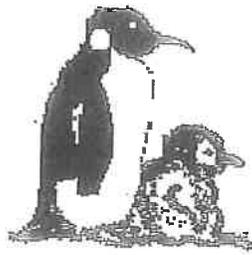


BITS & PIECES



FROM FRAN

January & February 2021

**COVID-19 vaccine:**

I have just recently been provided with information that Hartford Health Care is scheduling appointments for persons age 75 and older to receive the COVID-19 vaccine. The telephone number to call is: 860-972-4993 x 5. As you can imagine, it is difficult to get through but, don't give up. Be sure to indicate that you want to receive the vaccine in the local area (Norwich). They have other locations including Hartford. Good luck and be safe!

**AARP Tax Assistance Program:**

Regrettably, the Preston Senior Center will not host the AARP Tax Assistance Program during this tax season. The COVID-19 pandemic is the primary reason. BUT **existing clients** will be encouraged to contact the Rose City Senior Center, 8 Mahan Drive, Norwich to receive assistance with their income tax preparation. **NO NEW CLIENTS WILL BE ACCEPTED.** Beginning during January, you are encouraged to contact the Rose City Senior Center at **860-889-5960** to schedule an appointment.

**For those individuals who are existing clients only:**

New to the process is that you will have to go to the Rose City Senior Center at least 48 hours prior to your appointment to pick-up a booklet to be completed. (This is the same type of information that you would routinely complete at our center). You will need to complete the paperwork and include it with your income tax information. (Do not place your information in a plastic bag

as the virus can live longer in that environment). It is suggested that you place your documents in a secure location within your locked vehicle trunk until the time of your appointment.

Drive-thru service will remain the same as last year. You drive up, staff will take your paperwork out of the trunk of your car, they work on it and give you a call on your cell phone when they have questions or when your income tax is completed. Appointments will be available on Tuesday and Thursday only.

You will also need a cell phone available so that you can be contacted when the AARP tax preparer completes your document.

**Elderly and Totally Disabled Tax Relief Program:**

The application filing period for the Elderly and totally Disabled Tax Relief Program is from February 1 thru May 15, 2021.

Please be aware that the IRS has issued specific guidance about the 2020 stimulus payments and have stated that these payments are not categorized as income, therefore, any economic stimulus payments received during calendar year 2020 WILL NOT count as income for these tax relief programs.

Qualifying income guidelines for the Elderly and Totally Disabled Tax Relief Program are \$37,600 for unmarried individuals and \$45,800.00 for married persons.

If you are currently participating in the Homeowner Program and need to reapply, you will receive notice from the Preston Assessor's Office advising you of that requirement.

Proof of all sources of income including but not limited to Social Security, pensions, interest statements, employment, etc. are required. If you filed Income Tax, a copy of the signed and dated document is necessary to provide as well. It is extremely important that you provide all necessary documentation for the application to be completed.

Due to the COVIC-19 pandemic, the application process will change this year. I will be asking you to drop-off your paperwork in the blue Drop Box located at the front entrance to the Preston Town Hall. I will review your information and contact you by telephone to complete your application. I will arrange a time that

is mutually acceptable to have you return to the Preston Town Hall to sign the application(s). At which time, I will return any/all original documents which you have provided.

Please call the office at 860-887-5581 ext. 6 informing me that you dropped off your information at the Town Hall. (if leaving a phone message, please include your name and telephone number. **The application process does not begin until February 1<sup>st</sup>.**

### **Pop-Up drive-Thru Food Pantry:**

The Town of Preston is sponsoring a Pop-Up Drive-Thru Food Pantry on **Friday, February 5<sup>th</sup> from 10:00 a.m. – 11:00 a.m. WEATHER PERMITTING!**

The distribution will be held at the Preston Senior Center, 42 Long Society Road. The program is provided through the efforts of UC&FS Healthcare (United Community Family Services) and Gemma E Moran United Way/Labor Food Bank, AFL-CIO.

We have made a determination as to whether we can safely host the event during the remainder of the winter months; weather permitting, we will continue the program as long as possible. Please realize that a last minute cancellation may not reach everyone in a timely fashion; if the weather's bad, don't come out.

### **Elderly and Totally Disabled Tax Relief Program:**

The qualifying income guidelines for the Elderly and Totally Disabled Tax Relief Program for applications to be filed for the 2020 Benefit year are \$37,600.00 for unmarried individuals and \$45,800.00 for married persons.

Please be aware that the IRS has issued specific guidance about the 2020 stimulus payments and have stated that these payments are not categorized as income, therefore, any economic stimulus payments received during calendar year 2020 WILL NOT COUNT AS INCOME FOR THESE TAX RELIEF PROGRAMS.

