

# SENIOR NEWSLETTER

Middlebury Senior Center

1172 Whittemore Road, Middlebury, CT

203-577-4166—Phone

E-mail: [jcappelletti@middlebury-ct.org](mailto:jcappelletti@middlebury-ct.org)

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

Website: [www.middlebury-ct.org](http://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.



# October 2023

### 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

Maryann Barra

Ann Spierto

Nancy Pun

Nancy Mastroianni

Ann Zimkus

JoAnn Cappelletti

(Director of Elderly & Social Services)

**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](http://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](mailto:jcappelletti@middlebury-ct.org); or visit our administrative office at 1172 Whittemore Road. For more information, visit [www.middlebury-ct.org](http://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's full Moon, known as the Hunter's Moon, arrives on Saturday, October 28. Like September's Harvest Moon, the Hunter's Moon is closely tied to the autumnal equinox

Also, keep an eye out for the **Draconid meteor shower** in the late evening of October 9, and the **Orionid meteor shower** in the predawn hours of October 21–22.

With the autumnal equinox in late September, foliage season has officially begun across much of the United States.

Why do leaves change colors? Did you know that fall's vivid colors are actually hidden underneath summer's green? The main reason for the color change is not autumn's chilly weather, but light—or rather, the lack of it. The green color of leaves disappears when photosynthesis (from sunlight) slows down and the chlorophyll breaks down. Trees with a lot of direct sunlight will produce red leaves, while other trees may turn yellow, orange, or brown.

October is all about ending the harvest and storing your crops.

Fall is the best time to plant [garlic](#) and [bulbs for spring flowers](#). Do these tasks soon if you haven't yet!

October's birth flowers are the [cosmos](#) and the [calendula or marigold](#). Cosmos is a symbol of joy in life and love and peace. The calendula (aka garden, English, or pot marigold) represents winning grace, grief, or chagrin in the [language of flowers](#). Find out more about [October's birth flowers](#).

Happy Halloween






midconhome.com  
203.758.2471

Family Owned and Operated



Offering Short & Long Term Care

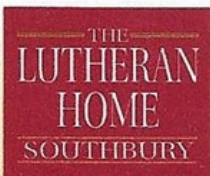
778 Middlebury Road, Middlebury | 203-758-2471 

# Get READY FOR HOME at Lutheran Home

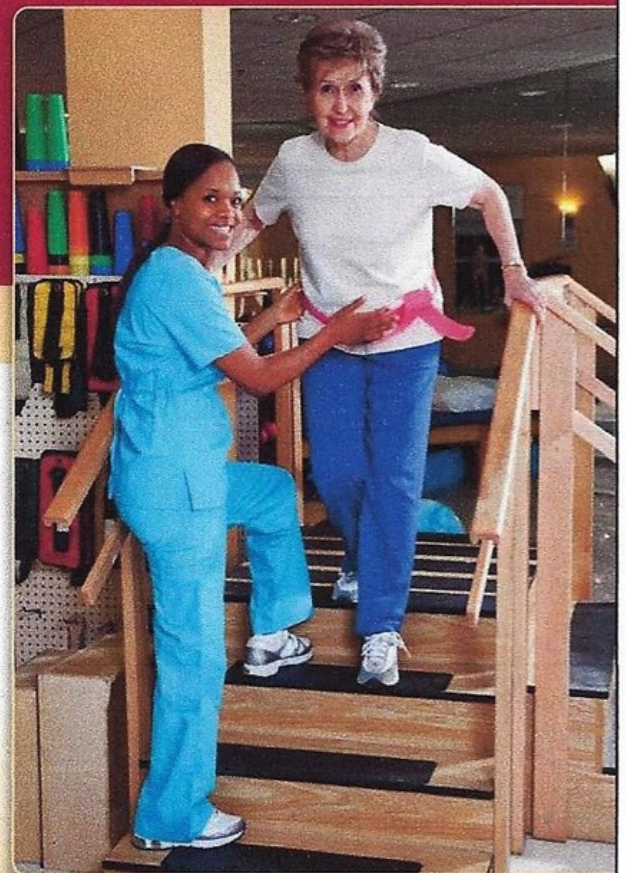
**2016 5-STAR MEDICARE RATING**

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  
E-mail: [jcappelletti@middlebury-ct.org](mailto: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:**

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

**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	\$62,600
2	\$71,550
3	\$80,500
4	\$89,400
5	\$96,600
6	\$103,750
7	\$110,900
8	\$118,050

\*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 Morroto:**

**Fall is here. Falling temperatures, falling leaves, falling bodies...oh no, let's try to prevent the last one because falls are not a normal part of aging.**

**Here are some tips to keep you upright, active and healthy:**

- 1. Speak with your doctor if you have fallen, are afraid of falling or if you feel unsteady. Have your doctor or pharmacist review all your medications and their possible side effects.**
- 2. Create a safe environment by removing obvious tripping hazards, correcting dimly lit parts of the home, carpeting slippery stairs or floors, repairing damaged walkways and placing non skid mats and grab bars in showers and bathrooms.**
- 3. Stay active by maintaining an exercise program. Any consistent activity will help with your gait, strength, balance and flexibility. Take a walk, enroll in a senior class or just find something that you enjoy doing.**
- 4. Wear the correct footwear. Walking barefoot, in socks, flip flops or flimsy slippers can be very dangerous. Always look for good supportive shoes and slip resistant soles.**
- 5. Correct any vision problems that you may have. Vision impairment makes it difficult to judge distance, see tripping risks or recognize slippery surfaces.**

**It is possible for older adults to seize the reins and work together with their health care team, their loved ones, their communities and even technology to take proactive steps to avoid fallings.**

**Don't contribute to the daunting elderly fall statistics!**



AirNow is your one-stop source for air quality data. Our recently redesigned site highlights air quality in your local area first, while still providing air quality information at state, national, and world views. A new interactive map even lets you zoom out to get the big picture or drill down to see data for a single air quality monitor.

