

BITS & PIECES



FROM FRAN

September 2022 Flu Clinic Update:

Flu Clinic:

As a reminder, our Flu Clinic will be conducted on Wednesday, October 12th from 10:00 a.m. – 12:00 noon at the Preston Senior Center, 42 Long Society Road. **I am pleased to announce that we will be administering the new Bivalent COVID-19 Vaccine by Moderna for those individuals interested in taking the vaccine.** You do need to register in advance for the clinic. (We do need to order the Bivalent COVID-19 Vaccine in advance so if you are interested in taking the vaccine, we need to know as we will order the vaccine for only those individuals who have pre-registered. We will be unable to accommodate any request for the Bivalent COVID-19 Vaccine from any Walk-ins.) Please call the Senior Affairs Office at 860-887-5581 extension 6 leaving your name and telephone number or register in person at the Preston Senior Center. Hours of operation are Monday 9:00 – 3:00 p.m., Tuesday and Thursday 12:30 -4:30 p.m.

Uncas Health District has provided the following information for your review: The Centers for Disease Control and Prevention is now recommending omicron-specific COVID-19 shots for people 12 and older. Doses should be administered at least two months following a primary series or the previously authorized booster vaccination. People cannot get a bivalent booster without first completing at least a primary series.

The boosters target both the original strain of the coronavirus and the two omicron subvariants which are causing most of the current infections. Having a bivalent product means that we will have good protection if and when the virus mutates again – even if it drifts away from the currently-circulating Omicron variants.

Climate Mapping for Resilience and Adaptation

Last week, the Biden-Harris Administration in partnership with Department of Commerce's National Oceanic and Atmospheric Administration (NOAA) and the Department of the Interior (DOI) jointly launched a new website to help communities across the nation understand the real-time climate-related hazards in their area, analyze projected long-term exposure to those hazards, and identify federal funds to support climate resilience projects for their communities.

The [Climate Mapping for Resilience and Adaptation](#) (CMRA) portal, an easily accessible and interactive geospatial website, will help federal, state, local and tribal governments as well as non-profit organizations learn about climate hazards impacting their communities.

Please see the the press release [here](#) and click the button to see initiative's WH Fact Sheet.

Severe Respiratory Illnesses Associated with Rhinovirus and/or Enteroviruses

Healthcare providers and hospitals in several regions of the United States notified the Centers for Disease Control and Prevention (CDC) during August 2022 about increases in pediatric hospitalizations in patients with severe respiratory illness who also tested positive for rhinovirus (RV) and/or enterovirus (EV).

- Wash your hands often with soap and water for 20 seconds.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact such as kissing, hugging, and sharing cups or eating utensils with people who are sick, and when you are sick.
- Cover your coughs and sneezes with a tissue or your upper shirt sleeve, not your hands.
- Clean and disinfect frequently touched surfaces, such as toys and doorknobs, especially if someone is sick.
- Stay home when you are sick.
- Consider wearing a mask around other people if you have respiratory symptoms.
- Contact a healthcare provider immediately if you or your child has trouble breathing or has a sudden onset of limb weakness.
- Ensure you or your child are following an up-to-date asthma action plan if you or your child have asthma.
- Stay up-to-date with all recommended vaccines.

Food Distribution:

October 7th will be the next Food Distribution date at the Preston Senior Center. The program runs from 10:00 a.m. – 11:00 a.m. UC&FS will continue with the monthly distribution dates as long as interest warrants. We will also be making 15-minute Test Kits and masks available to participants as long as supplies last. Special thanks to all of the agencies which make this program possible!

Energy Assistance:

Applications continue to be accepted for the TVCCA Energy Assistance Program. Income level for a household of one is \$39,761.00 and \$ 51,996.00 for a married couple. For more information regarding guidelines and necessary documentation please contact the Senior Affairs Office at 860-887-5581 extension 6. It's not too early to apply for this important program.

Café Program for the month of October:

The Café Program is held each Monday at the Preston Senior at 11:30 a.m. Reservations are necessary and we do not have the capability of accommodating walk-in patrons. We ask that you register by Wednesday of the previous week in which you plan on attending the Monday luncheon. Call 860-889-0770 on Monday (9:00 – 3:00 p.m.) or Tuesday & Thursday (12:30 – 4:00 p.m.) Thank you.

