

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

Noa Miller

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

November is American Indian Awareness Month

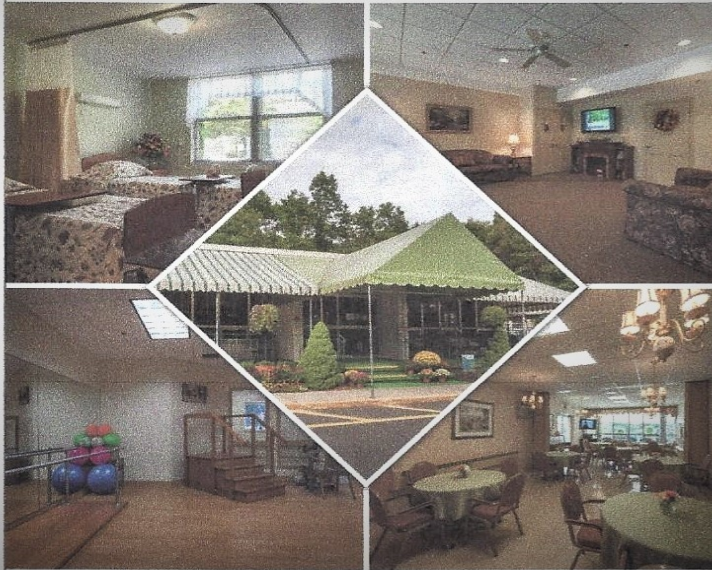
On August 3, 1990, [President of the United States George H. W. Bush](#) declared the month of November as **National American Indian Heritage Month**, thereafter commonly referred to as **Native American Heritage Month**. The bill read in part that "the President has authorized and requested to call upon Federal, State and local Governments, groups and organizations and the people of the United States to observe such month with appropriate programs, ceremonies and activities". This landmark bill honoring America's tribal people represented a major step in the establishment of this celebration which began in 1976 when a Cherokee/Osage Indian named [Jerry C. Elliott](#)-High Eagle authored Native American Awareness Week legislation the first historical week of recognition in the nation for native peoples. This led to 1986 with then President [Ronald Reagan](#) proclaiming November 23–30, 1986, as "American Indian Week".

This commemorative month aims to provide a platform for Native people in the United States of America to share their culture, traditions, music, crafts, dance, and ways and concepts of life. This gives Native people the opportunity to express to their community, both city, county and state officials their concerns and solutions for building bridges of understanding and friendship in their local area. Federal Agencies are encouraged to provide educational programs for their employees regarding Native American history, rights, culture and contemporary issues, to better assist them in their jobs and for overall awareness.¹




midconhome.com
203.758.2471

Family Owned and Operated



Offering Short & Long Term Care

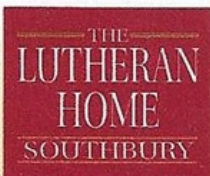
778 Middlebury Road, Middlebury | 203-758-2471 

