

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.

January 2022

Department Staff

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

Commission on Aging

Judy Mirrer, Chairperson

Jean Hansen

Noa Miller

Ann Spierto

Nancy Pun

Nancy Mastroianni

Ann Zimkus

JoAnn Cappelletti (Director of
Elderly & Social Services)

Ralph Barra (Liaison)

Town of Middlebury
Department of Social & Elderly Services
Shepardson Community Building
1172 Whittemore Road
Middlebury, CT 06762

Phone 203-577-4166
jcappelletti@middlebury-ct.org
Discover our Website: www.middlebury-ct.org



Notifying the Public Under Title VI

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

For more information on the Town of Middlebury's civil rights program, and the procedures to file a complaint, contact JoAnn Cappelletti 203-577-4166 ext. 707; email jcappelletti@middlebury-ct.org; or visit our administrative office at 1172 Whittemore Road. For more information, visit www.middlebury-ct.org.

A complainant may file a complaint directly with the Federal Transit Administration by filing a complaint with the Office of Civil Rights Attention; Title VI Program Coordinator, Connecticut Department of Transportation, Bureau of Public Transportation, Complaint Department, 2800 Berlin Turnpike, Newington, CT 06111.

If information is needed in another language, contact 203-577-4166 ext. #1

Si se necesita informacion en otro idioma, comuniquese al 203-577-4166 ext. 1



NATIONAL BLOOD DONOR MONTH

January's birthstone is the garnet, which represents constancy.

Its birth flower is the cottage pink Dianthus caryophyllus or galanthus.

The Japanese floral emblem of January is the camellia (Camellia sinensis).

In Finnish, the month of tammikuu means the heart of the winter and because the name literally means "oak moon", it can be inferred that the oak tree is the heart of the grand forest with many valuable trees as opposed to the typical Arctic forests, which are typically pine and spruce. The photograph of a large tree covered with ice against a blue sky is a familiar scene during Finland's winter.

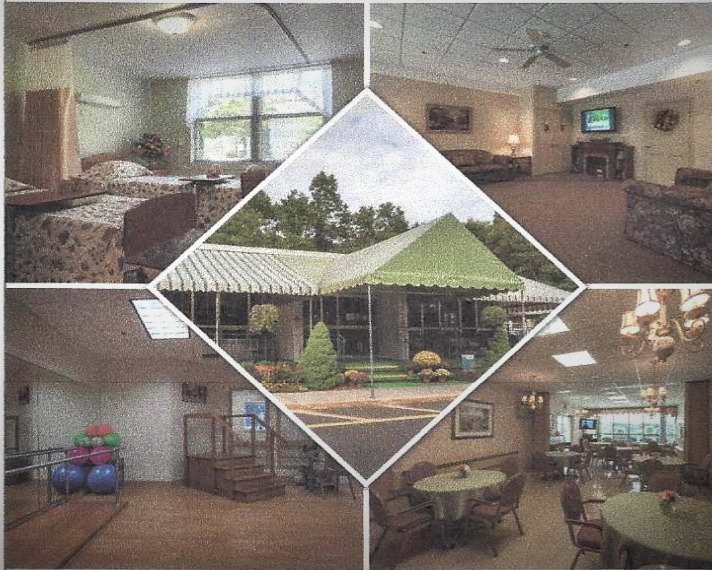
The zodiac signs for the month of January were Capricorn (until January 19, 2020) and Aquarius (January 20, 2020 onwards). For 2021 the dates will shift to 18–19, due to the leap day in 2020.

The name of the full moon occurring in January is the wolf moon.




midconhome.com
203.758.2471

Family Owned and Operated



Offering Short & Long Term Care

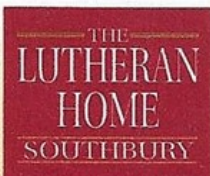
778 Middlebury Road, Middlebury | 203-758-2471 

