



TRUMBULL

SENIOR CITIZEN NEWSLETTER

23 Priscilla Place, Trumbull, CT • Open Monday through Friday 9:00 AM – 4:00 PM

Timothy M. Herbst.....	First Selectman.....	203-452-5005
Michele Jakab.....	Director.....	203-452-5199
Ashley R. Grace.....	Administrative Assistant.....	203-452-5137
Ronald Foligno...	Interim Senior Commission Chairperson.....	203-445-8513



JULY 2016

Monday, July 4th, the Trumbull Senior Center will be closed.

TRUMBULL'S ANNUAL READING OF THE DECLARATION OF INDEPENDENCE

Monday, July 4th, 2016, 10:00 AM – 11:00 AM at Town Hall. Sponsored by Trumbull Arts. Historic portrayal featuring citizen volunteers reading the Declaration of Independence. Bring your own chair.

MEET-AND-GREAT WITH THE DIRECTOR

Wednesday, July 6th, 2016, 10:00 AM – 12:00 AM in the Snack Bar. Come join us to give our new Director, Michele Jakab, a warm welcome to our center! Everyone is invited! Coffee and donuts will be served.

MONTHLY BIRTHDAY PARTY

Friday, July 8th, 11:00 AM . Sponsored by Synergy Home Care. Everyone is welcome to come celebrate our July birthdays. Please RSVP 452-5199.

CRACKER BARREL TRIP

Wednesday, July 13th, 11:00 AM – 1:00 PM. Transportation provided to Cracker Barrel in Milford. Enjoy homestyle, country cooking and shop at the Cracker Barrel Old Country Store! Seating is limited, please RSVP 452-5199.

LUNCH AND MOVIE

Friday, July 15th, at 11:00 AM – 1:00 PM. Sponsored by Ludlowe Center for Health and Rehabilitation.
Feature Film: "Cry Baby." A prim and proper schoolgirl goes against her mother's wishes when she dates a motorcycle-riding juvenile delinquent. Please RSVP 452-5199 **Starring: Johnny Depp, Ricki Lake, Amy Locane**

TRUMBULL SENIOR CITIZENS COMMISSION MEETING

Friday, July 22nd, 2016, 10:00 AM in the Long Hill Conference Room at Town Hall. Open to the public.

AARP SAFE DRIVERS COURSE

Friday, July 22nd, 2016, 9:00 AM – 1:00 PM in the Library. Members pay \$15.00 and non-members \$20.00. Reservations made by check only. Please make checks payable to AARP (no cash please). Please RSVP 452-5199.

BINGO

Friday, July 29th, 2016, 1:00 PM – 2:30 PM
Sponsored by Trumbull Senior Commission and Synergy Home Care. Prizes and refreshments will be served. Seating is limited. Please RSVP 452-5199.

*****Trumbull Senior Center Café*****

Check out our new grab-n-go lunch menu including sandwiches, wraps, and salads! Updated hours are now 11:00 AM – 2:00 PM.

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NURSING DEPARTMENT

Our Geriatric Wellness Nurse, Teresa Cryan, is available at the Trumbull Senior Center on most Wednesdays and Thursdays, usually from 8:30am-3:00pm. She is also available at Stern Village Housing in Trumbull on most Mondays from 8:30am-3:00pm. Services offered:

- Assesses/records blood pressure readings and other health parameters
- Conducts educational programs on health-related topics
- Assists in making doctor appointments
- Leads seated exercise programs
- Coordinates guest speakers on senior wellness topics
- Consults on senior health-related concerns

C. Teresa Cryan, MSN, RN
Wellness Nurse, Town of Trumbull
203-452-5134

tcryan@trumbull-ct.gov



SUSAN B'S SALON

Open in the Senior Center

Services include haircuts for men & women, manicures & pedicures performed by a licensed professional. For an appointment, call (203)981-7061



