



THE CENTER AT PRISCILLA PLACE

Senior Center Serving Adults Age 55+



23 Priscilla Place • Trumbull, CT 06611

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

(203) 452-5199

SPECIAL EDITION II

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SENIOR CITIZEN COMMISSION

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

GROCERY BAGS FOR SENIORS

We have great news! Through the Federal Cares Act, our local Agency on Aging will be providing us with free grocery bags for seniors. Please let us know if you are interested in receiving a weekly grocery bag by calling **(203) 452-5136**. You can pick up your bag on Fridays (previously was Monday).

Delivery is available for residents who are homebound. All seniors are eligible and there is no cost for this.

Also: Everyone is eligible for the food pantry. Be sure to let them know if you have any other food needs. We can give that to you at the time of pick up or delivery.

We are able to help those under 60 through our food pantry

program. Don't hesitate to call.



Depending upon food supplier, some products may be replaced with others.



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Trumbull Senior Center

06-5293

Connecticut Energy Assistance Program:

Staff are still available to help! Call Social Services at 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,

Protecting Yourself from Scams

Unfortunately, there are scammers trying to take advantage of this crisis by pretending to sell you tests or medicines.

The Consumer Financial Protection Bureau

(www.consumerfinance.gov) states the best defense is to say NO to anyone you don't know who contacts you and asks for your Social Security Number, bank account number, credit card information, Medicare ID number, driver's license number or any other personally identifiable information.



For Emergency Assistance and Referrals Call 211

Or visit 211.ct.org

Housing, food, mental health, social services, etc.

See What You Can Do Online!



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

04/21/20: Trumbull Town Council Passes Tax Deferment Program

On Tuesday, April 21, 2020, the Trumbull Town Council passed a Tax Deferment Program for all residents and businesses.

This deferment affects the April 1, 2020 real estate tax and sewer assessment payments, the May 1, 2020 sewer use fee, and the July 1, 2020 real estate tax, sewer assessment, personal property tax, and motor vehicle tax payments.

Landlords who wish to be included in the program will need to file an eligibility application. More information will follow.

Real estate taxes that became due on April 1 will not be considered late if paid by July 1. Also real estate, motor vehicle, personal property, and sewer taxes that are due on July 1 will not be considered late if they are paid by October 1. There are provisions for landlords in this order. For more information, please contact the Tax Collector's office at (203) 452-5024.



Upcoming Programs Questions about COVID-19

Join Ann Dyke, Injury Prevention Coordinator from Yale New Haven Healthcare, for an another informative health Q & A on Zoom! Ann is currently an RN at Bridgeport Hospital and has all the latest information about the virus and the impact it is having within our hospitals and communities.

Dates and Times:

Weekly Zoom Meetings on Wednesdays at 11:00 AM

Look out for our current events e-mail blasts with Zoom meeting links and/or e-mail Ashley Grace at agrace@trumbull-ct.gov for the current week's meeting link and password to join.

Are you having difficulty setting up and/or using Zoom?

Please e-mail Ashley Grace, agrace@trumbull-ct.gov, for an instruction guide to set up Zoom meetings. Also, please call her at (203) 452-5199 for assistance. Leave a message and she will contact you back.

Don't have Zoom? Download the app on your phone and/or computer at <https://zoom.us/>

The Center at Priscilla Place: Human Services Our offices are open by phone

The Senior Center is closed to the public. Staff are regularly monitoring the phone lines to assist residents with their needs. If you get our voicemail, please be sure to leave a message. We will call you back. For residents needing rides to doctors appointments, we are working with GBT for one on one roundtrip assistance. Please be sure your doctors office has not cancelled that appointment before scheduling transportation with us.

The Food Pantry is delivering Meals on Wheels and food pantry/grocery items to seniors in need. *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, and pickups are confidential. We are able to assist families, children, adults and seniors. Drive thru and drop off is by appointment only or sign up for services. Call (203) 452-5136.

Social Services is not taking in person appointments, but is available by phone. We continue to work with energy assistance clients to ensure benefits are approved and oil deliveries are made. If you get our voicemail, please leave a message and someone will call you back.

A SUGGESTION FOR ALL THOSE MEDALS THE OLYMPICS WON'T Be NEEDING THIS YEAR...



Shopping Angels in Connecticut

Volunteers will shop for you!

Shopping Angels is an international volunteer organization that has now been established in Connecticut. Shopping Angels utilizes low-risk volunteers to provide shopping and delivery services for those who either cannot or should not venture out of their homes even for groceries and other necessities. Volunteers will go to a store, or sometimes several stores, to find the much-needed items that at at-risk populations are requesting. They keep in touch with clients throughout the process, and upon delivery, clients exchange cash for their items or pay by PayPal or Venmo. Clients are never expected to pay more than the amount shown on the receipt! Those in need of a Shopping Angel or those wishing to volunteer may contact shoppingangelsct@gmail.com

If you do not e-mail, feel free to call the Senior Center at (203) 452-5199 for help signing up.

