

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.

August 2023

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 Services)

Town of Middlebury
Department of Social & Elderly Services
Shepardson Community Building
1172 Whittemore Road
Middlebury, CT 06762

Phone 203-577-4166
jcappelletti@middlebury-ct.org
Discover our Website: www.middlebury-ct.org



Notifying the Public Under Title VI

The Town of Middlebury operates its programs and services without regard to race, color, and national origin in accordance with Title VI of the Civil Rights Act. Any person who believes she or he has been aggrieved by any unlawful discriminatory practice under Title VI may file a complaint with the Town of Middlebury.

For more information on the Town of Middlebury's civil rights program, and the procedures to file a complaint, contact JoAnn Cappelletti 203-577-4166 ext. 707; email jcappelletti@middlebury-ct.org; or visit our administrative office at 1172 Whittemore Road. For more information, visit www.middlebury-ct.org.

A complainant may file a complaint directly with the Federal Transit Administration by filing a complaint with the Office of Civil Rights Attention; Title VI Program Coordinator, Connecticut Department of Transportation, Bureau of Public Transportation, Complaint Department, 2800 Berlin Turnpike, Newington, CT 06111.

If information is needed in another language, contact 203-577-4166 ext. #1

Si se necesita informacion en otro idioma, comuniquese al 203-577-4166 ext. 1



National Immunization Awareness Month

National Immunization Awareness Month (NIAM) is an annual observance held in August to highlight the importance of routine vaccination for people of all ages.

National Immunization Awareness Month provides us an opportunity to think about how far the development and advancement of immunization science has come, and its impact on public health. The U.S. Food and Drug Administration plays a key role in immunization by evaluating vaccines for safety and effectiveness before they are made available to the public.

Vaccines work by stimulating the body's immune system to safely provide protection against viruses or bacteria that cause infection. After vaccination, the immune system is prepared to respond quickly when the body encounters the disease-causing organism.

Our visiting nurse, Diane Morotto, has left us valuable information about vaccines, their uses and information.

Diane is here every Tuesday morning from 10am to 12pm. If you would like to meet with her, no appointment necessary.




midconhome.com
203.758.2471

Family Owned and Operated



Offering Short & Long Term Care

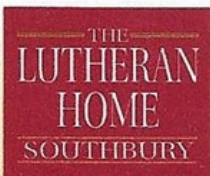
778 Middlebury Road, Middlebury | 203-758-2471 

Get READY FOR HOME at Lutheran Home

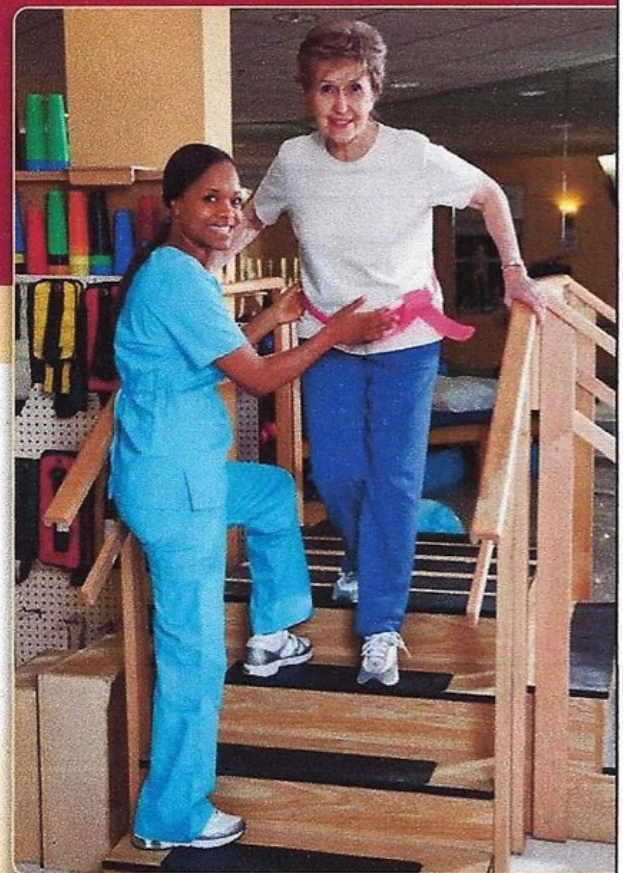
2016 5-STAR MEDICARE RATING

Welcome to the first rehab program personalized for you. From your own Resident Service Liaison checking in each day, to a CNA Companion program for a smooth transition, and therapies offered 7 days a week, our Center for Short-term Rehabilitation is your place to get ready for home.