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JULY

ACTIVITY CALENDAR

MONDAY 	9:00 AM - 9:45 AM 10:00 AM 1:00 PM 2:00 PM	STRETCH/STRENGTHEN..... BOCCE DRAWING CLASS..... SMILE -A-WHILE..... INTERMEDIATE LINE DANCE..... YOGA.....	FUNCTIONS ROOM BOCCE COURT MEETING ROOM FUNCTIONS ROOM FUNCTIONS ROOM FUNCTIONS ROOM
TUESDAY 	9:15 AM 9:30 AM 10:00 AM 10:30 AM 11:30 AM 12:30 PM 1 – 4 PM	FIT FOR LIFE EXERCISE CLASS..... OIL PAINTING CLASS KNIT AND CROCHET GROUP..... BALLROOM DANCE WITH MIKE STAVOLA..... ZUMBA LESSONS WITH MIKE STAVOLA..... MEXICAN TRAIN DOMINOES..... BILLIARDS GAME (8 BALL PARTNERS).....	FUNCTIONS ROOM MEETING ROOM COMPUTER ROOM FUNCTIONS ROOM FUNCTIONS ROOM CARD ROOM BILLIARDS ROOM
WEDNESDAY 	9:00 AM 10:10 AM 11:00 AM 12:15 PM 1 – 4 PM	YOGA..... JAZZERCISE..... TAP DANCE..... BEGINNERS TAP DANCE..... BILLIARDS GAME (8 BALL PARTNERS).....	FUNCTIONS ROOM FUNCTIONS ROOM FUNCTIONS ROOM FUNCTIONS ROOM BILLIARDS ROOM
THURSDAY 	9:00 AM 9:30 AM 10:00 AM 10:15 AM 11:00 AM 11:30 AM 1:00 PM	PILATES..... WATER COLOR CLASS..... SLIM APPROACH..... JAZZERCISE..... CHAIR EXERCISE with NURSE TERESA..... LATIN LINE DANCE WITH MIKE STAVOLA..... PINOCHLE.....	FUNCTIONS ROOM FUNCTIONS ROOM TV ROOM FUNCTIONS ROOM TV ROOM FUNCTIONS ROOM CARD ROOM
FRIDAY 	9:00 AM 10:00 AM 10:30 AM 12:30 PM 1 - 4 PM	ZUMBA GOLD..... OIL PAINTING CLASS TAI CHI..... MAHJONG..... BILLIARDS GAME (8 BALL- PARTNERS)	FUNCTIONS ROOM MEETING ROOM FUNCTIONS ROOM MEETING ROOM BILLIARDS ROOM

Yoga with Jeannie

- Every Monday at 2:00 PM
- In the Functions Room



Bridge

Interested in playing Bridge? Please call 452-5199 to sign up.

Rummikub Game

Interested in playing? Please call 452-5199 to sign up.

PLEASE PATRONIZE OUR SPONSORS

203-378-3086

JULY Senior Community Café

Meals served Monday through Friday at NOON.

For reservations: call (203-378-3086) 10AM-NOON

Lunch Reservations must be made TWO (2) days in advance.

Monday	Tuesday	Wednesday	Thursday	Friday
				1. Fourth of July Special Cole Slaw BBQ Chicken Potato Salad Corn Blueberry Pie
4. CLOSED 	5. Tossed Salad Pot Roast with Onion Gravy Dutch Noodles Root Vegetables Melon	6. Egg Drop Soup Pork Chow Mein Steamed Rice Asian Vegetables Mandarin Oranges	7. Mixed Greens Penne Pasta with Shrimp and Peas in Garlic Cream Sauce Garlic Bread Tapioca Pudding	8. Cream of Broccoli Braised Chicken Rice Carrots, Celery Onion Pears
11. Mushroom Soup Meatloaf with Gravy Mashed Potatoes Broccoli Fruit Salad	12. Carrot Soup Chicken Cutlet with Tomato Bruschetta Mixed Greens with Vinaigrette Butterscotch Pudding	13. Caesar Salad Seared Steak Baked Potato Carrots Fruited Jell-O	14. Vegetable Soup Spaghetti and Meatballs Spinach Garlic Bread Ice Cream	15. Spinach Salad Grilled Boneless Pork Chops with Apple Relish Au Gratin Potatoes Brussel Sprouts Fresh Apple
18. Pinto Bean Soup Beef Brisket Red Cabbage Potatoes Fruit Salad	19. Tossed Salad BBQ Chicken Macaroni and Cheese Braised Greens Pecan Pie	20. Chicken Soup Roast Loin of Pork Wild Rice Blend Squash Peaches	21. Mixed Greens Chicken Cordon Bleu Sweet Potato Green Beans Honeydew	22. French Onion Soup Meat Lasagna Caesar Salad Garlic Bread Cookies
25. Tossed Salad Baked Ham with Raisin Compote Potatoes Sugar Snap Peas Ice Cream	26. Cauliflower Soup Pork Marsala Risotto Sautéed Spinach Pineapple	27. Caesar Salad Baked Ziti with Italian Sausage Peas Chocolate Pudding	28. Sweet Potato Bisque Orange Glazed Chicken Roasted Potatoes Cauliflower Banana Cake	29. Mixed Greens Batter Dipped Fish with Tartar Sauce Tater Tots Cole Slaw Fresh Orange