The program is available across Connecticut and the service is not limited to groceries.

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

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has availability of hundreds of different restaurants in your area, we make ordering food easier than ever.



Just one call to **+1 (855) 754-5328** and you can get your favorite meal delivered right to your door. Speak with one of our live operators and let them know from where or what you want to order. **GoGoGourmet** is the easiest way to get your favorite meals.

No more cooking or ordering food through apps, we take care of the ordering for you!



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.



Opposites



Unscramble each word and write it in the blank. When you're done, you should be able to match each word to another word on the list that is its opposite. Write these opposite pairs on the back of this page.

1. **trashig** _____
2. **racecs** _____
3. **ratedp** _____
4. **muafso** _____
5. **nacvat** _____
6. **docreko** _____
7. **qopeua** _____
8. **virrea** _____
9. **oxpmcle** _____
10. **nadutnba** _____
11. **milpes** _____
12. **glarsuin** _____
13. **copiduce** _____
14. **wonunkn** _____
15. **ullrap** _____
16. **prenarstatn** _____

USA WORD SEARCH

H O L Y W O O D U H A M B U R G E R S U O
E N G L I S H I O S D N V E T E R A N S C H
E S S I D R A C I N R G D Z W N A V Y H Q X J
P T T N O R P A V D R L C P L H I H N V N S
L A O C C M B M A Y E A A O J P I P J P B G
S T R H K Y T E V G A P M E N F B M O I A R
F U Q R Y P F R D R T X E S D G T W O Q S A
W E G I M A R I O K L Q F N J C R N T D K N
H O R S O T G C J F A A Q O D G T E B W E D
I F O T U R Y A K H K E Q I O E X I S Q T C
T L B M N I P N W Q E X Y M A T N Y Y S B A
E I A A T O D O V Y S H L M W Z B C T J A N
H B S S A T K U T K M D K I E V Q A E P L Y
O E O I I I I P R U F R O G B J F Z I D L O
R B U N G H I J R S P V R U Z O W K L A N
H S G U B R O A D W A Y P V J P E P Y
T A H E S T A T E S S F N Y M G P T C L K
E V L M F S T A T E S S F N Y M G P T C L K
V A L E N T I N E S D A Y T R U M D C Y V X

AMERICAN
ARMY
BASEBALL
BASKETBALL
BROADWAY
CHRISTMAS

CONGRESS
ENGLISH
FOOTBALL
GRAND CANYON
GREAT LAKES
HAMBURGERS

HOLLYWOOD
IMMIGRANT
INDEPENDENCE DAY
NAVY
PATRIOTIC
POTUS

ROCKY MOUNTAINS
STATES
STATUE OF LIBERTY
VALENTINE'S DAY
VETERANS
WHITE HOUSE

THINGS TO DO; STAY BUSY!

Visit these websites:

1. The Monterey Bay Aquarium in California is live-streaming penguins, otters, jellyfish and more. Watch these creatures via a FREE live streaming camera. Access this camera at <https://www.montereybayaquarium.org/animals>. Click the Tab that says “ANIMALS”, then on the bottom of the list on the right click “LIVE CAMS”. Here you can select which animal habitat you’d like to observe and enjoy! Live cameras are available from 10 am to 10 pm PST daily.
2. The renowned Metropolitan Opera in New York City is streaming a performance every night at 7:30 pm EST. The recordings then remain available for 20 hours (until 3:30 pm the following day). To access the Opera, go to www.metopera.org, and click on “watch now” to see the most recently published opera.
3. View exhibits in the Smithsonian National Museum of Natural History, via virtual tours online. Go to <https://naturalhistory.si.edu/visit/virtual-tour/current-exhibits>
From that web page, you can scroll down and click the exhibit you’d like to view.
4. The San Diego Zoo also has both live and pre-recorded videos of their animals which you can watch. Go to <https://zoo.sandiegozoo.org/live-cams>
From there you can scroll down and select which animal you’d like to watch.
5. The British Museum of the World in London, England has a collection of galleries you can view online. Go to www.britishmuseum.org
Then, click on “Collection”, then “Galleries”. Scroll down just a little and then see where it says “Virtual Galleries”. You can then choose which gallery you’d like to view.
6. The Metropolitan Museum of Art has an award winning series of YouTube videos set to calming music, to view the incredible architecture within the museum. The project is called The Met 360. Access these videos by going to <https://www.metmuseum.org/art/online-features/met-360-project>
Here you’ll find all 6 videos from the series.
7. The Dali Museum in Saint Petersburg, FL, featuring more than 2,400 works by Salvador Dali, offers virtual tours of its grounds and gallery. To view this museum, go to <https://thedali.org/virtual-tour/>
8. The Louvre Museum in Paris, France offers virtual tours of some of their galleries. To access these virtual tours, visit <https://www.louvre.fr/en/visites-en-ligne> and select which tour you’d like to view.

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THINGS TO DO: STAY HEALTHY!

