

SENIOR NEWSLETTER

Middlebury Senior Center

1172 Whittemore Road, Middlebury, CT

203-577-4166—Phone

E-mail: jcappelletti@middlebury-ct.org

Hours: Monday through Friday 9:00am—1:00pm

Website: www.middlebury-ct.org



Department of Social & Elderly Services

Mission Statement

The Department of Social Services and Elderly Services is a focal point for all town residents who seek public services. We provide aid in time of crisis, both financial as well as service oriented. We furnish state-administered programs through referrals in order to see that each resident is provided with a standard in conducting their lives.

To the elderly community we are constantly seeking to improve their quality of life by educating them in new concepts of living. We keep our elderly active in the community through volunteerism as well as educational and recreational programs. We continue to keep them up to date through informative group sessions which enhance their personal development.

As changes occur in our world, our goal is to re-adapt programs so that our citizens can keep in step with the rest of the community.



Department Staff

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

Commission on Aging

Judy Mirrer, Chairperson

Jean Hansen

Maryann Barra

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



Catch the Full Worm Moon! When to See the Full Moon in

March 2023

The final full moon of the winter season will appear on the nights of Monday, March 6, and Tuesday, March 7. Specifically, March's full **Worm Moon** reaches peak illumination at 7:42 A.M. ET on Tuesday, March 7, 2023.

If you have just a bit of rain on either of these nights, you may even get to spot a rare phenomenon called a moonbow. A moonbow is just like a solar rainbow, but is created by moonlight (rather than sunlight) when it is refracted through water droplets in the air. Moonbows only happen when the full Moon is fairly low in the sky, so look for one in the hours after sunset when the sky is dark.

This March Moon will look especially large to us when it's near the horizon because of the "[Moon illusion](#)," when it looks bigger when near comparative objects than it does when it's high in the sky without any references. Moon.

The Surprising Truth Behind the Worm Moon Name

March's full Moon goes by the name **Worm Moon**. For many years, we thought this name referred to the earthworms that appear as the soil warms in spring. This invites [robins](#) and other birds to feed—a true sign of spring! However, more research revealed another explanation. In the 1760s, Captain Jonathan Carver visited the Naudowessie (Dakota) and other Native American tribes and wrote that the name Worm Moon refers to a different sort of "worm"—beetle larvae—which begin to emerge from the thawing bark of trees and other winter hideouts at this time.




midconhome.com
203.758.2471

Family Owned and Operated



Offering Short & Long Term Care

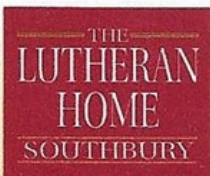
778 Middlebury Road, Middlebury | 203-758-2471 

Get READY FOR HOME at Lutheran Home

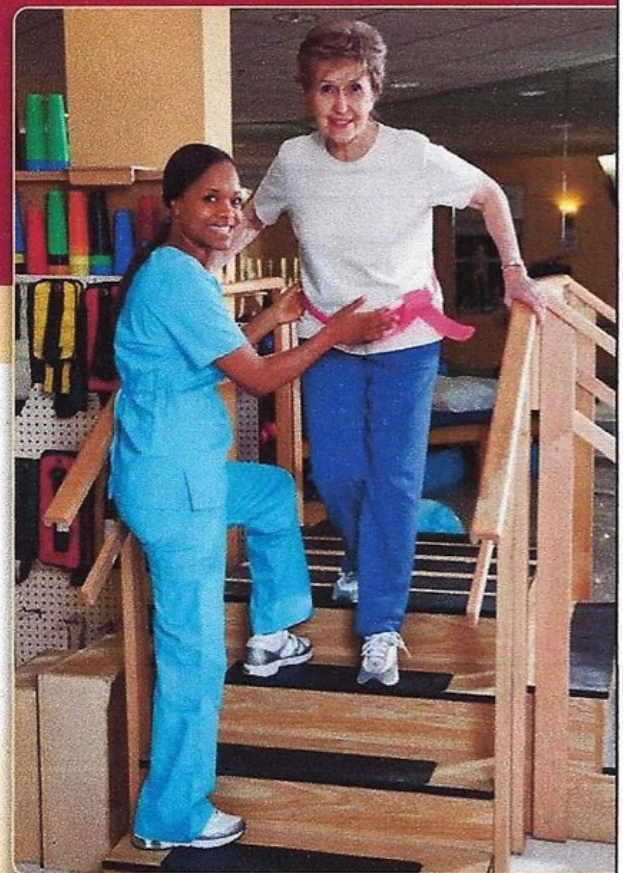
2016 5-STAR MEDICARE RATING

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

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



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



Town of Middlebury

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



GUIDELINES FOR MINI-BUS PASSENGERS

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

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

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

The following must be observed:

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

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

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

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

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

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

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

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

Name _____

Address _____

City _____ State _____

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

Department of Social Services
1172 Whittemore Road
Middlebury, CT 06762

GWDT

Dial – A – Ride

One day a week each municipality will have the

Dial-A-Ride Transportation
Available for eligible

Seniors (ages 60 & Over) and the Disabled.

