



TOWN OF
Trumbull
HUMAN SERVICES
THE CENTER AT PRISCILLA PLACE

"When life gets you down,
you know what you gotta
do? Just keep swimming."
— Dory

just
keep
swimming

Senior Center Serving Adults Age 55+

CENTER HOURS: Mon-Fri 9:00AM-4:00PM

23 Priscilla Place • Trumbull, CT 06611

(203) 452-5199

SEPTEMBER 2020

Director of Human Services

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

Administrative Assistant

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agrace@trumbull-ct.gov

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Katie Vodola

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Food Pantry

Karen Seferi (203) 452-5136
kseferi@trumbull-ct.gov

Arts Commission

(203) 452-5065
Emily Areson
eareson@trumbull-ct.gov

Wellness Nurse

Victoria Benoit (203) 452-5134
vbenoit@trumbull-ct.gov

First Selectman

(203) 452-5005
Vicki Tesoro
Firstselectman@trumbull-ct.gov

**SENIOR CITIZEN
COMMISSION**

Marcy Kelly: Chair
Ron Foligno: Co-Chair
Jean DaRold: Secretary
Evelyn Wiesner
Michael Ganino
Mark Ryan

The Center will be closed in observance of Labor Day on Monday, September 7th. Staff will be unavailable to be reached via telephone and/or e-mail on this date.

The Center at Priscilla Place is CLOSED.

This is in consideration of the well-being of the vulnerable and high risk population being served. We are closely monitoring the recommendations of the CDC, state and local officials and will keep our members informed as things evolve. In the meantime, the senior center is offering exercise, art, and educational programs online. Please Call (203) 452-5199 for a calendar of events or visit the town website.

**Virtual Painting with The Giggling Pig Art Studio
Thursday, September 24th
1:30 PM**

Join The Giggling Pig Art Studio for a virtual painting event. You will be guided step by step on Zoom with an art instructor and will be amazed by your talent. All supplies are included in your art box. To RSVP, please call (203) 452-5199 and leave your name and telephone number. You will be called to pick up your art box and provided with the Zoom information. Drop off services are available for the homebound.

**\$5.00 per box; checks made out to Trumbull Senior Center.
Participation on Zoom is required, otherwise, you will be charged
\$18.00 for the full price of the art box.**





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Trumbull Senior Center

06-5293

ONLINE PROGRAMS AND EVENTS

Brain Games on Zoom **Every Tuesday** **9:30 AM**

Join Danielle Ramos, CDP, Director of Community Relations for Cambridge Health & Rehabilitation Center, for breakfast and to participate in fun, stimulating brain games.
Meeting ID: 977 1816 9858
Password: 1ryYN1

What is Meditation? **Thursday, September 3rd** **11:00 AM**

Join Meditation and Yoga Teacher, Deborah Swann, on Zoom to learn about Meditation and its many benefits.
Meeting ID: 864 5947 7518
Passcode: 263609

Book Club Meeting on Zoom **Monday, September 14th** **11:00 AM**

The Last Flight—Julie Clark
Meeting ID: 809 418 0302
Password: 12345

Monday, October 5th **11:00 AM**

The Light We Lost—Jill Santopolo
Meeting ID: 809 418 0302
Password: 12345

Wellness Wednesdays **Wednesday, September 16th** **1:00 PM**

Come talk about how you are coping with the COVID-19 pandemic, share experiences and connect with other senior center members via Zoom. Also, receive important Senior Center news and updates. Anyone is welcome to join. Same Meeting ID and Password each week.
Meeting ID: 809 418 0302
Password: 12345

Caregiver Support Group **Tuesday, September 22nd** **2:30 PM**

Open to the Public
Join this group and share your feelings in a safe environment among others who are going through the same experiences. You can learn about resources, caregiving strategies and other valuable tools to provide support. To RSVP and receive Zoom Link information, please email Ashley Grace at agrace@trumbull-ct.gov.

