



Happy, Healthy & Safe  
Adults Age 55+

The Winsted Senior Center celebrated its 50<sup>th</sup> Anniversary this year

**The mission of the Winsted Senior Center is to provide a welcoming place for members to gather and meet old friends and make new ones, have a great experience, take trip, practice healthy aging, learn about services and benefits...to ensure a community of happy, healthy and safe adults age 55+.**

### **Programs & Services**

#### **Club Membership**

Members pay \$5 each year for dues. For members who are age 85+, membership is free. Membership funds are used to pay for entertainment at special events. Members receive a discount for special lunches with entertainment & special parties, can attend their first fitness class for free, receive priority seating for certain trips and more. Costs to participants for fitness classes is usually \$3 and most educational programs are free.

#### **Community Service**

Members are involved with community service projects including food drives for the Winsted Salvation Army Food Bank, Caring 4R Community Social Services Fair, book donations to the Beardsley Library, distribution of GO BAGS and File-of Life Packets.

#### **Fitness Classes**

Chair Yoga; Stretch Your Body & Mind; Zumba Gold; Line Dancing; Strength Exercise; WalkWorks Club; Tai-Chi Workshop.

#### **Educational Programs**

Watch, Taste & Learn Cooking Classes; Matter of Balance Workshop; Diabetes Self-Management Workshops; IPAD/Tablet/Cell Phone Class; Facebook Class; Public Transportation Options Training; Effective Communication Strategies; Learn to Sell on eBay Course; First Aid/CPR Training; Who's Watching Your Wallet? Training; New to Medicare Training.

#### **Emergency Shelter**

The Center is designated as an emergency shelter by the Town of Winchester.

#### **Health Screenings**

Regularly scheduled monthly opportunities for blood pressure checks, blood sugar testing, cholesterol screening, foot care and yearly flu and pneumonia immunizations provided by Foothills Visiting Nurse and other community agencies.

#### **Interior/Exterior Remodeling**

Using Town Funds, the flooring was replaced upstairs in the main room, entries, bathrooms, kitchen and stairway. Also, the upstairs interior was freshened up with new paint. NW CT

Community Foundation helped fund new chairs with arms and Torrington/Winsted Rotary Club helped fund new bulletin boards for the Center. Home Depot funded and Northwest CT Community College's Team Success Scholars Program volunteered their time for a landscaping project.

### **Legal Advice**

Monthly, Attorney Debra Brown comes to the Center to provide free legal advice.

### **Media/Technology**

The Center receives the Republican newspaper daily, the Winsted Journal weekly and has a book and magazine lending library...members are welcome to sit in the sunroom and read or borrow the donated books to bring home.

The Center has 2 computers with internet service and WiFi is available for members to use while they are at the Center.

### **Meet & Greets**

Information sessions with Q&A: Bob Geiger-Town Manager; Candy Perez-Mayor; William Fitzgerald-Police Chief; James Lagassie and Steve Williams-Fire Dept.; Christina Fishbein-Western CT Area Agency on Aging; Phillip Allen-Mad River Market Food Co-op; Karen Taylor-Beardsley Library

### **Municipal Agent**

As the Municipal Agent for the Elderly, the Director provides assistance with State of CT Renter's Rebate Applications, insurance forms, and Dept. of Social Services redetermination forms, provides referrals to appropriate agencies and services as needed and helps members with difficult situations. The director serves on the Board of Directors for Helping Hands Chore Service and volunteers for the Alzheimer's Association.

### **Nutrition Program**

The Center's Nutrition Program serves a balanced lunch each weekday and Winsted's homebound seniors can receive lunch and dinner meal packs each weekday delivered by the Meals on Wheels program.

### **Other Services, Programs and Presentations**

New Flag Raising, AARP Smart Driving Course, Medicare Presentations, Scam Presentations, help getting a Government Phone, Music Mondays, Gadgets & Gizmo's Assistive Technology, say Hello to the Future Video Album, RSVP Volunteer Network

### **Senior Enrichment Program**

Our Senior Enrichment Day Program provides social and educational programs for older adults with developmental disabilities. The State of CT Department of Developmental Disabilities funds this program, which encourages person centeredness and community integration.

