

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
Website: www.middlebury-ct.org



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.



Department Staff

JoAnn Cappelletti	Director
Ashley Norton	Dispatcher
Angela Leveille	Publications & Programs
Kathleen Patton	Bus Driver
Sean Howard	Computer Lab

Commission on Aging

Judy Mirrer, Chairperson
Jean Hansen
Ann Spierto
Nancy Pun
Nancy Mastroianni
Ann Zimkus
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



Important Dates in October

Oktoberfest –

The original beer festival is celebrated in [Munich, Germany](#). It started as a spectacle in honor of the Bavarian royal wedding in 1810. Today, the carnival with rides, food, and, of course, beer tents lasts from mid-September to the first Sunday in October. Six million visitors consume around seven million litres (1.85 million gallons) of beer every year.

Halloween – The [night of spirits on October 31](#) goes back to the Celtic festival known as *Samhain*, which used to mark the start of winter. It was believed that the spirits of the dead could return to the Earth around that time.

Astronomical Events in October

[Orionid Meteor Shower](#)

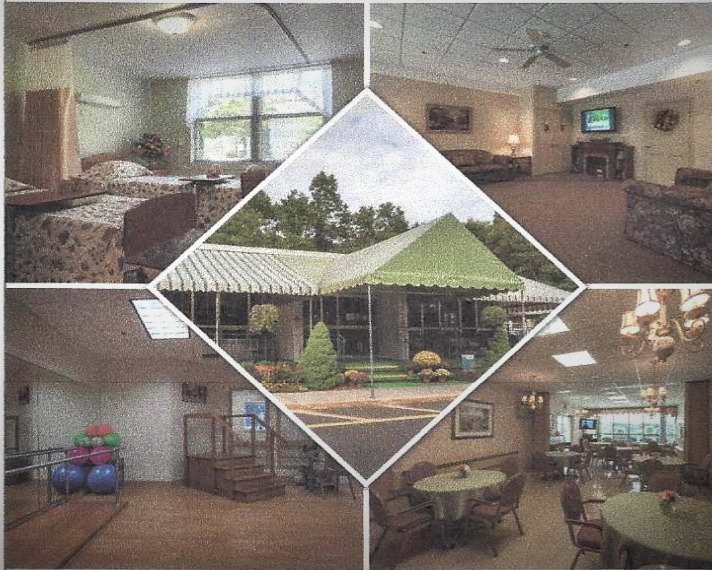
Around **October 8-9**, the Draconids meteor shower peaks. The shooting stars are best seen just after nightfall. The shower is named after the constellation *Draco the Dragon*, where the meteors seem to originate.

Hunter's Moon: The October [Full Moon](#) is traditionally called the Hunter's Moon. The month of October is a time to start preparing for the coming winter by hunting or slaughtering animals and preserving meat.




midconhome.com
203.758.2471

Family Owned and Operated



Offering Short & Long Term Care

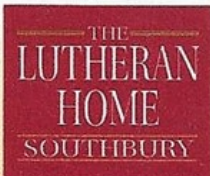
778 Middlebury Road, Middlebury | 203-758-2471 

