

# SENIOR CITIZEN NEWSLETTER

23 Priscilla Place, Trumbull, CT • Open Monday through Friday 9:00 AM – 4:00 PM

|                    |                                    |              |
|--------------------|------------------------------------|--------------|
| Tim Herbst.....    | First Selectman.....               | 203-452-5005 |
| Jean Fereira.....  | Director/Editor.....               | 203-452-5199 |
| Sharon Miller..... | Transportation Coordinator.....    | 203-452-5137 |
| Rachel Yahwak..... | Senior Commission Chairperson..... | 203-268-0383 |



## APRIL 2015



**INCLEMENT WEATHER** On days that it storms or inclement weather is predicted, please tune your radio to station WICC 600 AM for all weather advisories and/or cancellations. If Trumbull schools are cancelled, programs and transportation will be also be cancelled. When there is a delayed opening, the Senior Center and transportation will also be delayed and the early morning classes will be cancelled.

**LUNCH & MOVIE-** Friday, April 17 at noon. Lunch will be sponsored by **Ludlowe Center for Health and Rehabilitation**. Join us this month **Feature Film:** **St. Vincent**- Single mother Maggie moves into a new home in Brooklyn with her 12-year-old son Oliver. Forced to work long hours, she has no choice but to leave Oliver in the care of their new neighbor, Vincent, a retired curmudgeon with a penchant for alcohol and gambling. Rated PG-13 by the Motion Picture Association of America. Starring: Bill Murray, Melissa McCarthy, Chris O'Dowd, Naomi Watts, Jaeden Lieberher

**Maefair Health Care for Health and Rehabilitation Friday, April 24 at 1:00PM**  
Presents healthy ethnic cooking. This class explores healthy substitute spices and flavor for ethnic food favorites. Chef Raquel Rivera-Pablo will demonstrate recipes and there will be time to sample recipes Please call and RSVP(203-452-5199) Seating limited.

**THE SENIOR CENTER WILL BE CLOSED**  
Good Friday, Friday, April 3, 2015

**Monthly Birthday Party with Denise Leob**  
**Sponsored by Northbridge Health Center**  
**Friday, April 10 at 11:00 AM.** Everyone is welcome to come celebrate our January birthdays.

**SPRING BINGO**  
**Friday, APRIL 10 at 1 PM** - Refreshments provided by **Maefair Health Care for Health and Rehabilitation**. Special prizes by **Home Instead Senior Care of Trumbull, Ct.** Seating is limited and advanced reservation required. Please call **203-452-5199** to RSVP.

**AARP Tax-Aide**- Certified volunteers will offer free income tax preparation at the Trumbull Senior Center, Wednesday until April 15, 2014. until noon (every Wednesday) No appointments are necessary. Just walk in.

### SENIOR CENTER DAY TRIP YALE UNIVERSITY ART GALLERY

**Wednesday, April 15, 2015** - Free Admission to gallery, free tour available and lunch on your own. Bus leaves the Senior Center at 10:30 a.m. and returns at 2:00 PM. Seating limited. for reservation Call 452-5199

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**NEWS FROM SOCIAL SERVICES OFFICE - TOWN OF TRUMBULL – Tel# 203-452-5198**

- Social Services is currently taking appointment for the 2015 Winter Heating Sean (Energy Assistance). Applications by appointment only- no walk ins will be accepted. Please call to schedule an appointment a listing of required documents.
- **Senior and Totally Disables Homeowner Tax Relief Program.** The Trumbull Tax Assessor's Office is accepting applications for tax relief benefits, February 2, 2015 through May 15, 20 ( Monday through Friday 10:00 AM until 4:00 PM) on a walk in basis. Bring with you: completed 2014 federal income tax return and all schedules attached along with social security 1099(s). Social Services is available to take applications at the Senior Center (by appointment only) as well as visiting home-bound applicants. The state and town tax relief programs are based on age, residency and income qualifications. The town income limit is \$70,000 based on 2014 income.
- The Food Pantry is currently in need of condiments such as ketchup, mayonnaise, mustard, and oil. The Food pantry is open to town residents by appointment only. Call 203-452-5198 for appointment.

