

**DURHAM SENIOR HAPPENINGS**  
**DECEMBER 2017**



**\*\*UPDATE ON SENIOR/DISABLED BUS PAGE 2\*\***

# SENIOR UPDATES

Thanks to everyone who has been patiently waiting for updates on the **Senior bus!** We are happy to announce, we will be working with Middletown Area Transit to provide out-of-county medical trips and recreational trips. The December bus calendar is on page 7 and more information on page 8. If you have any questions about our new system please feel free to call me at 860-349-3153.

The State has begun to send out **Renter's Rebate** checks, they are hoping to have all checks sent out by December 11th. We are told checks are being sent out in alphabetical order.

Also, many of you have seen that due to recent changes at the State level, approximately 88,000+ individuals are going to be discontinued from the **Medicare Savings Program** as of 1/1/18 and approximately 27,000+ individuals will change MSP levels (example: QMB to ALMB). We have been told that the legislatures will be heading to a special sessions soon, and are hoping to fix this problem by 1/1/18. There a few things I think are important to mention about these changes:

- Medicare beneficiaries will be receiving a letter on December 15th letting them know what their specific changes are. Please keep a look out for this letter! Your MSP level may change or you might lose MSP all together.
- MSP might be paying your Part B premium, which would come directly out of your Social Security. If you lose this program, you will have to start paying your Part B monthly premium of \$134 for 2018. This might not take place until February or March, reaching back to January.
- **VERY IMPORTANT.** No matter what your changes are, if you are currently on MSP you will continue to receive your prescriptions at a lower cost for all of 2018. We do not know what will happen after 2018.

As soon as more information is available, I will try to send out updates. Please feel free to call me 860-349-3153 if you have any questions. Please look for the letter being sent out on December 15th!

## Senior Board Members

Elaine Melvin, Chairperson - lainymelvin@gmail.com

Henry Coe, Vice Chairperson - hcoect@gmail.com

Norm Hicks - hicks@snet.net

Stu Keating - irishstu4@yahoo.com

Carol Kleeman - Carol.Kleeman@ravies.com

Jim Martinelli - jim\_martinelli@hotmail.com

Beverly Pedersen - bvrlypdrsn@sbcglobal.net

Doug Marden

## Staff

Jaclyn Lehet, Social Services Coordinator

jlehet@townofdurhamct.org

860-349-3153

Sherry Hill, Recreation Director

shill@townofdurhamct.org

860-343-6724

## Social Services Hours/Location

**Monday** 8:30-1:00 DAC  
1:15-3:00 Town Hall

**Tuesday** 8:30-3:00 Town Hall

**Wednesday** 8:30-1:00 DAC  
1:15-3:00 DAC

**Thursday** 8:30-2:00 Town Hall

**Friday** Off

Town Hall—30 Town House Road Durham  
Durham Activity Center—350 Main St. 2nd Floor  
(above Core Club)

# SENIOR LUNCHES

The Elderly Nutrition program is designed to provide nutritional meals, at a low cost to all persons ages 60 and over, and their spouses. To help cover the cost of the meal, a suggested donation of \$2.50 is welcomed. Please come join us for lunch! This program is open to all patrons, regardless of your ability to pay.

Reservations must be made 24 hours in advance.

Please call Jaclyn 860-349-3153 to register.

Hot lunches are available at the  
**Durham Activity Center 350 Main Street, 2<sup>nd</sup> Floor**  
every Monday and Wednesday at noon.

*Please see menu on next page*

October birthdays will be celebrated on Wednesday October 25th after the senior lunch. Birthday cake is courtesy of the Durham Citizens Senior Board.



