

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.

2019 DECEMBER

Department Staff

JoAnn Cappelletti	Director
Jeanne Generali	Dispatcher/Clerk
Angela Leveille	Publications & Programs
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

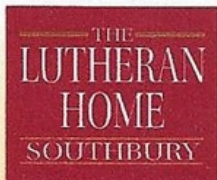
24/7 on call (203-495-1900)

Get **READY FOR HOME** at Lutheran Home

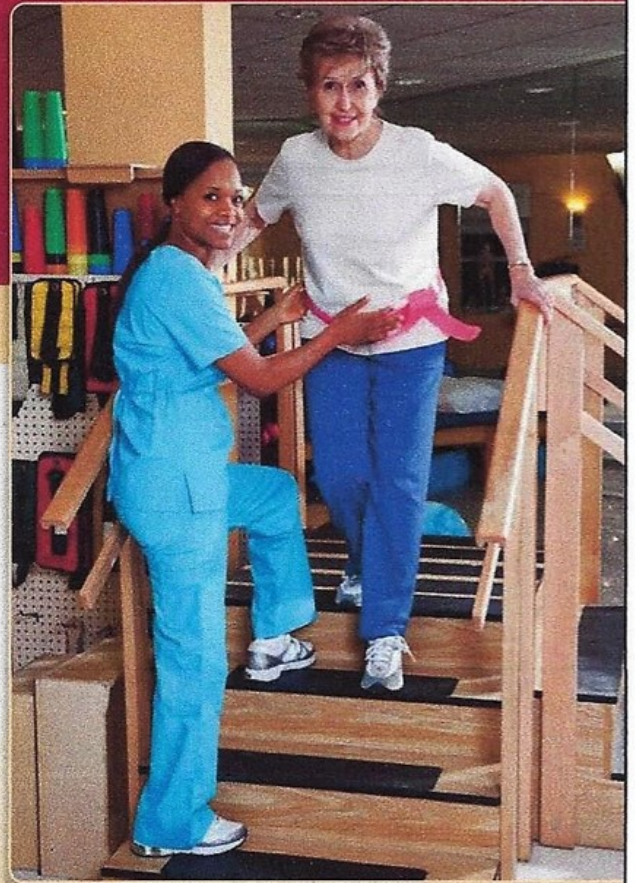
2016 5-STAR MEDICARE RATING

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



Wishing you and yours a
**Happy, Healthy, Holiday
Season!**



Elderly Caregivers
Homecare is the Best Medicine

**We specialize in 24/7 Live-In
Companions, Homemakers & Personal
Care Assistants**

Offering Non-medical services
Reasonable rates

- Light housekeeping • Medication reminders
- Bathing • Dressing • Incontinence care
- Meal preparation

Visit www.Elderlycaregivers.org or call us today!

203-628-7438

31 West Street Danbury CT 06801



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
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 January 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, December 18, 2019 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.

Be Red Cross Ready

Winter Storm Safety Checklist

Winter storms can range from a moderate snow over a few hours to a blizzard with blinding, wind-driven snow that lasts for several days. Some winter storms are large enough to affect several states, while others affect only a single community. Many winter storms are accompanied by dangerously low temperatures and sometimes by strong winds, icing, sleet and freezing rain.

Know the Difference

Winter Storm Outlook

Winter storm conditions are possible in the next 2 to 5 days.

Winter Weather Advisory

Winter weather conditions are expected to cause significant inconveniences and may be hazardous. When caution is used, these situations should not be life threatening.

Winter Storm Watch

Winter storm conditions are possible within the next 36 to 48 hours. People in a watch area should review their winter storm plans and stay informed about weather conditions.

Winter Storm Warning

Life-threatening, severe winter conditions have begun or will begin within 24 hours. People in a warning area should take precautions immediately.

What should I do?



- ☐ Dress in several layers of lightweight clothing, wear mittens and a hat (preferably one that covers your ears).
- ☐ Wear waterproof, insulated boots to keep your feet warm and dry and to maintain your footing in ice and snow.
- ☐ Minimize travel. If travel is necessary, keep a disaster supplies kit in your vehicle.
- ☐ Listen to a NOAA Weather Radio or other local news channels for critical information from the National Weather Service (NWS).
- ☐ Winterize your vehicle and keep the gas tank full. A full tank will keep the fuel line from freezing.
- ☐ Insulate your home by installing storm windows or covering windows with plastic from the inside to keep cold air out.
- ☐ Maintain heating equipment and chimneys by having them cleaned and inspected every year.
- ☐ Bring pets/companion animals inside during winter weather. Move other animals or livestock to sheltered areas with non-frozen drinking water.
- ☐ Running water, even at a trickle, helps prevent pipes from freezing.
- ☐ All fuel-burning equipment should be vented to the outside and kept clear.

