



TOWN OF
Trumbull
HUMAN SERVICES
THE CENTER AT PRISCILLA PLACE

HAPPY NEW
YEAR

Senior Center Serving Adults Age 55+

GOODBYE 2020

HELLO 2021 !

23 Priscilla Place • Trumbull, CT 06611

(203) 452-5199

JANUARY 2021

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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rmogensen@trumbull-ct.gov

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whnatuk@trumbull-ct.gov

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Wellness Nurse

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vbenoit@trumbull-ct.gov

First Selectman

Vicki Tesoro (203) 452-5005
Firstselectman@trumbull-ct.gov

COMMISSION ON AGING

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

The Center will be closed on Friday, January 1st and
Monday, January 18th. Staff will be unavailable.
Happy New Year 2021!

Dear Members and Friends,

As we start this new year, I want to say "thank you" to all of you who have stayed connected, supported us and most of all, supported each other. Some of you joined us for online programming, some of you supported us by re-joining the senior center, others participated in our drive-thru events, called to say hello, sent in a donation or volunteered as a shopper or friendly caller. It has been inspiring to learn from your resilience. Although the staff and I worry about all of you everyday, you have shown us when life is full of challenges, we can adjust and go on. It has been a long nine months of transition; can we all agree that this time has been like no other time in our lives? When we closed our doors on March 16th, 2020, we had no idea it would be for this long. Also, we certainly had no idea how to run classes on Zoom; however, look at all of us now! Thank you everyone! And thank you to the dedicated staff who have been working non-stop to make sure we reach as many seniors in the community as we can.

I can't wait to see you all again. Happy New Year!

Sincerely,

Michele Jakab

Director of Human Services

Town of Trumbull

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.



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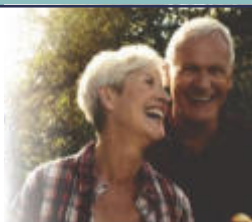
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Trumbull Senior Center

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

Carnegie's Maid by Marie Benedict

Monday, January 4th

11:00 AM

Meeting ID: 809 418 0302

Password: 12345

*Eleanor Oliphant is Completely Fine
by Gail Honeyman*

Monday, February 1st

11:00 AM

Meeting ID: 809 418 0302

Password: 12345

Introduction to Home Care & Understanding Your Long Term Care Insurance

Benefits

Monday, January 11th

2:00 PM

Open to the Public

Interested in learning about
caregiving and receiving care at
home? Do you have long term care
insurance and want to re-familiarize
yourself with your benefits? Join us
for a two-part, interactive webinar
presented by Bryan Knust, owner
of Collaborative Home Care. When
is home care right for me? What are
the considerations for someone
caring for a spouse? What does my
long term care insurance policy
cover? We will cover these
questions and much more.
Meeting ID: 809 418 0302
Password: 12345

Wellness Wednesdays

Wednesday, January 13th

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, January 14th

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.

Mark Albertson Presents

Newburgh Incident, March 15, 1783.

Friday, January 15th

11:15 AM

Join Historian, Mark Albertson, for
an informative history program
about the Newburgh Incident,
March 15, 1783. From 1780 to
March 15, 1783, elements of the
Continental Army revolted,
mutinied against their
officers. Many were hungry,
unpaid, and lacking proper
uniforms. This threat would
eventually come to be the American
Republic. Don't miss out on
learning about this fascinating
aspect of American History.
Meeting ID: 809 418 0302
Password: 12345

Community Meditation

Topic: Winter Stillness

Thursday, January 21st

7:00 PM

Join us for Community Meditation,
led by Deborah Swann.
No experience is necessary.
Meeting ID: 870 1001 5761
Passcode: 603982

Ask the Expert

Tuesday, January 26th

1:00 PM

Open to the Public

Join Lindsay Meyerowitz, Director
of Community Relations at Carriage
Green at Milford, for an open forum
decision for older adults and their
loved ones/caregivers to get
answers about assisted living,
amenities, cost, and services.
Meeting ID: 838 0423 1876
Passcode: 7p6N3x

Name That Tune Returns!

