

# SENIOR NEWSLETTER

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

E-mail: [jcappelletti@middlebury-ct.org](mailto:jcappelletti@middlebury-ct.org)  
Hours: Monday through Friday 9:00am—1:00pm

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



## Department of Social & Elderly Services

### Mission Statement

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

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

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

January  
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

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

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



### **Notifying the Public Under Title VI**

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

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

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

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

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

### **Weather in January in Middlebury**

The average temperature in Middlebury in January year of 2023 is +34°F. Interesting that the average daytime temperature is +36°F while the average nightly temperature is +30°F. The January hottest day is the 28th January (Afternoon) with a temperature of about +55°F. The coldest day in Auckland in January 2023 is 30th January (Overnight). The temperature at that time is +12°F.

As an Occasional cloudy month, January 2023 has 9 days with precipitation.  
**From the Farmer's Almanac**

“What we hear more often than not is how much snow will you get? When will the winter storm warnings start? (And when will it end!?) Well, according to our extended forecast, there should be quite a few significant winter weather disturbances nationwide in 2022-2023. A few of these dates include:

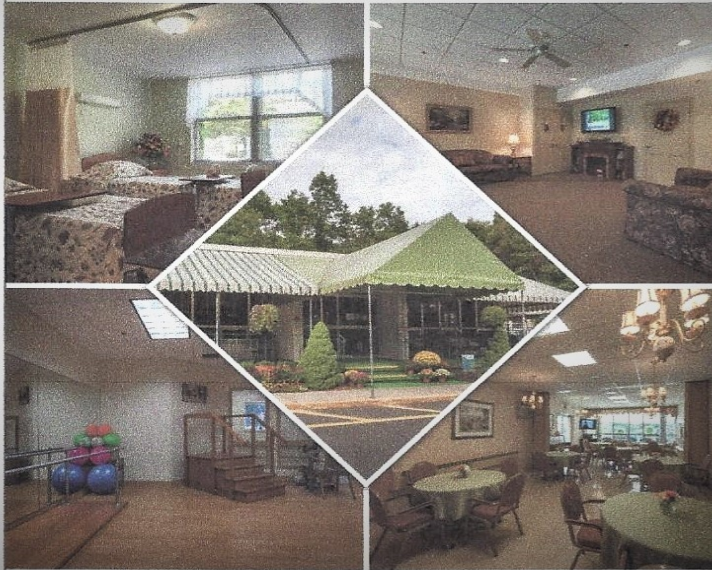
- 1) The first week of January in the Rockies and across the Plains. During this time, we see good potential for **heavy snow that may reach as far south as Texas and Oklahoma, followed by a sweep of bitterly cold air.**
- 2) **January 16-23**, we'll raise another red flag for bouts of **heavy rain and snow across the eastern two-thirds of the country** followed by what might be one of the **coldest outbreaks of arctic air we have seen in several years.** How cold? Try 40 degrees below zero!”






midconhome.com  
203.758.2471

Family Owned and Operated



Offering Short & Long Term Care

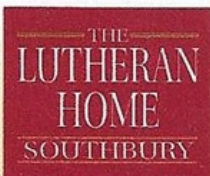
778 Middlebury Road, Middlebury | 203-758-2471 

