

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.

March 2022

Department Staff

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

Commission on Aging

Judy Mirrer, Chairperson

Jean Hansen

Noa Miller

Ann Spierto

Nancy Pun

Nancy Mastroianni

Ann Zimkus

JoAnn Cappelletti (Director of
Elderly & Social Services)

Ralph Barra (Liaison)

Town of Middlebury
Department of Social & Elderly Services
Shepardson Community Building
1172 Whittemore Road
Middlebury, CT 06762

Phone 203-577-4166

jcappelletti@middlebury-ct.org

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



When do the clocks change in 2022?

The **clocks** go forward at 1am on Sunday March 13, **2022**. 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.

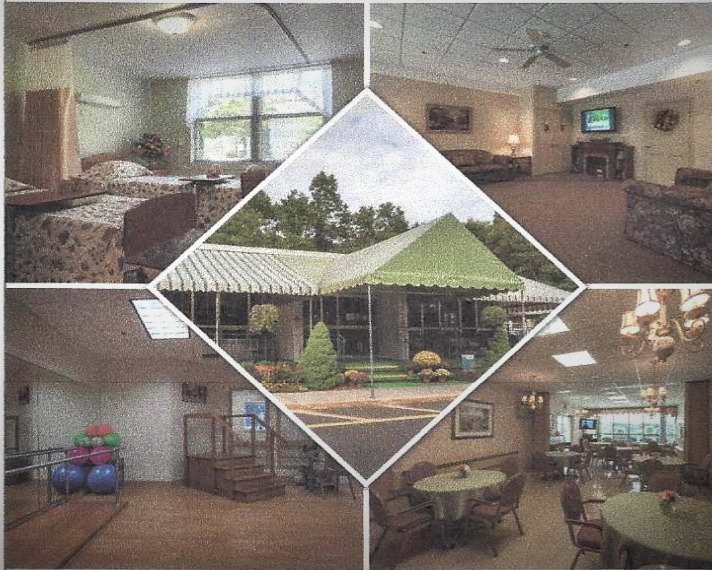
This **will** last until 2am on Sunday November 6, **2022** when the **clocks go back**.

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.




midconhome.com
203.758.2471

Family Owned and Operated



Offering Short & Long Term Care

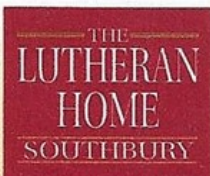
778 Middlebury Road, Middlebury | 203-758-2471 

Get READY FOR HOME at Lutheran Home

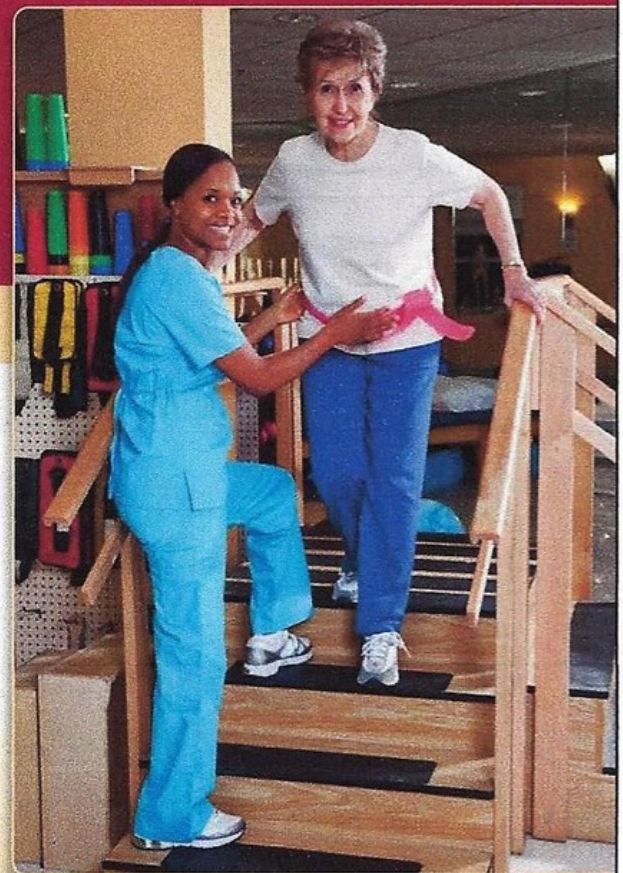
2016 5-STAR MEDICARE RATING

Welcome to the first rehab program personalized for you. From your own Resident Service Liaison checking in each day, to a CNA Companion program for a smooth transition, and therapies offered 7 days a week, our Center for Short-term Rehabilitation is your place to get ready for home.

