

SENIOR NEWSLETTER

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

E-mail: jcappelletti@middlebury-ct.org

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



Department of Social & Elderly Services

Mission Statement

The Department of Social Services and Elderly Services is a focal point for all town residents who seek public services. We provide aid in time of crisis, both financial as well as service oriented. We furnish state-administered programs through referrals in order to see that each resident is provided with a standard in conducting their lives.

To the elderly community we are constantly seeking to improve their quality of life by educating them in new concepts of living. We keep our elderly active in the community through volunteerism as well as educational and recreational programs. We continue to keep them up to date through informative group sessions which enhance their personal development.

As changes occur in our world, our goal is to re-adapt programs so that our citizens can keep in step with the rest of the community.

February 2021

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
Ann Spierto
Nancy Pun
Ralph Barra
Nancy Mastroianni
JoAnn Cappelletti

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



Notifying the Public Under Title VI

The Town of Middlebury operates its programs and services without regard to race, color, and national origin in accordance with Title VI of the Civil Rights Act. Any person who believes she or he has been aggrieved by any unlawful discriminatory practice under Title VI may file a complaint with the Town of Middlebury.

For more information on the Town of Middlebury's civil rights program, and the procedures to file a complaint, contact JoAnn Cappelletti 203-577-4166 ext. 707; email jcappelletti@middlebury-ct.org; or visit our administrative office at 1172 Whittemore Road. For more information, visit www.middlebury-ct.org.

A complainant may file a complaint directly with the Federal Transit Administration by filing a complaint with the Office of Civil Rights Attention; Title VI Program Coordinator, Connecticut Department of Transportation, Bureau of Public Transportation, Complaint Department, 2800 Berlin Turnpike, Newington, CT 06111.

If information is needed in another language, contact
203-577-4166 ext. 707

Si se necesita informacion en otro idioma, comuniquese al 203-577-4166 ext. 707



The Village at East Farms has a bi-monthly Caregivers Support group on the first (1st) Wednesday of the month at 10:00am and the third (3rd) Wednesday of the month at 6:00pm.

The complexity of Alzheimer's disease and related dementias impacts the family and relationships. A support group provides an opportunity to learn more about the different stages of this progressive disease and offers tips on ways to cope.

Join the group for educational discussions and have the opportunity to learn and share with others who understand.

Refreshments will be served.

Complimentary care and programs are provided for your loved one during every session.

Kindly RSVP to 203-757-7660




midconvhome.com

203.758.2471

Family Owned and Operated



Offering Short & Long Term Care

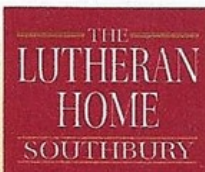
778 Middlebury Road, Middlebury | 203-758-2471 

Get **READY FOR HOME** at Lutheran Home

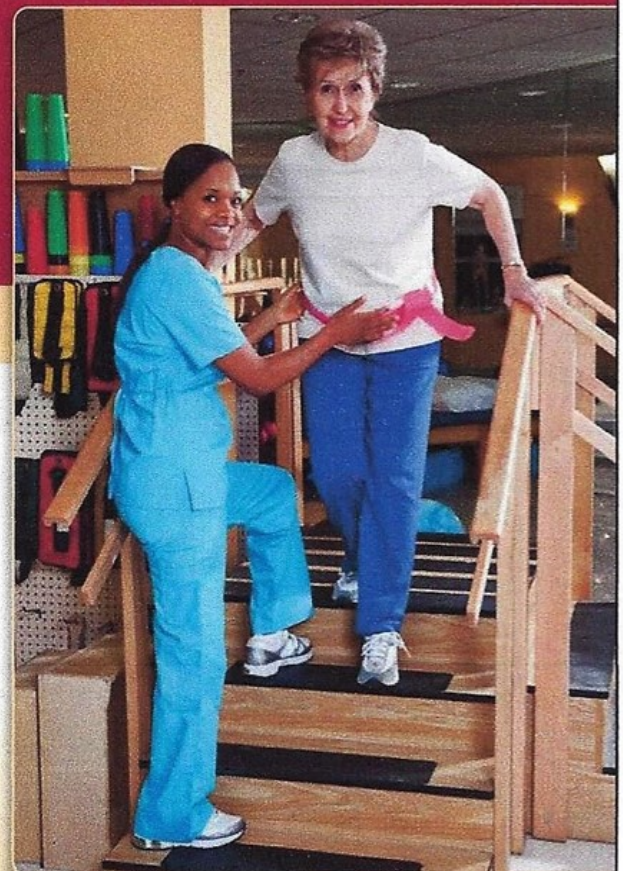
2016 5-STAR MEDICARE RATING

Welcome to the first rehab program personalized for you. From your own Resident Service Liaison checking in each day, to a CNA Companion program for a smooth transition, and therapies offered 7 days a week, our Center for Short-term Rehabilitation is your place to get ready for home.

Call 203-264-9135 to Pre-book your stay or learn more.



