

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.

September 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

goodbye, august
hello, september

September 4, 2023: Labor Day in the United States. In the US, Labor Day is celebrated on the first Monday of September. It became a federal holiday in 1894 to add a holiday in the long gap between Independence Day in July and Thanksgiving in November. Many families use the long weekend to take a last summer trip.

September Equinox: Equinox—from Latin *aequus* "equal" and *nox* "night"—is the time of year where night and day are almost equally long. The September equinox occurs either on September 22, 23, or 24. It marks the first day of fall and is called autumnal (fall) equinox in the Northern Hemisphere.

Harvest Moon: In many Native American cultures, September's Full Moon is called the Full Corn Moon or the Barley Moon. The names refer to crops harvested in the early fall.

Zodiac Signs in September

Virgo (Virgin): August 23 – September 22

Libra (Scales): September 23 – October 22




midconhome.com
203.758.2471

Family Owned and Operated



Offering Short & Long Term Care

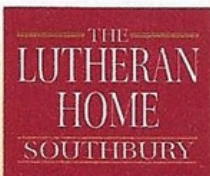
778 Middlebury Road, Middlebury | 203-758-2471 

Get READY FOR HOME at Lutheran Home

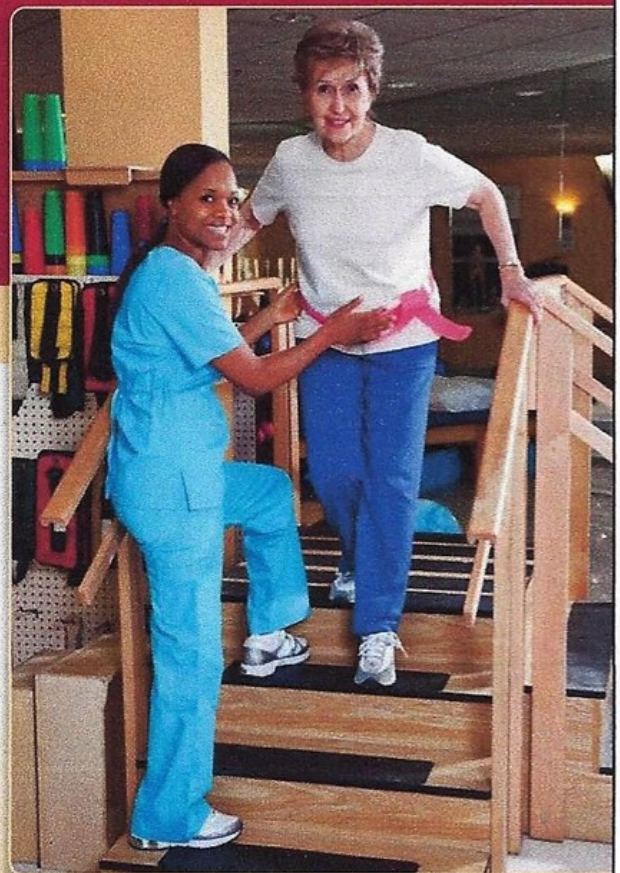
2016 5-STAR MEDICARE RATING

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



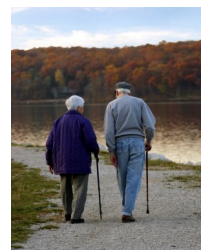
Message from our Nurse Diane Morotto:

September is Healthy Aging Month

No matter what your age, you can stay at your personal best with these tips:

- 1. Exercise—Physical activity of any kind which is done on a regular basis helps control blood pressure, may help prevent heart disease and stroke and lowers your risk for unhealthy anxiety or depression. So, just move more and sit less!**
- 2. Diet—Try to cut back on salt. A diet high in sodium has been linked to high blood pressure, stroke and heart attacks. So, read labels and ditch the salt shaker. Also add more fiber foods such as beans, pears, avocado, oats, lentils and veggies to your diet which can help lower cholesterol, control blood sugar and maintain good digestive health.**
- 3. Social—Volunteer your time and expertise which is an excellent way to bring happiness into your life. Don't wait for the phone to ring but be proactive by making a lunch date or plan a get together with family, friends or neighbors.**
- 4. Mental—Be realistic with what you can accomplish. Don't overwhelm yourself with a to-do list.**

So, grab onto that “back to school” feeling and make September the perfect time to renew or set your lifestyle goals. Always remember that it’s never too late!!





AirNow is your one-stop source for air quality data. Our recently redesigned site highlights air quality in your local area first, while still providing air quality information at state, national, and world views. A new interactive map even lets you zoom out to get the big picture or drill down to see data for a single air quality monitor.