Call 203-264-9135 to Pre-book your stay or learn more.



990 Main Street, North
Southbury, CT 06488
203.264.9135
www.lhsouthbury.org



Town of Middlebury

Department of Social and Elderly Services
Shepardson Community Building
1172 Whittemore Road
Middlebury, CT 06762
Phone: 203-577-4166
Fax: 203-577-4173
E-mail: jcappelletti@middlebury-ct.org



GUIDELINES FOR MINI-BUS PASSENGERS

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

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

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

The following must be observed:

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

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

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

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

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

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

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

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

Name _____

Address _____

City _____ State _____

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

Department of Social Services
1172 Whittemore Road
Middlebury, CT 06762

GWDT

Dial – A – Ride

One day a week each municipality will have the

Dial-A-Ride Transportation
Available for eligible

Seniors (ages 60 & Over) and the Disabled.

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

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

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

First Come, First Served

**Cheshire Middlebury Naugatuck Prospect Waterbury Watertown
Wolcott**

Medicare Costs in 2022

Part A (Hospital insurance):

- Part A premium is Free if you've worked 10 years or more (\$274 per month if you've worked 7.5 to 10 years) \$99 per month if you've worked fewer than 7.5 years.
- Part A hospital deductible: __\$1,556 each benefit period
- Part A hospital coinsurance: \$0 for the first 60 days of inpatient care each benefit period (\$389 per day for days 61-90 each benefit period) (\$778 per life time reserve day after day 90 in a benefit period). You have 60 lifetime reserve days that can only be used once. They're not renewable.
- Skilled nursing facility insurance: \$0 for the first 20 days of inpatient care each benefit period (\$194.50 per day for days 21-100 each benefit period.

Part B (Medical insurance) Part B Premium : \$170.10

If your annual income is higher than \$91,000 for an individual (\$182,000 for a couple) you will pay at a higher Part B premium

Part B deductible: \$233 per year (Part B coinsurance: 20% for most services Part B covers.

Part D (Prescription drug coverage):

National average Part D premium: \$33.37 per month (Part D maximum deductible: \$480 per year) (Coverage gap begins : \$4,430) Catastrophic coverage begins: \$7,050

NOTE: if you have a Medigap policy, your budgeting may look a little different. You pay a monthly premium for the Medigap policy, which in turn pays part or all of certain costs after Original Medicare pays. For example, a Medigap policy can cover the most of your Part B coinsurance or inpatient hospital deductible. Medigap premiums vary throughout the country, but in general they range from \$100 to \$300 per month.

If you have the same Medicare Advantage Plan in 2022 as you did in 2021, your plan should have sent you an "Annual Notice of Change (ANOC) or "Evidence of Coverage (EOC) NOTICE EXPLAINING ANY CHANGES FOR THE COMING YEAR. Review this notice to understand your plan's costs, covered services, and rules. Contact your plan if you did not receive these documents in the fall or want another copy. If you chose a new Medicare Advantage Plan, you should get an EOC for the new plan and you can review that document to understand to costs associated with the plan for 2022

Commission on Aging



The next Commission on Aging meeting will be held on Tuesday, April 19, 2022 At 9:30am.

All interested persons are welcome to attend.

Contacting our office is easy!

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

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

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



Blood Pressure Screening

Nurse Diane is available for free blood pressure screenings every Tuesday from 10am to 12 noon.

She is also available for any issues you may have.

HELP

Middlebury Senior Center needs your help.

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

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

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

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

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

Thank you for supporting the Middlebury Senior Center

CodeRED™

Keeping citizens informed.

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

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

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



COMPUTER HELP

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

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



MAH-JONGG

Mah-Jongg is a Chinese game that is played using 144 domino-like tiles. Middlebury Senior Center has mah-Jongg games every Monday, Tuesday at 10am and 1pm, Wednesday Mah Jongg lessons 10:30, & Thursdays 1pm

ART CLASS



Dory St. John offers art classes on Fridays from 9:30—11:30am. The fee is \$5.00 per class

Adult Strengthening



Sue from Fitness Fury teaches older adults Strength training Exercises on Mondays from 11 to 12pm. Fee is \$25 per month or \$5 per class

PILATES CLASS



Two classes per week:
\$40

Monday 9:30 to 10:30 &
Wednesday 11:00 to 12:00

Next class begins March 1, 2022

Nutrition Cooking Class

Nichole from Brass City Harvest would like to offer nutrition cooking classes for anyone interested. Please call 203-577-4166. Enjoy cooking with Nichole and sample your finished product. This class is free of charge.



