

SENIOR NEWSLETTER

Middlebury Senior Center

1172 Whittemore Road

Middlebury, CT 06762

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

Phone 203-577-4166

Fax 203-577-4173

E-mail jcappelletti@middlebury-ct.org



Dept. 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.

**OCTOBER
2018**

Department Staff

JoAnn Cappelletti — Director

**Jeanne Generali Dispatcher/
Clerk**

**Angela Leveille ... Publications &
Programs**

Terri Markie..... Bus Driver

Sean Howard.....Computer Lab

Commission on Aging

Judy Mirrer Chairperson

Barbara DeRiu

Jean Hansen

Noa Miller

Andrew Perrella

Ann Spierito

Nancy Pun

Ralph Barra

Nancy Mastroianni

JoAnn Cappelletti

Town of Middlebury
Department of Social & Elderly Ser-
vices

Shepardson Community Building
1172 Whittemore Road
Middlebury, CT 06762

Phone 203-577-4166 Fax 203-577-4173



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.



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



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



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



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**

MIDDLEBURY HOUSING REHABILITATION LOAN PROGRAM INFORMATION

(funding provided by Connecticut Department of Housing)

The Town of Middlebury has Community Development Block Grant funds available for income eligible residential property owners for housing rehabilitation.

Types of work that may be eligible for funding include the correction of health and safety violations, code compliance, roofing, carpentry, electrical work, painting, plumbing, heating, and other non-luxury work subject to approval of the Town.



Application & Eligibility

All applications must be fully completed and returned to the address listed on the back of the application. Applications are reviewed on a first come first serve basis.

Eligibility is based on a combination of household size and annual household income. Income documentation for each of the household residents over the age of 18 must be submitted with the application. This documentation must include copies of the last 4-6 week stubs, the most recent Federal tax return, social security documentation, or other pertinent income verification. All tax returns must be signed.

The income limits, which determine Program eligibility, differ for each community. In the Town of Middlebury based on your household size, you may be eligible for a deferred loan if your annual household income is at or below the following amounts:

Household size	Income Limits *
	\$47,600
	\$54,400
	\$61,200
	\$68,000
	\$73,450
	\$78,900
	\$84,350
	\$89,800

*Income limits are subject to periodic change.



Middlebury Lions Club

Connecticut - United States

Be a Lion.....As a Lions Club Member

You'll join a local group of service-minded men and women who volunteer to support your community every day. You'll also become a member of Lions Clubs International – a respected international organization, a leader in your local community, and a friend to people in need.

Volunteer Benefits

Becoming a Lions club member gives you the opportunity to volunteer locally, or internationally. Make new friends and professional connections. Lead projects that make your community a better place to live. Have fun doing it!

Health Programs that Focus on Vision, Diabetes and More

Lions have a dynamic history. Founded in 1917, we are best known for fighting blindness, but we also volunteer for many different kinds of community projects - including caring for the environment, feeding the hungry and aiding seniors and the disabled.

MIDDLEBURY (008982) - District 23 A - CT UNITED STATES

2017-2018 Club President

PAUL J SHEA

MIDDLEBURY CT 06762-1516

UNITED STATES

Meetings

2nd Wednesday 6:00pm

Shepardson Community Center

1172 Whittemore Road

Middlebury CT



Our activities: Join us



Commission on Aging



The next Commission on Aging meeting will be held November 20, 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.

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, October 17, 2018 9:00am. Please call for an appointment at 203-577-4166.



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

SNAP



The Department of Social Services (DSS) is sending clients a letter offering assistance to enroll in the State Nutrition Assistance Program (SNAP) and provides a toll-free contact number, the Connecticut Enrollment Helpline at 1-855-486-9334. DSS is partnering with Benefits Data Trust, a legitimate agency to help enroll people in SNAP. The letters are being sent to individuals who are 60 years or older who already receive medical benefits from the state but are not currently receiving SNAP benefits.

The Connecticut Enrollment Helpline listed in the letter is operated by the Benefits Data Trust. Individuals may also be contacted by phone. Individuals are not required to accept assistance from Benefits Data Trust. However, if they do accept assistance, the applications are on line. This is a state-wide, six-month pilot program. If you have any questions about these letters, please contact your local Senior Medicare Patrol at Western CT Area Agency on Aging at 203-757-5499.

Connecticut Energy Assistance Program



Applications for the Connecticut Energy Assistance Program are being accepted October 1, 2018 to March 15th for fuel and May 15th for gas and electric at the Middlebury Department of Social Services, Monday through Friday from 9am to 12:00 pm. You must reapply every year for this program.

The Connecticut Energy Assistance program is federally funded and managed by the Connecticut Department of Social Services. Benefit period for the program is effective November 1, 2018 to April 14, 2019; May 15, 2019 is the last day a household may submit deliverable fuel bills. Connecticut homeowners with household income at or below 150% FPL are eligible to apply. Connecticut homeowners with household income from 151% to 200% FPL, where the household includes an adult age 60+ or a person any age who is disabled may also apply.

Asset limit for homeowners is \$12,000 in liquid assets. (Liquid assets are assets that can be readily accessed, such as stocks, mutual funds, savings and checking accounts). Home equity, car values, life insurance policies are not considered liquid assets. Asset limit for non-homeowners is \$10,000 in liquid assets. Asset limits and income limits are not the same. An exception to the asset limit occurs when the combination of income and the amount of liquid assets over the asset limit, when added together, do not exceed the income limit.