Cold-Related Emergencies

- ☐ **Frostbite** and **hypothermia** are two dangerous and potentially life-threatening emergencies. Learn how to care for these emergencies by taking a first aid class.

What supplies do I need?



- ☐ Water—at least a 3-day supply; one gallon per person per day
- ☐ Food—at least a 3-day supply of non-perishable, easy-to-prepare food
- ☐ Flashlight
- ☐ Battery-powered or hand-crank radio (NOAA Weather Radio, if possible)
- ☐ Extra batteries
- ☐ First aid kit
- ☐ Medications (7-day supply) and medical items (hearing aids with extra batteries, glasses, contact lenses, syringes, cane)
- ☐ Multi-purpose tool
- ☐ Sanitation and personal hygiene items
- ☐ Copies of personal documents (medication list and pertinent medical information, proof of address, deed/lease to home, passports, birth certificates, insurance policies)
- ☐ Cell phone with chargers
- ☐ Family and emergency contact information
- ☐ Extra cash
- ☐ Baby supplies (bottles, formula, baby food, diapers)
- ☐ Pet supplies (collar, leash, ID, food, carrier, bowl)
- ☐ Tools/supplies for securing your home
- ☐ Sand, rock salt or non-clumping kitty litter to make walkways and steps less slippery
- ☐ Warm coats, gloves or mittens, hats, boots and extra blankets and warm clothing for all household members
- ☐ Ample alternate heating methods such as fireplaces or wood- or coal-burning stoves

What do I do after a storm?



- ☐ Go to a designated public shelter if your home loses power or heat during periods of extreme cold.
- ☐ Avoid driving when conditions include sleet, freezing rain or drizzle, snow or dense fog.
- ☐ Before tackling strenuous tasks in cold temperatures, consider your physical condition, the weather factors and the nature of the task.
- ☐ Protect yourself from frostbite and hypothermia by wearing warm, loose-fitting, lightweight clothing in several layers. Stay indoors, if possible.
- ☐ Help people who require special assistance such as elderly people living alone, people with disabilities and children.
- ☐ Check on your animals and make sure that their access to food and water is not blocked by snow drifts, ice or other obstacles. If possible, bring them indoors.

Caution: Carbon Monoxide Kills

- ☐ Never use a generator, grill, camp stove or other gasoline, propane, natural gas or charcoal-burning devices inside a home, garage, basement, crawlspace or any partially enclosed area. Locate unit away from doors, windows and vents that could allow carbon monoxide to come indoors.
- ☐ The primary hazards to avoid when using alternate sources for electricity, heating or cooking are carbon monoxide poisoning, electric shock and fire.
- ☐ Install carbon monoxide alarms in central locations on every level of your home and outside sleeping areas to provide early warning of accumulating carbon monoxide.
- ☐ If the carbon monoxide alarm sounds, move quickly to a fresh air location outdoors or by an open window or door.
- ☐ Call for help from the fresh air location and remain there until emergency personnel arrive to assist you.

Let Your Family Know You're Safe

If your community experiences a severe winter storm, or any disaster, register on the American Red Cross Safe and Well Web site available through RedCross.org to let your family and friends know about your welfare. If you don't have Internet access, call 1-866-GET-INFO to register yourself and your family.



For more information on disaster and emergency preparedness, visit RedCross.org.

Copyright © 2009 by the American National Red Cross | Stock No. 658606

TIPS FROM THE OLD FARMERS ALMANAC

If you're trying hard to avoid catching the **common cold** and the **flu**, here are some **prevention tips** to keep you healthy—short of wearing your own personal Hazmat suit!

