

# SENIOR NEWSLETTER

Middlebury Senior Center  
1172 Whittemore Road, Middlebury, CT  
203-577-4166—Phone  
203-577-4173—Fax

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



## 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.

# March 2021

## Department Staff

JoAnn Cappelletti	Director
Jeanne Generali	Dispatcher/Clerk
Angela Leveille	Publications & Programs
Terri Markie	Bus Driver
Sean Howard	Computer Lab

## Commission on Aging

Judy Mirrer, Chairperson  
Barbara DeRiu  
Jean Hansen  
Noa Miller  
Ann Spierto  
Nancy Pun  
Ralph Barra  
Nancy Mastroianni  
JoAnn Cappelletti

## **TOWN OF MIDDLEBURY**

*Department of Elderly & Social Services*

Shepardson Community Center

1172 Whittemore RD

Middlebury, CT 06762

Phone 203-577-4166 Fax 203-577-4173

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

Greetings:

As we continue through the world of changes, I urge all seniors to stay active and connected, take advantage of all the virtual program and activities our staff has listed in the Newsletter and please call us at the above number if you need assistance.

The Senior Center will remain closed until it is safe for all seniors to attend programs and activities. Our staff has been busy planning programs patiently awaiting the reopening of the Center. We look forward to seeing all of you back at the Center soon.

The Senior Transportation Program still remains limited to medical appointments and grocery shopping. Only two passengers per trip is allowed at this time due to social distancing. Face masks and hand sanitizing are required.

If you need help registering for the Covid-19 vaccination or getting an appointment, our staff is able to help you. I realize it has been very frustrating for some of you trying to get through the VAMS site.

Technical help is available for those that would like to connect to ZOOM or other technical sites. Our computer instructor is available to assist you.

The Food Bank is available for all those in need of basic foods. Call our office with a list of items, our staff will pack the bag. The bag can be picked up outside the entrance door to the office. In some situations, we may be able to deliver.

Limited tax assistance is available through AARP and Vitas. Call the office for more details.

Social Service is available by phone to help you in completing applications for Energy Assistance and utility bills. Financial assistance is available to those that qualify through the Middlebury Community Emergency Fund. Information and Referral Service are also available.

Our goal is to focus on meeting the needs of our elderly population and assisting them through this drastic change occurring in their lives. We have all been effected by this pandemic but a senior isolation, depression and loneliness is a terrible feeling.

Kindest regards,

JoAnn Cappelletti

**Town of Middlebury**  
**Department of Social & Elderly Services**  
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**Middlebury, CT 06762**  
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### **Notifying the Public Under Title VI**

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

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

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

If information is needed in another language, contact 203-577-4166 ext. 707

**Si se necesita informacion en otro idioma, comuniquese al 203-577-4166 ext. 707**



**When do the clocks change in 2021?**

The **clocks** go forward at 1am on Sunday March 14, **2021**. Initially we **will** notice slightly darker mornings and lighter evenings as the number of daylight hours continue to get longer up to the summer solstice.

This **will** last until 2am on Sunday November 7, **2021** when the **clocks go back**.

State Rep. Kurt Vail has tried without success in the past to get his colleagues to pass legislation that would keep Connecticut on daylight saving time. This year, he's trying a new approach.

*Middlebury*  
CONVALESCENT HOME  
CARE BEYOND COMPARE  
SINCE 1961


midconhome.com

203.758.2471

Family Owned and Operated



Offering Short & Long Term Care

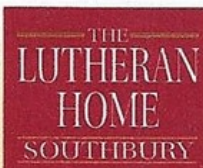
778 Middlebury Road, Middlebury | 203-758-2471 

## 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  
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## 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

