

TRUMBULL

SENIOR CENTER NEWSLETTER

SEPTEMBER 2016

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

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.

First 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 (203) 452-5198
Jennifer Gillis Outreach Coordinator
(203) 452-5135

Jane Horton Pantry Coordinator
(203) 452-5135

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

UPCOMING EVENTS

The Trumbull Senior Center will be closed for Labor Day, Monday, September 5th.

- Say Goodbye to Summer—**September 2nd**. See page 3
- Trumbull Community Television Film Reminiscence Project. **September 6th**. See page 3
- Mini Art Workshop for new artists. See page 3
- Trumbull Rotary Guy DeFeo Annual Senior Citizen's Picnic. **September 9th**. See page 3
- 38th Annual Trumbull Arts Festival. **Sunday, September 11th**. 10:00 AM-4:00 PM. Trumbull Town Hall Green.
- Lions Low Vision Committee of Fairfield & New Haven Counties presents seminar. **September 14th** at 11:00 AM- See page 3
- Christmas Tree Shop and Olive Garden Travel Trip. **September 15th**. See page 6
- Lunch and Movie. **September 16th**. See page 3
- Trip to Rich's Ice Cream Farm. **September 20th**. See page 6
- Computer Literacy Sessions beginning **September 20th**. See page 11
- Precision Hearing discussion. **September 21st**. See page 3
- Monthly Bingo. **September 23rd**. See page 3
- Monthly Birthday Party. **September 23rd**. See page 3
- Senior Commission Meeting. **September 23rd, 10:00 AM. Long Hill Conference Room in Town Hall**. Open to the public.
- AARP Safe Drivers Course. **September 23rd**. See page 3
- Welcome to Medicare. **September 28th**. See page 3
- Blaze Pizza and Jordan's Furniture Trip. **September 29th**. See page 6
- Live Well Workshop. See page 9
- Health Fair—**October 14th**

The Benefits of Membership

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 age 55-59 and disabled 5 days a week. Rides are for those traveling to and from the senior center, medical appointments, legal appointments 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 \$3.00 donation or 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, lunch outings, and day trips!
- Lectures, workshops, presentations, computer programs, 55 Alive Driver's Course, free income tax filing.....
- Card games, billiards, dominoes, mahjong, and more!


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Trumbull Senior Center Café

Check out our new grab-n-go lunch menu including wraps, salads, and desserts!

Open Monday –Friday

11:00 AM-2:00 PM

Relax, read, socialize, or watch television in our café!

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Lectures and Events

Say Goodbye to Summer

Friday, September 2nd

1:00 PM

Come join us for a picnic outside in our courtyard to say goodbye to summer. We will be serving Italian ice. Music will be played by Al Song and the event is sponsored by Executive Home Care.

Please RSVP by calling
203-452-5137.

Trumbull Community Television Film

Reminiscence Project

Tuesday, September 6th

10:00 AM—2:00 PM

This project is to capture our community senior's personal reminiscence of growing up. Please sign up for time slots between 10:00 AM—2:00 PM. Please call 203-452-5137 for more information and to sign up!

Mini Art Workshop

**Fridays: September 9th, 16th,
23rd.**

1:00 PM—3:00 PM

To those new to oil painting, this mini workshop will teach you the basic fundamentals of oil painting. Students must bring two 8x10 or 9x12 canvases, a small empty glass jar with lid and an open box to carry wet painting in. To sign up, please call 203-452-5137.

Trumbull Rotary Guy DeFeo Annual Senior Citizens' Picnic

Friday, September 9th

12:00 PM—1:30 PM

Trumbull Rotary Club invites you to the Guy DeFeo Annual Senior Citizens' Picnic. Please stop by the front office to pick up a meal ticket. Please RSVP:

203-452-5137.

Resources for Low Vision

Wednesday, September 14th

11:00 AM

The Lions Low Vision Committee of Fairfield & New Haven Counties presents a seminar about issues and resources concerning low vision problems. Please RSVP by calling 203-452-5137.

Lunch and Movie

Friday, September 16th

11:00 AM—1:00 PM

Sponsored by Ludlowe Center for Health and Rehabilitation.

Feature Film "Dear Eleanor."

This is a 2016 American film about two best friends traveling across the United States in 1962 to meet their childhood hero, Eleanor Roosevelt.

Starring: Jessica Alba and Kevin Connolly

Please note that movies are subject to change due to availability. Please RSVP by calling 203-452-5137.

Precision Hearing

Wednesday, September 21st

10:30 AM

A representative from Precision Hearing will be here to discuss issues regarding hearing loss and resources that are available.

