

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.

November 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



Notifying the Public Under Title VI

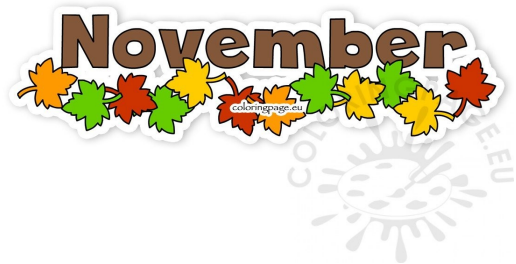
The Town of Middlebury operates its programs and services without regard to race, color, and national origin in accordance with Title VI of the Civil Rights Act. Any person who believes she or he has been aggrieved by any unlawful discriminatory practice under Title VI may file a complaint with the Town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

Thanksgiving in the U.S., a time of gratitude and family gatherings, characterized by feasting, parades, and football.

Veterans Day

All Saints' Day and All Souls' Day, two Christian holidays that fall within early November.

The Advent calendar begins at the end of the month to countdown until Christmas.

Abraham Lincoln's Gettysburg Address on the 19th.

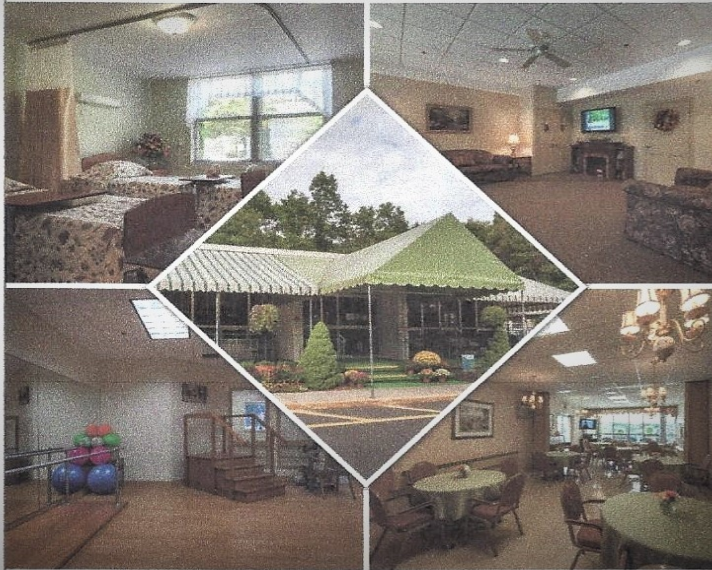
The introduction of Monopoly on the 5th.

Month of the Holy Souls in Purgatory in Catholic tradition.




midconhome.com
203.758.2471

Family Owned and Operated



Offering Short & Long Term Care

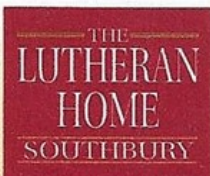
778 Middlebury Road, Middlebury | 203-758-2471 