Get READY FOR HOME at Lutheran Home

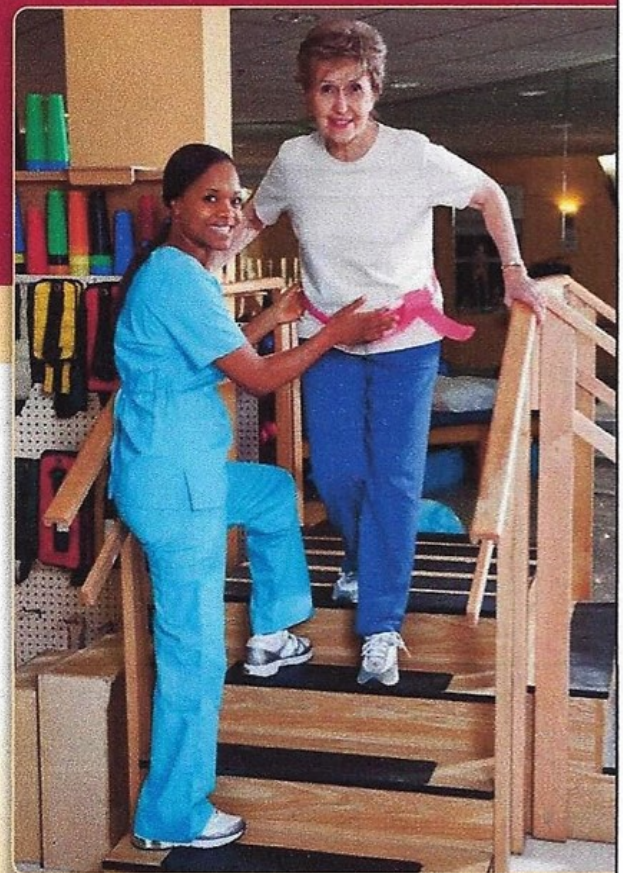
2016 5-STAR MEDICARE RATING

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:

TIPS TO IMPROVE MEMORY

We all have forgotten a name, wondered why we sent into a room, opened the fridge and just stared into it or misplaced an important item or document. This seems to happen more frequently as we age but, in many instances, we can actually improve our memory in these simple ways.

1. Get better organized, eliminate clutter and try to always have a specific place for keys, glasses, remote, wallet, bills, etc.
2. Eat a well balanced diet to maintain your optimal health. Research on supplements or memory booster pills has not been proven to magically improve brain fog and memory.
3. Try to focus, concentrate and avoid mental distractions. When your thoughts are racing in your mind, you may be more susceptible to forgetting how to accomplish a task at hand.
4. Exercise your body to improve circulation and blood flow to the brain. This may eliminate some stress and boost your overall mood which, in turn, seems to help memory.
5. Exercise and practice memory techniques by assigning a silly sentence to either a name or a list of things. For example, remembering to purchase milk, bread, apples, eggs, butter and detergent at the store can be “my bear ate everything before dawn.” Get creative on your own sentences and have fun with them.
6. Get plenty of sleep. That is when your brain will process the days events and consolidate them to memory.

Getting older has enough frustrations and try not to compound them by tolerating an inefficient memory!



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

Parkinson's Support Group



**First Saturday of Every Month
10 a.m.**

**Support group for those living with Parkinson's Disease and
their loved ones**

The complexity of Parkinson's disease and Parkinsonism can severely impact families and caregivers. This support group provides an opportunity to find and engage support throughout the Parkinson's journey.

This open forum group will share ideas, experiences and emotions, while offering support through the Parkinson's journey. Our goal is to help improve one's quality of life through social support, information sharing and education.



**RSVP to Randi Bellemare at rbellemare@benchmarkquality.com
or call 203.841.8607.**

 *The*
Village
AT EAST FARMS

A Benchmark Senior Living Community

180 Scott Road, Waterbury, CT
203.757.7660
VillageAtEastFarms.com





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 November 2, 2022

Yoga



Tuesdays at 9:30 to 10:30

Helene Korchin instructor for our Yoga classes.

The next class will begin on Tuesday, December 27, 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 January 4, 2023.

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

Join our evening class. Thursdays 6:30pm

Attention All Artists Open Studio

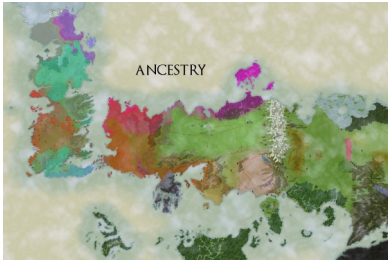


Great studio space available to artists who would like to paint in a studio space with other artists. No instruction. Bring your own supplies.

