

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 & Programs
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 Ser-
vices)

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



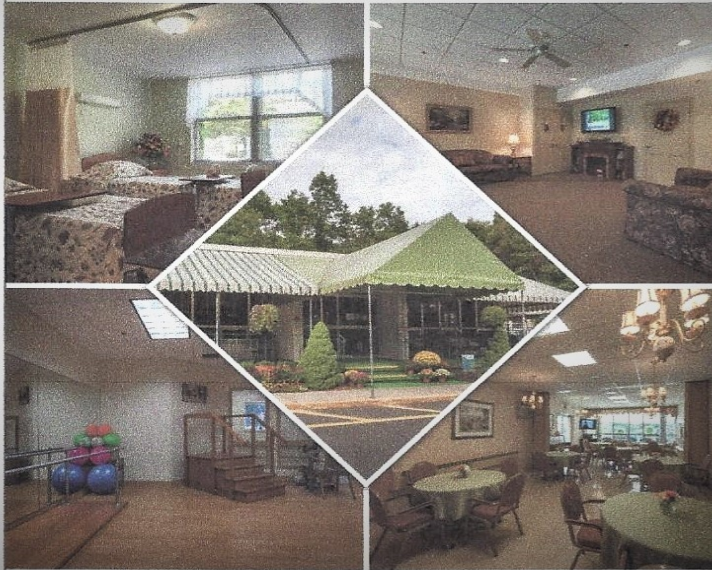
April is National Month of Hope

Which is all about celebrating the power of hope — the belief that things will work out, especially when it seems otherwise. Have you ever noticed how frequently the word 'hope' is used in our everyday conversations? Well, this is because hope is a concept that is deeply rooted in our culture and society. So don't give up and let's become bearers of hope — spread it and teach it! Because this is the best you can do for yourself and others; to always choose hope over hopelessness.




midconhome.com
203.758.2471

Family Owned and Operated



Offering Short & Long Term Care

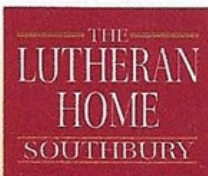
778 Middlebury Road, Middlebury | 203-758-2471 

Get **READY FOR HOME** at Lutheran Home

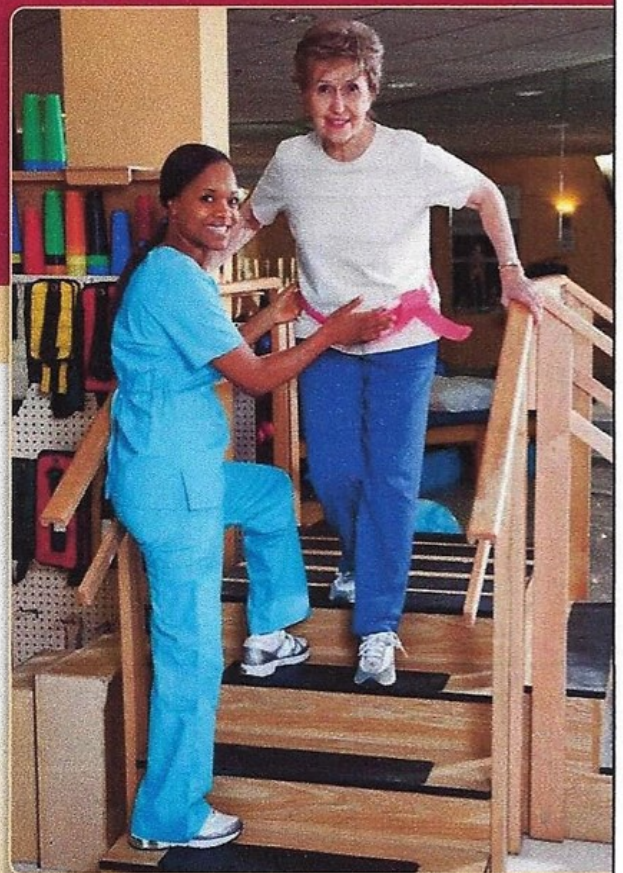
2016 5-STAR MEDICARE RATING

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
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.