Get READY FOR HOME at Lutheran Home

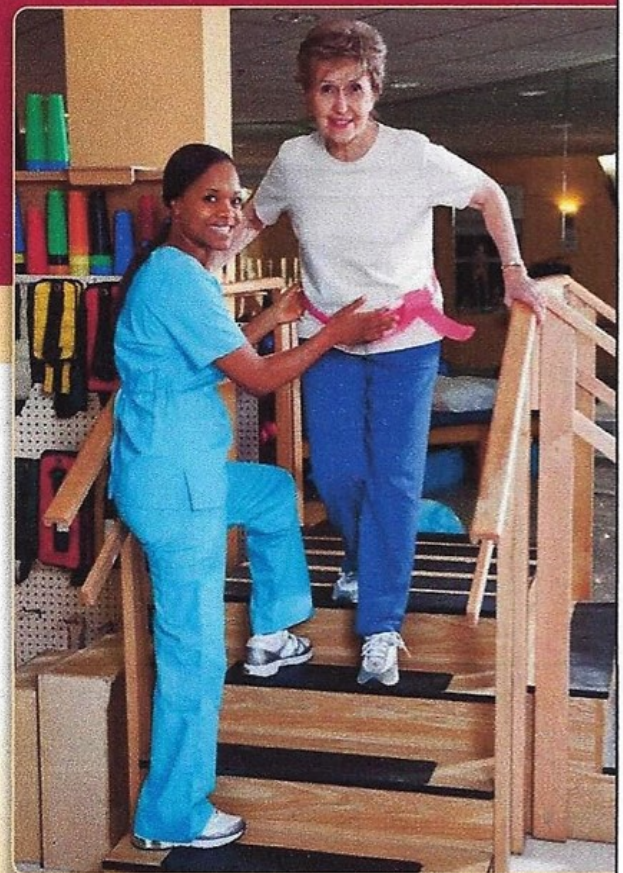
2016 5-STAR MEDICARE RATING

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



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	\$64,250
2	\$73,400
3	\$82,600
4	\$91,500
5	\$99,100
6	\$106,450
7	\$113,800
8	\$121,990

*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:

November wellness tips to get you ready for the colder months and to optimize your mental and physical health:

1. Boost your immune system:

- wash your hands often to prevent sickness**
- get your yearly flu shot and possibly a Covid booster**
- if approved by your doctor, take a vitamin D supplement since our time in the sun is lessened.**
- drink plenty of water and eat a variety of in season foods like kale pumpkin, root vegetables and dark greens**

2. Be kind to yourself:

- shorter days can cause low mood so try to reframe negative thoughts into positive ones.**
- stay on track by scheduling time in your day to do things that you enjoy**
- get active since it is so important to get in some movement throughout each day**
- wear layers and protect your body from the dropping temperatures. Check your supply of gloves, scarfs, socks, coats and boots!**

3. Do some “Spring cleaning” in the Fall:

- clean out closets, organize drawers and rid yourself of clutter and of things you don't use**
- prepare your home for possible extreme weather conditions; is your furnace working properly? Do you have batteries for flashlights? Are your smoke detectors and carbon monoxide detectors in working order? Do you have shovels and ice melt handy or have hired a dependable person to take care of your leaf or snow removal?**

Enjoy our beautiful Fall. Happy and Healthy Thanksgiving to all!



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.

IN-CASE YOU DIDN'T KNOW

The **ABC's** of Medicare

- Original Medicare:** Medicare as it was originally created in 1965. Beneficiaries go to any doctor in the country that accepts Medicare. Doctors and hospitals bill Medicare, and the federal government pays.
- Medicare Advantage:** The private insurance alternative to original Medicare. Beneficiaries enroll in a managed care plan usually either a health maintenance organization (HMO) or preferred provider organization (PPO).
- Fee-for-service:** A method of insurance in which medical providers get paid for each service they perform.
- HMO:** Stands for health maintenance organization, a closed-panel managed care insurance product in which the doctors all area on the HMO's staff.
- PPO:** Stands for preferred provider organization, a managed care insurance product in which patients can select from a network of independent care providers that contract to provide care to the PPO's enrollees.
- Medicare Part A:** The portion of Medicare that covers hospital and hospice care and some home services.
- Medicare Part B:** The portion of Medicare that covers doctor visits, diagnostic tests and other outpatient services.
- Medicare Part C:** Also known as Medicare Advantage; a Part C plan provides Part A, Part B and usually Part D coverage to its enrollees.
- Medicare Part D:** The portion of Medicare that covers the costs of prescription drugs.
- Medigap:** The term used to describe supplemental policies sold by private insurers that help pay out-of-pocket costs not covered by original Medicare.
- Medicare Savings Programs:** Also referred to as MSPs, these are four programs run by the federal government for beneficiaries with low incomes. The plans help pay out-of-pocket cost for Medicare.
- Medicaid:** The federal-state health insurance program for people with low incomes. Some Medicare beneficiaries can enroll in both Medicaid and Medicare. These individuals are called dual eligible.
- Prior authorization:** A practice used by Advantage plans re review whether a doctor-recommended test or treatment is medically necessary. If it isn't, the plan usually won't pay.
- Accountable Care Organizations:** Groups of doctors, hospitals and /or other providers who come together voluntarily to coordinate the care of the Medicare patients they serve.

