

# 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.

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.

**February  
2020**

### Department Staff

JoAnn Cappelletti Director

Jeanne Generali Dispatcher/Clerk

Angela Leveille Publications &

Terri Markie Bus Driver

Sean Howard Computer Lab

### Commission on Aging

Judy Mirrer, Chairperson

Barbara DeRiu

Jean Hansen

Noa Miller

Andrew Perrella

Ann Spierito

Nancy Pun

Ralph Barra

Nancy Mastroianni

JoAnn Cappelletti

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



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)

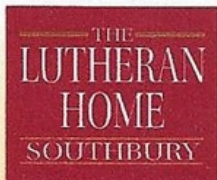


# Get READY FOR HOME at Lutheran Home

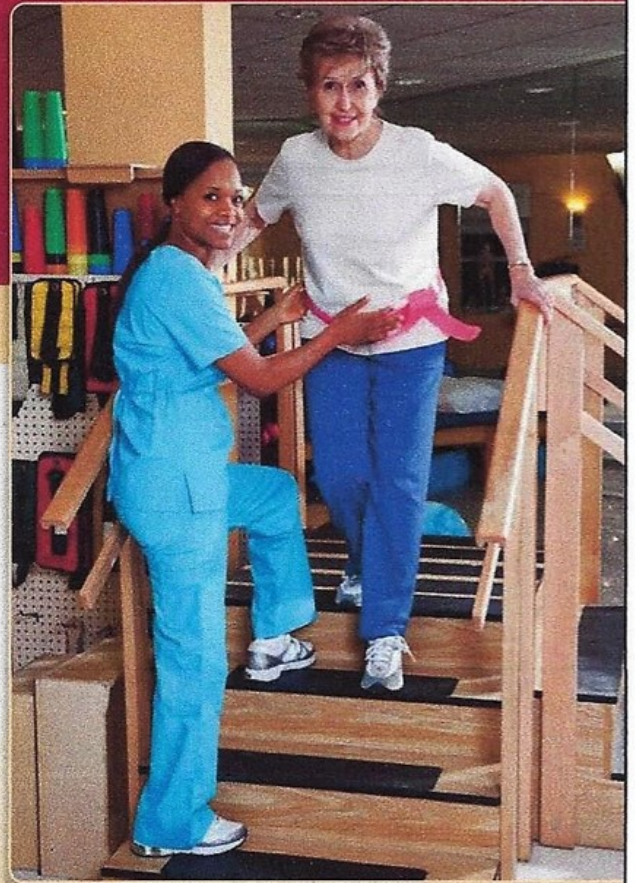
## 2016 5-STAR MEDICARE RATING

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



## 39<sup>th</sup> Annual Connecticut Flower & Garden Show February 20, 2020



**Connecticut Springs into Earth Day - commemorate 50 years**  
**February 20, 2020**  
**Connecticut Convention center, Hartford, CT**

Come see:

Spectacular Landscaped Gardens, Design & Horticulture competition by the Federated Garden Clubs of CT

Topics:

Organics, Floral Arranging, Natives, Pollinators, Containers, Design, Vegetables and so much more!

Join the Middlebury Senior Center on Thursday, February 20<sup>th</sup> to see the many attractions at this years' Flower & Garden Show.

Bus will leave the Middlebury Senior center at 9:30am and return by 2:30pm.

Total cost for transportation and admission to the show is \$23.

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

## 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  
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E-mail: [jcappelletti@middlebury-ct.org](mailto: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 February 18, 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, February 19, 2020 9:00am. Please call for an appointment at 203-577-4166.

## Contacting our office is easy!

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

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



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.

## MEDICARE ADVANTAGE OPEN ENROLLMENT

What is meant by a Medicare Advantage Open Enrollment Period (MA OEP)?



Trying to understand Medicare enrollment periods can be a challenge even for the best of us. This is especially true when Medicare initiated a new Medicare Advantage Open Enrollment period (MA OEP) in 2019. Let's take a moment to explain what is meant by a MA OEP and how it differs from the Annual Open Enrollment period that takes place each Fall between October 15 — December 7.