Proof of income for the year 2017 is required. Income documentation includes social security, pension, interest income, if employed, last four week pay stubs, unemployment compensation or any other source of income.

Information regarding the Energy Assistance Program is available by calling the Department of Social Services at 203-577 4166 ext. 707.

The office is located at the Shepardson Community Center at 1172 Whittemore Road.

Medicare Open Enrollment

October 15 – December 7, 2018



Did you know that you are not permanently “locked-in” to your current Medicare prescription plan, or your Medicare Advantage plan? During every Medicare Open Enrollment Period,

Medicare beneficiaries can review their insurance benefit and make changes to their Medicare insurance coverage, effective for the following year. Open Enrollment is right around the corner – beginning October 15, 2018 and ending December 7, 2018. If you are currently experiencing issues with your Medicare insurance coverage, it may be time for you to consider scheduling an appointment with a counselor who can review your benefits and introduce you to options!

Some reasons to consider changing your insurance coverage may include:

- A change in your prescription drug plan's formulary (ex. A prescription that was once covered by your plan is no longer covered).

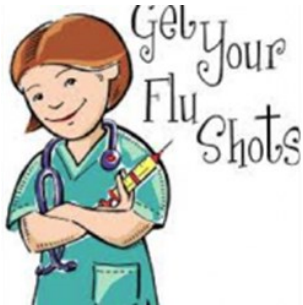
One of your favorite doctors/specialists is now out of network with your current insurance plan, or your health status has changed significantly since last year.

If you feel overwhelmed by high cost medications, high copays for doctor's appointments, or you consider that your current insurance coverage no longer meets your needs, there may be

USED INK CARTRIDGES'



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



Flu Shots will be available at the Middlebury Senior Center on Monday, October 15, 2018 from 1:00 to 3:00pm.

In order to avoid overcrowding and unnecessary waiting time,

please call 203-577-4166 for an appropriate time.

Middlebury Senior Center Investment Club

If you are one of many of us who watch the Stock Market and would like to invest and are interested in how an investments club works; you are invited to sit in at one of our meetings and see what it's all about.



The meetings are held monthly on the third or fourth Thursday

of the month from 11am to 2pm in the Shepardson Community Building, 1172 Whittemore Road in Middlebury; Room # 26. Please call ahead 203-

AARP Driver Safety Program



**Monday,
November 5, 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

SAVE THE DATE

**Wednesday, November 7,
2018 10:00 am**



Anthem Blue Cross and Blue Shield will be giving a coffee social and giving some information on the 2019 Plan Benefits.

The Middlebury Senior Center will be closed on Monday,

October 8, 2018.

In observance of Colum-



shutterstock - 215480947



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.



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



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.

Celebrate Middlebury



**Saturday, October 13,
2018**

11am — 3pm

“Celebrate Middlebury” returns to Shepardson Community Center field Saturday, October 13, 2018 from 11am to 3pm. The field will be transformed into a field of vendors designed to bring town residents and tourists together to enjoy the beauty and vitality of a fall afternoon in Middlebury.

The celebration will feature the latest in food and festival trends. Middlebury restaurants, small business and community organization activities such as information tables and crafts and small games and giveaways, live music for the whole family, and local sourced handicrafts for sale will be part of the event.

People will have plenty of time to visit with neighbors, learn about local businesses, dance along with friends to a live band and sample wares local restaurants will be selling.

The Middlebury Senior Center mini bus is available to residents who would like to attend.

Please contact the Center at 203-577-4166.



KENT FALLS TRIP

Thursday,

October 18, 2018

The Middlebury Senior Center will be taking a ride through Kent Falls Park to see the beautiful fall foliage.

The main attraction is the falls, obviously, but at this time of the year, you get the best of both worlds, the falls surrounded by beautiful colors. After a relaxing ride, we will stop for lunch.

If interested please call the Middlebury Senior Center 203-577-4166 to reserve your seat.



Headed for the Christmas Tree Shop

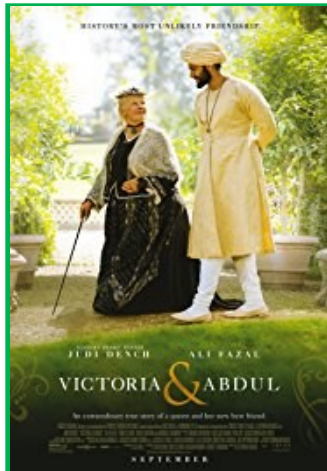
Thursday,

October 25, 2018 -10:30am

Join us as we go to the Christmas Tree Shop in Orange CT on Thursday, October 25th; bus leaves the Senior Center at 10:30am.

We will stop for lunch on our way home.

If interested, please call the center at 203-577-4166 to reserve your seat.



Hollywood Movie Bio & Talk

**Thursday,
October 13,
2018 – 12:30pm**

Victoria & Abdul

Victoria & Abdul is a 2017 British biographical drama film directed by Stephen Frears and written by Lee Hall. The film is based on the book of same name by Shrabani Basu, about the real-life relationship between Queen Victoria of the United Kingdom and her Indian Muslim servant Abdul Karim.

