

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.

June 2021

Department Staff

JoAnn Cappelletti Director

Dispatcher

Angela Leveille

Publications &

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



Flag Day is Sunday, June 14!
This annual holiday celebrates the history and symbolism of the American flag. Learn about the history of this holiday and the beloved Stars and Stripes!

Flag Day is a celebration of the American flag that occurs each year on the anniversary of the flag's official adoption, June 14.

What we know fondly as the "Stars and Stripes" was adopted by the Continental Congress as the official American flag on June 14, 1777, in the midst of the Revolutionary War. Colonial troops fought under many different flags with various symbols—rattlesnakes, pine trees, and eagles—and slogans—"Don't Tread on Me," "Liberty or Death," and "Conquer or Die," to name a few.

The Declaration of Independence made the adoption of an American flag necessary. Previously, each colony or special interest had its own flag.

On the 14th of June, Congress made the following resolution: "The flag of the United States shall be thirteen stripes, alternate red and white, with a union of thirteen stars of white on a blue field ..." Official announcement of the new flag was not made until Sept. 3, 1777.




midconvhome.com

203.758.2471

Family Owned and Operated



Offering Short & Long Term Care

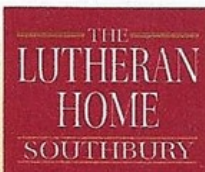
778 Middlebury Road, Middlebury | 203-758-2471 

Get **READY FOR HOME** at Lutheran Home

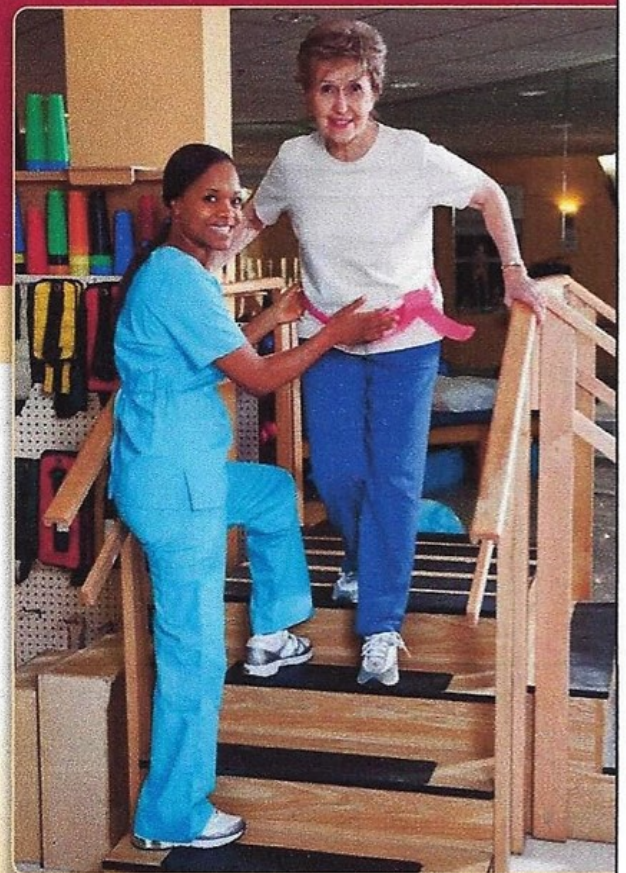
2016 5-STAR MEDICARE RATING

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
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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

From the Director's Desk

Dear Friends:

I am happy to report that the Senior Center is now officially opened as of June 1st. The staff and I look forward to welcoming people back into the building, but some safety measures will remain in effect. I will continue to use the recommendations from the CDC, Reopening Senior Center Guide, and our local Health Department for the safety of our staff and members.

Some of the programs that have already resumed are Mah-Jongg, Painting Class, Computer Class, Tai-Chi, the Knitting group and Pool. Coming soon I expect the Bridge Players to return as well as our exercise classes. Annoula's Grab and Go Lunches are available on Wednesdays, but you must be registered in the Nutrition Program. The menu is available on line or in our newsletter. You must call in a reservation and the suggested donation is \$3.50 per meal. Virtual Programs will remain for those still interested in home-participation.

The Lutheran Home of Southbury will present a "Lunch and Learn Program" on June 17 at 11:30. The topic will be "Taking Care of Yourself". This is a free program and all seniors are welcome. Please call our office if you would like to attend.

The Senior Bus Transportation Program is now running at full capacity. I do ask, if possible, to leave a row between seats for the safety and comfort of others. Masks are still required on the bus, even if you have been vaccinated. Please do not converse with the bus driver and the suggested donation for a ride remains in effect. Check out our new bus.

