

Senior Newsletter

Middlebury Senior Center

1172 Whittemore Road

Middlebury, CT 06762

Phone 203-577-4166

Fax 203-577-4173

E-mail jcappelletti@middlebury-ct.org

Hours: Monday through Friday 9:00am - 1:00pm

[illegible]

AUGUST 2018

Department Staff

JoAnn Cappelletti Director

Jeanne Generali.....Dispatcher/Clerk

Terri Markie.....Bus Driver

Angela Leveille.....Publications & Programs

Sean Howard.....Computer Lab

Newsletter Staff

JoAnn Cappelletti

Angela Leveille

Commission on Aging

Judy Mirrer Chairperson

Barbara DeRiu

Noa Miller

Nancy Mastroianni

Ralph Barra

Ann Spierto

Nancy Pun

Jean Hansen

Andrew Perrella

JoAnn Cappelletti



Town of Middlebury
Department of Social and Elderly Services
Shepardson Community Building
1172 Whittemore Road
Middlebury, CT 06762

Phone 203-577-4166

Fax 203-577-4173

E Mail jcappelletti@middlebury-ct.org

Notifying the Public Under Title VI

THE TOWN OF MIDDLEBURY

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

Department of Social Services & 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.

*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

Please support our Sponsors



Care Beyond Compare Since 1961

FAMILY OWNED AND OPERATED 58 bed skilled nursing facility
Providing care beyond compare since 1961.

Specializing in Short Term Rehabilitation

- ▶ Still a 5 Star Federal Medicare Rating
- ▶ An outstanding ratio of staff to residents
- ▶ A new rehabilitation room offering physical, occupational and speech therapies 7 days a week and is now equipped with NeuroGym® technology. MCH is the first skilled nursing facility in Connecticut to have just acquired this new state-of-the-art therapy equipment.
- ▶ A new recreation room and patio providing a full and vibrant calendar of events and activities

203-758-2471 778 Middlebury Road Middlebury, 06762

www.midconvhome.com



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

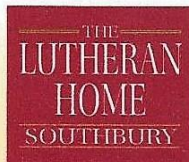
**Our personalized services are available as you need them, whether it be 2 hour visit per day
24hr 7 days a week care.**

Get **READY FOR HOME** at Lutheran Home

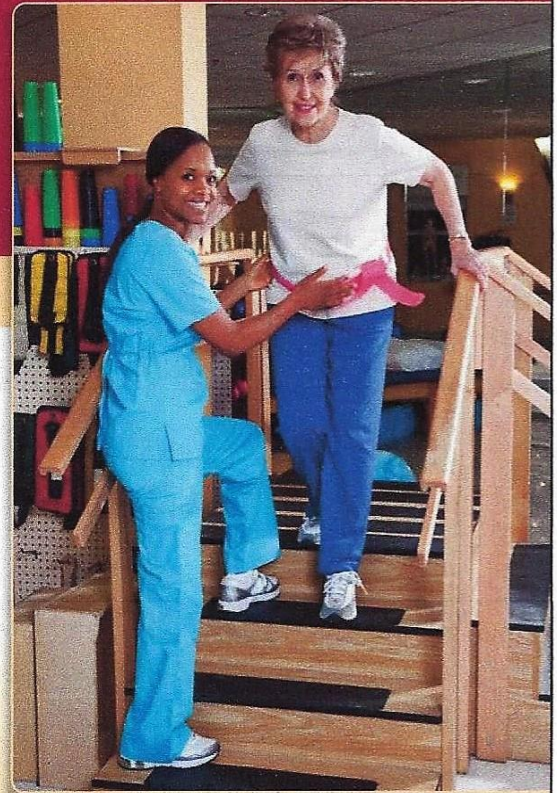
2016 5-STAR MEDICARE RATING

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



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.

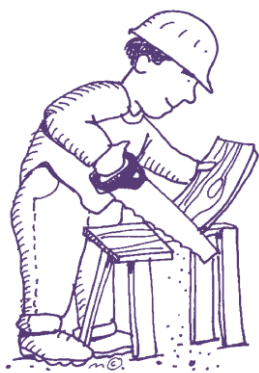
Kindly RSVP to 203-757-7660

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, pinning, 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:

Household size	Income Limits *
1	\$47,600
2	\$54,400
3	\$61,200
4	\$68,000
5	\$73,450
6	\$78,900
7	\$84,350
8	\$89,800

*Income limits are subject to periodic change.

Applications and information regarding this program are available at the Middlebury Department of Social Services located at
1172 Whittemore Road
Middlebury, CT 06762
203-577-4166

Center Services

Commission on Aging



The next Commission on Aging meeting will be held September 18, 2018 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, August 22, 2018 9:00am. Please call for an appointment at 203-577-4166.

CONTACTING US



Contacting our office is easy!

Dial the main number (203-577-4166) and enter the extension for the person you wish to speak with. Each staff member has their own extension number, which are:

JoAnn Cappelletti	ext 707
Jeanne Generali	ext 708
Angela Leveille	ext 709
Sean Howard	ext 711

SNAP



The Department of Social Services (DSS) is sending

clients a letter offering assistance to enroll in the State Nutrition Assistance Program (SNAP) and provides a toll-free contact number, the Connecticut Enrollment Helpline at 1-855-486-9334. DSS is partnering with Benefits Data Trust, a legitimate agency to help enroll people in SNAP. The letters are being sent to individuals who are 60 years or older who already receive medical benefits from the state but are not currently receiving SNAP benefits.

