

BITS & PIECES



FROM FRAN

October/November 2017

FLU CLINIC: HAVE YOU REGISTERED?

As a reminder, our Flu Clinic will be held on WEDNESDAY, OCTOBER 18th at the Preston Senior Center, 42 Long Society Road, Preston.

If you have already registered for the clinic, your name will be highlighted on the mailing address of this newsletter. IF YOU HAVE NOT REGISTERED, I ask that all persons interested in receiving the influenza vaccine register by October 9th. Please call 860-887-5581 extension 6 leaving your name, telephone number and a brief message regarding the purpose of your call. PERSONS WHO ARE REGISTERED FOR THE CLINIC WILL RECEIVE A LETTER PRIOR TO CLINIC DAY, INFORMING THEM OF THE CLINIC TIMES.

If you have any questions concerning the Flu Clinic, please contact the Senior Affairs Office at 860-887-5581 extension 6.

Notice of Change:

There has been a change to the October 4th program at the Lisbon Senior Center. The Ham and Bean Luncheon will continue as originally scheduled but the Auction by Judy has been postponed until November. Lisbon Senior Center apologizes for any inconvenience which this may cause.

School Luncheon and Volunteer Reading Program:

It's October and we're pleased to announce the resumption of our PVMS luncheon and volunteer reading programs. As in the past, the volunteer readers are requested to arrive at 10:30 a.m. . Lunch will begin at 11:00 a.m. The price of the lunch is \$4.00 per person with tickets available at the Preston Senior Affairs Office, and at the Preston Senior Center.

Please purchase your tickets in advance so that we can provide an accurate meal count to PVMS school staff. Transportation is also available for this program. Please call 860-887-5581 ext. 6 to register for the program or to arrange for transportation.

The upcoming schedule includes the following dates:

October 26th

November 16th

December 14th

Transportation schedule change:

On Wednesday, October 18th, transportation will not be available for weekly shopping trips. Patrons are asked to reschedule their trip to Big Y, Walmart, etc. until Friday, October 20th. The schedule will remain from 9:00 a.m. - 11:30 a.m. For additional information, please call 860-887-5581 extension 6.

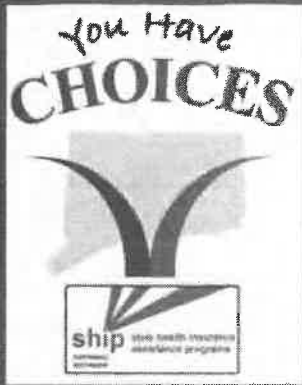
My Favorite Sayings:

It really isn't a smile until you aim it at someone.
May the rest of your years be the best of your years.

The wise man does not lay up treasures; the more he gives to others,
the more he has for his own.

Mosquitoes are like children-the moment they stop making noise, you know
they're getting into something.

Cherish yesterday, dream tomorrow, live today.
Gossips are the spies of life.



Have you done your **Yearly Medicare Part D Plan Review?**

Medicare Annual Enrollment Period October 15, 2017 – December 7, 2017

The Medicare Annual Enrollment Period (AEP) is for any individual currently *enrolled* in Medicare Parts A and/or B and allows the opportunity to join, switch or drop Medicare drug plans. Please do not confuse this period with the ability to enroll into Medicare Parts A and/or B.



Enrolling into a Medicare Drug plan during the Annual Enrollment Period timeframe of October 15 –

December 7, 2017 will ensure your new plan coverage begins January 1, 2018.

Things to think about when comparing Medicare drug coverage are **Cost, Coverage, Convenience and Quality.**

Cost:

Monthly drug plan premium – all Medicare Part D plans charge a monthly premium in addition to your Medicare Part B premium. Also, most Medicare Advantage Plans charge premiums in addition to the Medicare Part B premium. These premiums vary by plan.

Yearly drug deductible – A deductible is a fixed amount of money you must pay before your drug plan begins to pay its share of covered drugs. Not all plans have a deductible.

Copayment/Co-insurance – this is the amount you pay towards the cost of your covered drugs after the yearly deductible is met.

Coverage Gap – There is a temporary limit on what the drug plan will cover for drugs. Once you and your drug plan has spent a specified amount of money towards your covered drugs, you may enter the Coverage Gap, also known as the donut hole. During this period, you will pay 35% of total cost of covered *name brand* drugs and 44% of covered *generic* drugs in 2018 during the Coverage Gap. Not everyone enters the Coverage Gap.

Catastrophic Coverage – Again, once you, the plan and other subsidies pay a certain amount, you are no longer in the Coverage Gap – you enter Catastrophic Coverage in which you will enjoy much lower copays/co-insurance for covered drugs for the remainder of the calendar year.

Coverage:

Formulary – A formulary is a list of covered drugs that a Medicare Drug plan covers. Plans use “Tiers” to determine how much a covered drug will cost. Each Medicare Drug plan has different formularies so it is important you screen your drug plan each year to ensure the drugs prescribed to you are on the formulary.

Restrictions – Each plan may have certain restrictions on certain covered drugs. Restrictions may come in the form of Prior Authorization, Quantity Limits and/or Step Therapy.

Convenience:

Some Medicare Drug plans use certain pharmacies to bring you the lowest cost possible for drugs, should you choose to use a non-preferred pharmacy, you will be charged higher cost-shares. Or the drug plan may require you to use certain pharmacies only and do not have out-of-network coverage.

