

SENIOR NEWSLETTER

Middlebury Senior Center
1172 Whittemore Road, Middlebury, CT
203-577-4166—Phone
203-577-4173—Fax

E-mail: jcappelletti@middlebury-ct.org

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



Department of Social & Elderly Services

Mission Statement

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

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

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

January 2021

Department Staff

JoAnn Cappelletti Director

Jeanne Generali Dispatcher/Clerk

Angela Leveille Publications &

Terri Markie Bus Driver

Sean Howard Computer Lab

Commission on Aging

Judy Mirrer, Chairperson

Barbara DeRiu

Jean Hansen

Noa Miller

Ann Spierto

Nancy Pun

Ralph Barra

Nancy Mastroianni

JoAnn Cappelletti

Town of Middlebury
Department of Social & Elderly Services
Shepardson Community Building
1172 Whittemore Road
Middlebury, CT 06762
Phone 203-577-4166 Fax 203-577-4173
jcappelletti@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. 707

Si se necesita informacion en otro idioma, comuniquese al 203-577-4166 ext. 707



The Village at East Farms has a bi-monthly Caregivers Support group on the first (1st) Wednesday of the month at 10:00am and the third (3rd) Wednesday of the month at 6:00pm.

The complexity of Alzheimer's disease and related dementias impacts the family and relationships. A support group provides an opportunity to learn more about the different stages of this progressive disease and offers tips on ways to cope.

Join the group for educational discussions and have the opportunity to learn and share with others who understand.

Refreshments will be served.

Complimentary care and programs are provided for your loved one during every session.

Kindly RSVP to 203-757-7660

Middlebury
CONVALESCENT HOME
CARE BEYOND COMPARE
SINCE 1961


midconhome.com

203.758.2471

Family Owned and Operated



Offering Short & Long Term Care

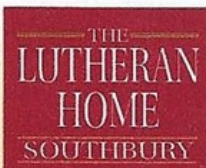
778 Middlebury Road, Middlebury | 203-758-2471 

Get **READY FOR HOME** at Lutheran Home

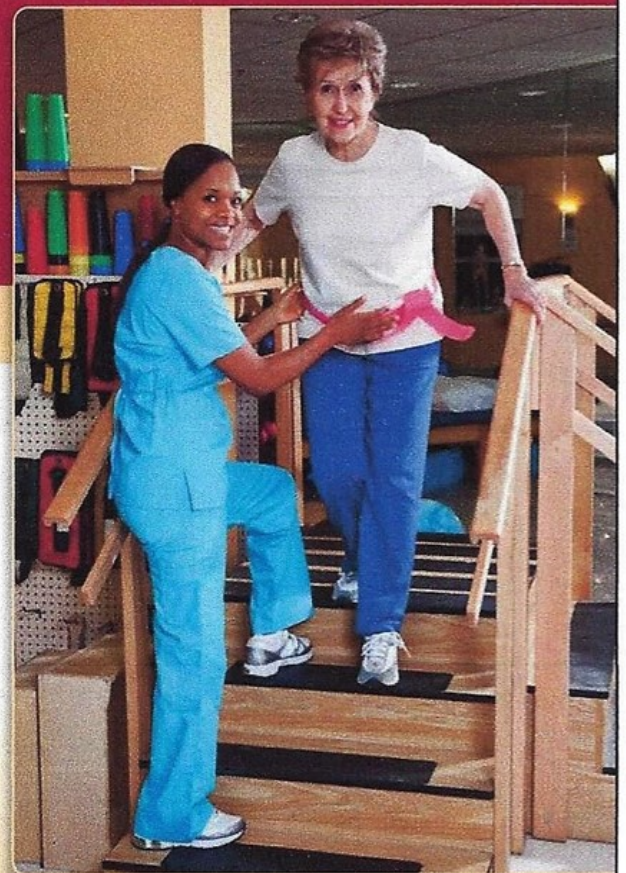
2016 5-STAR MEDICARE RATING

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

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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