Friday, January 15th at 2:00 PM

Sponsored by St. Joseph's Center.
Meeting ID: 809 418 0302
Password: 12345

Virtual Bingo

Thursday, January 28th

10:30 AM

Join us for a fun game of virtual
Bingo on Zoom! To RSVP, call
(203) 452-5199 and leaving your
name and telephone number. We
will contact you to pick up your
bingo card sheets and daubers. If
you already have these items, please
hold onto them each month. For
Residents who are homebound,
please let us know and we will
arrange a drop off for you.

Zoom Lessons

Fridays at 12:15 PM

Confused about Zoom and need a bit
of guidance? Meet us on Zoom and
get answers to your questions every
Friday. Do you need in person
instruction? We do offer individual
appointments. Please call Ashley
Sylvester or Alyssa Pagano to
(203) 452-5135 and/or e-mail
Ashley Sylvester at
asylvester@trumbullct.gov
Meeting ID: 956 7644 0327
Passcode: 12345

DRIVE THRU EVENTS

• New Year 2021

Monday, January 4th, 2021

1:00 PM

Come out and pick up a mini
sparkling cider and say hello in the
New Year! Sponsored by
Wesley Village

• New Year 2021 Luncheon

Friday, January 22nd, 2021

12:00 PM

Join us for a drive thru luncheon in
the New Year.

SAVE THE DATE

• Chinese New Year Luncheon **Friday, February 12th / 12:00 PM**

*You must RSVP for all events by
calling (203) 452-5199 and leaving
your name and telephone number.*

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

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

Black History Month

Friday, February 5th at 2:00 PM on ZOOM

Registration is required.

Please call (203) 452-5199 to register.

Please join us for a special conversation with Adrienne Parkmond, Esq.

The strength of American democracy depends on the ability of citizens to express their fundamental right to vote. The election may be over, but there is much we can still learn from the 2020 Presidential race. What are the challenges Black Americans face in voting? What does voter suppression look like? And what does it mean for our future to have the first woman, and first woman of color, in the second highest office in the land?

Adrienne Parkmond, Esq. is the Chief Operating Officer of The Workplace in Bridgeport, a \$25 million non-profit agency responsible for job training, business development and human services for youths and adults, including services for veterans, older workers, and at-risk populations. Adrienne is past President of the Board of the CT Women's Education and Legal Fund and holds a Bachelor of Science Degree in Finance from Villanova University and a Juris Doctor from Quinnipiac University School of Law.

Adrienne serves as President of the Waterbury Chapter of The Links Incorporated, one of the nation's oldest and largest volunteer service organizations of extraordinary women who are committed to enriching, sustaining and ensuring the culture and economic survival of African Americans and other persons of African ancestry. She is also President of the New Haven Chapter of Pearls of Excellence, the charitable arm of Theta Epsilon Omega Chapter of Alpha Kappa Alpha Sorority, an international service organization dedicated to being "Supreme in Service to All Mankind."

SERVICES

Transportation Services (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, Tuesdays and Thursdays.** We can book appointments months or days in advance. We travel to Bridgeport, Stratford, Shelton, and Monroe.

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.

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.



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 with any questions.

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.



SOCIAL SERVICES DEPARTMENT - *Forget the stigma, call us!*

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 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.



Would you like an extra \$144.60 in your pocket?

Could you use help paying Medicare premiums, co-pays and deductibles?

If You Qualify, Medicare Savings Programs May Be Able to Help.

How Do I Qualify?

If you live in Connecticut and can answer YES to these two questions, you may qualify:

1. **Are you eligible for Medicare or already enrolled?**
2. **Is your monthly income below \$2,617.44 (Single) or \$3,535.02 (Couple)**

Note: Money you have in the bank (Assets) are not looked at for MSP. In some cases, not all income is counted. Call CHOICES* for details.

How Can the Medicare Savings Programs Help You?

There are three levels of Medicare Savings Programs (MSPs) which provide different amounts of help:

1. **Qualified Medicare Beneficiary (QMB)**, pays Medicare Part A Premiums, for those who have not worked long enough for free Part A, Part B premiums, Deductibles, Co-Pays and Co-Insurance, (Works like a Medigap policy) and qualifies individuals for Extra Help/Low Income Subsidy (LIS) for Part D Prescriptions.
2. **Specified Low income Medicare Beneficiary (SLMB)** pays Part B Premiums and qualifies individuals for Extra Help/Low Income Subsidy (LIS) for Part D Prescriptions.
3. **Additional Low income Medicare Beneficiary (ALMB)** pays Part B Premiums and qualifies individuals for Extra Help/Low Income Subsidy (LIS) for Part D Prescriptions.