Call 203-264-9135 to Pre-book your stay or learn more.



990 Main Street, North
Southbury, CT 06488
203.264.9135
www.lhsouthbury.org



Town of Middlebury

Department of Social and Elderly Services
Shepardson Community Building
1172 Whittemore Road
Middlebury, CT 06762
Phone: 203-577-4166
E-mail: jcappelletti@middlebury-ct.org



GUIDELINES FOR MINI-BUS PASSENGERS

Passengers must be Middlebury residents 60 years or older or handicapped. Driver will assist passengers on and off bus if necessary. The driver is neither a chauffeur nor servant and should not be expected to:

- Do any tasks or errands for you
- Do any shopping of any kind
- Handle money for banking, postage or bill paying

Reservation for rides must be made at least one day in advance by calling the Senior Center at 203-577-4166, Monday through Friday between the hours of 9am and 1pm. Messages left after 1pm are not considered one day advance reservations. Your itinerary must be stated as well as name, address and telephone number. Reservations cannot be made with the driver while on the bus.

The following must be observed:

- Due to scheduling, the bus may arrive from 15 minutes before to 15 minutes after your scheduled reservation. You must be ready within these times.
- Use seat belts at all times – no exceptions will be permitted.
- Upon arrival, vacate the bus immediately and clear the doorway to avoid accidents.
- Have your donation ready when entering the bus.

Medical appointments are given priority. It is advisable to check with the office prior to making doctors' appointments to determine the best date and time that the bus can provide you with the best service.

In the event of inclement weather, and the mini bus is cancelled, there will be an announcement over radio station WATR and TV channels 3 & 8 after 7am.

The mini bus operates 8:30am to 2:30pm, Monday through Friday.

Suggested donation for this service is .50 cents, one way, within the Town of Middlebury and \$1.50 one way, to surrounding towns.

If there are any changes to your advance reservation, you must let the office know in advance.

Passengers not complying with these regulations may have to find alternate methods of transportation. After 3 no shows, passengers will be suspended from using the mini bus for 30 days.

Have our Newsletter Mailed to Your Home Every Month Cut out and mail this Form

Name _____

Address _____

City _____ State _____

Please enclose a check for \$9.00 made payable to
The Middlebury Senior Center and mail to:

Department of Social Services
1172 Whittemore Road
Middlebury, CT 06762

GWDT

Dial – A – Ride

One day a week each municipality will have the

Dial-A-Ride Transportation
Available for eligible

Seniors (ages 60 & Over) and the Disabled.

**Transportation available for shopping, doctors appointments,
out of town visiting with the 8 district municipalities on a first
come, first served basis.**

**For more information on Dial-A-Ride transportation
Please contact:**

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

First Come, First Served

**Cheshire Middlebury Naugatuck Prospect Waterbury Watertown
Wolcott**



MIDDLEBURY HOUSING REHABILITATION LOAN PROGRAM INFORMATION (funding provided by Connecticut Department of Housing)

The Town of Middlebury has Community Development Block Grant funds available for income eligible residential property owners for housing rehabilitation.

Types of work that may be eligible for funding include the correction of health and safety violations, code compliance, roofing, carpentry, electrical work, pining, plumbing, heating, and other non-luxury work subject to approval of the Town.

Application & Eligibility

All applications must be fully completed and returned to the address listed on the back of the application. Applications are reviewed on a first come first serve basis.

Eligibility is based on a combination of household size and annual household income. Income documentation for each of the household residents over the age of 18 must be submitted with the application. This documentation must include copies of the last 4-6 week stubs, the most recent Federal tax return, social security documentation, or other pertinent income verification. All tax returns must be signed.

The income limits, which determine Program eligibility, differ for each community. In the Town of Middlebury based on your household size, you may be eligible for a deferred loan if your annual household income is at or below the following amounts:

<u>Household Size</u>	<u>Income Limits</u>
1	\$62,600
2	\$71,550
3	\$80,500
4	\$89,400
5	\$96,600
6	\$103,750
7	\$110,900
8	\$118,050

*Income limits are subject to periodic change.

