages and conditions. Loose clothing and mats needed. **Classes held at the Congregational Church.**

Program # 404204 A

Day: Tuesdays
Dates: Jan. 4 – Feb 15
Time: 3:00-4:00pm
Fee: \$53.00

Program # 404204 B

Day: Thursday
Dates: Jan. 6- Feb 17
Time: 3:00-4:00 pm
Fee: \$53.00

CHAIR-EXERCISE

Instructed by Pat Velleca. Designed for those who need to exercise while seated. Benefits: muscle tone, joint flexibility, and cardiovascular strength.

Program # 404207 A

Day: Monday
Dates: Jan 10 –Feb.14
No class 1/17
Time: 10:30 – 11:30am
Fee: \$4.00

Program # 404207 B

Day: Friday
Dates: Jan. 7-Feb 18
Time: 10:30-11:30am
Fee: \$7.00

SENIORS IN MOTION

Instructed by Pat Velleca. Designed for seniors who want more than Chair Exercise, includes some standing. Improve balance, strength and stability.

Program #404206 A

Day: Wednesday
Dates: Jan. 5 – Feb. 16
Time: 10:15-11:15am
Fee: \$21.00

FITNESS & MOVEMENT

Instructed by Pat Velleca. Low impact aerobics for folks interested in continuing good health. Good cardiovascular workout combined with muscle and joint strengthening. Please Bring Sneakers, cool, comfortable clothing and a floor mat. Held at the Senior Center Meeting Center.

Program # 404205 A

Day: Monday
Dates: Jan. 10- Feb. 14
No Class 1/17
Time: 9:00-10:00am
Fee: \$12.00

Program # 404205 B

Day: Wednesday
Dates: Jan. 5- Feb. 16
Time: 9:00-10:00am
Fee: \$21.00

Program # 404205 C

Day: Friday
Dates: Jan. 7- Feb. 18
Time: 9:00-10:00am
Fee: \$21.00

LINE DANCING AT HUBLEY HALL FIRST CONGREGATIONAL CHURCH

Gayle Melonson is our Line Dancing Instructor for seniors. Classes held Monday's at 1:30 PM on the Hubley Hall First Congregational Church. Pre-register @ the senior center or at the Beach & Recreation Department.

Program #400301 A

Day: Monday
Dates: Jan. 10 – Feb. 14
No Class 1/17
Fee: \$22.50

Program #400301 B

Day: Monday
Dates: Feb. 28-Apr. 4
Fee: \$27.00

Program # 300301 B

Day: Monday
Dates: Apr 11 – May 23
Fee: \$27.00

ART CLASSES

Tuesdays @ the Congregational Church 1:30-3:30 PM

Instruction in drawing, charcoal, pastel, watercolor, acrylics, oils. The instructor, Muriel Waldvogel, is a local Madison Artist, who volunteers her time and talent to teach our weekly program! List of art supplies available.

Program #703400 B

Dates: 12/7 – 2/22
Resident Fee: \$12.00

Program # 703400 C

Dates: 3/1 – 6/28
Resident Fee: \$18.00

MONTHLY SERVICES & INFORMATION

MEDICARE MONDAY Monday, February 7, 2011 9:00 – 11:00 AM	Unbiased information, counseling, & assistance on Medicare, Supplemental Insurance & Medicare Advantage Plans. Carlos A. Maynard, a volunteer and Heather Castrilli assist Madison Residents. By appointment only: Call Heather 203-245-5687
BLOOD PRESSURE CHECK February 14 & 28, 2011 12:00-1:30 PM @ the Congregational Church	 VNA Community Healthcare holds BP Clinics on the 2 nd & 4 th Mondays of the month @ the Senior Center. <u>Blood Pressure Monitor also available for use in office. Just ask!</u>
LEGAL ASSISTANCE, February 17, 2011. 9:00 – 10:00 AM.	Attorneys Thomas Cronan, Michael Sweeney, & Timothy Shields volunteer counseling services on a one-on-one basis. Thank you to our legal team for their monthly assistance! By appointment only: Call the Senior Center 203-245-5627.
HANDICAPPED PARKING PERMIT	 New application form from the DMV available on the www.ct.gov/dmv.org or in the Senior Center office.
NOTARY SERVICES At The Senior Center By Appointment	Heather Castrilli, Gina Millan <u>Call the Senior Center for an appointment</u>
Meals-On-Wheels Prepared by The Estuary Council of Seniors (860) 388-1611 Ext. 207	Hot meals delivered around noontime to the homebound or just recently out-of-the-hospital & recovering, please call <u>Requires 4-5 days notice and doctor or nurse referral.</u>
Madison Food Pantry Donations	Donations to the Food Pantry are welcome. Please contact Madison Community Services, (203)245-3031.

AARP Safe Driving Courses 2011

The Guilford & Madison Senior Center have created a Shoreline Guilford/Madison AARP Safe driving Classes offered to seniors to sharpen driving skills & benefit from a discount on auto insurance. Advance registration is required: AARP members \$12.00 & Non Member \$14.00. Please make checks payable to AARP and bring your membership card with you at time of registration.

AARP also offers an online course at www.aarp.org/drive

Classes held 1-5 PM @ Guilford Community Center on February 9, March 11, May 11, June 10. The April 7 class will be held from 6-10 PM.