The Connecticut Enrollment Helpline listed in the letter is operated by the Benefits Data Trust. Individuals may also be contacted by phone. Individuals are not required to accept assistance from Benefits Data Trust. However, if they do accept assistance, the applications are on line. This is a state-wide, six-month pilot program. If you have any questions about these letters, please contact your local Senior Medicare Patrol at Western CT Area Agency on Aging at 203-757-5499.

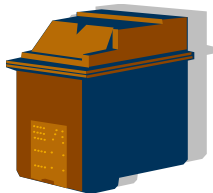


The Town of Middlebury has adapted Code Red which is a public notification system for emergency information. It notifies the public of road closures, fires, floods, missing children and other emergencies.

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, 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.

USED INK CARTRIDGES'



Don't throw you used ink cartridges away. Please donate them to the Middlebury Senior Center, we recycle.

Thank You

OPERATION FUEL



The Operation Fuel program for all utilities (heat or non-heating sources) will be offered beginning July 9th thru October 31st.

The Middlebury Senior center will be taking applications Monday thru Friday 9:00am to 12:00pm.

You can only apply for this program one time every 12 months.

You must have made at least 4 payments within the last 12 months, your bill should be at least 30 days overdue and you must have a shut off notice.

Bring with you your shut off notice, gas or electric notice & income for the household. Any questions please call JoAnn Cappelletti @ 203-577-4166 ext. 707.



Renter Rebate Program

Effective April 1, 2018
Ends September 15, 2018

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, Rm. #20 between the hours of 9:00am and 12:30pm.

You must also be a resident of Middlebury and provide proof of income and rent expense for the year 2017.

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.707



Computer Training

The Middlebury Senior Center is currently offering computer training. There is no age limit for computer training.

Available is one-on-one lessons, subject to availability of time. These lessons will be on Tuesdays, Wednesdays & Thursdays from 9:30am to 1:00pm by appointment only.

The fee is \$15 per hour or \$25 for 4 one hour sessions. If you need help with your IPAD, Nook, Kindle or other tablet, instruction is also available. Sean is also able to help you with viruses and malware for a nominal fee. Those interested should call the Middlebury Senior center at 203-577-4166



'WANTED'

Attention Pool Players

The billiard room is open every day, Monday thru Friday, from 9am to 4pm. All are invited; ladies are always welcome to join in the fun

Lunch & Learn

Cindy Hamel from the Lutheran Home of Southbury gives us a Lunch & Learn every month.

There will be no Lunch and Learn for the month of August.

The Lunch and Learn for September is to be determined.

Stay tuned for the September newsletter.

203-577-4166



Losing Weight with Elizabeth

Thursdays 11am -12pm

Waterbury Regional chamber member Elizabeth Petruccione, founder of Losing Weight with Elizabeth (LWWE), launched her business this past year and has had great success. Elizabeth battled her fat demons for more than 40 years before she found herself under the layers and began her weight loss journey.

After shedding 93 pounds, and coaching for three years with a national chain, Elizabeth opened her business to help others lose weight, especially "the forgotten men and women of weight loss" or those over 50, through the use of her "Banking Method" and her "Complete Weight Loss Teller's Kit."

In the kit are several SLIM-ple tools to help guide clients along their weight loss journey, including "Losing Weight with Elizabeth: The Handbook," a heart shaped pedometer, cloth tape measure check register and cover for "deposits and withdrawals" of calories, a total food calorie counter, a magnet with her motto, "Don't Diet, Edit" plus a one-time consultation with Elizabeth over the phone or via SKYPE.

Losing Weight with Elizabeth hosts several weekly meetings around the Greater Waterbury Area.

Come in to see for yourself if this is the right program for you. The first meeting is free. Join us any Thursday at 11am in room 26 in the Middlebury Senior Center, 1172 Whittemore Road.

AARP Driver Safety Program

Monday, September 10, 2018

9:00am



The AARP Driver Safety course is the nation's first and largest driver refresher course. The course covers:

- Learn new defensive driving techniques
- Refresher in new laws and regulations
- How to deal with aggressive drivers
- How aging affects reaction time, seeing and hearing
- New materials and new videos

Drivers who attend this class will receive a completion certificate and may be entitled to a discount on automobile insurance (contact your insurance company for details).

The cost to participate is only \$15.00 for AARP members and \$20.00 for AARP non-members. All checks must be made out to "AARP"

Please call 203-577-4166 to register. AARP membership is not required and drivers of all ages are invited to attend.

There is a screening tool for driving from the FTDS webpage: Family members or caregivers who have driven with the driver in the last three months, can rate a driver's difficulties with 54 driving skills, through this on-line screening. After completing the screening, a key form or rating profile of the driver is available which includes a classification of the driver into one of three categories (at-risk driver, routine driver, or accomplished driver). Based on the specific driver category, recommendations are given as follow-up steps.

"Fitness to Drive screening:
<http://ftdsphp.ufl.edu/us/>

"The fascinating advantage of new cars with more features – they potentially enable senior drivers to drive longer!"

Property Tax Relief.



Tax Relief Programs

Applications are available

for the Veterans Program.

Ends September 24, 2018

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 September 24, 2018.

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

Qualifying income is based on 2017 adjusted gross income; married applicants must submit combined adjusted gross income plus 2016 Social Security benefits payments.

