

CONNECTIONS

Max E. Muravnick
Meriden Senior Center Newsletter
August 2020

The Farmer's Market at the Meriden Green

Location: Mill Street

Dates: Saturdays, July 11th through October 17th, 2020

Time: 8:30am-12:00pm

Senior Farmer's Market vouchers will be available to qualifying seniors

Seniors are welcome to call the Senior Center between 9:00am and 3:00pm,

Monday through Friday to register for **Farmers Market Coupons**. We are distributing the coupons by mailing them to eligible seniors on a first come, first serve basis, while supplies last.

2020 Census ONLINE!

Please complete the online version of the 2020 Census by visiting the website <https://2020census.gov/> The results are critically important because this once-a-decade census data helps businesses, researchers, and communities make decisions. The data can help inform where our community needs a new fire department, more funding for senior programming, or new roads.

22 West Main Street, Meriden, CT 06451 www.meridenct.gov

Activities Update:

Please note that activities for the month of August have been modified due to the COVID-19 Coronavirus precautions we are taking. All of the activities listed are subject to change. Please refer to our Facebook page for videos, links and updates on activities or call our main number at 203-237-0066 and ask for the Recreation Coordinator, Liz Parra. Please follow us on Facebook by adding the page: City of Meriden Health & Human Services Department.

Raspberry Creamy Drink**Video Tutorial on Facebook****Wednesday, August 5 at 1:00pm**

Please visit our Facebook page to view the step by step process on how to make this refreshing summer drink. Our Facebook page is: City of Meriden Health & Human Services Department.

Understanding Alzheimer's & Dementia**Virtual Presentation****Tuesday, August 11 at****2:00pm—Microsoft TEAMS**

ALZHEIMER'S IS NOT NORMAL AGING. It's a disease of the brain that causes problems with memory, thinking and behavior. Join us to learn about:

- The impact of Alzheimer's.
- The difference between Alzheimer's and dementia.
- Warning signs/symptoms of Alzheimer's disease and other types of dementia.
- Alzheimer's disease stages and risk factors.
- Current research and treatments available to address some symptoms.
- Alzheimer's Association resources.

Please RSVP with Liz by August 7 in order to get the presentation link emailed to you. You must have the Microsoft TEAMS application already downloaded to your device in order to join this virtual presentation.

Giant Paper Sunflower Craft**Video Tutorial on Facebook: Wednesday, August 12**

Visit our Facebook page to view a video tutorial on how to make a giant paper sunflower. **Please RSVP with Liz by August 7 in order to receive your supplies for this craft.** Don't forget to email us a picture of your completed craft: Lparra@meridencct.gov.

Introducing Microsoft Teams

The world of recreation has been temporarily shifting to virtual activities during the COVID-19 pandemic. We would like to connect with you for some activities by using the Microsoft Teams video conferencing application for your smartphone, laptop, tablet or computer desktop. For more information on how to get on board with this video conferencing application please call our main office at 203-237-0066.

Sunflower Fields TEAMS**Virtual Tour****Friday, August 14 at 10:30am**

August is Sunflower month and we have a virtual presentation dedicated to this sun-loving flower! View some of the biggest sunflower fields in the world and learn about all of its uses. **Please RSVP with Liz by August 7 in order to get the presentation link emailed to you. You must have the Microsoft TEAMS application already downloaded to your device in order to join this virtual presentation.**

Understanding Lymphedema Webinar**Tuesday, August 18 at 11:00am**

The World Health Organization estimates that over 250 million people worldwide live with Lymphedema or chronic swelling. It is a disease that can cause pain, limit our mobility and causes us to be insecure about ourselves. Join a Certified Lymphedema Therapist (CLT) from Hartford HealthCare Rehabilitation to learn more about the causes and effects of swelling, ways to manage it and how participation in skilled Occupational and Physical Therapy can help. Presented by Theresa Plant, MS, OTR/L CLT-LANA, Hartford Hospital Rehabilitation Network. Sponsored by Hartford HealthCare. **To register, call 1.855.HHC.HERE / 1.855.442.4373 or go online to HartfordHealthCare.org/Webinars.**

**AUGUST BIRTHDAYS!****Thursday, August 20**

This month's birthday gifts will be sponsored by: **The Beauty of Healthy.** Your birthday must be in August. Please sign up by Thursday, August 13 to be guaranteed a gift. **You must call to sign up.** Gifts will be dropped off in the afternoon on August 20. Happy Birthday to all members who were born in August!

