

BITS & PIECES



FROM FRAN

February & March 2022

Elderly and Totally Disabled Tax Relief Program:

The qualifying income guidelines for the Elderly and Totally Disabled Tax Relief Program application to be filed for the 2021 Benefit year are \$38,100 for unmarried individuals and \$46,400.00 for married persons. Application filing deadline for the Homeowner Program is May 15, 2022.

You will need to provide proof of all sources 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, including supporting documentation is necessary to provide. It is extremely important that you bring all necessary documentation regarding proof of your income when you arrive for your appointment. Items to be included as part of qualifying income are as follows:

- *Wages, bonuses, commissions, gratuities and fees, self-employment net income (do not include depreciation expense)
- *Net Social Security (Box 5 from SSA-1099), Federal Supplemental Security Income, payment for jury duty (excluding travel allowance)
- *Dividends and interest
- *IRA – include only “taxable” amount, NOT “total distribution”
- *Black Lung payments
- *Green Thumb payments
- *Interest or proceeds resulting from gifts received

- *Lottery winnings
 - *Net income from sale or rental of real or personal property (do not include depreciation, receipts for expenses required when no tax return has been filed)
 - *Pensions and annuities-include only "Taxable" amount
 - *Veteran's pension and veteran's disability payments
 - *Railroad retirement
 - *Severance pay; UNEMPLOYMENT compensation
 - *Worker's compensation
 - *Alimony
 - *DSS cash assistance (SAGAP)
- Legal Settlements-Net Proceeds
- *Dependency and Indemnity Compensation from Dept. of Veterans Affairs
 - *Cancellation of Debt
 - *If property is owned in trust any distributions received from the trust (verified with a copy of the trust federal tax return)
 - *Capital gains total from previous year only (a capital loss carryover from a previous year should be excluded from qualifying income calculations)

Persons already receiving the Elderly and Totally Disabled Tax Relief Program benefits will receive correspondence from the Preston Assessor's Office indicating that this is the year in which you need to reapply for your benefits. Please contact the Senior Affairs Office at 860-887-5581 extension 6 after January 31st to schedule an appointment.

Food Distribution:

Mark your calendars for Friday, February 4th from 10:00 – 11:00 a.m. to attend the next food distribution at the Preston Senior Center, 42 Long Society Road. Truly amazing the wide range of frozen meats, fresh produce, dairy and

non-perishable food items that are distributed through this drive-thru event. Many thanks to United Community & Family Services and their many sponsors which make this event possible. We will continue with the monthly distributions (first Friday) each month (with Mother Natures cooperation). The program is open to Preston residents and non-residents alike.

Preston Senior Center: Hours of Operation:

Monday: Congregate Meal Program. Lunch is served at 11:30 a.m. Reservations are required. Call 860-889-0770 on Monday or 860-887-5581 extension 6 Tuesday thru Friday with questions or to make reservations.

Monday P.M.: Game Day. The Senior Center is open from 1:00 – 3:00 p.m. for anyone interested in joining in on the fun to play cribbage, cards or board games. Bring your own or use the ample supply of games at the center. All are welcome to attend.

Tuesday & Thursday: The senior center is open from 1:00 – 4:00 p.m. for persons interested in playing games, borrowing books or puzzles. Or just come and socialize with your neighbors and friends.

Special events are always publicized in advance of the date.

Congregate Meal Program:

Menu selections for the month of February follow. Meals are served at 11:30 a.m. at the Preston Senior Center, 42 Long Society Road. Reservations are required and we are closed on all Federal holidays. Call 860-889-0770 on Mondays or 860-887-5581 ext. 6 Tuesday thru Friday for additional information.

Monday, February 7th

Stuffed Chicken w/Broccoli & Cheese, Glazed Sweet Potatoes, Green Beans, Diced Pears, bread, margarine and beverage.

February 14th

Beef Stew, Steamed Parsley Potatoes, Broccoli, Fresh Fruit, bread, margarine and beverage.

February 21st Program Closed in observation of Presidents Day.

February 28th

Italian Pork Sausage & Peppers, Penne Pasta W/marinara sauce, Green & Waxed Beans, Fresh Fruit, bread, margarine and beverage.

The suggested donation for persons 60 years of age and older is \$3.00 per person. You do not need to be a Preston resident to participate in the program.

My Favorite Sayings:

There are no degrees of honesty.

The future is the time when you'll wish you'd done what you aren't doing now.

Horse sense is just stable thinking.

Blessed are those who have learned to admire and not envy.

If you go the wrong way, you must travel it twice.

The missing ingredient in most of our talking is a little shortening.

Know the value of what you're worth....never discount it or mark it down.

