

CONNECTIONS

Max E. Muravnick
Meriden Senior Center Newsletter
July 2020

The Meriden Senior Center continues to be closed until further notice. Please call us with questions and check our Facebook Page for updates. ([City of Meriden Health & Human Services Department](#)). We have adjusted our schedules and we continue to provide assistance and modified programs to the seniors of our community. All Renters' Rebate appointments are cancelled, but we will process applications through the mail. We will receive Farmer's Market Coupons, but not until mid to late July. We continue to provide senior transportation to medical appointments. We deliver meals to seniors who were participants of our elderly nutrition program. We also make well-calls to check in on many of our Senior Center members. The staff and I miss you all. Please give us a call about any of our programs.

2020 Census ONLINE!

Please complete the online version of the 2020 Census by visiting the website below: <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 July 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.

Firecracker Punch Video Tutorial

Thursday, July 2 at 1:00pm on Facebook

Learn how to make a Firecracker drink with Liz through this video tutorial.

Ingredients you will need:

2/3 cup red cinnamon candies

1 can (6oz) frozen lemonade concentrate-thawed

1/3 cup frozen orange juice concentrate-thawed

1 liter of ginger ale

Orange slices for garnish

**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.

**TEAMS Scavenger Hunt Game**

Thursday, July 23 from 10:00am-11:00am

Join Liz for a virtual scavenger hunt with a chance to win a prize.

Participants must download "Microsoft Teams" application to their smart device in order to play.

Please contact Liz for more information on how to join this game. **You must call to RSVP by Thursday, July 16.**

TEAM SCAVENGER HUNT

**Hartford Healthcare:****Understanding Parkinson's Webinar**

Hartford
HealthCare

Friday, July 10 at 11:00am

In this FREE webinar, join Sulada Kanchana, MD, Movement Disorders Neurologist to learn about the common symptoms of Parkinson's Disease, how Parkinson's Disease is diagnosed and a discussion on the latest treatment options. Plus Live Q&A with the expert. Sponsored by Chase Family Movement Disorders Center, Ayer Neuroscience Institute.

To register call 1.855.HHC.HERE/1.855.442.4373.

JULY BIRTHDAYS!

Thursday, July 16

This month's birthday gifts will be sponsored by: **Juniper Homecare**. Your birthday must be in July. Please sign up by Thursday, July 9 to be guaranteed a gift and call. **You must call to sign up.** Gifts will be delivered on July 16 starting at 12:30pm. Happy Birthday to all members who were born in July!

**Sun Catchers Craft TEAMS Meeting**

Tuesday, July 28 at 10:00am

Join Liz in a virtual craft hour to learn how to make sun catchers! Participants must download the "Microsoft Teams" application to their smart device in order to join this craft meeting. If you are interested in joining this craft meeting please RSVP with Liz Para by Thursday, July 16 in order to receive your craft kit. Craft kits will be available for curbside pickup on Monday, July 20. You must provide your own clear Elmer's glue for this craft.

Volunteer Appreciation Lunch Deliveries

Wednesday, August 26 beginning at 10:00am

Our Senior Volunteers make an outstanding difference each and every day! All seniors who have registered as volunteers in the last year will be presented with a special meal and gift delivered to their home. Find out who will be the "Volunteers Of The Year" by visiting our Facebook page. **Volunteers please call to RSVP by Wednesday, July 29 to be guaranteed a lunch and gift delivery on Wednesday, August 26.**

WE LOVE
OUR VOLUNTEERS

COVID 19-Meriden Community Resources

Current as of June 10, 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. Tues-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
- 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
 - End Hunger CT-EHC! SNAP Call Center Hours (English & Spanish -1-866-974-7627)

Groceries (Delivered)

- Amazon prime-online only, not currently taking new members <https://primenow.amazon.com/>
- 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
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
 - 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, 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

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

<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

4TH OF JULY WORD SEARCH

T M N W Q J E T A R B E L E C D Y
 I M T Q H H Y M Q R Q U D U E I A
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|-------------|-----------|--------------|-----------|--------|
| America | Fireworks | Independence | Red | United |
| Blue | Flag | July | Sparklers | White |
| Britain | Fourth | Liberty | Stars | |
| Celebrate | Freedom | Parade | Stripes | |
| Declaration | Holiday | Picnic | Summer | |

World Elder Abuse Awareness Day June 15





JULY 2020 SOCIAL SERVICES

Renters' Rebate Changes

We are currently closed to the public but are still processing Renters' Rebate applications via phone.