AirNow reports air quality using the official U.S. Air Quality Index (AQI), a color-coded index designed to communicate whether air quality is healthy or unhealthy for you. When you know the AQI in your area, you can take steps to protect your health.

AirNow is a partnership of the U.S. Environmental Protection Agency, National Oceanic and Atmospheric Administration (NOAA), National Park Service, NASA, Centers for Disease Control, and tribal, state, and local air quality agencies. Complete list of AirNow partners. Agencies all over the country send their monitoring data to AirNow for display. The Department of State provides data from U.S. Embassies and Consulates to inform personnel and citizens overseas, and the U.S. Forest Service and NOAA provide fire and smoke data.

AirNow's centralized data system provides quality control, national reporting consistency, and the ability to distribute data to the public, researchers, businesses, educators, and to other data systems. In AirNow, you'll find:

- Current and forecast air quality maps and data for more than 500 cities across the U.S.
- Current and historical data for U.S. Embassies and Consulates around the world
- Current fire conditions including fire locations, smoke plumes, and air quality data from permanent and temporary air quality monitors
- Air quality data for Canada and Mexico
- Enviroflash emails, apps, widgets, and an API
- Health and air quality information for
- the public
- healthcare professionals
- teachers and students
- Weathercasters

According to AirNow, the air quality for Wednesday, June 7 most of Connecticut was listed as **Unhealthy** due to wildfire smoke from Canada.

- DPH recommends using AirNow, to see the current and forecasted air quality in your area. AirNow has an interactive map that show the air quality and provides additional recommendations for outside activities.
- DPH encourages schools, day care providers, summer camps and elder care/senior centers to subscribe to the AirNow for real-time updates in their cities/towns.
- Those with underlying medical conditions, children, and the elderly are considered sensitive populations and are most at risk for experiencing symptoms from elevated air pollution that is expected to remain indoors.
- The Connecticut Department of Public Health recommends that people with asthma, and heart and lung conditions avoid outdoor exercise.
- The health effects from air pollution can include chest tightness, shortness of breath, wheezing, coughing, throat irritation, respiratory tract and eye burning, chest pain, dizziness or lightheadedness, and other symptoms. Asthma symptoms may flare up as well.



## Commission on Aging



The next Commission on Aging meeting will be held on Tuesday, November 21, 2023 At 9:30am.

All interested persons are welcome to attend.

## Contacting our office is easy!

Our website:  
[www.middlebury-ct.org/elderly-social-services](http://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.



The Breast Cancer Awareness Month, marked in countries across the world every October, helps to increase attention and support for the awareness, early detection and treatment as well as palliative care of this disease.

There are about 1.38 million new cases and 458 000 deaths from breast cancer each year (IARC Globocan, 2008). Breast cancer is by far the most common cancer in women worldwide, both in the developed and developing countries. In low- and middle-income countries the incidence has been rising up steadily in the last years due to increase in life expectancy, increase urbanization and adoption of western lifestyles.

Currently there is not sufficient knowledge on the causes of breast cancer, therefore, early detection of the disease remains the cornerstone of breast cancer control. When breast cancer is detected early, and if adequate diagnosis and treatment are available, there is a good chance that breast cancer can be cured. If detected late, however, curative treatment is often no longer an option. In such cases, palliative care to relieve the suffering of patients and their families is needed.

The majority of deaths (269 000) occur in low- and middle-income countries, where most women with breast cancer are diagnosed in late stages due mainly to lack of awareness on early detection and barriers to health services. A situation that can be reverted if adequate public health programmes are put in place.

The recommended early detection strategies for low- and middle-income countries are awareness of early signs and symptoms and screening by clinical breast examination by **Mammography** screening and **ultrasound examination of the breasts** as well as **palpation and self-examination** that every woman should learn to do, as she will more easily identify possible changes. Breast self-examination is important for early diagnosis of breast cancer and for complete treatment.



## COMPUTER HELP

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

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

Sean is available Tuesday, Wednesday and Thursdays 9am to 1pm



## 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

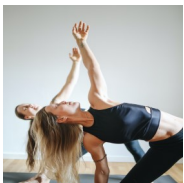
Dory St. John offers art classes on Fridays from 9:30—11:30am. The fee is \$5.00 per class

## 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

## Yoga



Tuesdays at 9:30 to 10:30

Helene Korchin instructor for our Yoga classes.

The next class will begin on Tuesday, November 14, 2023. The fee for Yoga is \$30 for 6 classes

## PILATES CLASS



Two classes per week: \$40

Monday 9:30 to 10:30 &

Wednesday 11:00 to 12:00

Next class begins November 6, 2023

## 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

## Join us for Polish Poker



Every second Wednesday of the month at 1pm.

## 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 Wednesday class will begin

November 6, 2023; Next Thursday class will begin November 7 at 5:30pm.

The fee for this class is \$30 for 8 classes

Call 203-577-4166 to sign up



## 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 A \$5 donation for our food bank is suggested. Sign up in the office or call 203-577-4166.

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



## ANCESTRY WORKSHOP

Middlebury Senior Center will be holding an Ancestry Workshop every Tuesday, from 11am to 12:45pm.

Explore your heritage.

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.

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

Cost is \$20 per person for 4 classes  
203-577-4166 ext. 4 to enroll



## 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 o 2pm in the Shepardson Community Building, 1172 Whittemore Road in Middlebury; Room 26. Please call ahead to see what day the next meeting will be. 203-577-4166.



