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 readapt programs so that our citizens can keep in step with the rest of the community.



JoAnn Cappelletti Director

Jeanne Generali Angela Leveille Dispatcher/Clerk Publications &

Terri Markie Sean Howard Bus Driver Computer Lab

# **Commission on Aging**

Judy Mirrer, Chairperson Barbara DeRiu Jean Hansen Noa Miller Ann Spierto Nancy Pun Ralph Barra Nancy Mastroianni JoAnn Cappelletti

# **PLEASE NOTE**

The Senior Center remains closed until further notice. Up-dates are available on Facebook and the Town web page.

The Middlebury Senior Bus is operating. Appointments are limited to medical and grocery shopping to local businesses.

Financial assistance is available to Middlebury residents only to assist them through the Middlebury Community Emergency Fund.

Operation Fuel has also extended the Winter/ Spring program, on-going and has increased the benefit to include payment for home heating assistance, utilities and water. The Food Bank is also available. Residents must call ahead, as Shepardson is in lock-down.

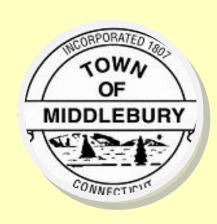
Renter Rebate applications are now being taken remotely. Signatures are required. The Senior bus is available for transport to our office to sign the application.

The Community Garden is in need of volunteers to help water and weed the garden. If you could spare an hour a week, please call the office for the schedule.

For more information on any of the above programs, please call 203 577-4166.

# 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 <u>icappelletti@middlebury-ct.org</u>; or visit our administrative office at 1172 Whittemore Road. For more information, visit <u>www.middlebury-ct.org</u>.

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 bimonthly 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



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

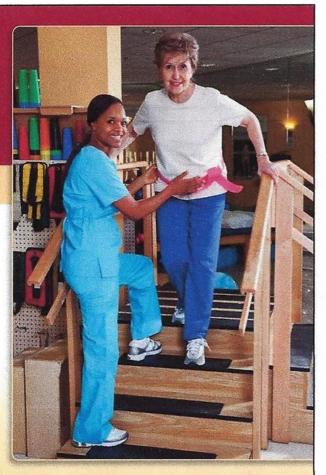
# **2016 5-STAR MEDICARE RATING**

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



#### A MESSAGE FROM COMCAST:

As the country continues to grapple with the COVID-19 pandemic, Comcast recognizes we play an important role in helping our customers stay connected – to their families, their workplaces, their schools, and the latest information about the virus – through the Internet.

Comcast recently announced that it will extend the below-listed commitments for Xfinity customers through <u>June</u> <u>30<sup>th</sup></u> to help ensure students can finish out the school year from home and remain connected to the internet during the COVID-19 crisis:

**No Disconnects and Waiving Late Fees**: We will not disconnect a customer's Xfinity Internet, Xfinity Mobile, or Xfinity Voice service, and we will waive late fees if they contact us and let us know that they can't pay their bills during this period. Our care teams are available to offer flexible payment options or help find other solutions.

**Xfinity Wi-Fi Free for Everyone**: Xfinity Wi-Fi hotspots in business and outdoor locations across the country will be available to anyone who needs them for free – including non-Xfinity Internet subscribers. For a map of Xfinity Wi-Fi hotspots, visit <u>www.xfinity.com/wifi</u>.

**Pausing Our Data Plan**: With so many people working and educating from home, we want our customers to access the internet without thinking about data plans. While the vast majority of our customers do not come close to using 1TB of data in a month, we are pausing our data plans to give all customers unlimited data for no additional charge.

**Internet Essentials**: Internet Essentials is the nation's largest and most comprehensive broadband adoption program. We are extending our offer of 60 days of complimentary service for new customers that sign up by <u>June 30<sup>th</sup></u>. Internet Essentials is normally available to all qualified low-income households for \$9.95/month. In addition to the 60 days of complimentary service, Comcast is also temporarily offering amnesty to low-income households who would otherwise qualify for Internet Essentials but have a past due balance that is less than a year old. Comcast will offer amnesty for that debt for the purpose of connecting to Internet Essentials, so long as the customer meets all the other eligibility criteria. For more information, visit <u>www.internetessentials.com</u>.

#### For more information and updates from Comcast related to Coronavirus, visit any of the belowlisted links:

<u>Network Performance Website</u>: Information about Comcast's network, the steps taken to ensure reliability, and additional measures Comcast is taking to keep everyone connected can be found here: <u>https://</u> <u>corporate.comcast.com/covid-19/network</u>

<u>Collection of Comcast's COVID-19 Responses and Activities</u>: All of Comcast's COVID-19 responses and activities can be found here: <u>https://corporate.comcast.com/covid-19</u>.

