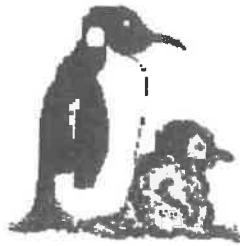


BITS & PIECES



FROM FRAN

December 2017/January 2018

PVMS Luncheon and Volunteer Reading Programs:

On December 14th we will participate in the PVMS luncheon and Volunteer Reading Program. Volunteer readers are requested to arrive at the school no later than 10:30 a.m. The children are eagerly awaiting to delight you with their reading skills. No materials are necessary, the children will provide their own books.

Lunch will be Turkey Potpie. I ask that you register in advance for the luncheon. The cost is \$4.00 per person. Tickets may be purchased at the Preston Senior Center (Monday 9:00 - 12:30, Tuesday and Thursdays from 1:00 - 4:00 p.m.) I ask that you register and make payment for the luncheon no later than Monday, December 4th. I do provide the school cafeteria with a headcount one week in advance of our participation.

I ask that you register for the Volunteer Reading Program and Luncheon program leaving your name and telephone number. On rare occasion, it is necessary to postpone or cancel our reservations and I want to be certain that everyone gets informed of the changes. It is not essential for you to participate in both programs, if you choose not to. Please call 860-887-5581 ext. 6 to register for the programs. The ladies at PVMS go out of their way to provide a homemade, scrumptious meal for you to enjoy.

TVCCA Senior Cafe Program:

Our congregate meal program is offered on Monday mornings (except holidays) at the Preston Senior Center, 42 Long Society Road. Lunch is served at 11:30 a.m. For individuals aged 60 and over, there is a suggested donation of \$3.00 per person. Persons under age 60 are charged a fee to participate. If you are interested in joining us for lunch, reservations must be made by Thursday for the following Monday meal. Call 860-887-5581 ext. 6 for additional information.

The menu for December includes the following meals:

Dec. 4th.....Chicken w/broccoli & Cheese, Mashed Potatoes, Chuck Wagon Vegetables, Fresh Orange, bread/margarine and beverage.

December 11th.....Salisbury Steak w/gravy, Egg Noodles, Green Beans & Diced Tomatoes, Peach Cup, bread/margarine and beverage.

December 18th.....BBQ Chicken, Rice Pilaf, Capri Vegetable Medley; Applesauce Cup, bread/margarine and beverage.

December 25th....Program Closed

Our program is more than eating a good meal, it's a great opportunity to meet friends, relax and enjoy the day plus, you don't have to wash the dishes!

Catholic Charities Announcement:

Catholic Charities, Diocese of Norwich has been awarded a grant by the Preston Community Fund to help Preston residents in need.

Catholic Charities can help struggling Preston residents with emergency food, rental and utility assistance. Preston residents do not need to be Catholic to take advantage of this funding. Catholic Charities serves people of all faith. If you or someone in your community, who resides in Preston and who may benefit from this emergency basic needs assistance, please contact Tracy Martone, Family & Community Services Senior Manager, at Catholic Charities 860-889-8346 or email Tracy Martone at tracymartone@ccfsn.org.

Medicare Savings Program:

For those who may not be aware of the upcoming changes to the MSP (Medicare Saving Program), I am providing a copy of a recent article which appeared in The Day.

In my opinion, this is going to be a hard-uphill battle but if we work together, we can make a difference in the lives of many seniors. It's important to make your feelings known....Call toll free and ask for your elected official. House Democrats 1-800-842-8267, Republicans 1-800-842-1423, Senate Democrats 1-800-842-1420, Republicans 1-800-1421, Governor 1-800-406-1527. Each and every call is important. Share with them the impact this will have on you and others that you know.

Article rank 20 Nov 2017 The Day By MICHAEL MARSHALL

Budget hurts our most vulnerable residents

Extreme, reckless reduction of insurance eligibility will put thousands of seniors and disabled persons in immediate danger.

