

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.

February 2022

Department Staff

JoAnn Cappelletti	Director
Ashley Norton	Dispatcher/Office
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

The Middlebury Senior Center will be closed on Friday, February 11, 2022 in observance of Lincoln's Birthday,



The Middlebury Senior Center will be closed on Monday, February 22, 2022 in observance of Washington's Birthday,






midconhome.com
203.758.2471

Family Owned and Operated



Offering Short & Long Term Care

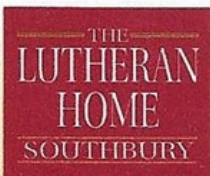
778 Middlebury Road, Middlebury | 203-758-2471 

Get READY FOR HOME at Lutheran Home

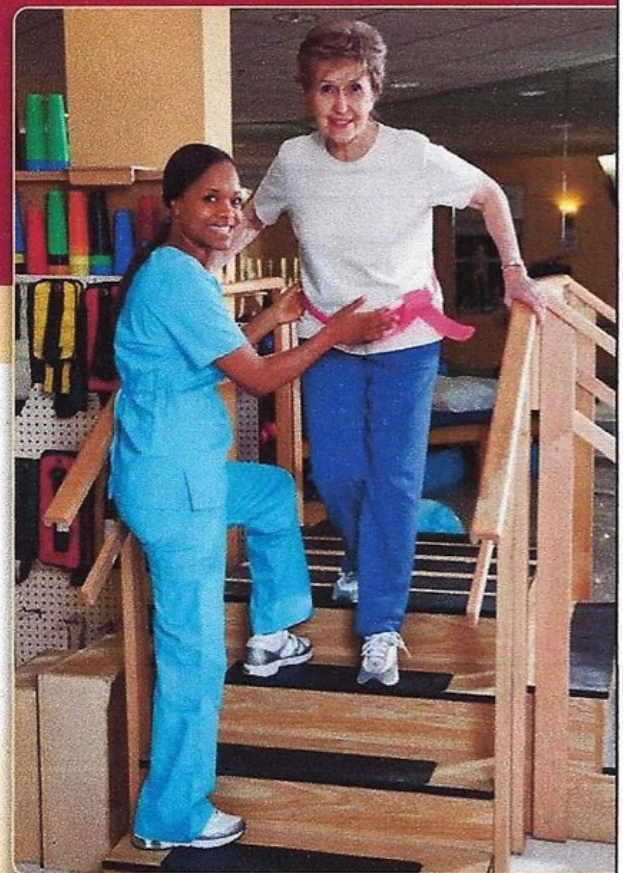
2016 5-STAR MEDICARE RATING

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**

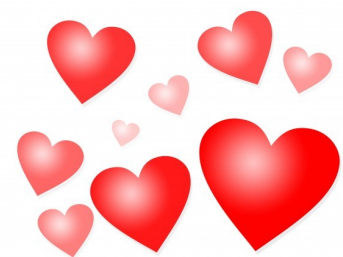
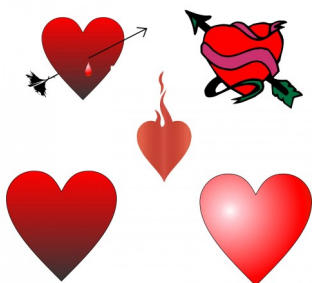


Message from our Nurse Diane Morotto:

February brings to mind Valentine's Day, hearts and love. So, let's discuss 9 ways to keep your heart healthy.

1. Cut down on salt, a diet high in salt can likely raise your blood pressure which increases your risk of heart disease or stroke.
2. Eat less sugar. A high sugar diet can lead to weight gain which, again, can raise your blood pressure and lead to diabetes and heart disease.
3. Limit saturated fats. For example, butter, margarine, fatty meats, dairy fats and processed food can raise cholesterol levels. Also, try to grill, steam or air fry foods instead of frying.
4. Go for more fish. Salmon and tuna are rich in Omega-3 fatty acids, also veggies like spinach, walnuts, flaxseed, pumpkin seeds are good sources of omega-3's.
5. If you're a smoker, QUIT. This is one of the main causes of heart disease. Smoking damages the lining of your arteries and decreases the amount of oxygen in your blood which can raise blood pressure.
6. Fill up on fruits and veggies. The vitamins, minerals, such as potassium, and fiber all are so beneficial to muscles and nerves in the body.
7. Limit alcohol. Too much alcohol can increase blood pressure, cause abnormal heart rhythms, and damage the heart muscle.
8. Increase exercise. Aim for 150 minutes a week. A little time each day will add up quickly.
9. Keep stress under control. If you are anxious and stressed you are more likely to overeat, drink, smoke or skip exercise.

