

TRUMBULL

SENIOR CENTER NEWSLETTER

AUGUST 2016

23 Priscilla Place, Trumbull, CT Open Monday through Friday 9:00 AM—4:00 PM
(203) 452-5199

MONTHLY BIRTHDAY PARTY

Friday, August 5th, 11:00 AM . Sponsored by Synergy Home Care. Everyone is welcome to come celebrate our July birthdays. Please RSVP 452-5137.

SAILING AND RACING TODAY'S SUPER YACHTS

Wednesday, August 10th, 10:30 AM. Sponsored by Synergy Homecare. See Page 3 for more information. Please RSVP 452-5137

SAVING ON YOUR ELECTRICITY BILL

Tuesday, August 16th, 1:00 PM—2:00 PM. Sponsored by Public Utilities Regulatory Authority. See Page 3 for more information. Please RSVP 452-5137

AGING AND DRIVING SEMINAR

Thursday, August 18th, 2016 5:00 PM—6:00 PM
Sponsored by Griswold Home Care. See Page 3 for more information. Please RSVP 452-5137

SENIOR CITIZEN'S DAY PICNIC

Friday, August 19th, at 11:00 AM – 1:00 PM. Sponsored by Ludlowe Center for Health and Rehabilitation. See Page 5 for more information. Please

BASS PRO SHOPS TRIP

Wednesday, August 24th, at 11:00 AM—1:30 PM.
Come join us for a fun day trip to the new Bass Pro Shops in Bridgeport! See Page 5 for more information. Please RSVP 452-5137

BARNUM MUSEUM TRIP

Thursday, August 25th, 2016 10:00 AM—1:30 PM.
Join us for a guided/seated tour and lunch at Ralph N Rich's in Bridgeport! See Page 5 for more information. Seating is limited. Please RSVP 452-5137

BINGO

Friday, August 26th, 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 452-5137.

TRUMBULL SENIOR COMMISSION MEETING

Friday, August 26th, 2016, 10:00 AM in the Long Hill Conference Room at Town Hall. Open to the public.

GET TO KNOW TRUMBULL EMS

Wednesday, August 31st, 2016 11:00 AM . This informational session will explain the day to day operations, hospital information, coverage and information about the EMS system. RSVP 452-5137

CYRIL F. MULLINS FUNERAL HOMES

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The Trumbull Senior Center acts as a community resource and conduit to other services available to senior adults, aged 55 and older. The center offers a central location where individuals can receive information and services of interest to older adults. It is also a designated focal point, which provides a comprehensive delivery of services essential for maintaining the health, independence and well-being for members. The center strives to prevent isolation and encourages socialization.

Selectman (203) 452-5005
Timothy M. Herbst

Director of Human Services (203) 452-5199
Michele Jakab

Administrative Assistant (203) 452-5137
Ashley Ryan Grace

Interim Senior Commission Chair
Ronald Foligno (203)-445-8513

Social Services Coordinator (203)-452-5133
Jennifer Gillis
Jane Horton (203)-452-5135

Wellness Nurse (203)-452-5134
C. Teresa Cryan, MSN, RN

<http://www.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

Membership Benefits

A yearly membership is worth way more than the annual dues paid.....

- **Exercise classes:** Classes are offered 5 days a week at no cost to members.
- **Transportation for medical, social, and nutritional needs:** The Senior Center provides transportation to Trumbull residents who are age 60 and over and/or disabled 5 days a week. Rides are for those traveling to and from the senior center, medical appointments and legal, and nutrition programs.
- **Medicare Counseling and benefit screenings:** Visit our outreach worker for one-on-one Medicare counseling and referrals. Find out if you are eligible for state or federal assistance programs. (heat, medical, prescriptions, food).
- **Nutrition Programs:** Enjoy a hot lunch in our dining room for a suggested \$3 donation. Stop by the café and pick up a sandwich salad or snack. Join slim approach, a weight loss and nutrition support group.
- **Nurse's Office:** Assesses/records blood pressure readings and other health parameters, assists in making doctor appointments, leads seated exercise, consults on senior health concerns.
- **Volunteer opportunities:** help out in reception, the café, dining room, and more!
- **Licensed Hairdresser:** Men and Women's cuts. Manicures and pedicures. (203) 981-7061.
- Shopping Trips and lunch outings. Day trips coming soon!
- Lectures, workshops, presentations, computer programs, 55 Alive Driver's Course, free income tax filing.....
- Card games, billiards, dominoes, mahjong, and more!

