

Sherman Senior Center

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The Sherman Senior Center is committed to ensuring that no person is excluded from participation, denied benefits, or otherwise subjected to discrimination under any program or activity, on the basis of race, color, national origin, sexual orientation, age or disability.



Programs, Events and Community Wellness

All programs require registration. To sign up, e-mail: shermanseniorcenter@gmail.com

Cooking Class (September 12 at 11am)

Join Monica Marcello, a dietitian nutritionist from RVNAHealth. September Menu: Mediterranean Chickpea Salad for cholesterol awareness month. There will be an interactive presentation followed by samples for all!

Peripheral Artery Disease (September 13 at 12pm)

Have you notice your legs cramping or your muscles hurting while walking or climbing stairs that disappear once you rest a few moments? Does one leg or foot feel cold or numb? This could be a condition called Peripheral Artery Disease (PVD), sometimes call poor leg circulation. Join us to explore the signs and symptoms and what could be the underlying cause.

What's new Medicare Info (September 29 at 11am)

Get updated on Open Enrollment! Join Audrey Cole from Senior Medicare Patrol (SMP) at the Western Connecticut Area Agency on Aging (WCAAA) for a talk on understanding how to protect, detect, and report on the latest frauds, errors and abuse occurring in Medicare.



Free Wellness Clinic (October 11, 12-1:30pm)

Know Your Numbers: RVNAHealth nurses will check your blood pressure, cholesterol, blood sugar, BMI and blood oxygen levels. Let's stay healthy!

Cooking Class (October 17 at 11am)

Join Monica Marcello, a dietitian nutritionist from RVNAHealth. October Menu: Chickpea Cookies There will be an interactive presentation followed by samples for all!

Lunch 'n Learn with SYNERGY HomeCare and Friends (Oct 18 at 12:30pm)

"Options for Aging in Place" (including Housing options) FREE Lunch. Giving the audience a clearer picture of some of the resources in the community.

Murder Mystery (October 24 at 11am)

Join us for a suspenseful game of mystery and intrigue. Teams will work through the case file together: there will be evidence reports, toxicology and autopsy reports, and actual evidence from the crime scene. Grab a friend to work the case together. Sponsored by CVHR.

SEPTEMBER/OCTOBER TRIPS

"Shear Madness" (September 8)

Join us for summer theater at the Sharon Playhouse. Cost \$25

Danbury Mall (September 12 & October 3)

Join us on our monthly trip to the Danbury Mall, Christmas Tree Shop and Trader Joe's.

Lover's Leap State Park (September 16)

Join us on a visit to New Milford's beautiful bridge and park before we enjoy a lunch outing in New Milford. the trail utilizes the 1895 Berlin Iron Bridge, one of five remaining in Connecticut, to cross the Housatonic River.

Scenic Drive to Kent Falls October 21

These are the most visited falls in Connecticut. The path and wooden lookouts are regularly maintained which allows visitors to climb right up alongside the falls all the way to the top for post card views of the water.

Medicare Seminar

Bring your questions!

Thursday, September 29 at 11:00am

At Sherman Senior Center

4 Easy Steps to Tackling Medicare Open Enrollment

- 1. Make an appointment.** Open Enrollment runs Oct. 15 to Dec. 7 every year. It is the only time you can switch Medicare Plans. Make an appointment at Sherman Social Services today to review your plans. **860-354-2414, ext. 2.**
- 2. Know your current plans.** If you can't make head or tails out of your coverage, bring all that paperwork to Social Services. Together, we'll figure it out.
- 3. Focus on what you like and dislike about your current plans.** Does your drug plan cover your meds? Have you gotten new meds? Is your supplemental plan affordable? Do you want to know the difference between Original Medicare and Medicare Advantage?
- 4. Ask questions.** Lynne Gomez, LMSW, at Sherman Social Services is a CHOICES counselor. If Sherman Social Services can't find the answer, we have CHOICES supervisors in the state who live and breathe Medicare. They are the experts.

