



TOWN OF
Trumbull
HUMAN SERVICES
THE CENTER AT PRISCILLA PLACE



Senior Center Serving Adults Age 55+

Happy Thanksgiving!

23 Priscilla Place • Trumbull, CT 06611

(203) 452-5199

NOVEMBER 2020

Director of Human Services

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

Administrative Assistant

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Front Desk

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Social Services

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Wellness Nurse

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

First Selectman

(203) 452-5005
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 Thursday & Friday,
November 26th & 27th, in observance of Thanksgiving.
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.

2020/21 LEAF PICK-UP PROGRAM NOTICE

**EXPECTED TO BEGIN ON MONDAY, NOVEMBER 9TH
WEATHER CONDITIONS MAY DELAY COLLECTIONS**

We will start in the Southeast Quadrant this year, which is east of Rte. 25, will pick up from Strobel Rd., south to the Town border, then move clockwise thru the Southwest, Northwest and Northeast Quadrants until finished.

Payloaders will remove larger piles of leaves first, then crews will return to finish clean up with leaf vacuums. Both phases may not occur on the same day.

RESIDENTS CAN TRACK THE LEAF COLLECTION PROGRESS AND WHAT QUADRANTS THEY ARE LOCATED IN BY VIEWING THE 2020 LEAF PICKUP PROGRESS MAP, TO BE UPDATED DAILY.

LOOSE LEAF COLLECTION WILL BE DONE ONLY ONCE ON EACH STREET.

IT IS IMPERATIVE THAT YOUR LEAVES ARE AT THE CURB NO LATER THAN NOVEMBER 9TH.

LEAVES MUST BE PLACED ON THE LAWN, AT THE EDGE OF THE CURB; NOT IN THE ROADWAY. Putting leaves on the pavement is subject to a \$90 fine and creates dangerous conditions for vehicles and pedestrians. Do not deposit your leaves on someone else's property or vacant lot - unless you have the owner's permission. In the event of an early snowfall, if crews are not able to complete leaf collection, leaves in the gutter may be plowed back partially onto your lawn and may remain snow covered. In the spring, the grass may show temporary signs of stress because it has been covered over, but will remedy itself as the weather warms.



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Trumbull Senior Center

06-5293

ONLINE PROGRAMS AND EVENTS

Brain Games on Zoom

Every Tuesday at 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

Exposed—Lisa Scottoline

Monday, November 2nd

11:00 AM

Meeting ID: 809 418 0302

Password: 12345

The Woman In The Window- A.J. Finn

Monday, December 7th

11:00 AM

Meeting ID: 809 418 0302

Password: 12345

Name That Tune Returns!

Monday, November 9th

11:00 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

Energize Your Home!

Wednesday, November 11th

2:00 PM

Join Home Comfort Practice for an informative, Zoom presentation to learn more about the no-cost, Energize CT Program and for helpful solutions/tips that you can utilize to save on your energy costs.

Meeting ID: 809 418 0302

Password: 12345

Mark Albertson Presents

Trial of the Century: Nuremberg.

Friday, November 13th

11:15 AM

Join Historian, Mark Albertson, for an informative history program about the Trial of the Century: Nuremberg. This month marks the 75th anniversary of this significant event in international jurisprudence and Rule of Law. Don't miss out!

Meeting ID: 809 418 0302

Password: 12345

Fall Cooking Demo

Monday, November 16th

11:00 AM

Join ShopRite Dietician, Siddhi Sheth, for a Fall themed, cooking demo on Zoom.

Meeting ID: 809 418 0302

Password: 12345

Genealogy on Zoom

Tuesday, November 17th

1:00 PM

Have you always been interested in learning about your ancestry and family history? Join us for an informative presentation about genealogy on Zoom. This program is being sponsored by Right at Home.

Meeting ID: 809 418 0302

Password: 12345

Wellness Wednesdays

Wednesday, November 18th

New Time: 2:00 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

Caregiver Support Group

Thursday, November 19th

2:30 PM

Open to the Public

Join this group and share your feelings in a safe environment. Learn about resources, caregiving strategies and other valuable tools to provide support. All caregivers are welcome. To RSVP and receive Zoom Link information, please email Ashley Grace at agrace@trumbull-ct.gov.

