

# SENIOR NEWSLETTER

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

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

Website: [www.middlebury-ct.org](http://www.middlebury-ct.org)



## Department of Social & Elderly Services

### Mission Statement

The Department of Social Services and Elderly Services is a focal point for all town residents who seek public services. We provide aid in time of crisis, both financial as well as service oriented. We furnish state-administered programs through referrals in order to see that each resident is provided with a standard in conducting their lives.

To the elderly community we are constantly seeking to improve their quality of life by educating them in new concepts of living. We keep our elderly active in the community through volunteerism as well as educational and recreational programs. We continue to keep them up to date through informative group sessions which enhance their personal development.

As changes occur in our world, our goal is to re-adapt programs so that our citizens can keep in step with the rest of the community.

# September 2022

## Department Staff

JoAnn Cappelletti	Director
Ashley Norton	Dispatcher
Angela Leveille	Publications &
Kathleen Patton	Bus Driver
Sean Howard	Computer Lab

## Commission on Aging

Judy Mirrer, Chairperson  
Jean Hansen  
Noa Miller  
Ann Spierto  
Nancy Pun  
Nancy Mastroianni  
Ann Zimkus  
JoAnn Cappelletti ( Director of  
Elderly & Social Services)  
Ralph Barra (Liaison)

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

Phone 203-577-4166

[jcappelletti@middlebury-ct.org](mailto:jcappelletti@middlebury-ct.org)

Discover our Website: [www.middlebury-ct.org](http://www.middlebury-ct.org)



### Notifying the Public Under Title VI

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

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

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

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

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



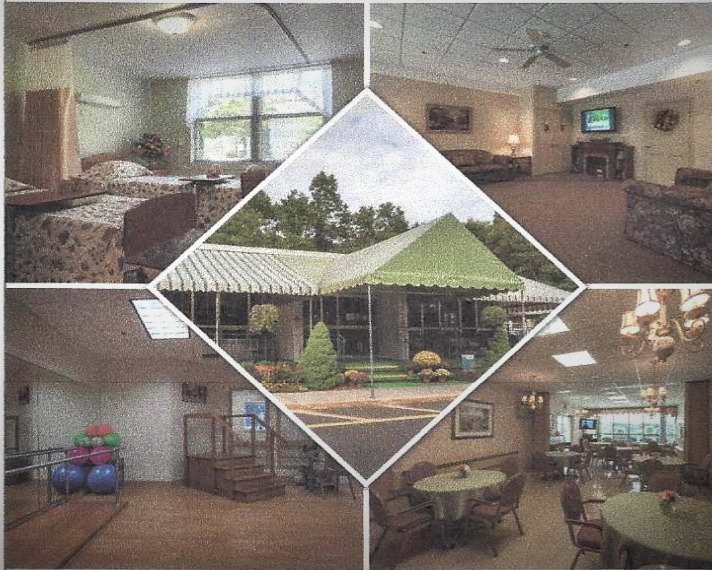
September 5—the first Monday in September—is **Labor Day**. Canadians also observe Labour Day. September 11 is Patriot Day, held in honor and remembrance of those who died in the September 11 attacks of 2001. September 11 is also Grandparents Day this year.

Oddfellows Friendship Month is observed throughout September every year across the world. The month reminds us why friendships are so important — they are the source of joy, companionship, and love. No matter our age, we need friends to offer us comfort and solace, especially concerning those aspects of our lives that we keep hidden from our family and other people. A good friendship is like food for your soul — it nourishes you and keeps you going. Oddfellows Friendship Month is also the time to reconnect with friends you have lost touch with and begin new friendships.




midconhome.com  
203.758.2471

Family Owned and Operated



Offering Short & Long Term Care

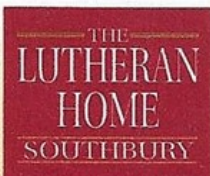
778 Middlebury Road, Middlebury | 203-758-2471 