HERE'S WHAT HAPPENING

- ◆ October 15th thru December 7th: Medicare Open Enrollment Period
- ◆ January 1st.: Coverage begins for all changes made during Medicare open enrollment.
- ◆ January 1st thru March 31st: Medicare Advantage Open Enrollment Period If you are not happy with your Medicare Advantage Plan after Medicare Open Enrollment, you can make a change during this time.

We know how confusing all this information is so we have a special person who can help you with all of your insurance decisions. She is available at the Middlebury Senior Center every Wednesday until December 7th to help. She will meet with you one on one by appointment.

Call the Middlebury Senior Center if you are interested in meeting with Nancy Cimmino.

203-577-4166



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

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.



Please donate your used ink cartridges

The Middlebury Senior Center
Recycles
Thank you



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

PILATES CLASS



Two classes per week: \$40

Monday 9:30 to 10:30 &

Wednesday 11:00 to 12:00

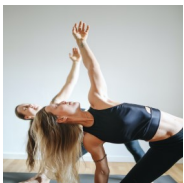
Next class begins November 6, 2023

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

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

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

October 25, 2023; Next Thursday class will begin October 26, 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.

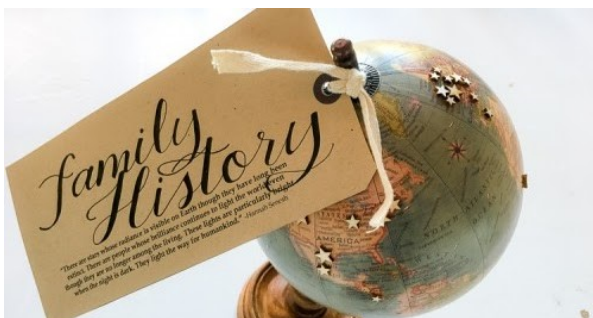
Anyone interested should call Sean at 203-577-4166 ext. 4.

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

November 2023 Menus

11/7/2023:

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

11/14/2023:

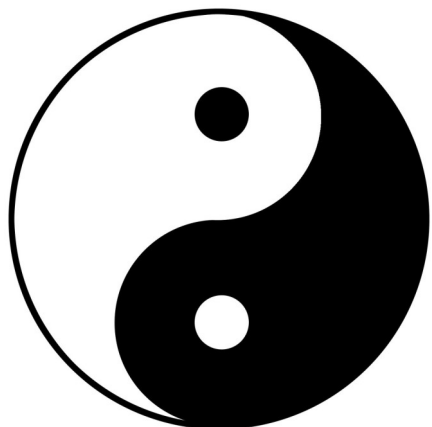
Salisbury Beef w/ Gravy Confetti Brown Rice
Green Beans & Marble Rye Bread
Mandarin Oranges

11/21/2023:

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

11/28/2023:

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



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 7th 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!

YOU CAN NOW ACCESS YOUR IMMUNIZATION RECORD USING THE SECURE ONLINE CT WIZ PUBLIC PORTAL.

www.ct.gov/dph/ctwiz is the **Connecticut Immunization Information System**

It is a secure online portal that allows authorized users to access immunization records of individuals who were vaccinated in Connecticut. By logging into CT WiZ, you agree to abide by the terms of the Connecticut Department of Health (DPH) that were outlined in your User Confidentiality Agreement. Users are responsible for ensuring they act in accordance with these terms and any other applicable policies.

If you are looking for more information about immunization records, you can visit the **CT WiZ Public Portal**². This portal allows individuals who were vaccinated in Connecticut to access their own immunization records, while parents and guardians can also access their minor child's records.

You have the option of getting a PDF copy of your full immunization record, or your COVID-19 vaccine record that contains your SMART Health card.

Middlebury Cemetery—Stone Cleaning

Saturday, November 11, 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



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 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.

You can apply for VA health care now at <https://www.va.gov/health-care/>

ATTENTION ALL FARMER'S MARKET CARD RECEIPIENTS!!

The expiration date for the Farmer's Market Cards has been extended to November 30, 2023.