Yoga



Tuesdays at 9:30 to 10:30

Helene Korchin is back for our Yoga classes.

The next class will begin on April 12, 2022. The fee for Yoga is \$30 for 6 classes

Calling all Crafters



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

Tai Chi



Wednesdays; 8:15 and 9:45am

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

The next class will begin May 18, 2022.

The fee for this class is \$30 for 10 classes

Learn to Knit

Tuesdays

12:30 to 2:30pm

\$18 per person — supplies included

Next class begins March 15, 2022

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



Learn to Knit

Tuesdays, April 5 — May 10, 2022
12:30 to 2:30

\$18 per person — supplies included

Knitting 2 — Color

Continue your knitting journey in this second course in the Learn to Knit series. You will learn to use circular needles, read charts, and cast on and knit with multiple colors.

Practice will focus on duplicate and slipped stitches, ribbing and stripes, lice, peeries, and simple stranded fair isle designs.

Use of double-pointed needles and grafting will also be introduced.

To enroll, you will need to know basic cast-on, knit, purl, and bind-off techniques. Supplies will be provided.

Limit 6 per class, \$18 per person. 203-577-4166 to enroll.

Our computer technician would like to start a computer club for the Middlebury Senior Center.



We would like to begin our club exploring Ancestry .com, or family search.

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

You can also discuss other interests.



MIDDLEBURY SENIOR CENTER presents:
GRAB-N-GO Lunches from Annoula's Restaurant

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

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

(Every Wednesday in March at 11:30am)

For the month of March:

March 2 – Pasta Bolognese with a small salad -OR- Baked scrod with roasted potatoes and veggies

March 9 - Greek salad plate -OR- Baked macaroni and cheese with a small salad

March 16– Mediterranean Chicken, roasted potato, veggies -OR- Vegetable or chicken gyro with mashed potato and veggies

March 23 - Hamburger with roasted potato with veggies –OR– Grilled chicken with Caesar salad plate

March 30 –American chop suey with small salad -OR-Greek Salad plate

All meals are served with multigrain bread, fruit and low fat milk

PLEASE NOTE:

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

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

OPERATION FUEL

The Winter Spring Program for Operation Fuel started on December 6, 2021



Operation Fuel residential energy assistance programs, hardship enrolling of income eligible Eversource customers in Eversource's NewStart arrearage forgiveness program began on December 6, 2021.

The program is for emergency energy / utility assistance grants. Programs will be offered to provide assistance for a household's primary space heating, secondary energy, and / or water accessibility needs. Call 203-574-4166 for assistance.

CONNECTICUT ENERGY ASSISTANCE PROGRAM



Applications for the Connecticut Energy Assistance Program will be accepted up to **March 16, 2022** for fuel and May 15, 2022 for gas and electric at the Middlebury Department of Social Services, Monday through Friday from 9am to 12pm. You must reapply every year for this program.

The Connecticut Energy Assistance program is federally funded and managed by the Connecticut Department of Social Services.

⇒ IMPORTANT DATES IN THE CT. ENERGY ASSISTANCE PROGRAM (CEAP) FOR DELIVERABLE FUELS ARE AS FOLLOWS:

- ⇒ November 13, 2021—First day for fuel deliveries that can be paid by CEAP.
- ⇒ March 16, 2022 Deadline for fuel authorizations.
- ⇒ May 1, 2022 the last day that a household can apply to establish its eligibility for benefits.
- ⇒ May 29, 2022 The last day to submit deliverable fuel bills.

Please bring with you all documentation. Monthly income for each member of the household; all bank statements; energy bill and all other household members information.

NOTE: These dates are subject to change at the discretion of the State Department of Social Services.

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



Balance Forgiveness Programs and Payment Plans

Payment Plans:

All customers qualify for an extended payment plan that allows several months to pay a past due balance, with no interest and no fees.

New Start Program:

Residential, low-income electric customers with a balance of at least \$100 past due by more than 60 days may be eligible for the New Start Program, to have their outstanding balance eliminated in as little as 12 months. When you make your scheduled New Start monthly payment, a portion of your past-due balance is eliminated or “forgiven,” reducing the amount you owe. Eversource customers who have a medical hardship status on their account are eligible for New Start regardless of their income. You may be eligible for medical hardship status on your account if you or anyone in your home is seriously ill or has a life-threatening situation.