HOW TO PREVENT COLDS AND THE FLU

- ◆ Keep current on inoculations, and ask your doctor about flu shots. The CDC recommends that every person over the age of 6 months receive the vaccination. If possible, get the flu shot in October, before flu season begins.
- ◆ Don't share washcloths or towels. Use disposable towels or tissues instead of cloth handkerchiefs.
- ◆ If you're in a public restroom, try to avoid touching frequently-touched places, like the faucet or door handle. Shut the faucet off with a paper towel and try to push the door open with your shoulder or use the paper towel to turn the knob.
- ◆ Cover your mouth and nose with a tissue when you sneeze or cough. If you don't have a tissue, cough into your upper sleeve.
- ◆ Colds are only caught from other people; during cold season, don't shake hands or touch surfaces and then bring your fingers to your nose or face.
- ◆ Don't bite your nails; it spreads germs.
- ◆ Don't share food or drinks, even a taste.
- ◆ Wash your hands often, especially after returning from public spaces! Use lots of soap and water.
- ◆ When in doubt, hug instead of kiss, even if your heart says otherwise!
- ◆ Drink plenty of liquids, especially fresh, pure water.
- ◆ Get plenty of sleep. Go to bed early!
- ◆ Cut back on sugars and alcoholic drinks.
- ◆ Eat correctly, especially lots of fruits with high vitamin C content, as well as veggies and grains that cleanse your system.
- ◆ If you can, take it easy and rest as soon as symptoms develop.
- ◆ Stay at home if you are sick. Your school or office will not appreciate you inadvertently spreading your illness!

What can we do to help our bodies through the process of healing a **cold**? Here are some **natural remedies** for your body and mind.

NATURAL REMEDIES TO PROVIDE COLD RELIEF

- ◆ Rose hip tea is full of vitamin C and can help prevent colds in advance.
- ◆ Lemons, oranges, and apple cider are all considered to be cold remedies.
- ◆ For chills, take fresh ginger root.
- ◆ Historically, the layers of the onion were believed to draw contagious diseases from the patient; onions were often hung in sickrooms. Today, we know that onions have antibacterial qualities.
- ◆ Cut up fresh garlic cloves and add them to chicken soup or other foods, or swallow small chunks of raw garlic like pills.
- ◆ Eat loads of hot and spicy foods like chili to clear the sinuses.
- ◆ Like garlic and onion, horseradish generates lots of heat to help offset colds. According to one farmer we know, a daily horseradish sandwich is the best cold remedy out there!
- ◆ Prunes are rich in fiber, vitamins A and B, iron, calcium, and phosphorus. And they've been cured themselves!
- ◆ To treat sore lips, go to bed with honey on them.
- ◆ Troubled by cracked lips? Massage them with a dab of earwax (preferably your own!).

For a chest cold or bronchitis, try this remedy:

- ◆ Boil a whole onion, and afterward, drink the water. You can add a little butter and salt if the taste is unbearable!



**TAX AIDE
VOLUNTEERS NEED-
ED**

An Invitation is extended to anyone seeking a worthwhile volunteer activity utilizing their basic computer skills. AARP Tax-Aide counselors assist individual taxpayers prepare and electronically file Federal and State income tax returns. AARP Foundation Tax-Aide offers free tax filing help to anyone, especially those 50 and older, who can't afford a tax preparation service. There is need for volunteer tax preparers, greeters, local leaders, and technology coordinators to manage and staff sites in Woodbury and Middlebury.

Tax-Aide volunteers receive training and support in an appreciating environment. Every level of experience is welcome. All volunteers are required to certify upon completing basic training and tax preparers are further trained in tax law applications, preparation of the tax forms, and use of IRS provided software.

For those who like working with people and aren't afraid of a few numbers, Tax-Aide Counselors interact with taxpayers by preparing tax returns on a one-on-one basis. All counseling sessions are by scheduled appointments on weekdays during the day. Even if you don't have accounting or tax forms experience, becoming a tax counselor may be right for you.

We also need Greeters who are the first person taxpayers meet when they enter our site. Greeters make sure the taxpayer has all the necessary paperwork before meeting with a volunteer Counselor. They also manage the flow of clients being served.

Anyone interested in volunteering, having questions, or know of a referral can contact Dan Denver, Local Coordinator, (203) 565-6171, danden-ver2002@yahoo.com. Neither volunteers or taxpayers need to be a member of AARP or a retiree to participate in this program.



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 Charlene @ 203-757-5449 ext. 101 for an appointment for a presentation or email cwicks@wcaaa.org.

CONNECTICUT ENERGY ASSISTANCE PROGRAM

Begins October 1, 2019

Applications for the Connecticut Energy Assistance Program will be accepted October 1, 2019 to March 15, 2020 for fuel and May 15, 2020 for gas and electric at the Middlebury Department of Social Services, Monday through Friday from 9am to 12pm. You must reapply every year for this program.