The following markets are open for your convenience:

- Naugatuck Farmer's Market at the Naugatuck Green, Sundays, 9am to 1pm
- Oxford Tommy K Plaza, Monday, Tuesday, Thursday and Friday, 12noon to 6pm; Saturdays 10am to 2pm.
- Waterbury Green, West Main St, Thursdays, 9am to 1pm.

Fall back

Standard time begins at 2 a.m.

Sunday. Turn clocks
back one hour.



Daylight
saving time
returns the
second
Sunday in
March.

November 5, 2023

2:00am

The US Senate passed a bill called the **Sunshine Protection Act** in 2022 that would make Daylight Saving Time permanent .

However, the bill has not yet been signed into law by President Joe Biden as it hasn't yet been passed by the U.S. House of Representatives .

If the bill passes the next stage, permanent DST will be the new standard time in all but two states in the US.

States that don't have DST, including Hawaii and most of Arizona, may choose the original standard time . If the bill passes, states that use DST will not fall back to standard time but remain on permanent DST starting November 5, 2023.

It's worth noting that permanent daylight-saving time existed during the wartime years of 1918 to 1919 and 1942 to 1945 to conserve energy . The Uniform Time Act of 1966 established the current practice of switching between standard time and daylight saving time.



The Middlebury Senior Center will be closed on Friday November 10; in observance of Veterans Day.

The Middlebury Senior Center will be closed on Thursday and Friday , November 23 & 24; for the Thanksgiving Holiday.



Holiday Lights Fantasia



Monday, December 7, 2023

The Middlebury Senior Center mini-bus will be going to see the Christmas lights at Holiday Light Fantasia; Goodwin Park in Hartford, CT. We will drive through an enchanting land of spectacular, sparkling light displays during this festive and magical holiday season, delighting children and adults with more than 60 enchanting images on display. Drive through the whimsical, larger than life displays. There are one million glowing bulbs...shining bright to help thousands of area children. All proceeds go to Easter Seals. We will all be stopping at Denny's in Southington for dinner.

To reserve your seat for this exciting trip please call 203-577-4166. The cost will be \$15.00 per person and includes admission and transportation. Rain/snow date will be December 15th.

SAVE THE DATE!



MIDDLEBURY SENIOR CENTER

ANNUAL CHRISTMAS PARTY

THURSDAY, DECEMBER 14, 2023

MORE INFORMATION WILL BE ANNOUNCED

203-577-4166



Take the AARP Smart Driver 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



SHOPPING TRIPS FOR October 2023

The Middlebury Senior Center bus will be scheduling trips to Walmart in Naugatuck Thursday, November 16, 2023. Also, the third Monday of the month, to Shop Rite in Southbury, Mondays, November 6 & 20 , 2023.

To reserve your seat please call 203-577-4166



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.



In memory of our beloved friend and client, Robyn R. Smith, who we lost last Thanksgiving, SPYNE Pilates Studio will be hosting a special Giving Barre class on Saturday, November 26th at 10:00 am. It's a fun full body workout appropriate for all fitness levels. We would like to celebrate Robyn's life with movement, mindfulness, and good spirit.

*****DONATION: MONETARY AND/OR FOOD ITEMS (NON-PERISHABLE)*****

100% of the proceeds will be donated to the Middlebury food bank.

Register at: www.spynepilates.com/schedule/

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



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 Ria 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:

203-577-4166

\$95 per person

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



UKRAINE



BENEFIT

CONCERT IVERIA

MEN'S ENSEMBLE! Exhilarating,
Intriguing Folk Music from the Republic of Georgia!

YEVSHAN CHORALE!

Charming and Lush Ukrainian Folk & Liturgical Music!

COME SING - MASS CHOIR! Friends sing
PRAYER for UKRAINE & Mnohaya Lita "Many Years"!

Call for music & rehearsal details: 7 Pm each Tuesday in Seymour or we will come to your congregation or school.