## Senior Nutrition Services Tuesday Lunches 2023 Menus

10/3/2023:

Cranberry Dijon Chicken & Brown Rice  
Mixed Vegetables & Whole Wheat Bread  
Assorted Cookie & Assorted Fruit Juice

10/10/2023:

Salisbury Beef w/ Gravy Confetti Brown Rice  
Green Beans & Marble Rye Bread  
Mandarin Oranges

10/17/2023:

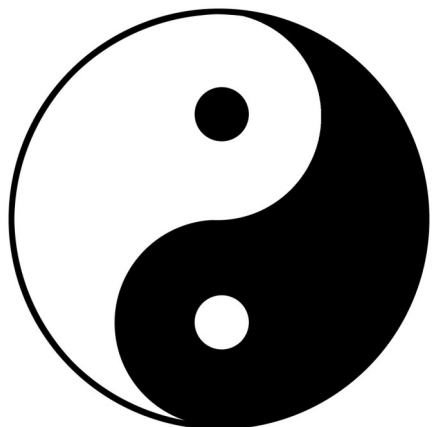
Diced Chicken w/ Lemon Dill Sauce  
Orzo & Green Peas  
White Bread & Pineapple Tidbits

10/24/2023:

Cheese Quiche & Red Bliss Potatoes  
Spinach & White Bread  
Tropical Fruit

10/31/2023

Chicken Tenders & Baked Beans  
Green Beans & Wheat Dinner Roll  
Mandarin Oranges



## Tai Chi for Seniors --- Ye Gong (& more)

In a nutshell, Tai Chi is an ideal mind-body practice combined with basic athletic training. The physical part is derived from a series of slow martial arts movements while the mindful aspect aligns with the go-with-the-flow aspects of Taoism. Together, you have a series of focused exercises that can be done in repetition or linked together in what is known as a tai chi form.

There are many styles of tai chi. Some are more vigorous and some are more serene, but the principles are ubiquitous. All the moves forbid the use of strength, and yet, **when people practice tai chi, they gain strength.**

Several elements of tai chi make it particularly appealing to seniors. First, most of the exercises are done on your feet. The “no pain, no gain” mentality of most Western exercise is notably absent and, in fact, discouraged in tai chi. Tai chi doesn't have to be painful, if someone has a bad hip, knee or ankle, they get to decide how much to stretch through a movement. The same goes with exertion; **exercise feels more comfortable, safe and sustainable.**

One final reason tai chi is a great choice for seniors is that it seems to enhance one's ability to navigate real-life activities like carrying groceries or climbing stairs.

Master Gary Welton offers a 7-step program to round out his unique class of Tai Chi which includes:

1. Health and Wellness
2. Meditation
3. Deep Breathing exercises
4. Balance Techniques
5. Qigong exercises
6. Yang style dance style form
7. Stress balls & stretching

Mr. Welton is a 7<sup>th</sup> degree Master Black Belt in Martial Arts since 1968 and still a practitioner in Tang So Do and Tai chi. He has participated in tournaments and seminars in Russia and Poland and has also taught martial arts in Watertown Parks and Recreation for 30 years. He is currently teaching Tai Chi for Seniors at the Middlebury Senior Center and involved in Naugatuck USA Martial Arts where he maintains practicing Tai Chi and Martial Arts.

**To experience Mr. Welton's 7 step Tai Chi class please call the Middlebury Senior Center at 203-577-4166. We hold classes on Wednesdays at 8:15 am and 9:30am; and Thursday evenings at 5:30pm.**



## GET READY FOR MEDICARE OPEN ENROLLMENT 2024

Medicare Open Enrollment is right around the corner.

It runs from October 15 through December 7, 2023

Our Medicare Counselor is here to help you navigate & understand your options.

Nancy can help you:

- compare and understand plan options
- Help you sign up for a new plan
- And can help you avoid high-pressure sales tactics

Nancy does not sell health insurances, nor recommend one plan over the other. She will provide free, unbiased & confidential counseling and give you the tools you need to make an informed decision.

Beginning Wednesday, October 13, and every Wednesday until December 6, Nancy will be available at the Middlebury Senior Center from 11am. If you would like a one on one consult, please call for an appointment at 203-577-4166.



## Middlebury Food Bank

Please donate

The Middlebury Food Bank needs:

Spaghetti Sauce

Baked Beans

Canned Fruit

Cake Mixes

Brownie Mix

Shampoo

Soap Bars

Tooth brushes

Toothpaste

Deodorant

Boxed or packaged mashed potatoes



Thank you for your support!

# Middlebury Cemetery—Stone Cleaning

Saturday, October 14, 2023

9am to 1pm



The Middlebury Historical Society needs volunteers to help with stone cleaning in the old Middlebury Cemetery.

We provide all the necessary cleaning materials needed.

If interested, email Alice DeMartino, Board Secretary

[demartino826@yahoo.com](mailto:demartino826@yahoo.com)

Future date is:

Saturday, November 11, 2023 9am to 1pm



Thank  
You

**“Food for Friends”**

Held a Bake sale on September 9th to  
raise funds for the **Middlebury**

**Food Bank.**



## 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:

1. Food Stamps/SNAP
2. Supplemental Security Income (SSI)
3. Veterans Pension benefit or Survivors Pension
4. Medicaid
5. Federal Public Housing Assistance or Section 8
6. 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:

1. Food Stamps/SNAP
2. Supplemental Security Income (SSI)
3. Veterans Pension benefit or Survivors Pension
4. Medicaid
5. Federal Public Housing Assistance or Section 8
6. 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.
7. Federal Pell Grant during the current award year
8. The Special Supplemental Nutrition Program for Women, Infants and Children (WIC)
9. 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.

