



# 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**

**JULY 2020**

**Director of Human Services**

Michele Jakab **(203) 452-5144**  
mjakab@trumbull-ct.gov

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**First Selectman** **(203) 452-5005**

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## **SENIOR CITIZEN COMMISSION**

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

**REMINDER: FRIDAY, JULY 3RD, THE SENIOR CENTER WILL BE CLOSED IN OBSERVATION OF INDEPENDENCE DAY. STAFF WILL NOT BE AVAILABLE BY PHONE ON THIS DAY. CALLS WILL BE RETURNED MONDAY, JULY 6TH.**

## **Still need help filing taxes? VITA is going virtual!**

Sign up for a free phone appointment here:  
<https://form.jotform.com/200715549679062>

### **Why is this happening?**

To reduce the spread of coronavirus, the downtown New Haven VITA site must close. To maintain some level of service, we are offering virtual tax assistance to those who still need to file.

### **How will this work?**

1. Complete the online intake survey at the top of this page. The survey will ask you to:
  - Fill out basic personal information,
  - Upload pictures of your tax forms, and
  - Choose an appointment time.
2. A VITA preparer will call you at your appointment time and complete your return with you over the phone. A second VITA preparer will check their work before filing.

### **Who is eligible for Virtual VITA?**

At this time, VITA can only assist people who are filing their 2019 taxes for the first time this year. Also, we can only help those with either a smartphone or computer and reliable WiFi.

If you need to amend a tax return that has already been filed, or need to file taxes for 2018 or earlier, please try using <https://www.myfreetaxes.com/>

## ***Don't have Zoom? Not a problem!***

Dial in on your telephone, 1 929 205 6099, and enter in the Meeting ID and Password for the Zoom Program that you would like to attend.

Need assistance? E-mail Ashley Grace,  
**agrace@trumbull-ct.gov**, for a  
Zoom Instruction Guide.



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Trumbull Senior Center

06-5293

## ONLINE PROGRAMS AND EVENTS

### Brain Games on Zoom

**Every Tuesday**

**9:30 AM**

Join Danielle Ramos, CDP, Director of Community Relations for Cambridge Health & Rehabilitation Center, for breakfast and to participate in fun, stimulating brain games. Meeting ID: 977 1816 9858 Password: 1ryYN1

### Book Club Meeting on Zoom

**Monday, July 6th**

**11:00 AM**

Silent Patient by Alex Michaelides Meeting ID: 809 418 0302 Password: 12345

### Wellness Wednesdays

**Wednesday, July 8th & 22nd**

**1:00 PM**

Come talk about how you are coping with the COVID-19 pandemic, share experiences and connect with other senior center members via Zoom. Also, receive important Senior Center news and updates. Anyone is welcome to join. Same Meeting ID and Password each week.

Meeting ID: 916 3971 6410

Password: 12345

### Caregiver Support Group

**Tuesday, July 14th & 28th**

**2:30 PM**

Join this group and share your feelings in a safe environment among others who are going through the same experiences. You can learn about resources, caregiving strategies and other valuable tools to provide support. To RSVP and receive Zoom Link information, please call Katie Vodola at (203) 452-5195. Meeting ID: 809 418 0302 Password: 12345

**Be sure to look out for our weekly Current Events e-mails for any changes and direct links to each Zoom program.**

**Need Assistance? Email Ashley Grace at [agrace@trumbull-ct.gov](mailto:agrace@trumbull-ct.gov)**

### Virtual Cooking Demo with ShopRite

**Thursday, July 9th**

**10:00 AM**

Join ShopRite Dietician, Siddhi Sheth, for a virtual cooking demo on Zoom!

Meeting ID: 809 418 0302

Password: 12345

### Checking in with the

**Trumbull YMCA**

**Thursday, July 16th**

**10:00 AM**

Check in with the Trumbull YMCA to learn about all the great programs they are running and informative resource guides to stay connected. Meeting ID: 809 418 0302 Password: 12345

### COVID-19 – How Does It Affect Your Legal Documents

**Thursday, July 16th**

**3:00 PM**

Has the COVID-19 Pandemic caused you to rethink the legal documents you need? Join Attorney, Lyn Elovson, for a Q&A on Zoom.

Meeting ID: 809 418 0302

Password: 12345

### Managing Caregiving Stress During COVID-19

**Tuesday, July 21st**

**1:00 PM**

#### Open to the Public

Join Shelia O'Brien from O'Brien Care Management for informative Zoom presentation to help Caregivers manage their stress during this difficult time.

Sponsored by Sunrise Senior Living.

