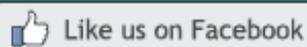


Hi, just a reminder that you're receiving this email because you have expressed an interest in The Westport Center for Senior Activities. Don't forget to add [dpuskas@westportct.gov](mailto:dpuskas@westportct.gov) to your address book so we'll be sure to land in your inbox!

You may [unsubscribe](#) if you no longer wish to receive our emails.

## Westport Center for Senior Activities

21 Imperial Avenue  
Westport, CT 06880  
203-341-5099  
[seniorcenter@westportct.gov](mailto:seniorcenter@westportct.gov)



### Hours:

Monday - Friday  
8:30 a.m. - 4:30 p.m.  
During Coronavirus  
shutdown.

### QUICK LINKS:

[COVID-19 UPDATES](#)

[2020 Fitness Waiver](#)

[Intake Form](#)

[WCSA YouTube Channel](#)

[September/October 2020  
News](#)

[Fall 2020 Class List &  
Registration Form](#)

[June 2019 Community  
Resource Directory for  
Westport Seniors](#)



The Westport Center for Senior Activities wants you to know that we are here for you and we are all in this together!

### IMPORTANT INFORMATION ABOUT COVID-19



The Town of Westport provides updated COVID-19 information on their website at [www.westportct.gov](http://www.westportct.gov).

- First Selectman Jim Marpe provides [Guidelines for Halloween](#)

and Reopen Strategies for Town Hall. To view please click [here](#).

- To view a statement from the Board of Selectman in Response to Election Related Intimidation, please click [here](#).
- For Westport 2020 Election Information, please click [here](#).
- For a letter from Director Sue Pfister, please click [here](#).
- The Department of Human Services Announces the CT Energy Assistance Program for the 2020-2021. Click [here](#) to view.
- Feeling disconnected, isolated or lonely? The Department of Human Services (DHS) has implemented a community partnership "Hello, Neighbor" to inspire connection among residents of all ages through phone calls. The conversations are strictly friendly and social in nature. Whether you are interested in making calls or receiving calls, please click [here](#) for more information.
- An updated "Resources for Westport Residents Affected by COVID-19" document prepared by the Department of Human Services, can be found [here](#). This document provides valuable information and updates on available resources, food services, including senior hours and pick-up and delivery options at local markets and restaurants, financial assistance, and more.
- To stay informed with all of Governor Lamont's COVID-19 updates for Connecticut, please see his press releases [here](#).
- To view COVID-19 updates from the Westport Weston Health District, please click [here](#).
- The Centers for Disease Control & Prevention provide information on How to Select, Wear, and Clean Your Mask [here](#). For information from the CDC on What is COVID-19 Contact Tracing?, click [here](#).

As always, the WCSA is here for you so if we can be of any help, please do not hesitate to contact us at 203.341.5099.



**The Department of Human Services Reminds Residents to VOTE on Tuesday, November 3rd! It's Not Too Late To Register And Get An Absentee Ballot!**

The Department of Human Services and the Commission on People With Disabilities want to remind you to vote on November 3rd! For more

information please click [here](#).

## **"FRIDAY'S WITH FRIENDS" FALL CONCERT SERIES AND PROGRAMS!**

**Join Us for the Next Fridays With Friends Program: African Photo Safari!**

Larry Untemeyer and Bill Balch spent two weeks last year in Tanzania driving through the Serengeti Nature Reserve and the Ngorongoro Crater. The two photographers captured images of virtually all the major mammals and many bird's native to those places. Join them as they present their photographs along with a



description of the trip including a very close encounter with a family of big cats. Miggs Burroughs will join with questions after the presentation. **Friday, October 23 from 1:30 to 3:00 pm. Please Note: you must order the light lunch for this program no later than 3:00 PM on Wednesday, October 21, and pick it up at the WCSA from 11:30 to 12:30 on October 23.** For more information on the October performers, menu options and the Zoom link for this Friends Concert Series event, please click [here](#).

**You Can Still Watch Past "Fridays With Friends" performances from Jessica Schwartz, Matthew Graybil, Dr. Irwin Lebish, Heather Hardy, etc.!**

If you missed past "Fridays With Friends" concert performances, you can view them on YouTube by clicking [here](#).



