



THE CENTER AT PRISCILLA PLACE

Senior Center Serving Adults Age 55+



CENTER HOURS: Mon-Fri 9:00AM-4:00PM

23 Priscilla Place • Trumbull, CT 06611 (203) 452-5199 APRIL 2020 SPECIAL EDITION

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SENIOR CITIZEN COMMISSION

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Ron Foligno: Co-Chair
Jean DaRold: Secretary
Evelyn Wiesner
Michael Ganino
Mark Ryan

Dear Members, Neighbors, and Friends,

During this difficult time, we want you to know we are thinking about you and wishing you and your loved ones good health. The Senior Center has been quiet, it is just not the same with out all of you! The staff can't wait to see the rooms filled again with yoga, art, cards, dancing, support groups, and members having fun. We look forward to hearing the laughter and music coming out of the rooms. Please keep exercising, dancing, painting, and stay in touch with your friends. Just be sure to practice social distancing and/or self isolation.

Staff are monitoring all phone lines at the Senior Center and in Social Services. Please call and leave a message if you need to talk to someone or need food assistance. We are here for you! Our food pantry is currently open to all residents. (see page 3 for details)

One of our members once posted on our wall

“Aging is for the strong!”

Whoever you are...

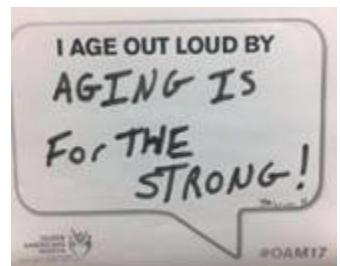
your words hit home for so many.

We hope to see you all very soon!

Sincerely,

The Human Services Staff:

Michele, Ashley G, Jennifer, Jeanne, Jeannie, Bill H, Bill S, Andy, Ashley S, and Karen.



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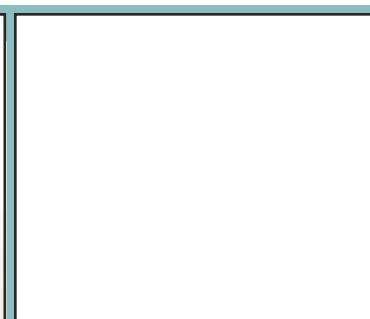
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Trumbull Senior Center

06-5293

The Trumbull Pantry is Available for Help and Open to all Residents

The Trumbull Food Pantry is working hard to keep their shelves stocked. All Trumbull residents are eligible for services regardless of income. We are delivering food to homebound seniors in the community and offering drive thru service to food pantry clients. If you or anyone you know is struggling to purchase food or not able to get to the store, please call us. Residents may be experiencing difficult times. It is okay to call the pantry and let us know you need assistance. All calls, deliveries, or pickups through the pantry are confidential. We are able to assist families, children, adults and seniors. Drive thru and drop off is by appointment only. Please call (203) 452-5198 to inquire or sign up for services.

Connecticut Energy Assistance Program:

Staff are still available to help! Call Social Services. 203-452-5198.

Connecticut officials have banned utilities from shutting off services to customers amid concerns about coronavirus. The utilities order applies to all electric, natural gas and water companies in the state. The Public Utility Regulatory Authority said it will be in effect during the public health and civil preparedness emergencies declared by Gov. Ned Lamont.

Be sure to leave a message. We are monitoring the phones.

Social Services is currently accepting applications from Trumbull residents meeting income guidelines for the CEAP. Applicants are required to provide proof of income, entitlements, assets, bank statements, and heating bills. Social Services sends the applications to Action for Bridgeport Community Development (ABCD) for approval. Benefits are available to help offset the heating costs for the 2019-2020 season. The amount of the benefit depends on income, assets, the number of people in the household, and whether a household member is under 6 years, over 60 years, or disabled. Benefits are paid directly to the fuel/utility company.

*To obtain more details or schedule a telephone appointment,
please call Social Services at (203) 452-5198.*

Hardship and Emergency Assistance

The Town of Trumbull offers Hardship and Emergency Assistance to Trumbull Residents in need.

Please call Social Services (203) 452-5198 to inquire about program criteria and eligibility.

The Emergency Line is Open

Mental Health Resource in Trumbull

Mary J. Sherlach Counseling Center
121 Old Mine Road, Trumbull, CT 06611
Phone: (203) 452-5193

The Mary J. Sherlach counseling center is a department of the Town of Trumbull and is dedicated to enhancing the quality of life in Trumbull by providing counseling for residents and their families.

TOWN HALL INFORMATION

Trumbull Town Hall will be closed to the public until further notice.

