

MIDDLETOWN



Prime Times

A Monthly Publication of Programming, Events, and News for Middletown Residents 60+

COVID-19 NEWSLETTER (3)



AUGUST 2020

61 Durant Terrace

(860) 638-4540

www.middletownct.gov/seniors

August Begins Phase 2 Of Our Reopening Plan

This plan was created in consultation with the city's health department and is subject to change based on any new information from Governor Lamont, Mayor Florsheim, or the Middletown Health Department. This newsletter was written at the end of June. **The North Parking Lot Remains Closed.**

Highlights of the plan:

- Outdoor Social Visits Continue
 - Outdoor Exercise Will Transition To Indoor Exercise (planned for the week of 8/10)
 - Additional Outdoor Activities Are Planned (Book Club, Entertainer, Ping-Pong, etc.)
 - Activity Kits To Go Continue
 - Foot Care by Appointment is Available During the Month of August
 - Blood Pressure Checks by Appointment are Available During the Month of August
 - Municipal Agent help by Appointment is Available During the Month of August
 - Drive Thru Summer Treats & Early Bird Dinner
 - Our CRT Lunch Program is Available and Converted to Drive Thru Pickup (5 frozen meals for the week)
 - Guided Meditation is back!
 - Virtual Bingo & Pokeno
 - Plan to reopen the front desk to in-person transactions beginning 8/24
 - Masks continue to be mandatory for all programs
 - Preference is given to Middletown residents for all activities
- 9/14 we hope to move to Phase 3 of our plan which will allow for more indoor programming.**

OUTDOOR EXERCISE SCHEDULE July 6th through August 7th

A confirmed reservation is required to attend any of these classes. Masks are mandatory. You can sign-up 1 week in advance for the classes you are interested in. Example: Sign up this week for next week's classes. Please don't arrive at the class more than 5 minutes before the advertised start time.

MONDAY	CLASS 1 Exercise w/ Jane 8:30am-9:15am	CLASS 2 Exercise w/ Jane 9:45am-10:30am
TUESDAY	Tai Chi / Qi Gong Provided by Lisa 9am-9:50am	Zumba Provided by Diane 10:30am
WEDNESDAY	No Exercise Classes Today	
THURSDAY	CLASS 1 Exercise w/ Jane 8:30am-9:15am	CLASS 2 Exercise w/ Jane 9:45am-10:30am
FRIDAY	Tai Chi / Qi Gong Provided by Lisa 9am—9:50am	Zumba Provided by Diane 10:30am

Water's Edge
Center for Health and Rehabilitation

— Premier Providers of —

Short-Term Rehabilitation • Alzheimer's Dementia Care
Long Term Care • Cardiac & Pulmonary Specialty Services

Please contact our Admissions Office at
(860) 347-7286 for your personal tour!
www.watersedgerehab.com



111 Church Street, Middletown, CT 06457

JEFFERSON HANNA, III
ATTORNEY & COUNSELOR AT LAW

**BANKRUPTCY
ATTORNEY**

PERSONAL &
BUSINESS

Attorney Hanna has been helping clients with financial issues for over 30 years. He has creative solutions for difficult financial problems, handled with kindness and concern to help you through these uncertain times.

860-347-4741 | jeffersonhanna@sbcglobal.net

Divinely Guided Hands

Reiki by Deborah

My Name is *Deborah Page*.

I am a Reiki 2 Practitioner.

Along with usui reiki I also do chair reiki and distance reiki. I can test chakras & work with Angels.

I currently hold my reiki sessions at the Red Barn in Durham.

860-797-7977

dnpage391@gmail.com

SOUTH GREEN APARTMENTS

65 Church St., Middletown, CT 06457

Currently Accepting Applications
One and Two Bedroom Apartments
Federally Subsidized

Affordable Housing for Ages 62 & Over Or Persons with Disabilities

Call South Green at **860.344.1361** To receive an application.



Financed by CHFA

Professionally managed by S.H.P. Management



30 Boston Road, Middletown, CT
860.346.9299

Quality Short-Term Rehabilitation
and Long-Term Care in a
Comfortable Homelike Setting

Managed by Athena Health Care Systems
athenanh.com/wadsworth

SPREAD THE WORD:

A Thriving, Vibrant
Community Matters



Support Our
Advertisers!

