

SENIOR NEWSLETTER

Middlebury Senior Center
1172 Whittemore Road, Middlebury, CT
203-577-4166—Phone
203-577-4173—Fax

E-mail: jcappelletti@middlebury-ct.org
Hours: Monday through Friday 9:00am—1:00pm



Department of Social & Elderly Services

Mission Statement

The Department of Social Services and Elderly Services is a focal point for all town residents who seek public services. We provide aid in time of crisis, both financial as well as service oriented. We furnish state-administered programs through referrals in order to see that each resident is provided with a standard in conducting their lives.

To the elderly community we are constantly seeking to improve their quality of life by educating them in new concepts of living. We keep our elderly active in the community through volunteerism as well as educational and recreational programs. We continue to keep them up to date through informative group

sessions which

enhance their personal development.

As changes occur in our world, our goal is to re-adapt programs so that our citizens can keep in step with the rest of the community.

April 2020

Department Staff

JoAnn Cappelletti Director

Jeanne Generali Dispatcher/Clerk

Angela Leveille Publications &

Terri Markie Bus Driver

Sean Howard Computer Lab

Commission on Aging

Judy Mirrer, Chairperson

Barbara DeRiu

Jean Hansen

Noa Miller

Andrew Perrella

Ann Spierito

Nancy Pun

Ralph Barra

Nancy Mastroianni

JoAnn Cappelletti

Town of Middlebury
Department of Social & Elderly Services
Shepardson Community Building
1172 Whittemore Road
Middlebury, CT 06762
Phone 203-577-4166 Fax 203-577-4173
jcappelletti@middlebury-ct.org



Notifying the Public Under Title VI

The Town of Middlebury operates its programs and services without regard to race, color, and national origin in accordance with Title VI of the Civil Rights Act. Any person who believes she or he has been aggrieved by any unlawful discriminatory practice under Title VI may file a complaint with the Town of Middlebury.

For more information on the Town of Middlebury's civil rights program, and the procedures to file a complaint, contact JoAnn Cappelletti 203-577-4166 ext. 707; email jcappelletti@middlebury-ct.org; or visit our administrative office at 1172 Whittemore Road. For more information, visit www.middlebury-ct.org.

A complainant may file a complaint directly with the Federal Transit Administration by filing a complaint with the Office of Civil Rights Attention; Title VI Program Coordinator, Connecticut Department of Transportation, Bureau of Public Transportation, Complaint Department, 2800 Berlin Turnpike, Newington, CT 06111.

If information is needed in another language, contact 203-577-4166 ext. 707

Si se necesita informacion en otro idioma, comuniquese al 203-577-4166 ext. 707



The Village at East Farms has a bi-monthly Caregivers Support group on the first (1st) Wednesday of the month at 10:00am and the third (3rd) Wednesday of the month at 6:00pm.

The complexity of Alzheimer's disease and related dementias impacts the family and relationships. A support group provides an opportunity to learn more about the different stages of this progressive disease and offers tips on ways to cope.

Join the group for educational discussions and have the opportunity to learn and share with others who understand.

Refreshments will be served.

Complimentary care and programs are provided for your loved one during every session.

Kindly RSVP to 203-757-7660



midconvhome.com
203.758.2471

Family Owned and Operated



Offering Short & Long Term Care

778 Middlebury Road, Middlebury | 203-758-2471



A&B Homecare Solutions, LLC
Home Is Where the Heart Is

A&B Homecare Solutions, LLC is a family owned and operated in-home care agency formed in 2003 by Mother and Son, Bella & Aron Galinovsky. Aron and Bella's vision was to provide meaningful, high quality in-home care for individuals and families that know "HOME" Is Truly Where the Heart is...

We accept private pay, long term care insurance, state insurance, and veteran's benefits.

