

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

2024

Department Staff

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

Commission on Aging

Judy Mirrer, Chairperson

Jean Hansen

Maryann Barra

Ann Spierto

Nancy Pun

Nancy Mastroianni

Ann Zimkus

JoAnn Cappelletti

(Director of Elderly & Social Services)

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

Phone 203-577-4166
jcappelletti@middlebury-ct.org
Discover our Website: www.middlebury-ct.org



Notifying the Public Under Title VI

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

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

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

If information is needed in another language, contact 203-577-4166 ext. #1

Si se necesita informacion en otro idioma, comuniquese al 203-577-4166 ext. 1



International Women's Day (IWD) is a **global day celebrating the social, economic, cultural and political achievements of women**¹². The day is celebrated annually on March 8 and marks a call to action for accelerating gender parity¹. The day commemorates the political protests on March 8, 1857, 1859, and 1908, when women marched through New York City demanding shorter hours, better pay, and voting rights².



The equinox, which happens around March 20th or 21st in the Northern Hemisphere and marks the formal start of spring, occurs when the sun is directly over the equator and day and night are nearly equal in length.



St. Patrick's Day is an annual holiday observed on March 17th. It is a cultural and religious holiday commemorating St. Patrick, Ireland's patron saint.



Daylight Saving Time (DST) begins in many regions of the world, including the United States and Europe, in March. DST is the summertime practice of advancing the clock by one hour to increase the amount of daylight in the evenings.

Premier Independent Living and Short Term Rehabilitation

In the Heart of Southbury's Historic District

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

Lutheran Home of Southbury's Parley Manor

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

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

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

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

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

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

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

Call 203.264.9135 to schedule your tour today!



4-Star Medicare Rating

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



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

◆ Mary, Parley Manor Resident



Town of Middlebury

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Shepardson Community Building
1172 Whittemore Road
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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	\$64,250
2	\$73,400
3	\$82,600
4	\$91,750
5	\$99,100
6	\$106,450
7	\$113,800
8	\$121,990

*Income limits are subject to periodic change.

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

1172 Whittemore Road

Middlebury, CT 06762

203-577-4166 EXT. 3



Message from our Nurse Diane Morotto:

March Is National Nutrition Month

Good nutrition can help older adults feel their best and stay strong. It can also help lower the risk of developing some health conditions that are common in this age group. Eating too much or too little of some nutrients may increase your risk of certain chronic diseases such as heart disease and high blood pressure.

Some lifestyle changes to consider are:

1. Lose extra pounds and watch your waistline.
2. Aim for at least 30 minutes of moderate exercise such as walking, swimming, dancing or marching in place on most days.
3. Eat a health diet of whole grains, fruits, vegetables and dairy products which are high in potassium and low in saturated fat and cholesterol.
4. Decrease salt in your diet to 1500 mg a day or less. Read food labels, eat less processed food, hide your salt shaker and aim to cook and prepare your own meals.
5. Quit smoking.
6. Limit, decrease or refrain from alcohol consumption.
7. Reduce stress by meditation, chair yoga or simple and slow deep breathing.
8. Monitor your blood pressure at home or get regular checks by me (your nurse) at the Middlebury Senior Center. Every Tuesday between the hours of 10am and noon. No appointment necessary

Controlling blood pressure with a healthy lifestyle might prevent, delay or decrease the need for medication. Always confer with your doctor for advice and your personal recommended care plan.

Enjoy March, Enjoy Spring, Enjoy good or improved health!



Eversource's

Matching Payment Program:

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

Here's how it works.

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

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

To be eligible:

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

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

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

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

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

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



WINTER PROTECTION PLAN

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

The Winter protection Plan protects your service from being shut off from November 1, 2023 through May 1, 2024 with no late payment charges. This must be renewed annually. Applications for Shutoff Protection can also be completed while applying for public energy assistance through Middlebury Social Services at 203-577-4166 ext. 707.

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

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

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

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



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

WHAT IS A WATCH PARTY?