# Get READY FOR HOME at Lutheran Home

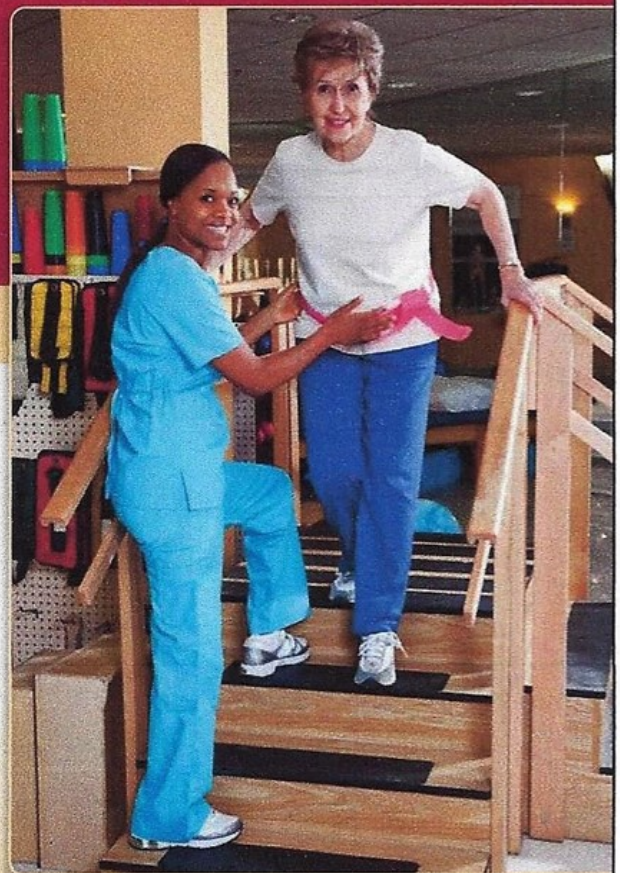
**2016 5-STAR MEDICARE RATING**

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

After 3 no shows, passengers will be suspended from using the mini bus for 30 days.

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

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_

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

Department of Social Services  
1172 Whittemore Road  
Middlebury, CT 06762

# **GWDT**

## **Dial – A – Ride**

**One day a week each municipality will have the**

***Dial-A-Ride Transportation***  
**Available for eligible**

**Seniors (ages 60 & Over) and the Disabled.**

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

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

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

**First Come, First Served**

**Cheshire Middlebury Naugatuck Prospect Waterbury Watertown  
Wolcott**

# Hartford HealthCare at Home

## A Place for You at Hartford HealthCare at Home

Become someone's hero. When you give us the valuable gift of your time and compassion, we give you a chance to make a real difference in someone's life.

Join our amazing group of Hospice Volunteers by attending our upcoming Hospice Virtual Volunteer Training Series:

Tuesday, October 4<sup>th</sup>, 6:00– 8:30 pm  
Thursday, October 6<sup>th</sup>, 6:00–8:30pm  
Tuesday, October 11<sup>th</sup>, 6:00– 8:30 pm  
Thursday, October 13<sup>th</sup>, 6:00– 8:30 pm  
Tuesday, October 18<sup>th</sup>, 6:00– 8:30 pm  
Thursday, October 20<sup>th</sup>, 6:00– 8:30 pm



Volunteers are friendly visitors for our hospice patients at home and in nursing facilities. Volunteers are needed to read to patients, provide a listening ear, play music, provide Reiki, and to visit with certified pet therapy teams. Volunteers are required to be vaccinated, complete health screens and background checks.



### Certified Pet Comfort Teams Needed

Is your best friend pet therapy certified?

Are you looking to bring smiles to those you visit?

We would love to have you as a Hospice Volunteer for Hartford HealthCare at Home!

Free training is provided to all humans visiting hospice patients. Volunteering is scheduled at your convenience and at preferred locations.

