

# SENIOR NEWSLETTER

Middlebury Senior Center  
1172 Whittemore Road, Middlebury, CT  
203-577-4166—Phone

E-mail: [jcappelletti@middlebury-ct.org](mailto:jcappelletti@middlebury-ct.org)  
Hours: Monday through Friday 9:00am—1:00pm

Website: [www.middlebury-ct.org](http://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](http://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](mailto:jcappelletti@middlebury-ct.org); or visit our administrative office at 1172 Whittemore Road. For more information, visit [www.middlebury-ct.org](http://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

**Alzheimer's & Brain Awareness Month**



Nearly 55 million people live with Alzheimer's or another dementia. Early signs of the disease include memory loss, challenges in problem-solving, difficulty completing tasks, and changes in character. During June, communities come together to recognize the Longest Day – the summer solstice – when people across the nation fight the darkness of the disease on the day with the most light. You can join the fight to #EndAlz by wearing purple – the color of Alzheimer's awareness, participating in a fundraising event on The Longest Day, or donating to the cause.

**HAPPY FATHER'S DAY**

**Wishing all fathers a very Happy Father's Day**

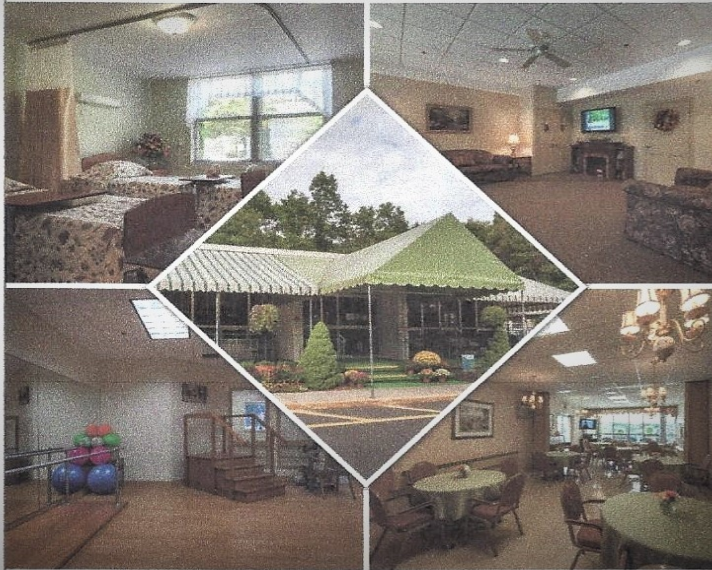
**From the Senior Center Staff**






midconhome.com  
203.758.2471

Family Owned and Operated



Offering Short & Long Term Care

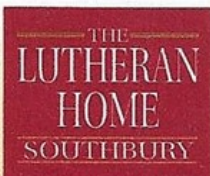
778 Middlebury Road, Middlebury | 203-758-2471 

# Get READY FOR HOME at Lutheran Home

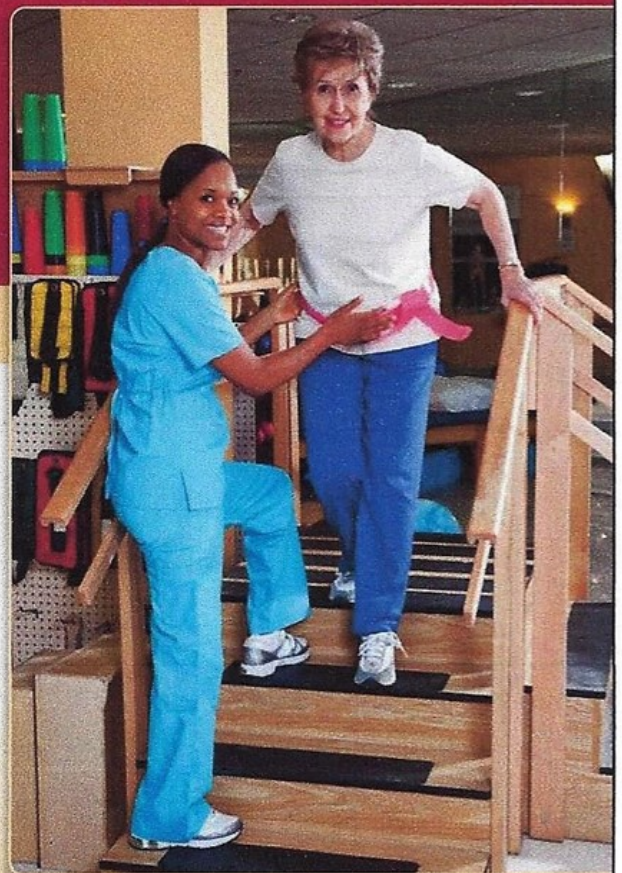
**2016 5-STAR MEDICARE RATING**

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](mailto: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:**