Get READY FOR HOME at Lutheran Home

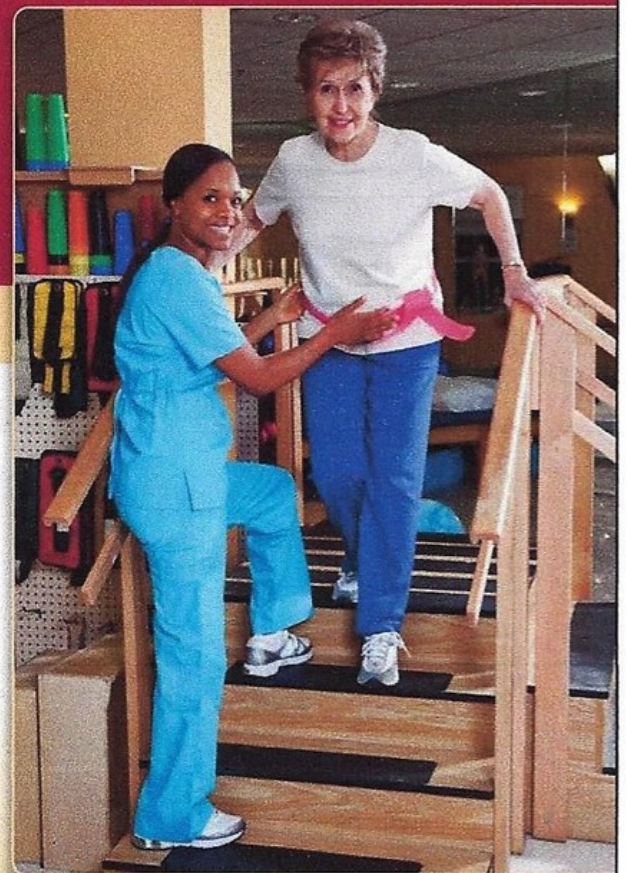
2016 5-STAR MEDICARE RATING

Welcome to the first rehab program personalized for you. From your own Resident Service Liaison checking in each day, to a CNA Companion program for a smooth transition, and therapies offered 7 days a week, our Center for Short-term Rehabilitation is your place to get ready for home.

Call 203-264-9135 to Pre-book your stay or learn more.



990 Main Street, North
Southbury, CT 06488
203.264.9135
www.lhsouthbury.org



Town of Middlebury

Department of Social and Elderly Services
Shepardson Community Building
1172 Whittemore Road
Middlebury, CT 06762
Phone: 203-577-4166
Fax: 203-577-4173
E-mail: jcappelletti@middlebury-ct.org



GUIDELINES FOR MINI-BUS PASSENGERS

Passengers must be Middlebury residents 60 years or older or handicapped. Driver will assist passengers on and off bus if necessary. The driver is neither a chauffeur nor servant and should not be expected to:

- Do any tasks or errands for you
- Do any shopping of any kind
- Handle money for banking, postage or bill paying

Reservation for rides must be made at least one day in advance by calling the Senior Center at 203-577-4166, Monday through Friday between the hours of 9am and 1pm. Messages left after 1pm are not considered one day advance reservations. Your itinerary must be stated as well as name, address and telephone number. Reservations cannot be made with the driver while on the bus.

The following must be observed:

- Due to scheduling, the bus may arrive from 15 minutes before to 15 minutes after your scheduled reservation. You must be ready within these times.
- Use seat belts at all times – no exceptions will be permitted.
- Upon arrival, vacate the bus immediately and clear the doorway to avoid accidents.
- Have your donation ready when entering the bus.

Medical appointments are given priority. It is advisable to check with the office prior to making doctors' appointments to determine the best date and time that the bus can provide you with the best service.

In the event of inclement weather, and the mini bus is cancelled, there will be an announcement over radio station WATR and TV channels 3 & 8 after 7am.

The mini bus operates 8:30am to 2:30pm, Monday through Friday.

Suggested donation for this service is .50 cents, one way, within the Town of Middlebury and \$1.50 one way, to surrounding towns.

If there are any changes to your advance reservation, you must let the office know in advance.

Passengers not complying with these regulations may have to find alternate methods of transportation. After 3 no shows, passengers will be suspended from using the mini bus for 30 days.

**Have our Newsletter
Mailed to Your Home Every Month**
Cut out and mail this Form

Name _____

Address _____

City _____ State _____

Please enclose a check for \$9.00 made payable to
The Middlebury Senior Center and mail to:

Department of Social Services
1172 Whittemore Road
Middlebury, CT 06762

GWDT

Dial – A – Ride

One day a week each municipality will have the

Dial-A-Ride Transportation
Available for eligible

Seniors (ages 60 & Over) and the Disabled.

**Transportation available for shopping, doctors appointments,
out of town visiting with the 8 district municipalities on a first
come, first served basis.**

**For more information on Dial-A-Ride transportation
Please contact:**

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

First Come, First Served

**Cheshire Middlebury Naugatuck Prospect Waterbury Watertown
Wolcott**



Message from our Nurse Diane Morotto:

January, for many, can signal the “winter blues” or the seasonal affective disorder called SAD. Everyone, of any age, can be affected in one way or another.

Typical symptoms may present as depression, sleep problems, lethargy, overeating, irritability and feeling down and unsociable.

So, here are some tips that may help:

1. Keep active by walking around your apartment or on a nice day, take a walk outdoors.
2. Get as much natural daylight as possible and even sitting in front of a sunny window may be beneficial.
3. Keep warm by heating your home to a comfortable temperature, drink and eat hot foods and, of course, wear comfy and warm clothes and shoes.
4. Eat healthy and load up on fresh fruits and veggies.
5. Take up or learn a new hobby like doing puzzles, knitting, card or word games, singing, computer skills or reading.
6. See or communicate with friends and family as much as you can. My good advice is to participate in the activities at the senior center. Bring a friend and have some fun!

Wishing you all a very Happy and Healthy New Year.

Commission on Aging



The next Commission on Aging meeting will be held on Tuesday, February 22, 2022 At 9:30am.