## **DID YOU KNOW YOU CAN NOW REGISTER FOR YOUR FALL CLASSES ON-LINE!**

### **HOW TO REGISTER FOR FALL 2020 CLASSES!**

Registration for Fall classes is ongoing! For a full list of Fall classes, please see the link in the "Quick Links" to the left, or go to the WCSA website at [www.westportct.gov/seniorcenter](http://www.westportct.gov/seniorcenter) and open the PDF of the WCSA Class List Fall 2020 and/or September-October Newsletter.

**New this year** --> The WCSA now has online registration available for the Fall quarter through our new registration software "MySeniorCenter." Seniors can register themselves via the [MyActiveCenter](#) portal where you will be able to register and pay for your classes online. You will only be able to register for yourself and one household member. Please note: No one can be registered in a class unless payment is received when registering. You cannot register and pay later.

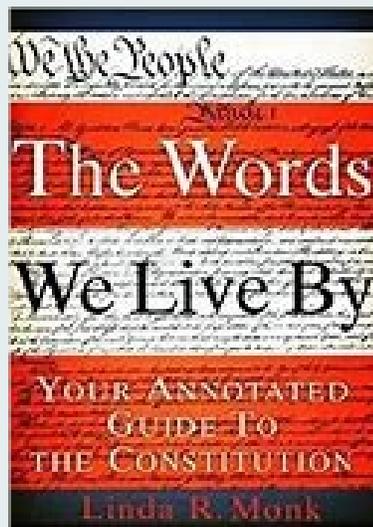
For step-by-step instructions on how to register for classes on MyActiveCenter, please click [here](#).

For illustrated instructions on how to register for classes on MyActiveCenter.com, please click [here](#).

Registration will also be available by phone (203-341-5099) Monday-Friday from 8:30 AM-4:30 PM, or by mailing your registration form with a check made out to the WCSA. It will then be entered into your "wallet" and available to us when you call to register.

Please note: A \$10.00 late fee will be added for anyone registering after Sept. 30 for any class that runs the entire semester. Scholarships for Westport residents are available by contacting WCSA Director, Susan Pfister at 203.341.5098. All scholarship requests will be kept confidential.

## UPCOMING PROGRAMS FROM THE WCSA



### **The Words We Live By: A Study of the U.S. Constitution**

There is still time to join! This 8-session course will explore this complex document and how the seven articles of the Constitution formed our government and shaped our country's history. This class will focus on the Preamble and the seven articles of the Constitution. Facilitator: Art Gottlieb. *Co-sponsored by the Friends of the WCSA.* **Mondays,**

**Oct. 19 - Nov. 30. (No class Oct. 12), 10:30 - 11:30 am. Class Limit 30. Cost for Westport residents: \$46.00 (includes the cost of the book). Cost for non-residents: \$32.00. Non-Westport residents must purchase their own book. Hurry, pre-registration is required and drop-ins are not allowed, so register today! For more information, please click [here](#).**



**Documentaries** - The WCSA offers free documentary films every week that you can watch at your leisure.

**The October 19 documentary is entitled:**

**"The Legend of Lee Iacocca."** Lido Anthony "Lee" Iacocca was an American automobile executive best known for the development of Ford Mustang and Pinto cars, while at the Ford Motor Company in the 1960s, and for reviving the Chrysler Corporation as its CEO during the 1980s. He was president and CEO of Chrysler in 1978 and chairman from 1979, until his retirement at the end of 1992. He was one of the few executives to preside over the operations of two of the big three automakers. In May 1982, President Ronald

Reagan appointed Iacocca to head the Statue of Liberty-Ellis Island Foundation, which was created to raise funds for the restoration of the Statue of Liberty and the renovation of Ellis Island. Iacocca continued to serve on the board of the foundation until his death. (50 min.) **To view this week's documentary, please click [here](#).**