Call us today (203) 495-1900

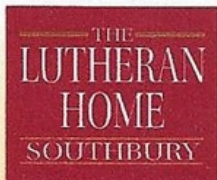
24/7 on call (203-495-1900)

Get **READY FOR HOME** at Lutheran Home

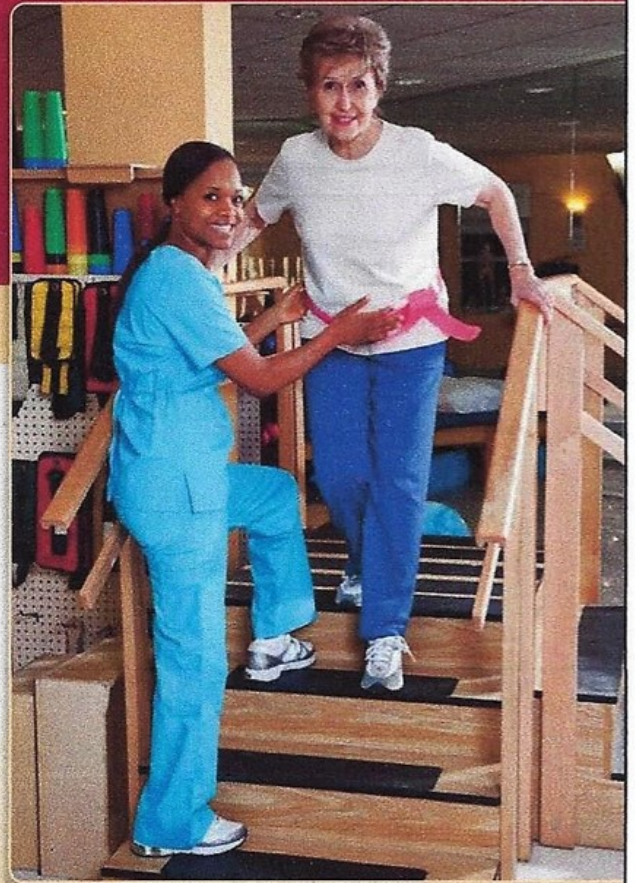
2016 5-STAR MEDICARE RATING

Welcome to the first rehab program personalized for you. From your own Resident Service Liaison checking in each day, to a CNA Companion program for a smooth transition, and therapies offered 7 days a week, our Center for Short-term Rehabilitation is your place to get ready for home.

Call 203-264-9135 to Pre-book your stay or learn more.



990 Main Street, North
Southbury, CT 06488
203.264.9135
www.lhsouthbury.org



National Volunteer Week April 19—25, 2020

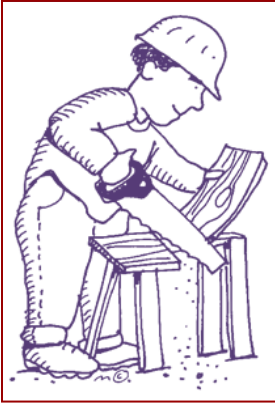


Ralph Barra
Bob Cappelletti
Dana Dowling
Ted Elliss
Gracie Graziano
Tracy Graziano
Clint Greateorex
Carolyn Jackson
Dylan Kasidas
Mila Limson
Marj Needham
Mike Pieksza
Betty Proulx
Veronica Rinaldi
Sue Rosa
Heidi Shea
Joe Shea
Jim Stango
Faith Stewart
Bill Stowell



MIDDLEBURY HOUSING REHABILITATION LOAN PROGRAM INFORMATION

(funding provided by Connecticut Department of Housing)



The Town of Middlebury has Community Development Block Grant funds available for income eligible residential property owners for housing rehabilitation.

Types of work that may be eligible for funding include the correction of health and safety violations, code compliance, roofing, carpentry, electrical work, painting, plumbing, heating, and other non-luxury work subject to approval of the Town.

Application & Eligibility

All applications must be fully completed and returned to the address listed on the back of the application. Applications are reviewed on a first come first serve basis.

Eligibility is based on a combination of household size and annual household income. Income documentation for each of the household residents over the age of 18 must be submitted with the application. This documentation must include copies of the last 4-6 week stubs, the most recent Federal tax return, social security documentation, or other pertinent income verification. All tax returns must be signed.

