

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 2024

Department Staff

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

Commission on Aging

Judy Mirrer, Chairperson
Jean Hansen
Maryann Barra
Ann Spierto
Nancy Pun
Nancy Mastroianni
Ann Zimkus
JoAnn Cappelletti
(Director of Elderly & Social Services)

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's Birth Flower

Even though so many roses are sold during February due to Valentine's Day, the Violet and the Primrose are the symbolic flowers.

- The **violet** signifies watchfulness, loyalty, and faithfulness. Give a violet to someone to let them know that you'll always be there for them.

The **primrose** lets someone know that you can't live without them.

February's Birthstone

Like the violet, February's birthstone is a purple color. It's the beautiful amethyst.

- This gem is a form of quartz; it can range from a pale lilac color to a deep, rich purple.
- The name is based on a Greek myth that speaks of a nymph named Amethyst who was inadvertently turned into white stone; in remorse, the Greek god Bacchus poured wine over her to turn her a beautiful purple. The amethyst was thought to prevent intoxication and keep its wearer thinking sharply. It was worn by English royalty in the Middle Ages.

The Full Snow Moon

February's full Moon reaches peak illumination at **Saturday, February 24, 2024**. Look skyward on that night to catch the best view of this full Moon!

It's known as the **Snow Moon** due to the typically heavy snowfall that occurs in February. Other traditional Native American names for this Moon include the Eagle Moon (Cree), Raccoon Moon (Dakota), and Hungry Moon (Cherokee).

Premier Independent Living and Short Term Rehabilitation

In the Heart of Southbury's Historic District

Lutheran Home of Southbury is committed to providing the seniors of Southbury and the surrounding communities with the highest level of care in the quality setting they deserve.

Lutheran Home of Southbury's Parley Manor

We are pleased to announce that the historic Parley Manor is open once again, providing Southbury and the surrounding communities with an intimate setting for personalized residential care like no other. This space features 14 private room suites with full bathrooms and private garden patio access.

Parley Manor welcomes older adults who wish to maintain an independent lifestyle while still receiving the personal support services they need in a fully renovated and amenity-enhanced residential care setting.

If visiting from out of town, please call and inquire about our private quest suite's availability and pricing.

Lutheran Home of Southbury's Center for Short-term Rehabilitation

We will help you feel your strongest after surgery or a hospital stay. Our goal is to get you home just as soon as you are ready.

- ◇ Specialized focus in: Orthopedic, Stroke and Neurological, Cardiac and Pulmonary Rehabilitation
- ◇ Physical, Occupational and Speech-Language therapies available seven days per week
- ◇ Fully equipped rehab gym with full-sized kitchen and the latest modality devices

We support the emotional and physical recovery of our patients, through dining, activities and amenities that offer an encouraging setting and make it easy to stay connected to family and friends.

Call 203.264.9135 to schedule your tour today!



4-Star Medicare Rating

990 Main Street North
Southbury, CT 06488
203.264.9135
LHSouthbury.org



*"You can see it's a lovely place.
All been restored and feels so
nice to walk through. I can get
my exercise walking through
this lovely place."*

◆ Mary, Parley Manor Resident



Town of Middlebury

Department of Social and Elderly Services
Shepardson Community Building
1172 Whittemore Road
Middlebury, CT 06762
Phone: 203-577-4166
E-mail: icappelletti@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.

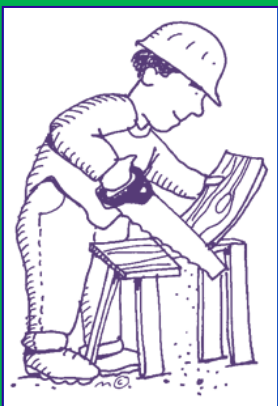
**Transportation available for shopping, doctors appointments,
out of town visiting with the 8 district municipalities on a first
come, first served basis.**

**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	\$64,250
2	\$73,400
3	\$82,600
4	\$91,750
5	\$99,100
6	\$106,450
7	\$113,800
8	\$121,990

*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

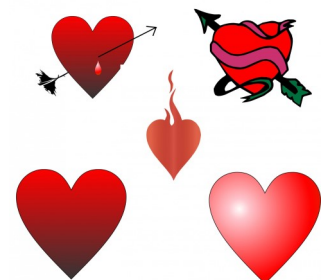


Message from our Nurse Diane Morotto:

February 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!





