

BITS & PIECES



FROM FRAN

**February & March 2023**

**SCAM ALERT:**

Staff and clients have begun reporting messages appearing to be from DSS regarding their EBT card and Renewal. These messages are scams, individuals should not call back the number listed on the text message. DSS has not yet started texting clients regarding renewals.

It asks for the caller to enter their card number and PIN in an attempt to steal their benefits.

Messages from DSS will only be sent from the BC (Benefits Center) Number, which is 1-855-626-6632 and will only direct individuals to [www.mydss.ct.gov](http://www.mydss.ct.gov), and will contain the first name and the last 4 digits of the client id.

If the individual called the telephone number back and/or provided someone with their card number/PIN via telephone, they should immediately call and change their EBT PIN by calling the EBT phone line: 1-888-328-2666. In addition, the individual should check their EBT balance either through that number or online at [www.mydss.ct.gov](http://www.mydss.ct.gov). If it appears that they have stolen your benefits, you should contact your local police department.

**Disposal of Sharps by Uncas Health District:**

Sharps used at home are not regulated as Biomedical Waste. However, throwing them in the household trash or flushing them down the toilet presents serious risks for both you and others who may come in contact with such items. Improper disposal of sharps can lead to:

- \*Needle-stick injuries that cause infection and spread disease;
- \*Injuries to curious children, waste haulers, recycling workers, and animals; or
- \*Needles washing up on our beaches and riverbanks. The Connecticut Department of Energy and Environmental Protection recommends checking with your supplier (i.e., your physician, local hospital, or pharmacy) to see if they are willing to accept properly packaged used sharps. Some companies even offer mail-back disposal services to their customers.

To properly dispose of sharps:

- \*Seal them in rigid, puncture-resistant containers that you can't see through (i.e., bleach or detergent bottles, coffee cans, etc.);
- \*Label the containers "Do Not Recycle," and,
- \*Reinforce containers with heavy-duty tape before throwing them in your household trash.

**DO NOT:**

- \*Throw loose needles in the trash;
- \*Flush needles down the toilet;
- \*Place needles in soda bottles, cans, or glass containers' or,
- \*Put sharps containers in the recycling bin.

#### **AARP Tax Assistance:**

The AARP Tax Assistance Program has several appointment openings available. The program will be held at the Preston Senior Center, 42 Long Society Road on Wednesday, February 8<sup>th</sup> and 22<sup>nd</sup>, March 8<sup>th</sup> and 22<sup>nd</sup> and April 5<sup>th</sup>. Available time slots are 10:00 a.m., 11:00 a.m., 12:00 p.m. and 1:00 p.m. Appointment availability is based on a first come, first serve basis. Questions regarding necessary documentation may be directed to the Senior Affairs Office at 860-887-5581 ext.6. Remember, this is a FREE service provided by extremely well trained and qualified tax counselors.

**FROM THE PRESTON RESIDENT TROOPER'S OFFICE**

**\*\*\*SCAM ALERT\*\*\***

**There has been a scam that has targeted the population which claims to be a representative of law enforcement or the States Attorney's office. These scammers are stating they have a member of your family (son/daughter/grandchildren) in custody (under arrest) for some sort of serious car crash. They will try and convince you to pay them some sort of "bond" to release your family member. They do this either over the phone (using gift cards) or to a courier. These fees are somewhere between \$10,000.00-\$20,000.00. These scammers will try to convince you to not to bother calling your family member as they have "seized" their cell phone. The couriers that are being sent to pick up the money are from ride sharing/taxicab service applications (such as Uber) and aren't necessarily part of the scam. POLICE DEPARTMENTS, STATE POLICE BARRACKS, OR ANY COURTS WILL NEVER TAKE BOND PAYMENTS OVER THE PHONE OR THROUGH A COURIER. THIS SCAM HAS TARGETED PRESTON RESIDENTS!!!!!!!!!!!!**

**If you receive this scam call please hang up and if you are worried the call might be real call the CT State Police Troop E Barracks at 860-848-6500. If you call us the desk Trooper or Dispatcher will tell you over the phone if you are being scammed or not. If you feel you may have fallen victim to this scam call the Troop E Barracks as soon as you realize it. The sooner we know the better.**

### **TVCCA Café Program:**

Our Monday Café Program is pleased to announce our menu selections for the month of February. They are:

February 6<sup>th</sup>: Country Style Chicken, Buttermilk Mashed Potatoes, Corn w/Peppers & Onions, Tropical Fruit Cup, Bread, Margarine and Beverage.

February 13<sup>th</sup>: American Chop Suey, Diced Carrots, Snap Peas, Bread, Margarine Beverage and Fresh Orange.

February 20<sup>th</sup>: President's Day, program CLOSED.

February 27<sup>th</sup>: Steamed Pork Dumplings, Jasmine Rice, Broccoli, Peppers & Mushrooms, Sweet Treat, Apple Juice, Bread, Margarine and Beverage.

Persons who are 60 years of age and older are welcome to participate in the Café Program. There is a suggested donation of \$3.00 per person. Individuals younger than sixty are welcome but a higher meal cost will be charged to those individuals. For additional information or to make a meal reservation, please contact the Senior Center at 860-889-0770 on Monday (9 a.m. – 3:30 p.m.) or Tuesday and Thursday between the hours of 1:00 – 4:00 p.m. The program is open to residents and non-residents alike.

### **ECTC Medical Transportation:**

For all participants of our ECTC Medical Transportation grant, there has been a significant change to this years program. The number of one-way medical transportation rides has been reduced from 36 one-way trips to 24 one-way trips. This change is due to the increased utilization of service requests. We are sorry for any inconvenience which this may cause.

### **President's Day:**

The Preston Senior Center will be closed on Monday, February 20<sup>th</sup> for President's Day.