If you signed up for a Medicare Advantage plan during Annual Open Enrollment and are not happy with your plan, you have another opportunity to change plans during the MA OEP which takes place each year from January 1 to March 31. This is called the Medicare Open Enrollment period. During this time individuals can switch from their current Medicare Advantage plan to another Advantage plan or decide to return to Original Medicare and have the option to enroll in a stand alone Part D plan (prescription drug plan). If you choose to make the switch, the change will become effective the first day of the following month. Note, during MA OEP you can make only one change. However, those individuals on Original Medicare cannot use the MA OEP to switch to a Medicare Advantage plan or switch to another Part D plan.

While some may think it is not necessary to make any changes during the Fall Open Enrollment period, October 15—December 7, and can wait until the MA OEP, to make changes, it is not recommended. It is important to remember that during the MA OEP, it is only those already on a Medicare Advantage Plan who can make changes to their Medicare choices.

Article by: Amanda Halle, WCAAA Staff.

## MEDICARE PREVENTIVE SERVICES

The best way to stay healthy is to live a healthy lifestyle. You can be healthier and prevent disease by exercising, eating well, keeping a healthy weight, and not smoking. Medicare can help. Medicare pays for many preventive services to keep you healthy. Preventive services can find health problems early, when treatment works best, and can keep you from getting certain diseases. Preventive services include exams, shots, lab test, and screenings. They also include counseling and education to help you take care of your own health.

### MEDICARE COVERS THE PREVENTIVE SERVICES:

Abdominal aortic aneurysm screening  
Alcohol misuse screening and counseling  
Bone mass measurement  
Cardiovascular disease  
Cardiovascular screening  
Colorectal cancer screening  
Depression screening  
Diabetes screening  
Diabetes self-management training  
Flu Shot  
Glaucoma test  
Hepatitis B shot  
Hepatitis B Virus (HBV) infection screening  
Hepatitis C screening  
HIV screening  
Lung cancer screening  
Mammogram (screening)  
Medical nutrition therapy services  
Medicare Diabetes Prevention Program  
Obesity screenings and counseling

Pap test and pelvic exam  
Pneumococcal shots  
Prostate cancer screening  
STIs screening & counseling  
Smoking & tobacco use cessation  
“Welcome to Medicare” visit  
Yearly “Wellness” visit





## Be a Census Taker:



Census positions provide the perfect opportunity to earn extra income while helping your community. The results of the 2020 Census will help determine your state's representation in Congress as well as how certain funds are spent for schools, hospitals, roads, and more. This is your chance to play a part in history and help ensure everyone in your community is counted.

In addition to supporting your community, census jobs offer great pay every week, flexible hours, and paid training.

People can apply for 2020 Census work if they are at least 18 years old, a U.S. Citizen, and if they have a valid Social Security number and email address. Males born after December 31, 1959, must also be registered with the Selective Service System or have a qualifying exemption. Please visit [2020census.gov/jobs](https://2020census.gov/jobs) to learn more about specific application requirements.

As part of the application process, applicants will be asked questions related to their education, work, and other experiences.

Potential employees must pass a criminal background check and review of criminal records (including fingerprinting). Once these steps are completed, potential employees will receive information about training.

Employees should have access to a vehicle and a valid driver's license, unless public transportation is readily available. Employees should also have access to an Internet-connected computer (to complete the training process).

Work schedules depend on individual positions. Generally, hours for field positions are flexible. Some positions require work during the day, and other positions require evening and weekend work interviewing the public. In addition, supervisory positions require employees to be available for certain day, evening, and /or weekend shifts.

The census Bureau is committed to hiring Census Takers to work in their own communities.

Employees are paid weekly, and can expect to receive their first paycheck approximately 10 to 14 days after their first day of work.

Field employees will be reimbursed for authorized work expenses, like mileage, while conducting 2020 Census work.

