



TOWN OF
Trumbull
HUMAN SERVICES
THE CENTER AT PRISCILLA PLACE



Senior Center Serving Adults Age 55+

23 Priscilla Place • Trumbull, CT 06611

(203) 452-5199

JUNE 2020

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First Selectman

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**SENIOR CITIZEN
COMMISSION**

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



Although we weren't able to ride in the Memorial Day Parade this year and show our gratitude to the men and women who sacrificed for our country, we were all able to celebrate in other ways with our families.

How did you celebrate?

Send us your pictures, mjakab@trumbull-ct.gov

We would love to share them.

LET'S STAY CONNECTED

**Join our Friendly Phone Call Program
and connect with your neighbors.**

Trumbull seniors and volunteers are paired together to keep each other company during this time of isolation and uncertainty.

Would you like to make or receive a friendly phone call once a week and make a new friend?

Everyone could use the company.

Please call the Trumbull Senior Center at (203) 452-5199 to sign up. You can also e-mail Ashley Grace at agrace@trumbull-ct.gov



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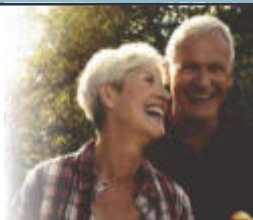
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Trumbull Senior Center

06-5293

NEWS FROM THE OUTREACH DEPARTMENT

Renters Rebate Program

State law provides a reimbursement program for Connecticut renters who are elderly or totally disabled, and whose incomes do not exceed certain limits.

**Rebates can be up to \$900 for married couples and \$700 for single persons.
It varies based on your income and expense.**

Senior and Totally Disabled Renters Rebate Program applications are being accepted by Trumbull Social Services between June 15th-October 1st, 2020. The state's income limits for renters are \$37,000 (single) and \$45,100 (married). In addition to your 2019 income information and 2019 Social Security 1099 you will need to provide rent and utility payment information for 2019. **Please call 203-452-5133 for additional criteria and COVID precautions when making application.**

New applicants are welcome.

Caregiver Support Services

Trumbull Social Services is the primary hub for family caregiver information, support and referral. Staff provide caregivers with the information they need to make informed decisions and the ability to access services and resources available in the community.

We recognize that family caregivers tend to neglect their own well-being both physically and emotionally. Our department offers one-on-one support services as well as the opportunity to participate in a caregiver support group. There is no fee for services. Services are available by appointment Monday-Friday.

Please call (203) 452-5198 for information or to make an appointment.

Residents who would like to make a donation for caregiver support services, please make checks payable to Social Services. Donations can be mailed to:
Director of Human Services, 23 Priscilla Place, Trumbull, CT 06611.

2-1-1 of Connecticut

For Emergency
Assistance
and Referrals
Call 211

Or visit 211.ct.org

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

Hardship and Emergency Financial Assistance

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

Please call Social Services (203) 452-5198

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>

Department of Public Works

The Town of Trumbull Public Works Department is monitoring communications remotely. Should there be concerns or request for urgent response please call 203-452-5070 or 203-452-5071. You may also continue to submit request for service through the Citizen Service Request Form at <https://veoci.com/veoci/p/form/wsb477d6sgsa#tab=entryForm>

The **Trumbull Large Item Pick-up Program** has resumed effective 05/05/2020, and appointments can be made by calling 203-452-5070 or 203-452-5071.

Real Estate Taxes Deferred

Real estate taxes that became due on April 1 will not be considered late if paid by July 1 2020. 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.

The following **Town Parks** are currently open for passive recreation: walking, biking, running: The Rails to Trails, Old Mine Park, Great Oak Park, Twin Brooks Park and Beach Memorial Park. No gatherings, and no groups of more than 5 people, preferably from your own household, are permitted. No organized sports of any kind. All playgrounds and athletic fields remain closed. Masks should be worn when social distancing of 6 feet or more is not possible. A valid 2019 or 2020 park sticker is required for parking. Please visit: <https://www.trumbull-ct.gov/Faq.aspx?QID=198> for instructions for obtaining a park sticker if you do not currently have a valid one.

