



EVERGREEN  
C L U B 5 0

"You're as young as you feel!"



STAY FIT, HAVE FUN!  
Evergreen Club 50  
Exercise programs.

PG 2



HOLIDAY PARTY  
Get ready to celebrate  
the season!

PG 3



IT'S ALL ABOUT YOU!  
Fall schedule of  
Evergreen Club 50  
programming.

PG 4

## NEWSLETTER FOR THE MEMBERS OF EVERGREEN CLUB 50

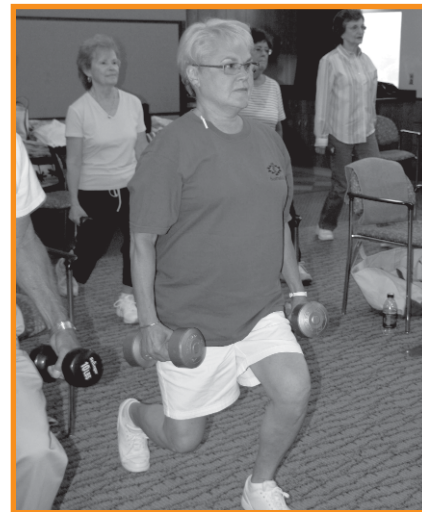
### Evergreen Club 50's Fall 2010 Programming: **Something For Everyone!**

The range of programs offered through the *It's All About You Speakers and Exercise Series* continues to grow in exciting and thought-provoking ways this fall! The seasonal *Speakers Series* will launch again this fall, with an exciting roster of presenters and seminars. Evergreen members unanimously agreed that they wanted to hear presentations featuring alternative medicine, and the benefits of naturopathic and holistic techniques in healing the mind and body. To that end, the *Series* features a class on the benefits of **art therapy** and another session on **acupuncture** and the healing power of **naturopathic medicine in treating menopause and other female hormonal issues**. Among the other new offerings this September, October and November is a "**Ladies Afternoon Out**" presentation focusing on the latest in cosmetics and skin care in which participants will be given **free makeovers and free cosmetics samples** by an expert in beauty care. Club members will also be able to **explore the new world of social media** by going live, online at computers at Waterbury Hospital to practice activating their very own email accounts (e.g., with Yahoo! or AOL or Hotmail, etc.), as well as establish a personal Facebook page and learn about other

social media like Twitter, YouTube and LinkedIn. Other fascinating additions include presentations on successfully handling the challenge of **eldercare transitioning**; the importance of medical reconciliation and medicine management; the treatment of **migraine headaches**; the **benefits of plastic surgery**; and the best way to keep the brain fit with "**memory tune-ups**." All of these course offerings are free of charge.

Along with the *Speakers Series*, Evergreen Club 50's range of **exercise classes** will also expand this fall, with an added **Pilates** class for more experienced (Intermediate) practitioners, and an introductory course in **Zumba**, the trendy new dance exercise that uses Latin rhythms to help stretch muscles and burn calories. These new classes will complement the popular course offerings in **Tai Chi** and **weight training**.

**Movie Matinees at Waterbury Hospital** are back again as well! Three, free, first-run movies will be showing, including the Academy Award-winning "The Blind Side" starring Sandra Bullock.



## Evergreen Club 50 Exercise Programs:

# Stay Fit, Have Fun!

The Evergreen Club 50 Fall Exercise Series features returning classes in Tai Chi, weight lifting and Pilates. The two new additions to the schedule are Intermediate Pilates and a beginner Zumba class (a trendy new Latin-themed dance form of exercise.) Listed below is a complete listing of exercise class offerings, dates, times and fees.