All interested persons are welcome to attend.

Contacting our office is easy!

Our website:
www.middlebury-ct.org/elderly-social-services

Dial (203) 577-4166 and enter the extension for the person you wish to speak with:

<u>NAME</u>	<u>EXTENSION</u>
JoAnn Cappelletti	3
Angela Leveille	2
Ashley Norton	1
Sean Howard	4



Blood Pressure Screening

Nurse Diane is available for free blood pressure screenings every Tuesday from 10am to 12 noon.

She is also available for any issues you may have.

CodeRED™

Keeping citizens informed.

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

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

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

Dr. Martin Luther King Jr.
HOLIDAY

EVERYBODY
can be
great.
Because
ANYBODY
can
SERVE.
You only
need a
HEART
full of
grace.
A
SOUL
generated
by LOVE.

REMEMBER! CELEBRATE! ACT!

The Middlebury Senior Center will be closed on Monday 17, 2022 in observance of Martin Luther King Day.



COMPUTER HELP

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

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



MAH-JONGG

Mah-Jongg is a Chinese game that is played using 144 domino-like tiles. Middlebury Senior Center has mah-Jongg games every Monday, Tuesday at 10am and 1pm, Wednesday Mah Jongg lessons 10:30, & Thursdays 1pm

ART CLASS



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

PILATES CLASS

Two classes per week: \$40

Monday 9:30 to 10:30 &

Wednesday 11:00 to 12:00

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

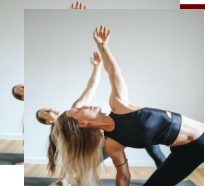
Nutrition Cooking Class

Nichole from Brass City Harvest will be giving nutrition cooking class every Wednesday from 12:30 to 1:30 pm.



Enjoy cooking with Nichole and sample your finished product. This class is free of charge.

Yoga



Tuesdays at 9:30 to 10:30

Helene Korchin is back for our Yoga classes.

The next class will begin on December 28, 2021. The fee for Yoga is \$30 for 6 classes

Calling all Crafters



Knitters and Crocheters are meeting on Monday

afternoon at 1pm at the Shepardson Community Building.

Bring your own supplies or materials can be supplied

There is no charge for this class



Tai Chi

Wednesdays; 8:15 and 9:45am

Our Tai Chi instructor (Gary Welton) not only teaches Tai Chi but also helps us with our balance and other issues as we age.

The next class will begin December 29, 2021 .

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

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



MIDDLEBURY SENIOR CENTER presents:
GRAB-N-GO Lunches from Annoula's Restaurant

We are pleased to partner with Annoula's Restaurant of Woodbury and New Opportunities of Waterbury to provide Grab-n-Go lunches for the month of January. There will be a different menu for each month.

Please call the senior center to order your meal. All meals served with multigrain bread, fruit and low fat milk.

(Every Wednesday in January at 11:30am)

For the month of January:

January 5 – Mediterranean Chicken, roasted potato, vegetables; or Meatloaf, potato, vegetable

January 12 - Baked macaroni and cheese, small salad; or Greek Salad plate

January 19 –Chicken Francese with roasted potato, vegetables or chopped sirloin with mushroom gravy, roasted potato and vegetable

January 26 –Shepherd's Pie, veg or Chicken marsala, mashed potato and veg

PLEASE NOTE:

Your reservation must be made by **MONDAY, BEFORE THE WEEK OF THE GRAB-N-GO LUNCH BEFORE 12PM.....NO EXCEPTIONS WILL BE MADE.** The meals must be reserved with the restaurant on a timely fashion to ensure availability.

Please call the Senior Center to put in your order: **203-577-4166 ext. 2 or 3**



NEW OPPORTUNITIES
Building Relationships to End PovertySM

OPERATION FUEL



The Winter Spring Program for Operation Fuel will start on December 6, 2021

Operation Fuel residential energy assistance programs, hardship enrolling of income eligible Eversource customers in Eversource's NewStart arrearage forgiveness program will begin on December 6, 2021.

The program is for emergency energy / utility assistance grants. Programs will be offered to provide assistance for a household's primary space heating, secondary energy, and / or water accessibility needs. Call 203-574-4166 for assistance.

CONNECTICUT ENERGY ASSISTANCE PROGRAM



Applications for the Connecticut Energy Assistance Program will be accepted up to March 16, 2022 for fuel and May 15, 2022 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.

⇒ IMPORTANT DATES IN THE CT. ENERGY ASSISTANCE PROGRAM (CEAP) FOR DELIVERABLE FUELS ARE AS FOLLOWS:

- ⇒ November 13, 2021—First day for fuel deliveries that can be paid by CEAP.
- ⇒ March 16, 2022 Deadline for fuel authorizations.
- ⇒ May 1, 2022 the last day that a household can apply to establish its eligibility for benefits.
- ⇒ May 29, 2022 The last day to submit deliverable fuel bills.

