

BITS & PIECES



FROM FRAN

September/October 2017

FLU CLINIC:

Mark your calendars for WEDNESDAY, October 18th for our Annual Flu Clinic. The Clinic will be conducted at the Preston Senior Center, 42 Long Society Road, Preston. We have tentatively scheduled the time from 9:00 - 11:00 a.m. (The time may be adjusted depending on the volume of participants who register for the program)

The guidelines for participating in our clinic will remain unchanged from those of the past several years. Individuals who are between the age of 60 and 65 years of age **(AND NOT INSURED BY MEDICARE, ANTHEM BLUE CROSS BLUE SHIELD OR CONNECTCARE) A FEE WILL BE ASSESSED FOR THE INFLUENZA VACCINE. These fees are only** charged to individuals who are younger than 65 years of age or have insurance coverage which is not billable by UC&FS. For Preston residents who are uninsured or between the age of 60 and 65 and are not covered by a billable insurance carrier, there will be a \$25.00 fee for the influenza vaccine.

Similarly, UC&FS cannot bill the providers of any Medicare Advantage Care programs for our service. You do have the option whether you receive the influenza vaccine at our clinic or opt to contact your family physician for the injection. If you are uncertain whether you have signed up for a Medicare Advantage Program, please call your carrier for assistance. (The Medicare Advantage Program has very specific guidelines and regulations, which govern their program). There is absolutely nothing wrong with the choice to participate in a **Medicare Advantage Care program; the issue is that we CANNOT BILL FOR THE SERVICE.**

Registrations are currently being accepted for the Wednesday, October 18th Flu Clinic. If you choose to participate in our clinic, pre-registration is essential. Please call 860-887-5581 extension 6, leaving your name, telephone number if you wish to participate in the program.

We are most grateful to all residents who choose to attend our clinic. Our clinic has always been, and will continue to be a great melding of professionalism by UC&FS staff, volunteers and employees. In addition to receiving the influenza vaccine, our clinic will continue to encourage participants to renew old acquaintances, meet new friends and enjoy some light refreshments.

Volunteers will also be needed to work on clinic day too. If you can donate an hour or two, we are interested in hearing from you. We are most grateful for every helping hand.

To register for the clinic, please call 860-887-5581 extension 6. (THE TOWN HALL HAS A NEW TELEPHONE SYSTEM AND IT MAY SEEM A LITTLE STRANGE AT FIRST, BUT PLEASE BE PATIENT. WHEN THE ANNOUNCEMENT COMES ON, PRESS EXTENSION 6. you will be directed to leave your name and a brief message).

For persons who have had changes to their insurance coverage since the last clinic, please indicate the information in your message.

For persons who register for the program, you will receive written correspondence prior to the clinic.

If you are in need of transportation to the clinic, please include that information when you register.

We look forward to seeing you on Wednesday, October 18th.

CAPE COD SCALLOP FEST:

We have been invited to join with our Lisbon friends on a wonderful excursion to the Cape Cod Scallop Fest on Saturday, September 23rd. The cost is \$35.00 per person which includes bus transportation and meal (Scallops or Chicken). The bus leaves the Lisbon Senior Center at 9:30 a.m.. Please register by calling Karen Washington at 860-376-2329. The bus is filling up fast so don't hesitate if you are interested in attending.

ICE CREAM SOCIAL & INFORMATION SESSION:

Michele DePina from Anthem will be hosting an ice cream social on Tuesday, October 3rd at noon. During the ice cream social, Michele will be

educating the audience regarding Medicare/Medicaid for the upcoming open enrollment. Q & A will follow the presentation, so bring your questions. The Program will be offered at the Lisbon Senior Center, 11 Newent Road. If you are interested in attending, YOU MUST REGISTER by calling 860-887-5581 extension 6. We don't want to run short of ice cream!

TVCCA Cafe Menu:

On Monday's (except legal holidays) we offer a Congregate Meal Program at the Preston Senior Center. The program is for persons 60 years of age and older. There is a suggested donation of \$3.00 per meal. Reservations are necessary. Please call 860-889-0770 to register for the program.

