

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 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



Certainly! April is a lively month with a mix of fun, quirky, and meaningful holidays. Here are some notable days to celebrate in April:

1. **April Fools' Day** (April 1): The day for jokes, pranks, and good-natured mischief.
2. **National Walking Day** (April 2): Get outdoors and take a walk to celebrate physical activity.
3. **National Gardening Day** (April 2): Green thumbs unite! Spend time tending to your garden.
4. **National Find a Rainbow Day** (April 3): Look for rainbows after spring showers.
5. **National Self Care Day** (April 4): Take time for self-care and relaxation.
6. **National Sourdough Bread Day** (April 4): Enjoy this tangy and crusty bread.
7. **National Coffee Cake Day** (April 5): Treat yourself to a slice of delicious coffee cake.
8. **National Peach Cobbler Day** (April 5): Savor the flavors of juicy peaches and sweet cobbler.
9. **National Zucchini Bread Day** (April 5): Bake a loaf of zucchini bread.
10. **National Blueberry Pie Day** (April 5): Indulge in a slice of this fruity dessert.
11. **National Burrito Day** (April 4): Celebrate with a tasty burrito.
12. **National Grilled Cheese Sandwich Day** (April 12): Enjoy a gooey, melty grilled cheese.
13. **World Book and Copyright Day** (April 23): Celebrate literature and authors.

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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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:

April Is Stress Awareness Month

Stress is a major contributor to all kinds of health problems, so this month is all about decreasing it as much as possible. Stress, especially in older adults has many causes. You may experience it as a result of managing chronic illness, adapting to a physical disability, losing a spouse, being a caregiver or adjusting to changes due to finances, retirement or separation from family and friends.

Symptoms of stress may present in many forms, such as in tension headaches, back pain, indigestion, heart palpitations, poor concentration, crying, irritability, edginess and depression. Any of these symptoms may then increase your risk of heart disease, heartburn, an increase in blood sugar to worsen diabetes, and increase in blood pressure and insomnia.

Fortunately, there are plenty of things you can do for stress relief. First and foremost is to talk about your concerns with your doctor, a geriatrician, an occupational therapist or any staff member in a local council on aging or senior center.

Also, consider some of the following ideas:

- Engage in regular physical activities tailored to your abilities. Tai Chi, chair yoga and meditation are often beneficial to enhance balance, lift your mood and give you a sense of accomplishment.
- Take a gentle and exploratory walk and invite a friend along to socialize.
- Develop healthy eating habits and don't neglect your rest. Stay hydrated with water which can help keep you mentally sharp, stabilize your emotions and boost your energy.
- Think about getting a pet—both the pluses and minuses...several studies support the stress lowering effects of having an animal companion.

Enjoy the newness and reawakening as April approaches. Step outside, enjoy the sun, smell the flowers and finally take sometime to smile and laugh!



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. 1.

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.

In the U.S., The month of April is regarded as National Volunteer Month.

The Middlebury Senior Center would like to give many thanks to our volunteers



Elaine Burkman
Robert Cappelletti
Robert Murray
Heidi Shea
Suzanne Rosa
Faith Stewart
Ralph Barra
Ann Zimkus
Rosalie Rinaldi
Nancy Cimmino
Christina O'Neill
Robert Tetrault
Kayla Beauvais
Michelle Beauvais
Suzanne Flores
Kathy Bona
Jake Sturges
Tracy Graziano
Charlie Dipinto
Joanna Green
Amanda Richardson
Karen Schwarz-Rainford
Marj Needham
Ameriprise Company
Joe Shea
Leila Shea
Mike Pieksza
Ben Pavan
Evelyn DiPaolo
Jennifer Attanasio





Sunshine & Smiles Luncheon: Celebrating Spring

Beginning on Thursday, April 17, 2024 The Middlebury Senior Center will be hosting a luncheon made by our newest volunteer, Jenny Attanasio.

We are hoping to make this a monthly luncheon.

