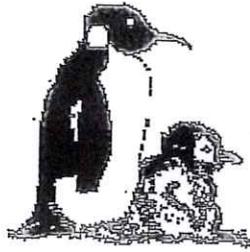


BITS & PIECES



FROM FRAN

September & October 2023

Annual Flu and Pneumonia Clinic:

Good News: The latest update to the RSV payment question is: We know that Medicare Part D is covering the cost of the vaccine. Anyone 60 years or older who is receiving Medicare Part D will be covered. The question then rises as to what if I have a Medicare supplement which covers medications? For those individuals who have already expressed an interest in the vaccine, Walgreens has agreed to verify whether a particular individual's insurance company will cover the cost of the vaccine. I will call each individual that is currently on the registration list with the updated information regarding insurance coverage of the vaccine.

All of the afore mentioned information pertains only to the new RSV injection. There is no need for any additional information for those individuals who are receiving the Flu or Pneumonia Vaccine and are in the system already.

There is still ample time to register for the Flu and Pneumonia Clinic. **Please call 860-887-5581 ext. 6 to register for the October 11th clinic at the Preston Senior Center.** We'll be there from 10:00 a.m. until 12:00 p.m. (Noon) at 42 Long Society Road.

TVCCA Café Program:

We are pleased to provide the following menu selections for the month of September.

September 11th: Beef Hot Dog w/Bun, Baked Beans, Mixed Vegetables Medley, Tropical Fruit Cup, and Beverage.

September 18th: Chicken Primavera, Lemon Parmesan Pasta, Green & Yellow Squash, Sweet Treat, Bread, Margarine and Beverage.

September 25th: Crispy Cod, Macaroni & Cheese, Zucchini, Peas, & Carrots, Mixed Fruit Cup, Bread, Margarine and Beverage.

Persons interested in joining us for lunch need to register one week in advance. We place the order for our meal count on Tuesday for the following Monday's participants. Please call the Senior Affairs Office at 860-887-5581 ext.6 to register for a meal. You may also sign-up in person at the senior center during normal days of operation. (Monday 9 – 1, Tuesday and Thursday 1:00 – 4:00 p.m.) The suggested donation per meal is \$3.00 per person. Anyone 60 years of age and older is welcome to participate in the luncheon program.

Renters Rebate:

Per CGS Section 12-170d the renters rebate program application period ends October 1st.

October 1st this year falls on a Sunday. The deadline does NOT get extended until Monday. We are not open that weekend therefore the application needs to be submitted by Friday, September 29th.

Any applicant that misses the October 1st deadline can request an extension of time to file by submitting an extension request form along with a letter from a doctor indicating that you have a medical issue that contributed to you not being able to apply during the open application period. The Deadline to request an extension is NOVEMBER 15th.

As a reminder, income guidelines for a single individual is \$40,300.00 and \$49,100.00 for married couples. For additional information regarding the guidelines for the program, please contact the Senior Affairs Office at 860-887-5581 extension 6. Remember too that all information for this application process pertains to the 2022 calendar year.

The Solid Waste Management Crisis in CT and Beyond

By Sandra Allyn-Gauthier, First Selectwoman, and Jim Corley, Public Works Manager

At the last several Board of Selectmen meetings, and many Southeastern Connecticut Regional Resources Recovery Authority (SCRRRA), Southeastern CT Council of Government (SCCOG), Connecticut Council of Municipalities (CCM), and various legislative meetings, the solid waste management crisis has been discussed. There is no doubt that we have a trash and disposal problem. This is a global problem but when experienced in our day-to-day lives, it impacts us directly both environmentally and financially.

How did we get here? Currently, there are only four incinerators left operating in CT that can burn trash, and each one has a limited volume that it can process daily. Last year's closing of MIRA exacerbated this issue, 40% of Connecticut's trash is now hauled to out-of-state landfills. The recyclables market is another area of concern as well as the closure of landfills. Overall, towns throughout CT are dealing with higher transportation and hauling costs, municipal solid waste recyclables, and bulky waste.

