



**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

MARCH 2021

Director of Human Services

Michele Jakab, LMSW **(203) 452-5144**
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First Selectman **(203) 452-5005**

Vicki Tesoro
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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.

Information for Trumbull Residents 65 and over COVID-19 Vaccine Information

There are many ways to register for the COVID-19 vaccine.
You must be eligible to register. Click on the link below to find out who is eligible or call the Senior Center at (203) 452-5199.

<https://portal.ct.gov/Coronavirus/covid-19%20vaccinations>

Yale New Haven Health:

- o Phone: 833-ASK-YNHH (833-275-9644)
- o Online: <https://covidvaccine.ynhh.org>

Hartford Healthcare:

- o Phone: 860-827-7690
- o Online: <https://hartfordhealthcare.org/health-wellness/covid-vaccine>

Griffin Health:

- o Phone: 203-433-3394
- o Online: <https://www.griffinhealth.org/Coronavirus-COVID19-Information/COVID-19-Vaccination>

To make an appointment for the COVID vaccine at a participating pharmacy:

- o CVS: <https://www.cvs.com/immunizations/covid-19-vaccine>
- o Walgreens: <https://www.walgreens.com/topic/covid19vac/CT.jsp>
- o Walmart: <https://www.walmart.com/cp/1228302>

ADDITIONAL RESOURCES:

- 2-1-1 of Connecticut Vaccine Locator Map
- o Website: www.211ct.org/vaccineclinics

Connecticut's Vaccine Appointment Assist Line:

- o Phone: 877-918-2224
- o Line is open seven days a week from 8:00am to 8:00pm. *Due to high volume, hold times may vary.*
- Trumbull Senior Center:
- o Phone: 203-452-5199

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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

The Giver of Stars by JoJo Moyes

Monday, March 1st at 11:00 AM

Meeting ID: 809 418 0302
Password: 12345

The Return by Nicholas Sparks

Monday, April 5th at 11:00 AM

Meeting ID: 809 418 0302

Password: 12345

China Lecture Series with Jim Levy

Join Historian, Jim Levy, for a fascinating China lecture series on historical and cultural themes that contrast Eastern Civilization with the West. This is a sequential lecture series, running each Monday at 11:00 AM.

Monday, March 8th at 11:00 AM

Ancient China

Monday, March 15th at 11:00 AM

Imperial China

Monday, March 22nd at 11:00 AM

Colonial China & Search for Identity

Monday, March 29th at 11:00 AM

Chinese Communism and the Myth of Mao

Meeting ID: 953 0806 5198

Passcode: 12345

Same Meeting ID and Passcode each week.

Wellness Wednesdays

Wednesday, March 10th

2:00 PM

Join us once a month for Wellness Wednesdays! Connect with other members and receive important Senior Center news and updates. Meeting ID: 809 418 0302
Password: 12345

National Nutrition Month

Thursday, March 11th

3:00 PM

Join ShopRite Dietician, Siddhi Sheth, for an informative Zoom presentation on National Nutrition Month and how to make changes to better incorporate a healthy, nutritious diet into your lifestyle. Meeting ID: 809 418 0302
Password: 12345

Caregiver Support Group

Thursday, March 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: Spiritual Spring

Thursday, March 18th

7:00 PM

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

St. Patrick's Cathedral

Friday, March 19th

11:15 AM

In celebration of the Irish culture, Historian Arthur Gottlieb returns with an interesting program about the history and significance of St. Patrick's Cathedral. Meeting ID: 809 418 0302
Password: 12345

Virtual Bingo

Friday, March 19th at 1:30 PM

Join us for a fun game of Virtual 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.

Pet Savvy Citizens

Tuesday, March 23rd at 2:30 PM

Calling all animal lovers! Join the CT Humane Society for an interesting presentation about pet safety information, benefits of owning a pet, and more information about CHS. To register, please email Ashley Grace at agrace@trumbull-ct.gov or call (203) 452-5199.

Zoom Lessons

Fridays at 12:15 PM

Confused about Zoom? Join us for Q & A and assistance navigating Zoom.

Meeting ID: 956 7644 0327

Passcode: 12345

Drive Thru Events

• St. Patrick's Day Luncheon

Friday, March 12th at 12:00 PM

Come celebrate St. Patrick's Day with our drive thru luncheon.

• Spring Luncheon

Friday, March 26th at 12:00 PM

Let's celebrate Spring! Drive thru luncheon catered by Subway.

You MUST RSVP for all drive thru events. Please call (203) 452-5199. You will receive a call prior to the drive thru date with your individual time slot to arrive.



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—*NEW MEETING ID!*

Meeting ID: 879 6792 2714 / Password: 12345

Aerobics with Marylou on Wednesdays at 10:00 AM—*NEW ID!*

Meeting ID: 895 9268 9880 / 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.



Are Your House Numbers Visible in the Event of an Emergency?

Many addresses in Trumbull are not clearly visible making it difficult to locate residents quickly in case of an emergency. A minute can be vital to the person(s) waiting for help to arrive.

To aid our First Responders, the Town of Trumbull has an ordinance in place stipulating that numbers shall be affixed to the dwelling, mailbox, lamppost or similar fixture of every residence. The numbers should be large enough for easy daytime visibility and reflective for nighttime vision.

Recognizing the importance of this safety measure, the Town of Trumbull and Home Depot are working together to make sure that our senior and disabled residents can quickly be located in an emergency. Trumbull's Home Depot has very generously offered to supply house numbers, **free-of-charge**, to those senior/disabled residents that are in need.