Meeting ID: 809 418 0302

Password: 12345

### COVID-19 Scams

**Thursday, July 23rd**

**11:00 AM**

Join People's United Bank for a virtual Zoom call to learn about current COVID-19 scams and how to properly protect yourself and your assets.

Meeting ID: 809 418 0302

Password: 12345

### Veteran's Benefits

**Tuesday, July 28th**

**1:00 PM**

Join us for an informative Q & A on Zoom about Veteran's Benefits from Attorney, James M. Hughes. Sponsored by Sunrise Senior Living. Meeting ID: 809 418 0302 Password: 12345

### Supporting Your Loved One's Independence Through the Arts

**Thursday, July 30th**

**10:00 AM**

Join Audra D'Agostino, MAAT, ATR-P Expressive Arts Director at Sheraton Caregivers for an informative Zoom presentation to learn how to support your loved one's independence and create meaningful experiences through various engagement techniques such as art.

Meeting ID: 809 418 0302

Password: 12345

## SAVE THE DATE

- **Drive Thru Ice Cream Social**  
Friday, July 31st  
12:30 PM

- **Drive Thru Luncheon**  
Friday, August 21st  
Sponsored by Bridges by EPOCH

# TOWN HALL INFORMATION

On Monday, June 8, 2020, the Board of Finance set the mill rate. The First Selectman is pleased to report that there will be no tax increase this year. This will help homeowners and commercial businesses alike in this very challenging environment. Tax bills will be mailed by July 1. Trumbull Town Hall will reopen on Wednesday, July 1st on a staggered basis for employees and by appointment only for the public until further notice.

## PUBLIC WORKS

- Transfer Station hours are Monday through Friday 7:00 to 2:45 and Saturday 7:00 to 11:45.
- Bulk pick up continues to provide curb side pick-up by appointment for those not having the means to transport to the Transfer Station. For bulk p/u, call 452-5070 or 5071.

### WPCA SEWER USAGE BILLS:

Can be paid by mailing a check to:

Trumbull WPCA

Town of Trumbull

P.O. Box 273

Trumbull, CT 06611

OR PAY ONLINE:

[www.trumbull-ct.gov](http://www.trumbull-ct.gov)

Look for this icon

on the home page



[View & Pay Taxes](#)



## CURBSIDE PICKUP

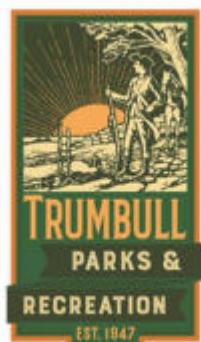
The library is happy to announce the start of Curbside Pickup service. Our service schedule will

be Monday -Friday from 1 pm until 6 pm. We have also enabled holds again, meaning that you will be able to place materials on reserve. If you already placed a hold prior to our closure in March, you will keep your place in line. Once an item is held for you, a staff member will call you or email you, depending on your stated preference in your record, to arrange a time for pickup which will be in thirty-minute increments throughout the day. A staff member will be assigned to bring materials out to the trunk of your car. We ask that you remain in the vehicle at all times. You will be given detailed instructions on what to do when we notify you that your hold is ready.

At this time, we ask that you begin returning items that you have out on loan from before the library closed in March so we can begin fulfilling requests from other patrons. If possible, please return Fairchild library items to Fairchild and main library items to main. (203) 452-5197

## Parks and Recreation

- Park stickers will be included with your tax bills.
- Pools will open in early July
- Our parks, school properties, tennis and pickleball courts, the Pequonnock River Trails, and the golf course are all open with guidelines and rules. Effective June 17th, we will reopen our athletic fields. Many of our fields have previously, and will continue to, require a permit in order to use them. A list of all fields and their status will be available on the Parks and Recreation website. <https://www.trumbull-ct.gov/316/Parks-Recreation>



## 2020 Dog License Renewal

Dog licenses need to be renewed annually in June.

Dog Licenses become renewable **after June 1** and must be renewed by July 31, 2020 by postal mail (**THIS YEAR ONLY**).

By State Law, penalty charges of \$1.00 per month, are added after July 31<sup>st</sup> (**THIS YEAR ONLY**).

For more information, please call (203) 452-5035



## NEWS FROM THE SOCIAL SERVICES DEPARTMENT

During COVID-19, Social Services is taking appointments by phone only. Accommodations are available.

For food pantry clients, the building is closed but drive thru services are available by appointment only. Food pantry deliveries are available to homebound individuals. Staff are monitoring the phone lines so be sure to leave a message and someone will call you back. (203) 452-5136.