**Afternoon Chat with WCSA Staff and Kristen Witt, Municipal Agent for the Elderly**

Join members of the WCSA team for an afternoon chat from your home. Take this opportunity to keep in touch with the staff and learn about plans for the coming months. This week, Westport's Municipal Agent for the Elderly, Kristen Witt, LCSW, will be joining us. Municipal Agents (MAs) assist elders within their towns by

disseminating information regarding the available community resources and potential benefits. They make referrals to a wide variety of services and benefit programs, and help older adults apply for government programs. **Tuesday, October 20 from 3:30 PM to 4:15 PM. Cost is free. To join Kristen and the staff of the WCSA on Tuesday, October 20, please click [here](#).**

Meeting ID: 891 7866 8288

Passcode: 9wqz4m



**The Evil Eye, Amulets, Ghosts and Demons: Exploring Jewish Superstitions and Mystical Practices Through the Ages**

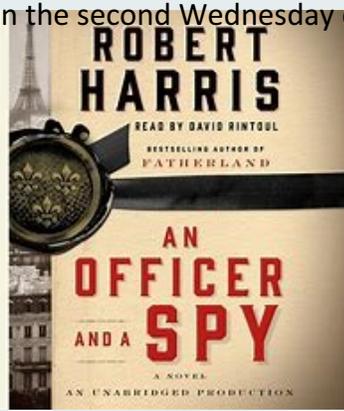
From biblical times to the present time, Jews have had their superstitions. Where and how did these beliefs originate? How did the rabbis react? Have they changed over the centuries? This two part lecture series is an excursion into the world of Jewish

mystical ways. Andree Brooks is a journalist, lecturer and for 18 years was a contributing columnist for The New York Times. **This program will be on Zoom, Tues. Oct. 20 & Oct. 27 from 10:30 AM to 11:30 AM. Pre-registration is required. Cost: Free For the Zoom link, please click [here](#).**

**The WCSA is Starting a Book Club!**

Jill Meyer has volunteered to lead our Book Club discussion on Robert Harris's "An Officer and a Spy". The club will meet

on the second Wednesday of the month from 2:00 to 3:00 pm.



Participants are required to get their own book. Books are available at local libraries as well as from online and bookstores. **The next meeting will be Wednesday, October 21 from 2:00 to 3:00 PM. Pre-registration is required. Limit: 10 participants. Cost: Free. For more information click [here](#).**



### **WCSA Caregiver Support Group on Zoom!**

The WCSA is sponsoring a caregiver support group. Terry Giegengack, MA, will lead the group twice a month on Zoom. Terry's professional experiences include casework and administrative positions, both in

Westport and Fairfield's Departments of Human Services. She is a graduate of Fairfield University with a master's degree in counseling and continuing education. **Wednesday, October 21 from 10:00 to 11:00 a.m. Pre-registration is required by contacting Holly Betts, MPS, RD, at 203-341-5096 or via email at [hbetts@westportct.gov](mailto:hbetts@westportct.gov). Donations are accepted.**



### **Weekly Zoom Help for Seniors with Jason**

If you are new to Zoom, having issues getting logged on, problems with audio and video, or just want to learn a little bit about hosting a meeting, please join Jason for a weekly chat and you can troubleshoot it together. He will be available every Wednesday at Noon to assist you. **Jason's next help**

**session will take place on Wednesday, October 21 at 12:00 PM. To join Jason on Zoom, please click [here](#).**

### **October Is Eye Safety Awareness Month!**

Dr. Barbara Manion of Westport Eyecare Associates will be presenting a program on eye health including macular degeneration, glaucoma and whether eye vitamins are worth it. Dr. Manion, OD Diplomate, American Board of Optometry, specializes in the treatment of surgical, pathological and dry eye cases. This program will take place on **Thursday, October 22 from 9:45 to 10:45 AM. The cost is free. For the Zoom link**

to this event, please click [here](#).