Please contact Ashley Sylvester in Social Services at 203-452-5135. Please leave your name, address and phone number. Numbers may be picked up at the Senior Center, 23 Priscilla Drive, Monday-Friday 9:00am-4:00pm. We realize that for some of our senior/disables residents, it may be difficult to pick up the numbers or to apply them. If this is the case, we will be happy to deliver them to your home and apply them for you. Please let Ashley know this when you call.

If you know of an elderly or disabled friend or neighbor that does not have visible numbers, please reach out to them and ask them to contact us or you may contact us for them.

Our First Responders also want to remind homeowners/renters to make sure that over brush is not obscuring visibility and that leaving your outside lights on when you call for assistance will aid them in getting to you quickly when necessary.

Thank you for helping us to help you.

Trumbull First Selectman Vicki Tesoro

Trumbull Director of Human Services Michele Jakab

Trumbull EMS Director Leigh Goodman

Trumbull Police Chief Michael Lombardo

Trumbull Fire Marshall Megan Murphy

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; however, AARP Tax Volunteers are still taking appointments. Please contact the Senior Center at 203-452-5199 and leave your name and telephone number and a Tax Volunteer will contact you. You can also visit the link below:

<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.

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. 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.



GIVE BACK
*Buy the
Community Bag!*

When you buy this bag this month, we will
receive a \$1 donation.



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.**

***No harm in calling
to see if you are
eligible!***

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.

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

Financial Assistance

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

(203) 452-5198

We may be closed, but we are still here!



**Big thank you to Panda House in Stratford for
catering our Chinese New Year Drive Thru
luncheon in February.**

Weston Senior Center:

Opera with Jeffery Engel

Wednesday, March 17th, 1:00 pm: "Otello"

by Giuseppe Verdi

Verdi's penultimate opera was written while he was in his seventies. It is one of the few dramatic operas which combine an excellent libretto with a rich and vibrant musical score.

There is no charge for these presentations, but please register with Linda,

lgilmore@westonct.gov

Norman Rockwell - Art History Presentation with Lisa Arnold

Friday, March 12th, 2:00 pm

Norman Rockwell, was he a painter or an illustrator? The answer is both-his style was quite realistic; he painted only in oil, and yet his style always had an illustrator's edge. Rockwell, as a painter was loved by many who enjoyed the tender and amusing portrayals of American life. Explore this man's legacy as we zoom "visit" his paintings and learn about Rockwell's prolific artistic career ranging from Saturday Evening Post covers to his historical renderings of everyday life. **To register, email Wendy,**
wpetty@westonct.gov

New Support Groups Now Being Offered

Family Conflict Group

Facilitated by Cornelia Morris.

1st and 3rd Wednesday of each month at 10:00 AM

March 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

March 9th & 23rd on Zoom

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

5	3		7		
6			1	9	5
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	8			7	9



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
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 To Do: Call a friend and check in on them.	5 9:00 Painting Part 1 10:00 Tai Chi 12:15 Zoom Lessons 1:00 Painting Part 2
8 9:00 Drawing Part 1 10:30 Yoga 11:00 China Series 1:00 Tai Chi 2:00 Drawing Part 2	9 9:00 Grief & Loss Support Group 9:00 Watercolors 10:30 Sit and Fit	10 9:00 Brain Games 10:00 Aerobics 1:00 Qigong 2:00 Wellness Wednesday	11 9:00 Chair Yoga 3:00 Nutrition Month To Do: Call a friend and check in on them.	12 9:00 Painting Part 1 10:00 Tai Chi 12:00 St. Patrick's Day Luncheon 12:15 Zoom Lessons 1:00 Painting Part 2
15 9:00 Drawing Part 1 10:30 Yoga 11:00 China Series 1:00 Tai Chi 2:00 Drawing Part 2	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 St. Patrick's Cathedral 12:15 Zoom Lessons 1:00 Painting Part 2 1:30 Virtual Bingo
22 9:00 Drawing Part 1 10:30 Yoga 11:00 China Series 1:00 Tai Chi 2:00 Drawing Part 2	23 9:00 Watercolors 9:00 Grief & Loss Group 10:30 Sit and Fit 2:30 Pet Savvy Citizens	24 9:00 Brain Games 10:00 Aerobics 1:00 Qigong	25 9:00 Chair Yoga To Do: Call a friend and check in on them.	26 9:00 Painting Part 1 10:00 Tai Chi 12:00 Spring Luncheon 12:15 Zoom Lessons 1:00 Painting Part 2
29 9:00 Drawing Part 1 10:30 Yoga 11:00 China Series 1:00 Tai Chi 2:00 Drawing Part 2	30 9:00 Watercolors 10:30 Sit and Fit To Do: Call a friend and check in on them.	31 9:00 Brain Games 10:00 Aerobics 1:00 Qigong	March 2021	

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SIGN UP FOR PROGRAMS AND ACCESS YOUR ACCOUNT ONLINE!

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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 the “Complete My Order” finish your registration.
10. Your registration is complete. Click the “My Cal” button to see all the activities you have registered for.
11. If at any point you wish to return to the home screen, click on the “SignUps Home” or “Home” button on the top of every page.

Trumbull Senior Center

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Trumbull Senior Center

06-5293

St. Patrick's Day Word Search

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F	E	R	R	N	P	F	E	O	T	S	O	N	M	J
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CELTIC

LEPRECHAUN

CHARM

LUCKY

GOLD

PATRICK

GREEN

POT

IRELAND

RAINBOW

IRISH

SHAMROCK

JIG

SNAKES

LEGEND