## TRANSPORTION SERVICES

<p style="text-align: center;"><b>Middlebury Transportation Program</b></p> <p><b>Phone:</b> 203-577-4166 ext. #1</p> <p><b>Days &amp; Hours of Service:</b> Monday – Friday 8:30am – 2:30pm</p> <p><b>Fares:</b> Suggested donation of \$.50 one way in town in town and \$1.50 one way out of town.</p>	<p><b>Who Can ride?</b> Age 60 or people with disabilities</p> <p><b>Reservations:</b> 2 days in advance Curb to curb services</p> <p><b>Wheelchair Access:</b> Yes</p>	<p><b>Where can riders travel?</b> Middlebury, Naugatuck, Southbury, Waterbury, Watertown.</p> <p><b>Trip Types:</b> Medical, shopping, personal, etc.</p> <p><b>Service Provider:</b> Town of Middlebury</p> <p><b>Website:</b> <a href="http://www.middlebury-ct.org">www.middlebury-ct.org</a></p>
<p style="text-align: center;"><b>Greater Waterbury Paratransit-ADA (Americans with Disabilities Act) And Non-ADA</b></p> <p><b>Phone:</b> 203-756-5550</p> <p><b>Days &amp; Hours of Service:</b> Monday-Saturday 6:00am-12:00pm Midnight; Sunday 9:00am-4:00pm</p> <p><b>Fares:</b> \$6.00 round trip</p>	<p><b>Who Can ride?</b> ADA Certifies: disability prevents use of public bus service – certification by application and interview. Can receive application at the Middlebury Senior Center.</p> <p><b>Reservations:</b> 2 weeks in advance and up to day before Door to door service upon request.</p> <p><b>Wheelchair Access:</b> Yes</p>	<p><b>Where can riders travel?</b> Cheshire, Middlebury, Naugatuck, Prospect, Thomaston, Waterbury, Watertown. In addition travels Southbury and Gaylord Hospital are available on a more limited schedule-Monday-Friday.</p> <p><b>Trip Types:</b> All types</p> <p><b>Service Provider:</b> North East Transportation, Greater Waterbury Transit District.</p> <p><b>Website</b> <a href="http://www.gwtd.org">www.gwtd.org</a></p>
<p style="text-align: center;"><b>Greater Waterbury Transit Dial-a-Ride</b></p> <p><b>Phone</b> 203-756-5550</p> <p><b>Days &amp; Hours of Services:</b> Thursday, 9:00am – 3:45pm</p> <p><b>Fares:</b> Free, if ride is available</p>	<p><b>Who Can ride?</b> Age 60+ or people with disabilities</p> <p><b>Reservations:</b> 2 weeks in advance, but will accept 1 week or last minute depending on availability. Curb to curb service.</p> <p><b>Wheelchair Access:</b> Yes</p>	<p><b>Where can riders travel?</b> Cheshire, Middlebury, Naugatuck, Prospect, Thomaston, Waterbury, Watertown, Wolcott.</p> <p><b>Trip Types:</b> Medical, shopping, personal, etc.</p> <p><b>Service Provider:</b> Greater Waterbury Transit District. North East Transit</p> <p><b>Website</b> <a href="http://www.northeastbus.com">www.northeastbus.com</a></p>
<p style="text-align: center;"><b>Be Well Bus</b></p> <p><b>Phone:</b> 203-573-7711</p> <p>The Be Well Bus runs on Monday to Friday from 7 a.m. to 5:30 p.m.</p>	<p><b>Who Can ride?</b> Patients of doctors affiliated with Waterbury Hospital; participating doctors pay a fee so their patients can use this service.</p> <p><b>Reservations:</b> Call for information</p>	<p><b>Where can riders travel?</b> Call for information</p> <p><b>Trip Types:</b> Call for information</p> <p><b>Service Provider:</b> Waterbury Hospital</p>

## Commission on Aging



The next Commission on Aging meeting will be held (date to be announced). All interested persons are welcome to attend.

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

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
Jeanne Generali	1
Sean Howard	4
Angela Leveille	2



## Free Blood Pressure Screening



Free Blood Pressure screenings will resume at a date to be announced.

# CodeRED™

Keeping citizens informed.

## Probate Information



If you would like to make an appointment with the Probate Judge, please call 203-720-7046 and speak only to Patty Aleggi.

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.

## FREE HEARING SCREENING



The free hearing screening . (date to be announced).  
Please call for an appointment at 203-577-4166.

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



## COMPUTER HELP

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

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

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

## FITNESS



Susan from Fitness Fury is available to do virtual Adult Strengthening

Monday: Rise and Shine Stretch with Susan

Tuesday and Friday: Flex, Tone and Strength with Susan  
(Ball, Weights, Tube/Band and paper plates)

A chair and WATER!!

All classes will begin at 10

Call 203-577-4166 for instructions and provide your e-mail address.



Social Security remains committed to providing uninterrupted benefits and vital services the public relies on, especially during the current coronavirus pandemic. As an important part of the community, I am asking for your help to share important information with your patrons.

Despite challenges government and businesses face at this time, we want people to know we remain ready and able to help them by phone with most Social Security matters.

You can speak with a representative by calling your local Social Security office or the National 800 Number. We provide local office phone numbers conveniently online with our [Social Security Office Locator](#).

Although our offices are not providing service for walk-in visitors, we may be able to schedule an appointment for limited, critical issues if we cannot help someone by phone and if they cannot get the information they need or conduct their business online.

Please encourage your *clients* to call or take advantage of our secure and convenient [online services](#) to:

- Apply for [Retirement](#), [Disability](#), and [Medicare](#) benefits,
- Check the status of an application or appeal,
- Request a replacement Social Security card (in most areas),
- Print a benefit verification letter, and
- Much more.

Most business with SSA can be done online but we know that many people still rely on phone or in-person help. That's why we want people to know they can still count on us by phone.

Lastly, we know that getting medical and other documentation can be difficult due to the pandemic. We continue to extend deadlines wherever possible.





## 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.

1 person \$37,645	2 person \$49,228
3 person \$60,811	4 person \$72,394
5 person \$83,977	6 person \$95,560
7 person \$93,905	8 person \$99,904

- 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).

## **CONNECTICUT ENERGY ASSISTANCE PROGRAM**

Begins October 1, 2020

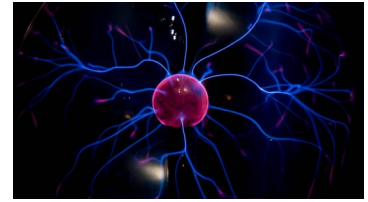
Applications for the Connecticut Energy Assistance Program will be accepted October 1, 2020 to March 15, 2021 for fuel and May 15, 2021 for gas and electric at the Middlebury Department of Social Services, Monday through Friday from 9am to 12pm. You must reapply every year for this program.

