

SENIOR NEWSLETTER

Middlebury Senior Center
1172 Whittemore Road, Middlebury, CT
203-577-4166—Phone

E-mail: jcappelletti@middlebury-ct.org
Hours: Monday through Friday 9:00am—1:00pm



Department of Social & Elderly Services

Mission Statement

The Department of Social Services and Elderly Services is a focal point for all town residents who seek public services. We provide aid in time of crisis, both financial as well as service oriented. We furnish state-administered programs through referrals in order to see that each resident is provided with a standard in conducting their lives.

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

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



October 2021

Department Staff

JoAnn Cappelletti	Director
	Dispatcher
Angela Leveille	Publications & Programs
Terri Markie	Bus Driver
Sean Howard	Computer Lab

Commission on Aging

Judy Mirrer, Chairperson
Jean Hansen
Noa Miller
Ann Spierto
Nancy Pun
Nancy Mastroianni
JoAnn Cappelletti (Director of
Elderly & Social Services)
Ralph Barra (Liaison)

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

Phone 203-577-4166

jcappelletti@middlebury-ct.org

Discover our Website: www.middlebury-ct.org



Notifying the Public Under Title VI

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

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

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

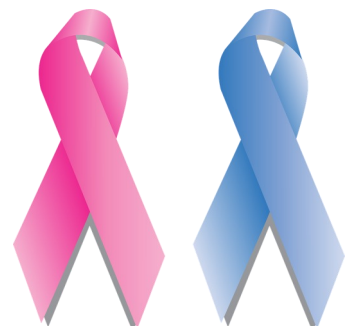
If information is needed in another language, contact 203-577-4166 ext. #1

Si se necesita informacion en otro idioma, comuniquese al 203-577-4166 ext. 1

October is Breast Cancer Awareness Month



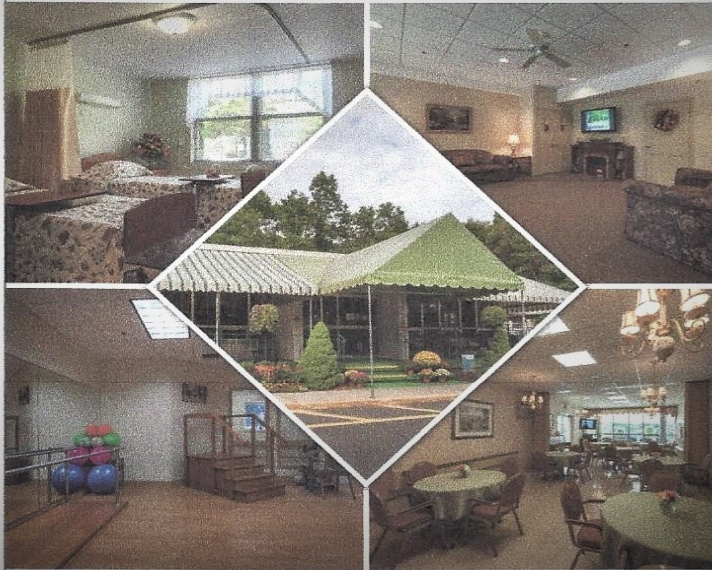
The power of pink is everywhere this October as we observe Breast Cancer Awareness Month. This yearly event is more than just a way to raise funds for breast cancer research. It **helps to increase awareness for the second leading cause of cancer deaths in women.**






midconhome.com
203.758.2471

Family Owned and Operated



Offering Short & Long Term Care

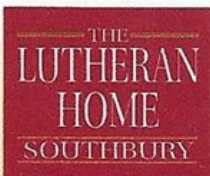
778 Middlebury Road, Middlebury | 203-758-2471 