If you currently participate in the Homeowner Program and need to reapply, you will receive notice from the Preston Assessor's Office advising you of that requirement. The application-filing period for the Homeowners will be February 1, 2021 through May 15, 2021.

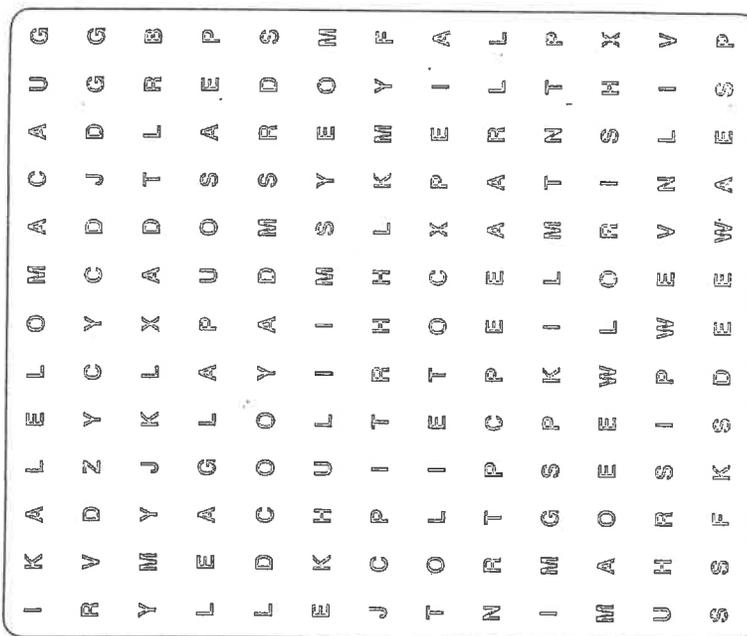
You will need to provide proof of income including but not limited to Social Security, pensions, interest statements, employment, etc. If you filed Income Tax, a copy of the signed and dated document is necessary to provide.

Appointments may be scheduled by telephoning 860-887-5581 ext. 6. If I am unable to answer your call immediately, please leave your name, telephone number and a brief message regarding the nature of your call. I will return your call as soon as possible. As you know the COVID-19 pandemic has brought new challenges in how we continue to operate. We will complete the process in the safest manner possible.

**My Favorite Sayings:** As long as the candle is still burning, it is still possible to accomplish and mend. When trouble grows, your character shows. The stars are constantly shining, but we often do not see them until the dark hours. Worry is like a rocking chair-it'll give you something to do, but it won't get you anywhere. True friendship is like good health....the value of it is seldom known until it is lost. Coming together is a beginning, keeping together is progress, working together is success.

LEPRECHAUN'S FAVORITES

- ALGAE
- BERYL
- EMERALD
- FIR TREE
- FROG
- GRASSHOP-
- PER
- GUACAMOLE
- HOLLY
- IVY
- JADE
- KALE
- KELP
- KIWI
- LETTUCE
- LILY PAD
- LIME
- MINT JELLY
- MOSS
- PATINA
- PEA SOUP
- PERIDOT
- PESTO
- PICKLE
- PISTACHIO
- SEAWEED
- SHAMROCK

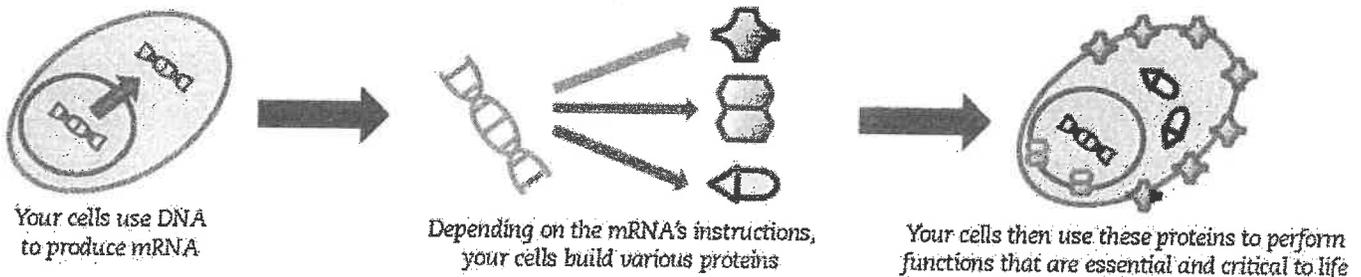


# COVID-19 Vaccine Info Sheet

The COVID-19 vaccine candidates developed by Pfizer and Moderna are what's considered an "mRNA vaccine." Results from Phase III clinical trials (> 70,000 people studied) have suggested that administration of these vaccines will prevent COVID infection in 95% of people who receive them. The purpose of this information sheet is to provide clarity on what an mRNA vaccine is, how it works, and why it's safe to receive.

