

LIFE & TIMES

NORWALK SENIOR CENTER

VOLUME 21, ISSUE 2 | FEBRUARY 2021—MARCH 2021

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**DUE TO HEALTH CRISIS, THE
NORWALK SENIOR CENTER
REMAINS TEMPORARILY
CLOSED UNTIL FURTHER
NOTICE.**

**WE ARE OPERATING SEVERAL
PROGRAMS & SERVICES. PLEASE
CONTACT US IF YOU NEED
ASSISTANCE OF ANY KIND.**

**VISIT OUR WEBSITE FOR UPDATES
AND RESOURCES:
WWW.NORWALKSENIORS.ORG**

What You Need to Know: The Covid-19 Vaccine



During the early stages of the Covid-19 Vaccine rollout, there was much confusion over how to obtain an appointment to get a shot in a location near you. The Norwalk Senior Center has established a Covid-19 Vaccine Help Line where you can get: information on the vaccine, help with troubleshooting the online registration process, or receive help if you do not have access to a computer. More on page 8.

Do You Need Help Using Zoom?

For almost a year, many programs have moved to Zoom so that seniors can stay active and connected. But what if you don't know how to use the app? What if you don't have a camera on your computer? Read more on page 6.



Director of Member Services Retires



After 16 years of service to the Norwalk Senior Center, Joan Theroux said goodbye to members, volunteers and the NSC Family and has said hello to retirement!

A special message from Joan Theroux is on Page 11.

Free Tax Help Has Gone Virtual

While the Senior Center remains closed due to the pandemic, in-person appointments will not be taking place. However, VITA, the free tax assistance program, has developed a new virtual process for getting help with your taxes. More on page 17.



ABOUT US

The Norwalk Senior Center is a not-for-profit 501(c)(3) tax-exempt, non-sectarian organization. Our mission is to promote successful aging for 55+ adults & their families in the greater Norwalk area.

The Senior Center is designated as a community focal point by the Area Agency on Aging & the Aging & Disability Resources Center for Norwalk. We work collaboratively with other service providers to enrich and improve the quality of life for mature adults, their friends & families.

We offer a wide variety of educational, recreational & cultural programs, trips, exercise classes, & direct services. They are provided at reasonable or no cost.

THE NSC MEMBERSHIP YEAR IS FROM JULY 1, 2020 - JUNE 30, 2021.
HOURS OF OPERATION: 8:30AM – 4:30PM

Call (203) 847-3115 to reach any staff member or leave a message

STAFF: EXTENSION

Executive Director: 103

Beatrix Lane

BLane@norwalksc.org

Program/

Meals on Wheels Manager: 108

Jane Wenk JWenk@norwalksc.org

Bookkeeper: 105

Anthony Tabb ATabb@norwalksc.org

Outreach Director: 115

Eva Beau-Span

EBeau@norwalksc.org

Transportation Manager: 107

Remy Exantus

RExantus@norwalksc.org

Administrative Assistant: 110

Amy Nassef

ANassef@norwalksc.org

NSC South Coordinators

Phone: 203 299-1500

Social Services:

Maureen Eustache 101

MEustache@norwalksc.org

Programs: Giovana Ramirez 102

GRamirez@norwalksc.org (Bilingual)

PLEASE NOTE: No endorsement is intended or made of any product or service advertised in the Life & Times newsletter. All attempts are made to insure the correctness and suitability of information and to correct any errors brought to our attention, however no representation can be made as to the correctness or suitability of the information presented, referenced or implied. All advertising information should be independently verified.

ADT-Monitored Home Security

Get 24-Hour Protection From a Name You Can Trust

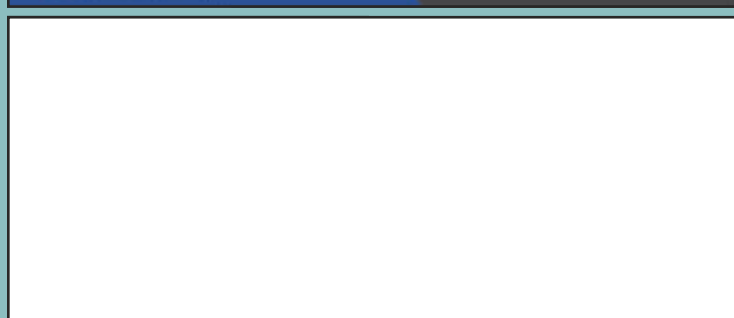
- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



ADT Authorized Provider

SafeStreets

1-855-225-4251



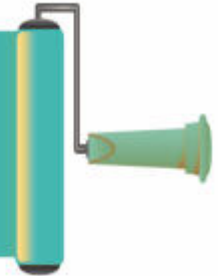
➤ Reach the Senior Market

ADVERTISE HERE

CONTACT

Contact Duane Budelier to place an ad today! dbudelier@4LPi.com or (800) 678-4574 x2525

SUPPORT THE ADVERTISERS THAT SUPPORT OUR COMMUNITY



Norwalk Senior Center continues a comprehensive series of programs designed to help you organize and plan for the future. For more information, please call the center (203) 847-3115.