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

WATCH PARTY TIP

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

WHAT TO EXPECT

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



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

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

Do You Receive SSI or SSDI Payments

Want To:

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

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

Phone # 203-574-6971,ext. 442

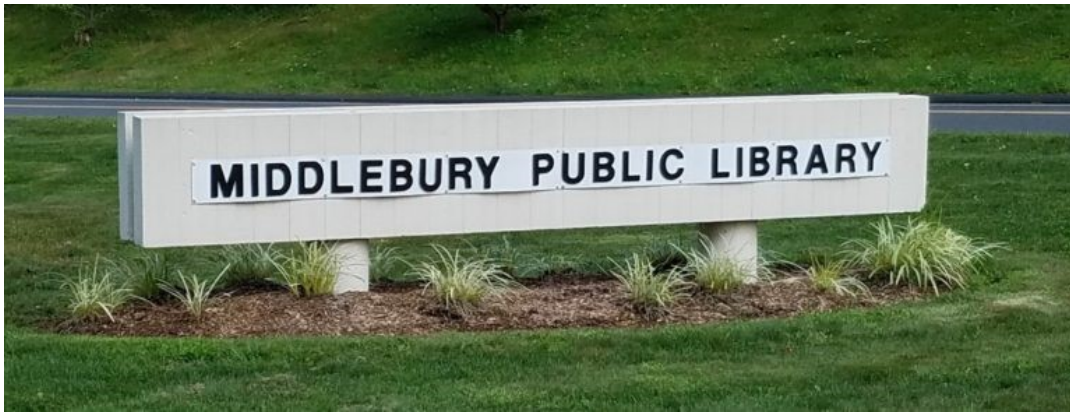
Email: Borges@careerresources.org

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

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

Work with us to better plan a future for yourself.

www.choosework.ssa.gov



MPL Book Discussion

January—June 2024

Interested in leading a Middlebury Public Library Book Discussion?

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

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

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

Books to be discussed are:

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

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

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

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



Commission on Aging

The next Commission on Aging meeting will be Tuesday, April 15, 2024.

All interested persons are welcome to attend.

Contacting our office is easy!

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

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

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



Blood Pressure Screening



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

10am to 12 noon.

She is also available for any issues you may have.

CodeRED™

Keeping citizens informed.

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

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

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



Please donate your used ink cartridges

The Middlebury Senior Center

Recycles

Thank you



COMPUTER HELP

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

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

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



MAH-JONGG

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



ART CLASS

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



PILATES CLASS

Two classes per week: \$40

Monday 9:30 to 10:30 &

Wednesday 11:00 to 12:00

Calling all Crafters



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



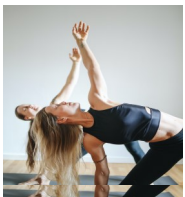
Adult Strengthening

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



Join us for Polish Poker

Every second Wednesday of the month at 1pm.



Yoga

Tuesdays at 9:30 to 10:30

Helene Korchin instructor for our Yoga classes.

The next class will begin on Tuesday, March 5, 2024. The fee for Yoga is \$30 for 6 classes



PICKLE BALL

Thursdays and Fridays / 9:30 to 3:30

Call to reserve 203-577-4166



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.



Tai Chi for Seniors

Wednesdays; 8:15 and 9:45am

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

The next Wednesday & Thursday class will begin on February 21 & 22, 2024

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

Call 203-577-4166 to sign up



TABLE TENNIS

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

Must sign up at Senior office

203-577-4166. No charge for this event

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



ANCESTRY WORKSHOP

Middlebury Senior Center will be holding an Ancestry Workshop every Tuesday & Thursday, from 11am to 12:45pm. **The new Thursday class will begin on March 7, 2024**

Explore your heritage.

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

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

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

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

Cost is \$25 per person for 4 classes



203-577-4166 ext. 4 to enroll

Middlebury Senior Center Investment Club



If you are one of many of us who watch the Stock

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

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



Senior Nutrition Services Tuesday Lunches

March 2024 Menus

3/05/2024:

Curried Chicken Breast; Brown Rice & Broccoli; Wheat Bread; Mandarin Oranges; Milk

3/12/2024:

Corned Beef; Rosemary Roasted Potatoes & Cabbage; Rye Bread, Butterscotch Pudding; Assorted Fruit Juice

3/19/2024:

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

3/26/2024

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

Warm welcome to Jenny
Our new Volunteer

Are you caring for someone with a diagnosis of
Alzheimer's Disease or dementia?

Are you burnt out? Overwhelmed? Run down?
In need of relief?

If so, you may be eligible for the
**Connecticut Statewide
Respite Care Program**



Please visit our website at WCAAA.org or
give us a call at 203-757-5449 Option 6
for more information



Struggling to pay your electric or gas bill?

We have programs to help.