**Applications and information regarding this program are available at the
Middlebury Department of Social Services**

1172 Whittemore Road

Middlebury, CT 06762

203-577-4166 EXT. 3



Message from our Nurse

Diane Morotto:

August is National Immunization Month

Vaccines are especially important for older adults. As you age, your immune system weakens and it can be more difficult to fight off infections leading to various diseases. It also makes you more vulnerable to developing complications which can lead to long term illness, hospitalizations and even death.

If you have an ongoing health condition, like diabetes or heart disease, getting the proper vaccination is especially important. The schedule, dosage and effectiveness should always be discussed with your doctor or pharmacist.

Some vaccines recommended for older adults are:

- **Covid-19—initial series and boosters as recommended by the CDC (Center for Disease Control).**
- **Influenza—a flu shot is needed yearly, ideally sometime in October, before flu season begins. The protection by the shot takes 2 weeks to fully kick in. Seniors may request the “high dose” flu shot.**
- **Pneumonia—all adults at age 65 should get the Pneumovax 23 shot. Others, like Prevnar 13, may be recommended due to underlying health problems.**
- **D-tap: Diphtheria, tetanus and whooping cough vaccine may be required every 10 years.**
- **Shingles—This is a 2 dose vaccine and is especially important if you have had chickenpox in your lifetime.**
- **Hepatitis A & B—may be recommended for health risks and conditions as deemed by your doctor.**

Make sure that you protect yourself as much as possible by keeping your vaccines up to date. Getting vaccinated can help keep you, your family and your community healthy!

Commission on Aging



The next Commission on Aging meeting will be held on Tuesday, September 19, 2023 At 9:30am.

All interested persons are welcome to attend.

Blood Pressure Screening



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

She is also available for any issues you may have.

Ballroom Dancing



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

No partner needed!



MAH-JONGG PM

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

No charge, donations accepted.

Contacting our office is easy!

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

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

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



CodeRED™

Keeping citizens informed.

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

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

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



COMPUTER HELP

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

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

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



MAH-JONGG

Mah-Jongg is a Chinese game that is played using

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



ART CLASS

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

Adult Strengthening



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

PILATES CLASS



Two classes per week:
\$40

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

Next class begins August 21, 2023

Yoga



Tuesdays at 9:30 to 10:30

Helene Korchin instructor for our Yoga classes.

The next class will begin on Tuesday, August 8, 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 Wednesday class will begin August 16.

Next Thursday class will begin August 17.

The fee for this class is \$30 for 8 classes



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

Middlebury Senior Center will be holding an Ancestry Workshop every Tuesday, from 11am to 12:45pm.

Explore your heritage.

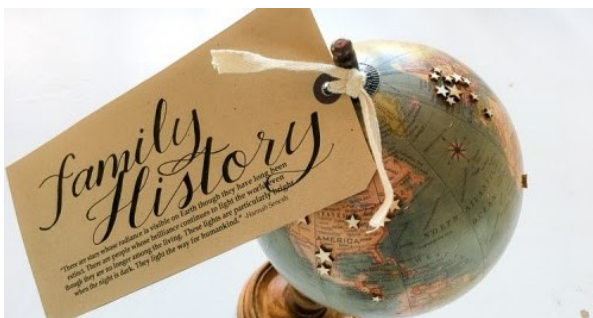
Anyone interested should call Sean at 203-577-4166 ext. 4.

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

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

There are only 5 spots open for these workshops so please call soon to reserve your seat if interested.

Cost is \$20 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 o 2pm in the Shepardson Community Building, 1172 Whittemore Road in Middlebury; Room 26. Please call ahead to see what day the next meeting will be. 203-577-4166.



Senior Nutrition Services Tuesday Lunches August 2023 Menus

8/1/2023:

Beef Stroganoff & Cauliflower
Green Beans w/ peppers & Marble Rye
Bread & Diced Pears — Low Fat Milk

8/8/2023:

Hamburger Patty & American Cheese
Steak Fries & Broccoli
Whole Grain Hamburger Bun &
Seasonal Fruit—Low Fat Milk

8/15/2023:

Potato Crusted Pollock (Fish) & Roasted
Sweet Potatoes & Green Peas
White Bread, Diced Peaches — Low Fat Milk

8/22/2023:

Turkey Breast & Poultry Gravy
Whipped Potatoes & Mixed Vegetables
Multigram Bread, Mandarin Oranges—Low
Fat Milk

8/29/2023:

Cheese Ravioli w/ Marinara Sauce
Italian Vegetable Blend & Mixed Greens
Italian Bread & Seasonal Fruit
Low Fat Milk

OLLI at UConn open house celebrates Waterbury Community

Waterbury women leaders join OLLI at UConn panel discussion on August 4, 2023 at UConn Waterbury.