Several trips have been suggested. We are waiting approval from the sites as to when we can register for the trip and begin taking reservations.

The restrooms in the building have been completely renovated. Also installed was a new water fountain which includes a water bottle station for re-filling your water bottle.

The kitchen at this time is still off-limits. I have no information as to whether Congregate Meals will be served, as the Grab & Go and the Senior Dine Program have temporarily replaced this program.

Please note, everyone entering the building must sign in at the office before entering a program. If space is limited in your program room, the program will be temporarily moved to the auditorium. All surfaces will be sanitized before and after each use. Masks are available in the office if you need one. Hand sanitizers have been placed in all of the activity rooms for your use. Anyone who is experiencing a cold or flu-like symptom is asked to stay home. If you need assistance or information, feel free to call our office.

Thank you to everyone for your patience as we slowly return to our new norm.

Kindest Regards,

JoAnn

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>

GWDT

Dial – A – Ride

One day a week each municipality will have the

Dial-A-Ride Transportation

Available for eligible

Seniors (ages 60 & Over) and the Disabled.

Transportation available for shopping, doctors appointments, out of town visiting with the 8 district municipalities on a first come, first served basis.

For more information on Dial-A-Ride transportation

Please contact:

Chesh- ire	Middle- bury	Nau- gatuck	Pro- spect	Water- bury	Water- town	Pro- spect
203-272- 0047	203-577- 4166	203-720- 7069	203-758- 5300	203-756- 5550	860-945- 5250	203-879- 8100
Fridays	Thurs- days	Tuesdays	Thurs- days	Mondays & Fridays	Tuesdays	Fridays

First Come, First Served

Cheshire Middlebury Naugatuck Prospect Waterbury Watertown Wolcott

Commission on Aging



The next Commission on Aging meeting will be held on Tuesday, June 15, 2021 At 9:30am. All interested persons are welcome to attend.

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	1
Angela Leveille	2
Transportation	3
Sean Howard	4



Free Blood Pressure Screening



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

Middlebury Recreation Area

Located in: Quassy Amusement & Water-park

Wednesday	9AM-8PM
Thursday	9AM-8PM
Friday	9AM-8PM
Saturday	9AM-8PM
Sunday	9AM-8PM
Monday	9AM-8PM
Tuesday	9AM-8PM

The Membership fee for Seniors to go to the MRA is \$45.00 and can be obtained at the Middlebury Parks and Rec Department

1172 Whittemore Road

Middlebury, CT

203-758-2520



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

Look for future classes in Introduction to Ancestry

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.



Many thanks to the Fiduciam Financial of Ameriprise Team

Our team is never too busy to see if we can be a resource for your family, friends, or colleagues.



MATT By Night: Scavenger Hunt

Friday, June 4 to Thursday, June 10

Join us for our second MATT By Night: Scavenger Hunt! For \$25 per entry, you will receive a set of Scavenger Hunt clues that you will solve between Friday, June 4 and Thursday, June 10.* On June 10, join us @ The MATT from 6:00 to 8:00 PM as we score your answers and celebrate the beginning of summer!

How do I enter?

The entry fee is \$25 and you can register [here](#)!

When is this happening?

- Clues released June 4 at 9 AM
- Responses due by June 10 at 6 PM
- Winners announced June 10 at 7:45 PM

How do I win?

The highest three scoring participants will win a prize of their choice. If participant scores are tied, the earliest submission will win. Prizes to be announced – stay tuned!

CELL PHONES FREE TO QUALIFYING LOW-INCOME HOUSEHOLDS

Enrollment in this government benefit program is available to individuals who qualify based on federal or state-specific eligibility criteria. You may qualify for Assurance Wireless if you participate in any of the following governments' programs:

Food Stamps/SNAP

Supplemental security Income (SSI)

Veterans Pension benefit or Survivors Pension

Medicaid

Federal Public Housing Assistance or Section 8

You may also qualify based on household income:

Household Size	Yearly Income
1	\$0 - \$17,388
2	\$0 - \$23,517
3	\$0 - \$29,646
4	\$0 - \$35,775
5	\$0 - \$41,904
6	\$0 - \$48,033
7	\$0 - \$54,162
8	\$0 - \$60,291

If there are more than eight (8) people in your household, THEN add \$6,129 for each additional person.

Example: For household of nine (9) the Yearly Income allowed = \$0 - \$66,420 (\$60,291 & \$6,129).



