

# 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)



## Department of

### 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  
Noa Miller  
Ann Spierto  
Nancy Pun  
Nancy Mastroianni  
Ann Zimkus

Town of Middlebury  
Department of Social & Elderly Services  
Shepardson Community Building  
1172 Whittemore Road  
Middlebury, CT 06762  
Phone 203-577-4166



### 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



August comes from the Latin word *augustus*, meaning "consecrated" or "venerable," which in turn is related to the Latin *augur*, meaning "consecrated by augury" or "auspicious." In 8 B.C. the Roman Senate honored Augustus Caesar, the first Roman emperor, by changing the name of their month "Sextilis" to "Augustus." Middle English speakers inherited the name of the month of August, but it wasn't until the mid-1600s that "august" came to be used generically in English, more or less as "augustus" was in Latin, to refer to someone with imperial qualities.

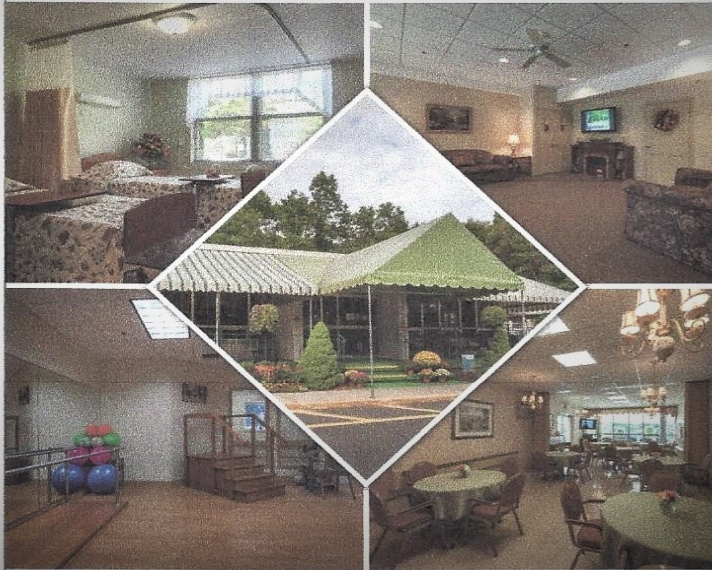
#### Folklore for the Season

- *As August, so February.*
- *Observe on what day in August the first heavy fog occurs, and expect a hard frost on the same day in October.*
- *If the first week of August is unusually warm, The winter will be white and long.*
- *So many August fogs, so many winter mists.*




midconhome.com  
203.758.2471

Family Owned and Operated



Offering Short & Long Term Care

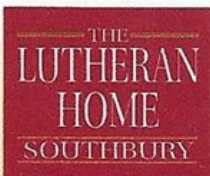
778 Middlebury Road, Middlebury | 203-758-2471 

# Get READY FOR HOME at Lutheran Home

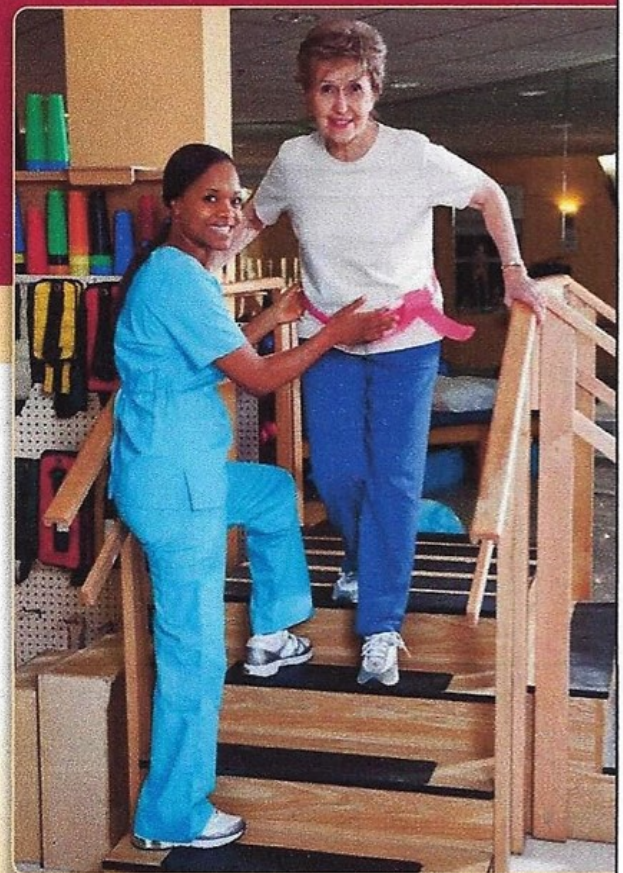
**2016 5-STAR MEDICARE RATING**

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  
Fax: 203-577-4173  
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