Community Meditation

Caregivers join in!

Topic: Gratitude

Thursday, November 19th

7:00 PM

Join us for Community Meditation on Zoom, the third Thursday of each month, led by Deborah Swann. No experience is necessary.

Meeting ID: 870 1001 5761

Passcode: 603982



Ceramic Cookie Plates Craft with the Giggling Pig Art Studio

Friday, November 20th

11:30 AM

Just in time for the holidays! Join us in creating decorative, ceramic cookie plates for the holiday season. Each craft box will come with all the materials that are needed to decorate/create your cookie plate. \$5.00 per box. Be sure to sign up by calling (203) 452-5199 and leaving your name and telephone number. The Zoom link/information will be given to you when you pick up your craft box. For those who are homebound, please let us know and we will arrange a drop off of your craft box.

DRIVE THRU EVENTS

Caregivers and guests in your car are always welcome. Just be sure to RSVP.

- **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

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

- **Holiday Luncheon- Drive Thru Event**

Friday, December 18th

12:00 PM

Sponsored by River Valley Retirement Community

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 1:00 PM

Meeting ID: 882 5423 5052 / Passcode: 925106

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

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! Email Ashley Grace at agrace@trumbull-ct.gov if you have

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

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.



ZOOM LESSONS

If you don't know how to Zoom, in person meetings are available; however, if you know how to zoom and need a bit of guidance, meet us on Zoom every **Friday at 12:00 PM** and ask questions like how do I mute? Or how do I turn my camera on and off?

It is so important to keep in contact with our friends and family. Learn how to participate in games, exercise classes, art classes and lectures.

For in person instruction, 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.

Please call Ashley Sylvester or Alyssa Pagano to schedule an appointment. (203) 452-5135 and/or e-mail Ashley Sylvester at asylvester@trumbull-ct.gov



Transportation Services Have Resumed! Welcome Back Riders! (203) 452-5137

The Trumbull Senior Center provides transportation to Trumbull residents, age 60 and over and/or age 55-59 and disabled. Our buses were just fitted with new air filtration systems and a sneeze guard. We have a rider maximum to ensure everyone is able to safely distance themselves from others. All safety precautions and cleaning standards are in place.

Medical Rides

Rides available to and from doctor appointments on Mondays and Thursdays. We can book appointments months or days in advance. We travel to Bridgeport, Stratford, Shelton, and Monroe. We hope to add more days soon.

Grocery Shopping

On Tuesdays, we offer rides to Stop and Shop for Trumbull Residents. The estimated pick up time at your home is between 9:00 AM to 10:00 AM. Shop for an hour then return home on the bus. Please call 203-452-5137 to schedule an appointment.

Other

Let us know if you have other transportation needs. Rides are based upon availability.

- Legal appointments, hair salon, bank etc...

How to Ride

All riders must be independent; caregivers are welcome to accompany riders. All buses are equipped with a wheelchair lift. Service animals and assistive devices welcome. Please be aware that the senior center does not provide assistance to and from the vehicle.

All riders must be registered with the office staff by filling out a membership form. There is no cost for transportation; however, donations are gratefully accepted. Donations can be mailed to: the Trumbull Senior Center, 23 Priscilla Place, Trumbull, CT 06611.



Social Security Announces 1.3 Percent Benefit Increase for 2021

The 1.3 percent cost-of-living adjustment (COLA) will begin with benefits payable to Social Security beneficiaries in January 2021. Increased payments to SSI beneficiaries will begin on December 31, 2020. (Note: some people receive both Social Security and SSI benefits). The Social Security Act ties the annual COLA to the increase in the Consumer Price Index as determined by the Department of Labor's Bureau of Labor Statistics.

