

Active Lifestyles

Calendar House of Southington



Volume 2, Issue 9

860-621-3014

FEBRUARY, 2015

FROM THE DIRECTOR

It's the shortest month of the year! And with bitter cold, ice and snow – that's a good thing! It also comes packed with special events and celebrations including Groundhog Day (hope he doesn't see his shadow!); Valentine's Day; Mardi Gras; Ash Wednesday; Presidents' Day and the Chinese New Year! With a focus on healthy living, Central Connecticut Senior Health Services presents Healthy Family Funfest at the Aqua Turf on February 22. Calendar House will host two informative Coffee 'n Dessert sessions including "Keeping Connected in the UNconnected World of Alzheimer's" on February 19 and "Congestive Heart Failure" on February 26. You can have your blood pressure checked on February 5 and 24, and two foot clinics are scheduled. Take advantage of AARP's 55 Alive Safe Driving Class, get help with your tax return and enjoy BINGO! Keep warm, stay healthy, sit back and enjoy watching NASCAR racing, college basketball, hockey and golf while we look forward to Spring and warmer weather!!

Robert Verderame, Calendar House Director

STORM CLOSINGS

Announcements are made on WFSB Channel 3 (position 3 on Cox Cable); WTIC AM (1080) & WTIC FM (96.5) if the Calendar House is closed. When closed, the nutrition program, all classes & activities are cancelled. Buses do not run.

TRAVEL TIPS

On Monday, February 9 at 1:30 pm, Margo Thompson Madore from AAA in Plainville will present a program on travel safety and tips to make your travel more enjoyable. Ms. Thompson Madore has traveled around the world. So, whether you are going around the world, to New York City, New England or the shore, come learn how to keep yourself, your money and your identity safe. Margo will also have items on display and will take questions. A drawing will conclude the program, which will end by 2:30 pm.



Celebrating Julia Sherman - 100 years young!

COFFEE 'N DESSERT

Please join Heather Hitchcock for "Coffee 'n Dessert" on Thursday, February 19, 2015 at 1:30pm for "Keeping Connected in the UNconnected world of Alzheimer's", a discussion on the various types of dementias and more importantly how to interact with friends and family members experiencing these symptoms. We will cover verbal and non-verbal communication techniques as well as how the physical environment affects behaviors. There will be plenty of time for questions so come prepared to interact. Heather Hitchcock is the Director of Admission and Marketing for a Newington Short Term Rehab facility. She is a volunteer speaker for the Alzheimer's Association CT Chapter. Please RSVP at 860-621-3014.

CLOSED!

Calendar House will be closed on Monday, February 16 in celebration of Presidents' Day.

COFFEE 'N DESSERT

The Hospital of Central Connecticut invites you for "Coffee 'n Dessert" on Thursday, February 26, 2015 at 1:30 pm. Catherine Callan, Nurse Practitioner at the Cardiology Clinic and Heart Failure Resource Center will discuss the symptoms of Congestive Heart Failure as well as prevention and treatment options. Catherine holds a Bachelor's degree in nursing from Sacred Heart University and a Master's degree in nursing from Quinnipiac University.. Please RSVP at 860-621-3014.

Make your smile sparkle with good dental health: it's easy and it will benefit your overall health too!



Call us today to schedule your checkup!

Get your bright, healthy, beautiful smile right here!

PREVENTIVE CARE
Composite Fillings
Crowns (Caps)
Dental Implants
Dentures & Partial Dentures
Fixed Bridges

COSMETIC DENTISTRY
Porcelain Crowns (Caps)
Porcelain Fixed Bridges
Porcelain Veneers
Teeth Whitening
CEREC: Single Appointment Crowns

ONTEMPORARY
FamilyDentistry

Stephanie A. Urillo, D.D.S., P.C.
Gentle, Caring Family Dentistry
360-15 North Main Street, Southington, CT 06489
860.276.0027

saurillodds@sbcglobal.net | Office Hours by Appointment | New Patients Welcome
ASK ABOUT OUR SENIOR CITIZEN DISCOUNT!