SEYMOUR UNITED METHODIST CHURCH

90 Pearl Street, Seymour, CT

SUN, NOV 12th 2:30^{PM} Georgian style reception following! **FREE!**

Donations to Ukraine Charity Promoting the Protection of Solonyanshchyna

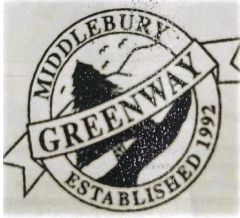
GiveSendGo: UKRAINE BENEFIT SEYMOUR CT Kindly reserve tickets Eventbrite.com or at door

Collecting warm clothes, blankets for refugees and treats for the troops

Call 475-300-8691 or email joelmatson@yahoo.com

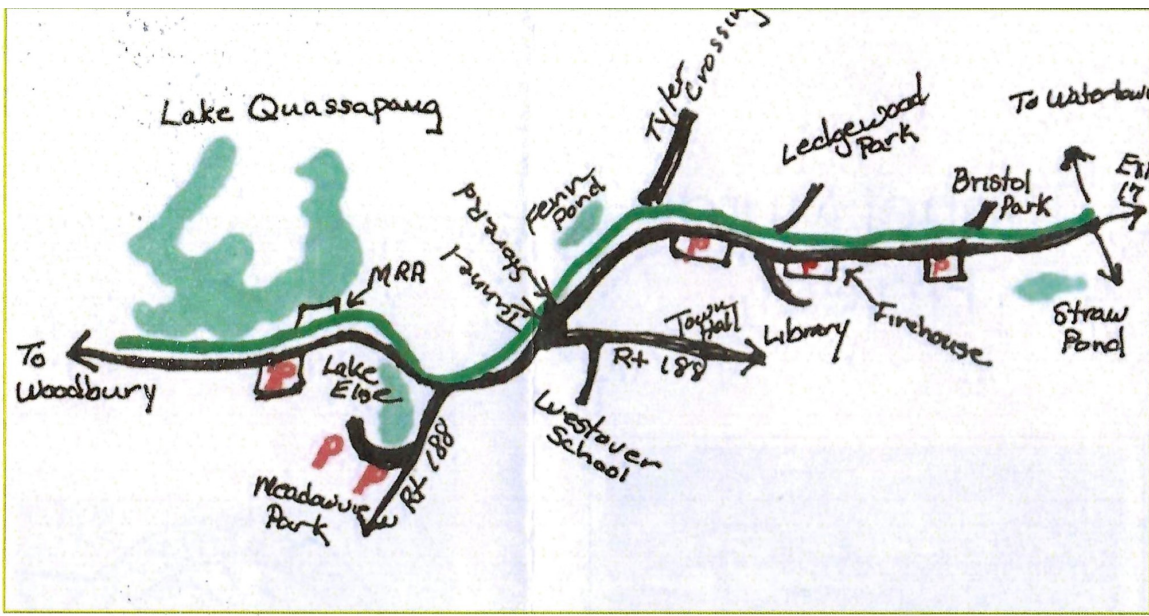
After the music, we invite everyone to a very intriguing mini Georgian style "Supra" feast. This is a marvelous Georgian custom that is wonderfully warm and inviting. I have every hope and confidence that folks will find it a very refreshing and rewarding time!

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.

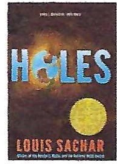
To join in supporting this Greenway beautification contributions can be sent to:

Middlebury Parks and Recreation

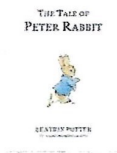
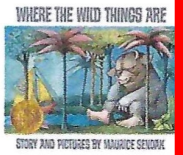
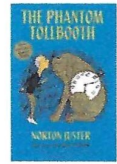
1172 Whittemore Road

Middlebury, CT 06762

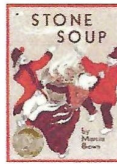
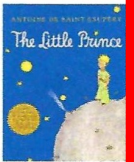
Checks payable to: Town of Middlebury; Subject line: "Greenway Project—Murals"



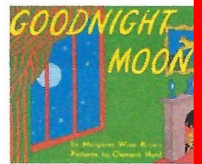
Favorite Children's Book Contest



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



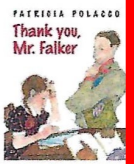
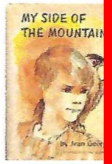
Please cast your vote by December 31, 2023



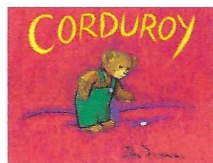
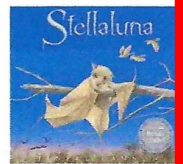
Samuel Brown will purchase the most popular title and affix a bookplate to the book in honor of your Center.



