

# SENIOR NEWSLETTER

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

E-mail: [jcappelletti@middlebury-ct.org](mailto: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.



### 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](mailto: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](mailto:jcappelletti@middlebury-ct.org); or visit our administrative office at 1172 Whittemore Road. For more information, visit [www.middlebury-ct.org](http://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





**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



**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.

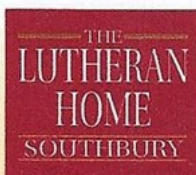


# Get **READY FOR HOME** at Lutheran Home

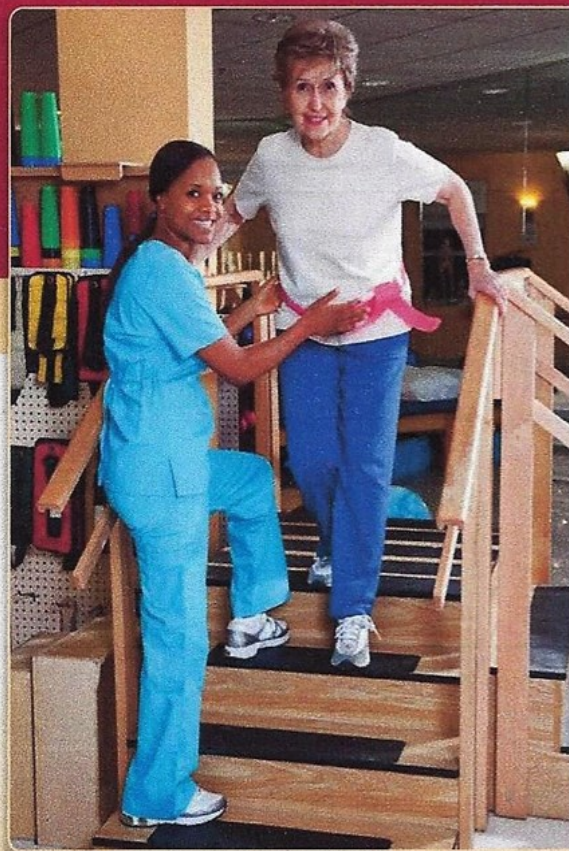
## 2016 5-STAR MEDICARE RATING

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](http://www.lhsouthbury.org)



♥ *Happy Valentines Day* ♥

**Our clients never have to leave  
the comforts of their home**

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

Visit us at [www.Elderlycaregivers.org](http://www.Elderlycaregivers.org) and/or call for a FREE evaluation!

**203-628-7438**



*Elderly Caregivers*  
**Homecare is the Best Medicine**

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, pining, 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 Lions Club

Connecticut - United States

## Be a Lion.....As a Lions Club Member

You'll join a local group of service-minded men and women who volunteer to support your community every day. You'll also become a member of Lions Clubs International – a respected international organization, a leader in your local community, and a friend to people in need.

## Volunteer Benefits

Becoming a Lions club member gives you the opportunity to volunteer locally, or internationally. Make new friends and professional connections. Lead projects that make your community a better place to live. Have fun doing it!

## Health Programs that Focus on Vision, Diabetes and More

Lions have a dynamic history. Founded in 1917, we are best known for fighting blindness, but we also volunteer for many different kinds of community projects - including caring for the environment, feeding the hungry and aiding seniors and the disabled.

**MIDDLEBURY (008982) - District 23 A - CT UNITED STATES**

**PAUL J SHEA, 2017-2018 Club President**

MIDDLEBURY CT 06762-1516

### Meetings

2nd Wednesday 6:00pm

**Shepardson Community Center**

1172 Whittemore Road

Middlebury CT



## Our activities: Join us





## Town of Middlebury

Department of Social and Elderly Services  
Shepardson Community Building  
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### 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.

**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 February 19, 2019 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, February 20, 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	707
Jeanne Generali	708
Angela Leveille	709
Sean Howard	711



# CodeRED™

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](http://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.



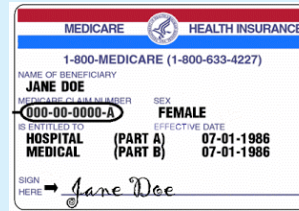
## SNAP



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

## NEW MEDICARE CARDS



CMS finished mailing the new Medicare Card to people with Medicare. If you did not receive your card"

- ⇒ Sign into MyMedicare.gov to see if your card was mailed. If so, they can print an official card. You will need to create an account, if you do not already have one.
- ⇒ Call 1-800-MEDICARE (1-800-633-4227) where they can verify your identity, check your address, and help you get your new card.

To ensure that people with Medicare continue to get care, health care providers and suppliers can use either the former Social Security number-based Health Insurance Claim Number or the new alpha-numeric Medicare Beneficiary Identifier for all Medicare transactions through December 31, 2019.

### **Middlebury Senior Center Investment Club**

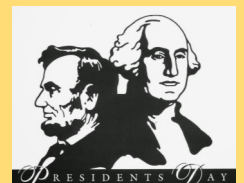


If you are one of many of us who watch the Stock Market and would like to invest and are interested in how an investments club works; you are invited to sit in at one of our meetings and see what it's all about.

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.



**The Middlebury Senior Center will be closed February 12, 2019 for Lincoln's Birthday.**



**The Middlebury Senior Center will be closed February 18, 2019 in observance of President's Day**





## **OPERATION FUEL**

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

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

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

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

The program will start Monday, December 3, 2018 and end Friday May, 31, 2019 or when funding runs out (Whichever comes first).

### **Documentation:**

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

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

## **Connecticut Energy Assistance Program**



Applications for the Connecticut Energy Assistance Program are being accepted October 1, 2018 to March 15<sup>th</sup> for fuel and May 15<sup>th</sup> for gas and electric at the Middlebury Department of Social Services, Monday through Friday from 9am to 12:00 pm. 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 1, 2018 to April 14, 2019; May 15, 2019 is the last day a household may submit deliverable fuel bills. Connecticut homeowners with household income at or 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.

Asset limit for homeowners is \$12,000 in liquid assets. (Liquid assets are assets that can be readily accessed, such as stocks, mutual funds, savings and checking accounts). Home equity, car values, life insurance policies are not considered liquid assets. Asset limit for non-homeowners is \$10,000 in liquid assets. Asset limits and income limits are not the same. An exception to the asset limit occurs when the combination of income and the amount of liquid assets over the asset limit, when added together, do not exceed the income limit.

Proof of income for the year 2017 is required. Income documentation includes social security, pension, interest income, if employed, last four week pay stubs, unemployment compensation or any other source of income.

Information regarding the Energy Assistance Program is available by calling the Department of Social Services at 203-577 4166 ext. 707.



# WINTER PROTECTION PLAN **EVERSOURCE**

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

The Winter protection Plan protects your service from being shut off from November 1, 2018 through May 1, 2019 with no late payment charges. This must be renewed annually. Applications for Shutoff Protection can also be completed while applying for public energy assistance through Middlebury Social Services at 203-577-4166 ext. 707.