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

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

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

First Come, First Served

**Cheshire Middlebury Naugatuck Prospect Waterbury Watertown
Wolcott**



MIDDLEBURY HOUSING REHABILITATION LOAN PROGRAM INFORMATION (funding provided by Connecticut Department of Housing)

The Town of Middlebury has Community Development Block Grant funds available for income eligible residential property owners for housing rehabilitation.

Types of work that may be eligible for funding include the correction of health and safety violations, code compliance, roofing, carpentry, electrical work, pining, plumbing, heating, and other non-luxury work subject to approval of the Town.

Application & Eligibility

All applications must be fully completed and returned to the address listed on the back of the application. Applications are reviewed on a first come first serve basis.

Eligibility is based on a combination of household size and annual household income. Income documentation for each of the household residents over the age of 18 must be submitted with the application. This documentation must include copies of the last 4-6 week stubs, the most recent Federal tax return, social security documentation, or other pertinent income verification. All tax returns must be signed.

The income limits, which determine Program eligibility, differ for each community. In the Town of Middlebury based on your household size, you may be eligible for a deferred loan if your annual household income is at or below the following amounts:

<u>Household Size</u>	<u>Income Limits</u>
1	\$47,600
2	\$54,400
3	\$61,200
4	\$68,000
5	\$73,450
6	\$78,900
7	\$84,350
8	\$89,899

*Income limits are subject to periodic change.

**Applications and information regarding this program are available at the
Middlebury Department of Social Services**

1172 Whittemore Road

Middlebury, CT 06762

203-577-4166 EXT. 3



Message from our Nurse Diane Morotto:

March is National Nutrition Month

Celebrate by making small changes that will lead to big improvements. Some simple health tips to try are:

- 1. Cut portions — small amounts of uneaten food add up to calories that stay on the plate and not on you.**
- 2. Shake the salting habit — replace that extra salt with lemon, herbs or spices.**
- 3. Go nuts — these can add crunch and decadent flavor to salads, veggie dishes and yogurt. Nuts can help lower cholesterol levels and stabilize blood glucose.**
- 4. Chill out — Frozen foods , particularly fruits and veggies, can be just as nutritious as fresh and in some cases, may be even better.**
- 5. Make a move — If physically possible, take the stairs or take extra steps to get where you need to go.**
- 6. Make snacks count — Be sure that your snacks consist of protein, whole grains and healthy fat. These foods will keep you feeling fuller and more satisfied longer.**
- 7. Get big on beans — These are the most undervalued foods in the supermarket but are inexpensive, easy to store, rich in protein and fiber and taste so good.**
- 8. Eat something fishy — Enjoy fish at least 2-3 times a week. Most are heart healthy, low in fat and contain beneficial omega-3 fatty acids.**
- 9. Tap into your dark side — Dark chocolate has been shown to have heart healthy benefits and can boost your mood. Be mindful of portions to help keep yourself feeling happy.**
- 10. Don't have guilt as a side dish — If you overindulge at a meal, move on!**
- 11. Be Mindful — If you close your eyes when eating you will notice the foods texture, temperature and flavor.**
- 12. Be kind to yourself — If you are not having a great day, don't reward yourself with food. The wrong foods, in the wrong amounts, may become punishments instead of rewards.**

Your good health is the real pot of gold at the end of the rainbow. You all deserve to have a wonderful month of March.....and a fabulous rest of the year!

Commission on Aging



The next Commission on Aging meeting will be held on Tuesday, April 18 , 2023 At 9:30am.

All interested persons are welcome to attend.

Blood Pressure Screening



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

She is also available for any issues you may have.

Ballroom Dancing



Anyone interested in Ballroom Dancing please call the Middlebury Senior Center at 203-577-4166 to enroll and for more information.

No partner needed!



MAH-JONGG PM

Mah-Jongg is a Chinese game that is played using 144 domino-like tiles. Middlebury Senior Center will begin Mah-Jongg games on Wednesday evenings at 5:30pm. Beginners or experienced.

No charge, donations accepted.

Contacting our office is easy!

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

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

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



CodeRED™

Keeping citizens informed.