PAIN DOESN'T SOCIALLY DISTANCE



**PHYSICAL THERAPY
& SPORTS MEDICINE
CENTER**

PTSMC Middletown

134 Main St., Ext. #100

860-740-3087

offering Clinical &
Telehealth Services
www.PTSMC.com

Get SAFE treatment for
muscle & joint pain,
balance & vertigo
issues, arthritis & more.

**Most Insurance accepted
NO REFERRAL NEEDED!**

**PROTECTING SENIORS NATIONWIDE
MEDICAL ALERT SYSTEM**



\$29.95/MO
BILLED QUARTERLY



CALL NOW! 1.877.801.5055
WWW.24-7MED.COM

➤ Reach the Senior Market
ADVERTISE HERE

CONTACT

Contact Jim Kurmaskie to place an ad today!
jkurmaskie@4LPi.com or (800) 477-4574 x6425



Trusted.
Committed.
Dedicated.

By The Centers for Medicare & Medicaid Services (CMS)
Physical, Occupational, & Speech Therapies, Respite, Long Term Care

65 Westfield Rd., Meriden, CT
203-238-1291 • www.apple-rehab.com

Medicare Plans Confusing?

You're not alone...

Call **Beverly P. Goodrich Insurance**

Call for a personalized consultation: **860-526-4257**

beverlygoodrich@comcast.net

Licensed Certified Insurance Broker





How Do I Register For The Activities In This Newsletter?

You can call (860) 638-4540 OR email: seniorcenter@middletownct.gov

Every single activity requires pre-registration. Preference is given to Middletown Residents. For bingo and pokeno, we don't need to know each time you plan to attend, we just need to know whether to mail you cards or have them ready for you to pickup. Activities to go can be ordered beginning July 22nd and can be picked up between 7/23-7/29. Pick-ups begin 7/30 by appointment.

The activities listed in this newsletter are FREE. If you wish to make a donation to the Senior Center, you are welcome to do so. Donations will be used towards future senior programming, activity kits, and meals.

Outdoor Entertainment August 5th 3pm-4pm

Come and enjoy the smooth sounds of Greg Sneed on the saxophone. This program is held outside.

Please let us know if you are coming with someone in your immediate household and plan to sit together. This will allow us to set up the chairs socially distanced and maximize the space.



Strawberry Shortcake to Go August 19th 2pm-3pm

Let's start celebrating the summer with

this delicious strawberry shortcake served over a biscuit. This will be offered as a to-go treat in our drive-thru.

It will be packaged with the biscuit, cut up strawberries and whipped cream all separate so it will stay fresh on your drive home. It should be refrigerated and consumed within 1 day.

Early Bird Dinner to Go August 12th 3:30pm-4pm

Sick of cooking every night? Looking for an affordable way to take the night off and enjoy a steak dinner?

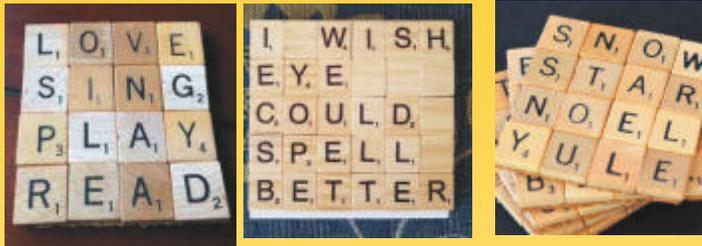
Let us cook for you today! We'll be grilling up a steak dinner with sweet potato, vegetable, and salad. A sweet treat will be included for dessert. The meals will be warm when you pick-up and will be packaged in a microwave safe container. You



will be assigned a time slot for you to drive-thru and pick up your meal.

Arts & Crafts On-The-Go Activity Kits

SCRABBLE COASTERS



Includes instructions, a link to Heidi's video, assorted scrabble tiles, ceramic tiles, cork backing, and adhesive. The possibilities are endless. No special skills required. Use your imagination to create your own designs.