Matching Payment Program:

The Matching Payment Program (MPP) is available to all residential income-eligible electric and gas heating customers. To enroll in the MPP, contact Eversource or JoAnn Cappelletti at 203-577-4166 Ext. 3, who will assist you in signing up for Connecticut Energy Assistance Program (CEAP) funds and MPP. Eversource will match CEAP amounts and all required payments made to your account down to a zero balance. The arrangement determines one monthly fixed payment, which is calculated using your utility charges over the past 12 months—minus any energy assistance award. Customers who receive public assistance benefits may have their monthly budget payment reduced to as low as \$50.

RENTER’S REBATE PROGRAM

Effective April 1, 2022 Through September 15, 2022

Elderly residents of Middlebury or totally disabled persons who rent may apply for the Renter Rebate program at the Department of Social Services office located in the Shepardson Community Building, Room #20 between the hours of 9:00am and 12:30 pm.

You must also be a resident of Middlebury and provide proof of income and rent expense for the year 2021.

If utilities are not included in your rent, you must provide proof of your utilities expense. If you filed a tax return you must bring a copy.

Further questions regarding this program must be directed to JoAnn Cappelletti at

203-577-4166 ext. #3.

Due to COVID-19 applications will be processed by appointment only.

WINTER PROTECTION PLAN



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

The Winter protection Plan protects your service from being shut off from November 1, 2020 through May 1, 2021 with no late payment charges. This must be renewed annually. Applications for Shutoff Protection can also be completed while applying for public energy assistance through Middlebury Social Services at 203-577-4166 ext. 3.

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

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

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

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

Eversource's

Matching Payment Program:

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

Here's how it works.

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

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

To be eligible:

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

Your household income must be at or below 60 percent of the [estimated state median income](#):

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

1 person \$39,027	2 person \$51,035
3 person \$63,044	4 person \$75,052
5 person \$87,060	6 person \$99,069
7 person \$101,320	8 person \$103,572

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

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

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

Tax Relief Programs



Applications are available for the Elderly Homeowners, Totally Disabled Homeowners and Additional Veterans Tax Credit Programs February 1 – May 15, 2022.

Qualifications for these programs include residency, income, age or disability. Applications must be accompanied by all income statements and Social Security benefits and must be filed no later than May 15, 2022.

No application will be accepted without proof of income and Social Security statements.

Qualifying income is based on 2021 adjusted gross income; married applicants must submit combined adjusted gross income plus 2020 Social Security benefits payments.

Household income cannot exceed \$46,400; this number varies from single to married persons. Elderly Homeowners applicants must reside in Middlebury, qualify under the income limits, and must be 65 years of age or older.

Totally Disabled Homeowners applicants must be eligible to receive permanent total disability benefits under Social Security or other federal, state or local plan.

Applications can be picked up at the Middlebury Social Services Department at the Shepardson Community Center, 1172 Whittemore Road in Middlebury, Room 20 between the hours of 9am to 1pm

The following tables show the levels of qualifying income for the Elderly and Totally Disabled Tax Relief Program applications to be filed in the year 2022.

PLEASE NOTE: Homeowner applications that were taken for the 2020 G/L (RENEWALS) are calculated for the 2021 G/L using the 2020 qualifying income schedule, NOT the schedule below.

Homeowners

Filing period February 1—May 15, 2022

Income		Tax credit %		Tax Credit Maximum		Tax Credit Minimum	
Over	To	Married	Unmarried	Married	Unmarried	Married	Unmarried
\$-0-	\$19,100	50%	40%	\$1,250	\$1,000	\$400	\$350
\$19,100	\$25,600	40%	30%	\$1,000	\$750	\$350	\$250
\$25,600	\$31,900	30%	20%	\$750	\$500	\$250	\$150
\$31,900	\$38,100	20%	10%	\$500	\$250	\$150	\$150
\$38,100	\$46,400	10%	-0-	\$250	-0-	\$150	-0-



Attention all Veterans

With one phone call, Veterans, their families, caregivers and survivors can easily access information on VA benefits and services or be connected to an expert for answers to questions.

1-800-MyVA411 is a national, toll-free number that serves as a “front door” to VA. You can still reach VA at any other direct or contact center numbers, but 1-800-MyVA411 offers the simplicity of a single number to call when you don’t know who to call. The Veterans Crisis Line is always available 24/7 at 1-800-273-8255

and pressing 1, by [Chat](#), or by Texting 838255. You can also call the White House VA Hotline at 1-855-948-2311 to share your compliments or concerns.

Call 1-800-MyVA411 to get information on VA care, benefits and services, such as:

Information on [COVID-19](#) and the [MISSION Act](#), which delivers access to health care – at VA facilities, virtually with telehealth, and in the [community](#).

Health care eligibility and enrollment.

