

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.

July

2022

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
Noa Miller
Ann Spierto
Nancy Pun
Nancy Mastroianni
Ann Zimkus
JoAnn Cappelletti (Director of
Elderly & Social Services)
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

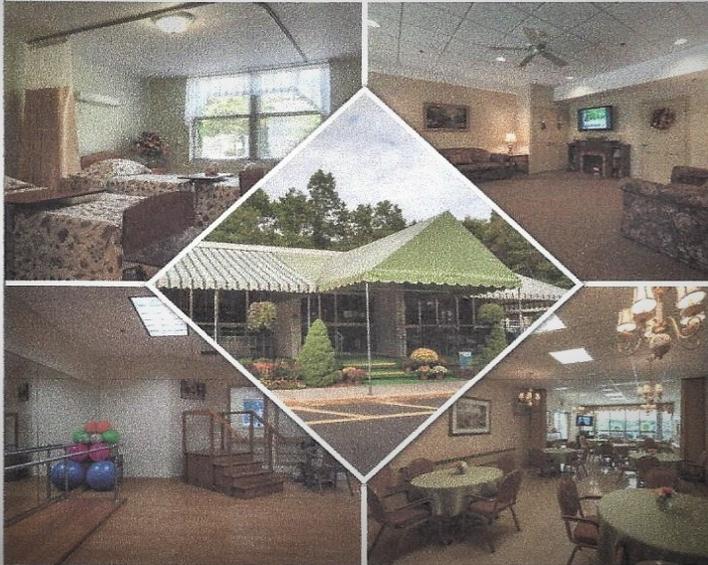


Independence Day, or as it is more commonly known the 4th of July, commemorates the independence of the United States from Britain. This was officially declared via the signing of the Declaration of Independence on July 4, 1776. Americans take this day to celebrate all that is American. They remember the great sacrifices of their forefathers in fighting for independence and celebrate America's independence. This day is most commonly associated with firework celebrations and barbecues.



midconhome.com
203.758.2471

Family Owned and Operated



Offering Short & Long Term Care

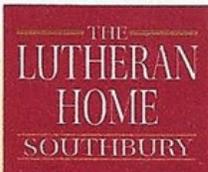
778 Middlebury Road, Middlebury | 203-758-2471 

Get READY FOR HOME at Lutheran Home

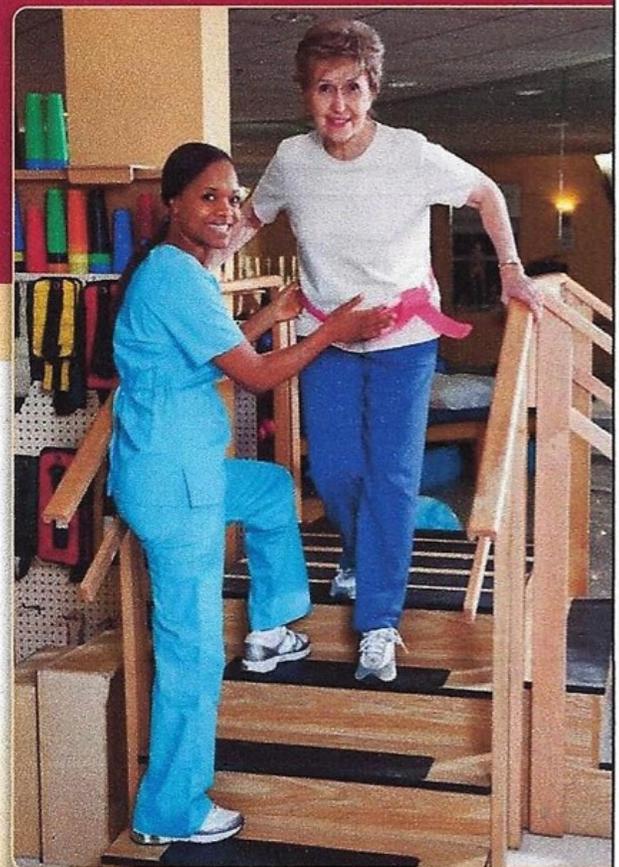
2016 5-STAR MEDICARE RATING

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	\$47,600
2	\$54,400
3	\$61,200
4	\$68,000
5	\$73,450
6	\$78,900
7	\$84,350
8	\$89,899

*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:

July.....Picnics and BBQ's abound.