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

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

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

For more information, or to enroll in the pro-



CT Tax  
Aide

It's that Time of Year Again.....

Need Free Help with Your Taxes?

Free income tax assistance is provided at the Middlebury Senior Center at 1172 Whittemore Road, Middlebury, by the AARP Tax Aide program for low to moderate income taxpayers of all ages, with special attention to those 60 and older. Program begins February 2019.

Call 203-577-4166 to obtain additional information or schedule an appointment with a certified AARP Tax Aide counselor.

All taxpayers should have with them the following information:

1. If married, both husband and wife should be present
2. Proof of identity (picture or other documentation).
3. Social Security number (Social Security Card or Benefit Statement form SSA – 1099) for taxpayer and all taxpayer's dependents.
4. Personal check, if available, with bank checking account and routing numbers.
5. Copy of last year's Federal and State tax returns.
6. All income statements that apply to the taxpayers 2018 Federal and State income taxes.

**BY APPOINTMENT ONLY**

Please call 203-577-4166 for an appointment



## Tax Relief Programs



Applications are available for the Elderly Homeowners, Totally Disabled Homeowners and Additional Veterans Tax Credit Programs February 1 – May 17, 2019

Qualifications for these programs include residency, income, age or disability. Applications must be accompanied by all income statements and Social Security benefits and must be filed no later than May 17, 2019.

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

Qualifying income is based on 2018 adjusted gross income; married applicants must submit combined adjusted gross income plus 2017 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 1pm.

## EATING HEALTHY AND LOSING WEIGHT



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 included 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 Petrucione, 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.



## Computer Training



If you received a new computer, iPad, iPhone etc. for Christmas 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 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. 711.

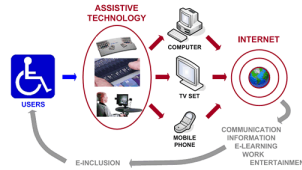
## USED INK CARTRIDGES



**Don't throw your used ink cartridges away.**

**Please donate them to the Middlebury Senior Center, we recycle.**

**Thank You**



# Assistive Technology Center

## GADGETS & GIZMOS

### To Make your Life Easier

The WCAAA Tech Center provides free, personalized or group demonstrations of assistive devices such as magnifiers, smart pens, I pads, phone amplifiers, vibrating alarm clock and talking watch, just to name a few.

### Examples of Assistive Devices

#### 1. Six-in-one multi opener



Say goodbye to struggling with opening lids and sealed tops. This stainless steel 6 in 1 Multi Opener effortlessly opens jar lids, pull tabs, safety seals, large bottle tops, small lids, and bags. Coated with smooth, durable rubber-like plastic for a comfortable grip. Ideal helper for arthritic or disabled hands.

#### 3. Button Assist



The Button and Zipper Aid has a specially formed stainless steel wire loop that is inserted through the button hole and hooks over the button to allow it to be pulled back through the eyelet.

#### 4. Solar Shield Enhancing Eyewear



These sunglasses are great. When you put them on it just enhances and improves visual acuity. Features & Benefits include; Prevents fatigue & discomfort due to intraocular glare, engineered to fit over Rx Frames, Soft temples offer added comfort & a custom fit, Contemporary Lightweight Design, and Lenses Block 100% UVA/UVB Light.

#### 5. TV Ears



TV Ears has 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.

For more information, please call Charlene @ 203-



# Hollywood Movie

## Bio & Talk



**Thursday  
February 14,  
2019  
12:30pm**

### “War Horse”

**Director:**

[Steven Spielberg](#)

**Writers:**

[Lee](#)

[Hall](#) (screenplay), [Richard](#)

[Curtis](#) (screenplay) |

**Stars:**

[Jeremy Irvine](#), [Emily Watson](#), [David Thewlis](#) |



### Storyline

On the outbreak of the First World War, Albert's beloved horse 'Joey' is sold to the Cavalry by his Father. After being sent to France, in a bid to survive, Joey has an unexpected journey across war torn Europe. Albert enlists in the British Army, and is wounded during the Battle of the Somme. Whilst recovering in Hospital, he learns of a Horse, found in no man's land.

**Motion Picture Rating ([MPAA](#))**

Rated PG-13 for intense sequences of war violence

### Box Office

**Budget:**

\$66,000,000 (estimated)

**Opening Weekend USA:**

\$7,512,000, 23 December 2011, Wide Release

**Gross USA:**

\$79,884,879, 3 May 2012

**Cumulative Worldwide Gross:**



## SURVIVING A BROKEN HEART

Researchers find new way to  
identify those at risk

When Debbie Reynolds died one day after her daughter, Carrie Fisher, many suspected it was from “broken heart syndrome.” Now, researchers have found what causes the condition and, with testing, can identify who's at risk. Broken heart syndrome happens when, under extreme stress, the heart changes shape as the left ventricle weakens, causing parts of it to balloon out. Symptoms can mimic a heart attack, but the American Heart Association (AHA) says an electrocardiogram can show a distinct difference. “in broken heart syndrome, symptoms occur suddenly after extreme emotions or physical stress,” the AHA says. Most patients survive when under a doctor's care. The AHA recommends testing for those who feel chest pains while dealing with emotional trauma or depression.

### WHY GET A HEARING TEST?



Uncorrected hearing loss leads to higher hospitalization rates and health care costs, according to new research from Johns Hopkins University in collaboration with AARP. The study looked at health data of 150,000 people age 50 and over. It found that over a period of 10 years, individuals with untreated hearing loss had a 52% greater risk of dementia, a 41% higher risk of depression and an almost 30% greater risk of falls than those with no hearing loss.



## FREE MATINEE AT TAFT SCHOOL

Wednesday, February 13, 2019



Taft School is pleased to invite you to our free winter matinee performance of *The Curious Incident Of The Dog In The Night-Time*, adapted by Simon Stephens from the novel by Mark Haddon. A neighbor's dog dies and 15-year-old Christopher (who has an extraordinary mind but is challenged by everyday life) embarks on a quest to solve the mystery that takes him on a thrilling journey, forever changing his life.

It won the 2015 Tony Award for Best Play.

The date is WEDNESDAY, February 13 at 1 pm.  
(approximately 2 hrs)

Bus will leave the Middlebury Senior Center at 12:00noon. Please call 203-577-4166 to reserve your seat.

## LUNCH & LEARN

Thursday, February 21, 2019



11:30am



## FCC SEEKS ROBOCALL CRACKDOWN

The avalanche of unwanted robocalls has prompted the Federal Communications

Commission (FCC) to challenge American's phone companies to find ways to eliminate as many of the calls as possible.

FCC chairman Ajit Pai has urged top telecommunication companies to employ technology to prevent "spoofing"—an illegal practice that hides the origin of a robocall and can make it appear the call is coming from a local number.

About \$8.9 billion is lost to robocalls scams every year, according to a report conducted for Truecaller, a caller ID company.



## THE STAY WARM CAM-PAGIN

Text option now available!

If you are struggling to pay your energy bills.

Through February 2019, Eversource customers can text 'CTWARM' to 898211 to connect to their local CAA and apply for CT Energy Assistance program.

