

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.

AUGUST 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

Ann Spierto

Nancy Pun

Ralph Barra

Nancy Mastroianni

JoAnn Cappelletti



Social Security remains committed to providing uninterrupted benefits and vital services the public relies on, especially during the current coronavirus pandemic. As an important part of the community, I am asking for your help to share important information with your patrons.

Despite challenges government and businesses face at this time, we want people to know we remain ready and able to help them by phone with most Social Security matters.

You can speak with a representative by calling your local Social Security office or the National 800 Number. We provide local office phone numbers conveniently online with our [Social Security Office Locator](#).

Although our offices are not providing service for walk-in visitors, we may be able to schedule an appointment for limited, critical issues if we cannot help someone by phone and if they cannot get the information they need or conduct their business online.

COVID-19 resources available in multiple languages from the CDC



DEPARTMENT OF PUBLIC HEALTH

As we all face a very different world because of COVID-19, it is important that we communicate best practices effectively within our communities. The CDC has made available resources in multiple languages that are free to download and that you may find useful in keeping your communities safe. You can access these resources [here](#). [CDC Link](#)

The Office of Health Equity has also received the "Please Wear a Cloth Face Covering" in the following languages that are not currently available on the webpage indicated: Arabic, Burmese, Dari, Farsi, French, Haitian Creole, Karen, Pashto, Portuguese, Russian, Somali, Swahili, Ukrainian, and Nepali. Please send an email to dphhealthequity@ct.gov if you would like any of these sent to you. Thank you and stay safe.

FARMERS' MARKET COUPONS

The Farmers' Market coupons are available at the Middlebury Senior Center. You need to have an appointment to get into the building. Please call 203-577-4166 for an appointment.

You must be a resident of Middlebury to receive a booklet.

Here are the income limits for 1 and 2 person household for 2020:

Please pay attention to these guidelines.

Annual	Monthly	Twice Monthly	Bi-weekly	Weekly
\$23,606	\$1,968	\$984	\$980	\$454
\$31,894	\$2,658	\$1,329	\$1,227	\$614

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

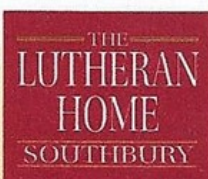


Get **READY FOR HOME** at Lutheran Home

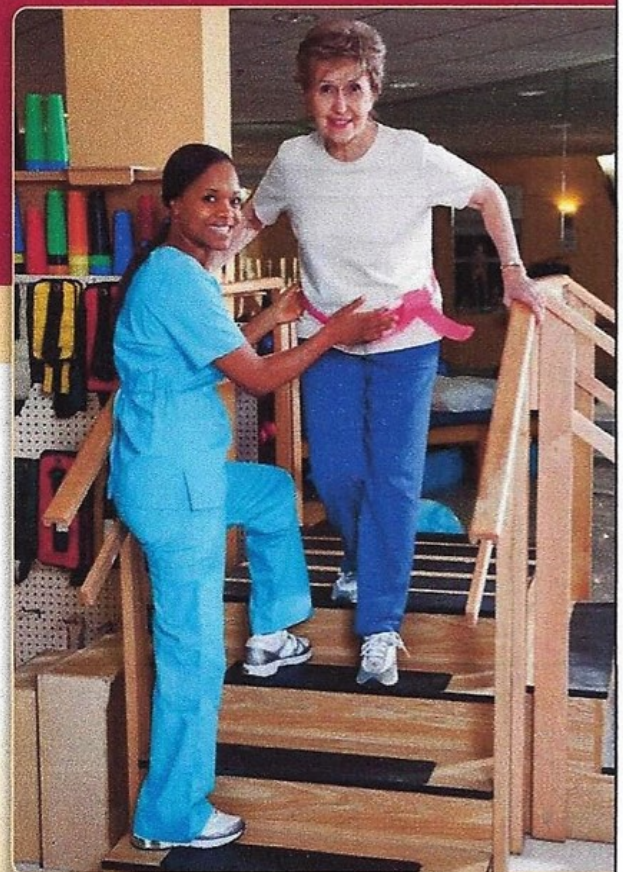
2016 5-STAR MEDICARE RATING

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



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



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 (date to be announced). All interested persons are welcome to attend.