UConn
WATERBURY

The Osher Lifelong Learning Institute (OLLI) at the University of Connecticut will host its Fall 2023 Open House at UConn's Waterbury campus on Friday, August 4, starting at 9:30am. The event is free and open to everyone. The program features a panel discussion with prominent Waterbury community leaders, entitled "Women Leaders of Waterbury: Changes, Challenges, and Community." Moderated by Anne Karolyi, managing editor, the Republican-American, it will be an important and timely conversation about the city's character, strengths and future. Complimentary refreshments, free parking and opportunities to attend sample classes will round out the morning.

Panelists include Karen Harvey, former Commissioner of the Waterbury Board of Education; Sheree Marcucci, director of Special Projects for the Palace Theater; Maybeth Morales-Davis, deputy director, Neighborhood Housing Services of Waterbury; Francine Nido, development coordinator for the St. Vincent DePaul Mission of Waterbury, UNICO president. The program will explore experiences of living and working in Waterbury, how the women have become part of Waterbury's identity, and how the personality and culture of Waterbury, including education, housing and community support, has been shaped by their involvement.

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.

OLLI at UConn offers widely diverse learning experiences for adults aged 50+ regardless of educational background. Whether retired, semi-retired or currently employed, OLLI has something to offer all adults who want to continue learning and enjoying an active social life. OLLI also offers a variety of clubs, special events, lectures, musical and arts-related programming throughout the year, and a mix of in-person and online courses and events.

"Our Open House is a great way to discover the many ways in which we promote positive aging through learning and social activities," says OLLI Director Fiona de Merell. "We are a friendly, safe and welcoming organization, the quality of our classes is outstanding, and we also feature a community garden, clubs, travel opportunities and much more. I encourage newcomers and OLLI members alike to attend our open house and become part of our enjoyable, stress-free learning community."

According to de Merell, learners from over 80 cities and towns have enjoyed the unique OLLI at UConn experience since 2007. OLLI offers online, in-person, and hybrid classes from the UConn Waterbury campus.

Summer Electric Rates Went Down beginning July 1 through remainder of 2023

As of July 1, if you are an electric customer and receive energy supply from Eversource (vs. a third party), your electric bill decreased by approximately \$56 or 22% if you use an average of 700 kWh per month. While this is much needed relief, winter prices have the potential to spike higher in January 2024, just as they did this year, and we're encouraging you to plan for this likely increase.

- ✓ **Standard Service Changes:** The Standard Service charge has changed from 0.24172 cents per kilowatt-hour to 0.13822 cents per kilowatt-hour.
- ✓ **Delivery Changes:** The Delivery charge has also changed from 0.11751 cents per kilowatt-hour to 0.14107 cents per kilowatt-hour – an increase of approximately \$16 if you use an average of 700 kilowatt-hours per month. This increase is mostly due to the end of a roughly \$12 per month credit that began in January to ease the burden of high energy costs.

How much you pay will depend on your energy use, your rate category, and weather conditions. The new Standard Service charge will be effective from July 1 through Dec. 31, 2023. Information on the components of electric bills and what you pay each month can be found at [Eversource.com/understand-my-bill](https://www.eversource.com/understand-my-bill).

Managing Summer Electric Use and Bills

Some of these savings may be offset by higher energy use, which increases significantly in the summer.

- ✓ On average, you will use 35% more electricity during the summer months to keep cool and that can get costly.
- ✓ Take advantage of our energy efficiency programs. Visit [Eversource.com/home-savings](https://www.eversource.com/home-savings) for tips and tools to help you save energy without sacrificing comfort this summer.

Programs and Payment Options to Help

We have protections, assistance programs and payment options to help pay your energy bill. To determine if you qualify for financial hardship status on your account visit [Eversource.com/billhelp](https://www.eversource.com/billhelp) or call us at 800-286-2828.