SCHOLARSHIPS

The Norwalk Senior Center offers scholarships to our members for programs such as membership dues, exercise, transportation, computer courses, lunch, luncheons and events. If you or someone you know is in need of a scholarship please contact Eva Beau at (203) 847-3115 ext. 115. Don't miss out on the fun!

VETERANS AFFAIRS

Veterans Affairs representative Ramon Agosto will meet with Veterans at the Norwalk Senior Center by appointment in April and May. Please call (203) 847-3115 to set up your appointment.

Visit www.connecticut.va.gov

FREE LEGAL SERVICES

1177 Summer St 4th Floor
Stamford CT, 06905
(203) 348-9216

<https://ctlawhelp.org/en/home>

CT Legal Services will be helping those who need legal assistance by phone or online while in-person meetings are suspended.

MEDICARE SAVINGS PROGRAM

Do you qualify for this great benefit?

Pays the Medicare premium taken out of your social security check.
Enrolls you in the Extra Help for Prescription drugs program (pays for Medicare Part D and lowers your drugs to \$3.30-\$8.25)

Can pay your Medicare co-pays.

There is no asset limit!

To apply call Eva Beau at the Senior Center (203) 847-3115 Ext 115.

All calls are kept confidential.

MSP INCOME LIMITS EFFECTIVE MARCH 1, 2021

The Federal Poverty Limits (FPL) have been revised for 2021. These new limits are used by DSS for updating MSP income limits for 2021, among other state programs. DSS has released these numbers and we are in the process of revising CHOICES materials, including the Quick Guide, for 2021.

Medicare Savings Program (MSP) income limits effective 3/1/21

SSA COLA (1/21) 1.3 %

SSI (1/21) \$794 (single) \$1191 (couple)

MSP Level:	Status:	Income Limit:	Status:	Income Limit:
QMB (211% FPL)	Single	\$2,265 / mo	Couple	\$3,064 / mo
SLMB (231% FPL)	Single	\$2,480 / mo	Couple	\$3,354 / mo
ALMB (246% FPL)	Single	\$2,641 / mo	Couple	\$3,572 / mo

SENIOR HOUSING LOANS AVAILABLE THRU THE SENIOR HOUSING

Assistance fund at the Norwalk Senior Center. Funding made possible by the Fairfield County's Community Foundation.

This fund provides interest free loans to older adults seeking rental housing in Norwalk. Loans will be made for security deposits, moving expenses, and/or first and last month's rental payment. Applicants must be 60 years of age or older, have a household income less than \$40,700 for an individual and \$46,500 per couple. Must have less than \$5,000 in liquid assets. To apply contact Eva Beau, Outreach Director at (203) 847-3115 ext. 112.

During these challenging times, make sure you stay connected to our Norwalk Senior Center community by visiting our website at **www.norwalkseniors.org** in order to stay updated on our programs, events and virtual programs.

Click on the link in the left column to sign up for our weekly email newsletter. If you are having difficulty viewing our emails, please call Amy at **(203)847-3115 ext. 110** or email **ANassef@norwalksc.org**



Magner
Funeral Home

12 MOTT AVENUE
NORWALK • CT
203-866-5553

*Family Owned & Operated
for 5 Generations*

*Traditional and Cremation
Services Available*

Established in 1912
www.magnerfuneralhome.com



**ADT-Monitored
Home Security**

Get 24-Hour Protection
From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide

 Authorized Provider **SafeStreets** **1-855-225-4251**



The
CANNONDALE CAMPUS
PRIVATELY OWNED SINCE 1988
The Greens At Cannondale **Wilton**
Meadows
Assisted Living *Nursing & Rehabilitation*

Our picturesque campus in Wilton offers:

- Assisted living, providing exemplary social and wellness programs
- Specialized memory care programs
- Long-term skilled nursing
- Geriatric assessment center

Wilton Meadows 203-834-0199

The Greens At Cannondale 203-761-1191

Community Closet / Armario Comunitario

Smilow Life Center, 55 Chestnut Street

Appointments required / Citas requeridas

Mondays & Wednesdays: 10am-12pm

Lunes & Miércoles: 10am-12pm

Sign up at Smilow for an appointment with a personal shopper!

Registrese en Smilow para una cita con un asistente personal!

Masks must be worn, and we have masks available

Se debe usar máscaras, y tenemos máscaras disponibles



EVERYONE IS WELCOME! ¡TODOS SON BIENVENIDOS!



203-866-1057 • www.opendoorshelter.org • info@opendoorshelter.org

How to Use Zoom?

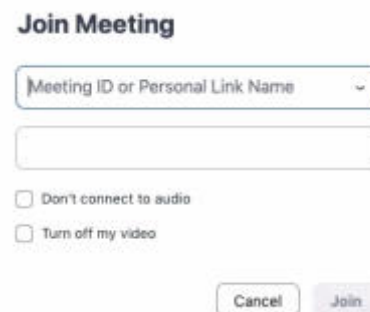
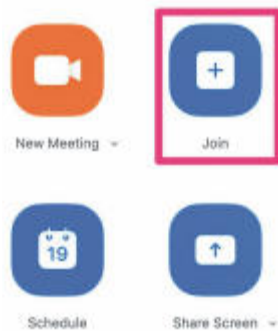
Zoom can be used on just about any device, including your smartphone, tablet or iPad, or your personal computer. But what if you don't have a smartphone or a tablet? What if you don't want to download another app? No problem! Follow the directions below which will show you how to use Zoom on any device.