Get FREE Lifeline Service including:

PLUS A FREE ANDROID™ SMARTPHONE*

FREE

Date each month (High Speed)

FREE

Unlimited texts each month

FREE

Voice minutes each month

Connecticut Statewide Respite Care program



Offering daytime or overnight relief for care givers of individuals with Alzheimer's or related dementias

The Need for Respite:

Respite care provides a break, or a time of caregiver relief, from the constant dementia. The task of caring for a person with dementia is overwhelming. Family caregivers often develop stress-related illnesses such as heart disease, hypertension, or ulcers. An occasional break allows an exhausted caregiver to regroup, both physically and emotionally, and to find the strength to carry on. Respite truly saves caregiver's lives. With financial assistance, many family caregivers who would not otherwise use this service will have the opportunity to obtain temporary relief for themselves. As a result, the individual with dementia may remain at home for much longer than would otherwise be possible.

Description of the Program:

The Connecticut Statewide Respite Care Program is funded by the State Department on Aging and is operated in partnership with the Connecticut Area Agencies on Aging and the Connecticut Chapter of the Alzheimer's Association.

The program offers families the opportunity to receive an assessment of services needed and have a care plan developed that includes the provision of services for the individual with dementia. Eligible families may apply for daytime or overnight. Respite care services may include: Adult day care, cognitive fitness training, home health aide, homemaker, companion, personal care assistants, skilled nursing care or short-term nursing care.

For more Information:

Statewide Toll-free Phone: (800) 994-9422

Senior Resources: (860) 887-3561

North Central Area Agency on Aging: (860) 724-6443

Agency on Aging of South Central Connecticut (203) 785-8533

Southwestern Connecticut Agency on Aging: (203) 333-9288

Western Connecticut Area Agency on Aging: (203) 757-5449

Connecticut Chapter
Alzheimer's Association
(800) 272-3900

CONNECTICUT ENERGY ASSISTANCE PROGRAM (CEAP)

Effective Date: March 22, 2021

In response to the ongoing Public Health Emergency, COVID-19, changes have been made to the 2021 CEAP program.

If you already applied for CEAP and have been denied, you may be approved by these changes.

The following documentation needs to be submitted:

Some form of income documentation for the household., including rent, alimony and/or child support, pensions, social security etc..

If you are self-employed, notarized Self-Employment worksheet for the last six or twelve months and your most recently filed 1040 IRS form, including all schedules.

If unemployed, the printout of Unemployment compensation Benefits

Workman's comp or Disability Insurance; statement showing benefits and period covered.

Statements indicating the amount and frequency of payments from friends or relatives who are contributing to your household's support signed by them.

Current utility bill if you heat with gas or electricity.

If you receive SNAP, DSS, or TFA you will automatically be eligible for CEAP.

The liquid asset component has been suspended for the remainder of the 2020-2021 year.

Program Date Changes:

The following changes are being updated from previously approved program dates:

Deliverable fuel deliveries extended to **Thursday, May 20, 2021**

That will be the last day for deliverable fuel authorizations requests

A week will be added in the system to ensure all authorized deliveries are made

Last day to pay for deliveries **not** authorized by the CAA

Last day for application intake for all households extended to Tuesday, June 15, 2021

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

UNITED WAY of Connecticut



Every day,, thousands of people find themselves in circumstances where, often for the first time, they need resources that can't be easily found on the internet or in any phone book: low cost burial services, employment resources, a free or low-cost health clinic, free eyeglasses replacement for the elderly, affordable parenting classes or other counseling services, legitimate help overcoming temporary financial difficulties, and many more such scenarios. 211 has answers. 211 is available 24/7 and is multilingual. They can be reached by simply calling 211 or visit them at 211ct.org.

RENTER'S REBATE PROGRAM



Effective April 1, 2021 Through September 15, 2021

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 2020.

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. #3.

Due to COVID-19 applications will be processed by appointment only.

OLLI AT UCONN: LIFELONG LEARNING ONLINE THIS SUMMER

Waterbury, CT, May 4th, 2021. The Osher Lifelong Learning Institute (OLLI) at the University of Connecticut invites all adults aged 50+ to register for its online learning summer session through June 2021.

Since 2007, OLLI at UConn has continued to offer a diverse and expansive range of learning experiences to older adults who want to engage socially and intellectually with their peers as teachers and learners. One of OLLI's strengths is its ability to bring people together, and it has adapted to the challenges of Covid-19 by bringing people together online.