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).



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, 2023 through May 1, 2024 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.



WOULD YOU LIKE TO HOST A **WATCH PARTY** FOR OUR UPCOMING FAMILY CONFERENCE?

WHAT IS A WATCH PARTY?

A watch party is a gathering for the purpose of watching a specific event or program, which in this case is our upcoming Family Conference.

WATCH PARTY TIP

Host site should test AV equipment prior to the watch party. Technical support will be limited while the Family Conference is airing.

WHAT TO EXPECT

- Provide space for the audience to view our virtual Family Conference on both days.
- Provide an on-site contact person for the duration of the Conference.
- Host will register for the Conference alzfamilyconference.org
- Collect attendance and provide a copy to the Alzheimer's Association. Attendance list should include participants' full names and zip codes.



The Middlebury Senior Center will not offer AARP tax aide this year.

The volunteers for AARP tax aide will be at the Woodbury Senior Center Mondays and Fridays from 12 to 4 p.m. starting February 2 - by appointment only; appointments can be made beginning January 16. Call the Center at 203-263-2828 for details and appointments. Appointments will be limited.

Do You Receive SSI or SSDI Payments

Want To:

- Increase your income? Explore work Options and incentives?
- Keep Medicaid// Medicare while you work?
- Work towards independence, fulfillment and security?

**Contact: Rukiya Borges, Northwest Regional Workforce Investment Board–
American Job Centers of the Waterbury, Torrington and Danbury Regions**

Phone # 203-574-6971,ext. 442

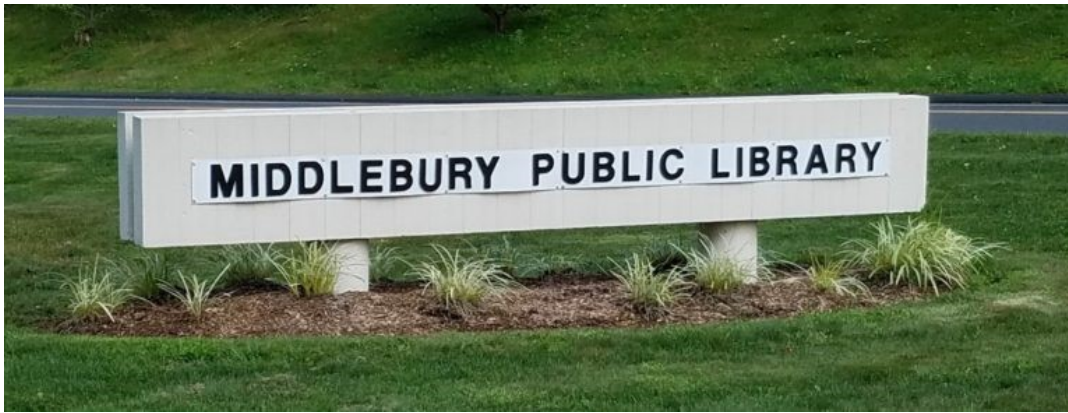
Email: Borges@careerresources.org

Social Security’s “Ticket to Work” program (for beneficiaries age 18 through 64) can help you find and keep meaningful work.

Choose the American Job Center as your authorized Social Security Administration Ticket to Work employment service provider.

Work with us to better plan a future for yourself.

www.choosework.ssa.gov



MPL Book Discussion

January—June 2024

Interested in leading a Middlebury Public Library Book Discussion?

One person will be selected by the Library each month to lead a book discussion on your interest.

Discussion Time: 1st Wednesday of each month at 1:00pm

For more information, visit www.middleburypubliclibrary.org/book-discussions or email middleburylibraryill@gmail.com

Books to be discussed are:

February: **Mad Honey** by Jodi Picoult ; February 7th at 1:00pm—A soul-stirring novel by a master storyteller about what we choose to keep from our past, and what we choose to leave behind.

