

Trends & Traditions

MADISON SENIOR NEWS



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

October 2011

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

Website: <http://www.madisonct.org/seniors>

SENIOR COMMISSION CHAIR

Maureen Lopes
VICE-CHAIR

Gerard Kerins

MEMBERS:

Mitchell Cohan

Robert Hale

Patricia Melady

Leslie Macarelli-Naizby

Barry Miller

Wendy Oberg

Marcy Sanders

STAFF

Scot Erskine

Joseph Petrella

Gina Millan

Heather Castrilli

Carrie Gazda

BUS DRIVERS

Pat Cocchiaro

Michael Rand

Ed McLaughlin

Helen Sneider

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 Line: 203-245-5627

Fax: 203-318-0670

Café Site: 203-245-5686

A MESSAGE FROM THE MADISON SENIOR SERVICES COMMISSION

Meetings held on the second Thursday of the month. The next meeting is October 13, 2011 at 5:30 pm in the Hammonasset Room at the Town Hall.

The Town's new Senior Services Supervisor, Joseph Petrella, began work on August 29, just in time to help with the aftermath of Irene. Town employees prepared sandwiches daily to deliver to seniors, along with water supplies. Pepperidge Farms, the Board of Education Youth and Family Services and Christ Chapel donated time, bread, and various fixing to prepare the sandwiches. Meals-on-Wheels also operated during the week. Senior Services staff fielded calls on a wide range of request for information. VNA Community Healthcare conducted in-home checks for seniors on their list. The Madison Police Department also conducted in-home checks for seniors. The Senior Commission thanks everyone for their hard work and commitment.

SENIOR CENTER CONSTRUCTION UPDATE

The new Senior Center was undamaged by the storm and construction is proceeding on schedule. Furniture for the center has been ordered and is expected to be delivered in mid-October. The old ambulance building was razed to make way for the centers parking lot.

CT ALERT ENS (EMERGENCY NOTIFICATION SYSTEM)

The CT Alert ENS uses the States Enhanced 9-1-1 (E9-1-1) database for location-based notifications to the public for life-threatening emergencies. The E9-1-1 database includes only traditional wire-line telephone numbers in the state (the "land line" phone you may have in your home). To register for CT Alert ENS please visit www.ctalert.gov or stop down at the Senior Center and we will assist you with registration.

TOWN OF MADISON "SAFETY CHECK LIST"

Senior Services along with the Beach and Recreation Department are trying to put together a "Safety Check List" in case of emergency-situations, such as, Hurricane Irene. The "safety check list" will be utilized in the case of an emergency, and will provide us with the necessary information so we can check in with you and make sure you are safe. To add your name to the list, please contact the Senior Services Department at (203)245-5627.

3rd ANNUAL SENIOR CENTER HEALTH FAIR & FLU SHOTS

Wednesday, October 19th, 2011 10:00-3:00 PM

Madison Multidisciplinary Team along with The Madison Senior Center are hosting the 3rd Annual Health Fair to be held at the Madison Senior Center (First Congregational Church location). Many local health presentations and vendors will be present. We will have great prizes, and healthy treats to enjoy, make sure you fill out your raffle tickets.

Flu & pneumonia shots will be provided by VNA Community Healthcare, *by appointment only*.

Insurances accepted for over 65: Medicare Part B, Aetna Medicare, Anthem BC/BS Medicare, Connecticutare VIP.

Insurances accepted for under 65: Aetna, Anthem BC/BS and Connecticutare. Cash, check or credit card also accepted.

Please call (203)245-5627 to register today.

MUNICIPAL AGENT FOR THE ELDERLY INFORMATION

Please contact Heather Castrilli at (203) 245-5627 OR castrillih@madisonct.org

ANNOUNCEMENTS/CURRENT SOCIAL SERVICE PROGRAMS

CHANGES TO OPEN ENROLLMENT PERIOD FOR MEDICARE D

The federal government has changed the open enrollment dates for The Medicare D Program. The new open enrollment period is October 15th, 2011 to December 7th, 2011. Please take a look at your current Health & Prescription Drug Insurance. Are you happy with the coverage and cost? If not, you might consider making a change.

