

# Sherman Renaissance Senior Center (SRSC) Newsletter

Volume 13, Number 1  
February - April 2012



WEB SITE: [www.townofshermanct.org](http://www.townofshermanct.org) • EMAIL: [shermanactivities@charter.net](mailto:shermanactivities@charter.net)

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## Upcoming Trips & Events

- Feb. 10 Valentine's Craft with SHS Kids, 2:30- 4 PM, Senior Center, RSVP  
Feb. 23 CT Flower & Garden Show, RSVP  
March 13/20/27 Intro to Spanish, 11 AM  
March 15 St. Patrick's Day at the Hearth Restaurant, \$20 incl. Fruit Cup, Salad, Entrée, Dessert, Coffee, and Tax & Tip, other beverages are extra, RSVP  
March 29 Metropolitan Museum of Art, RSVP  
April 3 Free Hearing Screening, 10:30 AM - 12:30 PM  
April 5 Spa Day, 11 AM  
April 18 The Keeler Tavern & Museum, Ridgefield, 1 PM, RSVP  
April 19 AARP Safe Driving Class, 9 AM - 1 PM

## 8 Ways to Protect Yourself from Scams

*Millions of older adults fall prey to financial scams every year. Use these tips from the National Council on Aging (NCOA) and the Women's Institute for a Secure Retirement to protect yourself or an older adult you know.*

1) Be aware that you are at risk from strangers - and from those closest to you. Over 90% of all reported elder abuse is committed by the older person's own family members, most often their adult children, followed by grandchildren, nieces and nephews, and others. Common tactics include depleting a joint checking account, promising but not delivering care in exchange for money or property, outright theft, and other forms of abuse, including physical abuse, threats, intimidation, and neglect of basic care needs. Everyone is at risk of financial abuse, even people without high incomes or assets.

2) Don't isolate yourself - stay involved!

Isolation is a huge risk factor for elder abuse. Most family violence only occurs behind closed doors, and elder abuse is no exception. Some older people self-isolate by withdrawing from the larger community. Others are isolated because they lose the ability to drive, see, or walk about on their own. Sherman Senior Center can help you stay involved.

3) Always tell solicitors: "I never buy from (or give to) anyone who calls or visits me unannounced. Send me something in writing." Don't buy from an unfamiliar company and always ask for written material about any offer or charity.

(Cont. Pg 2)

## Helpful Contacts

**Director of Social Services:** Beth Trott, 860-354-2414, [shermanse-niorcenter@charter.net](mailto:shermanse-niorcenter@charter.net)

**Director of Activities:** Suzette Berger, 860-354-2414, [shermanactivities@charter.net](mailto:shermanactivities@charter.net)

**FISH:** 860-355-4334

**Van Drivers:** Debbie Thorp, Suzette Berger

**Commission on Aging:** Peter Cohen (Co-Chair), Jeanette Perlman (Co-Chair), Lorna Barrett, Jill Finch, Cheryl Hawkins, John Jenner, Carol Voorhees

**Ex Officio:** TBA

# Notes from the Director

**H**ello Everyone and Happy New Year! We had many great educational and recreational programs this past year, and we are planing to bring as many interesting and helpful activities and programs to you this year. We hope this will be a year of continued growth at the Senior Center and encourage everyone to "Bring a Friend!" That means, please bring a friend to any and all events. You can help by letting us know the best way to outreach to your friends and neighbors. We have so many terrific programs and resources; we want to reach as many of you as possible!

Changes continue in 2012 with Medicare and other programs. Please keep informed by asking questions, enjoying our discussion groups and read-

ing the newspaper. The Sherman Commission on Aging has a column called "The Aging Advocate" in the Citizen News. It provides helpful information to all of us as we become older and may be in need of more services.

I hope everyone has been able to investigate and enroll in a new Medicare drug plan for 2012. If you have problems or questions about anything to do with Medicare or Social Security, please contact me. It can be overwhelming. I have received training and I'm happy to assist you in finding the answers to your questions. You can still apply for the Medicare Savings Program if you are in a low-income bracket. Keep in mind your assets do not count in this program. Check out the information in the Municipal Agent

News in this newsletter.

Suzette and I want to thank all of our volunteers for helping out at the Senior Center and around town visiting our home-bound. We could not run the Senior Center without all of you who help with programs and activities as well as the technical support with computers and clerical help.

We want to thank Hildi Grob for producing, editing, and designing our newsletter and all the volunteers who put it together and get it out every three months. We couldn't do it without you!