March: **Magic Kingdom** by Russell Banks; March 6th at 1:00pm— From one of America's beloved storytellers—a profound novel about belief, betrayal, and the transformation of one corner of the country.

April: **Pineapple Street** by Jenny Jackson; April 3rd at 1:00pm— An escapist read about the peculiarities of someone else's family, the miles between the haves and have-nots, and the insanity of first love.

May: **The Postcard**; by Ann Berest; May 1st at 1:00pm; A gripping investigation into family secrets, a poignant tale of mothers and daughters, and an enthralling portrait of 20th-century Parisian intellectual and artistic life.

June: **Violeta**; by Isabel Allende, June 5th at 1:00; Fictional autobiographical of Violeta Del Valle and her memories of an unnamed South American country spanning 100 years.



Commission on Aging

The next Commission on Aging meeting will be Tuesday, February 20th, 2024.

All interested persons are welcome to attend.

Contacting our office is easy!

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

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

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



Blood Pressure Screening



Nurse Diane is available for free blood pressure screenings every Tuesday from

10am to 12 noon.

She is also available for any issues you may have.

CodeRED™

Keeping citizens informed.

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

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

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



Please donate your used ink cartridges

The Middlebury Senior Center

Recycles

Thank you



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



PILATES CLASS

Two classes per week: \$40
Monday 9:30 to 10:30 &
Wednesday 11:00 to 12:00

Calling all Crafters



Knitters and Crocheters are meeting on Monday afternoon at 1pm at the Shepardson Community Building.—There is no charge for this class

Join us for Polish Poker



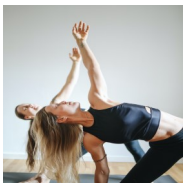
Every second Wednesday of the month at 1pm.

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

Yoga



Tuesdays at 9:30 to 10:30

Helene Korchin instructor for our Yoga classes.

The next class will begin on Tuesday, January 2nd. The fee for Yoga is \$30 for 6 classes

PICKLE BALL



Thursdays and Fridays / 9:30 to 3:30

Call to reserve 203-577-4166

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 Wednesday & Thursday class will begin in February;

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

Call 203-577-4166 to sign up

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.

TABLE TENNIS



Join us every Friday at 10:15am for Table Tennis..

Must sign up at Senior office

203-577-4166. No charge for this event

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



ANCESTRY WORKSHOP

Middlebury Senior Center will be holding an Ancestry Workshop every Tuesday, from 11am to 12:45pm.

Explore your heritage.

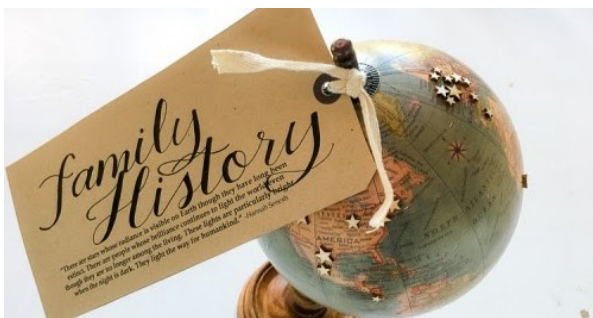
Anyone interested should call Sean at 203-577-4166 ext. 4.

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

Cost is \$20 per person for 4 classes
203-577-4166 ext. 4 to enroll



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 o 2pm in the Shepardson Community Building, 1172 Whittemore Road in Middlebury; Room 26. Please call ahead to see what day the next meeting will be. 203-577-4166.