# Get READY FOR HOME at Lutheran Home

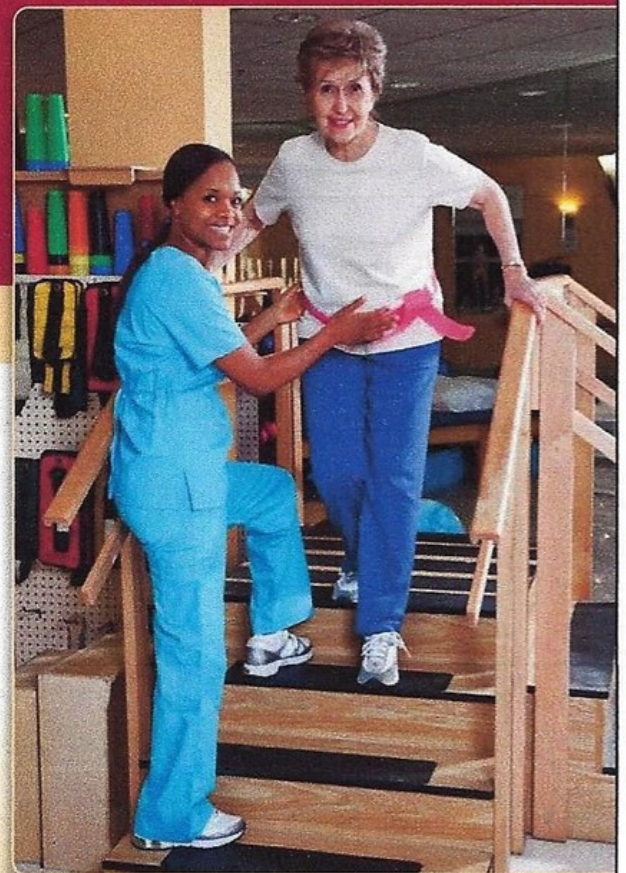
**2016 5-STAR MEDICARE RATING**

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



## GUIDELINES FOR MINI-BUS PASSENGERS

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

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

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

The following must be observed:

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

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

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

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

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

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

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

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

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_

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

Department of Social Services  
1172 Whittemore Road  
Middlebury, CT 06762



# **GWDT**

## **Dial – A – Ride**

**One day a week each municipality will have the**

***Dial-A-Ride Transportation***  
**Available for eligible**

**Seniors (ages 60 & Over) and the Disabled.**

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

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

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

**First Come, First Served**

**Cheshire Middlebury Naugatuck Prospect Waterbury Watertown  
Wolcott**



## MIDDLEBURY HOUSING REHABILITATION LOAN PROGRAM INFORMATION (funding provided by Connecticut Department of Housing )

The Town of Middlebury has Community Development Block Grant funds available for income eligible residential property owners for housing rehabilitation.

Types of work that may be eligible for funding include the correction of health and safety violations, code compliance, roofing, carpentry, electrical work, pining, plumbing, heating, and other non-luxury work subject to approval of the Town.

### Application & Eligibility

All applications must be fully completed and returned to the address listed on the back of the application. Applications are reviewed on a first come first serve basis.

Eligibility is based on a combination of household size and annual household income. Income documentation for each of the household residents over the age of 18 must be submitted with the application. This documentation must include copies of the last 4-6 week stubs, the most recent Federal tax return, social security documentation, or other pertinent income verification. All tax returns must be signed.

The income limits, which determine Program eligibility, differ for each community. In the Town of Middlebury based on your household size, you may be eligible for a deferred loan if your annual household income is at or below the following amounts:

<u>Household Size</u>	<u>Income Limits</u>
1	\$47,600
2	\$54,400
3	\$61,200
4	\$68,000
5	\$73,450
6	\$78,900
7	\$84,350
8	\$89,899

\*Income limits are subject to periodic change.

**Applications and information regarding this program are available at the  
Middlebury Department of Social Services**

**1172 Whittemore Road**

**Middlebury, CT 06762**

**203-577-4166 EXT. 3**





## Message from our Nurse Diane Morotto:

### NEW YEARS RESOLUTIONS FOR SENIORS

The new Year is a chance to make changes, live a healthier life and feel better and happier about you!

Simple changes can and may have a positive impact on your health and overall well being. So, consider these simple changes:

1. Improve your diet: as we get older we need fewer calories from healthier foods. You can eat meat or fish with less fat, such as chicken, turkey, salmon or tuna. You can increase your deep colored fruits and vegetables like spinach, kale, carrots and oranges. You can eat less processed sugar foods like desserts. You can chose fiber rich carbs like whole grain bread, pasta or brown rice.
2. Get more active: since, with aging, comes a loss of muscle mass and mobility. Good examples are yoga, tai chi or just walking. If you have aching joints you can give aqua aerobics a try.
3. Give your brain a workout. Reading is a good choice. Also socializing more gives your brain a boost. Consider a fun group or club at the library or senior center. Remember that laughter is the best medicine.

Start the New Year off on the right foot. Set yourself a goal that will increase your quality of life in one way or another.

Always try to keep a positive attitude and plan for the future

Have a healthy and happy 2023!



## Commission on Aging



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

All interested persons are welcome to attend.

## 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.

## **In This New Year**

Another new year comes  
Leaving behind a history  
Of challenges, losses, successes  
With much moving forward with its stresses  
And clouds of uncertainties...

As we face the inevitabilities  
That happen by nature or human will  
Of what must be - though shouldn't  
Of what will be - with resigned consent  
There is one thing we have...

In our hearts and minds  
We have something powerful called Hope  
So let us Hope for ourselves and others  
For our nation's sisters and brothers  
And for global peace between us all.

