

# Durham Senior Happenings

## August 2025

### Renters Rebate

April 1 – September 30

- Income limits: 45,200 (unmarried) or 55,100 (married)
- Must have been 65 by December 31, 2024 or eligible to receive permanent total disability benefits

#### Documents:

- Federal tax forms for tax year 2024 (if you file)
- Social Security SSA 1099 Form
- Any other income documents (Pension, interest, dividend, annuity 1099s etc.)
- Proof of rental payments for each month
- Proof of utility payments (includes electric, gas, water, and fuel)

Call for an appointment: (860) 349-3153

Durham & Middlefield Senior & Social Services Presents: **Prepared & Empowered: A Life Planning Series for Older Adults & Their Families** with Lynn McPhelimy. Funded by a grant from CVEF.

#### **September 11: Too Much Stuff? Let's Fix That!**

*Declutter, Downsize & Take Control Now!*

Learn to confidently decide what to keep, sell, donate, or toss—without second-guessing yourself.

#### **October 9: Organize Your Life – Not Just Your Stuff!**

*Be ready for anything: Essential planning for life's unexpected challenges*

Organize key information so others can easily step in during emergencies.

#### **November 13: Stay Safe Online**

*How to Click with Confidence and Avoid Scams*

Protect yourself from digital fraud with safer, more confident online habits.

#### **December 11: Your Day, Your Way!**

*Plan Your Funeral with Confidence*

Take control of your legacy and leave clarity—not guesswork—for your loved ones.

#### **January 8: Ready, Set, Move!**

*A Stress-free Plan for Downsizing & Moving*

Make your next move manageable, meaningful, and even joyful.

#### **Mark Your Calendar & Register Today!**

**When:** 2nd Thursday [September-January]

**Time:** 6:00pm

**Location:** Durham Community Center • 144 Pickett Lane

**Registration:** Call: Morgan @ 860-349-3153 • E-Mail: mperry@townofdurhamct.org

### Other Upcoming Programs...

#### **Know Your Medicare Options:**

9/30 @ 5:30 PM, Durham Community Center. Unbiased and informational. See flyer on page 8 for more.

**TUMM!:** Stay tuned for TUMM!: Towns United through Meals and Mentoring. A collaboration between DMYFS and Durham & Middlefield Senior & Social Services, we are bringing generations and the community together. Under direction of professional chefs, older adults will mentor youth and together prepare a meal leading to a community dinner. More information to come.

Morgan Perry | Social Services Coordinator | Town of Durham | (860) 349-3153 | mperry@townofdurhamct.org  
M: 7AM-3PM, T: 7AM-3PM, W: 7AM-3PM, TH: 7AM-3PM, F: 7AM-12PM (Appointments suggested as this position works from the Town Hall, Community Center, and within the community and flexes time based on needs).

## Resources

**See what benefits you may be eligible for:** <https://benefitscheckup.org/>

**Meals on Wheels:** For those 60+, unable to eat at a congregate meal site, and homebound. Contact the Durham Human Services office to apply.

**Senior Resources Agency on Aging Eastern CT:** Contact for any aging related resources including caregiving programs: (860) 887-3561 or [www.seniorresourcesec.org/](http://www.seniorresourcesec.org/)

**CHOICES:** Unbiased information on Medicare. Contact the CHOICES program (860) 887-3561 or the Durham Human Services office.

**SNAP:** End Hunger CT! SNAP line: 866-974-SNAP (7627) (for applications over the phone). Older adult hours are Monday-Friday between 8AM and 10AM (can request in voicemail).

**Bridges:** The program serves adults (55+) who may have mental health and/or substance misuse concerns. Services include education, support, counseling, referrals to senior service networks and referrals for treatment. (203) 878-6365

**Resources Directory:** 211 or dial 1-800-203-1234

**Alzheimer's Association:** <https://alz.org/> (Trainings & education, virtual caregiver support groups; 24/7 Helpline: 800-272-3900)

**LiveWell:** Services, support, and resources to people living with dementia, care partners, and anyone interested in taking an active role in cognitive health and wellbeing: <https://livewell.org/> or 860-628-9000

