

Middlefield Senior & Social Services Newsletter

June & July 2021

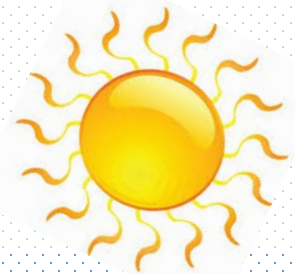


Senior Lunch Program Returns!

Tentatively beginning August, 2021 the MWF Senior Lunch Program will return. Stay tuned for more info on Facebook and in the Towntimes!

SUMMER FUN BEGINS WITH YOU!

This summer we have plenty to do in our communities from hiking at Wadsworth Falls, swimming or taking in the sun at Lake Beseck, walking the path at Peckham Park, helping in the Giving Garden, or participating in the summer reading program for adults and children



Every Monday: Grab & Go Lunches, Middlefield Senior Center.
Call 860-349-7121 to register.

Every Wednesday: “Brown Bag” lunch and coffee at the Senior Café. You provide your lunch and we will provide the coffee. Call 860-349-7121 to register.

Foot Care Clinic: Wednesday, July 14 & Wednesday, August 18. Call 860-349-7121 to register.

Knit2gether: Every Thursday at 9:30 a.m. Senior Center Lounge—come learn to Knit or Crochet.

Book Club: Beginning once again in September. Contact the Levi E. Coe Library to register and get your book.

Summer Reading Program: Levi E. Coe Library call 860-349-3857.

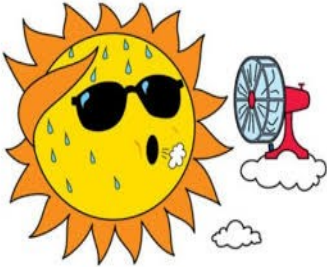
Zoom Exercise: Led by Susan Schade. New participants always welcome. Call 860-349-7121 for Zoom Link.

Giving Garden: Want to give your Green Thumb a try? Volunteers always welcome at the Giving Garden.

Middlefield Pickle Ball Courts: Located at Memorial School, open to all residents.

Peckham Park: Walk the path at Peckham Park, short loop 1/2 mile long loop 3/4 mile, and then enjoy a picnic lunch.

Beat the heat with these safety tips!



Too much heat is not safe for anyone. It is even riskier if you are older or have health problems. It is important to get relief from the heat quickly. If not, you might begin to feel confused or faint. Your heart could become stressed and stop beating.

Heat syncope is a sudden dizziness that can happen when you are active in hot weather. If you take a heart medication called a beta blocker or are not used to hot weather, you are even more likely to feel faint. Rest in a cool place, put your legs up, and drink water to make the dizzy feeling go away.

Heat cramps are the painful tightening of muscles in your stomach, arms, or legs. Cramps can result from hard work or exercise. Though your body temperature and pulse usually stay normal during heat cramps, your skin may feel moist and cool. Find a way to cool your body down. Rest in the shade or in a cool building. Drink plenty of fluids, but not those with alcohol or caffeine.

Heat edema is a swelling in your ankles and feet when you get hot. Put your legs up to help reduce swelling. If that doesn't work fairly quickly, check with your doctor.

Heat exhaustion is a warning that your body can no longer keep itself cool. You might feel thirsty, dizzy, weak, uncoordinated, and nauseated. You may sweat a lot. Your body temperature may stay normal, but your skin may feel cold and clammy. Some people with heat exhaustion have a rapid pulse. Rest in a cool place and get plenty of fluids. If you don't feel better soon, get medical care. **Heat exhaustion can progress to heat stroke.**

How Can I Lower My Risk?

Things you can do to lower your risk of heat-related illness:

- Drink plenty of liquids, such as water or fruit or vegetable juices. Stay away from drinks containing alcohol or caffeine. If your doctor has told you to limit your liquids, ask what you should do when it is very hot.
 - If you live in a home or apartment without fans or air conditioning, try to keep your house as cool as possible. Limit your use of the oven. Keep your shades, blinds, or curtains closed during the hottest part of the day. Open your windows at night.
 - If your house is hot, try to spend time during mid-day some place that has air conditioning—for example, go to the shopping mall, movies, library, senior center, or a friend's house.
- If you need help getting to a cool place, ask a friend or relative. Some religious groups, senior centers, and Area Agencies on Aging provide this service. If necessary, take a taxi or call for senior transportation. Don't stand outside in the heat waiting for a bus.
- Dress for the weather. Some people find natural fabrics, such as cotton, to be cooler than synthetic fibers.
 - Don't try to exercise or do a lot of activities outdoors when it's hot.
 - Avoid crowded places when it's hot outside. Plan trips during non-rush-hour times.

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Renter's Rebate is a program for Connecticut renters who are elderly or totally disabled, and whose income does not exceed certain limits. Persons renting an apartment or room, or living in cooperative housing or a mobile home June & July be eligible for this program. Renters' Rebate can be up to \$900 for married couples and up to \$700 for single persons. The renters' rebate amount is based on a graduated income scale and amount of rent and utility payments made in the calendar year prior to the year in which the renter applies.

June & July 1st-October 1st

Please call: Christine Barta Middlefield Tax Assessor at 860-349-7111

or Susan D'Orvilliers at 860-349-7121



Retiring, turning 65?