**AARP SAFE DRIVERS COURSE**

**Friday, May 29, 9:00 AM until 1:00 PM.** Members pay \$15.00 and non-members \$20.00  
Reservation by check only. Please make checks payable to AARP (No cash please). For  
more information and to reserve your seat please call Jean or Sharon at (203)452-5199.

**The Trumbull Arts Commission Presents**

**“Jodi Keogan & Friend”** -Sunday April 12 at 1 PM. From Opera to Broadway.

**“GOZA”** - April 24 at 7:00 PM. celebrating “Cico de Mayo”  
**Cabaret style RSVP \$5.00 per ticket. 203-452-5065.**



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# APRIL 2015 CALENDAR

|  |          |  |                |
|--|----------|--|----------------|
| <b>MONDAY</b><br>    | 9:00 AM  | STRENGTH.....                              | FUNCTIONS ROOM |
|  | -        | BOCCE .....                                | BOCCE COURT    |
|  | 9:30 AM  | DRAWING CLASS.....                         | MEETING ROOM   |
|  | 10:00 AM | MUSIC AND MOVEMENT WITH NANCY .....        | FUNCTIONS ROOM |
|  | 12:30 PM | DUPLICATE BRIDGE.....                      | MEETING ROOM   |
|  | 1:00 PM  | INTERMEDIATE LINE DANCE.....               | FUNCTIONS ROOM |
| <b>TUESDAY</b><br>   | 9:15 AM  | FIT FOR LIFE EXERCISE CLASS.....           | FUNCTIONS ROOM |
|  | 10:00 AM | OIL PAINTING CLASS .....                   | MEETING ROOM   |
|  | -        | KNIT AND CROCHET GROUP.....                | COMPUTER ROOM  |
|  | 10:30 AM | BALLROOM DANCE WITH MIKE STAVOLA.....      | FUNCTIONS ROOM |
|  | 11:30 AM | ZUMBA LESSONS WITH MIKE STAVOLA.....       | FUNCTIONS ROOM |
|  | 12:30 PM | MEXICAN TRAIN DOMINOES.....                | CARD ROOM      |
| <b>WEDNESDAY</b><br> | 1 - 4 PM | BILLIARD ROOM OPEN -8 BALL- PARTNERS ..... | BILLIARDS ROOM |
|  | 9:00 AM  | YOGA.....                                  | FUNCTIONS ROOM |
|  | 9:30 AM  | NURSE AVAILABLE .....                      | TV ROOM        |
|  | 10:10 AM | JAZZERCISE.....                            | FUNCTIONS ROOM |
|  | 10:30 AM | CHAIR EXERCISE WITH RITA.....              | TV ROOM        |
|  | -        | ACBL DUPLICATE BRIDGE.....                 | MEETING ROOM   |
| <b>THURSDAY</b><br> | 11:00 AM | TAP DANCE.....                             | FUNCTIONS ROOM |
|  | 12:30 PM | COUNTRY WESTERN LINE DANCE.....            | FUNCTIONS ROOM |
|  | 9:00 AM  | PILATES.....                               | FUNCTIONS ROOM |
|  | 9:30 AM  | NURSE AVAILABLE.....                       | SOCIAL SERVICE |
|  | 10:00 AM | SLIM APPROACH.....                         | TV ROOM        |
|  | 10:00 AM | WATER COLOR CLASS.....                     | MEETING ROOM   |
| <b>FRIDAY</b><br>  | 10:15 AM | JAZZERCISE.....                            | FUNCTIONS ROOM |
|  | 11:00 AM | CHAIR EXERCISE with NURSE TERESA.....      | TV ROOM        |
|  | 1:00 PM  | CANASTA.....                               | CARD ROOM      |
|  | 1:00 PM  | LATIN LINE DANCE WITH MIKE STAVOLA.....    | FUNCTIONS ROOM |
|  | 2:00 PM  | Pickle Ball.....                           | FUNCTIONS ROOM |
|  | 9:00 AM  | ZUMBA GOLD.....                            | FUNCTIONS ROOM |
|  | 10:00 AM | ADVANCED OIL PAINTING CLASS .....          | MEETING ROOM   |
|  | 10:30 AM | TAI CHI.....                               | FUNCTIONS ROOM |
|  | 12:30 PM | MAH JONGG.....                             | MEETING ROOM   |
|  | 1-4 PM   | BILLIARD ROOM OPEN -8 BALL- PARTNERS ..... | BILLIARDS ROOM |