Household income cannot exceed \$42,900; 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 1:00pm, Monday thru Friday.

American Red Cross Blood Drive



Services representatives will be at the Shepardson Center @ 1172

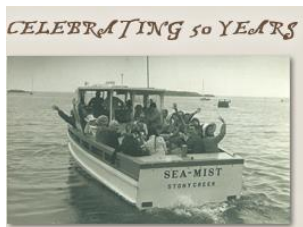
Whittemore Road in Middlebury, CT to have a Blood Drive on August 24, 2018, 1:pm to 6:00pm

Your Blood Donation Matters!

There's a Serious Need for All Blood Types

Blood: The most common type of donation, during which approximately one pint of 'whole blood' is given. This type of blood donation usually takes about an hour.

Discover the Thimble Islands Thursday, August 16, 2018



Welcome aboard the Sea Mist. Relax and enjoy a 45 minute narrated cruise around The Thimble Islands.

First discovered in 1614 by Adrien Block, these islands were used for everything from farming to quarrying granite, from bootlegging to hiding Captain Kidd's treasure.

Captain Kidd sailed here in 1665...you can still feel his presence today.

Come join us for a Sea Mist cruise at the Thimble Islands. These islands are located off the coast of Branford, CT.

Come aboard the Sea Mist, relax and enjoy yourself as we cruise around 25 inhabited islands.

Bus will be leaving Middlebury Senior Center at 10:00am for the 12:15 cruise.

Call 203-577-4166 to reserve your seat. Admission and transportation will be \$20 per person.



NEW ENGLAND CAROUSEL MUSEUM

Thursday August 23, 2018

Join us for a trip to the New England Carousel Museum Thursday, July 13th. Museum is a magical place to visit with a spectacular array of **magnificently** carved antique wooden carousel pieces on display. If you enjoy art, history, & wood carving. We have something for you. Enjoy a ride on the working carousel. Eat lunch after your ride.

Then enjoy the Museum of Fire History, the Museum of Greek Culture, and the Glo Sessions Art Galley our ever changing fine art gallery.

All-inclusive cost is \$30.00

Includes: Admission; Tour; Lunch & Transportation

Bus will be leaving the Senior Center at 10:30am. & Return at 3:00

Angel Card Reading w/ Corinne Fabian



Angel Cards are a powerful and fun way to connect with the guidance, love and healing from the Angelic realm. Angel cards will not only help you connect with your Guardian Angels but they will also provide angelic guidance and answers to your questions about love life, career, family, health, life purpose and more.

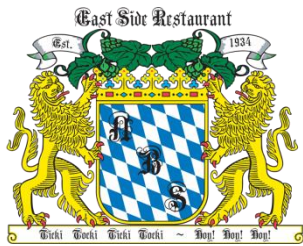
Corinne will be at the Middlebury Senior Center every Wednesday.

Appointments are 10am and 11am every Wednesday for your own personal one on one reading.

203-577-4166

These readings are free of charge.

As an extension to your Tai chi or Yoga classes, It would be beneficial to meet with Corinne to focus on your breathing and Meditation exercises.



East End Café



Thursday, August 30, 2018

Senior Luncheon Menu

\$20.00 Per Person, Note:

***Admission to the New Britain Museum of Art is only \$7.50 when you Join Us for Lunch at the East Side Restaurant!**

Complimentary

German Coleslaw ~ Cottage Cheese ~ Barley Soup

Entrees

Served with Potato Pancakes with Sour Cream & Applesauce
Chicken Schnitzel with Paprika Gravy
German Pot Roast
Sauerbraten
Jaeger Schnitzel with Mushrooms and Brown Gravy
Burgermeister~ Knockwurst and Bratwurst with Sauerkraut
Chicken Parmesan
Baked Stuffed Sole

Family Style

Vegetables of the Day
Rye Bread and Butter

Dessert

East Side's Famous Rice Pudding

Choice of

Coffee ~ Tea ~ Soda ~ Lemonade ~ Iced Tea

Mini Bus will leave the Middlebury Senior Center at 11:00am.

Cost for the transportation is \$7 per person; Lunch and Museum on your own.

Please call 203-577-4166 to reserve your seat.

**Mohegan Sun Trip
Monday, August 27, 2018
Leave Senior Center 9:00am
Return Senior Center 5:30pm**

Middlebury Senior Center will be having a trip to the Mohegan Sun Casino on Monday, August 27, 2018. Passenger Shuttle will be leaving the Middlebury Senior Center at 1172 Whittemore Road at 9:00 am and leaving the casino at 4:00 and be back at the Senior Center at 5:30 pm. The cost for the day will be \$30.00 per person which includes a \$15.00 food ticket or full buffet and \$15.00 for play.

The deadline for paid reservations is Friday, August 24, 2018.

Please call the Middlebury Senior Center at 203-577-4166 to reserve your seat.



2018 STATEWIDE SENIOR OUTING

Monday, August 20, 2018
9:00am - 4:00pm

43 Candee Road, Prospect CT

The management and staff of Holiday Hill would like to invite you to the annual Statewide Senior Outing at Holiday Hill in Prospect, CT. The event will be held on Monday, August 20, 2018 from 9:00am to 4:00pm. The all-inclusive ticket price for the day is \$34.00 includes:

ENTERTAINMENT:

Raffle with Great Prizes

Dancing and Singing with Vinnie Carr

Bocci - Horseshoes - Ping Pong -

9 Hole Mini Golf -

Ice cream treats from the Ice Cream Truck

First-Aid Personnel on duty all day

Heated Pools (lifeguards on duty all day)

Bingo Games with prizes awarded to all winners

Budweiser Beer will be on tap

Free Parking w/ Shuttle service

EVENT MENU

Unlimited Buffets:

9:00am to 3:30pm

AVAILABLE ALL DAY

Soda, Gatorade, Lemonade, Iced Tea,

Fruit Punch, Coffee, Tea, Milk, Ice

Water, Potato Chips, Goldfish Crackers, and Pretzels.