### Join Us for the WCSA

**Halloween Drive-Thru!** Seniors and their guests can order a lunch to go that can be picked up at the WCSA. Folks may socially distance in the new parking lot and enjoy their meal

while judging our Jack-O-Lantern Display. Seniors are encouraged to enter a decorated jack-o-lantern of their own into the contest. CDC guidelines will be strictly enforced. **Friday, October 30 from 11:15 to 12:30 PM. The cost is \$8.00 per person for the lunch. Please call the WCSA to place your lunch order by Tuesday, October 27. For more information about this event, please click [here](#).**



### Join Us For Our Next Bingo!

The WCSA will is now offering virtual BINGO on the first and third Thursday of the month. We will send you a link with instructions two days before the BINGO session. **The next game will be played via Zoom on Thursday, November 5 from 1:15 PM to 2:00 PM. Please call 203-341-5099 to register. For instructions on how to**

**participate in Bingo, please click [here](#). For the Zoom link and the menu, please click [here](#).**



### Just for Women -

This women's group will be an open forum for discussion. This group will meet twice a month. Personal stories shared within the group will remain strictly confidential. Facilitator: Muriel Levine. **The next session for this**

**group will be on Thursday, November 5 from 3:30 to 4:30 pm. Cost: Free. Pre-registration is required.**

### Conversations on Aging: Challenges and Hidden Joys

Please join Sheila Russo, LCSW, of Visiting Nurse & Hospice of

Fairfield County for three interactive support sessions on Zoom to discuss aspects of aging from a holistic standpoint. **The next session in the series takes place on**



**Wednesday, November 18 from 10:00 to 11:00 AM. For more information and the topic of each session, please click [here](#).**



**Y's Men Camera and Senior Center 2020 Expo**

The Y's Men Camera Club and the WCSA will be accepting photo submissions from

November 1 - November 14 for the 17th annual photo contest. **Entries will be judged by all club members who attend a GoToMeeting session November 23 at 9:30 AM.** Photos will be submitted electronically. Rules for the contest and an entry form are available by clicking [here](#).



**Girl Scouts Pen Pal Project - Westport Girl Scouts Are Looking for Senior Pen Pals!**

Marisa Lambert is the troop leader for the Girl Scout Troop at Long Lots Elementary School. She has 12 girls who would like to have a senior pen pal. Marisa has also contacted the Girl Scout Troops at Saugatuck Elementary

School and they may have 20 Girl Scouts interested. Pre-registration for this project is required. Please call 203-341-5099 to register. For more information on the Girl Scouts Pen Pal Project, please click [here](#).



**Exercise with Patty Kondub on TV Channel 79!**

Patty Kondub will be conducting a fun exercise class on the Westport Public Access Channel 79. Join Patty for a workout to music with chair and standing

exercises, balance, brain building, memory games and posture exercises. Weights or cans and a pillow may be required. Patty is the girls golf coach at Staples High School and teaches water aerobics at the Westport YMCA. **Every Friday from 10:00 to 11:00 a.m. Cost: No charge. Note: Westport Public TV Access Channel 79 broadcasts to Westport households only.**

## WCSA PROVIDES ASSISTANCE FROM VOLUNTEERS

### Meet Our New Dietetic Intern - Sarah Brewer!

The WCSA is partnering with the University of New Haven and their Nutrition and Dietetics Department and will be hosting dietetic interns throughout the school year for their community nutrition rotation. These interns are here to do their practical work hours in order to become licensed, registered dietitians. Sarah graduated from Virginia



Tech with a Bachelor's degree in Human Nutrition, Foods, and Exercise with a concentration in Dietetics. Sarah's favorite part about dietetics is meeting different people, talking about, and eating great food. "My interests are sustainable agriculture and community education. In my free time you can find me going on long walks with my dog or watching a cooking show."

### CHOICES Volunteers Provide Medicare Part D Enrollment Assistance

Open enrollment for Medicare Part D is Oct. 15 - Dec. 7. CHOICES Certified Counselors will be available to assist Westport senior residents to help you review your current coverage and to see if you are in the plan that will best meet your needs in 2020. Call 203-341-5099 to provide your name and contact information, and a CHOICES counselor will contact you to schedule an appointment. For more information, please click [here](#).