**We know the best therapists have fur and four legs!**

**Please contact Holly Beck, MA, LPC, Volunteer Coordinator**

**[Holly.beck@hhchealth.org](mailto:Holly.beck@hhchealth.org) or 203-321-3008**



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

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

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

### Application & Eligibility

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

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

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

<u>Household Size</u>	<u>Income Limits</u>
1	\$47,600
2	\$54,400
3	\$61,200
4	\$68,000
5	\$73,450
6	\$78,900
7	\$84,350
8	\$89,899

\*Income limits are subject to periodic change.

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

**1172 Whittemore Road**

**Middlebury, CT 06762**

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



## **Message from our Nurse Diane Morotto:**

**September** is Self Care Awareness Month.

**It is a time to remind us that taking care of ourselves is so essential in improving our physical, mental & emotional well being. Selfcare allow you to establish a positive mindset that will translate to good feelings and emotions for others around you.**

**Selfcare can be as simple as:**

- 1. A conscious deep breath in the morning**
- 2. A sleep-in or a long afternoon nap**
- 3. Reading a short story**
- 4. Going to sit in nature, be still and listen**
- 5. Connecting with someone you haven't talked to in a long while**
- 6. Meditating for 15 minutes and setting one intention for the day**
- 7. Dancing to the music**
- 8. Forgiving someone you have been holding a grudge against.**
- 9. Doing something that makes you smile**
- 10. Reflecting on what you are grateful for in this season of your life.**

**Engaging in a self care routine has been clinically proven to decrease or eliminate anxiety and depression, relieve stress, improve concentration, minimize frustration and anger, improve energy and, most importantly, increase happiness.**

**So, let's get ready for a beautiful, refreshing, and colorful Autumn Season. Enjoy!**



## Commission on Aging



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

All interested persons are welcome to attend.

## Contacting our office is easy!

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



## 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](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.

## Attention Veterans



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

It also explains the Federal Benefits for Dependents and Survivors.

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



## COMPUTER HELP

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

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

## MAH-JONGG



Mah-Jongg is a Chinese game that is played using 144 domino-like tiles. Middlebury Senior Center has mah-Jongg games every Monday, Tuesday at 10am and 1pm, Wednesdays at 10am, & Thursdays at 10am & 1pm

## ART CLASS



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

## PILATES CLASS



Two classes per week:  
\$40

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

Next class begins October 3, 2022

## 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

## 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

## Yoga



Tuesdays at 9:30 to 10:30

Helene Korchin is back for our Yoga classes.

The next class will begin on Tuesday, October 4, 2022. The fee for Yoga is \$30 for 6 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  
Beginning September 6, 2022  
\$5 drop in fee. Sign up in the office or call 203-577-4166.

## Tai Chi



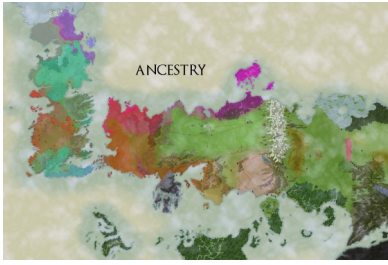
Wednesdays; 8:15 and 9:45am

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 October 19, 2022.

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

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



Our computer technician started a computer club for the Middlebury

Senior Center.

Our club is now exploring Ancestry.com, or family search.

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

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

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



## Grandparents Day

is celebrated on the first Sunday after Labor Day (the first Monday in September).

**September 11, 2022**

Marian McQuade hoped to establish a national day that would honor grandparents, and in 1970 she began a campaign to do so. McQuade raised awareness about senior citizens throughout the 1970s. In 1978, President Jimmy Carter declared the first Sunday after Labor Day to be National Grandparents Day. Each year, the president issues a proclamation to keep the tradition going.

Grandparents Day has both an official flower and song. Both were chosen by the National Grandparents Day Council.

The official flower is the forget-me-not. The official song is Johnny Prill's "A Song for Grandma and Grandpa."