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

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

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



COMPUTER HELP

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

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

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



MAH-JONGG

Mah-Jongg is a Chinese game that is played using

144 domino-like tiles. Middlebury Senior Center has mah-Jongg games every Monday, Tuesday at 10am and 1pm, Wednesdays at 10am, & Thursdays at 10am & 1pm



ART CLASS

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

Adult Strengthening



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

PILATES CLASS

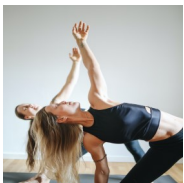


Two classes per week:
\$40

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

Next class begins March 20, 2023

Yoga



Tuesdays at 9:30 to 10:30

Helene Korchin instructor for our Yoga classes.

The next class will begin on Tuesday, March 7, 2023. The fee for Yoga is \$30 for 6 classes

Calling all Crafters



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

Tai Chi



Wednesdays; 8:15 and 9:45am

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

The next class will begin March 1, 2023.

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

Join our evening class. Thursdays 5:30pm

Call 203-577-4166 to sign up



Attention All Artists Open Studio

Great studio space available to artists who would like to paint in a studio space with other artists. No instruction. Bring your own supplies.

Space available on Tuesdays, 10:30 —1:30 A \$5 donation for our food bank is suggested. Sign up in the office or call 203-577-4166.

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



ANCESTRY WORKSHOP

Our computer technician, Sean Howard, started a computer club for the Middlebury Senior Center.

Our club is now exploring Ancestry.com, or family search.

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

Sean also gives one on one instructions to any who would like to learn anything to do with computers, android or iPhones, or iPad.

You can also get your devices checked and repaired for viruses and malware.

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

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

Cost is \$25 per person for 4 classes

203-577-4166 ext. 4 to enroll



Please donate your used ink cartridges

The Middlebury Senior Center

Recycles

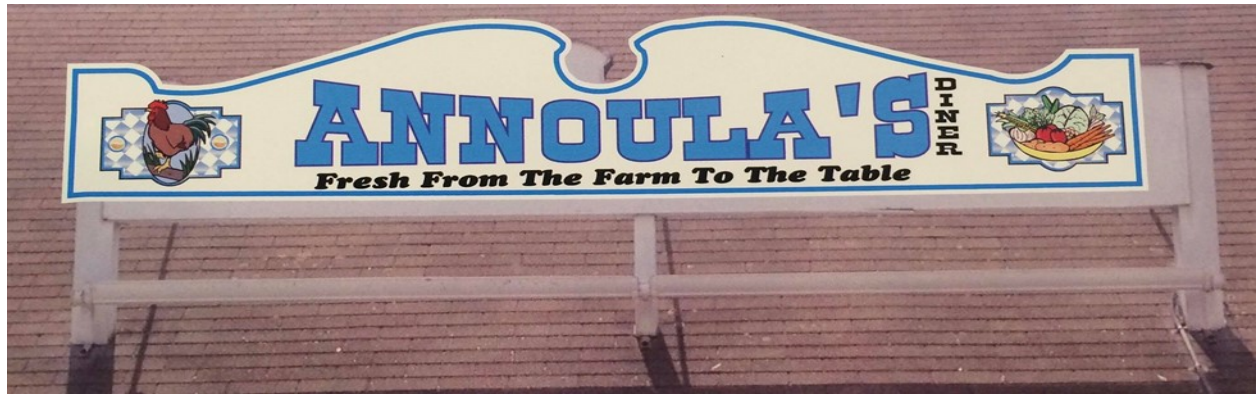
Thank you



Middlebury Senior Center Investment Club

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

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



MIDDLEBURY SENIOR CENTER

GRAB-N-GO Lunches from Annoula's Restaurant

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

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

(Every Wednesday in March at 11:30am)

For the month of March:

March 1– Mediterranean Chicken, roasted potato, vegetables, OR Meatloaf, roasted potato, vegetable.

March 8 - Chicken Pot pie, vegetables, OR Greek Salad plate.

March 15 - Chopped sirloin with mushroom gravy, roasted potato and vegetables, OR Spinach salad plate.

March 22 - Shepherd's Pie, vegetables, OR Baked macaroni and cheese, small salad.

March 29 - American chop suey, small salad OR Greek Salad plate.