### Agency on Aging

Virtual Caregiver Support Groups: 203-785-8533 ext 3159

**Crisis Text Line:** Text 741741

**National Suicide Prevention Lifeline:** Call or text 988

**Veteran's Crisis Line:** 1-800-273-8255 (Press 1) or Text 838255

**RAINN** (Rape, Abuse & Incest National Network): 860-656-4673

**Trevor Lifeline** (LGBTQ+): 1-800-488-7386 or Text 678678

**Alcoholics Anonymous** (Online Meetings): [aa-intergroup.org](http://aa-intergroup.org)  
**SMART Recovery Online:** [smartrecovery.org/](http://smartrecovery.org/) community

**Trans Lifeline:** 877-565-8860

**National Sexual Assault Hotline:** 800-656-4673

**National Domestic Violence Hotline** 800-799-7233

**New Horizons:** Domestic Violence. Available 24/7. 860-344-9599.

### **Free Webinars through Hartford Healthcare**

- Medicare 101 — Understanding Your Options:

You are also welcome to contact the Medicare Education Department with any questions at 860-972-9030

- To Register for these and more call 1.855.442.4373 or visit the website: <https://hartfordhealthcare.org/health-wellness/classes-events?tag=webinar>

### **AARP Free Classes:**

<https://local.aarp.org/virtual-community-center/>

### **Amazing Grace Food Pantry**

16 Stack Street, Middletown

Open Mon., Wed., & Fridays from 12PM—4PM

#### **Mobile Food Pantry**

Middlesex Community College

Schedule: [ctfoodshare.org/get-help/](http://ctfoodshare.org/get-help/)

### **Library Delivery Service**

Access to the library for those who are homebound. Sign up online or call or email:

(860) 349-9544 ext. 5 or

[Lredfield@durhamlibrary.org](mailto:Lredfield@durhamlibrary.org)

### **Durham Food Pantry**

Open to all Durham residents.

Call or email the Human Services Office for an appointment: 860-349-3153 or [mperry@townofdurhamct.org](mailto:mperry@townofdurhamct.org)

Donations accepted Monday-Friday at the Community Center. Monetary donations, checks (made out to Durham Neighbors in Need), or gift cards may be mailed to:

Human Services      P.O. Box 428      Durham, CT 06422

# SAVE THE DATE!

## Tuesday, August 5<sup>th</sup>, 2025

### 5:00PM - 8:00 PM



**Durham/Middlefield's 2<sup>nd</sup> Annual National Night Out!**  
**Come Enjoy a Night Out with Our Communities!**



**Durham Community Center**  
**144 Pickett Lane, Durham**

Local organizations interested in participating, please fill out the registration form and send to:  
durhammiddlefieldnno@gmail.com



**Lifeline—Free Cell Phones:** Phone: (800) 234-9473 If you call, they can mail an application to you.

Website: [www.lifelinesupport.org/how-to-get-lifeline/](http://www.lifelinesupport.org/how-to-get-lifeline/)

Email: [LifelineSupport@usac.org](mailto:LifelineSupport@usac.org)

You May Qualify:

---Based on Your Income      OR

----If You Use SNAP, Medicaid, or other programs such as Supplemental Nutrition Assistance Program (SNAP), Medicaid, Supplemental Security Income (SSI), Federal Public Housing Assistance (FPHA), Veterans Pension and Survivors Benefit, Tribal Programs (and live on federally-recognized Tribal lands). Show a card, letter, or official document, as proof that you participate in one of these programs when you apply for Lifeline.

### **Emergency Notifications from the Town of Durham:**

Sign up here: <https://member.everbridge.net/index/892807736721584#/signup>  
or call the Emergency Management Department: (860) 343-6735 and leave them a message

**The storm line is: 860-343-6735**

Remember, if EOC is activated, the shelter will not open until at least 72 hours after the event. Plan for how you would manage 3-5 days without power.



# Senior Community Café Congregate Calendar

## August 2025

- Please let us know by 1PM Wednesday each week if you will be coming either day the following week. Sign up sheets for the month will be available onsite as well.
- Call (860) 349-3153 or email [mperry@townofdurhamct.org](mailto:mperry@townofdurhamct.org) to reserve your spot.

