



**TOWN OF
Trumbull
HUMAN SERVICES**
THE CENTER AT PRISCILLA PLACE

Senior Center Serving Adults Age 55+

CLOSED ON MONDAY, FEBRUARY 15TH.

23 Priscilla Place • Trumbull, CT 06611

(203) 452-5199

FEBRUARY 2021

Director of Human Services
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vbenoit@trumbull-ct.gov

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COMMISSION ON AGING

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

All programs and activities are being offered virtually.

Black History Month
Friday, February 5th at 2:00 PM
A Program put together by Fairfield County Senior Centers

**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."

Registration is required.

Open to the public

Please call (203) 452-5199 to register and/or register at
<https://zoom.us/meeting/register/tJ0scOysqjkvGNBZ9D9G2nKXI9lsUVu7sjET>

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Trumbull Senior Center

06-5293

ONLINE PROGRAMS AND EVENTS

Brain Games on Zoom

New Time: Every Wednesday at 9:00 AM

Join Danielle Ramos, CDP, Director of Community Relations for Cambridge Health & Rehabilitation Center, to participate in fun, stimulating brain games.

Meeting ID: 699 769 8823

Passcode: 8XFFdh

Book Club Meeting on Zoom

Eleanor Oliphant is Completely Fine by Gail Honeyman

Monday, February 1st

11:00 AM

Meeting ID: 809 418 0302

Password: 12345

Downsizing and Decluttering

Tuesday, February 9th

2:30 PM

Join Lisa Valenti, Realtor from William Ravis, and Eileen Brown, Senior Living Consultant from River Valley Retirement Community, for an informative presentation about downsizing and decluttering your space

Meeting ID: 809 418 0302

Password: 12345

Wellness Wednesdays

Wednesday, February 10th

2:00 PM

Connect with other members and receive important Senior Center news and updates.

Meeting ID: 809 418 0302

Password: 12345

Baking with Billy

Thursday, February 11th

2:30 PM

Calling all bakers! Join Benchmark Senior Living's fabulous Chef Billy on Zoom for a fun, baking demo of a special Valentine's Day treat. To RSVP and receive Zoom information, please e-mail Ashley Grace at agrace@trumbull-ct.gov or call (203) 452-5199.

Caregiver Support Group

Thursday, February 18th

2:30 PM

Open to the Public

All caregivers are welcome. To RSVP, please email Ashley Grace at agrace@trumbull-ct.gov.

Community Meditation

Topic: Present Moment

Thursday, February 18th

7:00 PM

Join us for Community Meditation, led by Deborah Swann.

No experience is necessary.

Meeting ID: 870 1001 5761

Passcode: 603982

Mark Albertson Presents: The Present State of American Government and Politics

Friday, February 19th

11:15 AM

Join Historian, Mark Albertson, for an interesting and timely presentation about the current state of American government and politics.

Meeting ID: 809 418 0302

Password: 12345

Heart Healthy

Cooking Demo

Monday, February 22nd

2:00 PM

Join Director of Community Relations, Lindsay Meyerowitz, from Carriage Green at Milford for a fun, virtual cooking demo on heart healthy meals.

Meeting ID: 886 5604 8921

Passcode: 8xqxb9

Zoom Lessons

Fridays at 12:15 PM

Confused about Zoom? Meet us on Zoom and get answers. 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 at asylvester@trumbullct.gov

Meeting ID: 956 7644 0327

Passcode: 12345

• Valentine's Day Drive Thru

Friday, February 26th

1:00 PM

Join us for a Valentine's Day drive thru event. Valentines cookies will be provided by Wesley Village.

Chinese New Year Celebrations!

Shadow Puppet Art Craft with Yale-China

Tuesday, February 23rd

2:30 PM

We are excited to collaborate with Yale-China for a cultural art craft project to celebrate the Chinese New Year. You will receive a craft kit with all supplies to make a shadow puppet with step by step instruction on Zoom. Supplies are limited; please be sure to call (203) 452-5199 to RSVP. You will be contacted to pick your art craft box up and will receive the Zoom information. For Residents who are homebound, please contact us to make arrangements.

Chinese New Year

Virtual Bingo

Thursday, February 25th

10:30 AM

Join Yale-China for a fun game of Chinese New Year Bingo! If you are interested in attending, be sure to RSVP by calling (203) 452-5199 and leaving your name and telephone number. We will contact you to pick up your bingo card sheets, daubers, and Zoom information. For Residents who are homebound, please contact us to make arrangements.

• Chinese New Year Luncheon

Friday, February 12th

12:00 PM

Celebrate the Chinese New Year with our drive thru luncheon. Lunch will be catered by our friends at Panda House.