CONNECTICUT ENERGY ASSISTANCE PROGRAM

Intake begins October 3rd for Oil/Propane/Wood clients and October 24th for Electric/Gas.

The Connecticut Energy Assistance Program assists CT residents by paying for a portion of their heating costs for the winter season. To qualify, an applicant must meet specific income & asset guidelines. 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. Please note: specific income guidelines not available at time of printing. **Due to State budget cuts we anticipate Energy Assistance Benefits to be reduced.**

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 may also cover doctor Co-Pays, if your doctor accepts State Medical Insurance. There is no asset test or filing deadline for this program.

Maximum gross monthly income for a single: \$2,260.92 and for a couple: \$3,052.74

FARMER'S MARKET COUPONS

This program assists eligible participants enjoy CT Grown fruits, vegetables, fresh cut herbs, and honey from local approved Farmer's Markets. Eligible participants are age 60 or older or are disabled and living in senior housing, are participating with another program that requires means testing, and have an income at or below 185% of the FPL. An eligible participant will receive \$15.00 of coupons good at the Madison Farmer's Market. Coupons available beginning July 1st. The market is open on the town green on Fridays from 3:00 to 6:00 pm until Friday, October 28th, 2011.

Maximum Monthly Income Single: \$1,679 and Maximum Monthly Income Couple: \$2,268.

SNAP PROGRAM (Formerly Food Stamps)

This program helps offset food expenses. A set amount of money each month given to eligible participants put on an EBT debit card to use at local grocery stores. The guidelines for monthly income: **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 now located at Orchard Park off Mungertown Rd. The food pantry is open on Wednesdays from 11:00 AM – 3:00 PM. If you are unable to leave your home but would like to use the food pantry, please contact Heather to discuss special arrangements from the homebound delivery program.

Transportation is available, call Dial-a-Ride, (203)245-5695. Regular Bus Pick up for Concord Meadows 10:15 a.m.

SAFELINK WIRELESS CELLPHONE

Safelink Wireless provides eligible low-income households a free cell phone, mobile access to emergency services, and 3 different plan choices with free minutes of airtime monthly for 1 year. A qualifying customer must participate in one of the following programs: CEAP, CHAP (state energy assistance), ConnPACE, Federal Public Housing Assistance/Section 8, Food Stamps, Medicaid/ Title 19, Personal Care Assistance, Refugee Program, Rental Assistance, SAGA, State Supplement to the Aged, Blind, or Disabled, SSI, TFA.

RECREATION / FITNESS PROGRAMS

	Exercise and Relax with Yoga		Line Dancing																								
<p>Learn Hatha Yoga techniques that are used to increase circulation and relaxation. Know your body physically and mentally. Yoga postures provide deep tension release, self-control, and increase energy. Suitable for all ages and conditions. Loose clothing and mats needed. Classes held at FCC. Instructed by Pat Velleca.</p>		<p>Come join us and learn or better your line dancing skills. A great way to exercise while learning something fun to do in your spare time. Classes held at FCC. Instructed by Gayle Melonson.</p>																									
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	Chair Exercise		Seniors in Motion																								
<p>Designed for those who need to exercise while seated. This program focuses on muscle tone, joint flexibility, and cardiovascular strength. Classes held at FCC. Instructed by Pat Velleca.</p>		<p>Designed for seniors who want more than Chair Exercise, this class will include standing exercises to help improve balance, strength, and stability.</p>																									
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	Fitness and Movement		Art Classes																								
<p>Low impact aerobics for folks interested in continuing good health. Good cardiovascular workout combined with muscle and joint strengthening. Please bring sneakers, a floor mat, and cool, comfortable clothing. Classed held at FCC. Instructed by Pat Velleca.</p>		<p>Instruction in drawing, charcoal, pastel, watercolor, acrylics, and oils. Instructed by local Madison artist Muriel Waldvogel. Classed held at FCC. List of needed art supplies available at Senior Center.</p>																									
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Ongoing Programs

