



City of West Haven

SENIOR HIGHLIGHTS



Dept. of Elderly Services
203-937-3507

Allingtown Senior Center
203-937-3509

Adult Day Center
203-937-3658

West Haven Senior Center
203-937-3507



&

June



Senior Center Update

I hope this Newsletter finds you well. In a very short period of time and without much prior notice our world has been turned upside down. Things happened so quickly we didn't even get to say goodbye to each other.

Senior Centers are in the Socialization Business, that's what we do! We bring people together to hopefully make them happier and improve their quality of life through many different programs and activities. The question now is: how do we do this and still keep everyone safe and healthy. There is no question that things are going to be a little different for a while. Everyone is trying to figure out what those differences will be. We will figure it out, we will make mistakes (hopefully not serious ones) and learn better ways to do things.

The longer this crisis goes on the more difficult it is for some. Emotions ride a roller coaster day after day and the isolation and fear are difficult for many. It all seems surreal at times. The older generation is being hit from both directions. Older adults are more at risk if they are exposed to the virus and we all know that isolation and aging are a very unhealthy combination. The good news is that the longer you live the better your coping skills become. Think back in your lives and look at all the difficult times and crisis that you have survived. When you are experiencing them you just don't know how you are going to get through it, but you did. Focus on those strengths and take the power to know that you will survive this as well.

If you need help please don't hesitate to reach out to us. Many people are offering to volunteer and help. On the following pages we have listed some of those resources that are available to you.

We thank you for the sacrifices you are making to keep yourself and your community safe. We Miss You All!!

Stay safe and healthy,

Sharon Mancini, Elderly Services Director

Staff Update

The Staff continues to work and we are reaching out to as many of you by phone as we can . We are physically working out of offices at City Hall and can be reached Monday through Thursday from 8:30 to 4:30. There are numerous ways to reach us:

Cell Phone: **203-627-1382** (Sharon)

Phones at City Hall: **203-937-3635** (Donna & Sharon) Or **203-937-3660** (Jim)

You can email us as well at:

smancini@westhaven-ct.gov

dmaclennan@westhaven-ct.gov

If you do have email I would like you to email us so that we can start to put together a data base of your email addresses.

The following are some of the resources that are available to you.

Food Resources:

A Special Thank you to Tom McCarthy, Commissioner of Public Works and his public works crew for delivering food to many of you.

LifeBridge: 5 frozen meals delivered once per week on Thursdays. You must be registered for this and we can do that for you on the phone.

Free Grocery Distribution: This is food from a partnership with Vertical Church, the Ct. Food Bank and West Haven Public Works. Groceries are delivered on Saturdays. We are currently doing once every 2 weeks. If you need something more often or if you have an emergency something can be worked out. We do not usually know the specifics of what they will be delivering.

Agency on Aging: They can connect you with a volunteer that would shop for you and provide \$100.00 worth of free groceries as well as personal hygiene items. There is an income limit for this service which is: **Single: \$1,595 month or Married: \$2,155 month.** There is an intake form which we can complete online for you.

Counseling Resources

Ms. Dakis: A licensed Therapist is volunteering her time to provide a 15 minute call once per week to Seniors who feel the need to discuss what they are feeling. We would provide your information to her for those that are interested.

Yale School of Medicine: Offering a free Virtual Support Group to Seniors in the Greater New Haven area to connect with peers during this Covid-19 crisis. Sessions can be accessed via smart phone, tablet, or computer and meet on Thursdays from 12:30-1:15p.m. starting May 14th. Please contact us for more information.

Activity Resources

Anthem Blue Cross/Blue Shield: Face Mask Project: for those that sew, Anthem will provide you with the materials that you need and that would be mailed to you. The masks that are completed would be for other Seniors. (there is a big need)

Anthem Blue Cross/Blue Shield: Crafting Contest. See separate flyer!

Fun activities: **Donna Maclennan** has put together a packet of word searches and other miscellaneous fun activities . She will put these in the mail for anyone who is interested.

We hope you take advantage of some of the resources that are available to you. All you have to do is call or email us and we will make the necessary arrangements.

Updates!!

Income Tax Preparation:

Phil DiCaprio and his team have come up with a "No Contact Prep Option". To take advantage of this you must have the following:

1. You must have had your taxes done at the Sr. Center last year (this puts you in the system already)
2. You must have a **computer**, an **e-mail address** and a **phone**.
3. You must be able to communicate information from your tax forms to the tax preparer.

If you have all of the above then you must send an e-mail to: "**covid19taxprep@gmail.com**" and ask to be contacted by a tax preparer. You must include your phone number in the e-mail.