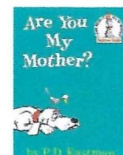
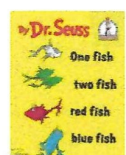
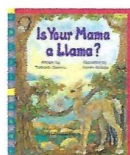
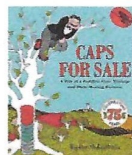
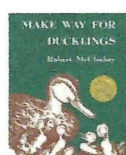
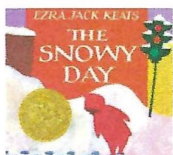
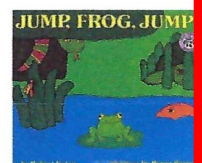
The book will be donated to Read to Grow, an organization that promotes language skills and literacy for children.



building literacy from birth
www.readtogrow.org

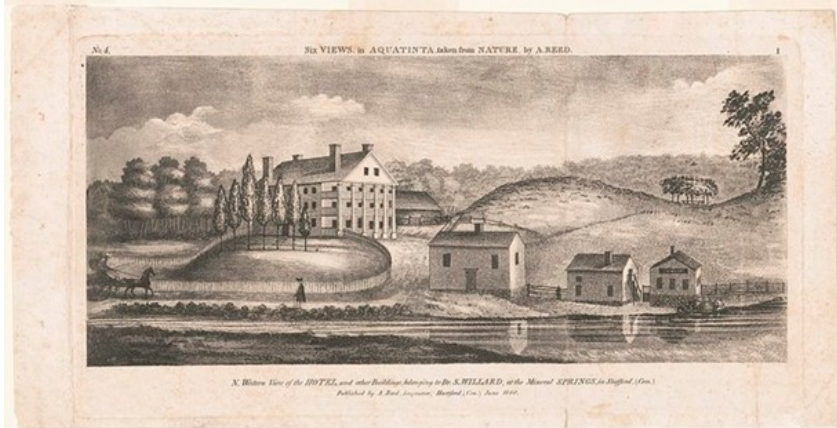


This project is being coordinated by Samuel Brown—a retired library director. Please contact him with any questions. Email: cheshbrownr@gmail.com, Cell: 203-597-7181



Some People Used To Drive For Hours Just To Drink From The Healing Stafford Springs In Connecticut

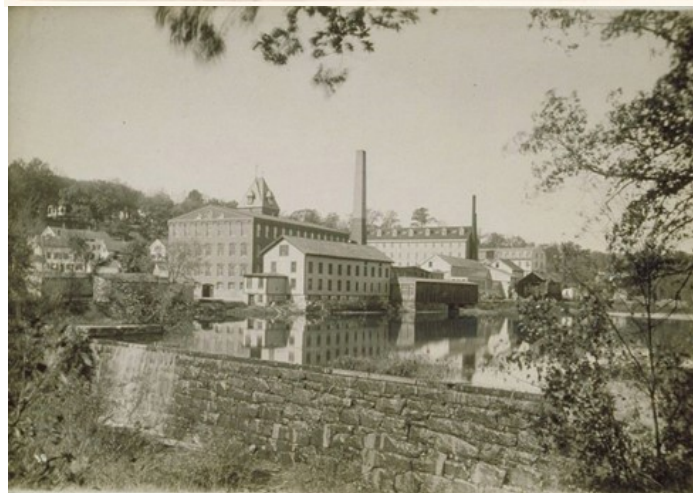
You don't hear much about them nowadays, but there are many mineral springs throughout the world that are said to have healing properties. As the springs travel through the earth's surface, salts and sulfurs become dissolved. America has many springs that claim to have healing properties. One of the most famous is Georgia's Warm Springs, where President Franklin D. Roosevelt famously bathed to treat his polio. But did you know we have our own healing springs in Connecticut?