PAINTED BIRDHOUSE



It's as easy as it sounds. Paint your birdhouse in whatever way you would like. You can display in your home or in your garden. Includes instructions, a link to Heidi's video, paints, brushes, an unfinished wood birdhouse, and bird seed.

PAINT/POUR PROJECT



Have you ever wondered how to do a pour painting? Acrylic pouring is a fun and easy way to create one-of-a-kind works of art. Even if you've never painted before and don't consider yourself an artist, this technique is something anyone can do. This includes a canvas, paints, paint brushes, instructions, a link to Heidi's video, and plastic cups for mixing paints.

THE POTTED PANSY

This is a super fun and simple way to brighten up your space or a loved one's day. Included in this kit are: 1 metal bucket/pot, 1 Styrofoam round, and silk pansy flowers.



Easy Baking/Cooking Project Activity Kits



Shortbread Cookie Bars

Includes the supplies, recipe, and link to a video with staff member instruction. This quick 3 ingredient recipe is delicious and great for dessert or as a snack!

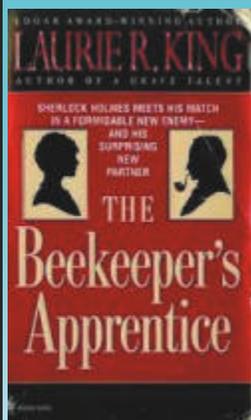
Oatmeal Peanut Butter Bars

Includes the supplies needed as well as the recipe, and a link to a video with staff member instruction. Delicious treat at any time!



Blueberry Dump Cake

Includes the supplies needed, recipe, and a link to a video with staff member instruction. You can make this quick, easy dessert and impress your family & friends.



The Book Club is Back The August Meeting Will Be Held Outdoors! August 24th at 2:30pm “The Beekeeper’s Apprentice” by Laurie R. King

This is our August book of the month. A limited number of used copies are available. To reserve your copy, please call and schedule a pickup time. You can also purchase the book online or in-store or borrow it from the library.

In 1915, Sherlock Holmes is retired and quietly engaged in the study of honeybees when a young woman literally stumbles into him on the Sussex Downs. Fifteen years old, gawky, egotistical, and recently orphaned, the young Mary Russell displays an intellect to impress even Sherlock Holmes—and match him wit for wit. Under his reluctant tutelage, this very modern twentieth-century woman proves a deft protegee and a fitting partner for the Victorian detective.

In their first case together, they must track down a kidnapped American senator's daughter and confront a truly cunning adversary—a bomber who has set trip wires for the sleuths and who will stop at nothing to end their partnership. Full of brilliant deductions, disguises, and dangers.



Virtual Visits

We are offering virtual visits. If you would feel more comfortable or if you have transportation issues, you can call us to schedule a conference call or video call with you and your friends. Utilizing our technology, we can connect you to other members.

These visits will be coordinated through Heidi. You can call her at 638-4541 OR email her at Heidi.otero@middletownct.gov

Social Visits by Reservation **Outdoor Only**

The North Parking Lot is Closed. We are setting up canopies in the north parking lot as well as utilizing our patio under the pergola for in-person social visits. When making a reservation, you are agreeing to the below requirements.

Do you want to catch up with a friend or friends in person. Our pergola is a great place to relax and reconnect. You can come alone or with up to 4 other people.

Requirements:

- You must make a reservation. Time slots available each day are 9am-10am, 10:30am-11:30am, 12pm-1pm, 1:30pm-2:30pm, and 3pm-4pm.
- When making your reservation, there is a maximum of 5 people allowed per timeslot. You can ask to have a reservation with a staff member or staff members to socialize and catch up, or you can meet up with friends. We must have the names in advance.
- Social distancing is required (6 ft)
- Wearing a mask is required (even though you are outside).
- Visits are weather dependent since they are outside only.
- Please bring water with you to stay hydrated.
- Use the bathroom before coming. In the event you need to use the bathroom, 2 people at a time will be permitted in the facility. The bathroom is sanitized twice per day, but cannot be sanitized after each use, so you are using it at your own risk.
- Please don't arrive early and please stick to the time slot given.
- At this time, there will be no sharing of any supplies. That means, no cards, no puzzles, no games, etc.