Ted Elliss

## **Contacting our office is easy!**

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

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

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



# 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](http://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



## 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 January 11, 2023

## Yoga



Tuesdays at 9:30 to 10:30

Helene Korchin instructor for our Yoga classes.

The next class will begin on Tuesday, January 24, 2023. The fee for Yoga is \$30 for 6 classes

## Calling all Crafters



Knitters and Crocheters are meeting on Monday afternoon at 1pm at the Shepardson Community Building.—Bring your own supplies or materials can be supplied— There is no charge for this class

## Tai Chi



Wednesdays; 8:15 and 9:45am

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

The next class will begin January 4, 2023.

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

Join our evening class. Thursdays 6:30pm



## Attention All Artists Open Studio

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

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

\$5 drop in fee. Sign up in the office or call 203-577-4166.

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



## ANCESTRY WORKSHOP

Our computer technician, Sean Howard, started a computer club for the Middlebury Senior Center.

Our club is now exploring Ancestry.com, or family search.

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

Sean also gives one on one instructions to any who would like to learn anything to do with computers, android or iPhones, or iPad.

You can also get your devices checked and repaired for viruses and malware.

There will be another class beginning on Thursdays at 11am.

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

Cost is \$25 per person for 4 classes

203-577-4166 ext. 4 to enroll



### **Please donate your used ink cartridges**

The Middlebury Senior Center

Recycles

Thank you



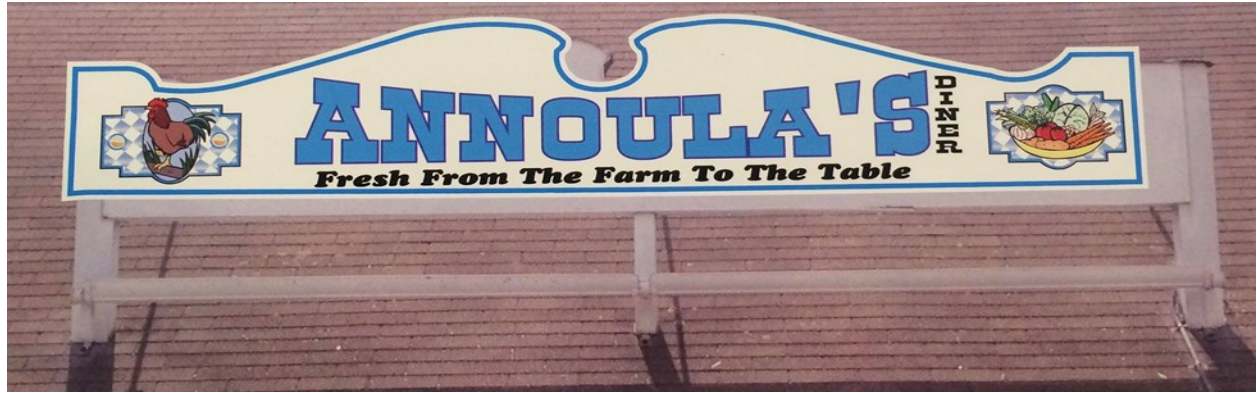
### **Middlebury Senior Center**

#### **Investment Club**

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

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





## MIDDLEBURY SENIOR CENTER

### GRAB-N-GO Lunches from Annoula's Restaurant

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

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

**(Every Wednesday in January at 11:30am)**

**For the month of January:**

**January 4**– Mediterranean Chicken, roasted potato, veg OR Meatloaf, roasted potato, vegetable

**January 11** - Shepherd's Pie, vegetables OR Chicken Marsala, mashed potato and vegetables.

**January 18** - Chicken Pot pie, vegetables OR Mediterranean Chicken, roasted potato, vegetable.

**January 25** - Spinach salad plate OR Chopped sirloin with mushroom gravy, roasted potato and vegetable.

#### **PLEASE NOTE:**

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

Please call the Senior Center to put in your order: **203-577-4166 ext. 1 or 2**

# The Senior Dine Program



© CanStockPhoto.com - csp33348710

The Senior Dine Program is sponsored by New Opportunities, Inc. and funded by Title III C of the Older Americans Act through the Western CT Agency on Aging. The actual cost of the Meal exceeds \$10, however the difference between the actual cost and the donation is paid for with federal funds. All menus are developed with the restaurant owners and meet federal and state nutritional requirements for Seniors. If you don't already have a card registration & using the card is easy:

1. The initial registration for Senior Dine must be done in person
2. You can do your registration at the Middlebury Senior Center office Rm. 20.
3. During registration, you will complete a brief intake form. You will submit an order form and provide your first donation based on the number of meals you would like.
4. All future meal orders can be placed via mail or in person. It will take approximately 5 days for mailed orders to be reflected on your card.
5. You can use your card at any participating location during their Senior Dine hours. (see below)
6. Present your card to your server prior to ordering. Your server will provide you with a Senior Dine Menu. No substitutions, no take outs.
7. Your server will scan your card, and can provide the # of meals left on your card.
8. Once you are down to "2 credits", the restaurant device will display a "recharge" prompt reminding you to order more meals on your card.
9. The suggested donation per meal is \$3.50 — \$5.00. Actual value of most meals is \$10.00.
10. Please remember to tip your server based on the full-value of the meal!

## SENIOR DINE PARTICIPATING RESTAURANTS:

**WATERBURY:** **AMALFI'S** Restaurant, 580 Wolcott Rd, Wolcott, CT

**Tuesday thru Friday; 12pm to 4pm / 203-755-5554**

**Monteiro's**, 161 Fairfield Ave.

**Monday thru Friday 6am to 2pm—203-573-0645**

**Paba's Restaurant**; 1215 Thomaston Ave.

**Tuesday to Friday 6am to 2pm —203-753-8545**

**I HOP** 495 Union St. — 203-573-8822

**Monday thru Friday—7am to 9pm**

**WOODBURY:** Annoula's Diner 740 Main St South 203-586-1148

**Monday thru Friday 7:30 am to 2:30pm**

**BETHLEHEM:** Nick's Country Kitchen 3G Flanders Road —203-266-7317

**Monday thru Friday — 6am to 2pm**

**WATERTOWN:** Gayle's Farm Shoppe 51 Depot St. 860-274-7353

**Monday thru Friday; 7am to 2pm**



## BLOOMIN' 4 GOOD PROGRAM

MIDDLEBURY FOOD BANK  
1172 Whittemore Rod  
Middlebury, CT 06762  
203-577-4166  
[jcappelletti@middlebury-ct.org](mailto:jcappelletti@middlebury-ct.org)

The Middlebury Food Bank Celebrates Selection as a Stop & Shop Bloomin'4 Program Beneficiary.

Middlebury CT – Middlebury Food Bank has been selected as a beneficiary of the Stop & Shop Bloomin' 4 Good Program for the month of January.

The Stop & Shop Bloomin' 4 Good Program, which launched in February 2021, is an easy way for shoppers to give back. Every \$10.99 bouquet in the sleeve marked "Bloomin'4Good" sold supports a hunger organization local to the Stop & Shop in which it was purchased.

Middlebury Food Bank was selected as the January beneficiary by local store leadership at the Stop & Shop located at 727 Rubber Ave in Naugatuck CT. The Middlebury Food Bank will receive a \$1 donation for every \$10.99 bouquet in the sleeve marked "Bloomin' 4 Good" purchased at this Stop & Shop location in January.

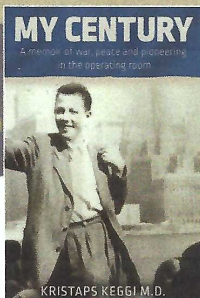
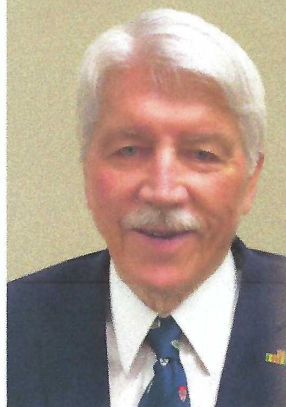
"Flowers can make someone's day, brighten a room or spread a smile," said JoAnn Cappelletti, Executive Director of the Middlebury Food Bank. "Now they can fight hunger, too. Purchase a Bloomin'4Good Bouquet at the Naugatuck Stop & Shop in January to help fight hunger. "Every bouquet sold will feed 10+ people in need."

Middlebury Food Bank is a nonprofit based in Middlebury, CT. Founded in 1997, the Middlebury Food Bank has clothed and fed the needy in our community and beyond. Learn more about the Middlebury Elderly and Senior Center by visiting [www.middlebury-ct.org](http://www.middlebury-ct.org).

For more information about the Stop & Shop Bloomin' 4 Good Program, please visit [stopandshop.2givelocal.com](http://stopandshop.2givelocal.com).