Examples of online summer courses include the history of sculptures, smartphone filmmaking, international cuisine, acrylic painting, and an introduction to the performing arts and acting. OLLI also offers orientation sessions and support for those unfamiliar with online learning, either in groups or one-on-one.

OLLI Director, Fiona de Merell said, "The online summer session is a great way to discover the many ways in which we promote positive aging through learning. I encourage anyone over 50 to try our online summer session and discover our supportive and energetic learning community."

Key dates

May 3rd | Registration opens

June 4th | First day of summer classes

July 2nd | Last day of summer classes

There is no educational requirement to join OLLI. Many classes are developed and taught by members who volunteer their time to share their knowledge and experience with other members.

For registration and additional information visit OLLI's website at: [Olli.uconn.edu](https://olli.uconn.edu) or call 475-222-6261 / 6232 to learn more.

Virtual U: The Artist & Educator–3-Part Series with Noah Fox:

Join Noah Fox as he shares his journey, experience and passion as a practicing artist and educator focused on engaging conversation, creativity and the art of storytelling into your work. Each workshop offers unique pathways towards understanding LGBTQIA+ communities and concepts while learning the tips and tools for engaging audiences in conversation that is fun and free of judgment. Designed for professional development and fun, this series will provide participants with new ways for exploring our differences through creative expression. Certificates of Attendance issued for each session. Registration required for each session. This is FREE to everyone, AARP Membership not required. Event is not recorded.

June 3, 2021 –Come Out for Pride: Family, Creativity, and LGBTQIA+ Identity

7PM ET | 6PM CT | 5PM MT| 4PM PT
Registration: <https://aarp.cvent.com/PrideJune3>

Kick-off Pride month and come out for this session focused on providing participants with the tools to engage with concepts of identity with confidence. Whether you've found yourself wondering what the letters in LGBTQIA+ stand for, or you helped lead the first pride parade in 1970, this workshop will use art and storytelling to offer a unique look at LGBTQIA+ history, concepts of identity, and the importance of telling one's own story.

Future sessions scheduled by registering at www.aarp.org/ctevents

- **October 28, 2021 – 7PM ET – My Mshuge Mother: The Yiddish Storyteller**
- **November 18, 2021 – 7PM ET- Creative Workshop: Tools for Visual Storytelling**



The Rotary Club of Woodbury-Southbury-Middlebury (a/k/a the Tribury Rotary) remains diligent in its efforts to bring about positive change within the communities of Woodbury, Southbury, Middlebury and beyond. The Tribury Rotary is a 501(c) (3) organization. As you may know, 100% of all fundraising is used to further our Seven Areas of Focus: Supporting the Environment; Basic Education; Maternal & Child Health; Peace and Conflict Resolution; Water, Sanitation, & Hygiene; Economic & Community Development, and Disease Prevention & Treatment.

The Tribury Rotary does much to help others; most recently, we have supplied beds to our local area veterans; provided scholarships to local area graduating high school students; donated personal hygiene items to abused women and children; supported animal shelters with food and funding; assisted seniors whose homes have fallen into disrepair; offered support to grieving children through relevant kits and online resources to aide them with managing their grief and provided non-perishable items to our communities in support of each town's respective food pantry/food bank.

We want to do more, and we need your help. To learn more about the Tribury Rotary Club, see www.triburyrotaryclub.org or by calling 203.263.7523 or emailing us at

Tribury.Rotary.7980@gmail.com

The Department of Elderly & Social Services recognizes the good work the Tribury Rotary does for the Community. We would like to thank the Rotary for their support for both the Middlebury Community Emergency Fund and the Food Bank collections they sponsor.

Those experiencing homelessness can get Economic Impact Payments and other tax benefits; permanent address not required.

Permanent address not required:

People can claim an Economic Impact payment or other credits even if they don't have a permanent address. For example, someone experiencing homelessness May list the address of a friend, relative or trusted service provider, such as a shelter, drop in day center or transitional housing program, on the return filed with the IRS. If they are unable to choose direct deposit, a check or debit card for the tax refund and the third Economic Impact Payment can then be mailed to this address.

Individuals experiencing homelessness can receive the EITC:

IA worker experiencing homelessness can receive the Earned Income Tax credit (EITC). To get the credit, federal law requires that a worker live in the US for more than half of the year and meet other requirements. This means living in a home in any of the 50 states or the District of Columbia. Therefore, individuals experiencing homelessness , including those who reside at one or more homeless shelters, can meet that requirement.

No bank account? No problem:

Many financial institutions will help a person lacking an account to open a low-cost or no-cost bank account. Individuals who open accounts will then have an account and routing number available when they file and claim a direct deposit of the Economic Impact Payment.