TRANSPORTION SERVICES

<p style="text-align: center;">Middlebury Transportation Program</p> <p>Phone: 203-577-4166 ext. #1</p> <p>Days & Hours of Service: Monday – Friday 8:30am – 2:30pm</p> <p>Fares: Suggested donation of \$.50 one way in town in town and \$1.50 one way out of town.</p>	<p>Who Can ride? Age 60 or people with disabilities</p> <p>Reservations: 2 days in advance Curb to curb services</p> <p>Wheelchair Access: Yes</p>	<p>Where can riders travel? Middlebury, Naugatuck, Southbury, Waterbury, Watertown.</p> <p>Trip Types: Medical, shopping, personal, etc.</p> <p>Service Provider: Town of Middlebury</p> <p>Website: www.middlebury-ct.org</p>
<p style="text-align: center;">Greater Waterbury Paratransit-ADA (Americans with Disabilities Act) And Non-ADA</p> <p>Phone: 203-756-5550</p> <p>Days & Hours of Service: Monday-Saturday 6:00am-12:00pm Midnight; Sunday 9:00am-4:00pm</p> <p>Fares: \$6.00 round trip</p>	<p>Who Can ride? ADA Certifies: disability prevents use of public bus service – certification by application and interview. Can receive application at the Middlebury Senior Center.</p> <p>Reservations: 2 weeks in advance and up to day before Door to door service upon request.</p> <p>Wheelchair Access: Yes</p>	<p>Where can riders travel? Cheshire, Middlebury, Naugatuck, Prospect, Thomaston, Waterbury, Watertown. In addition travels Southbury and Gaylord Hospital are available on a more limited schedule-Monday-Friday.</p> <p>Trip Types: All types</p> <p>Service Provider: North East Transportation, Greater Waterbury Transit District.</p> <p>Website www.gwtd.org</p>
<p style="text-align: center;">Greater Waterbury Transit Dial-a-Ride</p> <p>Phone 203-756-5550</p> <p>Days & Hours of Services: Thursday, 9:00am – 3:45pm</p> <p>Fares: Free, if ride is available</p>	<p>Who Can ride? Age 60+ or people with disabilities</p> <p>Reservations: 2 weeks in advance, but will accept 1 week or last minute depending on availability. Curb to curb service.</p> <p>Wheelchair Access: Yes</p>	<p>Where can riders travel? Cheshire, Middlebury, Naugatuck, Prospect, Thomaston, Waterbury, Watertown, Wolcott.</p> <p>Trip Types: Medical, shopping, personal, etc.</p> <p>Service Provider: Greater Waterbury Transit District. North East Transit</p> <p>Website www.northeastbus.com</p>
<p style="text-align: center;">Be Well Bus</p> <p>Phone: 203-573-7711</p> <p>The Be Well Bus runs on Monday to Friday from 7 a.m. to 5:30 p.m.</p>	<p>Who Can ride? Patients of doctors affiliated with Waterbury Hospital; participating doctors pay a fee so their patients can use this service.</p> <p>Reservations: Call for information</p>	<p>Where can riders travel? Call for information</p> <p>Trip Types: Call for information</p> <p>Service Provider: Waterbury Hospital</p>

KEEPING HEALTHY VIRTUALLY

Follow us on Facebook @ Middlebury CT Senior Center



Below are links to virtual exercises that may help you keep healthy; just click on the link below:

Tai Chi For Beginner's with Gary Welton

<https://www.youtube.com/watch?v=rnseZDuT4gw>



For Chair Yoga

<https://www.youtube.com/watch?v=-Ts01MC2mlo>

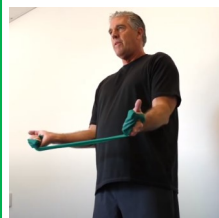
Chair Yoga Dance Recital

<https://www.youtube.com/watch?v=D7hrDkbXHxk>



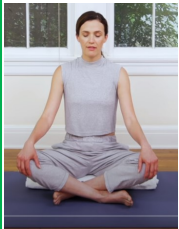
Senior's Standing Pilates

https://www.youtube.com/watch?v=i3PYS_jsA1c



Morning Stretches for Seniors with Arthritis.

<https://www.youtube.com/watch?v=uKObkQ5TikQ>



Yoga for Seniors:

<https://www.youtube.com/watch?v=kFhG-ZzLNN4>



Senior Fitness by Tona

<https://www.youtube.com/watch?v=sEk8bZbeZao>

Commission on Aging



The next Commission on Aging meeting will be held (date to be announced). All interested persons are welcome to attend.

Free Blood Pressure Screening



Free Blood Pressure screenings will resume at a date to be announced

Probate Information



If you would like to make an appointment with the Probate Judge, please call 203-720-7046 and speak only to Patty Aleggi.

FREE HEARING SCREENING



The free hearing screening . (date to be announced). Please call for an appointment at 203-577-4166.

Contacting our office is easy!

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
Jeanne Generali	1
Sean Howard	4
Angela Leveille	2



CodeRED™

Keeping citizens informed.