Free Blood Pressure Screening



Free Blood Pressure screenings will resume at a date to be announced

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 . (date to be announced). 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



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.



PLEASE NOTE

The Senior Center remains closed until further notice.

Up-dates are available on Facebook and the Town web page.

The Middlebury Senior Bus is operating. Appointments are limited to medical and grocery shopping to local businesses. Financial assistance is available to Middlebury residents only to assist them through the Middlebury Community Emergency Fund.

Operation Fuel's Summer / Winter program will begin July 21st for utilities, home heating and water; done by appointment only.

The Food Bank is also available. Residents must call ahead, as Shepardson is in lock-down.

Renter Rebate applications are now being taken remotely. Signatures are required. The Senior bus is available for transport to our office to sign the application.

For more information on any of the above programs, please call 203 577-4166.

CENSUS



Just a reminder:

If you have not filled out your Census report, please do so.

It will be very helpful for our State.

COMPUTER HELP

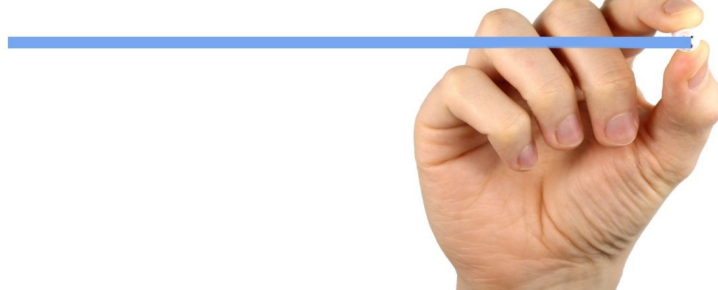


Sean is available for one on one virtual help if you need help with your computer.

Call 203-577-4166 ext. #4 for an appointment

Sean is available Tuesday, Wednesday and Thursdays 9am to 1pm

FITNESS



Susan from Fitness Fury is available to do virtual Adult Strengthening

Monday: Rise and Shine Stretch with Susan
Tuesday and Friday: Flex, Tone and Strength with Susan
(Ball, Weights, Tube/Band and paper plates)
A chair and WATER!!

All classes will begin at 10

Call 203-577-4166 for instructions and provide your e-mail address.

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).

MEDICAL CLOSET

Middlebury Senior Center

1172 Whittemore Road

Middlebury, CT



The Middlebury Senior Center offers medical equipment that is available to loan to our residents if they are in need of them.

When available, they include:

- Commodes
- Crutches
- Oxygen tanks
- Shower chairs
- Toilet seats
- Travel chairs
- Walkers
- Walking canes
- Wheel chairs

For more information call 203-577-4166

Middlebury Senior Center



NEW

Participate in all our virtual events:

Have our newsletter emailed to you so you may have access to our special virtual events.

All you need to do is give us your email and we will send it to you each month.

All you need to do is click on the link for each program and it will upload for you so you may participate.

Call us at 203-577-4166 to get on our email list.

KEEPING HEALTHY VIRTUALLY

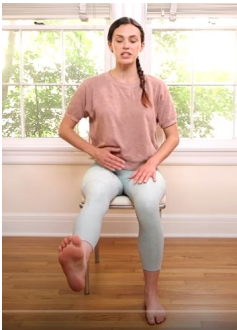
Follow us on Facebook @ Middlebury CT Senior Center



Below are links to virtual exercises that may help you keep healthy; just click on the link below:

Tai Chi For Beginner's with Gary Welton

<https://www.youtube.com/watch?v=rnseZDuT4gw>



For Chair Yoga

<https://www.youtube.com/watch?v=-Ts01MC2mlo>

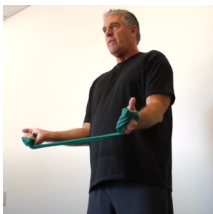
Chair Yoga Dance Recital

<https://www.youtube.com/watch?v=D7hrDkbXHxk>



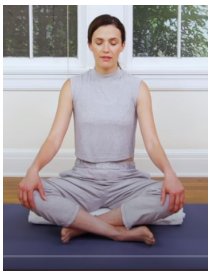
Senior's Standing Pilates

https://www.youtube.com/watch?v=i3PYS_jsA1c



Morning Stretches for Seniors with Arthritis.