**Please donate  
your used ink  
cartridges**

The Middlebury Senior Center

Recycles

Thank you

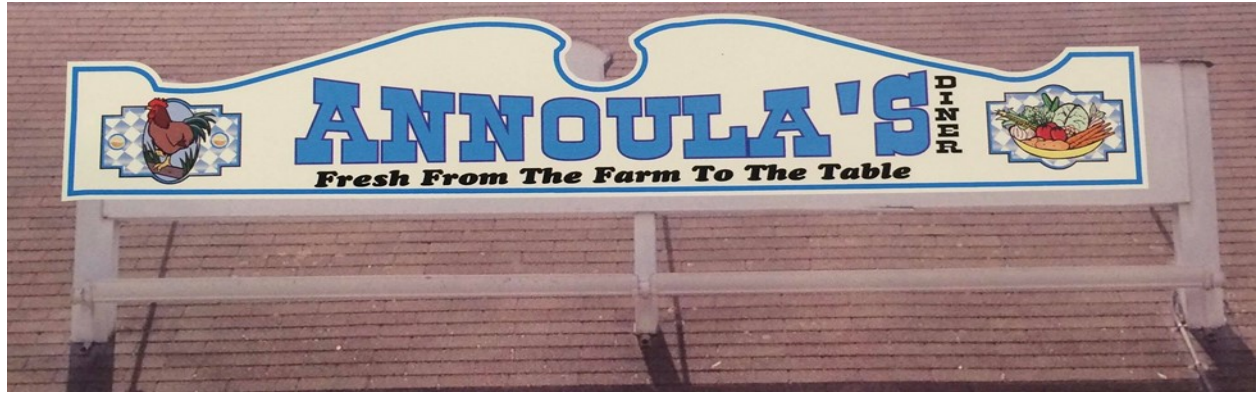


## Middlebury Senior Center

### Investment Club

If you are one of many of us who watch the Stock Market and would like to invest and are interested in how an investments club works; you are invited to sit in at one of our meetings and see what it's all about.

The meetings are held monthly on the third or fourth Thursday of the month from 11am to 2pm in the Shepardson Community Building, 1172 Whittemore Road in Middlebury; Room # 26. Please call ahead 203-577-4166.



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

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

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

**(Every Wednesday in September at 11:30am)**

**For the month of September:**

**September 7** – Pasta Bolognese with small salad OR Meatloaf, roasted potato, vegetable

**September 14**– Chopped sirloin with mushroom gravy, roasted potato and vegetable OR Spinach salad plate

**September 21**— Chicken Gyro, roasted potato, vegetables OR American chop suey, small salad

**September 28**— Chicken Pot pie, vegetables OR Baked macaroni and cheese, small salad

**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.



This Photo by

## **SOLAR PANEL SCAM ALERT! DON'T GET SWINDLED**



This Photo by

Solar Energy is NOT free! There are sales agents telling people that they can install your solar panels for free. What they really mean is that the company will install their solar panels for no money down.

There are those in the community stating they were told they were getting solar energy for free, when they are actually being misled by salesmen telling them that installation is free. Solar energy has several different ways of working. In some cases, the Solar company installs the panels, but retains ownership of the system and the consumer pays a rental fee for the system each month. There are also ownership programs, where a person purchases the system. This can be expensive and need to take a loan in order to pay for ownership of the system. They are then making payments on the loan and for the electricity until it is paid off.

The **pros** of solar energy are that it may increase the value of your home. You may get tax benefits for opting to use this system, and if you have excess energy, it may be sold to the utility company.

**Cons** are clean energy may depend upon where you live. The system may not work well in some areas. Secondly, it may take a while to pay off the loan, so the system could be expensive until it is paid in full.

Solar Energy is not a quick fix idea that you make over the phone. If an agent calls trying to sell you a free system, and if you have interest tell them to send you information on their system. Also, check on which are considered the best and most reliable systems. Finally, figure out how long it would take you to pay off the loan before you reap the benefits.

**Please don't commit to anything over the phone without doing your research.**

## **SHOPPING TRIPS FOR September**



**The Middlebury Senior Center bus will be scheduling trips to Walmart in Naugatuck Thursday , September 9th.**

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

**Fridays --- September 2 — September 16.**

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

**To reserve your seat please call**

**203-577-4166**

# CONNECTICUT



## Know before you vote



For 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.