Get READY FOR HOME at Lutheran Home

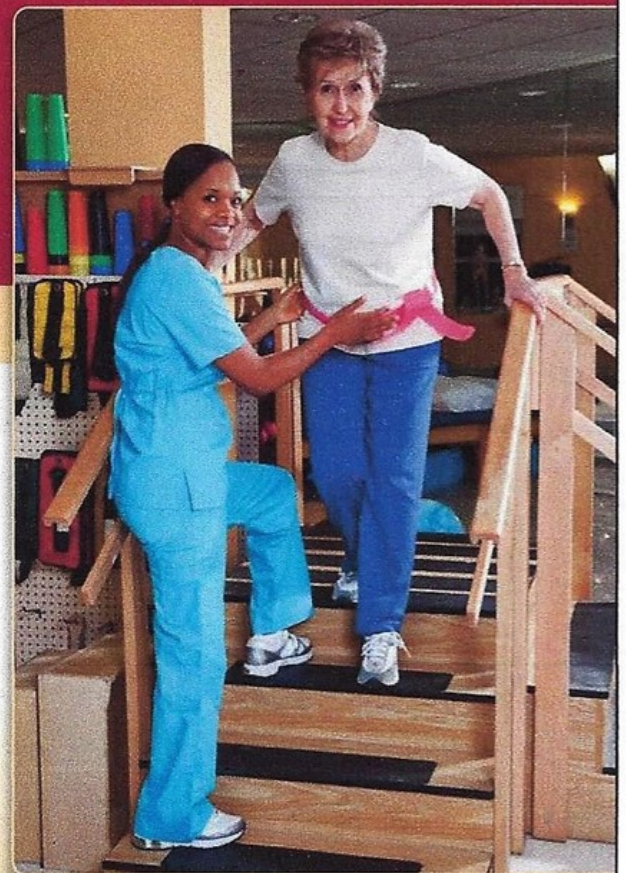
2016 5-STAR MEDICARE RATING

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

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



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



Town of Middlebury

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



GUIDELINES FOR MINI-BUS PASSENGERS

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

- Do any tasks or errands for you
- Do any shopping of any kind
- Handle money for banking, postage or bill paying

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

The following must be observed:

- Due to scheduling, the bus may arrive from 15 minutes before to 15 minutes after your scheduled reservation. You must be ready within these times.
- Use seat belts at all times – no exceptions will be permitted.
- Upon arrival, vacate the bus immediately and clear the doorway to avoid accidents.
- Have your donation ready when entering the bus.

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

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

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

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

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

Passengers not complying with these regulations may have to find alternate methods of transportation. After 3 no shows, passengers will be suspended from using the mini bus for 30 days.

**Have our Newsletter
Mailed to Your Home Every Month**
Cut out and mail this Form

Name _____

Address _____

City _____ State _____

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

Department of Social Services
1172 Whittemore Road
Middlebury, CT 06762

GWDT

Dial – A – Ride

One day a week each municipality will have the

Dial-A-Ride Transportation
Available for eligible

Seniors (ages 60 & Over) and the Disabled.

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

For more information on Dial-A-Ride transportation

Please contact:

Cheshire	Middlebury	Naugatuck	Prospect	Waterbury	Watertown	Prospect
203-272 - 0047	203-577- 4166	203-720- 7069	203-758 - 5300	203-756- 5550	860-945- 5250	203-879 - 8100
Fridays	Thurs- days	Tues- days	Thurs- days	Mondays & Fridays	Tuesdays	Fridays

First Come, First Served

**Cheshire Middlebury Naugatuck Prospect Waterbury Watertown
Wolcott**



Message from our Nurse, Diane Morotto:

VACCINES

Vaccines play an important role in protecting you in every phase of life. They are especially important in elder years when risks to certain diseases are higher. As we age, the immune system declines in its ability to fight infections and the development of certain diseases.

5 important vaccines to consider if you are age 65 or older:

1. COVID-19: The approved vaccines have been determined to be effective by federal guidelines. If you are fully vaccinated, either by a 1 or 2 dose regimen, your risk of getting severely ill is greatly reduced.
2. INFLUENZA (FLU): This vaccine decreases your chance of getting the disease. It is not 100% effective all the time because it is developed each year based on predictions of the top 3 or 4 strains anticipated to be most prevalent.
3. PNEUMONIA: There are 2 different vaccines to help reduce your risk. Both vaccines are recommended one year apart because they protect against different bacteria and viruses that can cause pneumonia.
4. SHINGLES: This vaccine can reduce the chance of the varicella—zoster virus (chickenpox) from emerging in your nerve tissue. Shingles can cause blistering and painful red rashes and may be disabling. The vaccine is usually a 2 dose regimen.
5. TETANUS and PERTUSSIS: Tetanus is caused by a bacteria found in soil, dust and manure. It enters the body through a break in the skin. A booster is recommended every 10 years. Today, the vaccine is often combined with a pertussis (whooping cough) booster. It is recommended for any adult who is a caregiver or in frequent contact with an infant. Pertussis can be a very contagious disease and the cough can last for months.

In conclusion, even healthy and active seniors need vaccines. Always talk to your doctor and plan a vaccine immunization schedule that is best for you.

Nurse Diane is available every Tuesday from 10am to 12 noon at the Middlebury Senior Center, 1172 Whittemore Road for free blood pressure screenings and to answer any questions you may have. No appointment necessary

Commission on Aging



The next Commission on Aging meeting will be held on Tuesday, October 12, 2021 At 9:30am.

All interested persons are welcome to attend.

Contacting our office is easy!

Our website:
www.middlebury-ct.org/elderly-social-services

Dial (203) 577-4166 and enter the extension for the person you wish to speak with:

<u>NAME</u>	<u>EXTENSION</u>
JoAnn Cappelletti	3
Angela Leveille	2
Transportation	1
Sean Howard	4



Blood Pressure Screening

Nurse Diane is available for free blood pressure screenings every Tuesday from 10am to 12 noon.

She is also available for any issues you may have.