<https://www.youtube.com/watch?v=uKObkQ5TikQ>



Yoga for Seniors:

<https://www.youtube.com/watch?v=kFhG-ZzLNN4>



Senior Fitness by Tona

<https://www.youtube.com/watch?v=sEk8bZbeZao>

Virtual Webinars

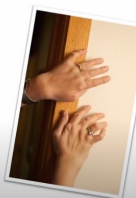
Click on link to enter webinars

Follow us on Facebook @ Middlebury CT Senior Center

Managing Arthritis

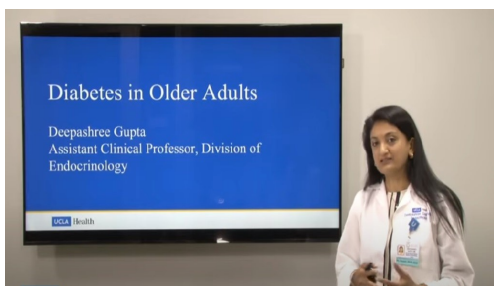
Introduction

- What is arthritis?
- Arthritis is not a normal part of aging
- Prevalence of arthritis:
 - Today, 54 million adults live with arthritis
 - Estimated 78 million in 2040
 - More common in women than men
- One of the five most costly conditions among adults 18+



<https://www.youtube.com/watch?v=BiL94yhhRGQ>

Diabetes in Older Adults



<https://www.youtube.com/watch?v=rynglfMltQg>

Healthy Nutrition for Older Adults

Presented By



Lakelyn Hogan, MA, MBA
Gerontologist and Caregiver Advocate



<https://www.youtube.com/watch?v=JI4OQC3nKq0>

INTRALINKS VIRTUAL WELLNESS SERIES, Part II

Starting August 3, 2020

(Please click on red underlined words to access links)

In May, we launched the **Intralinks Virtual Wellness Series**, a curated program of exercise and personal development classes conducted live by top fitness and health experts.

[SEE THE CLASSES / SIGN UP](#)

[Click Here](#) Series is a four-week program featuring three classes per week, carefully designed to safeguard four key aspects of your health and help you maintain focus, fitness and productivity — all from the safety and comfort of your home.

- Week 1 — August 3-7: Set Your Summer Intentions
- Week 2 — August 10-14: The Power of Better Sleep
- Week 3 — August 17-21: Shape Up Your Nutrition
- Week 4 — August 24-28: Move, Sweat & Elevate Together

[Take a look at our calendar now.](#) You can read details about the classes and instructors — an sign up for as many session as you like. **They're free.**

* If you missed our first series, you can [watch on-demand replays here.](#)

Love and Knishes “Virtual” with Airbourne Trio

Western Connecticut Jewish Federation



Love-and-Knishes “Virtual” with Airbourne Trio. The trio is a multi-cultural jazz group who will take us on a festive journey of music and dance. On Wednesday, August 19, 2020 the luncheon program will start at 1:00 p.m. via Zoom.

Once you have registered you will be sent a link on August 19, 2020 to join the Zoom presentation. We will also offer instructions for first time users. [For more information, please visit our Facebook page.](#)

Please contact Cathy Conti at cconti@jfed.net or by calling 203-267-3177 x 310 with any questions.

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 9:00am 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.

Because of the Corona Virus, we will do these applications by appointment only.



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 Tuesday, July 21st

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.

Taking applications Mondays thru Fridays by appointment only.

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

Rent and Evictions during the COVID-19 Crisis

CTLawHelp.org was created by several nonprofit legal aid organizations who's shared mission is to improve the lives of Connecticut residents by providing free legal help to people with very low income.