PROGRAM	DAY	TIME
Bridge – Drop in and join us for a game.	Thursdays	1:00 – 4:00 pm
Canasta – Come join us for a game, if it has been a while, we will help refresh your skills.	Tuesdays	1:00 – 4:00 pm
Computer Free Time - Need time on a computer? Call (203)245-5627 for an appt.	Monday thru Friday	By Appointment
Mah Jongg – All levels welcome.	Thursdays	1:00 – 4:00 pm
Mah Jongg Lessons – Call the Senior Center if you would like to learn.	Wednesdays	1:00 pm
Pinochle – We are looking for players. Call the Senior Center if you are interested.	Tuesdays	1:00 – 4:00 pm
Setback – We are looking for players. Call the Senior Center if you are interested.	Tuesdays	1:00 – 4:00 pm
Wii Bowling – We are looking for players. Call the Senior Center if you are interested.	Wednesdays	1:00 – 4:00 pm

SENIOR COMMUNITY CAFÉ

October - Lunch begins at 12:00 PM

3 Meatloaf w/ Gravy Roasted Potatoes	4 No Lunch Served	5 BBQ Chicken Sweet Potatoes	6 Pot Roast w/ Gravy Boiled Potatoes	LUCKY LUNCH 7 Chicken Parm. Pasta w/ Sauce
10 No Lunch Columbus Day	11 No Lunch Served	12 Roast Turkey w/ Gravy Stuffing Summer Squash	13 Angus Burger & Mushrooms White Rice	LUCKY LUNCH 14 R.I. Clam Chowder Tuna Salad
17 Chicken Marsala Wild/White Rice	18 No Lunch Served	19 Canneloni w/ Sauce Cut Broccoli	20 Macaroni and Cheese	LUCKY LUNCH 21 Baked Pollack Onion and Peppers Potatoes Au Gratin
24 Birthday Cake Day Potato Leak Soup Chicken Salad	25 No Lunch Served	26 Roast Pork Brown Rice Oriental Veggies	27 Baked Chicken Roasted Potatoes	LUCKY LUNCH 28 Seafood Salad Beans
31 Fish Filet Baked Potatoes				

HAPPY BIRTHDAY TO ALL THE OCTOBER BIRTHDAYS!

Celebrate with us on Birthday Cake Day

October 24, 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.

OCTOBER 2011 ACTIVITIES CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
9:00a Fit & Move 10:15a Srs in Motion 12:00p AARP Safe Driving 1:00p Walmart/Dollar Store 1:30p Line Dancing	9:00a Bus/Town 1:00p Bus/Town 1:00p Card Play 1:30p Art Class 3:00p Yoga	9:00a Fit & Move 10:15a AM Srs in Motion 11:30a Lunch at Nicks and Westbrook Outlets 1:00p Wii Bowling	9:00a – 3:00p Grocery Shopping 9:00p Sr. Basketball 1:00p Cards & Mah Jongg 3:00 PM Yoga	9:00a Fit & Move 10:15p Srs in Motion 1:00p Dessert Bingo w/ Joyce Beebe
10	11	12	13	14
Closed For Columbus Day	9:00a Bus/Town 9:00a Sr. Basketball 1:00p Bus/Town 1:00p Card Play 1:30p Art Class 3:00p Yoga	9:00a Fit & Move 10:15a Srs in Motion 12:00p St. Margaret's Bingo 1:00p Wii Bowling	9:00a – 3:00p Grocery 9:15a Italian Festival Big Band / Leave From Comm. Lot 9:00a Sr. Basketball 1:00p Cards & Mah Jongg 3:00p Yoga	9:00a Fit & Move 10:15a Srs in Motion 12:30p Friday Movie Matinee at the Senior Center
17	18	19	20	21
9:00a Putting on the Ritz & Mohegan Sun Leave Comm. Lot 9:00a Fit & Move 10:15a Srs in Motion 1:30p Line Dancing	9:00a Bus/Town 9:00a Sr. Basketball 1:00p Bus/Town 1:00p Card Play 1:30p Art Class 3:00p Yoga	9:00a Fit & Move 10:15a Srs in Motion 10:00a Health Fair & Flu Shots @ Hubley Hall FCC 1:00p Wii Bowling	9-10a LEGAL ASSISTANCE (By appt only) 9:00a – 3:00p Grocery Shopping 9:00a Sr. Basketball 1:00p Cards & Mah Jongg 3:00p Yoga	9:00 AM Fit & Move 10:00a Fall Foliage Tour 10:15a Srs in Motion
24	25	26	27	28
9:00a Fit & Move 10:15a Srs in Motion 12:00p Blood Pressure 1:00p Book Club 1:30p Line Dancing	9:00a Bus/Town 9:00a Sr. Basketball 1:00p Bus/Town 1:00p Card Play 1:30p Art Class 3:00p Yoga	9:00a Fit & Move 10:15a Srs in Motion 1:00p Expect Discounts 1:00p Wii Bowling	9:00a – 3:00p Grocery Shopping 9:00a Sr. Basketball 1:00p Cards & Mah Jongg 3:00p Yoga	9:00a Fit & Move 10:15a Srs in Motion 12:30p Friday Movie Matinee at the Senior Center
31				
9:00a Fit & Move 10:00a Lyman Orchards 10:15a Srs in Motion 1:30p Line Dancing	Senior Documentary Would you like to be part of a documentary? Spencer Sabo, a Daniel Hand High School Junior from Madison, is putting together a documentary, for submission to various film festivals. Spencer is a budding film artist in the making and is a personal hobby he hopes to turn professional one day. If you have a unique or interesting life story that you would like to share with him and be part of a documentary, Please contact Carrie Gazda at 203-245-5622 or email at gazdac@madisonct.org if you are interested in speaking with Spencer and be part of his project.			