Some other adjustments that take effect in January of each year are based on the increase in average wages. Based on that increase, the maximum amount of earnings subject to the Social Security tax (taxable maximum) will increase to \$142,800 from \$137,700.

Social Security and SSI beneficiaries are normally notified by mail starting in early December about their new benefit amount. Most people who receive Social Security payments will be able to view their COLA notice online through their personal *my* Social Security account. People may create or access their *my* Social Security account online at www.socialsecurity.gov/myaccount.

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.

Financial Assistance

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

(203) 452-5198

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.

Medicare's Open Enrollment Period is October 15th - December 7th

You Have CHOICES: Free Medicare Counseling

People in a Medicare health or prescription drug plan should always review the materials and make sure their needs are still met for the following year. Plans can change year to year. For information or assistance in enrolling in Medicare or making changes to your current plans, call us! ***Social Services Counselor (203) 452-5198***



Our staff are Certified CHOICES Counselors, here to help seniors understand their options. They are trained by the State of CT to provide accurate, fair, and helpful information.

Connecticut Energy Assistance/Winter Heating Program

Social Services is currently accepting applications from Trumbull residents meeting income guidelines for the Energy Assistance/Winter Heating Program. Applicants are required to provide proof of income, entitlements, assets, bank statements, and heating bills. Social Services sends the applications to Alliance for Community Empowerment (formerly ABCD) for approval. Benefits are available to help offset the heating costs for the 2020-2021 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 schedule an appointment, please call at (203) 452-5198.

No harm in calling to see if you are eligible!

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

Walk-In vaccination hours are available at the Health Department, 335 White Plains Road on the following days from 10:00 AM-2:00 PM:

Monday, November 2nd

Wednesday, November 4th

Monday, November 9th

Thursday, November 12th

Monday, November 16th

Wednesday, November 18th

Monday, November 23rd

Wednesday, November 25th

For more dates/times, contact the Health Department at
203-452-1030.



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Connecticut **Legal Services** (CLS) provides **legal representation** to low-income persons throughout the state.

Seniors needing help in the Fairfield should call the office nearest to them. Bridgeport 203-336-3851.

Consumer Law Project for Elders (covers the entire state) can be reached at 800-296-146

www.ctlegal.org

www.CTLawHelp.org



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.

OTHER PROGRAMS



Radio Ranch - Virtual Cabaret

Live streamed: Sunday, November 15th at 1:00 PM

The Trumbull arts Commission is pleased to present a virtual performance by “Radio Ranch”,

Connecticut’s premier Country Western Band.

Radio Ranch plays a mix of classic and new Country music.

Be sure to tune in on November 15th and dance along with the music!

For further information, please call Emily Areson at the Arts office: 203-452-5065.

Watch live at www.facebook.com/TrumbullCommunityTelevision on Sunday, November 15th at 1:00 PM. This will also be broadcasted on Trumbull TV for anyone that does not use Facebook. Please refer to <https://www.trumbullps.tv/> for the broadcast schedule.

Stay tuned. There are more virtual events/concerts to come!

YOU ARE INVITED BY THE BIGELOW CENTER FOR SENIOR ACTIVITIES. JOIN IN!

***November is Alzheimer’s Awareness Month . Alzheimer’s – Know the Early Signs and Symptoms**

Tuesday, November 10 at 1:00 PM

Alzheimer’s Disease is one of the most devastating conditions affecting seniors. More than 5 million Americans are living with the disease. Difficulty completing tasks, confusion, memory loss that disrupts daily life, all may be symptoms of Alzheimer's or other dementias. Join Katie Vanovitch of Senior Helpers as we discuss the top warning signs and symptoms of Alzheimer’s, and how to manage those symptoms.

