



Max E. Muravnick
Meriden Senior Center

22 West Main Street
 Meriden, CT 06451
 203-237-0066

www.meridenct.gov (click on Senior Services)

April 2017



Visit the Meriden Senior Center online at: Facebook: City of Meriden Health Dept

**Lunch & Learn: Recognizing Elder Abuse:
 What You Need to Know to Protect Yourself**

Wednesday, April 5 from 11:30am to 12:30pm

The Meriden Health Department in Collaboration with the UCONN Master of Public Health Students are holding a Lunch & Learn in the meeting room across from the main office. Space is limited. Please sign up at the front office.

Volunteer Appreciation Lunch

**Wednesday, April 26
 from 10:00am-12:15pm**



Join us to celebrate **National Volunteer Week!!!!!!** Our Senior Volunteers make an outstanding difference each and every day! Please come help us celebrate our appreciation. All seniors who have

volunteered in the last year will be invited. Find out who will be the volunteers of the year. Don't forget to log all your volunteer hours in order to be recognized each year. Volunteers will receive a special gift and a lunch. Non volunteers will enjoy the regular hot lunch meal. Enjoy musical entertainer Pierce Campbell.

Volunteers please RSVP in the front office by Wednesday, April 19th.

Senior Center Open House

Friday, April 7

From 10:30am-12:30pm



The Senior Advisory Board is proud to co-sponsor our 4th Annual Senior Center Open House. Please attend to learn about all the amazing programs the Senior Center

has to offer. Enjoy a free Continental Breakfast, and luncheon complete with entertainment by Kate Stone. Also all are welcome to participate in a FREE raffle drawing, blood pressure screening, and bingo!!! Did someone say **"Free Bingo???"SPECIAL THANK YOU TO OUR WONDERFUL SPONSORS:**

Special Raffle baskets Donated by: **At Home Cutting, and Apple Rehab Cocomo.**

Renters' Rebate

The City of Meriden will start accepting applications for the State of Connecticut Renters' Rebate Program from April 3rd until September 29th. This program is for Connecticut Renters who are elderly or totally disabled, and whose income does not exceed certain limits, income has to be under \$35,200 for a single person and under \$45,900 for a married couple. Person renting an apartment or room, or living in cooperative housing or mobile homes may be eligible for this program. Recipient or spouse must be 65 years of age or older, or be 50 years of age or older and the surviving spouse of a renter who at the time of the renter's death had qualified and was entitled to tax relief provided such spouse was domiciled with such renter at the time of the renters' death, or 18 years of age or older and eligible to receive Social Security Disability benefits. Must meet a one year state residency requirement. Rebates may be up to \$900 for married couples or \$700 for single persons depending on income and expenses. Appointments must be made by calling the Meriden Senior Center, between April and September at 203-237-0066 or 203-639-1746.

Spring into Health with Southern Connecticut State University Nursing Department Free

Health Screening Day

Wednesday, April 12

from 9:30am—12:30pm



Join the nurses in the main floor meeting room for FREE blood pressure screening, chair exercises, nutritional advice and a fall prevention program. Learn about the importance of hydration, weather safety tips, medication adherence, including raffle prizes.

6th Annual

Josephine E. Bradley Spelling Bee

Tuesday, April 25 from 11:30am-1:15pm

Students from Washington and Lincoln Middle Schools will be paired with seniors in this fun educational event! Please sign-up in the front office to be part of a team for our Intergenerational Spelling Bee!

**Lunch and Learn AT Westfield Care & Rehab Center: Pain Management....
 Going Beyond the Pills**

Thursday, April 27 from 11:15am-12:15pm

Join Kathy for a minibus trip to Westfield Care & Rehab for lunch and a presentation. These days it seems that our aches and pains are being managed with some type of medication, like Tylenol, ibuprofen, or pain pills. Learn how Westfield Care & Rehab are introducing pain management techniques without medications for acute and sub-acute diagnosis such as sprains, strains, muscle spasms, osteoarthritis, total knee replacements, total hip replacements, lower back pain using deep heat modalities, and electrical stimulation. Bus leaving the center at 11:00am.



Stay in shape with us!



