



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

OCTOBER 2020

Director of Human Services

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

Administrative Assistant

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

Front Desk

Ronnie Mogensen (203) 452-5199
rmogensen@trumbull-ct.gov

Transportation Coordinator

Bill Hnatuk (203) 452-5137
whnatuk@trumbull-ct.gov

Social Services

(203) 452-5198
Jennifer Gillis (203) 452-5133
jgillis@trumbull-ct.gov

Ashley Sylvester (203) 452-5135
asylvester@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

Tori 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

The Center will be closed on Monday, October 12th, in observance of Columbus Day. Staff will be unavailable.

The Center at Priscilla Place is CLOSED.

This is in consideration of the well-being of the vulnerable and high risk population being served. We are closely monitoring the recommendations of the CDC, state and local officials and will keep our members informed as things evolve. In the meantime, the senior center is offering exercise, art, and educational programs online. Please Call (203) 452-5199 for a calendar of events or visit the town website.

Reminder: Membership Application on page 7
Thank you for everyone's support and commitment to our wonderful community!

**We can teach you how to Zoom
or any other video conferencing app!**



Would you like to video conference with your friends and family, participate in games, exercise classes, art classes and lectures? We are offering one-to-one Zoom instruction at the Senior Center. Bring your laptop, tablet, or smart phone with you. If you do not have a device, let us know so we can help you find one; grants are available for Trumbull Residents.

Appointments are necessary.

Safety protocols will be explained prior to your appointment. Please Call Ashley Sylvester or Alyssa Pagano to schedule an appointment. (203) 452-5135

Drive Thru Flu Shots
See page 5



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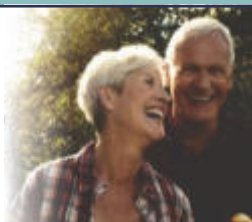
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Trumbull Senior Center

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, to participate in fun, stimulating brain games.
Meeting ID: 977 1816 9858
Password: 1ryYN1

Book Club Meeting on Zoom

Monday, October 5th

11:00 AM

The Light We Lost—Jill Santopolo
Meeting ID: 809 418 0302
Password: 12345

Exposed—Lisa Scottoline

Monday, November 2nd

11:00 AM

Meeting ID: 809 418 0302
Password: 12345

Wellness Wednesdays

Wednesday, October 7th & 21st

1:00 PM

Come talk about how you are coping with the pandemic, share experiences and connect with other members. Also, receive important Senior Center news and updates.
Meeting ID: 809 418 0302
Password: 12345

The MIND Diet

Thursday, October 8th

10:00 AM

Join ShopRite Dietitian, Siddhi Sheth, for a Zoom meeting on the MIND Diet, a diet designed to prevent dementia and loss of brain function as you age. Not only will she discuss benefits of the diet, but also foods to eat and foods to avoid.
Meeting ID: 809 418 0302
Password: 12345

Travel Trivia Returns!

Thursday, October 15th

1:00 PM

Join Tyler Zajacz, President of Tours of Distinction, for a fun game of Travel Trivia on Zoom. Winner will win a free gift card!
Meeting ID: 809 418 0302
Password: 12345

Community Meditation

Thursday, October 15th

7:00 PM

Join us for Community Meditation on Zoom, the third Thursday of each month, led by Deborah Swann. No experience is necessary – just an open mind! Topic: Letting Go
Meeting ID: 870 1001 5761
Passcode: 603982

Support Programs

Friday, October 16th

1:00 PM

Katie Regan, Director of Community Services for SWCAA, will lead us in an informational session highlighting Caregiver Support Programs, Technology Grants, and In home Services and Support Programs that are available in our region.
Meeting ID: 809 418 0302
Password: 12345

Cut Cable and Start Streaming!

Tuesday, October 20th

1:00 PM

Are you tired of paying so much to your cable company each month? What better time to learn how to stream networks and programs online that are cost-effective. Join Marty Isaac for an informative presentation on how to cut the cord and start streaming.
Meeting ID: 809 418 0302
Password: 12345

Caregiver Support Group

Thursday, October 22nd

2:30 PM

Open to the Public

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 email Ashley Grace at agrace@trumbull-ct.gov.

Name That Tune Returns!

Thursday, October 22nd

10:00 AM

Join Melissa Hripak, Director of Admission and Marketing, at St. Joseph's Center, for a fun Zoom game of Name That Tune! Winner will receive a prize!
Meeting ID: 809 418 0302
Password: 12345

Fall Prevention on Zoom

Thursday, October 22nd

1:00 PM

Join Neil Anand, Owner of ComForCare, for an informative Zoom presentation on fall prevention and ComForCare's comprehensive approach to manage fall risk.
Meeting ID: 809 418 0302
Password: 12345

DRIVE THRU EVENTS

• Donuts & Cider Drive Thru

Thursday, October 29th

1:00 PM

Join us for some delicious donuts & apple cider as we head into the Fall season.
Sponsored by St. Joseph's Center. Halloween costumes are surely welcomed.

You must RSVP for this event by calling (203) 452-5199 and leaving your name and telephone number. You will receive a phone call prior to the event to give you the time slot to arrive.

SAVE THE DATE

• Pies — Drive Thru Event Thursday, November 12th

1:30 PM

Sponsored by Middlebrook Farms

• Luncheon — Drive Thru Event Thursday, November 19th

11:30 AM

Sponsored by
New England Young at Heart

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: 723 4676 2878 / Passcode: 12345

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

QiGong with Julie/Hedwig on Wednesdays at 1:30 PM (New Class!)

Meeting ID: 817 3260 5147 / Passcode: 145037

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

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

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

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

Watercolors with Missy on Tuesdays at 9:00 AM

Please e-mail Ashley Grace at agrace@trumbull-ct.gov to join art classes.