Comcast employees live and work in the communities we serve and we all share the unified belief that it's our company's responsibility to step up and help during this unprecedented and challenging time. I hope this information provides some reassurance and comfort that Comcast is here to support you, our customers and communities we serve.



# COMPUTER HELP

Sean is available for one on one virtual 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

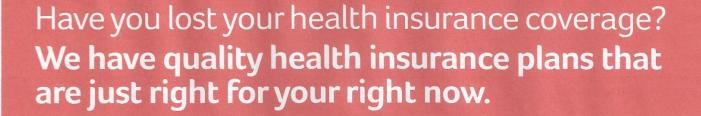


Susan from Fitness Fury is available to do virtual Adult Strengthening

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.



If you have lost your health insurance due to one of these reasons (also called Qualifying Life Events)

- Losing your coverage due to job change/loss
- Losing coverage through your employer
- Rolling off of COBRA coverage

access health CT

Connecting Ca

- Losing coverage through your spouse
   or parent
- Recently moved to CT

... you may qualify for a Special Enrollment Period. For a full list of Qualifying Life Events visit: Learn.AccessHealthCT.com

To enroll in coverage after a Qualifying Life Event, you must

- Start your application with Access Health CT within **60 days** of your event
- Verify your Qualifying Life Event and any other application details if requested

Have questions? All help is FREE.

Access Health CT : AccessHealthCT.com 1-855-805-4235 (TTY: 1-855-789-2428) Monday through Friday

8:00AM to 4:00PM Access Health Connecticut (AHCT), Individuals, Families & Small Businesses can shop, compare and enroll in quality healthcare

A MESSAGE FROM CONNECTICUT COMMUNITY CARE:			
Connecticut Community Care (CCC) takes pride in our forty-year history of providing services and benefits to help people of all ages, abilities and incomes to live at home. We do this in partnership with the Department of Social Services (DSS) through the CT Home Care Program, Money Follows the Person (MFP), Community First Choice (CFC), the Personal Care Attendant and Acquired Brain Injury waivers. Thousands of CT citizens receive reliable, high quality home care services through these programs.			
Throughout the COVID-19 pandemic, CCC continues to perform new assessments of eligible individuals. <i>We welcome new clients.</i> We offer individuals and families a modified assessment process via telephone and other virtual means to identify appropriate services and arrange for these services through a strong, resilient network of community provider organizations.			
To make a referral to the CT Home Care Program:			
Visit https://www.ascendami.com/CTHomeCareForElders/default/ or call 860-424-4904			
For detailed information related to MFP and CFC, call 211.			
In addition to our public programs, CCC offers private care management services to those who do not meet			

In addition to our public programs, CCC offers private care management services to those who do not meet public program eligibility requirements. Visit or call us at 860-314-2933 or visit https://ctcommunitycare.org/private-care-management

We also work diligently to support post-COVID-19 discharges from hospitals back to home to avoid skilled nursing facility placements whenever possible. Despite the health care crisis, we work with skilled nursing facilities to discharge people back to the community.

Molly Rees Gavin President, Connecticut Community Care

#### Towns offer taxpayers relief

Woodbury, Middlebury, Southbury, Bethlehem have plans

Woodbury, Middlebury, Southbury and Bethlehem have joined several area towns in approving tax relief plans to help residents facing financial hardships during the COVID-19 pandemic.

Bethlehem selectmen at their meeting last week and Woodbury selectmen at their meeting earlier this month approved 90-day tax deferment plans that give property owners until Oct. 1 to pay personal property and motor vehicle bills without any interest or penalties. Most tax bills would normally be due July 1.

Watertown recently approved a similar plan, and it also defers for 90 days monthly water and sewer bills for residents there.

Homeowners that have house tax payments through mortgage escrows are not eligible for the deferment.

Woodbury First Selectman Barbara K. Perkinson said those choosing to take advantage of the deferment should remember that before or by Oct. 1, "people still have to pay their taxes." Bethlehem selectmen issued a letter to residents outlining the deferment option, reminding them that if taxes are not paid by Oct. 1, a 6% penalty will be applied.

In Middlebury and Southbury, selectmen approved a low-interest tax relief program at their meetings earlier this month.

This plan gives taxpayers who may be delinquent in their real estate, personal property or motor vehicle taxes this coming year an interest rate of 3% annually, .25% monthly for the first 90 days.