Get READY FOR HOME at Lutheran Home

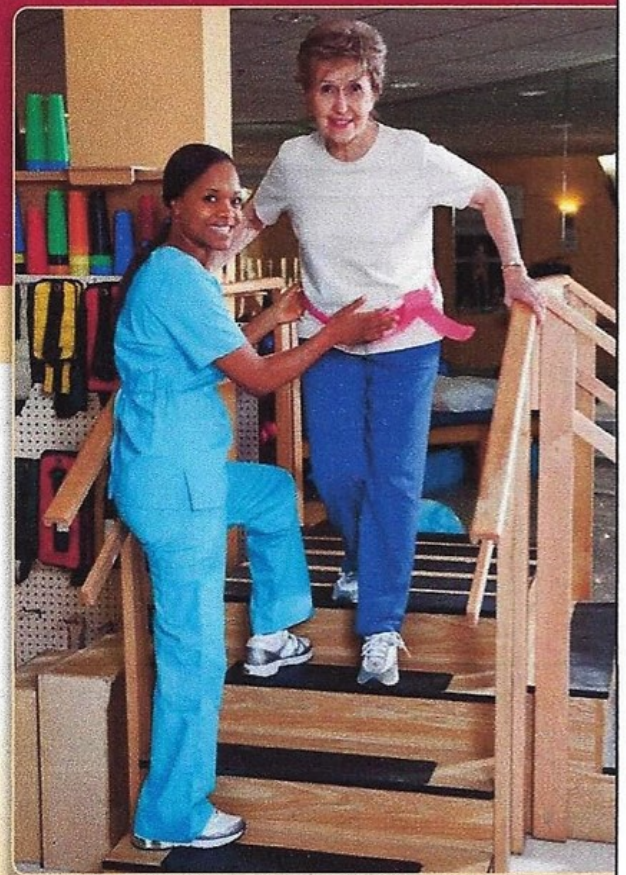
2016 5-STAR MEDICARE RATING

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:**

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

First Come, First Served

**Cheshire Middlebury Naugatuck Prospect Waterbury Watertown
Wolcott**



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, pining, 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:

<u>Household Size</u>	<u>Income Limits</u>
1	\$47,600
2	\$54,400
3	\$61,200
4	\$68,000
5	\$73,450
6	\$78,900
7	\$84,350
8	\$89,899

*Income limits are subject to periodic change.

**Applications and information regarding this program are available at the
Middlebury Department of Social Services**

1172 Whittemore Road

Middlebury, CT 06762

203-577-4166 EXT. 3



Message from our Nurse Diane Morotto:

As we start to experience cooler temperatures and shorter days, here are 8 Autumn Health Home Safety Tips:

1. Get your flu vaccine and check with your doctor for advice on getting a pneumonia and /or Covid vaccine or booster shot.
2. Cold proof your home by sealing visible drafts from windows or doors. Get prepared by getting out your favorite throw blanket to have handy on your couch or recliner.
3. Organize your medicine cabinet and stock up on Kleenex, hand sanitizer and any over the counter vitamins or supplements, that your doctor recommends, which can boost your immune system. Discard all expired medications, especially old antibiotics.
4. Be certain that you have working smoke and carbon monoxide detectors in various areas of your living quarters.
5. Protect against falls inside your home. Colder weather and less outdoor mobility may make chronic conditions like arthritis, diabetes and heart disease more likely to contribute to a fall . Be sure that items such as grab bars, non skid bath mats, bed rails, canes or walkers are in place.
6. Get a vision checkup because seeing clearly will lessen the risk of falling or having a driving accident. A good idea is to have motion sensor and bright lighting automatically turn on as you move from room to room.
7. Plan for more solitude by staying connected with friends and family. You will be surprised to learn how easy and fun it is to use Facetime, Skype or Facebook to stay connected to the outside world.
8. Prepare for bad weather. In addition to coats, scarves, hats, gloves and boots, you should have some backup supplies of water food, prescription drugs and first aide items. Be sure to have working flashlights or flameless candles handy and always have an action plan in place with family and friends so that they can check on your well being.



Commission on Aging



The next Commission on Aging meeting will be held on Tuesday, November 15, 2022 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
Ashley Norton	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.

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.

Attention Veterans



The Middlebury Senior Center has just received packages from the VA that explains all the benefits you have coming to you.

It also explains the Federal Benefits for Dependents and Survivors.

You can pick up your free packet at the Middlebury Senior Center at 1172 Whittemore Road, Middlebury, CT



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 Monday, Tuesday at 10am and 1pm, Wednesdays at 10am, & Thursdays at 10am & 1pm

ART CLASS



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

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

PILATES CLASS



Two classes per week:
\$40

Monday 9:30 to 10:30 &
Wednesday 11:00 to 12:00

Next class begins October 3, 2022

Yoga



Tuesdays at 9:30 to 10:30

Helene Korchin instructor for our Yoga classes.

The next class will begin on Tuesday, October 4, 2022. 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 Welton) not only teaches Tai Chi but also helps us with our balance and other issues as we age.

The next class will begin October 26 2022.

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



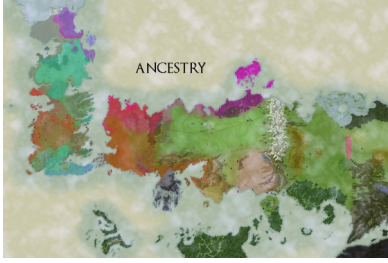
Attention All Artists Open Studio

Great studio space available to artists who would like to paint in a studio space with other artists. No instruction. Bring your own supplies.