990 Main Street, North
Southbury, CT 06488
203.264.9135
www.lhsouthbury.org



Town of Middlebury

Department of Social and Elderly Services
Shepardson Community Building
1172 Whittemore Road
Middlebury, CT 06762
Phone: 203-577-4166
Fax: 203-577-4173
E-mail: jcappelletti@middlebury-ct.org



GUIDELINES FOR MINI-BUS PASSENGERS

Passengers must be Middlebury residents 60 years or older or handicapped. Driver will assist passengers on and off bus if necessary. The driver is neither a chauffeur nor servant and should not be expected to:

- Do any tasks or errands for you

- Do any shopping of any kind

- Handle money for banking, postage or bill paying

Reservation for rides must be made at least one day in advance by calling the Senior Center at 203-577-4166, Monday through Friday between the hours of 9am and 1pm. Messages left after 1pm are not considered one day advance reservations. Your itinerary must be stated as well as name, address and telephone number. Reservations cannot be made with the driver while on the bus.

The following must be observed:

- Due to scheduling, the bus may arrive from 15 minutes before to 15 minutes after your scheduled reservation.

- You must be ready within these times.

- Use seat belts at all times – no exceptions will be permitted.

- Upon arrival, vacate the bus immediately and clear the doorway to avoid accidents.

- Have your donation ready when entering the bus.

Medical appointments are given priority. It is advisable to check with the office prior to making doctors' appointments to determine the best date and time that the bus can provide you with the best service.

In the event of inclement weather, and the mini bus is cancelled, there will be an announcement over radio station WATR and TV channels 3 & 8 after 7am.

The mini bus operates 8:30am to 2:30pm, Monday through Friday.

Suggested donation for this service is .50 cents, one way, within the Town of Middlebury and \$1.50 one way, to surrounding towns.

If there are any changes to your advance reservation, you must let the office know in advance.

Passengers not complying with these regulations may have to find alternate methods of transportation

After 3 no shows, passengers will be suspended from using the mini bus for 30 days.

Have our Newsletter Mailed to Your Home Every Month

Cut out and mail this Form

Name _____

Address _____

City _____ State _____

Please enclose a check for \$9.00 made payable to
The Middlebury Senior Center and mail to:

Department of Social Services
1172 Whittemore Road
Middlebury, CT 06762

TRANSPORTION SERVICES

<p style="text-align: center;">Middlebury Transportation Program</p> <p>Phone: 203-577-4166 ext. #1</p> <p>Days & Hours of Service: Monday – Friday 8:30am – 2:30pm</p> <p>Fares: Suggested donation of \$.50 one way in town in town and \$1.50 one way out of town.</p>	<p>Who Can ride? Age 60 or people with disabilities</p> <p>Reservations: 2 days in advance Curb to curb services</p> <p>Wheelchair Access: Yes</p>	<p>Where can riders travel? Middlebury, Naugatuck, Southbury, Waterbury, Watertown.</p> <p>Trip Types: Medical, shopping, personal, etc.</p> <p>Service Provider: Town of Middlebury</p> <p>Website: www.middlebury-ct.org</p>
<p style="text-align: center;">Greater Waterbury Paratransit-ADA (Americans with Disabilities Act) And Non-ADA</p> <p>Phone: 203-756-5550</p> <p>Days & Hours of Service: Monday-Saturday 6:00am-12:00pm Midnight; Sunday 9:00am-4:00pm</p> <p>Fares: \$6.00 round trip</p>	<p>Who Can ride? ADA Certifies: disability prevents use of public bus service – certification by application and interview. Can receive application at the Middlebury Senior Center.</p> <p>Reservations: 2 weeks in advance and up to day before Door to door service upon request.</p> <p>Wheelchair Access: Yes</p>	<p>Where can riders travel? Cheshire, Middlebury, Naugatuck, Prospect, Thomaston, Waterbury, Watertown. In addition travels Southbury and Gaylord Hospital are available on a more limited schedule-Monday-Friday.</p> <p>Trip Types: All types</p> <p>Service Provider: North East Transportation, Greater Waterbury Transit District.</p> <p>Website www.gwtd.org</p>
<p style="text-align: center;">Greater Waterbury Transit Dial-a-Ride</p> <p>Phone 203-756-5550</p> <p>Days & Hours of Services: Thursday, 9:00am – 3:45pm</p> <p>Fares: Free, if ride is available</p>	<p>Who Can ride? Age 60+ or people with disabilities</p> <p>Reservations: 2 weeks in advance, but will accept 1 week or last minute depending on availability. Curb to curb service.</p> <p>Wheelchair Access: Yes</p>	<p>Where can riders travel? Cheshire, Middlebury, Naugatuck, Prospect, Thomaston, Waterbury, Watertown, Wolcott.</p> <p>Trip Types: Medical, shopping, personal, etc.</p> <p>Service Provider: Greater Waterbury Transit District.</p> <p>North East Transit</p> <p>Website www.northeastbus.com</p>
<p style="text-align: center;">Be Well Bus</p> <p>Phone: 203-573-7711</p> <p>The Be Well Bus runs on Monday to Friday from 7 a.m. to 5:30 p.m.</p>	<p>Who Can ride? Patients of doctors affiliated with Waterbury Hospital; participating doctors pay a fee so their patients can use this service.</p> <p>Reservations: Call for information</p>	<p>Where can riders travel? Call for information</p> <p>Trip Types: Call for information</p> <p>Service Provider: Waterbury Hospital</p>

KEEPING HEALTHY VIRTUALLY

Follow us on Facebook @ Middlebury CT Senior Center



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

Tai Chi For Beginner's with Gary Welton

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



For Chair Yoga

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

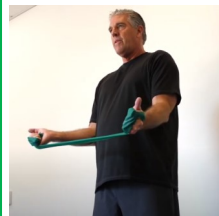
Chair Yoga Dance Recital

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



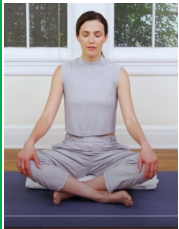
Senior's Standing Pilates

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



Morning Stretches for Seniors with Arthritis.