If you need help troubleshooting any problems you are having using Zoom, call us at (203) 847-3115

Join Using A Meeting ID on any device using the Zoom App:

Step 1: Open the Zoom app and click on the "Join" icon.

Step 2: Paste the Meeting ID in the box provided, add your display name for the meeting and click on the "Join" button.



Join Using A Meeting Link on your Computer:

If you have a meeting link, just click on it or paste it into your web browser to join the meeting.

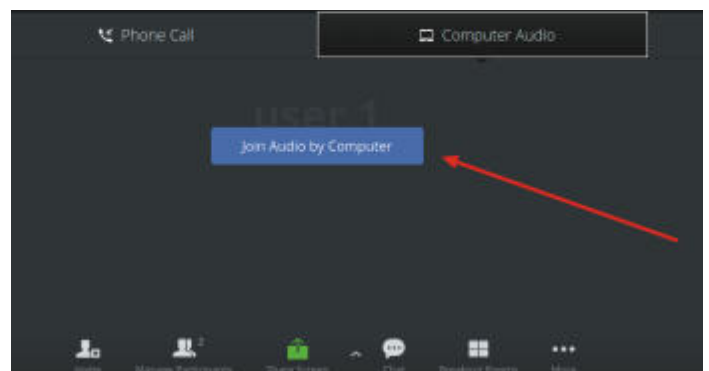
For example, go to NorwalkSeniors.org/program and click on any of the exercise class links.

Step 1: If you don't want to download Zoom, simply click on "Join From Browser"

Step 2: Click on "Join Audio by Computer"

After download completes, run Zoom, then enter your meeting ID
250 744 6851 to join meeting

If you have Zoom Client installed, launch meeting. Otherwise, download and run Zoom.
If you cannot download or run the application, join from your browser.



Still not sure what to do? Visit norwalkseniors.org/programs and click on the guide to using Zoom or the video guide at the top of the page to watch a video tutorial.

Email ANassef@norwalksc.org or call (203) 847-3115 for more assistance.

¿Cómo utilizar Zoom?

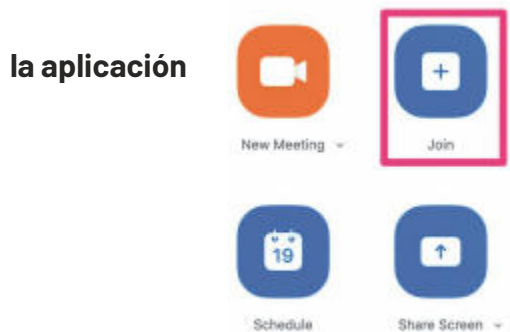
Zoom se puede usar en casi cualquier dispositivo, incluido su teléfono inteligente, tableta o iPad, o su computadora personal. Pero, ¿qué pasa si no tienes un teléfono inteligente o una tableta? ¿Qué sucede si no desea descargar otra aplicación? ¡No hay problema! Siga las instrucciones a continuación que le mostrarán cómo usar Zoom en cualquier dispositivo.

Si necesita ayuda para solucionar cualquier problema que tenga con Zoom, llámenos al
(203) 299-1500 ext 102

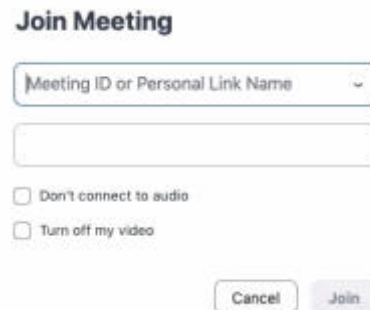
Únase usando una ID de reunión en cualquier dispositivo usando

Paso 1: Abra la aplicación Zoom y haga clic en el icono "Unirse".

Paso 2: Pegue el ID de la reunión en el cuadro provisto, agregue su nombre para reconocerla en la reunión y haga clic en el botón "Unirse".



Zoom:



Únase mediante un enlace de reunión en su computadora:

Si tiene un enlace de reunión, simplemente haga clic en él o péguelo en su navegador web para unirse a la reunión. Por ejemplo, vaya a [NorwalkSeniors.org/program](https://norwalkseniors.org/program) y haga clic en cualquiera de los enlaces de

Paso 1: si no desea descargar Zoom, simplemente haga clic en "Unirse desde el navegador"

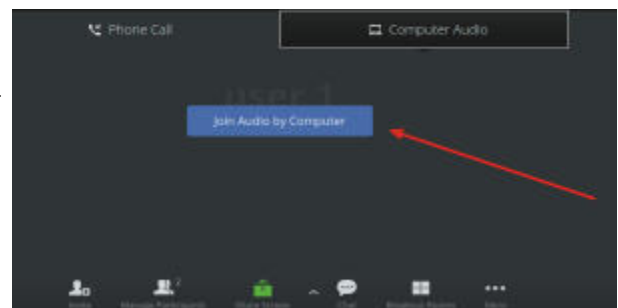
Paso 2: haga clic en "Unir audio por computadora"

After download completes, run Zoom, then enter your meeting ID
250 744 6851 to join meeting

If you have Zoom Client installed, launch meeting; otherwise, download and run Zoom.

