

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



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.

September 2021

Department Staff

JoAnn Cappelletti	Director
	Dispatcher
Angela Leveille	Publications & Programs
Terri Markie	Bus Driver
Sean Howard	Computer Lab

Commission on Aging

Judy Mirrer, Chairperson
Jean Hansen
Noa Miller
Ann Spierto
Nancy Pun
Nancy Mastroianni
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

LABOR DAY



September 6, 2021

Labor Day 2021 will occur on Monday, September 6. Labor Day pays tribute to the contributions and achievements of American workers and is traditionally observed on the first Monday in September. It was created by the labor movement in the late 19th century and became a federal holiday in 1894. Labor Day weekend also symbolizes the end of summer for many Americans, and is celebrated with parties, street parades, etc.

Middlebury Senior Center will be closed on Labor Day.

Middlebury
CONVALESCENT HOME
CARE BEYOND COMPARE
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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



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	Tues- days	Thurs- days	Mondays & Fridays	Tuesdays	Fridays

First Come, First Served

**Cheshire Middlebury Naugatuck Prospect Waterbury Watertown
Wolcott**



Message from our Nurse, Diane Morotto:

Falls are not a normal sign of aging and are a major risk factor in our senior population.

To help you reduce your risk for falls and maintain your independence:

1. Stand upright and take full steps
2. Wear shoes with good support
3. Never walk when dizzy
4. Only walk in well lighted areas
5. Carry an up to date list for medications
6. Use a walking aid if prescribed
7. Do not climb on chairs or ladders
8. Remove area rugs or electrical cords on floors
9. Keep a telephone within reach
10. If living alone, consider a personal emergency response system (life line)

On a beautiful day enjoy an outdoor walk around your yard or neighborhood.

Nurse Diane is available every Tuesday from 10am to 12 noon at the Middlebury Senior Center, 1172 Whittemore Road; for free blood pressure screenings and to answer any questions you may have.
No appointment necessary

Commission on Aging



The next Commission on Aging meeting will be held on Tuesday, September 14, 2021 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
Transportation	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.



Flu Shots will be available at the Middlebury Senior Center on Monday, October 18, 2021

From 12noon to 4pm.

In order to avoid overcrowding and unnecessary waiting time, please call 203-577-4166 for an appropriate time.

Thank you



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 Tuesday at 10am and 1pm.

ART CLASS



Dory St. John offers art classes

on Fridays from 9:30—11:30am. The fee is \$5.00 per class



POLISH POKER

Our Polish Poker players have resumed their games on the second Wednesday of the month.

Yoga



Tuesdays at 9:30 to 10:30

Helene Korchin is back for our Yoga classes. The next session began on

August 10th. The next class will begin on September 21, 2021. The fee for Yoga is \$30 for 6 classes

Nutrition Cooking Class

Nichole from Brass City Harvest will be giving nutrition cooking class every Wednesday from 12:30 to 1:30 pm.



Enjoy cooking with Nichole and sample your finished product. This class is free of charge.

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 Weldon) began classes on June 9th. The next class will begin July 28, 2021 .

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

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

**NOW SHOWING AT THE MIDDLEBURY
SENIOR CENTER**

WEDNESDAY, SEPTEMBER 22-11:00AM



Mr. Saturday Night is a 1992 American comedy-drama film that marks the directorial debut of its star, Billy Crystal.

It focuses on the rise and fall of Buddy Young Jr., a stand-up comedian. Crystal produced and co-wrote the screenplay with the writing duo Babaloo Mandel and Lowell Ganz. It was filmed from November 1991 to March 1992 and released on September 23, 1992, by Columbia Pictures. Co-star David Paymer received an Academy Award nomination for Best Supporting Actor.

Mr. Saturday Night details how stand-up comedian Buddy Young Jr. became a television star, with the help of his brother and manager, Stan, but alienated many of those closest to him once his career began to fade.

Through a series of flashbacks, the brothers are seen during childhood entertaining their family in the living room. The older Buddy continues his career as a comic in the Catskills, where he meets his future wife, Elaine.

