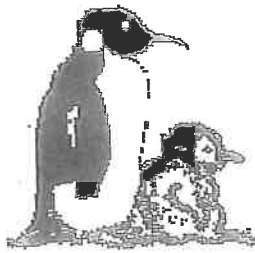


BITS & PIECES



FROM FRAN

September & October 2019

Annual Flu & Pneumonia Clinic:

Our Annual Flu & Pneumonia Clinic will be conducted on **WEDNESDAY, OCTOBER 16th from 10:00 a.m. until 12:00 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.

We will offer a variety of vaccines too. For persons who are age 65 years and older, the higher strength influenza vaccine, as recommended, will be provided. Individuals who are younger than 65 will be administered the lower strength influenza vaccine. In addition, pneumonia vaccine will be available at our clinic. **And, WE WILL OFFER THE NEW SHINGLES VACCINE AT OUR CLINIC.** (This is a series of two injections, the first is administered at our senior center. Then between two and six months later, you receive your second injection. The second injection in this series may be obtained from the Rite Aid Pharmacy in Griswold)

Persons who participated in our clinic last year and who are insured by MEDICARE do not need to bring proof of coverage. If you are insured by a different insurance carrier and have a separate RX card, we ask that you provide proof of that coverage. (We will make copies for you and as always, that is free of charge).

The Annual Flu & Pneumonia Clinic on Wednesday, October 16th will be held at the Preston Senior Center, 42 Long Society Road, Preston.

Please register for the clinic by telephoning 860-887-5581 ext. 6 at your earliest convenience. When calling, please leave your name, phone number and type of injection which you are interested in receiving.

We do provide ample parking to participants. If you need to use a wheelchair, let us know of that need in advance of clinic day, we will ensure that a wheelchair is available to you.

We are pleased to have the ability to offer this service to our community. We look forward to your continued support and participation. Please feel free to direct any questions/concerns regarding our clinic to the Preston Senior Affairs Office at 860-887-5581 ext. 6. Light refreshments will be available to all participants in the clinic.

What's new at the Preston Senior Center?

We are thrilled to be the recipients of several generous donations to the senior center. Mr. George Baldwin donated a 20' flagpole to be erected in front of the senior center. To assist in the effort, a group of service personnel from the Navy Submarine Base - Groton have volunteered all labor & materials to accomplish the project. The permitting process was completed with guidance by the Building Inspector concerning the depth and amount of cement necessary for compliance. Our last detail will be to illuminate the American Flag and that effort will be completed by our local electrician.

Words of gratitude fall short when expressing appreciation to the many caring individuals who helped us in providing a home for and gave us the ability to proudly display the American Flag. To all of the unsung heroes who worked diligently behind the scenes at the Preston VFW, Navy Chiefs and Town of Preston employees, we are forever grateful for your kindness.

The Countdown Has Begun:

For those who procrastinate, the October 1st deadline is fast approaching. Applications for the Renter's Rebate of Elderly Renters and Totally Disabled Persons continue to be processed by this office. It is essential that individuals provide documentation from all sources of income and assets; proof of rental payments made and utilities payments (if not included in the rent) for 2018. It's not too late to ask questions regarding the necessary documentation but, it will soon be too late to apply. Don't pass up your chance to participate. To schedule an appointment or inquire about guidelines, please contact the Senior Affairs Office at 860-887-5581 ext. 6.

AARP Fraud Watch Network:

AARP has conducted several workshops dealing with scamming and attempting to educate us in ways to avoid becoming a victim to their techniques. From time to time, a brief article will be included in the newsletter to help us become aware of the tricks played on innocent citizens.

"A WARRANT FROM THE INTERNAL REVENUE SERVICE"

THE PITCH: This is a final notice from the I.R.S. This message is to inform you that the I.R.S. is filing a legal warrant under your name and your tax ID for the tax fraud and the investigating team of our department is investigating you and your family. We have tried to notify you regarding these issues in the previous 6 months but we had never got response from you so it has been considered as an intentional fraud and lawsuit has been filed under your name by the United States government. You may call our department number 830-220-2074 extension 7. I repeat 830-220-2074 extension 7. Thank you"

THE CATCH: At its peak, millions of Americans were receiving this type of call. Many people called the number back out of fear that they were in trouble with the federal government. When they called the number, they typically reached a "boiler room" somewhere in the world, where operators would try to convince them that they were from the IRS and to send them thousands of dollars they supposedly owed in back taxes. Often, these operators would get the victim to go to a large retail store and purchase gift cards. The victims would then read the card number to the scammer. That's the last the victim would hear from the IRS.