Space available on Tuesdays, 10:30 —1:30
Beginning September 6, 2022

\$5 drop in fee. Sign up in the office or call 203-577-4166.

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



Our computer technician, Sean Howard, started a computer club for the Middlebury Senior Center.

Our club is now exploring Ancestry.com, or family search.

Anyone interested should call Sean at 203-577-4166 ext. 4.

Sean also gives one on one instructions to any who would like to learn anything to do with computers, android or iPhones, or iPad.

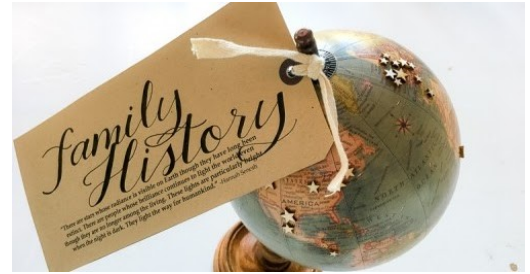
You can also get your devices checked and repaired for viruses and malware.



NEW ANCESTRY CLASS

October 6, 2022

11am



New ancestry class with Sean Howard will begin on Thursday, October 6th at 11 am.

There are only 5 spots open for this class so please call soon to reserve your seat if interested.

Cost is \$25 for 4 classes.

203-577-4166 ext. 4 to enroll.



**Please donate
your used ink
cartridges**

The Middlebury Senior Center

Recycles

Thank you

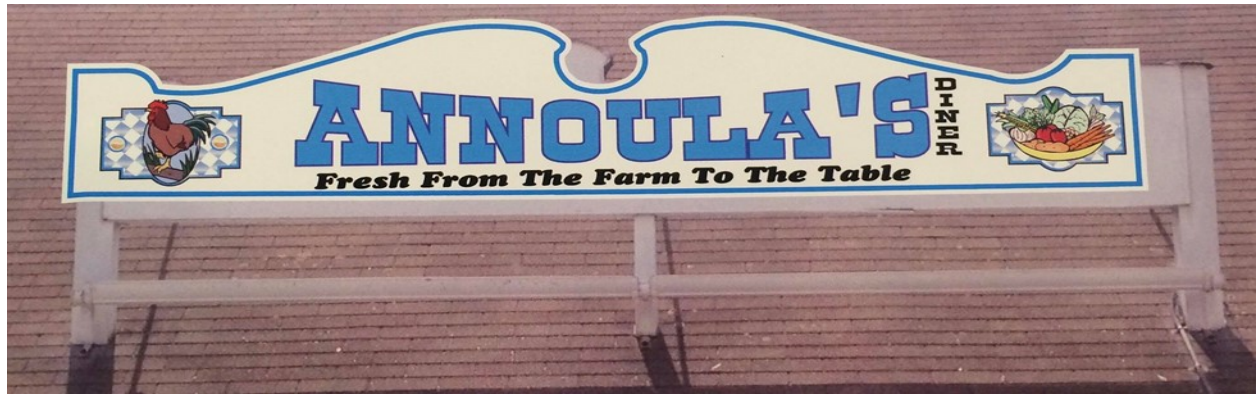


**Middlebury Senior
Center**

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 203-577-4166.



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. 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 5 – Chicken Francaise with roasted potato, veg OR Chopped sirloin with mushrooms gravy, roasted potato and vegetable

October - 12– Shepherd's Pie, veg. OR Chicken Marsala, mashed potato and vegetables

October 19—Chicken Pot Pie, veg. OR Mediterranean Chicken, roasted potato, vegetable

October 26— Spinach salad plate OR Chopped sirloin with mushroom gravy, roasted potato and vegetables.