# Join Dr. Kristaps J. Keggi



for an author talk and book signing event  
about his memoir *My Century*

*“Kristaps Keggi is the epitome of the  
American dream.”*

— SENATOR JOHN BARRASSO

**January 12th at 12:30 pm**

**Middlebury Senior Center**

**1172 Whittemore Rd.**

**Middlebury, CT 06762**

**For more information call 203-577-4166**

Books will be available for purchase for \$19.50.

Dr. Keggi will be available to personalize and sign a copy for you.

If you are unable to attend and would like to purchase a copy of the book scan the QR Code with your smartphone camera or search for *My Century* on Amazon.





## Social Security Checks to Jump

### Analysts expect biggest benefit bump in 40 years!

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

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

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

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

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



## SOME MEDICARE PREMIUMS TO DROP

\$164.90 Medicare Part B’s standard monthly premium in 2023

Medicare PART B’s premium will fall to \$164.90 in 2023, a \$5.20 decrease from this year—welcome news after 2022, when the Centers for Medicare and Medicaid Services (CMS) hit beneficiaries with the highest-ever increase.

Part B covers doctor visits, diagnostic tests and other outpatient services. Most Medicare beneficiaries have Part B premiums deducted directly from their monthly Social Security payments, which will rise next year by 8.7% because of this year’s inflation.

There is more good news for some Medicare users: The average monthly premium for a Medicare Advantage plan is expected to decrease to \$18 in 2023, down nearly 8% from 2022. CMS projects that 31.8 million people will be enrolled in these private insurance plans in 2023.

CMS also announced that the average monthly premium for Part D prescription drug plans will decrease slightly, from \$32.08 in 2022 to \$31.50 in 2023.

And the annual Part B deductible for 2023 is also decreasing to \$226. That’s a \$7 decline.

## You may be eligible for a free Assurance Wireless lifeline



### Lifeline eligibility

Enrollment in this government benefit program is available to individuals who qualify based on federal or state-specific eligibility criteria. You may qualify for Assurance wireless Lifeline if you participate in any of the following government programs:

1. Food Stamps/SNAP
2. Supplemental Security Income (SSI)
3. Veterans Pension benefit or Survivors Pension
4. Medicaid
5. Federal Public Housing Assistance or Section 8
6. You may also qualify based on household income which is 145% of Federal Poverty Guidelines

The affordable Connectivity Program (ACP) ([/acp/affordable-connectivity-program](https://www.fcc.gov/affordable-connectivity-program))

You may qualify for Assurance Wireless Unlimited under the Affordable Connectivity Program if you participate in any of the following government programs:

1. Food Stamps/SNAP
2. Supplemental Security Income (SSI)
3. Veterans Pension benefit or Survivors Pension
4. Medicaid
5. Federal Public Housing Assistance or Section 8
6. The free and reduced-price school lunch program or the school breakfast program, including through the USDA Community Eligibility Provision, for the 2020-2021, 2021-2022 school year.
7. Federal Pell Grant during the current award year
8. The Special Supplemental Nutrition Program for Women, Infants and Children (WIC)
9. You may also qualify based on household income which is 200% of Federal Poverty Guidelines

If you **ONLY** qualify for ACP, or want to apply with Assurance Wireless only for ACP, you'll need to take 2 steps to apply.

First, go to (<https://acpbenefits.org/>) and go to National Verifier website to get approved for ACP.

Once you have been approved, call 833-930-3673 and they will help you enroll in Assurance Wireless Unlimited.

## PAY LESS OR GET FREE INTER- NET ACCESS



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

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

\$75 per month households on qualifying Tribal lands.

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

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

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



## NEW EVIDENCE:

### Walking May Cut Dementia Risk



That step counter on your smartphone could improve your chances of avoiding dementia, according to a large-scale study recently published in MAMA Neurology.

The key finding: Walking 9,800 steps a day reduces your risk of cognitive impairment by as much as half. And walking 3,800 steps a day improves your chances of avoiding dementia by 25%.

Researchers in Australia and Denmark monitored the daily step counts of more than 78,000 adults between ages 40 and 79. After a seven year period, researchers found a lowered risk of cognitive impairment among those who hit the step goals.

"I think this reinforces recommendations that we can make to people that walking is likely to be beneficial," says Ronald Petersen, M.D., director of the Mayo Clinic Alzheimer's Research Center.

## VETERAN'S CORNER

You have questions? VA has answers!