Senior Center members are welcome to join our **free** exercise programs!

Aerobics	Mondays, Wednesdays and Fridays 11:00am	Lower Level	Please bring an extra pair of dry sneakers for exercise classes during rainy weather.
Sit Down and Tone Up	Mondays 10:30am, Thursdays 10:00am	Lower Level	
Strength and Tone	Mondays 12:00pm, Thursdays 12:30pm	Lower Level	
Tai Chi/Chi Gong	Tuesdays, Thursdays 1:30pm	Lower Level	
Weight Training	Tuesdays 11:00am	Lower Level	
Arthritis Exercise	Tuesdays 12:30pm	Lower Level	
Latin Rhythm Exercise	Thursdays 11:00am	Lower Level	
Yoga	Fridays 10:00am	Matt Dominello Community Room	

Weekly Classes

Art Class	Mondays, Wednesdays, Thursdays 9:30am	Lower Level
Ceramics	Tuesdays, Thursday s 12:30pm	Lower Level
Knitting/Crochet	Thursdays 12:30pm	First Floor Meeting Room
Sewing & Quilting	Mondays 9:30am	First Floor Meeting Room
Woodworking Club	Tuesdays, Fridays 9:00am	Lower Level

Gentle Hatha Yoga

Fridays, 10:00am-11:00am

This class will include chair poses and gentle standing positions to improve balance, strength, and flexibility. We will also include mind/body practices to reduce stress and improve focus. All are welcome, this is yoga for every body.

Arthritis Exercise

Tuesdays, 12:30pm-1:30pm

Our instructor, Marcia Henehan leads this popular class consisting of exercises for total body muscle strengthening and joint flexibility with special focus on the lower limbs. FREE for Meriden Seniors over 55.

We are updating our membership files. Please stop by the front office to confirm your information. If you signed up BEFORE January 1, 2015 you may need to fill out a new member registration form. This is to ensure that all of our files have correct member and emergency contact information .



A TRIBUTE TO SINATRA
Wednesday, May 24 at 11am

The Young At Heart Ensemble proudly presents "A TRIBUTE TO SINATRA". This musical event will give a brief history of Sinatra through music, highlighting some of the songs made popular by Francis Albert Sinatra. The Mayor of Meriden, Kevin Scarpatti will make a cameo appearance singing some of his favorite "ole blue eyes" songs in this musical extravaganza!

THANK YOU!
THE MARDI GRAS PARTY WAS A SUCCESS BECAUSE OF YOU!

The Curtis Home, Regancy House, Utopia Homecare Westfield Care & Rehab, Global Care, Ester Micholowski and Noel Aube.

Meriden Senior Center
22-26 West Main Street, Meriden, CT 06451
We are open Monday-Friday, 8:30am—4:00pm

Rick Liegl, Senior Affairs Administrator	203-237-0066
Kathy Matula, Recreation Coordinator	203-237-0066
Front Office Main Number	203-237-0066
Becky Racine, Transportation	203-237-3338
Natalie Gill, Social Services	203-630-4273
Melissa Moran, Program Assistant	203-235-8052
Allen Church, Meriden Transit	203-235-6851
Renter's Rebate Office	203-639-1746
5th District Congressional Office	860-223-8412

Staff

Mini Bus: Noel Aube, Ruth Kusek, Cathy Lorenzo,
Tom O'Malley, Richard Walker
Kitchen: Veeani Sotomayor



Mini Bus Trips

There will be 1 bus available or you can drive yourself. Please stop in or call the Front Office at 203-237-0066 beginning March 1st to sign up. 10:00am for walk in and 11:00am for phone in registration.

Lunch Trip:

Smashburger Wallingford
Tuesday, April 4th at 10:45am

Stew Leonard's
Thursday, April 13th at 9:45am
Easter meal shopping! What better place to shop than the "Disneyland of Dairy Stores". Farm fresh foods at a great value, as well as an entertaining shopping experience.



Red Lobster North Haven
Tuesday, April 18th at 10:45am

How Can I Sign Up...?