Installation of Calendar House Membership Association Officers.

COMPUTER CLASS REGISTRATION

Registration for the Spring 2015 Computer Class Sessions was held on Monday, January 26. For more information and possible available openings, please see www.calendarhouse.org or call the office at 860.621.3014. Class offerings include: Computer Basics for Beginners (9am Friday February 16 for 2 weeks); Introduction to Computers (1pm Tuesday, February 17 for 7 weeks); Files & Folders (9am Wednesday, February 18 for 6 weeks); The Many Faces of Google (1pm Thursday, February 19 for 7 weeks); Basic Digital Photography (9am Tuesday, February 17 for 6 weeks); and Apple iPad (1pm Thursday, February 19 for 6 weeks). Each class is \$25. EXCEPT for Computer Basics which is \$5.

FINANCIAL CLUB

Wednesday, February 11, 1 PM

Learn how to manage your financial investments, including stocks, bonds, CD's, money markets, mutual funds and other investment instruments with Connie Proll, a certified financial advisor.

DIGITAL PHOTO CLUB

Wednesday, February 18, 1 PM

State-of-the-art digital photography techniques with Peter Freeman our photography guru. Occasional field trips are planned.

COMPUTER CLUB

Wednesday, February 25, 1 PM

Review any and all computer related topics; take part in building or upgrading computers, learning in the process how each component works.

VALENTINE'S DAY

Thursday, February 12, 1:30 PM

Indulge your sweet tooth with an assortment of special treats on Thursday, February 12 at 1:30 in celebration of Valentine's Day! Enjoy the musical entertainment of Michael Ciulla presenting a variety of sounds to delight and lift your spirits! Tickets (\$3.) may be purchased in the office.

FINE ARTS & CRAFTS EXHIBIT

Sunday, April 25, 2 PM

You are cordially invited to join us on Sunday, April 26th from 2-4 pm to celebrate spring at our annual Fine Arts & Crafts Exhibit! Enjoy the fine arts & crafts created by Southington's talented seniors! This exhibit features the paintings, drawings, stained glass objects, watercolors, quilts, woodcarvings, poetry and decorative arts of Calendar House students! Light refreshments will be served. Public is welcome! Be sure to invite your families and friends!

55 ALIVE SAFE DRIVING

One day only classes! February 13 OR March 13 8:45 AM - 1 PM. Focuses on latest driving techniques with emphasis on defensive driving. No in-the-car training involved, only classroom. Cost: \$15 for AARP Members (must provide membership #) \$20 for Non AARP Members. Payable to AARP. Register at 860.621.3014.

FOOT CLINIC

Sue Zdeblick, RN with 30+ years experience including Foot Care Nurse Certification provides a monthly foot clinic by appointment only. There is a nominal fee. Please call 860.621.3014 for more info or to make an appointment.

TRIPS! TRIPS! TRIPS!

Trip Desk (located in mini lounge by fireplace) will be open from 10am-12noon on every Wednesday in February to answer questions and reserve your trip. Payment is required to reserve your seat. Payments should be made at the Trip Desk during these times, or see Harry in the office. 2015 trips are being finalized now, please stop by and see what we'll be offering next year!!

