

BITS & PIECES



FROM FRAN

## **December & January**

### **Preston Senior Center Potluck Club:**

Mark your calendars for Wednesday, December 14<sup>th</sup> at noon for our special holiday gathering. We will have a sign-up sheet at the center for everyone to identify the item which they plan on bringing to the luncheon. We will provide the turkey; the rest of the menu is up to you. Once again, we have asked for Lenny Domina to provide the musical entertainment for the day. Please sign-up for the luncheon before Friday, December 9<sup>th</sup>. You can sign-up in person at the senior center on Monday's (9:00 a.m. – 3:00 p.m.), Tuesday's and Thursday's (1:00 – 4:00 p.m.) or call during those hours at 860-889-0770. If it is more convenient, you may also call the Senior Affairs Office at 860-887-5581 ext. 6 and leave a message. We look forward to sharing the afternoon with friends, both old and new.

### **Food Distribution:**

Friday, December 2<sup>nd</sup> is the date of our next Food Distribution at the Preston Senior Center. We distribute items from 10:00 a.m. to 11:00 a.m. and we do not have advance notice as to what items will be distributed. We ask very little of participants including wearing a face mask and to open their trunk or indicate their choice of having food placed in the back seat of the car. We appreciate each and every person that participates in this important program. We do know that sometimes the wait period is longer than other times but, we are trying very hard to accommodate the requests as efficiently as possible. The staff from UC&FS does an incredible job of packing, unpacking, moving the tables,

stocking supplies in the refrigerated van and on and on. Similar to our trusted mail carriers, they are out there in the rain and snow. Incredible group of people caring about what they can do to make your life a little better. We are also anticipating a January 6, 2023 Food Distribution at the Preston Senior Center from 10:00 a.m. to 11:00 a.m.

### **News from Uncas Health District:**

Uncas Health District has seasonal flu vaccine and COVID-19 boosters for homebound individuals. Please contact Uncas Health District directly if you know of a person that would benefit from a home visit. The telephone number is: 860-823-1189.

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## **Respiratory Syncytial Virus (RSV)**



In recent weeks, Connecticut has seen a surge in respiratory illnesses among children, and it's starting to put a strain on hospitals. Specifically, respiratory syncytial virus cases in children, better known as RSV, have flooded the two children's hospitals.

RSV is a virus that affects the upper respiratory system with a runny or stuffy nose, cough or sore throat. When it moves into the bronchi or the lungs, it can cause pneumonia or bronchitis. Nationwide, RSV will send 58,000 children under the age of five to the hospital every year, according to the Centers for Disease Control and Prevention.

Experts suggest we should expect an increase in cases of RSV or other winter viruses because children have largely been apart, out of school and wearing masks for two years. The spread of respiratory viruses like RSV can be prevented through handwashing, staying home when sick and wearing a mask if you have any symptoms. It is also important for children to get vaccinated against influenza and COVID-19.

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# PRESTON STUFF A CRUISER

KIDS TOY DRIVE &  
COZINESS DRIVE FOR SENIORS

CITY VOL. FIRE CO.

**SATURDAY, DECEMBER 10, 2022**

**9:00 AM - 12:00 PM**

**PRESTON CITY VOLUNTEER FIRE DEPARTMENT**

## KIDS TOY DRIVE

Donate a NEW, unwrapped toy for a child aged 1-13  
this holiday season

HOT WHEELS \* LEGOS & LEGO FRIENDS \* BOARD GAMES \* BOOKS  
PLAY DOH \* PUZZLES \* SPORTING GOODS \* BARBIES & DOLLS  
SCIENCE KITS \* ARTS & CRAFTS  
TEEN COLORING BOOKS & COLORED PENCILS  
HAIR & NAIL ACCESSORIES \* TEEN TOILETRIES \* BODY LOTIONS & SPRAYS

*Toys will be distributed through Preston Youth Services' Presents for Preston program  
and those in need in local communities*

## COZINESS DRIVE FOR SENIORS

Donate socks, slippers, hats & gloves, throw blankets, pajamas...  
anything warm & cozy!!  
(...not all seniors have small feet)

*All donated warm & cozy items will be distributed through Preston Senior Affairs Office*

**Monetary donations will also be accepted**

## **Acts of Kindness:**

For a long time now, I had hoped that we could provide a platform in which people could acknowledge little acts of kindness in their daily lives and celebrate some positive news. In this crazy world of ours, with so much negativity and violence I wanted to give everyone an opportunity to acknowledge simple acts of kindness which made a difference in your life. I know there are plenty of hard-working people that go above and beyond what's expected of them in their chosen career but I'm hoping that we can focus on volunteers first.

Sooooooooooooooooooooo, the guidelines are pretty simple, first, identify the person and secondly, tell what that individual did to make a difference in your life and/or community. You will need to identify yourself as the person who submitted the information and no anonymous accolades will be accepted.