Trip, mini-Bus, and event signups start the first working day of each month. Walk-ins need to get a numbered ticket at the front desk upon arrival to the Senior Center. Numbers will be called sharply at 10:00am in numerical order: **You must be present at 10:00am with your number to sign up. If your number is called you have 5 minutes before you are bypassed, and the next number is called.** If a trip is booked up before your number is called, you will be put on the waiting list in numerical order.



Meriden Senior Transportation Reminders

Reservations must be made by 12:30pm the previous day by calling **Becky** or stopping by the **Mini-Bus Office**. The dispatcher needs accurate locations for your pick up and drop off. The drivers cannot make alternate stops, only the destination you signed up for. If you have a second person accompanying you on your trip you must inform the dispatcher when you register for the trip.



Senior Center Mini-Bus Transportation Program
(203) 237-3338

Rides are available for Meriden residents aged 55 and over and for people with disabilities under age 55. Applications for passengers are available in the Mini-Bus Office.

We provide rides to go shopping, to the bank, pharmacy, hair salon, convalescent home visiting and to and from the Senior Center. To make a reservation, please call by 12:30pm the day before your ride.

Due to full rider demand, if your ride is not pre-scheduled there will be no additional scheduling for that day. Only trips on the schedule will be made; we cannot bring you anywhere other than your scheduled appointment. If you need to cancel your reservation please call the Dispatcher beginning at 8:00am.

Please schedule medical trips at least five (5) days in advance. Only 1 medical appointment can be scheduled per day. Rides are free; funds come from City of Meriden, the Connecticut DOT and the Agency on Aging of South Central CT. Donations are gratefully accepted.

Please see the calendar for scheduled shopping trips through the Mini-Bus program. Please note that there is a 2 bag limit for shopping trips.

Friday Shopping leaves from the Senior Center; all other shopping is from your home.

Shopping Trips Time Limits. Please adhere to these time limits in courtesy of everyone.

- ShopRite - Tuesday 4/4, 4/18
- Big Y - Tuesday 4/11, 4/25,
- Save-A-Lot or Stop and Shop- Thursday - 4/6, 4/13, 4/20, 4/27
- Walmart - Fridays - 4/7, 4/21
- Job Lot Friday- 4/28

LEAVE THE DRIVING TO US!

DAY TRIPS WITH THE MERIDEN SENIOR CENTER!

- All You Can Eat Lobster & Comedy Show
The Delaney House - Holyoke, MA - July 12, 2017 - \$96pp
- The Corvettes Band
Aqua Turf in Plantsville - June 15, 2017 - \$55.00pp (self drive)
- Block Island
August 2, 2017 - \$90.00pp
- The Turkey Train Winnepesaukee Railroad
Sept 28, 2017 - \$96.00pp

*Sign up at the front desk. Sign up is available as soon as the trip is advertised. Space is limited.