Stafford Springs is a sparsely-populated village today, but it once was an attraction that people traveled hours to reach.

Native Americans praised the mineral waters. The Nipmuck tribe claimed that they were energized by the waters and that problems with their skin and eyes cleared up.

By the mid-1700s, the springs were popular with colonists as well. It was said that the water in the spring could heal everything from gout to injured limbs to sterility.



The springs' first proponent was an East Windsor native who said the springs healed his itchy sores. Word spread quickly through colonial newspapers, and soon hundreds were gathering to bathe in the waters.

In 1766, a Boston physician purchased land intending to build a practice by the springs. He was killed in the Revolutionary War before having the chance to build his sanatorium.



Future President John Adams traveled to the springs in hopes of lowering his stress.

He wrote in his correspondence afterwards that dozens of others were using the springs at the same time. Adams said that he did seem to feel better after bathing in the water, but admitted this could have been from simply getting away from his family. By 1896, the Stafford Springs craze had mostly died down. Nearby springs that featured alcohol and gambling had taken off instead.

Stafford is now a sleepy town of around 5,000 instead of the tourist attraction it seemed destined to become.

Middlebury Senior Center

1172 Whittemore Road

Middlebury, CT 06762

Pool Table Available daily		November 2023			Middlebury Senior Center
Mini Bus Available 8:30 to 2:00pm					203-577-4166
Monday	Tuesday	Wednesday	Thursday	Friday	
		1	2	3	
		8:15 Tai Chi	9:00 Billiards	9:00 Billiards	
		9:00 Billiards	9:30 Computer Training	9:30 Painting Class	
		9:30 Computer Training			
		9:30 Tail Chi	Pickle Ball	Pickle Ball	
		10:30 Mah Jongg		Shop Rite	
		11:00 Pilates	1:00 Mah Jongg		
		11:30 Grab & Go			
			5:30 Tai Chi		
6	7	8	9	10	
9:00 Billiards	9:00 Billiards	8:15 Tai Chi	9:00 Billiards	 VETERANS DAY Center Closed	
9:30 Pilates	9:30 Computer Training	9:00 Billiards	9:30 Computer Training		
10:00 Mah Jongg	9:30 Yoga	9:30 Computer Training			
11:00 Adult Strenthening	10-12 Blood Pressure Clinic	9:30 Tail Chi	Pickle Ball		
1:00 Knitting & Crochet	10:30 Mah Jongg	10:30 Mah Jongg	1:00 Mah Jongg		
Shop Rite	12"30 Bridge Club	11:00 Pilates	1:30 Medium		
	1:00 Mah Jongg	Medicare Counsler	5:30 Tai Chi		
13	14	15	16	17	
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	Pickle Ball	Pickle Ball	
1:00 Knitting & Crochet	10:30 Mah Jongg	10:30 Mah Jongg	1:00 Mah Jongg	Shop Rite	
	1:00 Mah Jongg	11:00 Pilates			
		Medicare Counsler	5:30 Tai Chi		
		1:00 Polish Poker			
20	21	22	23	24	
9:00 Billiards	9:00 Billiards	8:15 Tai Chi	 THANKSGIVING Center Closed	 BLACK FRIDAY Center Closed	
9:30 Pilates	COA Meeting	9:00 Billiards			
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			
Shop Rite	10:30 Mah Jongg	11:00 Pilates			
	1:00 Mah Jongg	Medicare Counsler			
27	28	30			
AARP DRIVE SAFE	9:00 Billiards				
9:00 Billiards	9:30 Computer Training	8:15 Tai Chi			
9:30 Pilates	9:30 Yoga	9:00 Billiards			
10:00 Mah Jongg	10-12 Blood Pressure Clinic	9:30 Computer Training			
11:00 Adult Strenthening	10:30 Mah Jongg	9:30 Tail Chi			
1:00 Knitting & Crochet	1:00 Mah Jongg	10:30 Mah Jongg			
		11:00 Pilates			
		Medicare Counsler			