**Class sizes are limited! Please reserve your place by calling (203) 573-7385. Checks must be received by no later than two weeks before the start of class. There are no refunds or make-up classes, and all classes must be taken at Waterbury Hospital to receive the discounted rate.**

### Weight Training *12-week session*

**Instructor: Jim DeMeis**

• **Tuesdays 9:30 a.m. – 10:30 a.m.**

*Class dates:* 8/3/10; 8/17/10; 8/24/10; 8/31/10; 9/21/10; 9/28/10; 10/5/10; 10/19/10; 10/26/10; 11/2/10; 11/16/10; 11/23/10

• **Thursdays 6:45 p.m. – 7:45 p.m.**

*Class dates:* 7/22/10; 7/29/10; 8/5/10; 8/12/10; 8/19/10; 8/26/10; 9/2/10; 9/9/10; 9/16/10; 9/23/10; 9/30/10; 10/7/10

Fourth floor, Bizzozero Conference Room

**Cost: \$48 per person**

### Tai Chi *8-week session*

**Instructor: Kimberly Johnston**

• **Tuesdays 6:30 p.m. – 8:00 p.m.**

*Class dates:* 10/12/10; 10/19/10; 10/26/10; 11/2/10; 11/9/10; 11/16/10; 11/23/10; 12/7/10

Fourth floor, Bizzozero Conference Room

**Cost: \$72 per person**

### Zumba *8-week session*

**Instructor: Kimberly Johnston**

• **Thursdays 5:30 p.m. – 6:30 p.m.**

*Class dates:* 9/23/10; 9/30/10; 10/7/10; 10/14/10; 10/21/10; 10/28/10; 11/4/10; 11/11/10

Fourth floor, Bizzozero Conference Room

**Cost: \$48 per person**

### Pilates (Beginners) *8-week session*

**Instructor: Siobhan Costello**

• **Saturdays 8:30 a.m. – 9:30 a.m.**

*Class dates:* 9/25/10; 10/2/10; 10/9/10; 10/16/10; 10/23/10; 10/30/10; 11/6/10; 11/20/10

Fourth floor, Bizzozero Conference Room

**Cost: \$72 per person**

### Pilates (Intermediate) *8-week session*

**Instructor: Siobhan Costello**

• **Mondays 6:00 p.m. – 7:00 p.m.**

*Class dates:* 9/20/10; 9/27/10; 10/4/10; 10/11/10; 10/18/10; 10/25/10; 11/1/10; 11/8/10

Fourth floor, Bizzozero Conference Room

**Cost: \$72 per person**



## From the Fund Development Office

Dear Evergreen Club 50 Members:

Thank you for all you do – your volunteering, your advocacy, your interest and encouragement, and your financial support. You help Waterbury Hospital fulfill its mission to our community, through your generosity.

This is our 120th year serving the health care needs of the people of Greater Waterbury. Would you consider a special

gift to the hospital this year? Perhaps one dollar for each of those years? If not that, 10 cents for each of those years?

Evergreen Club 50 has thousands of members – people for whom our hospital has always been available, and it will continue to be. Just imagine the difference it would make if everyone contributed something this year, each according to his or her ability. What a birthday present for a hospital that has served this community since 1890!

Fund Development Office • 64 Robbins St., Waterbury, CT 06708

# 2010 ANNUAL HOLIDAY PARTY

PARTY AND TALENT SHOW  
EMCEED BY WATR 1320AM  
RADIO'S MORNING SHOW  
HOST TOM CHUTE



Wednesday, December 8, 2010

11:00 a.m. – 3:30 p.m.  
(Doors open at 10:30 a.m.)

Raffle and  
door prizes  
galore!

50/50  
Raffle  
with half the  
proceeds  
going to the  
CT Food Bank!

Villa Rosa (Ponte Club)  
380 Farmwood Rd., Waterbury  
– \$25.00 per person –

- Music, Dancing, and 2nd Annual Talent Show Contest!
- Great food and desserts; including wine, water and coffee at every table; and soda served upon request!
- Menu of salad, penne pasta with meatballs and an entrée of chicken Florentine with roasted potatoes and a mixed vegetable medley!
- Holiday Carol Sing-Along with emcee Tom Chute!



**ORDER YOUR TICKETS ON WEDNESDAY,  
NOVEMBER 10 from 8:30 a.m. to Noon  
in the Bizzozero Conference Room**

Reservations CANNOT be made by phone or email.  
Last day to buy tickets is November 24!

