



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

MAY 2021

Director of Human Services
Michele Jakab, LCSW (203) 452-5144
mjakab@trumbull-ct.gov

Administrative Assistant
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agrace@trumbull-ct.gov

Front Desk
Ronnie Mogensen (203) 452-5199
rmogensen@trumbull-ct.gov

Transportation Coordinator
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Ashley Sylvester, MSW (203) 452-5135
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Arts Commission (203) 452-5065
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eareson@trumbull-ct.gov

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

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

Staff will be unavailable on Monday, May 31st in observance of Memorial Day.

TRUMBULL ARTS PRESENTS: SUNDAY AFTERNOON CONCERTS

2:00 PM at the Trumbull Town Hall Gazebo
5866 Main Street

(Rain date will be the following Saturday)
Masks and social distancing required.

MAY 16~ "RADIO RANCH" ~ COUNTRY WESTERN

MAY 23~ "TOO BLUE" ~ BLUEGRASS

MAY 30~ "FRANK PORTO BAND" SONGBOOK STANDARDS

JUNE 6~ AMERICANA" ~ JUG BAND, BLUES

JUNE 13 ~ "WISP" ~ BROADWAY SHOW TUNES

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.

Now is the perfect time to sell your home.

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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.

Zoom Information:

Meeting ID: 699 769 8827

Passcode: 212153

Book Club Meeting on Zoom

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

The Last Castle by

Denise Kiernan

Monday, July 12th at 11:00 AM

Meeting ID: 809 418 0302

Password: 12345

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

ClearCaptions

Friday, May 7th at 10:00 AM

Please join your local ClearCaptions Title IV ADA Specialist, John Noonan, for an informative conversation. We will discuss how you can receive a **free** Caption Phone if you struggle with hearing on the phone.

Meeting ID: 809 418 0302

Password: 12345

2-1-1—United Way

Tuesday, May 11th at 2:00 PM

Open to the Public

2-1-1, a program of United Way of Connecticut, offers 24/7/365 connection to health and human services resources and maintains a database of more than 40,000 programs and services across the state. Tune in to learn how 2-1-1 can help you get connected to the programs and services you need.

Meeting ID: 809 418 0302

Passcode: 12345

Wellness Wednesdays

Wednesday, May 19th 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

Art Gottlieb Presents

Statue of Liberty

Thursday, May 20th at 10:00 AM

Join us for a photographic journey of one of America's most iconic monuments, from the ancient origins of its design to her post on Liberty Island standing watch over New York Harbor.

Meeting ID: 809 418 0302

Password: 12345

Community Meditation

Thursday, May 20th at 7:00 PM

Join us for Community Meditation, led by Deborah Swann.

No experience is necessary.

Meeting ID: 870 1001 5761

Passcode: 603982

Tours of Distinction Presents

Great Ways to Get Out for the Day in the Summer

Wednesday, May 26th at 2:00 PM

Join Tyler Zajacz, President of Tours of Distinction, for a travel presentation about places to visit and explore for the day in the summer.

Meeting ID: 865 2013 4469

No Password is required for this event.

Caregiver Support Group

Thursday, May 13th and May 27th at 2:30 PM

Open to the Public

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

In Person / Virtual Bingo

Friday, May 21st at 10:30 AM

We are excited to announce that we are beginning IN PERSON bingo this month. You must be a member to join. Limited seat capacity. Please call (203) 452-5199 to RSVP. Please leave your name, telephone number, and if you are signing up for IN PERSON or VIRTUAL bingo. For IN PERSON bingo, you will bring your own daubers and bingo cards that you have utilized for virtual bingo. If you need bingo supplies, please let us know and we can provide them to you. If space fills, we will put your name on a waitlist and contact you for the next game the following month. We will still have a virtual option for those that would still like to join in! Masks must be worn at all times.

Drive Thru Events

• Senior Center—Drive Thru Luncheon

Friday, May 14th at 12:00 PM

• Veterans Drive Thru Luncheon

Friday, May 28th at 12:00 PM

We would like to thank and honor all Veterans for their service. If you are a Veteran and/or spouse of a Veteran, please call 203-452-5199 to RSVP. Leave your name and telephone number. Membership is not required for this event.

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. 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

Zumba Gold and Toning with Pauline on Wednesdays at 11:00 AM—

Meet Pauline!

Meeting ID: 721 316 6085 / Passcode: 549424

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

Outdoor Tai Chi—For more information, please call (203) 452-5199

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

All classes are recurring each week, with the same Meeting ID and Password. Be sure to check out our daily reminder e-mails for any changes. You may also check the senior center calendar on our website. Email Ronnie Mogensen at rmogensen@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



A big thank you to SUBWAY on Quality St for the delicious sandwiches, chips, and cookies from our March Drive Thru Luncheon.

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.



COVID-19 Vaccine Information

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: 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>

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

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 Ronnie Mogensen at rmogensen@trumbull-ct.gov

Renter's Rebate

State law provides a reimbursement program for Connecticut renters who are elderly or totally disabled, and whose incomes do not exceed certain limits.