- ✓ **Matching Payment Program.** (for electric and gas heating customers) If you receive assistance from the Connecticut Energy Assistance Program (CEAP), for every dollar you pay and every dollar you receive from CEAP, we will subtract a dollar from the amount you owe.
- ✓ **New Start program.** (for electric customers) Can help you pay off your past due balance in as little as 12 months. If you make your monthly payments on time, we will subtract some of what you owe each month.
- ✓ You may also be able to get help from **Operation Fuel** at [OperationFuel.org/gethelp](https://www.OperationFuel.org/gethelp) or in person at a fuel bank listed on their website.
- ✓ Regardless of income, residential customers may be eligible for the **Medical Protection Plan** if anyone in your home has a serious or life-threatening illness as certified by a registered physician, advanced practice registered nurse (APRN), or physician assistant (PA) who must complete the certification of illness form online via our Eversource medical web portal at [Eversource.com/MDform](https://www.eversource.com/MDform).
- ✓ **Flexible Payment Plans** of up to 18 months are also available to help all residential customers with active accounts pay off money owed, regardless of income.
- ✓ **Budget Billing.** Can help you flatten seasonal spikes in energy bills with an even monthly payment amount.

For help with any of these programs please call JoAnn Cappelletti at 203-577-4166 ext. #3

DID YOU KNOW?



Tickborne diseases are on the rise, particularly in the spring, summer and early fall when ticks are most active, according to the Centers for Disease Control and Prevention.

That means if you are outdoors, you need to take precautions for yourself, your family and your pets before, during and after your visit.

Steps to protect against ticks, follow these whether you work outside, enjoy your yard or spend time on a national forest or grassland. You should:

Avoid areas with high grass and leaf litter and walk in the center of trails when hiking.

Use repellent that contains 20% or more DEET, picaridin, or IR3535 on exposed skin for protection that lasts several hours.

Use products that contain permethrin to treat clothing and gear, such as boots, pants, socks and tents or look for clothing pre-treated with permethrin,

Treat dogs for ticks. Dogs are very susceptible to tick bites and to some tickborne diseases.

They may also bring ticks into your home. Tick collars, sprays, shampoos, or monthly “top spot” medications help protect against ticks.

Bathe or shower as soon as possible after coming indoors to wash off and more easily find crawling ticks before they bite you.

Conduct a full body tick check using a hand-held or full-length mirror to view all parts of your body upon returning from tick-infested areas. Parents should help children check thoroughly for ticks.

Remove any ticks right away.

Tumble dry clothes in a dryer on high heat for 10 minutes to kill ticks on dry clothing after you come indoors. If the clothes are damp, additional time may be needed.

Avoid Direct Contact with Ticks

Avoid wooded and brushy areas with high grass and leaf litter

Walk in the center of trails

The Environmental Protection Agency (EPA) website has more information on repellents





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.

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 things 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. chatbots), converted to a person's voice" "Technology could also be used to create video calls with the grandkid's face."

Chris Morris

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



Financial Fraud and Abuse

Wednesday, August 23, 2023

The Thomaston Savings Bank

Will hold a very important and informative presentation on Financial Fraud and Abuse on Wednesday, August 23, 2023 at 10:30am.

If you would like to attend this seminar please call 203-577-4166 to reserve a seat.



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**



ATTENTION VETERANS

The PACT Act One-Year Anniversary and Your VA Benefits

August 10, 2023, marks the one-year anniversary of the Honoring Our PACT Act (PACT Act) being signed by President Biden. Congress passed this bill to help veterans exposed to toxic substance during military service access care.

The PACT Act expands U.S. Department of Veterans Affairs (VA) health care treatment and benefits to veterans exposed to burn pits and other toxic substances. Specifically, it add to the list of health conditions we presume are caused b exposure to toxic substances and expands benefits to veterans who experienced toxic exposure and have since been diagnosed with associated medical conditions. The bill provides for toxic exposure screening to every veteran enrolled in VA health care and additional resources to improve research, staff education, and treatment related to toxic exposures.

There is no deadline to apply for PACT Act benefits, however you MUST file your PACT Act claim by August 9, 2023, to receive benefits backdated to August 10, 2022.