If you cannot download or run the application, join from your browser.

clases
ejerci-



de
cios.

¿Sigues sin estar seguro de qué hacer? Visite norwalkseniors.org/programs y haga clic en la guía para usar Zoom o en la guía de video en la parte superior de la página para ver un video tutorial.

Envíe un correo electrónico a GRamirez@norwalksc.org o llame al (203) 299-1500 ext 102 para obtener más ayuda.

COVID-19 VACCINE INFORMATION

Those who are **65 and older** are now eligible to receive the Covid-19 Vaccine. You must have an appointment to receive the vaccine, but there are several ways to make your appointment:

Call Connecticut's Vaccine Appointment Assist Line at 877-918-2224, seven days a week from 8:00am to 8:00pm for scheduling at select sites.
Due to high volume, hold times may vary.

At this time, the online registration is the preferred method for making your appointment! You will have more options for selecting the best location near you if you register online.

Visit: **<https://portal.ct.gov/Coronavirus>** to see the latest updates, and to access the links to register online with VAMS.

New clinic locations are opening as the rollout of the vaccine continues. New resources and updates will be added to our website at **norwalkseniors.org** as they become available.

If you are having any trouble with online registration, you do not have access to a computer, or you cannot receive help from a friend or family member, please call
The Norwalk Senior Center Covid-19 Vaccine Help Line: (203) 847-3115

Please note that vaccine clinic held at the Norwalk Senior Center is run by the Norwalk Health Department. Senior Center staff does not have access to appointment information, nor can we schedule your appointment over the phone. However, we may assist you with troubleshooting online registration, or direct you to another resource to schedule your appointment.

QUICK TIPS:

- Make sure you use your own email address when registering on VAMS. The same email address cannot be used for more than one individual.
- Keep trying! Appointments are made available depending on how many doses of the vaccine each clinic receives- so check back often.
- If you already have an appointment but you would like to switch to a different time or location, you must cancel the appointment you already have to view other appointments online.
- Be flexible if you can- some locations closest to you may not have immediate appointments. If you are able to travel, expand your search results to view appointments in other towns, including drive-thru clinics.





MEALS-ON-WHEELS

For more information on receiving or delivering Meals-on-Wheels please call our Meals-on-Wheels Coordinator, Jane Wenk:

(203) 847-3115 ext. 108

Or Email:

JWenk@norwalksc.org

DRIVE THRU FOOD DISTRIBUTION EVERY WEDNESDAY

**Distribution 9:00 AM to
12:00 PM**

**Please do not arrive
before 8:00 AM**

Calf Pasture Beach

Calf Pasture Beach Road,

Norwalk

To ensure the health & safety of volunteers and community members, please remain in your car and open the trunk when it's your turn. Food distributed while supplies last.



Transportation Schedule

Monday: 9:00 a.m. – 12:00 p.m. Stew Leonard's

Tuesday: 9:00 – 12:00 p.m. Shop Rite

Wednesday: 9:00 – 12:00 p.m. Shop Rite

Thursday: 9:45 a.m. – 12:15 p.m. Shop Rite

Monday – Thursday: pick up for medical appointments, doctor's appointments, banks and workplace for seniors no later than 2:00 PM, in Norwalk only.

Friday: 9:00 a.m. – 12:00 p.m. Walmart ONLY.

Call (203) 847-3115 ext. 107 to schedule your ride.

- Do you have symptoms?
- Did you recently travel out of state?
- Have you come in contact with someone who has tested positive for Covid-19?

- Face Masks Required
- Follow Social Distancing
- Temperature will be taken

Rides for Covid-19 tests and vaccines may be reserved based on driver availability.

RIDES FOR MEDICAL APPOINTMENTS:

Non-Emergency Medical
Transportation provided by Veyo
(855) 478-7350

Non-Emergency Medical
transportation with greater
flexibility and capacity to
engage a range of
transportation through the state
in order to best serve Medicaid
members.

F.I.S.H.

(203) 229-9727

Rides may be scheduled
Tuesday through Friday
between 9:00AM and 1:00PM. A
volunteer driver takes you to
and from your medical
appointments within Norwalk.

OTHER SENIOR TRANSPORT IN NORWALK

Norwalk Transit District

(203) 852-0000

The Norwalk Transit District

offers public transportation for senior citizens who ride on their Wheels buses. It is only 85¢ per ride for 65+ or disabled adults. (You must show your Medicare, ADA ID or state elderly/disabled ID card to the driver).