The Connecticut Energy Assistance program is federally funded and managed by the Connecticut Department of Social Services. Benefit period for the program is effective November 2, 2019 to April 14, 2020; May 15, 2020 is the last day a household may submit deliverable fuel bills. Connecticut homeowners with household income below 150% FPL are eligible to apply. Connecticut homeowners with household income from 151% to 200% FPL, where the household includes an adult age 60+ or a person any age who is disabled may also apply.

In order to ensure that your application is processed as quickly as possible, it is necessary to submit the following:

- ⇒ Income must be provided for every household member over the age of 18 for the last 4 weeks prior to the application date.
- ⇒ If you are self employed, a notarized Self-Employment worksheet for the last six or twelve months and your most recently filed 1040 IRS form, including all schedules.
- ⇒ Social Security benefits documents.
- ⇒ Pension or annuity check stubs.
- ⇒ If unemployed, the printout of Unemployment Compensation Benefits.
- ⇒ Workman's Comp or Disability Insurance; statement showing benefits and period covered.
- ⇒ Rent receipts for rental income, or your tenants' lease.
- ⇒ VA award letter for Veteran's Benefits (including pensions.)
- ⇒ Dividend and interest statements for the most recently completed period (if more than \$10 per month).
- ⇒ Statements verifying alimony and/or child support.
- ⇒ Statements indicating the amount and frequency of payments from friends or relative who are contributing to your household's support signed by them.
- ⇒ Current utility bill if you heat with gas or electricity.
- ⇒ For disability income you must provide medical certificate signed and stamped by a physician.
- ⇒ Provide statements from every institution that you or any other adult household members have an account with.
- ⇒ Copy of your household's current electric bill.

Information regarding the Energy Assistance Program is available by calling the Social Services Director at 203-577-4166 ext. 3

The office is located at the Shepardson Community Center at 1172 Whittemore Rd. Middlebury, CT. 06762



Medicare Open Enrollment

**October 15 —
December 7,
2019**

Did you know that you are not permanently “locked-in” to your current Medicare prescription plan, or your Medicare Advantage plan? During every Medicare Open Enrollment Period, Medicare beneficiaries can review their insurance benefit and make changes to their Medicare insurance coverage, effective the following year.

Open Enrollment is right around the corner—beginning October 15, 2019 and ending December 7, 2019. If you are currently experiencing issues with your Medicare insurance coverage, it may be time for you to consider scheduling an appointment with a counselor who can review your benefits and introduce you to options!

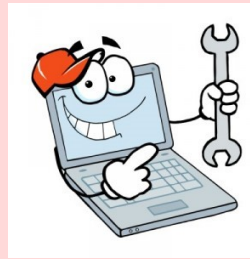
Some reasons to consider changing your insurance coverage may include:

- A change in your prescription drug plan’s formulary (ex. A prescription that was once covered by your plan is no longer covered).
- One of your favorite doctors/specialists is now out of network with your current insurance plan, or your health status has changed significantly since last year.
- If you feel overwhelmed by high cost medications, high copays for doctor’s appointments, or you consider that your current insurance coverage no longer meets your needs, there may be better options available to you

GET HELP WITH MEDICARE REVIEWS

Nancy Cimmino, insurance specialist, will be available for help with your personal questions every Wednesday in the month of November to December 4th from 9am to 12noon.

BY APPOINTMENT ONLY 203-577-4166



Computer Training

If you have purchased a new computer, iPad, iPhone etc. or are having trouble with your existing one, the Middlebury Senior Center is 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 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 ext. 4.



Thursday, December 12, 2019

The Middlebury Senior Center will be going to the Christmas Tree Shop on Thursday, December 12, 2019 in Orange, CT .

Bus will be leaving the Middlebury Senior Center at 10:30am.

We will be stopping for lunch at I-Hop on the way home,

If interested, please call 203-577-4166 to reserve your seat.



EATING HEALTHY AND LOSING WEIGHT

Thursdays 11:00 — 12:00

Did you know that weight loss is a \$68.2 billion dollar industry? It is also one of the most advertised industries according to the U.S. Weight loss & Diet Control Market. Pair that data with the fact that Americans love the idea of quick and easy weight loss, and you have a situation ripe for misinformation, confusion, and continued unbalanced eating plans.

Imagine being able to eat nothing but cake and still lose 10 pounds.....It sounds too good to be true and that's because it is. Many diets advertised are fad diets. That is because they are popular thanks to a best-selling book or strong public relations but with little evidence behind them.