An excerpt from **CTLawHelp.org's** most recent guidance on **Rent and Eviction during the COVID-19 Crisis** can be found below.

Important reminder about evictions:

Landlords cannot start most new eviction cases until at least August 22, 2020. All ongoing eviction cases are on hold until further notice. If you already went to court and lost your eviction case, a marshal cannot physically remove you and your belongings until at least August 3, 2020.

This means:

- You cannot be evicted right now, and
- You do not have to move right now.

Your landlord also cannot ever:

- Lock you out,
- Remove your belongings,
- Cut off your utilities, or
- Refuse to make necessary repairs.

Important reminder about paying rent:

There is no July rent extension. July rent is due by its regular deadline. If you paid a security deposit that is more than one month's rent, you can use the portion of your security deposit that is more than one month's rent toward rent due between April and August.

If you asked your landlord for an extension on your May rent and your rent is due on the first of the month, you must pay your May rent on or before July 1.

If you do not pay July rent by your normal deadline, your landlord cannot start an eviction case for nonpayment until at least August 22. But your landlord may be able to charge you late fees if your lease says they can, and/or report your rent as late to a credit bureau or a tenant screening service.

If you cannot pay your June or July rent on time, talk to your landlord about your situation and ask to make a payment plan. If you are able to make a payment plan, try to get the agreement in writing and save a copy for your records.

Whether you pay your rent or not, your landlord cannot ever lock you out, physically remove you, or shut off your utilities. Your landlord must go through the eviction process in court in order to remove you from your apartment.

If and when you are able to pay some or all of your rent, we urge you to do so. You should also keep good records of all your payments, including the amount, date, and what the payment was for.

If you pay by cash, make sure to ask your landlord for a receipt (your landlord is required by law to give you one).

GOVERNOR LAMONT ANNOUNCES ASSISTANCE FOR RENTERS, HOMEOWNERS, AND RESIDENTIAL LANDLORDS IMPACTED BY COVID-19 EMERGENCY.



Governor Lamont announced today a comprehensive plan to put more than \$33 million in state and federal resources to work providing emergency assistance to renters, homeowners, and residential landlords impacted by the COVID-19 public health emergency.

Elements of this plan include:

- \$10 million rental assistance program for Connecticut residents impacted by COVID-19 , administered through the Department of Housing, which will provide payments to landlords on behalf of approved tenant applicants, with a priority on lower-income households who have been denied unemployment insurance;
- \$5 million for eviction prevention to help renters who were in the process of eviction before the declaration of the COVID-19 public health emergency;
- \$10 million to provide mortgage relief to homeowners who have suffered impacts from COVID-19 and whose mortgages are not federally insured, administered by the Connecticut Housing Finance Authority (CHFA);
- \$4 million in rapid rehousing funds to help people pay costs like security deposits and initial rent to exit homelessness to housing, administered by the Department of Housing;
- \$2.5 million rental assistance program for those who are ineligible\$1.8 million in funding for reentry and rehousing assistance for people exiting incarceration administered by the Connecticut Coalition to End Homelessness;
- Extending the residential eviction moratorium to August 25, bringing Connecticut's measures in line with federal measures (the cares Act prevents evictions from most properties until late summer); and
- Extending the opportunity to apply a portion of any security deposit worth more than one month's rent toward rental payments.

For more information on the resources, please see the following websites:

- Connecticut Department of Housing: portal.ct.gov/doh
- Connecticut Housing Finance Authority (CHFA): www.chfa.org
- Connecticut Coalition to End Homelessness (CCEH): cceh.org

Individuals who are on Original Medicare, testing to determine whether you have COVID19 is covered by Medicare Part B (medical insurance). This test can now be ordered by any healthcare professional authorized under state law, not just your treating physician or healthcare practitioner. Location of test sites has expanded beyond the healthcare provider's office to parking lots, pharmacies and in some cases, even your own home. See the Centers for Medicare and Medicaid Services (CMS) chart below for details. Contact Medicare at 1800 MEDICARE to verify coverage.

