



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

AUGUST 2020

Senior Center (203) 452-5199

Director of Human Services

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

Administrative Assistant

Ashley Ryan Grace (203) 452-5199
agrace@trumbull-ct.gov

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whnatuk@trumbull-ct.gov

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jgillis@trumbull-ct.gov

Katie Vodola (203) 452-5135

cvodola@trumbull-ct.gov

Food Pantry

Karen Seferi (203) 452-5136
kseferi@trumbull-ct.gov

Arts Commission (203) 452-5065

Emily Areson
eareson@trumbull-ct.gov

Wellness Nurse

Victoria Benoit (203) 452-5134
vbenoit@trumbull-ct.gov

First Selectman (203) 452-5005

Vicki Tesoro
Firstselectman@trumbull-ct.gov

SENIOR CITIZEN COMMISSION

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

**LET US KNOW WHAT TYPES OF AT HOME PROGRAMS YOU
WOULD LIKE US TO OFFER!**

Do you wan to learn how to use a tablet so you can connect with your friends and family online? A tablet is basically a handheld computer . It just doesn't do everything a computer can do, but it can connect you to the world and keep you active! Tablets can range from \$150-\$700 dollars.

Let us know if you are interested in borrowing a tablet. The county is discussing the possibility of a lending library. Trumbull would like to know if there is interest. Call us at (203) 452-5199 and let us know you are interested in the tablet lending library.



Trumbull Senior Center's Drive Thru Events

We are excited to announce that we will hold three drive thru only events at the Center in August. Join us, grab lunch or ice cream on us, and say hello from a distance. We look forward to seeing you!

See page 2 for more information.

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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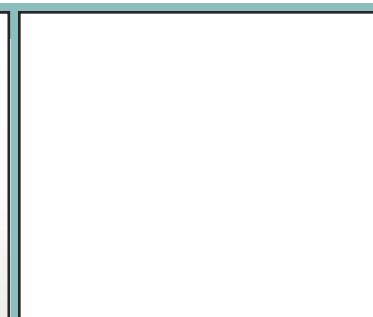
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Trumbull Senior Center

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, August 3rd

11:00 AM

The Reminders by Val Emmich

Meeting ID: 809 418 0302

Password: 12345

Wellness Wednesdays

Wednesday, August 5th & 19th

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: 809 418 0302

Password: 12345

Caregiver Support Group

Tuesday, August 11th & 25th

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

Virtual Yachting on Zoom

Tuesday, August 11th

1:00 PM

Join Jay Kiley, Owner of Synergy Home Care, for a virtual yachting presentation on Zoom.

Meeting ID: 809 418 0302

Password: 12345

Virtual Gardening Demo

Thursday, August 13th

1:00 PM

Calling all gardeners! Join Melissa Hripak, Director of Admission and Marketing, at St. Joseph's Center, for a virtual gardening demonstration on Zoom.

Meeting ID: 809 418 0302

Password: 12345

Communicating with a Loved One with Dementia

Tuesday, August 18th

1:00 PM

Open to the Public

Join Jay Kiley, Owner of Synergy Home Care, for an informative presentation on Zoom about how to effectively communicate with a loved one who may have dementia. This Zoom presentation is open to the public and all caregivers.

Meeting ID: 809 418 0302

Password: 12345

Music Therapy Demo

Saturday, August 22nd

1:00 PM

Open to the Public

Join Alison Albino, Broad Certified Music Therapist, from Sheraton Caregivers for a musical, expressive Zoom event that will incorporate musical instruments and connection to others as a form of relaxation and stress management.

Meeting ID: 762 3632 6851

Passcode: ve6ABF

Virtual Travel

Tuesday, August 25th

1:00 PM

Travel compels us! Come along with Tours of Distinction and virtually discover 10 reasons why and where you can travel in 2020 and 2021

Meeting ID: 809 418 0302

Password: 12345

Organic vs Non-Organic

Thursday, August 27th

10:00 AM

Join ShopRite Dietician, Siddhi Sheth, for an informative Zoom presentation to learn the difference between organic food/produce vs. non-organic and the benefits.