November birthday—Gwen Clark and Elba Caruso



# SENIOR COMMUNITY CAFÉ CONGREGATE CALENDAR

## DECEMBER—2017

Monday	Tuesday	Wednesday	Thursday	Friday
				2
4 Orange Juice Turkey Chow Mein Over Yellow Rice Cut Carrots 12 Grain Bread Rocky Mt Pudding (Choc Pudding w/Mini-Marsh)	5	6 Orange Juice Roast Turkey w/Gravy Broccoli Cranberry Sauce Cornbread Stuffing Wheat Dinner Roll Fresh Banana	7	8
11 Turkey Meatballs w/ Sweet Sour Sauce Whole Grain Brown & White Rice Italian Blend Vegetables 100% Whole Wheat Bread Fresh Orange	12	13 Cran-Apple Juice Stuffed Chicken Breast w/Gravy Seasoned Baby Potatoes Garden Blend Vegetables Corn Muffin Ice Cream Cup	14	15
18 Grande Cheese Ravioli w/Italian Sauce w/ Vegetables Mixed Salad Greens w/Cherry Tomato & Cucumber Ranch Dressing Wheat Bread Fruit Cocktail	19	20 Apple Juice Kielbasa / Mustard Mashed Potatoes Caribbean Blend Vegetables 100 % Whole Wheat Bread Lemon Pudding w/Whipped Topping	21	22
25  <b>CLOSED</b> <b>MERRY CHRISTMAS</b>	26	27 Autumn Vegetable Soup BBQ Pork Ribeye Carnival Rice Cut Green Beans 12 Grain Bread Fresh Orange	28	29

**Elderly Nutrition Program meals are served Monday thru Friday to persons  
60 years of age or older and their spouses.**

All meals are served with milk, bread and margarine. **DONATIONS: \$2.50 (or whatever you can afford)**



**DURHAM SENIOR CITIZENS BOARD  
INVITES YOU TO THE**

**ANNUAL  
HOLIDAY  
LUNCHEON**

**Friday December 8<sup>th</sup>  
12:00**

**Durham Activity Center  
350 Main St. Durham – 2<sup>nd</sup> Floor**

***MUSIC – ENTERTAINMENT – GAMES – PRIZES!***

**PLEASE BRING A DESSERT**

**Lunch will be catered by Dakaroo's Country Kitchen  
Reservations are required - Please contact Jaclyn at  
[jlehet@townofdurhamct.org](mailto:jlehet@townofdurhamct.org) or  
call (860) 349-3153**



# DURHAM ACTIVITY CENTER

## Next Blood Pressure Clinic

Monday December 11th

12:00 at DAC

Sponsored by Middlesex Hospital  
Homecare

Bridge games are held every Friday evening at 6:15pm. Classes are adapted to suit any person's needs or concerns. Come and join us for some fun!



*Next Bridge Bidding Class:  
Sunday, December 3rd at 1pm at  
DAC*

## Middlefield-Durham



Every Tuesday, 9:00am at the Durham  
Activity Center  
350 Main St. - Second Floor

**NEW MEMBERS WELCOME!**  
Whether you knit, crochet or anything in  
between – come join us!  
Free & open to the public



*Call Jaclyn for more information  
860-349-3153*

***Next Senior Citizen Board  
meeting is Wednesday December  
27th at 1:15***

**DECEMBER 2017**  
**Durham Middlefield**  
**Senior/Disabled Bus**  
**Out-of-County Medical & Recreational**

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</b>
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
<b>No Trips Planned This Week</b>				
<b>11</b> Out-of-County Medical	<b>12</b> Mohegan Sun	<b>13</b> Artistry: American Craft Shopping for the Holidays Guilford Art Center Lunch at local restaurant	<b>14</b> Out-of-County Medical	<b>15</b> Out-of-County Medical
<b>18</b> Out-of-County Medical	<b>19</b> Christmas Tree Shop Orange, CT Lunch @ Panera	<b>20</b> Mohegan Sun	<b>21</b> Out-of-County Medical	<b>22</b> Out-of-County Medical
<b>25</b> No Trips	<b>26</b> No Trips	<b>27</b> Shopping at Knit & Pearls Avon, CT Lunch @ Chili's	<b>28</b> Out-of-County Medical	<b>29</b> Out-of-County Medical

Transportation is provided by Middletown Area Transit. Please call 860-346-0212, and press 2 to book trips. 48 hours' notice is required for out-of-county medical trips. Please make sure you state what town you are calling from and if you are booking a medical or recreational trip.

# Transportation

**Disabled /Durham-Middlefield Senior Bus:** Middletown Area Transit for out-of-county medical trips. Provides curb-to-curb transportation for the elderly and disabled residents of Durham, Middlefield, and Rockfall to out-of-county medical appointments on Monday, Thursday and Friday. MAT will also be providing recreational trips on Tuesday and Wednesday.