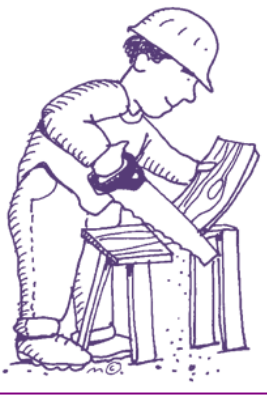
**Transportation available for shopping, doctors appointments,
out of town visiting with the 8 district municipalities on a first
come, first served basis.**

**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	\$62,600
2	\$71,550
3	\$80,500
4	\$89,400
5	\$96,600
6	\$103,750
7	\$110,900
8	\$118,050

*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:

April is National Humor Month

It is no coincidence that this month begins with April Fools Day. Laughter is more than just something that feels good in the moment, it can have real benefits for your physical, psychological and social well being.

1. **Physical benefits:** Laughter exercises your diaphragm and enables you to take in more oxygenated air and stimulates your lungs. You are also relieving physical tension in our muscles, your heart rate increases and your blood pressure lowers. Not only does laughter become a distraction from the perception of pain and discomfort, it allows your body to produce endorphins which are natural pain killers. Laughter can also improve sleep quality and supports the immune system which makes you more resistant to disease.
2. **Psychological benefits:** Humor can alleviate stress and anxiety during difficult and challenging times. Clinical evidence shows that humor reduces the stress hormone, cortisol, which may provide a new perspective on a problem. Using laughter as a coping mechanism may also improve memory retention. When humor is paired with a fact, you may have a better recollection of it.
3. **Social benefits:** Laughter brings people together. It is more than OK to laugh together at things that are amusing, ludicrous or absurd. Relationships benefit when you connect with others through humor.

**Wishing you Springtime laughter, positive attitudes and good health.
Have fun in the sun!**

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 \$20 per month or \$5 per class

PILATES CLASS

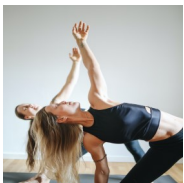


Two classes per week:
\$40

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

Next class begins April 24, 2023

Yoga



Tuesdays at 9:30 to 10:30

Helene Korchin instructor for our Yoga classes.

The next class will begin on Tuesday May 9, 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 April 24, 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.



Discover your family's history

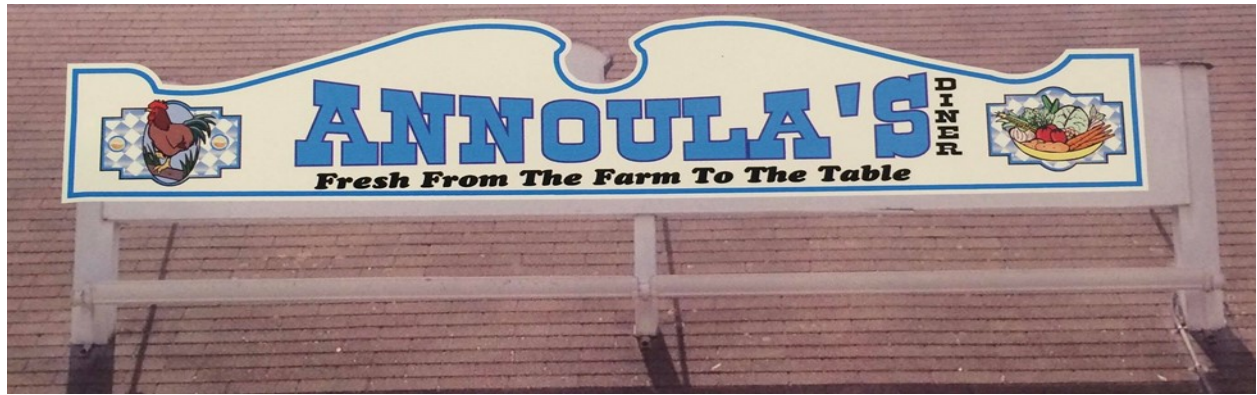


Ancestry® Library Edition

Discover
the
history of
you...



ANCESTRY WORKSHOP TUESDAYS 11 – 12:45



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 April at 11:30am)

For the month of April:

April 5– Baked Scrod with Roasted potatoes and vegetables OR Meatloaf, Mashed potato and vegetables.