Meeting ID: 809 418 0302

Password: 12345

DRIVE THRU EVENTS

• **Drive Thru Luncheon**

Friday, August 14th

12:00 PM

Sponsored by Vazzy's

You MUST RSVP by calling (203) 452-5199 and leave your name and telephone.

• **Drive Thru Luncheon**

Friday, August 21st

12:00 PM

Sponsored by Bridges by EPOCH

You MUST RSVP by calling (203) 452-5199 and leave your name and telephone.

• **Drive Thru Ice Cream Social**

Friday, August 27th

12:30 PM

Sponsored by

Alene's Ice Cream Truck

You MUST RSVP by calling (203) 452-5199 and leave your name and telephone.

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

EXERCISE CLASSES on Zoom

Yoga with Jeannie on Mondays at 10:30 AM

Meeting ID: 816 351 63317/ Password: 394826

Tai Chi with Alma/Ken on Mondays at 1:00 PM

Meeting ID: 792 7959 5488 / Passcode: 2468

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

Chair Yoga with Jeannie on Thursdays at 9:00 AM

Meeting ID: 860 9912 0061 / Password: 840018

Tai Chi with David on Fridays at 10:00 AM

Meeting ID: 945 0315 1847 / Password: 12345

ART CLASSES on Zoom

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

E-mail Ashley Grace at agrace@trumbull-ct.gov to join.

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

E-mail Ashley Grace at agrace@trumbull-ct.gov to join.

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

E-mail Ashley Grace at agrace@trumbull-ct.gov to join.

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

E-mail Ashley Grace at agrace@trumbull-ct.gov to join.

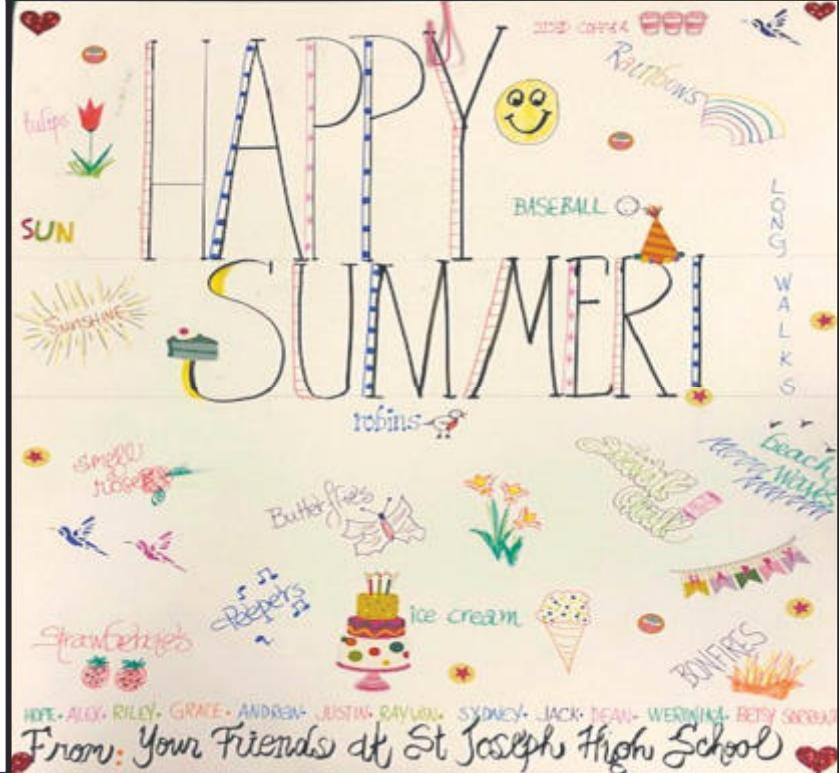
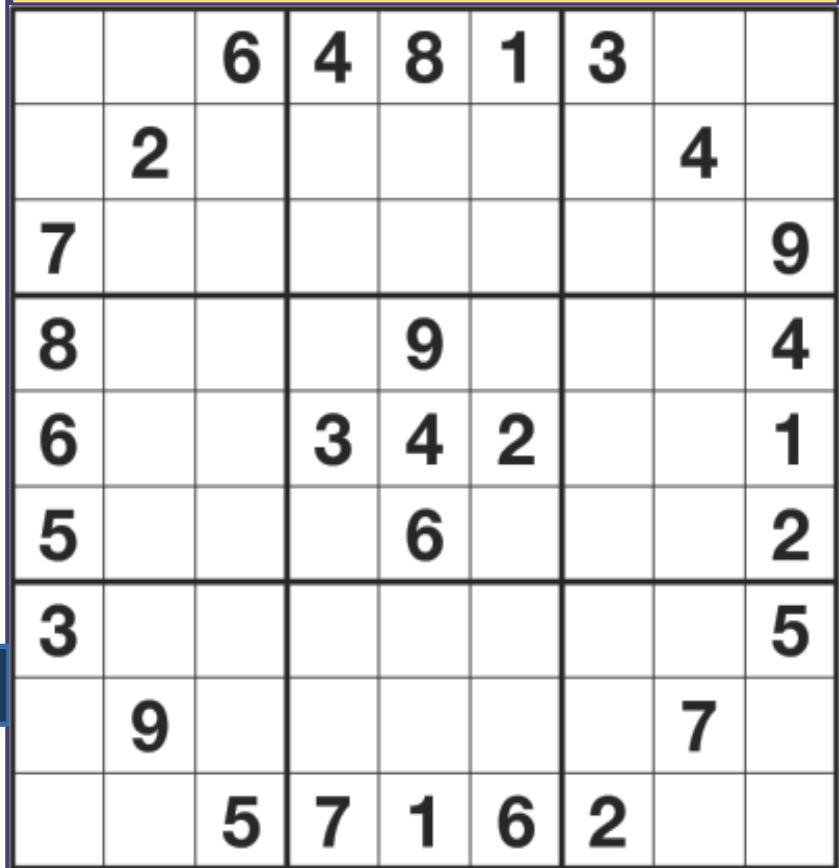
Watercolors with Missy on Tuesdays at 9:00 AM

