

Senior Newsletter

Middlebury Senior Center

1172 Whittemore Road

Middlebury, CT 06762

Phone 203-577-4166

Fax 203-577-4173

E-mail jcappelletti@middlebury-ct.org

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

[illegible]

June, 2018



Department Staff

JoAnn Cappelletti Director

Jeanne Generali.....Dispatcher/Clerk

Terri Markie.....Bus Driver

Angela Leveille.....Publications & Programs

Sean Howard.....Computer Lab

Newsletter Staff

JoAnn Cappelletti

Angela Leveille

Commission on Aging

Judy Mirrer Chairperson

Barbara DeRiu

Noa Miller

Nancy Mastroianni

JoAnn Cappelletti

Ann Spierto

Nancy Pun

Jean Hansen

Andrew Perrella



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
Email: jcappelletti@middlebury-ct.org

Notifying the Public Under Title VI

THE TOWN OF MIDDLEBURY

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

Department of Social Services & 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.

*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

Please support our Sponsors



Care Beyond Compare Since 1961

FAMILY OWNED AND OPERATED 58 bed skilled nursing facility
Providing care beyond compare since 1961.

Specializing in Short Term Rehabilitation

- ▶ Still a 5 Star Federal Medicare Rating
- ▶ An outstanding ratio of staff to residents
- ▶ A new rehabilitation room offering physical, occupational and speech therapies 7 days a week and is now equipped with NeuroGym® technology. MCH is the first skilled nursing facility in Connecticut to have just acquired this new state-of-the-art therapy equipment.
- ▶ A new recreation room and patio providing a full and vibrant calendar of events and activities

203-758-2471 778 Middlebury Road Middlebury, 06762

www.midconvhome.com



A&B Homecare Solutions, LLC
Home Is Where the Heart Is

A&B Homecare Solutions, LLC is a family owned and operated in-home care agency formed in 2003 by Mother and Son, Bella & Aron Galinovsky. Aron and Bella's vision was to provide meaningful, high quality in-home care for individuals and families that know "HOME" Is Truly
Where the Heart is...

We accept private pay, long term care insurance, state insurance, and veteran's benefits.

Call us today (203) 495-1900

24/7 on call (203-495-1900

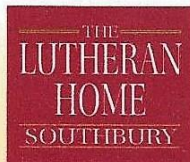
**Our personalized services are available as you need them, whether it be 2 hour visit per day
24hr 7 days a week care.**

Get **READY FOR HOME** at Lutheran Home

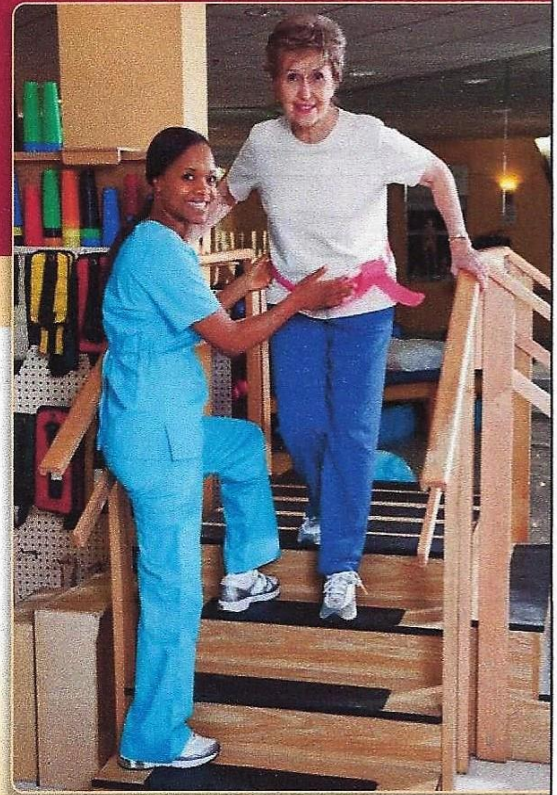
2016 5-STAR MEDICARE RATING

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

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



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



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.

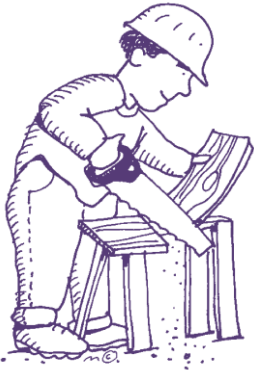
Kindly RSVP to 203-757-7660

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, pinning, 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:

Household size	Income Limits *
1	\$47,600
2	\$54,400
3	\$61,200
4	\$68,000
5	\$73,450
6	\$78,900
7	\$84,350
8	\$89,800

*Income limits are subject to periodic change.

Applications and information regarding this program are available at the Middlebury Department of Social Services located at
1172 Whittemore Road
Middlebury, CT 06762
203-577-4166

Center Services

Commission on Aging



The next Commission on Aging meeting will be held June 19, 2018 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, June 20, 2018 9:00am. Please call for an appointment at 203-577-4166.

CONTACTING US



Contacting our office is easy!
Dial the main number (203-577-4166) and enter the extension for the person you wish to speak with. Each staff member has their own extension number, which are:

JoAnn Cappelletti	ext 707
Jeanne Generali	ext 708
Angela Leveille	ext 709
Sean Howard	ext 711

YOUR NEW MEDICARE CARD is coming



Personal identity theft affects a large and growing number of seniors. People age 65 or older are increasingly the victims of this type of crime. This is why the Centers for Medicare & Medicaid Services (CMS) is readying a fraud prevention initiative that removes Social Security Numbers from Medicare cards. The aim is to help combat identity theft and safeguard taxpayer dollars.