If you are not aware, **UniteCT** has programs that can be helpful.

- Emergency Rental /Utility assistance being offered to clients who have high arrearages.
- Operation Fuel clients would be eligible for the utility assistance without any concerns about federal subsidy duplication, with possible support for renters.
- The program requires landlord/tenant joint applications, with money going to the landlords directly.
- There is a call center to handle incoming questions or concerns.

Please go to the website to learn more <https://portal.ct.gov/DOH/DOH/Programs/UniteCT>



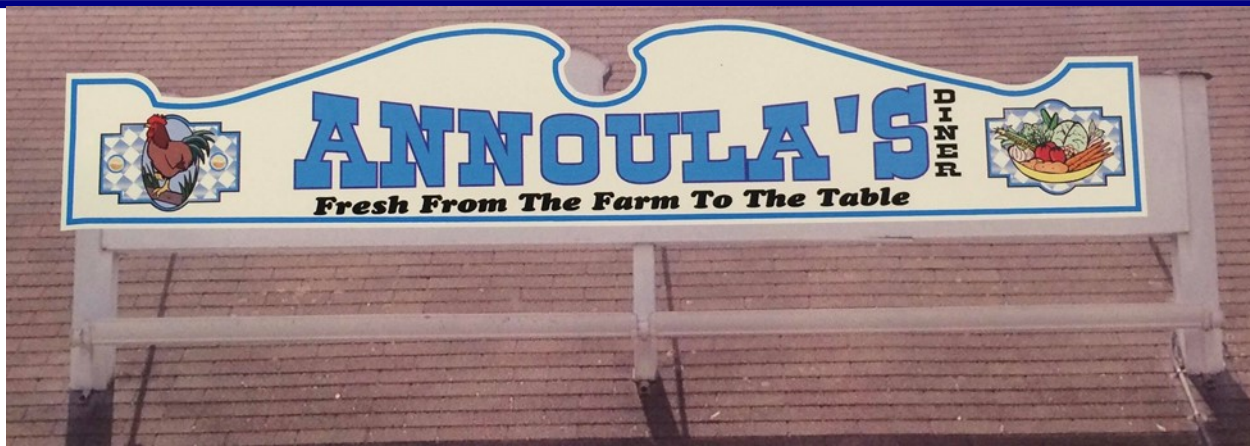
***FREE
SUMMER***



***WEEKEND RIDES
www.cttransit.com***



For more information
achaplin@kennedyctr.org
or call (475) 298-3103



MIDDLEBURY SENIOR CENTER presents:
GRAB-N-GO Lunches from Annoula's Restaurant

We are pleased to partner with Annoula's Restaurant of Woodbury and New Opportunities of Waterbury to provide Grab-n-Go lunches for the month of May. There will be a different menu for each month.

Please call the senior center to order your meal. All meals served with multigrain bread, fruit and low fat milk.

(Every Wednesday in June at 11:30am)

For the month of June:

June 2 – Shepherd's Pie, with vegetables **or** Chicken Gyro, roasted Potato, vegetables.

June 9 – Baked Macaroni and cheese with salad **or** Chicken Marsala, mashed potato and vegetables

June 16 – Hamburger, roasted potato, vegetable **or** Chicken Pot Pie, vegetables.

June 23 – Greek salad Plate **or** American Chop Suey, small salad.

June 30 - Pasta Bolognese with small salad **or** Chicken Francaise with roasted potato, vegetable

PLEASE NOTE:

Your reservation must be made by **MONDAY, BEFORE THE WEEK OF THE GRAB-N-GO LUNCH BEFORE 12PM.....NO EXCEPTIONS WILL BE MADE.** The meals must be reserved with the restaurant on a timely fashion to ensure availability.

Please call the Senior Center to put in your order: **203-577-4166 ext. 2 or 3**



NEW OPPORTUNITIES
Building Relationships to End PovertySM

MIDDLEBURY SENIOR CENTER OPENING

The Middlebury Senior Center will be opening to the public.

The new Mini Bus will be fully functional and available to our seniors Monday, Tuesday, Wednesday and Friday from 8:45am to 2:00pm.

We will be resuming our Lunch & Learn gathering once a month beginning Thursday, June 17, 2021. Topic will be "Self Care"

We have begun our Grab & Go lunches prepared by Annoulas' Restaurant in Woodbury every Wednesday; you can eat in or take out.

Our Knitting class has begun

Our pool players are back.