2020 Census employees will be paid during training at a slightly lower rate than their regular hourly rate.

Applying is easy. Visit [2020census.gov/jobs](https://2020census.gov/jobs) to learn more, then click on Apply Now. Potential applicants can also call 1/855-JOB-2020 or use the Federal Relay Service at 1-800-877-8339 for TTY/ASCII or learn more or for assistance.

## WINTER PROTECTION PLAN



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

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

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

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

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

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

## Eversource's Matching Payment Program:

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

Here's how it works.

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

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

To be eligible:

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

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

1 person \$36,171	2 person \$47,300
3 person \$58,430	4 person \$69,559
5 person \$80,688	6 person \$91,818
7 person \$96,905	8 person \$95,991

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

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



## 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 2019 Federal and State income taxes.

PLEASE NOTE;

RETURNS WITH RENTAL INCOME WILL NOT BE  
ACCEPTED

BY APPOINTMENT ONLY

Please call 203-577-4166 for an appointment.



## 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](http://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](mailto:cwicks@wcaaa.org).



## **CONNECTICUT ENERGY ASSISTANCE PROGRAM**



Applications for the Connecticut Energy Assistance Program will be accepted up to March 16, 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.

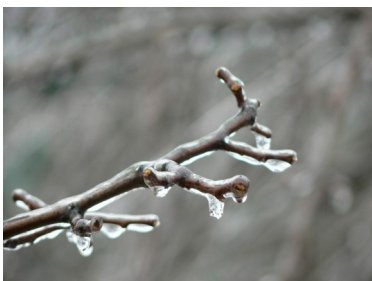
The Connecticut Energy Assistance program is federally funded and managed by the Connecticut Department of Social Services.

- ⇒ IMPORTANT DATES IN THE CT. ENERGY ASSISTANCE PROGRAM (CEAP) FOR DELIVERABLE FUELS ARE AS FOLLOWS:
- ⇒ November 13, 2019—First day for fuel deliveries that can be paid by CEAP.
- ⇒ March 16, 2020 Deadline for fuel authorizations.
- ⇒ May 1, 2020 the last day that a household can apply to establish its eligibility for benefits.
- ⇒ May 29, 2020 The last day to submit deliverable fuel bills.

NOTE: These dates are subject to change at the discretion of the State Department of Social Services.

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



## **MEDICAL CLOSET**

**Middlebury Senior Center**  
**1172 Whittemore Road**  
**Middlebury, CT**



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

When available, they include:

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

For more information call 203-577-4166

## **Middlebury Senior Center 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 investment 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.



## 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.

## AARP Driver Safety Program



**Monday,  
March 2, 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 \$20.00 for AARP members and \$25.00 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.

## **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

## **LUNCH & LEARN**



Date for the next Lunch & Learn

February 19, 2020 @ 11:30am

Topic "**Healthy Heart**"

Please call 203-577-4166 to sign up



A free matinee performance of *The Tempest*

by William Shakespeare. A shipwreck, conjured by magic, starts off this tale of mistaken identities, deception and, of course, love—all in Elizabethan costume.

**Where:** Taft School, Woodward Theater (The Black Box)  
110 Woodbury Rd, Watertown

**When:** 1:30 pm on Wednesday, February 12, 2020

Remember that parking is across the street in the Taft School parking lot so allow time for dropping off guests and parking the car.

Transportation will not be available for this performance because the senior center is closed on this day.

Call 860-945-5924 with questions.

David Kievit, the Technical Director at Taft School will be ready with answers.



Please join us for a free matinee of the student Dance Ensemble Winter Concert.

**Where:** Taft School, Bingham Auditorium  
110 Woodbury Rd, Watertown

**When:** 1:30 pm on Wednesday, February 19, 2020

Remember that parking is across the street in the Taft School parking lot so allow time for dropping off guests and parking the car.

Transportation will be provided to this performance by the Middlebury Senior center. Please call 203-577-4166 to reserve a seat.