- **Sunday, February 15**, "Dirty Rotten Scoundrels", a stylish, sexy, irreverent musical comedy about two con men living on the French Riviera! Warner Theatre, Torrington, CT. Full course luncheon prior to show (restaurant TBA). Cost: \$92.pp
- **Thursday, March 12**, "A Day of Irish Celebration" at the Foxwoods Theater, featuring comedian George Casey who was born in County Clare Ireland, delightful vocalist Liz McNicholl singing favorite Irish melodies and ballads and performance by Irish step dancers! Includes Foxwoods Bonus package \$10 slot play & free lunch at the buffet or \$10. food voucher. Cost: \$76.pp
- **Thursday, March 26**, "The Orchid Show" at the New York Botanical Gardens" Get away from the cold, be surrounded by exotic orchids in different colors and scents. Enjoy the magnolias, perennial rock gardens in bloom and peek in at the Home Gardening Center, then stop by the garden Cafe or the new Pine Tree Cafe for a bite to eat (on your own). Time for Arthur Avenue shopping. Cost: \$73.pp
- **Tuesday, April 14**, "When the Cat's Away" at the Newport Playhouse Dinner Theater. A classic British farce based on a popular British sitcom. Great buffet in the main dining room with salads, hot & cold entrees, desserts & beverage. Then take your reserved seats in the theater, after the play return to the dining room to enjoy the cabaret show. Cost: \$85.pp

- **Sunday, April 19**, "Hyde Park on the Hudson" Tour FDR's 'Springwood' home & grounds; the Vanderbilt Mansion; and 'Val-Kill' National Historical site; then lunch at the Eveready Diner (seen on the Food Network's Diners Drive-ins & Dives Legends). Cost: \$95.pp

For more information on any of these trips, and to see what's coming up, please log-on www.calendarhouse.org & click "trips" tab! Or pick up a flyer on the "rounder" in Calendar House lobby.

DIAL-A-RIDE BUS SERVICE

DIAL-A-RIDE BUS provides transportation at no charge for Southington residents aged 55 & over and for people with disabilities. Transportation is available to & from doctor & dental appointments. On Mondays, Tuesdays & Thursdays rides are available to various shopping locations. Mon-Fri rides are provided to & from Calendar House for lunch, activities, programs & appointments. ADVANCE notice is required - three days (72 hours) is requested when possible. We ask that medical appointments be made between 9am-2:30pm for in town and between 10am-1pm for out of town. Please call 860-621-3014. SHOPPERS please call Calendar House on Thursday mornings for following week's shopping schedule. (Requests made after 12 noon on Thursdays may not be accommodated.)

WONDERS OF ITALY

Upcoming trip offering: "The Wonders of Italy" departing Saturday, April 25, 2015. Call Tours of Distinction for info 1-800-426-4324 or stop by the next trip desk sale and get further info. Selling fast - act now. \$4928 pp double, \$5668 single.

Take Positive Steps to a Healthy Recovery! Choose The Summit at Plantsville for Your Short Term Rehab!

Our short term rehab program is great for:

- Orthopedic Patients
- Joint Replacement
- Cardiac Patients
- Pulmonary Patients
- Surgical & Wound Management
- Stroke Rehab



Our knowledgeable and caring staff includes:

- Physical Therapists
- Occupational Therapists
- Speech Therapists
- Skilled Nurses
- Highly Credentialed Medical Staff

For more information please contact our admissions department at extension 233.


THE SUMMIT
AT PLANTSVILLE
A Health Care and Rehabilitation Center
261 Summit Street, Plantsville, CT 06479 • 860-628-0364
athenhealthcare.com/summit
Managed by Athena Health Care Systems

Heating, Air Conditioning Sales and Service

Ductworks
HVAC Services

860-621-6295
Serving the local community for over 20 years.

\$50 OFF
a service call of \$250 or more*

www.ductworkshvac.com
*Expires 2-28-15 • Must mention code: CALENDAR

FREE ESTIMATES • FULLY INSURED

HQ
HQ DUMPSTERS & RECYCLING
SOUTHINGTON, CT
860-422-5678

Residential accounts receive
FIRST 3 MONTHS FREE
We also offer WEEKLY RECYCLING!

ACTIVE & AGELESS
SILVERSNEAKERS AT THE Y

The SilverSneakers Fitness Program is offered in partnership with select health plans at no additional cost to Medicare-eligible members. Each member is entitled to a basic membership at a the YMCA. The basic membership includes the SilverSneakers Classes, other group exercise classes, social activities, and the use of our pool and saunas.