The Boston Medical Center reported that of the estimated 45 million Americans who go on diets annually, 50% of them use fad diets. A fad diet promises quick weight loss but that is because they are crash diets and involve unhealthy, unbalanced eating plans. The best diet is not a diet at all, but a way of life that includes food you enjoy, exercise, and healthy habits.

The body is like a high performance car that needs the right gasoline to make it perform better and longer. For our bodies, this means the right balance of protein, carbohydrates, and fat, as well as a host of other nutrients. Fad diets may exclude necessary nutrients and may put people at risk for future health problems.

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."

Elizabeth is now a "Life and Wellness Coach" with focus on:

Goal Setting
Forward Movement
Weight Loss

Elizabeth is at the Middlebury Senior Center every Thursday from 11am to 12 noon.

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

AARP Driver Safety Program



**Monday,
January 6,
2020
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://fitnesstodrive.php.ufl.edu/us/>

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



Thwack!

It's the sound of a hard plastic ball forcefully hitting another, sending it careening across the green felt top of a pool table.

To pool players, it is one of the most satisfying sounds on Earth.

And one of the most satisfying sights is when a ball, preferably the last one on the table, rolls straight into a designated pocket of the table, signaling the end of the game and a win for one of the players.

Shooting pool - the game used to conjure up images of pool halls inhabited by shady characters wearing green eye shades, squinting through smoke that drifted upward from cigarettes clamped between their lips, while they muttered "three ball in the side pocket."

The game, also called billiards, has changed, gaining respectability and enticing a whole new clientele to rack up the balls.

Men and women both participate.

The pool players at the Middlebury Senior center would like to invite players to join them. No experience necessary. They meet at the center every Thursday morning at 9:00am. Playing is free of charge.

Left to right: Bob Murray, Capt. Carl Miscavage, Giles Charland, & Ted Elliss



Middlebury Senior Center Investment Club



If you are one of many of us who watch the Stock Market and would like to invest and are interested in how an investments club works; you are invited to sit in at one of our meetings and see what it's all about.

The meetings are held monthly on the third or fourth Thursday of the month from 11am to 2pm in the Shepardson Community Building, 1172 Whittemore Road in Middlebury; Room # 26. Please call ahead 203-577-4166.

Calling All Crafters



Wanted: Knitters and Crocheters

Monday afternoons from 2 – 4pm in Room 26 at the Shepardson Community Building.

Bring your own supplies or materials can be supplied

There is no charge for this class

Any questions, 203-577-4166

Hollywood Movie



Bio & Talk

**Thursday,
December 12
12:30pm**

MIRACLE ON 34th STREET 1947

**Director & Writer George Seaton
Starring: Maureen O'Hara, John Payne, Edmund
Gwenn & Natalie Wood**

When a nice old man who claims to be Santa Claus is institutionalized as insane, a young lawyer decides to defend him by arguing in court that he is the real thing.

At the Macy's Department Store Thanksgiving Day parade, the actor playing Santa is discovered to be drunk by a whiskered old man. Doris Walker, the no nonsense special events director, persuades the old man to take his place. The old man proves to be a sensation and is quickly recruited to be the store Santa at the main Macy's outlet. While he is successful, Ms. Walker learns that he calls himself Kris Kringle and he claims to be the actual Santa Claus. Despite reassurances by Kringle's doctor that he is harmless, Doris still has misgivings, especially when she has cynically trained herself, and especially her daughter, Susan, to reject all notions of belief and fantasy. And yet, people, especially Susan, begin to notice there is something special about Kris and his determination to advance the true spirit of Christmas amidst the rampant commercialism around him and succeeding in improbable ways. When a raucous conflict with the store's cruelly incompetent psychologist erupts, Kris finds himself held at Bellevue where, in despair, he deliberately fails a mental examination to ensure his commitment. All seems lost until Doris' friend, Fred Gaily, reassures Kris of his worth and agrees to represent him in the fight to secure his release. To achieve that, Fred arranges a formal hearing in which he argues that Kris is sane because he is in fact Santa Claus. What ensues is a bizarre hearing in which people's beliefs are reexamined and put to the test, but even so, it's going to take a miracle for Kris to win.