Name That Tune **Thursday, September 10th** **1:00 PM**

Join Melissa Hripak, Director of Admission and Marketing, at St. Joseph's Center, for a fun Zoom game of Name That Tune!
Meeting ID: 809 418 0302
Password: 12345

The Downsized Gourmet **Monday, September 14th** **12:00 PM**

Cooking for one or two is always a challenge but never more so than during the COVID crisis. Watch from the comfort of your own home as The Downsized Gourmet presents easy-to-follow directions to make simple, tasty treats for one or two with items you probably have in your kitchen.
Meeting ID: 812 7399 8145
Passcode: 802991

COVID-19 Scams **Thursday, September 17th** **10:00 AM**

Join People's United Bank for a virtual Zoom call to learn about current COVID-19 scams and how to properly protect yourself and your assets.
Meeting ID: 809 418 0302
Password: 12345

Virtual Painting with The Giggling Pig Art Studio **Thursday, September 24th** **1:30 PM**

See the front page for more information.



Community Meditation **Thursday, September 17th** **7:00 PM**

Trumbull Senior Center is offering Community Meditation on Zoom, the third Thursday of each month, led by Deborah Swann. No experience is necessary – just an open mind!
Meeting ID: 870 1001 5761
Passcode: 603982

Tree of Hope Project **Tuesday, September 29th** **Open to the Public**

Join Sheraton Caregivers and experience an art therapy session in the comfort of your home. Art Therapist, Audra D'Agostino, will lead this group to give us space to relax, be grateful, and focus on the good. Gather any drawing materials you have on hand – paper, pencils, colored pencils. Let us honor those around us who give us strength and support in creating a "Tree of Hope."

Materials Needed:

- Drawing paper (or computer paper or any craft paper) any size (letter-size or larger is best)
- Pencils or colored pencils or crayons

To RSVP and receive the Zoom information, please call (203) 452-5199 and leave your name and telephone number.

DRIVE THRU EVENTS

- **Drive Thru Ice Cream Social**
Tuesday, September 15th
1:00 PM

Sponsored by
Alene's Ice Cream Truck

You MUST RSVP by calling (203) 452-5199 and leave your name and telephone number.



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 *(New Class!)*

Meeting ID: 723 4676 2878 / Passcode: 12345

Sit and Fit with Marylou on Tuesdays at 10:30 AM

Meeting ID: 960 7400 2099 / Password: 12345

Aerobics with Marylou on Wednesdays at 10:00 AM

Meeting ID: 954 7709 5510 / Password: 12345

QiGong with Julie/Hedwig on Wednesdays at 1:30 PM *(New Class!)*

Meeting ID: 817 3260 5147 / Passcode: 145037

Chair Yoga with Jeannie on Thursdays at 9:00 AM *(New Class!)*

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

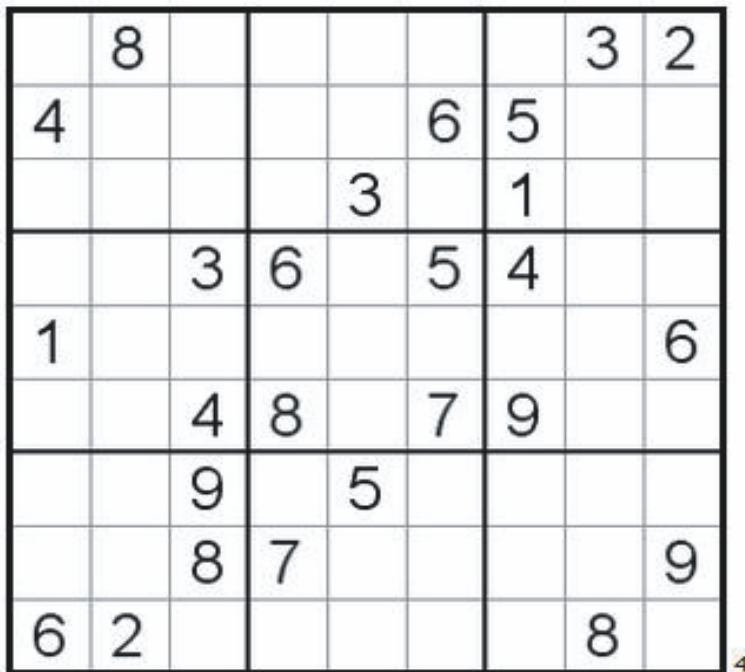
Watercolors with Missy on Tuesdays at 9:00 AM

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!