Information on VA benefits, such as disability compensation and pension, education programs, caregiver support, insurance, home loan guaranty, and burial scheduling and markers, among others.

The nearest VA facilities to where you live or to where you may be traveling; directory assistance, and connection to VA Medical Center operators.

Technical support for [www.VA.gov](#).

Financial information, such as debt and payment options.

Referrals during business hours, with an introduction from you and your issue to a VA specialist best able to assist.

Immediate transfer to the Veterans Crisis Line or the National Call Center for Homeless Veterans for services and support from caring and trained responders.

1-800-MyVA411 callers have the option of pressing 0 to be immediately connected with a customer service agent to answer any questions or provide a warm-handoff to the appropriate VA expert.

1-800-MyVA411 (1-800-698-2411) is available 24 hours-a-day, 365 day-a-year to serve Veterans, their families, caregivers and survivors.

Call VA today at 1/800-MyVA411 (1-800-698-2411)

The number to call when you don’t know who to call!

VA funding available to create technology helping eligible service members and Veterans adapt their homes

WASHINGTON — The Department of Veterans Affairs has [Specially Adapted Housing Assistive Technology](#) grants available for fiscal year 2022 to develop new technologies that enhance the ability of seriously disabled service members and Veterans to live more independently.

VA encourages researchers, organizations and individual technology developers to apply for SAHAT grant funding via [Grants.gov](#). **by 11:59 p.m., ET, March. 11,** to develop specially adapted housing assistive technologies that will improve the livability of Veterans' adapted residences.

VA issues the Notice of Funding Opportunity in the Federal Register to foster competition among technology developers, funding innovation that will best serve the needs of certain seriously disabled service members and Veterans.

Since 2016, when VA awarded its first SAHAT grant, VA has awarded 22 grants. To date, these grants have resulted in the introduction of new products to the accessibility industry used to improve the lives of Veterans, including:

AI-powered mobile scanner and reader enabling blind and visually impaired users to read text independently.

Smart guidance: a customized disability-adapted bathroom module designed to bring users closer to independent living by providing a safer bathroom environment and permitting home care.

Robotic overbed table for beds, recliners and wheelchairs allowing users to independently deploy, position and store mobile devices using accessible switches or a remote from a bed or chair.

“Awarding up to \$200,000 per grant to develop technology will ultimately help make homes more livable for seriously disabled service members and Veterans,” said Principal Deputy Under Secretary for Benefits Mike Frueh. “In addition to the SAHAT program, VA also administers [Specially Adapted Housing grants](#) to eligible service members and Veterans with certain serious service-connected disabilities to purchase or adapt a home that suits their individual needs.”

To learn more about SAHAT, visit [VA.gov](#) and [Notice of Funding Opportunity](#).



Middlebury Senior Center along with the Travel Group proudly Presents:

“ATLANTIC CITY GETAWAY” at **CAESARS** in Atlantic City, New Jersey 3 Days/2 Nights – October 25-27, 2022 with 2 shows **“ABBA: Dancing Dream and Patsy Cline & Country Classics Show!** \$275 double occupancy (prices are per person) \$265 triple and \$375 single.

Package Includes:

Round trip Motorcoach transportation
2 Nights Accommodations at the **CAESARS World Class Casino Resort Hotel**
\$50.00 in SLOT BONUS!

\$50.00 IN Three Meal Vouchers!

2 Fantastic shows IN THE Main Theatre!

#1 – Patsy Cline & Classic Country Show

#2 – ABBA “Dancing Dream”

(Two evening Shows begin at 8pm)

Baggage Handling & Hotel Casino Tax



Please call 203-577-4166 for more information.

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“NEIL DIAMOND meets BILLY JOEL” AT THE Log Cabin, Holyoke, MA.

Enjoy the beautiful Views overlooking Mt Tom at the elegant Log Cabin Banquet Facility
THURSDAY, JULY 28, 2022.

The talented Charlie Lask is back with his Tribute to Neil Diamond, to play all his Classics such as Sweet Caroline, Forever Blue Jeans and Love on the Rocks. “Neil” will be met by no other than the Piano Man performed by the dead ringer look alike John Cozolino. He will perform Just the Way You Are, She’s Always a Woman to Me and of course “Piano Man”. Enjoy a delicious meal and show at the very popular Log Cabin!

\$79.00 per person

Package includes:

Twin Lobsters freshly steamed with Drawn Butter

OR Prime Rib of Beef

Neil Diamond & Billy Joel Show

Meal Taxes and Gratuities



Please call 203-577-4166 for more information.