MONDAY	TUESDAY	WEDNESDAY
<p>9:30 Art 9:30 Sewing & Quilting 10:15 Family Feud Utopia Home Care 10:30 Sit Down & Tone Up 11:00 Aerobics 12:00 Strength & Tone 12:30 Bingo</p> <p>Lunch: Roast Chicken</p> <p style="text-align: right;">3</p>	<p>8:30 Mini Bus Shopping: Shop Rite 9:00 Woodworking Club 10:30 Young at Heart Ensemble 10:45 Smash Burger 11:00 Weight Training 12:30 Ceramics 12:30 Arthritis & Fall Prevention Exercise 1:30 Tai Chi Gong</p> <p>Lunch: Beef Stew</p> <p style="text-align: right;">4</p>	<p>9:00—1:30 Tax Assistance 9:30 Art Class 10:15 Wii Bowling 11:00 Aerobics 11:30 Lunch & Learn: Recognizing Elder Abuse 12:30 Bingo</p> <p>Lunch: Breaded fish</p> 
<p>9:30 Art 9:30 Sewing & Quilting 10:30 Sit Down & Tone Up 11:00 Aerobics 12:00 Strength & Tone 12:30 Bingo</p> <p>Lunch: Swedish Meatballs</p> <p style="text-align: right;">10</p>	<p>8:30 Mini Bus Shopping: Big Y 9:00 Woodworking Club 10:45 Young at Heart Ensemble 11:00 Weight Training 12:30 Ceramics 12:30 Arthritis & Fall Prevention Exercise 1:30 Tai Chi Gong</p> <p>Lunch: Roast pork</p> <p style="text-align: right;">11</p>	<p>9:00—1:30 LAST DAY For Tax Assistance 9:30 Art Class 9:30 Health Screening Day 10:15 Wii Bowling 11:00 Aerobics 12:30 Bingo 1:00pm AARP Chapter #2954</p> <p>Lunch: Glazed Ham</p>
<p>9:30 Art 9:30 Sewing & Quilting 10:00 Healthy Desserts with Kathy 10:30 Sit Down & Tone Up 11:00 Aerobics 12:00 Strength & Tone 12:30 Bingo</p> <p>Lunch: Pasta Fajole</p> <p style="text-align: right;">17</p>	<p>8:30 Mini Bus Shopping: Shop Rite 9:00 Woodworking Club 10:30 Young at Heart Ensemble 10:45 Red Lobster 11:00 Weight Training 12:30 Ceramics 12:30 Arthritis & Fall Prevention Exercise 1:00 Bridge/ 1:30 Tai Chi Gong</p> <p>Lunch: Chicken teriyaki</p> <p style="text-align: right;">18</p>	<p>9:30 Art Class 9:45 WEB WEDNESDAY: at Maloney High School 10:15 Wii Bowling 11:00 Aerobics 12:30 Bingo 1:15 Creative Writing</p> <p>Lunch: Pot roast</p>
<p>9:30 Art 9:30 Sewing & Quilting 10:30 Sit Down & Tone Up 11:00 Aerobics 12:00 Strength & Tone 12:30 Bingo</p> <p>Lunch: Crab cake</p> <p style="text-align: right;">24</p>	<p>8:30 Mini Bus Shopping: Big Y 9:00 Woodworking Club 10:30 Young at Heart Ensemble 11:00 Weight Training 11:30 Josephine E. Bradley Spelling Bee 12:30 Ceramics 12:30 Arthritis & Fall Prevention Exercise 1:30 Tai Chi Gong</p> <p>Lunch: Beef and bean chili</p> 	<p>9:30 Art Class 10:15 NO Wii Bowling 10:45 Volunteer Appreciation Lunch 11:00 Aerobics 12:30 Bingo 1:15 Creative Writing</p> <p>Lunch: Spaghetti</p> 



	THURSDAY	FRIDAY
5	8:30 Mini-Bus Shopping: Stop& Shop /Save-a-Lot 6 9:30 Art Class/Antique Veterans 10:00-2:00 Mini-Bus Trips to Hair Salon 10:00 Sit Down & Tone Up-Chair Yoga 11:00 Latin Rhythm Exercise 12:30 Ceramics/12:30 Knit & Crochet 12:30 Strength & Tone 1:00 Poker Club/ 1:30 Tai Chi Gong Lunch: Spaghetti	9:00 Woodworking Club 7 10:00 Yoga 10:30 Open House 11:00 Aerobics 12:30 Mini-Bus Shopping : Walmart 12:45 Setback Club Color of the Day: Pink
12	8:30 Mini-Bus Shopping: Stop& Shop / Save-a-Lot 13 9:30 Art Class/Antique Veterans 9:45 Stew Leonard's 10:00-2:00 Mini-Bus Trips to Hair Salon 10:00 Sit Down & Tone Up 11:00 Latin Rhythm Exercise 12:30 Ceramics/12:30 Knit & Crochet 12:30 Strength & Tone 1:00 Poker Club 1:30 Tai Chi Gong Lunch: Vegetable soup	<div style="text-align: center;">  <p>14</p> <p>Closed Good Friday</p> </div>
19	8:30 Mini-Bus Shopping: Stop& Shop /20 Save-a-Lot 9:30 Art Class/Antique Veterans 10:00-2:00 Mini-Bus Trips to Hair Salon 10:00 Sit Down & Tone Up-Chair Yoga 11:00 Latin Rhythm Exercise 12:00 BIRTHDAY PARTY!! 12:30 Strength & Tone 12:30 Ceramics/12:30 Knit & Crochet 1:00 Poker Club/ 1:30 Tai Chi Gong  Lunch: Linguini w/ Clam sauce	9:00 Woodworking Club 21 12:45 Setback Club 10:00 Yoga 10:30 Blood Pressure & Glucose Screening 11:00 Aerobics 12:30 Mini-Bus Shopping : Walmart 12:30 Double Bingo Color of the Day: Yellow Lunch: Chicken Patty Sandwich *Must be Pre-Paid
26	8:30 Mini-Bus Shopping: Stop& Shop/Save-a-Lot 27 9:30 Art Class/Antique Veterans 10:00-2:00 Mini-Bus Trips to Hair Salon 10:00 Sit Down & Tone Up 11:00 Latin Rhythm Exercise 11:15 Lunch & Learn AT Westfield Care & Rehab 12:30 Ceramics/12:30 Knit & Crochet 12:30 Strength & Tone 1:00 Poker Club/ 1:30 Tai Chi Gong Lunch: Hot open turkey on wheat	9:00 Woodworking Club 28 10:00 Yoga 11:00 Aerobics 12:30 Mini-Bus Shopping : Job Lot 12:45 Setback Club  Color of the Day: Teal Lunch: Steak and Cheese Grinder *Must be Pre-Paid