# PRESTON PARKS & RECREATION

389 Route 2 • Preston, CT 06365 • Phone: (860) 887-5581 x113 • Email: recreation@preston-ct.org

## CHAIR YOGA

A complete yoga practice using the support of a chair. Class will be offered in person at Preston Public Library or you can choose to participate via Zoom.

### SESSION #5

DATES: Mondays: March 13 - April 17, 2023  
 TIME: 10:00 – 11:00 am  
 FEE: \$38 per person per session  
 (6 week session)

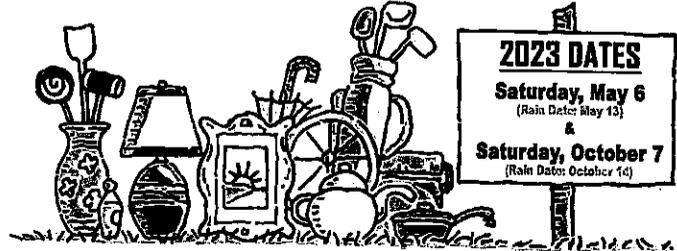
## BUS TRIP: COME FROM AWAY

DATE: Sunday, February 26, 2023  
 DEPARTURE TIME: 11:00 AM  
 FEE: \$39 per person

Join Preston Parks and Recreation as we travel to Providence Performing Arts Center to see COME FROM AWAY!! Broadway's COME FROM AWAY is a Best Musical winner all across North America! This New York Times Critics' Pick takes you into the heart of the remarkable true story of 7,000 stranded passengers and the small town in Newfoundland that welcomed them. Cultures clashed and nerves ran high, but uneasiness turned into trust, music soared into the night, and gratitude grew into enduring friendships.

On 9/11, the world stopped. On 9/12, their stories moved us all.

# PRESTON COMMUNITY YARD SALE



Preston Parks & Recreation is hosting two Community Yard Sales in 2023!!

We have options for you...you can hold a yard sale at your house and be added to our map or you can join others at Preston Plains Middle School for our multi-family sale!! Time to clean out your basement, closets and garage!!

If you choose to host the yard sale at your residence, fee is \$2 per date. (Town of Preston requires all hosting a yard sale to obtain a permit, which costs \$2 for each permit. Sign up for either of our Community Yard Sales 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 and be on the map for the May 6 yard sale is April 28 and the last day to register for the October 7 yard sale is September 29.

If you choose to purchase a 10x10 spot at Preston Plains Middle School, the fee is \$15 per date or sign up by April 1st and pay only \$22.50 for both days. Community Yard Sales at Preston Plains Middle School run from 9:00 am - 1:00 pm. Registration deadline for May 6 yard sale is May 3 and the registration deadline for October 7 yard sale is October 4.

Yard Sale maps will be posted on the Town of Preston's website on or before three days prior to the yard sale date. Printed copies of maps will also be available at Preston Town Hall and at Preston Plains Middle School on the day of the yard sale.

## PRESTON PARKS & RECREATION • REGISTRATION FORM • WINTER 2023

Name #1: \_\_\_\_\_ Name #2: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Home Address: \_\_\_\_\_ Email Address: \_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

### Please register me for the following programs:

Community Yard Sale ~ May 6  Host at my residence (  Start Time  End Time )  Spot at Preston Plains  
 Community Yard Sale ~ October 7  Host at my residence (  Start Time  End Time )  Spot at Preston Plains  
 Chair Yoga ~ Session #5 (Please mark one:  Online  In Person)  Bus Trip: Come from Away

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 \_\_\_\_\_



ALZHEIMER'S ASSOCIATION

## NEW ENGLAND FAMILY CONFERENCE



FEBRUARY 3 - 4, 2023

A FREE virtual conference for individuals living with dementia and family caregivers

### **FEBRUARY 3**

*A One-Day Conference for Individuals Living with Dementia*

#### **FEATURING**

- Panel of Individuals Living with Dementia
- Living Well with Cognitive Challenges: Tips and Strategies
- Manejo de las visitas al hospital y salas de emergencia (Special Caregiver Session in Spanish)
- Expressive Therapy: A Little Known Formula for Easing Stress and Anxiety

### **FEBRUARY 4**

*A One-Day Conference for Family Caregivers*

#### **FEATURING**

- Panel of Caregivers Sharing their Experiences
- Reducing Hesitancy to Care: Personalizing Your Approach
- Creating a Healthy and Safe Environment for Living with Dementia

### **REGISTRATION**

Please visit

**[alzfamilyconference.org](http://alzfamilyconference.org)**

or call our **24/7 Helpline** at

**800.272.3900** to register



Click here to join  
our **Family Conference  
Facebook group!**

#### **NEW THIS YEAR:**

The entire conference will  
be translated LIVE into Spanish

**My Favorite Sayings:**

Horse sense is stable thinking coupled with the ability to say "nay"

The poorest of all people is the person without a dream.

A new broom sweeps clean, but it takes an old one to get in the corners.

Cheer up! Birds have bills, and they're still singing.

The trouble with being put in your place is that it's not the place you think you belong.

Retentive memory may be a good thing, but the ability to forget can be a true token of greatness.

One can never consent to creep when one feels an impulse to soar.....Helen Keller

There's nothing wrong in making a mistake ....as long as you don't follow it up with encores.

**MAKING PAPER**

BAMBOO	HEMP	RECYCLED	STARCH
BLEACH	MILLS	ROLLS	STRENGTH
CELLULOSE	PRESS	ROSIN	WOOD
CHEMICALS	PULP	SHEETS	
COATING	REAMS	SIZED	
COLOR			
COTTON			
DRYER			
ESPARTO			
FELT			
FINISH			
GLOSSY			
GRADES			

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