Foot Care is Back!

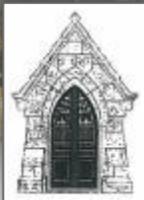


Jennifer Bosco, RN is taking appointments for footcare in August on the 1st and 3rd Tuesdays. Please don't arrive earlier than 10 minutes before your scheduled appointment.

\$35 payable to the practitioner. Please bring 2 hand towels. Please call the Senior Center for an appointment at 860-638-4540.

Blood Pressure Checks Are Back! Thursdays by Appointment

Donna will be taking appointments for blood pressure checks in the month of August. If you are interested, you must make an appointment. We are limited to 6 appointments each Thursday. Please don't enter the building more than 5 minutes before your scheduled appointment.



INDIAN HILL CEMETERY

A Place of Tranquility - A Place of History

P.O. Box 176 • 383 Washington St., Middletown, CT

Ph. 860-346-0452 | Fax 860-346-0215

superindianhill@att.net • www.indian-hill.org

Medicaid/Title 19

Conservatorships

Elder Law



Wills/Trusts

Powers of Attorney

Probate



Joan Reed Wilson
Attorney

363 Main St., #401, Middletown
(860) 669-1222

www.reedwilsoncase.com



Kristen B. Prout
Attorney

DIY Activity Kits



Watercoloring

There are 3 main reasons that watercolor painting is good for you. First, watercolors teach us to slow down. They also encourage us to view the world differently and help us discover our creativity. This is for beginners looking to dabble in a new hobby using pre-printed patterns. If you are already a painter, this wouldn't be for you. Includes 8 pre-printed designs and watercolor paints.

Scratch Art

There are many benefits from making art. Studies have shown that participants involved in art had decreased rates of loneliness and depression, higher morale, better dexterity, improved mood, and more confidence. Using just a wooden tool and the special paper, you can create rainbow scratch art.

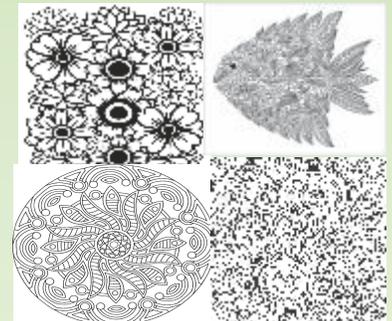


Brain Games

Are you up to the challenge? Logic, crossword, Sudoku, word roundups, and hidato puzzles to keep you busy. We've put together packets of puzzles for those interested. We have a new packet for you this month! We also have leftover packets from July. Please indicate which packet you are interested in.

Coloring

This easy fun activity has been proven to have the ability to relax the fear center of your brain, the amygdala. It induces the same state as meditating by reducing the thoughts of a restless mind. It provides an outlet for emotional expression. We've put together packets of coloring pages, colored pencils, and pencil sharpeners.



Biega's Home for Funerals

*Complete Funeral & Cremation Services
Pre-Need Counseling & Arrangements Available*

(860) 346-1055

3 Silver Street, Middletown, CT 06457

Family Owned Since 1939



WE'RE HIRING
AD SALES EXECUTIVES



- Full Time Position with Benefits
- Sales Experience Preferred
- Paid Training
- Overnight Travel Required
- Expense Reimbursement

CONTACT US AT: careers@4LPi.com
www.4LPi.com/careers

AARP Safe Driving Class

AARP has notified us that they will not be hosting any in-person safe driving classes for the remainder of 2020.

25% OFF

Register at:

aarpdriversafety.org

Use promo code: **DRIVINGSKILLS**

Offer valid through December 31, 2020, for the online course only.**

They are offering the class online at a 25% discount.

Virtual BINGO



We know you've been missing Bingo so we have been running bingo virtually. We don't want to leave anyone out, so you will be able to participate by phone, computer, or tablet. Most importantly, we need to know right away if you are interested, so we can get you your cards.