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. 1 or 2**

The Senior Dine Program



The Senior Dine Program is sponsored by New Opportunities, Inc. and funded by Title III C of the Older Americans Act through the Western CT Agency on Aging. The actual cost of the Meal exceeds \$10, however the difference between the actual cost and the donation is paid for with federal funds. All menus are developed with the restaurant owners and meet federal and state nutritional requirements for Seniors. If you don't already have a card registration & using the card is easy:

1. The initial registration for Senior Dine must be done in person
2. You can do your registration at the Middlebury Senior Center office Rm. 20.
3. During registration, you will complete a brief intake form. You will submit an order form and provide your first donation based on the number of meals you would like.
4. All future meal orders can be placed via mail or in person. It will take approximately 5 days for mailed orders to be reflected on your card.
5. You can use your card at any participating location during their Senior Dine hours. (see below)
6. Present your card to your server prior to ordering. Your server will provide you with a Senior Dine Menu. No substitutions, no take outs.
7. Your server will scan your card, and can provide the # of meals left on your card.
8. Once you are down to "2 credits", the restaurant device will display a "recharge" prompt reminding you to order more meals on your card.
9. The suggested donation per meal is \$3.50 — \$5.00. Actual value of most meals is \$10.00.
10. Please remember to tip your server based on the full-value of the meal!

SENIOR DINE PARTICIPATING RESTAURANTS:

WATERBURY: **AMALFI'S** Restaurant, 580 Wolcott Rd, Wolcott, CT

Tuesday thru Friday; 12pm to 4pm / 203-755-5554

Monteiro's, 161 Fairfield Ave.

Monday thru Friday 6am to 2pm—203-573-0645

Paba's Restaurant; 1215 Thomaston Ave.

Tuesday to Friday 6am to 2pm —203-753-8545

I HOP 495 Union St. — 203-573-8822

Monday thru Friday—7am to 9pm

WOODBURY: Annoula's Diner 740 Main St South 203-586-1148

Monday thru Friday 7:30 am to 2:30pm

BETHLEHEM: Nick's Country Kitchen 3G Flanders Road —203-266-7317

Monday thru Friday — 6am to 2pm

WATERTOWN: Gayle's Farm Shoppe 51 Depot St. 860-274-7353

Monday thru Friday; 7am to 2pm



Daylight Standard Time Sunday, November 6, 2022

U.S. Senate approves bill to make daylight saving time permanent

WASHINGTON: The U.S. Senate passed legislation that would make daylight saving time permanent starting in 2023, ending the twice-annual changing of clocks in a move promoted by supporters advocating brighter afternoons and more economic activity.

The Senate approved the measure, called the Sunshine Protection Act, unanimously by voice vote. The House of Representatives, which has held a committee hearing on the matter, must still pass the bill before it can go to President Joe Biden to sign.

The White House has not said whether Biden supports it. A spokesman for House Speaker Nancy Pelosi declined to say if she supports the measure but said she was reviewing it closely. Senator Marco Rubio, one of the bill's sponsors, said supporters agreed the change would not take place until November 2023 after input from airlines and broadcasters.

The change would help enable children to play outdoors later and reduce seasonal depression, according to supporters.

"I know this is not the most important issue confronting America, but it's one of those issues where there's a lot of agreement," Rubio said. "If we can get this passed, we don't have to do this stupidity anymore." "Pardon the pun, but this is an idea whose time has come," he added.

The National Association of Convenience Stores opposes the change, telling Congress this month "we should not have kids going to school in the dark." About 30 states have introduced legislation to end the twice-yearly changing of clocks, with some states proposing to do it only if neighboring states do the same. Daylight saving time has been in place in nearly all of the United States since the 1960s after being first tried in 1918. Year-round daylight savings time was used during World War Two and adopted again in 1973 in a bid to reduce energy use because of an oil embargo and repealed a year later. The bill would allow Arizona and Hawaii, which do not observe daylight saving time, to remain on standard time as well as American Samoa, Guam, the Northern Mariana Islands, Puerto Rico and the U.S. Virgin Islands.

Property Tax Relief.



Tax Relief Programs

Applications are available for the Additional Veterans Tax Credit Programs thru October 2022

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 October 1, 2022.

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

Qualifying income is based on 2021 adjusted gross income; married applicants must submit combined adjusted gross income plus 2020 Social Security benefits payments.

Household income cannot exceed \$46,400; 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.