THE tip: The IRS will never call you about past taxes without writing to you first. If you are concerned about such a call, contact the IRS independently and verify that you don't owe money.

Not sure if Medicare will cover your medical test or service? Medicare's free, official **"What's covered"** app delivers accurate cost and coverage information right on your mobile device. Now you can quickly see whether Medicare covers your service in the doctor's office, the hospital, or anywhere else you use your phone.


"What's covered" is available for free on both the App Store and Google Play. Search for **"What's covered"** or "Medicare" and download the app to your mobile device. Once **"What's covered"** is installed, you can use it to get reliable Medicare information even when you're offline.

Easy access to accurate, reliable Medicare coverage information is just one new feature of the eMedicare initiative. To stay up to date on **eMedicare** improvements and other important news from Medicare, sign up for our email list by visiting Medicare.gov and follow us on Facebook.

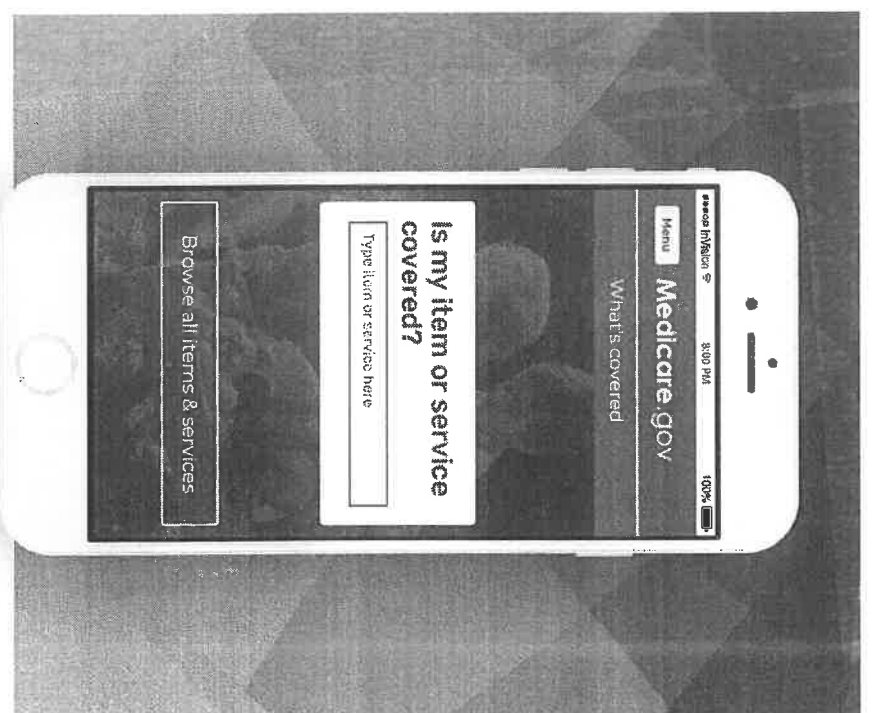


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Medicare



GET MEDICARE'S NEW
"What's covered"
APP!

PRESTON PARKS & RECREATION

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

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.

Session #2 ~ Mondays: October 28 – December 16, 2019
(No class on November 4 or November 11)
Time: 9:30 am – 10:30 am
Location: Preston Public Library Meeting Room
Fee: \$36 per session (6 week session)

CARPENTERS

REMEMBERED CHRISTMAS COACH BUS TRIP

Join us as we travel by coach bus to the Log Cabin in Holyoke, MA. "Merry Christmas Darling" with the Carpenters Remembered is the definitive concert show celebrating a mix of their Christmas songs and classic ballads of one of the most successful recording acts of all time. Starring Michelle Berting Brett who is accompanied by a live, 4-piece Nashville band, the show re-creates the Carpenters' original sound. Experience an intimate behind-the-scenes portrait of the pop music phenomenon that defined an era, and sing along with hits that include "Close to You", "Yesterday Once More", "Rainy Days & Mondays", and many Christmas Classics as well!