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

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

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



COMPUTER HELP

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

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

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

Susan from Fitness Fury is available to do virtual Adult Strengthening

FITNESS

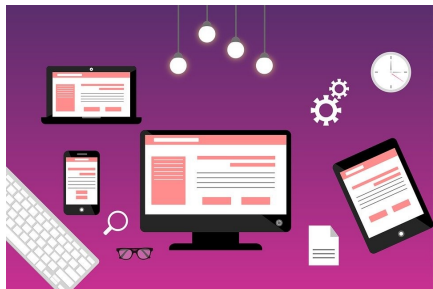


Monday: Rise and Shine Stretch with Susan
Tuesday and Friday: Flex, Tone and Strength with Susan
(Ball, Weights, Tube/Band and paper plates)

A chair and WATER!!

All classes will begin at 10

Call 203-577-4166 for instructions and provide your e-mail address.



FTC LAUNCHES NEW SCAM-REPORTING WEBSITE

The Federal Trade Commission has launched a new website designed to make it easier for people to report potential frauds to federal authorities and get quick advice on what to do.

The new site, at ReportFraud.ftc.gov, has a feature that prompts those reporting a fraud to the “next steps” that will offer specific guidance based on the kind of scam reported.

“Every time you report scams or bad business practices to the FTC, you’re helping to protect your community,” says Andrew Smith, director of the FTC’s Bureau of Consumer Protection.

The new reporting site went online in October; the same month the FTC issued its report to Congress on the scams that ensnared people 60 or older in 2019.

Romance scams were by far the most costly to older Americans, causing nearly \$84 million in financial losses last year, the FTC say. Those scams usually begin with asocial media contact and eventually lead to a deceitful request for money.

CONNECTICUT ENERGY ASSISTANCE PROGRAM

Begins October 1, 2020

Applications for the Connecticut Energy Assistance Program will be accepted October 1, 2020 to March 15, 2021 for fuel and May 15, 2021 for gas and electric at the Middlebury Department of Social Services, Monday through Friday from 9am to 12pm. You must reapply every year for this program.

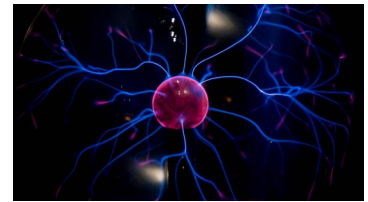
The Connecticut Energy Assistance program is federally funded and managed by the Connecticut Department of Social Services. Benefit period for the program is effective November 2, 2020 to April 14, 2021; May 15, 2021 is the last day a household may submit deliverable fuel bills. Connecticut homeowners with household income below 150% FPL are eligible to apply. Connecticut homeowners with household income from 151% to 200% FPL, where the household includes an adult age 60+ or a person any age who is disabled may also apply.

In order to ensure that your application is processed as quickly as possible, it is necessary to submit the following:

- ⇒ Income must be provided for every household member over the age of 18 for the last 4 weeks prior to the application date.
- ⇒ If you are self employed, a notarized Self-Employment worksheet for the last six or twelve months and your most recently filed 1040 IRS form, including all schedules.
- ⇒ Social Security benefits documents.
- ⇒ Pension or annuity check stubs.
- ⇒ If unemployed, the printout of Unemployment Compensation Benefits.
- ⇒ Workman's Comp or Disability Insurance; statement showing benefits and period covered.
- ⇒ Rent receipts for rental income, or your tenants' lease.
- ⇒ VA award letter for Veteran's Benefits (including pensions.)
- ⇒ Dividend and interest statements for the most recently completed period (if more than \$10 per month).
- ⇒ Statements verifying alimony and/or child support.
- ⇒ Statements indicating the amount and frequency of payments from friends or relative who are contributing to your household's support signed by them.
- ⇒ Current utility bill if you heat with gas or electricity.
- ⇒ For disability income you must provide medical certificate signed and stamped by a physician.
- ⇒ Provide statements from every institution that you or any other adult household members have an account with.
- ⇒ Copy of your household's current electric bill.

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

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



OPERATION FUEL

Beginning December 1, 2020, Operation Fuel will administer an energy assistance program for applicant's who need aid with meeting their home heating or utility needs. This program will be for households living up to 75% of state median income. There will not be an asset test. The maximum grant amount will be up to \$700. **All final approvals will be made by Operation Fuel Staff.**

To qualify for oil, propane, pellets, gas/electric utility or wood, applicants that qualify for Connecticut Energy Assistance Program (CEAP) must exhaust those benefits before applying for Operation Fuel funding. For applicant's that are eligible for safety nets (vulnerable and non-vulnerable), they will not qualify for Operation Fuel. Also applicants must provide the name and contact information of their fuel vendor to complete their application.