COVID 19-Meriden Community Resources

Current as of July 15, 2020
Information subject to change



City Updates: <https://www.meridenct.gov/>

State updates: <https://portal.ct.gov/coronavirus>

Infoline-2-1-1

2-1-1 is your one-stop connection to the local services you need, from utility assistance, food, housing, child care, after school programs, elder care, crisis intervention and much more. 2-1-1 is always ready to assist you find the help you need. Dial 2-1-1 or search online. If you are outside Connecticut or have a problem using the 2-1-1 number, dial 1-800-203-1234.

Text CTCOVID to 898211 for updates

Food Assistance

- New Opportunities-55 West Main St. (Food pantry Mon-Fri 10am-3pm)
- Meriden Soup Kitchen-460 Broad St. Mon-Fri 11am-12:30pm (curbside grab n' go meals)
- St. Andrews Episcopal Church-20 Catlin St (Food pantry-3rd Saturday of the month 9:30-11:30am)
 - Salvation Army-23 St. Casimir Dr. (Food pantry open Mon, Wed, Fri 9am-12pm)
 - Soup Kitchen-Saturday and Sunday 12pm-1pm (To go meal containers)
 - Delivery for high health risk individuals (Fridays 9-12pm) call Kathryn at 203-630-4708
- The Grace Place(New Life Church) 149 West Main St. (Food pantry Tues & Thurs. 11-4pm, Sat 10-2pm)
- Joy Unlimited Ministries-305 Center St. Meals can be picked up or delivered on Saturday or Sunday but need to be confirmed by the Friday before - please call or text 734-578-6956 to confirm
 - Our Lady Queen of Angels-109 Goodwill Ave. (Food pantry-Mon-Fri 8am-1pm)
- Master's Manna-46 North Plains Rd. Wallingford (Mon-3-6pm, Tues & Thurs 9am-1pm, Wed 3-7pm)
 - Must call for an appointment and documentation required
- Wallingford Church of Nazarene-Food Distribution-email glowfoodwlf@gmail.com or call/text 203-208-8534
 - End Hunger CT-EHC! SNAP Call Center Hours (English & Spanish -1-866-974-7627)

Groceries (Delivered)

- Amazon prime-online only, <https://primenow.amazon.com/>
- Amazon groceries including Amazon pantry now accepts SNAP-EBT, <https://www.amazon.com/snap-ebt>
- Instacart-Groceries delivered from local stores <https://www.instacart.com/>
 - Stop & Shop – Peapod (Fee's Vary)
Online Order Only – <https://www.peapod.com/>
NO Pick-up available (Temporarily Paused)
In-Store open ONLY to age 60 and over as well as customers who may have weakened immune systems from 6:00 A.M. – 7:30 A.M. Daily. Open to Public for remaining hours.
 - Walmart – (Fee's Vary)
Online Order Only - <https://grocery.walmart.com/>
Offers Pick –Up-accepts SNAP-EBT
Deliveries extremely limited currently
 - Shoprite – (Fee's Vary)
Online Order - <https://shop.shoprite.com/store/a4214012>
Phone Service Order – 1-800- ShopRite – 1-800-746-7748
Offers Delivery-accepts SNAP EBT
 - Target– (Membership to Pay Annually/Monthly)
ONLINE ORDER ONLY - Shipt.com
Offers Delivery
 - Aldi's – (Fee's Vary) Delivery and In-Store Only
Online Order Only -<https://shop.aldi.us/>
 - CTown Supermarket-203-235-7000 ask for Jessica or Jackie
Will take orders via phone and delivery groceries for Senior Citizens only (cash only)
 - Aresco's Superette-203-235-5112 or 860-995-5695
Will take orders via phone and delivery groceries (credit card or cash)

Assistance with rent, mortgage, security deposits, utilities

- New Opportunities-55 West Main St.-203-235-0278-applications via phone for energy assistance
 - Salvation Army-23 St Casimir Dr.-203-235-6532-Monday-Friday 9am-3pm
 - State of CT Temporary Rental Assistance Program (TRHAP) 1-860-785-3111
 - State of CT Temporary Mortgage Assistance Program (T-MAP) 1-860-785-3111

Domestic Violence

Chrysalis-24 hour hotline-203-238-1501, 1-888-774-2900 English or 1-844-831-9200 Spanish

Homeless Shelter

Shelter NOW-43 St. Casimir Dr.-203-237-4020
Call 2-1-1 in you are in need of homeless and in need of shelter

Medical Insurance

Access Health CT-1-855-392-24 Monday-Friday 8 am-4pm

Individuals, who experience a Qualifying Life Event (e.g. loss of coverage due to job change or unemployment) or qualify for Medicaid/Children's Health Program (CHIP), can **ALWAYS** enroll online, in-person or over the phone and all help is free.