AirNow reports air quality using the official U.S. Air Quality Index (AQI), a color-coded index designed to communicate whether air quality is healthy or unhealthy for you. When you know the AQI in your area, you can take steps to protect your health.

AirNow is a partnership of the U.S. Environmental Protection Agency, National Oceanic and Atmospheric Administration (NOAA), National Park Service, NASA, Centers for Disease Control, and tribal, state, and local air quality agencies. Complete list of AirNow partners. Agencies all over the country send their monitoring data to AirNow for display. The Department of State provides data from U.S. Embassies and Consulates to inform personnel and citizens overseas, and the U.S. Forest Service and NOAA provide fire and smoke data.

AirNow's centralized data system provides quality control, national reporting consistency, and the ability to distribute data to the public, researchers, businesses, educators, and to other data systems. In AirNow, you'll find:

- Current and forecast air quality maps and data for more than 500 cities across the U.S.
- Current and historical data for U.S. Embassies and Consulates around the world
- Current fire conditions including fire locations, smoke plumes, and air quality data from permanent and temporary air quality monitors
- Air quality data for Canada and Mexico
- Enviroflash emails, apps, widgets, and an API
- Health and air quality information for
- the public
- healthcare professionals
- teachers and students
- Weathercasters

According to AirNow, the air quality for Wednesday, June 7 most of Connecticut was listed as **Unhealthy** due to wildfire smoke from Canada.

- DPH recommends using AirNow, to see the current and forecasted air quality in your area. AirNow has an interactive map that show the air quality and provides additional recommendations for outside activities.
- DPH encourages schools, day care providers, summer camps and elder care/senior centers to subscribe to the AirNow for real-time updates in their cities/towns.
- Those with underlying medical conditions, children, and the elderly are considered sensitive populations and are most at risk for experiencing symptoms from elevated air pollution that is expected to remain indoors.
- The Connecticut Department of Public Health recommends that people with asthma, and heart and lung conditions avoid outdoor exercise.
- The health effects from air pollution can include chest tightness, shortness of breath, wheezing, coughing, throat irritation, respiratory tract and eye burning, chest pain, dizziness or lightheadedness, and other symptoms. Asthma symptoms may flare up as well.

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 September 25, 2023

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

Yoga



Tuesdays at 9:30 to 10:30

Helene Korchin instructor for our Yoga classes.

The next class will begin on Tuesday, September 26, 2023. The fee for Yoga is \$30 for 6 classes

Join us for Polish Poker



Every second Wednesday of the month at 1pm.

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 October 18, 2023

Next Thursday class will begin October 19.

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.

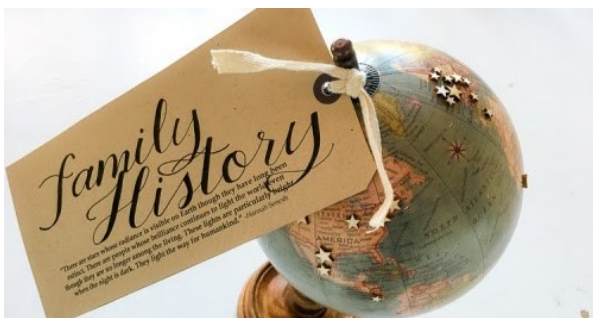
Anyone interested should call Sean at 203-577-4166 ext. 4.

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

September 2023 Menu

9/5/2023:

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

9/12/2023:

Hamburger Patty & American Cheese
Steak Fries & Broccoli
WG Hamburger Bun
Seasonal fruit—Low fat Milk

9/19/2023:

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

9/26/2023:

Turkey Breast & Poultry Gravy
Whipped Potatoes & Mixed Vegetables
Multigrain Bread & Mandarin Oranges
Low Fat Milk



Volunteer Your Care: Make Memory Bears!

Make a comforting companion for those experiencing loss

Memory Bears hold special meaning for loved ones of hospice patients. These cherished bears serve as gentle reminders of their family member or friend's life.

Using cloth from a favorite shirt, a treasured robe, or beloved pajamas, volunteers craft the bears by following an easy-to-use pattern. The newly created bear lifts the spirits of loved ones and brings a smile to the faces of those grieving.

VITAS® Healthcare is looking for volunteers to sew Memory Bears. Join us in providing comfort and loving care to the families we serve in hospice.

"Sewing VITAS Memory Bears has been a wonderfully rewarding and fulfilling experience for me. I do what I love while also contributing to the quality of life of others in my community."

— VITAS Volunteer Susan P.