Flu Shots will be available at the Middlebury Senior Center on Monday, October 18, 2021

From 12noon to 4pm.

In order to avoid overcrowding and unnecessary waiting time, please call 203-577-4166 for an appropriate time.

Thank you

CodeRED™

Keeping citizens informed.

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

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

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



COMPUTER HELP

Sean is available for one on one help if you need help with your computer.

Call 203-577-4166 ext. #4 for an appointment



MAH-JONGG

Mah-Jongg is a Chinese game that is played using 144 domino-like tiles. Middlebury Senior Center has mah-Jongg games every Tuesday at 10am and 1pm, Wednesday Mah Jongg lessons, & Thursdays 1pm

ART CLASS



Dory St. John offers art classes on Fridays from 9:30—11:30am. The fee is \$5.00 per class



POLISH POKER

Our Polish Poker players have resumed their games on the sec-

Adult Strengthening



Sue from Fitness Fury teaches older adults Strength training Exercises on Mondays from 11 to 12pm. Fee is \$25 per month or \$5 per class

Nutrition Cooking Class

Nichole from Brass City Harvest will be giving nutrition cooking class every Wednesday from 12:30 to 1:30 pm.



Enjoy cooking with Nichole and sample your finished product. This class is free of charge.

Yoga



Tuesdays at 9:30 to 10:30

Helene Korchin is back for our Yoga classes.

The next class will begin on September 28, 2021. The fee for Yoga is \$30 for 6 classes

Calling all Crafters



Knitters and Crocheters are meeting on Monday

afternoon at 1pm at the Shepardson Community Building.

Bring your own supplies or materials can be supplied

There is no charge for this class



Tai Chi

Wednesdays; 8:15 and 9:45am

Our Tai Chi instructor (Gary Weldon) not only teaches Tai Chi but also helps us with our balance and other issues as we age.

The next class will begin October 6, 2021 .

The fee for this class is \$30 for 10 classes

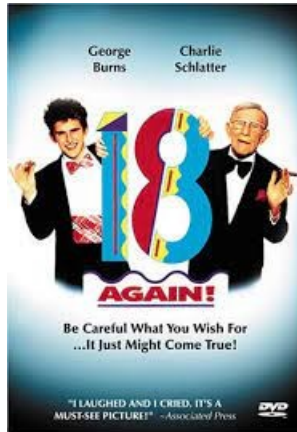
All payments for classes are due prior to beginning of classes.

**NOW SHOWING AT THE MIDDLEBURY
SENIOR CENTER**

WEDNESDAY, October 6 @ 10:30AM

“18 Again”

By means of an accident the soul of David and his swinging grandfather get swapped. While the grandfather's body is still in coma, he enjoys having a young body again and repairs some facts in David's life, who he finds not to be self-confident enough.



Starring George Burns , Charlie Schlatter & Zac Efron

WEDNESDAY, October 20 @ 10:30AM

“What about Bob”

Before going on vacation, self-involved psychiatrist Dr. Leo Marvin (Richard Dreyfuss) has the misfortune of taking on a new patient: Bob Wiley (Bill Murray). An exemplar of neediness and a compendium of phobias, Bob follows Marvin to his family's country house. Dr. Marvin tries to get him to leave; the trouble is, everyone love Bob. As his oblivious patient makes himself at home, Dr. Marvin loses his professional composure and, before long, may be ready for the loony bin himself.



LUNCH & Learn

THURSDAY, October 21, 2021

11:30am



This month “Memory Care Nutrition” a nutrition plan that benefits older adults.

Come and join us for a very informative subject, and then stay for a delicious lunch, all free of charge.

Please call the Middlebury Senior Center if you would like to join us and reserve your seat

203-577-4166

November 7, 2021

2:00am



Daylight Saving Time ends on Sunday, November 7, 2021, at 2:00 A.M. On Saturday night, set your clocks back one hour (i.e., gaining one hour) to “fall back.” This begins Standard Time.

Ballroom Dancing



The Middlebury Senior Center has an opportunity to offer ballroom dancing classes.

The classes will start on Wednesday, October 6, 2021 at 1:15pm, and the charge will be \$30 per person for 10 classes..

It has been recently documented by reliable sources that ballroom dancing, more than any other activity, can delay, if not actually prevent, the onset of Alzheimer's Disease and dementia, because of the non-repetitive actions and rapid fire decision making it requires. This keeps the neurons in the brain very active and promotes youthful well-being. Those who participate in ballroom dance activities on a regular basis appear to be younger looking, more energetic, better balanced, and just plain happier than those who do not.

While partners are not necessary to take these classes; it is, of course, more fun if you have someone to dance with.

The instructor is Georg Maderski. He began his dance career at the age of 6. His intense training program included many years of tap, jazz, ballet, Russian character and Polish folk dancing. In 1976 he began teaching ballroom dancing for Fred Astaire, Arthur Murray, and many other dance studios throughout the Metropolitan N.Y.C area.



