

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.



Department Staff

JoAnn Cappelletti	Director
Ashley Norton	Dispatcher
Angela Leveille	Publications &
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

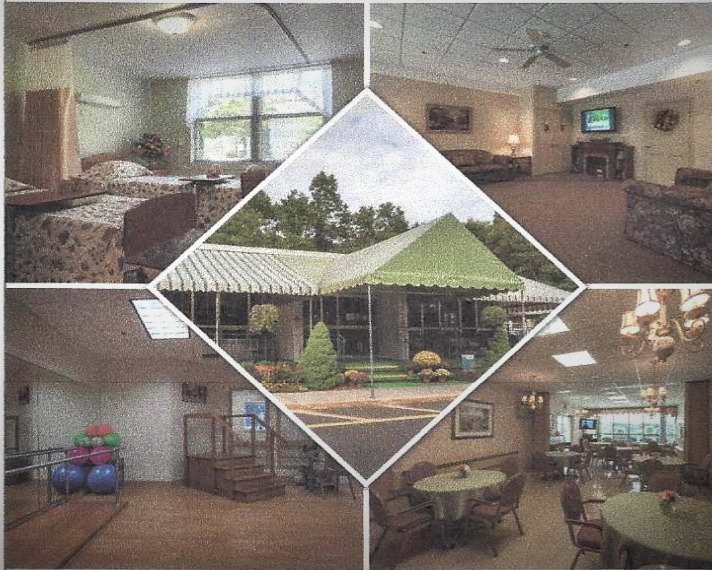
FEBRUARY 2023

- February is the American Heart Month, wherein awareness of heart diseases is raised, prevention measures are taken, and those suffering are treated.
- This entire month has been dedicated to chocolate! ...
- February 2 is recognized as **National Groundhog Day** and celebrated throughout the country as a fun way to predict spring. Each year, millions of people await the prediction from Punxsutawney Phil to learn how long our winter will last.
- **Valentine's Day**, also called **Saint Valentine's Day** or the **Feast of Saint Valentine**, is celebrated annually on February 14. It originated as a Christian [feast day](#) honoring one or two early [Christian martyrs](#) named [Saint Valentine](#) and, through later folk traditions, has become a significant cultural, religious, and commercial celebration of [romance](#) and [love](#) in many regions of the world.
- February 20—President's Day was originally established in celebration of George Washington's birthday. In 1880, Congress voted to make it the first national holiday which honored an individual. In 1968, Congress enacted the Uniform Monday Bill to give workers as many long weekends as possible. This moved as many holidays to a standard Monday each year. Many states were already honoring Abraham Lincoln's birthday, February 12th, and this celebration was combined with George Washington's birthday, for one federal holiday. It is observed on the third Monday in February each year.
- February 22—Washington's Birthday is a holiday dedicated to honoring the first president of the United States. This day also honors Abraham Lincoln, who was born on February 12th. George Washington was a founding father who served as the 1st president of the United States from 1789 to 1797. During the American Revolution, he led colonial forces to victory against the British and became known as national hero.




midconhome.com
203.758.2471

Family Owned and Operated



Offering Short & Long Term Care

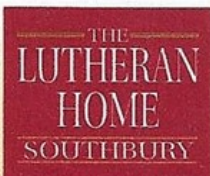
778 Middlebury Road, Middlebury | 203-758-2471 