Starting June 2018 thru April 2019, CMS will begin mailing new Medicare cards that include a new Medicare Number. The mailings will be staggered throughout the year, with completion expected by April 2019.

When you receive your card you may use it immediately. Make sure your mailing address is up to date. If your address needs to be corrected, contact Social Security at ssa.gov/myaccount or 1-800-772-1213. TTY users can call 1-800-325-0778.

Beware of anyone who contacts you about your new Medicare card. Medicare will **NEVER** ask you to give up personal or private information to get your new Medicare number and card.

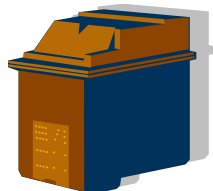


The Town of Middlebury has adapted Code Red which is a public notification system for emergency information. It notifies the public of road closures, fires, floods, missing children and other emergencies.

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, 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.

USED INK CARTRIDGES'



Don't throw you used ink cartridges away. Please donate them to the Middlebury Senior Center, we recycle.

Thank You

OPERATION FUEL



The Operation Fuel program for all utilities (heat or non-heating sources) will be offered beginning July 9th thru October 31st.

The Middlebury Senior center will be taking applications Monday thru Friday 9:00am to 12:00pm.

You can only apply for this program one time every 12 months.

You must have made at least 4 payments within the last 12 months, your bill should be at least 30 days overdue and you must have a shut off notice.

Bring with you your shut off notice, gas or electric notice & income for the household. Any questions please call JoAnn Cappelletti @ 203-577-4166 ext. 707.



Renter Rebate Program

Effective April 1, 2018
Ends September 15, 2018

Elderly residents of Middlebury or totally disabled persons who rent may apply for the Renter Rebate Program at the Department of Social Services office located in the Shepardson Community Building, Rm. #20 between the hours of 9:00am and 12:30pm.

You must also be a resident of Middlebury and provide proof of income and rent expense for the year 2017.

If utilities are not included in your rent, you must provide proof of your utilities expense. If you filed a tax return you must bring a copy.

Further questions regarding this program must be directed to JoAnn Cappelletti at 203-577-4166 ext.707

AARP Driver Safety Program

Monday, July 2, 2018



9:00am

The AARP Driver Safety course is the nation's first and largest driver refresher course. The course covers:

- Learn new defensive driving techniques
- Refresher in new laws and regulations
- How to deal with aggressive drivers
- How aging affects reaction time, seeing and hearing
- New materials and new videos

Drivers who attend this class will receive a completion certificate and may be entitled to a discount on automobile insurance (contact your insurance company for details).

The cost to participate is only \$15.00 for AARP members and \$20.00 for AARP non-members. All checks must be made out to "AARP"

Please call 203-577-4166 to register. AARP membership is not required and drivers of all ages are invited to attend.

There is a screening tool for driving from the FTDS webpage: Family members or caregivers who have driven with the driver in the last three months, can rate a driver's difficulties with 54 driving skills, through this on-line screening. After completing the screening, a key form or rating profile of the driver is available which includes a classification of the driver into one of three categories (at-risk driver, routine driver, or accomplished driver). Based on the specific driver category, recommendations are given as follow-up steps.

"Fitness to Drive screening:
<http://ftdsphp.ufl.edu/us/>

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



Applications are available for the Veterans Program.

Ends September 24, 2018

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 September 24, 2018.

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

Qualifying income is based on 2017 adjusted gross income; married applicants must submit combined adjusted gross income plus 2016 Social Security benefits payments.

Household income cannot exceed \$42,900; this number varies from single to married persons. Elderly Homeowners applicants must reside in Middlebury, qualify under the income limits, and must be 65 years of age or older.

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

Applications can be picked up at the Middlebury Social Services Department at the Shepardson Community Center, 1172 Whittemore Road in Middlebury, Room 20 between the hours of 9am to 1:00pm, Monday thru Friday.



PASSPORT TO PARKS PROGRAM

Gov. Malloy Announces Launch of Passport to Parks Program, Providing Connecticut Residents Greater Access to State Park System

Residents with Valid Connecticut License Plates Can Now Access All State Parks for Free

Implementation of the Passport to Parks program will support the restoration of a number of services throughout the state park system, including:

- All of the state's eight lifeguarded state park beaches are anticipated to be fully staffed for the summer, including at Hammonasset, Rocky Neck, Sherwood Island, Silver Sands, Black Rock, Burr Pond, Indian Well, and Squantz Pond. (Staffing is contingent upon adequate levels of lifeguards being available each season and adjustments may be made toward the end of the season when many of the lifeguards begin school.)
- Hours of operation at the state's museums and nature centers will be restored from Memorial Day to Labor Day, including at Dinosaur, Gillette Castle, Meigs Point Nature Center, and Fort Trumbull.
- Four campgrounds will reopen:
 - Devil's Hopyard (East Haddam) – Opening day of fishing season through Labor Day
 - Green Falls (Voluntown) – Opening day of fishing season through Labor Day

- Macedonia Brook (Kent) – Opening day of fishing season through Labor Day
- Salt Rock (Sprague) – Weekend before Memorial Day through Labor Day
- Spring camping will be restored at the following locations:
 - American Legion and Peoples State Forests (Barkhamsted) – Opening day of fishing season through Labor Day
 - Mount Misery (Voluntown) – Opening day of fishing season through Labor Day
- Fall camping will be restored at the following locations:
 - Hammonasset Beach (Madison) – Weekend before Memorial Day through Columbus Day
 - Rocky Neck (East Lyme) – Weekend before Memorial Day through the end of September
 - Housatonic Meadows (Sharon) – Weekend before Memorial Day through Columbus Day
 - Hopeville Pond (Griswold) – Weekend before Memorial Day through the end of September

This year, the opening day of the fishing season was on Saturday, April 14, 2018.