## 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:**

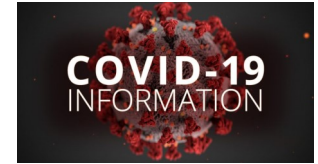
<b>Cheshire</b>	<b>Middle- bury</b>	<b>Nau- gatuck</b>	<b>Prospect</b>	<b>Waterbury</b>	<b>Watertown</b>	<b>Prospect</b>
<b>203-272- 0047</b>	<b>203-577- 4166</b>	<b>203-720- 7069</b>	<b>203-758- 5300</b>	<b>203-756- 5550</b>	<b>860-945- 5250</b>	<b>203-879- 8100</b>
<b>Fridays</b>	<b>Thursdays</b>	<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**



## Social Security Benefits & Covid-19



The Social Security Administration (SSA) recently changed their rules about how pandemic-related financial assistance can affect an individual's eligibility for Supplemental Security Income (SSI) or monthly SSI benefit amount. Previously, SSA had been counting many types of assistance as income and resources for SSI purposes, resulting in individuals having their SSI benefits reduced or suspended, or having their applications for SSI benefits denied. However, due to the severity of the ongoing COVID-19 pandemic, SSA has decided they will not count most types of pandemic-related financial assistance against SSI eligibility or benefit amount. Examples of assistance that **will not be counted** are: Economic Impact Payments (EIP): State Stimulus Payments: Unemployment Assistance (also includes regular state unemployment benefits): Coronavirus Food Assistance Program: Direct Payments to Farmers and Ranchers: COVID-19 Funeral Assistance & Emergency Rental Assistance Fund.

SSA is now reviewing SSI applications, redeterminations, appeals, and other records going back to the beginning of the COVID-19 pandemic in March 2020, to restore SSI payments for people whose SSI was affected by receiving any of the assistance listed above. In most cases, the individual will not need to do anything. If SSA does not need any additional information, they will restore the SSI benefits going forward **and also** send a lump sum of any "underpaid" benefits that were missing since March 2020.



Energy use can increase up to 35% in the hot summer months. Eversource can help reduce that with Home Energy Solutions. Participating customers save about \$180 per year on their energy bills, on average.

### What to expect from Home Energy Solutions:

For a \$50 co-payment, an authorized contractor will evaluate your home for qualifying energy efficiency upgrades and **make on-the-spot improvements** so you can start saving right away. During your visit, you may receive services and products worth an average of \$1,000, such as:

- Air sealing and duct sealing (if applicable) to keep your home at a comfortable temperature and reduce outdoor allergens.
- Water-saving items, such as faucet aerators, to reduce your water usage by up to 1,000 gallons per year.
- Access to rebates and incentives for energy-saving upgrades like insulation and heating and cooling equipment.

### **To sign up:**

1. Go to [Eversource-HES,cin/save22](https://Eversource-HES,cin/save22)
2. Complete the online form and enter SAVE22 into the Marketing Code field.

This is an income-based offer. If you meet eligibility requirements, you may qualify for Home Energy Solutions.; Income Eligible. Through this no-cost visit, you may receive additional low to no-cost energy -saving improvements.

To learn more call or apply go to [Eversource-hes/ie](https://Eversource-hes/ie) or 1-877-947-3873

## Help The Middlebury Food Bank



**Our food bank can received \$1 for every “Bloomin’4 Good” bouquet sold during the month of August 2022 at the Stop & Shop in Naugatuck.**

**Please consider purchasing a bouquet to help support the Middlebury Food Bank.**





## 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 Whittamore Road**

**Middlebury, CT 06762**

**203-577-4166 EXT. 3**



## 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.



## 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.

## 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

## 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™

The

Keeping citizens informed.

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 Thurs-

## 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

## 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 August 15 , 2022

## Yoga



Tuesdays at 9:30 to 10:30

Helene Korchin is back for our Yoga classes.

The next class will begin on Tuesday, August 16, 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 10, 2022.

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

## KNITTING CLASES

Anyone interested in coming to our knitting class please call the Middlebury Senior Center at 203-577-4166 to register.

