

BIGELOWCENTER

FOR SENIOR ACTIVITIES

The Newsletter of the Bigelow Center for Senior Activities August 2020
100 Mona Terrace, Fairfield CT 06824 203-256-3166 www.fairfieldct.org/bigelowcenter

Stories From The Attic

The heroism of a soldier in the South Pacific; a portrait artist's fateful visit with a President; a section of floor tile and the evil that trod upon it. And there is so much more history yet to be found. The search and discovery of these little known nuggets of history is what Greg Van Antwerp has turned into a series of presentations called "Stories From The Attic." With more than 75 live presentations given, Greg is embracing the challenges of the pandemic to continue providing fascinating walks down memory lane in Zoom teleconference presentations.

August 11 at 10:00 AM via Zoom, hear about some of his best discoveries and the stories behind them.

A Connecticut resident since 1983, Greg has been referred to as an "Urban Archeologist," digging up stories, artifacts and more. He likes to say, "History is hiding everywhere!" Greg is also a board member of the New Milford Historical Society and contributes a video series to their social media pages called "History Minutes." More about Greg can be found by visiting his website www.foundastory.com.

Current Events Discussion Group with Mark Albertson

So much happens in the world that we rarely have a moment to process, much less discuss what has occurred. Join Mark Albertson for a weekly current events discussion to learn, share and discover all things relevant in politics, government, sports, entertainment, and news globally.

Every Tuesday at 10:00 AM via Zoom.

MARK ALBERTSON is an historical research editor at *Army Aviation* magazine; and, is the historian for the Army Aviation Association of America. Mark is a long time member of the United States Naval Institute. He has authored several books: *USS Connecticut: Constitution State Battleship, They'll Have to Follow You! The Triumph of the Great White Fleet* and *On History: A Treatise*. Mark teaches history at Norwalk Community College in Norwalk, Connecticut for the Extended Studies Program, World War I. And he teaches for the Lifetime Learners Institute at Norwalk Community College. In May 2005, Mark was presented with a General Assembly Citation by both houses of Congress in Hartford, Connecticut for his efforts in commemorating the centennial of the battleship *Connecticut*.

**Brought to you by the
Friends of the Bigelow Center**

To register email:
BigelowCenter@fairfieldct.org
Zoom links will be sent out
to those who registration.



Click here for the First Selectwoman's webpage with updates and links to resources available in town.

Click here for important information from the Fairfield Health Department about the Coronavirus.

****EMERGENCY ALERT SYSTEM**** Fairfield has a new system for emergency and community alerts to residents and business owners. In order to continue receiving Emergency and Community alerts from the Town of Fairfield, **you must sign up again.**

Visit www.fairfieldct.org/alert to register.

I Scream. You Scream. We all Scream for IceCream!

More Ice Cream? Yes! Come by the Bigelow Center for a drive through Ice Cream treat and meet the wonderful teenage boys and girls of SASO and NCL. Ice cream is generously provided by Saugatuck Sweets.

Just pull up in your car and have a treat on us! Tailgate while socially distancing in the parking lot or take it to go! **Fridays, August 7 and August 21 from 12-1pm. Please RSVP to Nora (by the Monday before): 203-256-3166.**



Bigelow Center's Hot Dog Grab and Go! Friday, August 28 from 12:00—1:00 PM

We had so much fun in June and July, we're hosting another! If you're feeling a need for an afternoon outing and in the mood for a hot dog, come by, say hello to staff and grab a hot dog lunch on us! This is a Drive through **Grab and Go Event.!** Simply drive up in your car to the front of the Bigelow Center. We will bring to you a to-go container with a fresh grilled hot dog, chips and water and off you go! It's our way of saying we miss you and can't wait to see your smiling faces again.

Feel free to tailgate while social distancing in the parking lot, or wave as you drive away!

When: Friday, August 28 from 12-1pm
Where: Bigelow Center - 100 Mona Terrace
Please call Nora to make a reservation: 203-256-3166.
Limit: 80 people and 80 hotdogs!