Please bring with you all documentation. Monthly income for each member of the household; all bank statements; energy bill and all other household members information.

NOTE: These dates are subject to change at the discretion of the State Department of Social Services.

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



Balance Forgiveness Programs and Payment Plans

Payment Plans:

All customers qualify for an extended payment plan that allows several months to pay a past due balance, with not interest and no fees.

New Start Program:

Residential, low-income electric customers with a balance of at least \$100 past due by more than 60 days may be eligible for the New Start Program, to have their outstanding balance eliminated in as little as 12 months. When you make your scheduled New Start monthly payment, a portion of your past-due balance is eliminated or “forgiven,” reducing the amount you owe. Eversource customers who have a medical hardship status on their account are eligible for New Start regardless of their income. You may be eligible for medical hardship status on your account if you or anyone in your home is seriously ill or has a life-threatening situation.

Matching Payment Program:

The Matching Payment Program (MPP) is available to all residential income-eligible electric and gas heating customers. To enroll in the MPP, contact Eversource or JoAnn Cappelletti at 203-577-4166 Ext. 1, who will assist you in signing up for Connecticut Energy Assistance Program (CEAP) funds and MPP. Eversource will match CEAP amounts and all required payments made to your account down to a zero balance. The arrangement determines one monthly fixed payment, which is calculated using your utility charges over the past 12 months—minus any energy assistance award. Customers who receive public assistance benefits may have their monthly budget payment reduced to as low as \$50.

Billing and Payment Information:

If you need help paying your bill, call Eversource or you can call JoAnn Cappelletti at the Middlebury Social Services at 203-577-4166 ext. 1; if you meet any of the following criteria:

- Your household income is at or below 60% of the state median income.
- You receive public income assistance, such as aid to the blind, elderly, disabled, families with dependent children, Supplemental Nutrition Assistance Program (SNAP), Medicaid, or Supplemental security Income.
- You or a member of your household is seriously ill as certified by a physician.
- Your sole source of financial support is from Social Security, U.S. Department of Veterans Affairs, or Unemployment Compensation Benefits.
- You are the head of your household and unemployed and your household and unemployed and your household income is less than 300% of the federal poverty income guidelines.

You may qualify for a balance forgiveness program to help pay your bill.

WINTER PROTECTION PLAN

EVERSOURCE

Customers who meet income eligibility or receive certain government benefits and lack the resources to pay their electric bill may qualify for shutoff protection during the winter months.

The Winter protection Plan protects your service from being shut off from November 1, 2020 through May 1, 2021 with no late payment charges. This must be renewed annually. Applications for Shutoff Protection can also be completed while applying for public energy assistance through Middlebury Social Services at 203-577-4166 ext. 707.

When participating in the program, customers are still encouraged to continue paying as much of their bill as possible, since the full amount will still be owed at the end of the protection period.

To be eligible, customers must meet one of the following criteria:

- ⇒ Receive Aid to the Aged, Blind or Disabled (State Supplement); or Aid to Families with Dependent Children; or Medicaid; or (SSI); or General Assistance.
- ⇒ Their sole source of financial support is Social Security or VA;s Administration.
- ⇒ Their circumstances threaten deprivation of food and the necessities of life if payment of a delinquent bill is required.
- ⇒ Their income falls below 60% of the state median income.
- ⇒ They currently receive heating assistance.

For more information, or to enroll in the program, please call Eversource at 800-286-2828.

Eversource's

Matching Payment Program:

Allows you to maintain year-round electric and gas service and possible elimination of back balances, if you qualify and pay an agreed-upon amount on time each month.

Here's how it works.

Eversource, through the Matching Payment Program, will match your payments once you are approved for and receive energy assistance from [Connecticut Energy Assistance Program \(CEAP\)](#). For every dollar you pay toward your bill, a dollar will be credited to your past-due amount.

So, you pay a portion, energy assistance pays a portion, and Eversource pays a portion. Making all required payments in the Matching Payment Program protects your household from shut-off, in addition to getting the payment match.

To be eligible:

- You must be a current Eversource residential customer and heat your home with electricity or natural gas.

Your household income must be at or below 60 percent of the [estimated state median income](#):

Household Size – includes homeowners and renters that pay separately for heat, and renters whose heat is included in the rent, as long as more than 30% of gross income is paid towards rent.

1 person \$39,027	2 person \$51,035
3 person \$63,044	4 person \$75,052
5 person \$87,060	6 person \$99,069
7 person \$101,320	8 person \$103,572

- 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).

Tax Relief Programs



Applications are available for the Elderly Homeowners, Totally Disabled Homeowners and Additional Veterans Tax Credit Programs February 1 – May 15, 2022.

Qualifications for these programs include residency, income, age or disability. Applications must be accompanied by all income statements and Social Security benefits and must be filed no later than May 15, 2022.

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

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

Household income cannot exceed \$46,400; this number varies from single to married persons. Elderly Homeowners applicants must reside in Middlebury, qualify under the income limits, and must be 65 years of age or older.

