

BITS & PIECES



FROM FRAN

**July & August 2023**

**Coffee & Conversation:**

Back by popular demand, we have scheduled another Coffee & Conversation event at the Preston Senior Center on Wednesday, July 12<sup>th</sup>. Doors open at 12:00 (noon) and the program will begin at approximately 12:30 p.m. This presentation will offer residents an opportunity to air their questions and bring forth concerns regarding public safety. At the last Coffee & Conversation presentation, we were made aware of the need to provide an opportunity for residents to converse with our Resident State Troopers as we ran out of time and unfortunately couldn't accommodate all of the requests. Our plan is to give you an opportunity to speak first; followed by information on scams, crimes, areas of concern which our Resident Troopers will address.

The senior center is air conditioned and has comfortable seating for approximately 40 individuals. We will have coffee, tea, water and some light refreshments.

**Acts of Kindness:**

A couple of months ago I put forth an invitation for individuals to recognize good deeds that are done in this community. The premise was to recognize individuals who were not paid staff but volunteers that go above and beyond expectations to render help or just make your day brighter. Sad to say, only one person responded to my invitation and that was to include the name of a paid staff person. (Diane Deedy, Director of the Preston Public Library, was suggested as someone who went above and beyond their job requirements to assist a Preston resident who was unable to drive, recovering from serious health issues

and was longing for reading material to enjoy during her convalescence. Diane responded with enthusiasm, packed up reading material and delivered the items personally to Leilani Parker.) I know this little blurb goes against what I am attempting to do but, it made such an impact on Leilani that I couldn't resist.

In the future, I would like to have individuals who are not paid staff, doing their job, even if it's a great job.

Here we go again, I would like to recognize Betty and Bob Lyman for volunteering at the Preston Senior Center Picnic on June 21<sup>st</sup>. They came early eager to assist in whatever chores needed to be done AND stayed late for clean-up duty! That meant folding up tables, pop-up tents, moving chairs to a safe location, taking trash out, all of the necessary tasks to make the property spiffy. They are always asking if help is needed and are willing to do whatever is needed to make a difference! Big hearts, caring friends and super volunteers.

My second recognition would be to Terri Groff. Terri is eager and willing to go the extra mile to help seniors in need within our community. She makes donations to our food bank, makes contributions to our winter time "Stuff a Cruiser"; offers assistance to the Preston Park & Recreation Programs and is always open to lend a helping hand where needed. She leads by example and like the energizer bunny, keeps on going! Thanks ever so much Terri.

### **Preston Senior Center Picnic:**

The picnic would not have been possible were it not for a huge community of dedicated, enthusiastic, dynamic, energetic, hardworking and compassionate worker bees. To that end, the two ladies involved in the creation of delicious, salads were Maureen Domina and Cathy Brosnan. Lots of prep work at the center prior to the picnic and every ingredient for the delectable salads were donated by these two ladies! Kitchen duties, organizational skills, sense of humor, awesome combination by two incredible ladies. New to our team is volunteer Debbie Brown who gives her very best to make things happen. Deb accepts challenges and succeeds every step of the way with a smile. Chef for the day was Pierre Pensis and every item was cooked to perfection. (I might add that Pierre was a last-minute volunteer recruited by Maureen Domina). Pop-up canopies were erected

by Zach Robinson and Gavin Croy, and in their free minute, they set-up tables, chairs, and games. Joined a tad bit later, Jack Bouthot, with the help of Zach and Gavin became the official welcoming committee, wait staff, clean-up crew, trash collectors, car packer, pop-up tent deconstruction experts, and odd chore accomplishes. The three young men didn't just happen to stop by the center to see how things were going, they were directed to offer assistance by our friend and constant supporter Amy Brosnan. Amy has worked hand-in-hand with the Senior Affairs Committee on numerous projects which benefit our elderly population. Before you need to ask, Amy is there volunteering equipment, games, manpower, a team player extraordinaire who has always gone above and beyond to bring success to this community with humility. The Town of Preston has lost a priceless treasure to the Town of Brooklyn. Betty and Bob Lyman were pitching in every step of the way, whatever needed doing, they did it. We were also fortunate to have our own Resident State Trooper Kris Fisher attend the event. He was invited to attend the picnic, mingle with people, listen to their concerns and become a familiar face to strangers. But, did he do that? Yes he did and more! He did all of the afore mentioned items and he didn't shy away from the clean-up chores. Thanks, Kris, for all the encouragement, support and participation. I don't want to say that I saved the best for last but, Lenny Domina was the high-light of the day. Lenny has an uncanny ability of making everyone want to sing along, tap their feet and enjoy every second of his guitar playing. Song after song and the audience encourages him to continue providing more and more songs familiar to them. Always a great pleasure having Lenny attend our senior center functions.

It's important to recognize the people that make it possible to offer special events at the senior center. It does take a village of volunteers.

### **Food Distribution:**

As the summer months begin, we do plan on continuing with the monthly distributions at the center. Our next scheduled event is Friday, July 7<sup>th</sup> from 10:00 – 11:00 a.m. We will return on August 4<sup>th</sup> at the usual time. As a reminder, we strongly suggest that you bring a cooler along to keep the perishable items safe. We do have the UNCAS Health District Van and their staff available to share important information and assist in answering your questions. Thanks to United

Community and Family Services for their continued support to keep this service going in our small community.