BECOME YOUR BEST SELF

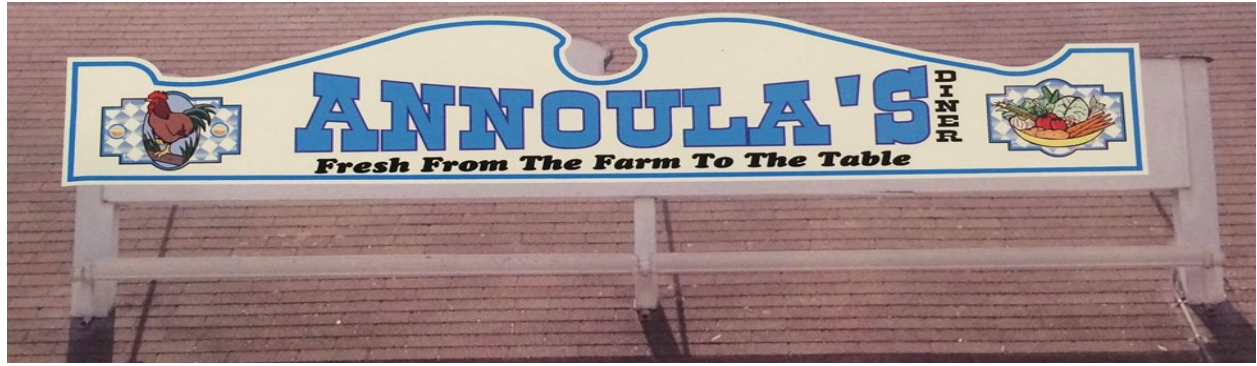
THE FFXP



**CLASSES FORMING
NOW WITH SUSAN'S
STRENGTH & TONE!
CALL FOR DETAILS,
SEE BELOW**

**Mondays 11am-11:45am
\$20./month, \$5. drop in
www.middlebury-ct.org
(203) 577-4166**





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

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

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

(Every Wednesday in October at 11:30am)

For the month of October:

October 6 – Greek salad plate—or— Chicken Gyro, Roasted potato, vegetables

October 13—Baked macaroni and cheese, small salad —or—Baked Scrod with roasted potato, veg.

October 20 –Meatloaf, roasted potato, vegetable — or — Chicken Pot pie, vegetables.

October 27 - Chicken Marsala with roasted potato, vegetables—or— American chop suey, small salad.

PLEASE NOTE:

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

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



NEW OPPORTUNITIES
Building Relationships to End PovertySM

Nicole from Brass City Harvest gives nutrition cooking class every Wednesday from 12:30 to 1:30pm.

Enjoy cooking with Nichole and sample your finished product This class is free of charge.

Below is her first meal the class cooked for the first class in September.



Recipe of the week:

Spaghetti Squash, Brussels Sprouts and Crispy Shallots

Spaghetti squash, Brussels sprouts, and crispy shallots are tossed together for an easy and flavorful side dish!

PREP TIME: 15 mins COOK TIME: 45mins

SERVINGS: 4 CALORIES: 154kcal

INGREDIENTS:

- 1 3/4—4 pound spaghetti squash
- 3 tablespoons olive oil (divided)
- 2 large shallots thinly sliced
- 1 pound Brussels sprouts shaved or thinly sliced
- 3 garlic cloves minced
- Salt and pepper to taste

INSTRUCTIONS:

1. Preheat your oven to 400F/200C. Slice the spaghetti squash in half and scoop out the seeds. Coat the inside with a little olive oil and salt and pepper, then bake for 40-45minutes.
2. When the spaghetti squash has cooked for about 30 minutes, heat 2 tablespoons of olive oil on medium heat in a large pan. Add the shallots and cook, stirring frequently, for about 8 minutes or until lightly golden and crispy.
3. Use a slotted spoon to remove the crispy shallots to a paper towel to drain.
4. Add the Brussels sprouts and minced garlic to the same pan and sauté 4-5 minutes. You may need to add another splash of oil as well.
5. When the spaghetti squash is done, remove it from the oven and use a fork to scrape out the flesh into a bowl,. Add the sautéed Brussels sprouts and crispy shallots to the bowl and season with additional salt and pepper.
6. Stir all of the ingredients together and serve.

THE FOUR FACTORS OF EASY, NUTRIENT-DENSE MEALS

Building your meals around these four factors will allow you to reach your nutrient needs without counting, measuring or weighing. It will improve your relationship with food and allow you to create delicious, nutrient-dense meals with ease.

1. FIBER

WHY YOU WANT IT:

- Helps us to feel fuller longer
- Aids in stabilization of blood sugar
- Reduces cholesterol absorption
- Keep our digestive system healthy

WHERE TO GET IT:

Fruits & Vegetables
Grains
Legumes
Nuts & seeds

2. PROTEIN

WHY YOU WANT IT:

- Aids in muscle and tissue building & repair
- Fuels metabolic reactions
- Coordinates bodily functions
- Maintains fluid balance
- We are made up of and maintained by 10,000 proteins, so replenishment is important.