The asking donation for each meal is \$3.50.



Menu to Follow

Please call to reserve your seat!

203-577-4166

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





Free At-Home Hearing Test For AARP Members

Visit The National Hearing Test website and use your AARP login.

Members can take a phone-based hearing test for free once a year from the safety and comfort of your home. The National Hearing Test is an independent and scientifically validated hearing screen test developed with funding from the National Institutes of Health (NIH). This confidential test can be the first step towards your hearing health.

This is a first-of-its-kind screening test in the United States. The goal is to give you a simple, 10-minute test that can help you understand your hearing status and decide whether you should seek a full-scale evaluation of your hearing.

NUTRITION EDUCATION

April 16, 2024

11:30am

Shraddha Chaubey from



**A Minority and Women Owned
Business Enterprise**



**You Are What You Eat
Make Healthy Choices**

Join us for an informative session on nutrition for seniors.

203-577-4166

Middlebury Community Garden



Located @ Shepardson Community Center

Can you spare an hour a week? If so you may be interested in helping us work the following for our garden:

Preparing the raised garden beds

Planting vegetables & flowers

Weeding – as needed

Watering – as needed

If so please contact the Middlebury Senior Center @ 203-577-4166 ext. 3



Bring Me Back Home

BRING ME BACK HOME PROGRAM

The Alzheimer's Association Connecticut Chapter is excited to announce the Bring Me Back Home (BMBH) program through the Connecticut State Police.

Bring Me Back Home is a new registry for Connecticut residents which allows law enforcement access to information to assist in the recovery of missing or wandering persons. The provided information and photo, accessible through the COLLECT criminal justice and safety system, helps first responders and families reunite with individuals living with cognitive

challenges, such as Dementia or Autism. This information is confidential and secure and can only be accessed by law enforcement personnel in an emergency.

Here is how it works:

A family member or guardian registers the person with cognitive challenges through the website or in person at your nearby police department. This information is then part of the statewide Bring Me Back Home registry. When the person wanders or is missing, individuals should call 9-1-1 **IMMEDIATELY**, and indicate that they are registered with the Bring Me Back Home program. Law enforcement officers will have access to confidential and secure information and respond appropriately.

Here is how to register:

To sign your loved one up for Bring Me Back Home, visit ct.gov/BMBH or go to your local police department.

Who is eligible?

All members of the community whose cognitive challenges may lead to confusion and disorientation, and who are at risk of wandering or getting lost.

Why is this important?

Wandering can be dangerous and life threatening. If not found within 24 hours, there is a much higher probability individuals may suffer serious injury or death.

According to the Alzheimer's Association, six in ten people living with dementia will wander. Alzheimer's disease, and other forms of dementia, can cause people to lose their ability to recognize familiar places and faces. This can happen at any stage of the disease and at any time of the day or night. This risk weighs heavily on caregivers and family.

Questions about dementia and wandering?

The Alzheimer's Association Connecticut Chapter offers an 24/7 Helpline: **(800)-272-3900**, providing information and resources for all affected, or visit their website: alz.org/ct alz.org/safety.



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



Latest Information on Scams and Reported Fraud

[Genetic Testing Fraud Aimed at Medicare Beneficiaries Sweeps State, Nation](#)

Across the nation – including in the state of Connecticut – genetic testing company representatives are offering “free” genetic tests to Medicare beneficiaries. While this may sound harmless, in reality it is dangerous. These companies can steal people’s medical identity and falsely bill Medicare, draining the system of needed funds.

Scams targeting those on Medicare

Scammers will pretend to be from Medicare and attempt to get personal information from beneficiaries every day. The CT [Senior Medicare Patrol](#) wants people to know fraud attempts are increasing. Scammers are posing as Social Security and Medicare claiming they need to update information. Neither Medicare or Social Security will contact people with Medicare making this request.

