

BITS & PIECES



FROM FRAN

August & September 2018

Friendship Picnic:

Who ever thought of a Friendship Picnic, and why? (no comment from this author, as to who or why). Was our Friendship Picnic a success? With great appreciation, the Preston Senior Center was the recipient of a generous donation from St. Catherine of Siena Church's Our Lady of Good Counsel Guild members to help defray the cost of our picnic. Did we use the money wisely, absolutely yes. Did we have lobster, absolutely NOT! How do you measure friendship? The definitions are endless but certainly must include the moments/gestures given unconditionally from the heart. Thank You Friends!

Change is Coming!

Our Annual Flu & Pneumonia Clinic will be operated by Rite Aid this year. This will open a wide-range of possibilities to our participants. First, we will not be limited to the small number of insurance carriers which we may bill. We will be accepting ALL INSURANCE providers. That means whether you are on Medicare, Medicaid, United Health, Blue Cross, Blue Shield, etc., we will have the ability to bill your insurance carrier.

We will offer a variety of vaccines too. For persons who are 65 years of age and older the higher strength influenza vaccine, as recommended, will be provided. For those individuals younger than 65, the lower strength influenza vaccine will be administered.

Need a pneumonia shot? We will be able to administer that as well. You just need to inform us of your request prior to the date of our clinic.

What will change? The largest change is that we will not have the pleasure of seeing Rosemary Kamireddy on clinic day. Instead, we will be meeting Rite Aid Pharmacist Jeff, who will be administering the injections.

The other change that will happen is the LOOK of the registration form. Will it be more difficult to complete? Absolutely not. We'll have ample "helpers" available to assist with the transition. For those individuals on Medicare and/or Medicaid you do not need to provide proof of insurance. For all other participants, you need to provide a copy of your insurance card (if you have a separate RX card, we need a copy of that as well). **WE WILL MAKE THE COPIES FOR YOU-FREE OF CHARGE.**

Change is never easy and I'm not saying that we won't encounter a few growing pains but, with your patience and willingness, we will grow and move forward. If you are uninsured, a small fee will be charged for the influenza vaccine.

The date of our Annual Flu & Pneumonia Clinic will be WEDNESDAY, OCTOBER 17th from 10:00 a.m. until 11:30 a.m. at the Preston Senior Center, 42 Long Society Road, Preston.

I realize it's early to be thinking about the influenza clinic but, I will be reminding everyone of the event with each newsletter going forward. It isn't too early to register either. If you are worried about forgetting, I'll send you a reminder.

The Office telephone number is 860-887-5581 ext. 6. Hope to hear from you soon.

TVCCA ENERGY ASSISTANCE:

Applications for the TVCCA Energy Assistance Program will begin on August 1st. Required information necessary for completing your application includes:

- * Social Security numbers for All household members
- * Birth date for All household members.
- * **A current active utility bill.** The bill must be in the listed household member's name that is age 18 or older.
- * Current copy of lease, mortgage statement or rent receipt with all landlord information including; name, address, and telephone number.
- * Current and complete statements of ALL liquid assets for every household member. (i.e., savings and checking accounts, bonds, stocks/shares, Certificate of Deposit, Annuities, and Individual Retirement Accounts.

Current income documentation for every household member:

* The last four consecutive week's pay stubs (1 pay stub if paid monthly, 2 pay stubs if paid bi-weekly or 4 pay stubs, if paid weekly) and/or Workman's Compensation benefits for the four weeks prior to your appointment date; showing gross income, tips, commissions, and bonuses.

* Current MONTHLY Social Security, SSI and/or Veteran's benefit income.

*Pension or Annuity check stub(S), or a letter from the payer on their letterhead stating the gross amount.

*All bank interest statements and dividend payments for the past month (if more than \$10.00 per month).

*Unemployment Statements from the website www.ctdol.state.ct.us or unemployment history printout (Within 24 hours prior to appointment) showing the last four consecutive weeks.