Monthly Services and Information

MEDICARE MONDAY Monday, October 3, 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 October 10 & 24, 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. Blood Pressure Monitor also available for use in office. Just ask!
LEGAL ASSISTANCE, October 20, 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 **Madison Senior Center Classes: Oct. 3rd, & Nov. 14th 12-4 PM**

MADISON SENIORS BOOK CLUB

This is a fun way to read a variety of genres, socialize and have fun sharing your thoughts and ideas. **Pre-registration required one month before book is to be picked-up.** Upcoming books are as follows: September 19th – Justice by M. Sandel, October 24th – By Nightfall by M. Cunningham, November 21st – One Day by D. Nicholls, December 19th – Blame by M. Huneven. All new books can be picked-up after discussion of previous book. **The book club meets at 1:00pm**

SCHILLER SHORELINE INSTITUTE FOR LIFE-LONG LEARNING

The Shoreline Institute for Lifelong Learning offers intellectual programs to retired and semi-retired citizens of Guilford and Madison, who share a love of learning and passion for expanding their knowledge base. Membership is open to all adults looking to enjoy a few hours of intellectual stimulation and social interaction. Residents from other communities who are interested are also welcome to attend. Membership Fee: \$25 for the year. Registrations accepted at the Madison Senior Center.

SENIOR CITIZENS POLICE ACADEMY

The Madison Police Department is please to provide this excellent opportunity for senior citizens age 60 and over who live/or work in Madison. Attending the Academy will enable participants to gain a better understanding of the procedures, responsibilities, personnel, equipment, policies and laws that guide the Department's decisions. This is a great opportunity to learn more about the day-to-day operations of the Madison Police Department. **Classes will take place on 6 consecutive Thursdays: 10/13, 10/20, 10/27, 11/3, 11/10 and 11/17 from 10:30am to noon.** Contact the Madison Senior Center or Christie Hodge (203)318-3036 if you would like to register for this program.

TRIPS

Refund requests issued with 2 weeks advanced notice or if your seat can- be- filled from the waiting list.

LUNCH AT NICK'S AND WESTBROOK OUTLET SHOPPING - WEDNESDAY, OCTOBER 5, 2011

Enjoy a nice lunch out at Nick's in Madison. After lunch we will head to the Westbrook Outlets for some shopping and free time. This is a great opportunity to spend some time with friends and enjoy a nice day out on the town. **We will depart the Senior Center at 11:15am and return by 3:00pm. No Fee for the trip. Bring money for lunch and shopping.**

ITALIAN FESTIVAL @ GRAND OAK VILLA- THURSDAY, OCTOBER 13, 2011

Come enjoy "The Big Band Singer" Walt Andrus, who began his career at the age of 12 playing tenor sax with Big Bands. He went on to sing with the Tommy Dorsey Orchestra conducted by Buddy Morrow. He performs with many musicians, bands and orchestras internationally including the Tommy Dorsey Orchestra, the Glenn Miller Orchestra and the Nelson Riddle Orchestra. He has also performed with many great stars and his idols! **Leave Commuter Lot @ 9:30am, Fee: \$50pp. Lunch is included.**