Learn more about this rewarding opportunity! For VITAS Volunteer Services or to apply, visit [VITAS.com/Volunteer](https://www.vitas.com/Volunteer)

Contact Your Local Volunteer Manager:

Carissa Tipping

carissa.tipping@vitas.com

203.437.3111



VITAS
Healthcare

[VITAS.com/Volunteer](https://www.vitas.com/Volunteer)    

Since 1980



Scan the
QR code to
learn more.



GET READY FOR MEDICARE OPEN ENROLLMENT 2024

Medicare Open Enrollment is right around the corner.

It runs from October 15 through December 7, 2023

Our Medicare Counselor is here to help you navigate & understand your options.

Nancy can help you:

- **compare and understand plan options**
- **Help you sign up for a new plan**
- **And can help you avoid high-pressure sales tactics**

Nancy does not sell health insurances, nor recommend one plan over the other.

She will provide free, unbiased & confidential counseling and give you the tools you need to make an informed decision.

Beginning September 13, 2023, Nancy will be available at the Middlebury Senior Center from 11am. If you would like a one on one consult, please call for an appointment at 203-577-4166.

REDUCED COPAYMENT COST FOR INSULIN PUMP USERS WENT INTO EFFECT ON JULY 1, 2023

One of the key provisions of the Inflation Reduction Act was to help Medicare beneficiaries save money on their prescription drugs. This law is particularly important for the estimated 1.4 million Medicare beneficiaries who take insulin. On January 1, 2023, for those taking insulin using a vial and syringe or pre-filled pen covered by their prescription drug plan (Part D) or Medicare Advantage plan with a drug plan, would not pay more than a \$35.00 copay for a month's supply. Effective July 1, 2023, those individuals who get their insulin through a pump covered under Medicare Part B will now be able to benefit from the \$35 copayment for a month's supply for their insulin.

Middlebury Cemetery—Stone Cleaning

Saturday, September 9, 2023

9am to 1pm



The Middlebury Historical Society needs volunteers to help with stone cleaning in the old Middlebury Cemetery.

We provide all the necessary cleaning materials needed.

If interested, email Alice DeMartino, Board Secretary

demartino826@yahoo.com

Future dates are:

Saturday, October 14, 2023 9am to 1pm

Saturday, November 11, 2023 9am to 1pm



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 adds to the list of health conditions we presume are caused by 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.

We will begin pickleball at the Middlebury Senior Center on Thursday, September 7, 2023

GOLDEN YEARS, GOLDEN PADDLES:



The Rise of Pickleball

Pickleball is taking the community by storm and for good reason! This exciting new sport is a fun way to pass the time and provide numerous health benefits for seniors.

First and foremost, physical activity and exercise are essential for seniors to maintain good health and mobility. Studies have shown that regular exercise can help prevent chronic diseases such as diabetes, heart disease, and stroke. Exercise can also improve bone density, muscle strength, and balance, reducing the risk of falls and injuries.

Pickleball, a combination of tennis, badminton, and ping-pong, is ideal for seniors as it is low impact and easy on the joints. It can be played indoors or outdoors and only requires a small court and lightweight paddles. Pickleball is very easy to learn. Because of its smaller court size and slower pace, pickleball is a great way for seniors to stay active and socialize with their peers.

Not only does pickleball provide physical benefits, but it also has social and emotional benefits. By participating in group activities like pickleball, seniors can reduce feelings of loneliness and isolation, which can positively impact their mental health and overall well-being.

So, whether you're a seasoned athlete or just looking for a fun way to stay active, pickleball is an excellent option for seniors.

We will tentatively begin Pickleball on Thursday, September 7, 2023; anyone interested call 203-577-4166.



NAUGATUCK SENIOR DAY, 2023

Thursday, September 21, 2023

The Naugatuck Senior Center cordially invites you to attend Naugatuck Senior Day to be held at the Naugatuck Senior Center 300 Meadow Street Naugatuck, CT.

The 19th annual Senior Day will showcase health and wellness services, hospital services, financial service programs, nutritional services, available senior housing, the Naugatuck Police and Fire Departments, activities and services provided by the Naugatuck Senior Center, and programs available for older adults, their families and friends.

The Middlebury Senior Center will provide transportation to Senior Day.

If you would like to attend, call 203-577-4166 to reserve your seat on the bus.

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 September 2023

The Middlebury Senior Center bus will be scheduling trips to Walmart in Nauvatomuck Thursday, September 21, 2023. Also, the first and third Monday of the month, to Shop Rite in Southbury, September 11 & 25, 2023.

To reserve your seat please call 203-577-4166

AARP

**Safer Driving May
Save You Money**



Take the AARP Smart Driver™ 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, September 13, 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



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.