IRS Impersonator Scammers are at it again

Over a year ago scammers were claiming to be the IRS using fear as a tactic. The scammer would threaten callers with the fear of being sued if they did not send money immediately. In some cases, it was reported the caller was impersonating a police officer. Now, scammers are using hope and excitement as a tactic telling callers they will be getting a huge increase in their social security income.

The City of New Haven Department of Elderly Services has received many calls on the scam and reports the scam works as follows: a senior citizen will receive a phone call from an individual who claims to be from the Social Security Administration. The caller says the senior is entitled to a huge increase in his or her Social Security benefit payment. All he or she has to do is supply the caller with a Social Security Number and birthdate. It’s a simple scam, and yet it has been reported that many seniors have fallen prey to it.

Calls like this are meant to strike strong emotions in the caller to cloud their judgment and get important personal information. If you receive a call like this do not provide any personal information and hang up. If you have concerns you owe the IRS you can contact them directly at 1-800-829-1040. If someone has provided a Scammer impersonating the IRS with personal or sensitive information report it at https://www.treasury.gov/tigta/contact_report_scam.shtml or call 1-800-366-4484.

Be careful when calling places like Medicare. Some companies purchase phone numbers very close to official phone numbers in case you misdial. Make sure when you call places like Medicare, Social Security, or the IRS you confirm you are speaking to the official government agency. And even though a call coming in looks local, it might not be. Scammers “spoof” phone numbers to have a better chance at someone answering. If you can, just let all calls you don’t know go to voicemail. Then return calls you trust. This is a great way to protect yourself from being scammed.



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. 203-577-4166 ext.4



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



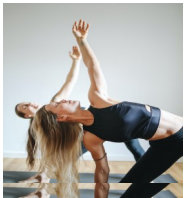
Knitters and Crocheters are meeting on Monday afternoon at 1pm at the Shepardson Community Building.—There is no charge for this class

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, April 16, 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 April 17 & 18, 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 to 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

April 2024 Menus

4/02/2024:

Maple Mustard Pork Loin; Rice Pilaf;
Broccoli; Dinner Roll
Fruit & Milk

4/9/2024:

Chicken Parmesan w/ Penne;
Tossed Salad; Breadstick;
Fruit & Milk

4/16/2024:

Chicken Caesar Salad; Garbanzo Bean Salad;
Italian Bread; Fruit & Milk

4/23/2024:

Breaded Pollock; Whipped Red Potatoes;
Cabbage; Dinner Ross;
Fruit & Milk

4/30/2024:

Meatloaf w/gravy, Whipped Mashed Potatoes
Green Beans, Rye Bread
Assorted Cookie, Assorted Juice & Milk

**Warm welcome to Jenny
Our new Volunteer**

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.

SNACK & LEARN



Thursday, April 4, 2021

11:30am

Join us on Thursday, April 4th for a very informative event on nutrition.

Subject will be "Healthy Eating for Older Adults with Diabetes"

Presentation and snacks will be provided by Complete Care of Middlebury

Please Call 203-577-4166 to reserve your seat

ADULT KARATE

Tang Soo Do & Self Defense

With Master Doug Wilke

Thursdays from 9am –9:45am



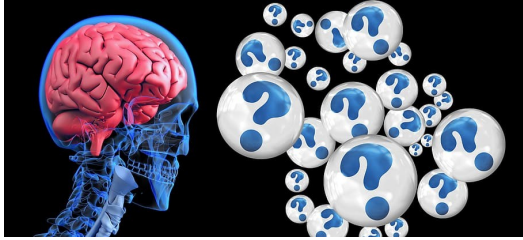
\$40 for Middlebury residents

\$50 for non-residents

Contact Parks & Recreation at 203-758-2520 to register



LUNCH & LEARN



April 18, 2024

11:30am

When 1+1 Does Not = 2 (about the brain and memory) presented by Julianne M. Ramia, BA, CDP, Dementia Specialist, Hartford HealthCare Center for Healthy Aging

Join us to hear about the brain and memory; presented by Julianne M. Ramia, BA, CDP, Dementia Specialist.