PLEASE NOTE:

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

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

The Senior Dine Program



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The Senior Dine Program is sponsored by New Opportunities, Inc. and funded by Title III C of the Older Americans Act through the Western CT Agency on Aging. The actual cost of the Meal exceeds \$10, however the difference between the actual cost and the donation is paid for with federal funds. All menus are developed with the restaurant owners and meet federal and state nutritional requirements for Seniors. If you don't already have a card registration & using the card is easy:

1. The initial registration for Senior Dine must be done in person
2. You can do your registration at the Middlebury Senior Center office Rm. 20.
3. During registration, you will complete a brief intake form. You will submit an order form and provide your first donation based on the number of meals you would like.
4. All future meal orders can be placed via mail or in person. It will take approximately 5 days for mailed orders to be reflected on your card.
5. You can use your card at any participating location during their Senior Dine hours. (see below)
6. Present your card to your server prior to ordering. Your server will provide you with a Senior Dine Menu. No substitutions, no take outs.
7. Your server will scan your card, and can provide the # of meals left on your card.
8. Once you are down to "2 credits", the restaurant device will display a "recharge" prompt reminding you to order more meals on your card.
9. The suggested donation per meal is \$3.50 — \$5.00. Actual value of most meals is \$10.00.
10. Please remember to tip your server based on the full-value of the meal!

SENIOR DINE PARTICIPATING RESTAURANTS:

WATERBURY: **AMALFI'S** Restaurant, 580 Wolcott Rd, Wolcott, CT

Tuesday thru Friday; 12pm to 4pm / 203-755-5554

Monteiro's, 161 Fairfield Ave.

Monday thru Friday 6am to 2pm—203-573-0645

Paba's Restaurant; 1215 Thomaston Ave.

Tuesday to Friday 6am to 2pm —203-753-8545

I HOP 495 Union St. — 203-573-8822

Monday thru Friday—7am to 9pm

WOODBURY: Annoula's Diner 740 Main St South 203-586-1148

Monday thru Friday 7:30 am to 2:30pm

BETHLEHEM: Nick's Country Kitchen 3G Flanders Road —203-266-7317

Monday thru Friday — 6am to 2pm

WATERTOWN: Gayle's Farm Shoppe 51 Depot St. 860-274-7353

Monday thru Friday; 7am to 2pm



You may be eligible for a free Assurance Wireless lifeline



Lifeline eligibility

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

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

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

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

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

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

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

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

PAY LESS OR GET FREE INTERNET ACCESS



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

These benefits include:

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

\$75 per month households on qualifying Tribal lands.

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

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

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

ATTENTION ALL ARTISTS

OPEN STUDIO

Great studio space available to artists who would like to paint in a studio space with other artists.

No instruction.

Bring your own supplies

Space available on Tuesdays 10:30 — 1:30

If interested, please sign up in the office

203-577-4166

There is a \$5 fee per session



VETERAN'S CORNER

You have questions? VA has answers!

Call VA today at 1-800-MyVa411 (1-800-698-2411). The number to call when you don't know who to call.

You only need to remember one number for information on **VA care, benefits, and services** or to speak to a **live agent** for assistance!

1/800*MyVA411 serves all members of the Veteran and service member community seeking information or assistance.

Call for helpful information on:

- COVID-19 general information and updates
- Health care eligibility and enrollment
- VA benefits, such as disability, compensation & pension, education programs, caregiver support, insurance, home loans, & burial headstones and markers, among others.
- The nearest VA medical centers, benefits offices, or cemeteries to Veterans
- Director assistance and connection to all VA contact centers and VA Medical Centers

WINTER PROTECTION PLAN

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

The Winter protection Plan protects your service from being shut off from November 1, 2019 through May 1, 2020 with no late payment charges. This must be renewed annually. Applications for Shutoff Protection can also be completed while applying for public energy assistance through Middlebury Social Services at 203 -577-4166 ext. 707.

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

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

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

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

Eversource's

Matching Payment Program:

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

Here's how it works.

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

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

To be eligible:

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

Your household income must be at or below 60 percent of the estimated state median income:

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

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

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

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



HEARING AID
Specialists of CT
A  **HearingLife** Company

SAVE THE DATE

Thursday, March 16, 2023

Carol Maksimow, BC-HIS, ACA

Board Certified in Hearing Instrument Sciences

Carol founded Hearing Aid Specialists of CT in 1994, serving our local communities with offices in New Haven and Litchfield counties. She is a Certified Audioprosthologist, CT Licensed Hearing Instrument Specialist, and Board Certified in Hearing Instrument Sciences. A graduate of Fairfield University, Ms. Maksimow was selected as an industry expert to assist Duracell in the development of their “EasyTab” battery dispenser and was the featured Hearing Aid Expert in Duracell’s “EasyTab” worldwide promotional video as well as their PSA video on hearing loss. She is known for her in-depth knowledge and expertise in advanced digital hearing instrument electronics.

