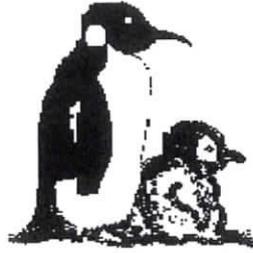


BITS & PIECES



FROM FRAN

March and April 2023

Will you be next?

Regardless of the amount of education you hold, whether you are intuitively cognizant of world affairs or are absolutely positive that you would never fall into a trap, think again! Everyone shudders to think that they may receive the dreaded call that informs you that your loved one has been involved in a horrific traffic accident. You're taken off guard and instantaneously know that you are the only person that can immediately step into action and rescue your family member. Regardless of the cost.

The stage is set and now you have unknowingly opened the door to the unscrupulous low life that's about to bilk you out of your savings!

Unfortunately, this is real life and it's rearing its ugly head in Preston!!

In an effort to help prepare you for not engaging these criminals in their attempted successful ploy, we're offering a Coffee and Conversation event on Wednesday, March 15th with our Resident Troopers, Kris Fisher and Sean Bresnan. The Preston Senior Center and Preston Parks and Recreation are co-hosting the session with doors opening at the Senior Center, 42 Long Society Road at noon.

Please read the flyer located on the last page of this newsletter providing more detailed information. Bring a friend and help save a friend. See you on Wednesday, March 15th. This program was developed in cooperation of Preston Resident Troopers, Preston Parks and Recreation, Youth Services and the Preston Senior Affairs Committee.

Café Meals:

Our March Congregate Meal Program will be offering the following menu items during the month:

March 6th: Cuban Pulled Pork, Spanish Rice, Cauliflower, Carrots and Snap Peas, Tropical Fruit Cup, Bread, Margarine and beverage.

March 13th: Beef Stew, Steamed Parsley Potatoes, Broccoli, Birthday Treat, Orange Juice, Bread, Margarine and beverage.

March 20th: Chicken Parmesan, Pasta Shells w/marinara, Zucchini & Yellow Squash, Fresh Fruit, Bread, Margarine and beverage.

March 27th: Chicken Fried Beef Steak, Garlic Mashed Potatoes, Mixed Vegetables Medley, Mixed Fruit Cup, Bread, Margarine and beverage.

Reservations are necessary. If you are interested in participating in any of the afore mentioned meals, please contact the senior center at 860-889-0770 on Monday (9:00 – 1:00), Tuesday and Thursday (12:30 – 4:00 p.m.). You may also leave a message at the Senior Affairs Office by phoning 860-887-5581 ext. 6.

The TVCCA Café program is open to all seniors who have attained the age of 60 years and above. The suggested donation is \$3.00 per meal. Persons under the age of 60 are welcome but a higher meal cost will be assessed.

Food Distribution:

Do we appear to have expanded our presence? Yes, we now have volunteers from Access Health, UC&FS Health Center and TVCCA Energy Assistance handing out flyers informing you of their specialized services. It's a brief encounter and made simply to provide you with helpful information.

We continue to hold monthly distributions at the Preston Senior Center. Our schedule (weather permitting) is usually the first Friday of each month from 10:00 – 11:00 a.m. We will see you on Friday March 3rd and **we will be having food distribution on FRIDAY, APRIL 7TH.**

News from Uncas Health District:

An estimated 40% of Connecticut residents, close to 1.5 million people, live in homes served by on-site sewage systems. The vast majority of these sewage systems are conventional septic systems that are under the jurisdiction of the Local Directors of Health, and are the primary means of sewage disposal in rural and low density suburban areas. Septic systems also serve apartment buildings, schools, restaurants, and other commercial buildings in non-urban areas.

Septic systems that are properly designed, installed, and maintained provide safe and efficient way of disposing domestic sewage. However, when sewage is discharged to antiquated or substandard sewage systems, such as cesspools, renovation of the wastewater by the soil may be incomplete. Sewage contains pathogens (disease causing organisms) and if improperly disposed may result in health hazards and nuisance conditions.

Not everyone has a septic system. But if you do, maintenance is key to ensure it functions properly.

AARP Tax Assistance:

We continue to provide FREE Income Tax preparation for residents and non-residents alike during the months of March and the first week of April. Appointment availability is quickly filling up so, if you need your income taxes done, it's time to call the Preston Senior Center at 860-889-0770 to schedule a visit. Our extremely knowledgeable volunteers Vicky, Pat and John work tirelessly to complete even the most complicated returns. In addition to documentation essential to complete your income tax, participants are asked to bring a copy of last year's taxes. Every person entering the senior center must wear a mask for the protection of all volunteers and staff.