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

**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:

**June and Summer have arrived and a health concern that comes to mind is dehydration**

Did you know that the consequences of dehydration in the elderly are often very serious? Awareness is the first step in avoiding the health problems that can be caused by a lack of fluids.

As you age:

1. Your body's thirst signal diminishes.
2. Your kidneys may not work as effectively which may lead to a fluid imbalance.
3. Your medication, especially diuretics, are especially prone to causing dehydration.
4. Your brain, due to any decrease in cognitive impairment, may not understand the signal that you are thirsty.

Symptoms or warning signs may present as muscle fatigue or cramping, dizziness, confusion, decrease in urination, thirst and dry mouth, dry skin cracked lips and irritability, Common causes which may contribute or progress to a serious health situation are excessive sweating or exercising, vomiting or diarrhea, fever, alcohol use, or an increase in urination due to diabetes, other illnesses or medications.

Ways to Prevent dehydration are:

1. Drink water, milk, or juices while limiting coffee, soda or alcohol. Keep drinks nearby and visible.
2. Incorporate the juicy summer fruits and veggies into your diet as well as soups, broth yogurt and popsicles.
3. Set reminders by timers to consistently drink throughout your day .

Wishing you all good health this summer.

Have fun!

## 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](http://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](http://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

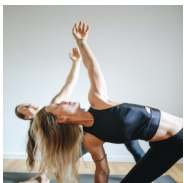


Two classes per week:  
\$40

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, June 20, 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 June 21, 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.

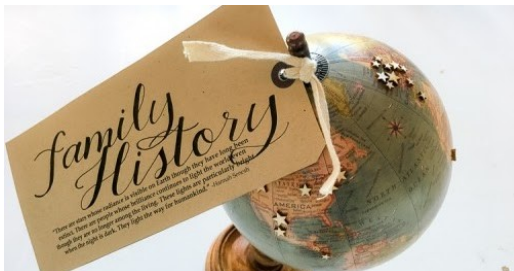
You can also get your devices checked and repaired for viruses and malware.

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



## 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.

## Baddelwee And Widelhoo

*What in the world is - you might wonder*

*Is a 'Baddelwee' and a 'Widelhoo'?*

*Invisible people...yes, indeed - my dear sir.*

*My father told me of them - it must be true.*

*He told me that they are very tiny, And enjoy making folks like you and I*

*Trip and fall on face and hienie,*

*And bump children's heads to make them cry.*

*So you find it quite hard to believe*

*That these two sly little men*

*Can cause a nasty rash beneath one's sleeve,*

*And create itchy feet every now and then.*

*Yes, every time I stub my toe -*

*It's because of Biddleway and Woodelhee...*

*I mean - Battlebay and Ivanhoe...*

*No, no - it's Boogieboy and woe-is-me!*

*And you, my friend - dare still doubt me*

*About Blabberwhat and Weaselwhen?*

*Notice - your eyes itch, and pain invades your knee -*

*Thanks to two invisible tiny mischievous*

*men.*

**Ted Elliss**



## A.I. GIVES SCAMMERS A SCARY NEW TOOL



**Artificial intelligence** has opened a new door for scammers, making it easy to replicate almost anyone's voice from a brief audio sample. That has made frauds such as the grandparent scam—built around a fake phone call supposedly from a grandchild---"frighteningly effective", experts say.

All crooks need is a short sample of a person's voice, which can often be found on social media posts. From there, they run it through sophisticated but readily available (and cheap) software to create a digital duplicate, which they can program to say whatever words they want to use.

The state-of-the-art AI can generate realistic images and voices, and is used as a tool of impersonation in scams targeting older Americans; per professor Siwei Lyu, an expert in digital media forensics. The scammers rely on the familiarity of the voices.