Family Size	100% State Median
1	\$66,270
2	\$86,661
3	\$107,052
4	\$127,443
5	\$147,833
6	\$158,224
7	\$172,048
8	\$175,871

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



Thursday, September 28, 2023

In a small town in the heart of Connecticut we'll find a unique population of "pumpkinhead" people that have been delighting visitors of all ages since 1990. Pumpkintown U.S.A. is one of Connecticut's premiere, non-scary Fall Destinations.

We will drive through the PUMPKINTOWN FOREST. On this scenic 1-mile ride, you will see over 30 pumpkinheads in 20 settings.

STROLL THE VILLAGE where you will meet over 70 pumpkinheads and their animal friends. Their happy village has all the amenities that make it a perfect place to call home.

Adjacent to the Village, THE HARVEST STORE features seasonal produce, gourmet food items, fall themed decor, gift items and souvenirs; the GARDEN CENTER for mums, pumpkins and everything Fall!

Please call 203-577-4166 to reserve your seat

\$10 per person includes transportation and admission.

Bus leaves the Senior Center at 9:15am



ATTENTION PLEASE

LOST & FOUND

Ray-Ban Prescription glasses

Please inquire at the Middlebury Senior Center office room 20 in the Shepardson Community Building; 1172 Whittemore Road,

Middlebury, Ct.

203-5774166

Bloom Baby Bloom

For the month of **September**, when you buy a \$10.99 Bloomin' 4 Good Bouquet at our designated Stop & Shop, we'll receive \$1!

Bloomin' 4 Good Program



stopandshop.2givelocal.com



MIDDLEBURY SENIOR CENTER

At this Stop & Shop Location: NAUGATUCK, CT

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





The Department of Aging and Disability Services, State Unit on Aging (SUA) and the Southwestern CT Agency on Aging (SWCAA) were recently alerted to a potential scam in the Bridgeport area in which a female individual is posing as a representative of the SUA and/or SWCAA and soliciting older adults under the guise of providing help to pay funeral expenses. The individual is allegedly asking for personal identifiable information, including date of birth and Medicare numbers.

This individual is NOT an employee of the SUA or SWCAA and should not be provided with any personal information. If you speak to an older adult who has encountered this individual and/or provided this person with any personal information, please have the older adult contact their local Area Agency on Aging, Senior Medicare Patrol (SMP) Coordinator by calling 1-800-994-9422, to find out what next steps they should take to prevent any possible fraudulent activity.

**WE'RE
HIRING!**

**ARE YOU LOOKING TO MAKE A DIFFERENCE IN
YOUR COMMUNITY?**

&

WORK PART TIME HOURS!!!

NEW OPPORTUNITIES INC

Is seeking **CAFÉ MANAGERS**

TO SERVE LUNCH TO SENIORS AT YOUR LOCAL Senior Center.

Join our team and help make a difference to

Keep our seniors fed.

Applications can be completed in person at our Main Office or online.

Call 203-575-4243 for all inquiries!

We offer Earned Time off.



NEW OPPORTUNITIES, INC.

Building Relationships to End Poverty

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



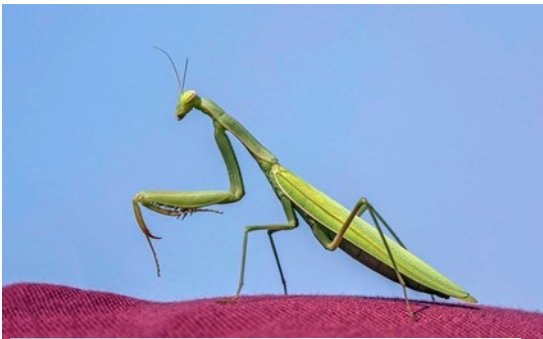
1. Essex is one of a small handful of American towns to have been invaded by a foreign power.

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!

There's A Deadly Plant Growing In Connecticut Yards That Looks Like A Harmless Weed

While the Nutmeg State may not exactly be a hotbed of danger, there are some [risks of living in Connecticut](#). From a young age, there are things most of us learn to avoid, whether it's venomous snakes (we have two species in Connecticut: the copperhead and the timber rattlesnake) or crime-ridden areas. Some scary things can be a little harder to avoid, though. There are plenty of plants out there that can be quite harmful when ingested by people or pets, but some flora are even scarier. There are plants that can cause quite a bit of damage, and even be deadly, just from touching them! There's one especially toxic plant that looks quite benign that can be found in Connecticut. Check it out: We're all familiar with poison ivy, which is quite prevalent in Connecticut and can cause itchy skin rashes.