Winnie & Russ Fishkin: These two extraordinary individuals walked miles and miles of Preston roads picking up trash in an effort to restore the beautiful countryside. Nothing deterred them either as they were out in the hot summer months with their pickers and trash bags picking up debris and cheerfully waving to passersby. A hardworking couple giving back to their community. Thank you!  
Submitted by: Fran Minor

Eric Covino: Eric is a local musician that shares his time and musical talents with a wide audience. Whether it's providing entertainment at a local car cruise or visiting with residents at regional convalescent homes, he brings his unique form of energy and spreads joy wherever he goes. Multi-talented individual with a caring heart!  
Submitted by; Fran Minor

These are just two examples of people going out of their way to make a difference in our lives. I hope that you too will be willing to submit names of special people that we can spotlight.

# AUTO REPAIR WORD SEARCH

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

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

## WORDS

- ADAPTIVE
- AIR BAG
- AUTOMATIC
- BATTERY
- BELT
- BRAKING
- BUMPERS
- CARGO
- CERTIFIED
- COMPRESSOR
- ENGINE
- FILTER
- FLUIDS
- HEADLIGHTS
- MANUAL
- PEDALS
- PROTECTION
- PUMP
- REMOTE
- SKID
- STRUCTURE
- SUPPORT
- SUSPENSION
- TRANSMISSION



Preston  
Public Library  
A place to grow since 1898

## **December 2022 Events\***

\*The Library will be closed on Saturday December 24th for the Christmas Holiday

***Starting November 29th, stop by the Library to create an ornament for our Holiday tree! Free to the public, no registration required.***

***For more information call (860) 886-1010.***

### **Victorian Christmas with Kandie Carle**

***Presented by***

***The Friends of the Preston Public Library and the Preston Historical Society***

**Sunday, December 11<sup>th</sup> 2:00pm**

Discover what Christmas was like during the Gilded Age of the late Nineteenth Century through this festive presentation by historical reenactor Kandie Carle. This fundraiser for the Library is hosted by The Friends of the Preston Public Library and the Preston Historical Society. **Please note there is a \$15.00 fee (attendees wearing full Victorian costume will have their fee waived).** Registration required. To register, please call (860) 886-1010 or email us at [prestonlibraryprograms@gmail.com](mailto:prestonlibraryprograms@gmail.com).

### **Wednesday, December 21th, 1:00 pm**

#### **Book Discussion: Cave Dwellers by Christina McDowell**

Join us on the third Wednesday of each month for a lively discussion on a variety of fiction and non-fiction! This month's book, *Cave Dwellers* by Christina McDowell, gives readers a glimpse into the scenes behind high society Washington D.C. at the turn of the 20th century. For ages 18 and up: to register and receive a book come into the library, call us at (860) 886-1010, or email us at [prestonlibraryprograms@gmail.com](mailto:prestonlibraryprograms@gmail.com).

### **Thursday, December 22th, 5:30 pm—6:30 pm**

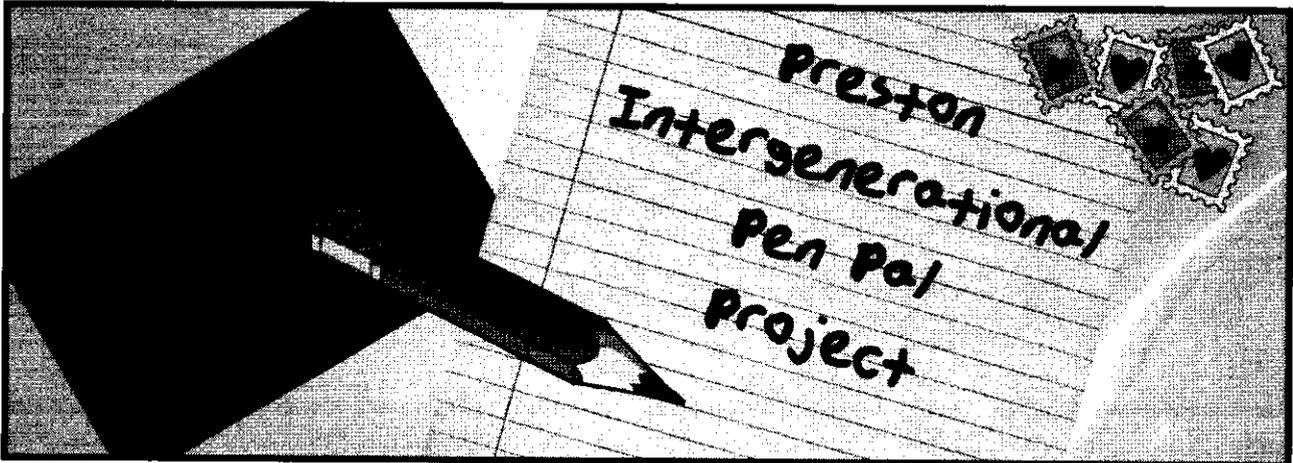
#### **Cookbook Club**

If you love food and are on the lookout for great cookbooks (and great recipes) join us on the last Thursday night each month for our new program at the library—Cookbook Club! Bring a favorite holiday recipe to share with the group! For ages 18 and up. To register, come into the library, call (860) 886-1010, or email us at [prestonlibraryprograms@gmail.com](mailto:prestonlibraryprograms@gmail.com).

## PRESTON YOUTH SERVICES

389 Route 2 • Preston, CT 06365

Office #: (860) 887-5581 x113 • Email: [youthservices@preston-ct.org](mailto:youthservices@preston-ct.org) • Website:  
[www.preston-ct.org](http://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.*