Tickets for the Holiday Party can only be purchased in person. Reservations for assigned seating can be made beginning Wednesday, November 10, from 8:30 a.m. to noon in the BCR, located on the fourth floor of Waterbury Hospital. Tables will be reserved on a first-come, first-served basis. Payment of \$25 is required to reserve each seat. If you will not be able to purchase tickets in person on November 10, you may come by the Evergreen Club 50 office on Mondays, Tuesdays or Wednesdays from 9:00 a.m. to 11:00 a.m., from Nov. 15-24 to purchase any available tickets.

Each table seats 10-12 people. Medical needs tables will be available.

For further information, please call (203) 573-7385.

## Second Annual TALENT SHOW!

First ten participants  
to register will compete!

If you have a special talent for singing, dancing, playing a musical instrument, comedy, impersonations or magic acts, you may enter our Second Annual Evergreen Club 50 Talent Show Contest which will be held during the Annual Holiday Party on Dec 8.



The Talent Show is limited to the first ten participants to register for the contest by November 10, 2010. Each talent act is limited to no more than two minutes in length. Each participant may only perform one talent. If your application was one of the first ten entrants received, you will be notified by telephone.

### TALENT SHOW REGISTRATION



Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

#### TALENT

(check one of the following)

- Singing
- Dancing
- Comedy
- Impersonations
- Magic Act
- Musical Instrument (must be provided by participant)

#### ARE YOU A...

(check one of the following)

- Solo
- Duo
- Trio
- Four of more

List names of people in your act (if applicable):

\_\_\_\_\_

**HURRY!**

**Only FIRST TEN APPLICATIONS WILL BE SELECTED  
ALL ENTRIES MUST BE RECEIVED BY NOVEMBER 10, 2010**

**DROP OFF ENTRY IN PERSON OR MAIL TO:**

Jean Russo • Evergreen Club 50 • Waterbury Hospital  
64 Robbins St. • Waterbury, CT 06708

# It's All About You!

## Waterbury Hospital Speakers and Exercise Series

PRE-REGISTRATION IS REQUIRED. SEATING IS LIMITED!

\*\* YOU MUST CALL (203) 573-7385 TO REGISTER FOR THESE CLASSES. \*\*



### 12-Week Weight Training Classes Tuesdays and Thursdays

**Jim DeMeis**, *Certified Weight Training Instructor*

All classes held in Bizzozero Conference Room unless otherwise noted.

**Cost: \$48/person**

**Tuesdays 9:30 a.m. – 10:30 a.m.** Class dates: 8/3/10; 8/17/10; 8/24/10; 8/31/10; 9/21/10; 9/28/10; 10/5/10; 10/19/10; 10/26/10; 11/2/10; 11/16/10; 11/23/10

**Thursdays 6:45 p.m. – 7:45 p.m.** Class dates: 7/22/10; 7/29/10; 8/5/10; 8/12/10; 8/19/10; 8/26/10; 9/2/10; 9/9/10; 9/16/10; 9/23/10; 9/30/10; 10/7/10

Tone and strengthen your muscles with Evergreen Club 50's always popular weight training classes. Please note these classes are traditionally full, so call Jean Russo at (203) 573-7385 to reserve a spot as soon as possible. If the class is full, you may arrange to have your name placed on a waiting list.



### 1 Sneezing and Wheezing and Itching, Oh My! Everything You Need to Know to Treat or Eliminate Allergic Reactions

**Monday, September 13, 5:30 p.m. – 7:00 p.m.**

**Christopher Randolph, MD**, *Center for Allergy, Asthma and Immunology*  
Bizzozero Conference Room

**Cost: Free of charge**

Millions of Americans suffer from allergies. Whether related seasonally to the pollen in the air, a reaction to chemicals or smells, or food-related, Dr. Randolph will discuss the most common kinds of allergies, tips and tricks to help minimize symptoms and the latest treatments available for allergy sufferers.