So, when you see the pink and red hearts all around in February, give a thought to your own beautiful heart!



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.

HELP

Middlebury Senior Center needs your help.

If you have an account at the ION bank please vote for us to receive an award for our Senior Center.

Go to <https://cap.ionbank.com/CAP>

Choose the Middlebury Senior Center option and add your information in the places provided. If you need help in doing this please call 203-577-4166 and we will be happy to assist you.

This program is active from February 1, 2022 to March 15, 2022.

Ion Bank will donate \$25 to us for each vote.

Thank you for supporting the Middlebury Senior Center

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



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

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 February 7, 2022

Nutrition Cooking Class

Nichole from Brass City Harvest would like to offer nutrition cooking classes for anyone interested. Please call 203-577-4166. 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 February 15, 2022.
The fee for Yoga is \$30 for 6 classes

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 March 9, 2022.

The fee for this class is \$30 for 10 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

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



Learn to Knit

Tuesday, February 1, 2022

12:30 to 2:30pm

\$18 per person — supplies included

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 produce 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

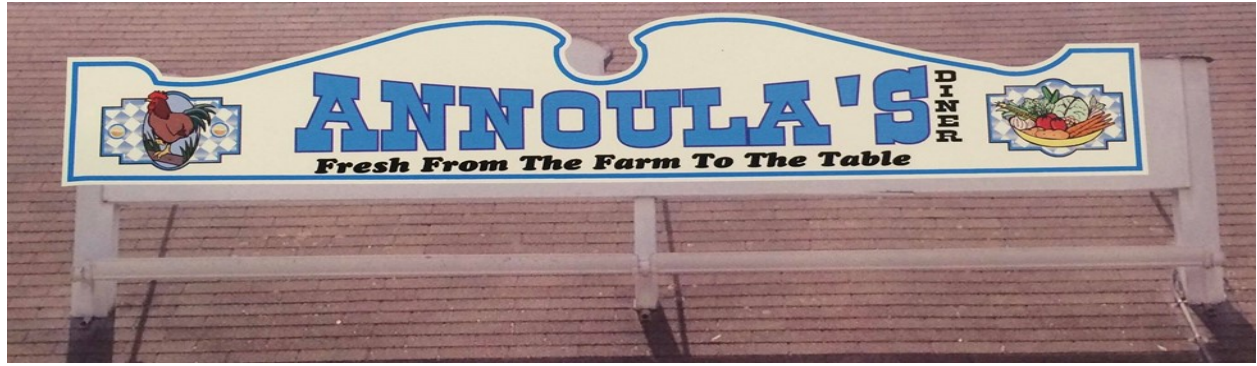
Session 6

Slip Stitch

Decreases — K2T, SSK, SKPSSO

Pattern Reading

Today's Knitting Community



MIDDLEBURY SENIOR CENTER 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 February at 11:30am)

For the month of February:

February 2 – Chicken Gyro, Roasted Potato, vegetables; or Spinach Salad Plate

February 9 - Baked macaroni and cheese, small salad or' Meatloaf, roasted potato, vegetable

February 16– Mediterranean Chicken, roasted potato, vegetables, or; Meatloaf, roasted potato, vegetables.

February 23 –American chop suey, small salad or; Greek Salad plate

PLEASE NOTE:

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

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



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 no 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. 3, 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 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



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. 3.

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-

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 OperationFuel.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



COVID TESTS

Good news! Each household in the U.S. can now have four free COVID-19 at-home tests shipped directly to their home at no cost! All you need to do is visit COVIDtests.gov and enter your contact information and mailing address.