The income limits, which determine Program eligibility, differ for each community. In the Town of Middlebury based on your household size, you may be eligible for a deferred loan if your annual household income is at or below the following amounts:

<u>Household Size</u>	<u>Income Limits</u>
1	\$47,600
2	\$54,400
3	\$61,200
4	\$68,000
5	\$73,450
6	\$78,900
7	\$84,350
8	\$89,899

*Income limits are subject to periodic change.

**Applications and information regarding this program are available at the
Middlebury Department of Social Services**

1172 Whittemore Road

Middlebury, CT 06762

Town of Middlebury

Department of Social and Elderly Services
Shepardson Community Building
1172 Whittemore Road
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Phone: 203-577-4166
Fax: 203-577-4173
E-mail: jcappelletti@middlebury-ct.org



GUIDELINES FOR MINI-BUS PASSENGERS

Passengers must be Middlebury residents 60 years or older or handicapped. Driver will assist passengers on and off bus if necessary. The driver is neither a chauffeur nor servant and should not be expected to:

- Do any tasks or errands for you

- Do any shopping of any kind

- Handle money for banking, postage or bill paying

Reservation for rides must be made at least one day in advance by calling the Senior Center at 203-577-4166, Monday through Friday between the hours of 9am and 1pm. Messages left after 1pm are not considered one day advance reservations. Your itinerary must be stated as well as name, address and telephone number. Reservations cannot be made with the driver while on the bus.

The following must be observed:

- Due to scheduling, the bus may arrive from 15 minutes before to 15 minutes after your scheduled reservation.

- You must be ready within these times.

- Use seat belts at all times – no exceptions will be permitted.

- Upon arrival, vacate the bus immediately and clear the doorway to avoid accidents.

- Have your donation ready when entering the bus.

Medical appointments are given priority. It is advisable to check with the office prior to making doctors' appointments to determine the best date and time that the bus can provide you with the best service.

In the event of inclement weather, and the mini bus is cancelled, there will be an announcement over radio station WATR and TV channels 3 & 8 after 7am.

The mini bus operates 8:30am to 2:30pm, Monday through Friday.

Suggested donation for this service is .50 cents, one way, within the Town of Middlebury and \$1.50 one way, to surrounding towns.

If there are any changes to your advance reservation, you must let the office know in advance.

Passengers not complying with these regulations may have to find alternate methods of transportation

After 3 no shows, passengers will be suspended from using the mini bus for 30 days.

Have our Newsletter Mailed to Your Home Every Month

Cut out and mail this Form

Name _____

Address _____

City _____ State _____

Please enclose a check for \$9.00 made payable to
The Middlebury Senior Center and mail to:

Department of Social Services
1172 Whittemore Road
Middlebury, CT 06762

Commission on Aging



The next Commission on Aging meeting will be held April 21, 2020 at 9:30am. All interested persons are welcome to attend.

Free Blood Pressure Screening



There is a free Blood Pressure screening every Tuesday; besides blood pressure screenings, Nurse Diane can help you with any questions you may have.

The hours are 10:00am to 12 noon.

No appointment necessary

Probate Information



If you would like to make an appointment with the Probate Judge, please call 203-720-7046 and speak only to Patty Aleggi.

FREE HEARING SCREENING



The free hearing screening this month will be on Wednesday, April 15, 2020 9:00am. Please call for an appointment at 203-577-4166.

Contacting our office is easy!

Dial (203) 577-4166 and enter the extension for the person you wish to speak with:

<u>NAME</u>	<u>EXTENSION</u>
JoAnn Cappelletti	3
Jeanne Generali	1
Sean Howard	4
Angela Leveille	2



CodeREDTM

Keeping citizens informed.

The Town of Middlebury has adopted Code Red which is a public notification system for emergency information. It notifies the public of road closures, fires, floods, missing children and other emergencies.

Code Red is a geographically based system. This means that anyone with a code Red app can get notifications anywhere they travel.