The COVID-19 pandemic June & July have shut down many facets of our world but people are still turning 65! Wondering how Medicare retirement works? Remember that there are 4 parts to Medicare: Part A (Hospital), Part B (Medical), Part C (Medicare Advantage Plan, sold by a private company), Part D (Prescription Drug).

Your initial enrollment period for Medicare (all parts) begins three months before the month you turn 65 and lasts until the end of the third month after your birthday month - a total of seven months. If you don't sign up during the initial window, you can sign up between January 1 and June & July 31 each year for coverage that begins July 1. Failure to sign up during the initial enrollment period, however, **could result in permanently higher premiums** - unless you qualify for a special enrollment period.

For more information contact the Senior & Social Services Office at 860-349-7121 or Senior Resources on Aging CHOICES program at 860-887-3561.

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It's Back!! The Foot Care Clinic is Back and we are accepting appointments.

When: Wednesday, July 14

Times: 8:30 a.m.-3:00 p.m.

Please note that all participants must wear a mask. All areas will be cleaned between appointments.

To register: Susan D'Orvilliers at 860-349-7121

Cost: \$30.00

Provided by : Catherine Brennan, RN, Pedicare Services



Donations needed!

Middlefield Food Bank

We are in need of cleaning products such as laundry detergent, dish soap, personal hygiene products, toothpaste, rice products, gluten free items, jelly & snack foods.

The Middlefield Community Food Bank is open by appointment Monday, Tuesday, Wednesday & Friday to all residents of Middlefield & Rockfall.

Please call 860-349-7121



Like to work with Yarn?

Do you like to work with yarn? The Middlefield Durham Knit 2gether meets Thursday mornings at the Middlefield Community Center. This group of avid knitter's knit items for area agencies such as the Middlesex Hospital Cancer Center, Midstate Hospital Cancer Center, area shelters and children's organizations. Novice to experienced knitters are welcome!



Always accepting donations of yarn. Are you cleaning out your stash, do you have partial skeins or unfinished projects? We are always looking for more yarn to help us with our various community projects. Please call Susan D'Orvilliers at 860-349-7121 to make a donation. We also encourage community crafters come in and check out our stash should they need yarn for a project.

Interested in volunteering to serve lunch or showcase your talents call Sue D'Orvilliers at 860-349-7121



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REGISTER NOW!

WELCOME TO MEDICARE VIRTUAL FAIR

JUNE 23, 2021

OPEN FROM 3:00 PM TO 7:00 PM ET

Learn about signing up for Medicare! Go to www.shiphelp.org for more details, to see the agenda, and to register.



This fair is for people turning 65 or joining Medicare because of a disability. Learn about Medicare - and all its parts - to assist you in your initial enrollment decisions. There is no cost to attend. Join us online for any length of time! Get trusted, unbiased Medicare education to help you make Medicare choices that best meet your needs. There will be national expert presenters on Medicare eligibility, enrollment, and coverage options. Chat with exhibitors from your state health insurance assistance programs (SHIP) for answers to your individual questions.



State Health Insurance Assistance Programs (SHIPs) are in all 50 states, Washington DC, Puerto Rico, and the U.S. Virgin Islands.

Connecticut's SHIP is called CHOICES. Reach us at 1-800-994-9422 or at <https://portal.ct.gov/ADS-CHOICES>



www.shiphelp.org -OR-
www.shiptacenter.org



info@shiphelp.org



877-839-2675

Community Resources

Listed below are a few of the many community resources

Levi E. Coe Library: The library is open for business, masks are required.

DMYFS: Visit dmyfs.org to access information about programs and services in our community from tips on reducing stress to activities that engage the entire family.

Durham Middlefield Local Wellness Coalition : The mission of the Durham Middlefield Local Wellness Coalition is to reduce the harm of alcohol, tobacco, marijuana and other drugs in our towns through community action, education, support, and collaboration. Find out more at: dmlwc.org

Park & Recreation: Visit <http://www.middlefieldct.org/parks-recreation-2/> click on Programs.

Middlesex Center for Behavioral Health: Comprehensive outpatient and inpatient treatment 860-343-4008.

Gilead Community Services: Residential, case management, and related mental health services 860-343-3500.

New Horizons: Emergency Shelter for victims of Domestic Violence 860-344-9599

Alcoholics Anonymous: 800-530-9511

Narcotics Anonymous: 800-627-3543

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Stay Connected to us via:

Town Web Page: <http://www.middlefieldct.org/covid-update-2020-03-27-food-bank-senior-meals-energy-assistance/>

Plainville-Southington Health District: <http://www.middlefieldct.org/from-the-plainville-southington-health-district-3-23-2020/>

Social Security Administration: <https://www.ssa.gov/>

Senior Resources Area on Aging: <http://www.seniorresourcesec.org/>

211 CT: <https://www.211ct.org/>

United Way of Middlesex County: <https://www.middlesexunitedway.org/>

Need non-emergency Medical Transportation?

The following companies can assist with your transportation needs.

Non-emergency medical transportation (NEMT) is defined as transportation services provided to patients that need a little extra help to get to and from medical appointments. NEMT is a more cost-effective and appropriate means of transportation when compared to ambulances that are suited for patients in emergency situations that require emergency medical technicians (EMTs) and life-saving equipment.

Check out these web sites for additional information:

<https://portal.ct.gov/DSS/Health-And-Home-Care/Non-Emergency-Medical-Transportation>

<https://www.m7ride.com/non-emergency-medical-transportation-nemt-connecticut/>

<https://www.huntersamb.com/Ambulance/>