WHERE TO GET IT:

Meat & poultry
Seafood
Eggs
Nuts & seeds
Dairy products
Popular plant-based option include:
Tofu, seitan, quinoa and tempeh.

3 FAT

WHY YOU WANT IT:

- Provides you body with critical energy that aids in cell growth
- Protects your organs
- Aids in absorption of nutrients
- Produces important hormones
- Adds flavor, increases satisfaction and delays gastric emptying, helping you feel more satisfied & fuller longer.

WHERE TO GET IT:

Nuts, seeds and their butters (unsaturated)
Avocados (unsaturated)
Olive, peanut & canola oils (unsaturated)
Butter & dairy products (saturated)
Aim to include mostly unsaturated sources

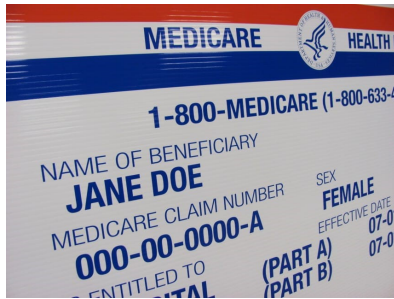
4. FUN

WHY YOU WANT IT:

- Crucial to establishing a positive relationship with food
- Allows you remove guilt form food
- Decreases likelihood of overeating

WHERE TO GET IT:

Anywhere! Your 'fun' element might be a warm chocolate chip cookie, chewy dried apricots, potato chips or trail mix. Go with what you're feeling and Allow yourself to fully enjoy it.



Medicare open enrollment period begins October 15, 2021 and ends on December 7, 2021

Here is a list of items to bring to open enrollment:

- ◆ Create an online *Medicare.gov* account (directions below)
- ◆ Medicare card, with effective dates for Part A or Part B
- ◆ Date of Birth
- ◆ Zip Code
- ◆ List of medications that include dosage, how many times per day, & quantity (30, 60, 90 day supply)
- ◆ Name and address of preferred pharmacy
- ◆ Name of your current Medicare plan (if applicable)
- ◆ Gray Connect Card, and /or Medicaid (Husky) card.

Contact us to get help with a certified Medicare specialist at 203-577-4166

HOW TO CREATE AN ONLINE ACCOUNT

Why create the account?

- Build a better drug list.
- Modify your drug list and save changes.
- Compare benefits and costs in your current plan to other plans available in your area.
- See prices based on any help you get with drug costs.

*If you want access to personalized information and features, and/or to enroll in the plan of your choice, you'll need to create an online *medicare.gov* account.*

How to create the account: visit *Medicare.gov/plan-compare* and click "Log in or Create Account".

You will need:

1. Medicare number – You can find this on your red, white, and blue Medicare. If you're new to Medicare and don't have your card yet, you can get your Medicare Number by logging into your Social Security account at *socialsecurity.gov/myaccount*, or on the letter you get from Social Security after you enroll.
2. Last name
3. Date of birth
4. Current address with ZIP code or city
5. Part A or Part B coverage start date – you can find this on your Medicare card.

Once you add this information and select "Next," you can create a username and password and use your new Medicare account. Remember to keep your username and password in a safe place to protect your privacy.

FORGOT YOUR USERNAME OR PASSWORD?

If you have an existing account, but forgot the username or password, click "trouble logging in?" under the username box on the log in page. You'll need this information:

- * Medicare Number
- * Last name
- * Date of birth

MEDICARE OPTIONS

When it's time to select your Medicare plan, you have an assortment of options. If your health care needs are minimal, Original Medicare may be your best choice. Those who have more complex health care needs may want to consider a Medicare Advantage Plan. These plans include vision, dental and hearing coverage and many offer prescription drug coverage. If you only need a little extra to supplement Original Medicare, try a Medicare Supplemental Insurance plan. Those who regularly take medications may want to opt for a [Part D](#) prescription drug plan.

Original Medicare

Original Medicare has two parts: [Part A](#), which provides insurance for inpatient hospital care, lab tests, surgery, home health care, hospice care and stays in a skilled nursing facility; and [Part B](#), which includes visits to the doctor's office, medically necessary services, preventative care, ambulance services, mental health care and limited outpatient prescription drugs. With Original Medicare, you pay a deductible and then your share of the in-patient or out-patient visit. There's no limit on what you pay out-of-pocket under Original Medicare. If you select Original Medicare and you want drug coverage, you'll need to select a separate Part D plan.