All of the Medicare Savings Programs Will Save You Money!

- ✓ Save \$144.60 per month on Part B premium.
- ✓ Save 100% on Part D premium for basic plan or receive a subsidy on higher cost plans.
- ✓ Save on Part D Prescription Drugs. Pay no more than \$3.60/generic or \$8.95/brand name.

For Assistance and To Apply: Call the **CHOICES** Statewide Health Insurance Hotline

***1-800-994-9422**

Connecticut Energy Assistance/Winter Heating Program

Social Services is 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.**

Financial Assistance

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

(203) 452-5198

CT's Crisis Supports 24/7 hotlines for

Sexual Assault hotline: 888-999-5545
Domestic Violence hotline: 888-774-2900
Substance Use Access Line: 800-563-4086
Problem Gambling Helpline: 888-789-7777
Smoking QuitLine: 800-QUITNOW

New for parents & caregivers!
"Talk It Out" helpline: 833-258-5011
(8am-8pm M-F, 8am-1pm Sat.)
Suicide Lifeline: 800-273-TALK
Law Enforcement Officers Hotline: 800-COPLINE

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

Community Outbreak COVID-19 Testing



GRIFFIN
HEALTH



FREE DRIVE-THRU TESTING

**NO APPOINTMENT NECESSARY - RESULTS IN 24-48 HOURS
PLEASE BRING A VALID ID**

OPEN TUESDAYS 9:30AM-3PM

**Enter through Unity Park
at Unity Park Road, Trumbull, CT**



Virtual AARP CT - Coping in the age of COVID: Don't Navigate Alone

Thurs, 1/14/21 @ 12:30 PM

Join us for a conversation led by Erin Leavitt-Smith, Asst. Director Statewide Services from the Department of Mental Health & Addiction Services (DMHAS) in CT as she walks you through the support systems in place for families and individuals when it comes to coping with the stress brought on by living in the age of COVID. Learn about the CT resources and people around the state who offer support where you live.

Email: ctaarp@aarp.org

OTHER PROGRAMS

Free Virtual Live Well Chronic Pain Workshop Offered

A free, six-week, virtual Live Well with Chronic Pain Workshop is being held for the first time in Connecticut. **This program takes place via Zoom on Tuesdays from 10:00 a.m. – 12:30 p.m. on January 26, February 2, 19, 16, and 23 and March 2, 2021.** Participants will need a computer, tablet or cell phone and a reliable internet connection. A technology training session will be provided on Jan. 19

Adults with chronic pain are encouraged to register for this program to help them take control over their life and health. Participants will learn better ways of dealing with frustration, fatigue, isolation, and poor sleep. Techniques to improve or maintain strength and energy, appropriate use of medications and ways to improve nutrition will also be covered. The workshop also teaches easy, gentle chair exercises to help with pain and improve or maintain strength and energy. Breaking the pain cycle, pacing activities and rest and communicating with healthcare providers will be discussed. Live Well workshops are also beneficial for caregivers, family members and friends of those with chronic pain.

Materials will be sent directly to participants at no cost and include the book Living a Healthy Life with Chronic Pain, an instruction booklet, and exercise and relaxation CDs. The workshop is limited to 12 participants.

For more information and to register, contact Cathy at cgrosshart@swcaa.org or Debby at dhorowitz@swcaa.org.

New Support Groups Now Being Offered

Family Conflict Group

Facilitated by Cornelia Morris, Counselor
1st and 3rd Wednesday of each month at 10:00 AM

January 6th & 20th on Zoom

To RSVP, please contact Cornelia at
cmorris@trumbull-ct.gov

Grief and Loss Support Group

Facilitated by Cornelia Morris, Counselor and
co-facilitated by Ashley Grace, MSW Intern from
Sacred Heart University.