What can we do? The Town of Preston along with SCRRRA, SCCOG, and CCM are working on regional approaches and looking to legislators and State agencies such as DEEP and DOT to help evaluate options and strategies both short-term and long-term. The Town of Preston is examining improvements and efficiencies at the transfer station as well as looking at reducing the waste management stream through programs such as food composting and textile recycling. We are also examining the fee structure at the transfer station, one of which is a transfer station sticker fee of \$50.00 per year or less than \$1.00 per week. A survey was conducted and 84% of the 50 municipalities that were included, charge a transfer sticker fee. We do not look to implement this fee lightly and other alternatives such as pay-as-you-throw are even more expensive at an average approximate cost of \$161.20 per year based on two, 13-gallon bags per week for the average household. Curbside pickup and private hauler costs are about \$40.00 per month or \$480.00 per year. The \$50.00 fee is to offset increasing costs which will not entirely offset them. This is why we are using a multi-faceted strategy and not just waiting for the budget next year which has the potential to likely increase considerably. We are still discussing this sticker fee and will be prudently reviewing possible special exceptions to this sticker fee as well as potentially having a qualifying program to offer a reduced sticker fee based on eligibility criteria.

We are asking for your patience during this critical time. We are actively seeking fair solutions that don't kick the can down the road, hoping that things will change only to yield an even larger increase in the budget next year if we do nothing. We are pursuing approaches that will be reasonable and sustainable for our Town.

Food Distribution:

The Food Distribution will continue during the months of October and November. We will be offering the Food Distribution Program on Friday October 6th from 10:00 a.m. -11:00 a.m. and again on Friday, November 3rd during the same time frame. Uncas Health Mobile will be present to provide updated information on medical issues, UCFS staff will distribute information on their clinics, and we usually have an additional visitor bringing important information regarding their programs. And, we have also been making available free face mask packages to participants. We unfortunately have distributed all of our COVID-19 test kits.

Preston City Congregational Church:

With consideration to the widespread food disparity in the state, I felt that it was important to share as many possibilities of sources of assistance to those in need. With that in mind, I would like to share information regarding an additional option for receiving food within our local community. Preston City Congregational Church conducts a Food Pantry on the 3rd Wednesday of each month between the hours of 10:00 a.m. and noon. Their address is 321 Route 164, Preston. All are welcome to participate.

Energy Assistance:

The applications have arrived! The state has changed the application process for this year. Be patient as there is additional information which is required of each applicant. The important things which you need to provide is proof of income which can be a copy of a bank statement or the statement which Social Security sends you at the beginning of the year telling you what amount your Social Security payment will be this year. If you receive a pension, we need proof of the monthly distribution (this information must be submitted from the monthly correspondence which your pension provider sends to you and not as a direct deposit statement to your bank account). If you are currently employed, we do need copies of four consecutive pay stubs (two if paid bi-weekly). You do need to provide a current bill from Eversource (or Norwich Public Utilities). The bill

needs to be complete; meaning you need to submit both the top and bottom of the bill. Income level for a household of one is \$41,553.00 and for a married couple it is \$54,338.00. And no, I didn't forget about a rent receipt or proof of mortgage payment, that's a document that isn't necessary for this year. To schedule an appointment, please contact the Senior Affairs Office at 860-887-5581 extension 6.

Cribbage Players return:

The cribbage players are expected to return to their former schedule of Monday afternoons of fun and games at the Preston Senior Center from 1:00 p.m. until 3:00 p.m. If you haven't played cribbage for a while and need some tutoring, the group is more than willing to help you to refresh your memory of the game. Come, join in the fun and have a delightful afternoon.

Anyone interested in learning crocheting?

I have been contacted by an individual who is willing to teach crocheting to a group of seniors. You provide the materials and she provides the instructions. Let me know if you are interested and we can move forward on this program. Please call the Senior Affairs Office at 860-887-5581 ext. 6.

Pitch anyone?

We do have a lively group of Pitch players who attend the Senior Center on a regular basis and are looking for additional members. You don't need to be an expert and the games generate a lot of laughter too. If you haven't played in years, this is the group to refresh your skills with. The doors are open and we're saving a seat for you.

Grocery Shopping:

We continue providing transportation to the Lisbon shopping areas on a weekly basis for those interested in doing grocery shopping or banking chores. Call 860-887-5581 extension 6 for further information on schedule updates.