Keep an eye out for all the great upcoming programs that Suzette has organized for 2012. Watch for new program updates in the Sentinel and the Citizen News.

Warm regards, *Beth*

*(continue from Page 1)*

Neighborhood children selling Girl Scout cookies or school fundraising items may be an exception, but a good rule of thumb is to never donate if it requires you to write your credit card information on any forms. It's also good practice to obtain a salesperson's name, business identity, telephone number, street address, mailing address, and business license number before you transact business. And always take your time in making a decision. Do not be intimidated by anyone.

4. Shred all receipts with your credit card number. Identity theft is a huge business. To protect yourself, invest in—and use—a paper shredder. Or stop by the Sherman Senior Center and use our shredder. Monitor your bank and credit card statements and never give out personal information over the phone to someone who initiates the contact with you.

5. Sign up for the "Do Not Call" list and take yourself off multiple mailing lists. Visit [www.donotcall.gov](http://www.donotcall.gov) to stop telemarketers from contacting you. Be careful with your mail. Do not let incoming mail sit in your mailbox for a long time. When sending out sensitive mail, consider dropping it off at a secure collection box or directly at the post office. You also can regularly monitor your credit ratings and check on any unusual or incorrect information at [www.AnnualCreditReport.com](http://www.AnnualCreditReport.com).

6. Use direct deposit for benefit checks to prevent checks from being stolen from the mail-

box. Using direct deposit ensures that checks go right into your accounts and are protected. Clever scammers or even unscrupulous loved ones have been known to steal benefits checks right out of mailboxes or from seniors' homes if they are laying around.

7. Never give your credit card, banking, Social Security, Medicare, or other personal information over the phone unless you initiated the call. Misuse of Medicare dollars is one of the largest scams in volving seniors. Common schemes include billing for services never delivered and selling unneeded devices or services to beneficiaries. Protect your Medicare number as you do your credit card, banking, and Social Security numbers and do not allow anyone else to use it. Be wary of salespeople trying to sell you something they claim will be paid for by Medicare. Review your Medicare statements to be sure you have in fact received the services billed, and report suspicious activities to 1-800-MEDICARE.

8. Be skeptical of all unsolicited offers and thoroughly do your research. Be an informed consumer. Take the time to call and shop around before making a purchase. Take a friend with you who may offer some perspective to help you make difficult decisions.

Also, carefully read all contracts and purchasing agreements before signing and make certain that all of your requirements have been put in writing. Understand all contract cancellation and refund terms.



## February 2012

- 3 Betty Trott
- 5 Catherine Munch
- 10 Mike Crawford
- 12 Eve Scoland
- 23 Warren Schubert
- 26 Bill Knipple

## March 2012

- 2 Elisabeth Pfaff
- 3 Nancy Giddings
- 3 Nelda Scheremeta
- 4 Linda Risberg
- 24 Charlotte Osborn
- 26 John O'Connor

## April 2012

- 6 Andrea O'Connor
- 10 Joan Eagle, John Jenner
- 25 Bea Kastilahn

# Classes/Coffee & Conversation

## **Class: Intro to Spanish, March 13, 20, 27, 11 AM**

Diana Nunez, Senior Social Work student at WCSU, will be teaching an introductory Spanish language and culture class.

## **Class: Spa Day, April 5, 11 AM**

Diana Nunez, student intern, will be organizing a soothing and fun pampering session at the Senior Center.

## **Class: AARP Safe Driving Class, April 19, 9 AM - 1 PM, \$12 members, \$14 non-members, RSVP**

This is a wonderful refresher course that is open to everyone. The course includes a workbook, has no examinations and everyone passes. The instructor will address issues facing older drivers and will include local driving conditions in the presentation. If you are 62 or older you may qualify for a discount on your insurance.

## **C & C: Synergy Home Care, February 8, 10:30 AM (snow date is Feb. 22 at 10:30 AM)**

We will have a presentation from Synergy Home Care about non-medical home care and its benefits. Refreshments served.

## **C & C: Nutritionist, February 15, 10:30 AM**

Topic is "Life's Simple 7" which are the American Heart Association's guidelines to reduce the risk of heart disease. Judy Prager, RD Senior Nutrition Services, New Opportunities, Inc.

## **C & C: Talk with First Selectman, February 21, 11 AM**

Come and meet Sherman's First Selectman Clay Cope. Bring your questions and concerns for our town. Refreshments will be served.