You MUST RSVP for all drive thru events. Please call (203) 452-5199.



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.

COVID-Vaccine Information

Please visit the State website:

<https://portal.ct.gov/Coronavirus/COVID-19-Vaccinations> and the Town website, <https://www.trumbull-ct.gov> for the most up-to-date information about the vaccine distribution.

This site will give eligible individuals access to the registration portal when their group has been approved. You can also call the COVID Vaccine Appointment Assistance Line at 1-877-918-2224 if you have difficulty navigating an e-mail-based system.

If you are not able to access the internet, please call the senior center at (203) 452-5199.

We can help with the vaccine registration process.

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 are fitted with UV light/air filtration systems. 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 Wednesdays, 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.

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.



Income Tax Assistance

This year the senior center will not be hosting AARP on site for tax assistance due to the pandemic. While we wait for more information on where AARP will be able to provide assistance, you can visit the State's website for information and assistance on tax filing.

<https://portal.ct.gov/DRS/Individuals/VITA-TCE/Free-Income-Tax-Assistance>

We understand some of you do not have access to the internet. If you have any questions or would like to stay up to date on when and how to file your taxes call the Senior Center at (203) 452-5199. We are taking names and numbers to keep you informed.

**We are closely working with AARP volunteers to ensure services are available.*

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.

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.



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

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

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

YOUR INVITED: PROGRAMS FROM NEIGHBORING COMMUNITIES.

Bigelow Center Fairfield:

The Health Benefits of Chocolate

Tuesday, February 9th at 2:00 PM

Join Neil Anand of ComforCare for a delicious discussion of why eating chocolate can be good for you. Chocolate is regarded as an indulgent treat because it is mainly associated with weight gain and acne. Americans spend \$10 billion annually on chocolaty treats. It is not all bad news as countless studies show dark chocolate has many health benefits.

Mark Albertson presents: USS Connecticut Constitution State Battleship

Wednesday, February 10th at 10:00 AM

On December 16, 1907, sixteen coal-burning battleships set out from Hampton Roads to circumnavigate the globe. These battleships were known as the Great White Fleet and spent fourteen months completing their mission traveling a combined 46,729 miles! The leader of that historic voyage: the USS Connecticut. Join us on Thursday, September 19 at 6:30pm when we host author and historic research editor at *Army Aviation* magazine, Mark Albertson, for a presentation on this infamous ship's voyage. This free program is perfect for all ages and there is no registration required. Join us for what is sure to be a fascinating lesson in local and maritime history.

Joint Replacement: What You Need to Know

Thursday, February 11th at 10:00 AM

Joint replacement surgery should only be considered after you've explored all other avenues of treatment. Join Orthopedic Surgeon, Dr. Daniel Markowicz from Hospital for Special Surgery and learn how to know if you are a candidate for joint replacement surgery, whether there are age limits for joint replacement surgery, how to prepare for a joint replacement, what to expect after surgery and what you can do to aid in your own recovery. Program provided by Visiting Nurse and Hospice and Waveny LifeCare Network.

Thank you to River Valley Retirement Community and William Ravis for the delicious holiday lunch on January 8th.



Also, big thanks to Wesley Village for our New Year's Drive Thru event.

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 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@WCAAA.org.

New Support Groups Now Being Offered

Family Conflict Group

Facilitated by Cornelia Morris.

**1st and 3rd Wednesday of each month at 10:00 AM
February 3rd & 17th on Zoom**

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

Grief and Loss Support Group

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

**2nd and 4th Tuesday of each month at 9:00 AM
February 9th & 23rd on Zoom**

To RSVP, please contact Ashley Grace at
agrace@trumbull-ct.gov

A Matter of Balance is Back on Zoom!

Begins Tuesday, February 16 and run through Tuesday, April, 20. Meets every Tuesday. (no session on 4/6 -and a potential snow date 4/27)

1:00 PM –3:00 PM

Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.



For more information and to join the program, please e-mail Ashley Grace at agrace@trumbull-ct.gov.



