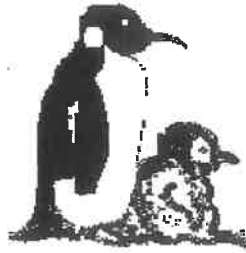


BITS & PIECES



FROM FRAN

January 2019

AARP Tax Assistance Program:

Appointments are currently being accepted for the Free AARP Income Tax Assistance Program which will be conducted at the Preston Senior Center. The income tax preparation assistance is designed for low and middle-income taxpayers of all ages, with special attention to those individuals who are 60 years of age or older.

If married, we ask that both husband and wife are present during an income tax counseling session. **Taxpayers must bring all documents which they have received that apply to their 2018 income tax including:**

***All SSA-1099, Social Security Benefit statements and RRB-1099, US Railroad Board Forms.**

***All SSA-1099 forms (1099-INT, 1099 OLD, 1099 DIV, 1099-R, 1099-B, 1099-S, 1099-MISC).**

***All W-2, Wages and Tax statements if employed during 1018. *All 2-G, Certain Gambling Winnings forms.**

***Original cost of assets sold during 2018. Broker statements.**

***Accurate Social Security numbers must be furnished for all/any dependents, which are claimed.**

***If applicable, proof of payment of property tax and motor vehicle tax.**

The Tax-Aide sessions will be conducted at the Preston Senior Center, 42 Long Society Road, Preston on the following dates: Wednesday, February 13th

and 27th, Wednesday March 13th and 27th, and concluding on Wednesday April 10th. All appointments will be scheduled between 9:00 a.m. and 1:00 p.m.

If you are interested in scheduling an appointment with a Certified AARP Tax Counselor, please call 860-887-5581 ext. 6 leaving your name and telephone number. You will be contacted regarding scheduling availability. Register early as the time slots fill up very quickly.

When coming to your appointment, if possible, we strongly recommend that you bring your 2017 income tax documents with you.

Please remember, that this service is provided FREE of Charge by very well trained and Certified counselors. Also, please be aware that some income tax returns take longer to complete than others. Your patience is greatly appreciated. The AARP Tax Counselors go to painstaking lengths to insure accuracy and complete each and every income tax appointment in a professional manner.

We can prepare

- **1040** with Schedules A, B and D
- **Schedule C** up to \$10,000 expenses (Schedule C has same requirements for CEZ—no employees, no inventory, no losses or depreciation, etc.)
- **Schedule EIC** and **EIC Worksheets**
- **1099-MISC (box 7)** nonemployee compensation is reported on Schedule C/CEZ)
- **1099-MISC (box 1 or 2)**—rents, royalties, reported on Schedule E with no expenses, depreciation)
- **1099-MISC (box 3)** other income is reported on 1040 Line 21)
- **1040-ES** (Estimated Payments)
- **2441** (Child & Dependent Care)
- **5405** (Repayment of FTHBC)
- **8283**, Section A, Part 1—noncash contributions to charity exceed \$500 but are less than \$5,000
- **8606** (Nondeductible IRA) Part 1
- **8880** (Qualified Savings Credit)
- **8812** (Additional Child Tax Credit)
- **8863** (Education Credits)
- **8949** (Sale or Disposition of Assets)
- **9465** (Installment Agreement)
- **8379** (Injured Spouse)
- **1040X** (Amended Returns, if trained in the tax year being amended)

Schedule K-1 that provides information only for interest, dividends and capital gain distributions and royalties (Schedule B, D, E)

Repayment of Debt—1099-C for credit card delinquency only

Withdrawals from Savings Accounts—1099-SA and **1099-R**, if trained and certified*

We cannot prepare

- **Schedule C** (Business Profit and Loss) if a loss or expenses exceed \$10,000
- **Complicated Schedule D** without proper paperwork (Capital Gains and Losses)
- **Schedule E** (Rental Property) with expenses, including depreciation (exception: returns for military members only, prepared by a counselor who has been certified to do military returns provided another military certified counselor is available to quality review the return)
- **Schedule F** (Farm Income)
- **2106** (Employee Business Expenses)
- **3903** (Moving Expenses)
- **8615** (Minor's Investment Income)
- **Portions of Schedules A and B** that are not included in our training
- **Schedule K-1** that involves depreciation or deductible expenses
- **Other rental income or business income**

AARP Foundation Tax-Aide is offered in conjunction with the IRS.



