

Senior Newsletter

Middlebury Senior Center

1172 Whittemore Road

Middlebury, CT 06762

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

E-mail jcappelletti@middlebury-ct.org

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

[illegible]

2018

Department Staff

JoAnn Cappelletti Director

Jeanne Generali.....Dispatcher/Clerk

Terri Markie.....Bus Driver

Angela Leveille.....Publications & Programs

Sean Howard.....Computer Lab

Newsletter Staff

JoAnn Cappelletti

Angela Leveille

Commission on Aging

Judy Mirrer Chairperson

Barbara DeRiu

Noa Miller

Nancy Mastroianni

Ralph Barra

JoAnn Cappelletti

Ann Spierto

Nancy Pun

Jean Hansen

Andrew Perrella



Town of Middlebury
Department of Social and Elderly Services
Shepardson Community Building
1172 Whittemore Road
Middlebury, CT 06762

Phone 203-577-4166

Fax 203-577-4173

E Mail jcappelletti@middlebury-ct.org

Notifying the Public Under Title VI

THE TOWN OF MIDDLEBURY

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

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

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

If information is needed in another language, contact 203-577-4166 ext. 707
Si se necesita informacion en otro idioma, comuniquese al 203-577-4166 ext. 707



Department of Social Services & Elderly Services

Mission Statement

The Department of Social Services and Elderly Services is a focal point for all town residents who seek public services.

We provide aid in time of crisis, both financial as well as service oriented. We furnish state-administered programs through referrals in order to see that each resident is provided with a standard in conducting their lives.

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

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

*Have our Newsletter
Mailed to Your Home Every Month*

Cut out and mail this form

Name _____

Address _____

City _____ State _____

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

Department of Social Services
1172 Whittemore Road
Middlebury, CT 06762

Please support our Sponsors



Care Beyond Compare Since 1961

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

Specializing in Short Term Rehabilitation

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

203-758-2471 778 Middlebury Road Middlebury, 06762

www.midconvhome.com



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

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

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

Call us today (203) 495-1900

24/7 on call (203-495-1900

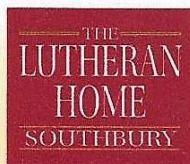
**Our personalized services are available as you need them, whether it be 2 hour visit per day
24hr 7 days a week care.**

Get **READY FOR HOME** at Lutheran Home

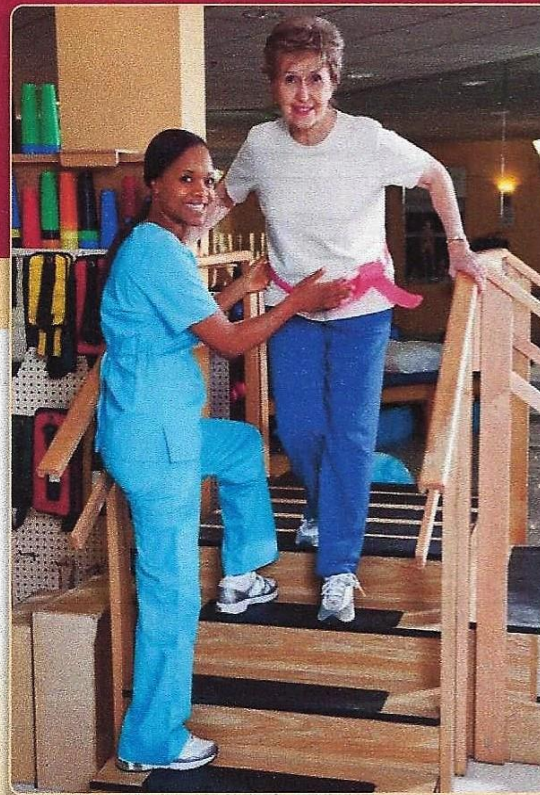
2016 5-STAR MEDICARE RATING

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

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



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



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

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

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

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

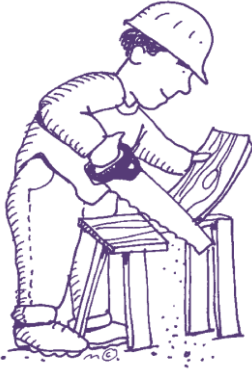
Kindly RSVP to 203-757-7660

MIDDLEBURY HOUSING REHABILITATION LOAN PROGRAM INFORMATION

(funding provided by Connecticut Department of Housing)

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

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



Application & Eligibility

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

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

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

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

*Income limits are subject to periodic change.