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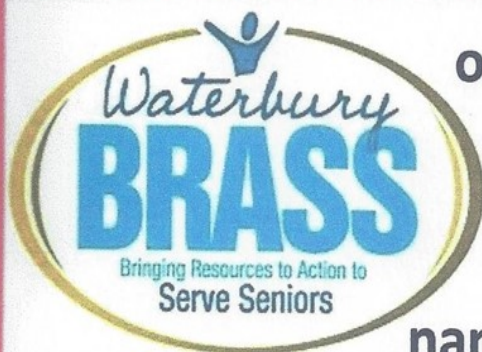
The Greater Waterbury
"GOLDEN YEARS THEATRE"
presents



If you're 60 or over the magic starts
June 23, 24, here  25, 26 2022

Join the FUN by joining the CAST!!!
Whether onstage or behind the scenes

Email: bobtansley1949@gmail.com



or have a family member or
friend do it for you... just
have them include your
name in the email. I BCC emails

REBEL DAUGHTER DAY (with Rebel Daughter Cookies)



Norwalk, Ct

Tuesday, March 8, 2022

12:30 – 4pm

In celebration of the opening of Rebel Daughter Cookies' new commercial kitchen space in Norwalk, Connecticut's Art Park, founder Anne F. Grossman is hosting "Rebel Daughters Day" on International Women's Day (March 8th). This event will support and showcase dozens of strong female entrepreneurs, with 25+CT-local, women-led brands in attendance, offering samples and products ranging from delightful mocktails to interactive cooking experiences, from lovely bouquets to chic charcuterie boards and more. Rebel Daughter Cookies is an ultra-decadent over-the-top cookie brand designed to indulge your inner rebel.

If interested please call 203-577-4166; Bus will leave the Middlebury Senior Center at 11:30am; transportation fee is \$7 per person, admission is free

MUMMIES of the World Exhibition

The Connecticut Science Center

Thursday, March 31, 2022



Join us as we embark on a journey into the extraordinary world of mummies and mummification. Through modern science and engaging multimedia exhibits, this exhibition reveals how the scientific studies of mummies provide a window into the lives of ancient people from every region of the world, offering unprecedented insights into past cultures and civilizations.

Mummies of the World: The Exhibition, is the most extensive collection of real mummies and artifacts ever assembled. This stunning exhibition features 40 actual human and animal mummies and 85 rare artifacts from across the globe. This compelling collection, presented with reverence and dignity, includes ancient mummies from South America, Europe, and ancient Egypt, dating as far back as 4,500 years.

Admission fees are: ages 19-64 \$24.95

65 + \$22.95

Butterfly Exhibit add on \$5.95

Transportation fee is \$7 per person—if interested please call 203-577-4166 to reserve your seat

How to move to a new email account with the least hassle



Changing an email address is a hassle. Yet sometimes we need to do it, be it for “cutting the cork” from your cable TV account that includes a free email address, moving to a new city where your provider is not offered or just freeing yourself from a spam-ridden account and starting fresh. But taking the effort to switch effectively is worth it.

Here are four steps that can lessen the pain.

STEP ONE - PICK A NEW ADDRESS (OR TWO): Do this long before exiting your current address, Experts recommend choosing an agnostic platform – an email service not linked to other accounts or services to which you subscribe. There are several popular choices that are free and simple, such as Gmail, Yahoo and Outlook. Once you choose your service, consider opening two accounts: one dedicated solely to trusted sources –family, friends, doctor offices – and the other for your interactions with retailers, charities and professionals. (It will invariably get filled up with commercial appeals.) Using a second email address for loyalty programs and such keeps your primary email address out of the hands of scammers or spammers. “Nearly every day, users publicly share their personal cellphone numbers and private email addresses within earshot of other customers”. Under normal circumstances, they would never share that information with strangers.

STEP TWO – CHANGE YOUR CONTACT INFO: Tell your family and friends about your new email address, of course, and encourage them to change their electronic and physical address books. That should be relatively easy. Then comes this potentially time-consuming task: Make a list of every important contact who may have your old email address and make an effort, either by phone or online, to update your info with them. This includes health care providers, banks, landlord, credit card companies, utility companies, loyalty accounts and so on. Review a few months of old emails to see if you’re forgetting anyone important. Next, set up an auto-reply on your old account, while it’s still open, to give info about your new address. This is a backstop of sorts, reminding people who forget to use your new address, as well as those you neglected to inform.

STEP THREE: DELETE THE OLD STUFF: If you can, keep your old account open for at least three months after launching your new address, this will ensure you don’t miss important communications during the swap. But while both accounts are open, go through old emails and forward those you may need to your new address, then delete all of the messages and folders on the old account. That limits potential hackers’ access to your personal information. If this seems like too much hassle, many free email services have tools to let you import your entire email box to your new account. Then you can delete all the emails from the old account at once.

