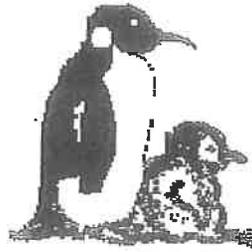


BITS & PIECES



FROM FRAN

November & December 2021

Thank you:

Special thanks are extended to the volunteers that helped make our Annual Flu & Pneumonia Clinic such a success. They include Jean and Morris Fishbone, Mary Lou Jensen, Peter Liebert, Dennis Wolter and Amy Brosnan. Our senior center staff kept paperwork flowing smoothly (Maureen) and the refreshment table was manned flawlessly (Cathy). Great team work!! A word of gratitude goes out to each and every individual that supported our Annual Flu Clinic. Everyone was most gracious and extended many compliments for our efforts to provide a clinic in our local area.

Food Distribution:

Our monthly food distribution will continue during November. We plan on distributing the food **on Friday, November 5th between the hours of 10:00 – 11:00 a.m.** Unfortunately, some individuals confuse the advertised time of the distribution and arrive much later in the day for food. We close at 11:00 a.m. If you arrive at 11:30 or 12:00, the food has been packed up and sent back to Norwich. We are most appreciative for the continued efforts of United Community & Family Services extraordinary dedication to this valuable service for our community. They also have co-sponsors for each distribution which is held. Many banking institutions such as Charter Oak, Dime Bank, Core Plus Credit Union are instrumental in making this process happen. Thanks to all!

Preston Senior Center Café Program:

The Preston Senior Center is pleased to announce our menu for the month of November, it includes the following meals:

November 1st: Salisbury Steak w/gravy, Mashed Potatoes, Corn w/Peppers & Onions, Pineapple Tidbits, Bread, Margarine and beverage.

November 8th: Stuffed Cod w/Shellfish, Herb Roasted Potatoes, Broccoli, Mixed Fruit Cup, Bread, Margarine and beverage.

November 15th: Stuffed Shells w/marinara, Lima Beans, Carrot Coins, Mandarin Oranges, Bread, Margarine and beverage.

November 22nd: Celebration Meal: Roasted Turkey w/Stuffing, gravy, cranberry sauce, Mashed Potatoes, Green Beans, Pumpkin Pie, Grape Juice, Bread, Margarine and beverage.

November 29th: Cod w/Herb & Tomatoes, Garlic Roasted Potatoes, Cauliflower, Carrots & Snap Peas, Fresh Fruit, Bread, Margarine and beverage.

Lunch is served at 11:30 a.m. Registrations are necessary and can be made in advance by telephoning the Senior Affairs Office at 860-887-5581 ext. 6 or by telephoning the Senior Center on Monday (9:00 – 12:30 p.m.) Tuesday and Thursday (1:00 – 4:00 p.m.) at 860-889-0770. There is a suggested donation of \$3.00 per person for individuals 60 years of age and older. You do not need to be a Preston resident to participate in our Café Program.