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



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



Center Services

Commission on Aging



The next Commission on Aging meeting will be held September 18, 2018 at 9:30am. All interested persons are welcome to attend.

Free Blood Pressure Screening



There is a free Blood Pressure screening every Tuesday; besides blood pressure screenings, Nurse Diane can help you with any questions you may have. The hours are 10:00am to 12 noon
No appointment necessary.

Probate Information



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

FREE HEARING SCREENING



The free hearing screening this month will be on Wednesday, September 19, 2018 9:00am. Please call for an appointment at 203-577-4166.

CONTACTING US



Contacting our office is easy!

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

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

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.

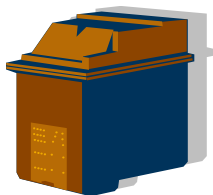


The Town of Middlebury has adapted Code Red which is a public notification system for emergency information. It notifies the public of road closures, fires, floods, missing children and other emergencies.

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

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

USED INK CARTRIDGES'



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

Thank You

INTRODUCING: CHAIR YOGA



Beginning Wednesday, October 10, 2018, our Yoga

instructor Dana Salvador, will be teaching "CHAIR YOGA". It will start at 9:30am. Fee will be \$25.00 for 6 classes

Yoga is an integrated practice that combines physical exercise with focused attention and deliberate breathing. Yoga is a simple practice that brings profound benefits: it can help you manage your reactivity to stress, improve your flexibility and capacity for activities of daily living, and boost psychological well-being.

Chair Yoga makes yoga accessible to everyone, everywhere. You don't have to get down on the floor, you don't need special clothes, and you don't need any special equipment.

Call 203-577-4166 to sign up.

Renter Rebate Program



Effective April 1, 2018
Ends September 15, 2018

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

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

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

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

AARP Driver Safety Program

Monday, September 10, 2018

9:00am



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

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

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

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

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

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

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

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

Property Tax Relief.



Tax Relief Programs

Applications are available for the Veterans Program.

Ends September 24, 2018

Qualifications for these programs include residency, income, age or disability. Applications must be accompanied by all income statements and Social Security benefits and must be filed no later than September 24, 2018.

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

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

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

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

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



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.



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.

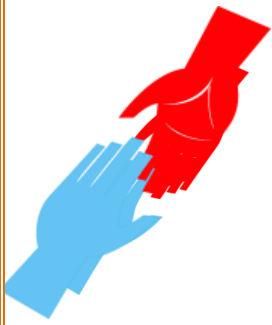
The fee is \$15 per hour or \$25 for 4 one hour sessions. If you need help with your IPAD, Nook, Kindle or other tablet, instruction is also available. Sean is also able to help you with viruses and malware for a nominal fee. Those interested should call the Middlebury Senior center at 203-577-4166

Grandparents Day

September 9, 2018



In 1970, Marian McQuade a housewife in Fayette County WV initiated a campaign to set aside a special day for grandparents. Her primary motivation was to advocate for the lonely elderly in nursing homes. She also hoped to motivate grandchildren to tap the wisdom and heritage their grandparents could provide. In 1973, West Virginia proclaimed the first Grandparents Day in the U.S. In 1978, President Jimmy Carter proclaimed that a national Grandparents Day would be celebrated every year on the first Sunday after Labor Day. This day was first celebrated across Canada in 1995.



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.

Assistive Technology Wednesday, September 12, 2018 10:30am



The WCAAA Tech Center provides free, personalized demonstrations of assistive devices such as magnifiers, smart pens, ipads, phone amplifiers, vibrating alarm clock and talking watches, to name a few.

Stop in at the Middlebury Senior Center on Wednesday, September 12th and meet Charlene; she will help explain all the devices and how they can assist you.



The Middlebury Senior Center will be closed on Monday, September 3, 2018; in observance of Labor Day.



Thursday, September 20, 2018
10:30am

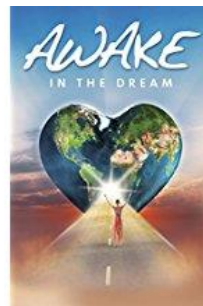
In their wildest dreams, colonial farmer John Lyman and his wife, Hope, could not have envisioned the complex and diverse enterprise that would evolve from their purchase in 1741 of a 37-acre parcel of land in what is now Middlefield. Now covering more than 1,100 acres of scenic farmland, Lyman Orchards is one of the most popular family attractions in New England. Through a history spanning ten generations, the Lyman family heritage was founded upon a commitment to preserve their land for future generations, using a combination of determination, innovation, and adaptation – attributes that hold true today.