Ode to Toilet Paper

*by Betty McOsker
The Over 60 Club—Stamford, CT
(Gotta keep smiling)*

How precious, I could never see.
The wonder of you is to me.
By my side. Both night and day,
I thought that you would always stay.
I'd reach out, and you'd be there,
To meet my needs, and comfort share.
I took for granted, I confess,
Your presence under all duress.
Then sadly one day you were gone,
I searched for you from dawn to dawn.
From street to street and store to store,
Always told you were no more.
But why? I asked. I could not see,
Just how you could desert poor me.
Please return, I begged of you,
To live without you Stinks! Who knew!
I stood at empty shelves and cried,
No substitute has worked. I've tried!
I promise not to let the cat,
Shred and tear you and besides that,
I won't let children, just for their glee,
Hang and wind you round a tree.
I'll put your portrait next to those,
Of dear ones, all in nice neat rows.
Respect I'll give you now, you'll see.
Your absence truly humbled me.
Dear Toilet Paper, please return,
You are so missed, for you I yearn!
First on my list you'll always be,
Food can wait, I'll run to see.
Are you there waiting, as I pray?
Will you be there every day?
I see you, grab you, you are mine!
"Two is the limit" says the sign.
But I'll be back this afternoon,
So wait for me, I'll be back soon.
I'll load my basement from now on,
Never risking, you'll be gone.
I've learned your value, you can trust.
I'll buy and hoard, have you I must!
I've learned how precious you can be,
And the wonder of you is to me!

Drive Thru Flu Clinics

The Trumbull Health Department would like
your feedback!

They are in the process of planning for their
upcoming Flu Clinics (in the Fall). Because of
the pandemic, they are looking for alternative
ways to administer the flu vaccine. One option
they are pursuing is a Drive-Through Flu
Vaccination Clinic for Seniors.

Benefits to this option include:

- Efficient administration of flu vaccine to seniors
- Minimal person-to-person contact
- Reduced wait time

**Should a drive thru clinic be offered,
would you:**

COMPLETE THE SURVEY!

**IT WILL TAKE JUST A MINUTE! SEE
PAGE 12 FOR THE SURVEY.**

Flamingos for the Food Pantry

Looking for a way to donate to the Trumbull food pantry while having
some fun or celebrating a birthday or anniversary?



For a \$25 donation to Trumbull Community Women we will place a flock of flamingos and a sign showing support for the food pantry on your lawn, or the lawn of a friend or neighbor for 2 days.

Go to our "contact us page" send us an email with your name and the name and address where you would like the flamingos placed (Trumbull and surrounding communities only.) Payment should be made at this link:

<https://secure.anedot.com/trumbull-community-women/donate>.

If you want a specific date, please let us know and we will let you know if the date is available. Then just make the payment and we will place the flamingos and remove them 2 days later.



All proceeds will be donated to the Trumbull Food Pantry.

CONVENIENT GROCERY AND MEAL OPTIONS

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-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.

EBT CARDS NOW ACCEPTED AT ONLINE CHECK OUT IN SOME STORES.

For EBT Card Users, ShopRite and Walmart are now accepting EBT payment at online checkout. You must use a debit or credit card to purchase items not covered by EBT.

Great News!

GoGoGourmet

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.



- Bianco Rosso (203) 880-5973
- Bruegger's (203) 459-9156
- Corner Deli (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 & 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 (203) 261-0019
- Sitting Duck Tavern (203) 261-1400
- Subway #24980 (203) 459-0005
- Cheesecake Factory (203) 371-7205
- Cafe & Grill (203) 261-8711
- Trumbull Pizza Co. (203) 261-1430



Summer

Find and circle all of the summer words that are hidden in the grid.
The remaining letters spell an additional summer item.