Space available on Tuesdays, 10:30 —1:30

\$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

November 3, 2022

11am



New ancestry class with Sean Howard will begin on Thursday, November 3 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

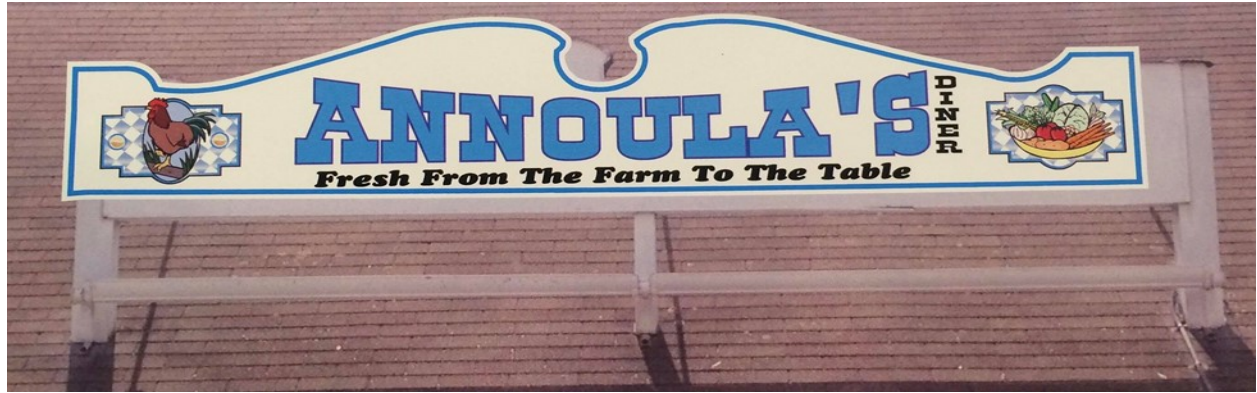


**Middlebury Senior
Center**

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 November at 11:30am)

For the month of November:

November 2 – Baked scrod with roasted potatoes and vegetables **OR** Pasta Bolognese with small salad.

November 9 —Chicken Gyro, roasted potato, vegetables **OR** Baked macaroni and cheese, small salad

November 16 — Greek Salad plate **OR** Chicken Francaise with roasted potato, vegetables.

November 23 — Shepard's Pie, Vegetables **OR** Chicken Gyro with roasted potato, vegetables

November 30 —American Chop Suey, small salad **OR** Greek Salad Plate.

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



Social Security Checks to Jump

Analysts expect biggest benefit bump in 40 years!

Social Security beneficiaries struggling with inflation will be helped by the biggest cost of living increase in 40 years, beginning in January 2023, experts predict.

“If nothing else happened, the increase would be 9%,” says David Enna, creator of the independent website Tipswatch.com, which tracks inflation-protected financial instruments. Other experts put the likely increase between 8 and 11%. All say it is the largest in decades.

That is good news for many older people dealing with inflation. “Social Security is the only guaranteed inflation-adjusted source of income most American workers can count on during retirement,” says Bill Sweeney, AARP senior vice president for government affairs.

The cost of living adjustment (COLA) is based on the difference from last year to this year of a three month average (from July to September) of the Consumer Price Index for Urban Wage Earners and Clerical Workers, known as CPI-W. Benefit checks rose 5.9% in January 2022. The increase you receive would not just be for one year, that becomes your new base.

High inflation could affect the health of the Social Security trust funds. Trustees in May predicted the funds would have enough money through 2035. Experts say high inflation would mean more money paid out of the funds with more money coming into the funds from taxes on worker’ wages.

FDA APPROVES HAIR-LOSS DRUG



Thousands of people who struggle with sudden hair loss have cause for optimism after the Food and Drug Administration in June approved Olumiant (baricitinib), the first oral medication to treat severe alopecia areata.

Olumiant was shown to work in clinical trials blocking the activity of enzymes that contribute to inflammation. The result in those trials was significant hair regrowth. This is a wonderful new treatment option for people with more diffuse cases of alopecia areata who are otherwise healthy and are not on any other immune-suppressant medication.

The disease affects more than 300,000 people in the U. S. each year. Alopecia is an umbrella term for hair-loss conditions— from male or female pattern baldness to hair loss in response to chemotherapy.