First, text CTWARM TO 898211 to connect with your local CAA. Next, apply for CEAP funding assistance, and after qualifying for CEAP assistance, have CEAP funds applied to your bill to reduce your balance.





## Senior Lunch

Lunch is available at the Senior Center on Tuesday, 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 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

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 &

## Nutritional Cooking Classes



Join us every Friday at 10:00 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.**



## Fraud Watch

### ***HOW DO SCAMMERS KNOW SO MUCH ABOUT ME?***

***They're good sleuths, but too often we give our data away.***

How do scammers know so much about us? Many don't understand how they get on the radar of crooks. Here are some of the ways:

- ❑ **I frequently enter contests.** Online contests are gateways to unwanted sales pitches. Not only do marketers collect information like name, age and address, they may learn other things—that you like to travel or are buying a car. Also, they know you believe in luck. That could make you a target.
- ❑ **I mail in warranty cards.** Ever notice when you fill out a warrant card for a toaster or coffee maker that it requests information like how much money you make? It is likely that your information is being sold to others, either legitimately or as part of a scam.
- ❑ **I fill out lots of surveys.** Did you recently fill out a questionnaire rating your stay at a hotel or the service at a restaurant? Selling survey data is big business, and marketing firms and even criminals can learn a lot about you based on travel preferences, what type of home you own or what car you drive.
- ❑ **I share personal updates on Facebook.** Scammers turn to social media postings to learn more about those they've targeted. So be prudent: Don't post personal info, narrow who can see your posts and avoid posting real-time updates about your whereabouts.
- ❑ **I live in the United States.** Many public records are available at the federal, state, county and city levels, including census data, property information, criminal records, bankruptcies and tax liens. Private companies can pull together all this information on you and sell it to anyone. And it's 100% legal.
- ❑ **I toss my mail.** Shred all mail that has your name and address, account numbers, or other personal data. If you don't have a home shredder, save your papers for a neighborhood shredding event. Messy garbage won't deter a bad guy.
- ❑ **Someone in my family has died recently.** Obituaries are prime hunting ground for scammers, who learn the names of vulnerable widows, widowers, children or grandchildren. Honor the dead, but keep personal information in obituaries to a minimum.

### **16.7 MILLION PEOPLE HAD IDENTITIES STOLEN IN 2017**

Are unsolicited phone calls driving you crazy?

Best advice: Sign up for the National Do Not Call Registry, **DoNotCall.gov**. This won't stop all illegal calls, but it'll cut down on nuisance sales calls. Don't pick up the phone unless you know who is calling. Important callers will leave a message. On cellphones, you can download apps that warn you about who is calling. Go to the Apple App Store or Google Play and search for call-blocking programs. Some cost money, some are free.

For certain landlines, **nomorobo.com** can help stop robocalls. If you enter contests or sign up for things that ask for your number, it will most likely be shared around.



## H1N1: Prevention & Treatment



There is a vaccine available now to protect against the H1N1 virus. A vaccine to protect against seasonal influenza.

There are everyday actions that can help prevent the spread of germs that cause respiratory illnesses like influenza.

### **Take these everyday steps to protect your health:**

- ♦ Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- ♦ Wash your hands often with soap and water. If soap and water are not available, use an alcohol based hand rub—sanitizer.
- ♦ Avoid touching your eyes, nose or mouth. Germs spread this way.
- ♦ Try to avoid close contact with sick people.
- ♦ If you are sick with flu-like illness, the CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone without the use of a fever-reducing medicine.) Keep away from others as much as possible to keep from making others sick.

### **Contamination—Cleaning**

To prevent the spread of influenza virus it is important to keep surfaces (especially bedside tables, surfaces in the bathroom, kitchen counters and toys for children) clean by wiping them down with a household disinfectant according to directions on the product label.

### **If you get sick**

If you become ill with influenza like symptoms, including fever, body aches, runny or stuffy nose, sore throat, nausea, or vomiting or diarrhea, you should stay home and avoid contact with other people. CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care

### **There are medicines to treat the H1N1 infection**

CDC recommends the use of oseltamivir or zanamivir for the treatment and/or prevention of infection with the H1N1 flu virus. Antiviral drugs are prescription medicines that fight against the flu by keeping flu viruses from reproducing in your body. If you get sick, antiviral drugs may keep your illness milder and make you feel better faster. They may also prevent serious flu complications. During the current pandemic, the priority use for influenza antiviral drugs is to treat severe influenza illness (for example, hospitalized patients) and people who are sick or have a condition that places them at high risk for serious flu-related complications.

### **In adults, emergency warning signs that need urgent medical attention include:**

- ♦ Difficulty breathing or shortness of breath
- ♦ Pain or pressure in the chest or abdomen
- ♦ Sudden dizziness
- ♦ Confusion
- ♦ Severe or persistent vomiting
- ♦ Flu-like symptoms improve a bit then return with fever and worse cough.



## BEATING THE WINTER BLUES

Here are some great strategies to help you avoid or overcome a winter slump.....



During winter months, it's not unusual for some people to experience low energy, feelings of sadness or isolation. Shorter days and less sunlight can contribute to a sluggish mood. But why? Daylight lets your body know when you should be awake and asleep. So, more sunlight makes you alert, and less sunlight makes you groggy. As a result, you may crave com-

fort foods, lack interest in your usual hobbies and have less energy to exercise during winter. But giving in to unhealthy habits can negatively affect your health and cause extra stress.

- \* **Eat a healthy diet:** Feeling blue can make you desire foods high in fat, carbohydrates and sugar. But try to resist temptation. A diet high in sugars and carbohydrates may make you feel energized initially, until your blood sugar drops. In the long run, your feelings of tiredness and low-mood may be made worse. Instead, try eating a diet higher in lean proteins, vegetables, grains and nuts.
- \* **Get regular exercise:** When it's cold out, you might be tempted to stay in bed, but don't give in! Any amount of exercise is great for you and moving releases the "feel-good" chemicals our body produces. Besides strengthening the immune system, exercise improves balance, which can help to prevent falls. Exercise helps maintain a healthy weight and has been found to reduce many types of cancer. Even when it's too cold or snowy to exercise outside there are many exercise programs you can do safely inside.
- \* **Try sun therapy:** Winter usually means less light and more darkness, making you want to hibernate. Instead, get outside when the sun is shining (and be sure to wear sunscreen), or if you must stay inside, sit by a window when you can. Exposure to sunlight wakes your body up and can be stimulating to your mood. A walk on a sunny afternoon might be just what you need. If you can't get outside, many people benefit from a device called a "light box" that can be used indoors to provide "light therapy" for short periods each day. If you think it might help you, ask your doctor about it.
- \* **Increase social interactions:** Being around family and friends can boost your mood and help motivate you to do the things you enjoy. Ask a friend to go to the movies or grab a cup of tea with a co-worker. Try to keep in touch with people you care about and accept any invitations you get to social events, even if you only go for a little while. You may laugh more, worry less and gain a positive outlook. Plus, reaching out to a friend may benefit your friend just as much as it benefits you! Organizing a small telephone network for daily calls can help you and friends.
- \* **Get enough sleep:** Sleep restores us. It allows our minds and bodies to rest and heal. When we get too little, or too much sleep it can affect mood, memory and our ability to focus. We should all try to get around 8 hours of sleep at night and minimize napping during the daytime. It's also helpful to try going to bed, and waking around the same time each day, even on the weekends.
- \* **Practice relaxation techniques:** Anxiety and stress often accompany a winter slump. And both are damaging to your health. To boost your energy and mood, try to relax. Just five minutes of meditation can help you manage stress. Some examples of helpful relaxation techniques are guided imagery, progressive muscle relaxation, yoga or massage. If your symptoms are severe or persist into the spring and summer, talk to a mental healthcare professional. There may be more effective therapies or medications.

