

BITS & PIECES



FROM FRAN

March & April 2022

Food Distribution:

Mark your calendars for Friday, March 4th as the scheduled date of the next Food Distribution at the Preston Senior Center. UC&FS will continue with monthly food distributions as long as interest warrants. We welcome Preston residents along with residents in surrounding towns to join us between 10:00 a.m. and 11:00 a.m. at the center which is located at 42 Long Society Road. Unfortunately, when we're faced with inclement weather, cancellation notices may not reach everyone in a timely fashion. Should you question whether a distribution will be conducted or cancelled, you are encouraged to contact the Preston Senior Center at 860-889-0770 on distribution day. Myself or other staff members are usually available to answer questions.

TVCCA Café Program:

Please take note of the St. Patrick's Day Celebration Meal which will be offered on Monday, March 21st. There will be a suggested donation of \$4.50 per person for this meal only. The suggested donation request for all other meals offered during the month of March will continue at \$3.00 per person. Persons 60 years of age and older are eligible to attend. (Person's younger are welcome but, there is a flat fee charged).

Our March menu includes the following selections:

March 7th: Stuffed Chicken Kiev, Garlic Roasted Potatoes, Green & Waxed Beans, Mixed Fruit cup, Bread, Margarine and beverage.

March 14th: Swedish Meatballs, Egg Noodles, Cauliflower, Carrots, & Snap Peas, Orange, Bread, Margarine and beverage.

March 21st: St. Patrick's Day Celebration Meal. Corned Beef & Cabbage, Steamed Parsley Potatoes, Sliced Carrots, Dinner Roll & Margarine, Irish Soda Bread, Apple Juice and beverage.

March 28th: Chicken w/Broccoli & Cheese, Glazed Sweet Potatoes, Green Beans, Diced Peaches, Bread, Margarine and beverage.

Reservations are necessary to participate in the Café Program. We ask that you contact the senior center one week prior to the day in which you plan on attending. The telephone number is 860-889-0770. You may also leave a message at the Senior Affairs Office by calling 860-887-5581 extension 6.

Veterans Coffee House of Eastern Connecticut:

The Old Pachaug Town Hall, 831 Voluntown Road, Griswold, CT. will hold weekly meeting every Tuesday at 8:30 a.m. Come and join the group, share fellowship and camaraderie with fellow veterans.

Weighing your options.....

Diet is a 4-letter word but that doesn't have to be a bad thing! Have you learned anything from past programs you have tried? Consider evaluating the good and bad with a Pro-Con-Pro format of thinking. Were there aspects of a diet plan that fit well to you? Did you discover foods that you truly do not like? Putting some thought into what you do or don't want to do regarding eating is very important to creating a personalized plan to meet your health goals. You are the most important person in deciding what will work for you. Consider keeping a journal of what you eat and drink along with monitoring your feelings and observations related to this as well as your activity. Were you hungry? Was the meal easy to prepare? Did you feel full between meals? Were your medical conditions improved? Etc. Healthy eating is a lifetime endeavor for a healthy life.

What if you need to gain weight? Many older adults find themselves in situations where they lose weight without wanting to. This can be due to a serious illness or hospitalization or physical limitations or other reasons. Focus on quality nutritious foods from all food groups so that the weight gained will make you healthier and stronger. Try eating 5-6 smaller meals, top foods with some nutritious higher calorie items like shredded cheese or peanut butter. Prepare hot cereal with milk, especially whole milk, and add powdered milk, honey, dried fruit/jams and nuts/ nut butter- Pump up the calories in salads, soups and casseroles by adding a little extra olive oil. Commercially prepared supplements can help with weight gain, but they are expensive – you can get the same (if not better) nutrition by drinking a glass of milk and/or following the tips above. Consider using programs like Home Delivered Meals to ensure balanced healthy meals are a part of each day.

Join us for free informative programs

*Coffee, Tea and SMP: 2nd Friday each month, 9-10 a.m. Sip your favorite beverage while we discuss Medicare Fraud and Abuse. Find us in-person by Facebook or join by phone from anywhere (267) 807-9601. Meeting ID 797-253-419.

*What's on the Menu?: 3rd Monday each month, 1-2pm. Chat with a Registered Dietitian ask questions and discuss current topics. By Zoom with pre-registration <https://us06web.zoom.us/meeting/register/tZArceCspjwvGNEQGLyxDplACOG05HgxG2..>

*Ongoing enrollment for LiveWell Programs via conference calls! Be a part of this amazing evidence based and highly effective 6-week Free program for Pain or Chronic Disease Self-Management. New classes starting each month, call Lori R at 860-887-3561 x127 to sign up.

The above information was provided by Senior Resources Agency on Aging. Phone number 860-887-3561.

Puzzles:

We have an over abundance of puzzles ranging from easy to very, very challenging. You can borrow one, bring one here or work on the puzzle at the senior center at your own pace. We welcome everyone to come to the center,

pull up a comfy chair and relax while enjoying the pleasure of creating a masterpiece.

My Favorite Sayings:

When you feel terrific, notify your face.

Success usually comes to those who are too busy to look for it.

What you don't know never hurts you; it's what you suspect that causes all the trouble.

Gossip travels freely, but good news has to be helped along.

Humility is not thinking less of yourself, but thinking of yourself less.