Monday, October 3rd: Chicken Cordon Bleu, Buttermilk Mashed Potatoes, Zucchini & Yellow Squash, Diced Pears, Bread, Margarine and beverage.

Monday, October 17th: Cod w/Herbs & Tomatoes, Rice Pilaf, Broccoli, Fresh Orange, Bread, Margarine and beverage.

Monday, October 24th: Chicken Cacciatore, Pasta Shells w/marinara, Zucchini, Mixed Fruit Cup, Bread, Margarine and beverage.

Monday, October 31st: Swedish Meatballs, Egg Noodles, Squash Mix w/Carrots & String Beans, Fresh Orange, Bread, Margarine and beverage.

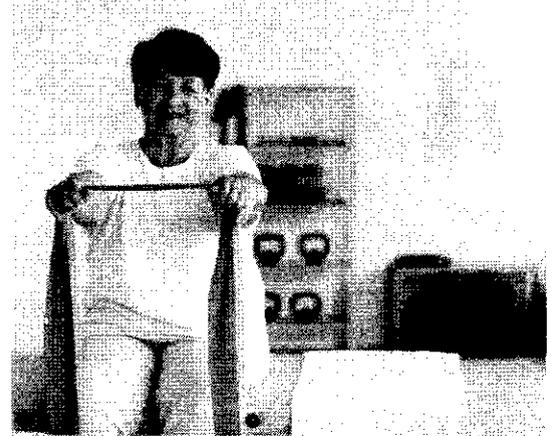


Live Well with Chronic Conditions

FREE Zoom Workshop

Join this 7-week workshop and learn how to better manage your ongoing health condition!

Participants will need a computer, tablet or cellphone and reliable internet connection. Register today to receive your Zoom link!



Take Control

Feel Better

Energize

Live

Enjoy

You will learn:

- Healthy eating, physical activity and exercise
- Dealing with difficult emotions
- Decision-making and communications skills
- Working with healthcare providers
- Action planning
- And more!

Materials will be sent directly to participants at no cost and include Living a Healthy Life with Chronic Conditions and a relaxation CD.

Mondays from 10 AM-12:30 PM

October 17 - November 28, 2022

To register, call 860-887-3561 ext. 127 or email Lori at lrygielski@seniorresourcesec.org



Sponsored by Senior Resources Agency on Aging,
CT Department of Aging and Disability Services State Unit on Aging

PRESTON PARKS & RECREATION & PRESTON SENIOR AFFAIRS PRESENT...

“ SENIOR/ADULT BUS TRIPS to Providence Performing Arts Center “

(Town of Preston Senior Bus departs & returns to Preston Veterans Memorial School)



**PLEASE NOTE:
UPDATED TRIP DAY & TIME**

DATE: Sunday, October 30, 2022

TIME: 11:00 am departure from PVMS

FEE: \$39

This laugh-out-loud love letter to the theater tells the story of Michael Dorsey, a talented but difficult actor who struggles to find work until one show-stopping act of desperation lands him the role of a lifetime.



**PLEASE NOTE:
UPDATED TRIP DAY & TIME**

DATE: Sunday, November 20, 2022

TIME: 11:00 am departure from PVMS

FEE: \$42

Les Misérables tells an enthralling story of broken dreams and unrequited love, passion, sacrifice and redemption - a timeless testament to the survival of the human spirit.

LIMITED SEATS...REGISTER TODAY!!

Register online at www.preston-ct.org or fill out the below registration form and return it to the Parks & Recreation Office

Questions?? Contact Preston Parks & Recreation by phone at (860) 887-5581 x113 or email recreation@preston-ct.org

×× CUT HERE × CUT HERE ××

PRESTON PARKS & RECREATION • REGISTRATION FORM • FALL 2022

Name: _____ Phone Number: _____

Home Address: _____ Email Address: _____

Emergency Contact Name: _____ Phone Number: _____

Please register me for the following programs:

___ **Tootsie on Sunday, October 30, 2022** ___ **Les Misérables on Sunday, November 20, 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 _____