The tests are rapid antigen "at-home" or "self" tests — not PCR tests which require a lab drop-off. The "at-home" or "self" tests can be taken anywhere and give results within 30 minutes.

Guard against scammers trying to steal your personal information. When ordering tests, use the official, secure government website: <https://COVIDtests.gov>. **Watch out for phone scammers, too.** If you get a phone call requesting information so that free at-home tests can be mailed to you, hang up — it's a scam!

Remember: Medicare pays for COVID-19 tests **performed by a lab**, such as PCR or antigen/rapid tests, at no cost to you **when the test is ordered by an authorized health care professional.** Those in a Medicare Advantage Plan should check with their plan to see if their plan offers coverage and payment for at-home tests.

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:

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>



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

Middlebury Senior Center

1172 Whittemore Road

Middlebury, CT 06762

Middlebury Senior Center
203-577-4166

February 2022				
<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
Minibus operates 8:30 AM to 2:30 PM - 2 day notice required				
	1	2	3	4
	9:00 Billiards	8:15 Tai Chi	9:00 Billiards	
	9:30 Computer Training	9:00 Billiards	9:30 Computer Training	9:00 Billiards
	9:30 Yoga	9:30 Computer Training	10:30 Mah Jongg	9:30 Painting class
	10:00 Mah Jongg	9:30 Tai chi		
	10-12 Blood Pressure Screen	10:30 Mah Jongg-classes		
	12:30 Bridge Club	11:00 Pilates		
	12:30 Knitting class	11:30 Grab & go Lunches	1:00 Mah Jongg	
	1:00 Mah Jongg			
	Computers by Appointment	Computers by Appointment	Computers by Appointment	
7	8	9	10	11
	9:00 Billiards	8:15 Tai Chi	9:00 Billiards	
9:00 Billiards	9:30 Computer Training	9:00 Billiards	9:30 Computer Training	
10:30 Mah Jongg	9:30 Yoga	9:30 Computer Training	10:30 Mah Jongg	
10:30 Pilates	10:00 Mah Jongg	9:30 Tai chi		
11:00 Adult Strengthening	10-12 Blood Pressure Screen	10:30 Mah Jongg-classes		
1:00 Knitting & Crochet	12:30 Bridge Club	11:00 Pilates		
	12:30 Knitting class	11:30 Grab & go Lunches	1:00 Mah Jongg	
	1:00 Mah Jongg			
	Computers by Appointment	Computers by Appointment	Computers by Appointment	Center Closed
14	15	16	17	18
	9:00 Billiards	8:15 Tai Chi	9:00 Billiards	
9:00 Billiards	9:30 Computer Training	9:00 Billiards	9:30 Computer Training	9:00 Billiards
10:30 Mah Jongg	9:30 Yoga	9:30 Computer Training	10:30 Mah Jongg	9:30 Painting class
10:30 Pilates	10:00 Mah Jongg	9:30 Tai chi		
11:00 Adult Strengthening	10-12 Blood Pressure Screen	10:30 Mah Jongg-classes		
1:00 Knitting & Crochet	12:30 Bridge Club	11:00 Pilates		
	12:30 Knitting class	11:30 Grab & go Lunches	1:00 Mah Jongg	
	1:00 Mah Jongg			
	Computers by Appointment	Computers by Appointment	Computers by Appointment	
21	22	23	24	25
	9:00 Billiards	8:15 Tai Chi	9:00 Billiards	
	9:30 Computer Training	9:00 Billiards	9:30 Computer Training	9:00 Billiards
	9:30 Yoga	9:30 Computer Training	10:30 Mah Jongg	9:30 Painting class
	10:00 Mah Jongg	9:30 Tai chi		
	10-12 Blood Pressure Screen	10:30 Mah Jongg-classes	Flower Show	
	12:30 Bridge Club	11:00 Pilates		
	12:30 Knitting class	11:30 Grab & go Lunches	1:00 Mah Jongg	
	1:00 Mah Jongg			
Center Closed	Computers by Appointment	Computers by Appointment	Computers by Appointment	
28				
9:00 Billiards				
10:30 Mah Jongg				
10:30 Pilates				
11:00 Adult Strengthening				
1:00 Knitting & Crochet				