Also, enjoy a free lunch

Must register—203-577-4166

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

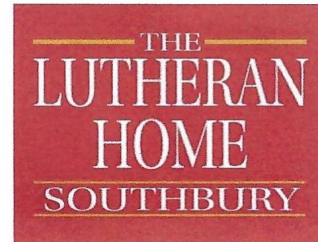
For more information, visit www.middleburypubliclibrary.org/book-discussions or email middleburylibraryill@gmail.com

Books to be discussed are:

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.



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

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 discounts 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, April 1 — May 6, 10am- 11am

Chronic Pain Telephone Workshop—Tuesdays, April 2 — May 7 from 10—11am

Tuesdays, April 2 — May 7 from 6-7pm

Diabetes Telephone Workshop — April 4—May 9, 2024

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 of 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.

May 20, 2024

Middlebury Senior Center

1172 Whittemore Road

Middlebury, CT 06762

203-577-4166



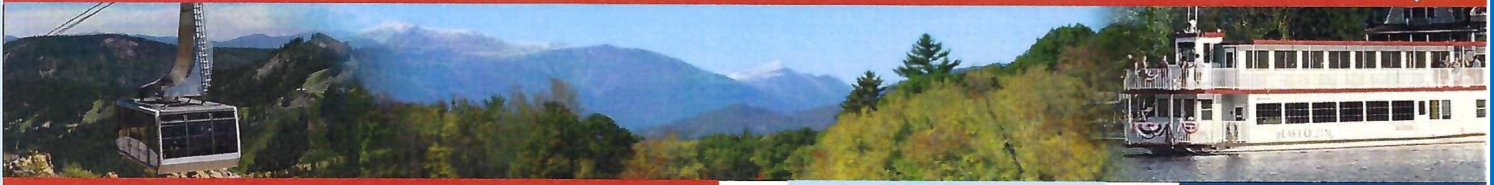
SHOPPING TRIPS FOR April 2024

The Middlebury Senior Center bus will be scheduling trips to Walmart in Naugatuck Thursday, April 11, 2024. Also, the first & fourth Monday of the month, to Shop Rite in Southbury, Mondays, April 1st & 15th.

To reserve your seat please call 203-577-4166

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



Fla. Seller of Travel Ref No. ST32973.



This Is What Those Best-By, Sell-By, and Use-By Dates Really Mean?

Make sure to check labels before eating something that may have gone too far beyond its point of freshness or safety.

Best-by Dates:

According to the USDA, the **best-by date indicates when a food product will have the best flavor or quality.**

"Best-by dates are recommendations for enjoying the food product when quality is at its peak, meaning the flavor and texture will be optimal when consumed within and by these dates," says [Kelly Jones MS, RD, CSSD, LDN](#).

"Fresh foods that can spoil, such as bagged lettuces and poultry will typically display 'best-by' or 'use by' dates," Jones says. While nutritional quality may decline if you extend the shelf life, these kinds of foods do remain safe to eat.

"Best-by" dates are also common on [canned foods](#), although they may actually be safe for years after as long as the can isn't dented or compromised. "Foods like pasta, rice, and crackers have such low moisture that they also can last well past their dates, but may taste stale," Jones says.

A lot comes down to how the food is stored though.

"As long as the food is stored properly, it should be OK for weeks after the best-by date, but it's always a good idea to look at the food product for signs of mold and smell it to ensure it has not gone rancid," says [Ilyse Schapiro MS, RD, CDN](#).

Sell-by Dates:

Sell-by dates are specific to the **grocery store and how long they can have items on the shelves and up for sale.**

"These are foods that should be refrigerated or frozen once they get to your kitchen, but are still safe to consume and should have good quality past the sell-by date," says Jones.

Sell-by dates may be more common on eggs, as some states require this kind of label, with the sell-by dates being a certain number of days after the eggs are laid and packaged to make sure stores are rotating inventory regularly.