Application period from April 1st, 2021– October 1st, 2021.

The age requirement for applicants: 65 years of age or 100 % disabled (age 18 and over) as of December 2020. Applicant must meet a one year state residency requirement during 2020. Annual income guidelines cannot exceed for a single person: \$37,600.00 and married couple: \$45,800.00. For more information and to apply, please contact Jennifer Gillis at (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

FINANCIAL ASSISTANCE

Trumbull Social Services offers Hardship and Emergency Assistance to Trumbull Residents. Please call Social Services (203) 452-5198. This can be applied towards rent, medical, utilities, or other needs.

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.

It's About That Time! New 2022 Membership Renewal Application.
Renew now to keep your membership active until June 30th, 2022.



TOWN OF
Trumbull
HUMAN SERVICES

**TRUMBULL SENIOR CENTER
Membership Application**

July 2021-June 2022
23 Priscilla Place, Trumbull, CT 06611
(203) 452-5199

Senior Center Serving Adults Age 55+

Dear Members: Ensuring your safety is of the utmost importance and all programs will follow health and safety guidelines. *Online* classes will continue to be offered and *onsite* classes will require pre-registration. Trumbull Residents will receive priority registration. Thank you for staying connected!

New Member _____ **Renewal** _____
Resident \$5 per person _____ **Non Resident \$20 per person** _____

Additional Tax deductible Donation \$ _____ Your donation matters! Thank you.

Your donation will (please check one):

Help pay for a class this year
 General donation
 Scholarship a member to participate in paid programs
 Other: _____

Staff Use: _____

I give permission for my birthday to be included in the monthly newsletter, only the month will be published, not the date or year (please circle one) YES NO

How would you prefer to receive our newsletter?

Email Mail (*one time annual \$ 9 fee for First Class Postage*)

1.) Member Name: _____ Date of Birth: _____ (required)

2.) Member Name: _____ Date of Birth: _____

Address: _____ Apt./Unit: _____

City: _____ State: _____ Zip: _____

Email (1): _____ Email (2): _____

Phone (1): _____ **Phone (C):** _____

Emergency Contact: _____ Relationship: _____

Phone No.: _____ Cell Phone: _____

**Transportation is available to and from the center Monday-Friday. Rides are also provided to medical appointments. Please call (203) 452-5137 for more information.*

In consideration of your accepting my registration, I hereby waive and release any and all rights and claims for damages I may have against the Town of Trumbull, its representatives, successors, and assigns, for any and all injuries and illnesses suffered from any activity in which I participate, and I authorize emergency medical treatment should I be unable to consent at some point in time. I agree to abide by the membership guidelines which are posted at the senior center.

Date _____ \ _____ \ _____ Applicant Signature _____

Date _____ \ _____ \ _____ Applicant Signature _____

The Center at Priscilla Place
Trumbull Senior Center

Membership Code of Conduct

As guests, individuals can personally help the Senior Center maintain a warm, positive and safe environment; it is every member's right. The *Senior Center Code of Conduct*, which includes a dress code, provides guidelines for the actions of all who volunteer at and use the services of the Senior Center. All groups and individuals are expected to adhere to the Trumbull Senior Center's *Code of Conduct* when participating in programs, taking advantage of services or otherwise using the facilities.

The following are considered unacceptable behaviors and will not be tolerated:

- Activities that infringe on the rights of Senior Center participants or staff.
- Destruction or theft of Senior Center materials, equipment, furniture and grounds.
- Inappropriate behavior or language that disturbs other participants.
- Infractions against the Center's policies regarding loitering, sales or solicitation.
- Possession, use, or sale of alcohol or controlled substances.
- Racial, religious or sexual harassment of Center participants or staff.
- Vandalism or littering in the Center or on its grounds.
- Violation of any federal, state, county or city laws and ordinances.
- Violation of smoking ordinances both inside and outside of the building.
- Inappropriate or revealing attire including footwear.
- Failure to maintain personal cleanliness and good hygiene.

It is the policy of the Senior Center to practice appropriate measures when handling patron misconduct. In keeping with that policy, The Town of Trumbull, through its Director, reserves the right to remove patrons from facilities, programs and services via suspension periods determined by designated department staff representatives. Notification will be provided in writing.

First Offense:

- Meet with patrons to discuss conduct policy and discuss inappropriate behavior and the violation(s) that occurred.
- Make a record of the incident and notify the participant of this documentation.
- Advise the violator that continued inappropriate behavior will result in suspension from the Senior Center.

Second Offense:

- Meet with the patron to discuss the violation.
- Make a record of the incident.
- Prepare an outline of agreed upon behavior and for participant to continue Trumbull Senior Center usage or possibly suspend the patron from the Trumbull Senior Center, depending on severity.

Third Offense:

- Suspend the participant from the Trumbull Senior Center, depending on severity, as determined by the Trumbull Senior Center Director.