**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, August 10, 2022

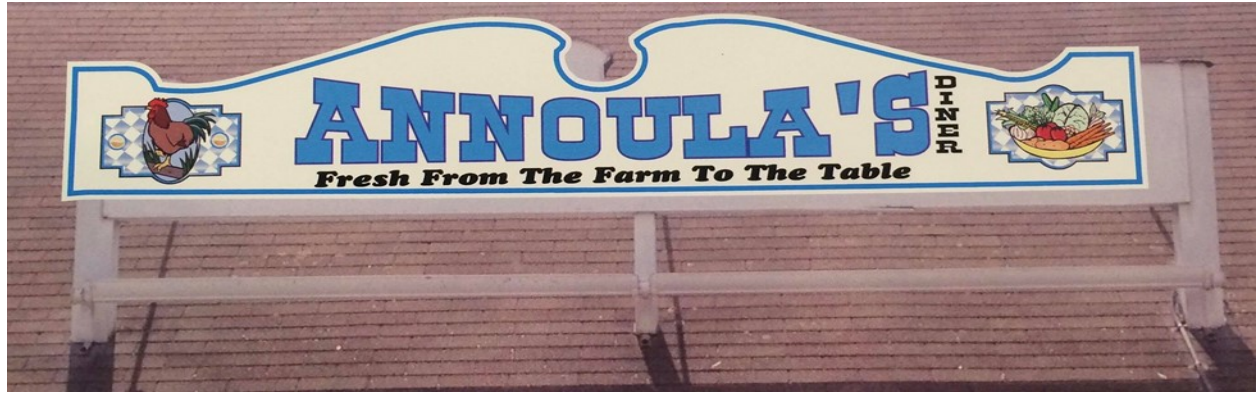
Thomaston Savings Bank looks to provide financial literacy for individuals in the communities we serve. One component of this financial literacy is providing education to Seniors regarding the dangers and warning signs of fraud and elder abuse.

## 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.



**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 August at 11:30am)**

**For the month of August:**

**August 3** - Grilled chicken with Caesar salad plate **OR** Hamburger with roasted potato and vegetables.

**August 10**- Baked scrod with roasted potatoes and vegetables **OR** American shop suey, small salad

**August 17**– Chicken Pot pie, vegetables **OR** Mediterranean Chicken, roasted potato, vegetable

**August 24**– Shepard's Pie, vegetables **OR** Greek Salad plate

**August 31** – Baked macaroni and cheese, small salad **OR** Chicken marsala, mashed potato and vegetables.

**PLEASE NOTE:**

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

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

## 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.

# Flu Clinic

Monday, October 17, 2022



The Middlebury Senior Center will be offering the annual Flu Shot Clinic on Monday, October 17th

This clinic is by appointment only

Please call 203-577-4166

To make your appointment

## FARMER'S MARKET COUPONS

**The Farmer's Market coupons are now available at the Middlebury Senior Center on 1172 Whittemore Road, Middlebury.**

**Eligibility for this year's coupons are:**

- 1. The individual is 60 years of age or older OR is a disabled individual under the age of 60 living in housing facilities occupied primarily by older individuals where congregate nutrition services are provided.**
- 2. The individual has a maximum household income of not more than 185% of the annual poverty income guidelines.**
- 3. The individual has gone through proper means testing to support income eligibility. Participants not identified by proper means testing shall not be given SFMNP checks (coupons).**
- 4. If a senior participant is unable to go to a local office to receive a SFMNP coupon booklet or to an authorized location to redeem their SFMNP checks, a proxy may go in their stead. The Senior Participant Proxy Form must be completed by the eligible participant to allow for a proxy. This form can be picked up at the Middlebury Senior Center.**

**For more information please call 202-577-4166.**



## OLLI at UConn

August 5, 2022

9:30am

Waterbury, CT, July 11, 2022 – The Osher Lifelong learning Institute (OLLI) at the University of Connecticut will host its Fall 2022 Open House at UConn's Waterbury campus on Friday August, starting at 9:30am. The event is free, and open to everyone. Activities include a panel discussion with prominent Waterbury community leaders Entitled "Celebrating Waterbury: Past, Present, and Future," The discussion will be moderated by Anne Karolyi, managing editor, the Republican-American, and will include discussion on the city's progress, strengths and future. The morning program also will include complimentary refreshments, free parking and opportunities to attend sample classes.

Open house attendees can also try an assortment of sample course sessions which serve as previews for full-length courses to be held in the fall. All open house events will be held at the UConn Waterbury campus main building, and there will be free parking on the day of the event in UConn's attached parking garage (entrance on North Elm Street). The event is free, but registration is encouraged.