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

## **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.**

# **Hollywood Movie Bio & Talk**

**Thursday,  
February 13  
12:30pm**

**The  
Rainmaker**  
1997



A young Tennessee lawyer fresh out of law school takes the case of his life in this amazing courtroom drama. When a big insurance company tries to keep from having to pay for the care that a young man diagnosed with leukemia needs, the family decides to hire a lawyer. Rudy (Damon) takes on this client in his first case after the head of his law office has to hide because he's wanted by the feds. He must overcome many obstacles inside and outside the courtroom as he attempts to find out what it means to be a lawyer and how far you have to go before you become a sell-out.

Director: Francis Ford Coppola

Writers: John Grisham (novel)  
Francis Ford Coppola (screenplay)

Stars: Matt Damon  
Jon Voight  
Danny DeVito  
Claire Danes

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

## Tax Relief Programs



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

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

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

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

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

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

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

## OPERATION FUEL



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

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

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

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

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

### **Documentation:**

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

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

# SOCIAL SECURITY AND RETIREMENT CRASH COURSE



HOW WILL CHANGES AFFECT YOU IN 2020?

## **YOU'RE INVITED!**

To a workshop reviewing:

- ✓ SOCIAL SECURITY FILING STRATEGIES AND UPDATES
- ✓ MEDICARE SUPPLEMENTS/ADVANTAGE PLANS/PART D
- ✓ LIFETIME INCOME PLANNING
- ✓ MAXIMIZING YOUR RETIREMENT SAVINGS
- ✓ 401k/PENSION/ROLLOVER and TAX IMPLICAITONS for 2020

**Wednesday Feb 19<sup>th</sup> 6pm**

**and Wednesday Feb 26<sup>th</sup> 6pm**

**Shepardson Community Center**

*with Certified Medicare Advisor and  
Retirement Specialist - Jay Dorso*

**QUALITY SENIOR BENEFITS, LLC.**

*Guiding seniors throughout their retirement for over 25 years.*

**860-880-8800**

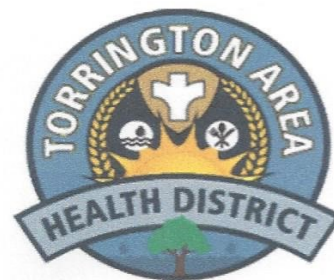
**[www.qualityseniorbenefitsllc.com](http://www.qualityseniorbenefitsllc.com)**



# PREVENT T2

A PROVEN PROGRAM TO PREVENT OR DELAY TYPE 2 DIABETES

# ENROLL Now



## Why do I PreventT2?



My husband and I want to have a long and happy future together. So when my doctor told me I had prediabetes, I knew preventing type 2 diabetes had to become a priority.

For more Information contact:

Frank Piazza (860) 489-0436 Ext. 318

John Saffioti (860) 489-0436 Ext. 315

## Join PreventT2 today!

If you have prediabetes or are at risk for type 2 diabetes, there is something you can do.

**Join PreventT2** – a lifestyle change program proven to prevent or delay type 2 diabetes. It includes:

- A CDC-approved curriculum
- Weekly sessions with a trained lifestyle coach to help you lose weight, eat healthier, be more physically active, and manage stress
- Support from others like you

Research shows that this program can help participants with prediabetes reduce their risk of developing type 2 diabetes by 58 percent.

## Join us at the Middlebury Senior Center for an Information Session

If you are interested and think you may qualify, please complete the Pre-Diabetes Risk Assessment and bring to our information session.

**When:** Wednesday, March 11<sup>th</sup>, 2020

**Where:** Middlebury Senior Center Conference Room

**Time:** 1030 - 1130AM

\*Light refreshments will be served



Working Together to  
Prevent Type 2 Diabetes





**NEW PROGRAM**  
**LUNCH AND A MOVIE**

A STORY AS FRESH AS THE GIRLS  
IN THEIR MINIS... AS COOL AS  
THEIR TEACHER HAD TO BE!