The cure for boredom is curiosity, but curiosity has no cure.

Do a few good turns....you won't get dizzy.

To get the full value of a joy, you must have someone to divide it with.

MAINE MOUNTAINS

ABRAM	KIRBY	SABAO	SQUAPAN
BAKER	NIGHTHAWK	SADDLEBACK	TUMBLE-
BALDPATE	OTTER LAKE	SARGENT	DOWN
BIG MOOSE	PUZZLE	SEBOOMOOK	ZIRCON
CADILLAC	TUMBLEDOWN	STICK	
EAGLE	OKMRCSSHEQSSZE		
GOOSE EYE	VSAAMAAYAUNZQK		
HEDGEHOG	UGABKBDARBIBHA		
HOWE	HOADRWPIIGEKL		
BROOK	O O B J D A A G L D E P R		
KATAHDIN	W S K A N L M H G L U N E		
KINEO	E E G S L O E E T Z A O T		
	B E F G O D H B Z H R C T		
	R Y M S I O P L A E G R O		
	O E E A G L E A K C T I P		
	O S Q N I D H A T A K Z N		
	K O O M O O B E S E C P Q		



the answers you need, resources you can trust

Contact:
Lori Rygielski
860-887-3561 ext. 127
lrygielski@seniorresourcesec.org

Seniors: **Dealing with Chronic Disease?** **Get with the program**

Seniors, age 60 or over, dealing with chronic conditions and ready to take charge of their wellbeing, can begin the New Year on a healthier note by enrolling today in *Senior Resources'* popular LIVE WELL program.

Whether suffering from heart disease, cancer, stroke, diabetes, arthritis, asthma, high blood pressure, depression, anxiety, osteoporosis, obesity, chronic pain, etc., the LIVE WELL program is specifically tailored to teach seniors how to better manage their condition.

LIVE WELL is *Senior Resources'* highly effective, evidence-based *Chronic Disease Self-Management Program* (CDSMP) designed by leading health experts at Stanford University. A step-by-step plan consisting of a six-week series of workshops to assist older adults in improving their health and their lives.

Research has shown those who complete LIVE WELL programs feel healthier and enjoy a better quality of life. They report fewer sick days, as they are better able to manage pain, stress, breathing problems, and sleep issues. Importantly, they have ongoing access to a support network of others who share similar health conditions.

In short, says Program Director, Lori Rygielski, "*Senior Resources'* LIVE WELL program promises you'll be more self-sufficient, will be better able to manage your life and take control of your health." And, she adds, "our program is FREE of charge."

LIVE WELL workshops are conveniently ongoing, with new classes starting each month. Space, however, is limited and advance registration required.

Ready to sign on to *Senior Resources'* LIVE WELL program, or simply wish more information? Contact **Lori Rygielski** at *Senior Resources*, 860-887-3561 X 127.

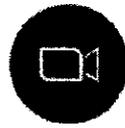
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Powerful Tools for *Caregivers*

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 Wednesdays from 5:30 – 7:00 pm,
March 9th through April 13th, 2022

Participants should plan on attending all sessions.



ZOOM

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

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

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

March 23rd: Class #3: Communicating Feelings, Needs and Concerns

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

April 6th: Class #5: Learning from Our Emotions

April 13th: 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

PRESTON PARKS & RECREATION

SHAMROCK BUTTON ART

Celebrate St. Patrick's Day by making your own beautiful Shamrock Button Art creation!

Dates: Wednesday, March 9, 2022

Time: 1:00 - 3:00 pm

Ages: 18+

Location: Preston Public Library Meeting Room

Fee: \$26

ZUMBA GOLD

Join Mariela for a high energy Zumba Gold class!! This class is for 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.

Dates: Tuesdays: March 1—April 5, 2022

Time: 4:30 - 5:20 pm

Ages: 50 & better

Location: Preston Veterans Memorial School

Fee: \$12 for Preston residents,

\$36 for non-residents

Preston residents fee is being offset with funds designated for senior activities for Preston residents

THE PROM MUSICAL

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.

Dates: Friday, March 11, 2022

Time: 5:30 - 11:00 pm

Ages: 50 & better

Fee: \$44 per person

Town of Preston school bus will depart and return to Preston Veterans Memorial School

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.

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

Session #6

Dates: Mondays: March 7 - April 11, 2022

Time: 10:00 - 11:00 am

Fee: \$38 for 6 week session

PRESTON COMMUNITY YARD SALE ON MAY 7!!

Time to clean out your basement and garage!!

If you choose to purchase a 10x10 spot at Preston Plains Middle School, the fee is \$15. Community Yard Sale at Preston Plains Middle School will run from 9:00 am - 1:00 pm. Registration deadline is May 5th.

If you choose to host the yard sale at your residence, fee is \$2. (Town of Preston requires all hosting a yard sale to obtain a permit, which costs \$2. Sign up for our Community Yard Sale and Preston Parks & Recreation staff will do the paperwork for you!!) You can choose the start and end time of your sale and that will be printed on the map next to your address.

Last day to register your address without a late fee is April 20th.

\$10 late fee for all sign ups received after April 20th, absolute last day to register and be on the map is April 25th.

**Questions or need a registration form...contact Preston Parks & Recreation
by phone at (860) 887-5581 x113 or email recreation@preston-ct.org**