Need Assistance? Email Ashley Grace at agrace@trumbull-ct.gov



Medium Sudoku Puzzle #31

TIME IN:

TIME OUT:

TOTAL:



TOWN HALL INFORMATION

The Town of Trumbull has reopened most Town buildings to the public on a limited basis, Monday through Thursday. Please refer to individual Department pages on this website for their hours of operation.

Town Hall is closed to the public on Fridays to allow the building to be thoroughly cleaned. Town Departments are working remotely on Fridays to assist the public with needs. Call (203) 452-5000 for a directory.

The Mary J. Sherlach Counseling Center will be reopening for in-person counseling sessions on August 3, 2020.

All clients will be 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.



CURBSIDE PICKUP

The library is happy to announce the start of Curbside Pickup service. Our service schedule will be Monday -Friday from 1 pm until 6 pm. We have also enabled holds again, meaning that you will be able to place materials on reserve. If you already placed a hold prior to our closure in March, you will keep your place in line. Once an item is held for you, a staff member will call you or email you, depending on your stated preference in your record, to arrange a time for pickup which will be in thirty-minute increments throughout the day. A staff member will be assigned to bring materials out to the trunk of your car. We ask that you remain in the vehicle at all times. You will be given detailed instructions on what to do when we notify you that your hold is ready. At this time, we ask that you begin returning items that you have out on loan from before the library closed in March so we can begin fulfilling requests from other patrons. If possible, please return Fairchild library items to Fairchild and main library items to main. (203) 452-5197



TOWN OF
Trumbull
POLICE DEPARTMENT

*A Reminder from
the
Trumbull Police Department*

“Please, please lock your cars, take all valuables out of your cars and do not leave your keys in the car.”



The Trumbull YMCA is offering free Zoom classes and outside classes including Tai Chi, Cardio, and Zumba Gold. Online classes are open to anyone. Be sure to visit their website for their class schedules and more information: <https://cccymca.org/locations/lakewood-trumbull/schedules/>



TOWN OF
Trumbull
PARKS & RECREATION

A valid Park Sticker is required for any vehicle parking within a Town Park. Many of you have received your vehicle tax bills and saw it included new, blue Park Stickers for up to 4 vehicles registered within the Town. The new Park Stickers will be enforced beginning August 1st, 2020 and will be valid until June 30, 2021. All 2019 (red) and 2020 (green) Park Stickers will be void after July 31st.

NEWS FROM THE 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 only. 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.



Renters Rebate Program

State law provides a reimbursement program for Connecticut renters who are elderly or totally disabled, and whose incomes do not exceed certain limits. **Rebates can be up to \$900 for married couples and \$700 for single persons. It varies based on your income and expense.**

Senior and Totally Disabled Renters Rebate Program applications are being accepted by Trumbull Social Services between June 15th-October 1st, 2020. The state's income limits for renters are \$37,000 (single) and \$45,100 (married). In addition to your 2019 income information and 2019 Social Security 1099 you will need to provide rent and utility payment information for 2019. **Please call 203-452-5133 for additional criteria and COVID precautions when making application.**

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

2-1-1 of Connecticut

For Emergency Assistance and Referrals
Call 211
Or visit 211.ct.org
Housing, food, mental health, social services, etc.

Financial Assistance

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

Mental Health Resource in Trumbull

Mary J. Sherlach Counseling Center
121 Old Mine Road, Trumbull, CT 06611
Phone: (203) 452-5193



The Mary J. Sherlach counseling center is a department of the Town of Trumbull and is dedicated to enhancing the quality of life in Trumbull by providing counseling for residents and their families.

COMMUNITY RESOURCES

Are you facing foreclosure or struggling to pay your mortgage?

CHFA's Emergency Mortgage Assistance Program (EMAP) is a 30-year, fixed-rate loan for eligible homeowners who are having trouble making their mortgage payments. If you are behind on your mortgage, expect to fall behind or are facing foreclosure due to a financial hardship, EMAP can help you catch up or stay current with your payments.

With EMAP, you may qualify for monthly financial assistance to pay your mortgage for up to 60 months. The amount you can receive each month depends on your financial situation and the median income in your area. CHFA will determine when you are ready to start paying back your EMAP loan and, until then, no interest will accrue.

What is a financial hardship?