*Income from alimony and/or child support from Child Support Enforcement (letter or printout), a bank statement if payment goes directly into a bank statement.

*Rental income: Current documentation verifying the amount of rent you collect from your tenant(s).

*Self-employment - Must fill out the Self-Employment Worksheet, have it notarized and bring your most recent tax return with all schedules attached.

*DSS Cash Advance Award Letter-showing current income for the household.

*A signed statement indicating the amount and frequency of payments from friends and relatives who are contributing toward your household's support that includes the name, address, and telephone number of the contributing person.

If you are interested in applying for the program, please contact the Senior Affairs Office at 860-887-5581 ext. 6 to schedule an appointment. When leaving a message, please identify the caller and leave a working telephone number. **APPLICATIONS FOR THIS PROGRAM ARE AGAIN BEING ACCEPTED PRIOR TO THE NOVEMBER START-UP DATE.**

Foot Clinic:

Dr. Thomas Walter, DPM will be at the Lisbon Senior Center on Wednesday, August 8th from 9:00 a.m. - 12:00 to accept patients at the Foot

Health Center. Participants must bring insurance cards & photo ID. Most insurances accepted (No Title XIX or Husky). Co-pays & deductibles apply. House calls available for housebound patients. If non-covered: cost is \$45.00 for initial visit and \$35.00 for follow up visits. If you would like to make an appointment, please call 860-376-2329.

Living Today for a Better Tomorrow:

The 2018 Southeast Healthy Living Expo will be held on Friday, August 10th, 2018 from 9:30 a.m. - 12:30 p.m. at the Griswold Middle School, 211 Slater Avenue, Griswold, Ct. The expo is sponsored by Senior Resources Agency on Aging, The Bulletin and the Griswold Senior Center.

Free Blood Pressure Screening:

Monthly Blood Pressure screenings are conducted on the second Tuesday of each month from 1:30 p.m. - 2:30 p.m. at Lincoln Park Housing. Tuesday, August 14th will be the date of our next clinic. All are welcome to attend.

My Favorite Sayings:

Experience is a cruel teacher...first it gives the exam and then the lesson.

What is the difference between soil and soul? One has an "I" and the other a "U".

Actions speak louder than words...but not nearly as often.

Never look down on anyone...unless you are helping them up. When you eat right...you eat your food. When you eat wrong...your food eats you.

Too often we enjoy the comfort of opinion without the discomfort of thought....John F. Kennedy.

One who has missed an opportunity and doesn't do something about it is missing another opportunity.

Medicare.gov

If a person has cataracts and needs cataract surgery, Medicare can help. And after surgery, Medicare helps pay for cataract glasses, contact lenses, or intraocular lenses you get from an ophthalmologist. See below for more information!

Cataracts often come with age and can affect your vision. In fact, by age 80, more than half of all Americans either have a cataract or have had cataract surgery. New eyeglasses, brighter lighting, anti-glare sunglasses, or magnifying lenses may help your symptoms. If not, you may need surgery.

Who's eligible?

Medicare covers many medically necessary surgical procedures, like cataract surgery.

Your costs in Original Medicare:

For surgeries or procedures, it's hard to know the exact costs in advance. This is because no one knows exactly what services you'll need. If you need surgery or a procedure, you may be able to estimate how much you'll have to pay. You can:

1. Ask the doctor, hospital, or facility how much you'll have to pay for the surgery and any care afterward.
2. Find out if you're an inpatient or outpatient because what you pay may be different.
3. Check with any other insurance you may have to see what it will pay. If you belong to a Medicare health plan, contact your plan for more information. Other insurance might include:
 - Medicare Supplement Insurance (Medigap) policy
 - Medicaid
 - Coverage from your or your spouse's employer
4. Log into MyMedicare.gov, or look at your last "Medicare Summary Notice" (MSN) to see if you've met your deductibles.
 - Check your Part A deductible if you expect to be admitted to the hospital.
 - Check your Part B deductible for a doctor's visit and other outpatient care.
 - You'll need to pay the deductible amounts before Medicare will start to pay. After Medicare starts to pay, you may have copayments for the care you get.