Last year, consumers lost \$2.6 billion to this sort of fraud, up from \$2.4 billion in 2021.

The boom in AI scams is likely just beginning. It may be possible scammers are using AI to clone voices as part of romance scams, celebrity imposter and tech support scams.

Professor Lyu runs a project called DART (Deception Awareness and Resilience Training), which helps older Americans recognize scams via a mobile game. He warns that if the scammer fools you, there's often no way to get the money back.

If you receive a call seemingly from someone close to you asking for money, there are steps the Federal Trade Commission suggest you take to protect:

**Slow things down:** These calls typically move fast. If someone you know seems to be calling you for money unexpectedly, tell them you'll call back Then find the number from a trusted source.

**Resist pressure:** If a caller stresses the urgency of their need, that's almost always a fraud signal. No legit organization demands money within hours. Don't be goaded or guilted into sending money until you've verified what's going on.

**Listen for red flags.** If the caller says it's important to keep thing secret, that's a strong indicator you're being scammed.

The bad news--- Professor Lyu. informs us" More sophisticated scams are ahead. "The next round of robot calls will be made from scripts created for (A.I. chabots), converted to a person's voice" "Technology could also be used to create video calls with the grandkid's face."

Chris Morris writes about technology for Fortune Fast Company and other news organizations.



## 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/>.



## 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



## 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 June

The Middlebury Senior Center bus will be scheduling trips to Walmart in Naugatuck Thursday, June 22, 2023. Also, the first and third Friday of the month, to Shop Rite in Southbury, June 2 & 16, 2023.

The bus will be leaving the senior center at 9:45am.

To reserve your seat please call 203-577-4166

**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.

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.

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

## 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**

## Annual Strawberry Festival

First Congregational Church  
Whittemore Road, Middlebury,  
June 11, 2023



Strawberry Festival is scheduled for Sunday, June 11<sup>th</sup> from 3-7pm. We'll have strawberry shortcake. food, games, raffle baskets, and a book sale! Mark your calendars!

## 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 203-577-4166 ext. 3





## We Connect Volunteers With Community Members Who Request Help With Everyday Tasks.

We help fill in the gaps of traditional at-home care services by mobilizing residents to care about and connect with each other. Our goal is to link people who can help to those who need help – whether it's for one hour per week or month or year – because UR COMMUNITY CARES. How to participate. Using our secure website, interested Volunteers and Community Members each create an online profile and upload an ID-type photo (to allow one another to be recognized upon arrival for the in-home visit). When a Community Member submits a request for a Community Deed, local registered Volunteers are notified by email/text then sign into their account to view and accept or decline it. Volunteers age 15-17 must have parental consent and visit supervision. (We do not provide any licensed work. Participants must agree to terms and conditions, privacy policy, user policy and procedure.)

### UR Community Cares, Inc.

UR Community Cares uses secure web-based technology to match local Volunteers with Community Members (age 70 and over or age 18 and over with a physical disability) who need free at-home support. Household chores, yard work and companionship visits are requested and pre-scheduled online, thus offering family caregivers a respite opportunity. Through intergenerational social connections (within a 15-mile radius), we help build stronger communities where residents can safely age in place and live more independently.

We are the roadmap to connect UR town:

- Town Social Workers
- High School, Higher Education
- Hospital, Other Healthcare Services
- Assisted Living Facilities
- Housing Authority
- Civic Groups & Associations
- Community Center, Senior Center
- Public Library
- Business Sponsors
- Restaurant Fundraisers
- Donors

Follow these step-by-step instructions to enroll yourself or someone you care about who may need computer assistance. These steps are for Community Members who have not enrolled previously.

- Click Sign In Button
- Under the Sign In Button on that page, click the link for: Don't have account? Sign Up Now
- Please upload a picture of yourself; it needs to clearly show your face and be easily recognizable to others
- Choose user type
- Fill out the requested information; if something does not apply to you, type in "NA"
- Enter location for map
- Please read and check the box once you have reviewed and agree to the Terms & conditions, Privacy policy, and Policy & procedure provided on our website



## Blood Drive

### Shepardson Center

Held in the Senior Center  
1172 Whittemore Road  
Middlebury, CT 06762

**Friday, June 16, 2023**  
**12:00 p.m. to 5:00 p.m.**

Please call 1-800-RED CROSS (1-800-733-2767) or visit [RedCrossBlood.org](https://RedCrossBlood.org) to schedule an appointment.