### 2 Tips and Tricks for Beautiful, Healthy Skin at Any Age

**Wednesday, September 15, 1:30 p.m. – 3:00 p.m.**

**Tina Sierra**, *Skin Care and Beauty Consultant*  
Bizzozero Conference Room

**Cost: Free of charge**

Proper skin care and usage of cosmetics to enhance beauty is important at any age. Learn proper techniques for skin care in this informative seminar. Whether cleansing the skin, moisturizing, using sunscreen, or dealing with fine lines, wrinkles or pimples, this presentation has something for everyone. Also learn about what kinds and colors of cosmetics should be applied, what looks best on different face structures and skin tones and what's the latest and greatest in application. **NOTE:** Free makeovers are available during this session and free cosmetic sample bags will also be available for all attendees.



### Zumba Orientation and Registration Session

**Wednesday, September 15, 5:30 p.m. – 7:00 p.m.**

**Kimberly Johnston**, *Certified Zumba Instructor*  
All classes held in Bizzozero Conference Room, unless otherwise noted.

**Cost: \$48/person**

Get ready for Zumba! This class fuses Latin dance rhythms and easy-to-follow moves to create a one-of-a-kind fitness class that promises to be extremely enjoyable without being overly strenuous. Zumba will help participants

achieve long-term benefits while enjoying themselves immensely during each class. The Zumba motto is: "Ditch the Workout and Join the Party!" For the first time, Evergreen Club 50 will be offering an 8-week Zumba course beginning Thursday, September 23. Come to this kickoff session to learn more about Zumba and to sign up for the course.



### 8-Week Intermediate Pilates Class Mondays, September 20–November 8, 6:00 p.m. – 7:00 p.m.

**Siobhan Costello**, *Certified Pilates Instructor*

All classes held in Bizzozero Conference Room, unless otherwise noted.

**Cost: \$72/person**

**Mondays 6:00 p.m. – 7:00 p.m.** Class dates: 9/20/10; 9/27/10; 10/4/10; 10/11/10; 10/18/10; 10/25/10; 11/1/10; 11/8/10

This 8-week Pilates course is for experienced or advanced Pilates practitioners.



### It's All About You Fall Movies Series: "Leap Year"

**Tuesday, September 21, 1:30 p.m. – 3:30 p.m.**

Bizzozero Conference Room

**Cost: Free of charge**

Waterbury Hospital's fall movies series kicks off with "Leap Year," a heartfelt and charming romantic comedy starring Amy Adams as a young woman who decides to follow an old Irish tradition by proposing to her boyfriend on Leap Day.



### 3 Healing Hands or Medical Nemesis: How to Navigate Between the Hype and the Hope of Modern Medical Science and Technology

**Wednesday, September 22, 5 p.m. – 7:00 p.m.**

**Anthony J. Cusano, MD**, *Specialists in Nephrology and Hypertension*  
Bizzozero Conference Room

**Cost: Free of charge**

This presentation will focus on how to discern the true facts from unproven theories, or just plain hunches, in modern medical science, and how best to work with a physician to wisely apply health care science and technology in every day life.



### 8-Week Zumba Class Thursdays, September 23–November 11, 5:30 p.m. – 6:30 p.m.

**Kimberly Johnston**, *Certified Zumba Instructor*

All classes held in Bizzozero Conference Room, unless otherwise noted.

**Cost: \$48/person**

**Thursdays 5:30 p.m. – 6:30 p.m.** Class dates: 9/23/10; 9/30/10; 10/7/10; 10/14/10; 10/21/10; 10/28/10; 11/4/10; 11/11/10

Try out the Latin dance rhythms and full-body workouts that have made Zumba a national exercise sensation.



Exercise  
Classes



Speaker  
Series  
Presentations



Movie  
Matinees



Alternative  
Medicine  
Classes

# It's All About You!

## Waterbury Hospital Speakers and Exercise Series

PRE-REGISTRATION IS REQUIRED. SEATING IS LIMITED!

