

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



May is Older American Month

When Older Americans Month was established in 1963, only 17 million living Americans had reached their 65th birthday. About a third of older Americans lived in poverty and there were few programs to meet their needs. Interest in older Americans and their concerns was growing. A meeting in April 1963 between President John F. Kennedy and members of the National Council of Senior Citizens led to designating May as "Senior Citizens Month," the prelude to "Older Americans Month."

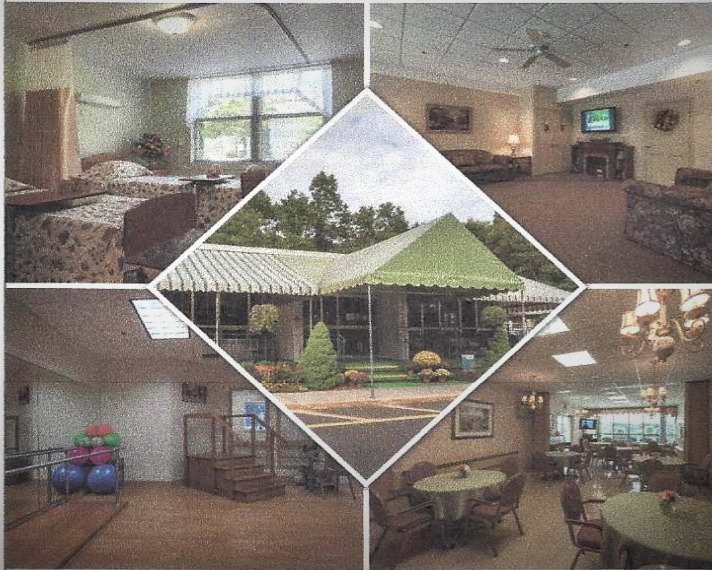
Historically, Older Americans Month has been a time to acknowledge the contributions of past and current older persons to our country, in particular those who defended our country. Every President since Kennedy has issued a formal proclamation during or before the month of May asking that the entire nation pay tribute in some way to older persons in their communities. Older Americans Month is celebrated across the country through ceremonies, events, fairs, and other such activities.

HAPPY MOTHER'S DAY
THE STAFF OF THE SENIOR CENTER




midconhome.com
203.758.2471

Family Owned and Operated



Offering Short & Long Term Care

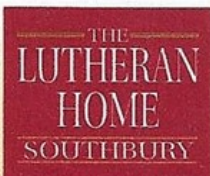
778 Middlebury Road, Middlebury | 203-758-2471 

Get READY FOR HOME at Lutheran Home

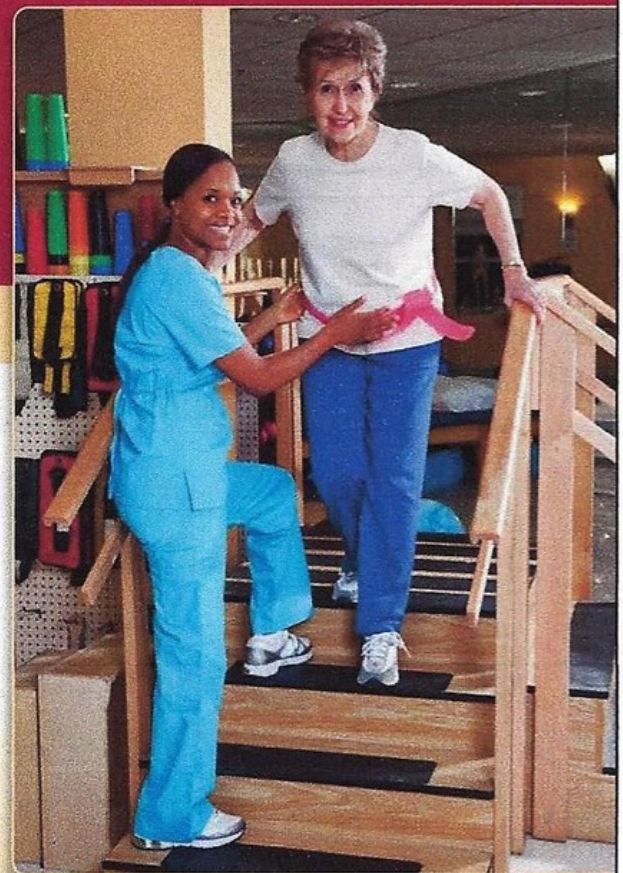
2016 5-STAR MEDICARE RATING

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:

May Is National High Blood Pressure Education Month

High blood pressure, or hypertension, affects 1 in 3 Americans and is the 3rd leading cause of death in the United States.

A normal blood pressure reading is 120/80 or lower. The 120 is the diastolic number as the heart pumps blood through the arteries and the 80 is the systolic number as the heart rests between beats. When elevated, it forces your heart to work harder

and may lead to a heart attack or stroke. Most often, a person has no symptoms and is unaware of this potential serious health problem.

Lifestyle changes plays a vital role in either maintaining a healthy level or even lowering one which is elevated. Always consult with your doctor for specific treatments, which may include medication.

Lifestyle changes include:

- 1. Cutting back on sodium (salt). Read food labels, eat fewer processed foods, ditch the salt shaker, and be careful of dining out at restaurants.**
- 2. Exercise regularly. Studies show that 30 minutes of moderate physical activity, like walking, swimming, dancing or even strength training, on 3-4 days a week makes your heart beat faster and strengthens it.**
- 3. Losing weight. An unhealthy benchmark is for a waistline for a man over 40 inches or for a woman over 36 inches.**
- 4. Limit alcohol. Alcohol not only may increase your blood pressure but may decrease the effects of medication.**
- 5. Manage stress. Avoid trying to do too much and make time to relax.**
- 6. Quit smoking. This helps to reduce blood pressure and can lower your risk of heart disease.**
- 7. Eat a healthy diet rich in whole grains, fruits and vegetables and low fat dairy products.**

In conclusion: know your numbers. Track your results over time. Work with your doctor. And, visit me at the Senior Center on Tuesdays between 10am and 12noon to get an accurate reading and to discuss your concerns.

Commission on Aging



The next Commission on Aging meeting will be held on Tuesday, June 20, 2023 At 9:30am.

All interested persons are welcome to attend.

Blood Pressure Screening



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

She is also available for any issues you may have.

Ballroom Dancing



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

No partner needed!



MAH-JONGG PM

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

No charge, donations accepted.

Contacting our office is easy!

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

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

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



CodeRED™

Keeping citizens informed.

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

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

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



COMPUTER HELP

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

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

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



MAH-JONGG

Mah-Jongg is a Chinese game that is played using

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



ART CLASS

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

Adult Strengthening



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

PILATES CLASS

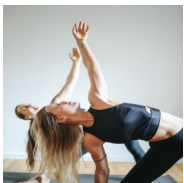


Two classes per week:
\$40

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

Next class begins 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 26, 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.

May 25, 2023 will be the next meeting.



Discover your family's history



Ancestry® Library Edition

Discover
the
history of
you...



ANCESTRY WORKSHOP TUESDAYS 11 – 12:45



You may be eligible for a free Assurance Wireless lifeline



Lifeline eligibility

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

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

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

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

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

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

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

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

PAY LESS OR GET FREE INTERNET ACCESS



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

These benefits include:

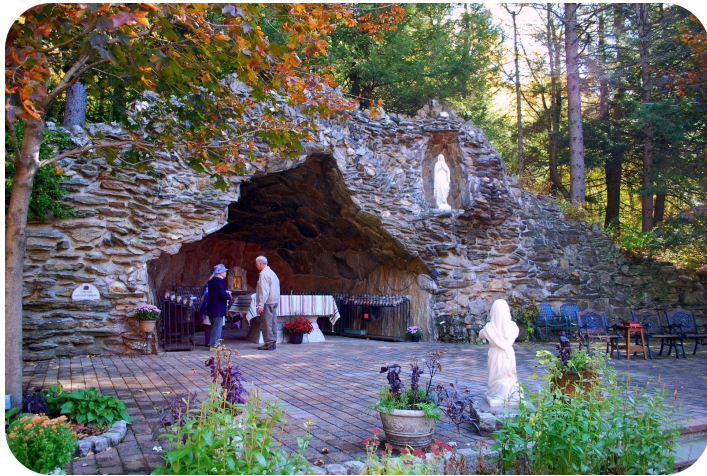
\$30 per month toward internet service for eligible households. Many local companies, including AT&T, Comcast, Frontier and Verizon offer internet service for \$30, making internet service free.

\$75 per month households on qualifying Tribal lands.

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

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

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



LOURDES SHRINE

Litchfield, CT

Thursday, May 25, 2023

The Middlebury Senior Center Bus will be going to the Lourdes Shrine in Litchfield, Ct on Thursday, May 25, 2023.

The Shrine of Lourdes in Litchfield is a replica of the Grotto Lourdes in France. Built of local fieldstone by two Montfort Brothers, Brother Alfonso

and Brother Gabriel, with the help of Montfort seminarians and people from the area, the Shrine was dedicated in 1958.

The Montfort Missionaries developed the Shrine so that individuals, families and groups could come to pray, to reflect on their own lives, and to imitate Mary's life of faithful discipleship.

The Grotto is the site for Mass and other services held in the open air from May through mid-October.

In addition to participating in the liturgy and prayer at the Grotto, you can follow the Way of the Cross which winds up the Shrine's wooded hillside to a Calvary Scene at the summit of the hill. You can also walk paths leading to smaller shrines of the Sacred Heart, St. Joseph, St. Jude, St. Michael, and St. Louis de Montfort.

Bus will be leaving the center at 10:30am. Call 203-577-4166 to reserve your seat.



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.

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 May

The Middlebury Senior Center bus will be scheduling trips to Walmart in Naugatuck Thursday, May 9, 2023. Also, the first and third Friday of the month, to Shop Rite in Southbury, May 5 & 19, 2023.

For the month of May we will visit the Quarry Walk in Oxford, CT on May 11, 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 DriverTM 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.

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

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

SILK & DUST

Our little Daniel came into the world
Four days ago—crying undoubtedly with joy...
Great Grandfather is about to depart
Quite soon—as we hold back our tears.
We hand Daniel to bed-ridden Great Grandpa
Who manages to smile at the infant...
Daniel's eyes widen with pure curiosity
At the man deteriorating from ferocious years.
Blotched skin thinly covers skeletal hands
Which feebly-yet earnestly hold Daniel..
Great Grandpa tries to laugh—but only groans
As Daniel squeals with tiny dingers outstretched
Quite strange, though it should no seem
The two of them bonding so well..
They are like silk and dust,
A scene Rockwell would heave proudly sketched.

Thank You Ted Eliss

ATTENTION GARDNERS



The Middlebury Senior Center is looking for volunteers to help with our community garden this year.

If interested, please get in touch with Jo-Ann Cappelletti t 203-577-4166 ext. 3

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 203-757-5449 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

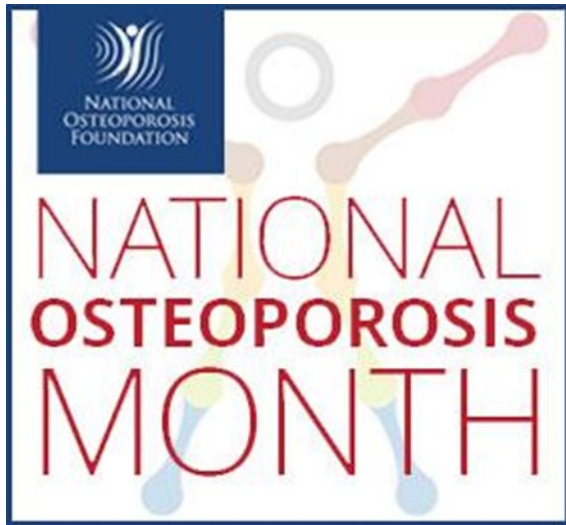
Or email Debby at dhorowitz@wcaaa.org

**Take Control
Feel Better
Energize
Live
Enjoy**

Sponsored by the Western Connecticut 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.



