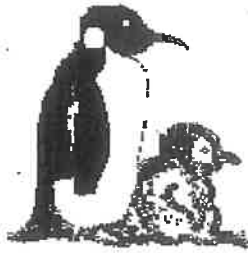


BITS & PIECES



FROM FRAN

October & November 2018

Annual Flu & Pneumonia Clinic:

Our Annual Flu & Pneumonia Clinic will be conducted on WEDNESDAY, OCTOBER 17th from 10:00 a.m. until 11:30 a.m. 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. Due to the fact that we are utilizing a new provider, we ask that you provide proof of your insurance (card). Individuals insured by MEDICARE do not need to bring proof of coverage but, we will need to know what your new Medicare number is. If you are insured by a different insurance carrier and have a separate RX card, we need a copy of that as well. WE WILL MAKE THE COPIES FOR YOU-FREE OF CHARGE.

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.

Please register for the Flu & Pneumonia clinic as soon as possible. The telephone number is 860-887-5581 ext. 6.

We do provide ample parking to participants. It's only a short walk to the inside of the senior center. If you need to use a wheelchair, let us know in advance of clinic day and we will provide one for your use.

In addition to this notice, I will be mailing reminders to all individuals who have already registered for the clinic. It is not too late to register, we are waiting for your call.



2019 Medicare annual open enrollment starts Oct. 15, 2019! Connecticut CHOICES Regional Coordinators provided information about Medicare enrollments events and presentations that will occur in their regional areas. See below for information!

The annual Medicare Open Enrollment Period is fast approaching. There will be quite a few changes regarding Medicare Part D and Medicare Advantage coverage options for beneficiaries in 2019. CHOICES Regional Coordinators provided information about enrollments events and presentations that will occur in their regional areas.

The attached spreadsheet provides details about CHOICES events going on throughout the entire state. CHOICES Open Enrollment event information will also be posted on the CHOICES webpage.

To see a map of the locations, please use this link:

<https://www.batchgeo.com/map/af7610364868aa8ddbaf20488957ae10>.

When using the link, you can scroll down the page or hover over one of the arrows to get the event's details.

Changes to Medicare Advantage and Medicare Part D: <https://www.ncoa.org/wp-content/uploads/2019-Part-C-and-D-changes.pdf>

2019 Medicare Open Enrollment Dates:

October 15, 2018 is the date that Open Enrollment begins. This is the first day that you can enroll for 2019 health coverage.

December 7, 2018 is the date that Open Enrollment ends. This is the last day that you can enroll for 2019 health coverage.

January 1, 2019 is the first date that coverage can start. Even if you enroll in December 2018, your new Medicare plan won't go into effect until January 1, 2019.

Senior Resources, 19 Ohio Avenue, Norwich have highly trained, knowledgeable Choices Counselors who are familiar with supplemental insurance plans and can assist in answering your questions. They can't decide which plan to choose but, they can discuss options available to you. As you can imagine, the Choices Counselors are extremely busy at this time of year. To schedule an appointment with a Senior Resources Choices Counselor, please call 860-887-3561.

Thank You For Your Support:

Thank you for your continued support of the Aluminum Tab Collection & Recycling Project to benefit Shriners Hospitals for Children. Helma Court No. 64, the local chapter of the Ladies Oriental Shrine of North America oversees the recycling of the tabs. The tabs are put into barrels and brought to a local recycling company where they are weighed by the pound. (1 pound equals 1,640 tabs) The recycling company issues a check to Helma Court No. 64 based on the weight of the tabs times the value of aluminum on that particular day.

Once the tabs are recycled, a representative from Helma Court contacts the hospital's administrator to find out what items are needed for direct patient care. Shriners Hospitals for Children and the members of Helma Court No. 64 appreciate the effort of every individual, school, scouting troop and organization that collects tabs on behalf of the Shriners Hospitals.

The Preston Senior Center continues to collect tabs to benefit the Shriners Hospitals for Children. Our collections are hand-delivered to the Shriners Hospital for Children in Springfield.



What to do if you did not receive your new Medicare card in the mail by now. See below for information!

From Medicare.gov:

Your new Medicare card should have arrived in the mail by now. If you didn't get it, here's what to do:

- Remember that your new Medicare card will come in a plain white envelope from the Department of Health and Human Services.
- If the card didn't arrive, call us at 1-800-MEDICARE. Our call center representatives can check the status and help you get your new card.

In the meantime, use your current Medicare card to get health care services.

School Luncheon Series:

You may be wondering why the fall/winter luncheon and volunteer-reading program schedules have not been published at this point in time. Conversations are ongoing regarding the programs. Unfortunately, I do not have specific information to share but anticipate that I will have concrete information by the time the November newsletter is published.

Congregate Meal Program:

Our TVCCA CAFE Menu for the month of October is as follows:

October 15th.....Pot Roast w/gravy, Mashed Potatoes, Zucchini, Peas & Carrots, Fruit Cocktail, bread/butter, beverage.

October 22nd.....Philly Cheese Steak w/roll, Garlic Roasted Potatoes, Squash Mix w/Carrots & String Beans, Fruit Cocktail, bread/butter, beverage.

October 29th.... Broccoli Stuffed Chicken, Parsley Potatoes, Stewed Tomatoes, dessert, bread/butter, beverage.

Reservations for the Monday Congregate Meal Program must be made by Thursday for the following Monday meal. If you are interested in joining us, please call 860-889-0770 or by leaving a message at 860-887-5581 extension 6. The program is designed for individuals who are 60 years of age and older. There is a suggested donation of \$3.00 per meal. The program is held at the Preston Senior Center, 42 Long Society Road, Preston.