Medicare-1800-Medicare

CHOICES-Connecticut's program for Health Insurance assistance, Outreach, Information and referral, Counseling, Eligibility Screen 1-800-994-9422

Medical Transportation

Meriden Senior Center -203-237-3338-Rides are available for Meriden residents age 55 and over and for disabled individuals under the age of 55

Northeast Transportation Company ADA Paratransit Program 1-800-441-8901

Medical Transportation, riders must fill out application to verify that a disability makes it difficult to use the fixed bus route. Rides are free during the Corona Virus Pandemic.

Veyo for Husky Clients-1-855-478-7350

Other Resources for Assistance

- DSS-Department of Social Services-1-855-626-6632 Assistance with SNAP (Supplemental Nutrition Assistance Program), Medical Assistance and SAGA (Cash assistance for single disabled adults with no children), TFA (Temporary Family Assistance for families with children under 18 years)

<https://connect.ct.gov/>

- Social Security Administration-1-877-409-8429

<https://www.ssa.gov/>

- Department of Labor-Filing for Unemployment (860) 263-6000, 860-967-0493, 203-941-6868, or toll free-1-800-956-3294

<http://www.ctdol.state.ct.us/>

Help is available. Call your existing provider, set up a [virtual health visit](#) with a Hartford HealthCare Medical Group provider, or leave a message at 1-888-984-2408 and they will call you back.

For parents and caregivers who need someone to listen, to understand and to talk your feelings out call Talk It Out Line-1-833-258-5011 <http://talkitoutct.com/>

Meriden Senior Center Social Services

Natalie Gill, Social Services Worker-203-630-4273

Kathryn Longley, Community Services Worker-203-630-4708



Summer Ice Cream Word Search!

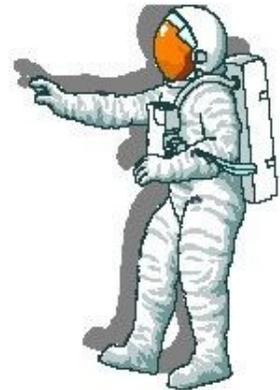
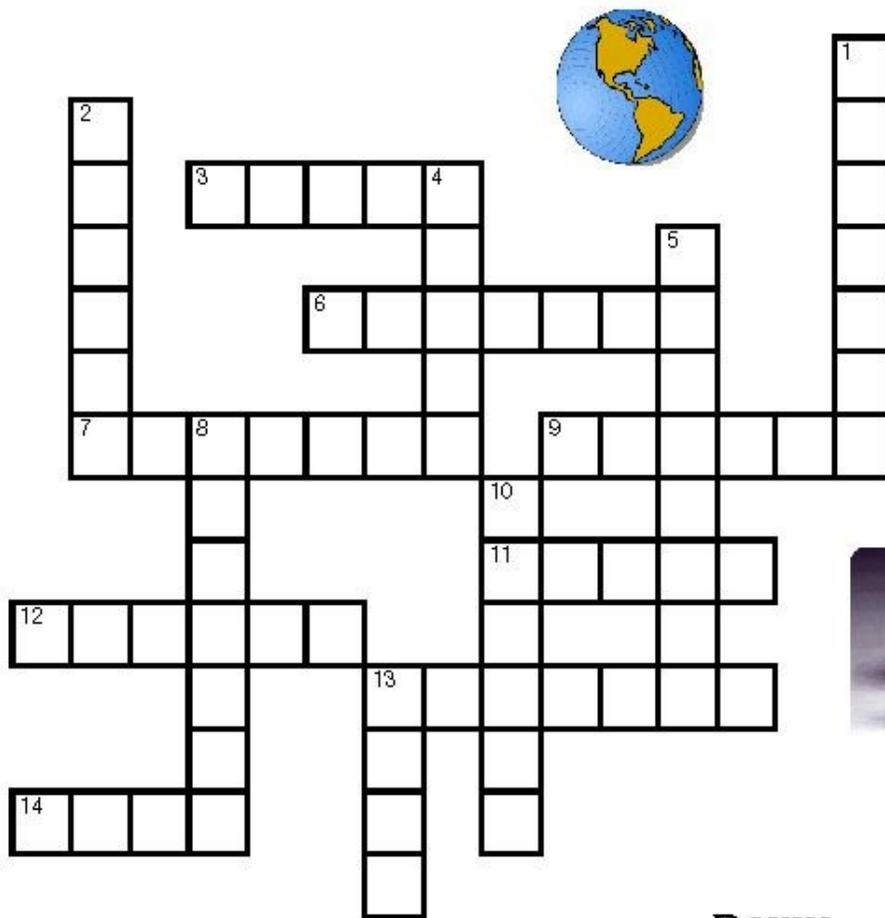