The Connecticut Energy Assistance program is federally funded and managed by the Connecticut Department of Social Services. Benefit period for the program is effective November 2, 2020 to April 14, 2021; May 15, 2021 is the last day a household may submit deliverable fuel bills. Connecticut homeowners with household income below 150% FPL are eligible to apply. Connecticut homeowners with household income from 151% to 200% FPL, where the household includes an adult age 60+ or a person any age who is disabled may also apply.

In order to ensure that your application is processed as quickly as possible, it is necessary to submit the following:

- ⇒ Income must be provided for every household member over the age of 18 for the last 4 weeks prior to the application date.
- ⇒ If you are self employed, a notarized Self-Employment worksheet for the last six or twelve months and your most recently filed 1040 IRS form, including all schedules.
- ⇒ Social Security benefits documents.
- ⇒ Pension or annuity check stubs.
- ⇒ If unemployed, the printout of Unemployment Compensation Benefits.
- ⇒ Workman's Comp or Disability Insurance; statement showing benefits and period covered.
- ⇒ Rent receipts for rental income, or your tenants' lease.
- ⇒ VA award letter for Veteran's Benefits ( including pensions.)
- ⇒ Dividend and interest statements for the most recently completed period (if more than \$10 per month).
- ⇒ Statements verifying alimony and/or child support.
- ⇒ Statements indicating the amount and frequency of payments from friends or relative who are contributing to your household's support signed by them.
- ⇒ Current utility bill if you heat with gas or electricity.
- ⇒ For disability income you must provide medical certificate signed and stamped by a physician.
- ⇒ Provide statements from every institution that you or any other adult household members have an account with.
- ⇒ Copy of your household's current electric bill.

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



# OPERATION FUEL

Beginning December 1, 2020, Operation Fuel will administer an energy assistance program for applicant's who need aid with meeting their home heating or utility needs. This program will be for households living up to 75% of state median income. There will not be an asset test. The maximum grant amount will be up to \$700. **All final approvals will be made by Operation Fuel Staff.**

To qualify for oil, propane, pellets, gas/electric utility or wood, applicants that qualify for Connecticut Energy Assistance Program (CEAP) must exhaust those benefits before applying for Operation Fuel funding. For applicant's that are eligible for safety nets (vulnerable and non-vulnerable), they will not qualify for Operation Fuel. Also applicants must provide the name and contact information of their fuel vendor to complete their application.

To qualify for electric utility, applicants must have a shut-off notice or have no utility service or must need assistance with making a required payment in order to maintain a payment arrangement, or have a past due balance of 30 days or more. House will be eligible for this program even if they received a grant for their primary heat through the CEAP program.

The applicant must not have applied for Operation Fuel within the last 12 months.

The program will start Tuesday, December 2, 2020 and end Friday, May28, 2021 or when funding runs out (**whichever comes first**). Closing date for deliverables is Friday, May 28, 2021.

## **Documentation:**

1. Applicant must provide shut off notice or utility bill that is 30 days past due & payment history.
2. Documentation of all household members with income (last 4 weeks of income).

Taking applications Mondays thru Fridays by appointment only.

For more information or to apply please call 203-577-4166, Ext 3.

## KEEPING HEALTHY VIRTUALLY

Follow us on Facebook @ Middlebury CT Senior Center



Below are links to virtual exercises that may help you keep healthy; just click on the link below:

Tai Chi For Beginner's with Gary Welton

<https://www.youtube.com/watch?v=rnseZDuT4gw>



For Chair Yoga

<https://www.youtube.com/watch?v=-Ts01MC2mlo>

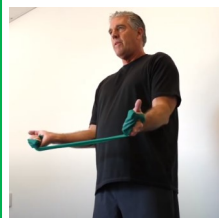
Chair Yoga Dance Recital

<https://www.youtube.com/watch?v=D7hrDkbXHxk>



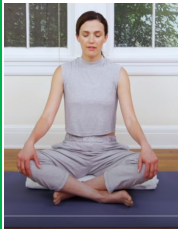
Senior's Standing Pilates

[https://www.youtube.com/watch?v=i3PYS\\_jsA1c](https://www.youtube.com/watch?v=i3PYS_jsA1c)



Morning Stretches for Seniors with Arthritis.

<https://www.youtube.com/watch?v=uKObkQ5TikQ>



Yoga for Seniors:

<https://www.youtube.com/watch?v=kFhG-ZzLNN4>



Senior Fitness by Tona

<https://www.youtube.com/watch?v=sEk8bZbeZao>

## 6 ways to observe animals and nature

### 1. Smithsonian National Zoo in Washington, D.C.

[5 nature cams](#) allow you to observe a cheetah and her new cubs, giant pandas Tian Tian and Mei Xiang, 6 Asian elephants, the lion habitat, and a colony of naked mole rats.

### 2. San Diego Zoo

[11 live cam options](#) show a wide variety of animals, including koalas, polar bears, condors, and tigers.

### 3. The Cincinnati Zoo

Around 3 pm Eastern time, the Zoo holds a daily Home Safari on its [Facebook Live Feed](#) and dozens of previous live videos are available to watch any time.

### 4. Animal Adventure Park's April the Giraffe

[April is a reticulated giraffe at the Animal Adventure Park](#) in New York and she has a calf named Tajiri. You might also see a few other giraffes too.