Candidates must prove that they fell behind on their mortgage payments due to a temporary financial hardship beyond their control, such as:

- Unemployment or underemployment
- A loss, reduction or delay in Social Security, public assistance, pension, disability, retirement or annuity benefits
- Divorce or loss of support payments
- Disability, illness, or death of an owner or family member
- A significant increase in monthly mortgage payments
- Unanticipated rise in housing expenses

A hardship does not include accumulated credit or installment debt for non-essential purchases.

The program is also available to:

- Homeowners with mortgages insured by the Federal Housing Administration (FHA).
- Homeowners facing foreclosure due to delinquent taxes, condominium or common interest community fees, providing the applicant has a mortgage on the property.

To qualify, homeowners must live in the property facing foreclosure. No business or commercial use of the property is allowed. Eligible properties include:

- Single-family homes
- A condominium
- Homes located in Planned Unit Developments (PUDs)

Further Requirements

- You must have tried to negotiate a repayment plan with your lender.
- If you receive a Summons and Complaint, you must participate in the Judicial Mediation Program.
- You must have a favorable mortgage credit history for the previous two years (or period of ownership), with no more than three 30-day late payments during the 12 months prior to the hardship.
- CHFA must determine that you will be able to restore your mortgage payments and repay the EMAP loan.
- You must be fully discharged from any action of bankruptcy.
- You must notify CHFA of any changes in circumstance that could affect eligibility.
- Your eligibility must be verified annually.

Pension and retirement funds must be disclosed as part of the applicant's assets, however, up to \$100,000 of such funds will be excluded from consideration.

Questions?

Contact the CHFA Customer Call Center toll free at (877) 571-CHFA.

Food Available

CAN'T GET OUT TO THE GROCERY STORE? DID YOU KNOW THAT THE TRUMBULL SENIOR CENTER HAS A FOOD SUPPLY FOR SENIORS? THE SENIOR CENTER IS LOADED WITH STAPLE AND SHELF STABLE ITEMS. ALL SENIORS ARE ELIGIBLE. DRIVE THRU SERVICE AND DELIVERY ARE AVAILABLE (DELIVERY FOR HOME BOUND SENIORS ONLY)

**PLEASE CALL US AT
203-452-5136**

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.

You can also e-mail
Ashley Grace at
agrace@trumbull-ct.gov

STAY ALERT! Help fight Medicare fraud



Have you gotten robocalls, text messages, or emails offering free face masks? Or maybe you've seen social media posts about free COVID-19 testing kits, "cures," or protective equipment?

Unfortunately scammers are using the COVID-19 pandemic to try to steal your Medicare Number and personal information. **If anyone reaches out to get your Medicare Number or personal information in exchange for something, you can bet it's a scam.** Con artists may try to get your Medicare Number or personal information so they can steal your identity and commit Medicare fraud. Medicare fraud results in higher health care costs and taxes for everyone. **Protect yourself from Medicare fraud.** Guard your Medicare card like it's a credit card. Remember:

- Medicare will never contact you for your Medicare Number or other personal information unless you've given them permission in advance.
- Medicare will never call you to sell you anything.
- You may get calls from people promising you things if you give them a Medicare Number. Don't do it.
- Medicare will never visit you at your home.
- Medicare can't enroll you over the phone unless you called first.

BE SURE TO CREATE YOUR ACCOUNT AT [MyMEDICARE.GOV](https://www.mymedicare.gov)

Medicare beneficiaries can create an account with MyMedicare.gov and use it to check information about their coverage, enrollment status, and Medicare claims. MyMedicare.gov keeps your Medicare information private and only accessible to you. You can help your doctor get access to all the necessary information about your Medicare coverage, drugs, and health records to provide you with the care you need. Get your MyMedicare.gov On the Go Report and keep it with you so doctors can help you. You never know when you might need to see a doctor while you're out of town, and not every doctor has your personal list of medications.

To set up your account for the first time, you'll need to provide the following information:

- Your Medicare number (found on your Medicare card)
- Mailing address
- Date of birth
- Effective date for Medicare Part A or Part B

You will then be asked to select a user name, password and answer a couple security questions, in the event that you forget your password and need to re-set it. Make sure that your mailing address matches the address that the Social Security Administration or Railroad Retirement Board has on file for you.