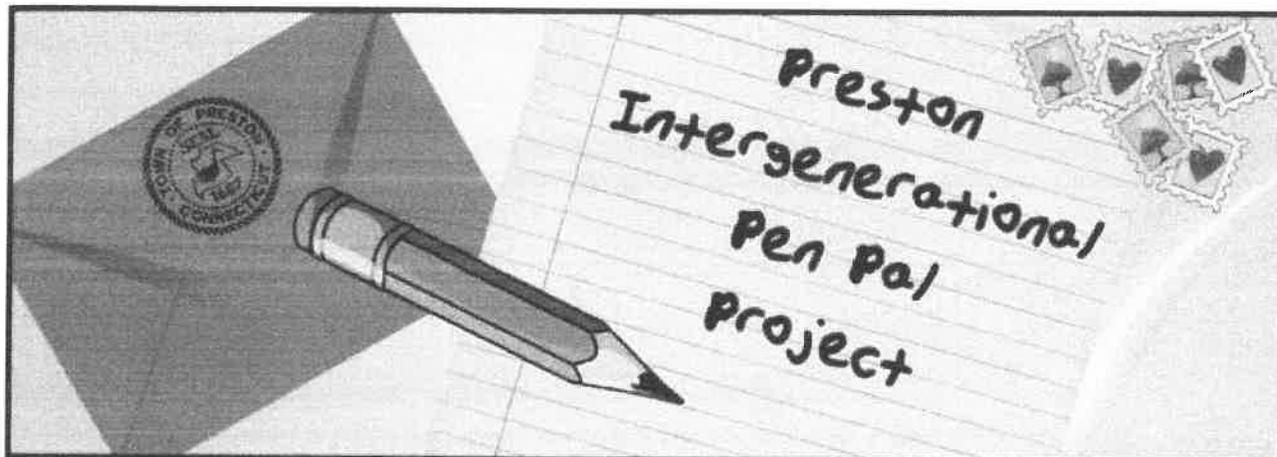
Preston Library News:

Join us at the Preston Public Library as we add new dimension to your Thanksgiving dinner by joining Master Gardener Jan Mallett as she teaches us about different types of herbs and how to grow them at home. Plant herb pots to take home. For ages 18 and up. Please register by calling 860-886-1010 or email us at prestonlibraryprograms@gmail.com.

PRESTON YOUTH SERVICES

389 Route 2 • Preston, CT 06365

Office #: (860) 887-5581 x113 • Email: youthservices@preston-ct.org • Website: www.preston-ct.org



Looking for a meaningful activity while remaining socially distant? Preston Youth Services wants to bridge the generation gap, one letter at a time!! We are looking to connect Preston youth (3rd grade and up) with Preston seniors (60+) with our Intergeneration Pen Pal Project!!

Maybe snail mail sounds outdated and old fashioned. Let's put it another way: In these days of social distancing, wouldn't it feel good to reach out and touch someone? You still can. It's just their hearts you'll be touching. Kind words, friendship, and funny jokes don't have to be enjoyed in person. Sometimes, it's terrific to have them turn up in your mailbox in a handwritten letter.

Intergenerational Program multi benefits:

- Improves the mental agility and socialization of senior participants
- Improves comprehension and creative thinking of students

**Preston Youth Services is
encouraging hand written letters versus typed letters**

You can download a Pen Pal Project Sign Up Form on our website www.preston-ct.org or call the Youth Services at (860) 887-5581 x113 to request to have a form mailed to you

Powerful Tools for *Caregivers*

Powerful Tools for Caregivers is a six-week education program for family and friends caring for older adults with cognitive and chronic impairment. The program focuses on the self-care of family caregivers.

Classes will be held on Tuesdays from 10-11:30,
November 9th through December 14th, 2021
Participants should plan on attending all sessions.



Classes will be held on Zoom. A link will be sent after registration.

Any questions or to register please contact:

Robin Brewer 860-887-3561 x 124, rbrewer@seniorresourcesec.org OR

Joan Marshall 860-887-3561 x 121, jmarshall@seniorresourcesec.org

November 9th: Class #1: Taking Care of You

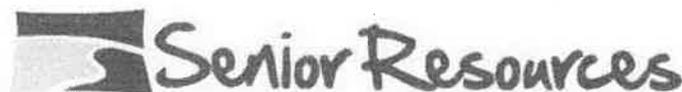
November 16th: Class #2: Identifying and Reducing Personal Stress