You may be eligible for a free Assurance Wireless lifeline

Lifeline eligibility



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

Food Stamps/SNAP

Supplemental Security Income (SSI)

Veterans Pension benefit or Survivors Pension

Medicaid

Federal Public Housing Assistance or Section 8

You may also qualify based on household income which is 145% of Federal Poverty Guidelines

The affordable Connectivity Program (ACP) ([/acp/affordable-connectivity-program](https://www.fcc.gov/affordable-connectivity-program))

You may qualify for Assurance Wireless Unlimited under the Affordable Connectivity Program if you participate in any of the following government programs:

Food Stamps/SNAP

Supplemental Security Income (SSI)

Veterans Pension benefit or Survivors Pension

Medicaid

Federal Public Housing Assistance or Section 8

The free and reduced-price school lunch program or the school breakfast program, including through the USDA Community Eligibility Provision, for the 2020-2021, 2021-2022 school year.

Federal Pell Grant during the current award year

The Special Supplemental Nutrition Program for Women, Infants and Children (WIC)

You may also qualify based on household income which is 200% of Federal Poverty Guidelines

If you ONLY qualify for ACP, or want to apply with Assurance Wireless only for ACP, you'll need to take 2 steps to apply.

First, go to (<https://acpbenefits.org/>) and go to National Verifier website to get approved for ACP.

Once you have been approved, call 833-930-3673 and they will help you enroll in Assurance Wireless Unlimited.

VETERAN'S CORNER



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
- Director assistance and connection to all VA contact centers and VA Medical Centers
- Technical support for VA.gov
- Debt and payment options
- Immediate transfer to the Veterans Crisis Line or the National Call Center for Homeless Veterans

Will I be able to speak to a live agent? Yes! 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.

VETERAN'S DAY LUNCHEON



To honor our veteran's for their service, the Middlebury Senior Center will hold a luncheon for veterans and their spouses. On Thursday, November 10, 2022 at 11:30am at the Shepardson Community Building on Whittemore Road in Middlebury.

If you would like to attend, please call 203-577-4166 to reserve your seat.



November 8 Election----Connecticut

Key Dates

Voter registration deadline: Tuesday, November 1; but Election Day registration is also Available.

Deadline to submit absentee ballots: Tuesday, November 8, by 8pm.

Election Day: Tuesday, November 8; polls will be open from 6am to 8pm.

ON THE BALLOT

Governor and lieutenant governor

U.S. Senate: One seat

U.S. House: All five seats

U.S. Senate: All 36 Seats

U.S. House: All 151 seats

Attorney general, secretary of the state, comptroller and treasurer.

Connecticut Allow for Early-Voting Amendment: which would amend the state constitution to permit the General Assembly to provide for early in-person voting.

All voters will need ID to vote.

Deadline to apply for an absentee ballot is Monday, November 7th.

Absentee ballots will be distributed beginning Friday, October 7th



ATTENTION ALL ARTISTS

OPEN STUDIO



Great studio space available to artists who would like to paint in a studio space with other artists.

No instruction.

Bring our own supplies

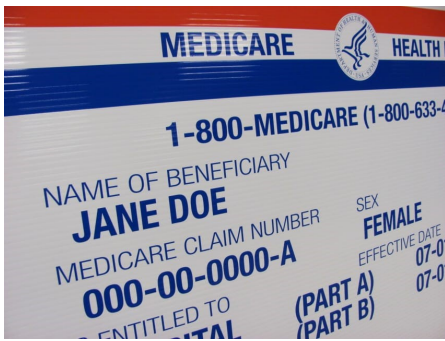
Space available on Tuesdays 10:30 — 1:30

Beginning on September 6th

If interested, please sign up in the office

203-577-4166

There is a \$5 fee per session



Medicare open enrollment period begins October 15, 2022 and ends on December 7, 2022

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 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 test, 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

Alcohol misuse screening and counseling

Bone mass measurement

Cardiovascular disease

Cardiovascular screening

Colorectal cancer screening

Depression screening

Diabetes screening

Diabetes self-management training

Flu Shot

Glaucoma test

Hepatitis B shot

Hepatitis B Virus (HBV) infection screening

Hepatitis C screening

HIV screening

Lung cancer screening

Mammogram (screening)

Medical nutrition therapy services

Medicare Diabetes Prevention Program

Obesity screenings and counseling

Pap test and pelvic exam

Pneumococcal shots

Prostate cancer screening

STIs screening & counseling

Smoking & tobacco use cessation

“Welcome to Medicare” visit

Yearly “Wellness” visit

Need Help with Medicare?

Our Medicare specialist, Nancy Cimmino. Will be available by appointment only for a one on one meeting with anyone who may need help or more information on your healthcare. Call the center for an appointment at 203-577-4166.