April 12 - Hamburger, Roasted potato with vegetables, OR pasta Bolognese with a small salad

April 19 - Chicken Francese with Roasted potato with vegetables OR Shepherd's pie with vegetables.

April 26 - Pasta Bolognese with a small salad OR Mediterranean chicken, Roasted potato with vegetables

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



© CanStockPhoto.com - csp33348710

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



MEALS on WHEELS
WESTERN CONNECTICUT

CENTRAL NAUGATUCK &
HOUSATONIC
VALLEY REGION
232 NORTH ELM STREET
WATERBURY, CT 06702
203.757.7738



NEW OPPORTUNITIES
Building Relationships to End Poverty

Buy a Wheel or Round Up for a Meal CAMPAIGN KICKOFF



Meals on Wheels of Western CT's annual campaign benefiting Meals on Wheels clients is now underway! The fundraiser, **"Buy a Wheel" for Meals on Wheels, will run through the month of March and April 2023.**

The participating businesses listed below will offer customers "wheels" for a \$1 donation or to round up their purchase. The wheels will list the donors name and be displayed at the participating business to showcase the support received from the community. 100% of donations support your local meals on wheels program.

Businesses Participating in "Buy A Wheel"

New Morning Market (3/1-3/31)
129 Main St N, Woodbury, CT 06798

Northville Market (4/1-4/31)
301 Litchfield Rd, New Milford CT 06776

Adam's Thomaston (3/6-3/31)
92 Main St, Thomaston, CT 06787

Adam's Watertown (3/6-3/31)
1167 Main St, Watertown, CT 06795

LaBonne's Woodbury (3/11-3/24)
238 Main St, South Woodbury, CT 06798

LaBonne's Watertown (3/11-3/24)
639 Straits Turnpike, Watertown, CT 06795

LaBonne's Prospect (3/11-3/24)
75 Waterbury Rd, Prospect, CT 06712

Walsh's (3/1-3/31)
1786 Meriden Rd, Wolcott, CT 06716

Your donation supports your local Community!

New Opportunities' Senior Nutrition program administers a variety of programs in the Greater Waterbury area that provide nutritional support for our seniors and assist in keeping seniors living independently within their own homes. These programs include Meals On Wheels, Senior Dine, Seasonal Food Truck and Senior Cafe.

Last year the Meals on Wheels program served 1,390 homebound seniors and provided 409,925 home delivered meals in the greater Waterbury and Danbury regions. Our Senior Dine and Senior Café program provided 19,847 meals serving 774 seniors. Our Food Truck provided 1,318 meals served to seniors at local elder housing facilities. Meals on Wheels also provides thousands of pounds of pet food and cat litter to support over 150 pets annually. These pets are loyal companions to our Meals on Wheels recipients.

For more information about the Buy A Wheel campaign or any of our services, please contact Yadira Perez by phone at (203) 575-4208; or email: yperez@newoppinc.org.

Thank You
FOR YOUR
SUPPORT

DEA National Prescription Drug

Take Back Day

Saturday, April 29, 2023

Find your local Medication Drop Box

Can't make it to the drop box nearest you?

Order a free medication disposal pouch on



www.drugfreect.org



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

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 April

The Middlebury Senior Center bus will be scheduling trips to Walmart in Naugatuck Thursday, April 13, 2023. Also, the first Thursday and third Friday of the month, to Shop Rite in Southbury, April 6 & 21, 2023.

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

To reserve your seat please call

203-577-4166



AGING UNBOUND: MAY 2023

The Art of Aging 2023

The Art of Aging is a celebration of creativity expressed by people over the age of 60 who have discovered the satisfaction of blending art and life. Some of our artists “discovered” their passion for creating art late in life, when, other responsibilities diminished and there was new-found time to pursue personal interests. Other artists have been creating art since childhood. Each has come to recognize the unique place art has in their lives.

Artists aged 60 years and older are invited to submit their paintings or photography for display throughout the halls of the AOASCC building. Registration is open and artwork drop off dates are April 26, 27 & 28, 10 a.m. to 2 p.m.