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



Yoga for Seniors:

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



Senior Fitness by Tona

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

Visit www.aarp.org/ctevents for a variety of offerings, news & to sign up for event email announcements. To request a free AARP CT conversation in your community contact Erica Michalowski at emichalowski@aarp.org or (860) 548-3163.

AARP CT Fraud Watch Network Con Artist Playbook: Join the conversation hosted by West Hartford Senior Center as we take a look inside the mind of a criminal during this interactive and informative conversation geared towards offering you ways to stop the criminals in their tracks! Learn tips and tools along with resources that you can share with friends, family and your community.

2/16/2021 @6PM Registration: <https://aarp.cvent.com/FraudFeb16WestHartford>

AARP CT Webinar Wednesday: Wadsworth Atheneum Virtual Tour Series

February 10, 2021 @ 1:00 pm | February 10, 2021 @ 1:15 pm |

Join us for a very special 2021 virtual tour series with the Wadsworth Atheneum Museum of Art. Each tour will feature a different lead theme. You may join us for any or all of the free virtual tours, but please be sure to sign up for each individually to receive log-in information. You can register for the entire series line-up by going to the links provided below or go to the AARP CT Events Page located at www.aarp.org/ctevents

Ted Elliss, 58, has been a resident of Oakville since 2018. He has worked for The State Of CT as a mental health counselor for 28 years. He was born in New York City in 1962, grew up in Bridgeport and Stratford CT, and most recently relocated from Northford CT. Poetry and short story writing has been a passionate hobby of his for nearly 40 years.

Mr. Ellis has been kind enough to share his poetry with us

Dance Of The Planets

*The galaxy ballroom glittered with starlight...
Meteors rolled out flaming red carpets...
In a heated furor, the jukebox sun
Blasted out tunes in flames and fireballs.
Mercury flirted with Venus,
Mars asked Earth for a dance...
Saturn and Uranus were doing The Twist,
Jupiter's little moons were jumping around her.
Neptune was doing The Jitterbug,
While Pluto observed in the background.
Meanwhile, The Universe chaperoned in silence
As God looked down from His throne...and smiled. T.E.*

Mr. Ellis will send us another poem for the next newsletter.

If any of our readers would like to contribute to our newsletter, you are welcome to send your contribution to aleveille@middlebury-ct.org.

The newsletter staff will review and add it in our next newsletter.

LIFELONG LEARNING ONLINE at UConn Waterbury's OLLI

February 1, 2021, UConn Waterbury's Osher Lifelong Learning Institute (OLLI) will hold its spring semester online beginning February 15. OLLI offers an exciting variety of virtual learning and social opportunities to adults over 50. OLLI classes and events are usually held at the UConn Waterbury campus, but due to the pandemic, **all OLLI courses and events are currently offered online**. This makes it convenient for adults throughout Connecticut to sample what OLLI has to offer.

There are 124 OLLI institutes nationally and all are partnered with universities and colleges. UConn's is the only one in Connecticut. Many classes are developed and taught by individuals who volunteer to share their knowledge and life experience. **Please note that there is no educational requirement to join OLLI – just a desire to learn and connect with other adult learners!**

Mila Limson, OLLI President, said, "For thirteen years, our mission at OLLI has been to provide quality lifelong learning experiences to all older adults who want to engage intellectually and socially with their peers. Despite the pandemic, our mission has not changed, By transitioning to a Zoom platform we are able to bring our entire program to you as you shelter in the comfort of your home. Just think – there's no driving, no parking and no bad weather! So do yourself a favor, become an OLLI member and join us for enriching classes as well as entertaining special events!!"

You are invited to browse the catalog.

[OLLI at UConn Spring 2021 Catalog](#)

Registration for the OLLI Spring 2021 opens on Monday, February 1. The session runs from February 15 to April 30, but individual classes range from one to ten weeks in length.

For registration and further information, visit OLLI's website at: [**olli.uconn.edu**](http://olli.uconn.edu), email [**osher@uconn.edu**](mailto:osher@uconn.edu) or call 475-222-6261 / 6232.

6 ways to observe animals and nature

1. Smithsonian National Zoo in Washington, D.C.

[5 nature cams](#) allow you to observe a cheetah and her new cubs, giant pandas Tian Tian and Mei Xiang, 6 Asian elephants, the lion habitat, and a colony of naked mole rats.

2. San Diego Zoo

[11 live cam options](#) show a wide variety of animals, including koalas, polar bears, condors, and tigers.

3. The Cincinnati Zoo

Around 3 pm Eastern time, the Zoo holds a daily Home Safari on its [Facebook Live Feed](#) and dozens of previous live videos are available to watch any time.

4. Animal Adventure Park's April the Giraffe

[April is a reticulated giraffe at the Animal Adventure Park](#) in New York and she has a calf named Tajiri. You might also see a few other giraffes too.