Mah Jongg players are playing

Our Tai Chi master will be starting on Wednesday June 2nd.

We are still working on Yoga and Pilates instructors.

Look for future classes in Introduction to Ancestry

We are planning trips to Flea Market, Our Lady of Lourdes Shrine in Litchfield, Lenny & Joe's, The Sea Mist Thimble Islands in Branford, and more to come.

We've missed our friends in the past months due to Covid-19.

Looking forward to seeing everyone.

Any Questions: 203-577-4166

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>

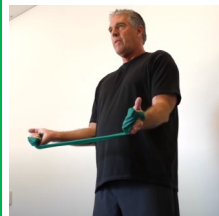
Chair Yoga Dance Recital

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



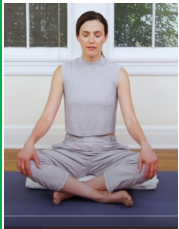
Senior's Standing Pilates

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>

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)

COVID Vaccination Videos **for residents 55+**, sponsored by the Aging and Disability Services State Unit on Aging, have been posted. They can be found linked to the [ADS Covid Page](#) (the videos themselves are hosted on YouTube, direct video links below):

Information for those over 55

(Please watch the videos below for more information)

[Spanish 30 second YouTube video](#)

[Spanish 15 Second YouTube Video](#)

[English 30 Second YouTube Video](#)

[English 15 Second YouTube Video](#)

Additionally, The COVID Vaccination Video for **residents who are Deaf or Hard of Hearing** has been posted In American Sign Language. It can be found linked to the [ADS Covid Page](#) (the video itself is hosted on YouTube, direct video link below):

Vaccination Information In American Sign Language

AAA's FREE Driving Improvement Classes

Beginning on Tuesdays in March through July, AAA will be offering its **FREE** 4-hour classes **VIRTUALLY** to drivers 60 years of age and older, who need to obtain a certificate for up to 5% off on a portion of their insurance premiums. These classes are open to members and non-members of AAA.

To register, participants must visit www.aaa.com/defensivedriving, follow the links and then choose "Connecticut Virtual" under your home state.

Classes will be held on Tuesdays via Zoom on the following dates and times:

From 10am —2pm:

June 8

July 13 and 27

From 12 noon — 4pm:

June 1, 15 and 29

July 6 and 20

To participate in these virtual classes, registrants will need:

A PC, laptop or iPad with an integrated or portable webcam (camera). A smartphone will not work because the class is video based. An Email and Zoom account. To download the Zoom app, visit www.zoom.us. The free version is sufficient.

Upon registration, participants will receive a confirmation letter with a Zoom link for the class.



Upcoming Events – Please Join us! Registration is free and open to people of all ages.

Unless otherwise noted, please go to www.AARP.org/CTEvents to register.

Tech Check with The NEAT Center at Oak Hill 3-Part Series: Join us as we welcome Steve Famiglietti and Kris Thompspon for a series on technology – for those with vision concerns, for your home and family, and of course keeping your devices safe and protected.

6/2/2021 @ 7PM Smart Technology 101: The Basics and Solutions for Safety & Independence

AARP AL Mindful Movement - Workout Session, 06/01/21

Facebook Event Link: [Click here](#)

Take a 30 minute time out and get moving on Tuesday, June 1st!!! Put on your workout gear and get ready to participate as Jerri leads the audience in a variety of exercises that will range from chair exercises to standing exercises that may require a little more effort. Remember to click **GOING** or **INTERESTED** and be sure to like the AARP Alabama Facebook page - <https://www.facebook.com/alabama.aarp> and follow us on Twitter - @AARPAL to find out about upcoming events. **Stay safe and stay fit!!!**

Virtual U Latin American Studies 3-Part Series by AARP CT Webinar Wednesdays: Join us as we welcome Dr. Mark Overmyer-Velazquez inaugural University Campus Director of the University of Connecticut at Hartford as he offers to us a 3-part series on Latin American Studies from his lens as a Professor of History and Latinx Studies. Dr. Overmyer-Velázquez works with colleagues and Hartford partners to build bridges between academic and city communities to support collaborative, engaged learning and research. The son of a Mexican immigrant and a scholar of Chinese religion and philosophy, Dr. Overmyer-Velázquez received his Ph.D. at Yale University in Latin America and U.S. Latino history and has dedicated his book publishing, teaching, and community activism to those intersecting fields.