My Favorite Sayings:

* People don't fail, they give up.

* Never let the things you desire make you forget about the things you have.

* The tests of life are not to break you, but to make you.

* Enjoy your birthdays. The more you have, the longer you live!

* You can't take it with youbut you can send it ahead.

* Logic will take you from point A to point B. Imagination will take you everywhere.

* A friend is one who remembers your birthday but not which birthday it is.

*If you lighten the way for others, you'll never be in the dark yourself.

OCTOBER WORD SEARCH

S E T B E H L C I N O G M K G
 U P A R Z X O U I D H O S U P
 P A O A I L K K M O A C C E D
 F R R O U C P E S O G W T O O
 T H E H K M K T M K R W L V H
 X C B R U Y E O K U G C S E A
 H U O P U J N W R A T K M M H
 S F T S P I D E R T S S J I A
 C C C V V M F Y E W R G O L L
 A C O Z I F A P U P F E O C L
 N C G J T F Y B N U V J A J O
 D O N U Q U G H R H D U N T W
 Y C Z S O O B O O Z P P W B E
 N O T E L E K S U D D B T U E
 Y N V E A P U X G C H T S V N

BOO

CANDY

COLUMBUS

COSTUME

GHOST

HALLOWEEN

OCTOBER

PUMPKIN

SKELETON

SPIDER

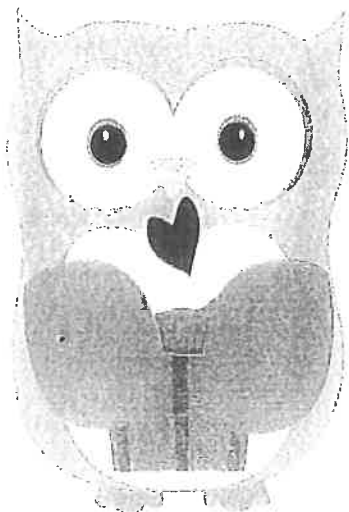
SPOOKY

TRICK OR TREAT



OLDER WISER LEAGUE LUNCH

HELD ON THE 2ND THURSDAY OF EACH
MONTH AT 12:00 NOON



- **NOVEMBER 8TH, 2018**
TURKEY DINNER-PLEASE RSVP
- **DECEMBER 13TH, 2018**
HAM DINNER-PLEASE RSVP

Saint James Church
95 Route 2A, Preston, CT 06365
Tel. (860) 889-0150
Email: sjchurch@snet.net

**Free Will Donation to benefit the Diaper
Ministry at Madonna Place**

**The Friends of the Preston Public Library
& Preston Historical Society
Present**

**Tom Callinan performing
American History in Song**

Tom's performance is part of Tellabration: A Celebration of the Oral Tradition. It is a *mammoth* storytelling event and is one of the programs offered by The Connecticut Storytelling Center, based at Connecticut College in New London.

Saturday, November 3rd at 1:00 p.m.
Long Society Meetinghouse
45 Long Society Road, Preston
A Free program for all ages
For more information call 860-887-5828.

PRESTON PARKS & RECREATION

389 Route 2 • Preston, CT 06365 • 860.887.5581 x113 • www.preston-ct.org • Email: recreation@preston-ct.org

CHAIR YOGA CLASSES

A complete yoga practice using the support of a chair. Breathing techniques, yoga philosophy, meditation and deep relaxation are woven into each class. In this fun and informative class students will take home tools for mindfulness and relaxation as well as movements for energizing and stretching the body.

Chair yoga classes are targeted for ages 60+ but classes are open to all adults and abilities.

Dates ~ Mondays: November 5 – December 10

Time: 9:30 am – 10:30 am

Instructor: Sandra Hartnett

Location: Preston Public Library

Fee: \$36 for 6 week session



BRIGHT NIGHTS BUS TRIP

We will travel to Springfield, Massachusetts to Bright Nights at Forest Park. After, the bus will stop at Student Prince Cafe & Fort Restaurant in Springfield for dinner. Please bring money to order off menu.

School bus will leave and return to Preston Veterans Memorial School.

Date: Friday, November 30, 2018

Time: 4:15 - 9:15 PM

Ages: 55+

Fee: \$8.00 per person



Registration deadline: November 1st

*(minimum of 20 people needed
to make this trip successful)*

Register online at: www.preston-ct.org

✂ ✂ CUT HERE ✂ CUT HERE ✂ CUT HERE ✂ CUT HERE ✂ CUT HERE ✂ CUT HERE ✂ CUT HERE ✂ CUT HERE ✂ CUT HERE ✂ ✂

PRESTON PARKS & RECREATION • REGISTRATION FORM • 2018 - 2019

Name:

Phone Number:

Home Address:

Email Address:

Emergency Contact Name:

Phone Number:

Please register me for the following programs:

Chair Yoga Session #2 (11/05/18 – 12/10/18)

Bright Nights Bus Trip

I am in proper health and have the approval of my physician to participate in the above listed activity. I have a clear understanding of the risks and hazards inherent in this activity. I agree to hold harmless the Town of Preston, Preston Parks & Recreation and their employees/volunteers for any injury incurred due to my participation in this program. In the event that I become incapacitated while participating, Preston Parks & Recreation staff and/or volunteer coordinators may authorize emergency medical treatment as deemed necessary by attending medical personnel. \$20 fee will be charged for any returned checks.

Signature

Date

Total Fee Enclosed

****Submit completed form and payment to: Preston Parks & Recreation • 389 Route 2 • Preston, CT 06365 ****