5. Live nature cameras across the world

We found a wonderful website that has [dozens of live camera feeds](#) from all around the world.

From the comfort and safety of home, watch horses in Kentucky, a tropical reef aquarium in California, the Northern Lights in Canada, pandas in China, beautiful sunsets in Hawaii, and more.

6. Visit aquariums across the U.S.

Aquariums have had to close their doors, but staff are still working to care for the animals.

They're also using this time to create special video content to share virtual presentations and behind-the-scenes access to various animals and ocean life.

Here are three of our favorites:

New England Aquarium

On the main [Virtual Visit page](#), you'll see featured videos and an overview of the virtual visit program. Click the links to see all presentations on Facebook and [all available videos on YouTube](#) (32 and counting!)

Monterey Bay Aquarium

See dozens of videos on their [Facebook page](#) or [YouTube channel](#)

[10 live webcams](#) including [birds in the aviary](#), [coral reefs](#), [open-ocean animals](#), [moon jellies](#), the [Monterey Bay](#) itself (listen/watch soothing ocean waves), and more

Georgia Aquarium

9 live cams, including the [Indo-Pacific barrier reef](#), [jellyfish](#), [African penguins](#), and [Beluga whales](#) (see all available cams under the video player area)

[Deep sea learning](#) (scroll to mid-page) – learn about the sea and its many creatures, 11 episodes available now and new episodes twice a week

[Field trip Friday](#) (scroll to the 6th topic section in the page) – fun and educational videos like alligator feeding, whale shark feeding, and sea lions and seals

(CLICK ON UNDERLINED HYPERLINKS TO OBSERVE)

Commission on Aging



The next Commission on Aging meeting will be held (date to be announced). All interested persons are welcome to attend.

Free Blood Pressure Screening



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

Probate Information



If you would like to make an appointment with the Probate Judge, please call 203-720-7046 and speak only to Patty Aleggi.

FREE HEARING SCREENING



The free hearing screening . (date to be announced). Please call for an appointment at 203-577-4166.

Contacting our office is easy!

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

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



Keeping citizens informed.

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

Code Red is a geographically based system. This means that anyone with a code Red app can get notifications anywhere they travel.

To be included in Code Red, you must enroll: go to the town's website www.middlebury-ct.org and click on the "Community" tab. Then click on the Code-RED logo. Please provide your phone number(s) and text and email information. The town was provided a database of some numbers for residents, but no one should assume their numbers are among those the town already has. Those without computers can go to the assessor's office or the Middlebury Public Library and get help registering for Code-RED.



COMPUTER HELP

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

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

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

FITNESS



Susan from Fitness Fury is available to do virtual Adult Strengthening

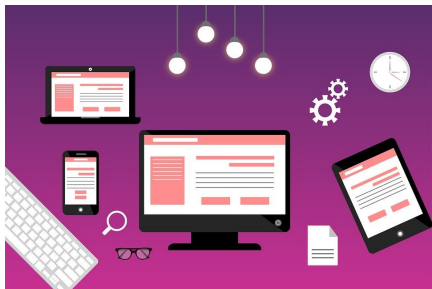
Monday: Rise and Shine Stretch with Susan

Tuesday and Friday: Flex, Tone and Strength with Susan
(Ball, Weights, Tube/Band and paper plates)

A chair and WATER!!

All classes will begin at 10

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



FTC LAUNCHES NEW SCAM-REPORTING WEBSITE

The Federal Trade Commission has launched a new website designed to make it easier for people to report potential frauds to federal authorities and get quick advice on what to do.

The new site, at ReportFraud.ftc.gov, has a feature that prompts those reporting a fraud to the “next steps” that will offer specific guidance based on the kind of scam reported.

“Every time you report scams or bad business practices to the FTC, you’re helping to protect your community,” says Andrew Smith, director of the FTC’s Bureau of Consumer Protection.

The new reporting site went online in October; the same month the FTC issued its report to Congress on the scams that ensnared people 60 or older in 2019.

Romance scams were by far the most costly to older Americans, causing nearly \$84 million in financial losses last year, the FTC say. Those scams usually begin with asocial media contact and eventually lead to a deceitful request for money.

CONNECTICUT ENERGY ASSISTANCE PROGRAM

Begins October 1, 2020

Applications for the Connecticut Energy Assistance Program will be accepted October 1, 2020 to March 15, 2021 for fuel and May 15, 2021 for gas and electric at the Middlebury Department of Social Services, Monday through Friday from 9am to 12pm. You must reapply every year for this program.

The Connecticut Energy Assistance program is federally funded and managed by the Connecticut Department of Social Services. Benefit period for the program is effective November 2, 2020 to April 14, 2021; May 15, 2021 is the last day a household may submit deliverable fuel bills. Connecticut homeowners with household income below 150% FPL are eligible to apply. Connecticut homeowners with household income from 151% to 200% FPL, where the household includes an adult age 60+ or a person any age who is disabled may also apply.

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

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

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

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

As taxpayers get ready to file their federal tax returns, most will also be thinking about preparing their state taxes. There's some good news for filers wanting to save money. Eligible taxpayers can file their federal and, in many cases, their state taxes at no cost.