**\*\* YOU MUST CALL (203) 573-7385 TO REGISTER FOR THESE CLASSES. \*\***



### 8-Week Beginners Pilates Class Saturdays, September 25–November 20, 8:30 a.m. – 9:30 a.m.

**Siobhan Costello**, *Certified Pilates Instructor*  
All classes held in Bizzozero Conference Room,  
unless otherwise noted.

**Cost: \$72/person**

**Saturdays, 8:30 a.m. – 9:30 a.m.** Class dates: 9/25/10; 10/2/10; 10/9/10;  
10/16/10; 10/23/10; 10/30/10; 11/6/10; 11/20/10

This 8-week Pilates course is for newcomers to the popular exercise Pilates, which is known for its ability to strengthen the body's core with slow, deliberate poses that can accommodate any fitness level.



### 4 Things to Know About Your Wealth that Lawyers Don't Always Discuss Monday, September 27, 1:30 p.m. – 3:00 p.m.

**Vincent A. Liberti, Jr.**, *Partner – Pepe & Hazard, LLP*  
Bizzozero Conference Room

**Cost: Free of charge**

In the years to come, expect many tax and economic changes that will further complicate wealth ownership and transfer. This presentation will focus on wealth accumulation, preservation and transfer with consideration to business, estate planning and elder law matters. Information will also be available on legal needs pertaining to business formation and succession planning, wills, trusts, estate planning, Medicaid planning, probate matters and real estate.

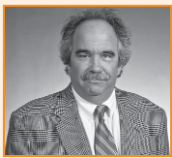


### 5 Eldercare Transitioning: Navigating the Legal, Financial and Insurance Maze Wednesday, September 29, 5 p.m. – 7 p.m.

**Julia Brown**, *Certified Elder Law Attorney*  
Bizzozero Conference Room

**Cost: Free of charge**

One of the biggest challenges facing individuals, families and caregivers involves "transitioning" loved ones to/from eldercare environments. Whether it's the transition from a longtime residence to a nursing home or from assisted living to a skilled nursing facility, the process can be intimidating legally, financially and emotionally. This presentation will provide guidance on how to successfully handle these challenges and minimize the hardships to all persons involved in the transition.



### 6 Diagnosing Specific Foot Deformities Thursday, September 30, 1:30 p.m. – 3 p.m.

**Robert Matusz, DPM**, *Naugatuck Podiatry Associates*  
Bizzozero Conference Room

**Cost: Free of charge**

Any number of factors can contribute to deformities of the foot, which are often painful and can be debilitating if left untreated. This presentation will explore a wide variety of common foot deformities and their causes, including bunions, heel spurs, hammer toes and neuromas.



### 7 A Hands-on Introduction to Art Therapy

**Thursday, October 7, 1:30 p.m. – 3 p.m.**

**Kyle Barreuther**, *Art Therapist*  
Bizzozero Conference Room

**Cost: Free of charge**

Art therapy is a human service profession that bridges the disciplines of art and psychology and utilizes the creative process of art making to improve and enhance the physical, mental and emotional well-being of individuals of all ages. During this session, participants will engage in an exploration of art media and experience creative expression while gaining an understanding of art therapy in a casual group environment. Previous experience is not required, and sharing artwork will be optional. Art supplies will be provided at the start of class.



### 8-Week Tai Chi Class

**Tuesdays, October 12–December 7,  
6:30 p.m. – 8:00 p.m.**

**Kimberly Johnston**, *Certified Tai Chi Instructor*  
All classes held in Bizzozero Conference Room,  
unless otherwise noted

**Cost: \$72/person**

**Tuesdays, 6:30 p.m. – 8:00 p.m.** Class dates: 10/12/10; 10/19/10; 10/26/10;  
11/2/10; 11/9/10; 11/16/10; 11/23/10; 12/7/10

Discover the physical, spiritual and emotional benefits of Tai Chi, an ancient Chinese art that has a unique ability to stretch out muscles and rejuvenate the spirit.