<https://us02web.zoom.us/j/89906477725?pwd=ZUFXaHg3ZkZkZ0wxd0U4dk0wWjRrdz09>

Meeting ID: 899 0647 7725 Passcode: 9S2QVf

Ask the Attorney** Elder Law Attorney Denise Mortati is hosting ***Ask the Attorney for us via zoom on the second Thursday of each month at 1:00 PM. Denise will give a brief overview and then take questions. <https://us02web.zoom.us/j/6241922105?pwd=Mjg4R0R6eXdWQTdha01rVUt0dy9JQT09>

Meeting ID: 624 192 2105 Passcode: SENIORCTR

Thursday, November 12—Probate

***Stories From The Attic: The Veterans Edition**

The search and discovery of these little known nuggets of our nation’s history is what Greg Van Antwerp has turned into a series of presentations called “Stories From The Attic.”

Wednesday, November 18 at 2:00 via Zoom, hear about some of his best discoveries and the stories behind them.

Meeting ID: 988 2641 4217 Passcode: Attic



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
<p>2</p> <p>9:00 Drawing Part 1 10:30 Yoga 11:00 Book Club 1:00 Tai Chi 2:00 Drawing Part 2</p>	<p>3</p> <p>9:00 Watercolors 9:30 Brain Games 10:30 Sit and Fit</p>	<p>4</p> <p>10:00 Aerobics 1:00 Qigong</p>	<p>5</p> <p>9:00 Chair Yoga</p> <p>To Do: Call a friend and check in on them.</p>	<p>6</p> <p>9:00 Painting Part 1 10:00 Tai Chi 1:00 Painting Part 2</p>
<p>9</p> <p>9:00 Drawing Part 1 10:30 Yoga 11:00 Name That Tune! 1:00 Tai Chi 2:00 Drawing Part 2</p>	<p>10</p> <p>9:00 Watercolors 9:30 Brain Games 10:30 Sit and Fit</p>	<p>11</p> <p>10:00 Aerobics 1:00 Qigong 2:00 Energize Your Home</p>	<p>12</p> <p>9:00 Chair Yoga 1:30 Pies—Drive Thru</p> <p>To Do: Call a friend and check in on them.</p>	<p>13</p> <p>9:00 Painting Part 1 10:00 Tai Chi 11:15 Mark Albertson 1:00 Painting Part 2</p>
<p>16</p> <p>9:00 Drawing Part 1 10:30 Yoga 11:00 Fall Cook. Demo 1:00 Tai Chi 2:00 Drawing Part 2</p>	<p>17</p> <p>9:00 Watercolors 9:30 Brain Games 10:30 Sit and Fit 1:00 Genealogy</p> <p>To Do: Call a friend and check in on them.</p>	<p>18</p> <p>10:00 Aerobics 1:00 Qigong 2:00 Wellness Wednesday</p>	<p>19</p> <p>9:00 Chair Yoga 11:30 Luncheon-Drive Thru 2:30 Caregiver Support 7:00 Community Meditation</p>	<p>20</p> <p>9:00 Painting Part 1 10:00 Tai Chi 11:30 Cookie Craft 1:00 Painting Part 2</p>
<p>23</p> <p>9:00 Drawing Part 1 10:30 Yoga 1:00 Tai Chi 2:00 Drawing Part 2</p>	<p>24</p> <p>9:00 Watercolors 9:30 Brain Games 10:30 Sit and Fit</p>	<p>25</p> <p>10:00 Aerobics 1:00 Oigong</p> <p>To Do: Call a friend and check in on them.</p>	<p>26</p> <p>The Center is closed on Thursday and Friday in observance of Thanksgiving.</p> <p>Happy Thanksgiving! We are thankful for all of you!</p>	<p>27</p>
<p>30</p> <p>9:00 Drawing Part 1 10:30 Yoga 1:00 Tai Chi 2:00 Drawing Part 2</p>	 <p>November 2020</p>			

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Thanksgiving Word Search

Challenging

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

CELEBRATION

FALL

GOBBLE

HOME

NOVEMBER

PILGRIM

STUFFING

TRADITION

WISHBONE

CORN

FAMILY

GRATITUDE

LEAVES

PECAN

PLYMOUTH

THANKFULNESS

TURKEY

CRANBERRIES

FEAST

HOLIDAY

MAYFLOWER

PIE

PUMPKIN

THANKSGIVING

VOYAGE

