



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

APRIL 2021

Director of Human Services

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

Administrative Assistant

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rmogensen@trumbull-ct.gov

Transportation Coordinator

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Food Pantry

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Tori Benoit **(203) 452-5134**
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First Selectman **(203) 452-5005**

Vicki Tesoro
Firstselectman@trumbull-ct.gov

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.

Staff will be unavailable Friday, April 2nd in observance of Good Friday.

The Walking Group Returns

We are excited to announce the Walking Group, led by Wellness Nurse, Tori, will meet back up again on **Wednesday, May 5th at 10:00 AM** in front of Target on the second floor in the Trumbull Mall.

If you are interested in joining the Walking Group, please call (203) 452-5199 to RSVP.

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: Phone: 833-ASK-YNHH (833-275-9644)

o Online: <https://covidvaccine.ynhh.org>

Hartford Healthcare: 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

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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.

New Zoom Information:

Meeting ID: 699 769 8827

Passcode: 212153

Book Club Meeting on Zoom

The Return by Nicholas Sparks

Monday, April 5th at 11:00 AM

The Engineer's Wife by Tracey Emerson Wood

Monday, May 3rd at 11:00 AM

Someone Knows by Lisa Scottoline

Monday, June 7th at 11:00 AM

Meeting ID: 809 418 0302

Password: 12345

Same Meeting ID and Passcode each month for the Book Club.

National Elder Fraud Hotline

Monday, April 12th at 3:00 PM

With scams and fraud calls happening more than ever, be sure to join us for this important presentation about the National Elder Fraud Hotline and how to prevent and report fraud.

Meeting ID: 809 418 0302

Password: 12345

Jim Levy Returns for Part 2 of China's Quest for Primacy in the 21st Century

• Monday, April 5th at 11:00 AM
Economic Ascendance

• Monday, April 12th at 11:00 AM
Modern China

• Monday, April 19th at 11:00 AM
China's Quest for Primacy

• Monday, April 26th at 11:00 AM
Blueprint for Leadership

Meeting ID: 953 0806 5198

Passcode: 12345

Same Meeting ID and Passcode each week for China Lecture Series.

Beyond the Breed:

Exploring Dog DNA

Tuesday, April 13th at 2:30 PM

Join the Connecticut Humane Society for a talk about the different breeds of dogs with a over view of the history and science behind exploring dog DNA. There will also be a fun game of guess the breed at the end. To RSVP, please e-mail Ashley at agrace@trumbull-ct.gov.

Wellness Wednesdays

Wednesday, April 14th at 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

Caregiver Support Group

Thursday, April 15th at 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: Earth Day

Thursday, April 15th at 7:00 PM

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

Bake with Julia's Bakery!

Tuesday, April 20th at 2:30 PM

Calling all Bakers! Join us for a fun Zoom baking class hosted by Julia's Bakery, located in Orange. You will receive a Baking To Go Box with all the ingredients inside to bake a 7" vanilla cake with chocolate buttercream filling and buttercream frosting and instructions to follow along with Julia on Zoom. The boxes are \$10.00 each. To RSVP, please call (203) 452-5199 and leave your name and telephone number.

The Wide World of Astrology

Wednesday, April 21st at 2:00 PM

Join Janet Booth, from the Astrological Society of Connecticut, for a fascinating Zoom presentation about astrology while learning about the connections between the sky and our lives on earth, and discover something about yourself in the process.

Meeting ID: 809 418 0302

Passcode: 12345

Virtual Bingo

Thursday, April 29th at 10:30 AM

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.

Drive Thru Events

• April Luncheon

Friday, April 16th at 12:00 PM

Come out and say hello to celebrate the month of April and warmer weather!

• Subway Sandwiches Luncheon

Friday, April 30th at 12:00 PM

Drive thru luncheon catered by Subway.

New Policy for Drive Thru Events

You MUST be a member to participate in any drive thru event. Members may bring a guest, but the guest must be in the car with the member at the time of the drive thru. If you need a membership application, please let a staff member know and we can provide that to you.

Please call (203) 452-5199 to RSVP for all luncheons. You will receive a phone call the week of the event with your individual time slot as to when 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 Bobbi on Tuesdays at 10:30 AM—Meet Bobbi on Tuesdays!