### It's All About You Fall Movies Series: "It's Complicated"

**Friday, October 15, 1:30 p.m. – 3:30 p.m.**

Bizzozero Conference Room

**Cost: Free of charge**

Waterbury Hospital's fall movies series continues with "It's Complicated," a romantic comedy starring Meryl Streep as a divorced mother who sparks up an affair with her ex-husband, played by Alec Baldwin.



### 8 Memory Tune-Ups: Keeping the Brain Fit

**Tuesday, October 19, 1:30 p.m. – 3 p.m.**

**Patti Said**, *Executive Director,  
New England Cognitive Center*  
Bizzozero Conference Room

**Cost: Free of charge**

Most people understand the importance of physical fitness and its role in healthy longevity. But few know the importance of cognitive fitness and what can be done to preserve memory and mental acuity. This presentation will provide information on the latest research findings dealing with memory and aging, along with strategies for developing and maintaining cognitive fitness.



Exercise  
Classes



Speaker  
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Alternative  
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# It's All About You!

## Waterbury Hospital Speakers and Exercise Series

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\*\* YOU MUST CALL (203) 573-7385 TO REGISTER FOR THESE CLASSES. \*\*



### 9 **Medical Reconciliation and Medicine Management**

**Monday, October 25, 1:30 p.m. – 3p.m.**

**Michelle Page, RPh, PharmD, CGP, Consultant**  
*Pharmacist, Med Managers*

Bizzozero Conference Room

#### **Cost: Free of charge**

The elderly population is especially prone to experiencing medication-related problems because of the complex regimen of medications that many are required to take. This presentation will look at the range of problems that can arise from taking a broad mix of medications, and the best way to make sure patients are getting the maximum benefit from each medication.



### 10 **Looking as Young as You Feel: Plastic Surgery For Not Looking**

#### **Past Your Prime**

**Wednesday, October 27, 5 p.m. – 7 p.m.**

**Stanley Foster, MD, Plastic Surgeon**

Bizzozero Conference Room

#### **Cost: Free of charge**

Anyone who has ever considered the benefits of plastic surgery to treat a persistent issue with their appearance, will not want to miss this presentation. From wrinkles to veins to any other kind of concerns about appearance, this presentation will show how plastic surgery might offer a way to restore confidence and peace of mind.



### 11 **Start Socializing: An Introduction to How to Use the Internet and Social Media**

**Tuesday, November 2, 1:30 p.m. – 3 p.m.**

**Meghan Burns, Director of Social Media,**  
*Adams & Knight*

Bizzozero Conference Room

#### **Cost: Free of charge**

Have you always wanted to become more adept at using the Internet? From searching for information on Google, to connecting with family and friends on Facebook; to setting up your very own email account, join us for this hands-on (yes, you will be in front of a computer for this class!) session on how to become proficient on the Internet and with social media (e.g., Twitter, Facebook and YouTube). **PLEASE NOTE:** Seating is limited to 24 attendees. Please register early. This class will take place in the Medical Staff Conference Room, #2301, on the second floor of the Main Building of Waterbury Hospital.



### 12 **Headaches and Migraines: What Is Your Body Trying to Tell You?**

**Thursday, November 4, 1:30 p.m. – 3 p.m.**

**Kenneth Kaplove, MD, Waterbury Neurology, LLC**

Bizzozero Conference Room

#### **Cost: Free of charge**

There are many factors that make headaches and migraines a debilitating affliction for those who regularly endure their agonies. This presentation will look into the many factors that contribute to headaches and migraines, and the many treatments available.



### 13 **How to Keep Your Bladder in Good Health**

**Wednesday, November 10, 1:30 p.m. – 3:00 p.m.**

**Lisa Oliveira, APRN, MSN, Urology Specialists**

Bizzozero Conference Room

#### **Cost: Free of charge**

This presentation will look at a variety of common bladder health issues that can cause serious health implications if left untreated, including urinary incontinence, urinary tract infections, cystitis and bladder cancer.