Open Enrollment is the time to make the following changes:

- Change to a **different drug plan.**
- Join a drug plan for the first time.
- Switch from a **Medicare Advantage Plan to Original Medicare.**
- Switch from **Original Medicare to a Medicare Advantage Plan.**
- Switch from one **Medicare Advantage Plan to another Medicare Advantage Plan.**
- While **supplemental plans** are not included in Open Enrollment, you can add or change your supplemental plan ANY TIME in Connecticut. So let's look at that as well.

This once-a-year chance to review your plan and make changes is worth the time invested. Each year drug plans are allowed to make changes to the drugs they cover. It is a good time to make sure your current drugs are still covered by your plan.



Energy Assistance

Energy Assistance applications are currently being accepted at Sherman Social Services. You could be awarded hundreds of dollars in direct payments to your fuel company for heating oil.

Also for those who heat with electricity, propane, kerosene, wood, wood pellets and coal.

- The income threshold is \$39,027 for a single person and \$75,052 for a family of four (NO asset test required this year).
- Proof of income for the last month (income is from wages, social security, unemployment, etc.) required.
- Self-employed applicants must provide a history of income for the prior 6-months or 12-months. Household income must include the income of everyone living in the home over the age 18.
- Applying for Energy Assistance is required for anyone interested in the Matching Payment Program of Eversource, designed to reduce a large balance by "forgiveness" of a portion of your electric bill.

For information, call Sherman Social Services at 860-354-2414, ext. 2.

Benefits Check Up

Benefits Check Up, a new on-line tool, can immediately connect you to helping programs and information on a variety of topics, from Food Assistance to Housing and Transportation.

The Benefits Check Up also includes a section on Age Well Planning. If you find programs you want more information on, contact Sherman Social Services.



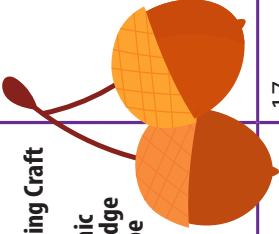
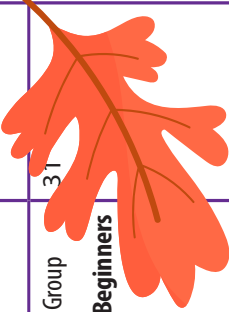
Go to <https://benefitscheckup.org/>

988 The New Suicide Prevention Lifeline

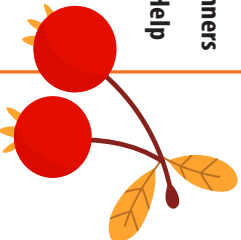
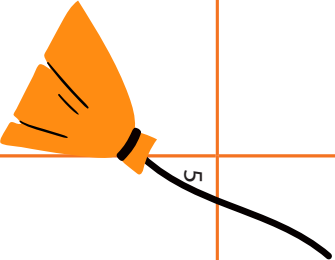

988 is the number to call on your phone if you or someone you know is contemplating suicide or having a mental health crisis. It directs you to representatives specifically trained in the management of suicide risk and other mental health crises. Sadly, suicide rates are higher among older adults, according to SAMSHA, (Substance Abuse and Mental Health Services Administration).

The 988 Suicide and Crisis Lifeline offers a simpler and more effective way for older adults and those living with disabilities to access help in the event of a mental health crisis. 911 is still the number to call in a medical emergency.