### How To Set Up A MyMedicare.gov Account - MyMedicare.gov is

Medicare's free, secure, online service to help you manage your personal



Medicare benefits and services. **Seniors who receive Medicare benefits will need to sign up for a medicare.gov account so WCSA counselors can assist them with open enrollment for Medicare part D that begins on October 15, 2020.** For more information and how to enroll, please

click [here](#).

### **Online Tech Help With Andree Brooks -**

Andree Brooks from our Tech Club is now available for one-on-one tech help. Andree will assist you over the phone with your computer, your tech questions such as signing in, password re-set, downloading and uploading files. For an appointment please call the Center at 203-341-5099.



**The S.M.O.R.E.S. Club Will Be On Zoom To Help With Your Tech Questions!** SMORES stands for Social Media Outreach Educators and is comprised of Staples High School students who are eager to



form strong bonds with Westport seniors while helping them stay connected in the ever-evolving world of technology.

**Starting Monday, October 5, SMORES will available to assist!**

**No appointments necessary.** For more information and the Zoom link to the SMORES drop-in clinic, please click [here](#).

## **CHECK OUT THE WCSA'S OWN YOUTUBE CHANNEL!**



**WCSA Has Created a YouTube Channel with Videos for Seniors -** We have created a WCSA YouTube channel, that includes not only exercise and fitness videos, but also

hobbies and lifestyle videos that you can try at home so you can continue to stay mentally active, physically challenged and have some fun during these uncertain times. To access our YouTube channel simply click on the link below and it will take you to the WCSA's YouTube channel. Once there click on "Playlist" to see the WCSA videos. To play a video simply click on the image to view. We hope you enjoy the videos and, please most importantly, take care of yourself and stay positive. **To access WCSA's YouTube Channel please click [here](#).**

## **IMPORTANT INFORMATION FOR SENIORS**

**The WCSA Has A New Drop Box!**

The locked and secured box is located in front of our building.  
For your convenience, please feel free to drop off  
your class registrations or letters at any time!

**NOTE: this is NOT for voter ballots!**



**The Westport PD Announces  
DEA National Rx Drug Take  
Back Day - October 24!**

On Saturday, Oct. 24, from  
10 a.m. to 2 p.m. the Westport  
Police Department and the U.S.  
Drug Enforcement  
Administration will provide the  
public the opportunity to  
prevent pill abuse and theft by  
ridding their homes of

potentially dangerous expired, unused and unwanted  
prescription drugs. **Bring your pills for disposal to the  
Westport Center for Senior Activities at 21 Imperial Avenue.**  
(Sites cannot accept liquids, needles or sharps, only pills or  
patches.) The service is free and anonymous, no questions  
asked. For more information about National Rx Drug Take  
Back Day, please click [here](#).



**Flu Vaccination Clinics**

**Announced** - The WWHD is  
pleased to announce the  
dates for the first upcoming  
Flu Vaccination Clinics. This  
year, it will be more  
important than ever to  
protect yourself by getting  
the seasonal influenza  
vaccine. The Health District

will offer two walk-up, outdoor clinic opportunities to  
residents of Westport, Weston, and Easton, ages 4 years and  
older. Due to COVID-19 concerns, we will not accept walk-in  
appointments. All appointments must be scheduled in  
advance. To streamline the process and minimize contact,  
WWHD staff will take insurance or payment information over  
the phone when you call to book your visit. **Please call the  
WWHD to schedule an appointment and preregister at  
203.227.9571, ext. 237. For more information and to view  
the Influenza Vaccine Information Statement and the Vaccine  
Permission Form, please go to their [website](#).**



**Information On State of Connecticut Absentee Ballots**

All eligible voters will be mailed an application to apply for an  
absentee ballot to vote by mail in the November 3rd election.  
There is no need to request an application directly from the

Westport Town Clerk's Office. Expect applications to arrive by mail in two to three weeks (first two weeks in September). **Ballots were to be sent on October 5th, so anyone voting by absentee ballot should be receiving them shortly.** Once votes are cast, ballots can be sent back to town hall by post mail or by placing the ballot in the secure Official Ballot Drop



Box located at the rear entrance of town hall.

For those voters who wish to vote in person, polls will be open from 6:00 AM to 8:00 PM on November 3rd.