## **C & C: Hearing Loss and Depression, March 6, 10:30 AM**

Veralyn Davee, M.A., CCC-A has been a certified and licensed audiologist for 25+ years. She will speak about hearing loss, communication breakdowns, psychological/emotional reactions, and coping solutions and strategies.

## Senior Van Schedule



### **Shopping Trips:**

- Tuesdays: Sherman IGA or Big Y Shopping Plaza  
Thursdays: Stop & Shop/Walmart/Dollar Store (longer shopping day)  
(Note: If we only offer one shopping day during a week we will go to both shopping centers.)  
1<sup>st</sup> Wednesday of Month: Danbury Fair Mall & Trader Joe's  
2<sup>nd</sup> Monday of Month: Blood Pressure & Monthly Birthday Party  
3<sup>rd</sup> Thursday of Month: Kohls, Shop Rite in Brookfield and Lunch out

### **Senior Dine Outings:**

- 1<sup>st</sup> Monday of Month: Elenni's Restaurant in Woodbury  
Last Tuesday of Month: Various Senior Dine Restaurants  
Every Friday: American Pie at 11 a.m. for Senior Dine

*We also offer a number of day-trips; watch local papers and newsletter for info or see the Activities Wall at the Senior Center.*

**Donations Accepted!**

- Newsletter Design:** Hildegard Grob  
**Contributors:** Beth Trott, Suzette Berger  
**Photographs:** Suzette Berger, Beth Trott  
**Production:** The Sherman Sentinel Publishing Company Inc.



*Counter-Clockwise from Top Right:*

Willie Mandeville; Sherman Oral History Day with Louise Edwards, Elisabeth Mayfield, Ralph Goreman, Jean Sheldon, Grace Hotchkiss, Gertrud Berger, Tony Hapanovich; Tom and Doris Ryan; Gloria Dorn with Loes and Allen Ostergren; SHS Curator Gloria Thorne, Dorothy Clark, Elisabeth Mayfield, Joan Eagle, Nancy Weatherbee, SHS President John Jenner; Dorothy Clark, Betty Biro, Grace Hotchkiss, Trooper Downs, Gertrud Berger, Jean Sheldon, Nancy Weatherbee; Nelda Scheremeta, Grace Hotchkiss, Lorraine Palmetta.



## SHERMAN RENAISSANCE SENIOR CENTER

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Bulk Rate  
U.S. Postage  
PAID  
Permit No. 9  
Sherman, CT 06784



# Municipal Agent News

## MEDICARE UPDATE

The next enrollment period for Medicare Part D (prescription drug benefit) will begin October 15, 2012 and will end December 07, 2012 for the year 2013. There are a few instances in which an individual can enroll before October of 2012.

1) Individuals who are new to Medicare can join during the period starting three months before until three months after the month Medicare begins. 2) People who are on Medicaid can change plans anytime. 3) People who move to a different area where their plan does not operate can also change.

Medicare Savings Program has changed the income limits as follows: Individual income of \$2342.64/mo. and \$3163.08/mo. for a couple and below are now eligible. Beth is available by appointment for help with all Medicare questions. Please call for an appointment.

## CONNPACE ENROLLMENT

ConnPACE is a program that helps pay for prescription drugs. Due to legislative changes in the Connecticut state budget, the ConnPACE program has been phased out for all individuals currently eligible for Medicare. Assets do not count. You may enroll in ConnPACE between 10/15/2012-12/07/2012 if you are 65 years old or older and have been a CT resident for over 183 days and do not have Medicare.

## ENERGY ASSISTANCE

We are accepting applications for energy assistance now through March 1, 2012. When applying, please bring copies of your last 4 weeks of income or if income is directly deposited into your bank a copy of the bank statement, as well as proof of 2011 liquid assets. The asset limit is \$10,000 if you own a home and \$7000 if you rent (the home you live in and your vehicle do not count as assets). The income limits for the energy assistance program are available to you by calling Beth or one of her social work interns. You may call the office to schedule an appointment with Beth or one of her interns.

## OPERATION FUEL

Operation Fuel is a private, non-profit statewide program offering emergency energy assistance to low income working poor, elderly and disabled households which are either ineligible for government assistance or have exhausted their benefits. This crisis intervention program assists families facing unemployment, illness, non-support or death of a partner. The eligibility criteria are based on annual household income and a documented crisis. Household income must fall between 151% and 200% of the federal poverty guidelines. There are limited funds for exceptions to these guidelines also. This will be administered by Operation Fuel and can be applied for through Beth at the senior center now through May 1, 2012. If you need more information please call us at 860-354-2414.