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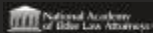
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Fairfield Senior Center, Fairfield, CT 06-5012

What's New and Things to Do!

August! How did that happen? We were hoping by now we could confidently say 'See you in September,' but unfortunately we do not have a date yet to reopen. The Town of Fairfield places great value on the health of our seniors and we want to limit unnecessary exposures and health risks. In an effort to protect our seniors, the Bigelow Center will remain closed until we receive guidance from the Town, Health Department and the CDC that it's safe to reopen. We will keep you, our members, informed as things evolve.

If there's a silver lining to the pandemic, it's that we have worked closely with our neighboring Senior Centers—Trumbull, Stamford, Westport, Darien, Weston, Norwalk, Greenwich—to share programs and learning opportunities among our members and centers. You'll see when you register for programs that interest you.

In the meantime, please continue to stay safe, wear masks in public and practice social distancing and frequent hand washing. Let's all do our part to stay safe and keep everyone healthy so we can see one another again as soon as safely possible.

Drive-up Blood Pressure Screenings

Mondays, August 3 and August 17, 9:30 11:00 AM.

Our Thanks to Right at Home for August 3 and Waveny LifeCare Network for August 17. No appointment necessary. We are practicing safe social distancing. Please drive up to the tent in front of the Bigelow Center and wait in your car until the nurse is available. Do not park your car and walk up to the tent. Drive-up only.

Travel Trivia Program with Tours of Distinction

Join us for travel trivia and tour the world from your home. Journey through the world through a series of questions and images for your chance to win a \$50 Visa Gift Card! Please register to receive Zoom link by emailing: BigelowCenter@fairfieldct.org. **Hosted by Tyler Zajacz Thursday, August 18 at 3:00 PM.**

ART CHAT

Tuesday, August 25 at 1:00 PM

Join Mastering the Masters instructor and artist Christine Goldbach for a Zoom art class dealing with everything from how to hold a pencil to art history. Chris Goldbach will talk about art in all its forms. This one hour entertaining look into the wild wide world of art will answer your questions and solve your art problems from a-z, abstraction to zinc white! Enjoy this special approach to art. Play along with Chris, have your art supplies (any medium) handy and be ready to explore. All levels welcome -- even those who can't draw a straight line with a ruler.

Email to register: BigelowCenter@fairfieldct.org

Brain Games on Zoom

Every Tuesday at 9:30 AM

Join Danielle Ramos, from Cambridge Health and Rehab Center, for fun, stimulating brain games. Coffee and breakfast optional!

Zoom Meeting ID: 977 1816 9858 Password: 1ryYN1

Gardening Demo on Zoom

Thursday, August 13 at 1:00 PM

Calling all gardeners! Join Melissa Hripak, from St. Joseph's Center, for a virtual gardening demonstration on Zoom.

Zoom Meeting ID: 809 418 0302 Password: 12345

Communicating with a Loved One with Dementia

Tuesday, August 18 at 1:00 PM

Jay Kiley, from Synergy HomeCare presents how to improve communication with a loved one who may have dementia.

Zoom Meeting ID: 908 418 0302 Password: 12345

Virtual Yachting on Zoom

Tuesday, August 11 at 1:00 PM

Join Jay Kiley, from Synergy Home Care, for a Zoom presentation on Yachting. All Aboard!

Zoom Meeting ID: 809 418 0302 Password: 12345



Worried But Well

Tuesday, August 18 at 11:00.

Have you ever wanted to say something but could not think of the right word? This phenomenon is known as 'tip of the tongue' syndrome. While frustrating, it is completely normal, age-related condition and you are not alone! However, wouldn't it be great to develop strategies for memory management to avoid such experiences? Join us if you are experiencing normal age-related changes to memory. With Heather Gately, owner of Home Instead and Kimberly Sola, RN. **Please email Heather Gately directly to register: Heather.Gately@homeinstead.com.**

Organic vs. Non-Organic

Thursday, August 27 at 10:00 AM

Join ShopRite Dietician, Siddhi Sheth, for an informative Zoom presentation to learn the difference between organic food/produce versus non-organic. What are the benefits?