Classes held 12-4 PM @ Madison Senior Center on July 11, August 8, September 12, October 3, November 14.

CARD PLAYING & MAH JONGG

Tuesdays: Bridge, Canasta; Thursdays: Pinochle, Setback & Mah Jongg. On-Going through the year 1:00-4:00 PM.

Call the Senior Center if interested in learning Mah Jongg. Lessons will be starting on Wednesday, February 23, 2011 at 1:00 PM.

COMPUTER FREE TIME

The computer area has a very busy schedule for personal use but please call to check on times available for you. Be sure to sign in at the office.

SCHILLER SHORELINE INSTITUTE FOR LIFE-LONG LEARNING

This exciting program offers meaningful intellectual programs to retired & semi-retired citizens of Guilford & Madison, who share a love of learning! A variety of classes offered. Become a member of this great program. New online registrations will be available for the fall session of classes. Be sure to include your email address with your registration to receive weekly class reminders, notifications of class changes, special guest events not listed in the catalog. Membership: \$25 for the year.

AARP INCOME TAX ASSISTANCE PROGRAM

Thursday, February 10, 2011 @ FCC Lower Level Activity Rm. 12:00-5:00 PM, by appointment.

Free Confidential tax counseling will be available for low to middle-income taxpayers. IRS certified tax counselors offer assistance in filing your tax returns. Taxpayers need to bring, ID, 2009 tax return, 2010-income report, all 1099 forms, W-2 forms for each employer, unemployment compensation and all other forms that indicate Federal and or Connecticut income taxes paid in 2010.

Please be sure you bring all your forms with you to your appointment.

PROGRAMS & TRIPS

Refund requests issued, if your seat can be filled from the waiting list.

MOONLIGHT IN MYSTIC

Monday, February 14, 2011 Prog. #700160-A

Enjoy a day @ Mohegan Sun Casino and then off to Cornerstone Playhouse for an upbeat musical. Leave the Rte. 79 Comm. Lot at 9:00 am to arrive at the casino @ 10 am. You will receive a meal voucher and a bet coupon upon arrival. At 2:45 pm we will leave the casino for the playhouse. Approx. arrival home 6:30 pm. \$36pp

SINGING IN THE RAIN,

Thursday, March 31, 2011 Prog. # 700101-A

Is one of the most beloved and celebrated musicals of all time. Enjoy a pre-show lunch from an excellent menu @ the Westchester Dinner Theatre located in Elmsford, Ny. Depart from the comm. Lot Rte. 79 @ 9:00 AM \$98 pp

A TASTE OF PROVIDENCE

Friday, April 15, 2011 Prog. # 700104-A

We will stop at Geppetto's located on DePasquale Square on Historic Federal Hill famous for its legendary pizza-grilled, oven-baked and gourmet. The chef delights and entertains the group with his table side demonstration of the techniques used in grilling the perfect pizza. He'll prepare, serve and answer food related questions while we enjoy our full-course luncheon.

5-course meal includes: House salad w/ homemade honey mustard vinaigrette

Rhode Island style Calamari, Penne Pasta w/ Pink Vodka Sauce

Geppetto's famous Grilled Pizza and Tiramisu for dessert. 9:00 AM Depart comm. Lot, Rte. 79. \$60 pp

1000 ISLANDS OF NEW YORK STATE

TUESDAY, JUNE 21-23, 2011

1000 Islands Adventure Romantic Castles & Scenic Waterways.

This trip includes two nights lodging at the Riveredge Resort, a 4-Diamond award-winning hotel that overlooks the St. Lawrence Seaway. You will have a narrated tour of the St. Lawrence aboard the Uncle Sam's Cruise boats, as well as a walking tour of the Castles. On the way home, a stop at the Turning Stone Casino where everyone will receive a Bonus Casino Package. **Fees: Single-\$589 -#700142A, Double- \$469pp -#700142B, Triple \$429pp--#700142C**

Directions to the Senior Center

North Bound: Take Route 79 South; turn right on Bradley Road, then take a left at the First Congregational Church. The entrance to the senior center is below the fire escape.

South Bound: Take Route 79 North; turn left on Bradley Road, then take a left at the First Congregational Church. The entrance to the senior center is below the fire escape.

Entrance is located at the rear of the Church hall where there is ample parking. Hours will remain the same- 8:30 am to 4:00 pm, Monday thru Friday. The church hall offers seniors activity rooms and classrooms as well as space for lunch.

Gina Millan office accommodations are in the church hall and the number to reach her is telephone # 203-245-5627. The Municipal Agent for seniors, Heather Castrilli, is also located in the church hall and her # is 203-245-5687.

RETURN ADDRESS:
MADISON SENIOR SERVICES COMMISSION
C/O FIRST CONGREGATIONAL CHURCH
26 MEETINGHOUSE LANE
MADISON, CT 06443-2691
TELEPHONE: 203-245-5627

PRSR STD
U S POSTAGE
PAID
MADISON CT
PERMIT
NO. 140

ADDRESS SERVICE REQUESTED



**DATED MATERIAL
PLEASE DELIVER PROMPTLY**

Winter Weather Storm Closings

The Activities at the Senior Center will cancel in accordance to the Madison Public School closings.



As soon as you receive your newsletter, come in to register for the events listed.