Call 800-533-0029 by August 10th to purchase tickets

Tom Rosa's Hollywood Movie Bio & Talk



Thursday, August 9, 2018 - 12:30pm

Grand Hotel is a 1932 American pre-code drama

film directed by Edmund Goulding and produced by Metro-Goldwyn-Mayer. The screenplay by William A. Drake is based on the 1930 play of the same title by Drake, who had adapted it from the 1929 novel *Menschen im Hotel* by Vicki Baum. To date, it is the only film to have won the Academy Award for Best Picture without being nominated in any other category.

The film was remade as *Week-End at the Waldorf* in 1945, and also served as the basis for the 1989 stage musical of the same title. Another remake, to be directed by Norman Jewison, was considered in 1977 which was to take place at Las Vegas' MGM Grand Hotel, but the project eventually fell through.^[3]

Grand Hotel has proven influential in the years since its original release. The line "I want to be alone", famously delivered by Greta Garbo, placed number 30 in *AFI's 100 Years... 100 Movie Quotes*. Also, the phrase "Grand Hotel theme" has come to be used for any dramatic movie following the activities of various people in a large busy place, with some characters' lives overlapping in odd ways and some of them remaining unaware of one another's existence. In 2007, the film was selected for preservation in the United States National Film Registry by the Library of Congress for being "culturally, historically, or aesthetically significant."

Refreshments will be served--all are welcome.



Senior Lunch

Lunch is available at the Senior Center on Tues day, Wednesday & 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 Dance Lessons

Thurs days, 10:30 - 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 - 11:30a./ 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.



Fitness Fury

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

Dolores Rose 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 Thursday at 9:30 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.



Chair Massage

A massage can help people feel better motivate them to take care of themselves with diet, exercise or other positive lifestyle changes. Get a 20 minute massage for \$15. For an appointment, call 203-577-4166 All massages are done on Thursdays.

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



Older Adults and Elder Abuse

As we age, older adults may need assistance from others with getting to and from medical appointment managing our finances, preparing meals, personal care and performing other

activities that enable us to continue living in our homes and communities. Unfortunately, increasing numbers of older adult experience abuse from the very people they trusted to provide them with this much-needed assistance.

According to the National Center on Elder Abuse (NCEA), elder abuse most often occurs when older adults are mistreated by someone with whom they have a trusting relationship—most often a spouse, sibling, child, friend or caregiver. In institutional settings like nursing homes, assisted living facilities and hospitals, elder abuse can occur when older adults are mistreated by someone who has a legal or contractual obligation to provide them with care or protection.

Approximately one in 10 older adults have experienced some form of elder abuse. However, for many reasons, elder abuse is under reported, NCEA also cites a survey conducted in New York showing that for every case of elder abuse that is reported to authorities, 24 cases go unreported.

Some Types of Elder Abuse are:

- **Physical abuse:** Inflicting, or threatening to inflict, physical pain, bodily harm, injury or depriving the older adult of a basic need.
- **Emotional abuse:** Inflicting mental pain, anguish or distress through verbal or nonverbal acts.
- **Neglect:** Refusal or failure by those responsible to provide food, shelter, health care or protection.
- **Self-Neglect:** Neglect of one's own care through hoarding; poor hygiene; failure to take essential medications; failure to provide one's self with adequate food, nutrition or other basic needs.
- **Abandonment:** The desertion by anyone who has assumed the responsibility for care or custody.
- **Sexual:** Non-consensual sexual contact of any kind; coercion to witness sexual behaviors.
- **Exploitation:** Illegal taking, misuse or concealment of funds, property or assets.

How to Spot Elder Abuse:

An older adult may be experiencing elder abuse if it appears that they:

- Are socially isolated or cut off from contact with friends and/or loved ones
- Are confused or depressed
- Are undernourished or dehydrated

- Appear dirty or have unexplained bruises or bed sores
- Are not receiving care for health problems—eyesight, dental, hearing, incontinence
- Are abusing drugs or alcohol
- Have trouble sleeping

For other signs of elder abuse, visit www.nia.nih.gov/health/elder-abuse#signs.