**The best way to prevent the blues? Try to engage in these healthy behaviors all year. You'll likely feel better physically, maintain a healthier weight and may reduce cancer risk—and enjoy better mood.**





## Spectacular Landscaped Garden & Horticulture Competition by the Federated Garden Clubs of Connecticut, Inc.

Thursday, February 21, 2019

Spring in February arrives annually at the *Connecticut Convention Center*. Explore over 300 booths overflowing with fresh flowers, plants, herbs, bulbs, seeds, gardening books, garden equipment & much more. View beautifully landscaped gardens. Visit the Federated Garden Clubs of Connecticut design & horticulture competition.

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ers, Floral Design, Garden Ornaments, Landscape Design, Native Plants, Organics, Pollinators, Perennials, Weed Prevention, Vegetable Gardening and many more.

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## GEORGE AND GRACIE SEVEN ANGELS THEATER

Thursday,  
February  
21, 2019



A nostalgic  
and hilarious  
look back at  
the famous  
husband and  
wife comedy

team: George Burns and Gracie Allen. Award winning actors

R. Bruce Connelly and

Semina

De Laurentis reunite in a sequel to the triumphant 2017 production: **GEORGE & GRACIE: THE EARLY YEARS**. Join George and Gracie, their neighbors Blanche and Harry and other guests in this all new sequel production that brings back the inimitable comedy of Burns and Allen.

Join us for a fun afternoon while we head for the Seven Angels Theatre on Thursday, February 21, 2019 for a nostalgic and hilarious look back at the famous husband and wife comedy team.

Bus will leave the Middlebury Senior Center at 1:30pm for the



# February is American Heart Month

**Heart disease is the leading cause of death for both men and women, but heart disease is preventable and controllable.**



Every journey begins with one step, whether it's climbing a mountain or preventing heart disease. This American Heart Month, CDC is offering weekly tips for better heart health. Take your first step on the road to a healthy heart with us.

Heart disease is a major problem. Every year, about 715,000 Americans have a heart attack. About 600,000 people die from heart disease in the United States each year—that's 1 out of every 4 deaths. Heart disease is the leading cause of death for both men and women.<sup>1</sup>

## Heart attack symptoms

The five major symptoms of a heart attack are

- Pain or discomfort in the jaw, neck, or back.
- Feeling weak, light-headed, or faint.
- Chest pain or discomfort.
- Pain or discomfort in arms or shoulder.
- Shortness of breath.

If you think that you or someone you know is having a heart attack, call 9–1–1 immediately.

The term “heart disease” refers to several types of heart conditions. The most common type in the United States is coronary heart disease (also called coronary artery disease), which occurs when a substance called plaque builds up in the arteries that supply blood to the heart. Coronary heart disease can cause heart attack, angina, heart failure, and arrhythmias.

Cardiovascular disease, including heart disease and stroke, costs the United States \$312.6 billion each year. This total includes the cost of health care services, medications, and lost productivity. These conditions also are leading causes of disability, preventing Americans from working and enjoying family activities.

The situation is alarming, but there is good news—heart disease is preventable and controllable. We can start by taking small steps every day to bring our loved ones and ourselves closer to heart health. CDC is providing a tip a day throughout February, but you can take these small steps all year long.

## One Step at a Time

As you begin your journey to better heart health, keep these things in mind:

- **Don't become overwhelmed.** Every step brings you closer to a healthier heart.
- **Don't go it alone.** The journey is more fun when you have company. Ask friends and family to join you.
- **Don't get discouraged.** You may not be able to take all of the steps at one time. Get a good night's sleep and do what you can tomorrow.

**Reward yourself.** Find fun things to do to decrease your stress. Round up some colleagues for a lunchtime walk, join a singing group, or have a healthy dinner with your family or friends.





## Valentine's Day February 14, 2019 HISTORY

One theory about the origin of Valentine's Day dates back to ancient Rome and a priest named Valentine. He performed marriages in violation of emperor Claudius II's orders. Claudius had forbidden marriages for fear men would not leave their wives to fight in the army.

Another theory of this holiday's origin is the people of ancient Roman honored Juno, Queen of Roman gods and goddesses on February 14. Juno was considered the goddess of women and marriage. Names of young girls were written on slips of paper and placed in jars. Each young man drew a name and that girl was his partner at the Feast of Lupercalia festival the following day and for social functions over the next year. There is also a medieval folk tradition which maintained that the springtime mating of birds took place on Valentine's Day.

Credit for the first Valentine verses is often given to the imprisoned Charles, Duke of Orleans. He is thought to have sent his wife romantic poems from an English cell on Valentine's Day. Printed greeting cards specially made for the holiday did not appear until the 18th century. By the 1780's, printed cards became common especially in Germany where they were called *freundschaftskarten* or "friendship cards."

The U.S. celebrates Valentine's Day with gifts of cards, chocolates, and flowers. In Great Britain, Children receive small gifts and sing special songs. The traditional food is the Valentine bun baked with caraway seeds and plums or raisins. In Spain it is a family holiday, and in Italy, it is a feast day. Danish children distribute paper snowflakes anonymously. In El Salvador, people send notes to "secret friends."



## Red Velvet Cheesecake

We took the red velvet cake we love and gave it a creamy twist. Don't let the red color fool you: The flavor is all chocolate.

Makes: 20 servings: Prep 45 mins: Chill 4 hrs  
Cool 1 hr :Bake 1 hr

Top of Form

Bottom of Form

### Ingredients

1 pound milk chocolate, chopped

1/2 cup butter

1 9 - ounce package chocolate wafer cookies (40 to 45 cookies)

1 cup semisweet chocolate pieces

1 cup slivered almonds

1/2 cup packed brown sugar

1/2 cup butter, melted

4 8 - ounce packages cream cheese, softened

1 8 - ounce carton dairy sour cream

1/3 cup granulated sugar

1/3 cup buttermilk

1 1 - ounce bottle red food coloring (2 Tbsp.)

4 eggs

2 egg yolks

Chocolate leaves (optional)

Powdered sugar (optional)

Unsweetened cocoa powder (optional)

Fresh raspberries and/or small whole strawberries (optional)

### Directions

In a medium saucepan, melt chocolate and 1/2 cup butter over low heat; transfer to a bowl and cool completely.