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Travel Corner

For information and reservations, please call the Trumbull Senior Center at 203-452-5199.

Cracker Barrel Trip.

Transportation to Cracker Barrel in Milford.

- Bus will leave Senior Center at 10:45 AM
- Bus will arrive at Cracker Barrel at 11:00 AM
- Bus will leave Cracker Barrel by 1:00 PM
- Bus will arrive back to Senior Center at 1:15 PM



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NEWS FROM SOCIAL SERVICES OFFICE - TOWN OF TRUMBULL

Tel# 203-452-5198

ELDERLY AND TOTALLY DISABLED RENTER'S RELIEF PROGRAM **APPLICATIONS ACCEPTED FROM APRIL 1 TO OCTOBER 1, 2016**

- **ELIGIBILITY REQUIREMENTS:**

Applicant must be age 65 or older before January 1, 2015 or on Social Security Disability.
(******Current proof of disability from Social Security must be provided******)

Applicant must have been a renter in Connecticut during 2015.

- **ANNUAL INCOME GUIDELINES:**

Cannot Exceed:

SINGLE

\$35,000

COUPLE

\$42,900

PROOF OF INCOME FOR 2015:

- 1) Social Security benefit statement for 2015 (1099) form
- 2) Bank interest statement and dividends for 2015
- 3) Pension Statement for 2015
- 4) Federal Tax Return for 2015 if filed

If you need proof of Social Security benefits you can get a benefit verification letter by calling 1-800-772-1213 (this will take 10 days) or register online at www.socialsecurity.gov and create an account where you can then print a benefits verification letter.

- **PROOF OF EXPENSES PAID IN 2015:**

- 1) Rent Receipts signed by landlord or rent ledgers from housing complex for the whole year.
- 2) Statements/bills from electric, gas, water, and fuel showing amounts and dates paid for the whole year.

Call United Illuminating at (800) 722-5584 and request a "PAYMENT PRINTOUT" for the year 2015

Please call Social Services to schedule an appointment – NO WALK-INS PLEASE!

Home visits are available for the Home Bound

For questions and appointment scheduling please call (203) 452-5198

Reminder: Trumbull Senior Center membership renewal is due July 1st, 2016. The fee for residents is \$5.00 and non-residents is \$20.00. **Checks or money orders only.** If you are a current member, you may mail in your payment to the center. Please be sure to write your membership number on your check. New members that are renewing by mail, please call 203-452-5199 to have a membership form mailed to you.

Trumbull Senior Citizen Newsletter Insert for July, 2016

From the desk of C. Teresa Cryan, MSN, RN, APRN, Wellness Nurse

Ten Summer Health Tips for “Seniors”, to Beat the Heat

As we age, we should be more aware of the potential health risks that are uniquely associated with both our age and the changing seasons. While people of all ages face specific health risks, seniors have particular health risks that need to be understood and monitored, especially in the heat of the summer. Here are 10 summer health tips for seniors, which we can all try to incorporate, as we head into the summer season:

1. **Drink plenty of liquids.** Drink eight or more 8-ounce glasses per day of water every day to stay hydrated, unless this is specifically contraindicated by your primary care provider.
2. **Avoid caffeinated and alcoholic beverages.** Alcohol, soda, coffee and even tea can leave you dehydrated quickly. If at all possible, try to reduce the amount of these beverages, especially during hot weather. Plain or flavored water is a good substitute.
3. **Dress appropriately.** Wear loose-fitting clothes in natural fabrics like cotton. Dress in light colors that will reflect the sun and heat instead of darker colors that will attract them.
4. **Sunblock.** When outdoors, protect your skin and eyes from damage by wearing hats, sunglasses and a sunscreen of SPF 30 or higher.
5. **Stay indoors during extreme heat.** In extreme heat and high humidity, evaporation is slowed and the body must work extra hard to maintain a normal temperature.
6. **Air conditioning.** If you do not have air conditioning in your home, go somewhere that does. A movie theater, the mall, a friend or relative's home, or here at your own senior center, are all good options.
7. **Avoid extreme outdoor heat.** If you need to get out of the house and don't drive, call a taxi, a friend or a transportation service. Do **NOT** wait outside for the bus in extreme heat.
8. **Take a cool shower or bath.** If you are absolutely unable to leave the house and do not have air conditioning, take a cool bath or shower to lower your body temperature on extremely hot days.
9. **Keep your home cool.** Temperatures inside the home should not exceed 85 degrees Fahrenheit for prolonged periods of time.
10. **Signs of heat stroke.** Know the signs of heat stroke (e.g. flushed face, high body temperature, headache, nausea, rapid pulse, dizziness and confusion) and take immediate action if you feel them coming on.

Feel free to stop by and see me in the Nurse's Office at the Center. I am here at the Trumbull Senior Center on most Wednesdays and Thursdays from 8:00 am-2:30 pm. My phone number is 203-452-5134. I am at Stern Village/The Congregate in Trumbull during those same hours on most Mondays. I would be happy to check your blood pressure, to talk to you about your medications or your general health status, and/or to review some of the things that you could be doing to promote your health and well-being, particularly as we head in to the summer months. Teresa, Your Wellness Nurse

**FIRST SELECTMAN HERBST NAMES MICHELE JAKAB
NEW DIRECTOR OF HUMAN SERVICES**

TRUMBULL - - First Selectman Timothy M. Herbst on Friday named Michele Jakab, LMSW, as the new Director of Human Services for the Town of Trumbull. In her role, Jakab will be responsible for overseeing the Trumbull Senior Center and Social Services. Jakab, a Norwalk resident, is the current Outreach Coordinator for the Norwalk Senior Center, a position she has held for the last eight years. In that role, Jakab has been responsible for facilitating, supervising, overseeing, and managing all social services provided by the Norwalk Senior Center including, Norwalk Senior Center South and Meals on Wheels.

Among Jakab's most noteworthy accomplishments:

- Co-Wrote 4 grants awarded to the Norwalk Senior Center as well as found funding for evidenced based exercise programs;
- Developed and collaborated with organizations such as the YMCA, Norwalk Police Department, Norwalk Senior Umbrella, and others, to provide programing;
- Created presentations and presented to over 300 caregivers, elders, and employees in the Norwalk community;
- Developed a program for Social Work Interns at the Norwalk Senior Center;
- Created a strong outreach department that has doubled the number of clients, phone calls, and referral requests;
- Started and led a caregiver support and bereavement group;
- Successfully created and set high standards for diabetic, renal, pureed, low calorie, and nutritional meals for the Meals on Wheels program serving an average of 80 older adults per day;

“After an extensive search process, Michele Jakab emerged as the most capable candidate to lead us forward,” stated First Selectman Herbst. “Her background as a social worker, coupled with her extensive experience in Norwalk makes her ideally suited to lead us forward as Director of Human Services.” The First Selectman noted that with the anticipated construction of a new community center and with a desire on the part of the Town to grow programming, it was critical to have a new director that was forward thinking. “I am confident that Michele will work to develop programming that increases participation at our senior center. As the Town of Trumbull undertakes the process of building a new community center that will serve our senior population, I am confident that her experience will better help us in constructing a facility that is 21st century ready and prepared to meet the needs of a growing senior population here in Trumbull.”

Jakab expressed an eagerness to begin her new assignment in Trumbull. "I am thrilled to be joining the Trumbull team and I look forward to developing many relationships at the Senior Center and in the community. With my passion and dedication to the aging population I hope to bring wonderful programs and services to the residents of Trumbull.

Jakab holds a Bachelor's Degree in Social Work from California State University at Long Beach, as well as a Masters of Social Work from Southern Connecticut State University. She and her husband Tibor reside in Norwalk with their two children.

Meet-and-Greet

Come meet and welcome our new Director of Human Services, Michele Jakab!

- Wednesday, July 6th, 2016
- 10:00 AM – 12:00 PM
- Snack Bar

**“My door is always open.
Please stop by to say hello. I
look forward to meeting all of
you!”
-Michele Jakab**