It stars Judi Dench, Ali Fazal, Michael Gambon, Eddie Izzard, Tim Pigott-Smith and Adeel Akhtar.

The film was nominated for Best Costume Design and Best Makeup and Hairstyling at the 90th Academy Awards, and Best Actress in a Motion Picture – Musical or Comedy (for Dench) at the 75th Golden Globe Awards.

The extraordinary true story of an unexpected friendship in the later years of Queen Victoria's (Academy Award winner Judi Dench) remarkable rule. When Abdul Karim (Ali Fazal), a young clerk, travels from India to participate in the Queen's Golden Jubilee, he is surprised to find favor with the Queen herself. As the Queen questions the constrictions of her long-held position, the two forge an unlikely and devoted alliance with a loyalty to one another that her household and inner circle all attempt to destroy. As the friendship deepens, the Queen begins to see a changing world through new eyes and joyfully re-



PIANO LESSONS OFFERED AT THE MIDDLEBURY SENIOR CENTER

**"I ALWAYS WANTED TO LEARN HOW
TO PLAY THE PIANO...."
YOU CAN PLAY THE PIANO!**

If you always wanted to play the piano, you thought it was too late, if you played years ago and want to try again, if you enjoy learning music in a relaxed atmosphere while having fun,

**""THIS RECREATIONAL MUSIC MAK-
ING PIANO CLASS IS FOR YOU""**

""NO EXPERIENCE NECESSARY

Classes are taught in small groups by an experienced instructor and musician who will help you learn without frustration

The emphasis is on fun and personal enjoyment

This non-competitive group class, in a stress-free environment, is an ideal setting for meeting new friends and having fun.

Learn how to play your favorite song, relax and enjoy music making.

**To register and more information for classes,
call the Middlebury Senior Center at
203-577-4166**



Winner of the 2005 Outer Critics Circle Award for Outstanding Off-Broadway Musical.

Winner of the 2006 & 2007 Broadway.com Audience Favorite Award

Full of sharp parody, sinfully spectacular dancing, and irreverent humor, this spoof about a heavenly guy-group is adored by audiences and critics alike. With an extraordinary mix of side-splitting songs convincing enough to be played on MTV, uncontrollable laughs and lighthearted fun, this award-winning and totally original new musical is 90 minutes of pure delight that's suitable for all ages and will have the whole family laughing and singing along.

Hailed as "high-octane entertainment" (Talkin' Broadway), Altar Boyz tells the holy inspiring story of 5 small-town boys - Matthew, Mark, Luke, Juan and Abraham - trying to save the world one screaming fan at a time. Their pious pop act, including lyrics like "Girl You Make Me Wanna Wait" and "Jesus Called Me On My Cell Phone," worked wonders on the Ohio bingo-hall-and-pancake-breakfast circuit. But when fate brings them to New York, will the boyz take a bite out of the forbidden apple? With angelic voices, sinfully spectacular dancing and a touching story, Altar Boyz is destined to rock the masses of all denominations!

**Join us Thursday, October 11, 2018
Special Showing Matinee**



Radio City Christmas Spectacular

**Monday, November 19,
2018**

**Join us on November 19th to see
the annual Radio City Christmas
Spectacular**

**Motorcoach leaves Middlebury
Senior Center
At 10:00am in time for lunch in
NYC then off to the 2:00pm
performance.
\$140 per person**

Please call 203-577-4166 for

VOLUNTEERS NEEDED FOR AARP FOUNDATION TAX-AIDE PROGRAM



***AARP Foundation Tax-Aide is the nation's
largest volunteer-run tax preparation service***

AARP Foundation Tax-Aide is looking to expand its CT team of volunteers for the upcoming tax season. Soon approaching its 50th year, Tax-Aide offers free tax filing help to anyone, especially those 50 and older, who can't afford a tax preparation service. Tax-Aide volunteers make a difference in their communities by assisting many older, lower-income taxpayers who might otherwise miss out on the credits and deductions they've earned.

Tax-Aide volunteers receive training and support in a welcoming environment. There is need for volunteer tax preparers, client facilitators, those who can provide technical and management assistance and interpreters. Every level of experience is welcome. Volunteer tax preparers complete tax preparation training and IRS certification.

This year, 562 CT AARP Foundation Tax-Aide volunteers helped more than 32,300 people file their federal and state tax returns. The program is offered at approximately 95 sites, including senior centers, libraries and other convenient locations.

To learn about our volunteer opportunities, visit www.aarpfoundation.org/taxaide or call 1-888-OUR-AARP (1-888-687-2277). AARP Foundation Tax-Aide is offered in coordination with the IRS.

Contact:

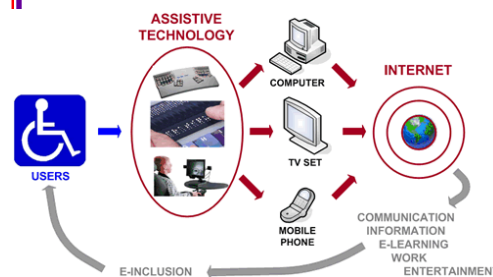
Paul Kemp, (203) 264-2694

DON'T FORGET



**On November 4, 2018,
at 2:00am**

Assistive Technology Center



The
WCAAA
Tech
Center
provides

free, personalized or group demonstrations of assistive devices such as magnifiers, smart pens, I pads, phone amplifiers, vibrating alarm clock and talking watch, just to name a few.