You can file a claim now for PACT Act-related disability compensation at www.va.gov/disability/file-disability-claim-form-21526ez/introduction

Or - Apply for VA health care now at www.va.gov/health-care/apply/application/introduction.

You can also call the U.S. Department of Veterans Affairs for 24/7 assistance at 800-698-2411 (TTY:711).



Middlebury Senior Center

Billiard Traveling Team and League now being formed

Contact Carmine Midalo

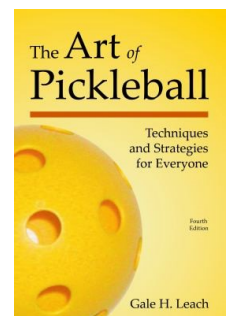
203-568-0435



Pickle Ball!!!

Middlebury Senior Center would like to offer the game Pickle Ball for all who are interested.

Please call us at 203-577-4166.



TAX Relief Program



Applications are available for the Additional Veterans Tax Credit Programs thru October 2023.

Qualifications for this program include residency, income, age or disability. Applications must be accompanied by income statements and Social Security benefits and must be filed not later than October 15, 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.

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.



SHOPPING TRIPS FOR August 2023

The Middlebury Senior Center bus will be scheduling trips to Walmart in Naugatuck Thursday, August 17, 2023. Also, the first and third Monday of the month, to Shop Rite in Southbury, August 7 & 21, 2023.

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

To reserve your seat please call 203-577-4166

AARP

**Safer Driving May
Save You Money**



Take the AARP Smart DriverTM classroom course and you could save money on your auto insurance!*

- » Refresh your driving skills and knowledge of the rules of the road.
- » Learn techniques for handling left turns, right-of-way and roundabouts.

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

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

Upcoming classroom course

Monday, September 18, 2023

Middlebury Senior Center

1172 Whittemore Road

Middlebury, CT 06762

203-577-4166



ALL ABOUT MEDICARE / MEDICAID

Wednesday, August 8, 2023

11:00am

Please join our Medicare Workshop

We have invited our Medicare expert, Nancy Cimmino, to talk about your rights and options under the new changes in Medicare 2024. Also, if you're curious if you qualify for state aid, or need help paying for your drugs, come to our workshop at the Middlebury Senior Center. Call 203-577-4166 for more information.





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

CT SHORELINE

Thursday, August 24, 2023

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.

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.



OPERATION FUEL

2023 SUMMER/FALL PROGRAM



Operation Fuel, Inc.

Operation Fuel offers emergency energy assistance to households who:

1. Fall outside the government assistance programs' eligibility guidelines.
2. Have exhausted their government assistance. Such assistance shall be given in accordance with these guidelines but with flexibility to meet human needs.

Beginning Tuesday, August 1, 2023, Operation Fuel will administer an energy assistance program for clients who need aid with meeting their home energy needs (electricity, gas, and deliverable fuels). This program will be for households living up to 75% of state median income. There will not be an assets test. **The maximum grant amount will be up to \$500.** This is a one time grant per family per year.

This is an emergency program only, examples can include but are not limited to the following:

- You are suffering from job loss and are collecting unemployment or exhausted unemployment benefits.
- Your health is threatened (i.e. you need utility to refrigerate medications or baby formula).
- Utility is needed to keep medical equipment operational.

For more information or to schedule an appointment, call 203-577-4166



JESSALYN PITO
YOUR MEDICARE MAVEN
PRESENTS

SENIOR SUMMER SOIRÉE

AUGUST 21, 2023
12:00 PM - 4:00 PM

LA BELLA VISTA
380 FARMWOOD ROAD WATERBURY, CT 06704

MUSIC • FOOD • EDUCATIONAL VENDORS
GUEST SPEAKERS • RAFFLE PRIZES

SPACE IS LIMITED
MAKE SURE TO RSVP BY AUGUST 11TH:
203-206-0848 | JESSALYNPITO@GMAIL.COM

- NO COST TO YOU -
BUT A FUN TIME!

Transportation provided by Middlebury Senior Center

Please call 203-577-4166

Space limited, please reply by August 9, 2023

Wednesday November 8, 2023

Elvis is in the Building

11:00am—3:30pm

A little less conversation, a little more rock n' roll!!

John Monforto's performance brings Elvis' groove and entertainment
alive!