## What is mRNA?

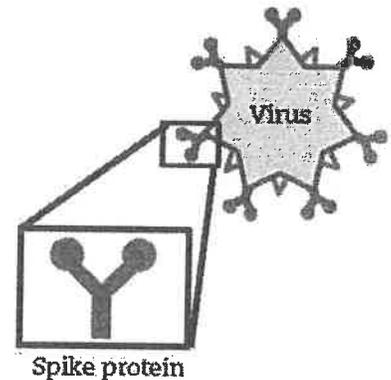
Simply put, mRNA are the 'blueprints' your cells need to build proteins that are essential to life.



## What is an mRNA vaccine?

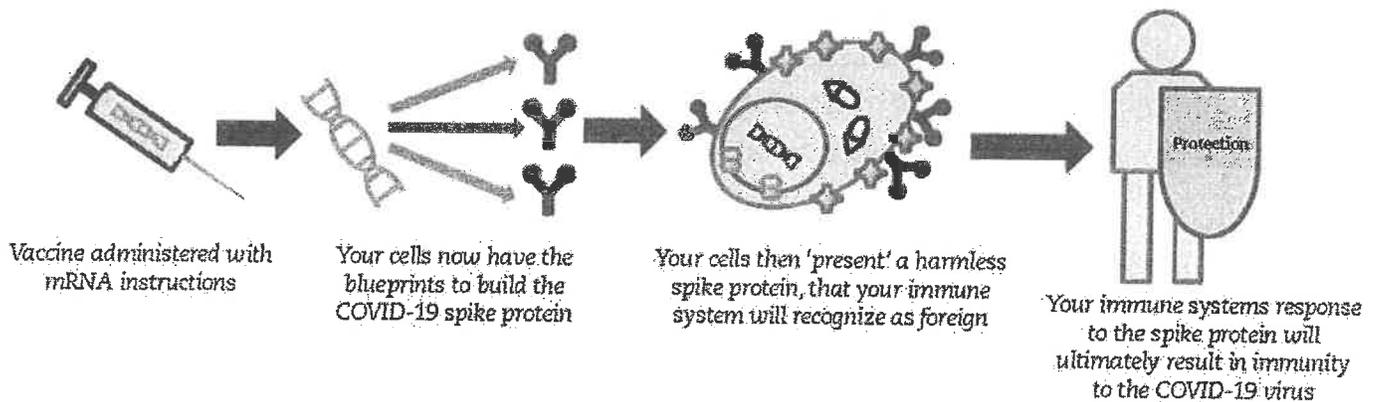
An mRNA vaccine uses our own biology to help you become immune to the COVID-19 virus. The COVID-19 virus has a unique protein, referred to as the 'spike protein,' which is present on the outside of the virus.

The COVID-19 vaccines have mRNA inside of them that will 'instruct' your cells on how to build the 'spike protein.' It is very important to note that the *spike protein is harmless*. You cannot get sick from it. Once your cells begin building the spike protein, your own immune system will recognize it as foreign. The immune system will then begin to respond naturally and develop immunity to anything that has the same 'spike protein' — especially, COVID-19!



## Are mRNA vaccines safe? Are there side-effects?

Yes, the mRNA vaccines are considered safe. Yes, like with every vaccine or drug, there are side-effects associated with its administration. The most common side-effects reported with administration are fever, chills, and muscle aches — which are all similar to the Flu vaccine we receive every year. If you experience those symptoms, it does not mean that you're sick, it simply means that your immune system is doing its job and learning how to fight the virus!





**the answers you need, resources you can trust.**

We serve 56 towns and 2 tribal nations of Eastern Connecticut and manage state and federally funded programs related to Aging and Disability, like the Senior Nutrition Program.

We would love to hear how these programs have an impact on your life!

19 Ohio Avenue, Norwich, CT 06360; [www.SeniorResourcesEC.org](http://www.SeniorResourcesEC.org); Phone 860-887-3561 or 800-690-6998 Our Registered Dietitian, Alison, is at Extension 115  
Like us on Facebook: Senior Resources Agency on Aging Eastern Connecticut

**News from the National Dietary Guidelines for Americans, newest release for 2020-2025: While older adults are scoring the highest in meeting dietary guidelines overall (63% compared to other age group segments all scoring lower), 98% of the population is not consuming the recommended amounts of Whole Grains.**

**Whole grains** are all whole-grain products and whole grains used as ingredients: for example, amaranth, barley (not pearly), brown rice, buckwheat, bulgur, millet, oats, popcorn, quinoa, dark rye, whole-grain cornmeal, whole-wheat bread, whole-wheat chapati, whole-grain cereals and crackers, and wild rice. About 60 percent of whole-grain intake in the United States is from individual food items, mostly cereals and crackers.