If interested, please call the Middlebury Senior Center at 203-577-4166 to make an appointment for a presentation.

Lunch and Learn

**Wednesday, October
31, 2018**



You are cordially invited to a lunch and learn hosted by Carol Maksimow, Hearing Technology Specialists,

Founder/Director of Hearing Aid Specialists of CT in Southbury and New Milford.

At this educational seminar she will present "Hearing Aids and Technology Finally Meet", what hearing loss is and why this often misunderstood condition distorts not only the sounds you hear but the words as well. Including the latest clinical findings on hearing loss and dementia and the new product releases in 2018. This is a Free program, seating is limited. Please sign up Lunch will be served.

Holiday Lights Fantasia



**Thursday, December 6,
2018**

The Middlebury Senior Center mini-bus will be going to see the Christmas lights at Holiday Light Fantasia; Goodwin Park in Hartford, CT. We will drive through an enchanting land of spectacular, sparkling light displays during this festive and magical holiday season, delighting children and adults with more than 60 enchanting images on display. Drive through the whimsical, larger than life displays. There are one million glowing bulbs...shining bright to help thousands of area children. All proceeds go to Easter Seals.

We will all be stopping for dinner.

To reserve your seat for this exciting trip please call 203-577-4166. The cost will be \$15.00 per person and includes admission and transportation.



**ANNUAL
SENIOR
CHRISTMAS
PARTY**

Wednesday, December 12, 2018

11:30 am

The Annual Christmas Party for the Middlebury Senior Center will be held on Wednesday, December 12, 2018 at 11:30am.





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.



Art Class

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

LOW INPACT DANCE LESSONS Thursdays — 10:30 to 11:30



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



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 &

PILATES



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



Nutritional Cooking Classes

Join us every other Friday at 10:00 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.



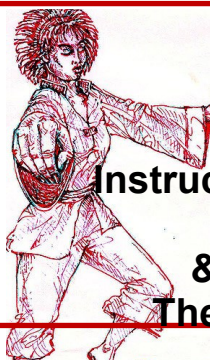
Yoga

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 12:00 - 12:45. The fee is \$3.00 per class.



Tai Chi

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

Chair Massage



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



CHAIR YOGA

Begins October 10th at 10:30am; and every Wednesday thereafter.

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

Lancaster Show Trip & the Dutch Country

Middlebury Senior Center

5/22/2019– 5/24/2019 / 3 Days - 2 Nights \$325.



Trip includes:

Motorcoach transportation

2 nights lodging

4 meals including: 2 break-

fasts 2 dinners

Admission to the JESUS Show at the Sight & Sound® Millennium Theatre®

Admission to the "OVATION" Show at the American Music Theatre

Visit to charming KITCHEN KETTLE VILLAGE

Admission to THE AMISH EXPERIENCE & JACOB'S CHOICE AT THE F/X THEATRE

Trip Itinerary:

Day 1: Board your spacious, restroom and video equipped Motorcoach and set off for Lancaster in the heart of Pennsylvania Dutch Country. This afternoon, you will head to Lancaster's famous American Music Theatre for "OVATION". An all-new Original Show highlighting their renowned singers, dancers, and orchestra in all their glory. This live music event features their expanded, highly acclaimed AMT orchestra surrounding you with sound, a cutting-edge stage experience that elevates the action, and the outstanding cast filled with some of the best voices and dancers in the nation — all in a grand, magnificent AMT production that audiences will love and have come to expect. Experience a breathtaking journey that celebrates popular classic and contemporary musical hits featuring your favorite songs backed by a dynamic orchestra and incredible vocalists. Ovation is a dazzling masterpiece! Tonight, enjoy Dinner before checking into your hotel for a 2 night stay.

Day 2: Today after enjoying a Continental Breakfast, you will go to THE AMISH EXPERIENCE attraction. The Amish Country Homestead is a reflection of their commitment to accurately and sensitively portray the Old Order Amish as they live and work in today's world. The Homestead is the home of the fictional Amish family of Daniel and Lizzie Fisher, whom you have gotten to know in the Amish Experience Theater's "Jacob's Choice." Inside the Homestead, learn of Amish traditions and practices, plain clothing and life without electricity. The Fisher One-Room School is attached to the house and filled with authentic desks and furnishings from an actual Amish school. You'll

from propane-powered lamps to air-compressor driven appliances...the Fisher Family Homestead truly provides insights into the complex riddles of a culture so very different from our own. This afternoon, Sight & Sound Theatres invites you to experience JESUS. The greatest rescue story of all time! Jesus is the action-packed musical stage adventure that takes you on a miraculous journey alongside the most famous person to ever walk the earth, and the everyday people whose lives he changed forever. Tonight enjoy Dinner and head back to your hotel.

Day 3: After enjoying a Continental Breakfast, you will head to KITCHEN KETTLE VILLAGE – a charming marketplace of shops and restaurants. Then, you'll depart for home... a perfect time to chat with your friends about all the fun things you've done, the great shows you've seen, and where your next group trip will take you!