Totally Disabled Homeowners applicants must be eligible to receive permanent total disability benefits under Social Security or other federal, state or local plan.

Applications can be picked up at the Middlebury Social Services Department at the Shepardson Community Center, 1172 Whittemore Road in Middlebury, Room 20 between the hours of 9am to 1pm

The following tables show the levels of qualifying income for the Elderly and Totally Disabled Tax Relief Program applications to be filed in the year 2022.

PLEASE NOTE: Homeowner applications that were taken for the 2020 G/L (RENEWALS) are calculated for the 2021 G/L using the 2020 qualifying income schedule, NOT the schedule below.

Homeowners

Filing period February 1—May 15, 2022

Income		Tax credit %		Tax Credit Maximum		Tax Credit Minimum	
Over	To	Married	Unmarried	Married	Unmarried	Married	Unmarried
\$-0-	\$19,100	50%	40%	\$1,250	\$1,000	\$400	\$350
\$19,100	\$25,600	40%	30%	\$1,000	\$750	\$350	\$250
\$25,600	\$31,900	30%	20%	\$750	\$500	\$250	\$150
\$31,900	\$38,100	20%	10%	\$500	\$250	\$150	\$150
\$38,100	\$46,400	10%	-0-	\$250	-0-	\$150	-0-



EVERSOURCE

Price of Electricity Rising this Winter

With global demand for natural gas soaring, gas and electricity prices are on the rise. After hitting 10-year lows during the pandemic, the price of natural gas has risen significantly impacting customers everywhere. The increased cost of natural gas also impacts the cost of electricity since natural gas is often used to generate electricity.

In Connecticut, the cost of electricity changes twice a year for Eversource customers—Jan.1 and July 1. Because of the increased demand for natural gas and electricity and rising prices, this January, electric customers will see an increase on the supply portion of their bill. This supply rate will be in effect from January 1 thru June 30.

What you can expect:

- In January, a residential customer that has chosen Eversource as their energy supplier and is using **700 kilowatt hours per month** will see a **21% or \$31 increase** to their total bill compared to December.
- How much your total bill is will depend on how much energy is used, the rate you are on, and weather conditions.
- As a regulated energy distribution company, Eversource purchases electricity from wholesale suppliers on behalf of customers and passes the cost on with no profit to the company.
- We're asking all customers to prepare for higher-than-normal bills this winter and to take steps to reduce your energy use.

Steps to lower your electric use and bill:

- **Take advantage of energy-saving improvements, such as air sealing, to help you stay comfortable efficiently with [Home Energy SolutionsSM](#).** You can receive on-the-spot services plus recommendations and rebates for additional ways to save.
- See how the weather impacts your bill and how small adjustments to your thermostat can help you save with our

[Heating Cost Calculator](#).

- Equalize your monthly energy bills to avoid seasonal spikes with [Budget Billing](#)
- Even if you've never needed help before, you may now qualify for [special programs](#) to help lower your monthly bill, reduce your past due balance, or extended payment plans.

BEFORE A STORM

With the first signs of an approaching storm, make sure Eversource has your up-to-date contact information, so we can get in touch before, during and after the storm.

HOME USE MEDICAL DEVICES

If you are a home medical device user, it is important that your device works during a power outage and that you have a plan in place to ensure you know what to do.

The U.S. Food & Drug Administration [can help you create a plan](#) with the assistance of a healthcare professional. This plan will help you:

- Obtain and organize important information about your medical device.
- Take the necessary actions so that you can continue to use your device in the event of an outage.
- Have the necessary supplies for the operation of your device.

Know where to go or what to do if you need further assistance during a power outage.

Remember to update this booklet as your treatment, doctors, caregivers, or personal contacts change.

STORM TIPS

Here are some other preparations that you can make before a storm hits.

Build an Emergency Kit with essential items to meet the unique needs of your family. To help build your kit, the Federal Emergency Management Agency (FEMA) has a [detailed checklist available](#).

Eversource also has a [storm safety checklist](#) available to help you prepare and stay safe before, during and after a storm.

- Stock up on non-perishables, such as canned goods and pet food, and make sure you have adequate medical supplies and prescriptions for yourself and your pets.
- Pick up some paper goods: paper plates, paper towels, plastic ware. Turn the temperature controls on your refrigerator and freezer to the coldest setting to keep food cold in the event of a power outage.
- Fill several large containers with water for drinking and also fill the bath tub so you have water to flush your toilet. Keep flashlights, batteries, candles and matches on hand and make sure they are available throughout the house.
- Have a battery-powered radio available.
- Make sure you have fresh batteries that are the correct size for the flashlights and radio.
- Be sure there's a first aid kit in the house.
- Fill your car with gasoline. Your car can also be a good place to get warm or charge your cell phone. Just make sure you keep it well ventilated and don't fall asleep while it is running.
- Be prepared to cook outside. You can use charcoal or propane grills or even a camping cook stove if the power goes out. Never bring grills inside.
- Have extra gasoline on hand if you own an electric generator.