SCROOGED

The U.S. Postal Service is raising rates for priority mail and packages through the holiday season

(October 2 to January 22) to finance on time mail delivery. Increases will range from 25 cents to \$6.50, depending on mailing options. First class stamps stay at 60 cents





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.

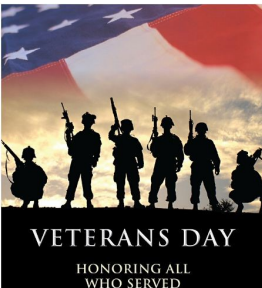
The change would help enable children to play outdoors later and reduce seasonal depression, according to supporters.

"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.

The Middlebury Senior Center will be closed on:



Friday, November 11 2022 in observance Veterans' Day



Thursday, November 24 and Friday November 25 for the Thanksgiving Holiday

COLD WEATHER CROPS INFORMATION



Cold tolerance depends on preconditioning. For instance, if broccoli has been growing in warm conditions and temperatures drop below 22 degrees F., it will probably be killed. If these same broccoli plants had experienced cool weather, they would probably survive the sudden cold.

In general, a frost (31-33 degrees F.) will kill beans, cantaloupe, corn, cucumbers, eggplant, okra, peas, pepper, potatoes, sweet potatoes, squash, tomatoes, and watermelon.

Colder temperatures (26-31 degrees F.) may burn foliage but will not kill broccoli, cabbage, cauliflower, chard, lettuce, mustard, onion, radish, and turnip.

The real cold weather champs are beets, Brussels sprouts, carrots, collards, kale, parsley, and spinach.



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 INTERNET 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 that 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/>.

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.

Thursday, November 10, 2022

11:30am



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 your own supplies

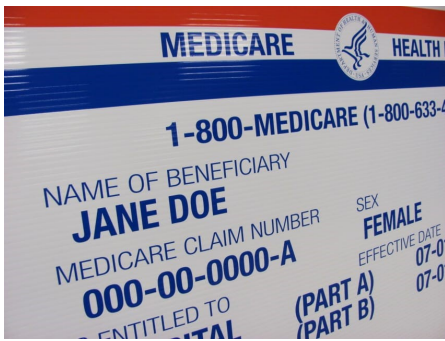
Space available on Tuesdays 10:30 — 1:30

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 and counseling
- Smoking & Tobacco us cessation
- "Welcome to Medicare" visit
- Yearly "wellness" visit

CONFUSED BY ALL THIS MEDICARE JUMBO?

LET US CLARIFY IT FOR YOU

The Middlebury Senior Center Will be hosting a Medicare information Q & A hour every Wednesday thru December 7th at 10:30am.

Please call the senior center if you would like to attend or have questions about your Medicare rights and options. Please call 203-577-4166 to reserve your seat.



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.



MEDICARE OPEN ENROLLMENT BEGINS October 15 thru December 7, 2022

.....and during this time fraudsters & con-artists are out in force to confuse you into giving out your Medicare ID or switch you into a private health insurance plan that does not meet your overall health care needs. Please be sure the person you are speaking with and giving out your highly confidential information to ...is known to you and can be trusted. Scam artist masquerade as representatives of Medicare and some disreputable insurance agents switch you into private insurance plans (known as Medicare Advantage) without your informed consent. **All these mailings you are receiving...colorful postcards and official looking letters...are not from Medicare!**

Protect yourself from marketing violations and enrollment fraud.

Medicare has rules about how plans can and cannot communicate with you to market their insurance products. Plans are allowed to send you mail and emails but are not allowed to call or visit you in person without your permission. Here are some red flags to watch out for:

- Anyone who tries to pressure you to join their plan
- Anyone who claims they represent or are calling on behalf of Medicare
- Anyone who claims you are missing out on entitled plan benefits
- Anyone threatening that you will lose your Medicare benefits unless you sign up for a certain plan.

If you see any of these red flags or feel you may be experiencing Medicare fraud, errors, or abuse, call Senior Medicare Patrol at 1-203-757-5449 or 1/800-994-9422 if they ignore your request. Medicare needs to know about these violations.