AARP
FOUNDATION

FACES OF SEPSIS™

"My beautiful, precious mother died of septic shock. It's too late for my momma, but not too late for your loved ones!"

-Kim Hinkamp

DEFINITION: Early Signs of Sepsis

"I left work feeling fine, nothing was wrong... I did not realize my whole world was about to change."

Sue's Story: Sepsis 3.0

Sue was sent home from the ER only to return 32 hours later in excruciating pain. "This would be the LAST time Sue would ever walk on her own 2 feet..." Her condition worsened and progressed to septic shock. She would become a quadruple amputee.

FACES OF SEPSIS™
STORIES PROVIDED BY
SEPSIS ALLIANCE TO
READ MORE, VISIT
SEPSIS.ORG

For more information about sepsis, please visit:

CDC. Sepsis Data & Reports. www.cdc.gov/sepsis/databereports/

Rhee C, Dantes R, Epstein L, et al. Incidence and Trends of Sepsis in US Hospitals Using Clinical vs Claims Data, 2009-2014. JAMA. 2017;318(13):1241-1249.

CDC. What is Sepsis? www.cdc.gov/sepsis/what-is-sepsis

CDC Vital Signs 2016 www.cdc.gov/vitalsigns/sepsis/

CDC. How Can I Prevent Sepsis www.cdc.gov/sepsis/prevention/

Kumar A, Roberts D, Wood KE, Light B, Parrillo JE, Sharma S, Suppes R, Feinstein D, Zanotti S, Taiberg L, Gurka D, Kumar A, Cheang M. (2006) Duration of hypotension before initiation of effective antimicrobial therapy is the critical determinant of survival in human septic shock. Crit Care Med. 34(6): 1589-96.

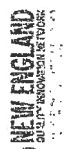
KNOW SEPSIS,
SAY SEPSIS

You could save a life—
it may be yours

Early detection and treatment
of sepsis saves lives.

For more information, please visit:
healthcarefornewengland.org/sepsis

contents presented do not necessarily reflect CMS policy. CMSQINCS12012091527 Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services. The Quality Improvement Organization for New England, under contract with the Centers for Medicare & Medicaid Services, prepared this material for the New England QIO-CMO, the Medicare Quality Improvement Network.



KNOW SEPSIS,
SAY SEPSIS

www.healthcarefornewengland.org/sepsis



KNOW SEPSIS

What is sepsis?

Sepsis is the body's extreme response to an infection.

Without timely treatment, it can rapidly lead to tissue damage, organ failure and death.

Who is at risk?

Anyone can get an infection and almost any infection can lead to sepsis. Some people are at higher risk of infection and sepsis:

- Children younger than one
- Adults 65 and older
- People with weakened immune systems
- People with chronic conditions like diabetes, lung disease, cancer and kidney disease

What infections lead to sepsis most often?

- Lung (such as pneumonia)
- Bladder or kidney (urinary tract infection)
- Skin (infected cut or cellulitis)
- Gut (E. coli)

SAY SEPSIS

A patient with sepsis might have one or more of the following signs or symptoms:



High heart rate



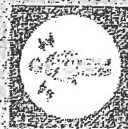
Fever, shivering, or feeling very cold



Confusion or disorientation



Shortness of breath



Extreme pain or discomfort



Clammy or sweaty skin

Suspect sepsis?

See a doctor or call 911 or go to the hospital right away and ask "Could it be sepsis?"

YOU COULD SAVE A LIFE

Preventing sepsis

- Get recommended vaccines and take good care of chronic conditions.
- Practice good hygiene, such as washing hands often.
- Seek appropriate treatment for infections.
- Keep cuts clean and covered until healed and look for signs of infection.