Ways to Prevent Elder Abuse

Education is critical to preventing elder abuse. In addition, older adults can reduce their risk of experiencing elder abuse through the following:

- Staying engaged in their communities
- Not providing personal information, such as Social Security number, over the phone
- Reviewing their will periodically—and ensuring that a living will or advance directive is in place—to protect their wishes
- Working with a financial adviser before making large purchases or investments

For more info: www.asaging.org/eldr-abuse-prevention-resources

What to Do If You Suspect Elder Abuse

As with other forms of abuse, older adults who have experienced abuse tend to blame themselves. If you observe any of the warning signs mentioned earlier and are concerned that an older adult shows signs of abuse, take the following actions:

- **Talk to the person you suspect is being abused.** NCEA recommends asking if elder abuse has occurred, whether the older adult is afraid of anyone or if they are being harmed by anyone. It is important to remind them that it is not their fault.
- **Contact 911.** If it appears that an older adult is in immediate danger due to suspected elder abuse, contact the police right away.
- **Contact Adult Protective Services.** Each state's Adult Protective Services office has the authority to conduct an investigation of any suspected cases of elder abuse. For the State of Connecticut the contact # is 1-888-385-4225
- **Contact your state's Long-Term-Care Ombudsman.** For older adults residing in a licensed nursing home or assisted living facility, a state's Long-Term Care Ombudsman will act as an advocate for suspected victims of elder abuse and can provide information about the appropriate licensing, monitoring and regulatory agencies. For the State of Connecticut the contact # is 860-424-5200
- **Call the Eldercare Locator.** The Eldercare Locator's trained staff can connect older adults and concerned caregivers with local reporting organization. 1-800-677-1116.



Older Adults and Medication Safety

It is important that older adults pay special attention to the instructions on their medications.

Wise use of medications is critical to one's health and well-being. In fact, it can be lifesaving.

Prescription Opioids

In recent years doctors have increasingly prescribed medications that are commonly referred to as opioids. While prescription opioids can help alleviate chronic and debilitating pain, they can be misused, leading to injury and death. In fact, deaths related to the misuse of prescription opioids have more than quadrupled since 1999. Given the effect of aging on a person's health, it is essential that older adults take particular care when using these powerful drugs.

Tips for the Wise Use of Medications

- **Learn about your medications.** Read medicine labels and package inserts and follow the directions. If you have questions, ask your doctor, pharmacist or other health care professional.
- **Talk to your team of health care professionals.** About your medical conditions, health concerns, and all the prescription and over the counter medicines you take, as well as dietary supplements, vitamins and herbal supplements. The more your doctors know, the more they can help. Don't be afraid to ask questions.
- **Keep track of side effects or possible drug interactions.** Let your doctor know right away about any unexpected symptoms or changes in the way you feel.
- **Make sure to go to all doctor appointments** and to any appointments for monitoring tests done by your doctor or at a laboratory.
- **Use a calendar, pill box or other tool** to help you remember what medications you need to take and when. Write down

information your doctor gives you about your medicines or your health condition.

- **Take a friend or relative with you to your doctor's appointments** if you think you may need help understanding or remembering what the doctor tells you.
- **Take only your own medicines.** Taking someone else's medicine may hide your symptoms and make diagnosing your illness more difficult for your doctor. It could also create a bad reaction with other medicines you are taking, putting your health at risk.
- **Always keep medicines in their original containers, and never put more than one kind of medication in the same container.**
- **Have a "Medicine Check-up" at least once a year.** Go through your medicine cabinet to get rid of old or expired medicines at an appropriate drug disposal site. Also ask your doctor or pharmacist to go over all of the medicines you now take. Don't forget to tell them about all the OTC medicines, vitamins and dietary or herbal supplements you take.
- **Keep all medicines out of sight and reach of children.**

Tips for the Safe Handling and Storage of Medications

Keeping medications in a secure and safe place and out of sight of anyone who might misuse them—either by accident or by theft—is very important. Talk to your pharmacist about how and where you should properly dispose of your medications.

According to the Centers for Disease Control and Prevention, **about 60,000 young children end up in emergency rooms each year because of medicines that were within their reach.** The Up and Away and Out of Sight initiative (www.upandaway.org) offers the following precautions that all adult, particularly grandparents, should keep in mind:

- Keep all medicines and vitamins up and away and out of sight in a high cabinet or

other place your grandchildren can't reach or see.

- Keep purses, bags or coats that have medicines or vitamins in them out of the reach and sight of small children.
- Never leave medicines or vitamins out on a table, countertop or bedside table where your grandchildren could reach them. Relock the safety cap and put your medicines away after every time you use them.
- Set a daily reminder to take your medicines and vitamins on your refrigerator or a location you check on a daily basis, since they will be safely stored up and away and out of sight.

for contrast enhancement and improves visual acuity.

•The Echo Smartpen:



The Echo Smartpen is a computer in a pen. Along with a special dot paper note book, you can capture everything you hear, write, say or draw. Replay your meetings or

lectures simply by tapping on your notes. Transfer your notes and audio to your computer and recharge your Smartpen via USB cable which is included with the pen. Download Livescribe Desktop and it will save everything for fast, easy access to what's important. Easily share your notes and audio recordings as a PDF or audio file. The ergonomic Grip design provides comfort on the hands during long meetings and lectures.

•TV Ears:



These have helped thousands of people with hearing loss hear the television clearly without turning up the volume!

All you do is charge the base and plug it into the TV and remove the Ears to listen to the TV.

With TV Ears technology, you set your own TV Ears headset volume and tone while others around you set the volume of the television to a pleasant level or even mute the volume altogether.

Imagine watching television with your family again and hearing every word clearly. As thousands of our customers have said, "TV Ears has changed our lives!"

ASSISTIVE TECHNOLOGY CENTER

Gadgets & Gizmos to make your life Easier

The WCAAA Tech Center provides free, personalized demonstrations of assistive devices such as magnifiers, smart pens, iPad, phone amplifiers, vibrating alarm clock and talking watch, just to name a few. For instance:

•Solar Shield Contrast Enhancing Eyewear;



These sunglasses are great. When you put them on it just enhances and improves visual acuity. The benefits and features are:

Prevents fatigue & discomfort due to intraocular glare; engineered to fit over RX Frames, soft temples offer added comfort and a custom fit. Contemporary Light weight Design. Lenses Block 100% UVA/UVB Light. The Yellow polycarbonate lenses provide medium range blue light filtering, which is ideal



HAPPY BIRTHDAY AUGUST 2018 Youth has no age.