### 14 **PMS, Perimenopause and Menopause: How to Treat or Eliminate Symptoms through Naturopathic Medicine**

**Wednesday, November 17, 6:00 p.m. – 8:00 p.m.**

**Lilly-Marie Blecher, MD, ND, LAc, Natural Health Associates**

Bizzozero Conference Room

#### **Cost: Free of charge**

Hormonal balance is essential to a woman's well-being. In particular, symptoms and changes in a woman's body that are connected with Premenstrual Syndrome (PMS), Perimenopause and Menopause can cause discomfort on several levels unless addressed. Attendees will not want to miss this educational and enlightening discussion on naturopathic and Chinese methods and remedies to help balance the female hormones that so often become problematic during these three hormonal phases.



### **It's All About You Fall Movies Series: "The Blind Side"**

**Thursday, November 18, 1:30 p.m. – 3:30 p.m.**

Bizzozero Conference Room

#### **Cost: Free of charge**

Waterbury Hospital's fall movies series concludes with "The Blind Side," a true story about a teenage boy who is saved from a life of poverty by a strong-willed woman who recognizes his potential and takes him into her family.



### 15 **Acupuncture for Infertility and Pregnancy**

**Monday, November 22, 6 p.m. – 8 p.m.**

**Robin Ritterman, MD, ND, LAc, Whole Health: Natural Family Medicine**

Bizzozero Conference Room

#### **Cost: Free of charge**

Acupuncture has been used successfully for centuries to treat infertility and problems during pregnancy. It can be used to enhance the outcome of Western infertility treatments such as IVF, or can be used alone as an alternative to Western treatments. It is often used to treat nausea during pregnancy, pain during pregnancy or to turn a breach baby. Dr. Ritterman has been using acupuncture to treat infertility and pregnancy issues for over two decades.



Exercise Classes



Speaker Series Presentations



Movie Matinees



Alternative Medicine Classes

## ★★ TEN PERCENT DISCOUNT CAFETERIA “MEAL DEAL” OFFERED TO ALL EVERGREEN CLUB 50 MEMBERS! ★★

Anyone who attends any of the Evergreen Club 50 exercise, movies or *Speakers Series* presentations this fall can take advantage of a **ten percent discount** on any meals or other food and drink selections in the Waterbury Hospital cafeteria!

For Evergreen Club 50 members, all you have to do is bring your club membership card with you to the cafeteria, and ten percent will be discounted on whatever you wish to purchase. For non-club members who attend any fall programming offerings, a one-time ten percent discount card will be given to attendees at the presentation. This can be used to get a discounted meal at the cafeteria.

From **September 1 through December 31, 2010**, enjoy breakfast, lunch, dinner or snacks from the hospital cafeteria before or after exercise class, a movie matinee or an evening or afternoon *Speakers Series* presentation at this discounted meal rate.

The Waterbury Hospital cafeteria, located on the first floor, offers a wide variety of freshly-made, healthy food options seven days a week! There are daily selections for those with diabetic, heart-healthy, low-calorie or other dietary requirements, as well as plenty of options to choose from on the regular cafeteria menu.

The cafeteria is open every day for breakfast from 6:30 a.m. – 10:00 a.m.; lunch from 11:00 a.m. – 1:30 p.m.; and dinner from 4:00 p.m. – 6:30 p.m.

## EVERGREEN C L U B 5 0 BOOK CLUB

2:00 pm to 4:00 pm • No registration required

The Village at East Farms • 180 Scott Road • Waterbury, CT

September 13

**Wolf Hall**

Hilary Mantel

•

October 4

**The History of Love**

Nicole Krauss

•

November 1

**The Things They Carried**

Tim O'Brien

•

December 6

**Who Will Run the Frog Hospital?**

Lorrie Moore

•

January 3, 2011

**The Life and Times of the Thunderbolt Kid**

Bill Bryson

February 7

**A Mercy**

Toni Morrison

•

March 7

**The Help**

Kathryn Stockett

•

April 4

**Little Bee**

Chris Cleave

•

May 2

**The Elegance of the Hedgehog**

Muriel Barbery

•

June 6

**The Ghost Map**

Steven Johnson

Book Club meetings are hosted by  
Robin Osborn, a retired Taft School English teacher.  
For more information please call (203) 757-7660.