Taxpayers whose adjusted gross income was \$72,000 or less in 2019 can file their 2020 federal taxes for free using IRS.gov and go to "File your Federal Taxes for Free"

The IRS Free File Program is a public-private partnership between the IRS and many tax preparation and filing software industry leaders who provide their brand-name products for free. It provides two ways for taxpayers to prepare and file their federal income tax online for free:

Traditional IRS Free File provides free online tax preparation and filing options on IRS partner sites. Our partners are online tax preparation companies that develop and deliver this service at no cost to qualifying taxpayers. Please note, only taxpayers whose [adjusted gross income \(or AGI\)](#) is \$72,000 or less qualify for any IRS Free File partner offers.

Free File Fillable Forms are electronic federal tax forms you can fill out and file online for free. If you choose this option, you should know how to prepare your own tax return. Please note, it is the only IRS Free File option available for taxpayers whose [income \(AGI\)](#) is greater than \$72,000.

What You Need to Get Started

Personal Information You Need

A copy of last year's tax return in order to access your [Adjusted Gross Income \(AGI\)](#)

Valid Social Security numbers for yourself, your spouse, and any dependent, if applicable

Income and Receipts

- Social Security benefits
 - Unemployment Compensation
 - All receipts pertaining to your small business, if applicable
- Income receipts from rental, real estate, royalties, partnerships, S corporation, trusts

Other income

[W-2s](#), showing your annual wages from all of your employers

[Form 1099-INT](#), showing interest paid to you throughout the year

[Form 1099-G](#), showing any refund, credit or offset of state and local taxes

[Forms 1099-DIV](#) and [1099-R](#), showing dividends and distributions from retirement and other plans paid to you during the year

ACA Filers

[Form 1095-A](#), Health Insurance Marketplace Statement. For more information see [Affordable Care Act \(ACA\) Tax Provisions](#).

[Form 8962, Premium Tax Credit](#)

File Electronically

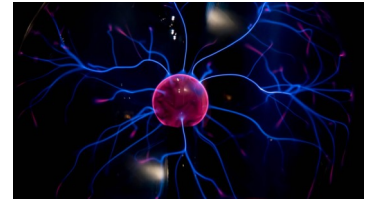
- Verify your identity by using your 2019 AGI. If you created a 2019 personal identification number, that will work too. The personal identification number required that you create a five-digit PIN that could be any five numbers (except all zeros) that you choose which serves as your electronic signature.
- Don't have your [AGI](#) or PIN? If you do not have a copy of your 2019 tax return, you may use the [IRS Get Transcript self-help tools](#) to get a tax return transcript showing your [AGI](#). You have two options:

Online: Select the Tax Return Transcript and use only the "Adjusted Gross Income" line entry. [Secure Access: How to Register for Certain Online Self-Help Tools](#) provides you with the information you need to make the request.

By Mail: Please allow 5 to 10 days for delivery. Use only the "Adjusted Gross Income" line entry.

Contact Information

To get a notification from the Free File software company that your return was accepted by IRS, you need a valid email address.



OPERATION FUEL

Beginning December 1, 2020, 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 \$700. **All final approvals will be made by Operation Fuel Staff.**

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. Also applicants must provide the name and contact information of their fuel vendor to complete their application.

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 applicant must not have applied for Operation Fuel within the last 12 months.

The program will start Tuesday, December 2, 2020 and end Friday, May28, 2021 or when funding runs out (**whichever comes first**). Closing date for deliverables is Friday, May 28, 2021.

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).

Taking applications Mondays thru Fridays by appointment only.

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

Tax Aide for 2021



Free tax assistance is provided at the Middlebury Senior Center at 1171 Whittemore Road, Middlebury, for low to moderate income taxpayers of all ages, with special attention to those 60 and older.

Because of the COVID-19, the Shepardson Building is in lock down so appointments will be handled differently.

Call 203-577-4166 to obtain additional information.

All taxpayers should have with them the following information:

- If married, both husband and wife should be present

- Proof of identity (picture or other documentation).

- Social Security number (Social Security Card or Benefit Statement form SSA – 1099) for taxpayer and all taxpayer's dependents.

- Persona check, if available, with bank checking account and routing numbers.

- Copy of last year's Federal and State tax returns.

- All income statements that apply to the taxpayers 2020 Federal and State income taxes.

PLEASE NOTE:

RETURNS THAT INCLUDE RENTAL INCOME WILL NOT BE ACCEPTED

Tax Relief Programs

Per executive order # 10 by the Governor's office, Homeowners tax relief and Veterans relief programs recipients do not need apply this year unless circumstances have changed.

New applicants can apply by calling the Middlebury Social Service office at 203-577-4166.

WHO IS ELIGIBLE?

Recipient or spouse must be 65 years of age or older, or be 50 years of age or older and the surviving spouse of a homeowner who at the time his death had qualified and was entitled to tax relief provided such spouse was domiciled with such homeowner at the time of his death.

Or 18 years of age or older and permanently and totally disabled and receiving benefits under a federal, state, or local retirement program which contains requirements comparable to those of the Social Security Administration.

Must meet residency of at least 6 months and one day for the program year requirement.

Middlebury Senior Center



NEW

Participate in all our virtual events:

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

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

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

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

What Vaccines are Recommended for You -- (CDC)

All adults need immunizations to help them prevent getting and spreading serious diseases that could result in poor health, missed work, medical bills, and not being able to care for family.

All adults need a [seasonal flu \(influenza\)](#) vaccine every year. Flu vaccine is especially important for people with chronic health conditions, pregnant women, and older adults.