For information about assistance programs, visit Eversource.com/billhelp or call us at 800-286-2828.

Scan here for more information.



Connecticut Energy Assistance Program* (CEAP)

Can provide a basic benefit to help pay your heating bill. Apply online or find your local Community Action Agency at CT.gov/heatinghelp or call 211.

New Start* (FOR ELECTRIC CUSTOMERS ONLY)

Can help you pay your past due balance in as little as 12 months.

If you make your monthly payments on time, we will subtract some of what you owe each month.

Protection from Service Shut-Off (FOR RESIDENTIAL CUSTOMERS)

Winter Protection*

If you have a financial hardship status on your account, your service cannot be shut-off between November 1 and May 1.

Medical Protection

Regardless of income, your service will be protected from shut off between November 1 and May 1 if anyone in your home has a serious illness, or year round if anyone in your home has a life threatening illness. The illness must be certified by a registered physician, advanced practice registered nurse or physician assistant at Eversource.com/MDform.

Low-Income Discount Rate*

(FOR ELECTRIC CUSTOMERS ONLY)

A new electric bill discount is available to you if you have a financial hardship status on your electric account. Based on your household income or receipt of a public assistance benefit, you may be eligible for a 10% or 50% discount off your electric bill per month. For example, if you have a \$100 monthly bill, it would be \$10 less if you receive a 10% discount or \$50 less if you receive the 50% discount.

Home Energy SolutionsSM

Get a home energy assessment to see how efficient your home is. We can make on the spot changes that usually save about \$180 a year. If you also get up to 75% off an insulation project, you could save even more. If you qualify, the first services are free and additional services are available at a lower cost. Renters need permission from their landlords. Visit Eversource.com/home-savings or call 877-947-3873.

Matching Payment Program* (MPP)

(FOR ELECTRIC AND GAS HEATING CUSTOMERS)

The Matching Payment Program can lower the amount you owe on energy bills. For every dollar you pay and every dollar you receive from the Connecticut Energy Assistance Program, we will subtract a dollar from the amount you owe.

Operation Fuel

You may also get help from Operation Fuel at OperationFuel.org/gethelp or in person at a fuel bank listed on their website.

Flexible Payment Plans

Of up to 18 months are available to help all residential customers with active accounts pay off money owed, regardless of income. Payment arrangements may be renegotiated if you have a change in financial circumstances.

You qualify for financial hardship and may qualify for the programs with an asterisk,* if you receive a public assistance benefit or your household income meets the guidelines below.

2023-2024 FEDERAL INCOME GUIDELINES

How much money can you make to be at or below 60% of the state median?

Household Size	1	2	3	4	5	6	7	8
Income Level Up To	\$41,553	\$54,338	\$67,124	\$79,910	\$92,695	\$105,481	\$107,878	\$110,275



Paid for by Eversource customers.

¿Estás teniendo problemas para pagar tus facturas de electricidad o gas?

Tenemos programas para ayudarte.

También puedes visitar Eversource.com/ayuda o llámanos al 800-286-2828.

Apunta tu cámara aquí para más información.



Programa de Asistencia Energética de Connecticut* (CEAP, por sus siglas en inglés)

Puede brindar un beneficio básico para ayudarte a pagar tus facturas de calefacción. Aplica en línea o encuentra tu Agencia de Acción Comunitaria local en CT.gov/heatinghelp o llama al 211.

Programa New Start o Nuevo Comienzo* (PARA CLIENTES DE SERVICIO ELÉCTRICO SOLAMENTE)

Puede ayudarte a pagar un saldo atrasado en tan solo 12 meses. Al hacer tu pago mensual de New Start a tiempo, restaremos parte de lo que debes cada mes.

Protección Contra la Desconexión del Servicio (PARA CLIENTES DE SERVICIO RESIDENCIAL)

Protección Invernal*

Si cuentas con el estatus de dificultad económica en tu cuenta, tu servicio no puede ser desconectado del 1 de noviembre al 1 de mayo.

Protección Médica

Independientemente de los ingresos, tu servicio estará protegido contra la desconexión del 1 de noviembre al 1 de mayo si alguien en tu hogar tiene una enfermedad grave, o durante todo el año si alguien en tu hogar tiene una enfermedad que pone en riesgo su vida. La enfermedad debe ser certificada por un médico registrado, una enfermera registrada de práctica avanzada o un asistente médico en Eversource.com/MDform.