Streamline your donation experience and save up to 15 minutes by visiting [RedCrossBlood.org/RapidPass](https://RedCrossBlood.org/RapidPass) to complete your pre-donation reading and health history questions on the day of your appointment.



**Be part of something big. Make an appointment.**

1-800-RED CROSS | [RedCrossBlood.org](https://RedCrossBlood.org) | Download the Blood Donor App

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**A big thank you to our awesome  
Volunteers from  
Ameriprise Financial**



**Our garden is off to a great start**





## 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.



## **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](https://fema.gov/funeral-assistance)) or contact JoAnn Cappelletti at 203-577-4166 for more information.



## **The Lobster Shack**

### **Thursday, June 8, 2023**

**The Lobster Shack is owned and operated by Nick and Arlene Crismale. It was always Nick's dream to open a small seasonal food stand where people could come and enjoy freshly caught lobster and clams right off his boats, eat by the water, and enjoy the beautiful view. Arlene, after a little convincing, decided it might be fun to come aboard and operate this small stand. She wanted to bring people the enjoyment of fresh and delicious food that she has always prepared for her own family over the years. Hence, The Lobster Shack was born!**

**After enjoying eleven years in Branford, in 2019, The Shack relocated to East Haven. While the small food truck that we once operated out of is gone, our goal is to continue our tradition in creating a relaxed, casual atmosphere, while enjoying the stunning ocean views from our new location.**

**It has been a joy to bring good food to our many wonderful customers. An old friend in the restaurant business once told us to "keep it simple and you will be successful." This is what we strive to do every day at the Lobster Shack. We hope you enjoy your visit as much as we will enjoy having you here!**

**For those interested in joining us, please call 203-577-4166 to reserve your seat.**

**Transportation fee is \$7.**



# The Book Club

Thursday, June 15<sup>th</sup>, 2023

Riverview Cinemas 8 in Southbury

Pickup at Shepardson at 10:30 A.M. (Movie starts at  
11:00 A.M.)

Pickup at Cinema at 1:00 P.M.

Starring Jane Fonda, Diane Keaton, Candice Bergen, & Mary Steenburgen.  
Once in Italy for a post-pandemic bachelorette party, they decide to visit Venice  
and Tuscany. When things go off the rails and secrets are revealed, their relaxing  
vacation turns into a once-in-a-lifetime cross-country adventure.



Call 203-577-4166 to reserve a seat on  
the bus.

# GREASE FOR SENIORS

Sunday, June 18, 2023



The Seniors at the Waterbury Senior Center are putting on the play "Grease". It will be shown at the Catholic Academy in Waterbury.

The Middlebury Senior Center mini bus will be available to transport those who would like to go. The transportation and admission fee is \$18. Per person.

[This Photo](#) by Unknown

Please call 203-577-4166 to reserve your seat. Bus will be leaving the center at 1:30pm

Good girl Sandy Olsson and greaser Danny Zuko fell in love over the summer. When they unexpectedly discover they're now in the same high school, will they be able to rekindle their romance?

## PLAY INFO

Experience the friendships, romances and adventures of a group of high school kids in the 1950s. Welcome to the singing and dancing world of "Grease," the most successful movie musical of all time. A wholesome exchange student (Olivia Newton-John) and a leather-clad Danny (John Travolta) have a summer romance, but will it cross clique lines?

Because June is Alzheimer's awareness month: Good to know!

Here are five ways baseball supports brain health:



- Increases critical thinking, concentration and focus. Baseball is a game of situational strategy. Players are *constantly* Pitchers and catchers are selecting pitches. Batters are trying to figure out what pitch is next. Fielders must anticipate where a player is going to hit. Even just watching the game helps as your brain "plays along."

- Helps relieve stress. Stress negatively affects brain functions such as memory and mood. Playing a game, throwing the ball around or going to the batting cage expends physical energy and gets your mind focused on something enjoyable.

- Promotes social interaction. When you're on a team, having a catch or watching a game and talking about it with friends, you're interacting with others. That social interaction positively impacts your brain by relieving stress and anxiety.