STEP FOUR: SHUT DOWN THE OLD ACCOUNT: Be sure to close the old email account eventually. An unmonitored email account is literally a playground for a digital attacker; if you haven’t cleared out what’s there. Emails can provide a wealth of personal information, including names of family members and their contact information, a list of the doctors you use, account numbers for utilities, limited banking information and anything shared in outgoing emails since you opened the account. Hackers can use that data to assume your identity, then contact friends and family for a variety of nefarious reasons. If you are no longer using an email account, don’t just abandon it, there is always a way to cancel the account, just as you would do for a credit card you no longer use.



**lunch
& learn**

Lunch & Learn

Thursday, March 24, 2022

Our monthly Lunch and Learn program will resume on Thursday, March 24th at 11:30am. Enjoy lunch while you're learning an exciting topic.

Call 203-577-4166 to reserve your seat

**USED INK
CARTRIGES**



Don't throw your used ink cartridges away.

Please donate them to the Middlebury Senior Center,

We recycle.

Thank You

COVID-19 TEST KITS



Covid-19 tests are available to all Middlebury residents who would like one.

Come to the Middlebury Senior Center between the hours of 9am to 1pm.

Senior Medicare Patrol (SMP) Warning:

Fake COVID-19 At-Home Test Kits

Be careful! Scammers are selling fake and unauthorized at-home COVID-19 test kits in an effort to get your personal, financial, or medical information. Make sure to *purchase FDA approved COVID-19 test kits from legitimate providers*. Ignore offers or advertisements for COVID-19 testing or treatments on social media sites. If you are concerned you may have purchased a fake or unauthorized test kit, contact **Senior Medicare Patrol (SMP)** by calling 877-808-2468 or HHS Office of Inspector General by calling 800-HHS-TIPS (800-447-8477).



The graphic on the left features the SMP logo (a stylized figure with stars) and the text: **WARNING: SCAMMERS ARE SELLING FAKE COVID-19 AT-HOME TEST KITS.** Below this, it says: **If you suspect COVID-19 health care fraud, contact the SMP program at 877-808-2468 or call 800-HHS-TIPS (800-447-8477).** At the bottom of the graphic, it reads: SUPPORTED BY GRANT # 90MPPC0002 FROM ACL. The image on the right shows two white plastic COVID-19 antigen test kits with a syringe, lying on a grey surface. The kits are labeled 'COVID-19 Ag' and have a window showing two red lines, indicating a positive result.

This project was 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 & Disability Services



1-800-994-9422 in Connecticut



WARNING:

BE ON THE LOOKOUT FOR FAKE COVID-19 TEST SITES AND AT- HOME TEST KITS.

Your local Senior Medicare Patrol (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.

SMP and their trained volunteers help educate and empower Medicare beneficiaries in the fight against HealthCare fraud.

SMP will help with any questions, concerns or complaints about potential fraud.

To locate your local SMP, visit www.smpresource.org OR call 1-877-808-2468

Scammers are selling fake, unauthorized at-home COVID-19 test kits and setting up fraudulent test sites in an effort to get your personal, financial, or medical information.

Make sure to purchase FDA-approved COVID-19 test kits from legitimate providers. If you aren't sure if a kit is legitimate, contact your doctor or local pharmacy to confirm.

If you go to a pop-up site or other testing facility, research the facility or testing site before you go. Contact your local health department to find a legitimate test site near you.

Ignore offers or advertisements for COVID-19 testing or treatments on social media sites.

If you suspect COVID-19 health care fraud, contact the SMP program at 877-808-2468 or call 800-HHS-TIPS (800-447-8477).

**DON'T TRUST THE CALLER ID
FRAUDS, SCAMS DECEITS!**



It never ends....thieves attempting to get confidential information by stealing millions of dollars from private bank accounts and Medicare.

Beware of any calls where the word **"Medicare"** is spoken. Medicare, Social Security, and the Internal Revenue Service **never** call you to get personal information...but if they do....**you will always receive a letter first.** Always make sure your telephone numbers are on the federal "DO NOT CALL" list. During open enrollment periods for Medicare and separate Medicare advantage plans, there is a huge increase in Imposter Scams...where criminals are impersonating federal or state agencies and claiming to be calling on behalf of legitimate government entities. Please do not become a victim! Medicare never calls to update your information or give you a new card. If someone attempts to collect your personal information **PLEASE just hang up.** If you have Caller ID or are able to get information regarding the caller, please call the Senior Medicare Patrol at 1-877-808-2468 and report any information you were able to obtain. The Senior Medicare Patrol will then report this information to the appropriate authorities.



