

CONNECTIONS

Max E. Muravnick
Meriden Senior Center Newsletter
October 2020

Meriden Senior Center to Remain Closed for “In person programming,” Through at Least, December 31, 2020

The Meriden Senior Center, located at 22 West Main Street, will remain closed through December 31, 2020 due to COVID-19 pandemic.

Staff will continue to provide frozen congregate meal deliveries to eligible Senior Center members, in-town medical transportation, virtual, mailed, and delivered recreational programming, well-calls, and community services appointments by phone. They will also continue to collaborate with other senior providers in Meriden to offer additional services and outreach. If you are a senior in need of services, please call the Meriden Senior Center at 203-237-0066 between 8:30am and 4:00pm. Senior Center memberships are still being accepted by phone, and staff are collecting emails for continued communication.

Virtual Halloween Costume Contest

Photo Entry Deadline: Friday, October 9 by 4:00pm

Submit a picture of you in your Halloween costume to us for a chance to win a prize in the following categories: Funniest Costume, Most Creative & Scariest Costume. Deadline for photo entries is Friday, October 9, 2020 by 4:00pm. **If you need us to take a photo for you, please call Liz Parra for more details, 203-630-4703. Winners will be announced on Friday, October 30. Email photos to: Lparra@meridencct.gov**

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

Activities Update:



Please note that activities for the month 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.**

4 Frightful Halloween Drinks

Friday, October 2 at 1:00pm on Facebook



Please tune in on Facebook for a video tutorial on how to make Blood Punch, Ghost Shake, Zombie Juice and Franken-Goo. **Our Facebook page is: City of Meriden Health & Human Services Department.**



Making the Most of Your Tele-Medicine Visit — via Zoom

Wednesday, October 7 at 10:30am



During the COVID-19 era, telemedicine visits have been utilized in high demand due to physical distancing measures and expansion of insurance coverage. Learn more about the different types of virtual services, pros and cons, and tips for environment, technology, and preparation.

Zoom URL: <https://hartfordhealthcare.zoom.us/j/92140028153>

Presented by Lillian Swan, Transitional Care Nurse, Hartford HealthCare Center for Healthy Aging. *Sponsored by Hartford HealthCare Center for Healthy Aging and Meriden Senior Center.* **For more information call Hartford HealthCare Center for Healthy Aging, 1.877.4AGING1 (1.877.424.4641). To register, call 1.855.HHC.HERE/1.855.442.4373 or visit HartfordHealthCare.org/Events.**

OCTOBER BIRTHDAYS!

Thursday, October 15



This month's birthday gifts will be sponsored by: **Skyview Rehab & Nursing**. Your birthday must be in October. Please sign up by Thursday, October 8 to be guaranteed a gift. **You must call to sign up**. Gifts will be dropped off in the afternoon on October 15. Happy Birthday to all members who were born in October!

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.

Spooky Crystal Ball Candlesticks Craft

Friday, October 16



Learn how to make a spooky crystal ball candlestick craft by receiving this month's craft kit. Craft kits will be ready for pick up or delivery on Friday, October 16. Kits will include the following items: instructions, candleholder, cotton balls, plastic spiders, glow stick and a fillable plastic ball. You must supply your own black paint, paint brush and glue (all Dollar Store items). **Please RSVP with Liz by October 8 in order to receive your supplies for this craft. Don't forget to email us a picture of your completed craft at: Lparra@meridencct.gov.**

October Virtual Bingo — Microsoft TEAMS

Thursday, October 29 from 12:30pm-2:30pm



We invite our members to join us for a virtual Bingo game with snacks, prizes and more! Please RSVP with Liz by October 8 in order to get the TEAMS link emailed to you. Bingo Kits will be ready for pick up or delivery on October 16. Bingo Kits will include 2 Bingo cards and 50 magnetic bingo chips. You must have an email address already setup with your device in order to receive this link to the game.



Special Thanks

Thank you to the Meriden Public Library for sponsoring last month's Grandparent's Day Kits for our members who received lunch deliveries!



Special Thanks

Thank you to all of our participants and sponsors for our Alzheimer's Awareness Car Parade last month: Meriden Parks & Recreation, Meriden Public Library, Ball Headz, Inc., Meriden Police Department, Meriden Fire Department, Skyview Rehab & Nursing, Downtown Coffee Shop, Knights of Columbus, The Village at Kensington Place, and Anthem Blue Cross & Blue Shield. Pictures of this car parade can be found on our Facebook page and will be included in November's newsletter. **Facebook page: City of Meriden Health & Human Services Department.**



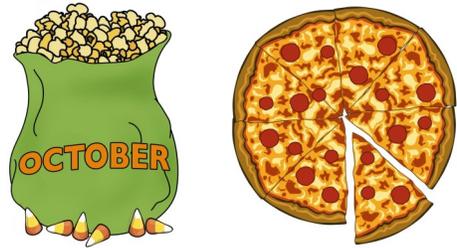
Respite Relief for Family Caregivers

The Agency on Aging of South Central Connecticut is in receipt of funds through the CARES Act to provide respite relief for family caregivers. If you are aware of people in your community who are family caregivers and could benefit from receiving some in-home services to help them provide care, please refer them to our office.