MAY IS OSTEOPOROSIS MONTH

If you think bone health matters only to people of a certain age, race, or gender, think again!

Healthy bones are important for everyone. Starting in childhood, physical activity and proper nutrition help

the bones grow up strong. During young adulthood, continuing healthy habits help the bones achieve peak mass. During middle age, medical conditions, medicines, and lifestyle factors can take a toll on the bones. As women reach menopause, bone loss accelerates with loss of estrogen. Men begin to lose bone rapidly around age 70.

At every step along the way, the choices we make affect the health of our bones. It is never too early or too late to start taking care of our bones, but it's important to know where to begin. That is where we come in!

May is National Osteoporosis Month, and American Bone Health is here to help you Build Better Bones.

Live a Bone-Healthy Life:

1. Eat 3–4 servings of foods that are [rich in calcium](#). Women who are 50 and older and men who are 70 and older need about 1,200 mg of calcium per day.
2. Consider a [vitamin D](#) supplement.
3. Pay attention to body mechanics to protect your bones from breaking.
4. Get at least 30 minutes of daily [physical activity](#) that involves weight bearing, like walking, Tai Chi, or weight training.
5. Modify exercise programs like yoga and Pilates to avoid loaded flexion and twisting movements. Work with an instructor who has training in osteoporosis-related movement.
6. Improve your posture in all daily activities.
7. Practice standing on one leg every day to improve balance.
8. Watch where you put your feet to avoid falling.
9. Look around your home and remove things you can trip over.
10. [Do not smoke or vape](#).
11. [Limit alcohol use](#).



OLD DRAKE HILL FLOWER BRIDGE West Simsbury, CT

Thursday, June 1, 2023

The Old Drake Hill Flower Bridge in Simsbury, Connecticut is an example of 19th century metal-truss bridge construction. Originally designed and built in 1892, it spans 183 feet and carries a 12-foot roadway suspended 18 feet over the beautiful Farmington River. It was originally designed as a one lane, one-way bridge used for vehicular traffic. It was replaced by a modern 2-lane bridge a few hundred feet to the North in 1992. In 1995, it was restored as a unique bridge. The restoration was possible through 80% of Federal funds at a full cost of \$400,000 dollars.

The Flower Bridge committee will do a free 20-minute interactive presentation on the history and transformation of this beautiful bridge, which is on the National Register of Historic Places, and how it became the most unique bridge in Connecticut. Then visit the bridge that is planted with vibrant flowers in 72 flower boxes, 32 hanging baskets and 14 pedestal mounted border columns and surrounding East Cottage, River View and Hill Side Gardens. The terrain is level with short distance from parking and pavilion to the Bridge. No problem with wheelchairs and walkers.

After the tour there will be enough time for lunch at the Popover Bistro & Bakery for some fabulous food.

Transportation fee is \$7. Call 203-577-4166 to reserve your seat.



**The Middlebury Senior Center will be
closed on Monday, May 29, 2023
In observance of Memorial Day**



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 Jeh 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



ARE YOU COVERING THE COST OF A COVID-19 FUNERAL?

THERE IS HELP FOR YOU

Did you know financial assistance is available for COVID-19 funeral costs? FEMA may provide up to \$9,000 in financial assistance per deceased individual for COVID-19 related funeral expenses incurred on or after January 20, 2020.

The Middlebury Senior Center understands that the COVID-19 pandemic brought overwhelming grief to many. We are providing information to the Middlebury community about federal assistance that may ease the financial stress caused by the pandemic.