Every adult should get the [Tdap](#) vaccine once if they did not receive it as an adolescent to protect against pertussis (whooping cough), and then a [Td](#) (tetanus, diphtheria) booster shot every 10 years. In addition, women should get the Tdap vaccine each time they are pregnant, preferably at 27 through 36 weeks.

Almost 1 out of every 3 people in the United States will develop shingles in their lifetime. Your risk of shingles increases as you grow older. Additionally, over 60 percent of seasonal flu-related hospitalizations occur in people 65 years and older.

As we get older, our immune systems tend to weaken over time, putting us at higher risk for certain diseases. This is why, in addition to seasonal flu (influenza) vaccine and Td or Tdap vaccine (tetanus, diphtheria, and pertussis), you should also get:

- Shingles vaccine, which protects against shingles and the complications from the disease (recommended for healthy adults 50 years and older)
 - Pneumococcal polysaccharide vaccine (PPSV23), which protects against serious pneumococcal disease, including meningitis and bloodstream infections (recommended for all adults 65 years or older, and for adults younger than 65 years who have certain health conditions)
- Pneumococcal conjugate vaccine (PCV13), which protects against serious pneumococcal disease and pneumonia (recommended for all adults with a condition that weakens the immune system, cerebrospinal fluid leak, or cochlear implant)

Adults 65 years or older who have never received a dose of PCV13 and do not have one of the conditions described above may also discuss vaccination with their vaccine provider to decide if PCV13 is appropriate for them.

Talk with your doctor or other healthcare professional to find out which vaccines are recommended for you at your next medical appointment.

Who Should NOT Be Vaccinated:

Some adults with specific health conditions should not get certain vaccines or should wait to get them. [Read more about who should not get each vaccine.](#)

Talk with your doctor to make sure you get the vaccines that are right for you.

To learn more about these diseases and the benefits and potential risks associated with the vaccines, read the [Vaccine Information Statements \(VIS\)](#).



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 \$37,645	2 person \$49,228
3 person \$60,811	4 person \$72,394
5 person \$83,977	6 person \$95,560
7 person \$9	8 person \$99,904

- 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).



Governor Ned Lamont Announces Tiered Approach to Phase 1b Vaccine Appointments

Posted January 20, 2021

Focus Remains on Appointments for Individuals Older than 75; Individuals 65+ Will Be Next, Followed by Individuals with a High-Risk condition and Frontline Essential Workers; Vaccine Clinics in Congregate Settings Will Occur Throughout

With nearly 1.4 million individuals included in Phase 1b of Connecticut's COVID-19 vaccine rollout and the state anticipating to receive about 45,000 doses of vaccine per week from the federal government, the Governor announced that he is directing the Connecticut Department of Public Health to proceed through the remaining groups in the phase with a tiered approach based on risk of adverse health outcomes from the virus. The governor is directing the implementation be done in an equitable way, with vaccine distribution points focused in areas where residents and communities have barriers to access and care.

The tiered approach to Phase 1b will proceed as follows:

Scheduling now: Individuals over the age of 75

Scheduling next (likely early February): individuals between the ages of 65 and 74

Scheduling soon (likely late February or early March): Frontline essential workers and individuals with underlying medical conditions who have an increased risk for severe illness.

The roll-out of the vaccine to staff and residents of congregate living settings will be phased in throughout Phase 1b.

More information about the definitions of frontline essential workers and the list of eligible underlying medical conditions will be made available in the next several weeks.

For the most up-to-date information on COVID-19 vaccination distribution plans in Connecticut, visit [ctt.gov/covid vaccine](https://ctt.gov/covid-vaccine).

Understanding and Explaining mRNA COVID-19 Vaccines

Messenger RNA vaccines—also called mRNA vaccines—are some of the first COVID-19 vaccines authorized for use in the United States. This page provides vaccine information for healthcare professionals and vaccine providers and tips for explaining mRNA vaccines to patients and answering questions about how mRNA vaccines work, their safety profile, and common misconceptions.

In addition to the following key messages, you can refer to [CDC's COVID-19 mRNA vaccine webpage](#).

- Like all vaccines, COVID-19 mRNA vaccines have been rigorously tested for safety before being authorized for use in the United States.
- mRNA technology is new, but not unknown. They have been studied for more than a decade.
- mRNA vaccines do not contain a live virus and do not carry a risk of causing disease in the vaccinated person.
- mRNA from the vaccine never enters the nucleus of the cell and does not affect or interact with a person's DNA.

A New Approach to Vaccines:

mRNA vaccines take advantage of the process that cells use to make proteins in order to trigger an immune response and build immunity to SARS-CoV-2, the virus that causes COVID-19. In contrast, most vaccines use weakened or inactivated versions or components of the disease-causing pathogen to stimulate the body's immune response to create antibodies.

COVID-19 mRNA Vaccines Will Be Rigorously Evaluated for Safety

COVID-19 mRNA vaccines have gone through the same rigorous safety assessment as all vaccines before they were authorized for use in the United States by the Food and Drug Administration. This includes large clinical trials and data review by a safety monitoring board.

Often patients are concerned about live vaccines. mRNA vaccines are not live vaccines and do not use an infectious element, so they carry no risk of causing disease in the person vaccinated.

mRNA Vaccines Are New, But Not Unknown

There are currently no licensed mRNA vaccines in the United States. However, researchers have been studying them for decades.