**Refreshments will be served and all are
welcome.**

LUNCH & LEARN



Our monthly Lunch & Learns lunches will resume in January 2020

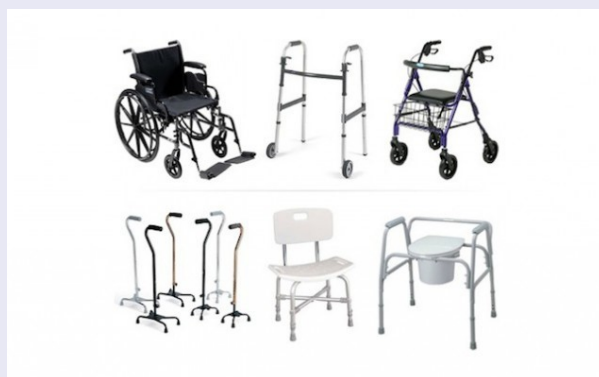
Stay tuned for more information.

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



BLOOD DRIVE

SHEPARDSON COMMUNITY CENTER

Held in the Middlebury Senior Center

1172 Whittemore Road

Middlebury, CT 06762

Friday, December 20, 2019

1:00p.m. to 6:00p.m.

To make an appointment:

Log on to redcrossblood.org

Or call 1-800-733-2767





Holiday Lights Fantasia

Thursday, December 5, 2019

The Middlebury Senior Center mini-bus will be going to see the Christmas lights at Holiday Light Fantasia; Goodwin Park in Hartford, CT. We will drive through an enchanting land of spectacular, sparkling light displays during this festive and magical holiday season, delighting children and adults with more than 60 enchanting images on display. Drive through the whimsical, larger than life displays. There are one million glowing bulbs...shining bright to help thousands of area children. All proceeds go to Easter Seals.

We will all be stopping for dinner at Friendly's. To reserve your seat for this exciting trip please call 203-577-4166. The cost will be \$15.00 per person and includes admission and transportation.



CINEMA FESTIVAL Gingerbread Village & Christmas

Bazaar

St. George's Episcopal Church
Tucker Hill Road, Middlebury, CT

December 7—14, 2019

Village & Bazaar Hours:

Saturday – 10am – 7pm

Sunday – 12pm -- 7pm

Mon. – Fri. 2pm – 4pm

6pm – 8pm

Sat. Dec. 14 – 10am – 4pm

Bake Shoppe / Decorate Your Own Cookies /
Dollar Store / Christmas Craft Room

Basket Raffle



ANNUAL SENIOR CHRISTMAS PARTY

Thursday, December 19, 2019

11:30 am

The Annual Christmas Party for the Middlebury Senior Center will be held on Thursday, December 19, 2019 at 11:30am.

On The Menu:

Chef Carving Roast Beef
Dessert

Rice Pilaf

Tossed Salad

Green Beans Almandine



ENTERTAINMENT

\$10 per person, call 203-577-4166 to reserve your seat.





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 -11:30a./ 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

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.

Chair Massage



Get a 20 minute massage for \$15
For an appointment call 203-577-4166

LOSING WEIGHT WITH ELIZABETH



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

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

DECEMBER IN HISTORY

Merry Christmas



10 YEARS AGO (2009)

- ◆ Boeing's new 787 Dreamliner made its maiden flight from Seattle, WA. Its maximum speed was 592.79 mph.
- ◆ The movie, Avatar, starring Sam Worthington, Zoe Saldana, and Sigourney Weaver became the highest-grossing film at that time.

20 YEARS AGO (1999)

- ◆ The U.S. turned over complete administration of the Panama Canal to the Panamanian government.
- ◆ NASA lost radio contact with the Mars polar Lander just before the spacecraft entered the Martian atmosphere.

30 YEARS AGO (1989)

- ◆ The Simpsons premiered on Fox TV
- ◆ Romanian Nadia Comaneci, an Olympic gold medal-winning gymnast, arrived in New York City requesting political asylum to the U.S. (She was granted asylum.)
- ◆ Soviet President Mikhail Gorbachev and U.S. President George H.W. Bush declared the end of the Cold War.
- ◆ Driving Miss Daisy starring Morgan Freeman and Jessica Tandy was released.
- ◆ A cold wave on December 22 hit most of the country. It was -4F in Oklahoma City, OK, -6F in Tulsa, OK, -12F in Pittsburgh, PA, -18F in Denver CO, -23F in Kansas City MO, -42F in Scottsbluff, NE, -47F in Hardin, MT and -60F in Black Hills, SD.

40 YEARS AGO (1979)

- ◆ Eleven fans were killed during a stampede for seats at a concert by The Who at the Riverfront Coliseum in Cincinnati, OH.
- ◆ Star Trek: The Motion Picture, the first movie of the Star Trek film series, premiered at the Smithsonian Institution in Washington, DC. It was directed by Robert Wise and starred William Shatner and Leonard Nimoy.
- ◆ The board game, Trivial Pursuit, was introduced.
- ◆ The TV show, Knots Landing, premiered.