48 hours notice is required. Please call 860-346-0212 and press 2. Please mention what town you are calling from and that you would like to book a medical appointment or a recreational trip.

**Dial-A-Ride:** Middletown Area Transit is available for in county trips.

Provides curb-to-curb transportation for the elderly and disabled residents of Durham, Middlefield, and Rockfall to appointments in Middlefield, Durham, Middletown, Cromwell, Portland, East Hampton and East Haddam. This service can be used for medical appointments, shopping, banking and other places. This service is available 5 days a week, Monday -Friday 8:30AM-4:00PM.

Please call Albert at 860-347-3313 for a reservation. Fare is \$3.00 each way.

**9 Town Transit:** Public transit for Chester, Clinton, Deep River, Durham, Essex, East Haddam, Haddam, Killingworth, Lyme, Old Lyme, Old Saybrook, and Westbrook, with connections to New Haven, New London and Middletown areas.

Call 9 Town to take a medical or recreational trip to any of the participating towns. All ages welcome. Call for pricing info and to register for a trip. 860-510-0429 or visit



## **Apply for Energy Assistance**

CT Energy Assistance Program is available to CT residents to offset the winter heating costs for lower income households, specifically those households whose income falls at or below 60 percent of the state median income.

### **Required Documents**

Social Security numbers for all household members

Dates of birth for all household members

For electric or natural gas: Current utility bill in name of a household member over 18

For oil, kerosene, wood or propane: Name of fuel company

Proof of current gross income (Social Security and other monthly benefits, pay stubs, bank statements) for all household members for 4 weeks prior to application date

Current rent or mortgage statement

Electric bill (regardless of heat source)

Proof of current assets (bank statements, stocks, bonds, etc)

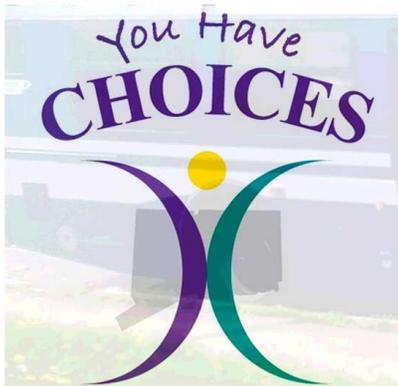


**Applications are being accepted starting October 2<sup>nd</sup> in the Social Services office. Call Jaclyn for more information 860-349-3153**

## **MEDICARE 2018**

Open Enrollment is October 15th—December 7th

During this time is the Medicare Part C and D annual enrollment. Unlike Medicare Part A and B in which you do not need to re-enroll in every year, you may want to make changes to your Advantage Plans or stand alone prescription Drug plans.



**Have questions about Medicare?  
Call CHOICES 1-800-994-9422  
CHOICES is CT's Official Health Insurance  
Assistance Program**

# SENIOR EXERCISE CORNER

## *Tai Chi is back!*

Tuesday & Thursday at DAC

10:00-11:00am

8 Week Course/16 Classes for \$80

8Week Course/8 Classes for \$40

Tai Chi classes are designed for people of any ability who want to feel better and reduce their chance of a mishap.

Experts in exercise science designed this popular, effective and fun program to help people gently re-educate their bodies. Participants re-learn how to move more comfortably and safely.

Register on <https://durhamct.recdesk.com/Community/Home> or Contact Sherry Hill 860-343-6724 for more info



## Senior Exercise at DAC is every Monday, Wednesday & Friday

### *Class 1: 9:00am-10:00am.*

This class is for the more active Senior. Weights, Mats, Exercise Balls, and Steps are used in this class. Every class is different and will keep you energized.

Class is free for Durham and Middlefield Seniors. Out of town residents may be invited for 3.00 dollars a class. Class is scheduled all year.

Senior is age 55 and older for class.

### *Class 2: 10:00AM-11:00am*

This class is for the Senior that may want to use a chair. Every class is different and will keep you energized. Class is free for Durham and Middlefield Seniors. Out of town residents may be invited for \$3.00 a class. Class is scheduled all year. Senior is age 55 and older for class.