Now in its 275th year, Lyman Orchards continues to evolve while maintaining its steadfast commitment to preserving the land for future generations. Today, members of the 8th and 9th generations of the family are directly involved in the business. Like their ancestors before them, preservation of the land remains central to their heritage, and the family continues to be innovative in its ways of upholding **their traditions**.

Join us for a ride to the Lyman Orchards. Call 203-577-4166 to reserve your seat.

Cost is \$7 per person.

Movie Showing w/ Corinne Fabian



Wednesday
 September 12,
 2018

“Awake In The Dream”

We spend the majority of our lives in a kind of hibernation: functional but separate from the source of our being. What can we do to wake up?

This movie explores this crucial question, inviting us to share enriching journey to discover how we can be whole again, how we can heal ourselves and the environment we lie in, and how we can leave the cocoons of our perceptions to face our own selfishness and fears.

This movie has the potential to transform your Life;
 Question & Answer session to follow.

Monthly Book Club w/ Corinne Fabian



Wednesday, September 26,
 2018 – 10:00am

A monthly book club will be starting on Wednesday,

September 26th hosted by Corrine Fabian.

Those who know Corrine will be happy to hear that along with this monthly book club there will be very interesting discussions.

The first book will be “The Four Agreements” by Don Miguel Ruiz.

(copies available on Amazon)

Please call 203-577-4166 to join the group.



Tom Rosa's Hollywood Movie Bio & Talk

Thursday,
September 13,
2018 - 12:30pm

Grand Hotel is a 1932 American pre-code drama film directed by Edmund Goulding and produced by Metro-Goldwyn-Mayer. The screenplay by William A. Drake is based on the 1930 play of the same title by Drake, who had adapted it from the 1929 novel *Menschen im Hotel* by Vicki Baum. To date, it is the only film to have won the Academy Award for Best Picture without being nominated in any other category.

The film was remade as *Week-End at the Waldorf* in 1945, and also served as the basis for the 1989 stage musical of the same title. Another remake, to be directed by Norman Jewison, was considered in 1977 which was to take place at Las Vegas' MGM Grand Hotel, but the project eventually fell through.^[3]

Grand Hotel has proven influential in the years since its original release. The line "I want to be alone", famously delivered by Greta Garbo, placed number 30 in *AFI's 100 Years... 100 Movie Quotes*. Also, the phrase "Grand Hotel theme" has come to be used for any dramatic movie following the activities of various people in a large busy place, with some characters' lives overlapping in odd ways and some of them remaining unaware of one another's existence. In 2007, the film was selected for preservation in the United States National Film Registry by the Library of Congress for being "culturally, historically, or aesthetically significant."

Refreshments will be served--all are welcome.



PIANO LESSONS OFFERED AT THE MIDDLEBURY SENIOR CENTER "I ALWAYS WANTED TO LEARN HOW TO PLAY THE PIANO...."

YOUR 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
MAKING 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



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 better options available to you.



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 the Senior Center for an appropriate time. 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.

The ride will cost \$7 per person



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 meeting 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 203-577-4166.

ELDER ABUSE



Older Adult and Elder Abuse

As they age, older adult may need assistance from others with getting to and from medical

appointments, Managing their finances, preparing meals, personal care and performing other activates that enable them to continue living in their homes and communities. Unfortunately, increasing numbers of older adults experience abuse from the very people they trust to provide them with this much-needed assistance.

According to the National Center on Elder Abuse (NCEA), elder abuse most often occurs when older adults are mistreated by someone with whom they have a trusting relationship – most often a spouse, sibling, child, friend or caregiver. In institutional settings like nursing homes, assisted living facilities and hospitals, elder abuse can occur when older adults are mistreated by someone who has a legal or contractual obligation to provide them with care or protection.

What to Do If You Suspect Elder Abuse:

As with other forms of abuse, older adults who have experienced abuse tend to blame themselves. If you observe any of the warning signs mentioned earlier and are concerned that an older adult shows signs of abuse, take the following actions:

- **Talk to the person you suspect is being abused.** NCEA recommends asking if elder abuse has occurred, whether the older adult is afraid of anyone or if they are being harmed by anyone. It is important to remind them that it is not their fault.