**SIDNEY POITIER**  
**"TO SIR, WITH LOVE"**  
MIP GELSON · CHRISTIAN ROBERTS · SUZY KENDALL · THE "WONDERBIRDS" · "LULU"

**Friday, February 7,  
2020**

**11am to 1pm**

**"TO SIR WITH  
LOVE"**

**1967 (not rated)**



**Friday, February  
21, 2020**

**"CHANCES  
ARE"**

**1989 (rated PG)**



**Friday, February  
28, 2020**

**"STEALING  
HOME"**

**1988 (PG-13)**

**THIS PROGRAM IS FREE OF CHARGE**  
**PLEASE BRING YOUR OWN LUNCH**

**39<sup>th</sup> Annual Connecticut  
Flower & Garden Show  
February 20, 2020**



**Connecticut Springs into Earth Day  
- commemorate 50 years  
February 20, 2020  
Connecticut Convention center,  
Hartford, CT**

**Come see:**

Spectacular Landscaped Gardens, Design & Horti-  
culture competition by the Federated Garden  
Clubs of CT

**Topics:**

Organics, Floral Arranging, Natives, Pollinators,  
Containers, Design, Vegetables and so much more!

Join the Middlebury Senior Center on Thursday,  
February 20<sup>th</sup> to see the many attractions at this  
years' Flower & Garden Show.

Bus will leave the Middlebury Senior center at  
9:30am and return by 2:30pm.

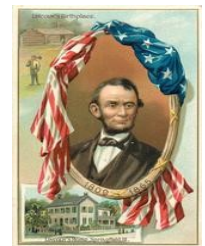
Total cost for transportation and admission to the  
show is \$23.

Please call 203-577-4166 to reserve your seat

**MIDDLEBURY SENIOR CENTER**

**Will be closed:**

**Wednesday,  
February 12,  
2020 for Lincoln's  
Birthday**



**&**

**Monday, February 17,  
2020 for Washington's  
Birthday**





## Senior Lunch

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

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



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

## PILATES



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

## Yoga



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

## Adult Strengthening



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

## Tai Chi



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



## Art Class

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

## MAH-JONGG



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

## Nutritional Cooking Classes



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

## Chair Massage



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

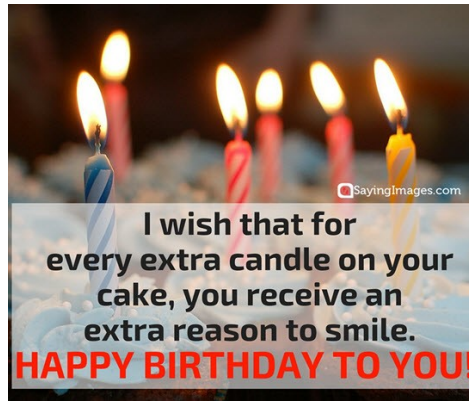
## LOSING WEIGHT WITH ELIZABETH



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

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





## HAPPY BIRTHDAY—February 2020

Inside every older person is a younger person wondering what happened.

~ Jennifer Yane

Melvin Ciecioroka 1<sup>st</sup>  
Suzanne Meyers 1<sup>st</sup>  
Mary Anne McCormack 2<sup>nd</sup>  
Constance Welton 3<sup>rd</sup>  
Andrew Gorniak 4<sup>th</sup>  
Marilyn Shea 6<sup>th</sup>  
Diana Rinaldi 7<sup>th</sup>  
Corrine Fabian 7<sup>th</sup>  
Barbara Payne 8<sup>th</sup>  
Barbara Wood 9<sup>th</sup>  
Erica Ritchie 10<sup>th</sup>  
Esther Coviello 10<sup>th</sup>  
JoAnn Cappelletti 12<sup>th</sup>  
Robert Gregorski 13<sup>th</sup>  
Tom Weiss 13<sup>th</sup>  
Lorraine Guerrette 14<sup>th</sup>  
Joan Sullivan 15<sup>th</sup>  
Elizabeth Molleur 15<sup>th</sup>  
Sue Linnevers 17<sup>th</sup>