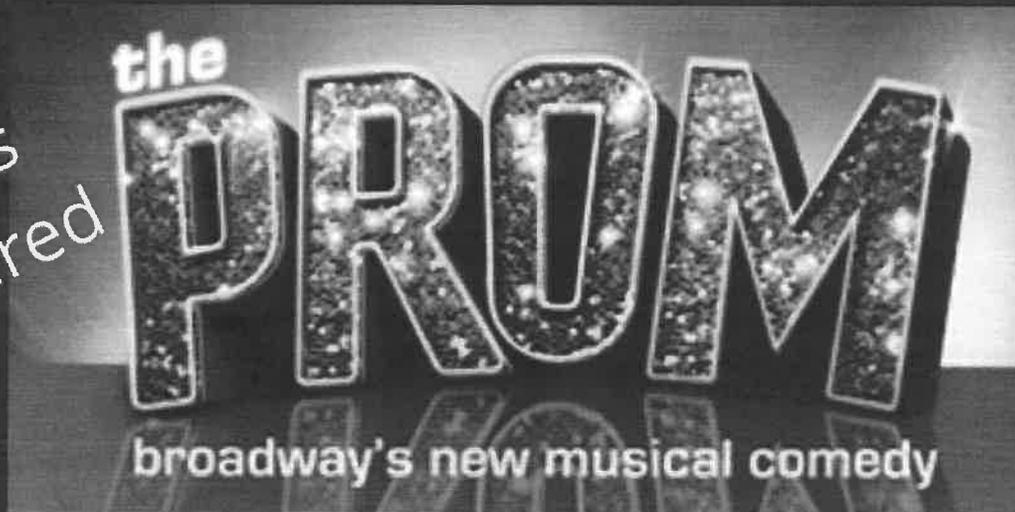
"Over the hill" means the hardest climb is over and the view is terrific.

A pessimist is seldom disappointed.

Any fool can criticize, condemn and complain – and most fools do.....Benjamin Franklin

Preston Parks and Recreation Bus Trip To:

***Masks
Required***



Date: March 11, 2022

Ages: 50+

Time: 5:45pm - 11:00pm Fee: \$44 per ticket

Register before 2/4/2022 to get \$15 off!

Join Preston Parks and Recreation as we travel to Providence Performing Arts Center to see the Prom! Everyone's invited to the joyous Broadway hit that makes you believe in musical comedy again! THE PROM is a new musical comedy about big Broadway stars on a mission to change the world and the love they discover that unites them all.

Proof of vaccination or negative COVID
test required

School bus will depart and return to Preston Veterans
Memorial School

Register online at www.preston-ct.org or call
860-887-5581 ext 113 and we'll mail you a
registration form

Preston Parks and Recreation Bus Trip To:



Date: April 14, 2022 **Ages: 50+**
Time: 5:45pm-11:30pm **Fee: \$46 per ticket**

Register before 2/4/2022 to get \$15 off!

Join Preston Parks and Recreation as we travel to Providence Performing Arts Center to see Ain't Too Proud! AIN'T TOO PROUD - THE LIFE AND TIMES OF THE TEMPTATIONS is the electrifying, new Broadway musical that follows The Temptations' extraordinary journey from the streets of Detroit to the Rock & Roll Hall of Fame.

Proof of vaccination or negative COVID test required

**Masks
Required**

School bus will depart and return to Preston Veterans Memorial School

Register online at www.preston-ct.org or call 860-887-5581 ext 113 and we'll mail you a registration form

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 #6: Mondays: March 7 – April 11, 2022 ~ TIME: 10:00 – 11:00 am ~ FEE: \$38 per person (6 week session)

Class will be offered in person at Preston Public Library or you can choose to participate via Zoom.

✂ ✂ CUT HERE ✂ ✂

PRESTON PARKS & RECREATION • REGISTRATION FORM • 2022

Name:

Phone Number:

Home Address:

Email Address:

Emergency Contact Name:

Phone Number:

Please register me for the following programs:

Chair Yoga ~ Session #6 (March 7 – April 11, 2022)

Please mark one: Online In Person

Bus Trip: The Prom (March 11, 2022)

Bus Trip: The Temptations (April 14, 2022)

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

PARTICIPANT WAIVER FORM – COVID 19

The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization. COVID-19 is extremely contagious and is believed to spread mainly from person-to-person contact. As a result, federal, state, and local governments and federal and state health agencies recommend social distancing and have, in many locations, prohibited the congregation of groups of people. The Town of Preston put in place preventative measures to reduce the spread of COVID-19; however, the Town cannot guarantee that you or your family members will not become infected with COVID-19. Further, attending or participating in programs or events at Town facilities could increase your risk and your family's risk of contracting COVID-19.

By signing this agreement, I acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that I and my family may be exposed to or infected by COVID-19 by attending programs, events, or facilities and that such exposure or infection may result in personal injury, illness, permanent disability, and death. I understand that the risk of becoming exposed to, or infected by, COVID-19 while I, or my family members, participate in activities in the Town of Preston may result from the actions, omissions, or negligence of myself and others, including, but not limited to, Town of Preston employees, volunteers, and other program participants and their families. Additionally, I recognize that having a pre-existing medical condition could put me or my family members at higher risk of death. I voluntarily agree to assume all of the foregoing risks and accept sole responsibility for any injury to my family members or myself (including, but not limited to, personal injury, disability, and death), illness, damage, loss, claim, liability, or expense, of any kind, that I or my family members may experience or incur in connection with my family's participation in, or presence at, Town of Preston programs, events or facilities ("Claims"). On my behalf, and on behalf of my family members, I hereby release, covenant not to sue, discharge, indemnify and hold harmless the Town of Preston, its employees, agents, and representatives, of and from the Claims, including all liabilities, claims, actions, damages, costs or expenses of any kind arising out of or relating thereto. I understand and agree that this release includes any Claims based on the actions, omissions, or negligence of the Town of Preston, its employees, agents, and representatives, whether a COVID-19 infection occurs before, during, or after participation in any program or event occurring at a Town of Preston facility.

Participant's Name

Participant's Signature

Date

****Submit completed form and payment to: Preston Parks & Recreation • 389 Route 2 • Preston, CT 06365 ****