<b>VITA</b> (Volunteer Income Tax Assistance)				
Email: virtualvita.ct@gmailcom for more information				
VIRTUAL VITA Is offering free remote tax preparation services ; you may'				
<b>SIGN UP FOR FREE:</b> it takes just 15 minutes. Sign up for a virtual tax appointment by cop- ying and pasting the following into your browser: https://form.jotform.com/200715549679062				
WHO IS ELIGIBLE FOR VITUAL VITA? Serving low-income residents across CT. At this time, only 2019 tax returns can be prepared. Also, we can help only those with either a smartphone or computer and reliable Wi-Fi.				
WHAT FORMS MIGHT I NEED? Remember to keep these out during your appointment.				
<ul> <li>Wages—Retirement Income—Social Security Benefits -Unemployment income</li> </ul>				
<ul> <li>Tuition statement—Car tax payment— Self—employment income—Interest &amp; dividend income</li> </ul>				
Child care payments				
WHY IS THIS HAPPENING? Because the show most go on. To reduce the spread of COVID-19, many of CT's VITA sites must close. To maintain our services in light of these closings. VITA is offering virtual tax assistance to those who still need to file.				
HOW WILL THIS WORK? Only three easy steps before your personal tax appointment.				
Complete the only survey listed above. The survey will ask you to:				
1. Fill out basic personal information.				
2. Upload pictures of your tax forms.				
3. Choose an appointment time.				
A VITA preparer will then call you at your appointment time and complete your return with you over the phone. A second VITA preparer will check their work before filing.				
Disclaimer: Please review your return prior to signing, as you are ultimately responsible for your return.				



#### PRESS RELEASE FROM STATEWIDE LEGAL SERVICES:

Statewide Legal Services of Connecticut; Inc., ("SLS") the state's only legal aid hotline serving all 169 cities and towns, announces that it continues to work remotely during the pendency of the COVID-19 crisis. .SLS's experienced attorneys and advocates guide individuals with legal questions about health care access, public benefits, housing, unemployment and other problems, and also re-

fer cases to other legal aid programs or to volunteer attorneys. To contact SLS, call the toll-free hotline, **1-800-453-3320** (or from Middletown and Hartford, 860-344-0380), Monday through Friday, from 9:00am to 12 noon and 1pm to 3pm.

Individuals may also apply for help by submitting a confidential, online application of legal assistance to http://apply.slsct.org/.

COVID-19 has impacted our state in many ways, including those who need legal assistance with legal issues. In response to ongoing challenges caused by this epidemic, almost daily changes are being made to court and state agencies' operations, to public benefits programs, and more. Statewide Legal Services of Connecticut, and its regional Legal Aid Network partners—Connecticut Legal Services', Greater Hartford Legal Aid, and New Haven Legal Assistance—are currently tracking these changes. Connecticut residents are urged to visit the network supported website, CTLawHelp.org, for COVID-19 related updates at https:// ctlawhelp.org/en/coronavirus.



The American Red Cross is launching a virtual Family Assistance Center (vFAC), a website where **individuals or family members who have lost a loved one to COVID-19** can identify the community resources that may be available to them. Given their collective experience and well-established response and recovery structures, **Connecticut will be among the first locations in the country to roll this out** with a goal of being on-line early in May. The rest of the country will go live later in the month.

Due to the nature of the COVID-19 pandemic, <u>a traditional Family Assistance Center is not a safe option.</u> This website is intended to be a virtual equivalent. To access the site, a person will visit <u>redcross.org</u> and enter their zip code – they will be directed to the **Connecticut Red Cross page** where they live. From there, they can access the resources available in the family assistance center.

In alignment with the <u>Connecticut's response and recovery framework</u> and in collaboration with 211, CT VOAD, and other state and local partners, the largely self-service website will be populated with applicable local, state and national resources.

A person will also have the option to call a special American Red Cross emotional support hotline established to support those who have lost a loved one. In addition, a person can also request a future call from the local response team. In that case, a Red Cross worker will contact the person, provide appropriate support, assess their needs, and provide a referral to a participating organization if needed. *Note: this is a similar process to how our disaster action team members work collaboratively to help families recover from more traditional local disasters.* 

# **Town of Middlebury**

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



#### **GUIDELINES FOR MINI-BUS PASSENGERS**

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

Do any tasks or errands for you

Do any shopping of any kind

Handle money for banking, postage or bill paying

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

The following must be observed:

Due to scheduling, the bus may arrive from 15 minutes before to 15 minutes after your scheduled reservation. You must be ready within these times.

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

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

Have your donation ready when entering the bus.

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

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

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

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

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

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

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

	Have our Newsletter Mailed to Your Home Every Month Cut out and mail this Form
Name _	
Address	;
City	State
	Please enclose a check for \$9.00 made payable to The Middlebury Senior Center and mail to:
	Department of Social Services
	1172 Whittemore Road Middlebury, CT 06762

# Commission on Aging



The next Commission on Aging meeting will be held (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:

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



# <sup>▲</sup>CodeRED<sup>™</sup>

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.middleburyct.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.