Make a list of emergency phone numbers, or program them into your cell phone. Handy numbers to have include, the Red Cross, fire, police and a family doctor.

HURRICANES & OTHER SEVERE WEATHER

For more severe storms, such as hurricanes, tropical storms or blizzards, you might want to take the following precautions a day or two ahead of the storm impacting your area.

- Tape, board or shutter windows and glass doors.
- Secure all outdoor objects that could become airborne by high winds.
- Tie down mobile homes or moored boats, or move them to a safe location.
- Wedge sliding glass doors to prevent them from lifting from their tracks.
- Load up a cooler with ice and food you can use during the first hours of an outage.
- In the winter, close off unused rooms to conserve heat. Open curtains and shades to let sunlight in; close them at night. Stock up on firewood.

Plug sensitive computer and electronic equipment into surge suppressors or surge protectors. A surge suppressor diverts excessive electrical energy away from your equipment to an electrical "ground."



CUSTOMER ASSISTANCE PROGRAMS

Wrap

- Connecticut Water now offers a Water Rate Assistance Program (WRAP) for income-eligible customers. It is the first program of its kind offered by a water utility in Connecticut.
- WRAP offers income-eligible customers a 15% reduction on their water bill, excluding Linebacker service

COVID19 Extended Payment Plans

- Available for any Connecticut Water customer, regardless of income
- Can be spread out for up to 24 months
- Interest-free
- No down payment required

COVID-19 Payment Plans are available until Governor Ned Lamont's COVID-19 Pandemic Emergency Order is lifted.

H2O—Help 2 Our Customers Assistance Program for Connecticut Water customers

- Provides financial assistance for income-eligible Connecticut Water customers with matching payments on deferred payment arrangements.
- One-time Hardship Assistance Credits available with forgiveness of balances due for customers experiencing unexpected financial hardship or a life-changing event
- Both assistance options require new bills be kept current

Additional Program offerings:

Connecticut Water Participates in Connecticut's Low-Income Household Water Assistance Program

- This Program is offered by the state of CT to income-eligible customers (at or below 60% state median income) and can help with up to \$1,000 towards past due water service and wastewater bills
- The Department of Social Services (DSS) will be making payments directly to water service providers on behalf of registered customers who qualify for the program
- Customers can apply for help directly online at www.ct.gov/dss/WaterAssistance or through New Opportunity, Inc. or the Middlebury Social Services

Connecticut Water is an Operation Fuel Partner

Our partnership with Operation Fuel, a private, non-profit organization which offers support programs for utility customers across Connecticut, allow customers to apply for assistance with their Connecticut Water bills while also applying for assistance with their other utility bills (ie: electric, oil, gas etc.) The partnership allows Operation Fuel to administer Connecticut Water's WRAP and H2O programs. More information on Operation Fuel can be found at OperstionFuel.org.

First Day to apply — November 1, 2021

Last Day to apply — May 31, 2022

Last Day to submit bills: — June 15, 2022



United States Department of Veterans Affairs

The United States Department of Veterans Affairs is a Cabinet-level executive branch department of the federal government charged with providing life-long healthcare services to eligible military veterans at the 1700 VA medical centers and outpatient clinics located throughout the country. Non-healthcare benefits include disability compensation, vocational rehabilitation, education assistance, home loans, and life insurance. The VA also provides burial and memorial benefits to eligible veterans and family members at 135 national cemeteries.

The history and evolution of the U.S. Department of Veterans Affairs is inextricably intertwined and dependent on the history of America's wars, as wounded soldiers is the population the VA care for. The [list of wars involving the United States](#) from the American Revolutionary War to the present totals ninety nine wars. The majority of the [United States military casualties of war](#), however, occurred in the following eight wars: American Revolutionary War (est. 8000), American Civil War (218,222), World War I (53,402), World War II (291,567), Korean War (33,686), Vietnam War (47,424), Iraq War (3,836), War in Afghanistan (1,833). It is these wars that have primarily driven the mission and evolution of the VA. The VA maintains a detailed list of war wounded as it is the population that comprises the VA care system.

VETERANS

You have questions

VA has answers!

Call VA today at 1-800-MYVA411 (1-800-698-2411)

The Number to call when you don't know who to call.

You only need to remember one number for information on VA care, benefits, and services or to speak to a live agent for assistance!

1-800-MyVA411 serves all members of the Veteran and service member community seeking information or Assistance.