### 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.**

### 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.

**2-1-1** of Connecticut

For Emergency Assistance and Referrals Call 211 Or visit 211.ct.org *Housing, food, mental health, social services, etc.*

### Financial Assistance

Trumbull Social Services offers Hardship and Emergency Assistance to Trumbull Residents in need. Please call Social Services

(203) 452-5198

### Mental Health Resource in Trumbull *The Emergency Line is Open*

**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.

## CLASSES ON ZOOM

### *Exercise Classes Now on Zoom*

#### **Yoga with Jeannie on Mondays at 10:30 AM**

Meeting ID: 816 351 63317/ Password: 394826

#### **Sit and Fit with Marylou on Tuesdays at 10:30 AM**

Meeting ID: 960 7400 2099 / Password: 12345

#### **Aerobics with Marylou on Wednesdays at 10:00 AM**

Meeting ID: 954 7709 5510 / Password: 12345

#### **Tai Chi with David on Fridays at 10:00 AM**

Meeting ID: 945 0315 1847 / Password: 12345

### *Art Classes Are Now on Zoom*

#### **Drawing with Chris (part 1) at 9:00 AM on Mondays**

**Begins Monday, July 6th**

Meeting ID: 625 153 9979 / Password: z

#### **Drawing with Chris (part 2) at 2:00 PM on Mondays**

Meeting ID: 625 153 9979 / Password: z

#### **Painting with Chris (part 1) at 9:00 AM on Fridays**

**Begins Friday, July 10th**

Meeting ID: 625 153 9979 / Password: z

#### **Painting with Chris (part 2) at 1:00 PM on Fridays**

Meeting ID: 625 153 9979 / Password: z

#### **Watercolors with Missy on Tuesdays at 9:00 AM**

Meeting ID: 767 9111 6979 / Password: paint

**All classes are recurring each week, with the same Meeting ID and Password.**

**Be sure to check out our weekly Current Events e-mails for any changes.**

**Need Assistance? Email Ashley Grace at [agrace@trumbull-ct.gov](mailto:agrace@trumbull-ct.gov)**

## Sudoku #1

	2	4	3	8				
					6			7
	5	8					4	
4					1			
			7		5			
				2				8
	1					6	7	
3		5						
			4	9	2	1		

## 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.*



## COMMUNITY RESOURCES

### **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](mailto:shoppingangelsct@gmail.com)

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

CAN'T GET OUT TO THE GROCERY STORE? DID YOU KNOW THAT THE TRUMBULL SENIOR CENTER HAS A FOOD SUPPLY FOR SENIORS? THE SENIOR CENTER IS LOADED WITH STAPLE AND SHELF STABLE ITEMS. ALL SENIORS ARE ELIGIBLE. DRIVE THRU SERVICE AND DELIVERY ARE AVAILABLE (DELIVERY FOR HOME BOUND SENIORS ONLY)

**PLEASE CALL US AT  
203-452-5136**



The Farmer's Market is moving to the baseball fields located just around the corner at 245 Unity Rd. Hours are now 4:00 PM-7:00 PM.

#### **FOOD/BEVERAGE VENDORS ONLY**

Due to the current situation, only essential food/beverage related businesses are able to sell items. Our craft vendors will return when the State of Connecticut allows them.

Please note the following social distancing policies:

- Customers must wear a mask at all times while at the market
- Customers must sanitize their hands prior to entering the market
- Customers will enter & exit the market at the designated spots only
- If the market capacity is exceeded, customers will need to wait in line
- Customers should shop with their eyes, vendors will be more than happy to select products