WINTER PROTECTION PLAN

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).

Medicare Drug Price Relief

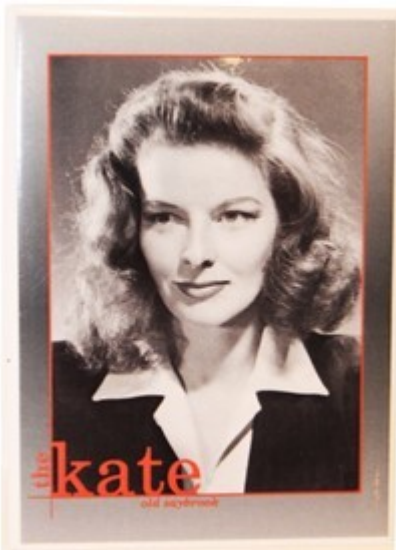


A new law requires Medicare, for the first time, to negotiate with drug companies for lower prices, and it penalizes those that raise their prices faster than inflation. This law will save hundreds of billions of dollars for seniors, taxpayers and Medicare. The law will provide older Americans with peace of mind, knowing that the drugs they need to stay healthy—and, often, to stay alive—won't impoverish them. As a result of this law, beginning in 2025, those of you in Medicare drug plans will have your annual out-of-pocket drug costs capped at \$2,000. And beginning in 2023, a new \$35 monthly cap on insulin costs will take effect.

This is a historic victory for consumers. Drug companies have for decades raked in record profits by charging Americans three times what people in other countries pay for the same medications.

CT SHORELINE TRIP

Thursday, October 13, 2022



The Middlebury Senior Center will be hosting a trip to the Connecticut Shoreline and stop for lunch at Bill's Seafood in Westbrook.

View the beautiful coastal CT shoreline in Old Saybrook and Westbrook CT narrated by our own Jean Hansen who has been a long time resident and is full of knowledge of the area.

We will also see the new museum "Kate" in honor of Kathryn Hepburn

Then across the marsh, there is Bills Seafood where we will dine on delicious seafood and see the wonderful views. (Payment at Bill's is cash only)

The fee for this outing will be \$10 per person, lunch on your own.

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

Bus leaves the senior center at 9:30am

Lunch & Learn

with

Archna Johar, M.S., F.A.A.O.

Thursday, October 12, 2022

11:30am

Learn the latest breakthroughs in cataract care and discover how patients are enjoying the vision of their youth by attending our upcoming free medical lecture from a leading cataract surgeon.

Dr. Johar will be presenting the latest information on cataract development, cataract removal, new technology cataract lenses, visual recovery and patient outcomes. Her discussion will include new and innovative laser & lens implant technology that's helping make cataract surgery safer, more precise, more convenient and more successful than ever before. She will share how today's cataract patients are not simply having their vision restored, but their lives renewed with little or no dependence on prescription eyewear after surgery.

Join us for a very informative session and a wonderful lunch. Call to reserve your seat 203-577-4166.



Lunch & Learn

Thursday, October 20 2022

11:30am

The Lutheran Home of Southbury will be hosting another Lunch and Learn on Thursday, October 20., 2022. October being Breast Cancer awareness month we will probably discuss breast cancer health .

To reserve your seat, please call 203-577-4166.



Flu Clinic
Monday,
October 17, 2022

The Middlebury Senior Center will be offering the annual Flu Shot Clinic on Monday, October 17th

This clinic is by appointment only

Please call 203-577-4166

To make your appointment

Please be aware the Covid-19 vaccines will not be available at the Middlebury Senior Center but they are available in various parts of the state.

Be sure to get yours.



SHOPPING TRIPS FOR October

The Middlebury Senior Center bus will be scheduling trips to Walmart in Naugatuck Friday, October 14, 2022.

Also, every first and third Friday of the month, to Shop Rite in Southbury Fridays — October 7 and October 21, 2022.



Get the Flu Shot, Not the Flu.

TAHD Appointment Only Flu Clinics



Please call 203-577-4166 to Register.

Where:

Shepardson Center
1172 Whittemore Dr.
Middlebury

When:

Monday October 17
12:00-3:30

MASKS Recommended

- **Please do not attend the flu clinic if:** you are not feeling well or have any of these symptoms: fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion, runny nose, nausea or vomiting.