November 23th: Class #3: Communicating Feelings, Needs and Concerns

November 30th: Class #4: Communicating in Challenging Situations

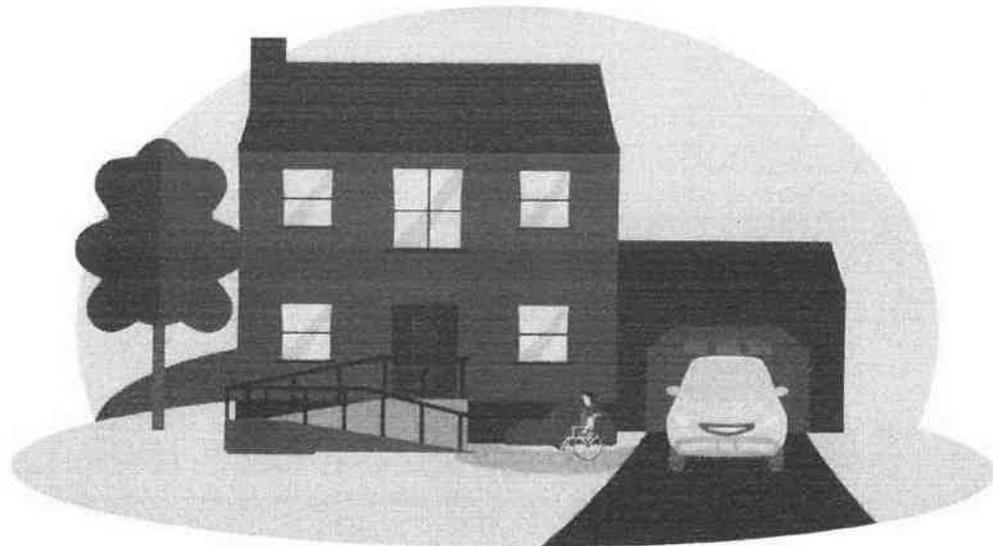
December 7th: Class #5: Learning from Our Emotions

December 14th: Class #6: Mastering Caregiving Decisions



AGENCY ON AGING

19 Ohio Avenue, Suite 2 • Norwich, CT 06360 • www.SeniorResourcesEC.org
Phone 860.887.3561 • 800.690.6998 • Fax 860.886.4736



Loans & Grants for Accessibility (LFA)

Connecticut

The Grants for Accessibility program is designed to help low-to-moderate income homeowners with disabilities make accessibility modifications to their homes and provide critical capital improvements. Eligibility for this program is determined by a variety of factors, and the first step in qualification is total household income, which must be at or below 100 percent of median income.

With funding from the Connecticut Department of Housing, grant amounts generally range from \$5,000 to \$70,000. We assist the homeowner through the project design and contractor selection process and oversee the renovation, making payments to the contractor as necessary. Funds are available for this program, please fill out the online AccesSolutions Application Form to apply if you are interested.

Apply now!

Questions? Let's chat!

Fran Mazzarella

Sr. Real Estate Developer & LFA Program
Administrator

fmazzarella@cil.org

Frequently Asked Questions

Q: Is the program restricted to people with specific disabilities?

A: Not necessarily, however, applicants should have physical disabilities.

Q: What are the income requirements?

A: Eligibility is based on total household income, which must be less than the median income in your town to qualify. In order to make sure your household is within the income cap for your town, please fill out the AccesSolutions application form.

Q: If my relative or friend owns the home I live in, can I still apply for LFA funds?

A: Yes, as long as the homeowner and the applicant live in the same unit being assisted, and is willing to cooperate, you can still apply.

Q: Do I have to be a Connecticut resident to qualify?

A: Yes.

Q: I've read these materials and I'm still not sure if I qualify, should I still apply?

A: Yes! There are many factors that determine eligibility, the only way to be certain of your eligibility is to apply.

My Favorite Sayings:

I wish we could become better strangers. ...William Shakespeare

A man's home is his castle – until the queen gets home.

You'll never learn anything while you're talking.

Some people are always grumbling because roses have thorns; I am thankful that thorns have roses.

Every houseguest brings happiness. Some when they arrive and some when they leave.