Senior Nutrition Services Tuesday Lunches

February 2024 Menus

2/06/2024:

Sweet & Sour Chicken, Brown Rice, Green Beans, Mandarin Oranges & Low Fat Milk

2/13/2024:

Meatloaf w/Gravy, Mashed Potatoes, Green Beans, Dinner Roll, Vanilla Pudding, Assorted Fruit Juice
Low Fat Milk

2/20/2024:

Turkey w/ Gravy, Mashed Yams, Lima Beans & Dinner Roll, Applesauce & Low Fat Milk

2/27/2024

Cheese Baked Ziti, Carrots, Breadstick, Pineapple & Low Fat Milk

Warm welcome to Jenny
Our new Volunteer

LUNCH & LEARN

Wednesday, February 14, 2024

11:30 am

Sponsored by: **REDGRIZZLY FOOTING**

ROOF REPAIRS OR ROOF REPLACEMENTS & HOW TO AVOID SCAMS

Learn when to repair or replace your roof and avoid common scams in our concise, expert-guided seminar.

A FREE Seminar with lunch

February, 14, 2024 @ 11:30 am

Middlebury Senior Center

1172 Whittemore Road

Middlebury, CT

203-577-4166

Or – sign up at the front desk

Lunch will be provided & a RAFFLE for a Gift Basket!





Pickle Ball!!!

Middlebury Senior Center would like to offer the game Pickle Ball for all who are interested.

Games are by appointment only Thursdays and Fridays from 9:30am to 3:30pm.

Paddles and balls supplied or bring your own.

Please call us at 203-577-4166.

TABLE TENNIS



Join us every Friday at 10:15am for Table Tennis..

Must sign up at Senior office

203-577-4166. No charge for this event

ADULT KARATE



Tang Soo Do & Self Defense

With Master Doug Wilke

Thursdays from 9am –9:45am

New Session starts 2/1/2024

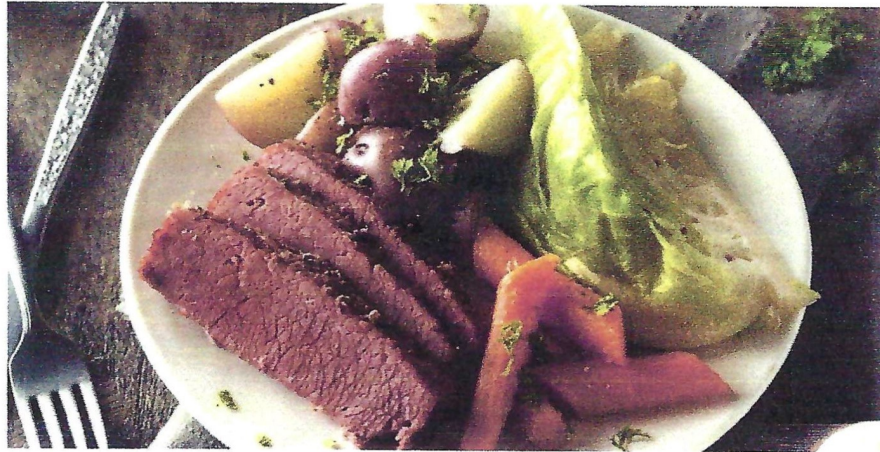
\$40 for Middlebury residents

\$50 for non-residents

Contact Parks & Recreation at 203758-2520 to register



Middlebury Knights of Columbus Annual Traditional Corned Beef & Cabbage Dinner.



Thursday March 14th at Shepardson
Community Center
(Take out is also available)

Dinner is \$20 and includes Corned beef, Cabbage, Carrots,
Potatoes, Dessert, and coffee tea soda or water.

Proceeds support our High School scholarship.

The Town of Middlebury can provide Bus transportation for
seniors (with a Minimum of 10 seniors).

For Info/tickets contact Jim Roy

203-577-2322 or

Arnold Nordby 203-725-6725



The Tribury Rotary Club

The Tribury Rotary club has established a list of 163 discounts for seniors. The listing includes local as well as national brands.

Popular	17	Restaurants	66
Grocery Stores	12	Retail Stores	16
Prescriptions	8	Airline Tickets	4
Car Rentals	5	Hotels	19
Other travel discounts for Seniors	3	Medical Alert Systems	8
Cell Phone Plans	5	Total	163

Seniors who are interested in the discounts need to be aware that this information is subject to change at any time, but they are encouraged to seek the discounts by asking for them.