Wed 9/15 @7PM ET - Hispanic Heritage Month: Celebration of the People

Wed 10/20 @7PM ET - Beyond Borders

Community Response to Senior Nutrition Webinar

Community Response to Senior Nutrition Webinar Wednesday by AARP CT 6/23/2021 1PM ET | 12PM CT | 11AM MT | 10AM PT

Join us as we shine a light on the people who dedicate their service and profession to the nutrition of older adults. This session welcomes Erin Harkrader, Director of Food Service Enterprise for LifeBridge Community Services, Marie Hakmiller, AARP CT volunteer and Andrus Award Winner for Community Service and Alison Dvorak, Registered Dietician, Director Education & Training Senior Resources, for a conversation about the community response to nutritional needs of older adults. This session will offer an overview of programs available, stories of the people on the front line doing this work and information about senior nutrition.

Visit www.aarp.org/ct 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.



OFFICE OF THE ATTORNEY GENERAL
CONNECTICUT

**ATTORNEY GENERAL TONG, DCP COMMISSIONER SEAGULL WARN CONNECTICUT CONSUMERS TO BE
WARY OF COMPANIES SELLING OVER-THE-COUNTER HEARING AIDS**

(Hartford, CT)—Attorney General William Tong and Department of Consumer Protection Commissioner Michelle H. Seagull are asking Connecticut consumers to be wary of companies selling potentially faulty and unregulated over-the-counter-hearing aids.

Connecticut law has long required that hearing aids may only be sold by licensed audiologists or hearing instrument specialists. In 2017, the Food and Drug Administration relaxed regulations on the sales of hearing aids and companies began developing hearing devices that could be sold over the counter, without consulting a medical professional. Medically approved hearing aids are expensive, often costing several thousand dollars for a single ear-piece.

The FDA has yet to approve any over-the-counter hearing aids for sale to consumers. Yet some hearing devices have been marketed as a FDA “registered” or “cleared” solution for mild to moderate hearing loss at a more affordable price. While some might work as advertised, others may be faulty or completely inadequate for treating hearing loss.

“Although an over-the-counter medical device might be less expensive, it doesn’t mean it will be effective,” **Attorney General Tong said**. “If you are looking into such hearing devices, please do your homework to make sure the device actually works and fits your specific needs before spending money on a product that might be worthless.”

“Just like any purchase, make sure to read the fine print closely,” **said DCP Commissioner Michelle H. Seagull**. “Shop around, do your research, read reviews, consult with a medical professional, and be sure you know the return policy. These are all steps that can help prevent you from wasting money on a device that doesn’t work as advertised.”

Here are some tips to remember if you are shopping for hearing aids:

- The FDA has not approved any over-the-counter hearing devices. Over-the-counter, direct-to-consumer, hearing aids are not regulated and because of this, may work poorly or not at all and could be harmful.
- Research the seller with the Better Business Bureau to see if they have a good rating before you purchase the product.
- Be skeptical of online reviews and endorsements.
- Read the purchase policy carefully. Can you get a refund if they don’t work? How long do you have to make a return if necessary?
- If you can, get a health screening and discuss your options with a medical professional. They will be able to tell you exactly what kind of hearing device would work for you and make recommendations.

Always remember: if it sounds too good to be true, it probably is.

If you believe you have been the victim of a scam or have been contacted by a scammer, contact the Office of the Attorney General at 860-808-5318 or attorney.general@ct.gov.

LYME DISEASE PREVENTION AND REATMENT

What is Lyme disease?

Lyme disease is an infection carried by black-legged ticks. Lyme disease cannot be spread from person to person.



Where do ticks live?

Ticks like moist and shady wooded areas with high grass and lots of leaf debris.

Where do most cases of Lyme disease occur?

In the U.S., Lyme disease is most common in the northeastern, mid-Atlantic, and upper north-central regions and in several northwestern California counties. Most cases are in Connecticut, Delaware, Maine, Maryland, Massachusetts, Minnesota, New Hampshire, New Jersey, New York, Pennsylvania, Rhode Island, Virginia and Wisconsin.

Lyme disease is less common in Canada, but it's spreading. Black-legged ticks are now found in southern British Columbia and Manitoba, southern and eastern Ontario, southern Quebec, New Brunswick, and Nova Scotia.

When do most cases of Lyme disease occur?

Lyme disease is most common during May, June, July and August.

What are signs and symptoms of Lyme disease?

Up to eight out of ten people with Lyme disease will get a rash. You'll usually see this expanding red rash in days to weeks after a tick bite. The middle may clear up, so it looks like a "bull's-eye". Other symptoms of Lyme disease are tiredness, fever, headache, stiffness, muscle aches, and joint pain.