### 5. Live nature cameras across the world

We found a wonderful website that has [dozens of live camera feeds](#) from all around the world.

From the comfort and safety of home, watch horses in Kentucky, a tropical reef aquarium in California, the Northern Lights in Canada, pandas in China, beautiful sunsets in Hawaii, and more.

### 6. Visit aquariums across the U.S.

Aquariums have had to close their doors, but staff are still working to care for the animals.

They're also using this time to create special video content to share virtual presentations and behind-the-scenes access to various animals and ocean life.

Here are three of our favorites:

#### New England Aquarium

On the main [Virtual Visit page](#), you'll see featured videos and an overview of the virtual visit program. Click the links to see all presentations on Facebook and [all available videos on YouTube](#) (32 and counting!)

#### Monterey Bay Aquarium

See dozens of videos on their [Facebook page](#) or [YouTube channel](#)

[10 live webcams](#) including [birds in the aviary](#), [coral reefs](#), [open-ocean animals](#), [moon jellies](#), the [Monterey Bay](#) itself (listen/watch soothing ocean waves), and more

#### Georgia Aquarium

9 live cams, including the [Indo-Pacific barrier reef](#), [jellyfish](#), [African penguins](#), and [Beluga whales](#) (see all available cams under the video player area)

[Deep sea learning](#) (scroll to mid-page) – learn about the sea and its many creatures, 11 episodes available now and new episodes twice a week

[Field trip Friday](#) (scroll to the 6th topic section in the page) – fun and educational videos like alligator feeding, whale shark feeding, and sea lions and seals

(CLICK ON UNDERLINED HYPERLINKS TO OBSERVE)

Ted Elliss, 58, has been a resident of Oakville since 2018. He has worked for The State Of CT as a mental health counselor for 28 years. He was born in New York City in 1962, grew up in Bridgeport and Stratford CT, and most recently relocated from Northford CT. Poetry and short story writing has been a passionate hobby of his for nearly 40 years.

Mr. Elliss has been kind enough to share his poetry with us

#### Vermont Images

*The interstate highway boldly divided  
White mountains that were once green,  
While crystal blue crowned its heads,  
And silent voices praised nature's sculptures.*

*Trees appeared like giant white mushrooms...*

*The maples joyfully shed tears of sap.  
The land was gently laden with virgin snow,  
While creatures and pasturage warmly slept.*

*Log cabins with wood-burning stoves  
And colonial mansions with romantic fireplaces*

*Provide great comfort to this land's admirers,  
And to their children - God's finest creation.*

*The January air was unemotionally cold,  
And the sun was merely a symbol of warmth.  
Yet, the groundhog would eventually awaken*

*For a curious peak at nature's playground.*

*Icicles like diamonds and necklaces  
Would soon be adorned on trees and houses  
Four-legged creatures would soon come out exploring,  
And white blankets would give birth to new green.*

*The nightly darkness was an eerie presence,  
But the sincere moonlight  
And the glittering of stars  
Eliminated even the worst of fears.*

*June would eventually come calling,  
With the trees wearing their crowns of green.*

*The mountains would once again display  
their treasures,  
And the land of Vermont would continue to  
shine forever. T.E.*

COVID Vaccination Videos for residents 55+, sponsored by the Aging and Disability Services State Unit on Aging, have been posted. They can be found linked to the [ADS Covid Page](#) (the videos themselves are hosted on YouTube, direct video links below):

#### Information for those over 55

(Please watch the videos below for more information)

[Spanish 30 second YouTube video](#)  
[Spanish 15 Second YouTube Video](#)  
[English 30 Second YouTube Video](#)

#### [English 15 Second YouTube Video](#)

Additionally, The COVID Vaccination Video for residents who are Deaf or Hard of Hearing has been posted In American Sign Language. It can be found linked to the [ADS Covid Page](#) (the video itself is hosted on YouTube, direct video link below):

**Vaccination Information In American Sign Language**

[ASL Vaccination video on YouTube](#)

#### AAA's FREE Driving Improvement Classes

Beginning on Tuesdays in March through July, AAA will be offering its **FREE** 4-hour classes **VIRTUALLY** to drivers 60 years of age and older, who need to obtain a certificate for up to 5% off on a portion of their insurance premiums. These classes are open to members and non-members of AAA.

**To register, participants must visit [www.aaa.com/defensivedriving](http://www.aaa.com/defensivedriving), follow the links and then choose "Connecticut Virtual" under your home state.**

To participate in these virtual classes, registrants will need:

A PC, laptop or iPad with an integrated or portable webcam (camera). A smartphone will not work because the class is video based. An Email and Zoom account. To download the Zoom app, visit [www.zoom.us](http://www.zoom.us). The free version is sufficient.

Upon registration, participants will receive a confirmation letter with a Zoom link for the class.



**Upcoming Events – Please Join us! Registration is free and open to people of all ages.**

**Unless otherwise noted, please go to [www.AARP.org/CTEvents](http://www.AARP.org/CTEvents) to register.**

**Caregiver Roadshow for CT Families:** This event is hosted by Bloomfield Library and offers a virtual journey through the experiences of family caregivers, the backbone of our health care system. Learn about support for caregivers and care recipients, as well as choices to live safely and independently. Learn to navigate and connect to resources to gain an understanding of care options and costs.