Get READY FOR HOME at Lutheran Home

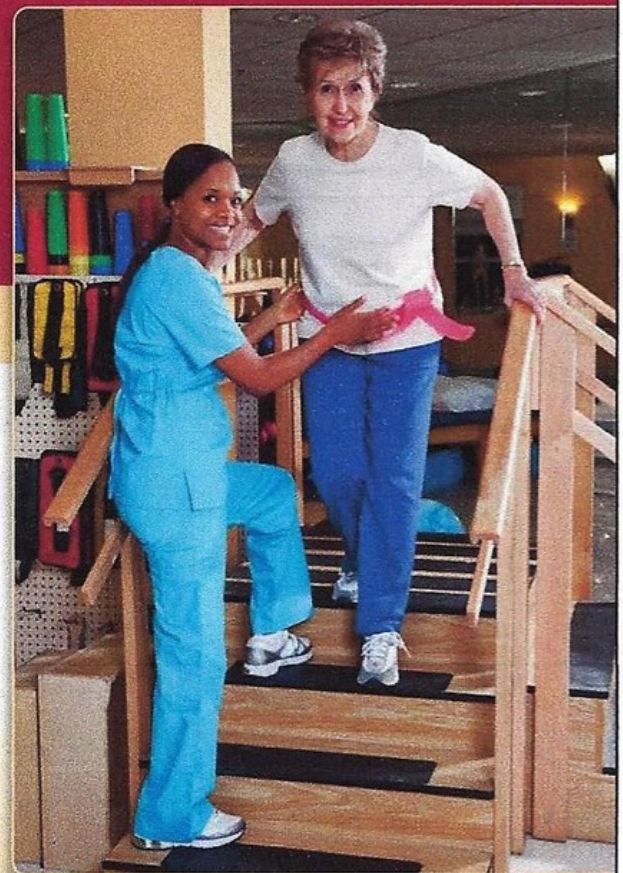
2016 5-STAR MEDICARE RATING

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**



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:

February 2023

Red and pink hearts are on the forefront once February arrives so, how to build heart health as a Senior, is my topic for this month.

I may take a bit of commitment but, if you put in the work, you can keep your precious heart both healthy and strong no matter what age you are!

Some scientifically proven ways to do this are:

1. Eating right—stick to a well balanced diet of healthy proteins. Nuts, legumes, leafy green vegetables and whole grains are all good choices.
2. Exercise regularly— 30 minutes of moderate aerobic exercise 5 days a week is very beneficial. Brisk walking, stationary cycling or even swimming are great activities.
3. Reduce the number of stressors in your life — If anxiety, excessive worry, depression or loneliness are frequently a part of your day, you may want to seek some professional help.
4. Seeing your medical doctor regularly — This can help to detect any heart irregularities before they worsen.'
5. Cutting back or avoiding alcohol— If any heart disease is present, symptoms may worsen. Also alcohol may interfere with prescribed meds.
6. Quit smoking — smoking or inhaling 2nd hand smoke actually increases your risk of having a heart attack.
7. Getting enough sleep — sleep deprivation can lead to an increase in blood pressure which may have an adverse effect on your heart health.
8. Properly taking necessary medications — always take your meds exactly as prescribed and take note of any adverse side effects. Use a pillbox for easy tracking.
9. Staying hydrated — this allows your heart to have an easier time pumping the roughly 2000 gallons of blood a day. Be conscious about your water intake.
10. Going outdoors — this can lower your heart rate, blood pressure and can boost your mood.

So above all, love yourself and your heart.

Happy Valentine's Day!



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.

Middlebury Senior Center closings:



February 13, 2023

**Lincoln's
Birthday**

February 20, 2023



**President's
Day**

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



CodeRED™

Keeping citizens informed.

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

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

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



COMPUTER HELP

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

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

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



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 5:30pm



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
A \$5 donation for our food bank is suggested. Sign up in the office or call 203-577-4166.

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



ANCESTRY WORKSHOP

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 are Tuesday and Thursday classes 11am to 12:30pm.

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 February at 11:30am)

For the month of February:

February 1– Baked Scrod with roasted potatoes and vegetables. OR Pasta Bolognese with small salad.

February 8 - Chicken Gyro, roasted potato, vegetables. OR Baked macaroni and cheese, small salad.

February 15 - Greek Salad plate. OR Chicken Francaise with roasted potato, vegetables.

February 22 - Shepard's Pie, vegetables OR Chicken Gyro with roasted potato, vegetables

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



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

Alzheimer's Association to host annual New England Family Conference

The Alzheimer's Association will host a free virtual educational conference for individuals living with Alzheimer's and dementia and their families. The New England Family Conference will take place February 3-4, 2023 and is open to individuals living with Alzheimer's, family caregivers and the general public. Live translation in Spanish will be offered both days.

Hear from a panel of individuals living with Alzheimer's, as well as caregivers who will share firsthand experiences in their journey with the disease and life after a diagnosis. The schedule of programs features Living Well with Cognitive Challenges: Tips and Strategies, creating a Healthy and Safe Environment for Living with Dementia, Expressive Therapy: A Little Known Formula for Easing Stress and Anxiety, Reducing Hesitancy to Care: Personalizing Your Approach, and a special Spanish-language caregiver session.