E-mail Ashley Grace at agrace@trumbull-ct.gov to join.

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. You may also check the Senior Center Calendar on our website!

Need Assistance? Email Ashley Grace at
agrace@trumbull-ct.gov



TOWN HALL INFORMATION

The Town of Trumbull has reopened most Town buildings to the public **on a limited basis** beginning July 1, 2020. **Town Hall is closed to the public on Fridays to allow the building to be thoroughly cleaned.** Town Departments are working remotely on Fridays to assist the public with needs. You must have an appointment to come into Town Hall unless noted in Exceptions below. You may schedule an appointment by going to the town website and clicking the icon to schedule an appointment, or you may call the individual department you need to see at 203 452-5000. If you are unable to locate the department you need, please call 203 452-5005 for assistance. **Exceptions:** The Tax Collector and Town Clerk are open to walk-ins only, but please know you may experience an extended wait time. Please check the Tax Collector and Town Clerk's pages for hours of operation.

The Mary J. Sherlach Counseling Center will be reopening for in-person counseling sessions on August 3, 2020.

All clients will be required to sanitize their hands and wear a mask while in the building. Counselors will be masked and practice appropriate social distancing at all times. Telephone sessions are still available for those who are not yet comfortable with meeting face-to-face. Please call 203-452-5193 to schedule an appointment. No one will be permitted entry to the building without an appointment.



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



Connecticut's Democratic and Republican Presidential Primaries are on **Tuesday, August 11, 2020.** Polls are open from 6:00 AM to 8:00 PM.

In order to vote in a Connecticut primary election, voters must be enrolled in the party holding the primary. (You must be a member of the Democratic or Republican Party to vote in the 2020 Presidential Primary.) If you are registered with a party and want to switch to a different one, there is a 3-month waiting period to gain voting privileges in the new party. To vote in the Presidential primary on August 11th, the deadline to change was May 11, 2020.

You can verify your party affiliation on the state's Look Up tool:

<https://portaldir.ct.gov/sots/LookUp.aspx>

If you are a U.S. citizen and a Connecticut resident who will turn 18 by Election Day, November 3, 2020, you are eligible to participate in the Presidential Primary on August 11, 2020. You can register online with a DMV-issued ID at voterregistration.ct.gov or download the [voter registration form in English or Spanish](#) and mail it.

Visit <https://portal.ct.gov/SOTS> for more information about voting in Connecticut.