Currently, there is no deadline to apply for COVID-19 Funeral Assistance. To apply or learn more, please call FEMA's COVID-19 Funeral Assistance Helpline a 844-684-6333. You may also visit FEMA's COVID-19 Funeral Assistance website (fema.gov/funeral-assistance) or contact JoAnn Cappelletti at 203-577-4166 for more information.

Middlebury Senior Center

1172 Whittemore Road

Middlebury, CT 06762

Pool Table Available daily	Mini Bus available 8:30am to 2:30pm	May-23			Middlebury Senior Center 203-577-4166
Monday	Tuesday	Wednesday	Thursday	Friday	
1	2	3	4	5	
9:00 Billiards 9:30 Pilates 10:00 Mah Jongg 11:00 Adult Strenthening 1:00 Knitting & Crochet	9:00 Billiards 9:30 Computer Training 9:30 Yoga 10-12 Blood Pressure Clinic 10:00 Bridge club 10:30 Mah Jongg 11:00 Ancestry Club 1:00 Mah Jongg	8:15 Tai Chi 9:00 Billiards 9:30 Computer Training 9:30 Tail Chi 10:30 Mah Jongg 11:00 Pilates	9:00 Billiards 9:30 Computer Training ALDI's 1:00 Mah Jongg	9:00 Billiards 9:30 Painting Class Shop-Rite	
8	9	10	11	12	
9:00 Billiards 9:30 Pilates 10:00 Mah Jongg 11:00 Adult Strenthening 1:00 Knitting & Crochet	9:00 Billiards 9:30 Computer Training 9:30 Yoga 10-12 Blood Pressure Clinic 10:00 Bridge club 10:30 Mah Jongg 11:00 Ancestry Club 1:00 Mah Jongg	8:15 Tai Chi 9:00 Billiards 9:30 Computer Training 9:30 Tail Chi 10:30 Mah Jongg 11:00 Pilates	9:00 Billiards 9:30 Computer Training Quarry Walk 1:00 Mah Jongg	9:00 Billiards 9:30 Painting Class	
15	16	17	18	19	
9:00 Billiards 9:30 Pilates 10:00 Mah Jongg 11:00 Adult Strenthening 1:00 Knitting & Crochet	9:00 Billiards 9:30 Computer Training 9:30 Yoga 10-12 Blood Pressure Clinic 10:00 Bridge club 10:30 Mah Jongg 11:00 Ancestry Club 1:00 Mah Jongg	8:15 Tai Chi 9:00 Billiards 9:30 Computer Training 9:30 Tail Chi 10:30 Mah Jongg 11:00 Pilates 1:00 Polish Poker	9:00 Billiards 9:30 Computer Training Walmart 1:00 Mah Jongg	9:00 Billiards 9:30 Painting Class Shop Rite	
22	23	24	25	26	
9:00 Billiards 9:30 Pilates 10:00 Mah Jongg 11:00 Adult Strenthening 1:00 Knitting & Crochet	9:00 Billiards 9:30 Computer Training 9:30 Yoga 10-12 Blood Pressure Clinic 10:00 Bridge club 10:30 Mah Jongg 11:00 Ancestry Club 1:00 Mah Jongg	8:15 Tai Chi 9:00 Billiards 9:30 Computer Training 9:30 Tail Chi 10:30 Mah Jongg 11:00 Pilates	9:00 Billiards Drive Safe class Litchfield Shrine 9:30 Computer Training 11:00 Investment Club 1:00 Mah Jongg	9:00 Billiards 9:30 Painting Class	
29	30	31			
 Center Closed	9:00 Billiards 9:30 Computer Training 9:30 Yoga 10-12 Blood Pressure Clinic 10:00 Bridge club 10:30 Mah Jongg 11:00 Ancestry Club 1:00 Mah Jongg	8:15 Tai Chi 9:00 Billiards 9:30 Computer Training 9:30 Tail Chi 10:30 Mah Jongg 11:00 Pilates			