A word search grid with 15 rows and 25 columns of letters. The grid is surrounded by illustrations of various ice cream cones with different toppings like cherries, strawberries, and chocolate.

e j c a r a m e l y i c w p n w j e g s p k y p v
 y t a l g c i k u r z u e a b w e d b d e j u a v
 c n a e k n e x l r s a k i d f z w i g p n u b x
 g p z l w e m g d e c p s g f v a j o j p l i b v
 e z b o o q w s j h b u n o j c e s l y e u t y f
 a g r g a c o u k c q m c t n i m u d m r c q g j
 b b b c q c o v o z w p x a f x c s n u m z u n n
 t r p l w a a h q l t k s r z o j z t k i o i b t
 a m e b n n y b c q g i a m s i b x b s n y f j h
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 e r q l o r a n g e o g x o d r d m p r b d w i y
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 k j f e x y u h g u p t l v n i g k n f w a n z r
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 y m u g e l b b u b m j k g j u g u u o z v v j e

- | | | | |
|-----------|-----------|--------|------------|
| BANANA | CHOCOLATE | LIME | PEPPERMINT |
| BROWNIE | COCONUT | MANGO | PISTACHIO |
| BUBBLEGUM | COFFEE | MINT | PUMPKIN |
| CARAMEL | COOKIE | ORANGE | STRAWBERRY |
| CHERRY | LEMON | PEACH | VANILLA |

Solar System



ACROSS

3. _____ is the second nearest planet to the sun.
6. The Earth is _____ than the moon. The moon is lighter.
7. _____ is the 8th planet from the sun.
9. The sun is _____ than the Earth.
11. The _____ is the 3rd planet from the sun.
12. _____ is the 7th planet from the sun.
13. _____ is the nearest planet to the sun.
14. _____ is often called the red planet.

DOWN

1. _____ is the largest planet in the solar system.
2. _____ is the second largest planet in the solar system.
4. Russian Yuri Gagarin was the first man in _____.
5. The sun is _____ than other stars.
8. There are eight _____ in the solar system.
10. The sun is _____ to the Earth than other stars.
13. Neil Armstrong was the first man to land on the _____.

August 2020

Social Services

Medicare Covers Mental Health Services

If you have Medicare and you're feeling anxious or depressed during these stressful and uncertain times, make sure you call your doctor or a healthcare professional. **Medicare covers a number of services to support you, including outpatient mental health services** like a depression screening, individual and group psychotherapy, and family counseling.

Counseling services via telehealth may be available to you. Be sure to check, as some healthcare providers and plans are reducing or waiving the amount you pay for telehealth visits during the COVID-19 pandemic.

Always take care of your mental health, and call your healthcare provider if stress gets in the way of your daily activities for several days in a row.

Visit [Medicare.gov](https://www.medicare.gov) or [CDC.gov](https://www.cdc.gov) for more information.

This message is brought to you by the U.S. Department of Health and Human Services.

New Connecticut Department of Labor Unemployment Help Numbers

The CT Dept. of Labor (DOL) recently announced additional phone numbers for those in need of assistance with unemployment claims.

Hours of operation are 8:30am-4:30pm; Monday through Friday.

- 860-967-0496
- 203-941-6868
- Toll-Free-1-800-956-3294

**Natalie Gill -Social Services Worker-203-630-4273
Monday-Friday 8:00 am-4:30pm**

**Kathryn Longley Community Services Worker
203-630-4708**

Mon–Thurs-8:00 am-12:00 pm Friday-8:00 am-11:45 am

Meriden Animal Control-Saving Paws



If you are in need of pet food, please contact the Meriden Animal Control and they will schedule a time for you to come and pick it up. If you do not have transportation, they will arrange a time for an Officer or Saving Paws Member to drop food off to you. They are there 7 days a week and are in and out of the office from 8-4. Please call 203-235-4179 and always leave a message with your name, address and phone number. An officer will return your call at their earliest convenience. Or feel free to shoot them an email: adopt@savingpawsct.org As long as they have extra food to give out, they will continue to do so for any Meriden residents in need.