Tarifa de Descuento Para Clientes de Servicio Eléctrico de Bajos Ingresos*

(PARA CLIENTES DE SERVICIO ELÉCTRICO SOLAMENTE)

Un descuento está disponible en tu factura de electricidad si tu cuenta ha sido clasificada como cuenta con dificultades económicas. Dependiendo de los ingresos de tu hogar o de los beneficios públicos que recibas, podrías recibir un descuento de 10% o 50% en tu factura de electricidad al mes. Por ejemplo si tu factura es de \$100 dólares al mes, sería de \$10 dólares menos si recibes un descuento del 10% o de \$50 dólares menos si recibes un descuento del 50%.

Programa Home Energy SolutionsSM

Obtén una evaluación para ver la eficiencia energética de tu hogar. Podemos hacer cambios inmediatos que por lo general ahorran hasta \$180 dólares al año. Si lo combinas con un proyecto de aislante térmico que incluyen hasta un 75% de descuento, puedes ahorrar aún más. Si calificas, los servicios iniciales son gratis, y puedes obtener servicios adicionales a un precio más bajo. Los inquilinos interesados en participar necesitan permiso de los propietarios. Visita Eversource.com/home-savings o llama al 877-947-3873.

Programa de Igualación de Pagos*

(PARA CLIENTES CON SERVICIO DE CALEFACCIÓN ELÉCTRICA O DE GAS)

El Programa de Igualación de Pagos puede reducir lo que debes en tus facturas de energía. Por cada dólar que pagues y cada dólar que recibas del Programa de Asistencia Energética de Connecticut, restaremos la misma cantidad de tu saldo adeudado.

Operation Fuel

También puedes obtener ayuda del programa Operation Fuel en OperationFuel.org/gethelp o en persona en cualquier fuel bank indicado en la página de internet.

Planes de Pagos Flexibles

Están disponibles de hasta 18 meses para ayudar a clientes de servicio residencial con cuentas activas a pagar saldos atrasados, independientemente de sus ingresos. Los arreglos de pagos pueden ser renegociados si tu situación económica cambia.

Calificas para el estatus de dificultad económica y podrías calificar para los programas con un asterisco, * si recibes algún beneficio de asistencia pública o si tu hogar cumple con los requisitos de ingresos de abajo.

GUÍA FEDERAL DE INGRESOS 2023-2024 ¿Cuánto dinero puedes ganar para estar dentro o por debajo del 60% del ingreso promedio del estado?

Miembros del Hogar	1	2	3	4	5	6	7	8
Nivel de Ingresos de Hasta	\$41,553	\$54,338	\$67,124	\$79,910	\$92,695	\$105,481	\$107,878	\$110,275



Since the start of the COVID-19 pandemic in March 2020, customers with financial hardship or who are medically protected with a serious illness have been protected from service shut off. However, shut offs will begin again on May 2, 2024. This means customers with a past due balance who are not enrolled in a payment plan, New Start or Matching Payment Program, are at risk of service shut off if they don't make a payment or enroll in a payment plan before shut offs begin.

Customers with a financial hardship or who are medically protected with a serious illness can expect to receive a letter or email requesting they make a payment or enroll in a payment plan to avoid service shut offs when they begin on May 2.

FAQs

1. What can customers with financial hardship and who are medically protected with a serious illness expect on May 2?

Shut offs will begin again on May 2, 2024, for customers with financial hardship or who are medically protected with a serious illness without a payment plan. This means your service is at risk of shut off if you haven't made a payment or enrolled in a payment plan before shut offs begin.

2. What programs are available to help customers avoid service shut off?

We can help you keep your service on and reduce the amount you owe with a payment plan or arrearage forgiveness program, including:

- ✓ [Programs to Help](#)
- ✓ We (Community Action Agencies) can help you sign up and apply for other energy assistance, including the Connecticut Energy Assistance Program, which provides *up to \$530* per household this winter.

3. How are customers being informed about the end of their service shut off protection?

Financial hardship or medically protected customers with a serious illness who have a past due balance and are *not* already on a payment plan, New Start, or Matching Payment Program will be sent:

- ✓ A letter or email *in February* encouraging customers to make a payment or a payment plan.
- ✓ If they do not make payment or a payment plan in response to that, they'll also be sent an initial Shut-off Notice *starting mid-April*.
- ✓ If they do not make payment or a payment plan after the initial shut-off notice, they'll be sent a Final Shut-off Notice a few days ahead of the shut-off date listed on their notice, *starting at the end of April*.

