

BITS & PIECES



FROM FRAN

**August & September 2023**

**TVCCA Energy Assistance Program:**

Applications will begin to be accepted for the TVCCA Energy Assistance Program on September 1<sup>st</sup> this year. Specific details regarding qualifying income, assets, etc. have not been released as of the printing of this newsletter. As in the past, applications are processed early but the program doesn't officially begin until November. I'll keep you posted as to upcoming updates.

**Annual Flu & Pneumonia Clinic:**

Mark your calendars for Wednesday, October 11<sup>th</sup> from 10:00 a.m.– 12:00-noon at the Preston Senior Center, 42 Long Society Road to participate in our Annual Flu & Pneumonia Clinic. You are requested to register in advance of the clinic as we need to know how many individuals that we need to reserve vaccine for. Please contact the Senior Affairs Office by phoning 860-887-5581 ext. 6 leaving your name, telephone number and identify what type of vaccine you are interested in receiving.

In addition to the Flu and Pneumonia vaccines, we will also offer the RSV this season.

**ACIP Vaccine Recommendations:**

\*Adults aged 60 years and older may receive a single dose of the RSV vaccine, using shared clinical decision-making (SCDM).

SCDM is described as a discussion between a patient and their healthcare provider or pharmacist to determine if vaccination is appropriate for the patient based on their individual risk for disease and their characteristics, values, and preferences; the provider's clinical discretion; and the characteristics of the vaccine.

\*Vaccination should be considered for older adults 60 year of age and older at highest risk of developing severe RSV infection and complications, including those who:

>Have chronic medical conditions such as:

> Chronic obstructive pulmonary disease (COPD)

>Asthma

>Congestive heart failure or coronary artery disease

>Diabetes

>Neurological or neuromuscular conditions

>Kidney disorders

>Liver disorders

>Moderate to severe immunocompromised state from health condition or medications

>Hematologic disorders >Live in nursing homes and other long-term facilities.

If your insurance carrier has changed, we would appreciate having you provide that updated information to us when you call to make your reservation. For those individuals interested to receiving the RSV vaccine, we will need to provide you with information on insurance coverage. The ability to offer this vaccine is new to our process and we are researching the particulars on whether insurance covers the cost. More details in the September & October newsletter.

## VACCINE INFORMATION STATEMENT

# RSV (Respiratory Syncytial Virus) Vaccine: *What You Need to Know*

Many vaccine information statements are available in Spanish and other languages. See [www.immunize.org/vis](http://www.immunize.org/vis)

Hojas de información sobre vacunas están disponibles en español y en muchos otros idiomas. Visite [www.immunize.org/vis](http://www.immunize.org/vis)

### 1. Why get vaccinated?

RSV vaccine can prevent lower respiratory tract disease caused by **respiratory syncytial virus (RSV)**. RSV is a common respiratory virus that usually causes mild, cold-like symptoms.

RSV is usually spread through direct contact with the virus, such as droplets from another person's cough or sneeze contacting your eyes, nose, or mouth. It can also be spread by touching a surface that has the virus on it, like a doorknob, and then touching your face before washing your hands.

RSV can cause illness in people of all ages but may be especially serious for infants and older adults. Infants and older adults with chronic medical conditions like heart or lung disease, weakened immune systems, or who live in nursing homes or long-term care facilities, are at highest risk of serious illness and complications from RSV.

Symptoms of RSV infection may include runny nose, decrease in appetite, coughing, sneezing, fever, or wheezing. Most people recover in a week or two, but RSV can be serious, resulting in shortness of breath and low oxygen levels. RSV can also sometimes lead to worsening of other medical conditions such as asthma, chronic obstructive pulmonary disease (a chronic disease of the lungs that makes it hard to breathe), or congestive heart failure (when the heart can't pump enough blood and oxygen through the body).

Older adults and infants who get very sick from RSV may need to be hospitalized. Some may even die.

### 2. RSV vaccine

CDC recommends **adults 60 years and older** may receive a single dose of RSV vaccine, based on discussions between the patient and health care provider.

RSV vaccine may be given at the same time as other vaccines.

### 3. Talk with your health care provider

Tell your vaccination provider if the person getting the vaccine:

- Has had an **allergic reaction after a previous dose of RSV vaccine**, or has any **severe, life-threatening allergies**

In some cases, your health care provider may decide to postpone RSV vaccination until a future visit.

People with minor illnesses, such as a cold, may be vaccinated. People who are moderately or severely ill should usually wait until they recover before getting RSV vaccine.

Your health care provider can give you more information.



U.S. Department of  
Health and Human Services  
Centers for Disease  
Control and Prevention

### **TVCCA Café Program:**

Our August menu consists of the following selections:

August 14<sup>th</sup>: BBQ Pork w/Bun, Herb Roasted Potatoes, Green & Waxed Beans, Applesauce Cup, Bread, Margarine and Beverage.

August 21<sup>st</sup>: Meatballs Grinder w/small Grinder Roll & Mozzarella cheese, Penne Pasta, Mixed Vegetables Medley, Fresh Orange and Beverage.

August 28<sup>th</sup>: Chicken Fried Beef Steak, Garlic roasted Potatoes, Soybean Succotash, Tropical Fruit Cup, Bread, Margarine and Beverage.

As a reminder, the meal count is called into the Commissary each Tuesday for the upcoming Monday meal. You can register for your meal in person at the senior center or contact the Senior Affairs Office by calling 860-887-5581 ext. 6.