2017



Hartford HealthCare Center for Healthy Aging services professionals are at the senior center:
 Michelle Lavoie, resource coordinator, on Mondays, 9-11:30 a.m.; Lillian Swan, RN, transitional care registered nurse, blood pressure screenings, Mondays, 10-11 a.m.; and Patty O'Brian or Michelle Wyman, dementia specialists, Wednesdays, 9-11:30 a.m. Or call 1.877.4AGING1 (1.877.424.4641) ;visit www.cthealthyaging.org.

MyHealthy Advantage is a free senior club card program dedicated to the health and wellness of area residents ages 55 and older through access to health-related information, community events and discounts to area businesses. Sponsored by Hartford HealthCare Center for Healthy Aging, MyHealthy Advantage also offers a free quarterly magazine packed with health-minded articles, a calendar of area events and an extensive list of merchant discounts. Many of the offerings are free. Learn more or join MyHealthy Advantage by calling 860.378.1268 or emailing Antoinette.Ouellette@hhchealth.org.

Eat right to jump-start good health

As we age, it is more important than ever to get the right nutrients to maintain optimum health. Eating right doesn't have to be complicated or boring. One step at a time can make it easier to transition to choosing healthier food and beverages. Here are some dos and to get started:

- Start your day with breakfast
- Eliminate foods high in added sugar
- Avoid starches and breads colored white
- Include high-quality protein
- Drink enough fluids – even if you're not thirsty
- Eat slowly and chew well
- Stop mindless eating
- Skip high salt food
- Remember your fruits and vegetables!

Did you know that Hartford HealthCare Senior Services presents free monthly programs at Meriden Senior Center? "Connect to healthier" at:

Desserts Can Be Healthy

Monday, April 17, 10:00am -11:00am Free

Desserts can seem off-limits when you are pursuing a healthier lifestyle or are dieting. However, you can satisfy a sweet tooth without jeopardizing your health goals. Presented by Heather Hitchcock, outreach manager, Hartford HealthCare Senior Services, and **Kathy Matula**, recreation coordinator. Register at the senior center.

Creative Writing-Spring

**Wednesdays April 19—June 21
 from 1:15pm—2:15pm**



Please join us for this 10 week session beginning April 19th in the mezzanine. No prior experience necessary, just a desire to write. Please bring a notebook and your favorite pen. If you are interested, please sign up in the front office. Limited to 15 participants.



BIRD
 BUD
 EGG
 FLOWER

LAMB
 NET
 RAIN
 SPRING



Real Possibilities Rich and Joan Hamel will be presenting a DVD of their trip to Italy. AARP is always looking for new members. All AARP seniors are welcome!

**Meriden AARP
 Chapter #2954**
**Wednesday, April 12 at
 1:00pm**

Sit Down and Tone

Thursdays from 10:00am –10:45am

For those of you who enjoy the Sit Down and Tone class we are adding one more day. The Sit Down and Tone video will start at 10:00am on the lower level. The Thursday class will alternate different videos including a **chair yoga** video. Please see the insert calendar to see which video will be playing.