Who doesn't love these summer outdoor feasts. Summer not only brings out the grills but also bacteria which can cause food borne illness. Here are some basic food safety tips:

- 1. Keep it clean, wash hands for at least 20 seconds before handling any food. Use separate utensils for preparing and serving all foods.**
- 2. Marinate foods in the refrigerator. Never reuse marinade that has contacted raw meat, dairy, poultry or seafood.**
- 3. Keep hot foods hot and cold foods cold. Use a food thermometer to read 140 degrees for hot foods and 40 degrees for cold foods.**
- 4. Always wash all fruits and vegetables before serving them.**

Now, the unpleasant fact about summer is a case of food poisoning. The most common ones are E-coli, Salmonella and Norovirus, known as stomach flu. The symptoms include feeling sick (nausea), diarrhea, vomiting, stomach cramps, fever, aches and chills. Typically, symptoms begin within 1-2days of eating contaminated foods but timing may be longer. If you suspect you have this illness, it is crucial to remain hydrated with sports drinks, fruit juices and water. Avoid caffeine and alcohol which may irritate the digestive tract. Take over the counter meds to treat symptoms and of course, if necessary check with your doctor. Get plenty of rest also.

It is extremely rare for food poisoning to be life threatening although older adults or those with suppressed immune systems face a greater risk of contracting a food borne illness. While having this is quite uncomfortable, the good news is that most people will recover completely within a few days, even without treatment.

So, stay safe, eat your favorite foods and enjoy summer!!

Commission on Aging



The next Commission on Aging meeting will be held on Tuesday, September 20, 2022 At 9:30am.

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.

Attention Veterans



The Middlebury Senior Center has just received packages from the VA that explains all the benefits you have coming to you.

It also explains the Federal Benefits for Dependents and Survivors.

You can pick up your free packet at the Middlebury Senior Center at 1172 Whittemore Road, Middlebury, CT



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

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 July 18, 2022

Yoga



Tuesdays at 9:30 to 10:30

Helene Korchin is back for our Yoga classes.

The next class will begin on Tuesday, July 5, 2022. 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 August 3, 2022.

The fee for this class is \$30 for 10 classes

Learn to Knit

Coming in the Fall

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



Our computer technician would like to start a computer club for the Middlebury Senior Center.

We would like to begin our club exploring Ancestry .com, or family search.

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

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

Please donate your used ink cartridges



The Middlebury Senior Center

Recycles

Thank you



Senior Wellness Workshop

Wednesday, July 13, 2022

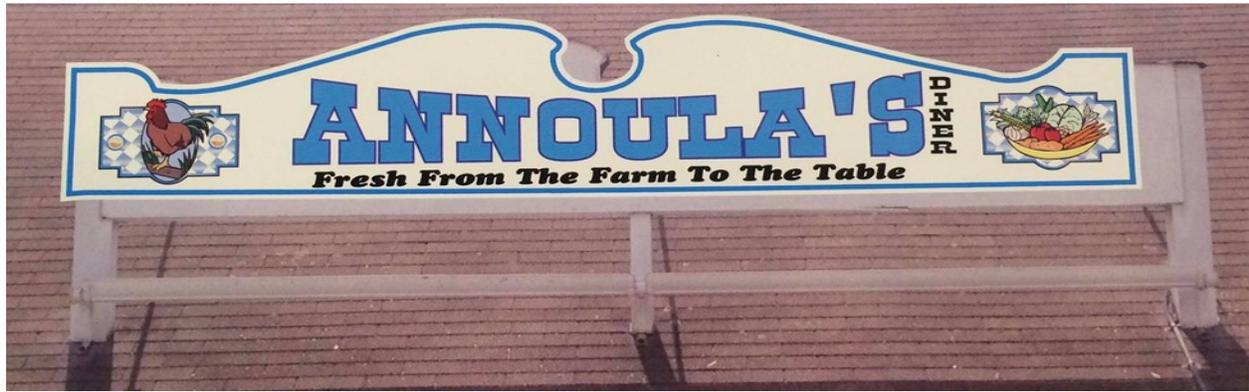
Thomaston Savings Bank looks to provide financial literacy for individuals in the communities we serve. One component of this financial literacy is providing education to Seniors regarding the dangers and warning signs of fraud and elder abuse.