To qualify for electric utility, applicants must have a shut-off notice or have no utility service or must need assistance with making a required payment in order to maintain a payment arrangement, or have a past due balance of 30 days or more. House will be eligible for this program even if they received a grant for their primary heat through the CEAP program.

The applicant must not have applied for Operation Fuel within the last 12 months.

The program will start Tuesday, December 2, 2020 and end Friday, May28, 2021 or when funding runs out (**whichever comes first**). Closing date for deliverables is Friday, May 28, 2021.

Documentation:

1. Applicant must provide shut off notice or utility bill that is 30 days past due & payment history.
2. Documentation of all household members with income (last 4 weeks of income).

Taking applications Mondays thru Fridays by appointment only.

For more information or to apply please call 203-577-4166, Ext 3.

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.

1 person \$36,171	2 person \$47,300
3 person \$58,430	4 person \$69,559
5 person \$80,688	6 person \$91,818
7 person \$93,905	8 person \$95,991

- 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).

MEDICAL CLOSET

Middlebury Senior Center

1172 Whittamore Road

Middlebury, CT



The Middlebury Senior Center offers medical equipment that is available to loan to our residents if they are in need of them.

When available, they include:

Commodes

Crutches

Oxygen tanks

Shower chairs

Toilet seats

Travel chairs

Walkers

Walking canes

Wheel chairs

For more information call 203-577-4166

Middlebury Senior Center



NEW

Participate in all our virtual events:

Have our newsletter emailed to you so you may have access to our special virtual events.

All you need to do is give us your email and we will send it to you each month.

All you need to do is click on the link for each program and it will upload for you so you may participate.

Call us at 203-577-4166 to get on our email list.

Services for Caregivers-----Eligibility Requirements

Caregivers often find the task of caring for another person to be overwhelming. The challenges of caregiving can even lead to development of stress-related illnesses. An occasional break from caregiving can enable a weary caregiver to regroup both physically and emotionally. Both the National Family Caregiver Support Program and the Connecticut Statewide Respite Care Program are designed to assist you in your caregiving journey.

Respite Care: Respite care is a short term option designed to provide a break from the physical and emotional stress of caregiving. Respite care services include, but are not limited to: adult day care, home health aides, homemakers, companions, skilled nursing care, or short term assisted living or nursing home care. Funds may be used for day or night respite. Services are available through the **National Family caregiver Support Program (NFCSP)** or the **Connecticut Statewide Respite Care Program (CSRCP)**. An assessment from Case Manager is required before respite services are provided.

Supplemental Services: Supplemental Services are for purchasing items or services, mostly health related, when there is a justified need and no other way to obtain the service or item. Supplemental services help improve quality of life for the care recipient and therefore alleviate strain on the caregiver. These services are available through the **National Family Caregiver Support Program** only and are determined in collaboration with the case manager.

Program Description: There are two programs to assist caregivers; the best program for you will depend on your fit with the eligibility requirements. Both programs are contingent upon available funding, and available services. **All care recipients must have an identified caregiver in order to receive services.**

To be eligible, the **CAREGIVER** must:

Be age 18 or over and caring for a person aged 60 years or older **OR**

As in the case of a child, be an older relative caregiver, age 55 or older, who is the grandparent, step grandparent, or relative, caring fulltime for a child age up to 18, **OR**

Be an older relative caregiver (including a parent) age 55 and over, caring for an adult child age 18-59 with disabilities

To be eligible, the **CARE RECIPIENT:** must:

Be at risk for institutional placement which means, with respect to an older individual, that individual is unable to perform at least 2 activities of daily living tasks without substantial assistance (including verbal reminding, physical cueing, or supervision) ADLs include bathing, dressing, toileting without human assistance, **OR**

Have a cognitive or other mental impairment that requires substantial supervision, **OR**

Person who has Alzheimer's or a related condition regardless of age, **OR**

An adult child age 18-59 with disabilities, **OR**

A child under age 18 in care of a relative caregiver (not a parent).

Priority will be given to older individuals with greatest social and economic need, with particular attention to low-income older adults; or older individuals providing full-time care and support to adults with severe disabilities.

Applications are available in the Middlebury Social Services office

203-577-4166

A professor of Pharmacy at U of Toronto sent this clearly worded update to his family.