Meeting ID: 879 6792 2714 / 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.

Do you need assistance with Zoom?

Zoom Lessons

Every Friday at 12:15 PM

Join Ashley Sylvester for a Q & A and assistance navigating Zoom.

Meeting ID: 956 7644 0327

Passcode: 12345



*We will miss you
Marylou!*



Our wonderful Marylou is retiring from teaching beginning in April and to say that we will miss her is an understatement.

Marylou has been an exercise instructor at the Center since 2012.

She has taught many different classes including Fit for Life, Sit and Fit, Aerobics, Zumba Gold, and recently, virtual classes on Zoom!

Not only has Marylou been an incredible exercise instructor, she has also been a member and Assistant Director in the Smile A While performance group for over 10 years.

We are so grateful to have had Marylou teach at our Center for many years and we wish her nothing but the best along her new journey.

We will all miss you Marylou!

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.

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

Financial Assistance

Can be applied towards rent, medical, utilities, or other needs.

Trumbull Social Services offers Hardship and Emergency Assistance to Trumbull Residents. Please call Social Services (203) 452-5198

Trumbull Food Pantry

Available to all Trumbull residents who meet income guidelines or are facing food insecurity. We do not turn anyone away. We encourage residents who may be facing an unexpected circumstance such as a layoff, illness or have concerns going to the store to reach out to us. During difficult times, we want to reduce the stress our families face by meeting a basic need. The Food Pantry is delivering groceries and Home Delivered Meals in lieu of the Congregate Senior Lunch Program to seniors and others in need. Income restrictions do not apply.

All calls, deliveries and pickups are confidential. We are able to assist families, children, adults, and seniors. Drive thru services and shopping are by appointment only to ensure the confidentiality of the shopper.

To sign up, please call the Food Pantry at (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.

Our Caregiver Support Group meets twice a month.

It is an open group that caregivers can join at any time. Group sessions focus on helping individual caregivers as they care for themselves and their loved ones.

Services are available by appointment, Monday-Friday. Please call (203) 452-5198 for information or to make an appointment.

Residents who would like to make a donation, please make checks payable to Social Services. Donations can be mailed to:
Director of Human Services,
23 Priscilla Place,
Trumbull, CT 06611.

Announcements

We are excited to announce that coming in May:

- Virtual and in-person bingo
- Lunch to go. And maybe in person! Stay tuned.
- Outdoor Tai Chi Class

Be sure to be on the look out for upcoming news, updates, and more information about these announcements in your May newsletter. Also, you can attend our monthly Wellness Wednesday Zoom Meetings to find out about updates and upcoming announcements.

Big thank you to Wesley Village and Girl Scout Troop 36153 and Cub Scout Pack 64 for the cute goodie bags and Valentine's Day cards for our drive thru event in February.



Trumbull Community Women is offering a FREE, on-site shredding event on Saturday, April 17th from 9:00 a.m. until 12 noon at the Trumbull Nature & Arts Center located at 7115 Main St (Rte 25), Trumbull.

Secure destruction of sensitive documents. No binders, metal clips, rubber bands, CDs, hanging files or boxes. Staples are okay. Donations are welcome and go back to the community. RAIN OR SHINE. Please wear a mask. This even is underwritten by Amazon.



If bringing large quantities of documents (more than 10 file-sized boxes, or bags), or for general questions, please contact us by email:

TrumbullCommunityWomen@gmail.com

SUDOKU

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ANSWER:

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**New Support Groups
Now Being Offered**

Family Conflict Group

Facilitated by Cornelia Morris.

**1st and 3rd Wednesday of each month at 10:00 AM
April 7th & 21st 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
April 13th & 27th on Zoom**