Zoom meeting ID: 809 418 0302 Password: 12345

Virtual Travel

Tuesday, August 25 at 1:00 PM

Travel compels us! Come along with Tours of Distinction and virtually discover 10 reasons why and where you can travel in 2021.

Zoom meeting ID: 809 418 0301 Password: 12345

Music Therapy Demo

Saturday, August 22 at 1:00 PM

Join Alison Albine, Board Certified Music Therapist from Sheraton Caregivers, for a musical, expressive Zoom event that will incorporate musical instruments and connection to others as a form of relaxation and stress management.

Zoom Meeting ID: 762 3632 6851 Password: ve6ABF

Lifelong Learners Fall Programs

Fall 2020 FIRST SESSION Tuesday, September 8 – Monday, October 26
Programs links will be provided by email to those who register. You must have an email to participate.

Mondays – War

10:00 A.M. – Noon

September 14, 21, October 5, 19, 26

What causes war? We explore the political, social, religious, economic, and technological history of the western world by focusing on a single theme: **war**. By studying the conflicts that ravaged Europe and much of the rest of the world from ancient times to the later 20th century, we shall discover that war as an historical subject is much more than simply battles and tactics.

Dr. William Abbott, PhD, Oxford University, is an Associate Professor of History at Fairfield University and Co-Director of the Irish Studies Program.

Mondays – The Rise of the Modern Short Story

1:00 P.M. – 3:00 P.M.

September 14, 21, October 5, 19, 26

Who doesn't love short stories? They only take a sitting to read and often pack as much dramatic wallop in a few pages as a 300-page novel. This course will take us from the modern short story's emergence in the 19th century with such pioneers as de Maupassant, Hawthorne and O. Henry, to modern masters Hemingway and Faulkner, and contemporary storytellers Updike and Munroe. Participants will receive stories online to read before we meet each week.

Steven Otfinoski, MFA Creative Writing, Fairfield University is an adjunct professor in Fairfield's English Department. He has taught fictional workshops at the Summer Institute for the Gifted at Yale and other locations. Steven's short stories and plays have been published in several magazines and anthologies.

Tuesdays – Turkey: A History

10:00 A.M. – Noon

September 8, 15, 22, 29, October 6, 13

This course will trace the history of this dynamic people from their migrations from Asia to the precipice of Europe. Central to this effort will be the Ottoman Empire from its foundations in the late 13th century with Osman I to its collapse in 1918. We will follow the Turkish conflict with the Safavid Persians for the control of Mesopotamia, the demise of the Ottomans and the rise of the Ataturk State, and conclude with a view of Turkey today.

Mark Albertson, Historical Research Editor at Army Aviation magazine, has authored several books, including They'll Have to Follow You! and The Triumph of the Great White Fleet. He lectures regularly on a variety of historical topics and current events.

Tuesdays – It's The End of the World as We Know It: The 2020 Pandemic and Structural Shifts in the U.S. and Global Economy

1:00 P.M. – 3:00 P.M.

September 8, 15, 22, 29, October 6, 13

This course will examine the impact of the 2020 pandemic on the economy, and also highlight permanent changes in aspects of the economic and political environment that are likely to outlive the crisis. Public policy approaches to urbanization, transportation, immigration and supply chains are likely to be permanently altered. Businesses that must operate by necessity in crowded settings will have to develop new operational models to address the concerns of patrons.

Dr. LeClair is Professor of Economics at Fairfield University and Director of the Master's degree program in Public Administration. He teaches courses in international trade and finance and is an expert in international trade and philanthropy.

Wednesdays – Cultivating a Sustainable Lifestyle

10:00 A.M. – Noon

September 9, 16, 23, 30, October 7, 14

Participants will learn ways, both big and small, to change their lifestyles to live more sustainably. Topics will include: Zero Waste; Zero Emissions; Non-Toxic Home, Yard, Garden & Personal Care; The Circular Economy; Pollinator Friendly Yards & Gardens; and Local & Organic Food.