## VETERAN'S CORNER

You have questions? VA has answers!



Call VA today at 1-800-MyVa411 (1-800-698-2411). The number to call when you don't know who to call.

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

1/800\*MyVA411 serves all members of the Veteran and service member community seeking information or assistance.

### Call for helpful information on:

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

**Will I be able to speak to a live agent?** Yes! 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.

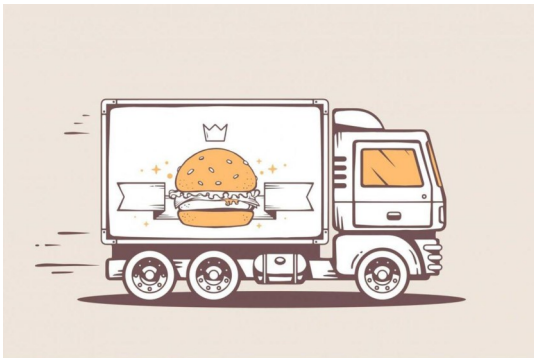
# SENIOR CENTER PICNIC

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 pulled 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!

GAMES

&

Entertainment will be provided

Asking donations of \$2.00



# **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.**

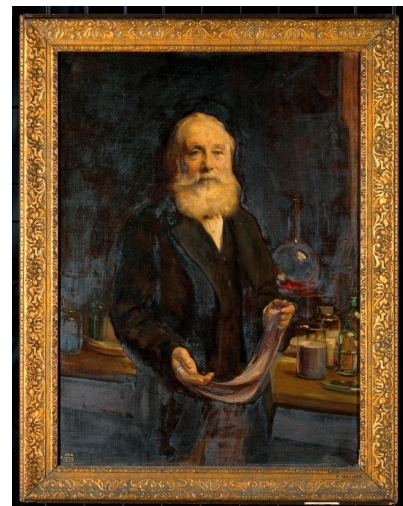
**Bring our own supplies**



**Space available on Tuesdays 10:30 — 1:30**  
**Beginning on September 6th**

**If interested, please sign up in the office**  
**203-577-4166**

**There is a \$5 fee per session**





# 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**

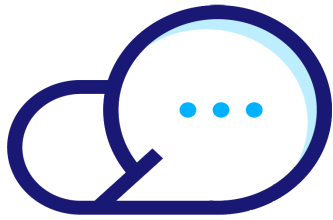
**Pickup at Woodside at 10:15 A.M.**

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



# lunch & learn



Mark your calendar;

**ARCHANA JOHAR, M.D., F.A.A.O.**

**Cataract & LASIK Specialist**

**Monday, September 12, 2022, Dr. Johar will give us a very informative lecture on eye health.**

**After her introduction she will be providing a lunch**

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



## Lunch & Learn

**Thursday, September 22, 2022**

**11:30am**

**Attorney Julia M. Brown, J.D. is the founding principal of the Law Office of Julia M. Brown, LLC located in Waterbury, Connecticut. For the past 24 years Attorney Brown's practice has focused exclusively on providing "critical legal care and supportive services" to elders, the disabled elders and their families.**

**Enjoy a lunch after the discussion.**

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





## **AARP Drive Safe Class**

**Middlebury Senior Center**

**1172 Whittemore Road**

**Thursday, September 29, 2022**

**9:00am—1:00pm**

**\$20.00 members**

**\$25.00 non-members**

**Checks only**

**Must show membership card**

**Call 203-577-4166 to reserve your seat**



## CT SHORELINE

Thursday, September 15, 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. (Payment at Bill's is cash only)

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

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

Bus leaves the senior center at 9:30am



# 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:**

Bus leaves Senior Center at 11:30am

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



## 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

### 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.**



## UNDERSTANDING MEMORY LOSS

### **DIFFERENCE BETWEEN MILD FORGETFULNESS AND MORE SERIOUS MEMORY PROBLEMS:**

#### **What is mild forgetfulness?**

It is true that some of us get more forgetful as we age. It may take longer to learn new things, remember familiar names and words, or find our glasses. These are usually signs of mild forgetfulness, not serious memory problems. **If you're worried about your forgetfulness, see your doctor.** You also can do many things to help keep your memory sharp. Finding a hobby, spending time with friends, eating well, and exercising may help you stay alert and clear-headed.