Membership is a \$5 annual fee for Trumbull residents. \$20 annual fee for non-residents.

PROGRAM DESCRIPTIONS

SAILING AND RACING TODAY'S SUPER YACHTS—Wednesday, August 10th, 10:30 AM

The boats, the fun, and the rewards! As told by a local sailor, Jay Kiley, owner of SYNERGY Homecare. Jay has raced all his life. He has raced all over the USA and the world. While at the University of Notre Dame, he captained the sailing team. His passion has led him to compete at all levels. For the past several years, he has been racing super yachts from 80 to 200 feet. Come and hear this sailor's lore.

Please RSVP 452-5137.

SAVING ON YOUR ELECTRICITY BILL-SEMINAR-Tuesday, August 16th, 1:00 PM–2:00 PM

Open to all Trumbull Seniors. The forum will include representatives from the Public Utilities Regulatory Authority, the state agency that monitors and regulates public utilities. There will be a twenty minute presentation, followed by questions and a period where one can meet individually with the representatives from the Public Utilities Regulator Authority. Please bring a copy of a recent electric bill so you can compare generation rates. This event is brought to you by State Senator Marilyn Moore and State Representatives Dave Rutigliano, Laura Devlin and Ben McGorty, who all represent Trumbull, and will be in attendance. Please RSVP 452-5137.

AGING AND DRIVING SEMINAR—Thursday, August 18th, 5:00 PM—6:00 PM

Griswold Home Care will led a presentation followed by an open discussion regarding seniors and driving. Bring all questions and concerns! Light supper provided. This event is open to all members and caregivers, including family members. Please RSVP 452-5137.

GET TO KNOW TRUMBULL EMS—Wednesday, August 31st, 11:00 AM

Joseph Laucella, chief of the Trumbull Emergency Medical Service, is coming to reach out to the senior community to provide information regarding the day to day operations, hospital information, and coverage



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

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



Photo courtesy of Nicole Ramirez

Our own art instructor Sabine Bonnar has her art on display at the Westfield Trumbull from now until September. Her display can be found on the lower level window next to the Vans store.

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Trumbull Senior Center Café
 Check out our new grab-n-go lunch menu including sandwiches, wraps, and salads!

Please Patronize Our Sponsors

Travel Corner

All members are eligible to participate in our day trips. Please join us!
Call (203) 452-5137 to sign up.

BASS PRO SHOPS TRIP

Wednesday, August 24th, 2016.

Come join us for a day trip to the new Bass Pro Shops in Bridgeport! Eat at Uncle Buck's Fish Bowl inside the store or at Chipotles in the shopping center.

Check out the aquarium, bowling alley, fudge counter, and many more exciting departments within the Bass Pro Shops Outdoor World!

Time: Bus leaves at 10:45 AM from the center. Bus will pick up at 1:00 PM to return to the center.
Veteran's Discounts! Please RSVP 203-452-5137

BARNUM MUSEUM TRIP

Thursday, August 25th, 2016. Come join us for a guided and seated tour plus lunch at Ralph N Rich's Restaurant in Bridgeport!

Time: Bus leaves at 10:00 AM from the center.
Bus will pick up at Ralph N Rich's Restaurant at 1:30 PM

Cost: \$5.00 per person (discounted admission). Lunch entrees range from \$8.00-\$15.00. *Generous Portions.* The restaurant is directly across the street from the Barnum Museum. Please stop by front desk if you would like a menu. Please RSVP 203-452-5137.

