

BITS & PIECES



FROM FRAN

August & September 2022

Food Distribution:

We will conduct our monthly food distribution on Friday, August 5th from 10:00 to 11:00 a.m. at the Preston Senior Center. We have a slight change for the month of September. **Rather than holding the distribution on our regular first Friday schedule, we will move the distribution to Friday, September 9th** from 10:00 to 11:00 a.m. We will return to our regular distribution schedule during the month of October. Hopefully everyone noticed the beautiful refrigerated truck that UC&FS has acquired. The United Community & Family Services staff work extremely hard to ensure that every participant receives generous amounts of non-perishable and perishable items (when available) to help supplement their food budget.

Game Day:

We will take a small break during the month of August from our Monday afternoon game day. We anticipate returning to our regular schedule during the month of September. (Monday's from 1:00 – 3:00 p.m.) Enjoy the summer months and we'll keep the cribbage board, cards and Rummikube safely tucked away in anticipation of your return.

Picnic:

If you didn't attend our picnic in June, you missed a great, fun filled day. Thanks to chef Jesse Walden for manning the grill and cooking burgers and hot

dogs to perfection. Natalie Walden helped as our energetic, polite, enthusiastic youth waitress filling each request flawlessly. Maureen Domina and Cathy Brosnan donated scrumptious salads for everyone to enjoy. Amy Brosnan loaned us pop-up canopies and the manpower to erect them. Thanks to Shaun McGuire and Digby Ludlow for their muscle power, and ensuring that there was ample shade for the picnic goers. Everyone enjoyed the very talented Lenny Domina who performed country western songs to the delight of our participants. Inside the senior center, Cathy Brosnan was working her fingers to the bone filling picnic goers' orders, and Maureen Domina was our waitress delivering orders outside to the guests along with the help of daughter Jesse Walden. The frosting on the cake wasn't frosting at all but ice cream! The ice cream truck came rolling in, playing a familiar tune to the delight of picnic goers. That cool refreshing treat was well received by all. Thank you to everyone that attended the picnic and most especially to all of the people that helped bring our community together. It was truly a day to remember. Thank You!

TVCCA Café

Our menu for the month of August is as follows:

1 August: Chicken Primavera, Lemon Parmesan Pasta, Zucchini & Yellow Squash, Pineapple Tidbits, Bread, Margarine and beverage.

8 August: Beef Hot Dog w/Bun, Baked Beans, Corn w/Onions & Peppers, Tropical Fruit cup, Bread, Margarine and beverage.

15 August: Italian Pork Sausage & Peppers, Penne Pasta w/Marinara, Squash Mix w/Carrots & String Beans, Fresh Fruit, Bread, Margarine and beverage.

22 August: Whole Grain Fish Sticks, Tater Tots, Broccoli, Peppers & Mushrooms, Pineapple Tidbits, Bread, Margarine and beverage.

29 August: Chicken Cacciatore, Farfalle Pasta w/Herbs, Mixed Vegetables Medley, Diced Peaches, Bread, Margarine and beverage.

Our program is open to all seniors who have attained the age of 60 years and older. Reservations must be made in advance. If interested in participating in the program, please contact the senior center at 860-889-0770 on Monday (9:00

a.m.– 1:00 p.m.), Tuesday and Thursday (1:00 – 4:00 p.m.) There is a suggested donation of \$3.00 per person. You may also leave a message at the Senior Affairs Office by telephoning 860-887-5581 ext. 6. We look forward to hearing from you.

News Flash: For individuals interested in applying to TVCCA Energy Assistance this year, I was just informed that there will be a late start in accepting applications. Rather than the start-up day being August 1st, it will be moved to September 1st. I will keep you updated as to any further changes to the process. See you in September.

Transportation: Once again, the Town of Preston will be joining with 11 other towns to collaborate with the Eastern Connecticut Transportation Consortium and the CT Department of Transportation to offer transportation services for medical appointments to individuals age 60 and over and disabled adults. Please note, this is a grant funded service and there is no guarantee that funding will be available for the entire year.

This program is open to Preston residents and they have completed a registration form. Individuals who reside in Skilled Nursing Facilities are not eligible for transportation through this program. Individuals who are eligible for free transportation through Medicaid are asked to use that program instead.

Thirty-six one-way rides for the period of July 1, 2022 – June 30, 2023 can be provided for medical appointments in New London County, as long as funding is available. Reservations must be made no later than 48 hours in advance but can be scheduled up to 2 weeks ahead. Trips can be scheduled during normal business hours. Requests for weekend & Monday trips must be made no later than Friday by 2 p.m. Personal Care Assistants (or family member acting as an escort) may accompany passengers who need extra help with entering and exiting the vehicle or have other needs that make traveling independently unsafe.

The program is free of charges for those who register for this service. If you are interested in signing-up or have questions regarding this valuable service, please contact the Senior Affairs Office at 860-887-5581 ext. 6.

In addition to the afore mentioned transportation service, the Town of Preston does offer weekly shopping trips to the Lisbon shopping area and Norwich grocery stores. Our Monday shopping schedule is free of charge and registrations are necessary. Medical transportation services are offered, on a limited bases, to residents. Inquiries to either service may be directed to the Senior Affairs Office by telephoning 860-887-5581 ext. 6.

My Favorite Sayings:

Tact is the art of recognizing when to be big and when not to belittle.

One of the most difficult things to give away is kindness...it is usually returned.