Place wafer cookies, chocolate pieces, almonds and brown sugar in a large food processor. Cover and process until finely ground. Add the 1/2 cup melted butter; cover and process until well combined.

Transfer crumbs to a 10x3-inch springform pan with a removable bottom. Press crumbs onto bottom and up the sides of the pan, leaving a 1/2-inch space at the top of the pan. Set aside.

**For filling:** In a very large mixing bowl, beat the cooled chocolate mixture, cream cheese, sour cream, sugar, buttermilk and red food coloring with an electric mixer on medium to high speed until combined. Add 4 eggs and 2 egg yolks all at once. Beat on low speed just until combined.

Pour filling into crumb-crust lined springform pan.

Place springform pan in a shallow baking pan on the oven rack. Bake in a 350 degree F oven about 1 hour, or until 2 inches of outside edge appear set when shaken gently.

Remove springform pan from baking pan. Cool cheesecake in pan on a wire rack for 15 minutes. Use a small metal spatula to loosen cheesecake from sides of pan. Cool 30 minutes more. Remove sides of pan. Cool for 1 hour; cover and chill at least 4 hours.

To serve, use a paper doily to decoratively sift powdered sugar and cocoa powder on the top, if you like. Garnish the center with chocolate leaves and fresh raspberries, if you like. Clean knife between



# **FEBRUARY IN HISTORY**

## **10 YEARS AGO (2009):**

- ♦ The Pittsburgh Steelers won their sixth Super Bowl. They defeated the Arizona Cardinals, 27-23.
- ♦ *Slumdog Millionaire* won Academy Awards for Best Picture, Best Original Score, and Best Director.
- ♦ A privately-owned U.S. satellite and Russian military satellite collided over Siberia. It scattered space debris in orbits 300 to 800 miles above the Earth.

## **20 YEARS AGO (1999):**

- ♦ General Hospital won the Soap Opera Digest Award.
- ♦ The New Carissa, an oil freighter, ran aground and broke apart on a beach near Coos Bay, OR during a storm.
- ♦ The R.S. Senate acquitted Bill Clinton in his impeachment trial.

## **30 YEARS AGO(1989):**

- ♦ Barbara Harris was the first woman consecrated as a bishop of the Episcopal Church in the U.S.
- ♦ Kareem Abdul-Jabbar became the first NBA player to score 38,000 points. When he left the game in 1989 at age 42, no NBA player had ever scored more points, blocked more shots, won more most valuable player awards, played in more All-Star Games, or logged more seasons.
- ♦ *Miami Vice*'s 100th episode was broadcast on TV.

## **40 YEARS AGO (1979):**

- ♦ During the early morning on February 13, an intense wave cyclone moved across southern Vancouver Island, BC and was carried across Washington with associated high winds. Subsequently, Washington's Hood Canal Bridge broke up.
- ♦ A total solar eclipse occurred in North America.
- ♦ The Mardi Gras celebration in New Orleans, LA was canceled due to a strike by the New Orleans Police Department.
- ♦ *YMCA* by the Village People and *Da Ya Think I'm Sexy?* By Rod Stewart peaked on the pop singles chart.
- ♦ The mini-series, *Roots*, premiered on TV.
- ♦ Snow fell in the Sahara Desert. (It has happened only two times since then.)

## **50 YEARS AGO (1969):**

- ♦ The last edition of *The Saturday Evening Post* was published after 147 years.
- ♦ The Boeing 747 made its maiden flight.
- ♦ Approximately 400 Major League Baseball players boycotted spring training over owners' refusal to increase their pension-fund contributions. It was settled later in the month.
- ♦ John Madden was named head coach of NFL's Oakland Raiders.
- ♦ A meteorite weighing more than one ton fell in Chihuahua, Mexico.
- ♦ Golda Meir was sworn in as the first female Prime Minister of Israel.

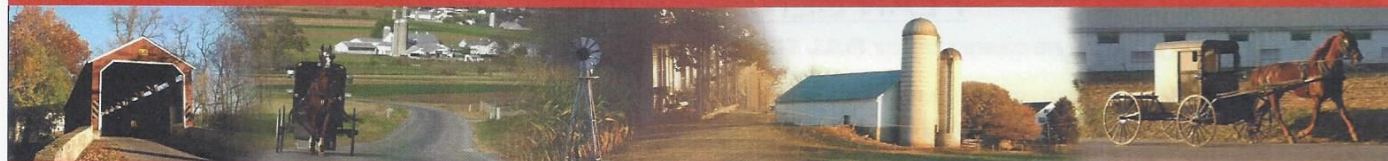
## **100 YEARS AGO (1919):**

- ♦ There was a five-day general strike by more than 65,000 workers in Seattle, WA. It lasted from February 6 to 11. Dissatisfied workers in several unions began the strike to gain higher wages after wage controls during World War I.
- ♦ United Parcel Service formed.
- ♦ The Fascist Party was formed in Italy by Benito Mussolini.
- ♦ Oregon became the first state to tax gasoline at 1cent per gallon.
- ♦ Congress voted to establish the Grand Canyon National Park in Arizona.



# MIDDLEBURY SENIOR CENTER PRESENTS

## Lancaster Show Trip & the Dutch Country



### INCREDIBLE PRICE INCLUDES:

- ◆ Motorcoach transportation
- ◆ 2 nights lodging
- ◆ 4 meals: 2 breakfasts and 2 dinners
- ◆ Admission to the JESUS Show at the Sight & Sound® Millennium Theatre®
- ◆ Admission to the "OVATION" Show at the American Music Theatre
- ◆ Visit to charming KITCHEN KETTLE VILLAGE
- ◆ Admission to THE AMISH EXPERIENCE & JACOB'S CHOICE AT THE F/X THEATRE
- ◆ and much more

**\$325 \***

**3 DAYS 2 NIGHTS**

PER PERSON, DOUBLE OCCUPANCY

**(Wed - Fri)**

**May**

**22 - 24, 2019**

### Departure: Middlebury, CT @ 8 am

**Day 1:** Board your spacious, restroom and video equipped Motorcoach and set off for Lancaster in the heart of Pennsylvania Dutch Country. This afternoon, you will head to Lancaster's famous American Music Theatre for "OVATION". An all-new Original Show highlighting their renowned singers, dancers, and orchestra in all their glory. This live music event features their expanded, highly acclaimed AMT orchestra surrounding you with sound, a cutting-edge stage experience that elevates the action, and the outstanding cast filled with some of the best voices and dancers in the nation — all in a grand, magnificent AMT production that audiences will love and have come to expect. Experience a breathtaking journey that celebrates popular classic and contemporary musical hits featuring your favorite songs backed by a dynamic orchestra and incredible vocalists. Ovation is a dazzling masterpiece! Tonight, enjoy Dinner before checking into your hotel for a 2 night stay.