## MORE HELPFUL COMMUNITY INFORMATION, RESOURCES & PROGRAMS



### The Remarkable Theater's Drive-In Movie Nights!

The Remarkable Theater's mission is to build a first class art house movie theater in downtown Westport, CT that provides purposeful employment to individuals with disabilities. Join them for their drive-in movie series at the Imperial Avenue

parking lot near the Leavitt Pavilion. **Coming up on Saturday, October 17 is "PLAYHOUSE AT THE DRIVE-IN," celebrating 90 years of the Westport Country Playhouse!** For more information on the upcoming films and events, and how to get tickets, please go to their [website](#).



### AARP and Quinnipiac University Present - When Trust Is

### Betrayed: A Cautionary Tale To Combat Elder Abuse

Join AARP and Quinnipiac University for a 90-minute virtual

presentation about elder abuse and fraud. For more information on this event, you can view the flyer [here](#). The presentation takes place on **Tuesday, October 20, 3:00 to 4:30 PM.** Registration for this program is required. To register, click [here](#).

**Stamford Symphony Gala Concert**



The New Canaan Lapham Community Center is hosting a gala with the Stamford Symphony. Their new Music Director, Michael Stern, is presenting their annual Gala via Zoom. **Saturday, October 24 at 7:30 p.m.** You can register for free and/or make a donation if you like. For more information and to

register, please click [here](#).



### **Monitor My Health Diabetes and Heart Disease Program**

According to the American Heart Association, there exists a relationship between cardiovascular disease and diabetes: 68% percent of people with diabetes who are aged 65 and older die from heart disease and 16% die of a stroke. People with

diabetes are more likely to die from a heart disease than those without diabetes. Dr. Wade from Monitor My Health will lead a program about the connection between heart disease and diabetes. For more information about the Monitor My Health program, please visit their website at [monitormyhealth.org](http://monitormyhealth.org).



### **Did You Know October Is National Pizza Month?**

Pizza Today's founder Gerry Durnell created the National Pizza Month observance in 1984 to mark the debut of the first issue of Pizza Today magazine. The U.S. Congress officially designated October as National Pizza

Month in 1987. You can find fun facts and a homemade pizza recipe for you to enjoy by clicking [here](#)!



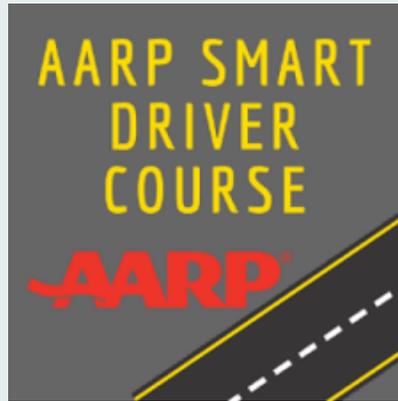
### **Bigelow Center for Senior Activities Offers Lifelong Learners Programs**

Lifelong Learners is a series of lectures on a variety of topics such as opera, economics, art appreciation, ethics, archeology and more. For more information on the programs offered for the Fall Session, please click [here](#).



**Senior Medicare Patrol Fraud Alert: Contact Tracers - Learn How To Protect Yourself From Scams**

Protect your Medicare number and personal information from impostor contact tracers. Know what legitimate contact tracers will ask and protect yourself from scams. For more information on avoiding contact tracing scams, please click [here](#).



**AARP Cancels All In-Person Activities Through the End of 2020, Including AARP Smart Driver Safety Classes - AARP**

has made the difficult decision to cancel all in-person events and activities through the end of 2020, which includes AARP Smart Driver Safety classes, to minimize COVID-19 exposure among our AARP family and

our communities.

However, the AARP is making their four-hour Smart Driver Course available on line. Once you begin the class you will have 30 days to complete it. The AARP has implemented a slight price increase, please see the website for additional information. For more information and to register for the AARP on line class, please click [here](#).



**Did You know the Center has a Facebook page?**

If you would like to follow us, click on the "Like Us On Facebook" button below. Invite your friends and family to do the same!