Financial hardship or medically protected customers with a serious illness who are on a payment plan or assistance program, will also receive an email in April encouraging them to stay on their plan to maintain their service.



Pickle Ball!!!

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

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

Paddles and balls supplied or bring your own.

Please call us at 203-577-4166.

TABLE TENNIS



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

Must sign up at Senior office

203-577-4166. No charge for this event

ADULT KARATE



Tang Soo Do & Self Defense

With Master Doug Wilke

Thursdays from 9am –9:45am

\$40 for Middlebury residents

\$50 for non-residents

Contact Parks & Recreation at 203758-2520 to register



LUNCH & LEARN



March 21, 2024

11:30am

Elder Fraud Prevention presented by Brandon Ross, Financial Crimes Officer, Ion Bank

Join us to hear about elder financial exploitation, common scams, and learn safeguards against identity theft and avoid ways to becoming a victim.

Also, enjoy a free lunch

Must register—203-577-4166

National Slam the Scam Day

March 7, 2024



On National Slam the Scam Day and throughout the year, we give you the tools to recognize Social Security-related scams and stop scammers from stealing your money and personal information.

Help protect your loved ones and people in your community this Slam the Scam Day by:

- Educating them about government imposter scams. Let them know they shouldn't be embarrassed to report if they shared personal information or suffered a financial loss. It is important to report the scam as quickly as possible.

Sharing our [Scam Alert](#) fact sheet and helping educate others about how to protect themselves.

Report Social Security-related scams to the Social Security Office of the Inspector General (OIG).

Visit www.ssa.gov/scam for more information and follow SSA OIG on [Facebook](#), [Twitter](#), and [LinkedIn](#) to stay up to date on the latest scam tactics. Repost #SlamtheScam information on social media to keep your friends and family safe.



**Knights of
Columbus®**

Father Loftus Council 3992
Middlebury, CT



Annual Traditional Corned Beef and Cabbage

Dine-In Dinner

(take-out available)

Thursday, March 14, 2024

5:00pm – 7:00pm

Shepardson Community Center

1172 Whittemore Road, Middlebury, CT 06762

Donation: \$20

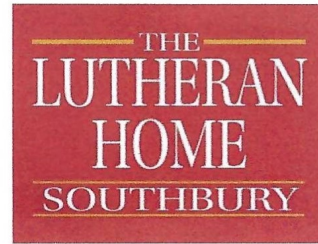
pre-sale ticket required

*cash or check payable to 'K of C Father Loftus Council 3992'
mail check to Father Loftus Council 3992, PO Box 1234, Middlebury, CT 06762
tickets will be mailed to you - include your address*

For info, contact Jim Roy 203-577-2322, or Arnold Nordby 203-725-6725

Supports our Scholarship Fund

Middlebury Senior Bus available - 10 person minimum



Presenting our 2024 Lecture and Concert Series

Dr. Vincent de Luise is the cultural ambassador of the Waterbury Symphony Orchestra and is president of the Woodbury – based Connecticut Summer Opera Foundation. He is an assistant clinical professor of ophthalmology at Yale University School of Medicine and a distinguished visiting scholar in medical humanities at the Renaissance School of Medicine of Stony Brook University.

April 9, 2024 3:00p.m. at the Lutheran Home of Southbury

Music and the Brain: Linking Melody and Mind

Music surrounds us. It is part of who we are as humans. Why do all cultures have music? Why do some types of music make us happy and other types sad? Can music improve cognition? What is the Mozart “effect”? Can Mozart’s music make us smarter? Where does music go in the brain? Does music have color? Can we paint in notes? How does music help people with Alzheimer Disease, Parkinson Disease, or stroke? Can music heal?

May 20, 2024 3:00p.m. at the Lutheran Home of Southbury

An Afternoon with Johannes Brahms

Johannes Brahms was a fascinating and complex musical genius. His compositions represent the peak of romanticism, and yet were inspired by the classical works of Beethoven, Mozart and Haydn. Brahms was intensely private and reserved, expressing his emotions in music. His Songs (Lieder) and chamber music are wondrous excursions into his feelings for the women he loved and the friends he admired. In this talk, Dr. de Luise will provide an overview of Brahms’ life, and with the esteemed pianist Joe Jacovino will perform several of his Lieder, and one of Brahms’ chamber music masterpieces for clarinet and piano.