Don Fisher 1st
 Peter Nicholas 1st
 Marcelle Crean 2nd
 Frank Quadrato 3rd
 Harriet Strumolo 3rd
 Jacquelyn Marshak 3rd
 Denis Galipeau 3rd
 John Gomulinsk 4th
 Ron Vitarelli 4th
 Anastasia Timpko 5th
 Angela Parker 5th
 Rebecca Otten 5th
 Fran Hallas 6th
 Raymond Waite 6th
 Carlyne Pratt 6th
 JoAnn Ray 7th
 Irene Nezhad 7th
 Stephanie Halpert 8th
 Pam Jenusaitis 8th
 Charlotte Hoeing 8th
 Barbara Ranney 8th
 Doris Jones 9th
 Ramon Nicolasora 9th
 Dolores McKee 10th
 Heston Clapp 10th

Ed St John 11th
 Kay Flisher 11th
 Jacqueline Klies 12th
 Polly Wilson 12th
 Hazel Gallery 12th
 Joan Kerski 12th
 Lois Larkin 13th
 Claire Barnett 13th
 Darlene Lombardo 14th
 Juanita Walls 14th
 Margaret Slater 15th
 Virginia Kenney 15th
 Cathy Yanik 15th
 Doris Meyer 15th
 Cathy Conti 15th
 Claudia Pettinicchi 16th
 Marcia Rogers 16th
 Jean DeSimone 18th
 Diane Frisbie 18th
 Julia Puodziukaitis 19th
 Errol Terrell 20th
 Nancy Foglestrom 20th
 George Albino 21st
 Vicki Espeland 21st

Theresa Smith 22nd
 Carolyn Ptak 22nd
 Edward Frisbie 22nd
 John Burry 22nd
 Janice Colella 23rd
 Alice Stratton 23rd
 Andre Gelinas 24th
 Marie Vitarelli 24th
 Evelyn DiPaola 24th
 Aldona Raugalis 25th
 Lyn Priestman 25th
 Helen Barnett 25th
 Anne Larkin 25th
 Mirielle Desmornes 26
 Helen Ruest 26th
 Alice DeMartino 26th
 Barbara Accetura 26th
 Barbara Pickett 27th
 Angel Cooper 27th
 Dawn Addley 27th
 Mary Dooley 28th
 Dennis Rose 28th
 Edward Dupleski 30th
 Ernie Yalanis 31st

AUGUST IN HISTORY

10 Years Ago: (2008)

- ◆ The 29th Summer Olympic Games were held in Beijing, China:
- ◆ The US athletes took home 36 gold, 38 silver, and 36 bronze medals.
- ◆ The Republican National Convention was held in St. Paul, MN and John McCain was nominated. He chose Sarah Palin as his running mate,
- ◆ The Democratic National Convention was held in Denver, CO, and Barack Obama was nominated. He chose Joe Biden as his running mate.
- ◆ Breeding Dawn, fourth book in Stephanie Meyer's "Twilight Sage," was published.
- ◆ Airbnb was founded by Brian Chesky, Joe Gebbia and Nathan Blecharczyk.
- ◆ The Fame album by Lady Gaga was released.

15 YEARS AGO (2003)

- ◆ A widespread power outage affected the northeastern US and south-central Canada.
- ◆ An electricity blackout cut off power to approximately 500,000 people living in southeastern England. It halted about 60% of London's underground rail network.
- ◆ The highest temperature ever recorded in the UK was 101.3 F in Kent. This was the first time the UK recorded a temperature over 100F
- ◆ A Heat wave in Paris resulted in temperatures rising to 112F, leaving about 144 people dead.

20 YEARS AGO (1998)

- ◆ On August 7, US embassies in Dar es Salaam, Tanzania, and Nairobi, Kenya were bombed, and 224 people were killed and more than 4,000 were injured. The attacks were linked to terrorist Osama bin Laden and the al-Qaeda terrorist organization.
- ◆ On August 20, the US military launched cruise missile attacks against alleged al-Qaeda camps in Afghanistan and a suspected chemical plant in Sudan in retaliation for the bombings of American embassies in Tanzania and Kenya.
- ◆ On August 19, President Bill Clinton admitted in a taped testimony that he had an "improper physical relationship" with White House intern, Monica Lewinsky.
- ◆ The supreme court of Canada ruled that Quebec cannot legally secede from Canada without the federal government's approval.

30 YEARS AGO (1988)

- ◆ On August 9, Wrigley Field held its first night baseball game. It ended the long resistance to light at the field.