CONNECTICUT PRESIDENTIAL PRIMARY DAY: Tuesday, August 11, 2020 from 6:00 AM to 8:00 PM

ELECTION DAY: Tuesday, November 3, 2020 from 6:00 AM to 8:00 PM

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. 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.

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

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

Vacation

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CELEBRATION	HOTEL	PLAY	SHORELINE
COAST	INN	POND	TOUR
CONCERT	JOURNEY	POOL	TRIP
ESCAPE	LODGE	REFUGE	VACATION
EXCURSION	MOUNTAINS	RESORT	VOYAGE
EXPEDITION	MUSEUM	REST	

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
3 9:00 Drawing Part 1 10:30 Yoga 11:00 Book Club 1:00 Tai Chi 2:00 Drawing Part 2	4 9:00 Watercolors 9:30 Brain Games 10:30 Sit and Fit	5 10:00 Aerobics 1:00 Well Wednesday To Do: Call a friend and check in on them.	6 9:00 Chair Yoga	7 9:00 Painting Part 1 10:00 Tai Chi 1:00 Painting Part 2
10 9:00 Drawing Part 1 10:30 Yoga 1:00 Tai Chi 2:00 Drawing Part 2	11 9:00 Watercolors 9:30 Brain Games 10:30 Sit and Fit 1:00 Virtual Yachting 2:30 Caregiver Support	12 10:00 Aerobics To Do: Call a friend and check in on them.	13 9:00 Chair Yoga 1:00 Virtual Gardening	14 9:00 Painting Part 1 10:00 Tai Chi 12:00 Luncheon 1:00 Painting Part 2
17 9:00 Drawing Part 1 10:30 Yoga 1:00 Tai Chi 2:00 Drawing Part 2	18 9:00 Watercolors 9:30 Brain Games 10:30 Sit and Fit 1:00 Communication	19 10:00 Aerobics 1:00 Well Wednesday To Do: Call a friend and check in on them.	20 9:00 Chair Yoga	21 9:00 Painting Part 1 10:00 Tai Chi 12:00 Luncheon 1:00 Painting Part 2
24 9:00 Drawing Part 1 10:30 Yoga 1:00 Tai Chi 2:00 Drawing Part 2	25 9:00 Watercolors 9:30 Brain Games 10:30 Sit and Fit 1:00 Virtual Travel 2:30 Caregiver Support	26 10:00 Aerobics To Do: Call a friend and check in on them.	27 9:00 Chair Yoga 10:00 Organic vs. Non	28 9:00 Painting Part 1 10:00 Tai Chi 12:30 Ice Cream Social 1:00 Painting Part 2
31 9:00 Drawing Part 1 10:30 Yoga 1:00 Tai Chi 2:00 Drawing Part 2	AUGUST 2020			Be sure to check out our Senior Center Calendar on the Town of Trumbull's Website for a schedule of programs.

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Health Department Offers Blood Pressure Screenings

By Appointment

Is it time to have your blood pressure checked? The Trumbull Health Department will be offering free blood pressure screenings at the Health Department, 335 White Plains Road. **Appointments are required.** Simply call the Health Department at 203-452-1030 to schedule an appointment. Individual counseling and educational materials will be available by the Trumbull Health Department's Public Health Nurse and Wellness Nurse Tori. Blood pressure screening will take place on:

Thursday, August 6, from 9:30 a.m.– 11:15 a.m.

Additional dates will be added based on demand.

THE [CT Dept. of Labor \(DOL\)](#) announced additional phone numbers for those in need of assistance with unemployment claims.

Hours of operation are **8:30 AM to 4:30 PM, Monday through Friday.**

- 860-967-0493
- 203-941-6868
- Toll Free: 800-956-3294



The Trumbull YMCA is offering free Zoom classes and outside classes including Tai Chi, Cardio, and ZumbaGold. Be sure to visit their website for their class schedules and more information:

<https://cccymca.org/locations/lakewood-trumbull/schedules/>

Do you enjoy playing card and board games? AARP is offering free online games such as Mahjong, Crosswords, Blackjack, and more! Visit: <https://games.aarp.org/>



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Trumbull Senior Center

06-5293



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: _____