SEPTEMBER 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28 		30	31	1 10am Exercise Club 11am Boomwhackers 1-3pm Bridge Club	2 9am Walking Group 10am Tai Chi for Beginners 10:30-1pm Tech Help Appointments	3
4	5 Labor Day Office Closed	6 9:30am Senior Dine 11am Chair Yoga 	7 11:30am BP Screening 12pm Luncheon 12:30pm Birthday Cake Celebrate September Birthdays! 1-3pm Pinochle Club Shopping Trip: New Milford	8 10am Exercise Club Trip: Shear Madness at the Sharon Playhouse 1-3pm Bridge Club	9 9am Walking Group 10am Paint Pouring Craft 1-2pm Housatonic Probate Court Judge Martin Landgrebe	10 
11	12 9am Walking Group 9:30am Senior Dine 11am Cooking Class Trip: Danbury Mall 1-3pm Pinochle Club	13 9:30am Senior Dine 11am Chair Yoga 12pm RVNA Talk Peripheral Artery Disease	14 9am Walking Group 12pm Luncheon 1-3pm Pinochle Club Shopping Trip: New Milford	15 10am Exercise Club 11am Crafts with Jodi 1-3pm Bridge Club	16 Trip: Lover's Leap and Lunch out	17
18	19 9:30am Senior Dine Trip: T.J.Max, GoodWill & Lunch out 1-3pm Pinochle Club	20 9:30am Senior Dine 11am Chair Yoga 12pm Book Discussion: The Kitchen House	21 9am Walking Group 12pm Luncheon 1-3pm Pinochle Club Shopping Trip: New Milford	22 10am Exercise Club 1-3pm Bridge Club	23 9am Walking Group 10am Tai Chi for Beginners	24
25	26 9:30am Senior Dine 1-3pm Pinochle Club	27 9:30am Senior Dine 11am Chair Yoga 12pm Bingo CVHR 1:15pm Live Music	28 9am Walking Group 12pm Luncheon 1-3pm Pinochle Club Shopping Trip: New Milford	29 10am Exercise Club 11am Senior Medicare Pa-trol and Open Enrollment with WCAA 1-3pm Bridge Club	30 9am Walking Group 10am Tai Chi for Beginners	31 

OCTOBER 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
2	3 9am Walking Group 9:30am Senior Dine Trip: Danbury Mall 1-3pm Pinochle Club	4 9:30am Senior Dine 11am Chair Yoga	5 11:30am BP Screening 12pm Luncheon 12:30pm Birthday Cake Celebrate October Birthdays! 1-3pm Pinochle Club Shopping Trip: New Milford	6 10am Exercise Club 11am Boomwhackers 1-3pm Bridge Club	7 9am Walking Group 10am Tai Chi for Beginners 10:30am - 1pm Tech Help Appointments	8 
9	10 Columbus Day Office Closed	11 9:30am Senior Dine 11am Chair Yoga 12pm RVNA: Wellness Clinic	12 9am Walking Group 12pm Luncheon 1-3pm Pinochle Club Shopping Trip: New Milford	13 10am Exercise Club 1-3pm Bridge Club	14 9am Walking Group 1-2pm Housatonic Probate Court Judge Martin Landgrebe	15
16	17 9am Walking Group 9:30am Senior Dine 11am Cooking Class 1-3pm Pinochle Club	18 9:30am Senior Dine 11am Chair Yoga 12:30pm Lunch and Learn "Options for Aging in Place"	19 9am Walking Group 12pm Luncheon 1-3pm Pinochle Club Shopping Trip: New Milford	20 10am Exercise Club 11am Crafts with Jodi 1-3pm Bridge Club	21 Trip: Kent Falls	22
23	24 9am Walking Group 9:30am Senior Dine 11am Murder Mystery Game 1-3pm Pinochle Club	25 9:30am Senior Dine 11am Chair Yoga 12pm Bingo 1:15pm Live Music	26 9am Walking Group 12pm Luncheon 1-3pm Pinochle Club Shopping Trip: New Milford	27 10am Exercise Clu 1-3pm Bridge Club	28 9am Walking Group 10am Tai Chi for Beginners	29 
30	31 Halloween 9:30am Senior Dine Trip: T.J.Max, GoodWill & Lunch out 1-3pm Pinochle Club	1 	2	3	4	5



October Birthdays: Jackie Crawford • Edie Jordan • Eileen Jenks • Carol Faure • Marie Hayes • Art Von Plachecki • Cicely German • Ilse Schmitt