Reservations at all state campgrounds for the 2018 season can be made beginning at noon on Thursday, February 8, 2018. Camping reservations can be made [online](#) through the Reserve America service or by calling 1-877-668-CAMP (2267).

**Reduce Stress
With Corrine Fabian
Wednesdays @ 10:00am**

Mindfulness based Art Therapy reduces stress and strengthens your mind, body and spirit.

**A one on one session;
To guide you into self-healing while allowing you to express your thoughts and feelings that emerge.**

Corrine will guide you through every step.

This class is free of charge

By appointment only

For those interested, please call 203-577-4166



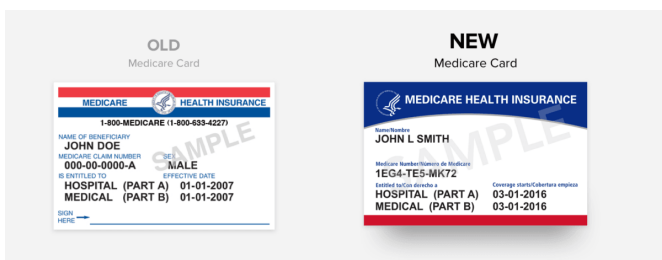
The Art Class at the Middlebury Senior Center is held from 9:30am to 11:30am every Friday morning. Our instructor, Dolores Rose, offers her impressive knowledge throughout the class. Fee is \$5 per class.



Our Nutritional Cooking class is held every Friday @ 10:30am. 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.

New Medicare Card Reminder

Here are some things you need to know about the New Medicare Cards from the Centers for Medicare and Medicaid Services:



Your New Medicare Card will NO longer have your:

- ▶ Social Security Number but a new Medicare number unique to you consisting of numbers and letters
- ▶ Signature
- ▶ Gender

Your New Medicare Card will have your:

- ▶ New Medicare number
- ▶ Name
- ▶ Dates that Medicare Part A and Part B coverage started

Medicare will be mailing new Medicare Cards to beneficiaries between April 2018 and April 2019. In Connecticut, the rollout will begin after June 30th. If you don't get your card right away, do not worry. It will take time to mail the cards to everyone so your card might arrive at a different time than your friend's or neighbor's card.

**** There is no charge for the new card. ****

Your benefits will stay the same and you can start using your card as soon as you receive it. When you receive your new card, you should shred your old card.

Only your Medicare card and number are changing. Your social security number remains the same. If you are enrolled in a Medicare Advantage plan, or a Part D prescription plan, or Medigap (Supplemental) policy, these plans and policies do not change. Please keep those cards.

Beginning January 1, 2020, you can only use the new Medicare card and new number. Your old Medicare card number will no longer work.

While you do not need to take any action to get your new Medicare card, make sure your mailing address is up to date. If not, contact Social Security at 1-800-772-1213.

To sign up for email updates, visit: www.Medicare.gov/NewCard

Watch Out for Scams. This is a perfect opportunity for scammers to try and get your personal information. Do not share your card with anyone. Only carry it with you when you need it. Otherwise, keep it in a safe place. If someone calls and offers to send you a new card or asks for your current Medicare number or claims there is a charge for the new card, or threatens to cancel your health insurance if you don't provide any of this information, **HANG UP AND CALL YOUR LOCAL SMP at 1-800-994-9422.**

Spending Bill Has Some Victories

Some provisions of the recently enacted federal spending bill will be of special importance to the health and income security of older Americans. The law provides for modest funding increases for the Social Security Administration, the Administration on Aging, housing for older people and housing choice vouchers.



These increases, while small, will help improve customer service for Social Security beneficiaries and applicants as well as protect safe, affordable housing for older people with very low income. In addition, many programs, such as Meals on Wheels, received additional funding. The bill also left intact the recently enacted improvements to the Medicare Part D doughnut hole. Nearly 11 million Medicare beneficiaries exceed their coverage limit each year and end up paying 100% of their prescription drug costs. Under the new law, that percentage will drop to 25% in 2019.



PROTECT YOURSELF ON FACEBOOK

**Privacy concerns are real,
but no need to panic.**

Countless Facebook members threatened to dump the social network after it was disclosed that a political consulting firm improperly snagged profile information from millions of users. In congressional testimony in April, CEO Mark Zuckerberg vowed to protect Facebook users. But until changes are made, here's how to better protect yourself.

♦ **Run the privacy checkup.** Click on the question-mark icon at the top of your Facebook page and select Privacy Checkup. Make sure only your friends can see your posts. Check your profile settings. Choose "Only Me" or "Friends" for everything. Do not choose "Public" for settings.

♦ **Avoid Facebook games and apps.** Many games and apps on Facebook require your name, your email address and the names of your friends. Avoid those. If you're already using these apps and games, go to your Facebook Apps page. Click on the X next to any apps you want to remove.

♦ **Tighten other privacy settings.** Go to your Facebook Privacy Settings and Tools page. Make sure only friends can see your posts. Choose "Only Me" or "Friends" to designate who can see your friends list, email address and phone number. Be sure that no search engines outside of Facebook can link to your profile.