Early stage clinical trials using mRNA vaccines have been carried out for influenza, Zika, rabies, and cytomegalovirus (CMV). Challenges encountered in these early trials included the instability of free RNA in the body, unintended inflammatory outcomes, and modest immune responses. Recent technological advancements in RNA biology and chemistry, as well as delivery systems, have mitigated these challenges and improved their stability, safety, and effectiveness.

Beyond vaccines, numerous preclinical and clinical studies have used mRNA to encode cancer antigens to stimulate immune responses targeted at clearing or reducing malignant tumors.

Benefits of mRNA Vaccines

mRNA vaccines have several benefits compared to other types of vaccines including use of a non-infectious element, shorter manufacturing times, and potential for targeting of multiple diseases. mRNA vaccines can be developed in a laboratory using a DNA template and readily available materials. This means the process can be standardized and scaled up, making vaccine development faster than traditional methods. In addition, DNA and RNA vaccines typically can be moved most rapidly into the clinic for initial testing. In the future, mRNA vaccine technology may allow for one vaccine to target multiple diseases

All information above from CDC website.

Press Release

The Following local Walgreens are offering COVID vaccinations to individual 75 years of age or older.

Please make your appoint at: <https://www.walgreens.com/topic/covid19vac/CT.jsp>

Participating Walgreens Stores that are offering vaccines to individuals 75 years of age or older

203 Kennedy Drive, Putnam, CT 06260

1093 N Main St, Dayville, CT 06241

27 Main St, Jewett City, CT 06351

20 Prospect St, Moosup, CT 06354

200 Westminster Rd, Canterbury, CT 06331

88 West Stafford Rd, Stafford Springs, CT 06076

76 Main St, Canaan, CT 06018

28 E Elm ST, Torrington, CT 06790

331 West St, Litchfield, CT 06759

8A South Main St, Terryville, CT 06786

455 S Main St, Thomaston, CT 06787

620 Main St, Watertown, CT 06795



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

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

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

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

Please encourage your *clients* to call or take advantage of our secure and convenient [online services](#) to:

- Apply for [Retirement](#), [Disability](#), and [Medicare](#) benefits,
- Check the status of an application or appeal,
- Request a replacement Social Security card (in most areas),
- Print a benefit verification letter, and
- Much more.

COVID-19 resources available in multiple languages from the CDC



DEPARTMENT OF PUBLIC HEALTH

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

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

CURRENT INFORMATION FROM THE CDC WEBSITE (subject to change)

Persons aged > 65 years

Persons with high-risk medical condition

Allocation within Phase 1 of the OVID-10 vaccination program (post Phase 1a)

Phase 1b — Frontline essential workers: first responders (e.g., firefighters and police officers), corrections officers, food and agricultural workers, U.S. Postal Service workers, manufacturing workers, grocery store workers, public transit workers, and those who work in the education sector (teachers and support staff members) as well as child care workers.

Phase 1c — All other essential workers: workers in transportation and logistics, water and wastewater, food service, shelter and housing (e.g., construction), finance (e.g., bank tellers), information technology and communications, energy, legal, media, and public safety (e.g., engineers), and public health workers.

Phase 1b — Persons aged > 75 years

Phase 1c — Persons aged 65—74 years



Michelle H. Seagull, Department of
Consumer Protection Commissioner



William Tong
Attorney General

STATE OF CONNECTICUT

When stimulus checks hit bank accounts, AG Tong, DCP Commissioner warns Connecticut residents of potential scams

JANUARY 8, 2021 -- Attorney General William Tong and Connecticut Department of Consumer Protection Commissioner Michelle H. Seagull are warning Connecticut residents to be on the lookout for potential scams involving the second round of stimulus checks from the federal government.

Stimulus checks from the Internal Revenue Service began arriving this week for many people after the federal government enacted a \$900 billion economic stimulus package, the second in response to the COVID-19 outbreak.

The Connecticut Office of the Attorney General and Department of Consumer Protection warn that bad actors looking to steal Americans' personal information and money might not be far behind.

"Connecticut residents cannot afford to hand over these checks to scammers," said Attorney General William Tong. "Stay alert for bad actors and be wary of any text message, email, or phone call from someone claiming to be from the federal government. If you think you may have been contacted by a scammer, hang up the phone and don't click that link. If you aren't sure, turn to official sources to verify or contact our offices for assistance."

"These long-awaited stimulus checks are needed by so many people, but that won't stop scammers from trying to steal from you," said Consumer Protection Commissioner Michelle H. Seagull. "If anyone calls, emails or texts asking for personal information or money in exchange for your stimulus check, it's a scam."

Attorney General Tong and Commissioner Seagull offer these tips to prevent falling victim to a scam artist:

- The federal government will not ask you to pay money upfront to receive a stimulus check. No fees. No charges.
- The federal government will never call to ask for your Social Security number, bank account or credit card number. Anyone who asks for this personal identifying information is a scammer.
- No matter how the payment is disbursed, only a scammer will ask you to pay to receive it.
- Some people will receive the payment in the form of an Economic Impact Payments (EIP) prepaid card. The card is not a scam, and there are ways to cash or use the card without fees.