Those who make peaceful resolution impossible will make violent resolution inevitable.John F. Kennedy

POPCORN WORD SEARCH

F	T	T	M	R	B	A	L	L	O	K	W	O	I	Y	F	L	P	M	P
B	S	V	E	I	S	F	C	E	S	P	D	V	Y	C	U	S	I	D	R
N	A	K	L	N	C	K	Y	N	Y	X	S	E	C	I	P	S	U	O	G
T	P	G	T	M	D	R	E	R	G	E	I	R	C	K	R	B	A	M	I
X	F	K	T	W	L	P	O	R	E	U	E	O	Y	T	I	C	B	R	S
V	P	G	E	G	O	U	E	W	N	T	U	P	F	A	L	L	V	R	E
K	E	P	K	P	U	X	O	I	A	E	T	Y	E	M	A	C	F	Y	T
L	U	Y	C	T	P	E	R	F	P	V	L	U	O	F	O	W	N	R	A
V	E	O	Y	L	L	T	R	G	D	C	E	S	B	N	I	A	T	I	M
P	R	O	D	A	C	V	C	S	E	G	X	E	V	C	Y	P	K	A	A
N	O	E	T	F	R	X	G	C	I	A	N	S	I	V	I	P	M	S	F
B	E	W	V	S	A	X	D	R	X	S	L	R	N	V	G	K	V	A	P
C	E	M	L	P	A	C	O	N	I	X	M	X	X	O	R	X	X	B	R
O	B	I	L	B	K	O	T	A	O	U	K	M	G	U	M	F	Y	E	V
B	R	M	I	P	F	S	P	N	S	G	G	N	N	I	N	T	F	W	U
S	K	G	K	R	B	C	P	P	M	M	O	Y	F	F	U	L	F	N	C
K	I	C	L	I	A	N	W	X	L	R	D	R	X	K	Y	I	W	P	E
I	S	T	R	I	N	G	S	S	X	M	S	N	A	C	K	S	W	E	G

WORDS

BAG
BALL
BUTTERY
CARAMEL
COB
CONCESSION
EXPLODE
FAIR
FLUFFY
KERNELS
KETTLE
MICROWAVE
MOVIE
OIL
PAN
POPCORN
POPPER
POT
SALT
SNACKS
SPICES
STEAM
STORAGE
STRINGS

Find the words hidden vertically, horizontally, diagonally, and backwards.



UNCAS
HEALTH DISTRICT
Mobile Vaccination Clinic Schedule

DATE	TIME	CLINIC LOCATION
10/28/2021	4:00P-5:30P	Rose City Senior Center 8 Mahan Dr, Norwich <i>*Pfizer Booster Shots only for eligible recipients</i>

Pfizer Booster Eligibility Recommendations: 65+, long term care residents, 18-64 with underlying medical conditions & 18+ at high risk of exposure and have completed the primary vaccine series and are SIX months past second dose

VACCINES OFFERED: Pfizer and Janssen (J&J)

Pfizer: 12 yrs and older

Janssen: 18 yrs and older

No appointment, No insurance, and No ID required!

Private in-office and Homebound appointments available.

Call 860-823-1189 x 109.

Seeds for Seven Generations:

Join Diane Wilson, author and Executive Director for the Native American Food Sovereignty Alliance (NAFSA) as she discusses Native American seeds and explores our evolving relationship with indigenous gardens to contemporary farming. Sponsored by local libraries and the Eastern CT Community Gardens Association. Saturday, November 20, at 1:00 p.m. To register for a Zoom link, call (860) 886—1010 or email the Preston Public Library at prestonlibraryprograms@gmail.com.

Puzzles:

Puzzles, we've got puzzles, we've got stacks and stacks of puzzles waiting for enthusiastic puzzle makers to browse through our ever-expanding inventory. The puzzles range from 150 pieces to a whopping 1200 pieces! (Yikes). They are waiting for you at the Preston Senior Center.

Energy Assistance:

Applications continue to be accepted for the TVCCA Energy Assistance Program. The application process has never been easier. If you have questions regarding this important program, don't hesitate to contact the Senior Affairs Office with your questions and concerns. The telephone number is 860-887-5581 extension 6. Don't wait! Winter is just around the corner.