PUTTING ON THE RITZ & MOHEGAN SUN CASINO- MONDAY, OCTOBER 17, 2011

Arrive at Mohegan Sun for 9:45am, for 4.5 hours, that include a complimentary Buffet or \$10 meal Voucher, and game, then depart from Casino at 2:45pm to Cornerstone playhouse for a show. **Leave Commuter Lot @ 9:00am, Fee: \$36 pp.**

FALL FOLIAGE TOUR ON THE CONNECTICUT RIVER LOOP - FRIDAY, OCTOBER 21, 2011

Come join us on a fall foliage tour along the Connecticut River Loop. Our journey will depart from the Madison Senior Center at First Congregational Church and take us all along the Connecticut River through the perfect New England towns of Essex, Centerbrook, Deep River, Chester, Haddam and East Haddam. We will stop at various points along the route for lunch and a little bit of shopping. **Leave from the Senior Center at 10:00am and return by 3:00pm. Fee \$2.00.**

LYMAN ORCHARDS - MONDAY, OCTOBER 31, 2011

Join us on Halloween as we head to Lyman Orchards for a day on the farm. Pick-your-own fruit or purchase it at the country shop. Enjoy a nice lunch at their café or bring a bagged lunch, it's your choice. Bring home one of their famous apple pies. Explore the corn maze. This is a great day to take in the fall weather and spend some time with friends. **Leave from the Senior Center at 10:00am and return by 3:00pm.**

4 TROOPS - CONCERT SALUTE TO OUR ARMED FORCES – THURSDAY, NOVEMBER 10, 2011

Held at the Grand Oak Villa. Three young men and one young woman, all Officers who served on the front lines of Iraq and Afghanistan, come together to sing on behalf of all the troops, to honor their sacrifices and to create awareness with their patriotic songs. **Leave Commuter Lot time TBA, Fee: \$65 pp. Lunch is included.**

TRIBUTE TO THE GREATEST GENERATION- TUESDAY, DECEMBER 13, 2011

Swing to the Greatest Generation songs from the 30's and 40's. Performed by Jim Fryer. The memorable songs of the era by Glenn Miller, Benny Goodman, Harry James, Duke Ellington, Frank Sinatra and Count Basie. They will also feature new Orleans Dixieland and traditional seasonal songs and more. Lunch included. **Leave Commuter Lot time TBA, Fee: \$55 pp. Lunch is included**

VOLUNTEER OPPORTUNITIES

Senior Center Volunteers

We are always looking for individuals who would like to volunteer their time, teach a class or instruct a program. Interested individuals should contact Joe Petrella at (203)245-5627 or petrellaj@madisonct.org

Madison Meals On Wheels

If you are interested in volunteering to deliver Meals to homebound seniors, please contact Heather Castrilli at (203)245-5627.

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

<p>PRSR STD U S POSTAGE PAID MADISON CT PERMIT NO. 140</p>

ADDRESS SERVICE REQUESTED



DATED MATERIAL
PLEASE DELIVER PROMPTLY

NEED HELP AFTER IRENE?

Register with FEMA

Call 800-621-3362 or online at www.disasterassistance.gov

Deadline for registration with FEMA is November 2, 2011

TRANSPORTATION OPTIONS

<p><u>DIAL-A-RIDE</u> Madison Senior Center 203- 245-5695</p> <p>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.</p> <p>Please call to be mailed the rules and regulations.</p> <p>48 HOURS NOTICE REQUIRED!!</p>	<p><u>SENIOR BUS</u> Madison Senior Center 203-245-5627</p> <p>Fixed routes to the senior center, downtown, special events, hot lunch program, & Thursday grocery shopping. See enclosed monthly calendar for route schedule.</p> <p>48 HOURS NOTICE REQUIRED!!</p>	<p><u>MADISON COMMUNITY SERVICES:</u> 203-245-3031</p> <p>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.</p> <p>7 DAYS NOTICE REQUIRED!</p>
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