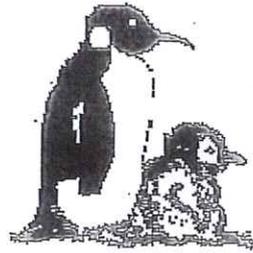


BITS & PIECES



FROM FRAN

**October & November 2023**

**Annual Flu & Pneumonia Clinic:**

Lots of questions floating around regarding what the acceptable practice is for receiving any vaccinations if you have recently been ill. As you know, the Flu Clinic registration form clearly indicates that if you have a fever or are feeling ill, you are advised not to receive any injection regardless of whether it's for Flu, Pneumonia, RSV, COVID, Shingles, etc. Because COVID has been rearing its ugly head in the region, I went to my source and posed that very question to the pharmacist at Walgreens. "The only time that we cannot vaccinate is if they are actively sick with COVID and for 14 days after they test positive due to risk of transmitting the infection. Or, for 3 months after if they required hospitalization and were treated at the hospital with antibody therapy which is rare." "To clarify, they will be able to get any of the vaccines at the clinic as long as they didn't test positive on or after 09/27/2023." Hopefully this dispels any misinformation floating around.

Please remember that if you had a change to your insurance coverage since last year, **YOU DO NEED TO PROVIDE THAT INFORMATION IMMEDIATELY IN ORDER FOR US TO BILL THE PROPER INSURANCE CARRIER AND AVOID ANY UNCOVERED SERVICES.**

The Clinic hours are 10:00 a.m. to 12:00 p.m. (Noon). There is still time to register for the October 11<sup>th</sup> clinic.

**There is a strong possibility that we will have the New COVID Booster too. Just waiting for confirmation on the delivery date. Stay tuned!**

**The Preston Senior Center will be closed on Monday, October 9<sup>th</sup> in observance of Columbus Day.**

**Congregate Meal Program:**

The Congregate Meal Program welcomes all individuals who are 60 years of age and older to participate in the meal program for the suggested donation of \$3.00 per meal. Persons who are younger are invited to participate but a fee will be assessed for their meal. Registrations are necessary and can be made by contacting the senior center during normal hours of operation (Mon. 9 – 3, Tues. & Thurs. 1 – 4) by telephoning 860-889-0770 or leaving a message at the Senior Affairs Office at 860-887-5581 ext. 6. Please keep in mind that the meal count is called in to the commissary on Tuesday for the following Monday's meal.

October 2<sup>nd</sup>: Chicken Primavera, Lemon Parmesan Pasta, Green & Yellow Squash, Sweet Treat, Apple Juice, Bread, Margarine and Beverage.

October 9<sup>th</sup>: Program closed

October 16<sup>th</sup>: Swedish Meatballs, Egg Noodles, Mixed Vegetables Medley, Tropical Fruit Cup, Bread, Margarine and Beverage.

October 23<sup>rd</sup>: Chicken Cordon Bleu, roasted Garlic Rice, Mixed Vegetables Medley, Applesauce Cup, Bread, Margarine and Beverage.

October 30<sup>th</sup>: Cuban Pulled Pork, Spanish Rice, Green & Yellow Squash, Diced Peaches, Bread, Margarine and Beverage.

Come, enjoy good food and visit with your friends and neighbors.

**Food Distribution:**

The Food Distribution continues during October 6<sup>th</sup> and November 3<sup>rd</sup> at the Preston Senior Center. Distribution is from 10:00 a.m. – 11:00 a.m. We are fortunate to have the UCFS staff support our monthly distribution program. Uncas Health District offers support of their staff to answer questions, supply important

information on health issues and offers an opportunity to have your blood pressure taken too. Thanks to all of the many volunteers that support our efforts.

### **Patience:**

There are a few tickets remaining for the senior bus trip to the performance of Patience. Tickets are \$30.00 per person. The bus will depart Preston Town Hall at 12:45 for the trip to Deep River, CT. The play is presented by the CT. Gilbert & Sullivan Society. You may register online at [www.preston-ct.or/169/park-recreation](http://www.preston-ct.or/169/park-recreation) or by calling 860-887-5581 ext. 117.

### **AARP Safe Driving Class:**

I am please to announce that we have scheduled a safe driving class for Wednesday, November 29<sup>th</sup> at the Preston Senior Center. Class will run from 9:00 – 1:00 p.m.. You do not need to be an AARP member to attend. More details will follow in an upcoming newsletter.

### **Transportation:**

The Town of Preston has joined with 12 other towns to be collaborate with the Eastern Connecticut Transportation Consortium and the CT Department of Transportation to offer transportation services for medical appointments to individuals age 60 and over and disabled adults. This is a grant funded service and there is no guarantee that funding will be available for the entire year.

The program is open to Preston residents. A registration must be completed by each applicant. Individuals who reside in Skilled Nursing Facilities are not eligible for transportation through this program. Individuals who are eligible for free transportation through Medicaid are asked to use that program instead. Thirty-six one-way rides for the period of July 1, 2023 – June 30, 2024 can be provided for medical appointments in New London County, as long as funding is available. Reservations must be made no later than 48 hours in advance but can be scheduled up to 2 weeks ahead. Trips can be scheduled during normal

business hours. Requests for weekend & Monday trips must be made no later than Friday by 2:00 p.m. Personal Care Assistants (or family member acting as an escort) may accompany passengers who need extra help with entering and exiting the vehicle or have other needs that make traveling independently unsafe.

The program is free of charge for those who register for this service. If you are interested in signing-up or have questions regarding this important service, Please contact the Senior Affairs Office at 860-887-5581 ext. 6.

**My Favorite Sayings:**

The cure for anything is saltwater; tears, sweat, or the sea.

The price of greatness is responsibility. ....Winston Churchill

Some people bring happiness wherever they go; others whenever they go.

Think twice before spending money you don't have on things you don't need to impress people you don't like.

By far the greatest danger of Artificial Intelligence is that people conclude too early that they understand it. ....Eliezer Yudkowsky

No pressure, no diamond. ....Thomas Carlyle

ANCHOR	HOST	NAPLES	RANCIC
BEAUTY	LIKABLE	NEWS	RED CARPET
BILL	MARYLAND	PERSONAL-	STYLISH
CAMEOS	MOTHER	ITY	TELEVISION
CELEBRITY	TELEVISION		
CHILD			
CREATIVE			
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FASHION			
FLIRTY			
FUNNY			
HEALTH			
HOLLYWOOD			

**Do you want to improve your Balance?**

**Join our Tai Ji Quan: Moving for Better Balance® Class!**

Take steps now to improve your strength and balance and maintain an active lifestyle!

**What is Tai Ji Quan: Moving for Better Balance®?**

Tai Ji Quan: Moving for Better Balance® is a research-based falls prevention exercise program that uses Tai Ji Quan based movements to improve strength, mobility, balance and daily function and to prevent falls. It is designed for older **adults 60+ years old** and people with balance difficulties.

This program can accommodate individuals who need some assistance with walking, such as use of a cane.

No prior experience with Tai Chi is needed. You will learn the movements over the course of a 24-week class in a supportive environment.



Please join us for the next Tai Ji Quan: Moving for Better Balance® session!

October 2, 2023-April, 2024

Monday and Thursday

Time: 8:45 am to 9:45 am

Location: Zoom/in-person

Cost: **FREE**

**Must be 60+ years old**

Contact: Connie Capacchione

Uncas Health District

860-639-5138