## PAY LESS OR GET FREE INTER- NET ACCESS



The Social Security Administration is getting the word out about the new Affordable Connectivity Program (ACP) that reduces the cost of getting online for people with limited income. **If your household income is 200% or less than the Federal Poverty Guidelines or someone in your household participates in certain government assistance program like SNAP, Medicaid, Veteran's benefits, etc., you may be eligible for the benefits the ACP provides.** These benefits include:

\$30 per month toward internet service for eligible households. Many local companies, including AT&T, Comcast, Frontier and Verizon offer internet service for \$30, making internet service free.

\$75 per month households on qualifying Tribal lands.

Eligible households also can receive a one-time discount of up to \$100 toward purchasing a laptop, desktop computer, or tablet from participating providers.

You can take advantage of the discounts with confidence knowing that receiving ACP assistance does not affect your Social Security retirement, survivors, or disability benefits.

This program is run by the Federal Communications Commission (FCC). You can visit the ACP website or the FCC or call 1-877-384-2575 to find out how to apply and to see if you qualify. Please do not contact Social Security with questions about the ACP. Hopefully, many people will take advantage of this new program and it will help to make high speed internet more affordable for many more households. To apply online visit: <https://www.affordableconnectivity.gov/>.



## ATTENTION VETERANS

### **PACT Act Deadline: Health Care for Veterans Who Deployed to Combat Zones**

Veterans who deployed to a combat zone, never enrolled in VA health care, and left active duty between September 11, 2001, and October 1, 2013, are now eligible to enroll directly in VA health care during a special enrollment period.

This special enrollment period gives Veterans who served in Iraq, Afghanistan, and other combat zones an opportunity to:

- enroll directly in VA health care without first applying for VA benefits and;
- qualify for enhanced eligibility status, which means being placed in a higher priority group.

**These Veterans who left service between September 11, 2001, and October 1, 2013, have until 11:59 p.m. on September 30, 2023, to apply for VA health care.**

Other Veterans who deployed to combat zones and left service after October 1, 2013, can get free VA health care for service-related conditions for up to ten years following the latest discharge.

Veterans enrolled in VA health care are proven to have better health outcomes than non-enrolled Veterans, and VA health care is often more affordable than non-VA health care for Veterans.

## Middlebury Senior Center

Billiard Traveling Team and League now being formed

Contact Carmine Midalo

203-568-0435





# Foliage Trip to the Connecticut Shoreline

Thursday, October 12, 2023



The Middlebury Senior Center is having a Foliage Trip to the Connecticut Shoreline. Then stop for lunch at Lenny and Joe's in Westbrook, CT. Transportation fee is \$10 per person. 203-577-4166

Bus will be leaving the Middlebury Senior Center at 10am.



## Autumn

*In the sunshine of a cool September day,  
I decide to drive up a mountain road...  
Densely surrounded by trees sprouting  
Their crowns of beautiful colored leaves,  
Yet - no houses...no animals, a few birds.*

*After many miles, I happily discover  
A clearing that displays a lush green valley  
Bathing in sunshine with all its scenic glory.  
Then - a feminine voice behind me...  
A smiling young woman saying 'Hello'.*

*She introduces herself as 'Autumn',  
Referring to our scenic surroundings as  
'The Gateway To The Heavens'...  
I offer her a ride to wherever she desired,  
To which she responds - 'This is my home,'*

*I turn to discover a flattened tire...  
Then sadly pointing it out to her, asking  
If there was an auto repair shop nearby.  
She smiles, saying - 'What flat tire?'  
She then fades away...my tire no longer flat.*

Ted Elliss

## Pickle Ball!!!

Middlebury Senior Center would like to offer the game Pickle Ball for all who are interested.

Games are by appointment only Thursdays and Fridays from 9:30am to 3:30pm.

Paddles and balls supplied or bring your own.

Please call us at 203-577-4166.



## STATE OFFERS PRESCRIPTION DRUG DISCOUNT CARD PROGRAM EFFORT

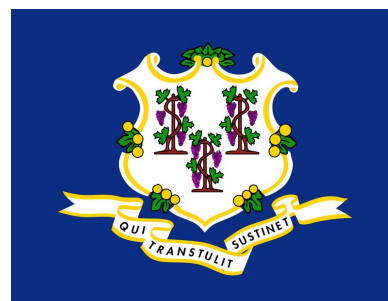
Gov. Ned Lamont and Comptroller Sean Scanlon have announced that a prescription drug discount card program will launch in Connecticut on Monday, October 2<sup>nd</sup>, enabling all residents of the state to receive savings on certain prescription drugs.

All residents of Connecticut will soon become eligible to sign up for an 'ArrayRx' discount card at no cost to them nor the state.

When purchasing prescription drugs, consumers present the card at their pharmacy and they can receive savings of up to 80% on certain medications. All FDA-approved drugs are eligible for a discount.

Beginning on October 2, Connecticut residents who want to receive an 'ArrayRx' discount card can fill out the form that is available online at [arrayrxcard.com](http://arrayrxcard.com). A valid physical Connecticut address and email address are required to enroll.

More information on how the 'ArrayRx' discount card works, including a list of frequently asked questions and a drug price lookup tool, may be found on [arrayrxcard.com](http://arrayrxcard.com).



## TAX Relief Program



Applications are available for the Additional Veterans Tax Credit Programs thru October 2023.

Qualifications for this program include residency, income, age or disability. Applications must be accompanied by income statements and Social Security benefits and must be filed not later than October 15, 2023.

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

Qualifying income is based on 2022 adjusted gross income; married applicants must submit combined adjusted gross income plus 2022 Social Security payments.

Household income cannot exceed \$49,100: 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.

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 1pm. For more information, please call JoAnn Cappelletti at 203-577-4166 ext. #3.



## SHOPPING TRIPS FOR October 2023

The Middlebury Senior Center bus will be scheduling trips to Walmart in Nauvatonk Thursday, October 5, 2023. Also, the third Monday of the month, to Shop Rite in Southbury, October 16, 2023.