\$60.00 per person

Roast Beef / Pan Seared
Salmon

Call 203-577-4166



Tuesday December 12, 2023

Holiday Classics with Downtown 6 Band

*Featuring a sing-a-long from the Glamour Girls
& Santa George & Mrs. Claus!*

11:00am– 3:30pm

*Enjoy an afternoon filled with food, fun and music
designed to get you in the Holiday
Spirit!*

\$60.00 per person

Roasted Turkey / Baked Scrod

Call 203-577-4166



Tuesday, September 12, 2023

11:00am — 3:30pm

**Brass Attack Band & Donna Summer
Tribute**

This group pumps out energetic, infectious grooves ranging from hits by current popular artists to the **R&B/Soul** classics of the 60s & 70s

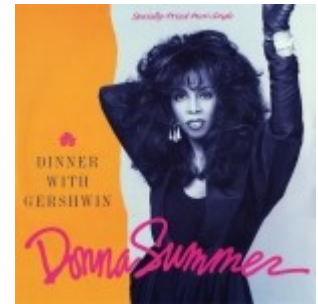
With Rainere Martin as Donna Summer!



\$60.00 Per Person

Roast Beef/ Chicken Francaise

203-577-4166



Tuesday October 10, 2023

11:00am—3:30pm

Polka! Polka!

With the Polka Family Band!

Back by Popular Demand!

The Polka Family Band is always a crowd favorite!

Their performance will keep everyone smiling and dancing the entire day!!

\$60.00 Per Person

Lemon Chicken / Pork Schnitzel

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

April 7 to 13, 2024 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

October 19 to 27, 2024 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

+++++

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

October 19—27, 2023

9 days/ 8 nights 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 Jr's struggle for equality.

Admission to Memphis Rock 'N' soul Museum

Admission to Stax Museum of American Soul Music

Gaming at the Memphis Area Casino

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

Quirky Facts About Connecticut That Sound Made Up, But Are 100% Accurate



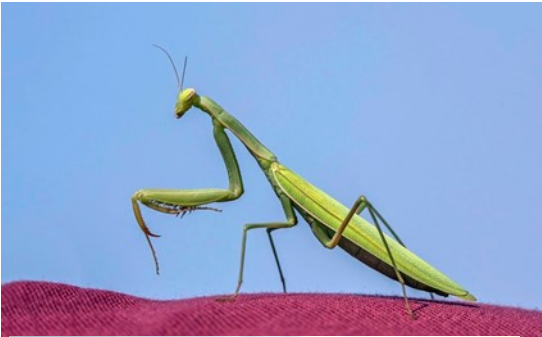
1. Essex is one of a small handful of American towns to have been invaded by a foreign power.

The [history of Essex, CT](#) is quite fascinating. Not many cities in the United States have ever been captured by a foreign power, but Essex was. During the War of 1812, the British army captured the town of Essex, then known as Potopaug. The army held the town for just a few hours before fleeing the area, but 28 ships were destroyed during the battle.



2. The world's first nuclear submarine was built in Connecticut.

There are plenty of interesting inventions from Connecticut, and one of the most notable is the first functional nuclear-powered submarine. The USS Nautilus was built in 1954 and set records by traveling underneath the Arctic ice cap. The submarine was retired in 1980 and is now on display at the [Submarine Force Museum in Groton](#).



3. Connecticut's state insect, the praying mantis, is not a native species.

The European mantis (*Mantis religiosa*) is the official state insect of Connecticut, but it's actually not even native to America. The insects were originally from Europe, and were not introduced to the United States until the late 1800s, when they were brought over for pest control.



4. Forests cover more than 60% of Connecticut.



5. By area, Connecticut is the third-smallest state. Even so, it's the fifth most densely-populated state!



6. Connecticut once had two state capitals.

From colonial times, there was a rivalry between the settlements at New Haven and Hartford. In 1701, the two cities were named co-capitals, with separate capitol buildings. The General Assembly met in New Haven once a year and Hartford six months later. The policy of dual capitals was re-examined in the 1860s. It was determined that the cost of maintaining two buildings and separate records was too expensive. A public vote was administered and in 1875, Hartford became the official (sole) capital of Connecticut.



7. Only one president has been born in Connecticut.

George W. Bush is pretty famously associated with the state of Texas, where he served as governor and lives today. He was actually born in New Haven in 1946, and his paternal grandfather was a Senator representing Connecticut in the 1950s.