Buddy's fame grows, as does his ego. He hits the big time with his own Saturday night television show. But despite the warnings of his brother, Buddy uses offensive material on the air, costing him his show and beginning his career slide. His career was officially over when he tried to do a stand-up act in the Ed Sullivan show. It was after the Beatles when he offended a lot of people and messed it up.

As an older man, long past his prime, Buddy is estranged from Stan as well as from his daughter, Susan. A chance at redemption comes when a young agent named Annie Wells finds him work and even gets Buddy a shot at a role in a top director's new film. Buddy nevertheless gives in to his own self-destructive nature, continuing to take its toll on the comic's relationships with his family.



EMERGENCY BROADBAND BENEFIT

The Emergency broadband Benefit is a temporary FCC program to help households' struggling to afford internet services during the pandemic. The benefit provides:

- Up to \$50/month discount for broadband services;
- Up to \$75/month discount for households on qualifying Tribal lands; and
- A one-time discount of up to \$100 for a laptop, desktop computer, or tablet purchased through a participating provider.

A household is eligible if one member of the household:

- Has an income that is at or below 135% of the Federal Poverty Guide lines or participates in certain government assistance programs;
- Receives benefits under the free and reduced-price school lunch or breakfast program;
- Received a Federal Pell Grant during the current award year;
- Experienced a substantial loss of income due to job loss or furlough since February 29, 2020; or
- Meets the eligibility criteria for a participating provider's existing low-income or COVID-19 program

There are three ways to apply:

- Contact your preferred participating provider directly to learn about their application process.
- Go to – GetEmergencyBroadband.org to submit an application and to find participating providers near you.
- Complete a mail in application and send it along with proof of eligibility to : Emergency Broadband Support Center P.O. Box 7081 London, KY 40742

Any questions call 833-511-0311 or Visit fcc.gov/broadbandbenefit

Struggling to pay your electric or heating bill? We have programs to help.

For more information on these assistance programs, scan the QR code below, visit Eversource.com/BillHelp or call us at 800-286-2828. We'll work with you one-on-one to find the best program for you.

Protection from Shutoff for Hardship Customers

For qualifying gas or electric customers experiencing financial hardship, service cannot be turned off between November 1 and May 1.

Medical Protection

If you or a member of your immediate household has a serious or life-threatening medical condition, you may be eligible for protection from service disconnection for non-payment. Please call us at 800-286-2828 to learn more or enroll.

Matching Payment Program *(For electric heating and gas heating customers)*

Reduce your past due balance with affordable monthly payments.

Call us at 800-286-2828 or visit 211ct.org to find your local community action agency to enroll and apply for state energy assistance funds.

Once enrolled, Eversource will match your payments, plus the amount of energy assistance you receive on your account, down to a zero balance.

If you receive public assistance benefits, your payments can be reduced to as low as \$50.

New Start *(for electric customers)*

Have your outstanding balance eliminated in as little as 12 months.

We'll establish a monthly budget payment for you based on your usage.

Make your scheduled New Start monthly payment, and a portion of your past-due balance will be eliminated or "forgiven," reducing the amount you owe each month.

Home Energy Solutions

Whether you rent or own your home, save money and energy with an in-home energy efficiency evaluation and service at no cost. Please call 1-877-WISE USE (947-3873) or visit Eversource.com/BillHelp for an application.

To be eligible for income-based assistance programs, your household income must be at or below 60% of the State Median Income:

Household Size	1	2	3	4	5	6	7	8
Income Level	\$39,027	\$51,035	\$63,044	\$75,052	\$87,060	\$99,069	\$101,320	\$103,572
Household Size	9	10	11	12	13	14	15	16
Income Level	\$105,823	\$108,075	\$110,326	\$112,578	\$114,830	\$117,081	\$119,333	\$121,584

Other Help: Operation Fuel: 860-243-2345
United Way Infoline: 211
Public Utilities Regulatory Authority: 800-382-4586

Scan here for more information



EVERSOURCE

¿Estás Teniendo Problemas para Pagar tu Recibo de Luz o Calefacción? Tenemos Programas para Ayudarte.

Para más información sobre estos programas de ayuda, apunta tu cámara en el código QR abajo, visita Eversource.com/Ayuda o llámanos al **800-286-2828**.
Te ayudaremos a encontrar el mejor programa para ti.

