

CONNECTIONS

Max E. Muravnick
Meriden Senior Center Newsletter
September 2020

Meriden Senior Center to Remain Closed to “In person programming,” Through 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.

Alzheimer’s Awareness Car Parade Wednesday, September 23

In place of our annual Alzheimer’s Awareness event we will be driving through the city in our purple to help raise awareness of the Alzheimer’s disease. Our route will begin at 10:00am at Hubbard Park and go through the neighborhoods of the members of the Meriden Senior Center that receive weekly lunch deliveries with the last stop being the Meriden Green around 12:00pm. You are more than welcome to bring a lawn chair and watch our parade at the designated park locations but please be respectful of COVID-19 social distancing rules and regulations. *For the safety of yourself and others please do not approach any of the vehicles.*

Check donations for the Connecticut Chapter of the Alzheimer’s Association can be made out to: Alzheimer’s Association Connecticut Chapter, 200 Executive Blvd, Suite 4B, Southington, CT 06489

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

Activities Update:

Please note that activities for the month of September 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.**

**Lavender Lemonade Drink****Video Tutorial on Facebook****Wednesday, September 2 at 1:00pm**

Please tune in on Facebook for a video tutorial on how to make this month's special drink using honey, dried lavender, lemon juice, lemon slices, sugar and water.

Our Facebook page is: City of Meriden Health & Human Services Department.

**Healthy Brain Series Webinar****Tuesdays, Sept 8, 15, & 22 at 10:30am**

This three-part series will offer trips to keep your brain sharp and activities to challenge the mind, all while having fun. Participants are encouraged to attend all sessions. Each of the 5 sessions will cover the following topics:



- Session 1: Challenge your mind daily — Activities to keep your mind sharp
- Session 2: Feeding the brain — the importance of diet and hydration
- Session 3: Benefits of a purposeful life: Finding meaningful engagement as you age

Presented by Michelle Wyman, CDP, Hartford HealthCare Center for Healthy Aging. *Sponsored by Hartford HealthCare Center for Healthy Aging.* **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 go online to HartfordHealthCare.org/Webinars.**

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.

**Grandparents Day Virtual Bingo Game — Microsoft TEAMS****Thursday, Sept 10 from 12:30pm-2:30pm**

In honor of Grandparent's Day, we invite our members to join us for a virtual Bingo game with snacks, prizes and more! Please sign up in the front office. **Please RSVP with Liz by September 4 in order to get the TEAMS link emailed to you. Bingo kits will be ready for pick up or delivery on September 8. Bingo kits will include 2 Bingo cards and 50 magnetic bingo chips. You must have the Microsoft TEAMS application already downloaded to your device in order to join this virtual bingo game.**

**Falling Leaves Luminary Craft Kit****Wednesday, September 16**

Learn how to make a luminary autumn craft by receiving this month's craft kit. Craft kits will be ready for pick up or delivery on Wednesday, September 16. Kits will include the following items: instructions, 4 oz. Mason jar, tissue paper, paint brush, LED tea light, and leaf patterns. You must supply your own Mod Podge, scissors, and stapler (all Dollar Store items). **Please RSVP with Liz by September 11 in order to receive your supplies for this craft. Don't forget to email us a picture of your completed craft at: Lparra@meridencnt.gov**

**SEPTEMBER BIRTHDAYS!****Thursday, September 17**

This month's birthday gifts will be sponsored by: **Meriden Makeovers**. Your birthday must be in September. Please sign up by Thursday, September 10 to be guaranteed a gift. **You must call to sign up.** Gifts will be dropped off in the afternoon on September 17. Happy Birthday to all members who were born in September!



Great Job Trudy on Your Popsicle Stick Craft Last Month!



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. **Deadline to complete: September 30, 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 **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.

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.

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.

Celebrate National Senior Center Month with Us!

Please call Liz Parra by September 4th to be entered in a raffle in honor of National Senior Center Month. There will only be 5 winners, one for each week in September. Drawing every Friday morning, prize delivery every Friday afternoon.



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
 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



Word Search

W	U	U	O	H	N	S	Y	A	D	I	L	O	H	Z
S	I	J	I	L	Y	P	P	H	S	O	C	T	L	X
D	E	M	W	E	E	K	E	N	D	U	G	E	I	S
E	T	P	S	I	J	I	L	S	Y	A	D	N	O	M
C	V	K	T	R	M	W	U	U	O	H	N	S	Y	G
F	Q	L	E	E	N	S	I	M	I	L	Y	P	U	H
N	A	O	C	V	M	D	R	M	W	U	U	O	N	S
A	Z	I	F	Q	L	B	T	E	S	I	A	I	A	R
T	X	U	K	R	O	W	E	R	D	Y	D	W	C	E
I	S	Y	M	Z	I	F	Q	R	E	T	A	S	I	R
O	C	T	R	A	V	E	L	O	C	V	K	D	R	O
N	G	E	I	S	D	M	Z	G	N	O	L	E	E	B
A	H	R	O	A	T	L	X	U	K	A	O	F	M	A
L	N	S	Y	G	N	I	D	N	E	Z	I	F	A	L
L	Y	P	P	H	R	O	C	T	L	A	B	O	R	P

See how many of these newspaper related words you can find in the puzzle.
The words can be forward, backward or diagonal.

Created by Sue Lindlauf
Grand Forks Herald 2012

- | | | | |
|--------------|------------|--------------|--------------|
| 1. LABOR | 5. WORK | 9. SUMMER | 13. AMERICAN |
| 2. DAY | 6. LONG | 10. NATIONAL | 14. MONDAY |
| 3. HOLIDAY | 7. WEEKEND | 11. USA | 15. DAY |
| 4. SEPTEMBER | 8. ENDING | 12. TRAVEL | 16. OFF |



THE MERIDEN SENIOR CENTER

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@meridenct.gov

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

**Happy
National
Senior
Center Month**

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-1:00 pm

September 2020 Social Services

For Homeowners and Renters affected by COVID-19

State of CT Temporary
Mortgage Assistance
Program (T-MAP)
1-860-785-3111

State of CT Temporary Rental
Assistance Program (TRHAP)
1-860-785-3111



Renters' Rebate Program

**This is the last month to apply, as
program ends on October 1st**

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 is 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@meridenct.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

Sign up for Medicare Part B Online, by Fax or Mail

For many people, signing up for Medicare Part B doesn't require you to leave the comfort of home. Please visit our [Medicare Part B webpage](#) if:

1. You are **already enrolled in Medicare Part A.**
2. You would like to enroll in Part B during the Special Enrollment Period.

You can complete form [CMS-40B](#) (*Application for Enrollment in Medicare – Part B [Medical Insurance]*) and [CMS-L564](#) (*Request for Employment Information*) online.

You can also fax the [CMS-40B](#) and [CMS-L564](#) to 1-833-914-2016; or return forms by mail to your [local Social Security office](#). Please contact Social Security at 1-800-772-1213 (TTY 1-800-325-0778) if you have any questions

STAY AHEAD OF WINTER!

CALL New Opportunities to schedule your ENERGY ASSISTANCE appointment starting August 1st.

CALL THE APPOINTMENT LINE AT:

203-235-0278

In an effort to stop the spread of COVID-19
New Opportunities of Greater Meriden will be scheduling PHONE appointments for Energy Assistance.

Alzheimer's Awareness Event on the Meriden Green: September 30, 2019



Grandparent's Day Photo Booth September 5, 2019