#### **What is a serious memory problem?**

**Serious memory problems affect your ability to carry out everyday life activities such as driving a car, shopping, or handling money. Signs of serious memory problems may include:**

- Asking the same questions over and over again.
- Becoming lost in places you know well.
- Not being able to follow directions.
- Getting very confused about time, people, and places.
- Not taking care of yourself—eating poorly, not bathing, or being unsafe.

#### **What to do about serious memory problems?**

If you are having any of the problems listed above, see your doctor. It's important to find out what might be causing a serious memory problem. Your treatment depends on the cause of the problem.

#### **What causes serious memory problems?**

**Medical condition:** Certain medical conditions can cause serious memory problems. These problems should go away once you get treatment. Here's a list of things that cause memory problems:

- Bad reaction to certain medicines
- Depression
- Not having enough fluids in your body, also called dehydration
- Not eating enough healthy foods, or too few vitamins and minerals in your body
- Minor head injuries
- Thyroid problems

**These medical conditions are serious and should be treated by a doctor.**

**Alzheimer's disease:** Alzheimer's disease also causes serious memory problems

The signs of Alzheimer's disease begin slowly and get worse over time. This is because nerve cell changes in the brain cause large numbers of brain cells to die. It may look like simple forgetfulness at first, but over time, people with Alzheimer's disease have trouble thinking clearly. They find it hard to do everyday things like shopping, driving, cooking, and having a conversation. As the illness gets worse, people with Alzheimer's disease may need someone to take care of all their needs (feeding, bathing, etc.) at home or in a nursing home.





## Memory cont.

### Medication can help:

If you are in the early or middle stages of Alzheimer's disease, taking medications can help. Some medicines keep symptoms, such as memory loss, from getting worse for a time. Medications also can help if you are worried, depressed, or are having problems sleeping.

### Multi-infarct dementia:

Many people have never heard of multi-infarct dementia. Like Alzheimer's disease, it is a medical condition that causes serious memory problems. Unlike Alzheimer's disease, signs of multi-infarct dementia may appear suddenly. This is because the memory loss and confusion are caused by small strokes or changes in the blood supply to the brain. If the strokes stop, you can get better or stay the same for a long time. If you have more strokes, you can get worse. Taking care of your high blood pressure can lower your chances of getting this illness.

Get your blood pressure checked each time you see a doctor. The Middlebury Senior Center give free blood pressure screenings every Tuesday mornings from 10 to 12pm. No appointment necessary.

### How to cope with serious memory problems:

If you are worried about your memory, see your doctor. If your doctor thinks it's serious, you may need to have a complete checkup, including blood and urine test. You also may need to take tests that check your memory, problem solving, counting, and language skills. In addition, you may need a CAT scan of the brain. These pictures can show normal and problem areas in the brain. Once the doctor finds out what is causing your memory problems, ask about what is the best treatment for you.

### There are many resources to help you find out about memory loss. Contact the following organizations to learn about support groups, services, publications on Alzheimer's disease, research centers and studies:

#### Alzheimer's Association

225 N. Michigan Avenue, Suite 1700

Chicago, IL 60611 – Phone 1-800-272-3900 – Website: [www.alz.org](http://www.alz.org)

The Alzheimer's Association is a nonprofit organization offering information and support services to people with Alzheimer's disease and their families. Call to find out where to get help in your area.

#### Alzheimer's Disease Education and Referral (ADEAR) Center

P.O. Box 8250

Silver Spring, MD 20907-8250 – Phone: 1-800-438-4380 – Website: [www.alzheimets.nia.nih.gov](http://www.alzheimets.nia.nih.gov)

The Alzheimer's Disease Education and referral Center offers information on diagnosis, treatment, patient care, caregiver needs, long-term care, and research related to Alzheimer's disease. Staff can refer you to local and national resources. The Center is a service of the National Institute on Aging, part of the Federal Governments National Institutes of Health.