There is a suggested donation of \$3.00 per person for the meal. You do not need to be a Preston resident to participate, all persons 60 years of age and older are welcome. Persons younger than 60 years are charged a fee to participate.

On Monday, September 18<sup>th</sup> at 11:15, we will have a health talk presented by Andrea Deedy. The topic will be Eating Healthy on a Budget.

### **Food Distribution:**

The food distribution dates for the upcoming months include Friday, September 1<sup>st</sup> and Friday, October 6<sup>th</sup> from 10:00 a.m. – 11:00 a.m. United Community & Family Services staff coordinate all of the efforts to provide participants with a bounty of non-perishable and perishable items absolutely free.

We are fortunate to have monthly visits from Uncas Health District staff who make themselves available to address questions regarding current health issues such as COVID-19 Boosters, ticks, smoking cessation programs, blood pressure, etc. In addition, we have a number of agencies which send staff members to volunteer with our monthly distribution and distribute informational flyers to participants. Many hands make the task lighter.

## **Scams, Scams and More Scams:**

It seems that there is no end to the volume of calls and internet contacts we are bombarded with. Unemployment benefits are taking the forefront now. The way it works is that you receive a letter stating that you are approved for unemployment benefits; a check may arrive and it looks legitimate BUT, you have never applied for or are eligible for unemployment. Red Flag! Don't deposit the check!

Phone calls from individuals attempting to "update your Medicare Card" is another problem. The caller is requesting personal information, lots of information which you should not divulge! Medicare does not call you at random! Hang up!

Be wary of a call from your bank asking for your assistance in apprehending a bank employee that they believe is embezzling funds. They ask you to use your cellphone and to stay on the line with them; drive to your bank immediately and withdraw cash. They ask what type of vehicle you will be driving and stay in contact with you for the entire time you are driving to your banking institution. They tell you to go into the bank and make a huge withdrawal. You are advised not to speak with any bank employee about your involvement in catching the employee in question and told to bring the funds to a waiting vehicle outside of the bank. Money gone!!! You were just taken for your life savings and become the latest victim of a scam.

EOB? Do you look over your Explanation of Benefits from Medicare? It has been reported that some individuals who have ordered one COVID-19 test kit was being charged for THREE. (And at a ridiculously high cost). When contacting Medicare, the individual was instructed to contact the Medicare Fraud Line! Be vigilant!

The perpetrators are always coming up with new gimmicks and ways of convincing trusting, unsuspecting individuals that you need to put your trust in them and not question the validity of what they are saying. It's not wrong to hang up the telephone on someone either.

## **News from Uncas Health Center:**

Mosquitoes and the West Nile Virus: the wet and warm weather we have been experiencing will likely lead to an increase in the mosquito population. Wet conditions lead to stagnant pools of water, which provide an excellent breeding ground. The hotter the nights, the more active the mosquitos. The warmer the weather, the faster generations of mosquitoes are born, take flight and bite.

In 2020, the first case of West Nile Virus positive mosquito was identified on July 8<sup>th</sup> by the state surveillance program in Newington. In 2021, the first positive mosquito was found on July 16<sup>th</sup> in South Windsor and in 2022, the first positive mosquito was detected on July 13<sup>th</sup> in Stanford.

It is recommended that residents begin to dump any standing water in buckets or containers near their homes, use mosquito repellent while outside, and make sure your window screens are in good repair. It is also important to limit outdoor activity at dawn and dusk. These simple precautions can reduce the likelihood that you will be infected with West Nile Virus this season.

## **My Favorite Sayings:**

See all, overlook much, improve some....if you can.

A pessimist is an optimist who tried to practice what he preached.

A optimist laughs to forget; a pessimist forgets to laugh.

A luxury is something you don't need but can't do without.

To make light of your age, use more candles on your birthday cake.

A budget helps you to worry before you spend rather than afterward.

The biggest mistake is harboring the fear that you might make one.

If you can't remember what it was that you wanted to forget, forget it.

Those long remembered by families and friends are not the richest, but the kindest.

Man cannot live by bread alone...he needs peanut butter.



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## August 2023 Events

**Wednesday, August 16th, 1:00 pm**

**Book Discussion: *Lily and the Octopus* by Steven Rowley**

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 **Lily and the Octopus by Steven Rowley**. For ages 18 and up: to register and receive a book come into the library, or call us at (860) 886-1010.

**Thursday, August 17th, 5:30 pm**

**Speedy Buzz on Beekeeping with Mark Gostkiewicz of Tri Lea Gable Farm**

Get ready to don your veil and take the first step towards sweet success as a beekeeper! Join us for an immersive experience in sustainable, organic beekeeping! Our expert instructor, Mark Gostkiewicz of Tri Lea Gable Farm, will guide you through the basics of keeping bees. For ages 18 and up; Limit 25. Register online at <https://prestonpubliclibrary.org>.

### MARKETING WORDS

ACCOUNT	BRAND	DEMAND	INDENT
ANCHOR	CAPITAL	ECHELON	INDUSTRY
APPEAL	CARGO	FACTOR	JINGLE
BARTER	CATALOG	GIMMICK	LABEL
BIAS	DEALER	IMPACT	LIST
F V L L C R M D R A M R A M U R A M L U I E P A M U I E R N D P A R E M A D M	B Y R T S U S Y B L O N R I B A N O G L D L O E A N W R A G T R I C G D N E	D N I E M O D U M P N S L E T Q H U G N D L C E A R M B L M B I C A T N E C H	LOGO MARGIN MARK MEDIUM MODEL PANEL QUOTA RUNNER TREND VENDOR

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