For this pandemic there's a greater chance of survival for those getting infected 3 months later like June 2020 than those who got infected 3 months earlier say February 2020. The reason for this is that Doctors and scientists know more about Covid-19 now than 3 months ago and hence are able to treat patients better. I will list **5 important things** that we know now that we didn't know in February 2020 for your understanding.

1. COVID-19 was initially thought to cause deaths due to **pneumonia - a lung infection** and so Ventilators were thought to be the best way to treat sick patients who couldn't breathe. **Now we are realizing that the virus causes blood clots in the blood vessels of the lungs** and other parts of the body and this causes the reduced oxygenation. Now we know that just providing oxygen by ventilators will not help but we have to prevent and dissolve the micro clots in the lungs. This is why we are using drugs like Aspirin **and Heparin** (*blood thinners that prevents clotting*) as protocol in treatment regimens in June 2020.

2. Previously patients used to drop dead on the road or even before reaching a hospital due to reduced oxygen in their blood - OXYGEN SATURATION. This was because of **HAPPY HYPOXIA** where even though the oxygen saturation was gradually reducing the COVID-19 patients did not have symptoms until it became critically less, like sometimes even 70%. *Normally we become breathless if oxygen saturation reduces below 90%*. This breathlessness is not triggered in Covid patients and so we were getting the sick patients very late to the hospitals in February 2020. Now since knowing about happy hypoxia we are monitoring oxygen saturation of all Covid patients **with a simple home use pulse oximeter and getting them to hospital if their oxygen saturation drops to 93% or less**. This gives more time for doctors to correct the oxygen deficiency in the blood and a better survival chance in June 2020.

3. We did not have drugs to fight the corona virus in February 2020. We were only treating the complications caused by it... hypoxia. Hence most patients became severely infected. *Now we have 2 important medicines FAVIPRAVIR & REMDESIVIR ...* **These are ANTIVIRALS that can kill the corona virus. By using these two medicines we can prevent patients from becoming severely infected and therefore cure them BEFORE THEY GO TO HYPOXIA. This knowledge we have in JUNE 2020... not in February 2020.**

4. Many Covid-19 patients die not just because of the virus but also due to the patient's own immune system responding in an exaggerated manner called **CYTOKINE STORM**. This stormy strong immune response not only kills the virus but also kills the patients. In February 2020 we didn't know how to prevent it from happening. Now in June 2020, we know that **easily available medicines called Steroids** that doctors around the world have been using for almost 80 years **can be used to prevent the cytokine storm in some patients**.

5. Now we also know that people with hypoxia became better just by making them lie down on their belly - known as prone position. Apart from this a few days ago Israeli scientists have discovered that a chemical known as Alpha Defensin produced by the patients White blood cells can cause the micro clots in blood vessels of the lungs and this could possibly be prevented by a drug called Colchicine used over many decades in the treatment of Gout. So now we know for sure that patients have a better chance at surviving the COVID-19 infection in June 2020 than in February 2020, for sure.

Going forward there's nothing to panic about Covid-19 if we remember that a person who gets infected later has a better chance at survival than one who got infected early.

Let's continue to follow precautions, wear masks and practice social distancing.

Please distribute this message, as we all need some positive news..

Understanding and Explaining mRNA COVID-19 Vaccines

Messenger RNA vaccines—also called mRNA vaccines—are some of the first COVID-19 vaccines authorized for use in the United States. This page provides vaccine information for healthcare professionals and vaccine providers and tips for explaining mRNA vaccines to patients and answering questions about how mRNA vaccines work, their safety profile, and common misconceptions.

In addition to the following key messages, you can refer to [CDC's COVID-19 mRNA vaccine webpage](#).

- Like all vaccines, COVID-19 mRNA vaccines have been rigorously tested for safety before being authorized for use in the United States.
- mRNA technology is new, but not unknown. They have been studied for more than a decade.
- mRNA vaccines do not contain a live virus and do not carry a risk of causing disease in the vaccinated person.
- mRNA from the vaccine never enters the nucleus of the cell and does not affect or interact with a person's DNA.

A New Approach to Vaccines:

mRNA vaccines take advantage of the process that cells use to make proteins in order to trigger an immune response and build immunity to SARS-CoV-2, the virus that causes COVID-19. In contrast, most vaccines use weakened or inactivated versions or components of the disease-causing pathogen to stimulate the body's immune response to create antibodies.

COVID-19 mRNA Vaccines Will Be Rigorously Evaluated for Safety

COVID-19 mRNA vaccines have gone through the same rigorous safety assessment as all vaccines before they were authorized for use in the United States by the Food and Drug Administration. This includes large clinical trials and data review by a safety monitoring board.