SIGN UP TODAY!

Southington Community YMCA
29 High Street, Southington
860-628-5597 | www.sccymca.org

Franciscan Ever There Care

Your solution to in-home non-medical care.

We provide:

- Personal Care Assistants
- Homemakers
- Companions
- 24-Hour Live-In Aides
- Emergency Response Services
- Respite for Family Caregivers

(203) 630-2881
www.EverThereCare.org



Our members need more room for exercise!

INCOME TAX ASSISTANCE

Income Tax Assistance for low and moderate income senior citizens will be available at Calendar House beginning mid-February through April 15th by appointment ONLY Tuesday & Friday mornings from 9am until 11:30am. We are unable to accommodate walk-ins. Call 860.621.3014 to schedule an appointment. Trained, certified AARP-TCE Volunteer Tax Counselors will assist senior citizens in preparing personal Federal and State Income Tax Returns. Complex and/or business returns are out-of-scope. Please bring: Social Security number and Personal Identification (photo id); Copy of last year's (2013) income tax return; and all 2014 income reports that you have received such as: SSA-1099 forms (Social Security benefits paid), All 1099 forms (1099-INT; 1099-DIV; 1099-R; 1099-B; 1099-Misc, etc), W-2 forms from each employer; All forms showing Federal and/or State income taxes paid in 2014, and Original cost of assets sold during 2014. VERY IMPORTANT: If you purchased health insurance from the marketplace exchange, you should have received a Form 1095-B that you must bring with you.

GOOD YARN

"Granny Squares" a group of women gather once a week at Calendar House to knit and crochet lap blankets, hats, scarves and mittens that are donated to worthy causes. If you have any GOOD YARN - clean, acrylic, colorful yarn that you could donate, it will be put to good use! Thanks!

WINTER ENERGY ASSISTANCE PROGRAM

Winter is actually here and home heating needs are on everyone's mind! especially in these challenging economic times! We are taking applications for individuals who heat their homes with deliverable fuels (oil, propane, wood chips, pellets, coal, etc.) by appointment ONLY. Call your vendor before applying to make sure the vendor is still participating. Applications for CL&P/Yankee Gas customers are also being scheduled. Please specify which type of gas used, (Propane or Yankee Gas) when calling to make your appointment. 2014/15 INCOME GUIDELINES ARE: \$32,190. single individual; \$42,095. married couple. Call 860.621.3014 to make an appointment. Current year (2015) documentation is required. Proof of Income/Assets for ALL MEM-

BERS OF THE HOUSEHOLD is required. ALL PAGES of each financial statement are required by the State. Documents must show all income, incl. year-to-date interest and assets AND MUST BE the most recent available prior to your application date. LIQUID ASSETS INCLUDE: checking, savings, CD's, stocks/bonds, IRA's annuities & any other accounts in which the principal amount can be accessed & cashed in at any time. (LIQUID ASSET LIMITS: \$10,000. HOMEOWNERS; \$7,000. RENTERS.) You must bring TWO COPIES (both sides) that we may keep of the following income verifications from 2014 no older than one month prior to your application. Social Security: SSA printout (1.800.772.1213) or copy of current SS check or copy of bank statement with direct deposit. Pensions/Annuities: check stubs or copies of check or letter on payer's letterhead. If working: four most recent consecutive pay

stubs or two consecutive bi-monthly or semi-monthly pay stubs or statement on employer's letterhead. Self-employment: worksheet for last six months. Unemployment benefits: CT Dept of Labor documentation with start date and amount received weekly. Rent receipts: if heat is included in rent. Gas/Electric/Oil: most recent utility bill; oil ticket received. Driver's License or other form of ID. SSA TPQY form: if receiving disability benefits (no older than one month).