However, there are other poisonous plants in Connecticut, also. Among the most dangerous is poison hemlock.



[Djtann/Wikimedia Commons](#)

Note that this is completely unrelated to the beautiful eastern hemlock tree, which is among the most common trees in the state. Confusingly enough, it's also not the same as water hemlock, which is also in Connecticut. That is a similar species that is also poisonous.

The hemlock plant is from the carrot family and native to Europe and North Africa, but it has spread all over the world and proven quite hardy.



[Totnesmartin/Wikimedia Commons](#)

Hemlock is very poisonous, particularly the seeds and roots. All mammals that consume it will face ill effects, and an adult human can die in just a few hours if around six leaves are consumed.

[Jacques Louis-David/Wikimedia Commons](#)

The main danger of hemlock comes from consuming it, but frighteningly enough, the alkaloids in it are so powerful that even inhaling or touching it can be dangerous. It can cause respiratory distress that can lead to death, especially if one has been exposed to it in large quantities.

[Twistedpictures1/Wikimedia Commons](#)



So what should you do if you come across poison hemlock? First, you'll want to don masks, long sleeves, and high-topped shoes. Dig up the entire plant, being careful to get the entire root system, then dispose of it with the rest of your yard waste.

[John Munt/Flickr](#)

Make sure to keep an eye on the area afterwards to make sure no more pops up.

Middlebury Senior Center

1172 Whittemore Road

Pool Table Available daily				Middlebury Senior Center 203-577-4166	
Sep-23					
Monday	Tuesday	Wednesday	Thursday	Friday	
					1
					9:00 Billiards 9:30 Painting Class
4	5	6	7	8	
		9:30 Computer Training 9:30 Yoga 10-12 Blood Pressure Clinic 10:30 Mah Jongg 11:00 Ancetry Workshop 12:30 Bridge Club 12:30 Knitting class 1:00 Mah Jongg	8:15 Tai Chi 9:00 Billiards 9:30 Computer Training 9:30 Tail Chi 10:30 Mah Jongg 11:00 Pilates	9:00 Billiards 9:30 Computer Training Pickleball Walmart 1:00 Mah Jongg	9:00 Billiards 9:30 Painting Class Pickleball
11	12	13	14	15	
9:00 Billiards 9:30 Pilates 10:00 Mah Jongg 11:00 Adult Strenthening 1:00 Knitting & Crochet Shop Rite	9:30 Computer Training 9:30 Yoga 10-12 Blood Pressure Clinic 10:30 Mah Jongg 11:00 Ancetry Workshop 12:30 Bridge Club 12:30 Knitting class 1:00 Mah Jongg	8:15 Tai Chi 9:00 Billiards 9:30 Computer Training 9:30 Tail Chi 10:30 Mah Jongg 11:00 Pilates 11am Medicare Counselor 1:00 Polish Poker	9:00 Billiards 9:30 Computer Training 1:00 Mah Jongg	9:00 Billiards 9:30 Painting Class	
18	19	20	21	22	
9:00 Billiards 9:30 Pilates 10:00 Mah Jongg 11:00 Adult Strenthening 1:00 Knitting & Crochet	9:30 Computer Training 9:30 Yoga 10-12 Blood Pressure Clinic 10:30 Mah Jongg 11:00 Ancetry Workshop 12:30 Bridge Club 12:30 Knitting class 1:00 Mah Jongg	8:15 Tai Chi 9:00 Billiards 9:30 Computer Training 9:30 Tail Chi 10:30 Mah Jongg 11:00 Pilates Senior Luncheon	9:00 Billiards 9:30 Computer Training 11:00 Investment Club 1:00 Mah Jongg	9:00 Billiards 9:30 Painting Class	
25	26	27	28	29	
9:00 Billiards 9:30 Pilates 10:00 Mah Jongg 11:00 Adult Strenthening 1:00 Knitting & Crochet Shop Rite	9:30 Computer Training 9:30 Yoga 10-12 Blood Pressure Clinic 10:30 Mah Jongg 11:00 Ancetry Workshop 12:30 Bridge Club 12:30 Knitting class 1:00 Mah Jongg	8:15 Tai Chi 9:00 Billiards 9:30 Computer Training 9:30 Tail Chi 10:30 Mah Jongg 11:00 Pilates	9:00 Billiards 9:30 Computer Training Pumpkinland Tour 1:00 Mah Jongg	9:00 Billiards 9:30 Painting Class	
30					
9:00 Billiards 9:30 Pilates 10:00 Mah Jongg 11:00 Adult Strenthening 1:00 Knitting & Crochet					