Web Wednesday, Computer Class

Wednesday, April 19 from 9:45am-11:15am

Join us for a Mini-Bus trip to Maloney High School. Pinterest Day! Explore this virtual board site, find recipes, craft ideas, and gardening tips! Sample a student's Prepared favorite dish!!!

Free Tax Assistance

AARP volunteers affiliated with the national Tax-Aide Program will again be offering free income tax assistance at the Senior Center on Wednesdays from **February 8 to April 12** in the Mezzanine. Under the direction of Meriden Tax-Aide Coordinator Rick O'Donnell, trained volunteers will prepare and E-file your federal and state tax returns for 2016. **Appointments can be made by calling 203-237-0066.** Please be sure to be on time for your appointment and to bring a copy of your **2015 income tax return, all income records from 2016, and a photo ID.**



BIRTHDAY PARTY!

Thursday, April 20 at 12:00pm

This month's birthday cake and small gifts will be sponsored by **Global Care**. Your birthday must be in April. Please sign up by Thursday April 13th to be guaranteed a gift. Sign up book is in the Dining Room.
Happy Birthday to all born in April!

Family Feud with Utopia Home Care

Monday, April 3 at 10:15am

It's time for the senior center's version of the popular T.V. game show The Family Feud. Members will team up together to answer questions. Winning team will win a prize.

The Red Hat Society

Monday, April 17th at 11:30am

The Red Hat Society is meeting at Wilcox for lunch. If you would like to join the Red Hats, or have any ideas for activities or presentations Call Pat Graham 203-213-4580.



Lunch options on Fridays

LifeBridge will no longer provide lunch on Fridays. We will offer a lunch from the Meriden Board of Education for a **fee payable every Thursday by 12:00pm**. The fee will be **\$3.00 per meal**.

Lunch is served promptly at 11:30am
Breakfast is Served Monday – Friday
from 10:00am-10:30am

Monday— Friday

- English Muffin with Peanut Butter, Jelly or Butter- \$0.50
- English Muffin with Egg—\$0.75
- English Muffin with Egg & Sausage—\$1.25
- Egg—\$0.25

Thursday

Donuts when available—\$0.25



Senior Center Café Snack Bar

- Crackers \$.25
- Chips \$.50
- Ice Cream Cup \$.50
- Cookies \$.50
- Can Soda—Juice \$1.00

Senior Community Café
ELDERLY NUTRITION PROGRAM
(203) 235-8052

\$3.00 Suggested Donation for Seniors 60 and up
\$5.70 Fee for Non-Seniors

Ordering: Sign up for your meal by noon the day before.
Cancelling: We need you to contact the kitchen to cancel your order A.S.A.P. This will help us reduce the number of wasted meals. **A "Form 5" must be filled out when you come for your first lunch and updated yearly after that.**

"Choice" Meals for April 2017

THURSDAY, APRIL 6

ROASTED CAULIFLOWER SOUP
ROAST BEEF & CHEESE W/ ONIONS & TOMATO ON A KAISER ROLL, GRAPE JUICE, CHOCOLATE CHIP COOKIE

TUESDAY, APRIL 11

LENTIL SOUP, NEW YORK HERO – SMOKED TURKEY, HAM & PROVOLONE, ITALIAN DRESSING, TOMATO, GREEN PEPPERS, LETTUCE, TOMATO CUCUMBER SALAD, APPLESAUCE

THURSDAY, APRIL 13

VEGETABLE SOUP, CALIFORNIA CHICKEN SALAD ON BED OF LETTUCE W/CROUTONS, PASTA, VEGETABLE, OLIVE SALAD W/ BROCCOLI & PEPPERS, BEET SALAD, FRESH FRUIT

TUESDAY, APRIL 18

BEEF BROTH W/ VEGETABLES & ORZO, EGG SALAD ON MULTIGRAIN BREAD, COLESLAW, PINEAPPLE TIDBITS

THURSDAY, APRIL 20

CREAM OF CARROT SOUP, CHEF SALAD W/LS DRESSING, WHOLE WHEAT ROLL, TOMATO, CUCUMBER, ONION, BASIL SALAD, GRAPE JUICE, BERRY STRUDEL