AUGUST IS LIKE THE SUNDAY OF SUMMER

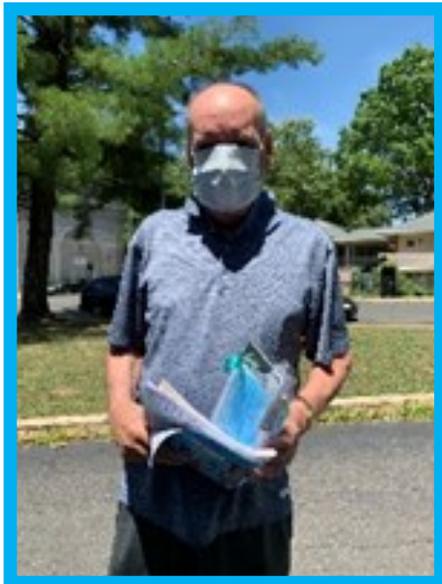
Online purchasing of food with SNAP benefits

SNAP enrollees are now able to use SNAP benefits available on their EBT debit-type card to purchase eligible food items online for delivery or curbside pickup at participating food retailers. Retailers approved for the initial launch of online SNAP purchasing are Amazon, including Amazon Pantry; Walmart stores and ShopRite stores. SNAP enrollees will be able to place food orders online by using the identifying numbers on their EBT cards and individually selected PIN. Please note that only SNAP benefits on EBT cards can be used for online purchases. At this time, cash assistance benefits on EBT cards cannot be used for any part of online shopping, including shipping, delivery or service fees

Happy Birthday!



*July birthday's sponsored by Juniper Home Care,
deliveries by our Recreation Coordinator
Liz Parra from the Meriden Senior Center*



Elderly Nutrition Program (203) 237-0066

The Meriden Senior Center is delivering meals during this Covid 19 Outbreak. A "Form 5" *must be filled out to receive the meals. Deliveries are on Mondays and Thursdays*

Senior Center members as well as non-members who are interested in having meal deliveries must be qualified. Please call the Meriden Senior Center. You must be home at time of delivery, there is no contact as we practice social distancing and a designated area is needed for drop off of meals.

We kindly accept weekly donations by check, made payable to:
LifeBridge Community Services
317 East St., New Haven, CT 06511.
A suggested \$3 donation PER MEAL NOT PER BOX is appreciated.

Meals on Wheels

LifeBridge Community Services
203-752-9919



Meals on Wheels delivers well-balanced, nutritious meals to those living in Meriden who are unable to prepare meals for themselves.

Renters Rebate

The City of Meriden is accepting applications for the State of Connecticut Renters' Rebate Program from April 1, 2020 until October 1, 2020.



Meriden Advisory on Aging

Does not meet the months of July and August. The next meeting is scheduled for September 4, 2020.

The Advisory Board on Aging was created by the Meriden City Council to advise and assist the Mayor and the City Council in identifying issues that affect Meriden's aging population. Monthly meetings are open to members of the Senior Center and the general public, and are held at the Senior Center, usually on the first Friday of each month at 9:00am (summer months excluded). Your input on senior issues will be welcomed. Call (203) 237-0066 for additional information or to confirm the next meeting date.

Wellness Calls

Senior Center Staff continue to make calls to senior center members to check in on them. If you are interested in being added to the well-call list, please call the Senior Center at 203-237-0066.



Center for Healthy Aging Continues with Services Throughout Pandemic

When the corona virus arrived in Connecticut, many businesses and even some health care offices closed their doors to customers. However, Hartford Health Care Center for Healthy Aging has continued to offer older adults and families access to vital services to enhance their quality of life.

Resource coordinators are providing virtual and telephonic assessments of needs and coordination to local community services and essential programs such as veterans' benefits. Dementia specialists are working remotely with families to determine the most appropriate level of care for their loved ones. Geriatric care managers (for hire) have been able to provide advocacy, visits to doctor's appointments and oversee in-home care among other roles.

To learn more about Hartford Health Care Center for Healthy Aging in the Meriden area, call Marc Levesque, resource coordinator, at 203.694.5721 or 1.877.424.4641 visit <http://hhccenterforhealthyaging.org>

***Meal deliveries on behalf of LifeBridge Community Services by the Meriden Senior Center
Program Assistant, Melba Leary,
Kitchen Staff, Marisol Pelletier,
Mini-bus Transportation Lisa Mesite & Noel Aube***