Hearing Aid Specialists of CT has been serving the local communities with multiple offices in New Haven and Litchfield counties since 1994. We serve Southbury, New Milford, Waterbury, Farmington, Brookfield, Danbury and other surrounding cities. With over 25 years of experience, the staff at Hearing Aid Specialists of CT are among the best in developing customized hearing instrument programs based on your personal needs, lifestyle and hearing requirements. Since no two people are alike we recommend hearing solutions that are perfect for you alone.

Thursday, March 16th from 10:00-12:00, please join a HearingLife Nationally Board-Certified Hearing Instrument Specialist for a hearing screening or a clean and check of your existing hearing devices.

Please register for this event at 203-577-4166 by Monday March 13, 2023, so we will be sure to save you a space

Intergenerational Event

Hosted by “Foods for Friends”

& Middlebury Senior Center

Friday, March 10, 2023

1:00pm



The Middlebury Senior Center along with “Foods for Friends” . 8th graders from the Memorial School in Middlebury would like to invite 20 seniors to join them in helping to decorate homemade cookies followed by 1 hour of Bingo.

If you would like to participate with us please call the Middlebury Senior Center to reserve your seat.203-577-4166.





Mindfulness Meditation

Wednesdays: 10:30 – 12pm
March 22, 29, April 5 & 12, 2023

With: JEN RODRIGUES

As the founder of One Mindful World Jennifer's mission is to inspire, guide and support individuals to create a deep, rich and meaningful life one moment at a time. Jen is a MBSR (Mindfulness Based Stress Reduction) teacher through The Mindfulness Center at Brown University. She has completed training as a Mindful Self-Compassion Teacher through The Center for Mindful Self-Compassion and she is also a Certified Forest Therapy Guide.

Jen loves sharing mindfulness, nature and mindful art with others and feels that her personal meditation and mindfulness practice and has and continues to be transformative.

Intro to Mindfulness

In this a four-week Introduction to mindfulness class you will

- Learn how mindfulness can support you to become more present and less anxious about the future.
- Discover ways that mindfulness can build your capacity to be more responsive and less reactive thus improving your connections and relationships with others especially those closest to you.
- Incorporate self-compassion into your day and learn how to become your own best friend to support yourself through difficult times.
- Experience mindfulness practices that can help cultivate more ease, gratitude, compassion & joy while enriching and adding more meaning to your life.

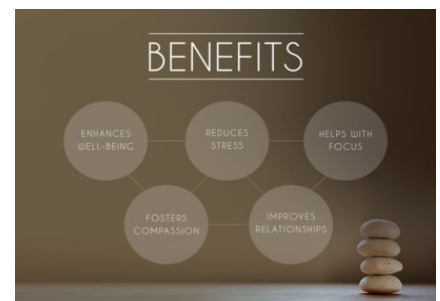
You will be led through several different mindfulness practices and walk away with tools that support you in feeling more grounded and at ease.

Please join us if you are a beginner who is curious and would like to learn more about mindfulness and/or if you are someone who has meditated in the past and would like to re-ignite your meditation practice & become more consistent.

This is a 4-part course on “Foundations of Mindfulness”

The fee is \$25 per person

To reserve your seat please call the Middlebury Senior Center at 203-577-4166



***Operation Fuel, Winter/Spring Program applications will be suspended on March 6, 2023; and reopening April 3, 2023
Due to significant energy assistance this season.***

Before you apply for Operation Fuel assistance, you need to gather proof of the last four weeks of income for all household members, the name of your fuel vendor (if you are a deliverable fuel customer), or your utility bill and payment history (if you are an electric, gas, and water customer).

Below are the income limitations per household.

Family Size	75% State Median
1	\$ 48,783.93
2	\$ 63,794.37
3	\$ 78,804.81
4	\$ 93,815.25
5	\$ 108,825.69
6	\$ 123,836.13
7	\$ 126,650.59
8	\$ 129,465.05

For an appointment, please call 203-577-4166



ENERGY ASISTANCE PROGRAM

The Middlebury Social Services office will be taking applications for the 2022-23 Energy Assistance program. Please bring with you all proofs of income, SNAP (food stamps) documentation, bank statements, fuel vendor and copy of your energy bill, also number of persons in your household and their income, social security numbers and date of birth.

Notable dates:

November 1, 2022: First day for fuel deliveries that can be paid by the program

March 15, 2023: Deadline for fuel authorizations or deliveries.

May 31, 2023: Last day that a household can apply to establish its eligibility for benefits.

June 16, 2023: Last day to submit deliverable fuel bills.