To be included in Code Red, you must enroll: go to the town's website www.middlebury-ct.org and click on the "Community" tab. Then click on the Code-RED logo. Please provide your phone number(s) and text and email information. The town was provided a database of some numbers for residents, but no one should assume their numbers are among those the town already has. Those without computers can go to the assessor's office or the Middlebury Public Library and get help registering for Code-RED.



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E-mail jcappelletti@middlebury-ct.org

From the Office of the Director

March 18, 2020

The Department of Social Services and the Middlebury Senior Center are here to help you.

I have put into place a group of volunteers that are willing to deliver necessary items to your facility such as groceries, personal items, and are also willing to pick up medication from local pharmacies and deliver them to your home.

For those that are registered with the Elderly Nutrition Program, you will receive meals delivered to your homes for the next few weeks.

Anyone that is struggling with energy and utility bills there is a 30 day emergency moratorium that prevents electric, natural gas and water from being turned off. This was issued by CT Attorney General William Tong and the CT Public Utilities Regulatory Authority (PURA).

I also have available the Middlebury Emergency Community Fund to assist with emergency situations. Contact my office for assistance.

I am in regular communication with local and state agencies and a wide range of networks and staying current on credible information, which I will pass on to you through social media. Our monthly newsletter will contain updates on services and programs as I receive them.

Please contact my office at 203-577-4166, or e-mail jcappelletti@middlebury-ct.org if I can be of any help to you during this crucial time.

JoAnn Cappelletti
Director Elderly & Social Services

Governor Lamont:



Connecticut Launches Coronavirus Infoline for General Questions From the Public

Governor Ned Lamont today announced that the State of Connecticut is partnering with United Way of Connecticut to launch an information hotline for questions from the public regarding issues related to the spread of coronavirus (COVID-19). People who have questions can **call 2-1-1** or text **“CTCOVID” TO 898211**.

Answers to many of the questions people may have can already be found by visiting the state’s coronavirus information website at ct.gov/coronavirus. People are encouraged to review that website for answers to their questions first before calling the hotline.

The information hotline is only intended to be used by individuals who are not experiencing symptoms but may have general questions related to COVID-19. Anyone experiencing symptoms is strongly urged to contact their medical provider to seek treatment.

“We understand people have specific questions but we want to stress that this call center is only intended for general information. Anyone looking for specific medical advice regarding symptoms they may be experiencing is strongly urged to seek medical treatment,” Governor Lamont said.

The 2-1-1 hotline is available 24 hours a day. Multilingual assistance and TDD/TTY access for those with a hearing impairment is also available.



Figure 1. Screenshot of the malicious website "Corona-Virus-Map.com" pretending to be a legitimate COVID-19 tracker.
corona-virus-map.com • Translate this page
WordPress 5.0.2 – Ещё один сайт на WordPress
Добро пожаловать в WordPress. Это ваша первая запись. Отредактируйте или удалите ее, затем начните создавать Написано автором admin ...

This is a screenshot of the fake Coronavirus map that will steal your data.

The Department of Health and Human Services (HHS) has issued information on a fake online Coronavirus map that delivers a well-known malware.

A malicious website pretending to be the live map for Coronavirus COVID-19 Global Cases by Johns Hopkins University is circulating on the internet waiting for unwitting internet users to visit the website. Visiting the website infects the user with the AZORult Trojan, an information stealing program which can exfiltrate a variety of sensitive data. It is likely being spread via infected email attachments, malicious online advertisements, and social engineering. Furthermore, anyone searching the internet for a Coronavirus map could unwittingly navigate to this malicious website.