Brunch will be served. Bring a friend! To RSVP, please call
203-452-5137

AARP Safe Drivers' Course

Friday, September 23rd

9:00 AM—1:00 PM

AARP members pay \$15.00 and non-members pay \$20.00.

Reservations made by check only.

Please make checks payable to AARP. Please RSVP in advance.
203-452-5137.

Monthly Birthday Party

Friday, September 23rd

11:00 AM

Come celebrate our September birthdays! This event is sponsored by Synergy Home Care.

Please RSVP by calling
203-452-5137.

Bingo

Friday, September 23rd

1:00 PM—2:30 PM

Prizes and refreshments will be served. Seating is limited. Please RSVP by calling 203-452-5137.

This event is sponsored by the Trumbull Senior Commission and Synergy Home Care.

**TRUMBULL
COMMUNITY**



TELEVISION

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Lectures and Events

Welcome to Medicare Wednesday, September 28th 11:00 AM

Lisa Alhabal, Caregiver Information Specialist and CHOICES Counselor from the Southwestern CT Agency on Aging, will be conducting a “New to Medicare” presentation about the ABC’s of Medicare. This includes Medicare A&B, supplement and advantage plans, Medicare D (prescription coverage).

Lisa will touch on programs that offer to cover your co-pays and premiums.

This program is ideal for anyone new to Medicare or is looking to make a change.

Keep in mind that Medicare Open Enrollment begins October 15th. More Medicare seminars to come during open enrollment.

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Live Well Workshop Coming in October Mondays, October 3, 17, 24, 31, November 7, 14, 2016; 10:30 AM-1:00 PM

Attend a free six week Live Well Workshop series and learn new techniques to take control of your chronic health issues. Developed by Stanford University, Live Well is for adults and caregivers with ongoing health issues such as diabetes, arthritis, asthma, high blood pressure, heart or lung disease, pain, depression, and anxiety. Participants will learn healthy ways of dealing with pain, fatigue, and difficult emotions. Subjects covered include nutrition, exercise, decision making, problem solving, goal setting and much more. Workshops are interactive and allow participants to share experiences and help each other solve problems they encounter.

Participants are lent a copy of *Living a Healthy Life with*

Chronic Conditions and a relaxation CD.

Please call 203-452-5137 to RSVP.

PRECISION HEARING - STRATFORD

203-381-9555

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Exercise Classes

Stretch/Strengthen with Nancy-Mondays at 9:00 AM

This class is a combination of stretching, balance, aerobic and strength exercises to help improve overall flexibility and physical endurance.

Balance, Core Strengthening and Stretch with Jeannie (Pilates)-Thursdays at 9:00 AM

This class focuses on breath, balance, core and total body strength and stretching.

Dance & Tone with Jeannie (Zumba Gold)-Fridays at 9:00 AM

Dance to international music while toning the entire body. It is like a dance party!

Intermediate Line Dance with Shirley-Mondays at 12:45 PM

Line dance to different types of music. Some experience is preferred. Wear comfortable shoes.

Yoga with Jeannie-Mondays at 2:00 PM and Wednesdays at 9:00 AM

This is an ancient practice that focuses on rhythmic deep breathing, balance, strength and flexibility.

Fit for Life Exercise with Marylou- Tuesdays at 9:15 AM

Combination of low-impact aerobic exercise (including a weights segment) and dance that focuses on balance, flexibility, strength and endurance.

Ballroom Dance with Mike Stavola-Tuesdays at 10:30 AM

Ballroom dance lessons without a partner.

Zumba Lessons with Mike Stavola-Tuesdays at 11:30 AM

Have fun exercising while you dance to energetic music!

Jazzercise with Marylou-Wednesdays at 10:10 AM

Combination of low-impact aerobic exercise and dance that focuses on balance, flexibility, strength and endurance.

Jazzercise with Jeanie-Thursdays at 10:15 AM

A fun aerobic exercise which builds strength and flexibility through dance moves to awesome music.

Tap Dance with Shirley-Wednesdays at 11:00 AM

Experience required for this tap dance class. Please bring your own tap shoes.

Beginners Tap Dance with Shirley-Wednesdays at 12:15 PM

Are you new to tap? Join us and learn new lessons while having fun. Please bring your own tap shoes.

Slim Approach—Thursdays at 10:00 AM

Slim Approach is a weight management support group. Articles, recipes, and tips on weight management are discussed at each meeting.

Chair Exercise with Teresa-Thursdays at 11:00 AM

This is a guided 30 minute class where we gently bend and stretch along with a video demonstration. Our Wellness Nurse leads the class.

Latin Line Dance with Mike Stavola-Thursdays at 11:30 AM

Dance to international music with a partner.

Tai Chi with David-Fridays at 10:30 AM

Tai Chi is an ancient martial art from China that can improve balance, relieve stress, and relieve pain.