♦ **Control ads and advertisers.** You can stop getting ads generated by tracking your interest and activities. Go to your Ad settings section. Turn off the options for "Ads based on your use

of websites and apps: and "Ads on apps and websites off of the Facebook Companies."

Facebook has announced improvements to protect user privacy. The company is rolling out a centralized page for users to control privacy and security settings. Check Facebook's news feed for updates.



Technology to Make Your Life Easier:

Say goodbye to struggling with opening lids and sealed tops.

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

The "Handybar" is a tool designed to provide extra support for you when entering and exiting your vehicle. Equipped with a seat belt cutter and side-window breaker for emergencies, The *Handybar* is perfect for people with limited mobility due to recent surgery, back or leg problems and pregnancy.

The "Pocketalker Ultra" makes it easier to hear in everyday situations. By reducing background noise and distance from the source-the *Pocketalker* brings sound and voices directly to the ear. Ideal for one-one-one conversation, small groups and television listening or conversing in a car. So, relax, enjoy the sounds of life and stay connected to your world. ---- This device amplifies sound that is connected to a headset, so you hear more clearly while reducing background noises. All you do is place the Pocketalker on a table, in a pocket or attach it to a belt, It is compact enough to take anywhere.

If interested, call Charlene @203-757-5449 ext. 101 for more information on products or to make an appointment for a presentation. Or email her cwicks@wcaaa.org.



THE LATEST MEDICARE SAVINGS PROGRAM (MSP) INFORMATION:

The MSP is divided into the following three income based levels but the State pays the \$134 monthly Medicare Part B premium for all three levels. Participants are also enrolled in the “Low Income Subsidy” which assists individuals with their prescription plan premium and co-pays. **The QMB Program** also provides assistance in paying Medicare deductibles, co-pays and coinsurance. MSP participants have likely received three letters from the State concerning benefits and income eligibility changes. The State Legislature approved continuation of eligibility levels:

QMB Pays both Medicare Part A & B premiums, deductibles and co-insurances.

Single Person - \$2135.32 / month

Married couple - \$2891.92 / month

NO ASSET LIMIT

SLMB (Special Low-Income Medicare Beneficiary); Pays Medicare Part B premiums.

Single person - \$2337.72 /month

Married Couple - \$3169.32 / month

NO ASSET LIMIT

ALMB (Additional Low-Income Medicare Beneficiary) – also known as Q4; Pays Medicare Part B premiums. Note: ALMB is not an entitlement program and the funding is limited, when available funds are exhausted applications will be denied.

Single person - \$2489.52 /month

Married Couple - \$3375.12 / month

NO ASSET LIMIT

These limits that were in effect until July 1, 2018, have been restored and will not change.

Legislators announced a bipartisan agreement in principle on the state’s \$20 billion budget with no tax increases in an election year, and voted in both chambers on the final day of the 2018 regular session.

With the General Assembly mandated to adjourn at midnight, Democrats and Republicans added the finishing touches to the agreement and were still waiting to debate, as lawyers were writing the final legal language.

The deal includes several key elements that legislators have been fighting for. Those include restoring funding for the popular Medicare Savings Program, which helps more than 100,000 senior citizens and the disabled to pay for their medical care. The agreements also blocks any increases in bus and train fares that Governor Dannel P Malloy had threatened to impose on July 1 if there was not sufficient funding.

The deal also restores funding for cities and towns, which generates more support for the deal because legislators want to deliver funding for their municipalities.

Lawmakers also agreed to restore funding for HUSKY, a Medicaid program for about 13,500 low-income parents who are “working poor,” legislators said.

In addition to not raising taxes, the agreement cuts certain boat taxes in order to help the industry against competition from other states, particularly Rhode Island.

Lawmakers said they were hoping to stop Connecticut owners from storing their boats over the state line.



Beginner's Meditation Workshop



**Thursday, June 7 - 6:30 PM
at the Middlebury Public Library**

Come learn about this ancient practice, its benefits, how it works and experience it personally through a guided demonstration.

Instructor, Tia Mandrozou, initially discovered meditation at the age of 4, living in Greece. She has studied various forms since then & continues to practice & teach this ancient tradition today!

**To register, log
onto middleburypubliclibrary.org or call
203-758-2634**

Computer Training

The Middlebury Senior Center is currently offering computer training. There is no age limit for computer training.



Available is one-on-one lessons, subject to availability of time. These lessons will be on Tuesdays, Wednesdays & Thursdays from 9:30am to

1:00pm by appointment only.

The fee is \$15 per hour or \$25 for 4 one hour sessions. If you need help with your IPAD, 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

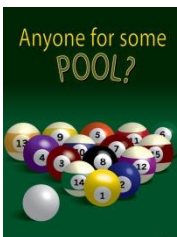
'WANTED'

Attention Pool Players

The billiard room is open every day, Monday thru Friday, from 9am to 4pm

All are invited to play.

Ladies are always welcome to join in the fun.



Middlebury Community Garden

Can you spare an hour a week? If so you may



be interested in helping us work the following for our garden:

Preparing the raised garden beds

Planting vegetables & flowers

Weeding – as needed

If so, please contact JoAnn Cappelletti at the Middlebury Senior Center at 203-577-4166 ext. 707.

Reduce Stress



Wednesdays @ 10:00am

Mindfulness based Art Therapy reduces stress and strengthens your mind, body and spirit.