**3/2/2021 @ 6PM**

**Virtual U Lecture: In Search of the Himalayan Snow Leopard:** The Himalayan Snow Leopard is the most mysterious, enigmatic poorly understood of all the large cats. Inhabiting mountain terrain above 15,000, rarely seen and rarely photographed. There are only three individuals in the world today studying the cat full time. As a result, conservation agencies, rely on citizen scientists to do basic research to add to the body of knowledge on this elusive cat. Join us as we welcome Dr. Richard Benfield, former Chair of the Central CT State University Geography Department and Snow Leopard Researcher, as he takes us on a journey into the Himalayas and the mountains of Central Asia in search of this mysterious creature. Live Lecture followed by Q & A.

**3/8/2021 @ 12PM**

**Virtual U Lecture: Northern Lights, Blackouts, and Unruly Radios: Sunspots and Modern Life:** Join Kristine Larsen, Ph.D., Editor of Reflector Magazine and Professor of Astronomy, for the Geological Sciences Dept. at CCSU as she asks the questions: What are sunspots and how are they connected with the “northern lights”? Are solar flares as scary as Hollywood makes them out to be? How can the sun’s magnetic field affect technology 93 million miles away on earth? Get answers to these questions while exploring the connections between solar temper tantrums and modern technology, from air travel to communication, the electrical grid to the International Space Station, and learn about how our “spotty star” is both special and ordinary at the same time. Live Lecture followed by a Moderated Q & A.

**3/10/2021 @ 1PM**

**Work at Age 50+: Strategies for a Successful Job Search Workshop by AARP CT Webinar Wednesdays:** Work at Age 50+: Strategies for a Successful Job Search Workshop Participants will learn about the essentials any 50+ job seeker must consider and hear about free resources available from AARP and others. Specific focus areas include digital and social media platforms, personal branding, networking and age-proofing your resume.

**3/10/2021 @ 7PM**

**Virtual U Lecture: Asian Studies 3-Part Series** Dr. Nita Verma Prasad, Associate Professor of History and Director of Asian Studies at Quinnipiac University shares her expertise in the social history of British colonial India. Prasad has published on women in the British colonial courts, diasporic communities in the Indian Ocean region, and Hindu-Muslim relations on the subcontinent.

**3/11/2021 @ 7PM: Religion in India's Past: The Construction of Indo-Islam**

**4/21/2021 @ 7PM: The East India Company: Big Business, Big Government**

**5/12/2021 @ 1PM: "Mother of the Nation": Gender and Nationalism in the Colonial World**

**Continued**

**AARP Upcoming Events continued:**

**Virtual Showcase: Building Socially Integrated Communities by AARP CT Webinar Wednesdays:**

A conversation with Nicholas R. Nicholson Jr., PhD, MPH, RN, PHCNS-BC who created the ***Zero Isolation Program: Building Socially Integrated Communities***. Learn how AARP is collaborating on this evidence-based program designed to support students and community professionals interested in learning and working with older adults. Attendees will hear from Dr. Nicholson, those trained to offer this framework virtually and telephonically as well as the participants who have completed the program and now exploring how to use the new skills they've learned to socially connect with others as a result of this experience.

**3/17/2021 @ 1PM**

**Bristol Public Library hosts AARP CT Virtual Workshops:** Join AARP CT and the Bristol Public Library as they offer a virtual series featuring topics that offer information and conversation. Featured sessions offer attendees a 45 min presentation followed by a live moderated Q & A on the topic.

**3/25/2021 @ 6:30 PM Caregiver Roadshow for CT Families**

**4/13/2021 @ 6:30 PM Work at Age 50+: Strategies for a Successful Job Search Workshop**

**5/11/2021 @ 6:30 PM Road to Livability**

**Virtual U Spring Summit: Powered by University of St. Joseph & AARP:** Join AARP CT and the University of St. Joseph as they collaborate to offer a Spring Summit that welcomes students, academics, professionals, members of the community and advocates for a conversation on aging. The session will focus on global aging, the international response to the aging trend along with other topics impacting individuals and their families as they move through life's transitions. *Featured Speakers:* Dr. Francis-Connolly, Dean of Interdisciplinary Health and Science at the University of St. Joseph; Erica Dhar, Director of Global Alliances with AARP's Office of International Affairs and Erwin J. Tan, MD board-certified internist and geriatrician and the AARP Director of Thought Leadership in the area of Health.

**3/30/2021 @2PM**

**Fraud Fighting Fourth Fridays: Virtual Financial Fraud Bingo:** Powered by AARP CT & the Coalition for Elder Justice in CT shining a light on the scams in your community. This month Kathleen Titsworth from the CT Department of Banking will offer some trivia and tips on financial fraud protection. Learning can be fun and informative, join us for a virtual Financial Fraud Bingo!

**3/26/2021 @ 10AM**

**"Personalize Your Plate" by AARP Webinar Wednesday:** Join us as we celebrate National Nutrition Month with this virtual conversation offered by Registered Dietician, Alison Dvorak, MS, RDN, CD-N. There is no one-size-fits-all approach to nutrition and health. We are all unique with different bodies, goals, backgrounds and tastes! Join Alison as she invites you into her virtual kitchen to discuss ways to tailor a healthful eating plan that is just right for you.