Medicare Advantage Plans

Medicare Advantage Plans are provided by private health insurance companies that have been approved by Medicare. These plans include Medicare Parts A and B, and some plans also include prescription drug coverage. [Medicare Advantage Plans](#) provide additional benefits, such as vision, fitness programs, dental and hearing coverage. You can select one of four different Medicare Advantage Plans: [HMOs](#), [PPOs](#), [Private Fee-for-Service Plans](#) and [Special Needs Plans](#). Some plans only let you use in-network providers, while others offer more flexibility for a price. You can only select a Medicare Advantage Plan that's available in the county where you live in Connecticut.

Medicare Prescription Drug Coverage Plans

While Original Medicare doesn't cover prescription drugs, you [can add coverage from a Part D plan for a fee](#). How much your plan costs depends on several factors, including your pharmacy, the [tier of the drug](#), and whether a drug company offers financial assistance to help you pay for their products. However, Medicare Advantage Plans often provide prescription drug coverage. In some plans, such as SNPs, prescription drug coverage is required. If you don't select a Part D plan when you initially enroll in Medicare or select a Medicare Advantage Plan [that offers prescription drug coverage](#), you can enroll later, but you may have to pay a permanent monthly penalty.

Medicare Supplement Insurance Programs

Payment gaps exist in Original Medicare, and you may not always be 100% sure about what is and isn't covered. If there isn't a Medicare Advantage Plan that works for you, you may want to consider purchasing a Medicare Supplement Insurance Plan, known as [Medigap](#). These plans help plug the gaps in Original Medicare, cover the copays in Parts A and B, and may cover any excess Part B costs. If you need to go out of the country on a business or family trip, a [Medicare Supplement Insurance Plan](#) can provide medical coverage. Medicare Supplement Insurance won't work with any Medicare Advantage Plan.

To review further information, please click on the red link

MEDICARE PREVENTIVE SERVICES

The best way to stay healthy is to live a healthy lifestyle. You can be healthier and prevent disease by exercising, eating well, keeping a healthy weight, and not smoking. Medicare can help. Medicare pays for many preventive services to keep you healthy. Preventive services can find health problems early, when treatment works best, and can keep you from getting certain diseases. Preventive services include exams, shots, lab tests, and screenings. They also include counseling and education to help you take care of your own health.

MEDICARE COVERS THE PREVENTIVE SERVICES:

Abdominal aortic aneurysm screening	Pap test and pelvic exam
Alcohol misuse screening and counseling	Pneumococcal shots
Bone mass measurement	Prostate cancer screening
Cardiovascular disease	STIs screening & counseling
Cardiovascular screening	Smoking & tobacco use cessation
Colorectal cancer screening	“Welcome to Medicare” visit
Depression screening	Yearly “Wellness” visit
Diabetes screening	
Diabetes self-management training	
Flu Shot	
Glaucoma test	
Hepatitis B shot	

Connecticut's protection against utility shutoffs has ended, effective September 15, 2021. Operation Fuel is working to spread the word that help and resources are available, so please feel free to pass this information along.

If you or someone you know are struggling to pay your electric, water, or other utilities, you can apply for help through Operation Fuel, contact agencies below about help and payment plans, or get coded for Hardship or Winter Protection through your utility company.

Apply for Help from Operation Fuel:

Click [here](#) to learn about emergency assistance from Operation Fuel, apply online, chat live online with a specialist, or find a Fuel Bank near you. Spread the word to others about help available at operationfuel.org/gethelp.

OPERATION FUEL



Operation Fuel residential energy assistance programs, hardship enrolling of income eligible Eversource customers in Eversource's NewStart arrearage forgiveness program will begin on July 1, 2021.

The program is for emergency energy / utility assistance grants. Programs will be offered to provide assistance for a household's primary space heating, secondary energy, and / or water accessibility needs. This program ends October 31, 2021

Call 203-577-4166 for an appointment to apply.

CONNECTICUT ENERGY ASSISTANCE PROGRAM



Applications for the Connecticut Energy Assistance Program will be accepted up to March 16, 2022 for fuel and May 15, 2022 for gas and electric at the Middlebury Department of Social Services, Monday through Friday from 9am to 12pm. 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.

⇒ IMPORTANT DATES IN THE CT. ENERGY ASSISTANCE PROGRAM (CEAP) FOR DELIVERABLE FUELS ARE AS FOLLOWS:

- ⇒ November 13, 2021—First day for fuel deliveries that can be paid by CEAP.
- ⇒ March 16, 2022 Deadline for fuel authorizations.
- ⇒ May 1, 2022 the last day that a household can apply to establish its eligibility for benefits.
- ⇒ May 29, 2022 The last day to submit deliverable fuel bills.

Please bring with you all documentation. Monthly income for each member of the household; all bank statements; energy bill and all other household members information.

NOTE: These dates are subject to change at the discretion of the State Department of Social Services.

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

The office is located at the Shepardson Community Center at 1172 Whittemore Rd. Middlebury, CT.06762

WINTER PROTECTION PLAN

EVERSOURCE

Customers who meet income eligibility or receive certain government benefits and lack the resources to pay their electric bill may qualify for shutoff protection during the winter months.