To reserve your seat please call 203-577-4166



# **lunch & learn**

**Lunch & Learn**

**Thursday, October 19, 2023**

**11:30am.**

The Lutheran Home in Southbury is hosting a Lunch & Learn on Thursday, October 19th at 11:30am.

We will have a discussion with the Probate Judge from Naugatuck; and then enjoy a free lunch.

If you would like to attend, please call the Middlebury Senior Center at 203-577-4166 as there is a limit of 25 attendees.



Take the AARP Smart Driver<sup>TM</sup> classroom course and you could save money on your auto insurance!\*

- » Refresh your driving skills and knowledge of the rules of the road.
- » Learn techniques for handling left turns, right-of-way and roundabouts.

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

Please provide a check made out to AARP for \$20 for members; \$25 for non-members.

### **Upcoming classroom course**

**Monday, November 27, 2023**

Middlebury Senior Center

1172 Whittemore Road

Middlebury, CT 06762

203-577-4166



## OPERATION FUEL 2023 SUMMER/FALL PROGRAM

### Operation Fuel, Inc.

Operation Fuel offers emergency energy assistance to households who:

1. Fall outside the government assistance programs' eligibility guidelines.
2. Have exhausted their government assistance. Such assistance shall be given in accordance with these guidelines but with flexibility to meet human needs.

Beginning Tuesday, August 1, 2023, Operation Fuel will administer an energy assistance program for clients who need aid with meeting their home energy needs (electricity, gas, and deliverable fuels). This program will be for households living up to 75% of state median income. There will not be an assets test. **The maximum grant amount will be up to \$500.** This is a one time grant per family per year.

This is an emergency program only, examples can include but are not limited to the following:

- You are suffering from job loss and are collecting unemployment or exhausted unemployment benefits.
- Your health is threatened (i.e. you need utility to refrigerate medications or baby formula).
- Utility is needed to keep medical equipment operational.

Family Size	100% State Median
1	\$66,270
2	\$86,661
3	\$107,052
4	\$127,443
5	\$147,833
6	\$158,224
7	\$172,048
8	\$175,871

**For more information or to schedule an appointment, call 203-577-4166**

## How to Report Abuse or Neglect in Connecticut

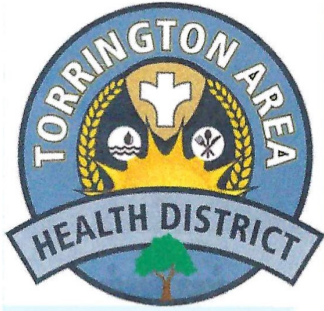
Disability Rights Connecticut (DRCT) is not a protective services agency. By contacting DRCT, you are NOT fulfilling any mandated reporting requirements.

Please see below for a list of appropriate contacts:

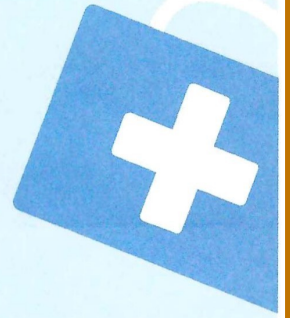
- ❖ To report the abuse or neglect of a child under the age of 18:  
Contact the Department of Children and Families (DCF): 1-800-842-2288
  
- ❖ To report the abuse or neglect of a person with an Intellectual Disability between the ages of 18-59 who participates or lives in programs funded or licensed by the Department of Developmental Services (DDS) and who receives support or services from DDS:  
Contact the Abuse Investigation Division: 1-844-878-8923  
(After Hours Emergency number): 1-844-612-4221
  
- ❖ To report abuse or neglect of a person aged 60 or older:  
Contact Protective Services for the Elderly: 1-888-385-4225
  
- \*Unfortunately, there are no protective services in the state of Connecticut for individuals between the ages of 18-59 who do not have an intellectual disability. You may choose to contact your local police department.
  
- ❖ To report abuse or neglect of a person by a home health care worker and/or agency:  
The State Department of Public Health provides a free hotline for consumer complaints involving *Home Health Care Agencies*. 1-800-828-9769  
  
To file a written complaint or to get information:  
State Department of Public Health – Div. of Health Systems Regulation  
410 Capitol Ave MS#12, HSR PO BOX 340308, Hartford, CT 06134-0308.
  
- ❖ To report abuse or neglect of a person living in a nursing home, residential care facility or assisted living community:  
Contact the Long Term Care Ombudsman's Office: 1-866-388-1888  
1-860-424-5200
  
- ❖ To report the misuse of Social Security disability benefits by a representative payee:  
Contact the Office of the Inspector General: 1-800-269-0271



75 Charter Oak Avenue, Suite 1-101, Hartford, CT 06106  
860-297-4300 | [www.DisRightsCT.org](http://www.DisRightsCT.org) | [info@disrightsct.org](mailto:info@disrightsct.org)



# Get the Flu Shot Not the Flu



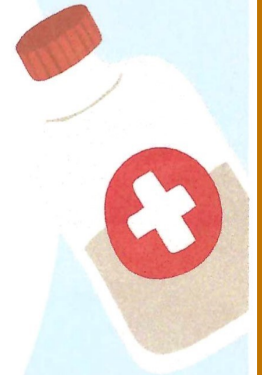
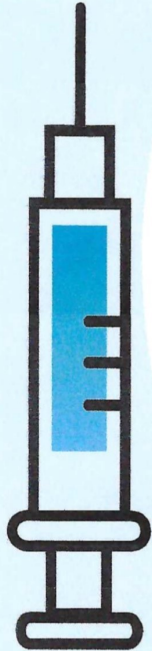
**SHEPARDSON CENTER**