Quality:

Besides the plans costs, coverage and convenience, you may also want to review the Star Ratings for each Medicare Drug plan. Medicare uses customer satisfactions surveys from Beneficiaries and healthcare providers to determine the overall performance of each plan. Plans may have a rating of 1 – 5 stars, 5 being the best.

What's next?

Current Medicare Beneficiaries enrolled in a Medicare Part D plan or a Medicare Advantage Plan in 2017 will begin receiving notices, called the Annual Notice of Change and/or Evidence of Coverage from the plan, typically by the end of September. It is important you read the notices as they contain important information about your current plan for 2018.

Even if you are satisfied with your current plan, there is no harm in looking at other plans, to ensure that you are enrolled in the best possible plan for you.

The best way to view all plans available is to log onto www.medicare.gov and use the Medicare Plan Finder Tool.



CHOICES (SHIP) Program:

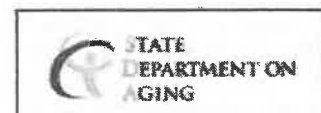
CHOICES helps Connecticut's older adults and other people with Medicare understand their Medicare coverage and other healthcare options. **CHOICES** offers a number of *free* programs, as well as community outreach and information and referral services on a wide variety of topics.

CHOICES Counselors provide free, unbiased information and will facilitate enrollments into a Medicare Part D plan or a Medicare Advantage Plan by using the Medicare Plan Finder Tool.

CHOICES Counselors are not insurance agents or brokers, and therefore, do not receive any monetary gain from assisting Medicare Beneficiaries. **CHOICES** Counselors have extensive training and experience helping individuals understand their Medicare Benefits.

CHOICES Counselors are available statewide by calling (In State Toll Free) **(800) 994-9422** or call **(860) 424-5274** to locate your Area Agency on Aging.

Call today to discuss your Medicare Options or to find a counseling location or Enrollment Event near you!



PRESTON PARKS & RECREATION

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

ADULT PROGRAMS

YOGA BASICS

Practice includes a variety of foundational postures (standing, seated and on the floor) that focus on balance and alignment. Breathing techniques, yoga philosophy, meditation and deep relaxation are woven into each class. Please bring: yoga mat, blanket, and 2 yoga blocks.

Session #2 ~ Mondays: November 6 - December 11, 2017

Session #3 ~ Mondays: January 8 - February 26, 2018
(no class on January 15 or February 19)

Time: 5:15 – 6:15 pm

Location: Preston Public Library Meeting Room

Ages: 16+

Fee: \$60 per person (6 weeks)

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 #2 ~ Mondays: November 6 - December 11, 2017

Session #3 ~ Mondays: January 8, 2018 - February 26, 2018
(no class on January 15 or February 19)

Time: 9:30 – 10:30 am

Location: Preston Public Library Meeting Room

Ages: 16+

Fee: \$36 per session (6 weeks)

INTRO TO KNITTING & CROCHETING

Knitting and crocheting is fun for all and easy to learn. The basics of knitting and crocheting will be explored in this class. Learn various stitches and techniques with instructor Rachel Brink. Bring #5 needles and a medium weight yarn.

Dates: Mondays: October 23 - November 13

Time: 6:00 – 7:00 pm

Location: Preston Plains Middle School

Ages: 16+

Fee: \$25 per person (4 weeks)

CORE DE FORCE LIVE

CORE DE FORCE LIVE is an empowering, core-focused workout that combines authentic Boxing, Kickboxing, and Muay Thai moves, explosive power moves and interval training. Ready to get into killer shape? It starts with one punch! Bring an exercise mat.

Dates: Tuesdays: October 24 - November 21
(no class on November 7)

Time: 6:00 – 6:45 pm

Location: Preston Plains Middle School

Ages: 16+

Fee: \$27 for Preston residents, \$32 for non-residents (4 weeks)

POUND

Channel your inner rockstar with this full-body cardio jam session, inspired by drumming. Using Ripstix, lightly weighted exercise drumsticks, torch calories and tone while rocking out to your favorite music. Bring an exercise mat.

Dates: Thursdays: October 26 - November 16

Time: 6:45 – 7:30pm

Location: Preston Plains Middle School

Ages: 16+

Fee: \$30 for Preston residents, \$35 for non-residents (4 weeks)

MEN'S BASKETBALL

Join your neighbors & friends for weekly pickup basketball games

Dates: Thursdays: October 5, 2017 - May 31, 2018

Time: 6:30 pm - 8:30 pm

Location: Preston Plains Middle School Gym

Ages: 18+

Fee: \$20 per person for the year

CO-ED VOLLEYBALL

Bump, set and spike...come and enjoy an evening volleyball

Dates: Wednesdays: October 3, 2017 - May 29, 2018

Time: 7:00 pm - 8:30 pm

Location: Preston Veterans Memorial School Gym

Ages: 16+

Fee: \$20 per person for the year

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PRESTON PARKS & RECREATION • ADULT PROGRAMS • FALL 2017

Name: _____ Phone Number: _____

Home Address: _____ Email Address: _____

Emergency Contact Name: _____ Phone Number: _____

Please register me for the following programs:

Yoga Basics ~ #2 Yoga Basics ~ #3 Chair Yoga ~ #2 Chair Yoga ~ #3
 Intro to Knitting & Crocheting Core De Force POUND Men's Basketball Co-Ed Volleyball

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