Middlebury Senior Center
Free COVID-19 Vaccination Clinic
NOVEMBER 7TH, 2022
– 9am-1pm –
1172 Whittemore Rd, Middlebury, CT 06762
No Appointment Needed

- Children and teens ages 6 months–17 years
- Adults ages 18 years and older

Please bring a health insurance card and photo ID if you have them, but it is **not necessary** to have health insurance or ID to receive the vaccine.

No one will be turned away for lack of insurance or ID.



To find out about our upcoming COVID-19 vaccination clinics, visit:
Griffinhealth.org/vaccination



Tai Chi --- PM

Thursday evening 6:30 — 7:30

Shepardson Community Building



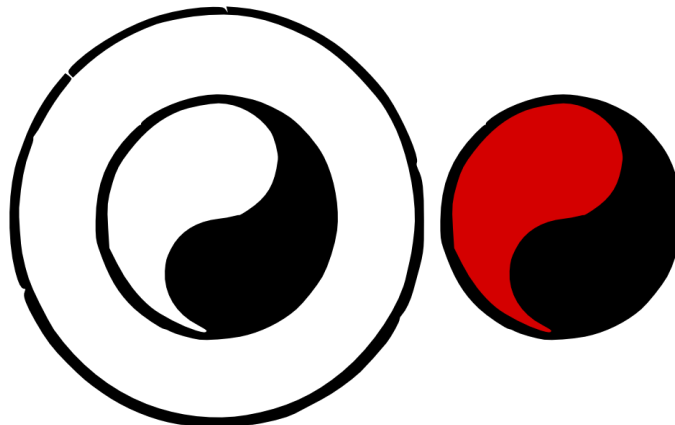
The Middlebury Senior Center is offering an evening class for Tai Chi.

The class instructor will be Master Gary Welton who has had many years in the art of Tai Chi as well as practitioner.

The class will begin on Thursday night from 6:30 to 7:30 and will be held in the Shepardson Community building.

This class is for adults only. The fee for this class is \$30 for ten weeks.

To participate in this class please call the Middlebury Senior Center from 9am to 1pm at 203-577-4166.





Safer Driving May Save You Money

Keep saving on your auto insurance with AARP's Smart Driver™ refresher course:

Don't let your discount expire! If you saved on auto insurance by taking the full-length Smart Driver course, the **Smart Driver refresher course could help you extend your discount**. Plus, you'll refresh your driving skills so you and your family can stay safe on the road. Register now!

THERE'S A REFRESHER CLASSROOM COURSE IN YOUR NEIGHBORHOOD!

**Date & Time:**

November 17, 2022 9:00 AM - 1:00 PM

Register Now:

203-577-4166

Location:

TOWN OF MIDDLEBURY
SHEPARDSON COMMUNITY CENTER
1172 Whittemore Rd.
Middlebury, CT 06762

CLASSROOM COURSE

\$20 for AARP members
\$25 for non-members

FOR MORE INFORMATION

Call: **1-888-773-7160**
Visit: **aarp.org/findacourse36**

*Upon completion you may be eligible to receive an auto insurance discount. Other restrictions may apply. Consult your agent for details.



VETERAN'S DAY LUNCHEON

Thursday, November 10, 2022

11:30am

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.



SHOPPING TRIPS FOR November

The Middlebury Senior Center bus will be scheduling trips to Walmart in Naugatuck Friday, November 18, 2022. Also, the first Friday of the month, to Shop Rite in Southbury, November 3, 2022.

The bus will be leaving the senior center at 9:30am.

To reserve your seat please call

203-577-4166



TAX AIDE VOLUNTEERS NEEDED

An Invitation is extended to anyone seeking a worthwhile volunteer activity utilizing their basic computer skills. AARP Tax-Aide counselors assist individual taxpayers prepare and electronically file Federal and State income tax returns. AARP Foundation Tax-Aide offers free tax filing help to anyone, especially those 50 and older, who can't afford a tax preparation service. There is need for volunteer tax preparers, greeters, local leaders, and technology coordinators to manage and staff sites in Woodbury and Middlebury.