Experts in the field of care and support will share practical and concrete recommendations, resources, and guidance in the care and support for those living a life with dementia. For more information and to register for the event, visit alzfamilyconference.org



ALZHEIMER'S ASSOCIATION
**NEW ENGLAND
FAMILY CONFERENCE**



FEBRUARY 3 - 4, 2023

A **FREE** virtual conference for individuals living with dementia and family caregivers

FEBRUARY 3

A One-Day Conference for Individuals Living with Dementia

FEATURING

- Panel of Individuals Living with Dementia
- Living Well with Cognitive Challenges: Tips and Strategies
- Manejo de las visitas al hospital y salas de emergencia (Special Caregiver Session in Spanish)
- Expressive Therapy: A Little Known Formula for Easing Stress and Anxiety

FEBRUARY 4

A One-Day Conference for Family Caregivers

FEATURING

- Panel of Caregivers Sharing their Experiences
- Reducing Hesitancy to Care: Personalizing Your Approach
- Creating a Healthy and Safe Environment for Living with Dementia

REGISTRATION

Please visit
alzfamilyconference.org
or call our **24/7 Helpline** at
800.272.3900 to register



Click here to join
our **Family Conference
Facebook group!**



NEW THIS YEAR:
The entire conference will
be translated LIVE into Spanish

OLLIE AT UCONN WATERBURY SPRING 2023 LEARMOMG for adults 50+

Waterbury, CT, January 19, 2023 — The Osher Lifelong Learning Institute at UConn Waterbury announces its Spring 2023 semester, and invites adults age 50 and above to register from a choice of 30 in-person and 25 online courses. Courses are available in-person at the U

Conn Waterbury campus beginning March 3, and online beginning March 6. Registration Begins January 30.

There is no educational requirement to join OLLI. Classes are taught by a broad range of skilled experts, including current and former teachers as well as specialists with highly developed interests based on research, study and hands-on experience.

The Spring curriculum includes history, current events, languages, visual arts, literature, philosophy and much more. OLLI is also offering 25 brand new classes, including, *Transformative Presidential Elections*, *Murder & Mayhem in New York City (1600-2000)*, *Our Extraordinary Solar System*, and *Financial Literacy—Living Well in Retirement*.

“*OLLI programming and courses remain vibrant, dynamic, relevant and ever-changing,*” comments OLLI President Vickie Nardello. “There are selections to suit every possible taste, offered in-person at the UConn Waterbury campus, or online, via Zoom. And our clubs, special activities and lectures and events, including our popular OLLI Café guest presenter series every Friday at noon, provide numerous opportunities for social interaction, additional learning and camaraderie. OLLI is fun, interesting, affordable and convenient!”

OLLI Director, Fiona de Merell, adds, “Following the pandemic lockdown, our members were thrilled to return this past fall to in-person classes, and we’ve expanded our online course selections. We also hosted a popular free events including a hugely successful open house, and our 15th anniversary celebration gala, and sailed into our winter session which wraps up in early February. Life long learning truly is a special gift — it represents a diverse educational and social experience unique to OLLI at UConn, and to other OLLI’s across the country. If you’re over 50, thrive on learning, intellectual and creative challenges and making new friends, OLLI’s the place to be!”

Classes are available throughout the semester, which runs from March 3 to May 19. Annual registration is \$65 per year. Classes cost approximately \$5 per 90 minute session. Financial assistance is available, as well as subsidized, safe and convenient parking.

Key Dates:

January 10 — Spring 2023 course catalog available for viewing online.

January 30 @ 9am — Spring registration opens.

March 3 — First day of Spring classes.

May 19 — Last day of spring classes

A digital copy of the catalog is available at: <https://issuu.com/olliatucnn/docs/sp23> course catalog final

To receive a print copy of the catalog, or for registration, parking, and further information, please visit OLLI’s website at: olli.uconn.edu, email osher@uconn.edu or call 475-222-6232 /6261



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](#))

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

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

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

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

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

PAY LESS OR GET FREE INTERNET ACCESS



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

These benefits include:

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

\$75 per month households on qualifying Tribal lands.

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

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

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

ATTENTION 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



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



AARP Tax Returns

2022

It's that time again! It's time to think about gathering up all your information to complete your income tax return for 2022.

The Middlebury Senior Center in the Shepardson Community Building at 1172 Whittemore Road will have trained volunteers again this year to complete your state and federal tax returns beginning Friday, February, 17th. An appointment will be necessary. Call the Center at 203-577-4166 to make your appointment.

This year, AARP preparers are asking all taxpayers to complete an Intake form before they start doing your taxes. This form provides a guide to make sure they don't miss any tax information. This form is to be picked up at the senior center before your appointment, filled out, and brought in with you to your scheduled appointment.