For additional information regarding this program, please contact the Senior Affairs Office at 860-887-5581 ext. 6

PRESTON PARKS & RECREATION

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

SENIOR/ADULT BUS TRIPS

(in conjunction with Preston Senior Affairs)

*** All trips will depart & return to Preston Veterans Memorial School. Transportation will be via Town of Preston Senior Bus ***

THE GIRL ON THE TRAIN

DATE: Sunday, March 5, 2023

DEPARTURE TIME: 11:00 PM

FEE: \$23 per person

Join Preston Parks & Recreation as we travel to Bradley Playhouse in Putnam to see *The Girl on the Train*. Based on the bestselling novel by Paula Hawkins and the DreamWorks film, this show follows Rachel Watson who longs for a different life. Her only escape is the perfect couple she watches through the train window every day, happy and in love. Or so it appears. When Rachel learns that the woman she's been secretly watching has suddenly disappeared, she finds herself as a witness and even a suspect in a thrilling mystery in which she will face bigger revelations than she could ever have anticipated.

Show time is 2:00 pm. We will arrive in Putnam at around 11:45 am. You will have time to stroll through the stores in downtown Putnam or grab a bite to eat for lunch, all is within walking distance of Bradley Playhouse.

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, 2022

Time: 10:00 - 11:00 am

Fee: \$38 per person per session (6 week session)

PRESTON COMMUNITY YARD SALE



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

Time to clean out your basement, closets and garage!!

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!!

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 \$3 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.

REGISTER ONLINE AT: WWW.PRESTON-CT.ORG

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

PRESTON PARKS & RECREATION • REGISTRATION FORM • MARCH 2023

Name #1:

Name #2:

Phone Number:

Home Address:

Email Address:

Emergency Contact Name:

Phone Number:

Please register me for the following programs:

Chair Yoga ~ Session #5 Please mark one: Online In Person

Bus Trip: Girl on the Train

Yard Sale: May 6 Please mark one: Online In Person

Yard Sale: October 7 Please mark one: Online In Person

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

EXPERTISE

ABLE COMPRE- EXPERIENCE KNOWLEDGE

ADEPT HEND FORTE LEARNING

APTITUDE CRITICAL KNACK SAVVY

ASTUTE DEPTH KNOW-HOW SKILL

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

VERSED

VERSATILE

UNDERSTAN

TRAINING

TALENT

My Favorite Sayings:

You're young only once, but youth can last as long as you want it to.

A used car is not always what it's jacked up to be.

How you speak about others tells more about you than them.

In trying to get people in your corner, don't make them feel cornered.

Good old days....when a clothes dryer repair was a knot in the clothesline.

A clumsy confidant is one who spills the beans.

A good memory enables you to forget whatever isn't worth remembering.

The problem with your leisure time is keeping others from using it.

Don't expect to lose weight in a month of sundaes.



Center for Medicare Advocacy

Advancing Access to Medicare and Health Care



Who

We are a national nonprofit law organization. We provide free assistance for residents of Connecticut.

What

We provide education, advocacy and assistance to help older people and people with disabilities get access to Medicare coverage and quality health care.

When

Contact us for help when Medicare coverage is unfairly denied.

Where

Headquartered in Connecticut and Washington, DC.
1-860-456-7790
Toll free in CT: 1-800-262-4414

Why

Because Medicare coverage is often unfairly denied, creating barriers to necessary care.



MedicareAdvocacy.org



@CMAorg



@MedicareAdvocacy.org

COFFEE AND CONVERSATION



WITH PRESTON RESIDENT STATE TROOPERS
KRIS FISHER & SEAN BRESNAN

Wednesday, March 15, 2023
12:30 - 2:30 PM
Preston Senior Center

Join your fellow Preston neighbors and
Preston Resident Troopers Kris Fisher & Sean Bresnan for
COFFEE & CONVERSATION, and desserts too!!
If you prefer tea or hot chocolate over coffee,
yes we will have as well!!

** Get updated on the latest issues affecting
Preston residents -- including phone scams **

** Ask questions **

** Voice concerns **



Doors open at 12:00 pm. Maximum seating of 40 people. First-come, first-serve basis.
All attendees will be entered into our FREE raffles. Prizes include
gift cards to Walmart, Chili's and Panera Bread as well as a couple of gift baskets!!

Please help us spread the word about this event to Preston Seniors,
especially those who are not on social media!!

Hosted by: Preston Resident Troopers, Preston Senior Affairs and Preston Parks & Recreation and Youth Services