Call VA today at 1-800-MyVa411 (1-800-698-2411). The number to call when you don't know who to call.

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

1/800\*MyVA411 serves all members of the Veteran and service member community seeking information or assistance.

#### Call for helpful information on:

- COVID-19 general information and updates
- Health care eligibility and enrollment
- VA benefits, such as disability, compensation & pension, education programs, caregiver support, insurance, home loans, & burial headstones and markers, among others.
- The nearest VA medical centers, benefits offices, or cemeteries to Veterans
- Director assistance and connection to all VA contact centers and VA Medical Centers
- Technical support for VA.gov
- Debt and payment options

# AARP Driver Safety Program

Thursday, January 26, 2023  
9:00am



The AARP Driver Safety course is the nation's first and largest driver refresher course. The course covers:

- Learn new defensive driving techniques
- Refresher in new laws and regulations
- How to deal with aggressive drivers
- How aging affects reaction time, seeing and hearing

New materials and new videos

Drivers who attend this class will receive a completion certificate and may be entitled to a discount on automobile insurance (contact your insurance company for details).

The cost to participate is only \$20.00 for AARP members and \$25.00 for AARP non-members. All checks must be made out to "AARP"

Please call 203-577-4166 to register  
AARP membership is not required and drivers of all ages are invited to attend.

## **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**

**If interested, please sign up in the office**

**203-577-4166**

**There is a \$5 fee per session**

## WINTER PROTECTION PLAN

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

The Winter protection Plan protects your service from being shut off from November 1, 2019 through May 1, 2020 with no late payment charges. This must be renewed annually. Applications for Shutoff Protection can also be completed while applying for public energy assistance through Middlebury Social Services at 203 -577-4166 ext. 707.

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

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

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

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

## Eversource's

### Matching Payment Program:

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

Here's how it works.

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

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

To be eligible:

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

Your household income must be at or below 60 percent of the estimated state median income:

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

- You must have CEAP energy assistance funds applied directly to your Eversource account.

You must continue to pay your payment arrangement amount on time each month.

If you cannot afford your required monthly payment, please call us at 800-286-2828 to see if you qualify for a reduced payment (Below Budget Payment). If you're eligible, we will refer you to your local Community Action Agency to help you process an application (Below Budget Worksheet).





A program of the Department of Aging and Disability Services, Services, Community Living Division, CT Tech Act Project

The goal of the **Access Through Technology** program is to ensure that every person with combined hearing and vision loss has access to telecommunication equipment and necessary training, granting every individual the opportunity to interact and communicate with the world around them.

This program is open to CT residents who are Deaf-Blind and meet the income eligibility guidelines. Evaluation, provision of equipment and training to effectively access telecommunication services, internet access services and advanced communications are **free**.

Examples of equipment that may be provided include:



- \* Smartphones,
- \* tablets,
- \* laptops,
- \* magnification software,
- \* amplified telephones,
- \* Braille keyboards, and more



Visit [www.cttechact.com/att](http://www.cttechact.com/att) for more information or to download our application.

Contact us at: 860-424-5619 (voice) or 860-876-9595 (voice or text)

Access Through Technology is a program within the CT Tech Act Project and is funded by the Federal Communications Commission (FCC) National Deaf Blind Equipment Distributions Program



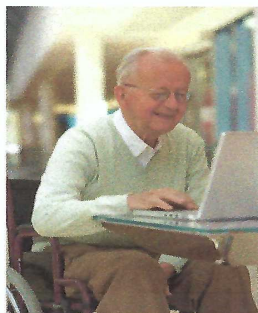
# Connecticut Tech Act Project

## Assistive Technology Loan Program (ATLP)

**What is the Assistive Technology Loan Program (ATLP)?** ATLP is a financial loan to help purchase AT devices and services which can be repaid at a lower monthly fee.

**Who can apply for a loan through ATLP?** Any individual with a disability that permanently affects the major life activity and who has been a resident of Connecticut for at least one year, or parents, guardians, family member or legal representative of the person with a disability can apply for a loan.

**What can ATLP be used for?** The ATLP can be used for broad range of assistive technology devices and services such as:



- wheelchairs and scooters
- braille notetakers and equipment
- hearing aids
- augmentative communication devices
- daily living aids
- computers and accessories
- adaptive software
- minor home modification equipment, i.e.: ramps or stair lifts
- modified or adapted motor vehicles
- service animals
- evaluations or training to learn to use an AT device, and more.