**3/31/2021 @ 1PM**

**Visit [www.aarp.org/ct](http://www.aarp.org/ct) for a variety of offerings, news & to sign up for event email announcements.**

**To request a free AARP CT conversation in your community, contact Erica Michalowski at [emichalowski@arp.org](mailto:emichalowski@arp.org) or (860) 548-3163.**



As taxpayers get ready to file their federal tax returns, most will also be thinking about preparing their state taxes. There's some good news for filers wanting to save money. Eligible taxpayers can file their federal and, in many cases, their state taxes at no cost.

Taxpayers whose adjusted gross income was \$72,000 or less in 2019 can file their 2020 federal taxes for free using IRS.gov and go to "File your Federal Taxes for Free"

The IRS Free File Program is a public-private partnership between the IRS and many tax preparation and filing software industry leaders who provide their brand-name products for free. It provides two ways for taxpayers to prepare and file their federal income tax online for free:

Traditional IRS Free File provides free online tax preparation and filing options on IRS partner sites. Our partners are online tax preparation companies that develop and deliver this service at no cost to qualifying taxpayers. Please note, only taxpayers whose [adjusted gross income \(or AGI\)](#) is \$72,000 or less qualify for any IRS Free File partner offers. Free File Fillable Forms are electronic federal tax forms you can fill out and file online for free. If you choose this option, you should know how to prepare your own tax return. Please note, it is the only IRS Free File option available for taxpayers whose [income \(AGI\)](#) is greater than \$72,000.

## What You Need to Get Started

### Personal Information You Need

A copy of last year's tax return in order to access your [Adjusted Gross Income \(AGI\)](#)  
Valid Social Security numbers for yourself, your spouse, and any dependent, if applicable

### Income and Receipts

- Social Security benefits
  - Unemployment Compensation
  - All receipts pertaining to your small business, if applicable
- Income receipts from rental, real estate, royalties, partnerships, S corporation, trusts

### Other income

[W-2s](#), showing your annual wages from all of your employers  
[Form 1099-INT](#), showing interest paid to you throughout the year

[Form 1099-G](#), showing any refund, credit or offset of state and local taxes

[Forms 1099-DIV](#) and [1099-R](#), showing dividends and distributions from retirement and other plans paid to you during the year

### ACA Filers

[Form 1095-A](#), Health Insurance Marketplace Statement. For more information see [Affordable Care Act \(ACA\) Tax Provisions](#).

[Form 8962, Premium Tax Credit](#)

### File Electronically

- Verify your identity by using your 2019 AGI. If you created a 2019 personal identification number, that will work too. The personal identification number required that you create a five-digit PIN that could be any five numbers (except all zeros) that you choose which serves as your electronic signature. Don't have your [AGI](#) or PIN? If you do not have a copy of your 2019 tax return, you may use the [IRS Get Transcript self-help tools](#) to get a tax return transcript showing your [AGI](#). You have two options:

Online: Select the Tax Return Transcript and use only the "Adjusted Gross Income" line entry. [Secure Access: How to Register for Certain Online Self-Help Tools](#) provides you with the information you need to make the request.

By Mail: Please allow 5 to 10 days for delivery. Use only the "Adjusted Gross Income" line entry.

### Contact Information

To get a notification from the Free File software company that your return was accepted by IRS, you need a valid email address.

## Tax Aide for 2021



Free tax assistance is provided at the Middlebury Senior Center at 1171 Whittemore Road, Middlebury, for low to moderate income taxpayers of all ages, with special attention to those 60 and older.

Because of the COVID-19, the Shepardson Building is in lock down so appointments will be handled differently.

Call 203-577-4166 to obtain additional information.

All taxpayers should have with them the following information:

If married, both husband and wife should be present

Proof of identity (picture or other documentation).

Social Security number (Social Security Card or Benefit Statement form SSA – 1099) for taxpayer and all taxpayer's dependents.

Personal check, if available, with bank checking account and routing numbers.

Copy of last year's Federal and State tax returns.

All income statements that apply to the taxpayers 2020 Federal and State income taxes.

PLEASE NOTE:

RETURNS THAT INCLUDE RENTAL INCOME WILL NOT BE ACCEPTED

## Tax Relief Programs

Per executive order # 10 by the Governor's office, Homeowners tax relief and Veterans relief programs recipients do not need apply this year unless circumstances have changed.

New applicants can apply by calling the Middlebury Social Service office at 203-577-4166.

### WHO IS ELIGIBLE?

Recipient or spouse must be 65 years of age or older, or be 50 years of age or older and the surviving spouse of a homeowner who at the time his death had qualified and was entitled to tax relief provided such spouse was domiciled with such homeowner at the time of his death.

Or 18 years of age or older and permanently and totally disabled and receiving benefits under a federal, state, or local retirement program which contains requirements comparable to those of the Social Security Administration.

Must meet residency of at least 6 months and one day for the program year requirement.

## Middlebury Senior Center



**NEW**

**Participate in all our virtual events:**

**Have our newsletter emailed to you so you may have access to our special virtual events.**

**All you need to do is give us your email and we will send it to you each month.**

**All you need to do is click on the link for each program and it will upload for you so you may participate.**

**Call us at 203-577-4166 to get on our email list.**

## Symptoms of Coronavirus :::: What you need to know



Anyone can have mild to severe symptoms.