- **Contact 911.** If it appears that an older adult is in immediate danger due to suspected elder abuse, contact the police right away.
- **Contact Adult Protective Services.** Each state's Adult Protective Services office has the authority to conduct an investigation of any suspected cases of elder abuse. For Connecticut the number is 1-888-385-4225 or you can dial 211 after hours.
- **Contact your state's Long-Term Care Ombudsman.** For older adults residing in a licensed nursing home or assisted living facility, a state's Long-Term Care Ombudsman will act as an advocate for suspected victims of elder abuse and can provide information about the appropriate licensing, monitoring and regulatory agencies. For CT 860-424-5200.

Tips for the Safe Handling and Storage of Medications

Keeping medications in a secure and safe place and out of sight of anyone who might misuse them either by accident or by theft is very important. Talk to your pharmacist about how and where you should properly dispose of your medication.

According to the Centers for Disease Control and Prevention, **about 60,000 young children end up in emergency rooms each year because of medicines that were within their reach.** The Up and Away and Out of Sight initiative (www.upandaway.org) offers the following precautions that all adults, particularly grandparents, should keep in mind:

- Keep all medicines and vitamins up and away and out of sight in a high cabinet or other place your grandchildren can't reach or see.
- Keep purses, bags or coats that have medicines or vitamins in them out of he reach and sight of small children.
- Never leave medicines or vitamins out on a table, countertop or bedside table where your grandchildren could reach them. Relock the safety cap and put your medicines away after every time you use them.
- Set a daily reminder to take your medicines and vitamins on your refrigerator or a location you check on a daily basis, since they will be safely stored up and way and out of sight.



Radio City Christmas Spectacular

Friday,
November 19,
2018

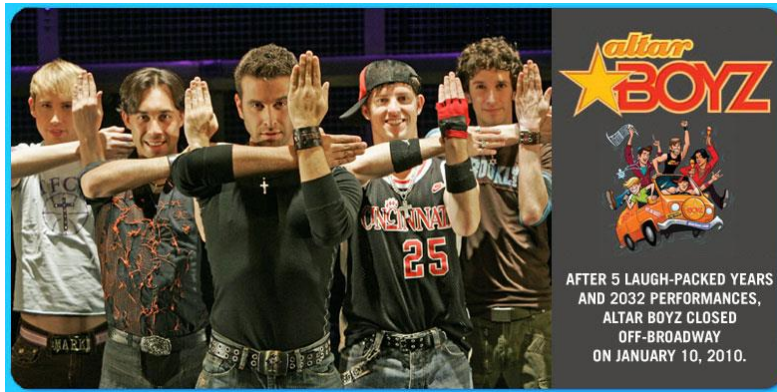
Join us on
November 19th
to see the
annual Radio
City Christmas
Spectacular

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 reservations.

Deadline is November 12,



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 4, 2018

Special Showing Matinee

Special Pricing \$40 per person

Call 203-577-4166 for more details



Senior Lunch

Lunch is available at the Senior Center on Tuesday, 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.

Mah-jongg



Mah-jongg is a Chinese game that is played using 144 domino-like tiles. Middlebury Senior Center has mah-jongg games every Monday @ 10am; Tuesday @ 10am, 1pm & 5 pm; Wednesdays @ 10am; Thursdays @ 10am & 1pm. Fee is \$1.00.

Low Impact Dance Lessons

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



Pilates

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

Yoga



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

Fitness Fury



Fitness Fury will lead the Adult Strengthening classes weekly every Friday from 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.

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. This class is free of charge.

Chair Massage

Get a 20 minute massage for \$15.



For an appointment, call 203-577-4166

All massages are done on Thursdays.

CHAIR YOGA



Begins October 10th at 9:30am; and every Wednesday thereafter. Fee is \$25.00 for 6 classes.

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

SEPTEMBER IN HISTORY



10 YEARS AGO (2008):

- ◆ The US government took control of Fannie Mae and Freddie Mac, the two largest mortgage financing companies.
- ◆ The Dow Jones Industrial Average fell 777.38 points following the bankruptcies of Lehman Brothers and Washington Mutual. It was largest single-day point loss, at the time.

15 YEARS AGO (2003):

- ◆ Crime drama *NCSI*, starring Mark Harmon, Michael Weatherly, Pauley Perrette and David McCallum premiered on CBS.
- ◆ A magnitude-8.0 earthquake hit just offshore of Hokkaido, Japan. It was the Earth's most powerful earthquake in 2 ½ years.

20 YEARS AGO(1998):

- ◆ Google, Inc. was founded in Menlo Park, CA by Larry Page and Sergey Brin.
- ◆ First baseman, Mark McGwire of the St. Louis Cardinals, broke baseball's single-season home run record, formerly held since 1961 by Roger Maris. McGwire hit no. 62.
- ◆ Rush Hour, starring Jackie Chan and Chris Tucker, debuted.