### **Special Events**

Special lunches with entertainment: September-50<sup>th</sup> Anniversary Party at Chatterly's; October-Halloween Party; November-Veteran's Day Luncheon, Thanksgiving Luncheon; December-Holiday Party at Chatterly's and Holiday Luncheon; February-Valentine's Day Luncheon; March-St. Patrick's Day Luncheon; April-Easter Luncheon, Sundae is Funday on

Monday; May-Mother's Day Luncheon and Afternoon Tea, Memorial Day Indoor Picnic; June-Father's Day/Flag Day Luncheon, Independence Day Luncheon; July-Buzz, Buzz Luncheon; Monthly Birthday Parties; Weekly BINGO; Weekly Card Games; Beat the Heat 9-5 Card Tournament.

### **Training & Certification**

All full-time staff and most part-time staff members are CPR, first aid and AED certified.

### **Transportation**

The Center's van provides rides, within Winchester/Winsted, for seniors and people with disabilities, Monday through Friday from 8:30am to 3:00pm. Rides may be used for medical appointments, Center activities, shopping and errands, for a suggested \$1 donation. Members who need public transportation services out of town are referred to NW Transit or the NW CT Mobility Manager. Monthly, the N.W. Transit District provides transportation for day trips within CT for up to 15-20 members, for a suggested \$7 donation. DDS (Department of Developmental Services) funds a van to provide rides for members of the Center's Senior Enrichment Program.

### **Trips, Trips, Trips**

Day and overnight trips: CT-UCONN Women's Basketball Games, Mohegan Sun Casino, Foxwoods Casino, CT Flower & Garden Show, Elizabeth Park Rose Garden, Essex Riverboat & Steamtrain, Christmas Tree Shops, Bantam Cinema, Laurel Lanes Duckpin Bowling, Local Restaurants; NY- One World Observatory, the Catskill Mountains, Westchester Broadway Theatre; NJ- Atlantic City, The Brownstone, RI-Twin River Casino; MA-Tall Ships

### **WSC Newsletter**

The Director writes a monthly newsletter, which details the schedule of events at the Center. The Newsletter is available at the Center as well as the six elderly housing sites in town, the library, town hall, Winsted Health Center, the Y and the senior centers in neighboring towns.

## Staff

### Senior Center

(funded by Town of Winchester)

*Director/Municipal Agent* - Jennifer Kelley

*Office Assistants* - Craig Closson & Ann Sears

*Van Drivers* - Lou Fracasso & Joe Landor

### Senior Enrichment Program

(funded by State of CT Department of Developmental Services)

*Program Coordinator* - Betsy Anderson

*Van Driver/Aide* - Linda Moore

*Program Aide* - Laurie Phillips

*Program Aide* - Tammy Kent

### Nutrition Program

(funded by Western CT Area Agency on Aging)

*Site Manager* - Carol Keslow

*Volunteers* - Diana Neshko, Carol Kolasinski, Ellen Dalene, Helen Archer & Ted Millahn

## Commission, Advisory Board, Volunteers

### Senior Commission

*Chairperson* - Fran Cooper

*Vice-Chairperson* - Carol Grant

*Secretary* - Judi Galvagni

Charlie Cooper, Al Dombrowski, Don Fancher, Betty Kelsey, Sally Mangione & Diana Neshko

### Senior Club Officers

*President* - Carol Grant

*Vice-President* - June Dziennis

*Secretary* - Beverly Pisani

*Treasurer* - Betty Kelsey

### Advisory Board

*Club Officers* - Jeanette Beyer, Beverly Brentnall, Helen Dombrowski & Helen Archer

### Volunteer Activity Coordinators

*Line Dancing* - Fran Cooper

*Bingo* - Sylvia Landi, Sally Mangione & Betty Button