To register for the August 5 open house, visit <https://olli.uconn.edu> or email [osher@uconn.edu](mailto:osher@uconn.edu). "The open House is a great way to discover the many ways in which we promote positive aging through learning and social activities."

## SHOPPING TRIPS FOR August



The Middlebury Senior Center bus will be scheduling trips to Walmart in Naugatuck Thursday , August 11

Also, every first and third Friday of the month, to Shop Rite in Southbury Fridays -- August 5 & August 19

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

To reserve your seat please call

203-577-4166

## 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 on 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.**





# FOOD TRUCK EXTRAVAGANZA

Thursday, September 1, 2022

11:30 am

The Middlebury Senior Center would like to invite you to a special event at our senior center.

There will be a food truck that will provide us with puled chicken or vegetable panini option with a yogurt parfait and bottled water.

If you would like to join us, please call the senior center at 203-577-4166 to reserve your seat.



Come and join the fun!



Entertainment will be provided.

HAWK RIDGE WINERY  
WATERTOWN, CT  
WINE TASTING (RED OR WHITE)

THEY CURRENTLY HAVE 4 DIFFERENT WINE GROUPS AVAILABLE! EACH CONSISTS OF 6 WINES FOR \$12.50!

\*HAWK RIDGE WINERY OFFERS SEVERAL DIFFERENT OPTIONS TO MUNCH ON DURING THE DURATION OF YOUR VISIT. WE ALSO ALLOW YOU TO BRING YOUR OWN FOOD!

(AS LONG AS IT IS NON-CATERED)

**Date:** Thursday September 22,  
2022

**Time:** Pickup at Woodside at 11:15 am

Bus leaves Senior Center at 11:30am

\*Call 203-577-4166 to reserve your spot



# **The Shrine of Lourdes in Litchfield**

Come to a place in the wooded hills of northwest  
Connecticut,  
under a canopy of trees,  
by a stream of flowing water,  
to a place of peace and prayer,  
dedicated to Mary, the mother of Jesus.

**Thursday September 8<sup>th</sup>, 2022**

**Pickup at Woodside at 10:15 A.M.**

Call 203-577-4166 to reserve spot, transportation fee of \$7.00

**THE GROTTTO CAFE**  
**FROM 10:00 A.M. UNTIL 2:00 P.M. The Cafe is**  
**closed during Mass time on Sunday.**

WE CELEBRATE MASS

AT THE GROTTTO

AT 11:30

TUESDAY to SUNDAYS

WEATHER PERMITTING

## WHERE TO FIND STATE ELECTION INFO



Looking for reliable information on the candidates and issues appearing on your ballot this year? Here are five nonpartisan election resources that can help:

**AARP voter guides** provide information on the voting process, from registration to Election Day poll hours. They cover 50 states, two territories and the District of Columbia. [aarp.org/electionguides](https://aarp.org/electionguides)

**Ballotpedia** features a tool (on the left, under 2022 Elections) that allows users to enter their address to view sample ballots. It includes information on national and statewide races, as well as relevant ballot measures. [Ballotpedia.org](https://Ballotpedia.org)

**OpenSecrets** rigorously details how money is raised and spent by candidates and political action committees – and who their donors are. [Opensecrets.org](https://Opensecrets.org)

**Vote411** from the League of Women Voters Education Fund, lets users enter an address to find information about their upcoming elections. Vote411 also offers information on state wide races, plus guides to help navigate the registration and voting process. [Vote411.org](https://Vote411.org)

**Vote Smart** allows you to enter a politician's name to find information including voting record, past speeches, funding sources and interest-group ratings. Information on ballot measures and voting registration is under Navigation and then Elections & Candidates. [Votesmart.org](https://Votesmart.org)

## CONNECTICUT



### Know before you vote



For the state primaries on Tuesday, August 9, and the general election on Tuesday, November 8, it will be easier to vote due to new laws that Have expanded eligibility for absentee voting to include sickness from COVID-19.

Additionally, the state's general election ballot will include the Connecticut Allow for Early Voting Amendment, introducing the option of early in person voting in future elections.

Check your status for either the primary or general election at [portaldir.ct.gov/sots/LookUp.aspx](http://portaldir.ct.gov/sots/LookUp.aspx). You can also learn more by visiting [portal.ct.gov](http://portal.ct.gov) and typing Absentee Ballot Fact Sheet into the search bar.