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.



MIDDLEBURY SENIOR CENTER presents:
GRAB-N-GO Lunches from Annoula's Restaurant

We are pleased to partner with Annoula's Restaurant of Woodbury and New Opportunities of Waterbury to provide Grab-n-Go lunches. There will be a different menu for each month.

Please call the senior center to order your meal. All meals served with multigrain bread, fruit and low fat milk.

(Every Wednesday in July at 11:30am)

For the month of July:

July 6 – Spinach salad plate OR Chopped sirloin with mushroom gravy, roasted potato and veg.

July 13– Mediterranean Chicken, roasted potato, veg. OR Meatloaf, roasted potato, veg.

July 20— Greek Salad plate OR Chicken Francaise with roasted potato, veg.

July 27— Shepherd's Pie, veg. OR Chicken Gyro with roasted potato, veg.

PLEASE NOTE:

Your reservation must be made by **MONDAY, BEFORE THE WEEK OF THE GRAB-N-GO LUNCH BEFORE 12PM.....NO EXCEPTIONS WILL BE MADE.** The meals must be reserved with the restaurant on a timely fashion to ensure availability.

Please call the Senior Center to put in your order: **203-577-4166 ext. 1 or 2**

RENTER'S REBATE PROGRAM



Effective April 1, 2022 Through September 15, 2022

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 between the hours of 9:00am and 12:30 pm.

You must also be a resident of Middlebury and provide proof of income and rent expense for the year 2021.

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

Property Tax Relief.



Tax Relief Programs

Applications are available for the Additional Veterans Tax Credit Programs thru October 2022

Qualifications for these programs include residency, income, age or disability.

Applications must be accompanied by all income statements and Social Security benefits and must be filed no later October 1, 2022.

No application will be accepted without proof of income and Social Security statements.

Qualifying income is based on 2021 adjusted gross income; married applicants must submit combined adjusted gross income plus 2020 Social Security benefits payments.

Household income cannot exceed \$46,400; 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.



Discover the Thimble Islands Thursday, July 7, 2022

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 died here in 1655 ... you can still feel his 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 the Middlebury Senior Center at 10am for the 12:15 cruise.

Call 203-577-4166 to reserve your seat.

Admission and transportation are \$25.00 per person.

SHOPPING TRIPS FOR JULY



The Middlebury Senior Center bus will be scheduling trips to Walmart in Naugatuck every third Thursday of the month, July 21

Also, every first and third Friday of the month, to Shop Rite in Southbury

July 1. and July 15

The bus will be leaving the senior center at 10:00am.

To reserve your seat please call

203-577-4166



TANGER OUTLETS in Westbrook, CT

Lunch at Rocky's Aqua

THURSDAY, JULY 14, 2022

The Middlebury Senior Center bus will be going to the Tanger Outlets in Westbrook on Thursday, July 14, 2022.

Westbrook Outlet houses brands such as H&M, Old Navy, J. Crew, Eddy Bauer, and Williams Sonoma in a nearly 300,000 square foot outlet center. **Visit iconic stores such as Pandora, Nike, Kate Spade, PUMA, Adidas, Tommy Hilfiger, and more.**

After an exciting shopping day, we will enjoy a delicious lunch at Rocky's Aqua Restaurant. Rocky's has indoor and outdoor dining and offers an all-American menu.

If we are still hungry or just craving something sweet, The Scoop ice cream shop is right on the property.

Mini bus will leave the senior center at 9am. Transportation fee is \$7 per person.





Lobster Shack in East Haven Connecticut Serves the Best Seafood Around

Thursday, July 28, 2022

Bus leaves Middlebury Senior Center 10:30. Returns approx. 3:30pm

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!