Family Style Luncheon Homemade Soup Chicken Florentine & Baked Scrod Rolls & Butter. Vegetable & Potato Dessert - Coffee & Tea

Date: Monday, December 9, 2019
Bus Departure Time: 9:00 am
Approximate arrival back time: 5:00 pm
Ages: 55+
Fee: \$88.00 per person

COUNTRY LINE DANCING CLASSES

Grab your boots/shoes and join in for some Country Line Dancing fun!!

Date: Thursdays: November 7 – December 19, 2019
Time: 6:00 pm – 7:00 pm
Ages: 55+
Fee: \$45.00 per person

FESTIVAL OF TREES AND TRADITIONS at Wadsworth Athenaeum

Established in 1973 by the Women's Committee as a museum fundraising event, Festival of Trees & Traditions has become an annual holiday custom for visitors from throughout the state and beyond. Every year community members, artists and organizations decorate holiday trees and wreaths to be displayed in the galleries throughout the week. All items are for sale, and profits help fund the museum's special exhibitions, educational programs, and operating expenses. Purchase a tree or wreath for your home or donate it to a local charity. We will not be eating lunch due to time. There is a Bistro there to have lunch if time allows you. Please feel free to pack a lunch or snacks if needed. We will be traveling via Town of Preston school bus. School bus will depart and return to Preston Veterans Memorial School.

Date: Tuesday, December 3, 2019
Time: 8:45 am – 1:15 pm
Ages: 55+
Fee: \$19.00 per person

Register online at www.preston-ct.org

Stay up to date with all our programs, activities and field trips. "Like" us on Facebook and follow us on Instagram!!

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

PRESTON PARKS & RECREATION • SENIOR ACTIVITIES REGISTRATION FORM • 2019 - 2020

Name:

Phone Number:

Home Address:

Email Address:

Emergency Contact Name:

Phone Number:

Please register me for the following programs:

Chair Yoga #2 Line Dancing Festival of Trees & Traditions Carpenters Remembered Christmas

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 ****

PRESTON PARKS & RECREATION

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

PRESTON COMMUNITY YARD SALE

SATURDAY, SEPTEMBER 14, 2019

Time to clean out your closets and garage!!

Preston Parks & Recreation is hosting a Community Yard Sale on Saturday, September 14 from 9:00 am - 1:00 pm.

OPTIONS!! WE GOT THEM!!

Host a yard sale at your residence
or purchase a spot at Preston Plains Middle School.

If you choose to host the yard sale at your residence, the Town of Preston requires all persons hosting a yard sale to obtain a permit.

The cost of the permit is \$2.00. Sign up online and

Preston Parks & Recreation staff will do the paperwork for you!

Last day to register and be included on the map is Tuesday, September 3rd.

If you choose to purchase a 15 x 15 spot at Preston Plains Middle School, the fee is \$15.00. Minimum of 8 people needed.

**Register online at:
www.preston-ct.org**



MEND FENCES

My Favorite Sayings:

If you don't sacrifice for what you want, what you want becomes the sacrifice.

Freedom is the responsibility to fill our lives with meaning.

It's nice to be important, but it's more important to be nice.

If you get something for nothing, don't complain if you don't get more.

There's an art to being steadfast without being stubborn.

Even those with nothing to give can give encouragement.

Humility is the state caused by suddenly shrinking to our normal proportions.

BOARDS	PAINT	REPAIR	STAIN
BROKEN	PICKETS	REPLACE	WIRE
CHAIN-LINK	POSTS	ROCK	WOOD
CLASP	RAILS	SECURE	
CONCRETE	REMOVE	SLATS	
DIG	G E V O M E R A W D R A H		
FALLEN	P A M K T N S D S C Q E L		
FIX	G R T N C E O T Z L T G T		
GATE	N I I E C O S V F E I K N		
HARDWARE	L A W U W O R A R H B A J		
HINGE	P P R F P T L C X O K A N		
HOLES	D E K N I L N I A H C E P		
NAILS	S R P B E O F F R W E K G I		
	G T S N C R D T R O U N C		
	A W A Y I S H I R A K I K		
	N I L L Y A N B G Y I H E		
	F R C N S I T M Z R I L T		
	R E P L A C E S H O L E S		