- ◆ The Republican National Convention was held in New Orleans, LA, and Vice President George H.W. Bush was nominated. He chose Dan Quayle as his running mate.
- ◆ The Democratic National Convention was held in Atlanta, GA, and Michael Dukakis was nominated. He chose Lloyd Bentsen as his running mate.
- ◆ Rush Limbaugh began his national radio show.
- ◆ The temperature hit 88F on 8/8/88 in New York City.
- ◆ Ronald J. Dossenback set the world record for pedaling across Canada from Vancouver, BC to Halifax, NS in 13 days, 15 hours, and 4 minutes. The record was broken by three hours by Arvid Loewen on July 13, 2011.
- ◆ Tremendous winds pushed fire across more than 150,000 acres at Yellowstone National Park on August 20. It became known as Black Saturday.
- 40 YEARS AGO (1978)
 - ◆ President Jimmy Carter declared a state of emergency and immediate evacuation following the news that Love Canal, a Niagara Falls, NY neighborhood, was built on a toxic waste dump.
 - ◆ Double Eagle II became the first balloon to successfully cross the Atlantic Ocean. It was piloted by Ben Abruzzo, Maxie Anderson and Larry Newman. It flew from Presque Isle, ME to Misery, France in 137 hours and 6 minutes.
 - ◆ Pope Paul VI died on August 6th. Cardinal Albino Luciani of Venice became Pope John Paul I.

50 YEARS AGO (1968)

- ◆ The Republican National Convention was held in Miami Beach, FL and Richard Nixon was nominated. He chose Spiro Agnew as his running mate.
- ◆ The Democratic National convention was held in Chicago, IL, and Hubert Humphrey was nominated. He chose Edmund Muskie as his running mate.
- ◆ The Medal of Honor was posthumously awarded to US Marine James Anderson, Jr. He was the first African American to be awarded the Medal of Honor.
- ◆ Canada began replacing silver with nickel in coins.
- ◆ On August 23, the Yankees and Tigers played a 3 to 3 tie in 19 innings due to a 1 am curfew.
- ◆ Arthur Ashe became the first African American to win a Grand Slam event (US Open tennis singles champion)
- ◆ Hey Jude was released by the Beatles.

100 YEARS AGO (1918)

- ◆ Czechoslovakia became an independent republic when it declared its independence from the Austro-Hungarian Empire.
- First full-length cartoon, The Sinking of the Lusitania, was released. It was a silent, animated, short film by American cartoonist Winsor McCay. It was a work of propaganda re-creating the never-photographed 1915 sinking of the British liner, RMS Lusitania. At 12 minutes long, it was called the longest work on animation at the time of its release.



August 2018



TUESDAY	WEDNESDAY	THURSDAY
Suggested donation is \$3.50 per meal	1 Cream of zucchini soup Crackers Spanish omelet Hash brown potato Blueberry muffin Tropical fruit	2 To be announced
7 Tomato basil soup Crackers Oven fried chicken Roast potato Fresh zucchini WG dinner roll melon	8 Eggplant Rolletini Penne pasta Parmesan cheese Cauliflower Garlic breadstick Fresh fruit	9 To be announced
14 Italian wedding soup Crackers Tuna salad plate/ lettuce ,cucumber & beet Salad Herb breadstick Fresh fruit	15 TASTE OF ITALY Cannelloni, beef pasta/white sauce Cauliflower & zucchini Baked tomato half Italian bread Grape juice Chocolate mousse/ topping	16 To be announced
21 Chicken tenders Macaroni & cheese Mixed vegetables Multigrain roll Tropical fruit juice Fruited Jello /topping	22 Cheese baked ziti Parmesan cheese Roasted vegetables Caesar salad /dressing Italian bread Apple juice Chocolate chip cookie	23 To be announced
28 Lentil soup/crackers Cold cut grinder/ham, cheese, turkey & salami. Lettuce , tomato & pickle Grinder roll peaches	29 Veggie lasagna Parmesan cheese Roasted vegetables Spinach salad/carrots And raspberry vinaigrette Garlic bread melon	30 To be announced