The Middlebury Senior Center bus will be scheduling trips to Walmart in Naugatuck every third Thursday of the month. The bus will be leaving the senior center at 10:00am.

**To reserve your seat please call
203-577-4166**

**AARP is going to provide some
virtual courses**

One of the reasons AARP are promoting the virtual classes is because we are unable to teach in person driver safety classes in most counties because they are high risk due to Covid-19.

Smart Driver Virtual Classes Q1 for Connecticut are scheduled as follows:

March 23

All courses start at 12:30 and the course length is approximately 4 Hrs., 15 Mins.

Course registration information is available on Event at <http://aarp.cvent.com/dsvirtual>

**Middlebury Senior Center
Investment Club**



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

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

Middlebury Senior Center

1172 Whittemore Road

Middlebury Senior Center
203-577-4166

Minibus operates 8:30 AM to 2:30 PM - 2 day notice required

March 2022

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	9:00 Billiards	8:15 Tai Chi	9:00 Billiards	
	9:30 Computer Training	9:00 Billiards	9:30 Computer Training	9:00 Billiards
	9:30 Yoga	9:30 Computer Training	10:30 Mah Jongg	9:30 Painting class
	10:00 Mah Jongg	9:30 Tai chi		
	10-12 Blood Pressure Screen	10:30 Mah Jongg-classes		
	12:30 Bridge Club	11:00 Pilates		
	12:30 Knitting class	11:30 Grab & go Lunches	1:00 Mah Jongg	
	1:00 Mah Jongg			
	Computers by Appointment	Computers by Appointment	Computers by Appointment	
	7	8	9	10
9:00 Billiards	8:15 Tai Chi	9:00 Billiards	9:00 Billiards	
9:30 Computer Training	9:00 Billiards	9:30 Computer Training	9:30 Painting class	
9:30 Yoga	9:30 Computer Training	10:30 Mah Jongg		
10:30 Mah Jongg	9:30 Tai chi			
10:30 Pilates	10:30 Mah Jongg-classes			
11:00 Adult Strengthening	11:00 Pilates			
1:00 Knitting & Crochet	11:30 Grab & go Lunches	1:00 Mah Jongg		
1:00 Mah Jongg				
Computers by Appointment	Computers by Appointment	Computers by Appointment		
14	15	16	17	18
9:00 Billiards	8:15 Tai Chi	9:00 Billiards	9:00 Billiards	
9:30 Computer Training	9:00 Billiards	9:30 Computer Training	9:30 Painting class	
9:30 Yoga	9:30 Computer Training	10:30 Mah Jongg		
10:30 Mah Jongg	9:30 Tai chi			
10:30 Pilates	10:30 Mah Jongg-classes			
11:00 Adult Strengthening	11:00 Pilates			
1:00 Knitting & Crochet	11:30 Grab & go Lunches	1:00 Mah Jongg		
1:00 Mah Jongg				
Computers by Appointment	Computers by Appointment	Computers by Appointment		
21	22	23	24	25
9:00 Billiards	8:15 Tai Chi	9:00 Billiards	9:00 Billiards	
9:30 Computer Training	9:00 Billiards	9:30 Computer Training	9:30 Painting class	
9:30 Yoga	9:30 Computer Training	10:30 Mah Jongg		
10:30 Mah Jongg	9:30 Tai chi			
10:30 Pilates	10:30 Mah Jongg-classes	Lunch & Learn		
11:00 Adult Strengthening	11:00 Pilates			
1:00 Knitting & Crochet	11:30 Grab & go Lunches	1:00 Mah Jongg		
1:00 Mah Jongg				
Computers by Appointment	Computers by Appointment	Computers by Appointment		
28	29	30	31	
9:00 Billiards	8:15 Tai Chi	9:00 Billiards		
9:30 Computer Training	9:00 Billiards	9:30 Computer Training		
9:30 Yoga	9:30 Computer Training	10:30 Mah Jongg		
10:30 Mah Jongg	9:30 Tai chi			
10:30 Pilates	10:30 Mah Jongg-classes	Mummies of the World		
11:00 Adult Strengthening	11:00 Pilates			
1:00 Knitting & Crochet	11:30 Grab & go Lunches	1:00 Mah Jongg		
1:00 Mah Jongg				
Computers by Appointment	Computers by Appointment	Computers by Appointment		



Middlebury, CT 06762