Contact: www.aoascc.org or call 203-785-8533

Cash prizes will be awarded to the first and second place winner in each category, selected by local art experts. A People’s Choice honor in each category will also be awarded based on votes cast by the public.

Save the date! The exhibition opens with a reception on May 18, 2023 from 2:00-6:00 p.m.



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 of 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

AARP

Safer Driving May Save You Money



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

NEW
CONTENT
ADDED!

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.

THE SINGING STRONG MAN

There once was a man who was very strong,

Never lifting weights without singing a song.

Folks were moved to tears

As they covered their ears,

Because he sang too loud and too long.

Thank You Ted Eliss

FREE Diabetes Telephone Workshops

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!

Mondays from 6 – 7pm

April 10 – May 15, 2023

To register, call 203-757-5449 x 125

Or email Debby at dhorowitz@wcaaa.org

Wednesdays from 10 -11am

April 5 – May 10, 2023

To register, call 203-77-5449 x 125

Or email Debby at dhorowitz@wcaaa.org

Thursdays from 6 – 7pm

April 20 – May 25, 2023

To register, call 203-757-5449 x 125

Or email Debby at dhorowitz@wcaaa.org

**Take Control
Feel Better
Energize
Live
Enjoy**

Sponsored b the Western Connect Area Agency on Aging and Connecticut State unit on Aging.

Generous support is also provided by the Connecticut Community Foundation.

Live Well is an evidence based self-management workshop developed at Stanford University.

TeleHealth Fraud: It's here & happening now!!



Preventing Medicare Fraud

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).

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.

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.



Thursday, April 27, 2023

Call 203-577-4166 to reserve your seat.

Bus leaves senior center at 9:30am.

For
Lunch:





George and Gracie: The Final Bow

Thursday Matinee, May 4, 2023



In this final installment of DeLaurentis; Burns & Allen take to the Seven Angels stage one last time before the final "Say goodnight, Gracie."

**A world Premiere comedy by Semina DeLaurentis —directed by
Julia Kiley**

Tickets are \$45 includes show and transportation

Call 203-577-4166 for you reservation

Bus will leave the Middlebury Senior Center at 1:15pm



BEREAVEMENT Support Group

If you have experienced the death of a loved one recently, we invite you to attend the Bereavement Support Group sponsored by the Harold Leever Regional Cancer Center. We will meet twice monthly to discuss relevant topics, followed by time for networking and sharing. Each group will run for 3 months at a time, with an opportunity to develop a breakout group for those with longer-term bereavement needs.

Please call to register, Chaplain Jen Choon You, Bereavement Coordinator, at 860-763-6300. Sign-ups are requested, as light refreshments will be served.

Place: Village at East Farms
180 Scott Road, Waterbury, CT 06705



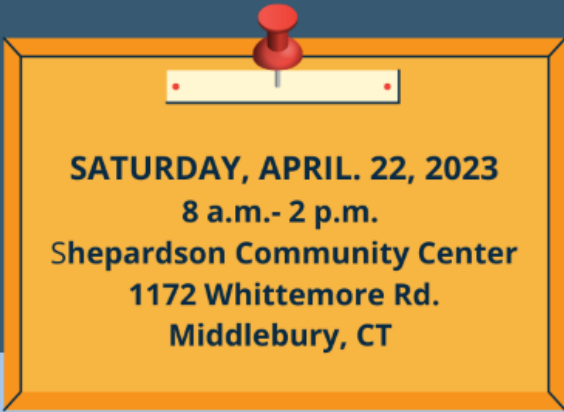
Frontier Fiber Internet is coming to your neighborhood!

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.

HOUSEHOLD HAZARDOUS WASTE & PAINT COLLECTION

Do you have paints, cleaners, and other chemicals you need to dispose of?
Let the Naugatuck Valley Council of Governments (NVCOG) help!



SATURDAY, APRIL 22, 2023
8 a.m.- 2 p.m.
Shepardson Community Center
1172 Whittemore Rd.
Middlebury, CT

The collection is open to the following towns:

Ansonia, Beacon Falls, Bethlehem, Derby, Middlebury, Naugatuck, Oxford, Prospect, Seymour, Southbury, Thomaston, Waterbury, Watertown, Wolcott and Woodbury.