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

HARD SUDOKU

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Say Hello to our new Senior Center Clerk, *Ronnie Mogensen*

Ronnie is a Trumbull resident but lived in Norwalk for most of her life. She has been married to her husband Mark for twelve years and together, they have two boys, Ian and Owen.

She loves crafting, baking, photography and sports.

We are very lucky to have Ronnie on our team!

She is looking forward to meeting everyone in the near future!



Trumbull Health Department



Drive-Thru to fight the Flu!

Stay healthy this season by getting a **fast & easy** flu shot by staying in your car and sticking your arm out of the window!

Drive-Thru Flu Clinic
Monday, October 12, 2020
10:00am – 12:00pm
Trumbull High School
Pull in at Hillcrest MS Entrance
On Daniels Farm Road



- No registration necessary
- Wear short or loose-fitting sleeves
- Multiple people per vehicle appreciated
- Arriving with completed paperwork is **highly** encouraged

Download the Vaccine Information Statement and Flu Immunization Consent Form at
www.trumbull-ct.gov/flu-clinic.

Fill out the consent form and bring it and a copy of your insurance information and ID with you!
Forms will also be available at the clinic.

\$35 flu shot & \$65 high-dose flu shot*

*Made for those 65 and older

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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

Feeling Stressed or Anxious about the COVID-19 Pandemic?

For additional COVID-19 information and resources, contact the Family & Children's Agency.

9 Mott Avenue | Norwalk, CT 06850 | 203-831-2900 | FamilyandChildrensAgency.org



COMMUNITY RESOURCES

Food Available

Can't get out to the grocery store? Did you know that the Senior Center has a food supply for seniors? All seniors are eligible. Drive Thru service and home delivery are available. All calls and visits are kept confidential.

203-452-5136

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

Shred It

October 17

9AM - 12PM

Trumbull Nature and Arts Center

7115 Main Street


**TRUMBULL
COMMUNITY WOMEN**

www.trumbullcommunitywomen.org

This is a free community shredding event. Donations are gratefully accepted.
Due to Covid 19 things are a little different - you must stay in your car and wear masks and there is a possibility the event could be cancelled if the town regulations change.

Event underwritten by 



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/>



Trumbull Counseling Center

**Mary J. Sherlach
Counseling Center**

The Mary J. Sherlach Counseling Center is open. All clients are required to sanitize their hands and wear a mask or face shield 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.



TOWN OF
Trumbull
HUMAN SERVICES

TRUMBULL SENIOR CENTER
Membership Application

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:** _____

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
	October 2020		1 9:00 Chair Yoga	2 9:00 Painting Part 1 10:00 Tai Chi 1:00 Painting Part 2
			8 9:00 Chair Yoga 10:00 MIND Diet on Zoom	9 9:00 Painting Part 1 10:00 Tai Chi 1:00 Painting Part 2
			14 10:00 Aerobics 1:00 Qigong 1:00 Wellness Wednesday To Do: Call a friend and check in on them.	16 9:00 Painting Part 1 10:00 Tai Chi 1:00 Painting Part 2 1:00 Support Programs-SWCAA
			22 9:00 Chair Yoga 10:00 Name That Tune! 1:00 Fall Prevention 2:30 Caregiver Support	23 9:00 Painting Part 1 10:00 Tai Chi 1:00 Painting Part 2
			29 9:00 Chair Yoga 1:00 Donuts & Cider Drive Thru Event	30 9:00 Painting Part 1 10:00 Tai Chi 1:00 Painting Part 2
5 9:00 Drawing Part 1 10:30 Yoga 11:00 Book Club 1:00 Tai Chi 2:00 Drawing Part 2	6 9:00 Watercolors 9:30 Brain Games 10:30 Sit and Fit	7 10:00 Aerobics 1:00 Qigong 1:00 Wellness Wednesday To Do: Call a friend and check in on them.	15 9:00 Chair Yoga 1:00 Travel Trivia 7:00 Community Meditation	17 9:00 Painting Part 1 10:00 Tai Chi 1:00 Painting Part 2
12 The Center is closed in observance of Columbus Day. Staff will be unavailable to be contacted via phone / e-mail.	13 9:00 Watercolors 9:30 Brain Games 10:30 Sit and Fit	14 10:00 Aerobics 1:00 Qigong To Do: Call a friend and check in on them.	15 9:00 Chair Yoga 1:00 Travel Trivia 7:00 Community Meditation	16 9:00 Painting Part 1 10:00 Tai Chi 1:00 Painting Part 2 1:00 Support Programs-SWCAA
19 9:00 Drawing Part 1 10:30 Yoga 1:00 Tai Chi 2:00 Drawing Part 2	20 9:00 Watercolors 9:30 Brain Games 10:30 Sit and Fit 1:00 Cut Cable—Zoom	21 10:00 Aerobics 1:00 Oigong 1:00 Wellness Wednesday To Do: Call a friend and check in on them.	22 9:00 Chair Yoga 10:00 Name That Tune! 1:00 Fall Prevention 2:30 Caregiver Support	23 9:00 Painting Part 1 10:00 Tai Chi 1:00 Painting Part 2
26 9:00 Drawing Part 1 10:30 Yoga 1:00 Tai Chi 2:00 Drawing Part 2	27 9:00 Watercolors 9:30 Brain Games 10:30 Sit and Fit	28 10:00 Aerobics 1:00 Qigong To Do: Call a friend and check in on them.	29 9:00 Chair Yoga 1:00 Donuts & Cider Drive Thru Event	30 9:00 Painting Part 1 10:00 Tai Chi 1:00 Painting Part 2

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NEIGHBORING PROGRAMS

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Trumbull Senior Center

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