Protección Contra la Desconexión para Clientes con Dificultades

Para clientes de gas o electricidad que cumplan con los requisitos y estén teniendo dificultades económicas, el servicio no puede desconectarse entre el 1 de noviembre al 1 de mayo.

Protección Médica

Si tu o un miembro en tu hogar tiene una condición médica seria o que pone la vida en peligro, podrías ser elegible para la protección de desconexión de servicio por falta de pagos. Por favor llámanos al **800-286-2828** para informarte o inscribirte.

Programa de Igualación de Pagos (Para clientes de calefacción eléctrica y calefacción de gas)

Reduce tu saldo adeudado con pagos mensuales módicos.

Llámanos al **800-286-2828** o visita **211ct.org** para encontrar tu agencia de acción comunitaria local para inscribirse y solicitar fondos estatales de asistencia energética.

Luego de inscribirte, Eversource igualará tus pagos, más la cantidad de asistencia energética que recibas en tu cuenta, hasta cubrir todo el saldo.

Si recibes beneficios de asistencia pública, tus pagos se pueden reducir hasta \$50 dólares.

Nuevo Comienzo o New Start (para clientes de servicio eléctrico)

Elimina tu saldo atrasado en tan sólo 12 meses.

Estableceremos un pago mensual basado en tu consumo de luz.

Haz tu pago mensual de Nuevo Comienzo programado y parte de tu saldo atrasado será eliminado o "perdonado," reduciendo la cantidad que debes cada mes.

Home Energy Solutions (Soluciones de Energía Para el Hogar)

Ya sea que rentes o seas dueño de tu casa, ahorra dinero y energía con una evaluación de energía y servicio para el hogar sin ningún costo. Por favor llama al **1-877-WISE USE (947-3873)** o visita Eversource.com/Ayuda para aplicar.

Para calificar para los programas de ayuda basados en los ingresos, los ingresos de tu hogar deben ser igual o menos del 60% del Ingreso Medio Estatal:

Residentes en el Hogar	1	2	3	4	5	6	7	8
Cantidad de Ingresos	\$39,027	\$51,035	\$63,044	\$75,052	\$87,060	\$99,069	\$101,320	\$103,572
Residentes en el Hogar	9	10	11	12	13	14	15	16
Cantidad de Ingresos	\$105,823	\$108,075	\$110,326	\$112,578	\$114,830	\$117,081	\$119,333	\$121,584

Ayuda Adicional:

Operation Fuel: **860-243-2345**
Línea de Información de United Way: **211**
Public Utilities Regulatory Authority: **800-382-4586**
(Autoridad Reguladora de Servicios Públicos)

Apunta tu cámara aquí para más información.



EVERSOURCE

MEDICARE OPTIONS

When it's time to select your Medicare plan, you have an assortment of options. If your health care needs are minimal, Original Medicare may be your best choice. Those who have more complex health care needs may want to consider a Medicare Advantage Plan. These plans include vision, dental and hearing coverage and many offer prescription drug coverage. If you only need a little extra to supplement Original Medicare, try a Medicare Supplemental Insurance plan. Those who regularly take medications may want to opt for a [Part D](#) prescription drug plan.

Original Medicare

Original Medicare has two parts: [Part A](#), which provides insurance for inpatient hospital care, lab tests, surgery, home health care, hospice care and stays in a skilled nursing facility; and [Part B](#), which includes visits to the doctor's office, medically necessary services, preventative care, ambulance services, mental health care and limited outpatient prescription drugs. With Original Medicare, you pay a deductible and then your share of the in-patient or out-patient visit. There's no limit on what you pay out-of-pocket under Original Medicare. If you select Original Medicare and you want drug coverage, you'll need to select a separate Part D plan.

Medicare Advantage Plans

Medicare Advantage Plans are provided by private health insurance companies that have been approved by Medicare. These plans include Medicare Parts A and B, and some plans also include prescription drug coverage. [Medicare Advantage Plans](#) provide additional benefits, such as vision, fitness programs, dental and hearing coverage. You can select one of four different Medicare Advantage Plans: [HMOs](#), [PPOs](#), [Private Fee-for-Service Plans](#) and [Special Needs Plans](#). Some plans only let you use in-network providers, while others offer more flexibility for a price. You can only select a Medicare Advantage Plan that's available in the county where you live in Connecticut.