To find out what Medicare covers go to: <https://www.medicare.gov/what-medicare-covers/index.html>

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Guidelines for the Municipal Medical Transportation Service and Caregiver Transportation Program

The towns of Bozrah, East Lyme, Griswold, Groton, Ledyard, Lisbon, New London, North Stonington, Salem, Preston, Stonington, and Waterford are pleased to be collaborating with the Eastern Connecticut Transportation Consortium and the CT Department of Transportation to expand transportation services to individuals age 60 and over and disabled adults. To keep services running smoothly, please follow the guidelines outlined below.

Who qualifies for this program?

This program is open to individuals who reside in the above listed towns, meet the residency requirement described below, have completed a registration form, and have submitted a \$24 annual registration fee payable to the *Town of Preston*. Individuals residing in: Private Homes; Retirement Living Facilities; Independent Living Facilities; Assisted Living Facilities; and Residential Care Homes are eligible for transportation under this program.

Individuals who reside in Skilled Nursing Facilities are not eligible for transportation through this program. Individuals who are eligible for free transportation through Medicaid are asked to use that program instead.

What are the limitations of this program?

Forty Eight (48) one way rides for the period of July 1, 2018 - June 30, 2019 can be provided for medical appointments in New London County/Westerly, RI as long as funding is available. Please refer to the map on the brochure for specific towns to which the grant will provide a ride.

Reservations must be made no later than 48 hours in advance but can be scheduled up to 2 weeks ahead. Trips can be scheduled during normal business hours. Requests for weekend & Monday trips must be made no later than Friday by 2 p.m.

Personal Care Attendants (or family member acting as an escort) may accompany passengers who need extra help with entering and exiting the vehicle or have other needs that make traveling independently unsafe.

In order to protect the health of others, passengers must be free from acute illnesses such as flu, fever, vomiting, diarrhea, and infections such as pneumonia.

What information should I have when calling to request a ride?

- Your complete name and address.
- The address of your destination and the physician's name.
- The date and time of your appointment.
- An estimated time that you will be picked up from your appointment to return home.

How does the Caregiver Mileage Reimbursement Program work?

The rider retains a volunteer driver (friend, neighbor, family member). The driver and rider must complete the "Request for Mileage Reimbursement" form.

Mileage is calculated by ECTC based on the shortest distance to the destination. The mileage from the caregiver's home to the passenger going to the medical appointment is NOT included.

Form must include appointment date, start address, destination address, and must be signed and dated by client and driver after last trip has been entered on the form. Participants submit completed mileage reimbursement forms to their town senior center or town representative by the end of the month for processing.

When the form is submitted, the town representative reviews the form for accuracy and verifies the mailing address of the Caregiver. Town Representatives may perform audits to verify that the appointments did occur.

The Town Representative will sign and fax the form to ECTC. ECTC will issue a check to the Caregiver for authorized trips performed.

Preston Parks & Recreation presents...

SUMMERFEST

Monday, August 13, 2018
Preston Community Park
13 Route 117, Preston CT

LIVE MUSIC
6:00-8:00 PM



**Majestic
Fuzz**

OUTDOOR MOVIE
STARTS AT 8:45 PM



FARMER'S MARKET
6:00-8:00 PM

Vendors that represent
some of the best farms,
craft makers, bakers,
and agricultural products
& produce in the area

KID ZONE
6:00-8:00 PM

Bounce Houses
by Affordable Contracting

Yard games
& more!!



BRING YOUR APPETITE!!

Jimmies Ice Cream Shoppe will be serving
delicious food & ice cream all night!!

Questions? Contact Preston Parks & Recreation by phone at (860) 887-5581 x113
or email recreation@preston-ct.org