The tax preparer will then contact you and set up an appointment to actually do the return over the phone. During that appointment the preparer will ask questions and you must supply the answers based on your tax forms. After a quality review they will attach your return in an e-mail to you for your review. If you agree with the return you would then send an email to the preparer stating that you agree with the return and would like them to e-file it.

Unfortunately, approximately 160 people lost their tax appointments when we closed. It is unknown at this time when or if we can open up to provide this service even though the tax deadline has been moved to July 15th.

We hope that many people can take advantage of the above phone system. If you can not I would encourage to look somewhere else to get your taxes completed. We will continue to keep you updated if things change or if they modify the system at a later date, if you do not have a computer.

Trips

Newport Playhouse Trip: May 19, 2020

Westchester Broadway Theatre: July 22, 2020

Both venues have postponed these events and have not given us any dates to reschedule.

In view of this we will be refunding money to anyone who has already paid for these trips. If and when they are rescheduled we will just re-register people at that time.

Tax Relief Program

State Homeowners Elderly/Disabled Tax Relief Program and City of West Haven Local Freeze Program:

Do to the Covid 19 crisis you **do not** have to re-apply for these programs this year.

If you are on the **State Program** you are automatically approved for 2 Years. You do not have to reapply until the Spring of 2022.

If you are on the **Local Freeze Program** you are automatically approved this year. You will receive a reminder letter next year to re-apply.

APPLE REHAB

WEST HAVEN'S CHOICE FOR
SHORT-TERM REHABILITATION
LONG TERM CARE

- Beautiful Renovated Private Rooms
- Rooms include Flat Screen TV/Phone
- Many Rooms include Private Baths
- Expansive Rehabilitation Gyms
- 35 Private Suites
- Electric Beds
- Fine Dining
- Free Wifi



308 SAVIN AVENUE, WEST HAVEN CT 06516 • 203-923-6411 • APPLE-REHAB.COM

Health Department Update on Covid-19

Maureen Lillis, Director of Public Health

Connecticut is seeing a continued decline in hospitalizations from COVID-19. This is very encouraging and most likely means that we are approaching the coronavirus peak. Governor Lamont is looking at slowly re-opening some businesses. The reopening process will be done in phases and very carefully, so that we do not see a spike in infections.

While this is certainly welcome news, we must continue to practice social distancing. Despite the positive trends, the coronavirus is not going to disappear. Until we have a vaccine or a treatment, we will continue to experience a new normal. Now is not the time to change our course.

As always, to help prevent the spread of COVID-19, everyone should:

- Clean your hands often, either with soap and water for 20 seconds or use a hand sanitizer that contains at least 60% alcohol.
- Avoid close contact with people who are sick and stay home as much as possible.
- Put distance between yourself and other people (at least 6 feet)
- Cover your mouth and nose with a cloth face cover when around others.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash
- Clean and disinfect frequently touched objects and surfaces daily.

Should you have any questions or concerns, please do not hesitate to call us at the Health Department at 203-937-3660 or email at covid19@westhaven-ct.gov

Please Be Safe!

Memorial Day Parade—Cancelled Fireworks—Cancelled

PORTO FUNERAL HOMES

830 Jones Hill Road, West Haven

203-934-5000

Offering assistance with *PRE-planning and PRE-financing*
BURIALS ~ CREMATION

Directors: Anne Marie Porto DeLucia • Clement L. DeLucia • Albert M. DeLucia

234 Foxon Road (Rt. 80), East Haven

203-467-3000

Thrive Locally

FREE!
Savings Include an American Standard Right Height Toilet FREE! (\$500 Value)

American Standard
Walk-In Tubs

WALK-IN BATHTUB SALE! SAVE \$1,500

- ✓ Backed by American Standard's 140 years of experience
- ✓ Ultra low entry for easy entering & exiting
- ✓ Patented Quick Drain® Technology
- ✓ Lifetime Warranty on the bath AND installation, INCLUDING labor backed by American Standard
- ✓ 44 Hydrotherapy jets for an invigorating massage

Limited Time Offer! Call Today!
844-889-2321
Or visit: www.walkintubinfo.com/safety

AS SEEN ON TV

4LPi

WE'RE HIRING AD SALES EXECUTIVES

Join our team

- Full Time Position with Benefits
- Sales Experience Preferred
- Paid Training
- Overnight Travel Required
- Expense Reimbursement

CONTACT US AT: careers@4LPi.com
www.4LPi.com/careers

➤ Reach the Senior Market

ADVERTISE HERE

CONTACT

Kathy Buck to place an ad today!
kbuck@lpiseniors.com or (800) 477-4574 x6346