We'll be distributing laminated copies of bingo cards along with a dry-erase marker. The cards are numbered so when someone calls bingo, we can verify using the computer if there is a good bingo. We'll be playing for fun with prizes just for blackout. We have some snack baskets and summer fun baskets available for prizes. Bingo will be held every Wednesday from 1:30 until approximately 3pm. You can reuse the cards. The link and call-in number is the same every time.

If interested, please sign-up for cards. Cards can be picked up by appointment or mailed out to you. To participate by phone, on Wednesdays at 1:30, call 1-408-418-9388. The access code is 36445222#. You are not the host, answer # to the next 2 questions.

If you want to join on your computer, laptop, or tablet—we can email you a link to the game.

Comcast Channel 19 Schedule

If you have Comcast Cable, you can view our programming on the City's Channel 19 using your television. In addition, when there isn't a specific program running, you can view a slideshow of updated city information. As far as we know, this information is only viewable for Comcast subscribers. If you use a digital antenna without a provider, you might have access—you can certainly look through your channels.

This Schedule Runs Each Day with a rotation of different videos.

8:00am—Exercise With Jane

9:00am—Middletown's Community Forum on Covid-19

10:15am—Tai Chi/Qigong with Lisa

11:30am—Guided Meditation with Elizabeth

1:00pm—Middletown's Community Forum on Covid-19

2:30pm—Zumba with Diane

4:00pm—Rotating Programming

5:00pm—Middletown's Community Forum on Covid-19

While we are offering a bunch of alternative programming this month, we want to be clear.... The current federal, state, and local recommendations for seniors 65 and older is to stay home and stay safe.

Any interaction with those outside your home comes with risk. We want you all to be safe and healthy.

While we are taking all of the known precautions we can, the safest thing is still to stay home. Participation is at your own risk.

**STAYS SAFE
AND STAY
POSITIVE**

CRT Lunch Program—Open to All

Beginning 7/30, we will be distributing CRT lunch. Our new café worker Julie will be here running this drive through service every Friday.

You will be provided 5 frozen lunches, 5 dairy (usually 3 individual milks, a yogurt, and cheese stick), and 5 healthy snacks. You can opt in at anytime. There are no substitutions and it's all or nothing. There is a maximum of 35 participants per week. You can sign-up by July 22nd for the pick-up 7/30. Each week, we will need a count by Wednesday for the following week. We've heard the food is delicious!

The congregate meal elderly nutrition program was established as part of the Older Americans Act. This subsidized program is funded by Federal and State pass-through dollars. Due to the Coronavirus, there is additional CARES act funds. The only eligibility requirements to participate are that you are a Middletown resident 60 or older and that you have a Federal Form 5 on file. There is no income limits to participate. We can fill out the form for you by phone. The questions may seem intrusive, but they are confidential questions used to get partial reimbursement from the Government since this is a government run program. Call Laura to fill out your form by phone (860) 638-4542 or email her at: laura.runte@middletownct.gov

If you've had lunch at our center provided by CRT in 2020, then you already have a form 5 on file. Either way, it's easy to get started! Give it a try!

Donations are not required, however there is a suggested donation of \$2.50 per meal which would be \$12.50 for the 5 meals. If you want to donate, please make out a check to CRT and put frozen meals in the memo line. You can give Julie your donation when you pick up your weekly meals. This is separate from the Senior Center. These donations go directly to CRT.

A Special Thank You To Our Amazing Staff

Our Senior Services staff has been working tirelessly to support our Middletown seniors way beyond the scope of their regular duties and responsibilities. No one has told them they need to do this. They are all working so hard to reach as many of our members as possible.

Through videos, creativity in coming up with activities, manual labor working with massive deliveries for our activities to go, heavy lifting of sorting items and packaging them for distribution, setting up canopies weighed down with 100's of pound of weights, learning new technology without training, etc. They have really stepped up, not for recognition, but for you! Without them, none of these innovative programs and program adaptations would be possible. It's all worth it knowing we can brighten your day!

We get the question a lot, what have you been doing since the center is closed...the answer is... more than ever before... and if you've been a member a while and seen the effort the staff regularly puts into their work, you'd know that's hard to top!!