Once you've set up an account, you'll be able to use MyMedicare.gov to manage your Medicare benefits, including:

- Checking the status of your Medicare claims
- Reviewing your personal health records, your prescription drugs, and preventive services.
- Finding information on your Medicare costs, eligibility, and enrollment.

Having a MyMedicare.gov account will help you when it comes time to comparing Medicare Part D or Medicare Advantage plans for 2021. The Annual Enrollment Period is just around the corner (October 15 – Dec. 7th) and with a MyMedicare.gov account, you will be able to pull up a list of all prescription medications you filled in the past year, which will save you time when it comes to doing a personal plan comparison to determine what Prescription drug plan is best for you in 2021.

If you have questions, go to MyMedicare.gov. You can use the Live Chat service to get assistance with a customer service representative, or call 1-877-607-9663 to reach MyMedicare.gov technical support.

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
Be sure to check out our Senior Center Calendar on the Town of Trumbull's Website for a schedule of programs.	1 9:00 Watercolors 9:30 Brain Games 10:30 Sit and Fit	2 10:00 Aerobics 1:00 Qigong To Do: Call a friend and check in on them.	3 9:00 Chair Yoga 11:00 What is Meditation?	4 9:00 Painting Part 1 10:00 Tai Chi 1:00 Painting Part 2
7 Happy Labor Day! The Staff at the Center will be unavailable.	8 9:00 Watercolors 9:30 Brain Games 10:30 Sit and Fit	9 10:00 Aerobics 1:00 Qigong To Do: Call a friend and check in on them.	10 9:00 Chair Yoga 1:00 Name That Tune!	11 9:00 Painting Part 1 10:00 Tai Chi 1:00 Painting Part 2
14 9:00 Drawing Part 1 10:30 Yoga 11:00 Book Club 12:00 Downsized Gourmet 1:00 Tai Chi 2:00 Drawing Part 2	15 9:00 Watercolors 9:30 Brain Games 10:30 Sit and Fit 1:00 Ice Cream Social-Drive Thru Only	16 10:00 Aerobics 1:00 Well Wednesday 1:00 Qigong To Do: Call a friend and check in on them.	17 9:00 Chair Yoga 10:00 COVID-19 Scams 7:00 Community Meditation with Deborah Swann	18 9:00 Painting Part 1 10:00 Tai Chi 1:00 Painting Part 2
21 9:00 Drawing Part 1 10:30 Yoga 1:00 Tai Chi 2:00 Drawing Part 2	22 9:00 Watercolors 9:30 Brain Games 10:30 Sit and Fit 2:30 Caregiver Support	23 10:00 Aerobics 1:00 Oigong To Do: Call a friend and check in on them.	24 9:00 Chair Yoga 1:30 Virtual Painting with the Giggling Pig Art Studio	25 9:00 Painting Part 1 10:00 Tai Chi 1:00 Painting Part 2
28 9:00 Drawing Part 1 10:30 Yoga 1:00 Tai Chi 2:00 Drawing Part 2	29 9:00 Watercolors 9:30 Brain Games 10:30 Sit and Fit 1:00 Tree of Hope Project	30 10:00 Aerobics 1:00 Qigong To Do: Call a friend and check in on them.	SEPTEMBER 2020	

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NEIGHBORING PROGRAMS

Weston: Native Summer Flowers and Pollinators Bartlett Arboretum

Thursday, August 27th at 2:00 PM

In this webinar presentation, we'll look at certain flowers that draw pollinators like humming-birds, butterflies and bees to the garden. We will touch on the importance of planting native species and delve into the needs of a few specific plants, when they bloom and the beautiful pollinators that they attract.

Join Zoom Meeting Meeting ID: 897 4025 4818 Passcode: 529493

<https://us02web.zoom.us/j/89740254818?pwd=TVNpMUZyNlBQZDdDcnF3RjJMcfFCZz09>



Bigelow Center for Senior Activities :

Expressive Writing: Expressive writing is easy. Using pen & paper or typing on your computer, in this 1 hour Zoom workshop you will learn how to add this simple practice to your at-home Covid-Coping Plan. By writing about your thoughts and feelings for as few as 10-20 minutes you can change your emotional state, improve your thought process and even sleep better. This workshop is based on University of Texas Prof. James Pennebaker's 30 years of nationally recognized research which has connected the process of writing our feelings down on paper to better health. This practice can result in reducing heart rate and blood pressure, minimizing stress, strengthening the immune system and improving your overall mood. It is important to note that the healing aspect of writing has been proven to be in the process, not the product. The goal is not to create a piece of literature but to release the tension of worrisome thoughts by transferring them from your mind to paper. No writing experience or special skills are necessary!