"For poultry or ground meat, eating the food one to two days past the date should be ok, and for beef, three to five days after the date has passed," says Schapiro. Eggs will typically last three to five weeks past the sell-by date but if you're unsure if you're in the clear, look for signs of mold and/or odors that seem off or stinky.

Use-by dates represent **the last day that the manufacturer recommends consuming the product for quality reasons.**

"Like best-by dates, this can relate to taste, texture, and even appearance of a product, but these foods can still be considered safe to consume afterwards," Jones says. However, they may not retain flavor and texture of an item consumed by the use-by date.

Since it's the last day of a product's peak quality, you probably don't want to extend too far.

"Depending on the product, I would consume it up until a week past this date and as always, smell and examine the product before consuming," Schapiro says.



How to Decide Whether to Eat or Toss a Food

There's no clear time frame for how long a particular food can last without spoiling.

"It's safe to say 'days' but not more than a week for most refrigerated produce, months to years for canned and dry goods in the pantry, and I would say to not go past the date in the fridge for meat/fish/poultry, but they can last three months

with good quality and if properly stored in the freezer," Jones says. Dairy is typically fine to eat after a week from its date, if unopened.

Pasta and Grains:

As long as the package isn't open, uncooked grains like pasta or rice, will be safe and of good quality to eat up to about two years after purchasing, since they are dry in texture. Yet, once cooked, eat within a few days, and store it in the fridge.

Canned Foods:

Canned goods should be stored in a pantry at room temperature, away from sunlight, and any unopened canned goods that have a lot of acidity should be used within 18 months.

"So, canned meat and veggies can last for two to five years, but if you open a can of tomato sauce or sauerkraut, it can last five to seven days in the fridge," says Schapiro.

Canned gravies, soups, beans, and meats last three to four days in the fridge after they're opened. If your canned good is dented or swollen, throw it in the garbage. Check for damage, like dents on a can, as well as changes in appearance, like lumpy textures, bad odors, mold, and anything else that seems off-putting before taking a bite.

How to Extend the Shelf Life of Foods

Dairy and Eggs

"Don't keep your milk on the inside door of your refrigerator, but rather keep it on a shelf in the fridge because the fridge door is opened throughout the day (and sometimes left open!), and this can expedite your milk going bad," says Schapiro. If stored properly, milk should last seven days after opening.

"Eggs should be stored on a shelf in the fridge, not the side door, as well," Schapiro adds. If properly stored, eggs should last for three to five weeks after the sell by date.

Poultry

Both Jones and Schapiro use the same hack with poultry: If you are not going to eat your poultry right away, put it in the freezer. "When you're ready to eat it, thaw it in the fridge, not the kitchen counter," says Schapiro.

Jones recommends freezing poultry before the "best-by" date if you're not going to use it for a while. Frozen raw poultry can last in the freezer for a year, and frozen cooked poultry will last in the freezer for four months. If you have leftover poultry in the fridge, it's best to consume within three to four days.

Produce

You can also extend the dates for consumption of fresh produce, like leafy greens, which often degrade in quality faster.

"In particular, antioxidants such as vitamin C diminish more easily over time, so I always recommend that lettuces and other packaged vegetables be stored with a paper towel in the package to absorb moisture and extend the life of the product," Jones says.

Storing unfinished produce, such as half an avocado or apple, in the fridge will extend its freshness.

"With avocado, I recommend my clients use the half that does not have the pit and save the half with the pit for storage," Schapiro says. "Storing an avocado with its pit in it helps keep it fresher and greener, and you can keep your avocado green by squeezing lemon juice on the half you're going to store and wrapping it in plastic wrap." Once cut, avocados last for one to two days.