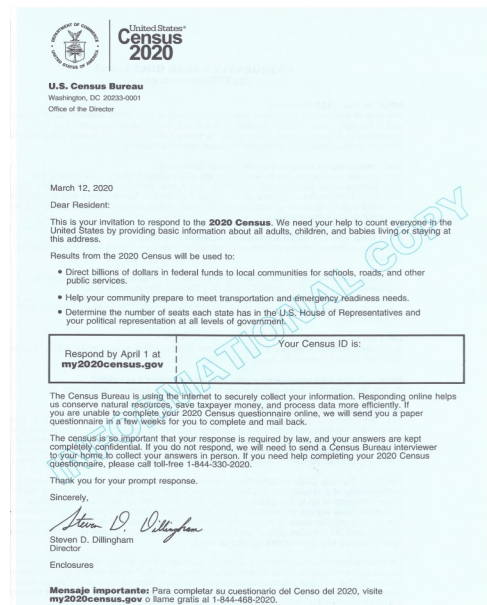


All Social Security offices will be closed to the public for in-person service starting Tuesday, March 17, 2020.

If you need help from Social Security, you can use online services available at www.socialsecurity.gov/online services. You can apply for retirement, disability, Medicare benefits online, check the status of an application or appeal, request a replacement Social Security card (in most areas), print a benefit verification letter, and much more—from anywhere and from any of your devices.

If you already have an in office appointment scheduled, you will get a call to handle your appointment over the phone instead. If you have a hearing scheduled, you will be called to discuss alternatives for continuing with your hearing, including offering a telephonic hearing. Remember Social Security employees will not threaten you or ask for any form of payment.

If you cannot complete your Social Security business online, you can call the National 800 number at 1-800-772-1313 (TTY 1-800-325-0778).



2020 Census Mailings

This is what your 2020 census mailing will look like.

The goal of the census is to count every person living in the United States once.

You are, by law, required to respond to the 2020 Census. This should take 10 minutes on average.

To respond online, go to **my2020census.gov**; you will need the 12-digit Census ID found on the letter (above). You may also complete the questionnaire with or without a code. By law, the Census Bureau can only use your responses to produce statistics and are confidential and private....Title 13 of the U.S. Code protects the confidentiality of all your information.

For those who need language assistance they can call:

Spanish	844-468-2020
Chinese	844-391-2020
Korean	844-392-2020
Russian	844-417-2020
Polish	844-479-2020
French	844-494-2020
Portuguese	844-474-2020
Japanese	844-460-2020
(TTD)	844-467-2020

WINTER PROTECTION PLAN



Customers who meet income eligibility or receive certain government benefits and lack the resources to pay their electric bill may qualify for shutoff protection during the winter months.

The Winter protection Plan protects your service from being shut off from November 1, 2019 through May 1, 2020 with no late payment charges. This must be renewed annually. Applications for Shutoff Protection can also be completed while applying for public energy assistance through Middlebury Social Services at 203-577-4166 ext. 707.

When participating in the program, customers are still encouraged to continue paying as much of their bill as possible, since the full amount will still be owed at the end of the protection period.

To be eligible, customers must meet one of the following criteria:

- ⇒ Receive Aid to the Aged, Blind or Disabled (State Supplement); or Aid to Families with Dependent Children; or Medicaid; or (SSI); or General Assistance.
- ⇒ Their sole source of financial support is Social Security or VA's Administration.
- ⇒ Their circumstances threaten deprivation of food and the necessities of life if payment of a delinquent bill is required.
- ⇒ Their income falls below 60% of the state median income.
- ⇒ They currently receive heating assistance.

For more information, or to enroll in the program, please call Eversource at 800-286-2828.

Eversource's Matching Payment Program:

Allows you to maintain year-round electric and gas service and possible elimination of back balances, if you qualify and pay an agreed-upon amount on time each month.

Here's how it works.

Eversource, through the Matching Payment Program, will match your payments once you are approved for and receive energy assistance from [Connecticut Energy Assistance Program \(CEAP\)](#). For every dollar you pay toward your bill, a dollar will be credited to your past-due amount.

So, you pay a portion, energy assistance pays a portion, and Eversource pays a portion. Making all required payments in the Matching Payment Program protects your household from shut-off, in addition to getting the payment match.