- It can be a new skill. If you've never played before, that's ok! Like all muscles, the mind needs exercise to keep strong. Learning new skills and getting your brain to think outside of its normal routine promotes cognitive stimulation and fosters good brain health.

Increases vitamin D levels. Vitamin D is known as the "sunshine vitamin" because the body produces it naturally (and primarily) from being in sunlight. Some scientists have found that low levels of vitamin D are linked to cognitive decline, depression and dementia.



## Stowe's Lobster

East Haven, CT  
Thursday, July, 6, 2023

Bus leaves at 11:30am

When hard times hit during the Depression, grandfather Stowe went to work driving a truck for Bilco on Bay View Place. He and his wife rented a house on Bilco's property, and she - Wayne's grandmother - started selling clam chowder off the back porch.

The little business eventually grew into a market, then a full-blown restaurant called Stowe's Pilot House, which was a regional favorite clear into the 1970s. "I grew up there," says Wayne of the restaurant. "I was cleaning fish and cracking lobsters when I was 10." Grandfather Stowe passed away in 1970, when Wayne was a freshman in high school. The family hung on to the eatery for a few years, then sold it in 1972, "lock, stock and barrel."

... "For the first 10 years, we were just a fish market," says Wayne. Today, Stowe's still sells fresh fish and lobsters, but the bulk of their business is in traditional fried foods cooked to order.

Of course, that's all fresh too. "I get fish delivered every single day," says Wayne, "I cut the fish, bread it, everything."

Food: A classic seafood shack across from the West Haven Beach has a simple menu of fresh fish, fried New England style, plus perfect lobster rolls, all served in paper boats!

### Lunches are cash only!

All who are interested please call 203-577-4166 to reserve your seat.

Transportation fee is \$7. Bus leaves at 11:30am





Litchfield Historical Society  
Thursday, June 29, 2023  
Bus leaves 9:30am  
\$15.00

The Legacy of the Litchfield Law School – Take a journey through the 19<sup>th</sup> century life of a real student who came to Litchfield to study. Discover how politics, society, and education came together.

The Litchfield Historical Society is dedicated to presenting the history of the town of Litchfield, Connecticut through dynamic exhibits, diverse programs, growing collections, and innovative research. The Historical Society is comprised of the [Litchfield History Museum](#), the [Helga J. Ingraham Memorial Library](#), the [Tapping Reeve House and Litchfield Law School](#), and the [Tapping Reeve Meadow](#).

Since 1856, the Historical Society has been an invaluable resource for the history of the town of Litchfield, which has state, national, and international significance. The town's history spans the Revolutionary War through the Colonial Revival and into the Modern Movement. It is also home to the Litchfield Law School, America's first law school, opened in 1784. The exhibits, programs, and resources at the Litchfield Historical Society enable everyone to connect the past to their present and future.

This program will take place at the Tapping Reeve House and Law School.

Anyone who would like to take the tour please call 23-5774166



**DISCOVER  
THE THIMBLE ISLANDS  
Thursday, July 20, 2023**



Welcome aboard the Sea Mist. Relax and enjoy a 45-minute narrated cruise around the Thimble Islands.

First discovered in 1614, by Adrien Block, these islands were used for everything from farming to quarrying granite, from bootlegging to hiding Captain Kidd's treasure. Captain Kidd sailed here in 1655... you can still feel this presence today.

Come join us for a Sea mist cruise at the Thimble Islands. These islands are located off the coast of Branford, CT.

Come aboard the Sea Mist, relax and enjoy yourself as we cruise around 25 inhabited islands.

Bus will be leaving Middlebury Senior Center at 10am for the 12:15 cruise.

Call 203577-4166 to reserve your seat.

Admission and transportation are \$25 per person.

**BLOOD DRIVE  
FRIDAY, June 16, 2023  
12:00pm to 5:00pm**



**American  
Red Cross**

*Together, we can save a life*

It takes less time to donate blood than to watch a classic summer camp movie. Remember those nostalgic story lines with the thrill ad adventure,

new friendship and the great outdoors? Channel that excitement and those I-can-do-anything feelings to help save lives: Kick off summer with a blood, platelet or plasma donation!