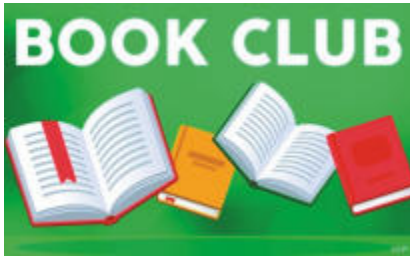
DISPATCH-A-RIDE

203-299-5180

Provides door-to-door
transportation for elderly and
disabled residents who qualify
on a disability basis. Dispatch-a-
Ride applications are available in
our Outreach Department and at
the Transit District.

Reservations are required and
tickets are \$3.50 each way or
\$35.00 for a book of 10 tickets.

Both Wheels bus cards and
Dispatch-a-Ride tickets may
be purchased at the Norwalk
Senior Center.



READER'S CHOICE BOOK CLUB

The social connection is kept alive, remotely until once again, readers can gather to debate their favorite plots, characters and motivations.

The Norwalk Public Library Reader's Choice Book group will be meeting virtually on Zoom with the schedule below for the next book discussions:

Thursday, February 25th at 3 pm, The Yellow House :
A Memoir by Sarah M. Broom

Thursday, March 25th at 3 pm,
Dear Edward by Ann Napolitano

Please register for this program by contacting Cynde Bloom Lahey, Director of Library Information Services, at (203) 899-2780 ext. 15133, or email clahey@norwalkpl.org. Following registration a Zoom link will be emailed to you.

Join us for our 3-part
Zoom series...



"Ask the Professional"

Presented by Cambridge Health & Rehabilitation Center, Fairfield

February 26th Ask the Nurse

March 26th Ask the Social Worker

April 23rd Ask the rehab therapist
11:00am-12:00pm

During each Q&A session, you will have the opportunity to talk with a healthcare professional and ask any questions you may have relevant to their specialty.

Please RSVP to Danielle Ramos. You will receive zoom link at that time.
dramos@nathealthcare.com or
203-247-7840.

Norwalk Senior Center Genealogy Club

The Norwalk Senior Center Genealogy Club has gone virtual!

Visit:

www.norwalkseniors.org/genealogy-club

Schedule:

NSC Genealogy Club meets via emails and Zoom sessions during Covid19 while NSC is closed.

Meets the third Thursday
from 1-4 pm on most months
when NSC is open.

Contact:

NSCGenealogyClub@norwalksc.org



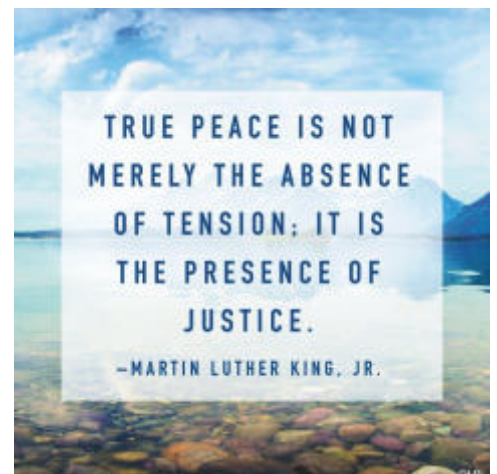
Celebrate Black History Month with the Norwalk Senior Center!

We will be sharing stories and performances this month on our website at
www.norwalkseniors.org

From The History Chanel:

Since 1976, every American president has designated February as Black History Month and endorsed a specific theme.

The Black History Month 2021 theme, "Black Family: Representation, Identity and Diversity" explores the African diaspora, and the spread of Black families across the United States.



A Special Message from Joan Theroux



When I was hired as Member Services Coordinator in September, 2004, I never imagined that I would still be working at the Senior Center more than 16 years later. Over the years I have seen co-workers, volunteers and members come and go, changes in programs, improvements made to the facilities and the unprecedented shut down of the Center due to the pandemic.

With a heavy heart I have decided that is time to retire. I will miss everything about the Senior Center, especially all the wonderful people I have had the pleasure of meeting, getting to know and become friends with. I'll miss the fun times on trips to places like Westchester Broadway Theatre, Aqua Turf and Mohegan Sun. I'll miss working with the volunteers on mailings, basket raffles and special luncheons as well as the weekly and occasional volunteers who help so much to make the Senior Center a welcoming and enjoyable place to be.

I feel that it was the perfect job for me and I will miss it very much. I wish everyone happiness, good health and all the best that life has to offer now and in the future.

-Joan Theroux

***All of our members, staff & volunteers
wish Joan all the best in her upcoming
adventures in retirement!***



Exercise with Sue Ellen

Mondays, Tuesdays, & Fridays
10:30am

Join Zoom Meeting:
zoom.us/j/92926310576
Meeting ID: 929 2631 0576



TAI CHI For Better Balance

Wednesdays
11:30am

Join Zoom Meeting:
zoom.us/j/92472367593
Meeting ID: 924 7236 7593



Chair Exercise with Sharon

Thursdays
10:30 AM

Join Zoom Meeting:
zoom.us/j/96134367871
Meeting ID: 961 3436 7871



Just Added:

Yoga with Monica Keady

Beginning March 2nd
Tuesdays at 11:45 AM

To sign up, email ANassef@norwalksc.org
Or call (203) 847-3115 ext 110



PLEASE NOTE: In order to ensure a safe and supportive experience for all of our Virtual Exercise participants, registration for Zoom exercise classes will be required beginning December 1st. Each exercise class will have a unique passcode which you will enter when you join the session, which means no more wait time!