To be eligible:

- You must be a current Eversource residential customer and heat your home with electricity or natural gas. Your household income must be at or below 60 percent of the [estimated state median income](#):

Household Size – includes homeowners and renters that pay separately for heat, and renters whose heat is included in the rent, as long as more than 30% of gross income is paid towards rent.

1 person \$36,171	2 person \$47,300
3 person \$58,430	4 person \$69,559
5 person \$80,688	6 person \$91,818
7 person \$93,905	8 person \$95,991

- You must have CEAP energy assistance funds applied directly to your Eversource account. You must continue to pay your payment arrangement amount on time each month.

If you cannot afford your required monthly payment, please call us at 800-286-2828 to see if you qualify for a reduced payment (Below Budget Payment). If you're eligible, we will refer you to your local Community Action Agency to help you process an application (Below Budget Worksheet).

RENTER'S REBATE PROGRAM

Effective April 1, 2020

Through

September 15, 2020



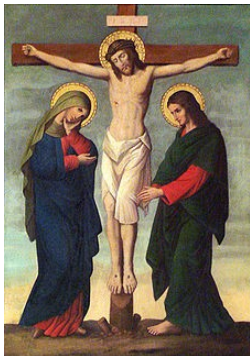
Elderly residents of Middlebury or totally disabled persons who rent may apply for the Renter Rebate program at the Department of Social Services office

located in the Shepardson Community Building, Room #20 between the hours of 9:00 am and 12:30 pm.

You must also be a resident of Middlebury and provide proof of income and rent expense for the year 2019.

If utilities are not included in your rent, you must provide proof of your utilities expense. If you filed a tax return you must bring a copy.

Further questions regarding this program must be directed to JoAnn Cappelletti at 203-577-4166 ext. #3.



The Middlebury Senior Center will be closed on Friday, April 10, 2020 in observance of Good Friday



Achievement
Through
Technology

Assistive Technology Center

GADGETS & GIZMOS

To Make your Life Easier

The WCAAA Tech Center provides free demonstrations

Assistive Technology Center has any item or piece of equipment that is used to increase, maintain or improve the functional capabilities of individuals with or without disabilities in all aspects of life, including at school, at work, at home or in the community. The WCAAA, Assistive Technology Center provides free personalized or group demonstrations on assistive devices such as magnifiers, home amplifiers, vibrating alarm clock, smart pen and talking watch just to name a few. These devices are now on display at the Assistive Technology Center located at the WCAAA, 84 Progress Lane, Waterbury, CT 06705

The Connecticut Tech Act Project's Assistive Technology Loan Program (ATLP) assists Connecticut residents with disabilities and older adults to obtain the assistive technology devices and services they need to enhance independence and productivity in the community, education and employment.

Eligible applicants may borrow from \$500—\$30,00, at a low interest rate, for up to 10 years depending on the life of the device. The ATLP can be used for a broad range of devices such as assistive listening devices, magnifiers, computers and software, scooters, stair lift, modified vehicles, and much more.

TO find out more about the Assistive Technology Loan Program visit www.CTtechact.com/loan or call 860-424-5619.

For more information, please call Carol Damelio @ 203-757-5449 ext. 118 for an appointment for a presentation or email cdamelio@wcaaa.org.

Tax Relief Programs



Applications are available for the Elderly Homeowners, Totally Disabled Homeowners and Additional Veterans Tax Credit Programs February 1 – May 15, 2020.

Qualifications for these programs include residency, income, age or disability. Applications must be accompanied by all income statements and Social Security benefits and must be filed no later than May 15, 2020.

No application will be accepted without proof of income and Social Security statements.

Qualifying income is based on 2019 adjusted gross income; married applicants must submit combined adjusted gross income plus 2018 Social Security benefits payments.

Household income cannot exceed \$45,100; this number varies from single to married persons. Elderly Homeowners applicants must reside in Middlebury, qualify under the income limits, and must be 65 years of age or older.

Totally Disabled Homeowners applicants must be eligible to receive permanent total disability benefits under Social Security or other federal, state or local plan.