WARM WELCOME

Good Morning! "Welcome!" "May I help you?" Just a word or two makes all the difference! First impressions do count and really matter! Would YOU be willing to volunteer as a "greeter" at the front entrance? Would YOU consider answering the phone for a few hours each week? Your assistance would be much appreciated by the Calendar House staff, and create a warm, welcoming reception for folks! If you're even "thinking" about it, please talk to Dawn or Cindy. Thanks!

SENIOR COMMUNITY CAFÉ

Jean Miller, Nutrition Site Manager
PHONE: 860.621.6738 HOURS: 10:30 - 12:00 Signup sheets are provided daily in the Main Hall. You may sign up on a daily or weekly basis, but you must sign up at least 24 hours in advance. You must also call to cancel meals. Suggested donation: \$2.50. The program is limited to individuals 60 and



\$5 OFF

YOUR PURCHASE OF \$50 OR MORE!
ONE COUPON PER VISIT. VALID MONDAY THROUGH WEDNESDAY ONLY. EXPIRES 2/28/15.

In Memoriam

Gertrude Semrow

Donations in memory or honor of a friend or relative may be made to the Calendar House Memorial Fund and are gratefully accepted

J. DIMAURO LAW

TAX LAW | TRUSTS & ESTATES | ELDER LAW

Elder Law and Medicaid Planning can be complicated. Effective planning strategies require attorneys with substantial knowledge in estate planning, asset protection and tax law.*

J. DiMauro Law can provide you with the advice you need to arrange your affairs in the most tax efficient manner.

*Attorney Joseph D. DiMauro holds a Masters in Tax Law.

AMONG THE SERVICES WE PROVIDE:

- Draft Estate Planning Documents
- Asset Protection • Medicaid Planning Strategies
- Tax Planning • Probate

860-426-9160 | 888-DIMAURO
www.jdimaurolaw.com



Falcon Nest 307

33 Knowles Avenue
Plantsville, Ct 06479
Serving Southington Since 1911

Hall Rental Available
for All Occasions.

Call for information and availability.

860-329-7430

Central Connecticut Senior Health Services
A Hartford HealthCare Partner

Enhancing Quality of Life for Seniors and their Families

860-276-5293
www.ctseniorcare.org



AFFORDABLE NON-MEDICAL ASSISTANCE



- Personal Care
- Companionship & Support
- Dementia Care
- Live-In Caregivers
- Overnight Care



• Insured • Bonded • Licensed • Privately Owned

860-620-9900 • www.BestofHomeCareCT.com
100 Queen Street, Unit 4A, Southington, CT 06489