Trumbull Physical Therapy & Wellness:

Trumbull Physical Therapy & Wellness is offering FREE LIVE Online Classes and sharing Wellness videos to help the community stay connected. Be sure to check out our fabulous Qigong Instructor, Julie Moffat's online classes. To view their videos, visit:
<https://www.trumbullptandwellness.com/>



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!

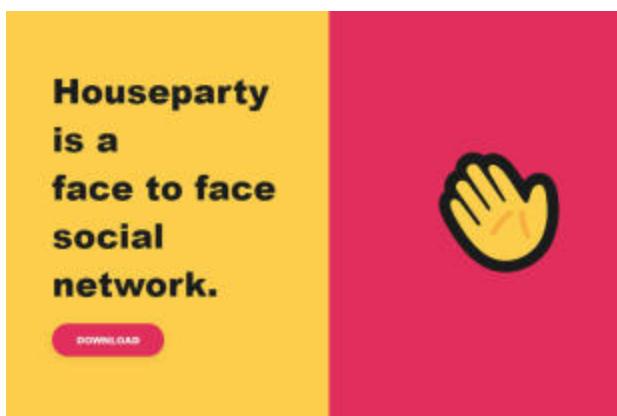


Silver Sneakers: They have tons of free exercise videos create just for seniors.

<https://www.youtube.com/channel/UCRp-32Yi0KC2YMgHIg6mTag>

Have you tried Houseparty?

It is an app that you download to your tablet or phone and it allows you to play games with your friends face to face. There are a few games to choose from to play with your friends! Download the app, connect with your friends, and play some trivia! Bonus.... You get to see them!





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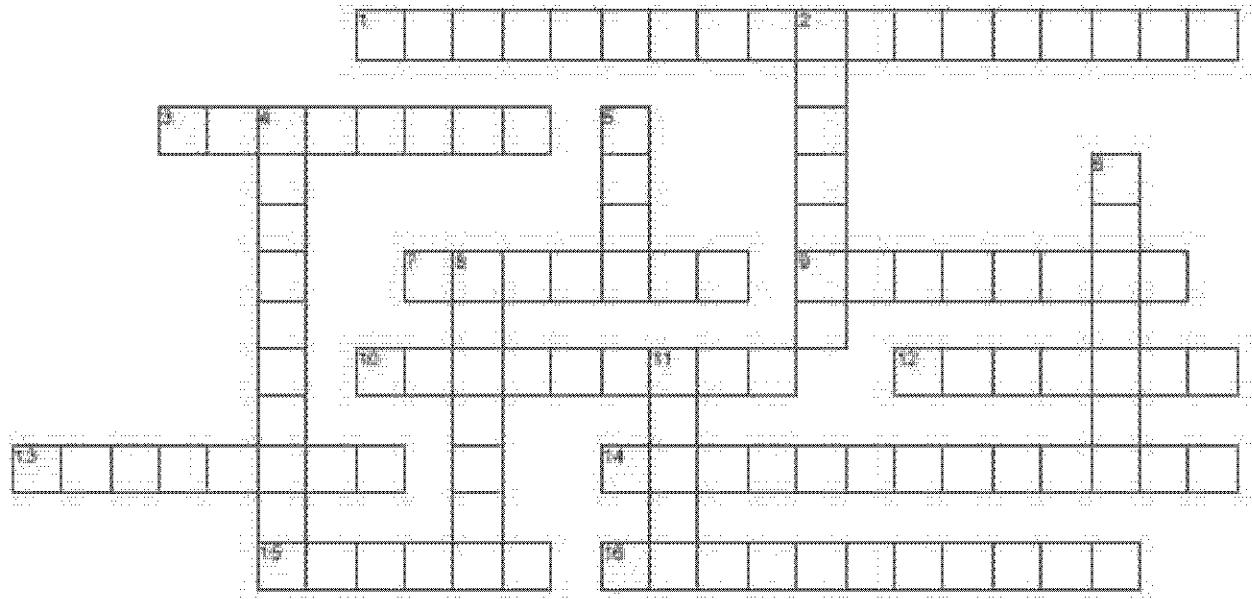
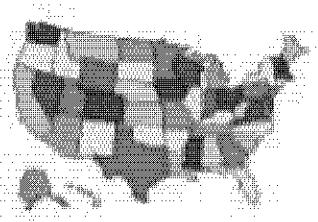


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Trumbull Senior Center

06-5293

U.S. States Nicknames Crossword



ACROSS

1. The Federal City
3. Great Lakes State
7. Crossroads of America
9. First State
10. The Land of Enchantment
12. Grand Canyon State
13. Old Dominion
14. Bay State
15. The Last Frontier
16. Constitution State

DOWN

2. Sunshine State
4. Golden State
5. Hawkeye State
6. Green Mountain State
8. The Big Apple
11. Gem State

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MASSACHUSETTS	IDAHO	CALIFORNIA	ALASKA
VIRGINIA	NEW MEXICO	NEW YORK	CONNECTICUT