## BECOME AN EVERGREEN CLUB 50 “REWARDS” MEMBER!

If you frequently attend *It's All About You Speakers Series* presentations, your dedicated attendance could be rewarded with a valuable prize. If you attend 25 or more presentations between September 2010 and June 2011, you will be eligible to win a grand prize of a dinner and movie package.

To show proof of attendance, **simply cut out the punch card below along the perforated lines and keep it with you when you attend each presentation.** At the end of the presentation, a Waterbury Hospital staff member will “punch out” the matching presentation number on your punch card, signifying your attendance. **Once 25 presentations have been punched, you will be entered into a drawing for the grand prize!**

*PLEASE NOTE: The rewards program applies only to Speakers Series presentations, and not to other Evergreen offerings such as exercise classes or movies. Each Speaker Series presentation is numbered, as seen on pages 4, 5 and 6. The corresponding presentation number will be punched at the end of the presentation attended. For example, if you attend presentation #7 (A Hands-on Introduction to Art Therapy - listed on page 5), box #7 will be punched at the end of the presentation.*

### EVERGREEN CLUB 50 “REWARDS” MEMBER

Attend 25 Speaker Series Presentations  
and become eligible for a grand prize!

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30

If you wish to have your name removed from the distribution list to receive future issues of the Evergreen Club 50 newsletter, please write to us at: 64 Robbins St., Waterbury, CT 06708, Attn: Evergreen Club 50.



Evergreen Club 50, along with our affiliate partner VNA Health at Home, Inc., is now offering  
**Flu Clinics in October!**

Seasonal Flu Shots Will Be Administered in the Bizzozero Conference Room, 4th Floor, Waterbury Hospital, on the Following Dates:

**Monday, October 4 • 9:00 a.m. – 11:00 a.m.**

**Friday, October 8 • 11:00 a.m. – 1:00 p.m.**

**Thursday, October 14 • 2:00 p.m. – 4:00 p.m.**

*Please wear a short-sleeved shirt*

**For an appointment, please call (203) 573-7385**

\*Self-pay cost will be announced after October 1st

\*Covered by Medicare, Medicaid and most commercial insurers.

\*Insurance cards must be presented

**PLEASE NOTE: Flu shots will NOT be administered to the following individuals:**

- Persons under 18 years of age
- Persons who have Guillain-Barre Syndrome
- Persons allergic to or who have a history of anaphylactic reaction to eggs, chicken or thimerosal
  - Persons who have had a serious reaction to the flu vaccine in the past
- Persons who are ill with a fever, cough, chills, vomiting or diarrhea the day of vaccination
  - Persons currently receiving radiation, chemotherapy or immunosuppressive therapy
- Pregnant women may receive the vaccine with written authorization from a physician

**Sign Up for One-on-One Medicare Counseling**

Confused about the bureaucracy and regulation changes in your Medicare coverage? Waterbury Hospital and the Western Connecticut Area Agency on Aging, Inc. (WCAAA) will be offering **FREE monthly individual Medicare counseling sessions on the third Wednesday of every month, 9 a.m. to noon in the Chief of Staff Room in the Bizzozero Conference Room** at Waterbury Hospital. The sessions will feature a counselor from the WCAAA who will provide insight on Medicare guidelines and costs.

Anyone interested in signing up for a session should call

**Tania Lee at the WCAAA at  
(203) 757-5449**

*See page 3 for details*

Villa Rosa (Ponte Club), Waterbury  
 (Doors open at 10:30 a.m.)  
 11:00 a.m. – 3:30 p.m.  
**Wednesday, December 8, 2010**

**ANNUAL HOLIDAY PARTY**

**2010**

**HOLD THE DATE**

Waterbury Hospital  
 64 Robbins Street  
 Waterbury, CT 06708  
 (203) 573-7385

"You're as young as you feel!"



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