A list of the discounts can be picked up at the Middlebury Senior Center, 1172 Whittemore Road in Middlebury, CT

The Western Connecticut Area Agency on Aging and Connecticut State Unit on Aging are offering FREE phone workshops from February to April 2024.

These workshops are free of charge and include free books and CDs.



To register, call 203-757-5449 x 125

Or email Debby at dhorowitz@wcaaa.org

Here is the latest for upcoming phone or virtual Live Well workshops. They are all free, and books and CD's are mailed to participants to keep. Those who complete a diabetes workshop will receive a \$25 grocery gift card. Here's the schedule:

Chronic Conditions Phone Workshop Mondays, Feb. 5- March 11 from 10-11am

Diabetes Phone Workshop Mondays, Feb. 5- March 11 from 6-7pm

Chronic Pain Phone Workshop Tuesdays, Feb. 6- March 12 from 10-11am

Chronic Pain Phone Workshop Tuesdays, Feb. 6- March 12 from 6-7pm

Diabetes Phone Workshop Wednesdays, Feb. 21- March 27 from 10-11am

Chronic Conditions Zoom Workshop, Thursdays, Feb. 29- April 11 from 10am- 12pm

Chronic Conditions Zoom Workshop, Fridays, March 1- April 19 from 10am- 12pm



You may be eligible for a free Assurance Wireless lifeline



Lifeline eligibility

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

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

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

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.



2024 Winter Program

Operation Fuel will offer energy assistance program for clients who need aid with home energy needs (electricity, gas, and deliverable fuels) The program is for households living up to 75% of state median income. The Maximum grant amount will be up to \$500.

This is a one time grant per household, per year. Deliverable fuel customers may use this grant for one delivery per year.

The program started January 8, 2024 and ends on Friday, March 1, 2024; or as funding permits.

Documentations required for utility applications (gas, electric, water), 3 documents (income, past due utility bill and payment history.

For delivery applications, (oil, propane, etc.) only the income documents are required.

Applications will be taken by appointment only.

Please call 203-5774166



Take the AARP Smart Driver classroom course and you could save money on your auto insurance!*

» Refresh your driving skills and knowledge of the rules of the road.

» Learn techniques for handling left turns, right-of-way and roundabouts.

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

Please provide a check made out to AARP for \$20 for members; \$25 for non-members.

March 25, 2024

Middlebury Senior Center

1172 Whittemore Road

Middlebury, CT 06762

203-577-4166

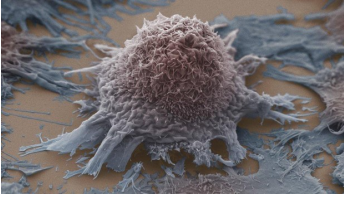


SHOPPING TRIPS FOR February 2024

The Middlebury Senior Center bus will be scheduling trips to Walmart in Naugatuck Thursday, February 15th 2024. Also, the first & fourth Monday of the month, to Shop Rite in Southbury, Mondays, February 5th & 26th.

To reserve your seat please call 203-577-4166

LUNG CANCER GUIDELINES CHANGED FOR EX-SMOKERS



If you ever smoked and are age 50 to 80, you should have a yearly lung cancer screening — even if you last lit up decades ago.

Recommendations by the American Cancer Society issued late last year say anyone who smoked a pack of cigarettes a day for 20 years needs to get an annual lung CT scan, no matter how long ago they quit.

ACS guidelines previously said that those who quit 15 or more years ago were in the clear. A recent ACS news release said that the change is based on new studies that showed expanding screening eligibility saved lives, even among people who quit smoking years earlier.

Lung cancer can occur in anyone, but smoking is the top risk factor and is linked to 80 to 90 percent of lung cancer deaths. Most people diagnosed with the disease are 65 or older.

The disease is often symptomless until it's at an advanced stage, when it's harder to treat. Large-scale trials show that early detection can lead to a 20 to 25% improvement in survival rates, researchers say.

A 2022 report from the American Lung Association found that only 5.8% of people eligible for lung cancer screening in the U.S. get screened.