Tax-Aide volunteers receive training and support in an appreciating environment. Every level of experience is welcome. All volunteers are required to certify upon completing basic training and tax preparers are further trained in tax law applications, preparation of the tax forms, and use of IRS provided software.

For those who like working with people and aren't afraid of a few numbers, Tax-Aide Counselors interact with taxpayers by preparing tax returns on a one-on-one basis. All counseling sessions are by scheduled appointments on weekdays during the day. Even if you don't have accounting or tax forms experience, becoming a tax counselor may be right for you.

Volunteer for Tax-Aide today!



PLANNING FOR THE NEXT CHAPTER

Tuesday, November 15, 2022

11:00 am.

The Village at East Farms; A benchmark Senior Living Experience, will be hosting a panel of speakers to help you plan for your next chapter in senior living, on Tuesday, November 15, 2022 at 11am.

The Real Team, Rachael Cisz and Tracey Fiasconaro, will give you tips and ideas to get your home ready for sale. Mike Trella, attorney, will help with legal paper work; Matt Fortney, financial planner, will help with finances; and Randi Bellemare of the Village at East Farms will educate you more about senior living options.

Refreshments will be served.

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



FREE ADMISSION

Don't Let Hip and Knee Pain Slow You Down

NOVEMBER 30TH
11:30AM

PRESENTED BY:
PHYSICAL THERAPY DR. AMBER AND
NATUROPATHIC PHYSICIAN DR. WERONIKA

 CONNECT PHYSICAL THERAPY

Lunch & Learn

Wednesday, November 30, 2022

11:30am

The Connect Physical Therapy group will host this very informative session including naturopathic Physician, Dr. Weronika Lewkowicz and a Physical Therapist Dr. Amber.

There will be a light lunch.

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



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 Day After Thanksgiving

***T'was the day after Thanksgiving, and
all through the house -
Bits of food on the floor...even on the
couch.
A half-eaten turkey leg found atop a
hanging plant...
Its grease drippings on the carpet -
but I shall not rant.
I wonder how cranberry sauce got
smeared on the wall,
Or why a necktie was left behind by
old Uncle Paul?
The kitchen looked worse than a gris-
ly crime scene -
Dishes, food, and trash every-
where...know what I mean?
The hallway was lined with mashed
potato footprints
And scattered pieces of after-dinner
mints...
The bathroom toilet was clogged by a
turkey wing,
And kids had sprayed my towels with
Silly String.
I wonder whose bra and panties were
found
On the bed - while coats were laying
around?
Only one thing has made matters
worse...
No leftovers for me - my hospitality
curse !***

Ted Elliss



**ALZHEIMER'S[®]
ASSOCIATION**

Connecticut Chapter

NOVEMBER

CAREGIVER RECOGNITION
TOOLKIT



**NOVEMBER IS NATIONAL ALZHEIMER'S DISEASE AWARENESS MONTH
AND NATIONAL FAMILY CAREGIVERS MONTH**

This November the Alzheimer's Association Connecticut Chapter invites **YOU** to celebrate caregivers (professional, family or community member) and their dedication to providing the best care to people living with Alzheimer's disease and all other dementia.

Honor your caregivers throughout our state and pay tribute to the important role they play in the daily lives of individuals who have Alzheimer's disease and all other dementia.

WHAT IS A DEMENTIA CAREGIVER?

A Professional Caregiver can be a staff member from nursing homes, assisted livings, homecare agencies, adult day centers, senior centers, hospitals, hospices, senior housing and other community-based settings.

A Family/Friend Caregiver can be a devoted family member from your facility, agency, hospital, center or community.

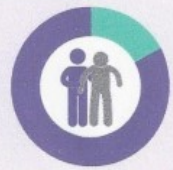


Women
are more likely than men to perform caregiving tasks, a role which often competes with other responsibilities such as employment.