Sandy Allen 17<sup>th</sup>  
David Cardona 18<sup>th</sup>  
Elizabeth Triano 19<sup>th</sup>  
Edward Block 19<sup>th</sup>  
Roseanne Asselin 19<sup>th</sup>  
Ana Carrillo 20<sup>th</sup>  
Anita Rogers 20<sup>th</sup>  
Maria Cura 20<sup>th</sup>  
Judi Wood 23<sup>rd</sup>  
Mary Mancini 24<sup>th</sup>  
Lynn Dayton 24<sup>th</sup>  
Walter Vitkauskas 26<sup>th</sup>  
Jeffrey Montville 27<sup>th</sup>  
Richard Brown 28<sup>th</sup>  
Marsha Czarzasty 28<sup>th</sup>  
Wendy Thornley 28<sup>th</sup>  
Pam Davis 28<sup>th</sup>

Happy Belated Birthday  
Marcia Braun 1/27



# February 2020



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Suggested donation is \$3.50 per meal</p>	<p>4</p> <p>Sloppy joe/wheat bun Sweet potato tots Spinach Cinnamon apple slices</p>	<p>5</p>	<p>6</p> <p>Potato crusted fish/tarter Potato wedges Tuscan vegetables Dinner roll Grape juice Oatmeal raisin cookie</p>	<p>7</p> <p>weekend</p>
<p>10</p> <p>Come see Tom Rosa's Movie Thursday 2/13</p>	<p>11</p> <p>Vegetable barley soup Chicken paprikash Bowtie noodles Zucchini Rye bread Fresh fruit</p>	<p>12</p> 	<p>13</p> <p>Turkey pot pie Biscuit Peas Broccoli Fresh fruit</p>	<p>14</p> 
<p>17</p> 	<p>18</p> <p>Spinach quiche Roasted tomato Caesar salad/ crou-tons/dressing Wheat dinner roll Orange juice Chocolate chip cookie</p>	<p>19</p>	<p>20</p> <p>Roast pork/honey garlic Mashed sweet potato Bean medley Rye bread Apple juice Vanilla pudding</p>	<p>21</p> <p>weekend</p>
<p>24</p>	<p>25</p> <p>MARDI GRAS Cajun pork Louisiana rice Spinach Biscuit Fruit juice Sweet potato pie</p>	<p>26</p> <p>ASH WEDNESDAY</p>	<p>27</p> <p>Minestrone soup Vegetable lasagna Zucchini &amp; tomato Carrots Garlic bread  BIRTHDAY CAKE</p>	<p>28</p> <p>weekend</p>
				<p>weekend</p>