In order to receive the passcode, you must submit an online registration form at
www.norwalkseniors.org/programs

You may also call (203) 847-3115 ext. 108 or 110, or email ANassef@norwalksc.org
for assistance.

Thank you and remember to stay active this Winter!

Zoom guides and video tutorials are available on our website. If you have any questions, please call (203) 847-3115. You can also email ANassef@norwalksc.org for assistance with using Zoom.

Norwalk Senior Center South serves a diverse senior population in South Norwalk. Located at 92 Cedar Street, South Norwalk. Participants speak English, Spanish, Creole & other languages. **For more information, call (203) 299-1500.**

NSCS TAI CHI WITH ALMA

MONDAYS AT 11:45 AM

Join Zoom Meeting:

<https://zoom.us/j/96689077778>

Meeting ID: 966 8907 7778

CONVERSACIÓN CON ANGELES

TUESDAY S AT 4PM

Book discussion Group in Spanish

Join Zoom Meeting:

<https://zoom.us/j/93700675619>

Meeting ID: 937 0067 5619

HABLANDO DE SALUD CON MILDRE GONZALEZ

WEDNESDAYS FROM 5:30 TO 7:00 PM

Meeting ID: 834 4888 4585

Passcode: 434029

NSCS TAI CHI THURSDAYS WITH KAREN

THURSDAYS AT 11:45

Join Zoom Meeting:

<https://zoom.us/j/97821933561>

Meeting ID: 978 2193 3561

THURSDAYS 4:00PM TO 5:00PM

Rincon Espiritual con Dora DeAndrade

Talk and positive thoughts about Our Higher Power (Spanish)

Join Zoom Meeting:

<https://zoom.us/j/99597634037>

Meeting ID: 995 9763 4037



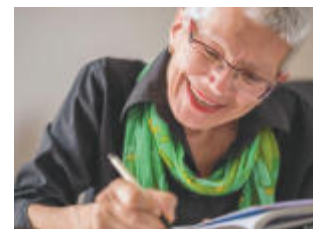
ESL Intermediate Class: Mondays at 4pm

ESL II with Louisa Baur

Join Zoom Meeting:

Meeting ID: 961 9676 3351

<https://zoom.us/j/96196763351>



Si bien el Centro para personas mayores permanece cerrado y con los meses de invierno por delante, iahora es un buen momento para unirse a los programas de ejercicios virtuales que ofrece el Centro para personas mayores de Norwalk!

A partir del 1 de diciembre, tendremos que registrarnos para las clases de Tai Chi y Enhance Fitness queremos garantizar una experiencia segura y de apoyo a nuestros participantes. Para registrarse en cualquiera de nuestras clases de ejercicios, visite **www.norwalkseniors.org/programs** o llame al **(203) 299-1500 ext 102**

COVID-19 FOOD DELIVERY ASSISTANCE

City of Norwalk, ABCD, Inc. & local food organizations & pantries team up to launch COVID-19 Food Delivery Program

If you live in Norwalk and do not have enough food because of COVID-19, Food Assistance Delivery can help.

**Monday - Friday • 8:30 a.m. - 4:30 p.m.
Call (475) 489-9119 to schedule a delivery
(ENGLISH / EN ESPAÑOL)**

Food pantries are run by a wide range of organizations. Pre-packaged grocery bags can include both nonperishable and fresh food products. Any individual or family isolated or quarantined due to COVID-19 and unable to leave their homes to access other programs is eligible.

If you are age 60 or older and in need of home delivery or referrals, please call:

Senior Services Coordinating Council at: 203-434-3085 or 203-434-1876

The Senior Center at: 203-847-3115 (ENGLISH) or 203-299-1500 (EN ESPAÑOL)

If you are already connected to a social service provider or food program, please contact them directly.



abcd.org

To learn more about the network of participating pantries click [here](#).

Volunteers make this a reality. Please click [here](#) if you can help.



norwalkct.org

COVID-19 ASISTENCIA DE ENTREGA DE ALIMENTOS

La Ciudad de Norwalk, ABCD, Inc. y las organizaciones y despensas locales de alimentos se unen para lanzar el Programa de Entrega de Comida COVID-19

Si vive en Norwalk y no tiene suficiente comida debido al COVID-19, el Programa de Entrega de Comida puede ayudarlo.

Lunes a Viernes • 8:30 a.m. - 4:30 p.m.

**Llame al (475) 489-9119 para programar una entrega
(INGLÉS / EN ESPAÑOL)**

Las despensas de alimentos son dirigidas por una amplia gama de organizaciones. Las bolsas de supermercado preenvasadas pueden incluir productos alimenticios frescos y no perecederos. Cualquier persona o familia aislada o en cuarentena debido al COVID-19 y que no puede abandonar su hogar para acceder a otros programas es elegible.