The best reward is hearing your feedback and knowing that we are making a difference!

Keep up the great work, we are far from the finish line! If you have suggestions, please don't hesitate to let us know.



Virtual Pokeno Fridays in August 2pm- 3:30pm

Now that we've tried our virtual bingo and it's running well, we are adding Pokeno on Fridays in August.

To participate by phone, on Wednesdays at 1:30, call 1-408-418-9388. The access code is 36445222#. You are not the host, answer # to the next 2 questions. If you want to join on your computer, laptop, or tablet—we can email you a link to the game. Prizes for the first 3 overall winners.

Bus Trips

Unfortunately, there will be no bus trips for the remainder of 2020.



The goal for October or November 2020 is for planned group meetups. We would arrange for a group outing and a staff member would attend however there would be no transportation.



Russell Library Curbside Pickup

Have you tried curbside pickup with our friends at the Russell Library? It's awesome! You may request up to 10 items at one time. Curbside Pickup is available Monday-Friday, 9am-6pm, and Saturday, 9am-5pm. It's easy and safe! For more info, visit their website: <https://russelllibrary.org/curbside-pickup/>

Farmers Market Vouchers

We expect to have the vouchers by August 1st. The vouchers are 6 checks in the amount of \$3 to be used at the approved farmers market locations. You will receive a current list of Farmers Markets when picking up your vouchers. The State of CT has approved contactless distribution meaning we won't need your signature on the voucher booklet.

In order to qualify, you will be required to verbally attest that you meet the criteria.

- Resident of Middletown, 60 or older
- You do not live in one of these properties that are handing out vouchers: Middletown Housing Authority, Newfield Towers, Old Middletown High, Pondview, Shiloh Manor, South Green Apartments, St. Luke's Apartments, or Stoneycrest Towers
- You have not received a check booklet already this year
- You meet the 2020 annual income limits which are \$23,606 or less for a single household and \$31,894 or less for a double household

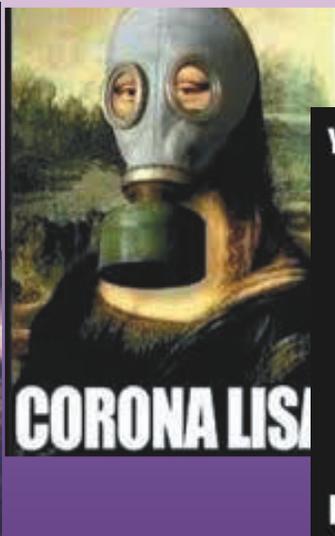
If you meet these eligibility guidelines. You can call or email us to schedule pickup of your vouchers in August. You will be asked by a staff member to attest that you meet the criteria. Making false statements could subject you to prosecution under state and/or federal law and they may be required to pay back the value of the checks. You can appeal your eligibility determination to the State of CT. This program is supported by funding from the United States Department of Agriculture, Food and Nutrition Service and the CT Department of Agriculture. We are a distribution site and do not create the program rules or the distribution rules. We also don't control the farmers markets or the pricing.

SHORT STORY CONTEST

The Senior Center is pleased to announce our Short Story Contest. All Senior Center members are encouraged to share their stories and talents through the written word. Your story can be fictional or non-fictional, but should definitely reference quarantine times. The rest is up to your imagination. **The winner will receive a \$50 gift card. Good luck!**

Rules & Requirements are:

- You may submit only one story with a maximum of 5,000 words
- Each story must be original
- All entries must be postmarked by August 31, 2020
- Please include your name, address, email and phone number
- Please mail entries to: Middletown Senior Center 61 Durant Terrace, Middletown, CT 06457 or email to Heidi.otero@middletownct.gov.



YES, I WORK FROM HOME.



HOW DID YOU KNOW?