June 5, 2024 3:00p.m. at the Lutheran Home of Southbury

Concert in the Courtyard

Harp/Flute Duo

PLEASE RSVP TO 203-264-9135 2 weeks prior to each event

Refreshments Served

TRANSPORTATION MAY BE AVAILABLE

Middlebury Senior Center

Valentine's Day event

Presented by:

Food For Friends - Ryan, Zoni, Jill, & Marlo



Many thanks to the students in the Middlebury
"Food For Friends" program for making dessert
for the Lunch & Learn that was held on
Valentine's Day



The Tribury Rotary Club

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

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

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

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

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

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



To register, call 203-757-5449 x 125

Or email Debby at dhorowitz@wcaaa.org

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

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

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

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

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

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

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

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

You may be eligible for a free Assurance Wireless lifeline



Lifeline eligibility

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

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

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

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

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

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

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

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

Renter Rebate Program

April 1, 2024



Applications for the **Renter Rebate Program** are being accepted beginning April 1, 2024 at the Department of Social Services/Senior Center located in the Shepardson Community Center.

To be eligible for the program a recipient or spouse must be 65 years of age or older, or be 50 years of age or older and the surviving spouse of a renter who at the time his death had qualified and was entitled to tax relief provided such spouse was domiciled with such renter at the time of his death, or 18 years of age or older and permanently and totally disabled. Applicant must meet a one year state residency requirement. Grants are based on income and rental expense requirements.

Applicants **must provide proof of all income received in 2023**. A copy of **your income tax**, if filed and **SSA Social Security Form** must be provided. **Rent expense for the year and utility bills** must also accompany application.

Please call 203-577-4166 for appointment.

Office hours for filing applications are 9 a.m. to 12 p.m. Monday through Friday.

For more information please contact Jo-Ann Cappelletti at the Department of Elderly & Social Services at 203-577-4166.



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

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

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

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

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

March 25, 2024

Middlebury Senior Center

1172 Whittemore Road

Middlebury, CT 06762

203-577-4166



SHOPPING TRIPS FOR

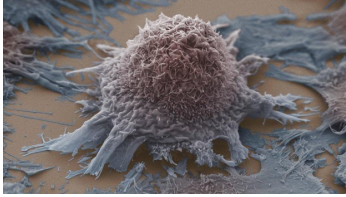
March 2024

The Middlebury Senior Center bus will be scheduling trips to Walmart in Naugatuck on Thursday, March 14, 2024. Also, to Shop Rite in Southbury, Mondays, March 4th & 18th.

***Please be advised the senior bus requires 24-48 hours notice to schedule appointments. Medical transport will take priority. You may experience longer wait times, additional stops, and multiple passengers on your rides. We thank you for your patience.**

To reserve your seat please call 203-577-4166

LUNG CANCER GUIDELINES CHANGED FOR EX-SMOKERS



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

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

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

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

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

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

SCAMS FEARED MORE THAN VIOLENT CRIME



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

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

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

The Study showed:

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

To protect yourself from scams, you should:

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



Everyone Obsesses Over Getting 10,000 Steps a Day! Do we really need to hit that goal?

When it comes to moving your body, more is better. But research published this year in the European Journal of Preventive Cardiology found walking just shy of 4,000 steps a day---3,867, to be precise, or roughly 2 miles—can reduce your risk of dying from any cause.

Researchers found that the risk of dying decreases the more you walk. An increase of 1,000 steps a day---that's about 10 minutes of walking---was associated with a 15% reduction in dying from any cause; an increase in 500 steps was linked to a 7% reduction in dying from cardiovascular disease.

“I think it’s important for people to realize that they’re not failing if they don’t get to 10,000 steps,” says Ciaran Friel, an expert in physical activity and exercise behaviors at Northwell Health’s Institute of Health System Science.

The average walking pace is about 20 minutes per mile, according to the CDC. So, walking for about 40 minutes should get you close to 4,000 steps. Can’t walk for that long? Pointing to the study’s findings, Friel says walking 10 minutes more today than you did yesterday is a win.



COULD RELYING ON YOUR SMARTPHONE CAUSE MEMORY DECLINE?

Probably not. But some research indicates that smartphones can make older adults feel dumber, because they flood us with numerous data sources, while our natural decline in “cognitive flexibility,” or the ability to multitask, makes processing all this data more difficult.