**How much and for how long?** AT loan amounts can range from \$500 to \$30,000 and from 1 to 10 years.

**To get started** visit [www.CTTechAct.com/loan](http://www.CTTechAct.com/loan) to learn more or to download an application.

**Contact us at:**

Voice/Text: 860-876-9595

Website: [www.CTtechact.com/loan](http://www.CTtechact.com/loan)



*The Connecticut Tech Act Project is a program of the Department of Aging and Disability Services, Community Living Division.*

### FREE COVID-19 TESTS:

For free COVID-19 test please go to

[Www.covid.gov/test](http://www.covid.gov/test)

You will be sent tests in the mail until supplies last.

# *Operation Fuel, Winter/Spring Program season opens on December 19, 2022*

Before you apply for Operation Fuel assistance, you need to gather proof of the last four weeks of income for all household members, the name of your fuel vendor (if you are a deliverable fuel customer), or your utility bill and payment history (if you are an electric, gas, and water customer).

Below are the income limitations per household.

Family Size	75% State Median
1	\$ 48,783.93
2	\$ 63,794.37
3	\$ 78,804.81
4	\$ 93,815.25
5	\$ 108,825.69
6	\$ 123,836.13
7	\$ 126,650.59
8	\$ 129,465.05

For an appointment, please call 203-577-4166



## **ENERGY ASISTANCE PROGRAM**

The Middlebury Social Services office will be taking applications for the 2022-23 Energy Assistance program. Please bring with you all proofs of income, SNAP (food stamps) documentation, bank statements, fuel vendor and copy of your energy bill, also number of persons in your household and their income, social security numbers and date of birth.

Notable dates:

November 1, 2022: First day for fuel deliveries that can be paid by the program

March 15, 2023: Deadline for fuel authorizations or deliveries.

May 31, 2023: Last day that a household can apply to establish its eligibility for benefits.

June 16, 2023: Last day to submit deliverable fuel bills.

All other questions please call 203-577-4166 ext. 1



## YOUR SOCIAL SECURITY CHECK IS GETTING BIGGER

(just in time)



Beginning next month, Social Security beneficiaries will receive 8.7% increase in monthly checks—a welcome relief for retirees fighting the ravages of inflation.

This is the largest cost-of-living adjustment (COLA) since 1981 and will add \$146 to the average retired Social Security recipient's monthly benefit, says the Social Security Administration.

The agency began adjusting Social Security benefits for inflation in 1975 to ensure that the buying power of monthly checks did not evaporate as prices inevitably rose.

The amount of the adjustment is the difference between the average consumer price index for urban wage earners and clerical workers for the third quarter of 2022 from one year to the next. That's economist talk for the rise in price of select goods and services tracked by the U.S. Bureau of Labor Statistics.

These larger Social Security checks will reach millions of older Americans who have seen their cash needs grow these past few years due to levels of inflation not seen in decades. The extra money can be a critical lifeline for those on fixed incomes. How critical? Social Security is the largest source of retirement income for most Americans. It provides nearly all income for 1 in 4 seniors. The guaranteed benefit that Social Security provides is essential to their livelihood.

People collecting SSDI or SSI that Social Security administers for people largely unable to work, will also get the increase, as will veterans who receive disability benefits and retirement pay.

In addition to this increase, the Centers for Medicare and Medicaid Services announces a rare decrease in Medicare Part B premiums and deductibles. Also, for those enrolled in Medicare part D, most vaccines will be free and insulin copays will be capped at \$35 per month.



## SHOPPING TRIPS FOR January

The Middlebury Senior Center bus will be scheduling trips to Walmart in Naugatuck Thursday, January 19, 2023. Also, the first and third Friday of the month, to Shop Rite in Southbury, January 6, and 20, 2023.

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

To reserve your seat please call

203-577-4166





**January:** Welcome in the New Year with Hoppin' John, a traditional New Year's Day dish, and luck will follow you all year long!

Hoppin' John is a dish traditionally eaten in the southern United States on New Year's Day.

Dating back to the early 1800s, it is made with black-eyed peas (aka cow peas), rice, and meat (usually pork, in the form of bacon or ham). The meal can also include collard and corn bread. Named after a handicapped man who cooked and sold the dish in Charleston, South Carolina, in 1841.