Often patients are concerned about live vaccines. mRNA vaccines are not live vaccines and do not use an infectious element, so they carry no risk of causing disease in the person vaccinated.

mRNA Vaccines Are New, But Not Unknown

There are currently no licensed mRNA vaccines in the United States. However, researchers have been studying them for decades.

Early stage clinical trials using mRNA vaccines have been carried out for influenza, Zika, rabies, and cytomegalovirus (CMV). Challenges encountered in these early trials included the instability of free RNA in the body, unintended inflammatory outcomes, and modest immune responses. Recent technological advancements in RNA biology and chemistry, as well as delivery systems, have mitigated these challenges and improved their stability, safety, and effectiveness.

Beyond vaccines, numerous preclinical and clinical studies have used mRNA to encode cancer antigens to stimulate immune responses targeted at clearing or reducing malignant tumors.

Benefits of mRNA Vaccines

mRNA vaccines have several benefits compared to other types of vaccines including use of a non-infectious element, shorter manufacturing times, and potential for targeting of multiple diseases. mRNA vaccines can be developed in a laboratory using a DNA template and readily available materials. This means the process can be standardized and scaled up, making vaccine development faster than traditional methods. In addition, DNA and RNA vaccines typically can be moved most rapidly into the clinic for initial testing. In the future, mRNA vaccine technology may allow for one vaccine to target multiple diseases

All information above from CDC website.



Social Security remains committed to providing uninterrupted benefits and vital services the public relies on, especially during the current coronavirus pandemic. As an important part of the community, I am asking for your help to share important information with your patrons.

Despite challenges government and businesses face at this time, we want people to know we remain ready and able to help them by phone with most Social Security matters.

You can speak with a representative by calling your local Social Security office or the National 800 Number. We provide local office phone numbers conveniently online with our [Social Security Office Locator](#).

Although our offices are not providing service for walk-in visitors, we may be able to schedule an appointment for limited, critical issues if we cannot help someone by phone and if they cannot get the information they need or conduct their business online.

Please encourage your *clients* to call or take advantage of our secure and convenient [online services](#) to:

COVID-19 resources available in multiple languages from the CDC



DEPARTMENT OF PUBLIC HEALTH

As we all face a very different world because of COVID-19, it is important that we communicate best practices effectively within our communities. The CDC has made available resources in multiple languages that are free to download and that you may find useful in keeping your communities safe. You can access these resources [here](#). [CDC Link](#)

The Office of Health Equity has also received the "Please Wear a Cloth Face Covering" in the following languages that are not currently available on the webpage indicated: Arabic, Burmese, Dari, Farsi, French, Haitian Creole, Karen, Pashto, Portuguese, Russian, Somali, Swahili, Ukrainian, and Nepali. Please send an email to dphhealthequity@ct.gov if you would like any of

[CURRENT INFORMATION FROM THE CDC WEBSITE \(subject to change\)](#)

Persons aged > 65 years

Persons with high-risk medical condition

Allocation within Phase 1 of the COVID-10 vaccination program (post Phase 1a)

Phase 1b — Frontline essential workers: first responders (e.g., firefighters and police officers), corrections officers, food and agricultural workers, U.S. Postal Service workers, manufacturing workers, grocery store workers, public transit workers, and those who work in the education sector (teachers and support staff members) as well as child care workers.

Phase 1c — All other essential workers: workers in transportation and logistics, water and wastewater, food service, shelter and housing (e.g., construction), finance (e.g., bank tellers), information technology and communications, energy, legal, media, and public safety (e.g., engineers), and public health workers.

Phase 1b — Persons aged > 75 years

Phase 1c — Persons aged 65—74 years

Federal Agencies Warn of Emerging Fraud Schemes Related to COVID-19 Vaccines

The Federal Bureau of Investigation (FBI), Department of Health and Human Services Office of Inspector General (HHS-OIG), and Centers for Medicare & Medicaid Services (CMS) are warning the public about several emerging fraud schemes related to COVID-19 vaccines.

The FBI, HHS-OIG, and CMS have received complaints of scammers using the public's interest in COVID-19 vaccines to obtain personally identifiable information (PII) and money through various schemes. We continue to work diligently with law enforcement partners and the private sector to identify cyber threats and fraud in all forms.