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

**CHRISTMAS TREE SHOP
AND OLIVE GARDEN**

Thursday, September 15th

Come join us for a shopping and lunch trip to the Christmas Tree Shop and Olive Garden in Orange. Seating is limited to the first 15 people. Please RSVP by calling 203-452-5137.

Time:

- Bus will leave at 9:30 AM from the center.
- Christmas Tree Shop 10:00 AM—11:45 AM
- Olive Garden 12:00 PM—2:00 PM
- Bus will return to center by 2:30 PM.

RICH'S FARM ICE CREAM SHOP

Tuesday, September 20th

You scream, I scream, we all scream for...ICE CREAM! Join us for an ice cream trip to Rich's Farm Ice Cream Shop in Oxford. Please stop by the front desk to pick up a menu. To RSVP, please call 203-452-5137

Time:

- Bus leaves at 10:15 AM from the center.
- Bus will pick up to return to the center by 12:30PM

BLAZE PIZZA IN JORDAN'S FURNITURE

Thursday, September 29th

Are you a pizza lover? If so, take a trip to Blaze Pizza in the new Jordan's Furniture in New Haven. Please stop by the front desk to pick up a menu. For more information and to RSVP, please call 203-452-5137.

Time:

- Bus will leave at 10:30 AM from the center.
- Bus will pick up to return to the center at 1:00 PM

**Exciting News from the
Transportation Department!**

We will now go shopping to Hawley Lane Shopping Center, including Big Y, every 2nd and 4th Tuesday and Wednesday (Stern Village Shoppers on Wednesdays) of the month!

Please call 203-452-5137 for more information and to sign up!



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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

COUPLE

\$35,000

\$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

SHRED IT & FORGET IT!

Free Community Event!

Saturday, September 24, 2016 12:00 PM—3:00 PM

Fairfield Y.M.C.A. (Parking Lot)

- **Secure On-Site Document Destruction**
- **Safely Dispose of your Sensitive Documents**

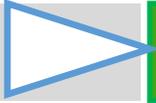
Limit 2 "Banker" Boxes

DONATE non-perishable items to help benefit the Food Banks of the Greater Bridgeport Area.

Hosted by the Coalition for Abuse Prevention of the Elderly (CAPE) & Southwestern CT Agency on Aging (SWCAA)

For more information: Erin Burk, Center for Elder Abuse Prevention, Jewish Senior Services

(203) 364-8251 or eburk@jseniors.org



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

Trumbull Senior Citizen Newsletter Insert for September 2016

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

Over the summer months, many of us have undoubtedly heard about the health threat associated with the **Zika** virus, primarily spread by the bite of an infected mosquito. The most common symptoms of **Zika Disease** are fever, rash, joint pain, and painful, red eyes (conjunctivitis). These symptoms usually begin 2-7 days after being bitten by an infected *Aedes* species mosquito. Currently, there is no vaccine to prevent **Zika**; however, we can take efforts to avoid being bitten by mosquitoes. As we get ready to wrap up the Summer Season, here are a few strategies you can practice:

Wear long-sleeved shirts and long pants.

Stay in places with air conditioning or that use window and door screens to keep mosquitoes outside.

Use EPA (Environmental Protection Agency) - registered insect repellents.

Sleep under a mosquito bed net if you are overseas or outside, and are not able to protect yourself from mosquito bites.

Avoid keeping standing water in and around the home, which could attract mosquitoes.

The Centers for Disease Control and Prevention (CDC) is working with international public health agencies and with state health departments to monitor for disease, to equip diagnostic laboratories, and to support mosquito control programs both in the United States and around the world. You can check out the web site, www.cdc.gov/zika. Although this is not a major concern for those of us here in Trumbull at this time, we do always want to keep ourselves informed and up to date with the most relevant and factual information.

I wish you a Happy & Healthy September!