Analiese Paik is a sustainability champion and founder and CEO of Sustainne, a company dedicated to uniting, nurturing and growing a community dedicated to sustainable living. She holds an MBA in Finance and has worked in marketing management positions in financial services, and as an independent digital marketing consultant.

Friday September 18 – NO CLASS - ROSH HASHANAH

Monday September 28 – NO CLASSES - YOM KIPPUR

Fall 2020 FIRST SESSION CONTINUED

Wednesdays – Six Opera Villains

1:00 P.M. – 3:00 P.M.

September 9, 16, 23, 30, October 7, 14

They are evil, nasty, cruel and scary, and that's on a good day. They are also probably a lot more interesting than the heroes and heroines of the operas they appear in. The heavy roles are not confined to men as we will see with both the scheming, scissors-happy seductress, Delilah and the intensely psychotic Salome. The rogues' gallery we will discuss includes:

Scarpia	(Puccini – “Tosca”)
Attila	(Verdi – “Attila”)
Iago	(Verdi – “Otello”)
Don Pizarro	(Beethoven – “Fidelio”)
Salome	(Strauss – “Salome”)
Delilah	(Saint-Saëns – “Samson and Delila”)

Dave Shafer has taught opera courses at a number of senior learning programs where he draws on his vast collection of over 250 operas on CDs and DVDs. For his day job, Dave has designed camera lenses and other optical systems.

Thursdays – Beowulf

10:00 A.M. – Noon

September 10, 17, 24, October 1, 8, 15

Beowulf is the most famous work of Old English literature and the earliest epic poem in English. We will read Beowulf in Seamus Heaney's celebrated modern English translation. Reading 600 lines of verse per session, we will be able to read the entirety of the poem together on Zoom. As we do, we will discuss themes in the text such as heroism and kingship, history and fantasy, nation and epic, Christianity and paganism, providence and fate, treasure and value, and women and men.

Robert Epstein, PhD, Princeton University, is Professor of English at Fairfield University, where he teaches classes on medieval literature including “Myths and Legends of Ireland and Britain.” He is the author of Chaucer's Gifts: Exchange and Value in the Canterbury Tales.

Thursdays – The Great Traditions of Imperial China

1:00 P.M. – 3:00 P.M.

September 10, 17, 24, October 1, 8, 15

This course will trace the cultural and historical patterns in ancient and imperial China that explain the current events shaping the world today.

For over four thousand years, China enjoyed an advanced civilization that contributed to the world in science, technology, the arts and humanities. China's longevity is largely due to her intellectual foundations that enabled economic prosperity and political stability for an agrarian society that viewed the world through the lens of Confucianism, Taoism and Buddhism. Understanding these beliefs is key to understanding the great traditions of China that have been inherent in the Chinese character throughout history.

James Levey, MA, China Studies, St. John's University, is a former partner at American China Mercantile and Senior Manager at IBM and Amdocs. Jim has traveled extensively in China and is working to introduce China Studies into the curriculum of the public schools.

Fridays – How to Look at a Renaissance Painting

10:00 A.M. – Noon

September 11, 25, October 2, 9, 16

In this course we take an informal and interactive look at some of the most famous and mysterious paintings of the Italian Renaissance. Nothing is in a Renaissance painting by whim or fancy. Every detail is important.

September 11:	The Venetian Renaissance: Giorgione
September 25:	The Venetian Renaissance: Titian
October 2:	The Florentine Renaissance: Leonardo
October 9:	The Florentine Renaissance: Michelangelo
October 16:	The Roman Renaissance: Raphael

Frank DeStefano, PhD History, Fordham University, retired after a career as a financial advisor to pursue his interest in history, especially art history. He has traveled extensively in Italy and has written and lectured on the Renaissance.



**A reminder about Zoom programs
Sign on a few minutes before your
program begins. When you enter, please
mute yourself. Once the program begins,
we will stop admitting new participants
15 minutes after program starts.**



FALL 2020 COURSE REGISTRATION APPLICATION
(Please submit a separate application for each student.)

Tuition is \$20 per course
*plus a \$15 registration fee valid September through June.