### PRODUCTIVE IN PAJAMAS



Those of us who worked from home due to COVID – 19 averaged 48 more minutes on the job per day than in the office, the National Bureau of Economic Research reports. Also good for productivity: The average meeting via video was 20 percent shorter than in person.

### DID YOU KNOW?

If you have an EBT card, you can go to the Mystic Aquarium for free and bring along 3 friends.

Also:

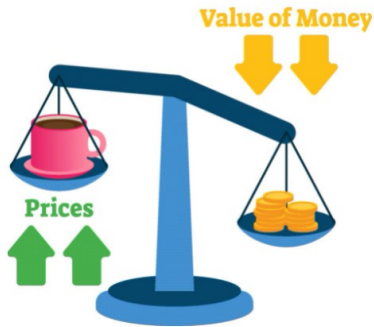
If you have an EBT card, you can get free admission for 3 people at the Maritime Museum.

### *Mud Puddle*

*My lonely eyes saw her lovely being -  
A distraction that cost me clean shoes  
And pants cuffs that were once a bright blue...  
I stepped into a mud puddle !  
She continued walking without noticing me...  
Drops of mud decorated my pants legs.  
Cursing myself, I walked away...  
But some of the mud followed me,  
Clinging to my pants and shoes.  
My now-damp hands wiped away some mud,  
but became another place for it instead.  
I wiped my forehead with frustration...  
Mud settled upon it with pride !  
I then clasped my dirty hands,  
And prayed to God for consolation.  
The skies momentarily darkened...  
Rain poured heavily...  
The stubborn mud soon departed from me...  
The storm ceased, then.  
The sun restored its warmth...  
And I - soaking wet,  
Began sneezing !*

*Ted Elliss*

# GREAT WAYS TO SAVE



Today our nation is in the grip of the worst price inflation in decades. The average price of gasoline is about \$5 a gallon; a pound of bacon is often over \$7; and stores of all kinds are facing product shortages, pushing prices higher.

GROCERIES: Fact: Grocery prices have gone up 10% in the past year, the largest annual rise in 40 years, according to the USDA. Here are some suggestions:

1. **Use ground chicken in your chili.** Beef and veal prices rose the most of main food groups this year, at 16%. Fresh poultry increased less.
2. **Plan the Friday for next Tuesday.** A proven way to contain grocery costs is to plan out the week's meals and to buy food from a shopping list based solely on that plan. Friday is a great day for planning, as many stores post their week's discounts and deals that day or the day before.
3. **Search before you shop.** "Flipp" is a free phone app that consolidates retail circulars. This makes it a snap to compare your shopping to circulars from your local supermarkets to determine which store's virtual coupons will save you the most money. You can also use the app to generate your shopping list.
4. **Make Thursday a "pantry cooking" night.** Americans throw away 30 to 40% of our food supply, often because it goes uneaten until it's no longer edible. The antidote: Cook at least one meal a week based entirely on foods lingering in your refrigerator or pantry.
5. **Yes, order online.** What you might lose in delivery costs often is more than made up by avoiding impulse purchases when browsing a store. The trick: lower your delivery costs. Look for coupons at sites like CouponFollow.com to find deals, such as \$20 off your first order at Vons, 15% Kroger grocery shipments, and \$10 off your first delivery of \$20 at Instacart.
6. **Pay with the right card.** Many credit cards offer cash back today, but the amounts often vary by category. Search the internet for cards that offer the most cash back for groceries; you might find a card that will give you 5% back on food purchases. Websites like CardRates and NerdWallet let you compare your card with others.
7. **Go all out for store brands.** Many major grocery chains have greatly expanded their store-brand lines, and their reputation for quality has improved. Chains are highly secretive about who makes their products. But simply compare the ingredients list with name-brand versions to see how close they are. Store brands can run as much as 25% less than the name-brand product.

## FOR FOOD GARDENERS:

1. **Focus on high-cost foods.** Many of the most common garden vegetables, green peppers, zucchini, cucumbers, cost very little at the store come harvest time. Focus on edibles that routinely cost more at the store. That could include most fresh herbs; heirloom tomatoes; organic lettuces; and vegetables for ethnic or regional cuisines like Chinese choy, okra, tomatillos or Jerusalem artichokes.
2. **Grow vegetables that are easy to preserve or store.** It's a shame to find yourself with so many peppers or greens that you can't even give them away before they rot or wilt. Tomatoes can be canned; beans can be canned, pickled or frozen. Plant some pickling cukes. Butternut and other winter squashes will last until spring in a cool, dry place.
3. **Plant edible perennials.** Many herbs and spices- among them garlic, rosemary, thyme and oregano - will grow back year after year, making them a great value. Plus, they are often easy to grow because deer and other critters won't eat them. Several of these also do great in pots outside the kitchen door, so you don't even need a garden.