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APRIL 2015 Senior Community Café

Meals served Monday through Friday at noon. For reservations call 10:00 AM–NOON

Lunch Reservations (203-378-3086) must be made TWO (2) days in advance.

| Monday | Tuesday | Wednesday | Thursday | Friday  |
|--------|---------|-----------|----------|---|
| 1      | 1       | 1         | 2        | 3   |
| 6      | 7       | 8         | 9        | 10  |
| 13     | 14      | 15        | 16       | 17  |
| 20     | 21      | 22        | 23       | 24  |
| 27     |         | 29        | 30       |  |



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## Travel Corner

For your travel convenience, the Senior Center travel representative Richard Dezenzo will be able to assist you with available day trips or any other requests. For more information, please call 203-452-5199.

**Mohegan Sun Casino-** Monday, March 30. Includes free play, buffet and bus. **\$25.00 per person**

**Odyssey Luncheon Cruise-** On Boston Harbor Tuesday, August 18, 2015 (One Day)

Includes: round trip coach, scenic 2 1/2 hour narrated Boston Harbor Cruise aboard the beautiful Odyssey, elegant served luncheon, musical entertainment, meal taxes and Gratuities. **\$85.00 per person**

**To book this Day Trip call 888-320-8687. Flyers avail available at the Senior center.**

\*\*\*\*\*

**Country Legends Tribute Show - at the Oakdale Music Theatre- Wednesday Matinee,**

**September 9, 2015.** Includes: motor coach transportation, luncheon at the OAKDALE, Legends in Country Show, meal tax and gratuities. You will be amazed at how much they resemble and sound like dolly, Kenny, Johnny Reba and Willie. **\$97.00 per person**

**To book this Day Trip call 888-320-8687. Flyers avail available at the Senior center.**

\*\*\*\*\*

**Polka Party! – Featuring the Eddie Forman Orchestra, Thursday, September 17, 2015.**

The Baltic Restaurant, famous for their Authentic Polish-American Cuisine. The Baltic was constructed to resemble an 18<sup>th</sup> Century Mansion that was built by Karwowski Family in 1760. Includes: round trip motor coach transportation, Authentic Polish-American Buffet, music, Dancing and the Eddie Forman Orchestra, meal taxes and gratuity **\$69.00 per person**

**To book this Day Trip call 413-732-8687. Flyers avail available at the Senior center.**

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## **Trumbull Senior Citizen Newsletter Insert, April, 2015**

From the desk of C. Teresa Cryan, MSN, RN, APRN, Wellness Nurse

We have survived the Historic Winter of 2015! Hallelujah!

### **April Is National Stress Awareness Month**

# **Take time to unwind...**

### **It's healthy to relax, renew, and rejuvenate**

Stress happens. Sometimes it's unavoidable, at times it's unbearable. That's why taking time for yourself is a necessity.

Stress does not merely afflict your mind; it can also affect you on a cellular level. In fact, long-term stress can lead to a wide range of illnesses – from headaches to stomach disorders to depression – and can even increase the risk of serious conditions like stroke and heart disease. Understanding the mind/stress/health connection can help you better manage stress and improve your health and well-being.

### **The Fight or Flight Response**

The sympathetic stress response is a survival mechanism that's "hard wired" into our nervous systems. This automatic response is necessary for mobilizing quick reflexes when there is imminent danger, such as swerving to avoid a car crash.