Name _____

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Course# _____ Course Title _____

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Registration Fee (valid September-June) **\$ 15.00**

of courses _____ x \$20.00 = +\$ _____

Credit for cancelled March/Spring classes if paid = - \$ _____

Total Due & Enclosed = \$ _____

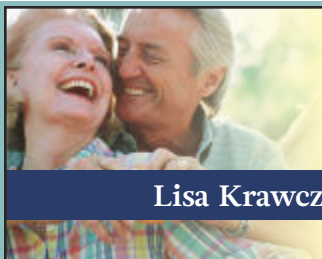
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Please join us for an interactive, four-week support group on Zoom to discuss aging from a holistic standpoint. We will share our stories, learn from and connect with others, and hopefully gain a new perspective. We will cover topics such as self-care, health, our own unique concerns, exercise loss and mindset. This is a chance to discover hidden joys, share a laugh and find support. It's an opportunity to strengthen ourselves and our relationships. Enjoy connecting with other who share your concerns and want to live their best lives.

The group is facilitated by Sheila Russo, LCSW, of Visiting Nurse & Hospice of Fairfield County. She will be joined by Dede Locke, RN, who will discuss health and wellness.

**Wednesdays, August 5—August 26
10:00—11:00 AM**

Session 1—August 5

Introductions, Zoom basics, overview of course, and unique expectations of participants. We will discuss life in quarantine and ways to deal with the 'new normal.'

Session 2—August 12

We will discuss friendship, changes in our roles, and ways to discover hidden joys and find meaning in our lives. This will be viewed from the perspective of mind, body and soul.

Session 3—August 19

Dede Lock, RN, will address wellness, help field health and medical questions and share ways and resources to care for oneself during this challenging period of social distancing.

Session 4—August 26

We will discuss gratitude and its effects on our well-being. We will also discuss what gives our lives meaning and reflect upon our own imprint. This will be a great way to integrate what we have learned and renew our sense of purpose.

This support group is offered free-of-charge by Visiting Nurse & Hospice of Fairfield County and will be conducted via Zoom. Please pre-register for the support group with the Bigelow Center by emailing BigelowCenter@fairfieldct.org. You will receive an email with the Zoom meeting link upon registration.

Songs From Separation: A Cabaret Series

Our thanks, and soon yours, to Clayton Winters, Musical Director at Trinity Baptist church in Fairfield, who has gathered his friends—professional musicians—and created YouTube Videos for your enjoyment. [Click here](#) to see the YouTube Channel and all of the videos made for the Bigelow Center.



Of the People: Art and History of the White House

<https://app.discoveryeducation.com/learn/videos/e5314930-de64-40d3-9eb1-f2b3ae5e98fb/>

What's on Stage—Theatres may be closed, but you can always get a stagey fix online.

https://www.whatsonstage.com/london-theatre/news/stage-shows-musicals-opera-free-stream-online_51198.html

NASA From Hidden to Modern Figures Biographies—<https://www.nasa.gov/modernfigures/videos>

NASA Langley Research Center virtual tour—<https://oh.larc.nasa.gov/oh/?fbclid=IwAR3CNGDR30VUyywftHuD0RkPt8i8gHZtK2dLIEsyM8LZEHv90mmKP0mYHnU>

The Nature Conservancy Virtual Field Trips

https://www.nature.org/en-us/about-us/who-we-are/how-we-work/youth-engagement/nature-lab/virtual-field-trips/?utm_source=Social&utm_medium=FB&utm_campaign=WAT_MDR&utm_content=TNC_1711_Article

More Things to Do

Trumbull Senior Center is sharing its Art Classes with us. Please email Agrace@trumbull-ct.org if you would like to attend.

ART CLASSES

Art Classes Are Now on Zoom

Drawing with Chris (part 1) at 9:00 AM on Mondays

E-mail Ashley Grace at agrace@trumbull-ct.gov to join.

Drawing with Chris (part 2) at 2:00 PM on Mondays

E-mail Ashley Grace at agrace@trumbull-ct.gov to join.

