



TRUMBULL

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
Ashley Grace.....	Administrative Assistant.....	203-452-5137
Ronald Foligno...	Interim Senior Commission Chairperson...	203-445-8513

~JUNE~

MONTHLY MEMBERS MEETING

Friday, June 3, at 11:00 AM – Snack Bar. All members welcome! New and existing!

MONTHLY BIRTHDAY PARTY

Thursday, June 9, at 11:00 AM – Sponsored by Synergy Home Care. Everyone is welcome to come celebrate our June birthdays. Please RSVP 452-5199.

LUNCH AND TOUR AT CAMBRIDGE

HEALTH AND REHABILITATION CENTER

Friday, June 17, at 11:00 AM – 1:00 PM. Take a ride to visit Cambridge Health and Rehabilitation Center in Fairfield. Lunch and ice cream will be provided.

BINGO

Thursday, June 23, 2016, 1:00 PM – 2:30 PM
Sponsored by Trumbull Senior Commission and Synergy Home Care. Prizes and refreshments will be served. Seating is limited. Please RSVP 452-5199.

TRUMBULL SENIOR CITIZENS

COMMISSION MEETING

Friday, June 24, 2016, 10:00 AM in the Long Hill Conference Room at Town Hall. Open to the public.

CAPTAIN’S COVE TRIP

Wednesday, June 29, at 11:00 AM – 1:30 PM. Come join us for a fun, summer trip to Captain’s Cove in Bridgeport! Enjoy a nice lunch outdoors while visiting the shops that line the boardwalk! Open to all members. Seating is limited, please call to reserve your spot. 452-5199.

REMINDER: Trumbull Senior Center membership renewal is due July 1, 2016. The fee for residents is \$5.00 and non-residents is \$20.00. We will accept memberships starting June 1. Checks or money order only. If you are a current member, you may mail in your payment to the Senior Center. Please be sure to write your membership number on your check. New members that are renewing by mail, please call 203-452-5199 to have a membership form mailed to you.

NEW MEMBERSHIP AGE

The new membership age is now 55 years and older.



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NURSING DEPARTMENT

Our Geriatric Wellness Nurse, Teresa Cryan, is available at the Trumbull Senior Center on most Wednesdays and Thursdays, usually from 8:30am-3:00pm. She is also available at Stern Village Housing in Trumbull on most Mondays from 8:30am-3:00pm. Services offered:

- Assesses/records blood pressure readings and other health parameters
- Conducts educational programs on health-related topics
- Assists in making doctor appointments
- Leads seated exercise programs
- Coordinates guest speakers on senior wellness topics
- Consults on senior health-related concerns

C. Teresa Cryan, MSN, RN
Wellness Nurse, Town of Trumbull
203-452-5134

tcryan@trumbull-ct.gov



SUSAN B'S SALON

Open in the Senior Center

Services include haircuts for men & women, manicures & pedicures performed by a licensed professional. For an appointment, call (203)981-7061



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June

ACTIVITY CALENDAR

MONDAY 	9:00 AM - 9:45 AM 10:00 AM 1:00 PM	STRETCH/STRENGTHEN..... BOCCE DRAWING CLASS..... SMILE -A-WHILE..... INTERMEDIATE LINE DANCE.....	FUNCTIONS ROOM BOCCE COURT MEETING ROOM FUNCTIONS ROOM FUNCTIONS ROOM
TUESDAY 	9:15 AM 9:30 AM 10:00 AM 10:30 AM 11:30 AM 12:30 PM 1 – 4 PM	FIT FOR LIFE EXERCISE CLASS..... OIL PAINTING CLASS KNIT AND CROCHET GROUP..... BALLROOM DANCE WITH MIKE STAVOLA..... ZUMBA LESSONS WITH MIKE STAVOLA..... MEXICAN TRAIN DOMINOES..... BILLIARDS GAME (8 BALL PARTNERS).....	FUNCTIONS ROOM MEETING ROOM COMPUTER ROOM FUNCTIONS ROOM FUNCTIONS ROOM CARD ROOM BILLIARDS ROOM
WEDNESDAY 	9:00 AM 10:10 AM 11:00 AM 1 – 4 PM	YOGA..... JAZZERCISE..... TAP DANCE..... BILLARDS GAME (8 BALL PARTNERS).....	FUNCTIONS ROOM FUNCTIONS ROOM FUNCTIONS ROOM BILLIARDS ROOM
THURSDAY 	9:00 AM 9:30 AM 10:00 AM 10:15 AM 11:00 AM 11:30 AM 1:00 PM	PILATES..... WATER COLOR CLASS..... SLIM APPROACH..... JAZZERCISE..... CHAIR EXERCISE with NURSE TERESA..... LATIN LINE DANCE WITH MIKE STAVOLA..... PINOCHLE.....	FUNCTIONS ROOM FUNCTIONS ROOM TV ROOM FUNCTIONS ROOM TV ROOM FUNCTIONS ROOM CARD ROOM
FRIDAY 	9:00 AM 10:00 AM 10:30 AM 12:30 PM 1 - 4 PM	ZUMBA GOLD..... OIL PAINTING CLASS TAI CHI..... MAHJONG..... BILLIARDS GAME (8 BALL- PARTNERS)	FUNCTIONS ROOM MEETING ROOM FUNCTIONS ROOM MEETING ROOM BILLIARDS ROOM

Beginners Tap Dancing Class

- Starting June 1st.
- Wednesdays from 12:15pm-1:15pm in the Functions Room
- Instructor: Shirley Anderson/203-929-1824
 Please bring your own tap shoes if need be



PLEASE PATRONIZE OUR SPONSORS

203-378-3086

JUNE Senior Community Café

Meals served Monday through Friday at NOON.