#### Eldercare Locator

Phone: 1-800-677-1116

Website: [www.eldercare.gov](http://www.eldercare.gov)

Families often need information about community resources, such as home care, adult day care, and nursing homes. Contact the Eldercare Locator to find these resources in your area. The Eldercare Locator is a service of the Administration on Aging. It is funded by the Federal Government.

# Middlebury Senior Center

## 1172 Whittemore Road

### Middlebury, CT 06762

Pool Table Available daily		September 2022			Middlebury Senior Center 203-577-4166
Monday	Tuesday	Wednesday	Thursday	Friday	
			1	2	
			9:00 Billiards 9:30 Computer Training	9:00 Billiards 9:30 Painting Class	
	<b>Happy Grandparents Day</b>		<b>Senior Picnic</b>	<b>Shop Rite</b>	
			1:00 Mah Jongg		
5	6	7	8	9	
	9:00 Billiards 9:30 Computer Training 9:30 Yoga 10-12 Blood Pressure Clinic 10:30 Mah Jongg 12:30 Bridge Club	8:15 Tai Chi 9:00 Billiards 9:30 Computer Training 9:30 Tail Chi 10:30 Mah Jongg 11:00 Pilates 11:30 Grab & Go	9:00 Billiards 9:30 Computer Training	9:00 Billiards 9:30 Painting Class	
<b>Center Closed</b>			<b>Lourdes Shrine</b>	<b>Walmart</b>	
	1:00 Mah Jongg		1:00 Mah Jongg		
12	13	14	15	16	
9:00 Billiards 9:30 Pilates 10:00 Bridge Club 10:00 Mah Jongg 11:00 Adult Strenthening 1:00 Knitting & Crochet <b>Lunch &amp; Learn</b>	9:00 Billiards 9:30 Computer Training 9:30 Yoga 10-12 Blood Pressure Clinic 10:30 Mah Jongg 12:30 Bridge Club	8:15 Tai Chi 9:00 Billiards 9:30 Computer Training 9:30 Tail Chi 10:30 Mah Jongg 11:00 Pilates 11:30 Grab & Go	9:00 Billiards 9:30 Computer Training <b>Shoreline Trip</b> 11:00 Investment Club	9:00 Billiards 9:30 Painting Class	<b>Shop Rite</b>
	1:00 Mah Jongg		1:00 Mah Jongg		
19	20	21	22	23	
9:00 Billiards 9:30 Pilates 10:00 Bridge Club 10:00 Mah Jongg 11:00 Adult Strenthening 1:00 Knitting & Crochet	9:00 Billiards 9:30 Computer Training 10-12 Blood Pressure Clinic 10:30 Mah Jongg 12:30 Bridge Club	8:15 Tai Chi 9:00 Billiards 9:30 Computer Training 9:30 Tail Chi 10:30 Mah Jongg 11:00 Pilates 11:30 Grab & Go	9:00 Billiards 9:30 Computer Training <b>Hawk's Winery</b>	9:00 Billiards 9:30 Painting Class	
	1:00 Mah Jongg	1:00 Polish Poker	1:00 Mah Jongg		
26	27	28	29	30	
9:00 Billiards 9:30 Pilates 10:00 Bridge Club 10:00 Mah Jongg 11:00 Adult Strenthening 1:00 Knitting & Crochet	9:00 Billiards 9:30 Computer Training 9:30 Yoga 10-12 Blood Pressure Clinic 10:30 Mah Jongg 12:30 Bridge Club	8:15 Tai Chi 9:00 Billiards 9:30 Computer Training 9:30 Tail Chi 10:30 Mah Jongg 11:00 Pilates 11:30 Grab & Go	9:00 Billiards 9:30 Computer Training <b>AARP Drive Safe class</b>	9:00 Billiards 9:30 Painting Class	
	1:00 Mah Jongg		1:00 Mah Jongg		