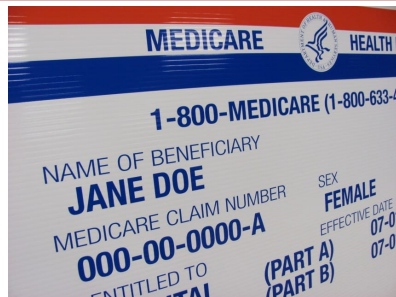
Medicare Prescription Drug Coverage Plans

While Original Medicare doesn't cover prescription drugs, you [can add coverage from a Part D plan for a fee](#). How much your plan costs depends on several factors, including your pharmacy, the [tier of the drug](#), and whether a drug company offers financial assistance to help you pay for their products. However, Medicare Advantage Plans often provide prescription drug coverage. In some plans, such as SNPs, prescription drug coverage is required. If you don't select a Part D plan when you initially enroll in Medicare or select a Medicare Advantage Plan [that offers prescription drug coverage](#), you can enroll later, but you may have to pay a permanent monthly penalty.

Medicare Supplement Insurance Programs

Payment gaps exist in Original Medicare, and you may not always be 100% sure about what is and isn't covered. If there isn't a Medicare Advantage Plan that works for you, you may want to consider purchasing a Medicare Supplement Insurance Plan, known as [Medigap](#). These plans help plug the gaps in Original Medicare, cover the copays in Parts A and B, and may cover any excess Part B costs. If you need to go out of the country on a business or family trip, a [Medicare Supplement Insurance Plan](#) can provide medical coverage. Medicare Supplement Insurance won't work with any Medicare Advantage Plan.

To review further information, please click on the red link



Medicare open enrollment period begins October 15, 2021 and ends on December 7, 2021

Here is a list of items to bring to open enrollment:

- ◆ Create an online *Medicare.gov* account (directions below)
- ◆ Medicare card, with effective dates for Part A or Part B
- ◆ Date of Birth
- ◆ Zip Code
- ◆ List of medications that include dosage, how many times per day, & quantity (30, 60, 90 day supply)
- ◆ Name and address of preferred pharmacy
- ◆ Name of your current Medicare plan (if applicable)
- ◆ Gray Connect Card, and /or Medicaid (Husky) card.

Contact us to get help with a certified Medicare specialist at 203-577-4166

HOW TO CREATE AN ONLINE ACCOUNT

Why create the account?

- Build a better drug list.
- Modify your drug list and save changes.
- Compare benefits and costs in your current plan to other plans available in your area.
- See prices based on any help you get with drug costs.

If you want access to personalized information and features, and/or to enroll in the plan of your choice, you'll need to create an online medicare.gov account.

How to create the account: visit [Medicare.gov/plan-compare](https://www.medicare.gov/plan-compare) and click "Log in or Create Account".

You will need:

1. Medicare number – You can find this on your red, white, and blue Medicare. If you're new to Medicare and don't have your card yet, you can get your Medicare Number by logging into your Social Security account at [socialsecurity.gov/myaccount](https://www.socialsecurity.gov/myaccount), or on the letter you get from Social Security after you enroll.
- 2 Last name
- 3 Date of birth
- 4 Current address with ZIP code or city
- 5 Part A or Part B coverage start date – you can find this on your Medicare card.

Once you add this information and select "Next," you can create a username and password and use your new Medicare account. Remember to keep your username and password in a safe place to protect your privacy.

FORGOT YOUR USERNAME OR PASSWORD?

If you have an existing account, but forgot the username or password, click "trouble logging in?" under the username box on the log in page. You'll need this information:

- * Medicare Number
- * Last name
- * Date of birth

RENTER'S REBATE PROGRAM



Effective April 1, 2021 Through September 15, 2021

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 2020.

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.

Due to COVID-19 applications will be processed by appointment only.



OPERATION FUEL

Begins July 1, 2021

Operation Fuel residential energy assistance programs, hardship enrolling of income eligible Eversource customers in Eversource's NewStart arrearage forgiveness program will begin on July 1, 2021.