**A one on one session;
To guide you into self-healing while
allowing you to express your thoughts and
feelings that emerge.**

**Corrine will guide you through every step.
This class is free of charge
For those interested, please call 203-577-4166 for an appointment.**



Losing Weight with Elizabeth

Thursdays 11am -12pm

Waterbury Regional chamber member Elizabeth Petruccione, founder of Losing Weight with Elizabeth (LWWE), launched her business this past year and has had great success. Elizabeth battled her fat demons for more than 40 years before she found herself under the layers and began her weight loss journey.

After shedding 93 pounds, and coaching for three years with a national chain, Elizabeth opened her business to help others lose weight, especially “the forgotten men and women of weight loss” or those over 50, through the use of her “Banking Method” and her “Complete Weight Loss Teller’s Kit.”

In the kit are several SLIM-ple tools to help guide clients along their weight loss journey, including “Losing Weight with Elizabeth: The Handbook,” a heart shaped pedometer, cloth tape measure check register and cover for “deposits and withdrawals” of calories, a total food calorie counter, a magnet with her motto, “Don’t Diet, Edit” plus a one-time consultation with Elizabeth over the phone or via SKYPE.

Losing Weight with Elizabeth hosts several weekly meetings around the Greater Waterbury Area.

Come in to see for yourself if this is the right program for you. The first meeting is free. Join us any Thursday at 11am in room 26 in the Middlebury Senior Center, 1172 Whittemore Road.

Tom Rosa's Hollywood Movie Bio & Talk

Thursday, June 14, 2018
- 12:30pm



The movie this month is “**THE NAKED SPUR.**” It stars James Stewart, Janet Leigh and Robert Ryan.

The Film is about a bounty hunter who tries to bring a murderer to justice, and is forced to accept the help of two strangers who are less than trustworthy,

This film was directed by Anthony Mann and was nominated for an Academy Award for best original screenplay.

Refreshments will be served--all are welcome.

Lenny & Joe's

Thursday, June 21, 2018



Let's celebrate the first day of summer and enjoy a lunch at Lenny & Joe's, and take a stroll on the boardwalk.

The Middlebury Mini Bus will be taking a ride to Lenny & Joe's Fish Tale on Longwharf Drive in New Haven. Bus will leave the senior center at 10am.

Transportation fee is \$7 per person. Please call 203-577-4166 to reserve your seat.

Lunch & Learn

Friday, June 29,
2018



Cindy Hamel from the Lutheran Home of Southbury gives us a Lunch & Learn every month. This month's topic, "Arthritis", Basic information on how to minimize the effects in each individual.

Join us for a very informative discussion and a free delicious lunch.

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

The American Red Cross Blood



Services representatives will be at the Shepardson Center @ 1172 Whittemore Road in Middlebury, CT to have a

Blood Drive on June 22, 2018, 1:pm to 6:00pm

Your Blood Donation Matters!

There's a Serious Need for All Blood Types

Blood: The most common type of donation, during which approximately one pint of 'whole blood' is given. This type of blood donation usually takes about an hour.

STRAWBERRY FESTIVAL



The Middlebury Congregation Church, on the Middlebury Green, will be holding the annual Strawberry Festival on

Friday, June 8, 2018 from 5:00pm to 7:30pm-serving Hot Dogs, Hamburgers, Chicken and Homemade Strawberry shortcakes.

Food Truck Festival!



Join us for our Mini-food Truck Festival in Southbury, featuring Weenie Lynn's Hot Dogs, Cinnamon Churros, Drewba Q, Hardcore cupcakes; as well as Traveling Chic Boutique on Wheels!
Bring your Appetites!

Thursday, June 14th 4pm-9pm

Admission is Free

The Middlebury Senior Center will provide transportation for at least 10 passengers or more. Call 203-577-4166 to reserve your seat.

Intergenerational Program

Wednesday, June 13, 2018

11:45am



Join us for our Intergenerational Program on Wednesday, June 13th at 11:45am

where seniors and kids get together.

There will be a free lunch and entertainment.

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

Discover the Thimble Islands Thursday, June 14, 2018



Welcome aboard the Sea Mist. Relax and enjoy a 45 minute narrated cruise around The Thimble Islands.

First discovered in 1614 by Adrien Block, these islands were used for everything from farming to quarrying granite, from bootlegging to hiding Captain Kidd's treasure. Captain Kidd sailed here in 1665...you can still feel his presence today.

Come join us for a Sea Mist cruise at the Thimble Islands. These islands are located off the coast of Branford, CT. Come aboard the Sea Mist, relax and enjoy yourself as we cruise around 25 inhabited islands.

Bus will be leaving Middlebury Senior Center at 10:00am for the 12:15 cruise. Call 203-577-4166 to reserve your seat. Admission and transportation will be \$20 per person.



2018 STATEWIDE SENIOR OUTING

Monday, August 20, 2018
9:00am - 4:00pm
43 Candee Road, Prospect CT

The management and staff of Holiday Hill would like to invite you to the annual Statewide Senior Outing at Holiday Hill in Prospect, CT. The event will be held on Monday, August 20, 2018 from 9:00am to 4:00pm. The all-inclusive ticket price for the day is \$34.00 includes:

ENTERTAINMENT:

Raffle with Great Prizes

Dancing and Singing with Vinnie Carr

Bocci - Horseshoes - Ping Pong -

9 Hole Mini Golf -

Ice cream treats from the Ice Cream Truck

First-Aid Personnel on duty all day
Heated Pools (lifeguards on duty all day)
Bingo Games with prizes awarded to all winners

Budweiser Beer will be on tap
Free Parking w/ Shuttle service

EVENT MENU

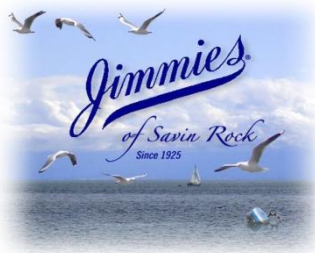
Unlimited Buffets:

9:00am to 3:30pm

AVAILABLE ALL DAY

Soda, Gatorade, Lemonade, Iced Tea,
Fruit Punch, Coffee, Tea, Milk, Ice
Water, Potato Chips, Goldfish Crackers,
and Pretzels

Call 800-533-0029 by August 10th to
purchase tickets



Jimmy's of Savin Rock

Thursday, July 12,
2018

Join us for lunch down
by the seashore at

Jimmy's on Thursday, July 12th.