February

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-------------------------------------|---|---|---|--|---|-----------|
| 1 | 2 9AM Ping Pong 9AM Pool Players 9:30 AM Line Dance 10AM Folk Art 10AM Stained Glass 11AM Physical Fitness 12:30PM Mah Jong 2:30PM Badminton | 3 9AM Pool Players 10AM Poetry 12:30PM Acrylic Painting 1PM Setback 1:30PM Strength Training 2:30PM Drawing Foot Clinic by Appointment | 4 9AM Dancercise 9AM Pool Players 9AM Gentle Yoga 10AM Granny Squares 10:15AM Ace Aerobics 1PM Watercolor 1PM Ping Pong 2:30PM Badminton 10AM-Noon Trip Desk | 5 9AM Pool Players 9:30AM TOPS 10AM Strength Training 10AM Quilting (Karen) 11:15AM Physical Fitness 12:30PM Quilting (Karen) 1PM Scrabble 11AM-12PM BP w/CT Center for Healthy Aging | 6 9AM Dancercise 9AM Pool Players 9AM Gentle Yoga 10:15AM Ace Aerobics 1PM Bingo | 7 |
| 8 Warner Theatre Trip | 9 9AM Ping Pong 9AM Pool Players 9:30AM Line Dance 10AM Folk Art 10AM Stained Glass 11AM Physical Fitness 12:30PM Mah Jong 2:30PM Badminton 1:30PM Travel Safety AAA/Plainville | 10 9AM Pool Players 10AM Poetry 12:30PM Acrylic Painting 1PM Setback 1:30PM Strength Training 2:30PM Drawing | 11 9AM Dancercise 9AM Pool Players 9AM Gentle Yoga 10AM Granny Squares 10:15AM Ace Aerobics 1PM Financial Club 1PM Watercolor 1PM Ping Pong 2:30PM Badminton 10AM-Noon Trip Desk | 12 9AM Pool Players 9:30AM TOPS 10AM Strength Training 10AM Quilting (Karen) 11:15AM Physical Fitness 12:30PM Quilting (Karen) 1PM Scrabble 1:30PM Valentine's Celebration | 13 9AM Dancercise 9AM Pool Players 9AM Gentle Yoga 10:15AM Ace Aerobics 1PM Bingo 8:45AM 55 Alive Safe Driving | 14 |
| 15 | 16 Center Closed in Celebration of President's Day | 17 9AM Pool Players 10AM Poetry 12:30PM Acrylic Painting 1PM Setback 1:30PM Strength Training 2:30PM Drawing | 18 9AM Dancercise 9AM Pool Players 9AM Gentle Yoga 10AM Granny Squares 10:15AM Ace Aerobics 1PM Ping Pong 1PM Watercolor 1PM Digital Photo Club 2:30PM Badminton 10AM-Noon Trip Desk | 19 9AM Pool Players 9:30AM TOPS 10AM Strength Training 10AM Quilting (Karen) 11:15AM Physical Fitness 12:30PM Quilting (Karen) 1PM Scrabble 1:30PM Coffee 'n Dessert "Keeping Connected in the UNconnected World of Alzheimer's" | 20 9AM Dancercise 9AM Pool Players 9AM Gentle Yoga 10:15AM Ace Aerobics 1PM Bingo | 21 |
| 22 | 23 9AM Ping Pong 9AM Pool Players 9:30AM Line Dance 10AM Stained Glass 10AM Folk Art 11AM Physical Fitness 12:30PM Mah Jong 2:30PM Badminton | 24 9AM Pool Players 10AM Poetry 12:30PM Acrylic Painting 1PM Setback 1:30PM Strength Training 2:30PM Drawing 10-11AM BP w/CT Center for Healthy Aging Foot Clinic by Appointment | 25 9AM Dancercise 9AM Pool Players 9AM Gentle Yoga 10AM Granny Squares 10:15AM Ace Aerobics 1PM Ping Pong 1PM Watercolor 1PM Computer Club 2:30PM Badminton 10AM-Noon Trip Desk | 26 9AM Pool Players 9:30AM TOPS 10AM Strength Training 10AM Quilting (Karen) 11:15AM Physical Fitness 12:30PM Quilting (Karen) 1PM Scrabble 1:30PM Coffee 'n Dessert "Symptoms, Prevention & Treatment of Congestive Heart Failure" | 27 9AM Dancercise 9AM Pool Players 9AM Gentle Yoga 10:15AM Ace Aerobics 1PM Bingo Foot Clinic by Appointment | 28 |

Calendar House Southington Senior Center | 388 Pleasant Street, Southington, CT 06489 | 860-621-3014 | www.calendarhouse.org
For advertising information please call 860-877-4324 or 860-621-6167

Are you or a loved one living or caring for someone with Dementia?

We can help.

The Infinity initiative is to provide our customers with convenient, reliable healthcare and custodial services in a setting that offers peace of mind and results. We believe that caring begins at home. **Homecare is your choice and we are dedicated to assisting in the recovery, safety and dignity of our clients in their homes.**

- Free Consultation
- Assistance with Daily Living Activities
- Live-In caregivers
- Medication assistance
- State/Federal Program assistance

Family Caregiver Education, by Certified Dementia Caregivers



653 Main St, Plantsville, CT 06479 • Fax: (860) 426-9202

Visit www.infinityhomecareservices.com

Call today for your FREE Consultation: 860-628-3662