The program is for emergency energy / utility assistance grants. Programs will be offered to provide assistance for a household's primary space heating, secondary energy, and / or water accessibility needs.

Call 203-577-4166 for an appointment to apply.



Bus Trip to Old Saybrook Area and the Connecticut Shoreline

LUNCH AT LENNY & JOE'S
Thursday, September 2, 2021

View the beautiful coastal CT shoreline in Old Saybrook and Westbrook with water views.

For example, To North Cove

The Fort site at Saybrook Point across the causeway to Fenwick (where Katherine lived)

Knollwood along the water..... beautiful water views

Castle at Cornfield Point, Great Hammock Road
Saybrook Town Beach

Across the marsh, Bills Seafood and across the singing bridge

Finishing with lunch at the original Lenny and Joe's in Westbrook.

This trip will be narrated by Jean Hansen who is full of knowledge about the shoreline.

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



The Middlebury Senior Center will be going to New England's largest antiques shop

Thursday, September 16, 2021

Bus will leave the center at 9:30am.

Transportation fee is \$7 per person

One of New England's largest multi dealer antiques and collectibles shop.

Our multi dealer shop has over 22,000 sq. ft. of floor space on one floor with more than 100 dealers offering an eclectic mix of antiques, collectibles, jewelry, stained glass, lighting, musical instruments and LPs, and tons of just plain cool stuff.

We have something for everyone, including the kids. There is so much to see, including our 1950's TV converted to a fish tank, our collection of toy trucks, super cool Lego figures, movie ticket booth, and so much more. So bring the whole family, spend a few hours with us, and have some fun.

We offer:

plenty of paved parking

Handicapped access (with ramps and wide aisles)

Air conditioning

Spacious modern bathrooms

One floor shopping

Drinks and snacks

Call 203-577-4166 to reserve your seat.



The Middlebury Senior Center has an opportunity to offer ballroom dancing classes.

If interested please let us know-- 203-577-4166

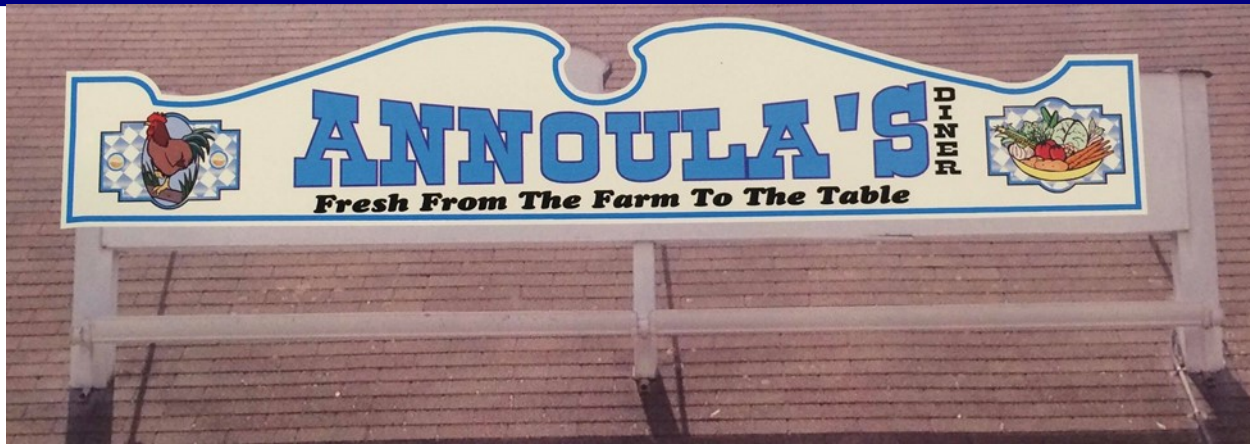
We plan to start the classes on Wednesdays at 1pm, and the charge will be \$5 per person.

It has been recently documented by reliable sources that ballroom dancing, more than any other activity, can delay, if not actually prevent, the onset of Alzheimer's Disease and dementia, because of the non-repetitive actions and rapid fire decision making it requires. This keeps the neurons in the brain very active and promotes youthful well-being. Those who participate in ballroom dance activities on a regular basis appear to be younger looking, more energetic, better balanced, and just plain happier than those who do not.