**1172 WHITTEMORE DR. MIDDLEBURY**

**TUESDAY, OCTOBER 17TH, 12-3 PM**

**BY APPOINTMENT ONLY**  
**CALL 203-577-4166**

**Vaccines Available:**  
**Seasonal Flu Vaccine for adults 19 and over**  
**HIGH DOSE VACCINE for adults 65 and over**



- 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:**

**MEDICARE (PART B)**  
**CONNECTICARE**  
**ANTHEM BC/BS**  
**AETNA**  
**CIGNA**



**NO INSURANCE? NO PROBLEM!**  
**ADULT SEASONAL FLU VACCINE \$30**  
**\*HIGH DOSE \$70**  
**\*65 YEARS AND OLDER**

**Please call the Middlebury Senior Center**  
**For appointment 203-577-4166**  
**Transportation available**

# SECOND ANNUAL HALLOWEEN GRAVEYARD

HOSTED BY OUR NEIGHBORS  
BRADLEY & ROBBIE BERNSTEIN

HILLTOP MANOR  
370 TUCKER HILL ROAD



**\*THIS YEAR'S BIGGER & BOO-IER HALLOWEEN ATTRACTION IS  
APPROPRIATE FOR ALL AGES**

**\*ENTRANCE IS FREE - PLEASE PARK ON THE DRIVEWAY**

**\*PLEASE CONSIDER BRINGING A NON-PERISHABLE FOOD ITEM  
FOR DONATION TO THE MIDDLEBURY FOOD BANK**

**\*PETS ARE WELCOME**

## DATES & TIMES

**OCTOBER 21, 22 ~ 6:30-8:30PM**

**OCTOBER 27, 28 & 29 ~ 6:30-8:30PM**

**MONDAY, OCTOBER 30 ~ CLOSED**

**OCTOBER 31 ~ 6:30-9:30PM**

**TRICK OR TREATERS WELCOME OCTOBER 31ST**

**\*ALLERGY SAFE, NON-GMO, ORGANIC CANDY WILL BE AVAILABLE  
AS WELL AS TRADITIONAL HALLOWEEN TREATS**



# EVERSOURCE

10% and 50% Discounts Available for Electric Customers

Dear Community Partners,

On December 1, 2023, we will introduce a new [discount rate](#) for electric customers with a financial hardship status. Based on their household income or receipt of a public assistance benefit, they may be eligible for a 10% or 50% discount off their electric bill per month. For example, if they have a \$100 monthly bill, it would be \$10 less if they receive a 10% discount or \$50 less if they receive the 50% discount.

We're raising awareness with our customers across multiple channels, including email, bill inserts and messaging, [eversource.com](#) and traditional and social media – **but we need your help**. To ensure every resident in your community is aware of the new electric discount, we are providing the attached Electric Bill Discount fact sheet. We ask that you share this information in your channels, as appropriate. Hard copies of the fact sheet are also available upon request.

If you have any questions, please don't hesitate to contact me.

Thank you for partnering with us.

Theresa Washington  
Manager, Credit Hardship Programs & Protections  
Eversource Energy  
1985 Blue Hills Ave. Ext.  
Windsor, CT 06095  
Mobile: (860) 816-9637

**ARE YOU LOOKING TO MAKE A DIFFERENCE IN YOUR COMMUNITY?**

**&**

**WORK PART TIME HOURS!!!**

**NEW OPPORTUNITIES INC**

Is seeking **CAFÉ MANAGERS**

TO SERVE LUNCH TO SENIORS AT YOUR LOCAL Senior Center.

Join our team and help make a difference to

Keep our seniors fed.

*Applications can be completed in person at our Main Office or online.*

*Call 203-575-4243 for all inquiries!*

*We offer Earned Time off.*



**NEW OPPORTUNITIES, INC.**

*Building Relationships to End Poverty*

**Middlebury Senior Center Presents..**

# **“A Carpenters’ Christmas”**

**at the lovely Aqua Turf Club in Southington, CT**

**Wednesday, December 13, 2023**



While The Carpenters are known for over a dozen chart topping hits, they also won over their fans with their Christmas celebrations. Singer and playwright Lisa Rock and her 6-piece backing band are keeping The Carpenters’ holiday traditions alive and bringing their unforgettable Christmas songs to the stage. Based on the music of The Carpenters’ two holiday albums and Christmas variety shows, *A Carpenters Christmas* and featuring “Merry Christmas Darling” and the jazzy “Santa Claus is Comin’ to Town,” it’s a holiday concert that spreads joy and cheer to all.

### **Package Includes:**

- Round Trip Transportation
- Elegant Family Style Luncheon at the Aqua Turf Club
- The Carpenters Christmas Show
- Meal Taxes and Gratuities

A Carpenters  
**CHRISTMAS**



MERRY CHRISTMAS

### **Family Style Luncheon**

*Homemade Soup*

**Chicken Florentine**

**&**

**Baked Scrod**

*Rolls & Butter*

*Vegetable & Potato*

**Dessert - Coffee & Tea**

*Meal subject to change*



**\$84** Per Person

Don't miss this  
Fantastic Show!

***For Information:***  
**(203) 577-4166**  
***Monday & Fridays Only***  
***9:00am - 1:00pm***



Bus Pick Up: 10:00 AM

Bob's Furniture Store  
135 Memorial Ave.  
West Springfield, MA

**MUST PARK BEHIND  
SKECHERS.**





# Celtic Angels The Aqua Turf Club



**Southington, Ct  
Monday March 11, 2024**

A joyous celebration of everything Irish will touch American soil this spring when the energetic, exciting stars of the Celtic Angels tour the US. Through their shared zeal and passion for Ireland's musical traditions, this troupe enables their audiences to experience the Real Ireland.