The ingredients in Hoppin' John have symbolic importance, and eating this dish on New Year's Day portends good fortune in the new year:

**Black-eyed peas:** represent coins

**Collard greens:** represent greenbacks (dollars or cash)

**Corn bread:** represents gold

**Pork:** recall the cheap cuts of meat provided to enslaved people

**Tomatoes:** (if used) represent health

Sometimes the cook slips a dime into the dish before serving. It is said that wealth awaits the diner who gets the dime (and hopefully not a chipped tooth).

The first appearance of the recipe for Hoppin' John occurred in 1847 in a book titled "*The Carolina Housewife*"

Ingredients:

4 thick cut bacon slices, chopped

½ cup yellow onions, chopped

1/2 cups cooked black-eyed peas or 2 pkgs (10oz) frozen black-eyed peas

½ cup white rice (Carolina Gold rice preferred)

¼ teaspoon crushed red pepper flakes (or cayenne pepper)

¼ teaspoon kosher salt

1/8 teaspoon freshly ground black pepper

Directions:

In a Dutch oven, cook bacon.

Add onions until bacon is crisp and onions are soft.

Add Black-eyed peas, rice, 1 cup of water, and red pepper flakes.

Cover and simmer over low heat until rice is cooked, about 20 to 25 minutes.

Toss with salt and pepper and serve immediately.



# Middlebury Senior Center

## 1172 Whittemore Road

### Middlebury, CT 06762

Pool Table Available daily		<b>January 2023</b>			Middlebury Senior Center
					203-577-4166
Monday	Tuesday	Wednesday	Thursday	Friday	
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	
 <b>Center Closed</b>	9:00 Billiards	9:00 Billiards	9:00 Billiards	9:00 Billiards	
	9:30 Computer Training	9:30 Computer Training	9:30 Computer Training	9:30 Painting Class	
	9:30 Yoga	9:30 Computer Training			
	10:30 Open Studio		10:00 Mah Jongg	<b>Shop-Rite Shopping</b>	
	10-12 Blood Pressure Clinic	10:30 Mah Jongg			
	10:30 Mah Jongg	11:00 Pilates			
	1:00 Mah Jongg	11:30 Grab & Go	1:00 Mah Jongg		
			5:30 Tai Chi PM		
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	
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 Bridge Club	9:30 Yoga	9:30 Computer Training			
10:00 Mah Jongg	10:30 Open Studio	9:30 Tail Chi	10:00 Mah Jongg		
11:00 Adult Strenthening	10-12 Blood Pressure Clinic	10:30 Mah Jongg	<b>Dr. Keggi Book signing</b>		
1:00 Knitting & Crochet	10:30 Mah Jongg	11:00 Pilates	12:30		
	1:00 Mah Jongg	11:30 Grab & Go			
		1:00 Polish Poker	1:00 Mah Jongg		
			5:30 Tai Chi PM		
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	
 <b>Center Closed</b>	9:00 Billiards	8:15 Tai Chi	9:00 Billiards	9:00 Billiards	
	9:30 Computer Training	9:00 Billiards	9:30 Computer Training	9:30 Painting Class	
	9:30 Yoga	9:30 Computer Training	10:00 Mah Jongg		
	10:30 Open Studio	9:30 Tail Chi	11:00 Investment Club	<b>Shop-Rite Shopping</b>	
	10-12 Blood Pressure Clinic	10:30 Mah Jongg	Walmart		
	10:30 Mah Jongg	11:00 Pilates			
	1:00 Mah Jongg	11:30 Grab & Go	1:00 Mah Jongg		
			5:30 Tai Chi PM		
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	
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 Bridge Club	9:30 Yoga	9:30 Computer Training			
10:00 Mah Jongg	10:30 Open Studio	9:30 Tail Chi	10:00 Mah Jongg		
11:00 Adult Strenthening	10-12 Blood Pressure Clinic	10:30 Mah Jongg	<b>AARP Drive Safe class</b>		
1:00 Knitting & Crochet	10:30 Mah Jongg	11:00 Pilates	<b>9am - 1pm</b>		
	1:00 Mah Jongg	11:30 Grab & Go			
			1:00 Mah Jongg		
			5:30 Tai Chi PM		
<b>30</b>	<b>31</b>				
9:00 Billiards	9:00 Billiards				
9:30 Pilates	9:30 Computer Training				
10:00 Bridge Club	9:30 Yoga				
10:00 Mah Jongg	10:30 Open Studio				
11:00 Adult Strenthening	10-12 Blood Pressure Clinic				
1:00 Knitting & Crochet	10:30 Mah Jongg				
	1:00 Mah Jongg				