Gingerbread Village & Christmas Bazaar



St. George's Episcopal Church

Tucker Hill Road, Middlebury, CT

December 1 –8, 2018

Village & Bazaar Hours:

Saturday – 10am – 7pm

Sunday – 12pm -- 7pm

Mon. – Fri. 2pm – 4pm

6pm – 8pm

Sat. Dec. 8 – 10am –4pm

Luncheons

Saturday – Dec. 1-8. 11am – 2:30pm

Breakfast Buffet

Saturday, Dec. 8 – 8:30am – 11am

Adults - \$10


Children (under 8) - \$5.

Menu Includes:

Eggs, French toast, corn beef hash, sausage, fresh fruit, assorted pastries and assorted beverages.

Luncheon to follow breakfast.

Bake Shoppe / Decorate Your Own Cookies /



7 Ways Medicare Is Getting Better

Announced changes for 2019 could improve your care

Now 53 years old, Medicare remains one of the success stories of American health care. The system is popular, with higher rates of satisfaction from its 60 million members than almost any other form of health insurance. And despite an acknowledged high level of losses to fraud, the program is generally efficient; with administrative costs often less than those of any private insurance plan.

It is about to get better. Here are seven improvements to Medicare announces for next year---some apply to the original program and others benefit those who buy Medicare Advantage plans.

#1 Good-bye Doughnut Hole

An unpopular part of the Medicare Part D benefit required enrollees to pay more for their drugs after they reached a certain level of spending. After their out-of-pocket spending reached a second threshold, they would enter catastrophic coverage and pay substantially less. This created a “doughnut hole” in coverage. Under the Affordable Care Act, the doughnut hole was scheduled to close in 2020. Instead, the omnibus spending bill Congress passed in March will close the doughnut hole for brand-name drugs in 2019. The doughnut hole will close for generic drugs in 2020.

#2 Therapy Cap Gone

Beneficiaries of Original Medicare won't have to pay the full cost of outpatient physical, speech or occupational therapy because congress permanently repealed the cap limiting coverage on those services.

#3 Better Information

Medicare is updating the handbook it sends to beneficiaries every fall. It will include checklists and flowcharts to make it easier to decide on coverage. The online Medicare Plan Finder tool will also be easier to use, and an improved “coverage wizard” will help enrollees compare out –of pocket costs and coverage options between traditional Medicare and Medicare Advantage.

#4 More Telemedicine

Medicare is steadily broadening the availability of telehealth programs that let patients confer with a doctor or nurse via telephone or internet. In 2019, it will begin covering telehealth services for people in end-stage renal disease or during treatment for a stroke.

#5 Potential Life-Style Support

Beginning in January, insurers selling Advantage plans have the option to cover meals delivered to the home, transportation to the doctor's office and even safety features in the home such as bathroom grab bars and wheelchair ramps. To be covered, benefits such as home-safety improvements and prepared meals will have to be recommended by a medical professional.

#6 In-Home Help

Medicare Advantage plans also have been given the option to pay for assistance from home health aides, who can help people with their daily activities including dressing, eating and personal care.

“These are a big deal,” says Philip Moeller, a Medicare expert and best –selling author. That's because the newly authorized benefits represent a revised and broader definition of the traditional requirement that Medicare services must be “primarily health related.”

#7 Plan Test-Drives

New regulations will let people try an Advantage plan for up to three months---and then switch to another Medicare plan, including original Medicare, if they want to. That was mandated by Congress in the 21st Century Cures Act, designed to accelerate innovation in health care.



MEDICAL NOTES

STRESS RELIEVERS FOR MENTAL HEALTH

Maintaining mental health is just as important as maintaining physical health. Poor mental health, especially stress and anxiety, can negatively impact an individual's physical health. Here are some healthy, non-pharmacological methods for stress reduction:

BREATH WORK

Using the breath to relax and reduce stress is an easy, no-cost, convenient method to relieve stress. It can be done at any time of the day and anywhere and is a simple, effective practice entailing the mind-body connection to affect physical and mental health. Extensive research has been done in this area and there are helpful CDs and audio programs to aid in this endeavor.

Calming Breath

The calming breath is an especially popular technique to use to decrease anxiety and stress and promote physical comfort. These are the steps to take for the calming breath:

- ▶ Take a long, slow breath in through your nose, first filling your lower lungs and then your upper lungs.
- ▶ Hold your breath to the count of three.
- ▶ Exhale slowly through pursed lips and relax the muscles in your face, jaw, shoulders, and stomach.

BODY SCAN MEDITATION

The body scan involves lying on your back and focusing on different regions of your body. It starts with the toes of your left foot and moves up to the foot and leg and then to other regions of your body. As you scan your body, you are feeling the sensations and using your breath to go in and out through the various parts of your body. By becoming aware of areas of tension in your body, you can focus on these areas and then "let go" and release any tension and move on. At the end of this practice, one should dwell for a while in silence and stillness.

Meditation is commonly used for relaxation and reducing stress, depression, fatigue, and anxiety. It is a practice used to free the mind of cluttered thoughts and focus on a relaxed mental and physical state. When meditating, the brain switches from resting brain to relaxing brain and releases chemicals called endorphins which can slow breathing and heart rate and lower blood pressure.