For reservations: call (203-378-3086) 10AM-NOON

Lunch Reservations must be made TWO (2) days in advance.

Monday	Tuesday	Wednesday	Thursday	Friday
		1. Roast Pork Loin Potatoes	2. Pasta w/ Mushrooms Garlic Bread	3. Sweet Potato Bisque Pan Roasted Fish
6. Roast Fresh Ham Baked Potato Stewed Eggplant	7. Potato Onion Soup Oven Fried Chicken Creamed Corn	8. Spinach Salad Beef Tips with Mushrooms	9. Tossed Salad Manicotti Bolognese	10. Lentil Soup Turkey Meatloaf Sweet Potatoes
13. Vegetable Bean Soup Pot Roast & Gravy	14. Mixed Greens Grilled Liver & Onions	15. Broccoli Soup Chicken w/ Mushrooms	16. Coleslaw Sliced Loin of Pork w/ Fresh Fruit Relish	17. Mushroom Soup Herb Crusted Tilapia Rice Pilaf
20. Tossed Salad Roast Turkey Peas and Corn	21. Turkey Noodle Soup Carved Roast Beef Baked Potato	22. Caesar Salad Cheese Ravioli Garlic Bread	23. Split Pea Soup Chicken Picatta Brown Rice	24. Shrimp Bisque Quiche Lorraine Potatoes
27. Spinach Salad Hamburgers Oven Fries	28. Minestrone Soup Grilled Kielbasa Potatoes	29. Broccoli Salad Rotisserie Chicken Mac & Cheese	30. Beef Barley Soup Virginia Ham Sweet Potatoes	

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Travel Corner

For information and reservations, please call the Trumbull Senior Center at
203-452-5199.

Captain's Cove Trip Wednesday, June 29th, 11:00 AM – 1:30 PM.

Come join us for a fun summer trip to Captain's Cove in Bridgeport! Enjoy the nice weather while having lunch outside and visiting the shops on the boardwalk.

- **Time Schedule:** Bus leaves the Trumbull Senior Center at 10:30am
Bus will arrive to Captain's Cove at 11:00am
Bus will leave Captain's Cove at 1:30pm
Bus will return to Trumbull Senior Center at 2:00pm
Seating is limited! Please RSVP – 203-452-5199



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NEWS FROM SOCIAL SERVICES OFFICE - TOWN OF TRUMBULL

Tel# 203-452-5198

ELDERLY AND TOTALLY DISABLED RENTER'S RELIEF PROGRAM **APPLICATIONS ACCEPTED FROM APRIL 1 TO OCTOBER 1, 2016**

- **ELIGIBILITY REQUIREMENTS:**

Applicant must be age 65 or older before January 1, 2015 or on Social Security Disability.
(******Current proof of disability from Social Security must be provided******)

Applicant must have been a renter in Connecticut during 2015.

- **ANNUAL INCOME GUIDELINES:**

Cannot Exceed:

SINGLE

\$35,000

COUPLE

\$42,900

PROOF OF INCOME FOR 2015:

- 1) Social Security benefit statement for 2015 (1099) form
- 2) Bank interest statement and dividends for 2015
- 3) Pension Statement for 2015
- 4) Federal Tax Return for 2015 if filed

If you need proof of Social Security benefits you can get a benefit verification letter by calling 1-800-772-1213 (this will take 10 days) or register online at www.socialsecurity.gov and create an account where you can then print a benefits verification letter.

- **PROOF OF EXPENSES PAID IN 2015:**

- 1) Rent Receipts signed by landlord or rent ledgers from housing complex for the whole year.
- 2) Statements/bills from electric, gas, water, and fuel showing amounts and dates paid for the whole year.

Call United Illuminating at (800) 722-5584 and request a "PAYMENT PRINTOUT" for the year 2015

Please call Social Services to schedule an appointment – NO WALK-INS PLEASE!

Home visits are available for the Home Bound

For questions and appointment scheduling please call (203) 452-5198

A Special Thank You

The Senior Citizens Commission volunteers would like to thank all of the members of the Trumbull Senior Center for participating in the "May Senior Month" activities. Merci! Gratias! Thank you!

Trumbull Senior Citizen Newsletter Insert for June, 2016

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

June is Men's Health Month, which is celebrated across the country with screenings, health fairs, media appearances, and other health education outreach activities. The purpose of Men's Health Month is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys. This month gives health care providers, public policy makers, the media, and individuals an opportunity to encourage men and boys to seek regular medical advice and early treatment for disease and injury. Here at the Trumbull Senior Center we support that health goal. Perhaps this might be a good time to pay some particular attention to the men and boys in your life, and to focus on some of their particular health care needs. During this month, what a perfect way for us to say "Happy Father's Day" to all of the important men and boys in our lives.

Feel free to stop by and see me in the Nurse's Office at the Center. I am here at the Trumbull Senior Center on most Wednesdays and Thursdays from 8:30am-3:00pm. My phone number is 203-452-5134. I am at Stern Village/The Congregate during those same hours on Mondays. 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 overall health status for either yourself or for any of the men or boys in your life.

Let's all try to be more attentive of our health behaviors this month, particularly for the men and boys in our lives, and continue to be more mindful of activities we could take to improve our health status (eating and drinking according to recommended guidelines, exercising regularly, getting adequate rest, following prescribed treatment modalities, etc...).

Teresa, the Senior Wellness Nurse for the Town of Trumbull