See below for a guide to what Tax-Aide volunteers can—and cannot do:

CAN DO

Wages, interest, dividends, capital gains/losses, unemployment compensation, pensions and other retirement income, Social Security benefits.

Self-employment Income, with limits.

Most income reported on Form 1099-misc. or Form 1099-nec

Schedule K-1 that includes only interest, dividends, capital gains/losses or royalties.

Charitable cash contributions

Qualified Business Income deduction.

Economic Impact Payments (aka Stimulus Payments)

Itemized deductions, including noncash contributions, including noncash contributions to charity that total no more than \$5,000

Cancellation of nonbusiness credit card debt.

IRA contributions — deductible or not

Most credits, such as earned income credit, education credits,

Repayment of first-time homebuyer credit

Estimated tax payments

Injured spouse allocation, depending on state.

Health Savings Accounts (HSA)

Amendments to filed returns.

Prior three tax years' returns

CANNOT DO

Self employment if there are employees, losses, expenses that exceed \$35,000, depreciation, business use of home, 1099 filing requirements or other complication factors.

Hobby income or other activities not for profit.

Complicated capital gains/losses, such as futures or options.

Rental income, except land-only rentals or rentals of personal residence less than 15 days.*

Complicated Schedule K-1

Moving Expenses *

Farm income or expenses.

Royalty income with expenses if not from self-employment.

Foreign financial asset reporting requirements.

Any virtual currency investment or transaction.

Alternative Minimum tax, Additional Medicare Tax, or Net Investment Income Tax.

***Rental or moving: A volunteer can prepare returns**

For active duty military personnel only when the preparing volunteer is certified in the military module and

Another volunteer is certified to review military returns.

AARP Foundation Tax-Aide is offered in conjunction with the IRS

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).

News from Social Security

SCAM ALERT



Securing today
and tomorrow

The Social Security Administration will never threaten, scare, or pressure you to take an immediate action.



If you receive a call, text, or email that...

- Threatens to **suspend your Social Security number**, even if they have part or all of your Social Security number
- Warns of **arrest or legal action**
- Demands or requests **immediate payment**
- Requires payment by **gift card, prepaid debit card, Internet currency, or by mailing cash**
- Pressures you for **personal information**
- Requests **secrecy**
- Threatens to **seize your bank account**
- Promises to **increase your Social Security benefit**
- Tries to gain your trust by providing **fake "documentation," false "evidence," or the name of a real government official**

...it is a **scam!**

Do not give scammers money or personal information – Ignore Them!

Protect yourself and others from Social Security-related scams

- **Try to stay calm.** Do not provide anyone with money or personal information when you feel pressured, threatened, or scared.
- **Hang up or ignore it.** If you receive a suspicious call, text, or email, hang up or do not respond. Government employees will not threaten you, demand immediate payment, or try to gain your trust by sending you pictures or documents.
- **Report Social Security-related scams.** If you receive a suspicious call, text, or email that mentions Social Security, ignore it and report it to the SSA Office of the Inspector General (OIG). Do not be embarrassed if you shared personal information or suffered a financial loss.
- **Get up-to-date information.** Follow SSA OIG on Twitter @TheSSAOIG and Facebook @SSA Office of the Inspector General for the latest information on Social Security-related scams. Visit the Federal Trade Commission for information on other government scams.
- **Spread the word.** Share your knowledge of Social Security-related scams. Post on social media using the hashtag #SlamtheScam to share your experience and warn others. Visit oig.ssa.gov/scam for more information. Please also share with your friends and family.



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 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



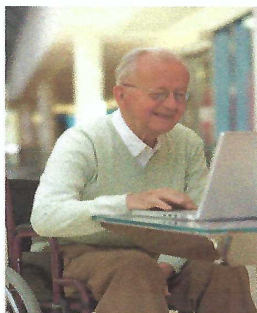
Connecticut Tech Act Project

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 to learn more or to download an application.

Contact us at:

Voice/Text: 860-876-9595

Website: 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 opened 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

TAX Relief Programs



Applications are available for the Elderly Homeowners, Totally Disabled Homeowners and Additional Veterans Tax Credit Programs February 1 — May 17, 2023.

Qualifications for these programs include residency, income, age or disability. Applications must be accompanied by income statements and Social Security benefits and must be filed not later than May 17, 2023.

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 payments.

Household income cannot exceed \$49,100: 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. For more information, please call JoAnn Cappelletti at 203-577-4166 ext. #3.