Si tiene 60 años o más y necesita entrega a domicilio o referencias, llame al:

Senior Services Coordinating Council al: 203-434-3085 o 203-434-1876

The Senior Center al: 203-847-3115 (INGLÉS) o 203-299-1500 (EN ESPAÑOL)

Si ya está conectado a un proveedor de servicios sociales o un programa de alimentos, comuníquese directamente con ellos.



abcd.org

Para obtener más información sobre la red de despensas participantes, haga clic [aquí](#).

Los voluntarios hacen esto una realidad. Haga clic [aquí](#) si puede ayudar.



»»» NORWALK RENTAL ASSISTANCE «««

RESOURCES FOR NORWALK TENANTS

CITY DEPARTMENTS

FAIR RENT

☎ 203-970-4200

🌐 norwalkct.org/fairrent

Call with any questions about landlord / tenant issues, repairs, evictions, rent increases, etc. A tenant who believes their rent or an increase in rent or other fees is unfair can file a formal Fair Rent Complaint. For Spanish, call 203-854-7989

FAIR HOUSING

☎ 203-854-7820

🌐 norwalkct.org/fairhousing

Call regarding complaints of discrimination in housing based on race, religion, national origin, ancestry, gender, sexual orientation, gender identity or expression, marital status, disability, age, lawful source of income, familial status or status as a veteran.

HEALTH DEPARTMENT

☎ 203-854-7776

🌐 norwalkhealth.com

Call regarding any repairs that may be possible health code violations not being corrected by the landlord.



LOCAL AGENCIES

PERSON-TO-PERSON

☎ 203-655-0048

🌐 p2phelps.org

Provides emergency financial assistance for rent, security deposits, utilities and small emergency expenses.

ALLIANCE FOR COMMUNITY EMPOWERMENT

☎ 203-838-8110

🌐 alliancect.org

Provides case management, utilities & rental assistance; eligibility is based on income.

COMMUNITY ACTION AGENCY OF WESTERN CONNECTICUT

☎ 203-939-9650

🌐 caawc.org

Provides case management. Rental assistance may be available to clients in the long-term case management program.

SALVATION ARMY

☎ 203-866-2125

🌐 salvationarmyusa.org

Has a limited budget to provide assistance with rent and security deposits.

Free Tax Return Preparation

The Norwalk Public Library has teamed up with VirtualVITA, the local IRS-certified volunteers that have been preparing your taxes for years, to help file your 2020 tax return.



HOW IT WORKS

From the safety of your home, access the secure online service to:

ANSWER a series of questions

UPLOAD your IDs & tax documents

If you need assistance completing this step, there will be limited on-site scanning sessions by appointment only at several locations in Fairfield County.

SPEAK with an IRS-Certified tax preparer to finalize and e-file your tax return.

WHAT YOU'LL NEED

- A smartphone or tablet with camera, or a computer with a scanner
 - Internet access
- Government issued identification (e.g., Driver's License, US Passport, CT Identification Card)
- Social Security / ITIN cards for all household members
 - Tax documents, such as:
 - W-2s (Wages)
 - 1099INT/DIV
 - 1099Rs (Pensions, IRAs)
 - SSA-1099 (Social Security)
 - 1095-A (Health Insurance)
 - 1099-G (Unemployment)
 - 1099-NEC (Self-Employment)

Get Started by Visiting: **GetYourRefund.org**

If you have questions, we are available to help - contact us at **VirtualVita.org**

Call (203) 847-3115 if you have any questions.

Need Help?

We have outreach services to help you get food, utility assistance, clothing, exercise, and transportation. We have expanded hours because WE WANT TO HELP YOU...

As of February 1st, our Outreach Director, Eva Beau-Span will assist with connecting Norwalk Seniors with:

Information, assistance & referrals to secure needed resources such as: senior benefits, bereavement counseling, caregiver support, clothing, exercise, housing, nutrition, medical equipment, socialization & transportation.

If you are in need of any of these services, please reach out to Eva. She will be available by phone at (203) 847-3115 from 8:30 am to 8:30 pm, Monday through Thursday.

ENERGY ASSISTANCE

DOCUMENTS NEEDED FOR ENERGY ASSISTANCE:

1. Proof of current income for everyone in the household.

If someone in household is employed they must Submit the last 4 weeks of pay stubs.

2. Proof of age or Disability. (SSA 1099 form).
3. Proof of all Assets including bank accounts, stocks, IRAS, CD's for everyone in household.
4. Recent oil, gas or electric bill depending on how your home is heated.
5. Copy of recent Mortgage
6. Proof of rent – either a rent receipt or copy of Cancelled check (front to back)
8. Need all copies of Bank Statements.

NO LONGER TAKING APPLICATION FOR OIL.



The Senior Medicare Program (SMP) is a national trusted source of information to help prevent Medicare fraud and abuse.

Latest Scam Reported to the SMP National Resource

Center: COVID-19 Vaccine: The public should be aware of the following potential indicators of fraudulent activity surrounding the COVID-19 vaccine:

Advertisements or offers for early access to a vaccine upon payment of a deposit or fee, or requests asking you to pay out of pocket to obtain the vaccine or to put your name on a COVID-19 vaccine waiting list.

Marketers offering to sell and/or ship doses of a vaccine in exchange for payment of a deposit or fee.

