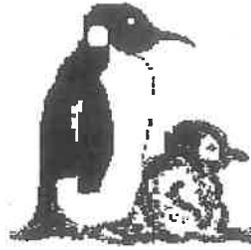


BITS & PIECES



FROM FRAN

June & July 2021

Office of the Attorney General-Connecticut:

Attorney General William Tong and Department of Consumer Protection Commissioner Michelle H. Seagull are asking Connecticut consumers to be wary of companies selling potentially faulty and unregulated over-the-counter-hearing aids.

Connecticut law has long required that hearing aids may only be sold by licensed audiologists or hearing instrument specialists. In 2017, the Food and Drug Administration relaxed regulations on the sales of hearing aids and companies began developing hearing devices that could be sold over the counter, without consulting a medical professional. Medically approved hearing aids are expensive, often costing several thousand dollars for a single earpiece.

The FDA has yet to approve any over-the-counter hearing aids for sale to consumers. Yet some hearing devices have been marketed as an FDA “registered” or “cleared” solution for mild to moderate hearing loss as a more affordable price. While some might work as advertised, others may be faulty or completely inadequate for treating hearing loss.

“Although an over-the-counter medical device might be less expensive, it doesn’t mean it will be effective,” Attorney General Tong said. “If you are looking into such hearing devices, please do your homework to make sure the device actually works and fits your specific needs before spending money on a product that might be worthless.”

“Just like any purchase, make sure to read the fine print closely,” said DCP Commissioner Michele H. Seagull. “Shop around, do your research, read reviews, consult with a medical professional, and be sure you know the return policy. These are all steps that can help prevent you from wasting money on a device that doesn’t work as advertised.

Here are some tips to remember if you are shopping for hearing aids:

*The FDA has not approved any over-the-counter hearing devices. Over-the-counter, direct-to-consumer, hearing aids are not regulated and because of this, may work poorly or not at all and could be harmful.

* Research the seller with the Better Business Bureau to see if they have a good rating before you purchase the product.

* Be skeptical of online reviews and endorsements.

* Read the purchase policy carefully. Can you get a refund if they don’t work? How long do you have to make a return if necessary?

* If you can, get a health screening and discuss your options with a medical professional. They will be able to tell you exactly what kind of hearing device would work for you and make recommendations.

* Always remember: If it sounds too good to be true, it probably is.

If you believe you have been the victim of a scam or have been contacted by a scammer, contact the Office of the Attorney General at 860-808-5318 or attorney.general@ct.gov.

Drive-Thru Food Distribution during the month of July:

Friday, July 9th will be the next Drive-Thru Food Distribution sponsored by United Community & Family Services from 10:00 a.m. to 11:00 a.m. at the Preston Senior Center. The center is located at 42 Long Society Road, Preston. If you have questions regarding the program on distribution day, please contact the senior center directly at 860-889-0770.

BBQ & Music Bingo:

If you weren't in attendance, you missed out on a fun filled event. Snippets of favorite songs filled the air while participants tried to win at the new form of bingo playing. And the prizes were great too. Pete & Chris Amusement did a fantastic job entertaining everyone and made the Music Bingo experience one of great pleasure. The familiar sound of the Flavor King Ice Cream Delight trucks song brought lots of smiles, cheers and ecstatic people looking forward to a frozen treat. All of the extra TLC was provided through the efforts of the Preston Parks and Recreation Department and the Preston Youth Services Bureau.

Events, whether successful or not, need lots and lots of cooperation, volunteerism and planning. The BBQ and Music Bingo are no exception to that statement. Our initial plans changed on a dime and a plea went out for volunteers and equipment to assist in making our event become a reality. To say that I am grateful for the help of Carl Williams, Earl Colella, Cathy Brosnan, and Amy Brosnan couldn't even scratch the surface of how indebted I am to these individuals. They all worked in different capacities to help achieve success for our event whether from food prep, set-up, equipment loan, dish duty, and the always popular chore of clean-up, they were there and gave tirelessly to make the event a huge success. THANK YOU CARL, EARL, CATHY AND AMY for your support of the Preston Senior Center.

My Favorite Sayings:

Never be haughty to the humble, never be humble to the haughty. Mark Twain

Wise men speak because they have something to say; Fools because they have to say something. Plato

I'm going to live until I die. Frank Sinatra

When facing a difficult task, act as though it is impossible to fail.

Love makes the world go 'round, but laughter keeps us from getting dizzy.

Written on the door of opportunity: Push to open.

Contentment comes not from great wealth but fewer wants.



FOR IMMEDIATE RELEASE

Contact: Joyce Gootkin or Lori Napolitano
Phone: 860-887-3561 Ext. 111 or 125

Free Grocery Delivery Program for Seniors

Norwich, CT – 5/25/21: Senior Resources Agency on Aging - Eastern CT announces that it is offering a Covid 19 related, short term funded program to pay for groceries and delivery to the home of older adults.

“We are excited to offer this program to encourage older adults to get nutritious foods that they choose delivered to their door,” said Joan Wessell, Executive Director at Senior Resources.

People 60 years or older provide their grocery list to specially trained intake personnel over the phone. The list is then ordered and paid for through services such as Instacart or other grocery store providers. The recipient pays nothing. Approximately \$100 of groceries per order, delivery fees and tip are all included in the program funding.