# Middlebury Senior Center

1172 Whittemore Road

Middlebury, CT 06762

Pool Table Available daily				Middlebury Senior Center 203-577-4166
<b>August 2022</b>				
Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
9:00 Billiards	9:00 Billiards	8:15 Tai Chi	9:00 Billiards	9:00 Billiards
9:30 Pilates	9:30 Computer Training	9:00 Billiards	9:30 Computer Training	9:30 Painting Class
10:00 Bridge Club	9:30 Yoga	<b>Deerfield MA</b>	<b>Walmart</b>	
10:00 Mah Jongg	10-12 Blood Pressure Clinic	9:30 Computer Training		
11:00 Adult Strenthening	10:30 Mah Jongg	9:30 Tail Chi		
1:00 Knitting & Crochet	12:30 Bridge Club	10:30 Mah Jongg		
	12:30 Knitting class	11:00 Pilates		
	1:00 Mah Jongg	11:30 Grab & Go	1:00 Mah Jongg	
		1:00 Polish Poker		
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
9:00 Billiards	9:00 Billiards	8:15 Tai Chi	9:00 Billiards	9:00 Billiards
9:30 Pilates	9:30 Computer Training	9:00 Billiards	9:30 Computer Training	9:30 Painting Class
10:00 Bridge Club	9:30 Yoga	9:30 Computer Training		
10:00 Mah Jongg	10-12 Blood Pressure Clinic	9:30 Tail Chi	<b>Carousel Museum</b>	<b>Shop Rite</b>
11:00 Adult Strenthening	10:30 Mah Jongg	10:00 <b>Senior Wellness</b>		
1:00 Knitting & Crochet	12:30 Bridge Club	10:30 Mah Jongg		
	12:30 Knitting class	11:00 Pilates		
	1:00 Mah Jongg	11:30 Grab & Go		
		1:00 Polish Poker	1:00 Mah Jongg	
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
9:00 Billiards	9:00 Billiards	8:15 Tai Chi	9:00 Billiards	9:00 Billiards
9:30 Pilates	9:30 Computer Training	9:00 Billiards	9:30 Computer Training	9:30 Painting Class
10:00 Bridge Club	9:30 Yoga	9:30 Computer Training		
10:00 Mah Jongg	10-12 Blood Pressure Clinic	9:30 Tail Chi	11:00 Investment Club	
11:00 Adult Strenthening	10:30 Mah Jongg	10:30 Mah Jongg		
1:00 Knitting & Crochet	12:30 Bridge Club	11:00 Pilates		
	12:30 Knitting class	11:30 Grab & Go		
	1:00 Mah Jongg	1:00 Polish Poker	1:00 Mah Jongg	
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
9:00 Billiards	9:00 Billiards	8:15 Tai Chi	9:00 Billiards	9:00 Billiards
9:30 Pilates	9:30 Computer Training	9:00 Billiards	9:30 Computer Training	9:30 Painting Class
10:00 Bridge Club	9:30 Yoga	9:30 Computer Training		
10:00 Mah Jongg	10-12 Blood Pressure Clinic	9:30 Tail Chi	<b>CT Shoreline</b>	
11:00 Adult Strenthening	10:30 Mah Jongg	10:30 Mah Jongg		
1:00 Knitting & Crochet	12:30 Bridge Club	11:00 Pilates		
	12:30 Knitting class	11:30 Grab & Go		
	1:00 Mah Jongg	1:00 Polish Poker	1:00 Mah Jongg	
<b>29</b>	<b>30</b>	<b>31</b>		
9:00 Billiards	9:00 Billiards	8:15 Tai Chi		
9:30 Pilates	9:30 Computer Training	9:00 Billiards		
10:00 Bridge Club	9:30 Yoga	9:30 Computer Training		
10:00 Mah Jongg	10-12 Blood Pressure Clinic	9:30 Tail Chi		
11:00 Adult Strenthening	10:30 Mah Jongg	10:30 Mah Jongg		
1:00 Knitting & Crochet	12:30 Bridge Club	11:00 Pilates		
	12:30 Knitting class	11:30 Grab & Go		
	1:00 Mah Jongg	1:00 Polish Poker		