When you come to give on June 16th we'll say thanks with a #10 gift card by email to the merchant of your choice. Plus you will be automatically entered for a chance to win a backyard theater package, including a laser wireless projector and screen, projector tripod, smokeless firepit, Adirondack chair set with four chairs and two tables and a movie night snack package. Here's to summer movie nights under the stars right in your backyard!

**The Gift of Life**

**Adult Day Center**

**COMING SOON TO SOUTHBURY!**

**2 Pomperaug Office Park**

**Now accepting applications**

**Family owned and operated**

**For more information, contact Karen  
or Lisa at 203-405-3052 Or**

**TheGiftofTimeAdultDayCenter  
@gmail.com**

# 2023 SENIOR OUTING

## Holiday Hill

43 Candee Rd, Prospect, CT 06712

Monday, August 21, 2023

9 am - 4 pm



Rain or Shine



FOOD

AND

FUN

9:00 - 12:00 (Upon Arrival)

Assorted Donuts, Fresh Fruit, Bagels, Muffins & Danish

12:00 - 2:00 (UNLIMITED)

New England Clam Chowder and Oyster Crackers  
Assorted Fresh Cheeses and Snack Crackers  
Fresh Vegetable Crudités with Dip

12:00- 3:00

Cherrystone Clams on the Half Shell

11:30 - 3:30 (UNLIMITED)

Chilled Relish Tray  
Freshly Baked Breads & Rolls  
Grilled Hummel Hot Dogs & Sauerkraut  
Grilled ¼ lb. Hamburgers, Cheeseburgers  
Tomatoes & Onions  
Pickles, Relishes, Mustard and Ketchup  
Baked Chicken  
Italian Sausage with Onions & Peppers  
Red Bliss Potatoes  
New England Baked Beans & Cole Slaw  
Summer Squash  
Green Garden Salad  
Three Cheese Baked Penne  
Corn on the Cob with Butter  
Chilled Watermelon Wedges  
Decorated Sheetcake  
Apple Pie, Cherry Pie

AVAILABLE ALL DAY

Pepsi, Orange, Sierra Mist, Diet Pepsi, Root Beer, Gatorade, Lemonade, Iced  
Tea, Fruit Punch, Coffee, Tea, Milk, Ice Water,  
Potato Chips, Goldfish Crackers and Pretzels  
Budweiser Beer on tap



Great Prizes to Win



Dancing with our DJ



NO food is to be taken off premises

All Inclusive Price - \$42.00 per Guest Senior Citizens Only

To purchase tickets;

Make check payable to Holiday Hill Mail to our main office:  
Holiday Hill, P. O. Box 338, Cheshire, CT 06410

Or Call 800-533-0029 by 8/9/23 to purchase tickets with Visa, MasterCard or Amex  
Tickets will be mailed upon receipt of payment

Non-refundable

No admittance to Holiday Hill before 9:00 a.m.

Free Parking and On-site Shuttle Service

For more Information call 800-533-0029

Transportation available-203-577-4166



Middlebury Senior Center Presents..

# "A Carpenters' Christmas"

at the lovely Aqua Turf Club in Southington, CT

Wednesday, December 13, 2023



While The Carpenters are known for over a dozen chart topping hits, they also won over their fans with their Christmas celebrations. Singer and playwright Lisa Rock and her 6-piece backing band are keeping The Carpenters' holiday traditions alive and bringing their unforgettable Christmas songs to the stage. Based on the music of The Carpenters' two holiday albums and Christmas variety shows, *A Carpenters Christmas* and featuring "Merry Christmas Darling" and the jazzy "Santa Claus is Comin' to Town," it's a holiday concert that spreads joy and cheer to all.

### Package Includes:

- Round Trip Transportation
- Elegant Family Style Luncheon at the Aqua Turf Club
- The Carpenters Christmas Show
- Meal Taxes and Gratuities

## A Carpenters CHRISTMAS



MERRY CHRISTMAS

### Family Style Luncheon

*Homemade Soup*

**Chicken Florentine**

**&**

**Baked Scrod**

*Rolls & Butter*

*Vegetable & Potato*

**Dessert - Coffee & Tea**

*Meal subject to change*



**\$84** Per Person

Don't miss this  
Fantastic Show!