**Day 2:** Today after enjoying a Continental Breakfast, you will go to THE AMISH EXPERIENCE attraction. The Amish Country Homestead is a reflection of their commitment to accurately and sensitively portray the Old Order Amish as they live and work in today's world. The Homestead is the home of the fictional Amish family of Daniel and Lizzie Fisher, whom you have gotten to know in the Amish Experience Theater's "Jacob's Choice." Inside the Homestead, learn of Amish traditions and practices, plain clothing and life without electricity. The Fisher One-Room School is attached to the house and filled with authentic desks and furnishings from an actual Amish school. You'll learn the tradition of teaching eight grades in one room. From the pantry stocked full of freshly canned vegetables to the family's plain clothes... from propane-powered lamps to air-compressor driven appliances...the Fisher Family Homestead truly provides insights into the complex riddles of a culture so very different from our own. This afternoon, Sight & Sound Theatres invites you to experience JESUS. The greatest rescue story of all time! Jesus is the action-packed musical stage adventure that takes you on a miraculous journey alongside the most famous person to ever walk the earth, and the everyday people whose lives he changed forever. Tonight enjoy Dinner and head back to your hotel.

**Day 3:** After enjoying a Continental Breakfast, you will head to KITCHEN KETTLE VILLAGE – a charming marketplace of shops and restaurants. Then, you'll depart for home... a perfect time to chat with your friends about all the fun things you've done, the great shows you've seen, and where your next group trip will take you!

### ADD PEACE OF MIND TO YOUR TRIP...

With Diamond Tours Exclusive Travel Confident® Protection Plan if you have to unexpectedly cancel or cut your plans short. See back for details...

**\$75 Due Upon Signing. \*Price per person, based on double occupancy. Add \$75 for single occupancy.**

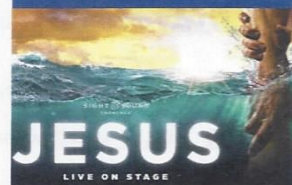
**Final Payment Due: 3/15/2019**

### FOR INFORMATION & RESERVATIONS CONTACT:

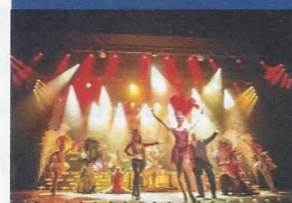
**Angela Leveille @ (203) 577-4166**

**Diamond Tours® inc.**

Bringing Group Travel to a Higher Standard®



**JESUS Show at Sight & Sound® Millennium Theatre®**



**Enjoy the "OVATION" Show at the American Music Theatre**



**Experience the Amish lifestyle**



**Enjoy a Taste of Local Jams**



Put Your *Mind at Ease* on the Next Trip...

with the

## Travel Confident® Protection Plan!

Travel Insurance - Same Price - *Regardless of Age!*

### PLAN BENEFITS INCLUDE:

**Trip Cancellation:** You are covered for your **FULL TOUR COST** in the event you must cancel your trip for one of the reasons below.

**Trip Interruption:** You are covered for reimbursement of your fare to travel home and your unused prepaid tour cost (the total not to exceed your total tour cost), when you must leave your trip early for one of the following reasons:

**Sickness, Injury or death** to you, a traveling companion, a family member, or a business partner

**Jury Duty** or being required to appear as a witness in a legal action

**A Strike** that causes services to cease for at least 48 hours

**Losing Your Job** where you have worked for at least 3 years

**Terrorist Attack, Hijack or Quarantine**

**Weather** that causes your common carrier to cease operations for at least 48 hours

**Fire, Flood or Natural Disaster** that causes your home to become uninhabitable

**Burglary** of your home within 10 days of departure

**Getting into a Traffic Accident** on your way to your trip's departure point

**You are covered for the "single supplement" surcharge if your roommate cancels for one of the above reasons.**

#### QUESTIONS? CALL 1-866-684-0218

##### 2 EASY Ways to Sign Up:

- 1.) MAIL** - Give a check to your Group Leader in the amount indicated by the table made out to "Travel Insured International" **OR**
- 2.) INTERNET** - Sign up at [www.travelconfident.com](http://www.travelconfident.com)

Trip Cost (per person)	Travel Confident® Cost (per person)
Up to \$500	= \$35
\$501 - \$600	= \$45
\$601 - \$700	= \$59
\$701 - \$1,100	= \$69
\$1,101 - \$1,500	= \$94
\$1,501 - \$2,000	= \$129

[www.travelconfident.com/exclusions.aspx](http://www.travelconfident.com/exclusions.aspx)

#### RECEIVE THIS BENEFIT!

**ACT NOW** so you are eligible for **PRE-EXISTING CONDITION** coverage! You must purchase your Travel Confident Protection Plan within **14** days of writing your check for your initial trip deposit.  
Review the complete terms in the exclusion section of your policy.

**Baggage Benefit - Up to \$1,000!** If your baggage is lost, stolen or damaged!

**Medical Expense - Up to \$5,000!** If you are injured or become ill on the trip. You also are covered for up to \$750 in emergency dental treatment.

**Emergency Medical Evacuation - Up to \$20,000!** Should a severe illness require immediate care and a local hospital cannot meet your needs, you are eligible for transportation to the nearest hospital with appropriate treatment. A toll-free call to 1-888-268-2824 starts the arrangements. If you are traveling alone, you are also covered for the air fare of a companion to join you at the hospital (providing you are in the hospital for at least 7 days).

**24/7 Assistance Services included:** Lost Baggage Retrieval • Emergency Cash Advance • Medical or Legal Referrals  
• Prescription Drug/Eyeglass Replacement • Translation Services • Payment to the Assistance Company is Your Responsibility.

#### **\*\* TIPS FOR TRAVELERS: \*\***

- Cancel with your Group Leader as soon as you are aware of the need to cancel.
- In the event you need to file a claim, contact Travel Insured International at 866-684-0218 as soon as possible. Be prepared to provide the insurance company with proof of payments for all portions of your trip, including the insurance.
- Get detailed medical statements from treating physicians where and when an accident or sickness occurred. Save your receipts, proof of all payments and proof of insurance. Pay by check or credit card when you can.
- If you have purchased the Travel Confident Protection Plan, for emergency medical evacuation call the Assistance Company at 888-268-2824 or collect at 202-296-8720. Be sure to call before you incur any expenses!

**\*\* Please remember - this Flyer IS NOT your insurance policy. Be sure you receive a copy of your policy and read it before your trip. See your Group Leader or visit [www.travelconfident.com](http://www.travelconfident.com) to obtain a copy. \*\***

This is a brief summary of benefits under the Plan. The benefits are subject to the provisions, limitations and exclusions of the Policy. Refer to Your Policy for complete details. Plans are underwritten by the United States Fire Insurance Company. The Crum & Forster group of companies is rated A (Excellent) by AM Best Company 2012. Not all coverage is available in all jurisdictions. Travel Assistance Services are provided by an independent organization and not by United States Fire Insurance Company or Travel Insured International.



## **AARP Driver Safety Program**



**Monday,  
March 4, 2019  
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/>



### **St. Patrick's Day Luncheon & Entertainment.**

**Wednesday, March 20, 2019**

**11:30—1:00pm**

Join us for a St Patrick's Day holiday luncheon and entertainment by the Oxford Senior Center Bell Choir.