NOT TO BRAG

BUT I'VE BEEN

AVOIDING PEOPLE

LONG BEFORE

THE VIRUS

OUTBREAK STARTED

Thrive Locally

America's Choice in Homecare.
Visiting Angels
 LIVING ASSISTANCE SERVICES

Personable & Compassionate
 Live-in and Hourly Caregivers are needed for in-home non-medical care for elderly in the area.
Flexible schedules, supportive, one-on-one care

Our caregivers are as valuable as our customers

8 Way Rd.
 Middlefield, CT 06455

Call us at **860-349-7016** • www.visitingangels.com/middlefield

FREE!
 Savings Include an American Standard Right Height Toilet FREE! (\$500 Value)

AS SEEN ON TV

MADE IN THE USA

AMERICAN STANDARD

WALK-IN BATHTUBS

American Standard
 Walk-In Tubs

WALK-IN BATHTUB SALE! SAVE \$1,500

- ✓ Backed by American Standard's 140 years of experience
- ✓ Ultra low entry for easy entering & exiting
- ✓ Patented Quick Drain® Technology
- ✓ Lifetime Warranty on the bath AND installation, INCLUDING labor backed by American Standard
- ✓ 44 Hydrotherapy jets for an invigorating massage

Limited Time Offer! Call Today!
844-889-2321
 Or visit: www.walkintubinfo.com/safety

DON'T SHOP. ADPT.

M+ Middlesex Health
 Senior + Assisted Living at One MacDonough Place

Senior and Assisted Living
 Backed by Middlesex Health

One MacDonough Place combines the assisted living services and social atmosphere seniors deserve with the special quality of life in Middletown

For more information, call **860-358-5802** or visit OneMacDonoughPlace.org

CAROL KLEEMAN, Realtor
 C: 860-729-6835
 O: 860-344-1658
 48 Main Street | Middletown | CT 06457
 Carol.Kleeman@raveis.com CarolKleeman.raveis.com

WILLIAM RAVEIS
 REAL ESTATE • MORTGAGE • INSURANCE

PORTLAND CARE & REHABILITATION CENTRE

Let Our Family Take Care of Yours...
 Short-Term Rehabilitation | 7 Days a Week

860.342.0370 | 333 Main St., Portland, CT | www.portlandcare.net

Book A Tour TODAY!

Awarded 5 Stars

THIS SPACE IS AVAILABLE

ADT-Monitored Home Security

Get 24-Hour Protection From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide

ADT Authorized Provider

SafeStreets

1-855-225-4251

➤ Reach the Senior Market

ADVERTISE HERE

CONTACT

Contact Jim Kurmaskie to place an ad today!
jkurmaskie@4LPi.com or (800) 477-4574 x6425

Middletown Senior Center
61 Durant Terrace
Middletown, CT 06457

Standard Mail
U.S Postage
PAID
Permit #38
Middletown CT
06457

Middletown Senior Center
www.middletownct.gov/seniors
(860) 638-4540

This newsletter was created the last week of June. All staff have returned to the office. The building remains closed, but we are here to serve you. Please feel free to call our main number and leave a message or email a staff member.

Main Number: (860) 638-4540

Ann: Ann.Gregg@MiddletownCT.gov

Heidi: Heidi.Otero@MiddletownCT.gov

Laura: Laura.Runte@MiddletownCT.gov

Becky: Becky.Carroll@MiddletownCT.gov

We will send out an automated message to all of our members if anything changes.

YouTube:
Middletown Senior
Services



Facebook:
[Facebook.com/
middletownseniors](https://www.facebook.com/middletownseniors)



Special Hours for Seniors at Grocery Stores

Stop & Shop: 6am-7:30am every day

Shoprite: 6:30am-7:30am every day

Walmart: 6am-7am on Tuesdays

Price Chopper: 6am-7am every day

Price Rite: 7am-8am every day

Where Can I Get Information?

City website: middletownct.gov

Mayor's Facebook: [facebook.com/BenForMiddletown](https://www.facebook.com/BenForMiddletown)

Senior Facebook: [facebook.com/middletownseniors](https://www.facebook.com/middletownseniors)

Comcast Channel 19

State website: portal.ct.gov/coronavirus

City's Covid-19 Hotline: (860) 638-4965

Centers for Disease Control: cdc.gov

United Way 2-1-1: Call 211 or text CTCOVID to 898211