YOGA

Yoga is a Sanskrit word that literally means "yoke." The practice of yoga is the practice of yoking together or unifying body and mind. It is an ancient practice from India which combines postures, breath work, and meditation to improve the body, understand the mind, and free the spirit and achieve balance.

AROMATHERAPY

Aromatherapy involves the therapeutic use of essential oils to promote physical and emotional well-being. Essential oils are concentrated essences of various flowers, fruits, herbs and plants. Unlike chemical drugs, essential oils do not remain in the body or have toxic residue. They can be diffused as a vapor, diluted in bath water, placed on a tissue or handkerchief, or used as massage oil. Hippocrates, the father of medicine, said, "The way to health is to have an aromatic bath or scented massage every day."

The essential oils that are most commonly used for the relief of anxiety and depression are lavender (helps with sleep, relaxation, and stress), geranium, sandalwood, chamomile, clary-sage, rose, frankincense, jasmine, ylang-ylang, hyacinth, and jonquil.

COGNITIVE BEHAVIORAL THERAPY

Cognitive Behavioral Therapy (CBT) is a type of psychotherapy or "talk therapy" that has been shown to be effective in the treatment of depression, generalized anxiety disorder, and post-traumatic stress disorder. CBT focuses on the development of personal coping strategies that target solving problems and changing unhelpful patterns of thinking or behavior.

OCTOBER IN HISTORY

10 YEARS AGO (2008):

- The \$700 billion bailout bill for the US financial system was signed by President George W. Bush to purchase failing bank assets.
- Music, podcast, and video streaming service, Spotify, was launched.
- On October 24, Bloody Friday saw many of the world's stock exchanges experience the worst decline in their history with drops of around 10% in most cases.
- Delta Air lines merged with Northwest Airlines creating the world's largest airline
- The Philadelphia Phillies defeated the Tampa Bay Rays four games to one to become World Series Champions.

15 YEARS AGO (2003):

- California voters recalled Governor Gray Davis from office and elected actor Arnold Schwarzenegger to succeed him.
- The Florida Marlins defeated the New York Yankees to win their second World Series title.
- Roy Horn of Siegfried & Roy was attacked by one of the show's tigers, canceling the show for good.
- The Cedar Fire killed 14 people, consumed almost 274,000 acres, and destroyed more than 2,200 homes in the San Diego area.
- Bethany Hamilton, aged 13, had her arm bitten off by a shark while surfing in Hawaii.

20 YEARS AGO(1998):

- The Bellagio Hotel & Casino in Las Vegas opened on the former grounds of the Dunes Hotel.
- The New York Yankees swept the San Diego Padres four games to zero in the World Series.
- The Space Shuttle Discovery blasted off with 77- year- old John Glenn on board, making him the oldest person to go into space.
- The Earth Liberation Front set fire to Vail Mountain Ski Resort in Colorado causing more than \$12 million in damages.
- Comedian Richard Pryor was awarded the first ever Mark Twain prize for American Humor.

30 YEARS AGO (1988):

- With two outs in the bottom of the ninth in Game 1 of the World Series, Kirk Gibson, with injuries to both legs, pinch hit for the Los Angeles Dodgers. He hit a two-run walk-off home run off the Oakland Athletics' Dennis Eckersley.
- A fire in Seattle's Space Needle caused an evacuation and more than \$2,000 damage.
- Roseanne, TV comedy, starring Roseanne Barr, John Goodman and Laurie Metcalf premiered.
- The Los Angeles Dodgers upset the Oakland Athletics in baseball's 85th World Series four games to one.
- Elton John sold out the Madison Square Garden for a record 26th time.
- ET was released to home video with 14 million presold.

40 YEARS AGO (1978):

- The US Congress approved a dollar coin honoring women's suffrage campaigner, Susan B Anthony.
- The New York Yankees clinched their 22nd World Series championship, defeating the Los Angeles Dodgers.
- Funeral Services were held for Pope John Paul I on October 4.
- Steve Perry joined the musical group, Journey.

50 YEARS AGO (1968):

- The Detroit Tigers won the World Series, defeating the St. Louis Cardinals four games to three.
- NASA launched Apollo 7, the first manned Apollo mission with Wally Schirra, Donn Eisele, and Walter Cunningham on board. Mission goals included the first live television broadcast from orbit and testing the lunar module docking maneuver. It made 163 orbits in 260 hours
- Former US First Lady Jacqueline Kennedy married Greek shipping tycoon Aristotle Onassis on the Greek island of Skorpios (also known as Scorpis).
- Cult zombie film, Night of the Living Dead, directed by George A. Romero and starring Duane Jones and Judith O'Dea premiered in Pittsburgh.
- The 19th Olympic Games opened at Mexico City.

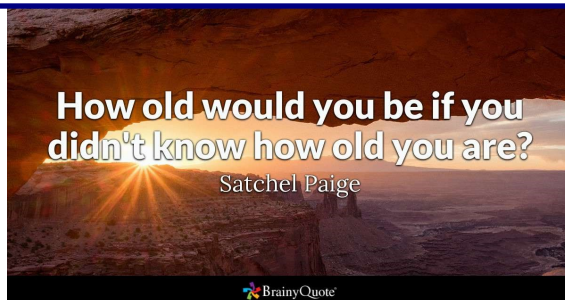
- The Circus hotel opened in Las Vegas. It was the largest permanent big top in the world.