Applications can be picked up at the Middlebury Social Services Department at the Shepardson Community Center, 1172 Whittemore Road in Middlebury, Room 20 between the hours of 9am to 1pm

OPERATION FUEL



Operation Fuel will administer an energy assistance program for applicant's who need aid with meeting

their home heating or utility needs. This program will be for households living up to 75% of state median income. There will not be an asset test. The maximum grant amount will be up to \$500.

To qualify for oil, propane, pellets, gas/electric utility or wood, applicants that qualify for Connecticut Energy Assistance Program (CEAP) must exhaust those benefits before applying for Operation Fuel funding. For applicant's that are eligible for safety nets (vulnerable and non-vulnerable), they will not qualify for Operation Fuel.

To qualify for electric utility, applicants must have a shut-off notice or have no utility service or must need assistance with making a required payment in order to maintain a payment arrangement, or have a past due balance of 30 days or more. House will be eligible for this program even if they received a grant for their primary heat through the CEAP program.

The program will start Monday, December 3, 2019 and end Friday May, 31, 2020 or when funding runs out (Whichever comes first).

Documentation:

1. Applicant must provide shut off notice or utility bill that is 30 days past due & payment history.
2. Documentation of all household members with income (last 4 weeks of income).
3. Copy of CEAP acceptance letter.

For more information or to apply please call 203-577-4166, Ext 3.



Senior Lunch

Lunch is available at the Senior Center on Tuesday & Thursday. The suggested donation is \$3.50 per meal. Advanced reservations are required 2 days in advance. Contact our office for more information.

LOW IMPACT DANCING Thursdays — 10:30 to 11:30



6 classes for \$20. Learn the steps to Salsa, Merengue, and Cumbia with Gabriela.

PILATES



The Pilates classes are held on Mondays and Wednesdays, 10:30 -11:30am. The cost is \$30 for 8 classes

Yoga



The Yoga classes are held on Tuesdays, 9:30 -10:45 & Thursdays 10:30-11:45. Fee is \$25.00 for 6 classes.

Adult Strengthening



Fitness Fury will lead the Adult Strengthening classes weekly every Friday from 12:00 - 12:45. The fee is \$3.00 per class.

Tai Chi



Instructor Gary Welton Wednesdays @ 8:00am to 9:00 & from 9:15am to 10:15am. The fee is \$25 for 10 classes.



Art Class

Dory St. John offers art classes on Fridays from 9:30-11:30am. The fee is \$5.00 per class.

MAH-JONGG



Mah-jongg is a Chinese game that is played using 144 domino-like tiles. Middlebury Senior Center has mah-jongg games every Monday @ 10am; Tuesday @ 10am, 1pm & 5 pm; Wednesdays @ 10am; Thursdays @ 10am & 1pm. Fee is \$1.00

Nutritional Cooking Classes



Join us every Friday at 10:30 am for classes on nutrition sponsored by Brass City Market. Learn how to prepare delicious meals that are good for you. Cook along with your friends and enjoy your creations. This class is free of charge.

Movie Days



Tom Rosa Hollywood Movie & Bio Every second Thursday of the month.

**DUE TO THE CORONAVIRUS
ALL PROGRAMS WILL BE
SUSPENDED INDEFINATELY
UNTIL FURTHER NOTICE**

**All payments for classes are due
prior to beginning of classes.**



April is: Foot Health Awareness Month - tips for healthy feet

Special attention is given to foot health each April as National Foot Health Awareness month is observed. The Michigan Podiatric Medical Association (MPMA) would like to remind the public that this is the perfect time to determine what shape ones' feet are in.

"Foot and ankle concerns are too often overlooked by the general public," said Dr. Jodie Sengstock, MPMA director of professional relations. "Our feet are the foundation of our body. One of the goals of the MPMA is to reach out to the public to let them know that annual foot exams can lead to a better quality of life and also may help detect the onset of other life threatening diseases."