Bus will be leaving the senior center at 10:30am. Please call 203-577-4166 to reserve your seat. Cost for transportation is \$7 per person. Please call 203-577-4166 to reserve your seat.



Senior Lunch

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



Low Impact Dance Lessons

Thurs days, 10:30 - 11:30 6 classes for \$20. Learn the steps to Salsa, Merengue, and Cumbia with Gabriela.

Pilates



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



Yoga

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



Fitness Fury

Fitness Fury will lead the Adult Strengthening classes weekly every Friday from 11:30 -12:15. The fee is \$15.00 per month.



Tai Chi

Instructor Gary Welton
Wednesdays @ 8:00am to 9:00
& from 9:15am to 10:15am.

The fee is \$25 for 10 classes.



Art Class

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



Mah-jongg

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

A massage can help people feel better motivate them to take care of themselves with diet, exercise or other positive lifestyle changes. Get a 20 minute massage for \$15. For an appointment, call 203-577-4166 All massages are done on Thursdays.

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



Father's Day

June 17, 2018

William Smart was a Civil War veteran who was widowed when his wife died in childbirth after delivering their sixth child. As an adult, Sonora Smart Dodd (one of Smart's daughters) admired and appreciated her dad's selfless love and strength in raising her and her siblings. After listening to a sermon on Mother's Day in 1910 at her church in Spokane, WA, she wanted to find a way to honor her father. Dodd drew up a petition recommending adoption of a national Father's Day. She chose the first Sunday of June that year (June 5) because it was her father's birthday. The Spokane Ministerial Association and local YMVA supported it, but they pushed the date to June 19 so they had more time to prepare. Through Dodd's efforts, Spokane celebrated the first Father's Day on June 19, 1910. Over the next decade, places around the U.S. started celebrating this day. It wasn't until 1966 though that President Lyndon Johnson signed a Presidential declaration announcing the third Sunday of June as Father's Day. In 1972, President Richard Nixon established a permanent national observance of Father's Day to be held on the third Sunday of June.

JUNE IN HISTORY



HISTORY

10 Years Ago: (2008):

► Barack Obama secured the 2008 US Democratic Party Presidential nomination.

► After three decades as the chairman of Microsoft Corporation,

Bill Gates stepped down from daily duties.

► Coldplay released their fourth studio album, Viva la Vida or Death and All His Friends.

► Detroit Red Wings defeated the Pittsburgh Penguins 4-2 in the Stanley Cup Finals.

15 Years Ago (2003):

► Martha Stewart and her broker were indicted for using privileged investment information and then obstructing a federal investigation. A Jury found Martha Stewart guilty on March 10, 2004 on four counts of obstructing justice and lying to investigators about a well-timed stock sale.

► The largest hailstone ever recovered in the US was found after a thunderstorm that pounded south-central Nebraska on June 22. It was discovered in Aurora NE. It was a seven inch-wide chunk of ice, almost as large as a soccer ball.

► Harry Potter and the Order of the Phoenix, the fifth book of the series by J.K. Rowling, was published.

20 years Ago (1998):

► The Chicago Bulls won their sixth NBA title in eight years. They beat the Utah Jazz, 87-86 in Game 6. This was also Michael Jordan's last game as a Bull.

► The Detroit Red Wings defeated the Washington Capitals in a four-game sweep in the Stanley Cup Finals.

► A strike began at the General Motors parts factory in Flint, MI which quickly spread to five other assembly plants. The strike lasted for seven weeks.

► Compaq Computer paid \$9.15 billion for Digital Equipment Corporation in the largest high-tech acquisition at that time.

30 Years Ago (1988):

► Wildfires spread through Yellowstone National Park lasting from June through November.

► Microsoft released S DOS 4.0.

► Susan Lucci, best known as Erica Kane in All MY Children, lost for the ninth time in the 15th Daytime Emmy Awards.

► Chicago agreed to build a new stadium so the White Sox wouldn't move to Florida.

40 Years Ago (1978):

► California voters approved Proposition 13 which slashed property taxes nearly 57% by assessing property values at their 1975 value.

► The musical, Grease, was released and starred John Travolta and Olivia Newton-John.

► Davey Johnson from the Philadelphia Phillies became the first to hit two game-winning pinch hit grand slams in one year.

► Johannes Gutenberg's Bible, the first book produced using the printing press (1 of 21 complete versions), sold for \$2.4 million.

► The comic strip, "Garfield," created by Jim Davis appeared for the first time. It debuted in 41 newspapers.

50 Years Ago (1968):

► On June 5, Presidential candidate Robert F. Kennedy was shot in Los Angeles, CA by Sirhan Sirhan. Kennedy died from his injuries the next day.