- No charge to residents.
- Proof of residency (such as a driver's license, tax bill, or other identification) is required for entrance.
- Up to 50 lbs. of residential waste will be accepted per vehicle.
- Please stay in your car at all times.



WHAT TO BRING

- Oil- and latex-based paints and stains
- Thermometers and thermostats containing mercury
- Drain and oven cleaners
- Upholstery cleaners, wood cleaners, strippers, and varnishes
- Pesticides, poisons
- Pool and photo chemicals
- Automotive cleaners and fluids (including motor oil)
- Grease and rust solvents
- Aerosols
- Metal polishes

WHAT NOT TO BRING

- Auto batteries
- 20 lbs. propane tanks
- Compressed gas cylinders
- Asbestos
- Smoke detectors
- Explosives
- Radioactive or medical waste
- Grout, joint compound
- Lead paint chips
- Empty containers of any kind

*NVCOG reserves the right to reject additional materials.

MRA Beach Passes - On Sale Monday, May 1, 2023

Details: Residents and property owners must provide proof of residency or real estate AND copy of car registration. Photo ID required upon request.

Fees

- \$175 Family Pass
- \$45 *Senior Pass
- \$100 Single Pass
- Firefighter Pass - M.V.F.D. members receive on FREE pass
- \$10 per additional sticker for family and single memberships
- \$85 Boat Storage Rack

*Note: Senior 65 and older are eligible to receive ONE pass for a fee of \$45. Senior pass membership includes one senior resident 65+ and his/her spouse. ONE senior pass per household. An extra car sticker for seniors is subject to the \$175 family pass fee.

Boat Rack Lottery Details

Entry forms are available online and in the Parks & Recreation office and attached to this email.

- Boat Rack are available for Middlebury Residents only, one boat rack per address.
- You may submit a lottery entry for one boat rack type only.
- Lottery winners are limited to storing up to TWO vessels at the MRA and both vessels must fit on assigned rack.
- All lottery requests must be submitted using the Boat Rack Lottery Request Form via

○ USPS mail: 1172 Whittemore Road, Attn: Boat Racks

Or email to: tgraziano@middlebury-ct.org

- Lottery entries must be received in the Parks & Rec office no later than Monday, April 24th.
- Date of lottery drawing is Wednesday, April 26th.
- Lottery winners will be notified by email and/or by phone by Monday, May 1st.
- All boat rack locations will be issued according to lottery placement.
- The boat rack rental fee of \$85 is due on/before Friday, May 12th.
- Any payments not received by May 12th will result in forfeit of boat rack and said boat rack will be offered to the next person on the wait list.
- Any residents awarded a boat rack must purchase a 2023 Season Pass.

Hours of Operation

Pre-Season: Open weekends beginning Saturday, May 27th

SWIMMING PERMITTED ONLY WHEN LIFEGUARD ON DUTY

Season: Opens daily Monday, June 12th and runs through Labor Day

Hours: 10:00 AM to sunset, weather permitting

Rain Policy: Area closed if raining at 12:00 PM

M.R.A. Special Events

Memorial Day Weekend - Dates & Times:

Saturday, May 27th & Sunday, May 28th: 10:00 AM to sunset

Monday, May 29th: 9:00 AM to sunset

July 4th Celebration

Dates: Tuesday, July 4th

Time: Open 9:00 AM to 11:00 PM

Details: M.R.A. will be open extended hours for our annual July 4th Celebration.

Early table saving is limited to one table per household.

2023 MRA Boat Rack Lottery Rules & Entry

- Boat Racks are available for **Middlebury Residents only**, one boat rack per address.
- You may submit a lottery entry for **one boat rack type only**.
- Lottery winners are limited to storing **TWO** vessels at the MRA and both vessels must fit on assigned rack.
- All lottery requests must be submitted using the **Boat Rack Lottery Request Form** via
 - USPS mail: 1172 Whittemore Road, Attn: Boat Racks
 - Or email at: tgraziano@middlebury-ct.org
- Lottery entries must be received in the Parks & Rec office no later than **Monday, April 24th**
- Date of the lottery drawing is **Wednesday, April 26th**
- Lottery winners will be notified by email and/or phone by Monday, May 1st.
- All boat rack locations will be issued according to lottery placement.
- Boat rack payments are due on/before **Friday, May 12th**

If you are selected to receive a boat rack, payment of \$85.00 must be received in our office on or before May 12th. Any payments not received by May 12th will result in forfeit of boat rack and said boat rack will be offered to the next person on the wait list. Any residents awarded a boat rack must purchase a 2023 Season Pass.