SCAMS FEARED MORE THAN VIOLENT CRIME



More than twice as many Americans fear being the victim of a scam or having their identity stolen than fear being murdered, a Gallup poll reveals.

This growing concern about fraud is understandable, experts say. “the reported financial losses to scams more than tripled during the pandemic and have reached an epidemic level,” says the head of fraud prevention program.

In a November survey, 8% of people said they had been victimized by scams. 15% said someone in their household had been a victim.

The Study showed:

- 72% of respondents were afraid their identity would be stolen by hackers.
- 57% were afraid they'd be duped out of money in a scam.
- In comparison, 28% feared being murdered; 37% feared being mugged, and 44% feared being burglarized.

To protect yourself from scams, you should:

- Stop and don't give money or personal information to anyone if unsure.
- Think and ask yourself if the message or call could be fake.
- Protect and act quickly if something feels wrong.
- Recognize the signs of phishing.
- Don't respond to a phishing email.
- Report suspicious messages to your email provider.
- Avoid sharing personal information.
- Use strong passwords.



February is American Heart Month, a time when all people—especially women—are encouraged to focus on their cardiovascular health.

This Heart Month, the Division for Heart Disease and Stroke Prevention (DHDSPP) is encouraging women to listen to their hearts and speak up for their health. Women in the United States are experiencing unacceptable and avoidable heart-related illness and death, and nearly half of U.S. women do not recognize that heart disease is the leading cause of death for women.¹

DHDSPP aims to shed light on this important topic so that women no longer experience delayed recognition, diagnosis, and treatment for cardiac events, such as heart attacks.²

Heart-health disparities specific to women widen and deepen when combined with race, ethnicity, and other social factors.³ We encourage individuals, health care and public health professionals, and our partners to help close the disparities gap.

Using this website's tools, help the women in your life listen to their hearts and raise their voices. When we encourage women to protect their own hearts, they can help others in their communities protect theirs.



February is also Black History Month

Black History Month is an annual celebration of achievements by African Americans and a time for recognizing their central role in U.S. history. Also known as African American History Month, the event grew out of "Negro History Week," the brainchild of noted historian

Carter G. Woodson and other prominent African Americans. Since 1976, every U.S. president has officially designated the month of February as Black History Month. Other countries around the world, including Canada and the United Kingdom, also devote a month to celebrating Black history.

Did you know? The NAACP was founded on February 12, 1909, the centennial anniversary of the birth of Abraham Lincoln.



Celebrating President's Day

Presidents' Day, officially **Washington's Birthday** at the federal governmental level, is a holiday in the United States celebrated on the third Monday of February. It is often celebrated to honor all those who served as presidents of the United States and, since 1879, has been the federal holiday honoring Founding Father George Washington, who led the Continental Army to victory in the American Revolutionary War, presided at the Constitutional Convention of 1787, and was the first U.S. president.

Lincoln's Birthday, February 12, was never a federal holiday, but nearly half the state governments have officially renamed their observances "Presidents' Day", "Washington and Lincoln Day", or other such designations. (In historical rankings of presidents of the United States, Lincoln and Washington are usually the top two.)



Celtic Angels The Aqua Turf Club



**Southington, CT
Monday March 11, 2024**

A joyous celebration of everything Irish will touch American soil this spring when the energetic, exciting stars of the Celtic Angels tour the US. Through their shared zeal and passion for Ireland's musical traditions, this troupe enables their audiences to experience the Ria Ireland.

Package Includes:

1. Elegant Luncheon @ Aqua Turf Club
2. Celtic Angels Ireland Show
3. Celtic Knight Dancers including TWO former leaf dancers of Riverdance
4. The Trinity Band Ensemble of Dublin
5. Meal Taxes and Gratuities
6. Transportation



Family Style Luncheon

Tossed Salad & Penne Pasta
Corned Beef & Cabbage
&
Baked Scrod
Rolls & Butter Vegetable & Potato
Dessert - Coffee & Tea

For Reservations:

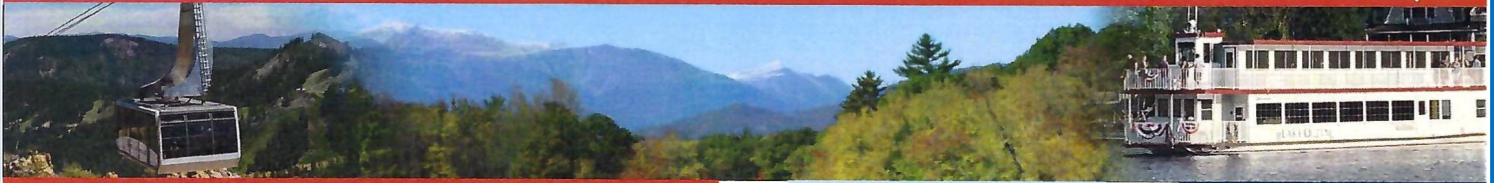
203-577-4166

\$95 per person

This show is expected to sell out fast so if you are interested in attending please call as soon as possible.

MIDDLEBURY SENIOR CENTER PRESENTS

New Hampshire & the White Mountains



INCREDIBLE PRICE INCLUDES:

- ◆ Motorcoach transportation
- ◆ 4 nights lodging in New Hampshire
- ◆ 9 meals: 4 breakfasts, 1 lunch, and 4 dinners
- ◆ Experience a 1.3 Mile Scenic Gondola Ride to the Summit of Loon Peak
- ◆ Enjoy a 2.5 Mile Train Ride at Clark's Trading Post
- ◆ Admission to the Wright World War II Museum including 14,000 artifacts and Military Vehicles
- ◆ See a Live Bear Show
- ◆ Enjoy a Scenic Narrated Cruise on Lake Sunapee
- ◆ Tour of Remick Country Doctor Museum & Farm
- ◆ Exclusive Diamond Tours Dinner Party with Entertainment

and much more

\$849*

5 Days 4 Nights

*PER PERSON, DOUBLE OCCUPANCY

(Mon - Fri)
Sep 16 - 20
2024



See a Live Bear Show



Experience a 1.3 Mile Scenic Gondola Ride



Enjoy a Fun Train Ride



Scenic Narrated Cruise on Lake Sunapee

Departure: Middlebury, CT @ 8 am

Day 1: Board your spacious, video and restroom equipped Motorcoach and set off for picturesque New Hampshire. This evening, enjoy Dinner before settling into your accommodations in New Hampshire for a four night stay.

Day 2: Start with a Continental Breakfast, then you'll head to beautiful Lake Sunapee for a narrated SCENIC LAKE CRUISE departing from Sunapee Harbor. Come aboard, and take-in the beautiful scenery. This afternoon, you will enjoy a memorable group photo opportunity located at an overlook on the Kancamagus Highway. This evening, enjoy an exclusive Diamond Tours Dinner Party with Entertainment!

Day 3: Begin the day by enjoying a Continental Breakfast, before departing for the WRIGHT WORLD WAR II MUSEUM. This award winning museum has over 14,000 items in collections representing both the home front and the battlefield and a vast collection of fully operational military vehicles. Next, you'll head to the REMICK COUNTRY DOCTOR MUSEUM AND FARM. Enjoy a tour that focuses on the medical practices of Dr. Edwin Remick and his son Edwin C. Remick, who practiced out of the historic house located on the farm. Guests will enjoy a presentation about the history of the father and the son and their medical endeavors and have a chance to be guided through the medical offices that both doctors used (c. 1904-1993). This tour also focuses on the dairy practices at the farm-both past and present. You will tour a historic barn where dairy cattle are presently milked and meet some of the herd. Tonight, enjoy Dinner at a local restaurant before returning to your hotel.