**Refined grains** are all refined-grain products and refined grains used as ingredients: for example, white breads, refined-grain cereals and crackers, corn grits, cream of rice, cream of wheat, barley (pearled), masa, pasta, and white rice. Refined-grain choices should be enriched. Almost half of all intake of refined grains is from mixed dishes, such as sandwiches, burgers, tacos, pizza, macaroni and cheese, and spaghetti with meatballs. About 20 percent of intake of refined grains comes from snacks and sweets, including crackers, pretzels, cakes, cookies, and other grain desserts.

**Healthy dietary patterns include whole grains and limit the intake of refined grains. At least half of total grains should be whole grains. Grain-based foods in nutrient-dense forms limit the additions of added sugars, saturated fat, and sodium.**

**How can you eat more whole grains?**

1. Choose 100% whole-grain foods for at least half of all grains consumed. The whole grain should be the first ingredient—or the second ingredient after water. For foods with multiple whole-grain ingredients, they should appear near the beginning of the ingredient list.
2. Choose products with at least 50 percent of the total weight as whole-grain ingredients.
3. Shifting from refined to whole-grain versions of commonly consumed foods—such as from white to 100% whole-wheat breads, and white to brown rice.

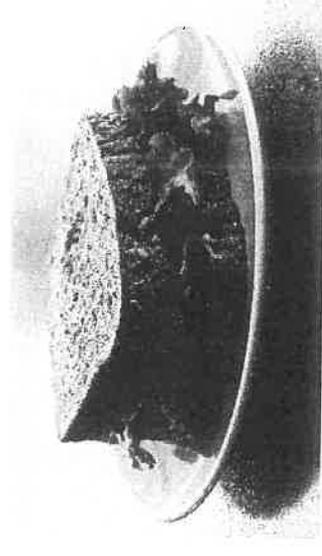
Check out the new Dietary Guidelines for Americans full report at [Home | Dietary Guidelines for Americans](#)

**JOIN US FOR FREE INFORMATIVE PROGRAMS BY PHONE (712) 775-7031, Meeting ID 797-253-419**

Coffee, Tea and SMP: 2<sup>nd</sup> Friday each month, 9-10am (1/8, 2/12, 3/12) Sip your favorite beverage while we discuss Medicare Fraud and Abuse.

What's on the Menu?: 3<sup>rd</sup> Monday each month, 1-2pm (1/18, 2/15, 3/15) Chat with a Registered Dietitian, ask questions, discuss current topics.

Ongoing enrollment for LiveWell Programs via conference calls! Be a part of this amazing evidence based and highly effective 6-week Free program for Diabetes or Chronic Disease Self-Management. Call Lori R at 860-887-3561 X 127 to sign up.



# Join us!

## Medicare Savings Program and the Low Income Subsidy Program - How to make Medicare Premiums and prescription drugs more affordable!

This **FREE** presentation is provided by a Certified CHOICES Counselor from Senior Resources Agency on Aging. No insurance will be sold.

### Session Includes:

- Overview of Medicare Premiums
- Overview of the Low Income Subsidy Program
- How it helps you pay Medicare health Premiums
- How it helps to reduce the cost of medications
- Medicare Preventive Services

**MEDICARE HEALTH INSURANCE**  
**1-800-MEDICARE (1-800-000-0000)**  
 NAME OF BENEFICIARY  
**JANE DOE**  
 MEDICARE CLAIM NUMBER  
**000-00-0000-Z**  
 IS ENTITLED TO  
**HOSPITAL (PART F)**  
**MEDICAL (PART H)**  
 SEX  
**FEMALE**  
 EFFECTIVE DATE  
**01-01**  
**01-01**

January 6, 2021	10:00 a.m.
February 3, 2021	2:00 p.m.
March 3, 2021	5:00 p.m.
April 7, 2021	10:00 a.m.
May 5, 2021	2:00 p.m.
June 2, 2021	5:00 p.m.

**Registration is required!**

Visit [www.seniorresourcec.org](http://www.seniorresourcec.org)

*You Have*  
**CHOICES**



**Senior Resources**  
AGENCY ON AGING

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