**Lunch is \$3.50 per person**

**Entertainment is Free.**



### **St. Patrick's Day Luncheon and Bingo**

**Saturday, March 9, 2019**

**12:30 pm luncheon followed by Bingo**

**Father Fanning Hall, St. John of the Cross**

**RSVP February 28, 2019**

**Transportation provided by Middlebury  
Senior Center**

**This event is free to participants and is  
sponsored by the St. John of the Cross**



NEW ENGLAND ACCORDION



CONNECTION & MUSEUM COMPANY

**Middlebury Senior Center presents:**

**“Accordion Stories from the Heart”**

**Friday, April 26, 2019**

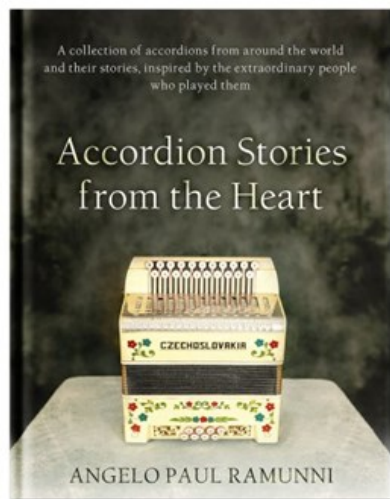
**10:30—1:00pm**

### **Book Signing & Mini-Concert**

with author Angelo Paul Ramunni, creator of the New England Accordion Connection & Museum in Canaan, Conn., Friday, April 26, 10:30 a.m. to 12:30 p.m.

Free. Mr. Ramunni will share stories from his newly-released book and perform a variety of accordion songs. The event will be held in auditorium of the Shepardson Community Center at 1172 Whittemore Road in Middlebury.

For information on the Middlebury Senior Center, visit <https://www.middlebury-ct.org> or call 203-577-



4166.



## **Two for One**

On Wednesday, May 15, 2019, we are going to Deerfield MA to visit the



### **Magic Wings Conservatory & The Yankee Candle Village**

Cost for both is \$30 includes Admission and Transportation

Thousands of butterflies, gifts and Monarch's Restaurant

Magic Wings

A beautiful sight of colorful butterflies, flowers and other small creatures inside the glasshouse.

You walk through a very large green house with different sections and you get to experience thou-