**Older adults and people who have severe underlying medical conditions** like heart or lung disease or diabetes seem to be at higher risk for developing more serious complications from COVID-19 illness.

### Watch for symptoms

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear **2-14 days after exposure to the virus**. People with these symptoms may have COVID-19:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

This list does not include all possible symptoms. CDC will continue to update this list as we learn more about COVID-19.

### When to seek emergency medical attention

Look for **emergency warning signs\*** for COVID-19. If someone is showing any of these signs, **seek emergency medical care immediately**:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

\*This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.

**Call 911 or call ahead to your local emergency facility:** Notify the operator that you are seeking care for someone who has or may have COVID-19.

# What Vaccines are Recommended for You -- (CDC)

**All adults need immunizations to help them prevent getting and spreading serious diseases that could result in poor health, missed work, medical bills, and not being able to care for family.**

All adults need a [seasonal flu \(influenza\)](#) vaccine every year. Flu vaccine is especially important for people with chronic health conditions, pregnant women, and older adults.

Every adult should get the [Tdap](#) vaccine once if they did not receive it as an adolescent to protect against pertussis (whooping cough), and then a [Td](#) (tetanus, diphtheria) booster shot every 10 years. In addition, women should get the Tdap vaccine each time they are pregnant, preferably at 27 through 36 weeks.

Almost 1 out of every 3 people in the United States will develop shingles in their lifetime. Your risk of shingles increases as you grow older. Additionally, over 60 percent of seasonal flu-related hospitalizations occur in people 65 years and older.

As we get older, our immune systems tend to weaken over time, putting us at higher risk for certain diseases. This is why, in addition to seasonal flu (influenza) vaccine and Td or Tdap vaccine (tetanus, diphtheria, and pertussis), you should also get:

- Shingles vaccine, which protects against shingles and the complications from the disease (recommended for healthy adults 50 years and older)
  - Pneumococcal polysaccharide vaccine (PPSV23), which protects against serious pneumococcal disease, including meningitis and bloodstream infections (recommended for all adults 65 years or older, and for adults younger than 65 years who have certain health conditions)
- Pneumococcal conjugate vaccine (PCV13), which protects against serious pneumococcal disease and pneumonia (recommended for all adults with a condition that weakens the immune system, cerebrospinal fluid leak, or cochlear implant)

Adults 65 years or older who have never received a dose of PCV13 and do not have one of the conditions described above may also discuss vaccination with their vaccine provider to decide if PCV13 is appropriate for them.

Talk with your doctor or other healthcare professional to find out which vaccines are recommended for you at your next medical appointment.

Who Should NOT Be Vaccinated:

Some adults with specific health conditions should not get certain vaccines or should wait to get them. [Read more about who should not get each vaccine.](#)

Talk with your doctor to make sure you get the vaccines that are right for you.

To learn more about these diseases and the benefits and potential risks associated with the vaccines, read the [Vaccine Information Statements \(VIS\)](#).



## RESOURCES

### **Increasing COVID-19 Vaccine Uptake among Members of Racial and Ethnic Minority Communities: A Guide for Developing, Implementing, and Monitoring Community-Driven Strategies**

This guide supports establishing a community-driven approach for developing and implementing strategies to increase vaccination among racial and ethnic minority communities due to the disproportionate burden of COVID-19 among these groups. It is however also applicable to other communities that are hard to reach, experience marginalization or discrimination, and/or demonstrate vaccine hesitancy.

<https://portal.ct.gov/-/media/DCF/Agency/JIC-Resources/Guide-For-Awardees-for-Community-Driven-Strategies.pdf>

### **Building COVID-19 Vaccination Confidence**

The National Academies of Sciences, Engineering and Medicine prepared these resources for communicators because building confidence in COVID-19 vaccinations is crucial for us to stay healthy and return to normal:

<https://www.nap.edu/resource/26068/interactive/index.html>

<https://www.nap.edu/read/26068/chapter/1>

### **Dept. of Public Health: COVID-19 Vaccine Facts You Need To Know**

[https://portal.ct.gov/-/media/DCF/Agency/JIC-Resources/DPH\\_VaccineFacts\\_2-3-21.pdf](https://portal.ct.gov/-/media/DCF/Agency/JIC-Resources/DPH_VaccineFacts_2-3-21.pdf)

### **Battling COVID-19 Vaccination Misinformation**

[Misinformation about COVID-19: evidence for differential latent profiles and a strong association with trust in science](#)

[The Anti-Vaxx Playbook](#)

[Governmental actions to address COVID-19 misinformation](#)

[Weaponized Health Communication: Twitter Bots and Russian Trolls Amplify the Vaccine Debate](#)

### **COVID-19 Vaccine: Answers for Healthy Aging**

[https://us02web.zoom.us/rec/play/4TkloaK7-0gCLxUqQjVjWSsMx9QZV1hQ6PG32LTYAHkQm-B40VBsMohTG0ywuZywksZRNnteYpPKcXxH.rkqHyLou9rx6tbqZ?](https://us02web.zoom.us/rec/play/4TkloaK7-0gCLxUqQjVjWSsMx9QZV1hQ6PG32LTYAHkQm-B40VBsMohTG0ywuZywksZRNnteYpPKcXxH.rkqHyLou9rx6tbqZ?continue-)

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### **Center for Disease Control Hosting a National Forum on COVID-19 Vaccination**

The National Forum on COVID-19 Vaccine is a virtual event that will unite representatives from across the US government, with tribal, state, local, and territorial leaders and representatives from public health, healthcare systems, national and community-based non-governmental organizations, education, private industry, unions, and faith-based organizations. All have a role in supporting COVID-19 vaccination.