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

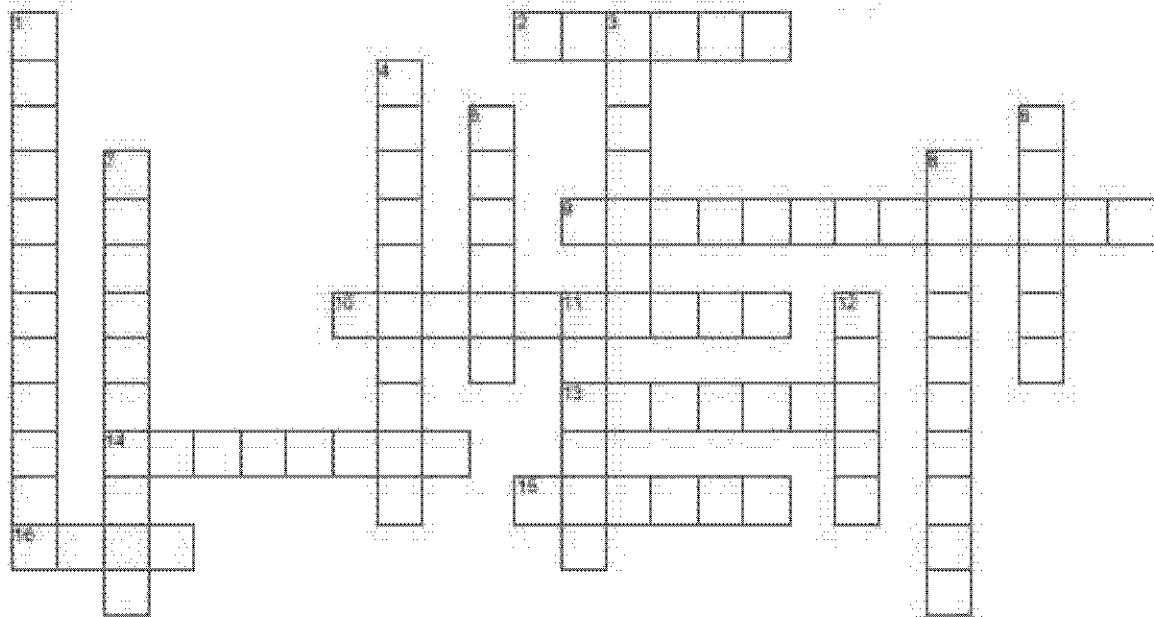
ANTS
AUGUST
BARBECUE
BASEBALL
BEACH
BEES
BICYCLE
BLUE SKY
BOATING
BREEZE
CAMPING

FISHING
FLIES
FLOWERS
GARDENING
GOLF
GREEN GRASS
HAT
HIKING
HOLIDAYS
HOT
ICE CREAM

JULY
JUNE
MOSQUITOES
NO SCHOOL
PICNIC
ROLLER BLADES
SANDALS
SKATEBOARD
SOCCER
SOLSTICE
SPRINKLERS

SUNBURN
SUNGLASSES
SUNSCREEN
SUNSHINE
SUNTAN
SWEAT
SWIMMING
U V RAYS
WASPS
WATER FIGHTS
WATERMELON

Sports Crossword



ACROSS

2. Stick, puck.
9. Short board with 4 wheels.
10. Acrobatics, tumbling.
13. Bike, helmet.
14. Bases, home plate, bat.
15. Rackets, greenball, net.
16. Clubs, ball, greens, 18 holes.

DOWN

1. Long, wide board attached to feet, snow.
3. Ball, bat, teams of 11, not baseball.
4. Team of 6, high net, spiking, serving.
5. Ring, gloves, mouthguard.
6. Two long boards, snow.
7. 10 foot high hoop.
8. Swimming, biking, and running back to back.
11. Use only your feet.
12. Scrum, knock on, oval ball.

HOCKEY	SNOWBOARDING	TENNIS	CYCLING
SOCCER	SKIING	BASKETBALL	BOXING
CRICKET	GYMNASTICS	RUGBY	VOLLEYBALL
BASEBALL	GOLF	TRIATHLON	SKATEBOARDING

All Zoom Programs can be accessed online and/or dialed in. Check out our weekly Current Events e-mails for more up to date information. E-mail Ashley Grace, agrace@trumbull-ct.gov, for assistance.

