

BITS & PIECES



FROM FRAN

June/July 2017

VA Caregiver Support:

Do you, or someone you know, care for a service member or veteran who had a TBI (traumatic brain injury) after October 2001 while serving in the military? A VA (Veterans Administration) study is currently recruiting family members, friends, or significant others who help a service member or veteran who had a traumatic brain injury after October 2001 while serving in the military.

If so, you may be eligible to participate in a study requested by Congress. The study is currently recruiting family members, friends, or significant others who help a service member or veteran who had a traumatic brain injury after October 2001 while serving in the military.

Help can include assistance with any day to day activity such as dressing, managing emotions, personality changes, anger/irritability, housework, remembering things, taking medications, managing money, providing financial assistance, running errands, shopping, transportation, or preparing meals. If you or someone you know may be interested, please call (855) 821-1469, or email caregiver.study@dvbic.org.

School Luncheon and Volunteer Reading Program:

Thursday, May 25th will conclude the PVMS Luncheon and Volunteer Reading Program for this school year. The menu for the luncheon will be Lemon Crusted Chicken. Lunch is served at 11:00. Tickets are available at the Preston Senior Center at a cost of \$4.00 per person. Individuals may also register by

calling the Senior Affairs Office at 860-887-5581 extension 6. We ask that you register in advance of the date to provide the kitchen staff with an accurate meal count. Volunteer reading participants are scheduled for 10:30 a.m. Transportation service is available to participants in this program.

I would like to take this opportunity to thank the great group of volunteers who work with the children to share their excitement and love of reading. You are a priceless gift to the children and a treasure to our community. Thanks also to the staff at Preston Veterans Memorial School for making our visits so enjoyable. Kudos to Katarina Potter and her kitchen staff for preparing scrumptious meals.

The programs will resume in October 2017.

Municipal Medical Transportation Program:

Misinformation has been disseminated by some well-meaning individuals concerning the Municipal Medical Transportation Program which is funded by the State of Connecticut. I would like to take this opportunity to clarify what the program does and cannot do. The Town of Preston currently participates in the program (July 1, 2016 through June 30, 2017) and is in the process of joining with other towns to request funding for an additional year. The Town of Preston collaborates with the Eastern Connecticut Transportation Consortium and the CT Department of Transportation to expand transportation services to individuals age 60 and over and disabled individuals. (The program is also identified as Dial-a-Ride)

Rides provided through these grant funds are for medical appointments that either occur beyond our regular service area or when our transportation program does not operate. For participation in the Municipal Medical Transportation Program, a registration form must be completed and submitted with a membership fee of \$24.00 (membership is from July 1st through June 30th). This membership fee entitles the individual up to 36 one way rides to medical appointments (within New London County and/or Westerly, RI) provided the funding is not exhausted.

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. Passengers must be free from acute illness such as flu, fever, vomiting, diarrhea, and infections such as pneumonia.

Caregiver Mileage Reimbursement Program: To participate, a registration form must be submitted along with a Request for Mileage Reimbursement form for participation in the Caregiver Mileage Reimbursement Program. No membership fee is assessed for participating in this program.

The program works by the rider retaining a volunteer driver (friend, neighbor, family member) to take them to their medical appointment. The participant submits a completed mileage reimbursement form to the town by the end of the month for processing. The form includes the appointment date, start address, destination address, and must be signed and dated by the client and driver after the last trip has been entered on the 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. The mileage reimbursement component of the grant, which allows your friend or relative to be reimbursed for taking you to medical appointments is at the current IRS rate per mile. The afore mentioned programs are designed to provide transportation to medical appointments for eligible clients. This service is funded through a state grant, therefore rides and reimbursements are contingent upon the availability of grant funds.

The Municipal Medical Transportation service and Caregivers Transportation Program have been publicized in past issues of the Bits & Pieces newsletters with periodic updates provided as the grant process proceeds.

The Town of Preston does provide transportation to Preston residents who are 60 years of age and older within a 25-mile radius. No membership fee is assessed for participation in our transportation service. Routine shipping trips are scheduled weekly and transportation to medical appointments are accommodated to the best of our ability. Information regarding the transportation services available to Preston residents may be obtained by contacting the Senior Affairs Office at 860-887-5581 extension 6.

TVCCA Café Program:

Each Monday morning, except for legal holidays, the Preston Senior Center participates in the TVCCA Café Program. Lunch is served at 11:30 a.m. and there is a suggested donation of \$3.00 per person. Persons 60 years of age and older are eligible to participate in the program. Residency is not a requirement to join with us for lunch. (Persons who are under the age of 60 years are charged a higher fee for participation).

For the month of June, we will be offering the following menu's:

June 5th: Stuffed Chicken w/broccoli & cheese, Roasted Potatoes, Green Beans, and Fruit Cocktail.

June 12th: Chicken Parmesan, Bow Tie Pasta, Capri Vegetable Blend, and Fresh Apple.

June 19th: Salisbury Steak w/gravy, Mash Potatoes, Stewed Tomatoes, and Applesauce Cup.

June 26th: Smoked Beef Brisket, Corn on the Cob, Coleslaw, Dinner Roll, and Strawberry Shortcake for dessert.

Menu's include 1% milk, and whole grain bread are served with each meal.

The TVCCA's Senior Nutrition Program is supported by Senior Resources-Agency on Aging with Title 111 funds made available under the Older Americans Act. The menu's meet 1/3 RDA and conform to U.S. Dietary Guidelines.

Registrations are necessary for participation in the meal program. Please contact the Preston Senior Center at 860-889-0770 to sign-up for the meal. We ask that you register by Thursday of the previous week to participate in a Monday meal. Sorry, but we can't accommodate walk-ins. The TVCCA Café Program is a great way to join with your friends and neighbors for an enjoyable meal.

Thank you crafters:

Members of Lincoln Park Housing and the Preston Senior Center have been creating tray favors for the Norwichtown Convalescent Home residents and Meals-on-Wheels clients. We are currently creating "thank-you for your service" greeting cards which will be distributed to area Veterans. The volunteers work tirelessly to give something special to people they have never met and to ensure that those individuals are not forgotten. Thank you, volunteers!

My Favorite Sayings:

The difference between stumbling blocks and stepping stones is how you use them.

Courage is resistance to fear, mastery of fear, not absence of fear.....Mark Twain

Our greatest triumph is rising every time we fall.

Money isn't everything, but it sure keeps the kids in touch.

Middle age is the awkward period of life when Father Time starts catching up with Mother Nature.

True friendship is like good health: The value of it is seldom known until it is lost.

If you need a doctor on a Friday afternoon, join the local golf club.

One way to define health food is anything eaten before the expiration date.

Look at the doughnut, not the hole.

Free Blood Pressure Screenings:

Free blood pressure screenings are conducted on the second Tuesday of each month between 1:30 – 2:30 p.m. at Lincoln Park Housing. Visitors are requested to park their vehicle curbside or in designated areas marked as "visitor parking". All are welcome and encouraged to attend.