### **TVCCA Congregate Meal Program:**

As a reminder, if you are interested in participating in the luncheon program, you do need to call in advance to make a reservation. The meal count is called into the central kitchen one week prior to the day we serve. We only receive the number of meals that we have reservations for, they do not give extras and therefore we are unable to accommodate walk-ins.

Our July menu includes the following selections:

Monday, July 3<sup>rd</sup>: Chicken Cacciatore, Egg Noodles, Mixed Vegetables Medley, Tropical Fruit Cup, Bread, Margarine, Beverage

Monday, July 10<sup>th</sup>: Beef Hot Dog w/Bun, Baked Beans, Mixed Vegetables Medley, Mandarin Oranges, Margarine, Coffee, Tea, Milk,

Monday, July 17<sup>th</sup>: French Style Chicken w/Wine Sauce, Garlic Mashed Potatoes, Green & Yellow Squash, Birthday Treat, Orange Juice, Bread, Margarine and Beverage.

Monday, July 24<sup>th</sup>: Country Style Chicken, Buttermilk Mashed Potatoes, Green & Waxed Beans, Fresh Orange, Bread, Margarine and Beverage.

Monday, July 31<sup>st</sup>: Pub Burger w/Bun, Baked Beans, Mixed Vegetables Medley, Mixed Fruit Cup, Bread, Margarine and Beverage.

Lunch is served at 11:30 a.m. and there is a suggested donation of \$3.00 per person to participate. If you are interested in attending the luncheon, please remember that you do need to call in advance. Normal days of operation at the senior center are Monday (860-889-0770) from 9:00 – 1:00 p.m., Tuesday & Thursday (860-889-0770) 1:00 – 4:00 p.m. or you may leave a message at the Senior Affair Office at 860-887-5581 ext. 6. Please leave your name and phone number along with a brief message.

**2023 Summer Learning Program: Paws To Read : June 20th to August 4th The Library will be closed on Tuesday July 4th**

## **Wednesday, July 19th, 1:00 pm**

### **Book Discussion: The Reading List by Sara Nisha Adams**

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, will be *The Reading List by Sara Nisha Adams*. For ages 18 and up: to register and receive a book come into the library, or call us at (860) 886-1010. ***This service was funded through a grant by the Community Foundation of Eastern Connecticut: Thank You!***

## **Thursday July 20th, 5:30 pm**

### **Beer Styles with Cicerone Em Sauter**

**If you want to learn more about your favorite brew (and its history) join Cicerone (Certified Beer Server) Em Sauter for this in-depth discussion on the many styles of beer. Widely**

regarded in the industry for her expertise on the subject, Ms. Sauter presents an in-depth examination on the history and styles of this popular beverage. ***Please note: there will be no beer tasting at this presentation.*** For ages 18 and up. Please register online at <https://prestonpubliclibrary.org> or call us at (860) 886-1010.

### **Library Passes: Check Them Out!**

***Thanks to the Friends of the Preston Public Library and Preston Youth Services the Library offers passes to local museums and zoos! Call us at (860) 886-1010 or visit our website at <https://prestonpubliclibrary.org>***

### ***Support the Library***

**Did you know that donations to the Library benefits the community? To learn about ways to help the Library grow, visit <https://prestonpubliclibrary.org/support/> for ways to make an impact that lasts for generations!**

**My Favorite Sayings:**

Jumping to conclusions is a poor form of exercise.

A problem well stated is a problem half solved.

The greatest of all faults is to imagine that one has none.

The lowest ebb is the turn of the tide.

It isn't bragging if you really did it.

If you want a place in the sun, you have to put up with a few blisters.

The more we live by our intellect, the less we understand the meaning of life. Leo Tolstoy

If at first you don't succeed you're running about average.....Margaret Alderson

As you make your way through life, Let this ever be your goal, keep your eye on the doughnut and not upon the hole.

**SUMMER NIGHTS**

- BALMY BREEZE
- CARDBOARD FAN
- CHIRPING CRICKETS
- CITRONELLA
- CROAKING FROGS
- EVENING STROLL
- FIREFLIES
- FLASHLIGHT TAG
- FLYPAPER
- GHOST STORIES
- HIDE(-)AND(-)SEEK
- ICE CREAM
- LEMONADE
- LIGHTED PUNKS
- MOSQUITOES
- PORCH
- ROOT BEER
- SCREEN DOOR
- SING(-)ALONG
- STREETLAMPS
- SWING
- VISIT
- WICKER ROCKER
- WISH ON A STAR

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# COFFEE & CONVERSATION

WITH PRESTON RESIDENT STATE TROOPERS



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



Join your fellow Preston neighbors and  
Preston Resident State Troopers  
Kris Fisher & Sean Bresnan for  
**COFFEE & CONVERSATION**  
and light refreshments!!

Get updated on the latest issues affecting Preston  
residents/seniors, ask questions & voice concerns

Doors open at 12:00 pm. Maximum seating of 40 people.  
First-come, first-serve basis.  
*...last time it was a full house, so come early!!*

*Hosted by: Preston Resident Troopers & Preston Senior Affairs*