There is no elevator to success, you have to take the stairs.

To handle yourself, use your head; to handle others, use your heart.

A grudge is one thing that does not get better when it is nursed.

The handwriting on the wall means the grandchildren have found the crayons.

A leading authority is anyone who has guessed right more than once.

For excellence, ask an expert; for wisdom, ask a sage; for honesty, ask a child.



August 2022 Events

Wednesday, August 24th at 1:00 pm: Book Club In-A-Bag— "Being Heumann" by Judith Heumann

Join us this month as we discuss *One Book One Region's* 2022 title "Being Heumann" by

Judith Heumann on Wednesday August 24th at 1:00 pm. Limit 10.

For ages 18 and up: to register and receive a book call us at (860) 886-1010 or

email us at prestonlibraryprograms@gmail.com

This service was funded through a grant by the Community Foundation of Eastern Connecticut

Lending Library:

The Senior Center has a large display of books to loan. Feel free to come and browse, take home a few to enjoy or donate a few to our collection.

Puzzles:

We've got an over abundance of puzzles to share from 500 pieces to 1500 pieces. Some are more challenging than others but you are free to borrow as many as you choose.

Renters Rebate:

It isn't too early to apply for the Renters Rebate Program. The application deadline is October 1st. Participants need to provide proof of income for 2021. The qualifying income for a single individual is \$38,100.00 and for a married couple, the income limit is \$46,400.00. Applicants need to furnish proof of rent payment and utility payment for the year 2021. If you are considering applying and are unsure whether you may qualify or not, please do not hesitate to contact the Senior Affairs Office at 860-887-5581 extension 6.

Flu Clinic:

We are planning to conduct another Flu & Pneumonia Clinic this fall. Several individuals have questioned whether there will be restrictions due to COVID 19 issues. We are planning to hold our clinic in mid-October. Plans are already in place to hold the event indoors. Should health concerns arise between now and the fall, we will do whatever the health department feels is appropriate for our population. The next newsletter will provide more information with regard to date and time of our clinic including registration information. If you have questions, please contact the Senior Affairs Office at 860-887-5581 ext. 6

GET COOKING WORD SEARCH

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

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

WORDS

- ADJUST
- BREAKFAST
- CHOPPED
- COOKING
- CULINARY
- DESSERT
- DINNER
- FOOD
- GARNISH
- HOLIDAY
- INGREDIENTS
- KITCHEN
- LUNCH
- MEALS
- MEASURE
- MIXING
- PLANNING
- POT
- PRESENTATION
- RECIPE
- SEASONINGS
- SLOW
- SNACK
- TASTE



Senior Resources

AGENCY ON AGING

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

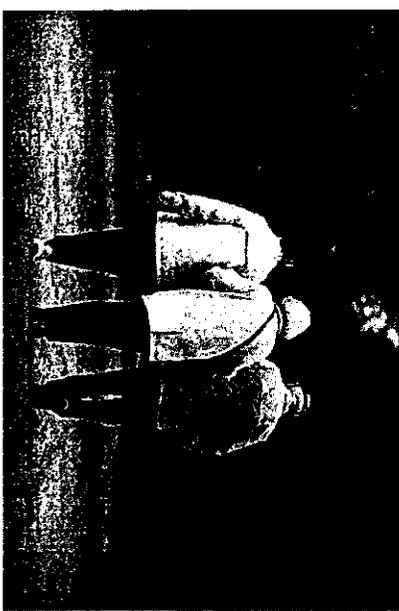
Phone: 860-887-3561 or 800-690-6998 Our Registered Dietitian, Alison, is at Ext. 115

Like us on Facebook: Senior Resources Agency on Aging Eastern Connecticut **Watch us on YouTube:** Senior Resources Agency on Aging CT

Be Active Every Day

Staying physically active helps to keep you healthy in body, mind, and spirit. People of all ages can enjoy a variety of activities which help to build muscles, maintain balance, prevent injury, reduce pain, relieve stress, and stay socially engaged. How do you stay active and what does it do for you? Here are a few examples (based on a 185-pound person):

"I use a cart to go through all the aisles in the grocery or other stores every time I go. Holding onto something makes me more confident. I sometimes run into people I know. I learn what is new or interesting in products or trends. I can do it in any weather. I also feel more confident that someone would be there to help me if I had a problem." Moderate walking for 30 minutes uses 162 calories



"I take my dog to a dog park or go for a walk each day. The walking is good for my dog and for me and I get to chat with people who also like dogs." Brisk walking for 30 minutes uses 247 calories

"I like to turn on some Salsa music while I am cooking so I can feel the rhythm and dance around a little as I cook. It makes me happy and I feel creative." Dancing for 30 minutes uses 263 calories

"When a commercial comes on the television, I get up and walk around the room or do pretend bicycle with my feet and hands while I sit in my chair." Riding a stationary bike for 30 minutes uses 294 calories

JOIN US FOR FREE INFORMATIVE PROGRAMS TO HELP YOU AGE YOUR WAY – contact us with any questions!

- * Benefits Enrollment Screening and Assistance. Available by phone, zoom and in-person appointment. Call to schedule.
- * Coffee, Tea and SMP: 2nd Friday each month, 9-10am. Discuss Medicare. In-person or by phone (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 via Zoom. Pre-register through the calendar on our website.
- * 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, Diabetes or Chronic Disease Self-Management. New classes starting each month.