Teresa

September 2016

Monday	Tuesday	Wednesday	Thursday	Friday
			9:00 Balance & Core 1 9:30 Water Colors 10:00 Slim Approach 10:15 Jazzercise 11:00 Chair Exercise 11:30 Latin Line Dance 1:00 Pinochle	9:00 Dance & Tone 2 10:00 Oil Painting 10:30 Tai Chi 12:30 Mahjong 1:00 Goodbye Summer 1-4 Pinochle 1-4 Billiards Game
5 The Trumbull Senior Center will be closed for Labor Day.	9:15 Fit for Life 6 9:30 Oil Painting 10:00 Trumbull TV 10:00 Knit/crochet 10:30 Ballroom Dance 11:30 Zumba Lessons 12:30 Dominoes 1-4 Billiards Game	9:00 Yoga 7 10:10 Jazzercise 11:00 Tap Dance 12:15 Beginners Tap 1-4 Billiards	9:00 Balance & Core 8 9:30 Water Colors 10:00 Slim Approach 10:15 Jazzercise 11:00 Chair Exercise 11:30 Latin Line Dance 1:00 Pinochle	9:00 Dance & Tone 9 10:00 Oil Painting 10:30 Tai Chi 12:00 Senior Picnic 12:30 Mahjong 1-3 Mini Art Workshop 1-4 Pinochle 1-4 Billiards Game
9:00 Stretch 12 9:00 Bocce 9:45 Drawing 10:00 Smile-A-While 12:45 Line Dance 2:00 Yoga	9:15 Fit for Life 13 9:30 Oil Painting 10:00 Knit/Crochet 10:30 Ballroom Dance 11:30 Zumba Lessons 12:30 Dominoes 1-4 Billiards Game	9:00 Yoga 14 10:10 Jazzercise 11:00 Tap Dance 11:00 Lions-Low Vision 12:15 Beginners Tap 1-4 Billiards Game	9:00 Balance & Core 15 9:30 Shop/Lunch Trip 9:30 Water Colors 10:00 Slim Approach 10:15 Jazzercise 11:00 Chair Exercise 11:30 Latin Line Dance 1:00 Pinochle	9:00 Dance & Tone 16 10:00 Oil Painting 10:30 Tai Chi 11:00 Lunch & Movie 12:30 Mahjong 1-3 Mini Art Workshop 1-4 Pinochle 1-4 Billiards Game
9:00 Stretch 19 9:00 Bocce 9:45 Drawing 10:00 Smile-A-While 12:45 Line Dance 2:00 Yoga	9:15 Fit for Life 20 9:30 Oil Painting 10:00 Knit/Crochet 10:15 Ice Cream Trip 10:30 Ballroom Dance 11:30 Zumba Lessons 12:30 Dominoes 1:00 Computer Class 1-4 Billiards Game	9:00 Yoga 21 10:10 Jazzercise 10:30 Precision Hearing 11:00 Tap Dance 12:15 Beginners Tap 1:00 Computer Class 1-4 Billiards Game	9:00 Balance & Core 22 9:30 Water Colors 10:00 Slim Approach 10:15 Jazzercise 11:00 Chair Exercise 11:30 Latin Line Dance 1:00 Pinochle	9:00 Dance & Tone 23 9:00 AARP Course 10:00 Oil Painting 10:30 Tai Chi 11:00 Commission 11:00 Birthday Party 12:30 Mahjong 1:00 Bingo 1-3 Mini Art Workshop 1-4 Pinochle 1-4 Billiards Game
9:00 Stretch 26 9:00 Bocce 9:45 Drawing 10:00 Smile-A-While 12:45 Line Dance 2:00 Yoga	9:15 Fit for Life 27 9:30 Oil Painting 10:00 Knit/Crochet 10:30 Ballroom Dance 11:30 Zumba Lessons 12:30 Dominoes 1:00 Computer Class 1-4 Billiards Game	9:00 Yoga 28 10:10 Jazzercise 11:00 Tap Dance 11:00 Medicare 12:15 Beginners Tap 1:00 Computer Class 1-4 Billiards Game	9:00 Balance & Core 29 9:30 Water Colors 10:00 Slim Approach 10:15 Jazzercise 10:30 Blaze Pizza Trip 11:00 Chair Exercise 11:30 Latin Line Dance 1:00 Pinochle	9:00 Dance & Tone 30 10:00 Oil Painting 10:30 Tai Chi 12:30 Mahjong 1-3 Mini Art Workshop 1-4 Pinochle 1-4 Billiards Game

COMPUTER LITERACY SESSIONS

The Trumbull Senior Center will present two, two hour sessions per week for learning your home computer, tablets and other devices beginning September 20th for 12 weeks. Times are from 1:00 PM—3:30 PM.

Home Computer Topics Include:

- Computer hardware inside and out
- Peripheral devices and peripherals for seniors
- Operating system basics
- Security and
- Operating system tools for seniors
- Home networking basics
- Connecting devices (cameras, phones, etc.)
- Application basics
- Graphics applications
- Cloud Applications

Tablet and Devices Topics Include:

- Android, Apple and other devices introductions
- Device Operating Systems basics
- Connecting devices to PCs and peripherals
- Device tools for seniors
- Connecting devices to other devices (cameras, storage, etc.)
- App basics
- Ebook Apps
- Social Media Apps
- Graphics Applications

Please sign up for sessions at the Center as enrollment space is limited. There will be an activity fee of \$10 for each track for the 12 sessions.

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!)

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 library to facilitate the monthly book club.