► Simon & Garfunkel's Mrs. Robinson hit No. 1.

► The Rolling Stones released Jumpin' Jack Flash.

► The US Supreme Court banned racial discrimination in the sale and rental of housing.

100 Years Ago (1918):

► There was a total solar eclipse on June 8. It crossed the US from Washington state to Florida.

► More than 100 waiters were taken into custody in Chicago for poisoning restaurant customers with a lethal powder called Mickey Finn.

► An inch of snow fell in northern Pennsylvania on June 15.

► The first inter-island round trip flight occurred in Hawaii. It went between Honolulu and Moloka'i.



HAPPY BIRTHDAY"

JUNE 2018

You are never too old to set another goal or to dream a new dream. - By Les Brown

Virginia Sumetz 1st
John Varanelli 2nd
Shirley Hosier 2nd
Madeline Gouveia 4th
Rita Maloney 4th
Phyllis Thomas 4th
Daniel Poppa 4th
Mary Rimkus 5th
Frank Catapano 5th
Eileen Gibbons 6th
Theresa Gilbert 6th
Walter Stankiewicz 7th
Randi Miller 7th
Nancy McKay 8th
Sandra Taglia 8th
Michael Chirichella 9th
Larry Hansen 9th
Yolanda Corey 9th
Renee Puchalsky 10th
Joan Moran 10th
Joanna Price 10th
Audrey Patterson 10th
Rose Juliano 11th
Audrey Lange 12th
Barbara Robinson 13th
John Hall 12th


Agnes Bauza 13th
Adrienne Moore 14th
Donna Greene 14th
Lee Adomaitis 14th
Jon Espeland 14th
Bryon Pierce 15th
Giles Wyant 15th
Florence Hansen 15th
Pat Mautino 15th
Florence Hansen 15th
Mary George 16th
Linda Swanson 17th
Adele Lucas 18th
Harriet Cantilena 19th
Betty Carlotto 19th
Lorretta Calabrese 19th
Valerie Stolfi 19th
Paul Babarik 19th
Joe Byczko 19th
Charles Rossi 20th
Thomas Amodeo 20th
Joann Kloss 20th
Lila Ciarlo 20th
Carol Olsen 21st
Maureen Dibble 21st
Janice McGarvey 22nd

Barbara Pollo-Morrow 22nd
Grace Vitkauskas 23rd
Nancy Guerrero 24th
Richard Goode 25th
George Tracy 25th
Connie Girman 25th
Eunice Bragg 26th
Irene Schober 26th
Ann Deluca 26th
Harold Parker 26th
Eleanor Weher 26th
Sandra Young 26th
Rick Martin 27th
Barbara Hanngi 27th
Helen Bioski 27th
JoAnn Ruby 28th
Gardena Forster 29th
Jane Lamy 29th
Mary Mangini 29th
Linda Zackin 29th
Evelyn Ramon-Christy 29th
Dianne Cicchetti 29th
Jacquelyn DelNegro 30th
Catherine Gay 30th
Patricia Varanelli 30th
Jack Arisian 30th







JUNE 2018



TUESDAY	WEDNESDAY	THURSDAY
<p>5</p> <p>Italian Wedding Soup Crackers Seafood Salad plate/lettuce/beet salad Herb breadstick Fresh fruit</p>	<p>6</p> <p>Spinach quiche Tossed salad/ carrots & olives/ Italian dressing Marble rye Grape juice Chocolate pudding/topping</p>	<p>7</p> <p>To be announced</p>
<p>12</p> <p>Chicken tenders Macaroni & Cheese Mixed vegetables Multigrain dinner roll Tropical fruit juice Jello/ whipped topping</p>	<p>13</p> <p>Cheese baked ziti Parmesan cheese Roasted vegetables Caesar salad Italian bread Apple Juice' Chocolate Chip cookie</p>	<p>14</p> <p>To be announced</p>
<p>19</p> <p>Lentil Soup/crackers Cold cut grinder/ham, turkey, cheese, salami Lettuce, tomato, pickle Peaches</p>	<p>20</p> <p>Veggie Lasagna Parmesan cheese Roasted squash Spinach salad/carrots Raspberry vinaigrette Garlic bread melon</p>	<p>21</p> <p>To be announced</p>
<p>26</p> <p>Tuna & Pasta plate Tossed salad/cucumber & French Dressing Multigrain bread Apple juice Fruit jello/topping</p>	<p>27</p> <p>Cream of zucchini soup Crackers Spanish omelet Hash brown potato Blueberry muffin Tropical fruit</p>	<p>28</p> <p>To be announced</p>
	<p>Suggested donation is \$3.50 per meal</p>	<p>Lunch & Learn</p>