All other questions please call 203-577-4166 ext. 1

TAX Relief Programs



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

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

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

Qualifying income is based on 2022 adjusted gross income; married applicants must submit combined adjusted gross income plus 2022 Social Security payments.

Household income cannot exceed \$49,100: this number varies from single to married persons. Elderly Homeowners applicants must reside in Middlebury, qualify under the income limits, and must be 65 years of age or older.

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

Applications can be picked up at the Middlebury Social Services Department at the Shepardson Community Center, 1172 Whittemore Road in Middlebury, Room 20 between the hours of 9am to 1pm. For more information, please call JoAnn Cappelletti at 203-577-4166 ext. #3.

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



SHOPPING TRIPS FOR March

The Middlebury Senior Center bus will be scheduling trips to Walmart in Naugatuck Thursday, March 23, 2023. Also, the first and third Friday of the month, to Shop Rite in Southbury, March 3 & 17, 2023.

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

To reserve your seat please call

203-577-4166



TeleHealth Fraud: It's here & happening now!

Due to the recent expansion of telehealth services and the ease in which this fraud can be committed, criminals are exploiting this new technology for fraudulent purposes. Medicare will cover telehealth services, including office visits, psychotherapy, consultations, and certain other medical or health services that are provided by an eligible provider who isn't at your location, and that are performed via an interactive, two-way telecommunications system (like real-time audio and video).

SMP SCAM WATCH

REPORT POTENTIAL TELEHEALTH FRAUD, ERRORS, OR ABUSE IF:



- > You receive an unsolicited phone call from someone wanting to verify your pain symptoms
- > You receive an unsolicited phone call from someone wanting to verify your family history of cancer



Report potential telehealth fraud, errors, or abuse if:

- You receive an unsolicited phone call from someone wanting to verify your pain symptoms. This is more than likely a telehealth doctor trying to approve you for durable medical equipment (DME) that you do not need or did not request.
- You receive an unsolicited phone call from someone wanting to verify your family history of cancer. This is more than likely a telehealth doctor trying to approve you for a genetic testing kit that actually needs to be ordered by your treating physician. <https://www.smpresource.org/Content/Medicare-Fraud/Fraud-Schemes/Telehealth-Fraud.aspx>

Even when you say "no" to a caller offering something "free," they may still bill Medicare for a telehealth visit.

Watch your Medicare statements to be sure you weren't!

Call the SMP if you were.

Learn how to read your Medicare Summary Notice (MSN) or Explanation of Benefits (EOB) by calling Senior Medicare Patrol (SMP) at your local CT Area Agency on Aging at:

1-800-994-9422

Senior Medicare Patrol (SMP) provides information needed to **PROTECT** you from Medicare fraud, errors, or abuse; **DETECT** potential fraud, errors, or abuse; and **REPORT** your concerns.

Paid for 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. Grantees undertaking projects under government sponsorship are encouraged to express their findings and conclusions. Points of view or opinions do not necessarily represent official ACL policy.

Misleading Medicare Marketing Advertising

Have you seen this pervasive ad and been confused? Do you think this is Medicare asking you to call? Are you unable to



read the fine print on the bottom line? If the answer is "YES" to any of these questions, you are not alone!

Federal health officials, in response to tens of thousands of complaints, are proposing a set of tougher regulations to curb the use of deceptive marketing campaigns by private Medicare Advantage plans. A recent report in November detailed some of the worst practices, such as ads that appeared to represent federal agencies and intentionally confused beneficiaries into believing they are the government Medicare program. A proposed new regulation would ban these private plans from imitating or using the Medicare logo (as above) and require companies behind the ads be properly identified. <https://www.nytimes.com/2022/12/17/health/medicare-advantage-health-insurance.html>

Please contact your local CT Area Agency on Aging to get information on all Medicare options in your community by calling 1-800-994-9422

Senior Medicare Patrol (SMP) provides information needed to *PROTECT* you from Medicare fraud, errors, or abuse; *DETECT* potential fraud, errors, or abuse; and *REPORT* your concerns

FREE! Diabetes Telephone Workshop

FREE Diabetes Self-Management Telephone Workshop from Home!

Learn about diabetes & pre-diabetes including:

- What to eat
- Low and high blood sugar
- Guidelines for when you're sick
- Tips for dealing with stress
- How to set small and achievable goals

These are just some of the topics covered in a free weekly one-hour group telephone call for 6 weeks with a trained Live Well Leader!

Class size is limited, so register early!



Free books for all & a \$25 gift card for workshop completers!

**Wednesdays from 10-11am
March 15 – April 19, 2023**

To register, call 203-757-5449 x 125
or email Debby at dhorowitz@wcaaa.org



FREE! Chronic Pain Telephone Workshop

Join this FREE 6-week workshop and learn how to better manage your ongoing health condition!