100 YEARS AGO (1918):

OCTOBER 2018

MIDDLEBURY SENIOR LUNCHES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pork Ragout Bowtie pasta Fresh Zucchini Biscuit Fresh Fruit	2 Orange Chicken Fried Rice Green beans Wheat bread Pineapple	3 Fish/spinach & white sauce Italian Blend Vegetable Parm. Cheese Garlic Bread Coffee Cake	4 COLUMBUS DAY Chicken parm ala Santa Maria New World shell's Columbus vegetable Italian bread Grape juice cake	5 Beef Stew White rice Fiesta blend Tortilla / fresh fruit
8 	9 Chicken cacciatore Bowtie Noodles Broccoli Wheat Dinner Roll Fruit Cocktail	10 Vegetable Barley Soup Spinach Quiche Broiled Tomato Roasted Squash Herb Breadstick Fresh Fruit	11 Turkey / gravy Mashed sweet potato Fresh Zucchini Corn Bread Peaches	12 Spanish meatballs White rice Salad / cucumber Dinner roll Apple juice Chocolate pudding / Topping
15 Bruschetta Chicken Bowtie pasta Spinach Garlic Bread Grape Juice Pound cake /berries	16 Roast Pork / gravy Roasted Potato Peas & Onions Rye Bread Applesauce	17 Tuna Salad Plate Tossed salad / chick peas Beet Salad Had Roll Pears	18 Spaghetti / meatballs California blend Garlic breadstick Parm. Cheese Fresh fruit	19 Black bean soup / crackers Portuguese chicken with peppers & onions Mashed potato Green beans Biscuit Tropical fruit
22 Beef & broccoli Brown rice / pineapple Oriental blend Rye Bread Mandarin oranges	23 Squash & Apple Soup Turkey Bolognese Penne pasta Cauliflower / red peppers Wheat dinner roll Fresh Fruit	24 Boxed lunch: Turkey, cheese, lettuce & tomato On a Club roll/ mayo Cole Slaw Cookie Fruit juice	25 HAPPY BIRTHDAY Meatloaf / gravy Smashed potato Mixed vegetable Wheat bread Orange juice Birthday cake	26 Spanish baked fish Yucca Peas Dinner roll Pineapple
29 Hot open turkey sandwich Wheat bread Steak fries Bean blend Apricots	30 Potato crusted fish patty/ tarter & lemon Macaroni & Cheese Stewed tomato Pineapple juice Brownie	31 LUNCH & LEARN		



“Happy Birthday” September 2018

HAPPY BELATED BIRTHDAY.....SORRY FOR LAST MONTH'S OMISSION

Alan Barker 1st
Noa Miller 1st
Zinije Zuta 1st
Dorothy Laezzo 1st
Roslyn Zemeir 2nd
Roberta Kieilenko 2nd
George Hewes 3rd
Barbara Banno 3rd
Cindy Henderson 3rd
Ray Stephen 3rd
Loretta Palladino 4th
Ann Zimkus 4th
Toni Beccia 4th
Richard Mollica 5th
Roberta Santoro 5th
Ed Asselin 5th
Marj Needham 5th
Rosalie Rinaldi 5th
David Keane 5th
Punyada Bhaduri 6th
Ruth Bilotta 7th
Robert Anastasio 7th
Alicia Piomba 7th
Toni Earley 8th
Maria Rua 8th
Bob Baron 9th
Jennie Luskay 9th
Lorraine Ascencao 9th
Jean Walters 9th

Charles Burdette 11th
Rich Coe 11th
Dot Foell 11th
Joseph Bochicchio 11th
Linda Schreiber 11th
Angelo Malagrino 11th
Nicola Corsi 11th
Arthur Brainard 12th
Mary Budzinowski 13th
Tom Little 13th
Carol Polmon 13th
Jean Grant 13th
Mary Auduino 14th
Donna Jenings 14th
Robert Blandsfield 14th
Richard Benaitis 15th
Sue Elliott 16th
Patricia Bickley 16th
Beverley Pace 16th
Norman Donais 16th
Joyce Brady 16th
Alice Montuori 17th
Althea Cook 17th
Sophie Stadalius 18th
Phyllis McMahon 18th
Sue Gouthier 18th
Catherine Engelhard 19th
Sandra Manna 19th
Elizabeth Bloom 21st

Mary Card 23rd
Carol Mayo 23rd
Fernand Grasso 23rd
Maria Carrino 23rd
Donna Gentilozzi 23rd
Denise Boucher 24th
Edward Tamburino 24th
Gloria Vaughn 24th
Robert Bleden 25th
Linda Donlay 25th
Marjorie Wilson 25th
Gabriela Elderkin 25th
Mary Jones 26th
Helen Butkus 26th
Yvette Teixeira 26th
Roseanne Martino 26th
John Spagnoletti 27th
Elena Viega 27th
Ray Sullivan 27th
Fred Scott 27th
Kathy Ruhl 28th
Jackie Zagami 28th
Carole Burgio 29th
Michael Gargoni 29th
David Detzer 29th
Annette O'Toole 29th
Lorraine Buonocore 29th
Dolores Cardinale 30th
Sebastian Calabro 30th
Diane Dutton 30th