## USDA Rural Development Grants and Loans

There are grants and loans available to residents of rural towns for the purpose of repair and rebuilding as well as building new homes. If you qualify under their guidelines they will come out and do an assessment of the work that needs to be done and ask you to get three estimates for each project and then determine if they can give you a grant or a low interest (1%) loan. They will pay for clearing dangerous trees, plumbing repair, house structure repair, septic repair, oil tank removal and anything that could be a danger or a hindrance in your home.

## CONSUMER LAW PROJECT FOR ELDERS

Connecticut Legal Services provides free legal assistance to seniors aged 60 or older with all types of consumer problems including debt collection, identity theft, credit repair, credit discrimination, home improvement, predatory lending, and auto fraud. CLPE takes calls Monday through Friday from 9-5 and provides callers with a range of legal assistance. Individuals who have high credit card debt may be particularly interested in talking with this organization to learn what their options may be. Their number is 1-800-453-3320.

## Western CT Area Agency on Aging

The AAA is a great place to get your questions answered for all kinds of benefits to anyone over the age of 60 years. Call them with questions or concerns at 1-800-994-9422. Brochures are available at the Senior Center.

ALWAYS FEEL FREE TO CALL BETH (860-354-2414) IF YOU HAVE FINANCIAL OR OTHER CONCERNS. FULLY CONFIDENTIAL. STUDENT INTERN DIANA NUNEZ (TUES./THURS.) IS ALSO AVAILABLE FOR ASSISTANCE.

## HELPFUL WEBSITES

Affordable Health Insurance for CT residents - [www.charteroakhealthplan.com](http://www.charteroakhealthplan.com); Western CT Area Agency on Aging - [www.wcaaa.org](http://www.wcaaa.org); Social Security - [www.ssa.gov](http://www.ssa.gov); Medicare - [www.medicare.gov](http://www.medicare.gov); My Medicare - [www.mymedicare.gov](http://www.mymedicare.gov); State of CT - [www.ct.gov](http://www.ct.gov); Medicare matters -

[www.mymedicarematters.org](http://www.mymedicarematters.org); Legal Service - [www.ctelderlaw.org](http://www.ctelderlaw.org); Infoline - <http://www.infoline.org>; [www.ct.gov/opm/furnacerebate](http://www.ct.gov/opm/furnacerebate); CT Department of Social Services - [www.ct.gov/dss](http://www.ct.gov/dss); Benefits Check up - [www.benefitscheckup.org](http://www.benefitscheckup.org)

**PULL OUT SECTION**

<b>- February 2012 ~</b>						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
5	6	7	8	9	10	11
	Senior Dine trip to Elenni's in Woodbury Pinochle 12 noon	Shopping Trip Bridge 1 P.M	Talk: Synergy Home Care 10:30 Pinochle 12 noon	Shopping Trip	Walking 9 AM Senior Dine at American Pie Portobello chicken or hot pot roast sandwich	Walking 9 AM Senior Dine at American Pie Portobello chicken or hot pot roast sandwich
12	13	14	15	16	17	18
	10:30 Disc. Club 11:30 Blood Pres. & Blood Sugar, 12:30 Bday Party Pinochle after	Shopping Trip Bridge 1 P.M	Talk: Nutritionist 10:30AM Pinochle 12 noon	Shopping Trip to ShopRite & Kohl's	Walking 9 AM Senior Dine at American Pie Cuche or soup and 1/2 turkey sandwich	Walking 9 AM Senior Dine at American Pie Cuche or soup and 1/2 turkey sandwich
19	20	21	22	23	24	25
	Office closed	Talk: First Selectman Clay Cope 11AM Shopping Trip Bridge 1 P.M	Snow date for 2/8 talk Pinochle 12 noon	Trip: CT Flower and Garden Show	Walking 9 AM Senior Dine at American Pie Roasted veggie fajita or soup and 1/2 turkey sandwich	Walking 9 AM Senior Dine at American Pie Roasted veggie fajita or soup and 1/2 turkey sandwich
26	27	28	29	Notes:		
	8:30 COA 10:30 Disc. Club Pinochle 12 noon	Trip: Applebees and Loews Bridge 1 P.M	Walking 9am Wii 10:30AM Pinochle 12 noon			