Call 203-577-4166 to reserve your seat. Transportation fee is \$10 per person





Four for One

On Wednesday, August 3, 2022
Deerfield MA to visit the



Magic Wings Conservatory, The Yankee Candle Village, Richardson's Candy Kitchen & Old Deerfield Country Store

Cost for all is \$30
Includes Admission & Transportation

Thousands of butterflies, gifts and Monarch's Restaurant
Magic Wings

A beautiful sight of colorful butterflies, flowers and other small creatures inside the glasshouse. You walk through a very large green house with different sections and you get to experience thousands of butterflies and various birds and reptilian. The butterflies are flying free as well as most of the birds but the iguanas and lizards are behind glass.

One of New England's most popular destinations! Yankee Candle Village offers a unique shopping, entertainment and dining experience.

Stroll through the Bavarian Christmas Village, the Nutcracker Castle, and our home store. Enjoy fabulous candles, home decor and holiday shopping. Savor freshly-made fudge and other sweet treats in our fudge shop. Dip your own candles and watch history brought to life in our candle-making museum.



The process begins early each morning as the solid chocolate is melted, tempered, and made ready for production. If your timing is right, you can watch Barbara and Kathie creating a vast assortment of chocolates. We offer handmade creams, truffles, mints, cordials, buttercrunch, caramels, nut clusters and our famous dixies, as well as chocolate covered orange peel, ginger, apricots and pretzels. Our own fudge is cooked 100 pounds at a time in an antique copper kettle. We still use the founder's original recipe!

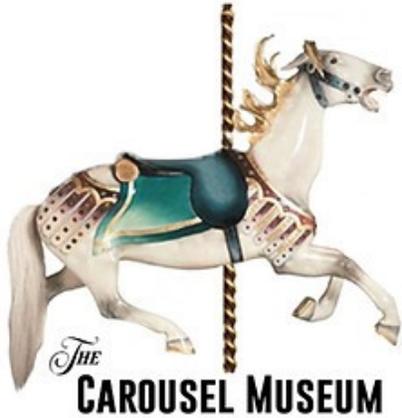
OLD DEERFIELD COUNTRY STORE

Looking for a unique shopping experience reminiscent of country stores of yesteryear?



Stop in to pick up everyday items or take home that special memento to remember your travels. You'll enjoy shopping or browsing our 3 large rooms in a casual relaxed atmosphere. Sit a while in our ice cream parlor and enjoy your favorite flavor of ice cream or old-fashioned milkshake.

Please call to reserve your seat 203-577-4166



**The Carousel Museum
Riverside Restaurant
Thursday, August 18, 2022**

The Middlebury Senior Center will be enjoying a day for breakfast at Riverside Restaurant and a tour of the Carousel Museum.

Travel back in time to when the carousel was the pinnacle of amusement park joy. Now on view, over 100 years of carousel art and history are on view in our Main Gallery and throughout our 33,000 square foot building. See examples from turn of the century carvers like Dentzel, Herschell Spillman and Stein and Goldstein. A sample carving bay and our Venetian indoor carousel. Admission to the museum is \$7.

Before the museum we will be stopping at the Riverside for breakfast.

If interested, please call the Middlebury Senior Center at 203-577-4166 to reserve your seat.

Transportation fee is \$7 per person. Breakfast and museum admission on your own.



CT SHORELINE

Thursday, August 26, 2022



The Middlebury Senior Center will be hosting a trip to the Connecticut Shoreline and stop for lunch at Bill's Seafood in Westbrook.

View the beautiful coastal CT shoreline in Old Saybrook and Westbrook CT narrated by our own Jean Hansen who has been a long time resident and is full of knowledge of the area.

We will also see the new museum "Kate" in honor of Kathryn Hepburn

Then across the marsh, there is Bills Seafood where we will dine delicious seafood and see the wonderful views .

The fee for this outing will be \$10 per person, lunch on your own.

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



Eat your water



For those who missed June's Lunch & Learn

Proper hydration is extremely important for your health. In fact, not drinking enough water can lead to dehydration, which can cause fatigue, headaches, skin problems, muscle cramps, low blood pressure and rapid heart rate.