Day 4: After a Continental Breakfast, you'll depart for CLARK'S TRADING POST. Upon reaching your destination, you will have the opportunity to watch A LIVE BEAR SHOW. Let bears Darla and Hildie entertain you with their tricks as they follow in the "paw prints" of their famous bear predecessors. Take a break and enjoy a light Lunch including a fresh deli sandwich. This lunch is included with your tour. Then, enjoy a famous 2.5 mile Train Ride. Travel across the Pemigewasset River through a 1904 covered bridge. Continue on your journey to Loon Mountain. Enjoy a 1.3-mile SCENIC GONDOLA RIDE to New Hampshire's summit of Loon Peak. Upon reaching the summit, you'll be greeted with fresh mountain air and breathtaking views. Later tonight, enjoy Dinner at a local restaurant.

Day 5: Today, after enjoying a Continental Breakfast, you'll depart for home... a perfect time to chat with your friends about all the fun things you've done, the great sights you've seen, and where your next group trip will take you!

ADD PEACE OF MIND TO YOUR TRIP...

With Diamond Tours Exclusive *Travel Confident*® Protection Plan.
See separate advertisement...

\$75 Due Upon Signing. *Price per person, based on double occupancy. Add \$349 for single occupancy.
Final Payment Due: 7/9/2024

FOR INFORMATION & RESERVATIONS CONTACT:

Jo Ann Cappelletti @ (203) 577-4166

* Trips based on minimum 30 passengers

Diamond Tours inc.
Bringing Group Travel to a Higher Standard®

Fla. Seller of Travel Ref No. ST32973.

Middlebury Senior Center

1172 Whittemore Road

Middlebury, CT 06762

Pool Table Available daily	Mini Bus Available			Middlebury Senior Center
	8:30 --2:30	February 2024		203-577-4166
Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			9:00 Billiards 9:30 Computer Training 9:00 Adult Karate 9:30 - 3:30pm Pickle Ball 1:00 Mah Jongg	9:00 Billiards 9:30 Painting Class 9:30 - 3:30pm Pickle Ball 10:15 Table Tennis
5	6	7	8	9
9:00 Billiards 9:30 Pilates 10:00 Mah Jongg 11:00 Adult Strenthening 1:00 Knitting & Crochet	9:00 Billiards 9:30 Yoga 10-12 Blood Pressure Clinic 10:30 Mah Jongg 11:00 Ancestry Club 11:30 Lunch 12:30 Bridge Club 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	9:00 Billiards 9:30 Computer Training 9:00 Adult Karate 9:30 - 3:30pm Pickle Ball 1:00 Mah Jongg	9:00 Billiards 9:30 Painting Class 9:30 - 3:30pm Pickle Ball 10:15 Table Tennis
12	13	14	15	16
				
Center Closed	9:00 Billiards 9:30 Yoga 10-12 Blood Pressure Clinic 10:30 Mah Jongg 11:00 Ancestry Club 11:30 Lunch 12:30 Bridge Club 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 LUNCH & LEARN 1:00 Polish Poker	9:00 Billiards 9:30 Computer Training 9:00 Adult Karate 9:30 - 3:30pm Pickle Ball 11:00 Investment Club Walmart 1:00 Mah Jongg	9:00 Billiards 9:30 Painting Class 9:30 - 3:30pm Pickle Ball 10:15 Table Tennis
19	20	21	22	23
				
Center Closed	9:00 Billiards 9:30 Yoga 10-12 Blood Pressure Clinic 10:30 Mah Jongg 11:00 Ancestry Club 11:30 Lunch 12:30 Bridge Club 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	9:00 Billiards 9:30 Computer Training 9:00 Adult Karate 9:30 - 3:30pm Pickle Ball 1:00 Mah Jongg	9:00 Billiards 9:30 Painting Class 9:30 - 3:30pm Pickle Ball 10:15 Table Tennis
26	27	28	29	
9:00 Billiards 9:30 Pilates 10:00 Mah Jongg 11:00 Adult Strenthening 1:00 Knitting & Crochet Shop Rite	9:00 Billiards 9:30 Yoga 10-12 Blood Pressure Clinic 10:30 Mah Jongg 11:00 Ancestry Club 11:30 Lunch 12:30 Bridge Club 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	9:00 Billiards 9:30 Computer Training 9:00 Adult Karate 9:30 - 3:30pm Pickle Ball 1:00 Mah Jongg	