Dates: Wednesday, 9/9, 9/23, 10/7 and 10/21

Time: 2:00 – 3:00 PM

Registration required. Email (our email or your email) to receive Zoom link.

What's Keeping You Up at Night?

The COVID-19 pandemic has disrupted many aspects of our lives, including how well we sleep at night. While sleep problems are common at the best of times, all the stress, worry, and turmoil created by this pandemic have made existing sleep difficulties even worse—and triggered new sleep problems in those who used to be “good sleepers.” Even as some restrictions start to lift, many challenges seem likely to remain. You may toss and turn at night, unable to sleep no matter how tired you feel, or wake up in the middle of the night and struggle to get back to sleep. A good night's sleep helps improve concentration and memory formation, allows your body to repair any cell damage that occurred during the day, and refreshes your immune system, which in turn helps to prevent disease.

Join Janine Oliva and her team from Sheraton Caregivers for a discussion on sleep and tips to help you overcome insomnia to get the rest you need.

Date: Tuesday, September 15

Time: 2:00 – 3:00 PM

Registration required. Email (our email or your email) to receive Zoom link.

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203-375-4040



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C. 203-257-2127 | O. 203-261-0028

lisa.valenti@raveis.com

LisaValenti.raveis.com

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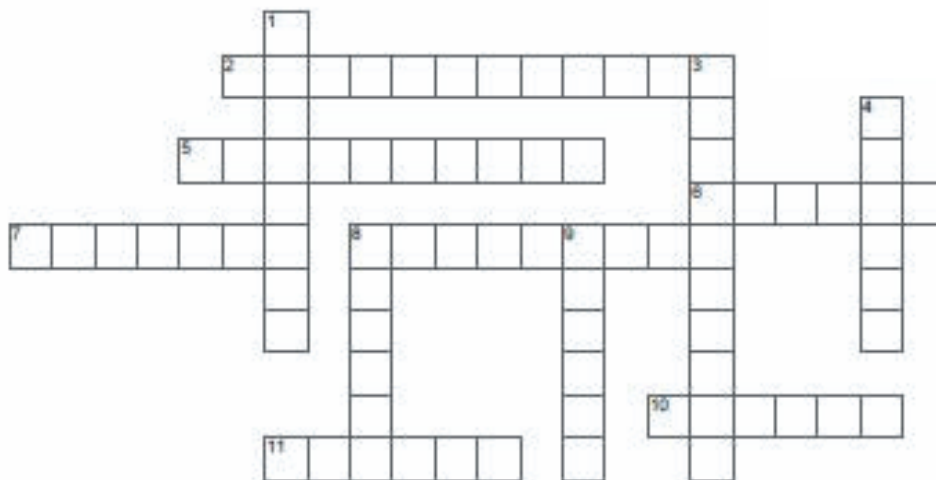


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Labor Day Crossword



ACROSS

2. Usually starts after Labor Day.
5. A paid occupation, especially one that involves prolonged training and a formal qualification.
6. First state of the United States to make it an official public holiday.
7. This holiday is also known as Labor Day _____.
8. Month that Labor Day is celebrated.
10. A person who does a specified type of work.
11. A public procession, especially one celebrating a special day or event and including marching bands and floats.

DOWN

1. United States public holiday celebrating the American labor movement and the power of collective action by laborers.
3. An organized group of workers who unite to make decisions about conditions affecting their work.
4. Labor Day weekend marks the beginning of many fall _____.
8. Labor Day is called the "unofficial end of _____".
9. Day of the week Labor Day happens.

PROFESSION
SPORTS
OREGON

BACK TO SCHOOL
SEPTEMBER
LABOR DAY

LABOR UNION
SUMMER
MONDAY

PARADE
WEEKEND
WORKER