I am writing to express my concern for 70,000-plus low income Connecticut senior and disabled residents who are having their health insurance benefits drastically cut as a result of the state budget that was recently passed. The cuts made to the Medicare Savings Plan will devastate our low-income senior and disabled population and force them to decide between paying their taxes, buying their medications, or seeking medical and mental health treatment.

Previously, persons on the Medicare Savings Program who were single could make up to \$2,120 a month and a married couple \$2,854 a month. They could be eligible to receive Medicaid as a supplement to Medicare, keep the Part B Social Security premium, as well as receive reduced premiums and co-pays for prescriptions. The Medicare Savings program was a life saver for many low-income senior and disabled residents.

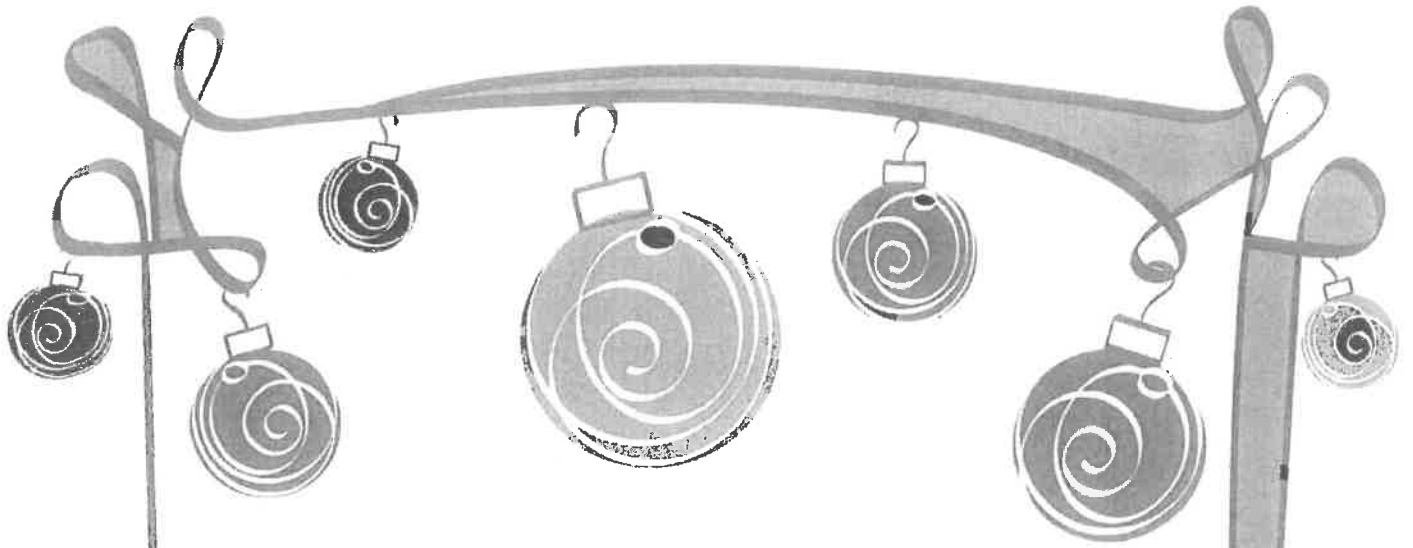
Now, the new state budget drastically cuts the income limits to \$1,005 for a single person and to \$1,374 for a couple! This extreme, reckless reduction of eligibility will put thousands of seniors and disabled persons in immediate danger. They will no longer have affordable, adequate insurance and will see a reduction in their Social Security income.

It is appalling that our legislators would hurt our neediest of residents. How can they expect people who worked hard their entire adult lives, and contributed faithfully to society, to be able to afford insurance, medication, housing, heat, food, clothing, and all the other necessities of life on such low income? Not to mention pay their taxes. These people deserve to feel that they will be medically taken care of.