The public should be aware of the following potential indicators of fraudulent activity:

- Advertisements or offers for early access to a vaccine upon payment of a deposit or fee
- Requests asking you to pay out of pocket to obtain the vaccine or to put your name on a COVID-19 vaccine waiting list
- Offers to undergo additional medical testing or procedures when obtaining a vaccine
- Marketers offering to sell and/or ship doses of a vaccine, domestically or internationally, in exchange for payment of a deposit or fee
- Unsolicited emails, telephone calls, or personal contact from someone claiming to be from a medical office, insurance company, or COVID-19 vaccine center requesting personal and/or medical information to determine recipients' eligibility to participate in clinical vaccine trials or obtain the vaccine
- Claims of FDA approval for a vaccine that cannot be verified
- Advertisements for vaccines through social media platforms, email, telephone calls, online, or from unsolicited/unknown sources
- Individuals contacting you in person, by phone, or by email to tell you the government or government officials require you to receive a COVID-19 vaccine

Tips to avoid COVID-19 vaccine-related fraud:

- Consult your state's health department website for up-to-date information about authorized vaccine distribution channels and only obtaining a vaccine through such channels.
- Check the FDA's website ([fda.gov](https://www.fda.gov)) for current information about vaccine emergency use authorizations.
- Consult your primary care physician before undergoing any vaccination.
- Don't share your personal or health information with anyone other than known and trusted medical professionals.
- Check your medical bills and insurance explanation of benefits (EOBs) for any suspicious claims and promptly reporting any errors to your health insurance provider.
- Follow guidance and recommendations from the U.S. Centers for Disease Control and Prevention (CDC) and other trusted medical professionals.

General online/cyber fraud prevention techniques:

- Verify the spelling of web addresses, websites, and email addresses that look trustworthy but may be imitations of legitimate websites.
- Ensure operating systems and applications are updated to the most current versions.
- Update anti-malware and anti-virus software and conduct regular network scans.
- Do not enable macros on documents downloaded from an email unless necessary and after ensuring the file is not malicious.
- Do not communicate with or open e-mails, attachments, or links from unknown individuals.
- Never provide personal information of any sort via email: be aware that many emails requesting your personal information may appear to be legitimate.
- Use strong two-factor authentication if possible, using biometrics, hardware tokens, or authentication apps.
- Disable or remove unneeded software applications.

If you believe you have been the victim of a COVID-19 fraud, immediately report it to the FBI (ic3.gov, tips.fbi.gov, or 1-800-CALL-FBI) or HHS OIG (tips.hhs.gov or 1-800-HHS-

8 Things to Know about Vaccine Planning

In the United States, there is not yet an authorized or approved vaccine to prevent coronavirus disease 2019 (COVID-19). The federal government, through [Operation Warp Speed external icon](#), has been working since the pandemic started to make one or more COVID-19 vaccines available as soon as possible. Although CDC does not have a role in developing COVID-19 vaccines, CDC has been working closely with health departments and partners to develop vaccination plans for when a vaccine is available.

With the possibility of one or more COVID-19 vaccines becoming available before the end of the year, here are 8 things you need to know about where those plans currently stand.

1. The safety of COVID-19 vaccines is a top priority.

The U.S. vaccine safety system ensures that all vaccines are as safe as possible. Learn how federal partners are working together to [ensure the safety of COVID-19 vaccines](#).

2. Many vaccines are being developed and tested, but some might be ready before others—CDC is planning for many possibilities.

CDC is working with partners at all levels, including healthcare associations, on flexible COVID-19 vaccination programs that can accommodate different vaccines and scenarios. CDC has been in contact with your state public health department to help with your state's planning. State, tribal, local, and territorial health departments are critical to making sure vaccines are available to communities.

3. At least at first, COVID-19 vaccines might be used under an Emergency Use Authorization (EUA) from the U.S. Food and Drug Administration (FDA).

4. There will be a limited supply of COVID-19 vaccines in December 2020, but supply will continually increase in the weeks and months that follow.

The goal is for everyone to be able to easily get a COVID-19 vaccination as soon as large quantities are available. The plan is to have several thousand vaccination providers available, including doctors' offices, retail pharmacies, hospitals, and federally qualified health centers.

Because of limited supply, some groups will be recommended to get a COVID-19 vaccine first.

5. Healthcare personnel and long-term care facility residents should be offered COVID-19 vaccination the initial phase of the U.S. COVID-19 vaccination program while there is limited vaccine supply. CDC officially made this recommendation on December 2, 2020, based on [recommendations from the Advisory Committee on Immunization Practices \(ACIP\)](#).