As the country prepares to reopen, there has been a lot of discussion about the importance of developing antibody or serological tests. These tests help to determine whether you have developed an immune response to the virus which may protect you from reinfection.

In May, the U.S. Food and Drug Administration began granting emergency approval to some pharmaceutical companies for antibody tests. Medicare Part B will cover the COVID19 antibody test and for certain other FDA authorized tests, administered at home. Contact Medicare at 1800 MEDICARE to verify coverage. When a vaccine is made available for COVID19, it will be covered under Medicare Part B. For those individuals on a Medicare Advantage plan, CMS has directed these plans not to charge cost sharing which includes deductibles, copayments & coinsurance for testing of COVID19 through the end of the health emergency.

WHERE MEDICARE BENEFICIARIES CAN GET TESTED:

Medicare/Medicaid Plans on Information Related to Coronavirus Disease 2019. Doctor's Office, Hospital Home (Including Nursing Homes) Pharmacy Drive Thru Testing or Alternative Sites.

*Medicare is separately paying hospitals & practitioners to assess patients & collect laboratory samples for COVID19 testing even when that is the only service the patient receives. This approach supports both hospitals & physician practices to operate testing sites.

*To ensure that Medicare beneficiaries have broad access to testing, for Medicare payment purposes, Medicare no longer requires an order from the treating physician or other practitioner for beneficiaries to get both COVID19 testing & laboratory tests for influenza & respiratory syncytial virus that may be part of a COVID19 diagnosis. COVID19 tests may be covered when ordered by any healthcare professional authorized to do so under state law.

*Medicare is covering serology (or antibody) tests, which may be helpful for patients, practitioners, & communities in making decisions on medical treatment & responsible social distancing policies.

*For beneficiaries who are homebound & unable to travel, Medicare pays labs to send technicians to a beneficiary's home, including a nursing home when a beneficiary is not in a Part A skilled nursing stay, to collect a lab sample.

*A home health nurse could collect a lab sample as part of a normal visit for beneficiaries receiving home health services.

*A visiting nurse working for a Rural Health Clinic or Federally Qualified Health Center and making a home visit can collect a lab sample under certain conditions.

*Medicare will pay for COVID19 tests performed by pharmacists as part of a Medicare enrolled laboratory. *A pharmacist also may furnish basic clinical services, such as collect lab samples, under contract with a doctor or practitioner, in accordance with a pharmacist's scope of practice and state law.

*Beneficiaries can get tested at "parking lot" test sites operated by pharmacies consistent with state requirements.

*Healthcare facilities like hospitals, doctor's offices, labs can set up offsite locations like drive through testing to collect samples. Medicare pays.



Tips for Protecting Yourself and Medicare

Scams related to the coronavirus, also known as COVID 19, are rapidly increasing as the public health emergency develops.

Scammers are targeting older adults and those with serious long-term health conditions who appear to have a higher risk for serious illness from COVID19. Fraudsters are attempting to bill Medicare for sham tests or treatments related to the coronavirus and are targeting individuals to illegally obtain money or Medicare numbers.

What Can You Do to Stop COVID-19 Fraud?

- Do not give out your Medicare number to anyone other than your doctor or other health care provider.
- Protect your Medicare number and treat your Medicare card like a credit card.
- Never provide your Medicare number to anyone who contacts you through unsolicited calls, texts, or emails.
- Be cautious of anyone who comes to your door offering free coronavirus testing, treatment, or supplies.
- Don't click on links from sources you don't know, which could put your computer or device at risk. Make sure the antimalware and antivirus software on your computer are up to date.
- Be cautious when purchasing medical supplies from unverified sources, including online advertisements and email/phone solicitations.
- Ignore online offers for vaccinations. If you see ads touting prevention products or cures for COVID19, they are most likely a scam.
- Do your homework before making a donation to a charity or crowdfunding site due to a public health emergency. Be particularly wary of any charities requesting donations by cash, by gift card, or wire transfer.
- Be alert to "investment opportunities." The U.S. Securities and Exchange Commission (SEC) is warning people about online promotions, including on social media, claiming that the products or services of publicly traded companies can prevent, detect, or cure COVID19 and that the stock of these companies will dramatically increase in value as a result.