What's more, prolonged dehydration can lead to serious complications like organ failure.

Experts generally recommend drinking several glasses of water per day to meet your hydration needs.

But while drinking water is very important, you can also get it from foods. There are many healthy foods than can contribute a large amount of water to your diet.

19 Water-Rich Foods That Help You Stay Hydrated:

1. **Watermelon:** water content 92%. One of the most hydrating foods you can eat.. A 1 cup serving contains over a half cup of water, in addition to some fiber and several important nutrients, including vitamins C, A & magnesium. It is also quite low in calories, 46 calorie per cup.
2. **Strawberries:** water content 91%. Strawberries provide lots of fiber, disease-fighting antioxidants & vitamins and minerals, Vitamin C, folate and manganese.
3. **Cantaloupe:** water content 90%. One cup of cantaloupe delivers more than 1/2 cup of water per serving.
4. **Peaches:** water content 89%. A very nutrient-dense and hydrating fruit, provide vitamins and minerals, such as A, C, B vitamins and potassium.
5. **Oranges:** water content 88%. There is almost 1/2 cup water in one orange, along with fiber and several nutrients. Vitamin C & potassium, which may boost your immune function & heart health.
6. **Skim Milk:** water content 91%. Milk is rich in water, vitamins and minerals, and has been shown to help people maintain proper hydration, especially after exercise.
7. **Cucumber:** water content 95%. Cucumbers are high in water but very low in calories. This combination is beneficial for several aspects of your health, including hydration.
8. **Lettuce:** water content 96%. One cup provides more than 1/4 cup water, in addition to 1 gram of fiber. It also provides 5% of your daily needs for folate.
9. **Broths and Soups:** water content 92%. They are usually water-based and have the potential to be very hydrating and nutritious.
10. **Zucchini** water content 94%. Consuming zucchini will contribute a significant amount of water and nutrients to your diet, and is beneficial for your overall health.
11. **Celery:** water content 95%. Healthy hydrating food and only 16 calories per cup.
12. **Plain Yogurt:** water content 88%. One cup is 75% water and provides vitamins and minerals, such as calcium, phosphorus and potassium for bone health. Also 8 grams of protein.
13. **Tomatoes:** water content 94%. One medium tomato provides 1/2 cup of water. Also vitamins and minerals including immune boosting vitamins A & C.
14. **Bell Peppers:** water content 92%. Rich in fiber, vitamins and minerals, B vitamins and potassium. Also carotenoid antioxidants, which may reduce risk of certain cancers and eye diseases.
15. **Cauliflower:** water content 92%. One cup provides more than 1/4 cup of water, as well as 3 grams of appetite-reducing fiber.
16. **Cabbage:** water content 92%. Low in calories, high in fiber and nutrients, rich in Vitamin C,K, folate.
17. **Grapefruit:** water content 88%. 1/2 grapefruit gives 1/2 cup water contributing to your daily hydration.
18. **Coconut water:** water content 95%. Rich in electrolytes, including potassium, sodium and chloride.
19. **Cottage Cheese:** water content 80%. Contains 25 grams of protein per 1-cup serving, 50% of daily needs.

TICKS 101

They're back! Actually, ticks have been here all along. Exposure can occur year-round, but April through September is when ticks are most active. These tiny parasites are found around the world. In fact, there are roughly 850 species of ticks. About 90 different species can be found in the United States. Only a select few of them bite and not all ticks carry diseases. Oftentimes, it depends on where you live.

According to the [Connecticut Agricultural Experiment Station](#), about 30% to 40% of the deer ticks tested in Connecticut are positive for a pathogen. However, the rate of clinical infection from a tick bite is usually in the low single digits, 1% to 3% in any given season.

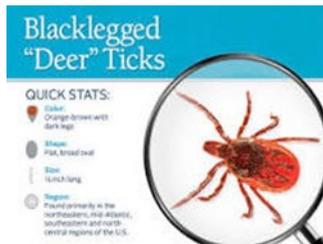
American dog tick is found in much of the United States, east of the Rocky Mountains.