30 YEARS AGO (1988):

- ◆ The US participated in the 1988 Summer Olympics in Seoul, South Korea. They ranked in third place, behind the Soviet Union in first place and East Germany in second. They brought home 36 gold, 31 silver, and 27 bronze medals.
- ◆ NASA resumed space shuttle flights with Space Shuttle Discovery. It was grounded after the Space Shuttle Challenger disaster in 1986.
- ◆ Thomas Gregory swam the English Channel. He was the youngest person, at age 11, to do so.
- ◆ Hurricane Gilbert killed more than 300 people in Jamaica, Texas, and the Yucatan Peninsula. It devastated Jamaica with 160 mph winds.

40 YEARS AGO (1978):

- ◆ Anwar Sadat, Menachem Begin, and Jimmy Carter began the Egypt-Israel peace conference at Camp David. They signed the Camp David Accords, frameworks for peace in the Middle East and between Egypt and Israel.
- ◆ *Taxi* premiered on ABC.
- ◆ The Los Angeles Dodgers became the first major league team to draw three million fans (at Dodger Stadium).
- ◆ Filming of Monty Python's *Life of Brian* began.

50 YEARS AGO (1968):



- ◆ A few hundred members of New York Radical Women went to Atlantic City, NJ to protest the Miss America Pageant as exploiting women.
- ◆ *60 Minutes* debuted on CBS.
- ◆ The third Muscular Dystrophy Association (MDA) Telethon was held. The previous two telethons were broadcast on a New York City TV station, but the organizers were encouraged by the telethon's success and wanted to attract a wider audience. It was broadcast on national TV on Labor Day weekend for up to 21½ hours, starting on the Sunday evening preceding Labor Day and continuing until late Monday afternoon. It became known as the MDA Jerry Lewis Labor Day Telethon.
- ◆ Presidential candidate, Richard Nixon, appeared on *Rowan & Martin's Laugh-In*. Nixon's stiff delivery of the show's signature catchphrase, "*Sock It to Me*," was part of an innovative effort to reach out to younger voters.
- ◆ Mickey Mantle hit his final career homer No. 536.
- ◆ Police drama, *Adam 12*, debuted on NBC.
- ◆ *Hawaii Five-O* debuted on CBS.
- ◆ *Hey Jude*, by the Beatles, went to No 1.
- ◆ The Supremes released *Love Child*.

100 YEARS AGO (1918):

- ◆ The baseball season ended early due to World War I. The US had been at war for a year, and the citizens were beginning to wonder if baseball was getting its priorities straight. The World Series began a month early. The Boston Red Sox beat the Chicago Cubs in the Series.

September 2018



TUESDAY	WEDNESDAY	THURSDAY
<div>4</div> <p>Chicken parmesan Penne/sauce/parm cheese Broccoli Italian bread Fruit cocktail</p>	<div>5</div> <p>Vegetable barley soup Crackers Spinach quiche Broiled tomato/squash Herb bread stick Fresh fruit</p>	<div>6</div> <p>To be announced</p>
<div>11</div> <p>Roast pork / gravy Roasted potato Peas & onions Rye bread Applesauce</p>	<div>12</div> <p>Tuna salad plate Tossed salad / chick peas / French dressing Beet salad Hard roll Pears</p>	<div>13</div> <p>To be announced</p>
<div>18</div> <p>Squash & apple soup Crackers Turkey Bolognese Penne Cauliflower & red pepper Wheat dinner roll Fresh fruit</p>	<div>19</div> <p>Grandioli / sauce & cheese Caesar salad Broccoli Italian bread Fresh fruit</p>	<div>20</div> <p>To be announced</p>
<div>25</div> <p>"OCTOBERFEST" Bratwurst Red cabbage & apples Boiled potatoes Dinner roll Apple juice Black forest cake</p>	<div>26</div> <p>Cream of Carrot soup Crackers Mediterranean omelet Roasted sweet potato Spinach Bran muffin/tropical fruit</p>	<div>27</div> <p>To be announced</p>
		<p>Suggested donation is \$3.50 per meal</p>