## HAPPY BIRTHDAY February 2019

Melvin Cieciora 1<sup>st</sup>

Suzanne Meyers 1<sup>st</sup>

Richard Kramer 1<sup>st</sup>

Phyllis Santoro 2<sup>nd</sup>

Renato Gugliotti 2<sup>nd</sup>

Mary Anne McCormack 2<sup>nd</sup>

Anne McCutchan 3<sup>rd</sup>

Norma Gregory 3<sup>rd</sup>

Genove Ryan 3<sup>rd</sup>

Constance Welton 3<sup>rd</sup>

Helen DiStasio 4<sup>th</sup>

Ellen Parker 4<sup>th</sup>

Walt Jonsson 4<sup>th</sup>

Aurelia Battiste 4<sup>th</sup>

Heidi Pianka 4<sup>th</sup>

Andrew Gorniak 4<sup>th</sup>

Palma Recchia 4<sup>th</sup>

Carolyn Falk 4<sup>th</sup>

Carol Womelsdorf 5<sup>th</sup>

Bernice Kindle 5<sup>th</sup>

Joan Maloney 6<sup>th</sup>

Marilyn Shea 6<sup>th</sup>

Sue Laliberte 6<sup>th</sup>

Diana Rinaldi 7<sup>th</sup>

Corrine Fabian 7<sup>th</sup>

Joseph Morreale 9<sup>th</sup>

Johanna Morelli 9<sup>th</sup>

Ann D'Agostino 10<sup>th</sup>

Erica Ritchie 10<sup>th</sup>

Esther Coviello 10<sup>th</sup>

Ruth Sutton 10<sup>th</sup>

Phyllis Atwood 10<sup>th</sup>

Ronald Fulliero 11<sup>th</sup>

Judy Meglio 11<sup>th</sup>

JoAnn Cappelletti 12<sup>th</sup>

Georgianna Boughton 12<sup>th</sup>

Shirley Yip 13<sup>th</sup>

Ann Bookless 13<sup>th</sup>

Robert Gregorski 13<sup>th</sup>

Frank Dest 14<sup>th</sup>

Giovanni Crudele 14<sup>th</sup>

Lorraine Guerrette 14<sup>th</sup>

Dominic Lavorgna 15<sup>th</sup>

Bernard Barrett 15<sup>th</sup>

Joan Sullivan 15<sup>th</sup>

Joseph Hanngi 15<sup>th</sup>

Dolores Willis 16<sup>th</sup>

Pat Santoro 16<sup>th</sup>

Sue Linnevers 17<sup>th</sup>

Sandy Allen 17<sup>th</sup>

Janet DePinto 17<sup>th</sup>

Dr. Robert Gagne 19<sup>th</sup>

Francis Brennan 20<sup>th</sup>

Ana Carrillo 20<sup>th</sup>

Anthony D'Angelo 20<sup>th</sup>

Anita Rogers 20<sup>th</sup>

Teri DiGiovanna 20<sup>th</sup>

Bob Slater 21<sup>st</sup>

William Nolan 21<sup>st</sup>

Janet Schweider 22<sup>nd</sup>

Jill Fisher 22<sup>nd</sup>

Elizabeth Owens Dwy 22<sup>nd</sup>

Lewis Clark 22<sup>nd</sup>

Susan Kelly 22<sup>nd</sup>

Carol Shortell 22<sup>nd</sup>

Susan Carella 23<sup>rd</sup>

Judi Wood 23<sup>rd</sup>

John Casimiro 23<sup>rd</sup>

Loretta Vierra 24<sup>th</sup>

Mary Mancini 24<sup>th</sup>

Lynn Dayton 24<sup>th</sup>

Lynette Bernier 25<sup>th</sup>

Shelley Tylec 25<sup>th</sup>

Dorothy Montagano 25<sup>th</sup>

Walter Vitkauskas 26<sup>th</sup>

Marie Sherer 26<sup>th</sup>





# February



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Portuguese grilled chicken/onion & tomato Boiled potato Spinach dinner roll Fruited jello Orange juice
4 Tomato basil soup/crx Chicken Picatta Mashed potato Green beans Wheat dinner roll Fruit cocktail	5 <b>Chinese New Year</b> Teriyaki chicken Rice Oriental blend vegetable Oatmeal bread Mandarin oranges	6 Grandiole/sauce & cheese Broccoli Mixed vegetables Garlic breadstick Fresh fruit	7 Roasted turkey / gravy Cranberry sauce Stuffing Peas Wheat bread Applesauce	8 Meatballs/sauce Rice & Kidney beans Carrots Biscuit Fresh fruit
11 Veal parmesan Bowtie pasta/sauce Parmesan cheese Zucchini & tomato Italian bread Peaches	12  Center Closed	13 Lentil soup/crx Tuna salad on wheat bread Macaroni salad Broccoli slaw Chocolate pudding/topping Grape juice	14 <b>VALENTINES DAY</b> Chicken Kiev Au gratin potato Green beans Wheat dinner roll Juice Holiday cake	15 Spanish beef stew White rice Carrots Biscuit Marble cake Fruit juice
18  Center Closed	19 Chicken pot pie/biscuit Carrots Green beans Baked apple slices	20 Eggplant rollatini Penne pasta/sauce Italian vegetable blend Parmesan cheese Garlic bread stick Fresh fruit	21 French onion soup/Swiss Meatloaf / gravy Acorn squash Peas & carrots French bread Pineapple	22 Spanish baked fish Yucca Roman blend White bread Pears
25 Tuna noodle casserole Stewed tomato Zucchini Wheat bread Fresh fruit	26 Chicken marsala Penne pasta/ sauce Parmesan cheese Green beans Italian bread Apricots	27 Butternut Squash soup/crx Spinach quiche Roasted sweet potato Winter blend vegetables Wheat bread Applesauce	28 Stuffed pepper Smashed potato Glazed carrots Rye bread Mixed fruit juice BIRTHDAY CAKE	Suggested donation is \$3.50 per meal



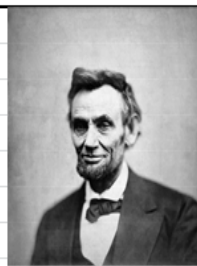



Lunch Reservations three (3) days in advance, please  
Pool Table available daily

Lunch donation - \$3.50  
Lunch Served at 11:45

Middlebury Senior Center  
203-577-4166

## February 2019

Monday	Tuesday	Wednesday	Thursday	Friday
				
4	5	6	7	8
	9:00 Billiards	8:00 Tai Chi	9:00 Billiards	
9:00 Billiards	9:30 Computer Training	9:00 Table Tennis	10:30 Yoga	
10:30 Mah Jongg	9:30 Yoga	9:00 Billiards	10:30 Dance class	9:00 Billiards
10:30 Pilates	10-12 Blood Pressure	9:15 Tai Chi	10:30 Mah Jongg	9:30 Painting Class
	10:30 Mah Jongg	10:30 Mah Jongg	11:00 Losing Weight w/ Eliz	11:00 WII Bowling
	12:30 Bridge Club	10:30 Pilates	12:30 Bridge Club	12:00 Adult Strengthening
	5:30 Mah Jongg		1:00 Mah Jongg	12:30 Bridge Club
		Minibus to Brass City Mall		
11	12	13	14	15
		8:00 Tai Chi		
9:00 Billiards		9:00 Table Tennis	9:00 Billiards	9:00 Billiards
10:30 Mah Jongg		9:00 Billiards	10:30 Yoga	9:30 Painting Class
10:30 Pilates		9:15 Tai Chi	10:30 Dance class	11:00 WII Bowling
		10:30 Mah Jongg	10:30 Mah Jongg	12:00 Adult Strengthening
		10:30 Pilates	11:00 Losing Weight w/ Eliz	12:30 Bridge Club
		Taft School Matinee	12:30 Bridge Club	
	Center Closed	Minibus to Brass City Mall	12:30 Hollywood with Tom	
			1:00 Mah Jongg	
18	19	20	21	22
	COA Meeting	9:00 Hearing Screening	Flower Show	
	9:00 Billiards	8:00 Tai Chi	9:00 Billiards	
	9:30 Computer Training	9:00 Table Tennis	10:30 Yoga	9:00 Billiards
	9:30 Yoga	9:00 Billiards	10:30 Dance class	9:30 Painting Class
	10-12 Blood Pressure	9:15 Tai Chi	10:30 Mah Jongg	11:00 WII Bowling
	10:30 Mah Jongg	10:30 Mah Jongg	11:00 Losing Weight w/ Eliz	12:00 Adult Strengthening
	12:30 Bridge Club	10:30 Pilates	12:30 Bridge Club	12:30 Bridge Club
	5:30 Mah Jongg		1:00 Mah Jongg	
Center Closed		Minibus to Brass City Mall	Lunch & Learn	
25	26	27	28	
	9:00 Billiards	8:00 Tai Chi		
9:00 Billiards	9:30 Computer Training	9:00 Table Tennis	9:00 Billiards	
10:30 Mah Jongg	9:30 Yoga	9:00 Billiards	10:30 Yoga	
10:30 Pilates	10-12 Blood Pressure	9:15 Tai Chi	10:30 Dance class	
	10:30 Mah Jongg	10:30 Mah Jongg	10:30 Mah Jongg	
	12:30 Bridge Club	10:30 Pilates	11:00 Losing Weight w/ Eliz	
	5:30 Mah Jongg		12:30 Bridge Club	
			1:00 Mah Jongg	
		Minibus to Brass City Mall		





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
February 2019 Bus Schedule				
Monday	Tuesday	Wednesday	Thursday	Friday
				1
				Medical appointments Senior Center Activities
				No Lunch Today
				MEDICAL EMERGENCIES
4	5	6	7	8
Grocery Shopping Personal shopping medical appointment Senior Center Activities	Medical appointments Senior Center Activities	Medical appointments Senior Center Activities	GWDT DAY Mini bus in town Senior Center Activities	Medical appointments Senior Center Activities
No Lunch Today		Waterbury Mall		No Lunch Today
MEDICAL EMERGENCIES	MEDICAL EMERGENCIES	MEDICAL EMERGENCIES	MEDICAL EMERGENCIES	MEDICAL EMERGENCIES
11	12	13	14	15
Grocery Shopping Personal shopping medical appointment Senior Center Activities	 <b>Center Closed</b>	Medical appointments Senior Center Activities  <b>Taft School Matinee</b> Waterbury Mall	GWDT DAY Mini bus in town Senior Center Activities	Medical appointments Senior Center Activities
No Lunch Today				No Lunch Today
MEDICAL EMERGENCIES		MEDICAL EMERGENCIES	MEDICAL EMERGENCIES	MEDICAL EMERGENCIES
18	19	20	21	22
 <b>Center Closed</b>	Medical appointments Senior Center Activities	Medical appointments Senior Center Activities  Waterbury Mall	GWDT DAY Mini bus in town Senior Center Activities  <b>Flower Show</b>	Medical appointments Senior Center Activities  No Lunch Today
	MEDICAL EMERGENCIES	MEDICAL EMERGENCIES	MEDICAL EMERGENCIES	MEDICAL EMERGENCIES
25	26	27	28	29
Grocery Shopping Personal shopping medical appointment Senior Center Activities	Medical appointments Senior Center Activities	Medical appointments Senior Center Activities	GWDT DAY Mini bus in town Senior Center Activities	Medical appointments Senior Center Activities
No Lunch Today		Waterbury Mall		No Lunch Today
MEDICAL EMERGENCIES	MEDICAL EMERGENCIES	MEDICAL EMERGENCIES	MEDICAL EMERGENCIES	MEDICAL EMERGENCIES