## Hard Vocabulary



ARTICULATE

AUGMENT

CAPITULATE

DIAMETRIC

DIFFIDENT

ECLECTIC

EFFICACIOUS

FORTHRIGHT

GRATIFY

IMPORTUNE

JUDICIOUS

LASCIVIOUS

LOQUACIOUS

MERITOCRACY

METICULOUS

NEFARIOUS

OBSEQUIOUS

PARSIMONIOUS

PROFLIGATE

ROTUND

SOLECISM

TREPIDATION

UTILITARIAN

VINDICATE

WISTFUL

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
To RSVP for any program, please call (203) 452-5199	July 2020	10:00 Aerobics	1 <b>To Do: Call a friend and check in on them.</b>	3 The Senior Center is closed in observance of Independence Day! Happy 4th of July Weekend!
6 9:00 Drawing Part 1 10:30 Yoga with Jeannie 11:00 Book Club 2:00 Drawing Part 2	7 9:00 Watercolors 9:30 Brain Games 10:30 Sit and Fit	8 10:00 Aerobics 1:00 Well Wednesday	9 10:00 Virtual Cooking Demo <b>To Do: Call a friend and check in on them .</b>	10 9:00 Painting Part 1 10:00 Tai Chi 1:00 Painting Part 2
13 9:00 Drawing Part 1 10:30 Yoga with Jeannie 2:00 Drawing Part 2	14 9:00 Watercolors 9:30 Brain Games 10:30 Sit and Fit 2:30 Caregiver Support	15 10:00 Aerobics	16 10:00 Checking in YMCA 3:00 Elder Law <b>To Do: Call a friend and check in on them.</b>	17 9:00 Painting Part 1 10:00 Tai Chi 1:00 Painting Part 2
20 9:00 Drawing Part 1 10:30 Yoga with Jeannie 2:00 Drawing Part 2	21 9:00 Watercolors 9:30 Brain Games 10:30 Sit and Fit 1:00 Managing Stress	22 10:00 Aerobics 1:00 Well Wednesday	23 11:00 COVID Scams <b>To Do: Call a friend and check in on them.</b>	24 9:00 Painting Part 1 10:00 Tai Chi 1:00 Painting Part 2
27 9:00 Drawing Part 1 10:30 Yoga with Jeannie 2:00 Drawing Part 2	28 9:00 Watercolors 9:30 Brain Games 10:30 Sit and Fit 1:00 Veterans Benefits 2:30 Caregiver Support	29 10:00 Aerobics	30 1:00 Supporting Loved One's Independence Through the Arts <b>To Do: Call a friend and check in on them.</b>	31 9:00 Painting Part 1 10:00 Tai Chi 12:30 Ice Cream Social 1:00 Painting Part 2

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## THINGS TO DO: STAY HEALTHY!

**Silver Sneakers:** [www.silversneakers.com](http://www.silversneakers.com)



Check out the Silver Sneakers Facebook page. They are live streaming classes.

**Trumbull YMCA:** Active older adult classes, Tuesdays and Thursdays at 10:30 AM. The Meeting ID is 6491974012 and the password is 936974.

### 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/>



**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](http://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](http://www.trumbullps.tv) and complete & submit the DVD order form.

### AARP Safe Drivers Course Now Online:

Website: [www.aarpdriversafety.org](http://www.aarpdriversafety.org)

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Trumbull Senior Center

06-5293



July 2020-June 2021

23 Priscilla Place, Trumbull, CT. 06611

(203) 452-5199

**Senior Center Serving Adults Age 55+**

Dear Members: A new membership year is upon us and we are determined to stay connected to you all! We will continue to offer the best programs and activities whether the building is open or closed. Ensuring your safety is of the utmost importance and all programs will follow health and safety guidelines. Our activities might look a little different this year. Online classes will continue to be offered and onsite classes will require pre-registration. Trumbull Residents will receive priority registration. Thank you for staying connected!

New Member \_\_\_\_\_ Renewal \_\_\_\_\_

Resident \$5 per person \_\_\_\_\_ Non Resident \$20 per person \_\_\_\_\_

Additional Tax deductible Donation \$ \_\_\_\_\_ Your donation matters! Thank you.

Your donation will (please check one):

\_\_\_\_\_ Help pay for a class this year (arts, exercise)

\_\_\_\_\_ General donation

\_\_\_\_\_ Sponsor sweets and drinks for an event

\_\_\_\_\_ Other: \_\_\_\_\_

Staff Use: \_\_\_\_\_

How would you prefer to receive our newsletter?

\_\_\_\_\_ Email \_\_\_\_\_ Mail (*one time annual \$ 9 fee for First Class Postage*)

1.) Member Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ (required)

2.) Member Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Address: \_\_\_\_\_ Apt./Unit: \_\_\_\_\_

City: \_\_\_\_\_ State \_\_\_\_\_ Zip: \_\_\_\_\_

Email (1): \_\_\_\_\_ Email (2): \_\_\_\_\_

Phone (H): \_\_\_\_\_ Phone (C): \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Relationship: \_\_\_\_\_

Phone No.: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

I agree to abide by the Membership Code of Conduct. \_\_\_\_\_ (please initial)

*\*Transportation is available to and from the center Monday –Friday. Rides are also provided to medical appointments. Please call (203) 452-5137 for more information.*

*In consideration of your accepting my registration, I hereby waive and release any and all rights and claims for damages I may have against the Town of Trumbull, its representatives, successors, and assigns, for any and all injuries or illness suffered from any activity in which I participate, and I authorize emergency medical treatment should I be unable to consent at some point in time. I agree to abide by the membership guidelines which are posted at the senior center.*

Date \_\_\_\_\_ \ \_\_\_\_\_ \ \_\_\_\_\_ Applicant Signature \_\_\_\_\_

Date \_\_\_\_\_ \ \_\_\_\_\_ \ \_\_\_\_\_ Applicant Signature: \_\_\_\_\_