Benefits screening is offered to ensure that the participant is aware of any programs or services that will help them to continue to live independently in their community. This might include Medicare counseling, Senior Nutrition Program participation, SNAP application, Caregiver support, transportation, housing questions, heating assistance and much more.

Participants provide basic demographic information in a confidential phone conversation, similar to other Older Americans Act funded programs. Income is discussed as part of the benefits screening process but is not a requirement of the grocery program. Call 860-887-3561 Monday through Friday 8:30-4:00. Have your list ready and let the receptionist know that you are calling about the grocery program.

Senior Resources, the Area Agency on Aging in Eastern Connecticut, is a private non-profit organization established in 1976 and authorized by the Older Americans Act of 1965 and state statute to provide unbiased access, information and referral to programs related to aging. The Eastern Connecticut region includes Windham, New London, Middlesex County and several towns of Tolland County.

More on Senior Resources: www.SeniorResourcesEC.org

ARE YOU BEING EVICTED?*

- **DID COVID-19 CAUSE HARDSHIP?**
- **FALLING BEHIND IN RENT?**
- **FALLING BEHIND IN UTILITIES?**

GET LEGAL HELP!

CALL

STATEWIDE LEGAL SERVICES

1-800-453-3320

TOLL FREE

***RENTAL AND UTILITY ASSISTANCE MAY BE AVAILABLE TO HELP WITH AN EVICTION OR UTILITY SHUT-OFF. ASSISTANCE IS AVAILABLE TO LANDLORDS AND TENANTS. TO APPLY FOR ASSISTANCE, YOU MUST HAVE AN E-MAIL ADDRESS AND APPLY ONLINE USING THE LINK BELOW. YOU MAY CALL THE PHONE NUMBER BELOW FOR ADDITIONAL ASSISTANCE:**

UNITECT

1-844-864-8328

<https://portal.ct.gov/DOH/DOH/Programs/UniteCT>



the answers you need, resources you can trust

FOR IMMEDIATE RELEASE

Contact:

Joan Marshall or Robin Brewer
860-887-3561 Ext. 121 or 124
jmarshall@seniorresourcesec.org
Rbrewer@seniorresourcesec.org

Caregivers: You are not alone

Norwich, CT – June 1, 2021: It is estimated 17.7 million Americans provide care for a family member aged 65 or older with significantly impaired abilities. Among these caregivers, many have little or no training in how to provide care or manage healthcare systems, and so feel isolated and uncertain in their role.

For those many caregivers in need of guidance, Senior Resources offers unbiased information and referral through individualized case managers available by phone, online or in person appointment. The importance of knowing you are not alone and training for commonalities of caregiving can be addressed in Caregiver Support Groups. An extensive list of opportunities for group meetings are happening throughout Eastern Connecticut. These meetings offer the opportunity to ask questions in a small and caring group. Meetings are held online, by phone or in-person.

For an updated list of caregiver program options visit Senior Resources' website: [SUPPORTGROUPINFO4.13.2021.pdf](#)

Today's virtual environment has broadened the opportunity for family caregivers to participate from any geographic location. Thus, many tasks can be accomplished remotely to support the family in caring for a loved one. Some support groups are tailored to specific diagnoses such as dementia, yet there are similarities in all caregiving programs to fit any condition or situation.

"This has been such an amazing opportunity that we have been given. It is an invaluable resource," comments a Plainfield caregiver.

For more information, or for questions related to caregiving, contact Joan Marshall, jmarshall@seniorresourcesec.org or Robin Brewer, rbrewer@seniorresourcesec.org

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More on Senior Resources: [Home - Senior Resources Agency on Aging \(seniorresourcesec.org\)](#)

PRESTON PARKS & RECREATION PRESENTS...

SUMMER SIZZLER

CONCERT, MOVIE, FOOD TRUCKS & MORE!!



#1 Boyband Experience in the country!
7:00 - 8:30 PM

Tuesday, June 29, 2021
Preston Community Park

FREE KID ACTIVITIES ~ 6:00-8:00 PM

Food Trucks ~ 5:00 - 8:30 PM (or later)



THE ROLLING TOMATO



CURB YOUR APPETITE



Disney PIXAR
MONSTERS, INC.
Movie Screen by JPO Productions
Starts at dusk

PRESTON COMMUNITY PARK REGULATIONS PROHIBIT DOGS, SMOKING AND ALCOHOL

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.

ONLINE SESSION:

Dates: Mondays: July 26 – August 30, 2021
Time: 10:00 – 11:00 am
Location: Online via Zoom
Fee: \$38 per session (6 weeks)

IN-PERSON SESSION:

Dates: Fridays: April 23 – August 27, 2021
Time: 1:00 – 2:00 9m
Location: Online via Zoom
Fee: \$38 per session (6 weeks)

ZUMBA GOLD

Active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity, easy-to-follow choreography that focuses on balance, range of motion and coordination.

This class can be modified for all abilities. Come join our Zumba party.

Dates: Fridays: July 2 - August 6, 2021
Time: 6:30 - 7:15 pm
Ages: 50+
Location: Preston Community Park
Basketball Courts
Fee: \$33 per person



Register online at WWW.PRESTON-CT.ORG or call the Parks & Recreation office at 860.887.5581 x113 to have a form mailed to you.