50 YEARS AGO (1969)

- ◆ The U.S. held its first draft lottery since World War II.
- ◆ The Boeing 747 jet made its debut. It carried 191 people, most of them reporters and photographers, from Seattle to New York City.
- ◆ The Altamont Free Concert ("Woodstock West") was held at the Altamont Speedway in northern California with more than 300,000 people in attendance. The Rolling Stones headlined. The event was best known for the chaos and violence that occurred along with four deaths.
- ◆ Arlo Guthrie released the song, Alice's Restaurant.
- ◆ Leaving on a Jet Plane sung by Peter, Paul and Mary and written by John Denver hit No.1.
- ◆ The Jackson Five's first national appearance was on the Ed Sullivan Show.

100 YEARS AGO (1919)

- ◆ Babe Ruth, The Bambino or Sultan of Swat, was sold by the Boston Red Sox to the New York Yankees for \$125,000. It was considered the largest sum ever paid for a player at that time. His career in Major League Baseball covered 22 seasons from 1914 through 1935. He began his career as a left handed pitcher for the Red Sox. His greatest fame was as a slugger and outfielder for the Yankees.
- ◆ The National League voted to ban the spitball's use by all new pitchers.

Advent to Christmas December 1-25, 2019



In the Christian calendar, Advent is the four-week period before Christmas which in 2019 begins on December 1. It is intended to be a time of spiritual preparation for celebrating the birth of Jesus. It is a month-long adventure of self-discipline by means of prayer, Bible reading, re-commitment to Christ, and rededication to following the teachings of Jesus. These teachings include His emphasis on loving others, being generous, practicing forgiveness, and living life with an overwhelming sense of gratitude.

Hanukkah

December 23—30, 2019



“Hanukkah, oh Hanukkah, come light the menorah! Let’s have a party! We’ll all dance the Hora”

American children recognize this popular song when Hanukkah, otherwise known as the Festival of Lights, rolls around. This year, Hanukkah begins at sundown on December 22 for this eight-night holiday. Since it continues throughout the week until December 30, last minute gift buyers will be able to take advantage of the after Christmas sales! (Who doesn’t love that?) However, the holiday itself was never about gift giving. It’s so much deeper than that!

The true meaning of Hanukkah is *Nes gadol haya sham* which in Hebrew means: “A great miracle happened there.” Reciting this phrase every year reminds us that God protects His people, even when the odds seem to be greatly stacked against them.

SLOW COOKER HOT CHOCOLATE

1 1/2 cups heavy whipping cream

14-oz container sweetened condensed milk

6 cups milk

1 tsp vanilla

2 cups milk chocolate chips (can use part semi-sweet chocolate chips)

Whipped cream or marshmallows

1. Put the whipping cream, sweetened condensed milk, milk, and vanilla in a 5 quart slow cooker and whisk until blended. (If doubling recipe, use a 7 quart or larger size crock pot.)

2. Stir in the chocolate chips.

3. Cover and cook on low for two hours, stirring occasionally with the whisk, until the mixture is hot and the chips are melted. (If the chips aren’t melting, turn to high for a short time and stir occasionally.)

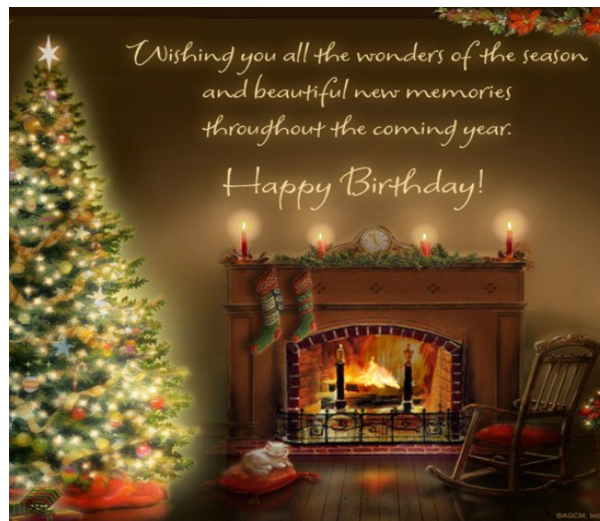
4. Turn the cooker to a warm setting and stir before serving.