Nearly **one-quarter** of caregivers are in the "sandwich generation" — meaning they care for an aging parent and children under 18.

83% OF CARE AT HOME IS PROVIDED BY FAMILY MEMBERS, FRIENDS OR OTHER UNPAID CAREGIVERS.



24/7 Helpline 1-800-272-3900

Middlebury Senior Center

1172 Whittemore Road

Middlebury, CT 06762

Pool Table Available daily	November-22				Middlebury Senior Center 203-577-4166
Monday	Tuesday	Wednesday	Thursday	Friday	
	1	2	3	4	
	9:00 Billiards 9:30 Computer Training 9:30 Yoga 10-12 Blood Pressure Clinic 10:30 Mah Jongg 12:30 Bridge Club 1:00 Mah Jongg	8:15 Tai Chi 9:00 Billiards 9:30 Computer Training 9:30 Tail Chi 10:30 Mah Jongg 10:30 Nancy Cimmino 11:00 Pilates 11:30 Grab & Go	9:00 Billiards 9:30 Computer Training 1:00 Mah Jongg	9:00 Billiards 9:30 Painting Class Shop Rite	
7	8	9	10	11	
COVID-19 BOOSTER SHOTS	9:00 Billiards 9:30 Computer Training 9:30 Yoga 10-12 Blood Pressure Clinic 10:30 Mah Jongg 12:30 Bridge Club 1:00 Mah Jongg	8:15 Tai Chi 9:00 Billiards 9:30 Computer Training 9:30 Tail Chi 10:30 Mah Jongg/ Nancy C. 11:00 Pilates 11:30 Grab & Go 1:00 Polish Poker	9:00 Billiards 9:30 Computer Training Veteran's Luncheon 1:00 Mah Jongg	 Center Closed	
14	15	16	17	18	
9:00 Billiards 9:30 Pilates 10:00 Bridge Club 10:00 Mah Jongg 11:00 Adult Strenthening 1:00 Knitting & Crochet	9:00 Billiards 9:30 COA meeting 9:30 Computer Training 9:30 Yoga 10-12 Blood Pressure Clinic 11:00 Next Chapter 12:30 Bridge Club 10:30 & 1:00 Mah Jongg	8:15 Tai Chi 9:00 Billiards 9:30 Computer Training 9:30 Tail Chi 10:30 Mah Jongg 10:30 Nancy Cimmino 11:00 Pilates 11:30 Grab & Go	9:00 Billiards 9:00 AARP Drive Safe 9:30 Computer Training 11:00 Investment Club 1:00 Mah Jongg	9:00 Billiards 9:30 Painting Class Walmart	
21	22	23	24	25	
9:00 Billiards 9:30 Pilates 10:00 Bridge Club 10:00 Mah Jongg 11:00 Adult Strenthening 1:00 Knitting & Crochet	9:00 Billiards 9:30 Computer Training 9:30 Yoga 10-12 Blood Pressure Clinic 10:30 Mah Jongg 12:30 Bridge Club 1:00 Mah Jongg	8:15 Tai Chi 9:00 Billiards 9:30 Computer Training 9:30 Tail Chi 10:30 Mah Jongg 10:30 Nancy Cimmino 11:00 Pilates 11:30 Grab & Go	 Center Closed	 Center Closed	
28	29	30			
9:00 Billiards 9:30 Pilates 10:00 Bridge Club 10:00 Mah Jongg 11:00 Adult Strenthening 1:00 Knitting & Crochet	9:00 Billiards 9:30 Computer Training 9:30 Yoga 10-12 Blood Pressure Clinic 10:30 Mah Jongg 12:30 Bridge Club 1:00 Mah Jongg	8:15 Tai Chi 9:00 Billiards 9:30 Computer Training 9:30 Tail Chi 10:30 Mah Jongg 10:30 Nancy Cimmino 11:00 Pilates 11:30 Grab & Go			