Painting with Chris (part 1) at 9:00 AM on Fridays

E-mail Ashley Grace at agrace@trumbull-ct.gov to join.

Painting with Chris (part 2) at 1:00 PM on Fridays

E-mail Ashley Grace at agrace@trumbull-ct.gov to join.

Watercolors with Missy on Tuesdays at 9:00 AM

E-mail Ashley Grace at agrace@trumbull-ct.gov to join.

Virtual Caregivers' Forum: Join us each month for an open forum for Caregivers. Moderated by David Magner, Early Memory Loss Program Coordinator at Grasmere on Park, a program of Jewish Senior Services. All are welcome. **Next meeting: August 18 at 3:00 PM.** Click the link below to join.

[https://zoom.us/j/6898298589?](https://zoom.us/j/6898298589?pwd=T1JaOHNJVGtoc0x4YjM0alkxS2Rvdz09)

[pwd=T1JaOHNJVGtoc0x4YjM0alkxS2Rvdz09](#)

Meeting ID: 689 829 8589 Password: 1Rmb4y

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(good through August 31, 2020).

Coffee Connect

Every Tuesday and Friday at 9:30 : Join Bigelow staff for a virtual cup of coffee and time to catch up on Zoom. We miss all of you and would love to see you and hear about what you're doing; how you're handling the pandemic; and fill you in on what's going on here. Please join us. Find the link on the Zoom Link page.

VIRTUAL Senior Book Club

Wednesday, August 19 at 11:00 AM

Please join us by Zoom for a virtual session of the Senior Literary Society book club that usually meets in-person at the Bigelow Center. We will be discussing August's selection **Officer Clemmons by Francois Clemmons**. Please sign up with your email address and you will get the Zoom link to join the meeting. The book is available to be downloaded on Libby/Overdrive and Hoopla. If you have any questions please email Mary Coe at mcoe@fplct.org. Hope to 'see' you there!

Fairfield Senior Advocates Discussion

Every Thursday at 11:00 AM, Fairfield Senior Advocates conducts a Zoom program with speakers and topics interesting to Fairfield Seniors. Please click here to register for the program.

Sewing Ladies and Quilters Coffee via Zoom

Catch up with the gang every Monday and Friday at 10:30. Call Nora for more information: 203-256-3166.

Transportation Information

Fairfield Senior Transportation has resumed limited transportation services. Rides are by appointment only. Our buses will take Fairfield residents to medical appointments and will take those who live outside Senior and Disabled Housing to the supermarket each week.

Reservations must be made at least one week in advance. A maximum of four people are allowed on the bus at one time, excluding driver. Masks must be worn to board buses. Please cancel your ride if you are feeling sick or have a fever. Limit two (2) bags per rider. Drivers may not exit the bus to carry or to load groceries on or off the bus.

Please call for more information, hours of service, and schedule: 203-256-3166.

Grocery Shopping: Fairfield Senior Transportation will provide rides **Tuesdays and Thursdays**, each week for residents who do not live in senior and disabled housing.

Medical Appointments: Senior Transportation will provide rides for medical appointments for Fairfield's seniors and people with disabilities on **Mondays, Wednesdays and Fridays**. Do not schedule any appointments before 10:00 AM or later than 1:30 PM. Reservations for rides, which are first-come, first-served for appointments, must be made no less than one week in advance.

Dial-A-Ride: Dial-A-Ride supplements the town-provided Senior Center Transportation and the GBTA-provided fixed route buses and the ADA service. Service is available seven days a week. 6:00 AM to 10:00 PM. Please call Social Services for more information at 203-256-3170 or GBT at 203-579-7777.