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
1 9:00 Drawing Part 1 10:30 Yoga 11:00 Book Club 1:00 Tai Chi 2:00 Drawing Part 2	2 9:00 Watercolors 10:30 Sit and Fit	3 9:00 Brain Games 10:00 Aerobics 10:00 Family Conflict 1:00 Qigong	4 9:00 Chair Yoga	5 9:00 Painting Part 1 10:00 Tai Chi 12:15 Zoom Lessons 1:00 Painting Part 2 2:00 Black History
8 9:00 Drawing Part 1 10:30 Yoga 1:00 Tai Chi 2:00 Drawing Part 2	9 9:00 Grief & Loss Support Group 9:00 Watercolors 10:30 Sit and Fit 2:30 Downsizing and Decluttering	10 9:00 Brain Games 10:00 Aerobics 1:00 Qigong 2:00 Wellness Wednesday	11 9:00 Chair Yoga 2:30 Baking with Billy! To Do: Call a friend and check in on them.	12 9:00 Painting Part 1 10:00 Tai Chi 12:00 Chinese New Year Luncheon 12:15 Zoom Lessons 1:00 Painting Part 2
15 The Center is closed and staff are unavailable in observance of Presidents' Day.	16 9:00 Watercolors 10:30 Sit and Fit To Do: Call a friend and check in on them.	17 9:00 Brain Games 10:00 Aerobics 10:00 Family Conflict 1:00 Qigong	18 9:00 Chair Yoga 2:30 Caregiver Support 7:00 Community Meditation	19 9:00 Painting Part 1 10:00 Tai Chi 11:15 Mark Albertson Presents 12:15 Zoom Lessons 1:00 Painting Part 2
22 9:00 Drawing Part 1 10:30 Yoga 1:00 Tai Chi 2:00 Drawing Part 2 2:00 Heart Healthy Cooking Demo	23 9:00 Watercolors 9:00 Grief & Loss Group 10:30 Sit and Fit 2:30 Chinese New Year Art Craft	24 9:00 Brain Games 10:00 Aerobics 1:00 Qigong	25 9:00 Chair Yoga 10:30 Chinese New Year Bingo To Do: Call a friend and check in on them.	26 9:00 Painting Part 1 10:00 Tai Chi 12:15 Zoom Lessons 1:00 Painting Part 2 1:00 Valentine's Day Drive Thru



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For more detailed instructions, please e-mail rmogensen@trumbull-ct.gov

1. To begin, go to <https://schedulesplus.com/trumbull/kiosk/dspsschedules.do?> Start off by clicking the “Login” button located at the top of the page to sign into your account.
2. You will then be brought to the login page. Enter your phone number (area code optional) in the yellow box and click “Search”.
3. If your information is in our system, your name should show up in a tan colored box that you can click on. If you don’t see your name, click the gray box that says, “Not Found? Add Yourself”. You will then be prompted to enter your name, address, and phone number.
4. Once you’ve logged yourself in, you’ll be brought back to the home screen. To browse what classes and events are available, click on the “Site Calendar” button, under the far-left column labeled “Attend”.
5. You’ll be brought to our calendar section, showing the current month and all of the events that are happening. Once you’ve located a class or event you’d like to attend, click on it.
6. The screen will show what event or class it is, the date, time, how many spots are left, and a description. Click the “Register/Add to Cart” button if you’d like to register or you can click the “Calendar” button on top if you’d like to go back to the calendar screen.
7. After clicking “Register/Add to Cart”, the “My Cart” window will appear. To confirm your registration, click the yellow “Check-Out” button or the red “Clear” button to remove the event or class from “My Cart”.
8. After clicking “Check-Out” the Order Summary screen will appear, to complete your registration click “Save and Proceed to Final Review”.
9. After click “Save and Proceed to Final Review” screen will appear. Click

Trumbull Senior Center

Back Calendar

Phone Number:
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Search Cancel

To login, select your name

Michele J

Not Found?
Add Yourself

Trumbull Senior Center

Home Calendar My Cal Logout

Activity Detail

“Virtual Bingo”
Thu 12/31/20 10:30 - 11:30am
Online Registrations close 12/31 11:30am

When	Where	Seats
Thursday, 12/31/20 10:30-11:30am		Max: 40 27 open

Register/Add to My Cart Add to My Calendar Log Volunteer Time

Trumbull Senior Center

Home Calendar Website

Cancel - Return to Cart

Order Summary for Jonah B
Total: \$0.00

Order #: C457281M1608671643

Please complete any additional input selections below and press SAVE to proceed to the CONFIRMATION page.

Virtual Bingo
Thu 12/31 10:30 to 11:30am

Fee: \$0.00
Add any additional comments you would like to include with this registration

SAVE and PROCEED TO FINAL REVIEW

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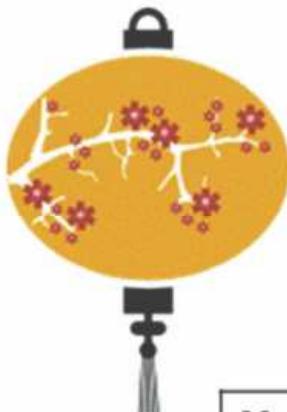
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