“Happy Birthday” October 2018

Youth is the gift of nature, but age is the work of art. -

Constance Wood 1st
Susan Carlock 1st
Francis Wolf 1st
Georgia Vithoulkas 1st
Eileen Clarke 3rd
Steve Harkness 4th
Nicole Hutchings 4th
Patricia Thompson 5th
Lynn Griffen 6th
Donna Williams 6th
Rosalind Montuoti 6th
Rose Mary Cuddy 7th
Ronald Vadnais 7th
Helen Chittum 8th
Ronald Stebar 8th
Warren Fisher 9th
Carol Pappano 9th
Lynn Plourde 9th
Frances Cirillo 10th
Nebi Kalja 10th
John Posa 10th
Patricia Mellitt 10th
Marilyn Moffo 10th
Carolyn Caufield 11th
Geraldine Slater 11th
Ray Shocki 11th

Maria Ugalde 11th
Gilda Pernerewski 12th
Susan DeSantis 13th
Marcia Manzolli 13th
Dorothy DiLorenzo 14th
Virginia Harris 14th
Everett Stratton 14th
Irene Weeks 14th
Virginia Taylor 14th
Dorothy Smith 14th
Joseph Asselin 15th
Monica Akelaitis 16th
Margaret Mascola 16th
Joyce Jenusaitis 16th
Margaret O'Mara 16th
Patrick Zailckas 17th
Barbara Gandlofo 18th
Anthony Rubbo 18th
Joe Petrucelli 18th
Paul Hennessey 18th
Margaret Marrone 18th
Josephine DiFronzo 19th
Norma Bennett 20th
Rebecca Jackman 21st
Margaret Jensen 21st
Susan Fedor 24th

Elizabeth Mastroianna 24th
Jane Wiser 24th
Nancy Bombaci 24th
Gabrielle Bianchi 24th
Bill Andrews 24th
Farije Kalja 25th
Sam Perrotti 25th
Stanley Gedansky 25th
Marilyn Perin 25th
Dr. Fred Ricci 27th
Ruth Anderson 27th
Marcel Leveille 27th
Louann Larwin 27th
John Gallagher 28th
Ed Berch 28th
Peter Alanskas 29th
Paul Barrere 29th
Joyce Houlihan 29th
Julie Cavanaugh 30th
Deborah Gugliotti 30th
Roger Boucher 31st
Marion Marano 31st
Stephen Sachner 31st
Phyllis Lupi 31st

Bus Reservations two (2) days in advance			donation - \$.50 one way in town	
Minibus operates 8:30 AM to 2:30 PM - 2 day notice required			\$1.50 one way out of town	
GWTD reservations Monday deadline			Middlebury Senior Center	
			203-577-4166	
Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Grocery Shopping			GWTD DAY	
Personal shopping	Medical appointments	Medical appointments	Mini bus in town	Medical appointments
medical appointment	Senior Center Activities	Senior Center Activities	Senior Center Activities	Senior Center Activities
Senior Center Activities				
No Lunch Today		Waterbury Mall		No Lunch Today
MEDICAL EMERGENCIES	MEDICAL EMERGENCIES	MEDICAL EMERGENCIES	MEDICAL EMERGENCIES	MEDICAL EMERGENCIES
8	9	10	11	12
	Medical appointments	Medical appointments	GWDT DAY	Medical appointments
	Senior Center Activities	Senior Center Activities	Mini bus in town	Senior Center Activities
			Senior Center Activities	
		Waterbury Mall	KENT FALLS	No Lunch Today
				MEDICAL EMERGENCIES
CENTER CLOSED	MEDICAL EMERGENCIES	MEDICAL EMERGENCIES	MEDICAL EMERGENCIES	
15	16	17	18	19
Grocery Shopping			GWDT DAY	Medical appointments
Personal shopping	Medical appointments	Medical appointments	Mini bus in town	Senior Center Activities
medical appointment	Senior Center Activities	Senior Center Activities	Senior Center Activities	
Senior Center Activities				No Lunch Today
No Lunch Today		Waterbury Mall	CHRISTMAS TREE SHOP	MEDICAL EMERGENCIES
MEDICAL EMERGENCIES	MEDICAL EMERGENCIES	MEDICAL EMERGENCIES	MEDICAL EMERGENCIES	
22	23	24	25	26
Grocery Shopping			GWDT DAY	Medical appointments
Personal shopping	Medical appointments	Medical appointments	Mini bus in town	Senior Center Activities
medical appointment	Senior Center Activities	Senior Center Activities	Senior Center Activities	
Senior Center Activities				No Lunch Today
No Lunch Today		Waterbury Mall		MEDICAL EMERGENCIES
MEDICAL EMERGENCIES	MEDICAL EMERGENCIES	MEDICAL EMERGENCIES	MEDICAL EMERGENCIES	
29	30	31		
Grocery Shopping	Medical appointments			
Personal shopping	Senior Center Activities			
medical appointment		Medical appointments		
Senior Center Activities		Senior Center Activities		
No Lunch Today		Waterbury Mall		
	MEDICAL EMERGENCIES	Deerfield MA		
MEDICAL EMERGENCIES		MEDICAL EMERGENCIES	