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. Ted Elliss movies 1st, 3rd, & 4th. Fridays of the month.

LOSING WEIGHT WITH ELIZABETH



Every Thursday at 11am in room 26 in the Shepardson Community Center

All classes will be suspended until further notice



The Ready Rating Program features two powerful template generator tools to customize and download an *Emergency Action Plan (EAP) template* for your organization.

The American Red Cross needs your help in our community. Fortunately, we were not significantly impacted by Tropical Storm Fay, but predictions indicate that we are in for a busy hurricane season.

The coronavirus pandemic will make any hurricane response more challenging. In light of this, the Red Cross is seeking volunteers who can help support hurricane evacuation shelters in southern New England should a tropical storm or hurricane threaten us.

SHELTER HELP NEEDED:

There is a special need for volunteers to support sheltering efforts. Because of COVID-19, the Red Cross is placing those needing a safe place to stay in emergency hotel lodging when possible. If hotel stays aren't possible, then the Red Cross will open traditional shelters. To help keep people safe, we have put in place additional precautions and developed special training for our workforce.

We need volunteers to help staff shelter reception, registration, feeding, dormitory, information collection and other vital tasks to help those we serve. We have both associate and supervisory level opportunities available.

HEALTH SERVICES SUPPORT NEEDED:

If you are an RN, LPN, LVN, APRN, NP, EMT, paramedic, MD/DO or PA with an active, current and unencumbered license, the Red Cross needs your support. Volunteers are needed in shelters to help assess people's health. Daily observation and health screening for COVID-19-like illness among shelter residents may also be required. RNs supervise all clinical tasks.

Roles are also available for Certified Nursing Assistants, Certified Home Health Aides, student nurses and medical students. We need volunteers who can provide care as delegated by a licensed nurse in shelters. This could include assisting with activities of daily living, personal assistance services, providing health education and helping to replace medications, durable medical equipment or consumable medical supplies.

FOR THOSE WANTING TO SIGN UP TODAY

To help our community should a disaster occur, please go to [redcross.org/volunteertoday](https://www.redcross.org/volunteertoday)
Please use the following link for register <https://www.eventbrite.com/e/113362977718>.



State of Connecticut

Department of Aging and Disability Services

THE DEPARTMENT OF AGING AND DISABILITY SERVICES CELEBRATES 30 YEARS OF ACCESS UNDER THE AMERICANS WITH DISABILITIES ACT

(HARTFORD, CT) – July 26, 2020 marks the 30th anniversary of one of the most important pieces of legislation for people with disabilities – the Americans with Disabilities Act. This law, commonly referred to as the ADA was a watershed event in expanding access and protecting the rights of all Americans with disabilities.

The Department of Aging and Disability Services celebrates this important civil rights law that prohibits discrimination against individuals with disabilities in all areas of public life, including jobs, schools, transportation, and all public and private places that are open to the general public. The purpose of the law is to make sure that people with disabilities have the same rights and opportunities as everyone else.

“We at Aging and Disability Services embrace our mission of maximizing opportunities for the independence and well-being of people with disabilities and older adults in Connecticut,” Commissioner Amy Porter said. “The agency works with people with different disabilities, helping to break down barriers in employment, education and other facets of daily life. On this important anniversary we renew our ongoing commitment to justice, equality and opportunity for all residents with disabilities.”

Aging and Disability Services joins the National Council on Disability and the ADA National Network in marking the breaking of barriers by asking Connecticut residents to share how the ADA has impacted your life in 30 words or less, or 30 seconds or less for audio or video, using the hashtags [#30onADA30](#), [#ThanksToTheADA](#) and [#ADA30](#) in your social media feeds. Feel free to follow and tag us on our social media accounts, below.

www.portal.ct.gov/ADS