The Winter protection Plan protects your service from being shut off from November 1, 2019 through May 1, 2020 with no late payment charges. This must be renewed annually. Applications for Shutoff Protection can also be completed while applying for public energy assistance through Middlebury Social Services at 203-577-4166 ext. 707.

When participating in the program, customers are still encouraged to continue paying as much of their bill as possible, since the full amount will still be owed at the end of the protection period.

To be eligible, customers must meet one of the following criteria:

- ⇒ Receive Aid to the Aged, Blind or Disabled (State Supplement); or Aid to Families with Dependent Children; or Medicaid; or (SSI); or General Assistance.
- ⇒ Their sole source of financial support is Social Security or VA;s Administration.
- ⇒ Their circumstances threaten deprivation of food and the necessities of life if payment of a delinquent bill is required.
- ⇒ Their income falls below 60% of the state median income.
- ⇒ They currently receive heating assistance.

For more information, or to enroll in the program, please call Eversource at 800-286-2828.

Eversource's

Matching Payment Program:

Allows you to maintain year-round electric and gas service and possible elimination of back balances, if you qualify and pay an agreed-upon amount on time each month.

Here's how it works.

Eversource, through the Matching Payment Program, will match your payments once you are approved for and receive energy assistance from [Connecticut Energy Assistance Program \(CEAP\)](#). For every dollar you pay toward your bill, a dollar will be credited to your past-due amount.

So, you pay a portion, energy assistance pays a portion, and Eversource pays a portion. Making all required payments in the Matching Payment Program protects your household from shut-off, in addition to getting the payment match.

To be eligible:

- You must be a current Eversource residential customer and heat your home with electricity or natural gas.

Your household income must be at or below 60 percent of the estimated state median income:

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

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

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

If you cannot afford your required monthly payment, please call us at 800-286-2828 to see if you qualify for a reduced payment (Below Budget Payment). If you're eligible, we will refer you to your local Community Action Agency to help you process an application (Below Budget Worksheet).

DO NOT LET YOUR LIGHTS AND HEAT BE TURNED OFF

Protection from utility shut-off ends September 15, 2021.



Hardship or Winter Protection coding protects your service until May 1, 2022. Call your electric or gas company to see if you are eligible.



Ask About a Payment Plan:

For Heat: After Nov. 1 – ask about Below Budget Worksheet Program

\$50.00 per month if you are on state or federal benefits (SNAP, HUSKY, etc.) or Matching Payment Program

CT Natural Gas: (860) 524-8361 / Southern CT Gas: (800) 659-8299

For Electricity:

Eversource: New Start – (860) 286-2000

UI: MaPP – (800) 722-5584

Other Help

UniteCT (www.bit.ly/UniteCT):

Money toward back rent, and light bill. No shut off while they work on your application

Energy Assistance:

Money toward back heat bill.
Call your utility company or local community action agency

Operation Fuel: (860) 243-2345

Emergency funds for some energy bills. Call to see if they can help

CT Public Utilities Regulatory Authority: (800) 382-4586

Ask for help getting an affordable payment plan

Need Help?

Call Bonnie Roswig, Center for Children's Advocacy
(860) 545-8581 / broswig@cca-ct.org





The Middlebury Senior Center will be closed on Monday, October 11, 2021 in observance of Columbus Day



Notes of an Unfortunate Birdwatcher

Standing in the sands
Off Long Island Sound
Near some wetlands

And an old burial ground,

I saw a bird f

Floating in the blue...

'tis nothing absurd -

A Magnificent View!

Perhaps an eagle or a seagull...

Its wings outstretched against vivid skies...

'Twas so breathtaking, so beautiful—

Until its droppings struck my eyes!

Poem by Ted Ellis

VETERANS

You have questions

VA has answers!

Call VA today at 1-800-MYVA411 (1-800-698-2411)

The Number to call when you don't know who to call.

You only need to remember one number for information on VA care, benefits, and services or to speak to a live agent for assistance!

1-800-MyVA411 serves all members of the Veteran and service member community seeking information or Assistance.

Call for helpful information on:

- * COVID-19 general information and updates
- * Health care eligibility and enrollment
- * VA benefits, such as disability, compensation & pension, education programs, caregiver support, insurance, home loans, & burial headstones and markers, among others.
- * The nearest VA medical centers, benefits offices, or cemeteries to Veterans
- * Directory assistance and connection to all VA contact centers and VA Medical Centers
- * Technical support for [VA.gov](https://www.va.gov)
- * Debt and payment options
- * Immediate transfer to the Veterans Crisis Line or the National Call Center for Homeless Veterans

When you call **1-800-MyVA411** and **press 0**, you will reach a live agent for immediate assistance or connection to the right VA experts





AARP Driver Safety Program

**Monday,
November 8, 2021**

9:00am—1:30pm

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 \$20.00 for AARP members and \$25.00 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://fitnesstodrive.phhp.ufl.edu/us/>

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



Bus Trip to Old Saybrook Area and the Connecticut Shoreline

LUNCH AT LENNY & JOE'S

Thursday, October 14, 2021

View the beautiful coastal CT shoreline in Old Saybrook and Westbrook with water views.