We still need the following documentation to process your application; you can get those documents by:

Dropping off your documentation in our drop box that, located at the front of the Meriden Senior Center

**-Mailing it to Meriden Senior Center,
22 West Main St. Meriden, CT 06451
Attn: Social Services**

-Emailing it to rentersrebate@meridentct.gov

-Faxing it to 203-235-7149

-Please include your phone number on your documents so we can contact you and do your application via phone

All documents sent must have your signature and date on all pages

If you have any questions please call
203-237-0066, 203-630-4708 or
203-630-4273

Documentation needed for Renters' Rebate

Applications for the Renter's Rebate program require the following **written** documents for *yourself and spouse:

- If you receive regular Social Security income - bring your **1099 form** from **2019**
- If you receive SSI - bring a **letter from Social Security**, which clearly states your **total 2019 income**.
To request this document - Call 1-800-772-1213
- If you are younger than 65 and you have a disability- you **MUST bring proof of disability** from the Social Security Administration.
- Proof of any other of **2019** income (pension, employment, interest, dividends, etc.)
- A copy of the **2019 Income Tax Return** signed and submitted to the IRS (if you filed one with the IRS).
- Proof of **all 2019 rent payments** (rent receipts for each month in 2019 signed by landlord or rent ledgers from housing complex)
- Proof of **all 2019** utility payments; i.e. electric, gas, oil, and water *full-year printout for **2019** of what was paid. (example-Eversource 2019 full year print out of payments paid)

Free Online Tax Preparation (last date to file is July 15th)

Through the fast and hard work of the CAHS teams and its volunteers, a new online tax preparation team has been assembled. They are working with people across Connecticut. The service, known as the Virtual Volunteer Income Tax Assistance (Virtual VITA) program is FREE and approved by the U.S. Internal Revenue Service (IRS). Gaining access to this program is simple. Just provide them with your name and email. Then they will email you the information you need to get started. Often, the process can be completed in just a few hours.

Here is the link:

<https://form.jotform.com/200715549679062>

Click on Start



Meriden Soup Kitchen

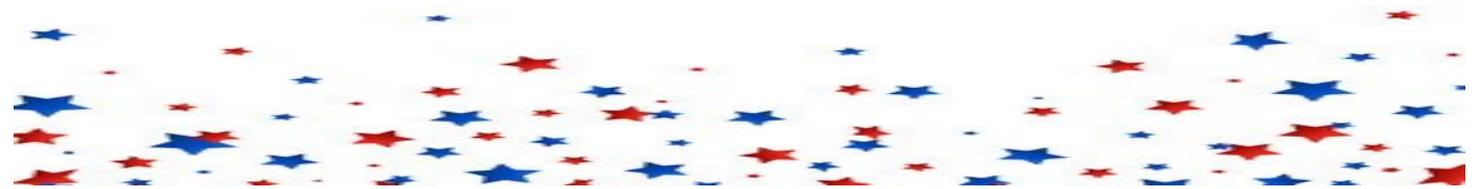
The Meriden Soup Kitchen located at 460 Broad St. has resumed operations. They are open Tuesday-Friday from 11am-12:30pm for curbside grab n' go meals.

**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

Antique Veterans - Memorial Day service at the American Legion Post 45 in Meriden



**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.**

THANK YOU

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.



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 Offers Call-in Caregivers Support Groups

Caregivers support groups provide emotional, educational and social support in a positive atmosphere for those who care for an older loved one, particularly those with dementia. For many years, Hartford HealthCare Center for Healthy Aging has offered monthly in-person support groups.

Until now. To observe safe social practices, the Center for Healthy Aging is hosting four call-in caregivers support groups each week on Mondays, 10 a.m.; Tuesdays, 3 p.m.; Wednesdays, 10 a.m.; and Fridays, 2 p.m. At the meeting time, participants can call 860.972.6338 and enter access code 19623#.

Callers do not need to have previously attended a caregivers support group. Confidential discussion and telephonic assessments can also be had one-on-one with a dementia professional outside of the online group. For information, visit <http://hhcenterforhealthyaging.org> or call 1.877.424.4641.

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