The Additional Veterans Tax Credit Program is extended to October 15, 2023.



SHOPPING TRIPS FOR February

The Middlebury Senior Center bus will be scheduling trips to Walmart in Naugatuck Thursday, February 16, 2023. Also, the first and third Friday of the month, to Shop Rite in Southbury, February 3, and 17, 2023.

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

To reserve your seat please call

203-577-4166

FRAUD ALERT

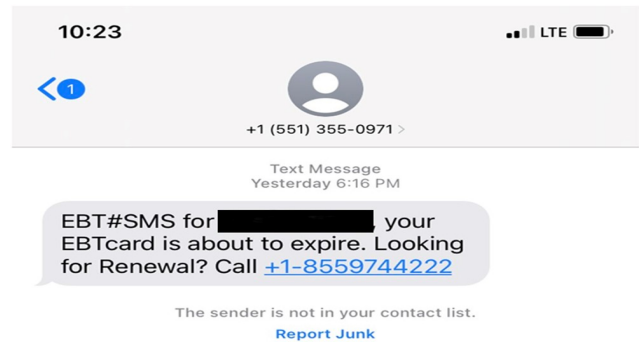


Medicaid clients have begun reporting messages appearing to be from DSS regarding their EBT card and Renewal. **These messages are scams**, individuals should not call back the number listed on the text message. **DSS has not yet started texting client regarding renewals.**

Calling the number below (in the text message example) it asks for the caller to enter their card number and PIN in an attempt to steal their benefits.

Messages from DSS will only be sent from the BC (Benefits Center) Number, which is 1-855-626-6632 and will only direct individuals to www.mydss.ct.gov, and will contain their first name and the last 4 digits of the client id.

EXAMPLE



Two Hearts, One Place

She was a widow whose husband
Was killed during The Afghan War.
He - twice married, two children...
First widowed, second time divorced.



They were volunteers at a hospital -
He transported wheel-chaired patients,
While she was a visitors' receptionist...
Often they passed each other, only smiling.

Then, as it happened to be Valentines Day -
They were in line at the hospital cafe...
He turned and noticed her a few feet back,
Then paid the cashier for her meal.

When learning her lunch was paid for -
The cashier pointed him out at a table,
She approached - asking him "Why?"
He replied smiling - "Happy Valentines Day."

It was then from that day forward -
They had hospital lunches together,
With evenings dining, dancing, and bonding...
On Christmas Eve, she accepted his proposal.

In the presence of children and grandchildren,
They wed at a Connecticut country church.
And on February 14th of each year forward,
They had lunch at that same hospital café

Ted Elliss

Lived or Worked at Camp Lejeune?

More than a million Marines, Sailors, civilian workers, and their families were exposed to toxic water at Camp Lejeune.

If you were at the base anytime between 1953 and 1987 — even for as little as 30 days — and developed cancer, you may qualify for financial compensation.

If you desire to file a claim under the CLJA, you may pick up the form at the Middlebury Senior Center with more information; or you can download the form from online and complete it online.

More info? 203-577-4166.



Seven Angels Theatre

SECONDO

A new comedy by Jacques Lamarre

The playwright behind the Seven Angels hit shows

Italian Mom Loves You!

**Love & Spumoni
and**

I Loved, I Lost, I Made Spaghetti

On the evening of her 10th wedding anniversary, we join Giulia in her kitchen to discover how married life has provided unexpected delights and challenges. While Giulia rushes to prepare her anniversary dinner, we learn that a boyfriend from the past has resurfaced to complicate her recipe for a happy marriage. SECONDO serves up new stories, delicious food and a bellyful of laughs.

Thursday Matinee, March 23, 2023

Group Discount Price - \$45 per ticket

On Thursday, March 23, 2023 we will go to the Seven Angels Theatre to see "Secondo" a new comedy by Jacques Lamarre. The playwright behind the Seven Angels Hit shows

Italian Mom Loves You!

Love & Spumoni

And

I Loved, I Lost, I Made Spaghetti

Please call 203-577-4166 to reserve your seat.



MARDI GRAS (Shrove Tuesday)

February 21 2023

Short History of Mardi Gras

According to Laurie Wilkie, an archaeologist at the University of California at Berkeley, Mardi Gras “Carnival” celebrations started before Christianity as a pagan fertility festival, some scholars believe it may have been linked to the ancient Roman pagan feast, Saturnalia, which honored the god of agriculture, Saturn. Other research suggests that there is no connection and the customs may come from much older Indo-European spring lore—perhaps the folklore of the Germanic and Slavic races rather than from Greece or Rome.