In order to maintain essential services to the public while protecting Town employees and the public, staff will be available during regular business hours (9:00 AM – 5:00 PM). Anyone with Town business should call or email the appropriate department before proceeding. If necessary, please leave a voice message and someone will return your call as soon as possible. Please allow a sufficient amount of time for a response. **Town Hall main line is (203) 452-5000.** A directory of staff and departments can be found here: <https://www.trumbull-ct.gov/Directory.aspx>

HOW TO PAY YOUR TAXES. Tax Collector (203) 452-5016

Residents wishing to pay their taxes may pay online at
<https://www.mytaxbill.org/inet/bill/home.do?town=trumbull>

Or by mail. Any payments sent through the mail will be processed as soon as possible and a receipt will be mailed back. **NO CASH PAYMENTS WILL BE ACCEPTED** by mail.

Trumbull Tax Collector
5866 Main Street, Trumbull, CT 06611

TOWN PERMITS: Town permitting and inspecting departments have provided information for those seeking commercial or residential permits and inspections. That information can be found here: <https://www.trumbull-ct.gov/CivicAlerts.aspx?AID=1095>

Bianco Rosso (203) 880-5973
Bruegger's (203) 459-9156
Corner Deli by Massimo (203) 880-5890
Crown Pizza (203) 268-3700
Fatty Patty (203) 880-5986 regular
Franco Gianni (203) 268-1616
Giove's Pizza Kitchen (203) 261-1939
Ichiro Hibachi and Sushi Bar (203) 261-8818
J Bagels & Cafe (formerly UCBC) (203) 880-5502
Layla's Falafel (203) 590-3787
Mex on Main (203) 880-9882
Asian Bistro (203) 880-5988
Old Towne Restaurant (203) 261-9436
PMParker. Steak & Scotch (203) 590-3400
Romanacci(203) 916-4500
Sapore Italian Deli & Catering (203) 261-0019
Sitting Duck Tavern (203) 261-1400
Subway #24980 (203) 459-0005
The Cheesecake Factory (203) 371-7205
Cafe & Grill (203) 261-8711
Trumbull Pizza Company (203) 261-1430



Be sure to support your local businesses.

The listed restaurants either do take out or delivery.

Some do both!

Gift cards are an option as well to utilize in the future.

COMMUNITY NEWS

HOW CAN YOU HELP?

- Check on your neighbors; all your neighbors. Leave them a note or give them a call. Help pick up their prescriptions or groceries. Please keep in mind social distancing!
- Collect shelf stable food items or monetary donations for the food pantry. Let's keep the shelves full! Monetary donations go towards stocking our shelves with food items and non-food items such as toiletries, paper towels, and cleaning supplies.
The Trumbull Food Pantry list is here:
<https://www.trumbull-ct.gov/573/Food-Pantry-Needs-List>
- Get your kids involved! Local nursing homes and assisted living facilities have given us the okay to deliver drawings and cards to our isolated seniors. Currently these facilities are not accepting visitors and the residents are depending on staff for company. Drawings and letters of encouragement would make their day. Put these letters and drawings in a zip lock bag and drop them off to us in our food pantry bins. We will be sure to have them delivered!

FOOD PANTRY DONATION BINS: 23 PRISCILLA PLACE. TRUMBULL. DRIVE AROUND TO THE BACK AND LOOK FOR THE BINS IN THE COURTYARD. STAFF ARE CHECKING BINS THROUGHOUT THE DAY.

HELLO! If you are self-isolating, I can help.

HELLO! If you are self-isolating, I can help.

My name is
I live locally at
My phone number is
If you are self-isolating due to COVID-19 I can help with:

Picking up shopping Posting mail
 A friendly phone call Urgent supplies

Just call or text me and I'll do my best to help you (for free!).

Coronavirus is contagious. Please take every precaution to ensure you are spreading only kindness. Avoid physical contact (2m distance). Wash your hands regularly. Items should be left on your doorstep. **#ViralKindness**

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DEFINE YOUR DECADE

2020 CENSUS

STAY SAFE WHILE YOU TAKE THE 2020 CENSUS

April 1, 2020 is Census Day, but census activity isn't limited to years ending in 0, and neither is census fraud. Census scammers may try to contact you by phone, mail, or home visit, or even direct you to phony websites.

Along with its once-a-decade population count, the actual U.S. Census Bureau conducts more than 130 surveys each year. The biggest, the American Community Survey (ACS), is sent yearly to more than 3.5 million homes. With detailed questions about things like income, assets, job status, household amenities, even your commute, the ACS does set off scam suspicions but it is legitimate, and relatively easy to verify (see tips on reverse).



No genuine census survey or agent can:

- Ask for your Social Security number, bank, credit card, or account numbers
- Ask when you leave for or return from work
- Ask for money or donations
- Ask for support for a political party
- Threaten jail time

Any of these is a sure sign that a supposed census taker is looking for ways to steal your identity, money or possessions.

Census fraud can hit at home or at work (the Census Bureau conducts business-related surveys, too). Be especially watchful for impostors in early and mid-spring of 2020, when the actual Census Bureau will be sending out reminders to fill out your form and following up in person at households that don't respond.

CENSUS SCAM WARNING SIGNS

1

You get an email claiming to be from the Census Bureau. For household surveys and the decennial census, the agency almost always makes contact by mail.