September 11th.....Pub Burger on a Bun w/lettuce & Tomato
Roasted Potatoes, Mixed vegetables, Pineapple Tidbits.

September 18th.....Stuffed Shells, Garlic Tomato Cannellini Beans,
Zucchini, Pears & Mandarin Oranges.

September 25th.....Chicken Broccoli Alfredo, Bow Tie Pasta
Italian Vegetables, Fresh Orange

All meals are served with 1% milk and whole grain bread. Coffee & tea are available to participants.

LEARN TO RECOGNIZE SIGNS OF STROKE, AND ACT F.A.S.T. by Lisa Hageman

According to the American Stroke Association, every 40 seconds someone in the United States has a stroke.

Stroke is a disease that affects the arteries leading to and within the brain. It is the fifth leading cause of death and a leading cause of disability in the United States.

A stroke occurs when a blood vessel that carries oxygen and nutrients to the brain is either blocked by a clot or ruptures. When that happens, part of the brain cannot get the blood (and oxygen) it needs, so brain cells die.

As a bedside nurse, I remember frequent over-head pages at the hospital: "Trauma alert: stroke; estimated time of arrival..." Each time I

heard the message I would hope the patient arrived at the hospital quick enough for key brain-saving treatments. All too often I would speak to patients who had suffered strokes who said they thought the symptoms would go away or that they were too busy to go to the hospital. They regretted not making their health their No. 1 priority.

Knowing the signs of a stroke is the first step in prevention. F.A.S.T. is an easy way to remember the sudden signs of stroke. When you can spot the signs, you'll know that you need to call 9-1-1 for help right away.

F.A.S.T. is:

F for FACE DROOPING: Does one side of the face droop or is it numb? Ask the person to smile. Is the person's smile uneven?

A for ARM WEAKNESS: Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

S for SPEECH DIFFICULTY: Is speech slurred? Is the person unable to speak or hard to understand? Ask the person to repeat a simple sentence, like "The sky is blue." Is the sentence repeated correctly?

T for TIME TO CALL 911: If someone shows any of these symptoms, even if the symptoms go away, call 911 and get the person to the hospital immediately. Check the time so you'll know when the first symptoms appeared.

Responding quickly when a stroke occurs can mean the difference between recovery and disability. Clot-bursting drugs and medical devices have made stroke treatable, but every second counts.

The leading cause of stroke is high blood pressure. Three out of four people who suffer first strokes have high blood pressure. Unfortunately, 85 million adults over the age of 20 in the United States have high blood pressure and 1 in 6 don't even know they have it.

Remember the message is loud and clean: Act F.A.S.T. The treatments for stroke are extremely time-sensitive.

MY FAVORITE SAYINGS: It takes a moment to make a friend, it takes a lifetime to be one.

The best way to succeed in life is to act on the advice we give to others.

Don't drive as if you own the road; drive as if you owned the car.

The greater the obstacle, the more glory in overcoming it.

The only food that doesn't go up in price is food for thought.

No one has ever been bored by someone paying him or her a compliment.

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

Session #1 ~ Mondays: September 18 – October 30 (no class on October 9)

Session #2 ~ Mondays: November 6 – December 11

Time: 9:30 am – 10:30 am

Instructor: Sandra Hartnett

Location: Preston Public Library

Fee: \$36 per session (6 weeks)

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.

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

Register early to make the programs a success.

About the Instructor: Sandy has been sharing her passion of teaching yoga since 2005 to many diverse groups, including senior citizens, veterans, corporate employees, teens in a shelter, and prison inmates. She completed 500 hours of advanced teacher training at Kripalu in 2010. The joyful spirit that Sandy brings to her teaching encourages others to transform their lives through the practice of yoga.

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PRESTON PARKS & RECREATION • CHAIR YOGA REGISTRATION FORM • 2017-2018

Name: _____ Phone Number: _____

Home Address: _____ Email Address: _____

Emergency Contact Name: _____ Phone Number: _____

Please register me for the following Chair Yoga programs:

___ Session #1 ___ Session #2

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 ****