When you perceive a threat, stress hormones rush into your bloodstream—increasing heart rate, blood pressure, and glucose levels. Other hormones also suppress functions like digestion and the immune system, which is one of the reasons why chronic stress can leave you more vulnerable to illness.

Danger triggers the stress response – but, unfortunately, so can work conflicts, worry over debt, bad memories, or anxiety. Although one bad day at work won't compromise your health, weeks or months of stress can dampen your immune response and raise your risk for disease.

### **Combat Your Stress**

If you suffer from chronic stress and can't influence or change the situation, then you'll need to change your approach. Be willing to be flexible. Remember, you have the ability to choose your response to stressors, and you may have to try various options.

- Recognize when you don't have control, and let it go.

- Don't get anxious about situations that you cannot change.
- Take control of your own reactions, and focus on what makes you feel calm and in control. This may take some practice, but it pays off in peace of mind.
- Develop a vision for healthy living, wellness, and personal- professional growth and set realistic goals to help you realize your vision.

## **Relax and Recharge**

Be sure to make time for fun and relaxation so you'll be better able to handle life's stressors. Carve some time out of your day – even 10 to 15 minutes – to take care of yourself. Also, remember that exercise is an excellent stress reliever.

Everyone has different ways they like to relax and unwind. Here are a few ideas to get you started:

- Take a walk
- Read a book
- Go for a run
- Have a cup of tea
- Play a sport
- Spend time with a friend or loved one
- Meditate (learn how, below)
- Do yoga

While you can't avoid stress, you can minimize it by changing how you choose to respond to it. The ultimate reward for your efforts is a healthy, balanced life, with time for work, relationships, relaxation, and improved health.

## **Meditation Basics**

Meditation is a way to relax and renew the mind, body, and the spirit. Meditation is not necessarily about having no thoughts; it's about having no reactions to your thoughts, so allow the thoughts to come and go. Be gentle and patient with the process.

Read on to learn a simple meditation technique you can do any time, any place.

### **Relaxed and effortless posture**

Bring yourself to a relaxed and comfortable posture, either sitting on the floor, in a chair, or lying on your back. If sitting, be aware of the spine being effortlessly extended upward.

### **Release**

Exhale completely, leaving a slight pause at the end of the exhale.

### **Follow the breath**

Allow the body to naturally inhale.

Mentally say “one” while you inhale.

Allow a slight pause before exhaling again.

### **Exhale and release**

As you exhale, release all tension.

Mentally say “and”—or some other single syllable word that holds either neutral or positive connotations while you exhale (words like “love,” “joy,” “fresh,” etc.)

### **Continue the cycle**

Continue the cycle in a slow, relaxed fashion. Remember:

- Mentally recite “one” for the inhale.
- Mentally say “and” – or your chosen single-syllable word for the exhale.
- Release tension on the exhale.
- Each breath is a new beginning. “One” for the inhale signifies that each breath stands alone as a new start, a new moment.

### **Completing the meditation**

Take your time coming back from the meditation experience. Give yourself a couple of minutes before you bring yourself back to your regular day.

### **Bring yourself back**

Slowly and gently bring your refreshed self back to a new moment with a smile.

Enjoy the serenity.

Feel free to stop by and see me in the Nurse’s Office at the Center. I am here on most Wednesdays and Thursdays from 8:00am-3:00pm. My number is 203-452-5134. I would be happy to check your blood pressure, to talk to you about your medications or your general health status, and/or to review some of the things that you could be doing to manage the stress in your life.

Let’s all try to be more attentive of the stress levels in our lives this month and continue to be more mindful of activities we can take to handle stress. Hopefully, with the new season of spring, along with the longer day, the increased temperatures, and more natural Vitamin D from increased sunshine, we will all be better able to handle the inevitable stress in our lives.

Teresa, the Senior Wellness Nurse for the Town of Trumbull