Monday	Tuesday	Wednesday	Thursday	Friday
1 To Do: Call a friend and check in on them.	2 9:30 Brain Games on Zoom Meeting ID: 977 1816 9858 Password: 1ryYN1 DIAL IN:1 929 205 6099	3	4 11:00 Emotionally/Mentally Supporting Your Loved Ones During COVID19 Meeting ID: 809 418 0302 Password: 12345 DIAL IN :1 929 205 6099	5
8 To Do: Call a friend and check in on them.	9 9:30 Brain Games on Zoom Meeting ID: 977 1816 9858 Password: 1ryYN1 DIAL IN:1 929 205 6099	10	11 3:00 Elder Law Discussion Meeting ID: 809 418 0302 Password: 12345 DIAL IN: 1 929 205 6099	12
15 To Do: Call a friend and check in on them.	16 9:30 Brain Games on Zoom Meeting ID: 977 1816 9858 Password: 1ryYN1 DIAL IN:1 929 205 6099	17	18	19
22 To Do: Call a friend and check in on them.	23 9:30 Brain Games on Zoom Meeting ID: 977 1816 9858 Password: 1ryYN1 1:00 Support Loved Ones Meeting ID: 809 418 0302 Password: 12345	24	25 1:00 Magic Show with Mike Meeting ID: 809 418 0302 Password: 12345 DIAL IN: 1 929 205 6099	26 10:00 Senior Commission Meeting Call for Zoom information.
29 To Do: Call a friend and check in on them.	30 9:30 Brain Games on Zoom Meeting ID: 977 1816 9858 Password: 1ryYN1 1:00 Travel Trivia Meeting ID: 809 418 0302 Password: 12345 DIAL IN:1 929 205 6099	<i>June 2020</i>		Are you interested in joining our Zoom programs? Call (203) 452-5199 to RSVP for any Zoom Program.

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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.



Trumbull Community Television (TCTV) is a small town-specific TV station located in the local public high school.



Frontier Vantage channel 6019
Charter Spectrum channel +194

1) When will a particular program be aired on Trumbull Community Television?

There are several ways to determine when a Trumbull Community Television program is being aired:

- Check the schedule in the ARCHIVES/Schedule Archives section on this website - www.trumbullps.tv,
- Read the schedule in *The Trumbull Times* newspaper.

2) How can I obtain a copy of a TCTV program?

To obtain a copy of an aired program, you can:

- Go to www.trumbullps.tv and complete & submit the DVD order form.

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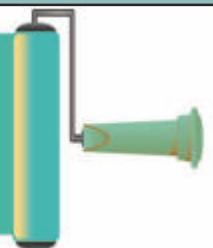
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Trumbull Senior Center

06-5293



The Trumbull Health Department would like your feedback!

Please call in your answers to (203)-452-1031

or take the online survey at <https://www.surveymonkey.com/r/3S6ZHXB>

We are in the process of planning for our upcoming Flu Clinics (in the fall). Because of the pandemic, we are looking for alternative ways to administer the flu vaccine. One option we are pursuing is a Drive-Through Flu Vaccination Clinic for Seniors. Benefits to this option include:

- * Efficient administration of flu vaccine to seniors
- * Minimal person-to-person contact
- * Reduced wait time

Should a drive thru clinic be offered, would you:

1. Be willing to attend the Trumbull Health Department Flu Vaccination Clinic?
☐ Yes ☐ No
2. Would you be able to drive or get a ride to the location site? ☐ Yes ☐ No
3. Would you be able to complete/submit registration form in advance (by mail, on-line, or over the phone)? ☐ Yes ☐ No
4. Do you have internet capability (to complete the form and submit by email)?
☐ Yes ☐ No
5. Would you like to receive periodic email updates from the Health Department?
☐ Yes ☐ No
6. If yes, please provide email:

Thank you for your feedback. The Health Department strives to make this year's flu clinic as safe and efficient as possible for residents and volunteers!