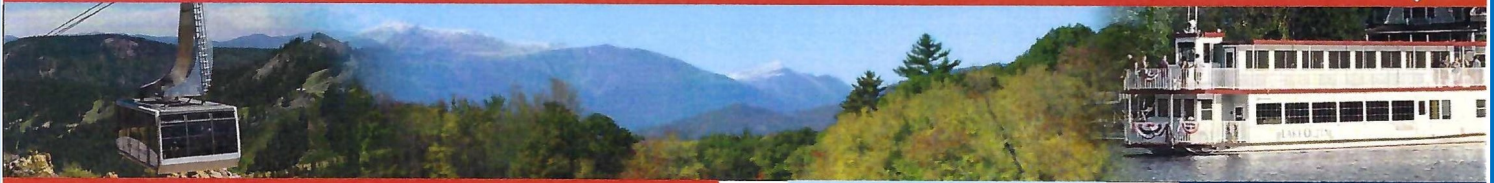
Still, if you’re concerned about your memory, speak to a doctor. Plenty of issues can toy with your memory, and many of them are fixable, including sleep issues and some medications.

For people 65 and older with Medicare Part B, this kind of cognitive health visit is covered every year. Even if you’re younger, it’s worth checking. The remedies to your brain lapses may be easy, and if you’re dealing with the start of real memory problems, the sooner you know, the sooner you can take steps to support your brain health and independence.

Your doctor can ask a few questions about your recent habits and medicines and put you through a simple battery of tasks to get a handle on your brain health.

MIDDLEBURY SENIOR CENTER PRESENTS

New Hampshire & the White Mountains



INCREDIBLE PRICE INCLUDES:

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

and much more

\$849*

5 Days 4 Nights

*PER PERSON, DOUBLE OCCUPANCY

(Mon - Fri)
Sep 16 - 20
2024



See a Live Bear Show



Experience a 1.3 Mile Scenic Gondola Ride



Enjoy a Fun Train Ride



Scenic Narrated Cruise on Lake Sunapee

Departure: Middlebury, CT @ 8 am

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

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

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

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

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

ADD PEACE OF MIND TO YOUR TRIP...

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

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

FOR INFORMATION & RESERVATIONS CONTACT:

Jo Ann Cappelletti @ (203) 577-4166

* Trips based on minimum 30 passengers




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

Fla. Seller of Travel Ref No. ST32973.

Middlebury Senior Center

1172 Whittemore Road

Middlebury, CT 06762

Pool Table Available daily Mini Bus Available 8:30 to 2:pm		Drop off your used ink cartridges, we recycle		Middlebury Senior Center 203-577-4166	
		March 2024			
Monday	Tuesday	Wednesday	Thursday	Friday	1
				9:00 Billiards 9:30 Painting Class Pickleball 10:15 Table Tennis	
	03/24/24	03/31/24			
4	5	6	7	8	
9:00 Billiards 9:30 Pilates 10:00 Mah Jongg 11:00 Adult Strenthening 1:00 Knitting & Crochet Shop Rite	9:30 Computer Training 9:30 Yoga 10-12 Blood Pressure Clinic 10:30 Mah Jongg 11:00 Ancetry Workshop 12:30 Bridge Club 1:00 Mah Jongg	8:15 Tai Chi 9:00 Billiards 9:30 Computer Training 9:30 Tail Chi 10:30 Mah Jongg 11:00 Pilates	9:00 Billiards 9:30 Computer Training Pickleball Pickleball 11:00 Ancestry Workshop 1:00 Mah Jongg	9:00 Billiards 9:30 Painting Class Pickleball 10:15 Table Tennis	
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9:00 Billiards 9:30 Pilates 10:00 Mah Jongg 11:00 Adult Strenthening 1:00 Knitting & Crochet	9:30 Computer Training 9:30 Yoga 10-12 Blood Pressure Clinic 10:30 Mah Jongg 11:00 Ancetry Workshop 12:30 Bridge Club 1:00 Mah Jongg	8:15 Tai Chi 9:00 Billiards 9:30 Computer Training 9:30 Tail Chi 10:30 Mah Jongg 11:00 Pilates 1:00 Polish Poker	9:00 Billiards 9:30 Computer Training Pickleball Walmart 11:00 Ancestry Workshop 1:00 Mah Jongg	9:00 Billiards 9:30 Painting Class Pickleball 10:15 Table Tennis	
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