Bigelow Zoom Classes: Click on links to join classes

Mondays:

10:00 - Zumba Gold Toning with Pauline (Mondays and Wednesdays at 10:00 same link)

<https://us04web.zoom.us/j/7213166085?pwd=SGFXZ0NpbHRlR1ZDQUtadE5mUS9Ldz09>

Meeting ID: 721 316 6085 Password: 549424

10:30 – Sewing Ladies (Mondays and Fridays at 10:30 same link)

<https://zoom.us/j/93981839122?pwd=N2ZYQTF1dFAzOENYRUZ6N05xZFB0Zz09>

Meeting ID: 939 8183 9122 Password: Sewing Gp

11:00 Qigong with Julie Moffat

<https://us02web.zoom.us/j/83455612662?pwd=Z21yTjFWMFFyOUt5bjFaa0FhMkZTQT09>

Meeting ID: 834 5561 2662 Password: 110579

1:00 Tai Chi with Jonathon

<https://us02web.zoom.us/j/84092737339>

Meeting ID: 840 9273 7339

Tuesdays:

9:30 – Coffee Connect (Tuesdays and Fridays at 9:00 - same link)

<https://zoom.us/j/96046104668?pwd=UW5yNHdNZGZmMndUbzkwNzBFRVF1dz09>

Meeting ID: 960 4610 4668 Password: Coffee

10:15 - Zumba with Germaine

<https://zoom.us/j/99144497679?pwd=dm01c0NEMjdJUkpsV05JcDBLK3BpZz09>

Meeting ID: 991 4449 7679 Password: Zumba

10:00 – Current Events with Mark Albertson

<https://zoom.us/j/92862742977?pwd=RGRna0M5SzZlZWVtM1KeU16WEFoQT09>

Meeting ID: 928 6274 2977 Password: Albertson

Wednesdays:

10:00 - Zumba Gold Toning with Pauline—same as Monday

Thursdays:

10:15 - Zumba with Germaine

Thursdays at 10:15 - Zumba with Germaine

<https://zoom.us/j/99144497679?pwd=dm01c0NEMjdJUkpsV05JcDBLK3BpZz09>

Meeting ID: 965 5560 0483 Password: Zumba

1:00 – Tai Chi with Jonathon

Join Zoom Meeting

<https://us02web.zoom.us/j/86152210039>

Meeting ID: 861 5221 0039

Fridays:

9:30 – Coffee Connect—same as Tuesday

10:00 – Body Balance with Lauren

<https://us02web.zoom.us/j/84109595850?pwd=cEV0MHFtU1NYWnBqYytQV204SkdXZz09>

Meeting ID: 841 0959 5850 Password: 853228

10:30 – Sewing Ladies - same as Monday

Anytime: Be Still to Relieve Stress with Lauren Lanham

Please join our Body Balance instructor Lauren Lanham is offering two classes online—available anytime. No link required. [Click here](#) to get started.

15 minutes of Guided Relaxation or 30 minute Body Balance Class

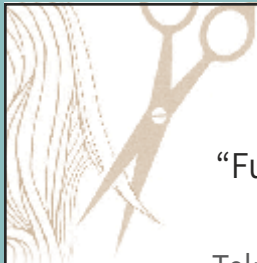
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Social Services Support and Resources

Fairfield COVID-19 RELIEF FUND

This is an unprecedented time for all of us. COVID has brought us health and financial challenges. If you are struggling to keep up because of COVID, please consider applying for the COVID Relief Fund.

One-time assistance of up to \$2500 is available for COVID-related expenses to eligible Fairfield households. Applications must be completed and submitted via email, mail or in person, with proof of residency (like a copy of a driver's license or other valid ID, a copy of a recent phone or utility bill, or a tax bill). You'll be asked to provide financial information, such as income and asset verification, as part of this process. Social Services staff is available to answer questions about the application or eligibility. Please call : 203-256-2891 for information or email covidrelief@fairfieldct.org.

Applications will be accepted until funds are exhausted, but not later than August 1, 2020. Applicants should have been current on all tax obligations with the Town of Fairfield prior to March 1, 2020.

Operation Hope Food Pantry Drive-thru: Any Fairfield resident may go to the food pantry. The hours are Mondays, Wednesdays and Fridays from 10:00 – 12:00 noon and Thursdays from 4:00 – 6:00 PM.

Mobile Food Pantry: If you are unable to get to Operation Hope or the market, please call Amy Luciano at the Center (203-256-3170) to see if you are eligible for the Mobile Food Pantry Program. Rides are available to the Food Pantry by appointment.