1. Bring insurance card(s) to clinic.
2. Bring your driver's license to clinic.
3. Wear a loose fitting short sleeve shirt so your shoulder can be easily accessed.

Insurances accepted are: Medicare (Part B), and the following commercial insurances: Connecticutcare, Anthem BC/BS, Aetna and CIGNA insurance plans.
Please bring your insurance card with you

Vaccines Available

Seasonal Flu Vaccine for adults 19 and over.
HIGH DOSE VACCINE for adults 65 and over.

[Please check back often at www.tahd.org for more current information .](http://www.tahd.org)



Additional public clinics will be offered at various dates and locations. Please check back often www.tahd.org. Follow us on Facebook "Torrington Area Health District".



HOLIDAY LIGHTS FANTASIA

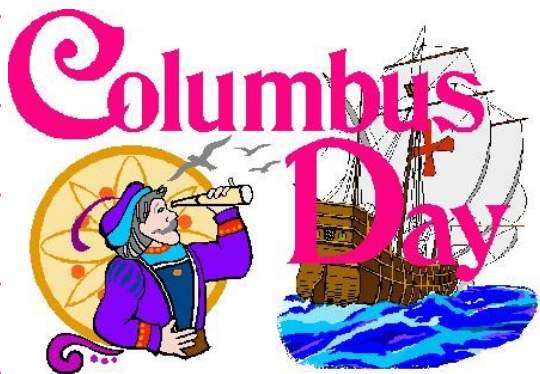
Thursday, December 1, 2022

The Middlebury Senior Center mini-bus will be going to see the Christmas lights at the Holiday Lights Fantasia; Goodwin Park in Hartford, CT. We will go through 2.2 miles of an enchanting land of spectacular, sparkling light displays including 200 moving and standing displays. Driving through the whimsical, larger than life displays. There are one million glowing bulbs...shining bright to help thousands of children. All proceeds go to Easter Seals.

We will be stopping for dinner at Spartan's II

To reserve your seat for this amazing trip please call 203-577-4166 .

Cost is \$15 per person which includes transportation and admission.



The Middlebury Senior Center will be closed on Monday, October 10, 2022 in observance of Christopher Columbus Day

9 Surprising Uses of Rice That You've Never Heard Before



This Photo by homeforfree - you won't believe what it can do!

1. Sharpen blunt blender blades

Over time, blender blades can become pretty blunt. To make them more effective than ever again, use rice!

Pour around half a cup of rice into your blender and pulse for up to 2 minutes. You'll soon notice a difference and there will be no need to buy a new blender!

2. DIY handwarmer

If you need to stay warm, no matter how cold it gets, little handmade handwarmers will really come in hand.

They're the perfect pocket accessory for those winter walks to school and you don't need much to make them - scissors, fabric, needle, rice, pins and thread. Not only practical but also pretty, they'd make gorgeous little homemade Christmas gifts too.

How to make? Easy!

SUPPLIES:

a fat quarter (or more) of this fabric or whatever fabric you have laying around the house, fabric scissors, pinking shears (optional), sewing machine or needle, thread, long pins, rice.

Directions:

1. Using fabric scissors, cut the pattern from our spoonflower fabric OR cut 2-3/4-inch squares from your choice of fabric. you'll need two per hand warmer.
2. Place two squares of fabric wrong sides together and stitch a 1/4-inch seam around the outside, leaving a 1-1/2 inch opening and backstitching in the beginning and end. (if you don't have pinking shears, place fabric right sided together, sew as instructed and then turn right side out.)
3. Fill 3/4 of the way up with rice.
4. Using a long pin, block the rice from falling out of the opening and sew closed.
5. Using pinking shears, trim the edges.... it will keep them from fraying.

To use, warm up in the microwave for 20 seconds (or so), but make sure they aren't too hot before handing over to little hands!

3. Save a wet phone

Of all the uses for rice, this has got to be the one we're most grateful for - it's saved us a fair few times!

If you've dropped your phone in the sink or down the toilet, chances are you're panicking. Well, have no fear, rice is here! Fill up a bowl or sandwich bag with rice and place your phone in it. Leave it for a couple of days and then fish it out. The rice should have absorbed all the water and your phone will be back in business.