SENIOR CITIZEN'S DAY PICNIC

Friday, August 19th, 2016. What's summer without a BBQ? Come join us for a BBQ at Ludlowe Center for Health & Rehabilitation in Fairfield.

Time: Bus leaves at 10:45 AM from the center. Bus will pick up at 1:00 PM to return to the center. RSVP 203-452-5137



Abriola Parkview Funeral Home

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Trumbull, CT 06611
203.373.1013



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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:

Social Security benefit statement for 2015 (1099) form

Bank interest statement and dividends for 2015

Pension Statement for 2015

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:

Rent Receipts signed by landlord or rent ledgers from housing complex for the whole year.

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

UPCOMING EVENTS FOR SEPTEMBER

- Trip to the Fairchild Nichols Library for a 3D printer and ozobots demonstration/workshop.
- Live Well Workshop—See Page 9
- Welcome to Medicare—presentation for anyone new to Medicare or would like a review.—September 28 at 11:00 AM
- Say to Goodbye to Summer—September 2nd. Serving hot dogs and lemon ice on the patio, provided by Executive Home Care. 1:00 PM. **Sign up now! Call 203-452-5137**
- Four part lecture series hosted by the Trumbull Senior Center and the Fairchild Nichols Library.
- 38th Annual Trumbull Arts Festival. Sunday September 11th. 10AM-4PM. Trumbull Town Hall Green.
- Trumbull Rotary Guy DeFeo Annual Senior Citizen's Picnic—Please call for more information and to RSVP 203-452-5137
- Lions Club presents seminar about resources for low vision. September 14th at 11:00 AM

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

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

Many of you who regularly attend the Senior Center have undoubtedly met Coleen Figliuzzi, the Town of Trumbull's Director of Nursing, who has her office located here, next to the Social Services Department. Though not technically employed by the Senior Center, she has made her presence known at the Center over the past 3 ½ years of her tenure in her current role. Coleen will be leaving that role, at a date yet to be determined, probably in early September. I wanted to let you know so that you could stop by, give her a call, or drop a note to wish her well in her future nursing and personal endeavors, at some point during the month of August.

Over my years as a nursing professor, I used to lecture my nursing students about the broad aims of the Profession of Nursing as being to promote wellness, to prevent illness, to restore health, and to facilitate coping. I have personally observed Coleen demonstrating all of those professional qualities toward the members of the Senior Center, as well as toward staff and employees. Whether it was willingly checking a blood pressure, performing a rapid nursing assessment of a sick individual, administering a prescribed eye drop, cleaning a wound, applying a band aid, taking the time to console a grieving family member, playing with a child whose parent was visiting the food pantry, wrapping presents for the Christmas toy drive, handing out turkeys to families at Thanksgiving, spending the night with a displaced family while the shelter was operational during Hurricane Sandy, or just taking the time to say "hello" to a lonely individual, Coleen saw all of these actions as part of her personal broad definition of nursing care to persons at the Trumbull Senior Center. She carried out all of these actions with her uniquely positive attitude, her friendly smile, a touch of her personal style, and with positive enthusiasm. Coleen has the Irish "gift of the gab", but also has a true "heart of gold", and seemingly unlimited energy. She incorporates all of these qualities to enhance her nursing interventions. I think her nursing professors from Fairfield University should be very proud of the nurse that she has become. I know that I am very proud to have known her, to have worked for and with her. And, I firmly believe that we at the Trumbull Senior Center will certainly miss her.

So...feel free to stop by and say "Good Bye and God Bless" to Coleen in the Nurse's Office at the Center. Her email is cfigliuzzi@trumbull-ct.gov and her number is 203-452-5090.

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.

I wish you a Happy & Healthy August

Teresa



ACTIVITY

CALENDAR

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

**Trumbull Rotary Guy DeFeo Annual
Senior Citizen's Picnic**

50th Anniversary!