Lunch Reservations three (3) days in advance		Lunch donation - \$3.50		Middlebury Senior Center
Minibus operates 8:30 AM to 2:30 PM - 2 day notice required		Lunch served at 11:45 AM		203-577-4166
		August 2018		
Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		8:00 Tai Chi	9:00 Billiards	
		9:00 Table Tennis	10:00 Dance class	9:00 Billiards
		9:30 Tai Chi	10:30 Yoga	9:30 Art
		9:00 Billiards	10:30 Mah Jongg	11:00 Wii Bowling
		9:30 Computer Training	11:00 Losing Weight	Adult Strenghtening
		9:30 Mah Jongg	12:30 Bridge Club	12:30 Bridge Club
		10:30 Pilates	1:00 Mah Jongg	
		Computers by Appointment	Computers by Appointment	
6	7	8	9	10
		8:00 Tai Chi	9:00 Billiards	
	9:00 Billiards	9:00 Table Tennis	9:30 Cooking Class	9:00 Billiards
	9:30 Computer Training	9:30 Tai Chi	10:00 Dance class	9:30 Art
9:00 Billiards	9:30 Yoga	9:00 Billiards	10:30 Yoga	11:00 Wii Bowling
10:30 Mah Jongg	9:30 Mah Jongg	9:30 Computer Training	10:30 Mah Jongg	Adult Strenghtening
10:30 Pilates	10-12 Blood Pressure Screen	9:30 Mah Jongg	11:00 Losing Weight	12:30 Bridge Club
	12:30 Bridge Club	10:30 Pilates	12:30 Bridge Club	
	1:00 Mah Jongg		12:30 Hollywood Movie	
	5:30 Mah Jongg PM		1:00 Mah Jongg	
		Computers by Appointment	Computers by Appointment	
13	14	15	16	17
		8:00 Tai Chi	9:00 Billiards	
9:00 Billiards	9:00 Billiards	9:00 Table Tennis	9:30 Cooking Class	9:00 Billiards
10:30 Mah Jongg	9:30 Computer Training	9:30 Tai Chi	10:00 Dance class	9:30 Art
10:30 Pilates	9:30 Yoga	9:00 Billiards	10:30 Yoga	11:00 Wii Bowling
	9:30 Mah Jongg	9:30 Computer Training	10:30 Mah Jongg	Adult Strenghtening
	10-12 Blood Pressure Screen	9:30 Mah Jongg	11:00 Losing Weight	12:30 Bridge Club
	12:30 Bridge Club	10:30 Pilates	12:30 Bridge Club	
	1:00 Mah Jongg		1:00 Mah Jongg	
	5:30 Mah Jongg PM		Thimble Islands	
		Computers by Appointment	Computers by Appointment	
20	21	22	23	24
		Free Hearing Screening	9:00 Billiards	
9:00 Billiards	9:00 Billiards	8:00 Tai Chi	9:30 Cooking Class	9:00 Billiards
10:30 Mah Jongg	9:30 Computer Training	9:00 Table Tennis	10:00 Dance class	9:30 Art
10:30 Pilates	9:30 Yoga	9:30 Tai Chi	10:30 Yoga	11:00 Wii Bowling
	9:30 Mah Jongg	9:00 Billiards	10:30 Mah Jongg	Adult Strenghtening
	10-12 Blood Pressure Screen	9:30 Computer Training	11:00 Losing Weight	12:30 Bridge Club
Senior Outing	12:30 Bridge Club	9:30 Mah Jongg	12:30 Bridge Club	
	1:00 Mah Jongg	10:30 Pilates	1:00 Mah Jongg	Blood Drive
	5:30 Mah Jongg PM		Carousel Museum	1 - 6pm
		Computers by Appointment	Computers by Appointment	
27	28	29	30	31
		8:00 Tai Chi	9:00 Billiards	
9:00 Billiards	9:00 Billiards	9:00 Table Tennis	9:30 Cooking Class	9:00 Billiards
10:30 Mah Jongg	9:30 Computer Training	9:30 Tai Chi	10:00 Dance class	9:30 Art
10:30 Pilates	9:30 Yoga	9:00 Billiards	10:30 Yoga	11:00 Wii Bowling
	9:30 Mah Jongg	9:30 Computer Training	10:30 Mah Jongg	Adult Strenghtening
	10-12 Blood Pressure Screen	9:30 Mah Jongg	11:00 Losing Weight	12:30 Bridge Club
Mohegan Sun Trip	12:30 Bingo	10:30 Pilates	12:30 Bridge Club	
	12:30 Bridge Club		1:00 Mah Jongg	
	1:00 Mah Jongg		East End Café	
		Computers by Appointment	Computers by Appointment	

Lunch Reservations three (3) days in advance		Lunch donation - \$3.50	Middlebury Senior Center
Minibus operates 8:30 AM to 2:30 PM - 2 day notice required		Lunch served at 11:45 AM	203-577-4166

August 2018 Bus Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Medical appointments	GWDT DAY	
		Senior Center Activities	Mini bus in town	
			Senior Center Activities	Medical appointments
		Waterbury Mall		Senior Center Activities
		MEDICAL EMERGENCIES		No Lunch Today
			MEDICAL EMERGENCIES	
				MEDICAL EMERGENCIES
6	7	8	9	10
Grocery Shopping			GWDT DAY	Medical appointments
Personal shopping	Medical appointments	Medical appointments	Mini bus in town	Senior Center Activities
medical appointment	Senior Center Activities	Senior Center Activities	Senior Center Activities	
Senior Center Activities				
No Lunch Today		Waterbury Mall		No Lunch Today
	MEDICAL EMERGENCIES	MEDICAL EMERGENCIES	MEDICAL EMERGENCIES	MEDICAL EMERGENCIES
13	14	15	16	17
Grocery Shopping			GWDT DAY	Medical appointments
Personal shopping	Medical appointments	Medical appointments	Mini bus in town	Senior Center Activities
medical appointment	Senior Center Activities	Senior Center Activities	Senior Center Activities	
Senior Center Activities				
No Lunch Today		Waterbury Mall	Thimble Islands	No Lunch Today
	MEDICAL EMERGENCIES	MEDICAL EMERGENCIES	MEDICAL EMERGENCIES	MEDICAL EMERGENCIES
20	21	22	23	24
Grocery Shopping			GWDT DAY	Medical appointments
Personal shopping			Mini bus in town	Senior Center Activities
medical appointment	Medical appointments	Medical appointments	Senior Center Activities	
Senior Center Activities	Senior Center Activities	Senior Center Activities		
No Lunch Today				No Lunch Today
		Waterbury Mall	Carousel Museum	
Senior Outing				
	MEDICAL EMERGENCIES	MEDICAL EMERGENCIES	MEDICAL EMERGENCIES	MEDICAL EMERGENCIES
27	28	29	30	31
Grocery Shopping		Medical appointments		Medical appointments
Personal shopping		Senior Center Activities	GWDT DAY	Senior Center Activities
medical appointment	Medical appointments		Mini bus in town	
Senior Center Activities	Senior Center Activities		Senior Center Activities	
No Lunch Today		Waterbury Mall		No Lunch Today
			East End Café	
	MEDICAL EMERGENCIES	MEDICAL EMERGENCIES	MEDICAL EMERGENCIES	MEDICAL EMERGENCIES