**For Information:**  
**(203) 577-4166**  
**Monday & Fridays Only**  
**9:00am - 1:00pm**



Bus Pick Up: 10:00 AM

Bob's Furniture Store  
135 Memorial Ave.  
West Springfield, MA

**MUST PARK BEHIND  
SKECHERS.**





# Future Trips for 2024



## **San Antonio \$609. pp**

5 days and 4 nights lodging

8 meals: 4 breakfasts and 4 dinners. 11 Attractions including:

Guided tour of San Antonio, Cruise on the famous River Walk; Visit the Alamo

## **Charlestown, South Carolina \$ 929. Pp**

**7 days, 6 nights**

10 meals including 6 breakfasts and 4 dinners

Visit the Historic Charleston City Market; Relaxing Harbor Cruise in Charleston; Visit to Famous and Historic Middleton Place; Guided tour of Charlestown; Tour of a Historic Charleston Home; and guided tour of a Historic Charleston Plantation.

+++++

## **New Orleans, Louisiana. \$1109 pp**

**9 days, 8 nights**

14 meals including 8 breakfasts and 6 dinners

Visit the French Quarter, Jackson Square, National World War ii Museum; Guided Tour of New Orleans

Guided Tour of a Louisiana Plantation

Admission to Mardi Gras World

Relaxing Riverboat Cruise on the Mississippi River

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## **MEMPHIS—HOME OF ELVIS AND THE BLUES-- \$1105. PP**

**8 days lodging including 4 consecutive nights in the Memphis area**

14 Meals including 8 breakfasts and 6 Dinners

Guided Tour of Memphis

Free time on Beale Street in Memphis

Admission to National Civil Rights Museum- dedicated to Martin Luther King JU's struggle for equality.

Admission to Memphis Rock 'N' soul Museum

Admission to Stax Museum of American Soul Music

Gaming at ta Memphis Area Casino

\*\*\*\*\*

**Anyone interested in any of these trips please call the Middlebury Senior Center at 203-277-4166**

# Middlebury Senior Center

## 1172 Whittemore Road

### Middlebury, CT 06762

Pool Table Available daily	Mini Bus Available 8:30 --2:30	<b>Jun-23</b>			Middlebury Senior Center 203-577-4166
Monday	Tuesday	Wednesday	Thursday	Friday	
			1	2	
			9:00 Billiards 9:30 Computer Training  <b>Drake Bridge of Flowers</b>  1:00 Mah Jongg	9:00 Billiards 9:30 Painting Class	
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	
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 C 10:30 Mah Jongg 12:30 Bridge Club 1:00 Mah Jongg	8:15 Tai Chi 9:00 Billiards 9:30 Computer Training 9:30 Tail Chi 10:30 Mah Jongg 11:00 Pilates	9:00 Billiards 9:30 Computer Training  <b>Lobster Shack</b>  1:00 Mah Jongg	9:00 Billiards 9:30 Painting Class	
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	
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 C 10:30 Mah Jongg 12:30 Bridge Club 1:00 Mah Jongg	8:15 Tai Chi 9:00 Billiards 9:30 Computer Training 9:30 Tail Chi 10:30 Mah Jongg 11:00 Pilates  1:00 Polish Poker	9:00 Billiards 9:30 Computer Training  11:00 Investment Club  1:00 Mah Jongg	9:00 Billiards 9:30 Painting Class  <b>BLOOD DRIVE</b>	
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	
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 C 10:30 Mah Jongg 12:30 Bridge Club 1:00 Mah Jongg	8:15 Tai Chi 9:00 Billiards 9:30 Computer Training 9:30 Tail Chi 10:30 Mah Jongg 11:00 Pilates	9:00 Billiards 9:30 Computer Training  <b>Walmart</b>  1:00 Mah Jongg	9:00 Billiards 9:30 Painting Class	
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	
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 C 10:30 Mah Jongg 12:30 Bridge Club 1:00 Mah Jongg	8:15 Tai Chi 9:00 Billiards 9:30 Computer Training 9:30 Tail Chi 10:30 Mah Jongg 11:00 Pilates	9:00 Billiards 9:30 Computer Training  <b>Litchfield Historical</b>  1:00 Mah Jongg	9:00 Billiards 9:30 Painting Class	