5. Keep your tools rust-free

Add a few scoops of your trusty uncooked rice to a toolbox to absorb the moisture in the air. This should help to keep your tools dry and free from rust.

6. DIY knife block

You really don't need to spend a fortune on a functional knife block - rice and a simple utensil holder can provide the perfect solution. If you've got a selection of different knives, try filling a large utensil holder with rice.

This will fit lots of all types of knives sizes and it's a lot cheaper than buying a fiber cluster universal knife block.

7. Clean your coffee grinder with rice

If your coffee grinder or spice grinder has got very dusty or greasy then you can clean it by running some rice through it - it's much easier than taking it apart to clean. It will help to get rid of trapped grounded spices or coffee stale odours - just remember to wipe it afterwards

8. Use rice instead of baking beans

No baking beans? No problem. If you've got some pastry that needs blind-baking then use rice instead! Line your pie crust with baking parchment and pour in enough rice to keep the pastry from rising. You can use the rice again and again, just keep it in a sandwich bag.

9. Ripen fruit using rice

Want ripe fruit, fast? In a bowl of uncooked rice, submerge your fruit. The rice will help to trap ethylene and will help your fruit ripen quicker. Just don't forget to check on it - results can happen pretty quickly!

Middlebury Senior Center

1172 Whittemore Road

Middlebury, CT 06762

Pool Table Available daily		October 2022			Middlebury Senior Center 203-577-4166
Monday	Tuesday	Wednesday	Thursday	Friday	
3	4	5	6	7	
9:00 Billiards	9:00 Billiards		9:00 Billiards	9:00 Billiards	
9:30 Pilates	9:30 Computer Training	9:00 Billiards	9:30 Computer Training	9:30 Painting Class	
10:00 Bridge Club	9:30 Yoga	9:30 Computer Training			
10:00 Mah Jongg	9:30 Bridge Club				
11:00 Adult Strenthening	10-12 Blood Pressure Clinic	10:30 Mah Jongg		Shop Rite	
1:00 Knitting & Crochet	10:30 Mah Jongg	11:00 Pilates			
	12:30 Bridge Club	11:30 Grab & Go			
	1:00 Mah Jongg	1:00 Polish Poker	1:00 Mah Jongg		
10	11	12	13	14	
Columbus Day	9:00 Billiards	8:15 Tai Chi	9:00 Billiards	9:00 Billiards	
	9:30 Computer Training	9:30 Computer Training	9:30 Computer Training	9:30 Painting Class	
	9:30 Yoga	9:30 Tail Chi			
	9:30 Bridge Club	10:30 Mah Jongg		Walmart	
	10-12 Blood Pressure Clinic	11:00 Pilates	Kate Museum		
	10:30 Mah Jongg	Lunch & Learn			
12:30 Bridge Club	11:30 Grab & Go				
Center Closed	1:00 Mah Jongg	1:00 Polish Poker	1:00 Mah Jongg		
17	18	19	20	21	
9:00 Billiards	9:00 Billiards	8:15 Tai Chi	9:00 Billiards	9:00 Billiards	
9:30 Pilates	9:30 Computer Training	9:00 Billiards	9:30 Computer Training	9:30 Painting Class	
10:00 Bridge Club	9:30 Yoga	9:30 Computer Training			
10:00 Mah Jongg	9:30 Bridge Club	9:30 Tail Chi	11:00 Investment Club		
11:00 Adult Strenthening	10-12 Blood Pressure Clinic	10:30 Mah Jongg		Shop Rite	
1:00 Knitting & Crochet	10:30 Mah Jongg	11:00 Pilates	Lunch & Learn		
	12:30 Bridge Club	11:30 Grab & Go			
	1:00 Mah Jongg	1:00 Polish Poker	1:00 Mah Jongg		
24	25	26	27	28	
9:00 Billiards	9:00 Billiards	8:15 Tai Chi	9:00 Billiards	9:00 Billiards	
9:30 Pilates	9:30 Computer Training	9:00 Billiards	9:30 Computer Training	9:30 Painting Class	
10:00 Bridge Club	9:30 Yoga	9:30 Computer Training			
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31					
9:00 Billiards					
9:30 Pilates					
10:00 Bridge Club					
10:00 Mah Jongg					
11:00 Adult Strenthening					
1:00 Knitting & Crochet					