How can you help?

- Know what sepsis is, the signs of sepsis, and who is at risk.
- Act fast! Get medical care right away if you suspect sepsis, have an infection that's not getting better, or is getting worse.
- Share this information with friends, family and others.

RISK OF DEATH INCREASES BY 8% EVERY HOUR THAT TREATMENT IS DELAYED.

WHEN IT RAINS

BLINDING

CLOUDBURST

DRIZZLE

INTERMIT-

BUCKETS

DELUGE

DRUMMING

TENT

CATS AND

DRIPS

FLOOD

MIST

DOGS

DRIVING

FOG

PATTER

C L O U D B U R S T O W T

A U J H F T Q I L I I D N

POURING

T L B O Y E L Z Z I R D E

S H G N I V I R D U J L T

SPLATTER

A T U N G R E N M B K W T

N W E Z I T H M D N W Y I

SPRINKLE

D W H K T D I T I H P D M

D E N A C N N R F P O A R

STEADY

O R L S G U P I A O U E E

STORM

G P I U T S B T L M R T T

S P L P G O T F C B I S N

STREAM

R E N B S E R X E X N S I

X V S T R E A M L K G W T

Blood Pressure Screening:

The Blood Pressure Screening for the month of January will be held on Tuesday, January 15th from 1:30- 2:30 p.m. in the Community room at Lincoln Park Housing. All are welcome and encouraged to attend.

PVMS Luncheon and Volunteer Reading Program:

Thank you to the many individuals who participated in the December program. The second-grade students are amazing and very skilled in their reading abilities. The following dates have been scheduled to include both the Reading Program and Senior Luncheon series (barring any inclement weather). Please call 860-887-5581 ext.6 to register for the programs. (Reading at 10:30 a.m., Lunch at 11:00 a.m.) Thursday, January 24th, Thursday, February 14th and Thursday, March 21st. Please purchase luncheon tickets in advance at the Preston Senior Center or the Preston Town Hall-Senior Affairs Office. Thank you.

My Favorite Sayings:

Compassion is language the deaf can hear and the blind can see..Mark Twain

Laughter is an instant vacation....Milton Berle

A day without laughter is a day wasted....Charlie Chaplin

Love people for what they are; don't judge them for what they are not

Learn character from trees, values from roots and change from leaves

We make a living by what we get, but we make a life by what we give.....Winston Churchill.

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

PRESTON PARKS & RECREATION

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

SENIOR ACTIVITIES

CHAIR YOGA

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.

Session #3 ~ Mondays: January 7 – February 25, 2019
(no class on January 21 or February 18)

Session #4 ~ Mondays: March 11 – April 15, 2019

Session #5 ~ Mondays: April 29 – June 10, 2019
(no class on May 27)

Time: 9:30 am – 10:30 am

Instructor: Sandra Hartnett

Location: Preston Public Library

Fee: \$36 per session (6 weeks)



Minimum of 10 people needed to sign up in order for each session to run.
Maximum of 16.

INTRODUCTION TO TAI CHI AND QIGONG

Come experience how gentle movement and an understanding of Chi (energy in the body) can lead to better balance, better health and an increased sense of well being. We will learn the things that are similar and the things that are different between TaiChi and Qigong. We will experience Qigong by practicing slow movements that engage the whole body. We will learn some basic stances and movements that are common in most forms of TaiChi. Come enjoy an introduction that will offer you new skills and introduce you to a new way of thinking of movement. (Minimum of 3. Maximum of 8)

Dates: Wednesdays, January 2, 9, 16, 23 & 30

Time: 11:15 am – 12:15 pm

Location: Preston Public Library

Fee: \$25 per session (5 weeks)

**REGISTER ONLINE AT
WWW.PRESTON-CT.ORG**

Payment and registration forms are due at least one week prior to start date of each session.
\$10 late fee for all registrations not received one week prior to the start date of each session.

✕ ✕ 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 #3 Chair Yoga Session #4 Chair Yoga Session #5 Tai Chi/Qigong

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 ****