Monday	Tuesday	Wednesday
<b>4</b> 5 oz Italian Sausage & Peppers 1 Sub Roll 1 Corn on The Cob & Butter String Cheese 4 oz Fruit Cup	<b>5</b>	<b>6</b> 3 oz Polynesian BBQ Chicken 4 oz Rice Pilaf 4 oz Tomato Cucumber Salad Cornbread Milk 4 oz Melon
<b>11</b> Baked Potato 4 oz Veggie Chili 2 oz Cheese 2 oz Sour Cream 4 oz Broccoli Cheddar Biscuit & Butter Yogurt Parfait, Berries	<b>12</b>	<b>13</b> Turkey Club Sandwich 8 oz Broccoli Cheddar Soup 4 oz Tossed Salad 1 oz Dressing String Cheese 4 oz Pears
<b>18</b> 3 oz Herb Grilled Chicken 2 oz Tzatziki Sauce 4 oz Grilled Vegetables 4 oz Potato Wedges 1 Pita Pocket Watermelon & Milk Bottle	<b>19</b>	<b>20</b> 4 oz Fish Fillet Sandwich 2 oz Tartar Sauce 2 oz Lettuce 2 oz Cheese 8 oz Tomato Basil Bisque 1 Chocolate Chip Cookie 4 oz Applesauce & Milk Bottle
<b>25</b> 3 oz Chicken Waldorf Sandwich 1 Bun 2 oz Lettuce, 2 oz Tomato, Pickle 4 oz Potato Wedges String Cheese Watermelon	<b>26</b> Food Allergy Food may contain peanuts, tree nuts, sesame, soy, milk, eggs, wheat, shellfish, or fish. Please advise a staff member of any food allergies prior to consumption or meals.	<b>26</b> <b>\$4.50 suggested</b> 4 oz Roasted Salmon 4 oz Summer Squashes 4 oz Scalloped Potatoes Dinner Roll & Butter String Cheese Birthday Cupcake

**Meals for those age 60+ and their Spouses provided by the Kitchen at Futures.**

**Suggested donation of \$3 per meal or \$4.50 per special meal. No one is turned away if they can't pay.**

**Lunch runs from 11AM—1PM at the Durham Community Center, 144 Picket Lane with lunch served at noon.**

**Please reserve by Wednesday for the following week by calling 860-349-3153, emailing the Social Services Coordinator, or using the sign-up sheets onsite.**

**New? No problem! All we need is your reservation and one form you can fill out when you come in.**

\*Menu items are subject to change.\*

## Bus Trips

### August

8/6: Stop & Shop, Aldi, Wallingford

8/13: Boscov's, Meriden

8/20: Mohegan Sun Casino

8/27: Troller Museum (\$13/ticket), Lunch  
@ Cracker Barrel

**To book a trip, please call RVT at (860) 346-0212, and press 2.** Limited, first-come, first-served house pickup is available to those unable to get to a bus stop.

**Ideas? Let us know where you would like to go!**

## Transportation

### Out-of-County Medical Trips:

Curb-to-curb transportation for older adults and disabled residents to out-of-county medical appointments, Monday through Friday. Trips must be booked at least one week in advance. **Please call River Valley Transit (RVT) at 860-346-0212 and press 2.** Mention what town you are calling from and what type of trip you are looking to book. If you do not hear from RVT one day before your planned trip, please contact them to confirm the trip.

### Dial-A-Ride:

Curb-to-curb transportation for older adults and disabled residents within Middlesex County: Middlefield, Durham, Middletown, Portland, and East Hampton. Trips include: medical appointments, shopping, banking, and other places. Services are available Monday through Saturday, from 8:30 a.m., to 4:00 p.m. Fare is \$3.50 each way. **Please call RVT at 860-346-0212 and press 2.** Reservations must be made 2+ days in advance.

## Durham Public Library Programs

- **Game Night for Adults:** 8/5 @ 6PM: Adults of all ages are welcome. Come alone, or bring a group of friends.
- **Jigsaw Puzzle Competition:** 8/14 @ 5:45PM
- **Open Mic Night for All Ages:** 8/19 @ 6PM: The theme this month is SUMMER. Bring your favorite poem or an original poem to share or just come to listen.