Transmits: [Tularemia](#) – can be life-threatening, but most infections can be treated successfully with antibiotics. Tularemia is always accompanied by fever. Illness ranges, but the most common form appears as a skin ulcer at the site where the bacteria entered the body. The ulcer is accompanied by swelling of regional lymph glands, usually in the armpit or groin. The American dog tick also transmits [Rocky Mountain spotted fever](#).

The highest risk of being bitten occurs in spring and summer. Dog ticks are sometimes called wood ticks.

Blacklegged tick is found throughout the eastern United States.



Transmits: Bacteria that causes [Lyme disease](#), anaplasmosis, ehrlichiosis, babesiosis, and Powassan virus. Lyme disease is the most common of these diseases. Typical symptoms include fever, headache, fatigue, and a characteristic skin rash. If left untreated, it can spread to joints, the heart, and the nervous system. The highest risk of being bitten occurs in the spring, summer and fall.

Brown dog tick is found around the world.



Transmits: [Rocky Mountain spotted fever](#) primarily in the southwest and along the U.S. Mexico border. It is one of the deadliest tick-borne diseases in the United States. The most common symptoms include fever, headache, and rash. It can be deadly if not treated early with antibiotics.

Dogs are the primary host for the brown dog tick in each of its life stages.

Lone star tick can be found throughout the southeast and eastern United States all the way up the Maine coast.



Transmits: Ehrlichiosis, [Heartland virus](#), tularemia and [STARI](#). Ehrlichiosis is the general name used to describe diseases caused by the bacteria from a Lone star tick. Symptoms include fever, chills, headache, muscle aches, and sometimes an upset stomach. A rash similar to Lyme disease marks a STARI infection. The rash may be accompanied by fatigue, fever, headache, and muscle and joint pains.

This is a very aggressive biting tick. The adult female is marked with a white dot or "lone star" on her back.

Pool Table Available daily		July-22			Middlebury Senior Center 203-577-4166
Monday	Tuesday	Wednesday	Thursday	Friday	
					1
				9:00 Billiards 9:30 Painting Class	
				Shop Rite	
4	5	6	7	8	
 Center Closed	9:00 Billiards 9:30 Computer Training 9:30 Yoga	8:15 Tai Chi 9:00 Billiards 9:30 Computer Training 9:30 Tail Chi	9:00 Billiards 9:30 Computer Training	9:00 Billiards 9:30 Painting Class	
	10:30 Mah Jongg 12:30 Bridge Club	10:30 Mah Jongg 11:00 Pilates	Thimble Islands		
	12:30 Knitting class 1:00 Mah Jongg	11:30 Grab & Go 1:00 Polish Poker	1:00 Mah Jongg		
11	12	13	14	15	
9:00 Billiards 9:30 Pilates 10:00 Bridge Club 10:00 Mah Jongg 11:00 Adult Strenthening 1:00 Knitting & Crochet	9:00 Billiards 9:30 Computer Training 9:30 Yoga 10:30 Mah Jongg 12:30 Bridge Club 12:30 Knitting class 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 11:30 Grab & Go 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	Shop Rite
			Westbrook Outlets		
18	19	20	21	22	
9:00 Billiards 9:30 Pilates 10:00 Bridge Club 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 10:30 Mah Jongg 12:30 Bridge Club 12:30 Knitting class 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 11:30 Grab & Go 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	
			Walmart		
25	26	27	28	29	
9:00 Billiards 9:30 Pilates 10:00 Bridge Club 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 10:30 Mah Jongg 12:30 Bridge Club 12:30 Knitting class 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 11:30 Grab & Go 1:00 Polish Poker	9:00 Billiards 9:30 Computer Training 1:00 Mah Jongg	9:00 Billiards 9:30 Painting Class	
			Lobster Shack		
30	31				
9:00 Billiards 9:30 Pilates 10:00 Bridge Club 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 10:30 Mah Jongg 12:30 Bridge Club 12:30 Knitting class 1:00 Mah Jongg				

Middlebury Senior Center
 1172 Whittemore Road
 Middlebury, CT 06762