5. Add whipped cream or marshmallows, as desired, to the top of each cup.

NOTE:

The hot chocolate can be stored in the refrigerator for a few days and reheated. Shake or stir the mixture before reheating.





HAPPY BIRTHDAY DECEMBER 2019

Wrinkles should merely indicate where smiles have been. - Mark Twain

Carolyn Barbieri 3rd
Richard Spierto 5th
Pat Fahey 6th
Jeannette Laliberte 8th
June Price 8th
Elizabeth Costanzo 9th
Pat Fredrick 9th
Claire LeBlanc 10th
Elaine Krish 11th
Barbara Benig 11th
Florence Guay 12th
Carolyn Reader 13th
Bernadette Greateorex 14th
Luciana Macari 15th

Elsa Rosado 18th
Rebecca Lynn 19th
Ed Noonan 19th
Mary Berch 23rd
Deborah Trammell 24th
Bob Murray 24th
Christine Speranzo 24th
Carol Mulligan 25th
Priscilla Nichols 26th
Rosemary Briglia 27th
Rosemarie Phelan 27th
Winifred Girard 29th
Carol Beerbaum 30th
George Lloyd 30th
Beverly Hudson 30th



December 2019



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 	3 Vegetable Barley soup/crx Chicken paprikash Bowtie noodles Zucchini Rye bread Fresh fruit	4 	5 Turkey pot pie/ biscuit Peas / broccoli Fresh fruit	6 
9 	10 Spinach quiche Roasted tomato Caesar salad/croutons Caesar dressing Wheat dinner roll Orange juice Chocolate chip cookie	11 Come see Tom Rosa's Movie Thurs-	12 Roast pork/ honey, garlic Mashed sweet potato Bean medley Rye bread Apple juice Vanilla pudding	13 
16 	17 Sausage & peppers Penne pasta/sauce Broccoli Wheat grinder rill Fresh fruit	18 Christmas Tree Shop Dec. 12th	19 Minestrone soup /crx Vegetable lasagna Zucchini & tomato Carrots Garlic Bread Fresh fruit	20 
23 	24 Italian wedding soup Fish sticks/tarter Macaroni & cheese Mixed vegetables Wheat dinner roll Pears	25 	26 CHRISTMAS SPECIAL Chicken Cordon Blue Twice baked potato Peas & mushrooms Snowflake roll Fruit juice Holiday (Birthday) Cake	27 
30 	31 Sloppy Joe/wheat bun Sweet potato tots Spinach Cinnamon apple slices			Suggested dona- tion is \$3.50 per meal

23

Bus Reservations two (2) days in advance			donation - \$.50 one way in town	
Minibus operates 8:30 AM to 2:30 PM - 2 day notice required			\$1.50 one way out of town	
GWTD reservations Tuesday deadline			Middlebury Senior Center	
			203-577-4166	
Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Grocery Shopping			GWTD DAY	
Personal shopping	Medical appointments	Medical appointments	Mini bus in town	Medical appointments
medical appointment	Senior Center Activities	Senior Center Activities	Senior Center Activities	Senior Center Activities
Senior Center Activities				
No Lunch Today		Waterbury Mall	Holiday Lights Fantasia	No Lunch Today
	MEDICAL EMERGENCIES	MEDICAL EMERGENCIES	MEDICAL EMERGENCIES	MEDICAL EMERGENCIES
9	10	11	12	13
Grocery Shopping			GWTD 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
No Lunch Today		Waterbury Mall	Christmas Tree Shop	MEDICAL EMERGENCIES
	MEDICAL EMERGENCIES	MEDICAL EMERGENCIES	MEDICAL EMERGENCIES	
16	17	18	19	20
Grocery Shopping			GWTD 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
No Lunch Today		Waterbury Mall		MEDICAL EMERGENCIES
	MEDICAL EMERGENCIES	MEDICAL EMERGENCIES	MEDICAL EMERGENCIES	
23	24	25	26	27
Grocery Shopping			GWTD DAY	Medical appointments
Personal shopping	Medical appointments		Mini bus in town	Senior Center Activities
medical appointment	Senior Center Activities		Senior Center Activities	
Senior Center Activities				No Lunch Today
No Lunch Today				
	MEDICAL EMERGENCIES		MEDICAL EMERGENCIES	MEDICAL EMERGENCIES
30	31			
Grocery Shopping	Medical appointments			
Personal shopping	Senior Center Activities			
medical appointment				
Senior Center Activities				
No Lunch Today				
	MEDICAL EMERGENCIES			