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
<b>February 2020</b>				
<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
	9:00 Billiards	8:00 Tai Chi	9:00 Billiards	
9:00 Billiards	9:30 Computer Training	9:00 Table Tennis	9:30 Computer Training	9:00 Billiards
10:30 Mah Jongg	9:30 Yoga	9:00 Billiards	10:30 Mah Jongg	9:30 Art
10:30 Pilates	9:30 Mah Jongg	9:30 Computer Training	10:30 Yoga	10:30 Cooking for Health class
2:30 Knitting & Crochet	10-12 Blood Pressure Screen	9:30 Tai chi	10:30 Dance class	11:00 Wii Bowling
	12:30 Bridge Club	10:30 Pilates	11:00 Losing Weight	12:00 Adult Strengthening
	1:00 Mah Jongg	10:30 Mah Jongg	12:30 Bridge Club	12:30 Bridge Club
	5:30 Mah Jongg PM	Computers by Appointment	1:00 Mah Jongg	11-1pm Lunch & a Movie
			Computers by Appointment	
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
	9:00 Billiards		9:00 Billiards	
	9:30 Computer Training		9:30 Computer Training	9:00 Billiards
9:00 Billiards	9:30 Yoga		10:30 Mah Jongg	9:30 Art
10:30 Mah Jongg	9:30 Mah Jongg		10:30 Yoga	10:30 Cooking for Health class
10:30 Pilates	10-12 Blood Pressure Screen		10:30 Dance class	11:00 Wii Bowling
2:30 Knitting & Crochet	12:30 Bridge Club		11:00 Losing Weight	12:00 Adult Strengthening
	1:00 Mah Jongg		12:30 Bridge Club	12:30 Bridge Club
	5:30 Mah Jongg PM		<b>12:30 Hollywood Movie</b>	
			1:00 Mah Jongg	
			Computers by Appointment	
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
		<b>Hearing Screening by apt.</b>	9:00 Billiards	9:00 Billiards
	9:00 Billiards	8:00 Tai Chi	9:30 Computer Training	9:30 Art
	9:30 Computer Training	9:00 Table Tennis	10:30 Yoga	10:30 Cooking for Health class
	9:30 Yoga	9:00 Billiards	10:30 Mah Jongg	11:00 Wii Bowling
	9:30 Mah Jongg	9:30 Computer Training	10:30 Dance class	12:00 Adult Strengthening
	<b>9:30 COA meeting</b>	9:30 Tai chi	11:00 Losing Weight	12:30 Bridge Club
	10-12 Blood Pressure Screen	10:30 Pilates	12:30 Bridge Club	11-1pm Lunch & a Movie
	12:30 Bridge Club	10:30 Mah Jongg	1:00 Mah Jongg	
	1:00 Mah Jongg	<b>Lunch &amp; Learn</b>	<b>Flower Show</b>	
	5:30 Mah Jongg PM	Computers by Appointment	Computers by Appointment	
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
			9:00 Billiards	
	9:00 Billiards	8:00 Tai Chi	9:30 Computer Training	9:00 Billiards
9:00 Billiards	9:30 Computer Training	9:00 Table Tennis	10:30 Yoga	9:30 Art
10:30 Mah Jongg	9:30 Yoga	9:00 Billiards	10:30 Mah Jongg	10:30 Cooking for Health class
10:30 Pilates	9:30 Mah Jongg	9:30 Computer Training	10:30 Dance class	11:00 Wii Bowling
2:30 Knitting & Crochet	10-12 Blood Pressure Screen	9:30 Tai chi	11:00 Losing Weight	12:00 Adult Strengthening
	12:30 Bridge Club	10:30 Pilates	11:00 Investment Club	12:30 Bridge Club
	1:00 Mah Jongg	10:30 Mah Jongg	12:30 Bridge Club	11-1pm Lunch & a Movie
			1:00 Mah Jongg	
	5:30 Mah Jongg PM	Computers by Appointment		



Lunch Reservations three (3) days in advance

Minibus operates 8:30 AM to 2:30 PM - 2 day notice required


Lunch donation - \$3.50

Lunch served at 11:45 AM

Middlebury Senior Center

203-577-4166

## February 2020 Bus Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Grocery Shopping				
Personal shopping			GWDT DAY	
medical appointment	Medical appointments	Medical appointments	Mini bus in town	Medical appointments
Senior Center Activities	Senior Center Activities	Senior Center Activities	Senior Center Activities	Senior Center Activities
No Lunch Today				
		Waterbury Mall		
MEDICAL EMERGENCIES				No Lunch Today
	MEDICAL EMERGENCIES	MEDICAL EMERGENCIES	MEDICAL EMERGENCIES	MEDICAL EMERGENCIES
10	11	12	13	14
Grocery Shopping				
Personal shopping			GWDT DAY	
medical appointment	Medical appointments		Mini bus in town	Medical appointments
Senior Center Activities	Senior Center Activities		Senior Center Activities	Senior Center Activities
No Lunch Today				
				No Lunch Today
MEDICAL EMERGENCIES				
	MEDICAL EMERGENCIES		MEDICAL EMERGENCIES	MEDICAL EMERGENCIES
17	18	19	20	21
	Medical appointments	Medical appointments	GWDT DAY	Medical appointments
	Senior Center Activities	Senior Center Activities	Mini bus in town	Senior Center Activities
			Senior Center Activities	
		Waterbury Mall	Flower Show	No Lunch Today
	MEDICAL EMERGENCIES	MEDICAL EMERGENCIES	MEDICAL EMERGENCIES	MEDICAL EMERGENCIES
24	25	26	27	28
Grocery Shopping				Medical appointments
Personal shopping			GWDT DAY	Senior Center Activities
medical appointment	Medical appointments	Medical appointments	Mini bus in town	
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	MEDICAL EMERGENCIES