Lunch Reservations three (3) days in advance

Minibus operates 8:30 AM to 2:30 PM - 2 day notice required

Lunch donation - \$3.50

Lunch served at 11:45 AM

Middlebury Senior Center

203-577-4166

September 2018

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
	9:00 Billiards 9:30 Computer Training 9:30 Yoga 9:30 Mah Jongg 10-12 Blood Pressure Screen 12:30 Bridge Club 1:00 Mah Jongg 5:30 Mah Jongg PM	8:00 Tai Chi 9:00 Table Tennis 9:00 Billiards 9:30 Computer Training 9:30 Tai chi 10:30 Pilates 10:30 Mah Jongg Computers by Appointment	9:00 Billiards 9:30 Computer Training 10:30 Mah Jongg 10:30 Yoga 10:30 Dance class 11:00 Losing Weight 12:30 Bridge Club 1:00 Mah Jongg Computers by Appointment	9:00 Billiards 9:30 Art 10:30 Cooking for Health class 11:00 Wii Bowling 12:00 Adult Strengthening 12:30 Bridge Club
10	11	12	13	14
AARP Drive Class 9:00 Billiards 10:30 Mah Jongg 10:30 Pilates	9:00 Billiards 9:30 Computer Training 9:30 Yoga 9:30 Mah Jongg 10-12 Blood Pressure Screen 12:30 Bridge Club 1:00 Mah Jongg 5:30 Mah Jongg PM	8:00 Tai Chi 9:00 Table Tennis 9:00 Billiards 9:30 Computer Training 9:30 Tai chi 10:00 Movie 10:30 Pilates 10:30 Mah Jongg 10:30 Assistive Technology Computers by Appointment	9:00 Billiards 9:30 Computer Training 10:30 Mah Jongg 10:30 Yoga 10:30 Dance class 11:00 Losing Weight 12:30 Bridge Club 12:30 Hollywood Movie 1:00 Mah Jongg Computers by Appointment	9:00 Billiards 9:30 Art 11:00 Wii Bowling 12:00 Adult Strengthening 12:30 Bridge Club
17	18	19	20	21
	COA meeting 9:00 Billiards 9:30 Computer Training 9:30 Yoga 9:30 Mah Jongg 10-12 Blood Pressure Screen 12:30 Bridge Club 1:00 Mah Jongg 5:30 Mah Jongg PM	Hearing Screening by apt. 8:00 Tai Chi 9:00 Table Tennis 9:00 Billiards 9:30 Computer Training 9:30 Tai chi 10:30 Pilates 10:30 Mah Jongg Computers by Appointment	9:00 Billiards 9:30 Computer Training 10:00 Lyman Orchards 10:30 Yoga 10:30 Mah Jongg 10:30 Dance class 11:00 Losing Weight 12:30 Bridge Club 1:00 Mah Jongg Computers by Appointment	9:00 Billiards 9:30 Art 10:30 Cooking for Health class 11:00 Wii Bowling 12:00 Adult Strengthening 12:30 Bridge Club
24	25	26	27	28
9:00 Billiards 10:30 Mah Jongg 10:30 Pilates	9:00 Billiards 9:30 Computer Training 9:30 Yoga 9:30 Mah Jongg 10-12 Blood Pressure Screen 12:30 Bridge Club 1:00 Mah Jongg 5:30 Mah Jongg PM	8:00 Tai Chi 9:00 Table Tennis 9:00 Billiards 9:30 Computer Training 9:30 Tai chi 10:00 Book Club 10:30 Pilates 10:30 Mah Jongg Computers by Appointment	9:00 Billiards 9:30 Computer Training 10:30 Yoga 10:30 Mah Jongg 10:30 Dance class 11:00 Losing Weight 11:00 Investment Club 12:30 Bridge Club 1:00 Mah Jongg Computers by Appointment	9:00 Billiards 9:30 Art 11:00 Wii Bowling 12:00 Adult Strengthening 12:30 Bridge Club
				

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Lunch donation - \$3.50
 Lunch served at 11:45 AM

Middlebury Senior Center
 203-577-4166

September 2018 Bus Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
	Medical appointments Senior Center Activities	Medical appointments Senior Center Activities Waterbury Mall	GWDT DAY Mini bus in town Senior Center Activities	Medical appointments Senior Center Activities No Lunch Today
	MEDICAL EMERGENCIES	MEDICAL EMERGENCIES	MEDICAL EMERGENCIES	MEDICAL EMERGENCIES
10	11	12	13	14
Grocery Shopping Personal shopping medical appointment Senior Center Activities No Lunch Today	Medical appointments Senior Center Activities	Medical appointments Senior Center Activities Waterbury Mall	GWDT DAY Mini bus in town Senior Center Activities	Medical appointments Senior Center Activities No Lunch Today
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