Call for helpful information on:

- * COVID-19 general information and updates
- * Health care eligibility and enrollment
- * VA benefits, such as disability, compensation & pension, education programs, caregiver support, insurance, home loans, & burial headstones and markers, among others.
- * The nearest VA medical centers, benefits offices, or cemeteries to Veterans
- * Directory assistance and connection to all VA contact centers and VA Medical Centers
- * Technical support for [VA.gov](#)
- * Debt and payment options
- * Immediate transfer to the Veterans Crisis Line or the National Call Center for Homeless Veterans

When you call **1-800-MyVA411** and **press 0**, you will reach a live agent for immediate assistance or connection to the right VA experts





**Connecticut
Flower & Garden Show
Connecticut Convention Center
February 24, 2022**

**Spectacular Landscaped Garden & Horticulture Competition by
the Federated Garden Clubs of Connecticut, Inc.**

Thursday, February 24, 2022

Spring in February arrives annually at the *Connecticut Convention Center*. Explore over 300 booths overflowing with fresh flowers, plants, herbs, bulbs, seeds, gardening books, garden equipment & much more. View beautifully landscaped gardens. Visit the Federated Garden Clubs of Connecticut design & horticulture competition. Attend over 80 hours of seminars and demonstrations.

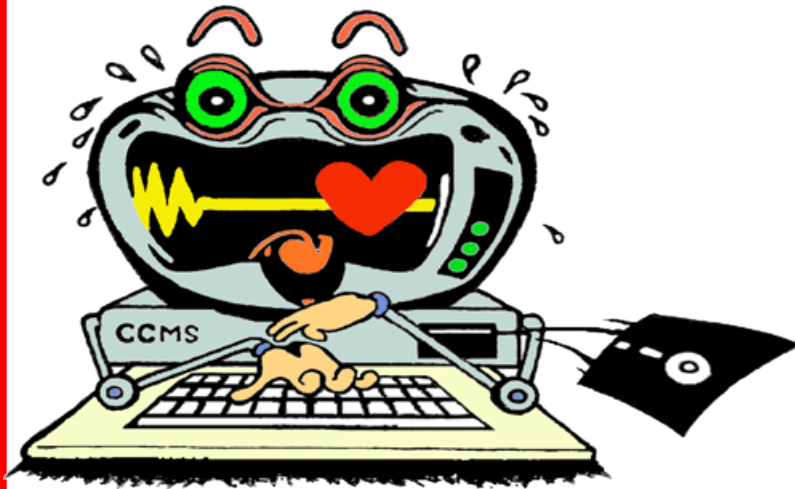
Seminar Topics: Containers, Floral Design, Garden Ornaments, Landscape Design, Native Plants, Organics, Pollinators, Perennials, Weed Prevention, Vegetable Gardening and many more.

\$21.00 all inclusive first 14 people to sign up with payment. \$23.00 per person for all others.

Call 203-577-4166 for more information or to reserve your seat.

Bus leaves Senior Center at 9:30am

Our computer technician would like to start a computer club for the Middlebury Senior Center.



We would like to begin our club exploring Ancestry .com, or family search.

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

You can also discuss other interests.

Middlebury Senior Center Investment Club



If you are one of many of us who watch the Stock Market and would like to invest and are interested in how an investments club works; you are invited to sit in at one of our meetings and see what it's all about.

The meetings are held monthly on the third or fourth Thursday of the month from 11am to 2pm in the Shepardson Community Building, 1172 Whittemore Road in Middlebury; Room # 26. Please call ahead 203-577-4166.

USED INK CARTRIGES



Don't throw your used ink cartridges away.

Please donate them to the Middlebury Senior Center,

We recycle.

Thank You

The Day After Christmas

*T'was the day after Christmas
I looked grimly around my house
Found bits of cheese and crackers
Being eaten by a mouse*

*The Christmas tree was surrounded by
Empty bottles and cans of beer
Amid broken ornaments and candy canes
While crumbs and spills were everywhere.*

*Approaching the fireplace, I was truly horrified
To find miniature Santa and his reindeer broken
Into a hundred little pieces - lining the mantle
Gone was Dasher, Dancer, Comet, even Vixen !*

*I wanted to escape for a long winter's nap
And leave behind this mess of past merriment
But instead I took a walk through falling snow
Then returned home, tripping on a heating vent!*

*I slowly got up and staggered toward the living
room
As a growing headache had my mind feeling tor-
ment
Brushing away food particles, I sat on the sofa
Where an end table beheld a blue - wrapped pre-
sent.*

*The contents of this gift surprised me
Bringing about a wide smile and even a tear
It represented the meaning of love and for-
giveness
And as my headache disappeared, my heart felt
cheer.*

*There was joy as I cleaned my entire house
I hope to see my girlfriend and make things
right
Because I am proposing to her on New Year's
Eve
So Happy Holidays, and may your new year be
bright. Ted Elliss*

AARP is going to provide some virtual courses

One of the reasons AARP are promoting the virtual classes is because we are unable to teach in person driver safety classes in most counties because they are high risk due to Covid.

Smart Driver Virtual Classes Q1 for Connecticut are scheduled as follows:

January 26,
February 23, and
March 23

All courses start at 12:30 and the course length is approximately 4 Hrs., 15 Mins.

Course registration information is available on Event at <http://aarp.cvent.com/dsvirtual>

Lunch & Learn

February 17, 2022

Our Lunch & Learn program will be re-
suming on Thursday, February 17, 2022 at
11:30am.