Expecting that a limited supply of COVID-19 vaccine was likely at first, experts began working during the summer on a strategy for distributing these limited vaccines in a fair, ethical, and transparent way. The [National Academies of Sciences, Engineering, and Medicine gave input external icon](#) to ACIP, who then [set goals and ethical principles](#) to guide their decision making.

6. Making COVID-19 Vaccination Recommendations

CDC makes vaccination recommendations, including those for COVID-19 vaccines, based on input from the Advisory Committee on Immunization Practices. [Learn more](#)

At first, COVID-19 vaccines may not be recommended for children.

In early [clinical trials external icon](#) for various COVID-19 vaccines, only non-pregnant adults participated. However, clinical trials continue to expand those recruited to participate. The groups recommended to receive the vaccines could change in the future.

7. Cost will not be an obstacle to getting vaccinated against COVID-19.

Vaccine doses purchased with U.S. taxpayer dollars will be given to the American people at no cost. However, vaccine providers will be able to charge administration fees for giving or administering the shot to someone. Vaccine providers can get this fee reimbursed by the patient's public or private insurance company or, for uninsured patients, by the Health Resources and Services Administration's Provider Relief Fund.

8. COVID-19 vaccine planning is being updated as new information becomes available.

CDC will continue to update this website as plans develop.

Symptoms of Coronavirus :::: What you need to know



Anyone can have mild to severe symptoms.

Older adults and people who have severe underlying medical conditions like heart or lung disease or diabetes seem to be at higher risk for developing more serious complications from COVID-19 illness.

Watch for symptoms

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear **2-14 days after exposure to the virus**. People with these symptoms may have COVID-19:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

This list does not include all possible symptoms. CDC will continue to update this list as we learn more about COVID-19.

When to seek emergency medical attention

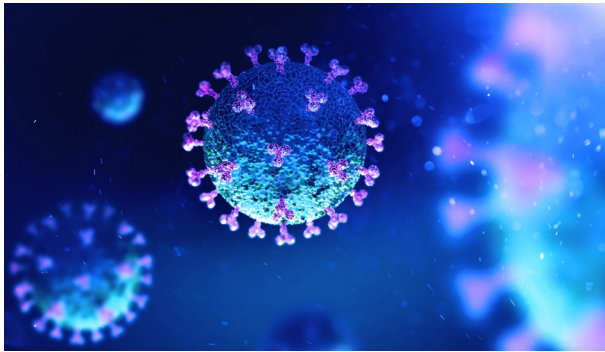
Look for **emergency warning signs*** for COVID-19. If someone is showing any of these signs, **seek emergency medical care immediately**:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

*This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.

Call 911 or call ahead to your local emergency facility: Notify the operator that you are seeking care for someone who has or may have COVID-19.

COVID-19 fraud is rapidly evolving



The U.S. Department of Health and Human Services Office of Inspector General is alerting the public about fraud schemes related to the novel coronavirus (COVID-19). Scammers are using telemarketing calls, text messages, social media platforms, and door-to-door visits to perpetrate COVID-19-related scams.

Fraudsters are offering COVID-19 tests, HHS grants, and Medicare prescription cards in exchange for personal details, including Medicare information. However, these services are unapproved and illegitimate.

These scammers use the coronavirus pandemic to benefit themselves, and beneficiaries face potential harm. The personal information collected can be used to fraudulently bill federal health care programs and commit medical identity theft.

Protect Yourself

- Be vigilant and protect yourself from potential fraud concerning COVID-19 vaccines. You will not be asked for money to enhance your ranking for vaccine eligibility. Government and State officials will not call you to obtain personal information in order to receive the vaccine, and you will not be solicited door to door to receive the vaccine.
- Beneficiaries should be cautious of unsolicited requests for their personal, medical, and financial information. Medicare will not call beneficiaries to offer COVID-19 related products, services, or benefit review.
- Be suspicious of any unexpected calls or visitors offering COVID-19 tests or supplies. If you receive a suspicious call, hang up immediately.
- Do not respond to, or open hyperlinks in, text messages about COVID-19 from unknown individuals.
- Ignore offers or advertisements for COVID-19 testing or treatments on social media sites. If you make an appointment for a COVID-19 test online, make sure the location is an official testing site.
- Do not give your personal or financial information to anyone claiming to offer HHS grants related to COVID-19.
- Be aware of scammers pretending to be COVID-19 contact tracers. Legitimate contact tracers will never ask for your Medicare number, financial information, or attempt to set up a COVID-19 test for you and collect payment information for the test.

If you suspect COVID-19 health care fraud, [report it immediately online](#) or call 800-HHS-TIPS (800-447-8477).