Please call 203-785-8533, select option 3 and ask for 'help for caregivers'. In addition to having funds to pay for homemakers and aides, we also have funding to purchase items they may need such as incontinence products, dietary supplements, ramps, and technology.

October is Popcorn, Pizza and Candy Corn Month!



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 **Farmer's Market Coupons**. We are distributing the coupons by mailing them to eligible seniors on a first come, first serve basis, while supplies last.

Friendship Tours & Post Road Stages

All day trips for the remainder of 2020 have been cancelled. If you have any questions about refunds please call Liz Parra for more information: 203-630-4703.

For those who still want the day trip from the comfort of your home please visit the Friendship Tour website and click on the "More Than Tours": <https://www.friendshiptours.net/>

More Than Tours is here to offer you access to new video links, webinar links, highlights of virtual tours, announcements, articles, and so much more.

**City of Meriden
Health and Human Services Department
Meriden Senior Center
22 West Main Street, Meriden, CT 06451
Open Monday-Friday, 8:30am—4:00pm**

Staff

Rick Liegl, Senior Affairs Administrator	203-630-4701
Keira Merrill, Front Office	203-237-0066
Liz Parra, Recreation Coordinator	203-630-4703
Melba Leary, Program Assistant	203-630-4707
Kitchen/Dining Room	203-630-4704
Ruth Kusek, Mini-Bus Transportation	203-237-3338
Natalie Gill, Social Services	203-630-4273
Allan Church, Meriden Transit	203-630-4706
Kathryn Longley, Community Services	203-630-4708
Conference Room	860-223-8412
Senior Center Fax	203-235-7149

Mini Bus: Noel Aube, Lisa Mesite, Tanya Vega
Kitchen Staff: Melba Leary, Marisol Pelletier

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 glowfoodwafd@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



COSTUME *Contest!*

SUBMIT A PICTURE OF YOU IN YOUR HALLOWEEN COSTUME TO US FOR A CHANCE TO WIN A PRIZE IN THE CATEGORIES: FUNNIEST COSTUME, MOST CREATIVE & SCARIEST COSTUME. THIS CONTEST IS FOR THE MEMBERS OF THE MERIDEN SENIOR CENTER ONLY.

Deadline for photo entries is Friday, October 9, 2020. If you need us to take a photo for you, please call Liz Parra for more details: 203-630-4703. Winners will be announced on Friday, October 30. Submit photos to: Lparra@meridencn.gov

**LIZ PARRA, RECREATION COORDINATOR
MERIDEN SENIOR CENTER
22 WEST MAIN STREET, MERIDEN, CT 06451
203-237-0066**

Thank You

**Volunteer Appreciation
August 26, 2020**

Thank You





October 2020 Social Services



Renters' Rebate Program Extension Request

You have until December 15th to request an extension of time to file your renters rebate with a doctor's letter indicating that you were under their care. If you are interesting please contact us for more information.

Renters' Rebate Checks

The Renters' Rebate checks will be mailed out sometime at the end of October for those who applied.

Open Enrollment for Medicare Advantage and Medicare Prescription Drug Coverage is from October 15th-December 7th

Please contact us if you are interested in changing your plan or looking at other options.

Double Dollars

There are still Double Dollars left, where you can present your senior center Farmers Market coupons and receive \$6 in extra coupons to spend at any famers tables and purchase fresh bread and honey as well. Look for the Doubling Dollars table!

Don't forget October 17th is the last day to use your Farmers Market coupons



Are your heating costs more than you can afford?

You may qualify for energy assistance!

New Opportunities will be scheduling phone appointments for energy assistance. Call the appointment line at: 203-235-0278

**Saturdays from 8:30 am - 12:00pm
July 11 - October 17, 2020
RAIN OR SHINE
Mill Street**

AT THE MERIDEN GREEN

Fresh Produce - In a Safe Environment*
Our Doubling Dollars Program is Back!

**Face masks and social distancing are required per State of CT guidelines*

We accept SNAP/EBT, FMNP coupons, cash & debit
www.meridenfarmersmarket.org

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

**Kathryn Longley Community Services Worker
203-630-4708
Monday-Friday 8:00 am-3:30 pm**

Naugatuck Housing Authority

Opening of Waiting List The Naugatuck Housing Authority will be opening the waiting list for the George B. Lewis Elderly Housing from August 17, 2020 to October 30, 2020. Applicants must be age 62 or older to apply. Maximum household gross income may not exceed \$54,950 for single persons, \$62,800 for 2-person households. Applications will be available for pickup at: Naugatuck Housing Authority 16 Ida Street Naugatuck, CT 06770 or Call (203)729-8214 Ext. 110 to request an application via mail. The Naugatuck Housing Authority Does Not Discriminate - This is an equal Housing Program Serving The People Since 1948

Thank You

**Volunteer Appreciation
August 26, 2020**

Thank You



Volunteers of the Year 2020



Thank you

Volunteer Appreciation August 26, 2020

Thank you