Participants only need a phone, no other technology!
Once a week, you just call our toll-free number to connect to the group call.



You will learn:

- Techniques to deal with frustration, fatigue, isolation & poor sleep
- Gentle exercises to help with pain
- Ways to improve your nutrition
- Appropriate use of medications
- Other helpful information for managing your pain day-to-day

Materials will be sent directly to participants at no cost and include *Living a Healthy Life with Chronic Pain*, a booklet of tips, and a relaxation CD.

**Tuesdays from 10-11am
March 7– April 11, 2023**

To register, call 203-757-5449 x 125 or
email Debby at dhorowitz@wcaaa.org



RENTER'S REBATE PROGRAM

Effective April 1, 2023 thru September 15, 2023

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 beginning April 1 between the hours of 9am to 1pm.

You must be a resident of Middlebury and provide proof on income and rent expense for the year 2022.

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



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

- » Refresh your driving skills and knowledge of the rules of the road.
- » Learn techniques for handling left turns, right-of-way and roundabouts.

UPCOMING CLASSROOM COURSES NEAR YOU



THURSDAY, MARCH 30TH

9:00 AM - 1:00 PM

MIDDLEBURY SENIOR CENTER
1172 WHITTEMORE ROAD
MIDDLEBURY, CT 06762

(203) 577-4166

THURSDAY, MAY 25TH

9:00 AM - 1:00 PM

MIDDLEBURY SENIOR CENTER
1172 WHITTEMORE ROAD
MIDDLEBURY, CT 06762

(203) 577-4166

THURSDAY, JULY 27TH

9:00 AM - 1:00 PM

MIDDLEBURY SENIOR CENTER
1172 WHITTEMORE ROAD
MIDDLEBURY, CT 06762

(203) 577-4166

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

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

Knights of Columbus Corn Beef Dinner

March 15, 2023

5pm to 6:30pm

Take out only



The Knights of Columbus will be holding their annual Corn Beef and Cabbage dinner on Wednesday, March 15, 2023.

This is a take out only dinner.

The cost is \$20 per dinner.

Peter, The Tall Leprechaun

*Once lived a young man named Peter
Of Irish descent - raised in Lodi, New Jersey
Whose childhood dream was to be
A Leprechaun.*

*By age 18, he grew to be six foot three
Yet never dismissed his dream so grand
Of going to his ancestral homeland
To be among The Leprechauns.*

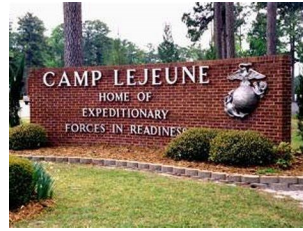
*His family loved him, though unsupportive
The few friends he had were always amused
But Peter never let his spirit be bruised
Believing he will become a Leprechaun.*

*Then one morning, awakening from a dream
Where dancing elves were dressed in green
While he held the hand of a lovely little queen
In the lush land of legendary Leprechauns.*

*Despite appeals from all who loved Peter
He bid farewell - Ireland was his destination
He intended to stay - a permanent vacation
As a tall leprechaun.*

*Though no one had heard from him since then
It can be assumed he has found happiness
Frolicking, dancing, singing in green dress
In an Irish forest - home of The Leprechauns.*

Ted Elliss



Lived or Worked at Camp Lejeune?

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

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

If you desire to file a claim under the CLJA, you may pick up the form at the Middlebury Senior Center with more information; or you can download the form online and complete it online. More info? 203-577-4166.



Daylight Savings Time Begins March 12, 2023 @ 2am

What is daylight saving time?

According to [timeanddate.com](https://www.timeanddate.com), "daylight saving time is the practice of setting the clocks one hour ahead of standard time to make use of more sunlight in the spring, summer, and fall evenings. Daylight Saving Time (DST) is used to save energy and [make better use of daylight](#). It was first used in 1908 in Thunder Bay, Canada."

Daylight saving time became a national standard in 1966 when President Lyndon B. Johnson signed the Uniform Time Act, which was established as a way to continue to conserve energy. The thinking was, if it's light out longer, that's less time you'll need to use lights in your home.



Seven Angels Theatre

SECONDO

A new comedy by Jacques Lamarre

The playwright behind the Seven Angels hit shows

Italian Mom Loves You!

**Love & Spumoni
and**

I Loved, I Lost, I Made Spaghetti

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

Thursday Matinee, March 23, 2023

Group Discount Price - \$45 per ticket

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

Italian Mom Loves You!