#### Package Includes:

1. Elegant Luncheon @ Aqua Turf Club
2. Celtic Angels Ireland Show
3. Celtic Knight Dancers including TWO former leaf dancers of Riverdance
4. The Trinity Band Ensemble of Dublin
5. Meal Taxes and Gratuities
6. Transportation



#### Family Style Luncheon

Tossed Salad & Penne Pasta  
Corned Beef & Cabbage  
&  
Baked Scrod  
Rolls & Butter Vegetable & Potato  
Dessert - Coffee & Tea

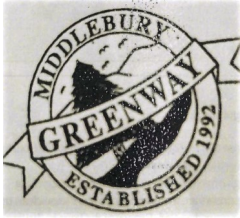
#### For Reservations:

**203-577-4177**

**\$95 per person**

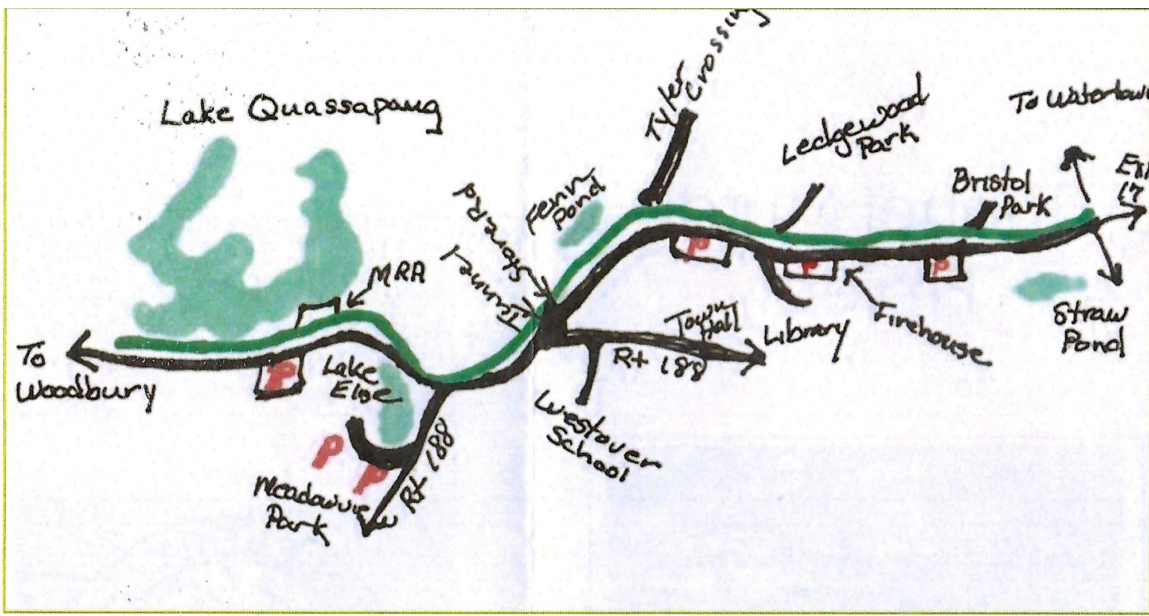
This show is expected to sell out fast so if you are interested in attending please call as soon as possible.

## History of the Middlebury Greenway



In 1990, the idea of creating a walkway along an old trolley bed started to become a reality. This trolley route ran through Middlebury from the Waterbury town line to Lake Quassapaug. (see map) Once it was completed, a committee of volunteers organized to oversee and plan for future development under the guidance of the Parks and Recreation Commission. Thus,

The Greenway Committee became an official town committee interested in maintaining this beautiful linear park. Other town groups and residents have been very involved in maintaining and donating to the Greenway. Memorial benches located throughout the Greenway area donated in memory of local residents. Flower beds are planted and maintained with the help of the Beautification Committee. In the nearly 25 years since its creation, the 4.5-mile paved Greenway has been widely used by both residents and visitors.



### The Future:

As you travel along the 4.5-mile route, take note of the historical markers depicting Middlebury's rich history. At this time, the Greenway Committee is spearheading a project to create murals on the cement trolley tunnel that runs along Store Rd. The goal is to depict some historic Middlebury scenes that were found on old postcards located at the Historical Society. The first phase is underway, but donations are needed to continue. Without financial help from the community and businesses in the area, the Greenway will not be able to continue this project and plan future projects.

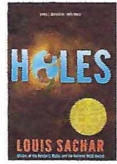
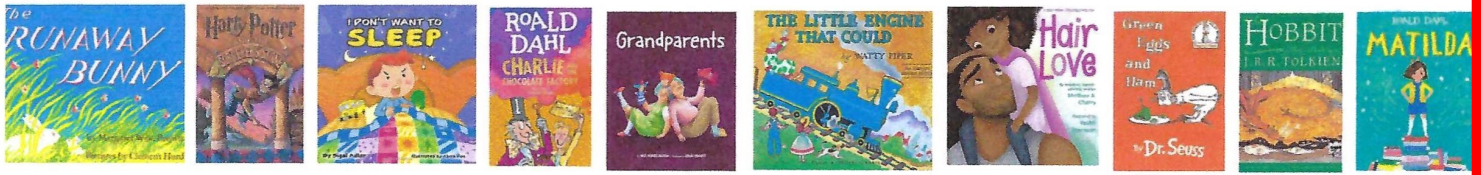
To join in supporting this Greenway beautification contributions can be sent to:

Middlebury Parks and Recreation

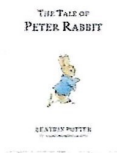
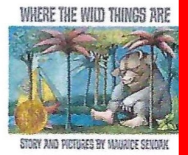
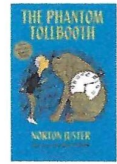
1172 Whittemore Road

Middlebury, CT 06762

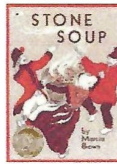
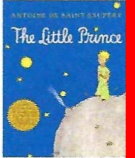
Checks payable to: Town of Middlebury; Subject line: "Greenway Project—Murals"



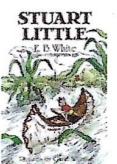
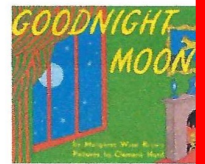
# Favorite Children's Book Contest



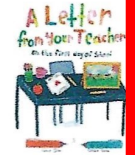
Vote for the favorite books of your children, grandchildren or childhood using the marked container--multiple entries are welcome.