For example, To North Cove

The Fort site at Saybrook Point across the causeway to Fenwick (where Katherine lived)

Knollwood along the water..... beautiful water views

Castle at Cornfield Point, Great Hammock Road

Saybrook Town Beach

Across the marsh, Bills Seafood and across the singing bridge

Finishing with lunch at the original Lenny and Joe's in Westbrook.

This trip will be narrated by Jean Hansen who is full of knowledge about the shoreline.

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



Senior Center Special
Why not try for a Hole in One!

**Indoor Mini Golf/Bowling
for Active Seniors**

Mondays or Tuesdays 10am-1pm.
(Visits should be booked in advance)
Only \$10.00/person/visit

Includes:

~1 Round of 18 Hole Indoor Mini Golf

Two games bowling/shoes~

~Pizza slice/Coffee~

~automatic scoring~



Call to join the fun!

Only at Lessard Lanes

136 New Britain Ave, Plainville

860.747.1657




LessardLanes.com

Marcel@lessardlanes.com

If interested please call the Middlebury Senior Center

203-577-4166

October 2021

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
				1 9:00 Billiards 9:30 Painting Class 11:00 WII Bowling 12:00 Adult Strengthening 12:30 Bridge Club
4	5	6	7	8
9:00 Billiards 10:00 Mah Jongg 11:00 Adult Strengthening 1:00 Knitting & Crochetin	9:00 Billiards 9:30 Computer Training 9:30 Yoga 10-12 Blood Pressure 10:30 Mah Jongg 12:30 Bridge Club 1:00 Mah Jongg	8:15 Tai Chi 9:00 Computer Training 9:00 Billiards 9:30 Tai Chi 10:30 Mah Jongg instr 10:30 Movie 11:30 Grab & Go	9:00 Billards 9:00 Computer Training 12:30 Bridge Club 1:00 Mah Jongg	9:00 Billiards 9:30 Painting Class 11:00 WII Bowling 12:00 Adult Strengthening 12:30 Bridge Club
11	12	13	14	15
 Center Closed	COA Meeting 9:00 Billiards 9:30 Computer Training 9:30 Yoga 10-12 Blood Pressure 10:30 Mah Jongg 12:30 Bridge Club 1:00 Mah Jongg	8:15 Tai Chi 9:00 Computer Training 9:00 Billiards 9:30 Tai Chi 10:30 Mah Jongg instr 11:30 Grab & Go 12:30 Cooking class 1:00 Polish Poker 1:15 Ballroom Dancing	9:00 Billards 9:00 Computer Training 12:30 Bridge Club Shoreline Lenny & Joe's 1:00 Mah Jongg	9:00 Billiards 9:30 Painting Class
18	19	20	21	22
9:00 Billiards 10:00 Mah Jongg 11:00 Adult Strengthening 1:00 Knitting & Crochetin	9:00 Billiards 9:30 Computer Training 9:30 Yoga 10-12 Blood Pressure 10:30 Mah Jongg 12:30 Bridge Club 1:00 Mah Jongg	8:15 Tai Chi 9:00 Computer Training 9:00 Billiards 9:30 Tai Chi 10:30 Mah Jongg instr 10:30 Movie 11:30 Grab & Go 12:30 Cooking class 1:15 Ballroom Dancing	9:00 Billards 9:00 Computer Training 11:00 Investment club 11:30 Lunch & Learn 12:30 Bridge Club 1:00 Mah Jongg	9:00 Billiards 9:30 Painting Class
25	26	27	28	29
9:00 Billiards 10:00 Mah Jongg 11:00 Adult Strengthening 1:00 Knitting & Crochetin	9:00 Billiards 9:30 Computer Training 9:30 Yoga 10-12 Blood Pressure 10:30 Mah Jongg 12:30 Bridge Club 1:00 Mah Jongg	8:15 Tai Chi 9:00 Computer Training 9:00 Billiards 9:30 Tai Chi 10:30 Mah Jongg instr 10:30 Movie 11:30 Grab & Go 12:30 Cooking class 1:15 Ballroom Dancing	9:00 Billards 9:00 Computer Training 12:30 Bridge Club 1:00 Mah Jongg	9:00 Billiards 9:30 Painting Class
30	31			
9:00 Billiards 10:00 Mah Jongg 11:00 Adult Strengthening 1:00 Knitting & Crochetin	9:00 Billiards 9:30 Computer Training 9:30 Yoga 10-12 Blood Pressure 10:30 Mah Jongg 12:30 Bridge Club 1:00 Mah Jongg			