2

A supposed census agent asks you for money or financial data, such as your bank account number and balance. The Census Bureau will never ask for this information.

3

A supposed census taker threatens you with arrest. Taking part in the census is required by law, but you can't be imprisoned.

TIPS TO SPOT CENSUS SCAMS

- 1 Verify that a census taker is legitimate. All should have a Census Bureau photo ID badge (with a Department of Commerce watermark and an expiration date).
- 2 Contact the Bureau's National Processing Center or the regional office to verify the validity of an American Community Survey or other census communication.
- 3 Check that a census mailing has a return address of Jeffersonville, IN, the site of the National Processing Center. If it's from somewhere else, it's a scam.
- 4 Check the web address of any supposed census website. Make sure it has census.gov in the address and look for <https://> or a lock symbol in the browser window.
- 5 Don't give your Social Security number, mother's maiden name, or bank or credit card numbers to someone claiming to be from the Census Bureau.
- 6 Don't reply, click links or open attachments in a suspicious census email.
- 7 Don't trust caller ID — scammers can use "spoofing" tools to make it appear they are calling from a real Census Bureau number. Call the National Processing Center at 800-523-3205, 800-642-0469 or 800-877-8339 (TDD/TTY) to verify that a phone survey is legitimate.



50 State Word Search



Alabama	Indiana	Nebraska	South Carolina
Alaska	Iowa	Nevada	South Dakota
Arizona	Kansas	New Hampshire	Tennessee
Arkansas	Kentucky	New Jersey	Texas
California	Louisiana	New Mexico	Utah
Colorado	Maine	New York	Vermont
Connecticut	Maryland	North Carolina	Virginia
Delaware	Massachusetts	North Dakota	Washington
Florida	Michigan	Ohio	West Virginia
Georgia	Minnesota	Oklahoma	Wisconsin
Hawaii	Mississippi	Oregon	Wyoming
Idaho	Missouri	Pennsylvania	
Illinois	Montana	Rhode Island	

From the Centers of Disease Control and Prevention CDC:**Take actions to reduce your risk of getting sick**

If you are at higher risk for serious illness from COVID-19 because of your age or because you have a serious long-term health problem, it is extra important for you to take actions to reduce your risk of getting sick with the disease.



- **Take everyday precautions** to keep space between yourself and others.
- When you go out in public, keep away from others who are sick, limit close contact and wash your hands often.
- **Avoid crowds** as much as possible.
- **Avoid cruise travel** and non-essential air travel.
- **During a COVID-19 outbreak in your community, stay home** as much as possible to further reduce your risk of being exposed.

Have supplies on hand

- **Contact your healthcare provider to ask about obtaining extra necessary medications** to have on hand in case there is an outbreak of COVID-19 in your community and you need to stay home for a prolonged period of time.
- If you cannot get extra medications, consider using mail-order for medications.
- **Be sure you have over-the-counter medicines and medical supplies** (tissues, etc.) to treat fever and other symptoms. Most people will be able to recover from COVID-19 at home.
- **Have enough household items and groceries** on hand so that you will be prepared to stay at home for a period of time.

HELP PROTECT YOUR FAMILY

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STAY INSIDE, QUIET YOUR MIND

It is time to get creative! We know that so many of you are feeling alone and isolated while you stay inside to protect yourself. Here are a few things you can do to stay active.

- **Send snail mail:** Handwritten cards and letters are more special than ever. Ask your friend or family member to write back.
- **Share a meal:** That's right! Call up your favorite delivery place and have a meal sent to you and a friend or family member. Surprise them! Then chat on the phone as you share your meal.
- **Ask your grandchild to read to you.** We are sure their parents could use a break from homeschooling! Share your thoughts on the book together.
- **Check out our Facebook Page!** (The Trumbull Senior Center) Send us your photos and we will post them so your friends can see them.

Visit these websites:

Google Arts & Culture (formerly **Google Art Project**) is an online platform through which the public can access high-resolution images of artworks housed in the initiative's partner museums.
<https://artsandculture.google.com/>

The Metropolitan Opera is streaming opera every evening. <https://www.metopera.org/>

Youtube www.youtube.com Yes the kids love it but have you checked it out? You can find free exercise videos or learn how to do just about anything. You can also find ridiculously funny videos that will give you a great belly laugh!

Life History Project: Start that life History Project you always wanted to do. Take notes for your family tree, write on the back of old photos.

Exercise: Check out the Silver Sneakers Facebook Page. They are live streaming classes to take!



Call your friends: Please call your friends. Everyone needs a friend!

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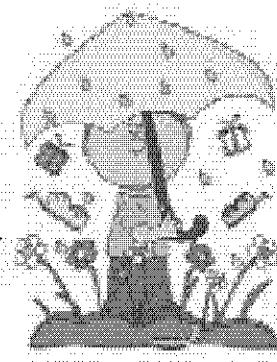


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Trumbull Senior Center

06-5293

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