The Forum aims to promote the most effective strategies to build trust and confidence in COVID-19 vaccines, use data to optimize vaccine implementation, and provide participants with practical information for increasing vaccine access in communities nationwide, especially for persons at increased risk of COVID-19 disease and those who may face barriers to vaccination.

[National Forum on COVID-19 Vaccine](#)

### **DPH Releases Available Race/Ethnicity COVID Vaccination Data**

While warning of limitations of the data, DPH says it points to need to do more to vaccinate Black and other high risk populations.

<https://portal.ct.gov/DPH/Press-Room/Press-Releases---2021/DPH-Releases-Available-Race-Ethnicity-Covid-Vaccination-Data>

### **Governor Lamont Announces Partnership For COVID-19 Vaccine Community Outreach**

[Governor Lamont Announces Partnership With Health Equity Solutions on COVID-19 Vaccine Community Outreach](#)



STATE OF CONNECTICUT  
**GOVERNOR NED LAMONT**

**Governor Lamont Announces Connecticut Will continue Age-Based Approach To COVID-19 Vaccine Eligibility; Educators and Childcare Providers To Have Dedicated Clinics in March.**

In an effort to ensure that Connecticut continues taking the most equitable and efficient approach to quickly administering the COVID-19 vaccine to as many people as possible, Governor Ned Lamont today announced that the state will continue with an age-based approach to expanding eligibility to the vaccine explaining that other previously considered scenarios proved overly complex and confusing, would potentially exacerbate inequities in vaccine distribution, and slow down the process of providing it to Connecticut residents.

Age is one of the strongest factors contributing to COVID-19 deaths, with 96 percent of COVID-19 deaths in Connecticut occurring in people over the age of 55.

To provide clarity and predictability, the governor today announced a schedule for age-based eligibility for the next several months. By laying out a clear timeline for eligibility for the vaccine, the strategy allows everyone in the state, including essential workers and those with chronic conditions, to know when they will be able to schedule and appointment. The planned schedule is as follows:

- ◆ **March 1, 2021** : expands to age group 55 to 64
- ◆ **March 22, 2021**: Expands to age group 45 to 54
- ◆ **April 12, 2021**: Expands to age group 35 to 44
- ◆ **May 3, 2021** : Expands to age group 16-34

To further ensure equitable allocation of the vaccine, Governor Lamont also announced that he is directing Connecticut Department of Public Health to set numerical targets and work with vaccine providers to ensure that vaccines are administered to people living in the highest-risk communities in proportion to their population. These targets and the associated strategies will be announced in the coming days.

In Addition to the age-based eligibility, preK-12 school staff and teachers, and professional childcare providers will be eligible to receive the vaccine in March at dedicated clinics that will be set up specifically for those sectors. Educators and childcare professionals will soon receive information from their school administrators and employers on when their dedicated clinics will be provided.

Connecticut has been using a phased approach to the COVID-19 vaccine program because of the very limited supply of the vaccine that is has been receiving from the federal government. The program initially began in December with healthcare providers and medical first responders, and then expanded in January to include all individuals over the age of 75 and certain congregate settings, followed by those over the age of 65 in mid February. All previously eligible individuals and settings will continue to be eligible after March 1.



## Q & A's with your local Senior Medicare Patrol

Question: A beneficiary recently asked, "Can I be charged for the COVID-19 vaccine"?

Answer: NO

Here's helpful information for Medicare Beneficiaries as well as the American public on the cost of the COVID-19 vaccine. The Centers for Medicare and Medicaid Services shared:

- Vaccine doses purchased with U.S. taxpayer dollars will be given to the American people at no cost. However, vaccination providers will be able to charge an administration fee for giving the shot to someone. Vaccine providers can get this fee reimbursed by the patient's public or private insurance company or, for uninsured patients, by the Health Resources and Services Administration's Provider Relief Fund. Source: [CDC website](#)
- Insurance plans, medical facilities and other providers **cannot** charge recipients of the vaccine for the administration fee.
- The administration fee for the vaccine in the first year is being covered by original Medicare regardless of a beneficiary having an Advantage Plan. So beneficiaries should show their original Medicare card when getting the vaccine.

Read [CMS Press Release](#) for more information on how COVID-19 costs are covered.

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### How Can Your Senior Medicare Patrol Help?

Your local SMP is ready to provide you with the information you need to PROTECT yourself from Medicare fraud, errors, and abuse; DETECT potential fraud, errors, and abuse; and REPORT your concerns. SMPs and their trained team members help educate and empower Medicare beneficiaries in the fight against health care fraud. Your SMP can help you with your questions, concerns, or complaints about potential Medicare fraud and abuse issues. It also can provide information and educational presentations. For more information, contact the Senior Medicare Patrol at your local Area Agency on Aging at 1-800-994-9422 or visit <https://portal.ct.gov/ads-smp>.

SMP is supported, in part by grant number 90MPPG0044, from the U.S. Administration for Community Living, Department of Health and Human Services and is administered by the CT Department of Aging and Disability Services.