

BITS & PIECES



FROM FRAN

November/December 2018

Thank you, volunteers:

Our annual flu & pneumonia clinic realized great success, thanks to the generosity and kindness, of our fantastic volunteers. This year, we were faced with contracting with a new service provider, new registration process, new requirements, new documentation, new personnel, everything was new, new, new! We survived thanks to the fantastic group of volunteers including Betty Bassette, JeanAnn Bushnell, Jean Fishbone, Morris Fishbone and Mark Perrin. They accepted the challenge to offer a seamless transition from former clinic operations to our new procedures and did it with enthusiasm!

Special thanks are also extended to the individuals who attended the clinic on October 17th for their patience and understanding. Our clinic offers much more than receiving protection from influenza or pneumonia vaccine, we provide a relaxed atmosphere for people to renew friendships and reminisce. Staff from Rite Aid Pharmacy were extremely accommodating and courteous to everyone in attendance. I would be remiss if I did not acknowledge the efforts of employees Maureen Domina and Jeanne Ruta for their assistance in insuring that we accomplished a successful outcome to all of the new changes and challenges.

Thank you!

We're Back:

I'm delighted to inform you that the Volunteer Reading Program and Senior Luncheon Program at Preston Veterans Memorial School is back on track. Volunteer Readers will be scheduled from 10:30 a.m. to 11:00 a.m. and the Senior Luncheon will begin at 11:00 a.m. Registrations are necessary for both programs and may be directed to the Senior Affairs Office at 860-887-5581 ext. 6 or you may sign-up at the Preston Senior Center.

Thursday, December 20th will be the date that we resume both programs. The December menu has not been finalized at this time but it appears as though it will be either chicken casserole or turkey casserole. (The final decision will be announced in early December). I contact the school one week prior to our luncheon date to provide staff with an accurate meal count. Luncheon tickets need to be purchased in advance. The cost is currently \$4.00 per person.

Benefits Enrollment Center Update:

I regret to inform you that we will be placing our Benefits Enrollment schedule on hold temporarily. Our Senior Resources staff person has had a heart attack, will be undergoing surgery and she will be on medical leave for several months. Consequently, our November and December sessions have been cancelled. We are hopeful that we will resume this important service during the new year.

TVCCA CAFÉ MENU:

Our Monday, November 19th menu will consist of Roast Turkey w/stuffing, Gravy, Cranberry Sauce, Butternut Squash, Green Beans, Roll, Pumpkin Pie and Juice. Coffee and tea are also available.

November 26th we will serve Chicken Cordon Blue, Rice Pilaf, Squash mix w/carrots and string beans, pineapple tidbits, bread and butter, coffee and tea.

Lunch is served at 11:30 a.m. at the Preston Senior Center, 42 Long Society Road. Reservations are necessary and can be made by calling the senior center at

860-889-0770 or the Senior Affairs office at 860-887-5581 extension 6. Registrations for our Monday Congregate Program must be made by Thursday of the preceding week. The program is designed for persons 60 years of age and older and there is not a residence requirement. There is a suggested donation of \$3.00 per meal.

Soup, Sandwich & Song:

Mark your calendars for Tuesday, December 18th at 12:00 (noon) to join with us for lunch at the Preston Senior Center. Lunch will consist of 3 soup choices including: peasant soup, chicken noodle soup and butternut bisque. Turkey and ham will be the sandwich specials for the day. The cost will be \$4.00 per person and must be paid in advance of the luncheon. Please sign up at the Preston Senior Center or by telephoning the Senior Affairs Office at 860-887-5581 extension 6.

Back by popular demand, Lenny Domina will provide musical entertainment for the event. Sign up soon as we have limited seating available for this event.

My Favorite Sayings:

Keep your words soft and sweet....you never know when you'll have to eat them.

We lie loudest when we lie to ourselves.

If you aren't happy with what you have, you won't be happy with what you get.

The darkest nights produce the brightest stars.

The difficulties of life are to make us better, not bitter.

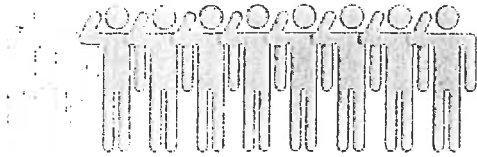
There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle.Helen Keller

Kindness is in our power even when fondness is not.

It's all good in the end....and if it isn't good....it isn't the end!

THE BATTLE OUR VETS DIDN'T SEE COMING.

America's veterans are warriors, trained to handle anything a battlefield can throw at them. But there's one foe many veterans struggle to defeat: domestic fraud.



78% of our retired military men and women have been targeted by scams specifically crafted to exploit their military service history.

Sadly, veterans are twice as likely to actually fall for fraudulent schemes. In 2017, AARP research found that 16% of veterans have lost money to scammers, compared to only 8% of the non-military public.