Middlebury Senior Center

1172 Whittemore Road

Middlebury, CT 06762

Pool Table Available daily	Mini Bus available				Middlebury Senior Center
	8:30am to 2:00pm	April			203-577-4166
		2024			
Monday	Tuesday	Wednesday	Thursday	Friday	
1	2	3	4	5	
9:00 Billiards	Election Day	8:15 Tai Chi	9:00 Billiards	9:00 Billiards	
9:30 Pilates	9:00 Billiards	9:00 Billiards	9:30 Computer Training	9:30 Painting Class	
10:00 Mah Jongg	9:30 Computer Training	9:30 Computer Training	9:30-3:30 Pickleball	9:30-3:30 Pickleball	
11:00 Adult Strenthening	10-12 Blood Pressure Clinic	9:30 Tail Chi			
1:00 Knitting & Crochet	10:00 Bridge club	10:30 Mah Jongg	11:30 Snack & Learn	10:15 Table Tennis	
Shoprite	10:30 Mah Jongg	11:00 Pilates			
	11:00 Ancestry Club				
APRIL FOOLS!	1:00 Mah Jongg				
			1:00 Mah Jongg		
8	9	10	11	12	
9:00 Billiards	9:00 Billiards	8:15 Tai Chi	9:00 Billiards	9:00 Billiards	
9:30 Pilates	9:30 Computer Training	9:00 Billiards	9:30 Computer Training	9:30 Painting Class	
10:00 Mah Jongg	9:30 Yoga	9:30 Computer Training	9:30-3:30 Pickleball	9:30-3:30 Pickleball	
11:00 Adult Strenthening	10-12 Blood Pressure Clinic	9:30 Tail Chi			
1:00 Knitting & Crochet	10:00 Bridge club	10:30 Mah Jongg	Walmart	10:15 Table Tennis	
	10:30 Mah Jongg	11:00 Pilates			
	11:00 Ancestry Club				
	1:00 Mah Jongg		1:00 Mah Jongg		
15	16	17	18	19	
9:00 Billiards	9:00 Billiards	8:15 Tai Chi	9:00 Billiards	9:00 Billiards	
9:30 Pilates	9:30 COA	9:00 Billiards	9:30 Computer Training	9:30 Painting Class	
10:00 Mah Jongg	9:30 Yoga	9:30 Computer Training	10:00 Investment Club	9:30-3:30 Pickleball	
11:00 Adult Strenthening	10-12 Blood Pressure Clinic	9:30 Tail Chi	9:30-3:30 Pickleball		
1:00 Knitting & Crochet	10:00 Bridge club	10:30 Mah Jongg		10:15 Table Tennis	
	10:30 Mah Jongg	11:00 Pilates	11:30 Lunch & Learn		
Shoprite	11:00 Ancestry Club	11:30 Spring Luncheon			
	11:30 Nutrition Speaker	1:00 Polish Poker	1:00 Mah Jongg		
	1:00 Mah Jongg				
22	23	24	25	26	
9:00 Billiards	9:00 Billiards	8:15 Tai Chi	9:00 Billiards	9:00 Billiards	
9:30 Pilates	9:30 Computer Training	9:00 Billiards	9:30 Computer Training	9:30 Painting Class	
10:00 Mah Jongg	9:30 Yoga	9:30 Computer Training	11:00 Investment Club	9:30-3:30 Pickleball	
11:00 Adult Strenthening	10-12 Blood Pressure Clinic	9:30 Tail Chi	1:00 Mah Jongg		
1:00 Knitting & Crochet	10:00 Bridge club	10:30 Mah Jongg	9:30-3:30 Pickleball	10:15 Table Tennis	
	10:30 Mah Jongg	11:00 Pilates			
	11:00 Ancestry Club				
	1:00 Mah Jongg				
29	30				
9:00 Billiards	9:00 Billiards				
9:30 Pilates	9:30 Computer Training				
10:00 Mah Jongg	9:30 Yoga				
11:00 Adult Strenthening	10-12 Blood Pressure Clinic				
1:00 Knitting & Crochet	10:00 Bridge club				
	10:30 Mah Jongg				
	11:00 Ancestry Club				
	1:00 Mah Jongg				