Love & Spumoni

And

I Loved, I Lost, I Made Spaghetti

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

THE
**LUTHERAN
HOME**
SOUTHBURY



The Lutheran Home of Southbury would like to invite you to a tour of their new Parley Rest Home. Come to tour the beautiful new facility and stay for lunch.

Those interested please call 203-577-4166 to reserve your seat.

There is a limited number of seats.

Transportation will be provided by the Middlebury Senior Bus.



Frontier Fiber Internet is coming to your neighborhood!

Frontier now offers internet service as fast as 5 gigabits per second, allowing consumers to upload videos and files up to 50 times faster than the broadband service offered by cable companies in Connecticut. That means more people in the same household can enjoy great speeds at the same time, while working from home, home schooling, streaming, or just surfing the web.

If you are interested in knowing if your address qualifies for Frontier Fiber service contact 1-855-887-0992 (for residential), or 1-888-534-1751 (for business), or visit getfrontierfiber.com for more information. If you have any questions, contact Frontier's Senior Construction Manager Keith Casey at 203-694-4065.

Middlebury Senior Center

1172 Whittemore Road

Middlebury, CT 06762

Pool Table Available daily					Middlebury Senior Center
Mini Bus Available 8:30 to 2:00pm		March			203-577-4166
		2023			
Monday	Tuesday	Wednesday	Thursday	Friday	
		1	2	3	
		8:15 Tai Chi 9:00 Billiards 9:30 Computer Training 9:30 Tai Chi 10:30 Mah Jongg 11:00 Pilates 11:30 Grab & Go	9:00 Billiards 9:30 Computer Training 1:00 Mah Jongg	9:00 Billiards 9:30 Painting Class Shop Rite	
6	7	8	9	10	
9:00 Billiards 9:30 Pilates 10:00 Mah Jongg 11:00 Adult Strenthening 1:00 Knitting & Crochet 1:00 Bridge Club	9:00 Billiards 9:30 Computer Training 9:30 Yoga 10-12 Blood Pressure Clinic 10:30 Mah Jongg 1:00 Mah Jongg	8:15 Tai Chi 9:00 Billiards 9:30 Computer Training 9:30 Tail Chi 10:30 Mah Jongg 11:00 Pilates 11:30 Grab & Go	9:00 Billiards 9:30 Computer Training 1:00 Mah Jongg	9:00 Billiards 9:30 Painting Class	
13	14	15	16	17	
9:00 Billiards 9:30 Pilates 10:00 Mah Jongg 11:00 Adult Strenthening 1:00 Knitting & Crochet 1:00 Bridge Club	9:00 Billiards 9:30 Computer Training 9:30 Yoga 10-12 Blood Pressure Clinic 10:30 Mah Jongg 1:00 Mah Jongg	8:15 Tai Chi 9:00 Billiards 9:30 Computer Training 9:30 Tail Chi 10:30 Mah Jongg 11:00 Pilates 11:30 Grab & Go 1:00 Polish Poker Knights of Columbus	9:00 Billiards 9:30 Computer Training 10-12 Free Hearing Screen Parley Rest Home 1:00 Mah Jongg	9:00 Billiards 9:30 Painting Class	Shop Rite
20	21	22	23	24	
9:00 Billiards 9:30 Pilates 10:00 Mah Jongg 11:00 Adult Strenthening 1:00 Knitting & Crochet 1:00 Bridge Club	9:00 Billiards 9:30 Computer Training 9:30 Yoga 10-12 Blood Pressure Clinic 10:30 Mah Jongg 1:00 Mah Jongg	8:15 Tai Chi 9:00 Billiards 9:30 Computer Training 9:30 Tail Chi 10:30 Mah Jongg 11:00 Pilates 11:30 Grab & Go Mindful Meditation	9:00 Billiards 9:30 Computer Training 11:00 Investment Club Walmart Seven Angels 1:00 Mah Jongg	9:00 Billiards 9:30 Painting Class	
27	28	30	31		
9:00 Billiards 9:30 Pilates 10:00 Mah Jongg 11:00 Adult Strenthening 1:00 Knitting & Crochet 1:00 Bridge Club	9:00 Billiards 9:30 Computer Training 9:30 Yoga 10-12 Blood Pressure Clinic 10:30 Mah Jongg 1:00 Mah Jongg	AARP Driving class 8:15 Tai Chi 9:00 Billiards 9:30 Computer Training 9:30 Tail Chi 10:30 Mah Jongg 11:00 Pilates 11:30 Grab & Go Mindful Meditation	9:00 Billiards 9:30 Computer Training 1:00 Mah Jongg		