People who do not get treated for Lyme disease may have symptoms; such as joint pain and swelling, weeks to months later. Lyme disease can also affect the heart or nervous system.

How can Lyme disease be prevented?

To prevent Lyme disease, avoid tick bites. If you are in a place where ticks are likely to be, keep them from reaching your skin. Wear a long sleeved shirt tucked into long pants that are tucked into socks or boots. Choose light-colored clothing so tick can be spotted easily. Apply an insect repellent that contains DEET or picaridin (icaridin in Canada) to clothing and exposed skin. Apply permethrin, which kills ticks on contact, to clothing. **Do not** put permethrin directly on skin.

Once you come inside, take a shower within two hours. Put your clothes in a hot dryer for one hour to kill any ticks you may have picked up.

Check your skin for ticks each day. Lyme disease isn't likely to develop if a tick is removed within 24 hours, and possibly up to 36 hours, after it attaches.

If I find a tick, how do I remove it?

Remove ticks that are attached to the skin with fine-tipped tweezers. Grasp the tick firmly and as close to the skin as you can. Slowly pull the tick away from the skin without twisting. Clean the area with an antiseptic. Do not use petroleum jelly, a hot match, or nail polish to remove a tick.

How is Lyme disease treated?

Most people who get Lyme disease are treated with an antibiotic that's taken by mouth. The antibiotic is usually given for 10 to 21 days. For more serious cases, such as when the heart or nervous system is affected, intravenous antibiotics are given for up to a month. Some people have symptoms even after they've been treated with an antibiotic. A second round of treatment may be given if this happens.

If a tick has bitten me, when should I contact my health care provider?

Consider contacting your health care provider if you think the tick has been attached to your skin for a day or more. If you have rash or flu-like symptoms, contact your health care provider right away.

CHOOSING AND USING INSECT REPELLENTS

Protecting yourself from insect bites is important. Insect bites are itchy and uncomfortable. Plus, insect bites can spread diseases like West Nile or Zika viruses (mosquitoes) and Lyme) ticks.

How should I choose an insect repellent?

Choose an insect repellent based on the amount of time you need protection. How long a product works depends on the concentration of the active ingredient. Higher concentrations last longer. **Check the label to find out how long the repellent will work** when it's used correctly.

Here are the best ingredients to look for:

DEET (N,N-diethyl-m-toluamide or N,N-diethyl-3-methyl-benzamide)

Picaridin

Oil of lemon eucalyptus (p-menthane-3,8-diol or PMD)

IR3535



Products that contain **permethrin** also work well. You can use permethrin with other insect repellents for extra protection, but **do not spray permethrin on the skin**. Spray it on clothes and gear. Allow clothes to dry completely before wearing them.

Always read and closely follow the directions on the labels of insect repellents. Avoid products that have both sunscreen and insect repellent. Sunscreens should be applied more often and more liberally than insect repellents. If you need both, use separate products. Put the sunscreen on first.

Is DEET safe?

DEET is safe when directions on the label are followed. DEET can cause skin rashes, but rarely. Keep in mind that there's not much benefit using a product with over 50% DEET.

Which insect repellents can be used on children and during pregnancy?

Most insect repellents, including those with up to 30% DEET, can be used on kids two months and older. However, oil of lemon eucalyptus shouldn't be used on those younger than three years. Double-check the label to make sure an insect repellent is okay to use on a child. The insect repellents DEET, picaridin, IR3535, and oil of lemon eucalyptus are safe to use during pregnancy and while breastfeeding, when used as directed.

What about other methods, such as devices, eating garlic, etc.?

There's no proof that special bracelets or clip-on devices, vitamins, or garlic will keep insects away. For years, people have said Avon's 'Skin So Soft' repels mosquitoes. If you try it, choose a formula that has an insect repellent, such as *Skin So Soft Bug Guard Plus IR3535* or *Picaridin*.

Tips for safe use of insect repellents:

Don't use repellents under clothing, or on cuts, wounds, or irritated skin.

Don't apply repellents to eyes or mouth. Apply lightly around ears.

Don't spray repellents on the face. Spray on Hands first, then, apply to the face.

Don't allow kids to handle repellents. Apply repellent to your own hands, then put it on the child.

Avoid heavy application of repellents. If a thin film doesn't work, apply a bit more.

After returning indoors, wash treated skin with soap and water.

Never put permethrin on skin. Apply permethrin only to clothing, bed nets, or other fabrics.

Don't apply insect repellent to cats or dogs. Talk to your vet about options for pets.