Why? For starters, veterans implicitly trust fellow members of the military, making them vulnerable to imposters. Veterans also have a PTSD rate more than double the general public's, which can make it more difficult for them to recognize and combat the emotional manipulation used by scam artists.

THE FRONT LINES AGAINST FRAUD.

Now, AARP and the U.S. Postal Inspection Service (USPIS) are joining forces for Operation Protect Veterans. We're fighting back against fraudulent scam artists — and we need your help. Good intel is a crucial component of this battle; if you've seen a scam targeting veterans in the past 12 months, please fill out the attached postage-paid survey and drop it in the mail. You can also report a scam aimed at our veterans by calling 877-908-3360.

KNOW THE ENEMY : HOW SCAMMERS TARGET VETERANS.

VA LOAN SCAMS

Offers to refinance VA loans at extremely low rates.

UPDATE YOUR FILE SCAM

An imposter, claiming to be from a government agency, attempts to get a veteran's personal information to "update their file" so they can maintain their benefits.

SECRET VETERAN BENEFITS SCAM

Veterans are told they qualify for "secret" government programs or benefits that offer thousands of dollars — but first, they attempt to collect personal information or a fee.

PENSION POACHING SCAM

Scammers often offer veterans lump sum payments up front, in exchange for signing over all their future monthly benefit checks.

AID AND ATTENDANCE SCAM

Veterans (or their family members) receive an offer to move their assets into a living trust so that they can qualify for financial assisted-living benefits.

VETERANS MAY ALSO ENCOUNTER GENERAL SCAMS

In addition to scams that specifically target veterans, there are an abundance of scams aimed at the general public to which veterans are more susceptible. These include: phishing (attempts to gain access to financial accounts), fake tech-support calls, fraudulent credit card / loan schemes, attempts to "collect" fictitious tax bills, fraudulent charities, investment scams, pyramid schemes, and more.

If you or a loved one has encountered a financial scam in the past 12 months, please help us keep fighting for our veterans by filling out the survey at the right or calling 877-908-3360.

REPORT VETERAN SCAMMING



877-908-3360



AARP.org/fraudwatchnetwork

Understanding Diabetes Questionnaire

Please circle or check your answers to the following questions.

1. The rise of Type 2 diabetes in the U.S. is linked to the rise in obesity.
 - a. True
 - b. False
2. If diagnosed with pre-diabetes it is almost certain that you will develop diabetes.
 - a. True
 - b. False
3. Lifestyle habits may contribute to the potential likelihood of developing Type 2 diabetes.
 - a. True
 - b. False
4. The American Diabetes Association promotes the ABC method for controlling diabetes.
 - a. True
 - b. False
5. 90% of those with pre-diabetes are unaware that they have the condition.
 - a. True
 - b. False
6. The most common form of diabetes is Type 1 diabetes.
 - a. True
 - b. False
7. A person with diabetes should monitor their blood sugars once a month.
 - a. True
 - b. False
8. The preferred range for blood pressure is less than 140/90.
 - a. True
 - b. False
9. It is only important to know your total cholesterol blood levels.
 - a. True
 - b. False
10. Improper management of diabetes may lead to health issues such as visual impairment, foot problems, nerve damage, heart and kidney disease.
 - a. True
 - b. False

Understanding Diabetes Quiz Answers

Please circle or check your answers to the following questions.

1. The rise of Type 2 diabetes in the U.S. is linked to the rise in obesity.
 - a. **True**
 - b. False
2. If diagnosed with pre-diabetes it is almost certain that you will develop diabetes.
 - a. True
 - b. **False**
3. Lifestyle habits may contribute to the potential likelihood of developing Type 2 diabetes.
 - a. **True**
 - b. False
4. The American Diabetes Association promotes the ABC method for controlling diabetes.
 - a. **True**
 - b. False
5. 90% of those diagnosed with pre-diabetes are unaware that they have the condition.
 - a. **True**
 - b. False
6. The most common form of diabetes is Type 1 diabetes.
 - a. True
 - b. **False**
7. A person with diabetes should monitor their blood sugars once a month.
 - a. True
 - b. **False**
8. The preferred range for blood pressure is 140/90 or lower.
 - a. **True**
 - b. False
9. It is only important to know your total cholesterol blood levels.
 - a. True
 - b. **False**
10. Improper management of diabetes may lead to health issues such as visual impairment, foot problems, nerve damage and heart and kidney disease.
 - a. **True**
 - b. False

ONE GOOD "TURN"

ABOUT	AWAY	DOWN	KEY
AGAINST	BACK	GREEN	LEFT
AN ANKLE	BLUE	HEADS	LOOSE
AROUND	BUCKLE	INDICATOR	OF EVENTS
ASIDE	COAT	INTO	

OFF
OVER
RIGHT
SIDEWAYS
SIGNAL
TABLE
THE CORNER
TURTLE
UPON

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