Black Rock Church on Black Rock Turnpike is providing a drive-thru dinner pick-up every Monday, Wednesday and Friday from 5:00 – 5:30 PM.

List of Fairfield Clergy and Congregations available for any who wish spiritual connection

Black Rock Church. Contact Rev. Josh Feay, 203-255-3401 ext. 100 or email us at: info@blackrock.org. Grief Groups and Anxiety Groups meeting online weekly; volunteers to help with picking up groceries, medication or other errands.

Christ Presbyterian Church. Contact Rev. Andrew Holbrook, 704-650-7368, andrew.holbrook@cpcfairfield.org. Congregation B'nai Israel. Contact Rabbi Evan Schultz, eschultz@cbibpt.org.

Congregation Beth El. Contact Rabbi Marcelo Kormis, rabbikormis@congbethel.net, (203) 374-5544.

Fairfield Grace United Methodist Church. Rev. Kun Sam Cho, (203) 374-6528, kunsamcho@yahoo.com.

First Church Congregational. Contact Rev. David Spollett, dsapollett@firstchurchfairfield.org, (203) 259-8396.

Greenfield Hill Congregational Church. Contact Rev. David Rowe and Rev. Alida Ward. 203-259-5596, or email: info@greenfieldhillchurch.com.

St. Pius Roman Catholic Church. Contact Fr. Sam Kachuba. (203) 255-6134, fr.samuel.kachuba@diobpt.org.

Trinity Baptist Church. Contact Rev. Dan Van Horne. (203) 255-3977, Dan@TrinityFairfield.org.

Trinity Episcopal Southport. Contact Rev. Peggy Hodgkins, rector@trinitysouthport.org. 203-255-0454.

Social Services continues to assist by telephone town residents who are experiencing difficulty providing the basic needs for themselves and their families, especially during these unprecedented times. Please call with any questions or concerns— 203-256-3170.

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 to find the help you need.

The Low Vision Group Fairfield Social Services, will not meet in August. The next meeting is scheduled as a conference call for Wednesday, September 2. Call 203-256-3170 or email SocialServices@fairfieldct.org or for more information.

Programs and services offered by Social Services to Fairfield residents regardless of income include:

- Advocacy and Assessment
- Assistance with Applications for Other Agencies
- Information and Referral; Case Management
- Energy Assistance Applications – Intake Site for ABCD
- Eviction and Ejectment Receivership and Processing per CT State Statutes
- Provision of Emergency Assistance to Residents to Prevent Homelessness, Hunger and Illness
- Screening for Food Pantry, Holiday Programs and Camp CONNRI
- Screening for Salvation Army Funds and Donations from Other Groups and Individuals

CHOICES Medicare Counseling

The Southwestern Connecticut Area on Aging (SWCAA), offers free Medicare and Health Insurance benefits explanation and enrollment assistance for Medicare and other related health insurance options. By telephone

Please call for more information: 203-256-3166 .

Human and Social Services Department Staff

Human and Social Services Director: Julie DeMarco

Bigelow Center Director: Amy O'Donnell

Secretary: Janet Merando

Program Coordinator: Margaret Andrews

Receptionists: Nora Cooper, Carol Hubbard, Carol Guastelle

Lead, Social Services: Malinda Johnson

Social Services Secretary: Ann Cole

Social Workers: Eileen Fickes, Eileen Gombos, Amy Luciano, Mila Rodrigues, Alison Seyal

Drivers: JJ Metviner, Ron Metzger, Frank Prokaly, Jack Burns. Paul Lytwyn, Bob Seirup, Tony Consiglio

Pictured at the right: Fairfield resident and grandson of one of our treasured volunteers (Carol Muller), who ran a food drive as part of his service project to become an Eagle Scout. The food drive was for Operation Hope and the Bigelow Center's Mobile Food Pantry. Our thanks to Gary for helping Fairfield's home-bound residents.



Scenes from our Ice Cream Social
and
Hot Dog BBQ Drive-thru.