Please keep top portion for your records



2023 Boat Rack Lottery Request

Return this entry by Monday, April 24th

Name: _____ Email: _____
All correspondence communicated via email

Address: _____ Phone: _____

Please circle ONE choice for boat rack:
One boat rack will be allowed per Household

Canoe/Sailboat

Kayak/Paddleboard

Color of Boat(s): _____

Office Use Only

Date Returned: _____ Time: _____

Middlebury Senior Center

1172 Whittemore Road

Middlebury, CT 06762

Pool Table Available daily				Middlebury Senior Center	
Mini bus available 8:30am to 2:30pm				April 2023	
Monday	Tuesday	Wednesday	Thursday	Friday	
3	4	5	6	7	
9:00 Billiards	9:00 Billiards		9:00 Billiards	 Center Closed	
9:30 Pilates	9:30 Yoga	9:00 Billiards	9:30 Computer Training		
10:00 Bridge Club	10-12 Blood Pressure Clinic	9:30 Computer Training			
10:00 Mah Jongg	10:30 Mah Jongg				
11:00 Adult Strenthening	11:00 Ancestry Club	10:30 Mah Jongg	Shop Rite		
1:00 Knitting & Crochet	12:30 Bridge Club	11:00 Pilates			
	1:00 Mah Jongg	11:30 Grab & Go			
			1:00 Mah Jongg		
10	11	12	13		14
9:00 Billiards	9:00 Billiards	8:15 Tai Chi	9:00 Billiards		9:00 Billiards
9:30 Pilates	9:30 Yoga	9:30 Computer Training	9:30 Computer Training	9:30 Painting Class	
10:00 Bridge Club	10-12 Blood Pressure Clinic	9:30 Tail Chi			
10:00 Mah Jongg	10:30 Mah Jongg	10:30 Mah Jongg	Walmart		
11:00 Adult Strenthening	11:00 Ancestry Club	11:00 Pilates			
1:00 Knitting & Crochet	12:30 Bridge Club				
	1:00 Mah Jongg	11:30 Grab & Go			
			1:00 Mah Jongg		
17	18	19	20	21	
9:00 Billiards	9:00 Billiards	8:15 Tai Chi	9:00 Billiards	9:00 Billiards	
9:30 Pilates	9:30 Yoga	9:00 Billiards	9:30 Computer Training	9:30 Painting Class	
10:00 Bridge Club	10-12 Blood Pressure Clinic	9:30 Computer Training			
10:00 Mah Jongg	10:30 Mah Jongg	9:30 Tail Chi	11:00 Investment Club		
11:00 Adult Strenthening	11:00 Ancestry Club	10:30 Mah Jongg		Shop Rite	
1:00 Knitting & Crochet	12:30 Bridge Club	11:00 Pilates			
	1:00 Mah Jongg	11:30 Grab & Go			
		1:00 Polish Poker	1:00 Mah Jongg		
24	25	26	27	28	
9:00 Billiards	9:00 Billiards	8:15 Tai Chi	9:00 Billiards	9:00 Billiards	
9:30 Pilates	9:30 Yoga	9:00 Billiards	9:30 Computer Training	9:30 Painting Class	
10:00 Bridge Club	10-12 Blood Pressure Clinic	9:30 Computer Training			
10:00 Mah Jongg	10:30 Mah Jongg	9:30 Tail Chi			
11:00 Adult Strenthening	11:00 Ancestry Club	10:30 Mah Jongg			
1:00 Knitting & Crochet	12:30 Bridge Club	11:00 Pilates	Christmas Tree Shop		
	1:00 Mah Jongg	11:30 Grab & Go			
			1:00 Mah Jongg		

***Calling all Volunteers for our Community Garden! We will start planting soon and will need interested residents!**