Coming in September

For more information and to RSVP, please call
203-452-5137

**TRUMBULL
COMMUNITY
TELEVISION**



Unique Trumbull Programming
Charter 194 • Frontier 99



Live Well Workshop Coming in October

Live Well, a Chronic Disease Self-Management Program, is a national evidence based health promotion program developed by Stanford University. Live Well is for older adults who want to learn how to manage their on-going health issues such as diabetes, arthritis, lung and heart disease, chronic pain, anxiety and depression. Live Well is a workshop series meeting weekly for six weeks and cover topics such as healthy eating, exercise, better balance, decision making, goal setting, effective communication, and much more. Participants will make weekly action plans, share experiences, and help each other solve problems they encounter in creating and carrying out their self-management program. The highly interactive workshop is co-facilitated by two trained workshop leaders. Each workshop participant is lent a copy of *Living a Healthy Life with Chronic Conditions*, and a relaxation CD.

Please call to register. The dates will be announced soon. (203) 452-5137

Volunteer Opportunities

Reception: One day a week , 9am-12noon.
Greeting guests, filing , and answering phones.
General office work.

Senior Café: Café cashier, Tuesdays 11am-
2pm.

Book Club Facilitator—Work with the li-
brary to facilitate the monthly book club.

Wish List:

*The center is currently looking for the following
donated items:*

- Card Tables
- Framed Artwork
- Tea Cups with saucers (annual tea party coming in Spring!)

Middlebrook Farms

At Trumbull
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Senior Community Café

203-378-3086

August

Meals served Monday through Friday at NOON.— For reservations: call (203-378-3086)
10AM-NOON—Reservations must be made TWO (2) days in advance.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1) Caesar Salad Pork Roast with Mustard Sauce Yams and Squash Orange	2) Minestrone Soup Eggplant Rollatini Green Beans and Garlic Bread Honeydew	3) Spinach Salad Chicken Milanese with Sauce Risotto Cake Glazed Carrots Apple Pie	4) Broccoli Soup Seared Fish Cakes with Dill Remoulade Sweet Potato Fruited Jell-O	5) Coleslaw and Potato Salad Turkey Burgers Lettuce, Tomato, Onion Watermelon
8) Asparagus Soup Roast Chicken with Herbs Brown Rice Pilaf Zucchini Tapioca Pudding	9) Fruit Salad Turkey Piccata Risotto Broccoli Chocolate Cake	10) Vegetable Soup Penne with Mushrooms and Italian Sausage Garlic Bread Fruit Salad	11) Cucumber Salad Hot Pastrami Sandwich Potato Sticks Broccoli Slaw Ice Cream	12) Beef Vegetable Soup Roast Chicken Yellow Rice Black Beans
15) Corn Salad with Baked Virginia Ham and Fruit Sauce Steamed Potatoes Green Beans Mandarin Oranges	16) Spring Pea Soup Chicken Fingers with Honey Mustard Sauce Sweet Potato Fries Collard Greens Apple	17) Tomato Onion Salad Beef Brisket Noodles Braised Red Cabbage Brownie	18) Beef Barley Soup Stuffed Shells Bolognese Sautéed Spinach Garlic Bread Peach Pie	19) Broccoli Salad Crumb Baked Fish with Caper Sauce Mashed Potatoes Zucchini Pineapple
22) Tomato Soup Roast Turkey Savory Stuffing Carrots Pumpkin Pie	23) Mixed Vegetable Salad Cheese and Vegetable Frittata Home Fries Bacon ,Honey Dew	24) Potato Leek Soup Roast Chicken with Onions and Garlic Brown Rice Mixed Vegetables Pound Cake	25) Romaine Salad Spaghetti & Meatballs Mixed Greens Garlic Bread Orange	26) Broccoli Soup Stuffed Tilapia with Lemon Sauce Sweet Potatoes Peas Strawberries & Cream
29) Navy Bean Soup Roast Beef Au Jus Baked Potato Cauliflower with Red Pepper Pears	30) Carrot Bisque Grilled Chicken over Wilted Greens Risotto Cake Butterscotch Pudding	31) Chicken Soup Veal Parmesan Pasta Zucchini Watermelon		