TUESDAY, APRIL 25

ITALIAN WEDDING SOUP, SEAFOOD SALAD ON SMALL DELI ROLL W/LETTUCE, CARROT RAISIN SALAD, TOMATO & CUCUMBER SALAD, CRANBERRY JUICE, MARBLE CAKE

THURSDAY, APRIL 27

MINISTRONE SOUP, FRESH ROAST TURKEY & CHEESE W/ LETTUCE & TOMATO ON WHOLE WHEAT WRAP, POTATO SALAD, CUP PEARS

TUESDAY, APRIL 30

BUTTERNUTSQUASH SOUP, CALIFORNIA CHICKEN SALAD ON BED OF LETTUCE W/CROUTONS, PASTA, VEGETABLE, OLIVE SALAD W/BROCCOLI & PEPPERS, BEET SALAD, APPLESAUCE

MEALS ON WHEELS

Delivers well-balanced, nutritious meals to those living in Meriden who are unable to get, or prepare meals for themselves. Deliveries are made Monday - Friday. For more information please call:

LifeBridge Community Services at
(203) 752-9919

April 2017

Social Services Newsletter



Natalie Gill
Social Services Worker

Office Hours
Social Services
Monday-Friday
8:30a.m.-3:30p.m.
Please call
203-630-4273
to schedule an appointment



Renters' Rebate Program

What is Renters' Rebate

It's a reimbursement program for Connecticut renters who are elderly or totally disabled, and whose incomes do not exceed certain limits. Persons renting an apartment or room, or living in cooperative housing or a mobile home may be eligible for this program. Renters' rebates can be up to \$900 for married couples and up to \$700 for single persons. The renters' rebate amount is based on a graduated income scale and the amount of rent and utility payments made in the calendar year prior to the year in which the renter applies.

Appointments can be made on Mondays, Wednesdays and Fridays from April 3rd-September 29th by calling 203-237-0066 or 203-639-1746

*Regardless of how early or late you apply, you will receive your check between mid October and November.

Who is eligible for Renters' Rebate?

Recipient or spouse must be 65 years of age or older, or be 50 years of age or older and the surviving spouse of a renter who at the time of the renter's death had qualified and was entitled to tax relief provided such spouse was domiciled with such renter at the time of the renters' death, or 18 years of age or older and eligible to receive Social Security Disability benefits. Must meet a one year state residency requirement.

Income Guidelines

Applicant's qualifying income in the calendar year 2016 must not exceed \$35,200 if unmarried, or \$45,200 if married.

What documents to bring to your appointment?

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

- If you received regular Social Security income -bring your **1099 form** from **2016**
- If you received SSI - bring a **letter from Social Security** which clearly states your **total 2016 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 **2016** income (pension, employment, interest, dividends, etc.)
- A copy of the **2016 Income Tax Return** signed and submitted to the IRS (if you filed one with the IRS).
- Proof of **all 2016 rent payments** (rent receipts for each month in 2016 signed by landlord or rent ledgers from housing complex.
- Proof of **all 2016** utility payments; i.e. electric, gas, oil, and water
*bring a full year print out from Eversource etc. printout for **2016**.

SAVE THE DATE!

Free Dental Clinic

Connecticut Mission of Mercy (CTMOM)

New Haven 2017

Friday, April 7th - Saturday, April 8th

Floyd Little Athletic Center

476 Sherman Parkway

New Haven, CT 06511

Clinic Doors Open at 6am

First-Come; First-Served

For more information:

<http://www.cfdo.orgctmom.html>



April 2017

203-235-8052

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
3 oz Roast Chicken LS gravy ½ cup Brown rice pilaf ½ cup Glazed carrots 1 slice Rye bread 1 tsp margarine ½ cup Pears 8 oz Low fat milk	1 cup Beef Stew (3 oz meat) ½ cup Baked acorn squash ½cup Spinach 1 Biscuit 1 tsp margarine Fresh fruit 8 oz Low fat milk	4 oz breaded fish Tartar sauce/lemon ½ cup Potato wedges Ketchup ½ cup Bean blend 1 slice Wheat bread 1 tsp margarine ½ cup Peach crisp 8 oz Low fat milk	½ cup WG Spaghetti 3 oz meat sauce ½ cup Fresh zucchini 1 slice Italian bread 1 tsp margarine Parmesan cheese 4 oz Grape Juice 1 Chocolate chip cookie 8 oz Low fat milk	Open House
10	11	12	13	14
3 oz Swedish Meatballs ½ cup Bowtie noodles ½ cup Green beans 1 slice Wheat bread 1 tsp margarine 4 oz Apple juice Carrot cake 8 oz Low fat milk	3 oz Roast pork/LS gravy ½ cup Smashed potato ½ cup Broccoli 1 slice Pumpnickel bread 1 tsp margarine ½ cup Applesauce 8 oz Low fat milk	Easter 3ozs. Glazed Ham ½ cup Sweet potatoe pone ½ cup whole green beans 1 slice rye bread 1tsp. Margarine Hot cross buns 8oz. Low fat milk	6 oz Vegetable soup 1 pkt unsalted crackers 3 oz Chicken picatta ½ cup Roasted potato ½ cup peas 1 Multigrain dinner roll 1 tsp margarine Fresh fruit 8 oz Low fat milk	Closed Good Friday
17	18	19	20	21
6 oz Pasta Fajiole 1 pkt unsalted Crackers Cold cut grinder (1 oz each turkey, ham, cheese lettuce and tomato on grinder roll) Mustard ½ cup Three bean salad ½ cup sliced apples 8 oz Low fat milk	3 oz Chicken teriyaki ½ cup Fried rice ½ cup Snap peas 1 slice Rye bread 1 tsp margarine ½ cup pineapple tidbits 8 oz Low fat milk	3 oz Pot roast/LS gravy ½ cup Mashed sweet potato ½ cup Mixed vegetables Cranberry sauce 1 slice Family grain bread 1 tsp margarine ½ cup Applesauce 8 oz Low fat milk	Happy Birthday ½ cup linguini 3 oz clam sauce ½ cup Broccoli ½ cup carrots 1 slice Italian bread 1 tsp margarine 4 oz Pineapple juice 1 slice Berry strudel 8 oz Low fat milk	Friday Meal COST \$3.00 *pay by Thursday @ noon Chicken Patty Sandwich Sliced carrots 8 oz Milk Fruit Choice
24	25	26	27	28
3 oz Crab cake Tartar sauce ½ cup Macaroni and cheese ½ cup Stewed Tomato 1 Wheat dinner roll 1 tsp margarine 4 oz Apple juice ½ cup vanilla pudding with strawberries 8 oz Low fat milk	Happy Birthday 1 cup Beef and bean chili (3 oz meat) Baked potato half 1 cup Tossed salad with shredded carrot and Ranch dressing 1 slice multigrain bread 1 tsp margarine 4 oz Cranberry juice Marble cake 8 oz Low fat milk	½ cup WG Spaghetti 3 oz chicken and beef meatballs in sauce Parmesan cheese ½ cup Italian blend Garlic breadstick 1 tsp margarine ½ cup Mandarin oranges 8 oz Low fat milk	3 oz Hot open turkey on wheat with LS gravy ½ cup Sweet potato fries ½ cup Fresh zucchini ½ cup Pears 8 oz Low fat milk	Friday Meal COST \$3.00 *pay by Thursday @ noon Steak and Cheese Grinder Totally Twisted Tators Green beans 8 oz Milk Fruit Choice

MINIMUM PORTIONS SERVED AT EACH MEAL: 1 C Milk-1% or equivalent; 1 C Vegetable and Fruit equivalent; 3oz. Protein, 1 Pat Margarine
 All non-citrus juices are Vitamin C fortified. 2 Bread Servings or equivalent (enriched or whole grain); All rolls are seedless. White Rice is enriched.
 All Soups and Entrees, Gravies and Sauces and Salad Dressing and Desserts are Low Fat and Low Salt