Lunch Reservations three (3) days in advance, please Pool Table available daily			Lunch donation - \$3.50 Lunch Served at 11:45	Middlebury Senior Center 203-577-4166
June 2018				
Monday	Tuesday	Wednesday	Thursday	Friday
				1
				9:00 Billiards 9:30 Painting Class 11:00 WII Bowling 12:30 Adult Strengthening 12:30 Bridge Club
4	5	6	7	8
9:00 Billiards 10:30 Mah Jongg 10:30 Pilates	9:00 Billiards 9:30 Computer Training 9:30 Yoga 10-12 Blood Pressure 10:30 Mah Jongg 12:30 Bridge Club 5:30 Mah Jongg	8:00 Tai Chi 9:00 Table Tennis 9:00 Billiards 9:15 Tai Chi 10:30 Mah Jongg 10:30 Pilates	9:00 Billiards 10:30 Yoga 10:30 Dance class 10:30 Mah Jongg 11:00 Losing Weight w/ El 12:30 Bridge Club 1:00 Mah Jongg	9:00 Billiards 9:30 Painting Class 11:00 WII Bowling 12:30 Adult Strengthening 12:30 Bridge Club
		Minibus to Brass City Mall		
11	12	13	14	15
9:00 Billiards 10:30 Mah Jongg 10:30 Pilates	9:00 Billiards 9:30 Computer Training 9:30 Yoga 10-12 Blood Pressure 10:30 Mah Jongg 12:30 Bridge Club 5:30 Mah Jongg	8:00 Tai Chi 9:00 Table Tennis 9:00 Billiards 9:15 Tai Chi 10:30 Mah Jongg 10:30 Pilates Intergenerational	Thimble Islands 9:00 Billiards 10:30 Yoga 10:30 Dance class 10:30 Mah Jongg 11:00 Losing Weight w/ Eliz 12:30 Bridge Club Movie 1:00 Mah Jongg	9:00 Billiards 9:30 Painting Class 11:00 WII Bowling 12:30 Adult Strengthening 12:30 Bridge Club 12:30 Hollywood with Tom
		Minibus to Brass City Mall		
18	19	20	21	22
9:00 Billiards 10:30 Mah Jongg 10:30 Pilates	COA Meeting 9:00 Billiards 9:30 Computer Training 9:30 Yoga 10-12 Blood Pressure 10:30 Mah Jongg 12:30 Bridge Club 5:30 Mah Jongg	9:00 Hearing Screening 8:00 Tai Chi 9:00 Table Tennis 9:00 Billiards 9:15 Tai Chi 10:30 Mah Jongg 10:30 Pilates	9:00 Billiards 10:30 Yoga 10:30 Dance class 10:30 Mah Jongg 11:00 Losing Weight w/ El 12:30 Bridge Club 1:00 Mah Jongg	9:00 Billiards 9:30 Painting Class 11:00 WII Bowling 12:30 Adult Strengthening 12:30 Bridge Club BLOOD DRIVE
		Minibus to Brass City Mall		
25	26	27	28	29
9:00 Billiards 10:30 Mah Jongg 10:30 Pilates	9:00 Billiards 9:30 Computer Training 9:30 Yoga 10-12 Blood Pressure 10:30 Mah Jongg 12:30 Bridge Club 5:30 Mah Jongg	8:00 Tai Chi 9:00 Table Tennis 9:00 Billiards 9:15 Tai Chi 10:30 Mah Jongg 10:30 Pilates	9:00 Billiards 10:30 Yoga 10:30 Dance class 10:30 Mah Jongg 11:00 Losing Weight w/ El 12:30 Bridge Club 1:00 Mah Jongg	9:00 Billiards 9:30 Painting Class 11:00 WII Bowling 12:30 Adult Strengthening 12:30 Bridge Club Lunch & Learn
		Minibus to Brass City Mall		

Lunch Reservations three (3) days in advance		Lunch donation - \$3.50		Middlebury Senior Center
Minibus operates 8:30 AM to 2:30 PM - 2 day notice required		Lunch served at 11:45 AM		203-577-4166
June 2018 Bus Schedule				
Monday	Tuesday	Wednesday	Thursday	Friday
				1
				Medical appointments Senior Center Activities
				No Lunch Today
				MEDICAL EMERGENCIES
4	5	6	7	8
Grocery Shopping Personal shopping medical appointment Senior Center Activities	Medical appointments Senior Center Activities	Medical appointments Senior Center Activities	GWDT DAY Mini bus in town Senior Center Activities	Medical appointments Senior Center Activities
No Lunch Today		Waterbury Mall		No Lunch Today
MEDICAL EMERGENCIES	MEDICAL EMERGENCIES	MEDICAL EMERGENCIES	MEDICAL EMERGENCIES	MEDICAL EMERGENCIES
11	12	13	14	15
Grocery Shopping Personal shopping medical appointment Senior Center Activities	Medical appointments Senior Center Activities	Medical appointments Senior Center Activities	GWDT DAY Mini bus in town Senior Center Activities	Medical appointments Senior Center Activities
No Lunch Today		Waterbury Mall	Thimble Islands	No Lunch Today
MEDICAL EMERGENCIES	MEDICAL EMERGENCIES	MEDICAL EMERGENCIES	MEDICAL EMERGENCIES	MEDICAL EMERGENCIES
18	19	20	21	22
Grocery Shopping Personal shopping medical appointment Senior Center Activities	Medical appointments Senior Center Activities	Medical appointments Senior Center Activities	GWDT DAY Mini bus in town Senior Center Activities	Medical appointments Senior Center Activities
No Lunch Today		Waterbury Mall	Lenny & Joe's	No Lunch Today
MEDICAL EMERGENCIES	MEDICAL EMERGENCIES	MEDICAL EMERGENCIES	MEDICAL EMERGENCIES	MEDICAL EMERGENCIES
25	26	27	28	29
Grocery Shopping Personal shopping medical appointment Senior Center Activities	Medical appointments Senior Center Activities	Medical appointments Senior Center Activities	GWDT DAY Mini bus in town Senior Center Activities	Medical appointments Senior Center Activities
No Lunch Today		Waterbury Mall		No Lunch Today
MEDICAL EMERGENCIES	MEDICAL EMERGENCIES	MEDICAL EMERGENCIES	MEDICAL EMERGENCIES	MEDICAL EMERGENCIES