# - March 2012 -

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<b>1</b> Shopping Trip	<b>2</b> Walking 9 AM <b>Senior Dine at American Pie</b> Germ. Potato Pancakes or Chef's salad	<b>3</b>
<b>4</b>	<b>5</b> Senior Dine trip to Eleni's in Woodbury Pinochle 12 noon	<b>6</b> <b>Talk: Hearing Loss and Depression</b> 10:30am Bridge 1 P.M	<b>7</b> <b>Trip: Danbury Mall, Xmas Tree &amp; Trader Joe's</b> Pinochle 12 noon	<b>8</b> Shopping Trip	<b>9</b> Walking 9 AM <b>Senior Dine at American Pie</b> French Toast w/banana or Meatloaf	<b>10</b>
<b>11</b>	<b>12</b> <b>10:30 Disc. Club</b> <b>11:30 Blood Pres. &amp; Blood Sugar,</b> <b>12:30 Bday Party</b> Pinochle after	<b>13</b> Shopping Trip <b>Class: Beginning Spanish 11 AM</b> Bridge 1 P.M	<b>14</b> <b>Wii 10:30AM</b> Pinochle 12 noon	<b>15</b> <b>St Patty's Day at The Hearth</b> 12PM Cost \$20	<b>16</b> Walking 9 AM <b>Senior Dine at American Pie</b> Florentine Omelet or Portobello chicken	<b>17</b>
<b>18</b>	<b>19</b> 8:30 COA <b>Wii 10:30AM</b> Pinochle 12 noon	<b>20</b> Shopping Trip <b>Class: Beginning Spanish 11AM</b> Bridge 1 P.M	<b>21</b> <b>Wii 10:30AM</b> Pinochle 12 noon	<b>22</b> Shopping Trip to ShopRite & Kohl's	<b>23</b> Walking 9 AM <b>Senior Dine at American Pie</b> Quiche or Hot pot roast sandwich	<b>24</b>
<b>25</b>	<b>26</b> <b>10:30 Disc. Club</b> Pinochle 12 noon	<b>27</b> <b>Class: Beginning Spanish 11AM</b> <b>Senior Dine at Sycamore's</b> Bridge 1 P.M	<b>28</b> <b>Wii 10:30AM</b> <b>Shopping Trip</b> Pinochle 12 noon	<b>29</b> <b>Trip: The Metropolitan Museum of Art</b> <i>Snow date 4/12</i>	<b>30</b> Walking 9 AM <b>Senior Dine at American Pie</b> Germ. Potato Pancakes or soup & turkey sandwich	<b>31</b>

# PULL OUT SECTION

~ April 2012 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b>	<b>2</b> Senior Dine trip to Elenni's in Woodbury Pinochle 12 noon	<b>3</b> Hearing Screenings 15 min 10:30-12:30 Bridge 1 P.M	<b>4</b> Trip: Danbury Mall, Xmas Tree & Trader Joe's Pinochle 12 noon	<b>5</b> Shopping Trip Spa Day 11AM	<b>6</b> <i>Office closed</i>	<b>7</b>
<b>8</b>	<b>9</b> 10:30 Disc. Club 11:30 Blood Pres. & Blood Sugar, 12:30 Bday Party Pinochle after	<b>10</b> Shopping Trip Bridge 1 P.M	<b>11</b> Wii 10:30AM Pinochle 12 noon	<b>12</b> Shopping Trip <i>Snow date for 3/29 Trip to The MMA</i>	<b>13</b> Walking 9 AM Senior Dine at American Pie <small>French Toast w/banana or chef's salad</small>	<b>14</b>
<b>15</b>	<b>16</b> 8:30 COA Wii 10:30AM Pinochle 12 noon	<b>17</b> Shopping Trip Bridge 1 P.M	<b>18</b> Trip: Keeler Tavern Museum Pinochle 12 noon	<b>19</b> AARP Safe Drive Class 9-1 ShopRite & Kohl's	<b>20</b> Walking 9 AM Senior Dine at American Pie <small>Roasted veggie fajita or gobbler</small>	<b>21</b>
<b>22</b>	<b>23</b> Walking 9am 10:30 Disc. Club Pinochle 12 noon	<b>24</b> Trip: Applebees and Loews Bridge 1 P.M	<b>25</b> Wii 10:30AM Pinochle 12 noon	<b>26</b> Shopping Trip	<b>27</b> Walking 9 AM Senior Dine at American Pie <small>Florentine Omelet or Meatloaf</small>	<b>28</b>
<b>29</b>	<b>30</b> Wii 10:30AM Pinochle 12 noon	<b>Notes:</b>				