2nd and 4th Tuesday of each month at 9:00 AM
January 12th & 26th on Zoom

To RSVP, please contact Ashley Grace at
agrace@trumbull-ct.gov or call (203) 452-5199.

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**NATIONAL ELDER
FRAUD HOTLINE**

1-833-FRAUD-11

1-833-372-8311

If you or someone you know has been a victim of elder fraud, help is standing by at the National Elder Fraud Hotline.

833-FRAUD-11


or 833-372-8311

Every day, 6:00 a.m.–11:00 p.m. eastern time
English/Español/Other languages available

Financial scams and abuses that target older people are happening more and more.

This hotline is a free resource created by the U.S. Department of Justice (DOJ), Office for Victims of Crime for people to report fraud against anyone age 60 or older.

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>1</p> <p>The Center is closed and staff are unavailable. Happy New Year!</p>
<p>4</p> <p>9:00 Drawing Part 1 10:30 Yoga 11:00 Book Club 1:00 Tai Chi 1:00 Drive Thru Event 2:00 Drawing Part 2</p>	<p>5</p> <p>9:00 Watercolors 9:30 Brain Games 10:30 Sit and Fit</p>	<p>6</p> <p>10:00 Aerobics 10:00 Family Conflict 1:00 Qigong</p>	<p>7</p> <p>9:00 Chair Yoga</p> <p>To Do: Call a friend and check in on them.</p>	<p>8</p> <p>9:00 Painting Part 1 10:00 Tai Chi 12:15 Zoom Lessons 1:00 Painting Part 2</p>
<p>11</p> <p>9:00 Drawing Part 1 10:30 Yoga 1:00 Tai Chi 2:00 Drawing Part 2 2:00 Long Term Care Insurance Presentation</p>	<p>12</p> <p>9:00 Watercolors 9:00 Grief/Loss Support 9:30 Brain Games 10:30 Sit and Fit</p> <p>To Do: Call a friend and check in on them.</p>	<p>13</p> <p>10:00 Aerobics 1:00 Qigong 2:00 Wellness Wednesday</p>	<p>14</p> <p>9:00 Chair Yoga 2:30 Caregiver Support</p>	<p>15</p> <p>9:00 Painting Part 1 10:00 Tai Chi 11:15 Mark Albertson Presents 12:15 Zoom Lessons 1:00 Painting Part 2 2:00 Name That Tune</p>
<p>18</p> <p>The Center is closed and staff are unavailable in observance of Martin Luther King Day.</p>	<p>19</p> <p>9:00 Watercolors 9:30 Brain Games 10:30 Sit and Fit</p>	<p>20</p> <p>10:00 Aerobics 10:00 Family Conflict 1:00 Qigong</p>	<p>21</p> <p>9:00 Chair Yoga 7:00 Community Meditation</p> <p>To Do: Call a friend and check in on them.</p>	<p>22</p> <p>9:00 Painting Part 1 10:00 Tai Chi 12:00 Drive Thru Luncheon 12:15 Zoom Lessons 1:00 Painting Part 2</p>
<p>25</p> <p>9:00 Drawing Part 1 10:30 Yoga 1:00 Tai Chi 2:00 Drawing Part 2</p>	<p>26</p> <p>9:00 Watercolors 9:00 Grief/Loss Support 9:30 Brain Games 10:30 Sit and Fit 1:00 Ask the Expert</p>	<p>27</p> <p>10:00 Aerobics 1:00 Qigong</p> <p>To Do: Call a friend and check in on them.</p>	<p>28</p> <p>9:00 Chair Yoga 10:30 Virtual Bingo</p>	<p>29</p> <p>9:00 Painting Part 1 10:00 Tai Chi 12:15 Zoom Lessons 1:00 Painting Part 2</p>

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Memories.....



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 G V I 0 E O D R 0 N N F N 1 E E E G F K E H M P
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love	hats	family	friends
12:01	new year	exiting	rainbow
new york	fun	kissing	messy
ball drop	celebration	carnival	festival
january	sparkles	noise makers	clock
party poppers	show	fireworks	celebration
countdown	resolutions	goals	cheers
balloons	winter	confetti	sleepover
party	midnight	12	holiday
happy new years	2018	2017	