If you receive a suspicious phone call, email or text message, contact the Office of the Attorney General at 860-808-5000 or attorney.general@ct.gov or contact the Department of Consumer Protection at dcp.complaints@ct.gov.



Q & A's with your local Senior Medicare Patrol

Question: A beneficiary recently asked, "Can I be charged for the COVID-19 vaccine"?

Answer: NO

Here's helpful information for Medicare Beneficiaries as well as the American public on the cost of the COVID-19 vaccine. The Centers for Medicare and Medicaid Services shared:

- Vaccine doses purchased with U.S. taxpayer dollars will be given to the American people at no cost. However, vaccination providers will be able to charge an administration fee for giving the shot to someone. Vaccine providers can get this fee reimbursed by the patient's public or private insurance company or, for uninsured patients, by the Health Resources and Services Administration's Provider Relief Fund. Source: [CDC website](#)
- Insurance plans, medical facilities and other providers **cannot** charge recipients of the vaccine for the administration fee.
- The administration fee for the vaccine in the first year is being covered by original Medicare regardless of a beneficiary having an Advantage Plan. So beneficiaries should show their original Medicare card when getting the vaccine.

Read [CMS Press Release](#) for more information on how COVID-19 costs are covered.

How Can Your Senior Medicare Patrol Help?

Your local SMP is ready to provide you with the information you need to PROTECT yourself from Medicare fraud, errors, and abuse; DETECT potential fraud, errors, and abuse; and REPORT your concerns. SMPs and their trained team members help educate and empower Medicare beneficiaries in the fight against health care fraud. Your SMP can help you with your questions, concerns, or complaints about potential Medicare fraud and abuse issues. It also can provide information and educational presentations. For more information, contact the Senior Medicare Patrol at your local Area Agency on Aging at 1-800-994-9422 or visit <https://portal.ct.gov/ads-smp>.

SMP is supported, in part by grant number 90MPPG0044, from the U.S. Administration for Community Living, Department of Health and Human Services and is administered by the CT Department of Aging and Disability Services.

Are you 75 or older?

COVID-19 Vaccines are now available for you!

As of January 13, 2021, the State of Connecticut has expanded access to the vaccination distribution plan to include individuals 75 years of age and older to receive the vaccine.

For your safety. ALL vaccinations are by appointment only.
Walk-in appointments are NOT available.

You have **THREE** options to register for and receive the vaccine.

Hartford HealthCare

If you have a [MyChartPLUS](#) account already, simply [log in](#), go to "Visits" or "Appointments" and find a Hartford HealthCare vaccine clinic (locations in Hartford, Wethersfield, Norwich or Shelton) that is convenient for you. **A new location at the Torrington Armory (153 South Main Street) is scheduled to open the week of January 25.**

If you do NOT have a [MyChartPLUS](#) account, you can set one up on the [MyChartPLUS.org website](#). For instructions visit [HartfordHealthCare.org/instructions](#). If you have followed the directions above and still have issues scheduling your vaccine in MyChartPLUS, the MyChart support line is there to help: call **860.972.4993**

State of CT Department of Public Health

Go to <https://ldphsubmissions.ct.gov/OnlineVaccine> and fill out a form to register with the Vaccine Administration Management System (VAMS). You will need to enter your full name, date of birth, zip code, occupation (including "retired"), and email address. The information you enter will only be used for purposes of scheduling your vaccination, and will be kept private. Once registered, VAMS will email you to guide you through the appointment process for receiving the COVID-19 vaccine.

NOTE: a 211 call in option for registration is being set up and will be announced shortly - 211 will host a Vaccine Appointment Assistance Line offering information and assistance with scheduling the vaccine at several clinic options in your area. When launched, residents will be able to call 1-877-918-2224 Monday - Friday from 8:00am - 4:30 pm.

Torrington Area Health District

To register visit the website at <https://www.tahd.org> and click on and complete COVID19 Vaccination Survey. Within 24-48 hours, you will receive an email from CDC.GOV/VAMS with instructions to provide required medical information and select a vaccination appointment, including all clinic locations offered by the Torrington Area Health District.

Resources for Questions and Information

<https://portal.ct.gov/Coronavirus/COVID-19-Vaccination>

<https://hartfordhealthcare.org/health-wellness/coronavirus/vaccine>

<https://www.tahd.org/>

ATTENTION: As a safety precaution, individuals with a history of allergies are encouraged to receive their vaccine at the trailer just outside the Charlotte Hungerford Hospital Emergency Department. Please refer to instructions under Hartford HealthCare (above) to register in MyChartPLUS.

This information is provided by Charlotte Hungerford Hospital on 1/14/21 at 10 AM and is subject to change.

Symptoms of Coronavirus :::: What you need to know



Anyone can have mild to severe symptoms.

Older adults and people who have severe underlying medical conditions like heart or lung disease or diabetes seem to be at higher risk for developing more serious complications from COVID-19 illness.

Watch for symptoms

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear **2-14 days after exposure to the virus**. People with these symptoms may have COVID-19:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

This list does not include all possible symptoms. CDC will continue to update this list as we learn more about COVID-19.

When to seek emergency medical attention

Look for **emergency warning signs*** for COVID-19. If someone is showing any of these signs, **seek emergency medical care immediately**:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

*This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.

Call 911 or call ahead to your local emergency facility: Notify the operator that you are seeking care for someone who has or may have COVID-19.