A podiatrists' examination of ones' feet can help identify early symptoms of serious disorders such as vascular disease and diabetes. Foot issues can also cause other problems throughout our body.

Normal changes to the foot as we age include:

- The foot becomes wider and longer
- There is mild settling of the arch which is seen as flattening of the foot
- The fat pad on the bottom of the heel thins out, causing loss of natural padding and spring in the step
- The foot and ankle lose some of their normal range of motion and become stiffer
- There can be some loss of balance while walking

As these physical changes occur, shoe sizes and support needs also change and must be addressed.

Some foot changes can occur that are abnormal or pathological. These problems do not happen naturally and many can be prevented, or their progress halted, by addressing them early.

Podiatrists can provide a wide range of treatments, from conservative care of the skin and nails to surgical options for advanced wounds or complications involving the bones of your feet. See your MPMA podiatrist if you experience:

- **Sprains or fractures:** Pain, swelling, bruising, and difficulty walking on the affected foot or ankle are the most common symptoms.
- **Pain that doesn't go away:** Pain, stiffness, tingling, or other discomfort that doesn't resolve quickly is your body's way of communicating. Get these symptoms checked in a timely manner.
- **Skin irritation or discoloration:** Rashes, cracked skin, and other changes to the skin of the feet can leave you vulnerable to infection and should be checked by your MPMA podiatrist.
- **Abnormal growths, lumps, or bumps on your feet and ankles:** Warts, corns, calluses, and other bumps can be indications of infection, abnormalities in your gait, or more serious conditions.
- **Changes to your nails:** Discoloration, thickening, pain, or drainage can be signs your toenails require a podiatrist's attention. They can also be signs of more serious health issues.

A yearly exam with an MPMA podiatrist is vital to tracking changes, checking for proper sensation and circulation, and calling attention to abnormalities. Early detection and treatment of problems help keep individuals on their feet and active.

Prepare your feet for summer fun:

- Limit walking barefoot as it exposes feet to sunburn, as well as plantar warts, athlete's foot, ringworm, and other infections and also increases risk of injury to your feet.
- Wear shoes or flip-flops around the pool, to the beach, in the locker room and even on the carpeting or in the bathroom of your hotel room to prevent injuries and limit the likelihood of contracting any bacterial infections.
- Remember to apply sunscreen all over your feet, especially the tops and fronts of ankles, and don't forget to reapply after you've been in the water.
- Stay hydrated by drinking plenty of water throughout the day. Drinking water will not only help with overall health, but will also minimize any foot swelling caused by the heat.
- Keep blood flowing with periodic ankle flexes, toe wiggles, and calf stretches.



HAPPY BIRTHDAY—April 2020

Old friends pass away, new friends appear. It is just like the days. An old day passes, a new day arrives. The important thing is to make it meaningful: a meaningful friend - or a meaningful day.

~ Dalai Lama

Linda Mazzaferro 1st
William Wehrhahn 1st
Richard Hoyt 1st
Barbara Daniels 2nd
Sandy Goldberg 4th
Sarah LoFaso 4th
Alicia DeMayo 5th
Tom Rosa 5th
John Jenusaitis 6th
Mary Ponzillo 7th
Evelyn Porembe 8th
Deborah DeSantis 8th
Anthony Norelli 9th
Alfred Mormile 10th
Lucille Rischar 12th
Joan Bowyer 13th
Jean Waterhouse 13th
John Andres 13th
Kelly Bunker 13th

Esther Vilela 14th
Kathleen Maturo 17th
Linda Kiel 18th
Annamae Hardwick 19th
Emily Mohrmann 19th
Michael McLaughlin 19th
James Donnelly 19th
Carmella Donofrio 19th
Gerald Lukowski 22nd
Mary Ellen Griffin 22nd
Marna Murtha 23rd
Richard Mellette 24th
Robert Mellette 24th
Ralph Barra 26th
June Macken 29th
Selma Frohn 29th
Faith Stewart 29th
Donald Albert 29th
Ronald Murray 30th