In any event, once Christianity arrived, Roman pagan celebrations were absorbed into the religious calendar. The carnival practices in Rome continued within the framework of the Church. The masked balls of Venice were especially renowned in Renaissance Italy and spread to France and England. In France, they were called *les bals des Rois* for the kings who presided over the masked merrymaking.

Whoever found a coin or a bean in a piece of special “king cake” (named for the Three Kings of the nativity) was named king for the night.

In 1699, French-Canadian explorer Jean Baptiste Le Moyne Sieur de Bienville arrived in the New World about 60 miles directly south of New Orleans; he named this place “Pointe du Mardi Gras” as it was the very eve of the holiday. He also established “Fort Louis de la Louisiane” (which is now Mobile, Alabama) in 1702. While New Orleans may be most known for Mardi Gras in the US. Today, the tiny settlement of Fort Louis de la Mobile celebrated America’s very first Mardi Gras in 1703.

Mardi Gras was celebrated in New Orleans soon after the city’s founding in 1718. The first recorded Mardi Gras street parade in New Orleans took place in 1837. Now a major metropolis, New Orleans is the city most known for its extravagant celebrations with parades, dazzling floats, masked balls, cakes, and drink




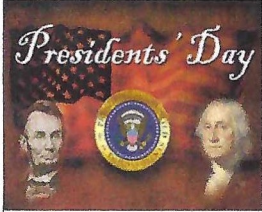
“I think that I may say that an American has not seen the United States until he has seen Mardi Gras in New Orleans.”

Mark Twain, American writer (1835-1910)

Middlebury Senior Center

1172 Whittemore Road

Middlebury, CT 06762

Pool Table Available daily					Middlebury Senior Center
Mini Bus Available 8:30 to 2:00pm		Feb-23			203-577-4166
Monday	Tuesday	Wednesday	Thursday	Friday	
		1	2	3	
		8:15 Tai Chi 9:00 Billiards 9:30 Computer Training 9:30 Tai Chi 10:30 Mah Jongg 11:00 Pilates 11:30 Grab & Go	9:00 Billiards 9:30 Computer Training 1:00 Mah Jongg	9:00 Billiards 9:30 Painting Class Shop Rite	
6	7	8	9	10	
9:00 Billiards 9:30 Pilates 10:00 Mah Jongg 11:00 Adult Strenthening 1:00 Knitting & Crochet 1:00 Bridge Club	9:00 Billiards 9:30 Computer Training 9:30 Yoga 10-12 Blood Pressure Clinic 10:30 Mah Jongg 1:00 Mah Jongg	8:15 Tai Chi 9:00 Billiards 9:30 Computer Training 9:30 Tail Chi 10:30 Mah Jongg 11:00 Pilates 11:30 Grab & Go	9:00 Billiards 9:30 Computer Training 1:00 Mah Jongg	9:00 Billiards 9:30 Painting Class	
13	14	15	16	17	
	9:00 Billiards 9:30 Computer Training 9:30 Yoga 10-12 Blood Pressure Clinic 10:30 Mah Jongg 1:00 Mah Jongg	8:15 Tai Chi 9:00 Billiards 9:30 Computer Training 9:30 Tail Chi 10:30 Mah Jongg 11:00 Pilates 11:30 Grab & Go 1:00 Polish Poker	9:00 Billiards 9:30 Computer Training Walmart	9:00 Billiards 9:30 Painting Class Shop Rite	
20	21	22	23	24	
	9:00 Billiards 9:30 Computer Training COA meeting 9:30 Yoga 10-12 Blood Pressure Clinic 10:30 Mah Jongg 1:00 Mah Jongg	8:15 Tai Chi 9:00 Billiards 9:30 Computer Training 9:30 Tail Chi 10:30 Mah Jongg 11:00 Pilates 11:30 Grab & Go	9:00 Billiards 9:30 Computer Training 11:00 Investment Club	9:00 Billiards 9:30 Painting Class	
27	28				
9:00 Billiards 9:30 Pilates 10:00 Mah Jongg 11:00 Adult Strenthening 1:00 Knitting & Crochet 1:00 Bridge Club	9:00 Billiards 9:30 Computer Training 9:30 Yoga 10-12 Blood Pressure Clinic 10:30 Mah Jongg 1:00 Mah Jongg				