While partners are not necessary to take these classes; it is, of course, more fun if you have someone to dance with.

The instructor is Georg Maderski. He began his dance career at the age of 6. His intense training program included many years of tap, jazz, ballet, Russian character and Polish folk dancing. In 1976 he began teaching ballroom dancing for Fred Astaire, Arthur Murray, and many other dance studios throughout the Metropolitan N.Y.C area.





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 for the month of May. 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 September at 11:30am)

For the month of September:

September 1 – Shepherd's Pie, vegetables—or Chicken Gyro, Roasted potato, vegetables

September 8—Mediterranean Chicken, Roasted potato, Vegetables or American Chop Suey, small salad

September 15 - Greek salad plate— Pasta Bolognese with small salad

September 22 –Chicken Francaise with roasted potato, vegetables or Baked scrod with roasted potato, vegetables.

September 29 - Chicken Marsala with roasted potato, vegetables or Hamburger with roasted 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. 2 or 3**



NEW OPPORTUNITIES
Building Relationships to End Poverty™

SENIOR FARMER'S MARKET COUPONS



To receive coupons you must be 60+ or disabled.

If a senior participant is unable to go and receive the coupons or to unauthorized location to redeem to coupons, a proxy may go in their stead. The Senior Participant Proxy Form must be completed by the eligible participant to allow for a proxy, forms can be picked up at the Middlebury Senior Center.

For more information please call 203-577-4166



USED INK CARTRIDGES

Don't throw your used ink cartridges away.

Donate them to the Middlebury Senior Center, we recycle.

Thank You

VETERANS

You have questions

VA has answers!

Call VA today at 1-800-MYVA411 (1-800-698-2411)

The Number to call when you don't know who to call.

You only need to remember one number for information on VA care, benefits, and services or to speak to a live agent for assistance!

1-800-MyVA411 serves all members of the Veteran and service member community seeking information or Assistance.

Call for helpful information on:

- * COVID-19 general information and updates
- * Health care eligibility and enrollment
- * VA benefits, such as disability, compensation & pension, education programs, caregiver support, insurance, home loans, & burial headstones and markers, among others.
- * The nearest VA medical centers, benefits offices, or cemeteries to Veterans
- * Directory assistance and connection to all VA contact centers and VA Medical Centers
- * Technical support for [VA.gov](https://www.va.gov)
- * Debt and payment options
- * Immediate transfer to the Veterans Crisis Line or the National Call Center for Homeless Veterans

When you call 1-800-MyVA411 and press 0, you will reach a live agent for immediate assistance or connection to the right VA experts



**Waterbury
Hospital**

WaterburyHEALTH

64 Robbins Street
Waterbury, CT 06708
www.wtbyhealth.org/women

**Sandra Micalizzi
RN, MSN, CDE**

Women's Health
Program Navigator

T 1-888-504-4HER (4437)
Sandra.Micalizzi@wtbyhosp.org

**Waterbury
Hospital**

WaterburyHEALTH

Harmful Effects and Symptoms of Dehydration

The Harmful Effects Result from Dehydration:

- Tiredness
- Migraine
- Constipation
- Muscle cramps
- Irregular blood pressure
- Kidney problems
- Dry skin
- 20% dehydrated – Risk of death

Symptoms of Dehydration

Here are the symptoms of dehydration, if you are having one of those, it is a sign that you need more water:

- **Dark Urine – Dark Yellow or Orange in Color:** Urine is generally pale yellow to clear when you have sufficient water intake. Dark color or strong smell indicates that you need to drink more water.
- **Dry Skin:** Skin is the largest body organ and requires its share of water.
- **Thirst:** Thirst is the most obvious sign that you're already dehydrated. It is always a good practice to drink more water when you are not thirsty, don't wait until you're thirsty.
- **Hunger:** Most people mistake hunger for the indication to eat more, whereas in actual fact, they may be dehydrated. So before you have your meal, grab a glass of water.
- **Fatigue:** Water is a source of energy and gives you a boost in energy.

...take a day to avoid