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



**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 Chair Yoga To Do: Call a friend and check in on them.	2 Staff are unavailable in observance of Good Friday.
5 9:00 Drawing Part 1 10:30 Yoga 11:00 Book Club 11:00 China Series 1:00 Tai Chi 2:00 Drawing Part 2	6 9:00 Watercolors 10:30 Sit and Fit	7 9:00 Brain Games 10:00 Family Conflict 1:00 Qigong	8 9:00 Chair Yoga To Do: Call a friend and check in on them.	9 9:00 Painting Part 1 10:00 Tai Chi 12:15 Zoom Lessons 1:00 Painting Part 2
12 9:00 Drawing Part 1 10:30 Yoga 11:00 China Series 1:00 Tai Chi 2:00 Drawing Part 2 3:00 National Elder Fraud Hotline	13 9:00 Watercolors 9:00 Grief & Loss Support Group 10:30 Sit and Fit 2:30 Exploring the Breed	14 9:00 Brain Games 1:00 Qigong 2:00 Wellness Wednesday	15 9:00 Chair Yoga 2:30 Caregiver Support 7:00 Community Meditation To Do: Call a friend and check in on them.	16 9:00 Painting Part 1 10:00 Tai Chi 12:00 April Luncheon 12:15 Zoom Lessons 1:00 Painting Part 2
19 9:00 Drawing Part 1 10:30 Yoga 11:00 China Series 1:00 Tai Chi 2:00 Drawing Part 2	20 9:00 Watercolors 10:30 Sit and Fit 2:30 Bake with Julia's Bakery	21 9:00 Brain Games 10:00 Family Conflict 1:00 Qigong 2:00 Astrology with Janet Booth	22 9:00 Chair Yoga To Do: Call a friend and check in on them.	23 9:00 Painting Part 1 10:00 Tai Chi 12:15 Zoom Lessons 1:00 Painting Part 2
26 9:00 Drawing Part 1 10:30 Yoga 11:00 China Series 1:00 Tai Chi 2:00 Drawing Part 2	27 9:00 Watercolors 9:00 Grief & Loss Support Group 10:30 Sit and Fit	28 9:00 Brain Games 1:00 Qigong	29 9:00 Chair Yoga 10:30 Virtual Bingo To Do: Call a friend and check in on them.	30 9:00 Painting Part 1 10:00 Tai Chi 12:00 Subway Luncheon 12:15 Zoom Lessons 1:00 Painting Part 2

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Status of Town of Trumbull Government Operations

Beginning Friday, March 19, 2021, Town Hall will reopen to the public on Fridays.

Beginning Tuesday, March 16, 2021, the Tax Collector's office will reopen to the public. Both the Tax Collector and Town Clerk's offices will be open for walk-ins.

Appointments for all other Town Hall Departments are still required. All visitors to Town Hall must continue to check-in with the greeter at the front door.

To schedule an appointment at Town Hall, visit <https://veoci.com/veoci/p/form/4cakv8xncy7b#tab=entryForm> and follow the directions for the department you wish to visit. Residents can always call by phone and make appointments. Please call (203) 452-5000 for a directory of departments. If you are unable to locate a department, please call (203) 452-5005 for assistance.

If you deferred your local tax payments that were due on January 1, 2021, the last day for payment without interest is Thursday April 1, 2021. Also the third installment of real estate taxes and the third installment of the 2020 Sewer assessment will become due on April 1, 2021.

Tax payments can be made online or by mail. Please note that if you use the mail, the U.S. postmark will be honored as the date of payment, regardless of when the payment is processed. If you choose to pay online, your payment will be reflected and updated in 48 hours on the online system. If mailing your tax payment, please make your check payable to "Trumbull Tax Collector" and mail to Trumbull Town Hall, Tax Collector, 5866 Main Street, Trumbull, CT 06611. Please use our online system to look up information regarding your tax bills. All amounts showing due on the website are accurate as of the date of viewing. <https://www.trumbull-ct.gov/285/Online-Tax-InquiryPayment-System>



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06-5293

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Y	A	H	X	U	G	U	B	F	L	O	W	E	R	S	R	O	I
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R	J	S	U	N	L	K	G	L	H	Z	Y	B	I	R	D	S	Y

Answers: DAISY, EASTER, FLOWERS, GREEN, MARCH, MAY, PINK, RAIN, RAINBOW, SHOWERS, SPRING, SUN, SUNFLOWERS, WARM, WIND.

APRIL
BIRDS
BLOOM
BLUE
BUNNY
CHANGE
CHERRY BLOSSOMS
CLOUDS

DAISY
EASTER
FLOWERS
GREEN
MARCH
MAY
PINK
RAIN

RAINBOW
SHOWERS
SPRING
SUN
SUNFLOWERS
WARM
WIND