I am a member of the National Association of Social Workers CT Chapter, Committee on Aging and we call upon our legislators to take a look at their mistake and make these vulnerable senior and disabled residents whole again. For a population that is already suffering, it is inconceivable that they would be penalized even further.

Please, state legislators, this is not people taking advantage or defrauding the system. They are your mothers, fathers, aunts, uncles, neighbors and friends. And they are scared!

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You are invited!

Preston Plains Jazz Ensemble

December 19
10-10:30 AM

Preston Plains Middle School
1 Rt. 164
Preston, CT

Taking Place in the PPMS Cafeteria

Come Enjoy Light Holiday Music with Refreshments!

Send any questions or inquiries to Joseph Durfee, Band Director
durfeeJ@PrestonSchools.org
860-889-3831, ext. 2100

Please RSVP to Preston Senior Affairs, phone # 860-887-5581 ext. 6

No later than Thursday, November 30, 2017



Center for
Medicare Advocacy

MedicareAdvocacy.org

Since 1986, the Center for Medicare Advocacy has provided education and advocacy on behalf of older and disabled people – working to advance access to Medicare and quality health care. In these difficult times, we need your help to fight for continued access to quality health coverage and care.

The Center is collecting stories to show the importance of our national health care programs, and the need to improve, not harm them.

Your Health Care Story Can Help!

What's Your Story?

In addition to our goal of preserving and advancing Medicare, Medicaid and the Affordable Care Act, other priorities include:

- **Ending the Medicare Improvement Standard** – Ensuring access to coverage and care to maintain, or slow decline, of an individual's condition.
- **Eliminating Hospital Observation Status** – Working to ensure this Medicare billing code doesn't impede access to necessary care, particularly post-hospital nursing home care.
- **Improving Access to Medicare-covered Home Health Care** – Ensuring eligible individuals can obtain necessary, Medicare-covered home care as provided by law.
- **Increasing Access to Durable Medical Equipment** – Helping individuals obtain the medical equipment and supplies they need.

We Need Your Stories to help protect access to health care!

Submit your story on our website, MedicareAdvocacy.org.

Just click "Take Action" and scroll down to enter your information.

You can also Fax your story to (860) 456-2614. Or call us at (860) 456-7790

Thank you,

Judith Stein
Executive Director
Center for Medicare Advocacy

No personal information will be used without permission.



Has diabetic nerve pain turned
COMFORTABLE
into
MISERABLE?

If you have type 2 diabetes and are experiencing nerve pain in your feet and/or legs, you may be able to participate in a clinical trial.

What is the purpose of this trial?

Doctors are researching an investigational drug for patients with diabetic nerve pain (also called painful diabetic peripheral neuropathy or pain associated with diabetic peripheral neuropathy).

You may be eligible if you:

- Have type 2 diabetes and have pain in your feet and/or legs associated with diabetic peripheral neuropathy
- Are 18 to 70 years of age

Enrolled participants will receive all study-related procedures and investigational drug at no cost.

Research may help us escape the pain of diabetic peripheral neuropathy.

To find out more about this trial, contact: **(860) 443-4567**

Local Study Doctor L. Dr. Edward McDermott
Coastal Connecticut Research
Montauk Ave., New London

with a 15
APTINYX

Do you need help paying for or need information on:

- Medicare Premiums
- Prescription Drugs
- Food
- Housing
- Energy bills
- Property tax assistance
- Veterans benefits
- And other services



Let us do a Benefits Checkup®!

A Benefits CheckUp® is a free and confidential questionnaire that will screen you for eligibility for federal, state and local financial programs for individuals 60+ and those receiving Medicare at any age.

Visit www.SeniorResourcesEC.org, and click on the Benefits CheckUp® logo.

Are you unable to access the internet or do you have any questions? Call Senior Resources at 800-690-6998 and have the questionnaire mailed to you, or a Senior Resources staff member can complete the screening over the phone!

BenefitsCheckUp®