Incidents of Imminent Danger: Participation will be discontinued immediately if the patron is engaged in illegal activity or presents a danger to self or others. 911 will be called.

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 Ronnie Mogensen at rmogensen@trumbull-ct.gov for assistance.

Monday	Tuesday	Wednesday	Thursday	Friday
3 9:00 Drawing Part 1 10:30 Yoga 11:00 Book Club 1:00 Tai Chi 2:00 Drawing Part 2	4 9:00 Watercolors 10:30 Sit and Fit	5 9:00 Brain Games 10:00 Family Conflict 10:00 Walking Group 11:00 Zumba Gold/Tone 1:00 Qigong	6 9:00 Chair Yoga To Do: Call a friend and check in on them.	7 9:00 Painting Part 1 10:00 Tai Chi 10:00 ClearCaptions 12:15 Zoom Lessons 1:00 Painting Part 2
10 9:00 Drawing Part 1 10:30 Yoga 1:00 Tai Chi 2:00 Drawing Part 2	11 9:00 Watercolors 9:00 Grief and Loss 10:30 Sit and Fit 2:00 United Way/2-1-1	12 9:00 Brain Games 10:00 Family Conflict 11:00 Zumba Gold/Tone 1:00 Qigong	13 9:00 Chair Yoga 2:30 Caregiver Support To Do: Call a friend and check in on them.	14 9:00 Painting Part 1 10:00 Tai Chi 12:00 Senior Center Drive Thru Lunch 12:15 Zoom Lessons 1:00 Painting Part 2
17 9:00 Drawing Part 1 10:30 Yoga 1:00 Tai Chi 2:00 Drawing Part 2	18 9:00 Watercolors 10:30 Sit and Fit To Do: Call a friend and check in on them.	19 9:00 Brain Games 10:00 Family Conflict 11:00 Zumba Gold/Tone 1:00 Qigong 2:00 Wellness Wednesday	20 9:00 Chair Yoga 10:00 Art Gottlieb 7:00 Community Meditation	21 9:00 Painting Part 1 10:00 Tai Chi 10:30 In Person/Virtual Bingo 12:15 Zoom Lessons 1:00 Painting Part 2
24 9:00 Drawing Part 1 10:30 Yoga 1:00 Tai Chi 2:00 Drawing Part 2	25 9:00 Watercolors 9:00 Grief and Loss 10:30 Sit and Fit	26 9:00 Brain Games 10:00 Family Conflict 11:00 Zumba Gold/Tone 1:00 Qigong 2:00 Tours of Distinction	27 9:00 Chair Yoga 2:30 Caregiver Support To Do: Call a friend and check in on them.	28 9:00 Painting Part 1 10:00 Tai Chi 12:00 Veterans Drive Thru Luncheon 12:15 Zoom Lessons 1:00 Painting Part 2
31 Staff are unavailable in observance of Memorial Day. We remember and thank all Veterans for their service.	<h1>May 2021</h1>			

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TOWN NEWS



Large Item Pickup is by appointment only. Each household may only schedule one pickup each year. Residents may schedule appointments beginning March 1 using our [Large Item Pickup Appointment Reservation System](#) or by calling the Department of Public Works at 203-452-5070 or 203-452-5071. Residents should schedule appointments early because they fill up quickly. Households are only allowed to reschedule their pickup appointment once. Requests to reschedule must be made at least one day prior to the originally scheduled pickup date.



Long Hill Market Retail Center Update

The site of the former Marissa's Restaurant is home to the new 16,000 SF retail center called Long Hill Market. The construction is nearing completion and the center is 85% leased as of today. The businesses that will occupy Long Hill Market so far include a new restaurant, a salon, a physical therapy practice, a boutique martial arts business, and Dunkin Donuts, which will have a drive-thru. ECCO a restaurant will open this summer and is owned and operated by the same group that owns Molto in Fairfield and Spiga in New Canaan. Elevate Physical Therapy will be the fourth office in the practice and is owned by Greg Besson, a Trumbull resident. Summer Evans is also a Trumbull resident and will open Summer Evans Salon. Premier Martial Arts will be another wonderful addition to town and helps create a great mix of businesses in the complex. The businesses will begin opening in May and continue into the summer months.

Please contact Rina Bakalar, Director of Economic and Community Development, at rbakalar@trumbull-ct.gov or 203-452-5043 for additional information.



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

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. We realize that for some of our senior/disabled 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.

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Trumbull Senior Center

06-5293

SUDOKU

LEVEL: EASY

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

ANSWER

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

New Support Groups
Now Being OfferedFamily Conflict Group

Facilitated by Cornelia Morris.

1st and 3rd Wednesday of each month at 10:00 AM
May 5th and May 19thTo RSVP, please contact Cornelia at
cmorris@trumbull-ct.govGrief and Loss Support GroupFacilitated 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**
May 11th and May 25thTo RSVP, please contact Ashley Grace at
agrace@trumbull-ct.gov

Wellness Garden Group with Wellness Nurse Tori

Coming Soon!

Stay tuned for more information.

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.