Unsolicited emails, telephone calls, or personal contact from someone claiming to be from a medical office, insurance company, or COVID-19 vaccine center requesting personal and/or medical information to determine recipients' eligibility to participate in clinical vaccine trials or obtain the vaccine

Red flags: Be cautious of anyone who asks for specifics about your health insurance, like your Medicare number or claim to need a credit card or payment for a COVID-19 vaccine.

Protect Yourself: Do not give out your Medicare number or any personal information in response to unsolicited calls, texts, or emails. Personal information may be used in other types of fraud as well as identity theft.

Contact Lisa Alhabal at the Southwestern CT Agency on Aging at (203) 814-3618 to report suspected fraud or to become a volunteer to help spread the word about Medicare fraud.

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ANNUAL APPEAL

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Leslie Vink
Jan Wnykowski



IN MEMORY OF:

Laura Epstein
Paul Gross

GIVEN BY:

Jean Ryan Mulligan
The Co-Workers of Nancy Gross Wilson



IT TAKES A WISE
PERSON TO PLANT
A TREE THAT WILL
SOMEDAY SHADE
PEOPLE THEY WILL
NEVER KNOW.

The Norwalk Senior Center’s **Gifts in Remembrance** program provides opportunities for donors to honor and remember loved ones.

The Senior Center recognizes that most **Gifts in Remembrance** are memorials. Donors may also express best wishes to celebrate birthdays and anniversaries or honor special occasions.

All contributions are acknowledged by the Senior Center and donors are listed on this page as production deadlines allow.

Your tax-deductible donations help provide direct services to our neediest members as well as honoring those you love.

Thank you for your continued support and friendship.

GIFT IN REMEMBRANCE

In Memory of: _____
(Please print name of deceased in full)

In Honor of: _____
(Please print name in full)

Given By: _____
(Please print name in full)

SEND MEMORIAL OR HONOR CARD TO:

Name: _____
Street: _____
City: _____ State: _____ Zip: _____
Amount of Donation: \$ _____

☐ My check is enclosed

Please make checks payable to **Norwalk Senior Center**. The amount of your gift is confidential. Gifts are deductible for income tax purposes. Gift and memorial cards will be sent promptly.

➤ Reach the Senior Market
ADVERTISE HERE

CONTACT

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06-5356

Norwalk Senior Center MEMBERSHIP APPLICATION

11 ALLEN ROAD, NORWALK, CT 06851 | (203) 847-3115 92 CEDAR STREET, NORWALK, CT 06854 | (203) 299-1500

MEMBERSHIP YEAR JULY 1, 2021—JUNE 30, 2022

Today's Date: _____ Which site do you plan on visiting most often? ☐ Allen Road ☐ Cedar St.

Name 1: _____

Date of Birth: _____ First Time Member: ☐ Yes ☐ No

☐ Male ☐ Female Are you a US Veteran? ☐ Yes ☐ No

Ethnicity: ☐ Hispanic ☐ Not Hispanic

Race: ☐ White ☐ Black

☐ Asian ☐ Native American

Other: _____

Name 2: _____

Date of Birth: _____ First Time Member: ☐ Yes ☐ No

☐ Male ☐ Female Are you a US Veteran? ☐ Yes ☐ No

Ethnicity: ☐ Hispanic ☐ Not Hispanic

Race: ☐ White ☐ Black

☐ Asian ☐ Native American

Other: _____

Address: _____ Apt: _____

City / State / Zip: _____ Phone: _____

Email: _____ Cell: _____

Emergency Contact: _____ Relationship: _____

Emergency Contact Number: _____ Alt Number: _____

Basic membership is \$25. Contributions above the \$25 per person level make door-to-door transportation, counseling and nutrition services available for senior citizens in greater Norwalk. Your membership entitles you to door-to-door transportation, discounts on programs, services, Grade A ShopRite groceries and special events at both Senior Center locations.

☐ \$1,000—Diamond Circle*

☐ \$500—Platinum Circle*

☐ \$100—Gold Circle*

☐ \$75—Silver Supporter*

☐ \$50 —Per Couple

☐ \$30—Bronze Supporter*

☐ \$25—Individual

\$ _____ Special contribution to support Meals-on-Wheels and other Outreach Services

*Contributors (Bronze Level & Above) are acknowledged in the bi-monthly newsletter.

☐ \$10—Please send Newsletter by 1st Class Mail for an additional fee of \$10/year.

Newsletters will no longer be mailed to homes unless you select 1st Class Mail. You may pick up your copy at the Norwalk Senior Center.

(\$25 Minimum) Visa / MasterCard # _____ Exp. Date _____

You will receive a letter acknowledging and thanking you for your kind donation. At the bottom of the letter, you will find your membership card and a Shoprite coupon which can be cut out should you so desire.

Photo Disclaimer: From time to time, the Norwalk Senior Center captures photos and video of exhibits and programs for advertising and promotional use. Should you have objection to the Norwalk Senior center using photos and video of you, please notify a staff member.

NEVER MISS A NEWSLETTER !

Sign up to have our
newsletter emailed to you at
www.ourseniorcenter.com



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