The topic will be "Love Languages"



The Middlebury Senior Center bus will be scheduling trips to Walmart in Naugatuck every third Thursday of the month. The bus will be leaving the senior center at 10:00am.

To reserve your seat please call
203-577-4166

Learn to Knit



Join us to learn about the benefits of this useful, satisfying hobby and its role in the cultural history of America. Demonstration, coaching and practice will focus on your acquiring a basic knitting skillset to producer even stitching. By the end of this course, you will be able to cast on, knit, purl, increase, decrease, and bind off using straight needles. You will also understand yarn labels and recognize abbreviations as well as practice reading patterns. Supplies will be provided. No prior experience needed. Limit (6)

All interested parties please call 203-577-4166 for more information.

Session 1

Benefits of Knitting
Cast On—Long Tail
Knit, Garter Stitch
Bind Off—Traditional
Colonial Times

Session 2

Cast-On—Knitted
Purl, Stockinette Stitch
Bind Off—Two Row
Westward Ho/1

Session 3

Cast On—Backward Loop
Ribbing: KiP1 and K2P2
I-Cord bind Off
The Blue and the Gray

Session 4

Cast-On — Chained/Crochet (Provisional)
Seed (Small, Seed (Large)
Moss, Double Moss
Bind Off — Chained/Crochet
Men in Knitting

Session 5

Cast On—Old Norwegian
Increases: Kfb, M1 (L&R), Yarnover
Bind Off—YarnOver
The age of Sportswear


Session 6

Slip Stitch
Decreases — K2T, SSK, SKPSSO
Pattern Reading
Today's Knitting Community

Middlebury Senior Center

1172 Whittemore Road

Middlebury, CT 06762

Minibus operates 8:30 AM to 2:30 PM - 2 day notice required				Middlebury Senior Center 203-577-4166
JANUARY 2022				
Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
9:00 Billiards 10:00 Mah Jongg 9:30 Pilates 11:00 Adult Strenghtening 1:00 Knitting & Crochet	9:00 Billiards 9:30 Computer Training 9:30 Yoga 10:00 Mah Jongg 10-12 Blood Pressure Screen 12:30 Bridge Club 1:00 Mah Jongg	8:15 Tai Chi 9:00 Billiards 9:30 Computer Training 9:30 Tai chi 10:30 Mah Jongg-classes 11:00 Pilates 11:30 Grab & go Lunches	9:00 Billiards 9:30 Computer Training 10:30 Mah Jongg 1:00 Mah Jongg	9:00 Billiards 9:30 Painting class
	Computers by Appointment	Computers by Appointment	Computers by Appointment	
10	11	12	13	14
9:00 Billiards 10:30 Mah Jongg 9:30 Pilates 2:30 Knitting & Crochet	9:00 Billiards 9:30 Computer Training 9:30 Yoga 10:00 Mah Jongg 10-12 Blood Pressure Screen 12:30 Bridge Club 1:00 Mah Jongg	8:15 Tai Chi 9:00 Billiards 9:30 Computer Training 9:30 Tai chi 10:30 Mah Jongg-classes 11:00 Pilates 11:30 Grab & go Lunches	9:00 Billiards 9:30 Computer Training 10:30 Mah Jongg 1:00 Mah Jongg	9:00 Billiards 9:30 Painting class
	Computers by Appointment	Computers by Appointment	Computers by Appointment	
17	18	19	20	21
 Center Closed	9:00 Billiards 9:30 Computer Training 9:30 Yoga 10:00 Mah Jongg 10-12 Blood Pressure Screen 12:30 Bridge Club 1:00 Mah Jongg	8:15 Tai Chi 9:00 Billiards 9:30 Computer Training 9:30 Tai chi 10:30 Mah Jongg-classes 11:00 Pilates 11:30 Grab & go Lunches	9:00 Billiards 9:30 Computer Training 10:30 Mah Jongg Trip to Walmart 11:00 Investment Club 1:00 Mah Jongg	9:00 Billiards 9:30 Painting class
	Computers by Appointment	Computers by Appointment	Computers by Appointment	
24	25	26	27	28
9:00 Billiards 10:30 Mah Jongg 9:30 Pilates 2:30 Knitting & Crochet	9:00 Billiards 9:30 Computer Training 9:30 Yoga 10:00 Mah Jongg 10-12 Blood Pressure Screen 12:30 Bridge Club 1:00 Mah Jongg	8:15 Tai Chi 9:00 Billiards 9:30 Computer Training 9:30 Tai chi 10:30 Mah Jongg-classes 11:00 Pilates 11:30 Grab & go Lunches	9:00 Billiards 9:30 Computer Training 10:30 Mah Jongg TRIP TO BOSCOV's 1:00 Mah Jongg	9:00 Billiards 9:30 Painting class
	Computers by Appointment	Computers by Appointment	Computers by Appointment	
31				
9:00 Billiards 10:30 Mah Jongg 9:30 Pilates 2:30 Knitting & Crochet				