# GOVERNOR LAMONT PROVIDES UPDATE ON CONNECTICUT'S CORONAVIRUS RESPONSE EFFORTS

#### Data updates on testing in Connecticut

The following is a summary of the day-to-day newly reported data on cases, deaths, and tests in Connecticut. It is important to note that these newly reported updates include data that occurred over the last several days to a week. All data in this report are preliminary, and data for previous dates will be updated as new reports are received and data errors are corrected.

OVERALL SUMARY	Statewide	As of April 26, 2020	
Laboratory-Confirmed COVID-19 Cases	38,430	+314	
COVID-19 Associated Deaths	3,472	+23	
Patients Currently Hospitalized with COVID-A9	914	- 6	
Patients tested for COVID-19	185,520	+7,841	
COUNTY BREAKDOWN LAB CONFIRMED	CASES	HOSPITALIZATIONS	DEATHS
New Haven	10,427	327	838

For several additional graphs and tables containing more data, including a list of cases in every municipality, visit <u>ct.gov/coronavirus</u>.

#### Connecticut insurance commissioner reminds that all insureds are eligible for no-cost COVID-19 testing and treatment

Connecticut Insurance Department Commissioner Andrew N. Mais is reminding all insureds in the state that all out-of-pocket costs for testing and treatment of COVID-19 have been removed.

"Our insurance industry here in Connecticut has answered the call and responded to help protect those most affected by our current crisis," **Commissioner Mais said**. "Thanks to recent changes in federal law, employer-based plan sponsors are required to follow suit and remove all cost sharing for testing and treatment for their workers and their families."

Department of Social Services Commissioner Deidre S. Gifford also praised the state's insurance carriers and noted that public health coverage is also available to Connecticut residents who qualify.

"In the regular Medicaid and the Children's Health Insurance Program, together known as HUSKY Health in Connecticut, we are fully covering COVID-19 testing and treatment without any cost-sharing," **Commissioner Gifford said**. "In addition, HUSKY Health is now covering COVID-19 testing for uninsured Connecticut residents who are US citizens or have a qualifying immigration status, regardless of income; and covering COVID-19 testing for residents without a qualifying immigration status if they meet HUSKY income requirements and have COVID-19 symptoms."

# **June is National Safety Month**

Keeping the home safe

All households

- Clean hands at the door and at regular intervals
- Create habits and reminders to avoid touching their face and cover coughs and sneezes
- Disinfect surfaces like doorknobs, tables, and handrails regularly
- Increase ventilation by opening windows or adjusting air conditioning

#### Households with vulnerable seniors or those with significant underlying conditions

- Significant underlying conditions include heart, lung, kidney disease; diabetes; and conditions that suppress the immune system
- Have the healthy people in the household conduct themselves as if they were a significant risk to the person with underlying conditions. For example, wash hands frequently before interacting with the person, such as by feeding or caring for the person
- If possible, provide a protected space for vulnerable household members Ensure all utensils and surfaces are cleaned regularly

#### Households with sick family members

- Give sick members their own room if possible, and keep the door closed
- Have only one family member care for them
- Consider providing additional protections or more intensive care for household members over 65 years old or with underlying conditions

Keeping commercial establishments safe

#### Encourage your employees and customers to...

- Practice good hygiene
- Stop handshaking use other noncontact methods of greeting
- Clean hands at the door, and schedule regular hand washing reminders by email
- Promote tap and pay to limit handling of cash
- Disinfect surfaces like doorknobs, tables, desks, and handrails regularly
- Increase ventilation by opening windows or adjusting air conditioning

#### Avoid crowding

- Use booking and scheduling to stagger customer flow
- Use online transactions where possible
- Consider limiting attendance at larger gatherings

#### For transportation businesses, taxis, and ride shares

- Keep windows open when possible
- Increase ventilation
- Regularly disinfect surfaces

#### RENTER'S REBATE PROGRAM



Effective April 1, 2020 Through September 15, 2020

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, Room #20 between the hours of 9:00am and 12:30 pm.

You must also be a resident of Middlebury and provide proof of income and rent expense for the year 2019.

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 directe4d to JoAnn Cappelletti at 203-577-4166 ext. #3.

At this time we are taking information over the phone and making appointments for documents and signatures.

#### **OPERATION FUEL**



Operation Fuel will be available for those who have not applied yet, indefinitely.

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

#### 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 <u>Connecticut Energy Assistance Program (CEAP)</u>. 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 <u>estimated state median income</u>:

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

1 person \$36,171	2 person \$47,300
3 person \$58,430	4 person \$69,559
5 person \$80,688	6 person \$91,818
7 person \$93,905	8 person \$95,991

• You must have CEAP energy assistance funds applied directly to your Eversource account.

You must continue to pay your payment arrangement amount on time each month.