Sign up online or call 860-349-9544 | [durhamlibrary.org](http://durhamlibrary.org)

## Foot Care Clinic

Once a month on Fridays  
9AM—1PM

Middlefield Community  
Center, 405 Main Street,  
Middlefield

Call for next date and to sign  
up: 860-349-7121  
Cost: \$35

## Durham Senior Exercise Classes

- **Arthritis Program:** Marcy Henahan has been trained in the the Arthritis Foundation's Exercise Program and will teach techniques for improving joint flexibility and muscle strength. Exercise to music, learn tips for managing arthritis, and have fun! W, 11AM
- **Cardio Drumming:** Cardio drumming is a dynamic cardiovascular workout that combines drumming, rhythm, and music. Participants will use drumsticks following the rhythm of the music. All exercises can be modified for your comfort. **Coming soon; contact Brian for start date.**
- **Zoom Cardio Option:** Get your cardio on with Sue Schade. Two options: 9AM (for the more active) and 10AM (modified option where a chair can be used). MWF
- **Gentle Flow Yoga:** This class moves through a series of gentle movements connecting your breath to your body, improving relaxation, flexibility, and recovery. Especially well-suited for those with pain, trouble sleeping, anxiety, or high levels of stress. Option to do class from a chair (T, 9:30AM)
- **Zumba:** Expect a low to high level of intensity, low impact dance workout, featuring international music and a variety of rhythms. Zumba is for both the body and the brain! (Th, 11AM)
- **Mobility for Movement:** Functional fitness focusing on mobility, strength, flexibility, and balance. (T 12:45PM)

► Sign up on Durham RecDesk or call Brian with questions: 860-894-7836

### Blood Pressure Clinics

Clinics will be held the **third Wednesday** of each month from 11-12:00 at the Durham Community Center.

*Thank you CT River Area Health District!*

### Drop In Mahjong

Tuesdays & Thursdays  
2-4PM at the Durham Community Center.

Whether you're a novice or a pro, join us! If you have a set, please bring it.  
Drop in; no registration needed.

### Walking Club

Tuesdays and  
Thursdays at 10AM  
Durham Community Center

Drop in; no registration needed.

Do you like to knit, sew, or crochet? Would you like to learn?

### Join the Knitters!

Tuesdays @ 9AM at the Durham Community Center, 144 Pickett Lane & Thursdays @ 9:30AM at the Middlefield Community Center, 405 Main Street, Middlefield.  
Free and open to the public. No reservation needed.



### Bridge

Fridays @ 12:30 PM  
144 Picket Ln, Durham  
Contact Jim to learn or play:  
860-593-7635



### Durham Senior Board

Next Meeting: 9/17/2025  
Location: 144 Picket Lane  
Meetings open to the public.



**Durham & Middlefield  
Senior and Social Services Present:**

*Prepared & Empowered: A Life Planning 5-Part Series  
for Older Adults and Their Families*

# ***Too Much Stuff? Let's Fix That!***

with Lynn McPhelimy

*Nationally recognized Life Organizer and bestselling author,  
featured on Oprah, the TODAY Show, and The New York Times,  
Lynn has spent over 25 years helping thousands of families  
simplify their lives and leave their loves ones peace of mind, not a mess.  
[www.LynnMcP.com](http://www.LynnMcP.com)*



Whether staying in place or preparing for a move, this presentation helps **clear the physical and emotional burden** of "too much stuff."

**Learn** how to **confidently decide** what to keep, sell, donate, or toss without second-guessing.

**Discover** how to **handle sentimental items without guilt**, understand what's truly worth selling (and what's not worth the hassle).

**Learn** how to **start small, build momentum, and make steady progress!**



**Date:** Thursday, September 11, 2025

**Time:** 6:00pm - 7:00pm

**Location:** Durham Community Center • 144 Pickett Lane

**RSVP:** Contact Morgan @ 860-349-3153

**Free & Open to the Public**

***Proudly sponsored by Coginchaug Valley Educational Foundation***

**SAVE THE DATE: PRESENTATION #2: THURSDAY, OCTOBER 9, 2025**

**"Organize Your Life – Not Just Your Stuff!"**





# Know Your Medicare Options!

## Topics include:

- Overview of Medicare Parts A, B, C and D
- Various Medicare options available
- Tips on making Medicare affordable through assistance programs



Navigating Medicare

**CHOICES/SHIP**  
provides free  
unbiased  
information and  
does not sell  
insurance

**September 30, 2025**  
**5:30 p.m.**  
**Durham Community Center**  
**Library Room**  
**144 Pickett Lane**  
**Durham, CT**  
**RSVP to Morgan (860) 349-3153**



## Presented By:



**Laura Crews**  
Senior Resources Agency on Aging  
Director of Benefits Access







▲ ▲ Thank you to all who came out to Senior Camp Day!

◀ ◀ The Puzzle King