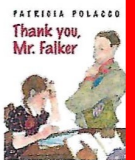
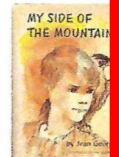
**Please cast your vote by December 31, 2023**



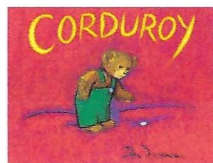
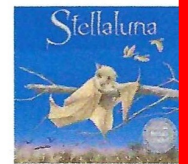
Samuel Brown will purchase the most popular title and affix a bookplate to the book in honor of your Center.



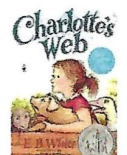
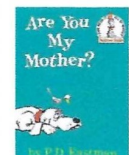
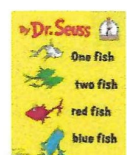
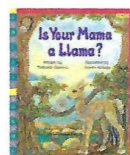
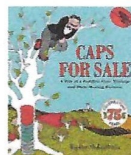
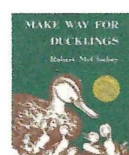
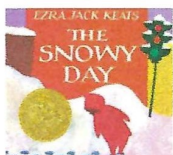
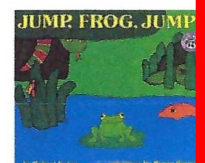
The book will be donated to Read to Grow, an organization that promotes language skills and literacy for children.



building literacy from birth  
[www.readtogrow.org](http://www.readtogrow.org)



This project is being coordinated by Samuel Brown—a retired library director. Please contact him with any questions. Email: [cheshbrownr@gmail.com](mailto:cheshbrownr@gmail.com), Cell: 203-597-7181



# Middlebury Senior Center

## 1172 Whittemore Road

## Middlebury, CT 06762

<b>Pool Table Available daily</b>				Mini Bus available 8:30 to 2:30	Middlebury Senior Center 203-577-4166
	<b>October-23</b>				
Monday	Tuesday	Wednesday	Thursday	Friday	
2	3	4	5	6	
9:00 Billiards	9:00 Billiards	8:15 Tai Chi	9:00 Billiards	9:00 Billiards	
9:30 Pilates	9:00 Billiards	9:00 Billiards	9:30 Computer Training	9:30 Painting Class	
10:00 Mah Jongg	9:30 Computer Training	9:30 Computer Training			
11:00 Adult Strenthening	9:30 Yoga	9:30 Tail Chi			
1:00 Knitting & Crochet	10-12 Blood Pressure Clinic	10:30 Mah Jongg	<b>Pickleball Walmart</b>	<b>Pickleball</b>	
	11:00 Ancestry class	11:00 Pilates			
	10:30 Mah Jongg				
	12:30 Bridge Club				
	1:00 Mah Jongg		1:00 Mah Jongg		
9	10	11	12	13	
 <b>Center Closed</b>	9:00 Billiards	8:15 Tai Chi	9:00 Billiards	9:00 Billiards	
	9:30 Computer Training	9:00 Billiards	9:30 Computer Training	9:30 Painting Class	
	9:30 Yoga	9:30 Computer Training			
	10-12 Blood Pressure Clinic	9:30 Tail Chi	<b>Autumn Tour Pickleball</b>	<b>Pickleball</b>	
	11:00 Ancestry class	10:30 Mah Jongg			
	10:30 Mah Jongg	11:00 Pilates			
	12:30 Bridge Club				
	1:00 Mah Jongg		1:00 Mah Jongg		
16	17	18	19	20	
9:00 Billiards	<b>Flu Shots</b>	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 Mah Jongg	9:30 Yoga	9:30 Computer Training	<b>Pickleball</b>		
11:00 Adult Strenthening	10-12 Blood Pressure Clinic	9:30 Tail Chi	11:00 Investment Club		
1:00 Knitting & Crochet	11:00 Ancestry class	10:30 Mah Jongg			
	10:30 Mah Jongg	11:00 Pilates	<b>Lunch &amp; Learn</b>	<b>Pickleball</b>	
	12:30 Bridge Club	<b>Medicare Counsler</b>			
	1:00 Mah Jongg	1:00 Polish Poker	1:00 Mah Jongg		
23	24	25	26	27	
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 Mah Jongg	9:30 Yoga	9:30 Computer Training			
11:00 Adult Strenthening	10-12 Blood Pressure Clinic	9:30 Tail Chi	<b>Pickleball</b>	<b>Pickleball</b>	
1:00 Knitting & Crochet	11:00 Ancestry class	10:30 Mah Jongg			
	10:30 Mah Jongg	11:00 Pilates			
	12:30 Bridge Club	<b>Medicare Counsler</b>			
	1:00 Mah Jongg		1:00 Mah Jongg		
30	31				
9:00 Billiards	9:00 Billiards				
9:30 Pilates	9:30 Computer Training				
10:00 Mah Jongg	9:30 Yoga				
11:00 Adult Strenthening	10-12 Blood Pressure Clinic				
1:00 Knitting & Crochet	11:00 Ancestry class				
	10:30 Mah Jongg				
	12:30 Bridge Club				
	1:00 Mah Jongg				