8. According to Connecticut law, a pickle has to bounce in order to be considered a pickle.



This one appears on a lot of [strange laws in Connecticut](#) lists. In 1948, a pair of pickle salesmen were arrested for selling pickles considered "unfit for human consumption." When interviewed about their arrest, the Connecticut Food and Drug Commissioner stated you should be able to drop a pickle from the height of one foot and it should bounce.



9. The first speed limit in the U.S. was in Connecticut. You couldn't surpass 12 miles per hour on city roads, or 15 miles per hour on country roads.

10. The first phone book was published in Connecticut. It included 50 individuals and businesses, but no phone numbers.

The first telephone directory was published in Connecticut in 1878 and was a simple sheet of cardboard. It listed 50 individuals and businesses from around the New Haven area. All of the listed places had telephones, but callers looking to reach them would have to go through an operator to do so.



Middlebury Senior Center

1172 Whittemore Road

Middlebury, CT 06762

Pool Table Available daily				Middlebury Senior Center
				203-577-4166
August 2023				
Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
August	9:00 Billiards	8:15 Tai Chi	9:00 Billiards	9:00 Billiards
	9:30 Computer Training	9:00 Billiards	9:30 Computer Training	9:30 Painting Class
	9:30 Yoga	9:30 Computer Training		
	10:30 Open Studio	9:30 Tai Chi		
	10-12 Blood Pressure Clinic	10:30 Mah Jongg		
	10:30 Mah Jongg	11:00 Ancestry Workshop		
	11:00 Bridge Club	11:00 Pilates		
	1:00 Mah Jongg	1:00 Mah Jongg	1:00 Mah Jongg	
7	8	9	10	11
9:00 Billiards	9:00 Billiards	8:15 Tai Chi	9:00 Billiards	9:00 Billiards
9:30 Pilates	9:30 Computer Training	9:00 Billiards	9:30 Computer Training	9:30 Painting Class
10:00 Mah Jongg	9:30 Yoga	9:30 Computer Training		
11:00 Adult Strenthening	10:30 Open Studio	9:30 Tai Chi		
1:00 Knitting & Crochet	10-12 Blood Pressure Clinic	10:30 Mah Jongg		
Shop Rite	10:30 Mah Jongg	11:00 Ancestry Workshop		
	12:30 Bridge Club	11:00 Pilates		
	1:00 Mah Jongg		1:00 Mah Jongg	
14	15	16	17	18
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	Walmart	9:30 Painting Class
10:00 Mah Jongg	9:30 Yoga	9:30 Computer Training	9:30 Computer Training	
11:00 Adult Strenthening	10:00 Open Studio	9:30 Tai Chi	11:00 Investment Club	
1:00 Knitting & Crochet	10-12 Blood Pressure Clinic	10:30 Mah Jongg		
	10:30 Mah Jongg	11:00 Ancestry Workshop		
	11:00 Bridge Club	11:00 Pilates		
	1:00 Mah Jongg		1:00 Mah Jongg	
21	22	23	24	25
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 Tai Chi		
10:00 Mah Jongg	10:00 Open Studio	10:30 Mah Jongg	Shoreline Cruise	
11:00 Adult Strenthening	10-12 Blood Pressure Clinic	11:00 Ancestry Workshop	Bill's Lunch	
1:00 Knitting & Crochet	10:30 Mah Jongg	11:00 Pilates		
Shop Rite	11:00 Bridge Club	Financial Fraud & Abuse		
Summer Soiree	1:00 Mah Jongg	10:30 am Thomaston Bank		
28	29	30	31	
9:00 Billiards	9:00 Billiards	8:15 Tai Chi	9:00 Billiards	
9:30 Pilates	9:30 Computer Training	9:00 Billiards	9:30 Computer Training	
10:00 Mah Jongg	9:30 Yoga	9:30 Computer Training		
11:00 Adult Strenthening	10:00 Open Studio	9:30 Tai Chi		
1:00 Knitting & Crochet	10-12 Blood Pressure Clinic	10:30 Mah Jongg		
	10:30 Mah Jongg	11:00 Ancestry Workshop		
	11:00 Bridge Club	11:00 Pilates		
	1:00 Mah Jongg			